

Town courses to help volunteers upgrade training

Halton Hills Recreation and Parks is offering a number of volunteer training opportunities to assist residents in their community work, including coaching skills, fund-raising and volunteer screening.

To upgrade volunteering skills, the programs include;

- ABC's of Fund-raising
- Learn the Steps: Introduction to Safe Steps Volunteers Screening Program
- High Five's Principles of Healthy Child Development and Quest
- Ontario Minor Hockey Association Coach Level Refresher
- Hockey Trainers Certification (HTCP)
- Prevention Services— Speak Out
- Canadian Hockey Association Initiation (CHIP)
- Sports Wrapping and Taping
- National Coaching Certification Level 1 (NCCP 1)
- NCCP Hockey Coach Level

For more information on the above program, see the new Fall & Winter Community Activity and Service Guide available at town facilities or call the Program Information Hotline, 905-873-2601, ext. 2275.

Give Japanese cuisine a try Here's a glossary of terms

Japanese cuisine is making a place for itself in the North American dining scene—even here in Georgetown!

One of the most difficult things about trying foods from a culture you are unfamiliar with is that you don't have any idea what you are ordering! It can be embarrassing if you find yourself ordering dessert when you wanted a meal! It is very helpful if you can make your first outing with someone who is more familiar with the rituals and terminology.

Some people I talk to seem to have the incorrect impression that all Japanese food consists of raw fish. This is absolutely not true! Although some sushi and all sashimi are made with raw fish, there are lots of varieties of sushi that are either cooked fish or vegetarian and the majority of the menu are cooked foods— so don't worry.

The following are some terms that may help you out the next time you decide to try a Japanese restaurant:

- Miso— a paste made with fermented soya beans (this is used as a flavouring, and is also made into a soup)
- Wasabi— Japanese horseradish (VERY hot)
- Aemono— Dressed dishes
- Agemono— Deep-fried dishes
- Gohan— Cooked rice

What's cookin'?

Lori and Gerry Kentner

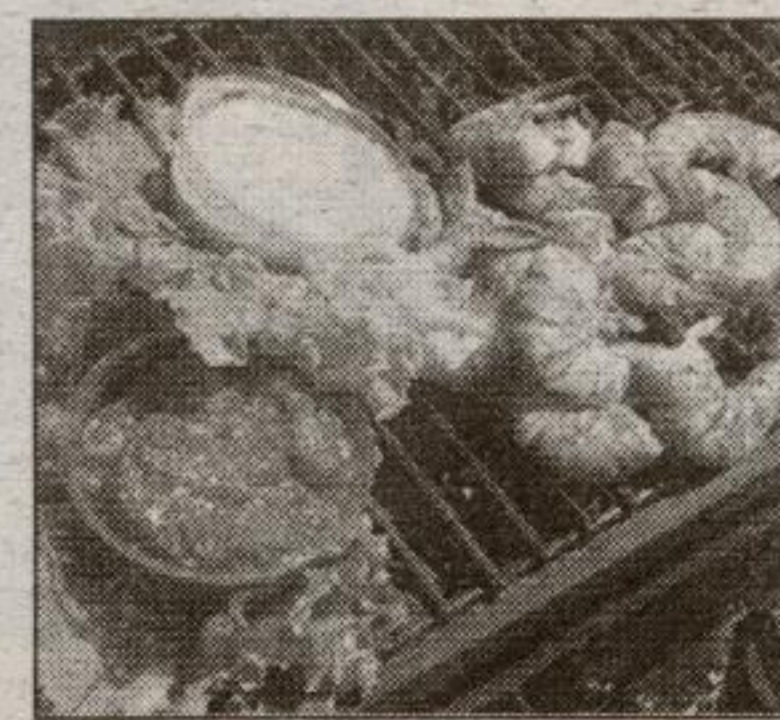


- Mushimono— Steamed dishes
- Nabenmono— Simmered dishes
- Sashimi— Fresh slices of raw fish
- Shirumono— Miso soup and clear soup
- Sunomono— Vinegared dishes
- Yakimono— Grilled dishes
- Omakase— Chef's choice dinner
- Tempura— Deep-fried vegetables, fish or seafood with an extremely delicate batter
- Nabemono— A form of table cooking where a pot of simmering broth is brought to the table and the guests dip their own morsels of food into it (similar to fondue)
- Teppanyaki— A form of table cooking where the chef cooks thin slices of meats, seafood and vegetables on a large, very hot, stainless steel cooking surface that forms part of the table

Have fun and keep cooking!

www.kentnscatering.com

Jumbo Shrimp



(serves four)

Ingredients

- 1 lb shell on, raw shrimp (16/20 per pound if possible).

Purchase the best shrimp you can afford. This recipe will adapt to any size raw shrimp, shell on or off. Adjust cooking time by cooking a little less if the shell is not on.

Method

Barbecue on medium grill three to four minutes per side. Turn once during cooking. As soon as the shrimp are pink, they are done. Do not overcook or the shrimp will be tough.

Let your guests or family peel their own because it slows down the eating process, especially with such an expensive item.

Serve with these assorted sauces below.

Cocktail Sauce

- 1 cup ketchup, 1 tsp horseradish, 1 tsp lemon juice, 1 tsp Worcestershire sauce

Easy Louis Sauce

- 1 cup Thousand Island dressing, 1/4 cup mayonnaise, 2 tsp vinegar, 1 tsp green relish

Curried Fruit Sauce

- 1/2 cup mayonnaise, 1/2 cup sour cream, 1/4 cup drained crushed pineapple, 1/4 chopped red apple (skin on), 1/2 tsp curry powder or to taste

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* services de garde sur place

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