

Restaurant visit is highlight of Gerry's vacation with the grandkids

(This week's article was written by Gerry.)

While in Florida on our annual holiday, I wanted to keep in touch with our readers.

A lifelong (well since we have had grandchildren) dream was to bring them to Florida to visit us. (Oh, yes, and their parents too). Well, their Christmas present was fulfilled at March Break this year when both our daughters and families arrived for a vacation with us.

We had a beach property and an inland property while they were here, so we had the best of both worlds. All nine of us spent time together, as well as spending time alone with each family. Their vacations started with a two-day trip to Disney, then back to Grandma and Grandpa's for some sun and sand, seafood, sunsets and swimming.

Our grandsons (yes, we have four boy grandchildren) are 5, 8, 5 and 9 years old. A great age for the trip and great company for one another.

The highlight of the trip was a family dinner at Dave's favourite restaurant on Clearwater Beach. The food, the service and the atmosphere are always first class and we all had a great time together. After ordering, the meal began with a complimentary relish tray of cottage cheese with chives, apple

What's cookin'

Lori and Gerry Kentner



butter, grated beets with horseradish and corn relish or watermelon pickle (Dave's favourite), accompanied by assorted crackers.

Then came the bread and ginger muffins (my favourite) with butter. Lots of seafood was ordered accompanied by several kinds of salad, appetizers of Oysters Florentine, crisp onion rings and an order of frog's legs by an adventuresome grandson, who loved them.

Now we were all getting pretty full, until the dessert menu was delivered and of course, we all took part with hot fudge and caramel sundaes, brownie cheesecake, blueberry sherbet and the ever-popular key lime pie—yum yum!

We even had a few dances with the grandkids while a live band played for a private party in the adjoining section. Truly a fabulous evening and a very memorable holiday for all.

Have fun and keep cooking—I am!

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Mushroom Caps with Crabmeat and Hollandaise

Ingredients (Stuffed Mushrooms)

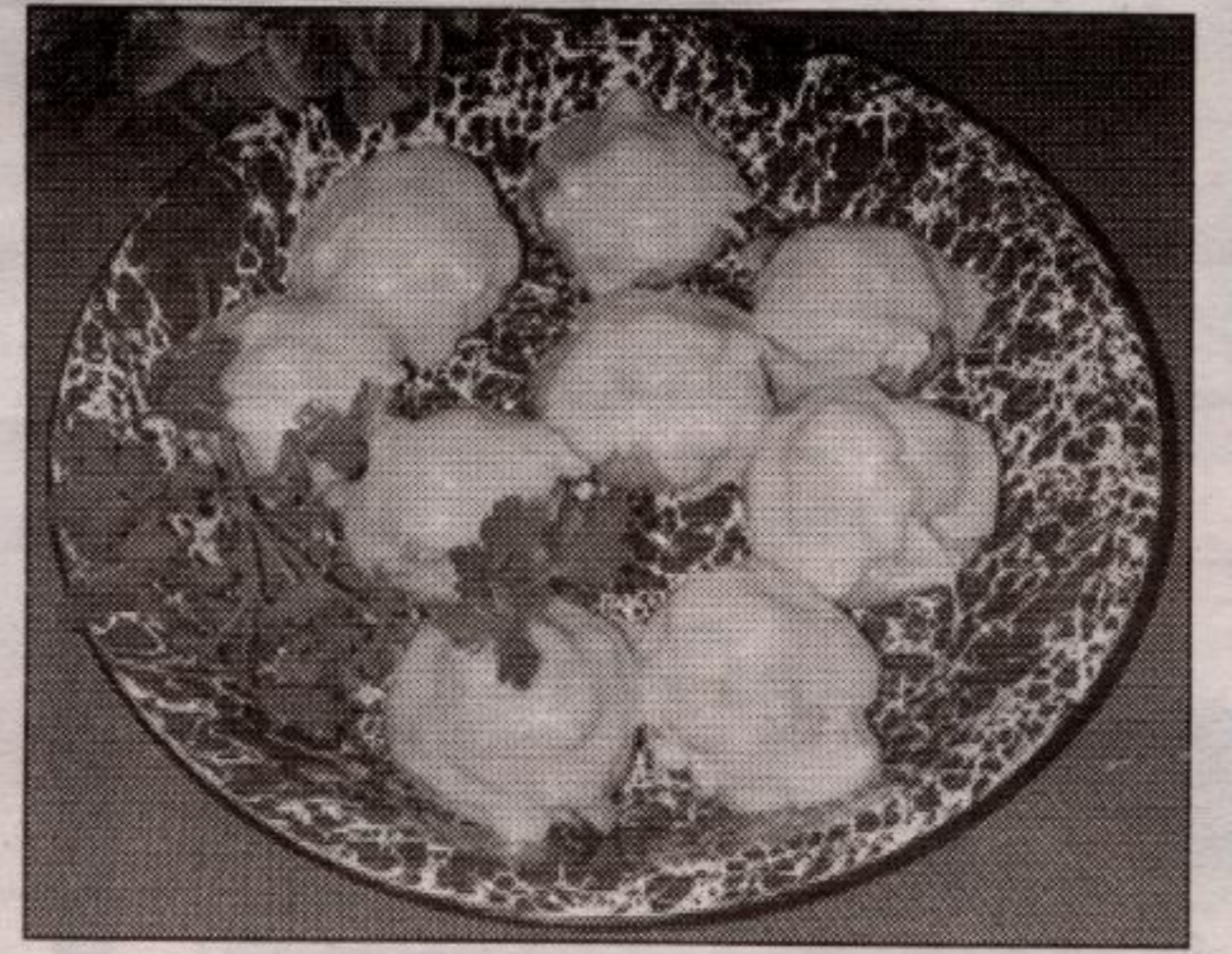
- 2 cups dry, white wine
- 1 bay leaf
- pinch of thyme
- salt and pepper to taste
- 24 large fresh mushrooms, cleaned
- 2 tbsp butter
- 1/2 medium onion, diced
- 6 oz crabmeat
- 1 oz brandy
- 3/4 cup whipping cream

