

## What's the difference between cilantro and coriander?

**F**laky pastry filled with aromatic apples, cinnamon and sugar. Tender, juicy pot roast in a rich pan gravy with winter vegetables, creamy cheese fondue accompanied by a fresh tomato and basil salad. Life does not get much better than this!

Gerry and I have just started teaching cooking classes again— we are teaching three dates this fall— call Kentners for more information. And I just started teaching at the Milton Loblaw's Cooking School as well. The yummy concoctions listed above are some of the delicious treats we will be whipping up for you in our classes. We hope that you will join us!

Today's recipe is *Thai Chicken Salad*. This recipe is wonderful served hot or cold. The recipe shows the preparation for a cold salad. But in order to make it a hot entrée, do just the same procedure, except you will be tossing in everything together in a very large non-stick pan or pot.

This recipe also happens to be extremely low in fat and very healthy. I usually make a double recipe and freeze portions for future lunches in freezer baggies and serve the rest to my family for dinner.

Be careful when you are toasting your sesame seeds in the oven. They have much more flavour and colour when toasted, but I burn them every time! I always buy double what I

*What's cookin'?*

Lori and Gerry Kentner



need just so that I can burn one batch. They do not take very long— only a couple of minutes, so keep your eye on them!

There is often some confusion between coriander and cilantro. Coriander and cilantro come from the same plant. The ground coriander that we are most familiar with is from the seeds of the plant, which are dried and ground. The green leafy part of the plant is sometimes known as fresh coriander, but also known as cilantro. This leafy part of the plant can be found as a key ingredient in cooking from China, Mexico, Southeast Asia and South America.

When you are chopping the fresh coriander for this recipe, clean and use the root part (white part) as well. This end has even more concentrated flavour and aroma than the green, leafy part of the plant and is often used in Thai cooking. Be sure to chop very fine.

Have fun and keep cooking!

[www.kentnerscatering.com](http://www.kentnerscatering.com)

## Thai Chicken Salad

(serves eight)

### Ingredients

- 3 lbs boneless, skinless breast of chicken, cut in thin strips
- 1 tsp hot sauce (optional)
- 2 limes, juiced
- 1 tsp sugar
- 1 tbsp soya sauce
- 2 tbsp olive oil
- 2 tbsp water
- 1 box rice noodles (approximately 10 oz)
- 1 bunch asparagus, cut on a bias and blanched
- 1/2 red pepper, thinly sliced, sautéed
- 1/2 cup sliced shitake mushrooms, sautéed
- 2 cups sliced regular mushrooms, sautéed
- 1 can baby corn, cut on a bias (approximately 350 ml)
- 1 tsp fresh ginger, chopped
- 2 cloves garlic, chopped
- 8 tbsp soya sauce
- 4 tbsp olive oil
- 2 limes, juiced
- 2 tbsp white wine vinegar
- 1/2 cup chopped fresh coriander
- 1 medium shallot, chopped
- 1 tsp lemon grass, chopped (optional)
- 1 tbsp toasted sesame seeds

### Method

1. In a non-reactive bowl, mix together hot sauce (optional), lime juice, sugar, soya sauce, olive oil and water. Mix together.
2. Place strips of chicken in a shallow pan and pour marinade over top. Allow to



marinate in the refrigerator for several hours or overnight (covered).

3. Follow package instructions to prepare rice noodles. Once cooked, rinse thoroughly under very cold water to stop the cooking process. Set aside.

