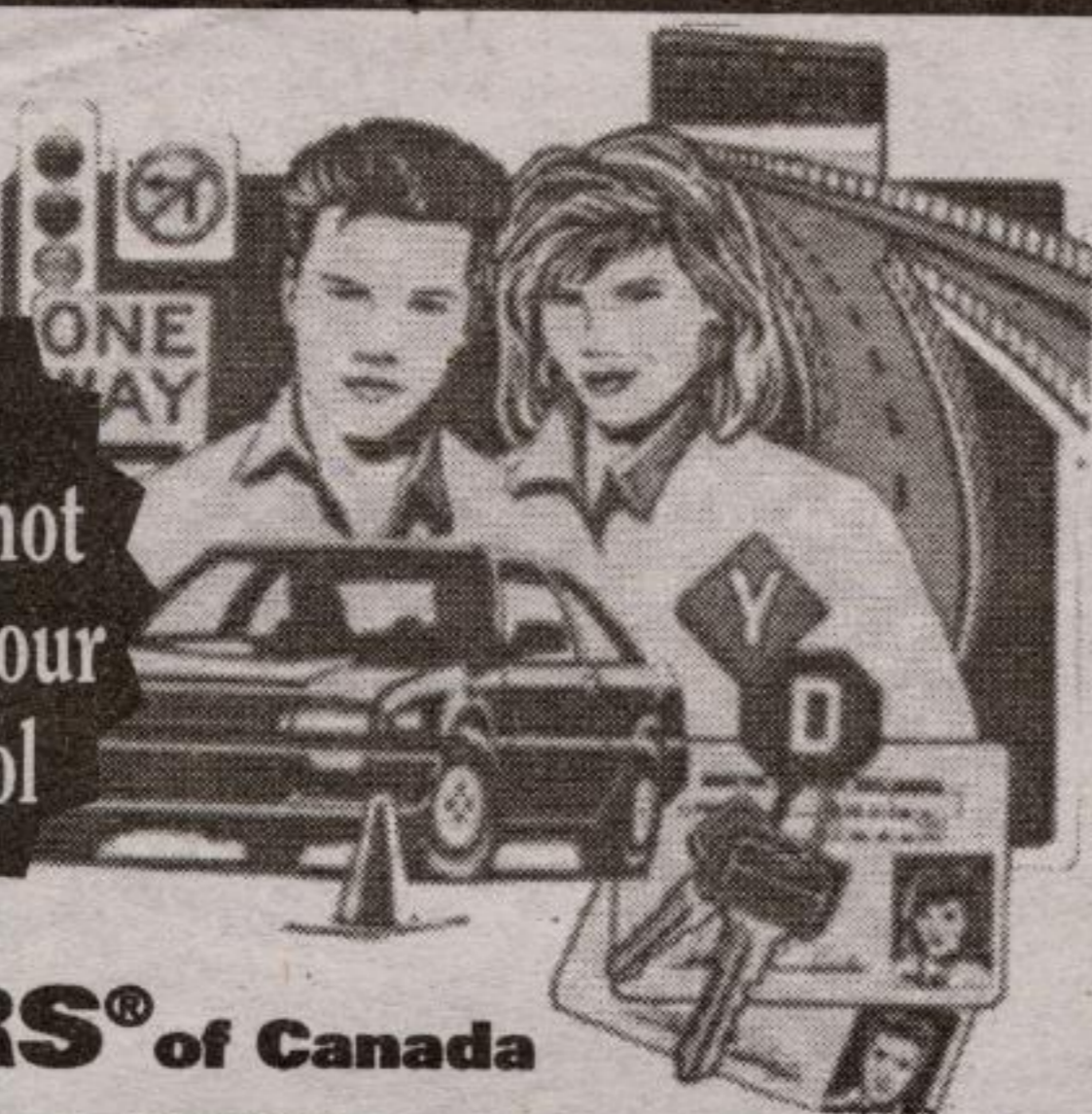


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The great Canadian dinner

We had the opportunity to cater an interesting party recently. This was a Canadian themed event for a group of European business people. Our staff were wearing plaid lumber jackets, there was a real live lumberjack demonstrating his chainsaw skills and organizing a hatchet throwing contest. All the tables were decorated with wood stumps, hatchets, twigs, burlap, lanterns and so much more!

This was a full day event, so we had the pleasure of offering three meals to these guests. The breakfast was a simple continental (pastries and beverage) breakfast. But the lunch featured French Canadian Pea Soup, Back Bacon on a Bun, Grilled Chicken on a Bun, salads, beverages, Canadian cheeses and fresh fruits garnished with miniature maple sugar maple leaves.