Ingredients (Hollandaise)

- 6 egg yolks
- 1/2 lb butter, cut into small chunks
- 1/2 lemon, squeezed for juice
- pinch cayenne pepper
- salt and white pepper to taste

Method

1. In a sauce pan, combine wine, bay leaf, thyme, salt and pepper. Bring to a gentle boil. Add mushrooms, reduce heat and simmer on low, covered until mushrooms are tender but still firm. Allow to cool in



poaching liquid.

2. In fry pan, melt butter. Sauté onion until golden brown. Add crabmeat and stir until hot. Add brandy. Add cream and reduce until slightly thickened. Season with salt and pepper to taste.

3. Fill mushroom caps with crab mixture.

For hollandaise sauce:

4. Melt the butter in a small sauce pan. Set it aside to cool at room temperature. Fill the bottom of a double boiler with water, and bring it almost to a boil. Then lower the heat so that the water is hot, but not boiling.

5. Mix the egg yolks and lemon juice together in the top of the double boiler. Then place the top over the bottom and whisk until the smooth. Gradually whisk in the butter in a slow, steady stream. Add the cayenne, salt and white pepper. Continue whisking until the sauce is thick.

6. Bake the mushroom caps at 350 F degrees for about 10 minutes or until hot, then pour the warm hollandaise over the crab stuffed mushroom caps and serve.

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Quote: "The Herbal Magic staff were fantastic. They provided me with support and motivation. Their enthusiasm was contagious and they celebrated each milestone with me losing weight. Losing weight has given me more confidence. I am not afraid to speak out or be noticed anymore. Not to mention shopping is a lot more fun now! Losing weight has reminded me of how much inner strength I have. I fought this battle for me - and I won! The Herbal Magic program gave me the support and motivation that I needed to lose weight. The program itself was easy to follow and gave me definite boundaries. It has changed the way I design my meals, but it is convenient and reasonable at the same time. The best part of the Herbal Magic Program was definitely the support of the staff. It is nice to have someone to get excited with when things are going well and someone to help you out when it's not".

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