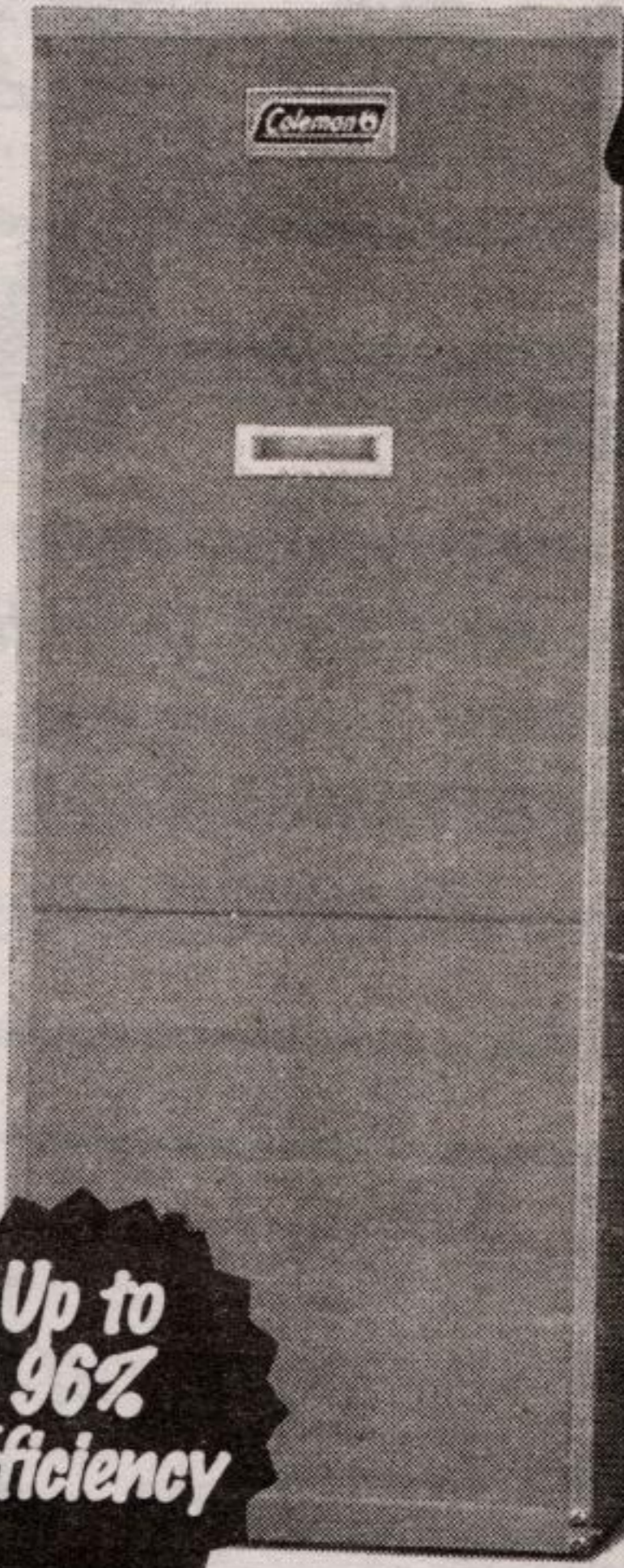
4. Remove chicken from the marinade. Discard the marinade. In a non-stick frying pan, cook chicken until cooked through (cooking time varies with thickness of slices). Set aside and allow chicken to cool.

5. In a large bowl, combine chicken, noodles, asparagus, red pepper, mushrooms and baby corn.

6. In a non-reactive bowl, mix together ginger, garlic, soya sauce, olive oil, lime juice, white wine vinegar, shallot and lemon grass (optional). Pour over salad ingredients, mix well, but be careful not to break the noodles. Carefully mix in chopped coriander.

7. Arrange the salad on a serving platter and sprinkle with the toasted sesame seeds.

## Will your furnace make it through another winter?



**Coleman**

manufacturer's rebate

O.A.C.

Receive up to \$300.00 back on the purchase of your furnace. Limited time offer

Don't Pay for 3 months  
- NO interest  
- NO Down Payment

**union** financial  
APPROVED DEALER

Furnace Maintenance Inspection \$85.00 + GST



**APPLEBY SYSTEMS 877-8990**

Fireplace, Heating & Air Conditioning Sales & Service  
118 Guelph St. Georgetown (at Maple)

32 years of Quality Service to the Halton Community

Hours: Monday - Friday 9-5; Saturday 11-4; Appointments available after hours upon request

*on stage & in life*  
health, image and energy couldn't be more important to an aspiring performer.



**Vicky Boland**  
Singer/Songwriter  
Lost 70 lbs. & 75 inches

Breaking into the music business is about a beautiful voice, great music, the right image, and unending confidence in yourself...

"My exterior appearance always affected my chances of achieving the career I had always wanted - to be a performer. People would say, 'Yes, she's a lovely girl with a pretty face and strong voice but...' With the program, I've lost 70 pounds, have more energy, and confidence, and well the rest is history! Herbal Magic® was definitely the way to go and I will recommend it for years to come!"

Vicky Boland spent the summer of 2002 touring Europe and remains a strong advocate of the Quick-Loss™ PLUS program and the importance of leading a healthy lifestyle.

**Herbal Magic**  
Systems International  
Weight Management and Nutrition Centres  
[www.herbalmagic.ca](http://www.herbalmagic.ca)

the Quick-Loss™ PLUS Program is here.

lose up to 7 lbs per week • free one-on-one consultations • guaranteed weight loss

**50% OFF FULL PROGRAMS**

\*Based on full program, excludes product.

Offer expires Sept. 20, 2002.

130 Guelph St.

**873-2476**