Dinner was a fabulous affair! The guests were greeted with homemade miniature Tortiere with Southern Ontario chili sauce. While enjoying their

What's cookin'

Lori and Gerry Kentner



hors d'oeuvres, the guests could make a selection of beverages at the bar — either a dark, a cream ale or a lager, from a popular Ontario brewery or a choice of four wonderful Niagara Region wines. Dinner was served buffet style featuring:

- Roast Alberta Bison with a Wild Mushroom Sauce
- Pan Roasted Potatoes
- Hot Medley of Fresh Vegetables
- Whole Poached Atlantic Salmon
- Wild Rice Salad
- Baby Mixed Greens
- Fresh Baked Breads and Dinner Rolls

Then for dessert, a selection of coffees and teas was offered, accompanied by homemade apple cranberry pie served with a wedge of Canadian cheddar cheese and a drizzle of maple syrup! To top off the dessert, a selection of Niagara ice wine or raspberry wine. What a wonderful meal!

Have fun and keep cooking!

www.kentnerscatering.com

Quick Sweet and Sour Pork

Ingredients

- 2 tbsp vegetable oil
- 1 lb boneless pork, cut into 1-inch cubes
- 1 can (15 oz) pineapple chunks
- 1/2 cup corn syrup
- 1/4 cup vinegar
- 2 tbsp ketchup
- 2 tbsp soya sauce
- 1 clove garlic, minced
- 2 tbsp corn starch
- 1/2 cup green pepper pieces



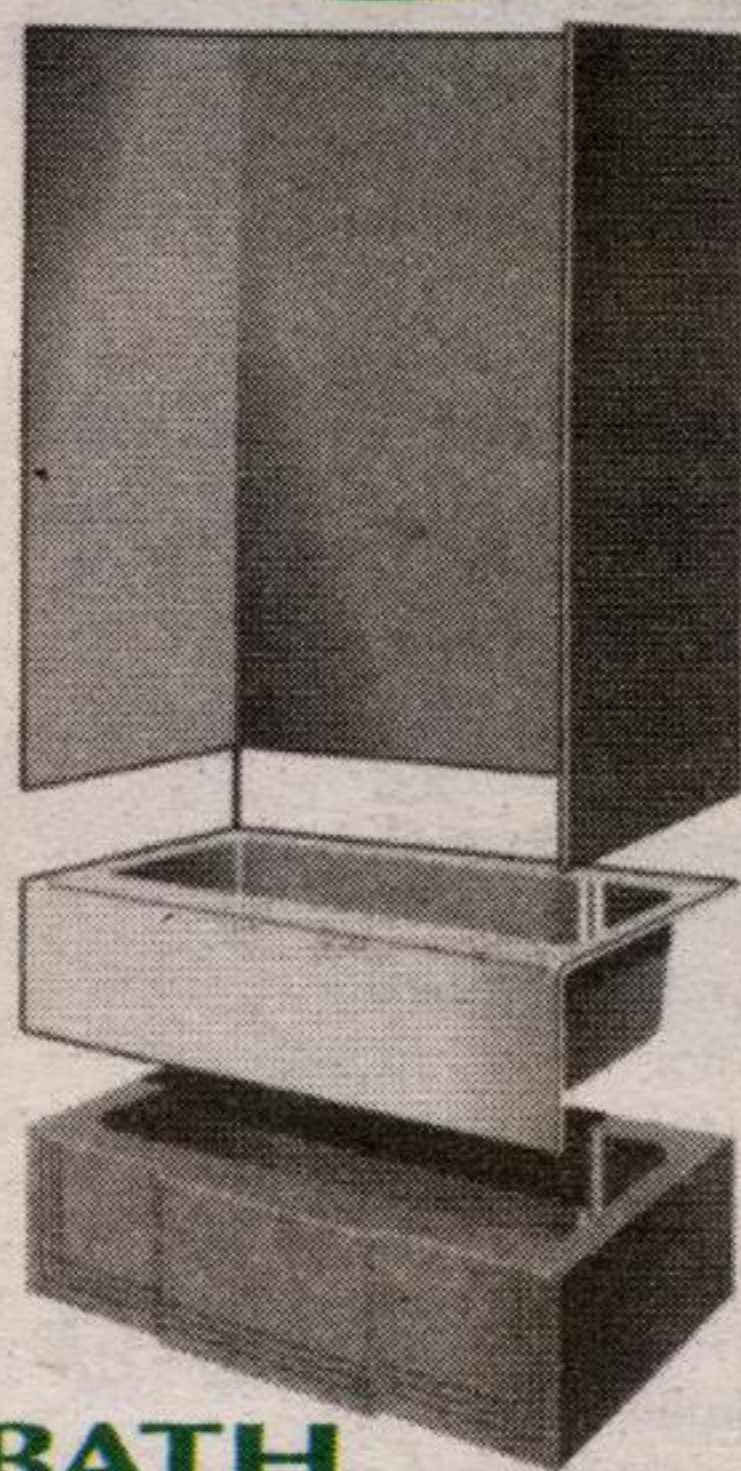
Method

1. Heat oil in a large fry pan over medium heat. Sear pork on all sides, do not overcook.
2. Turn heat down to low and add the pineapple, corn syrup, vinegar, ketchup, soya sauce and garlic. Bring to a boil. Simmer 20 minutes.
3. Mix corn starch with 2 tbsp of water. Add to pork while stirring constantly. Once all the corn starch has been added and the sauce is smooth and thickened, add green pepper.
4. Simmer five minutes more, stirring frequently. Serve immediately over rice.

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