

# Thanksgiving is just around the corner It's time to start preparing your menu

Now please don't have a heart attack when I tell you this, but Thanksgiving is in four weeks. Everyone is always telling me that they can't believe that I plan things so far in advance! However, the reason for me telling you about this today is that we have dedicated the next four weeks worth of recipes (starting today) to your Thanksgiving menu.

Today you have a *Plum Tart*—this is a fabulous and very simple dessert that can be prepared in advance—yeah!

Next week will feature *Rosemary Potatoes*—very yummy and will accompany almost any entrée very nicely.

The week before Thanksgiving we will show a *Roast Ontario Pork with Wild Mushroom Stuffing*. Again, quite simple to prepare and very little last minute attention required. We figured that you've probably got the roast turkey thing down pat and don't really need our help with that, but we did think you might like an alternative to the traditional turkey dinner.

Then on Oct 11, the issue immediately prior to the holiday, we will feature Gerry's wonderful *Red Cabbage* recipe—this is a great side dish—a perfect complement to the roast pork.

Here are some other helpful hints to make it through another busy holiday:

1. Think your menu out carefully in advance. Do not pick an entire menu of foods that has to be prepared at the last minute. Try to select some foods that can be prepared a day in advance or at least the morning of the meal.

2. Consider renting the china, glassware, flatware and linen. Now, not everyone can afford to do this, but it is probably less expensive than you think. I always rent the glassware because I find that is the most difficult thing to cleanup.

3. If you are planning on cooking a turkey, chicken, capon, pork or beef for dinner, order it from your butcher well in advance—they get awfully busy at this time of year and you don't want to be disappointed.

4. Try to get as many of the prep dishes washed and put away before your guests arrive—it will make the end of meal cleanup so much easier. And don't forget to empty the dishwasher before everyone arrives.

5. Have a stack of disposable containers with lids readily available for organizing leftovers quickly at the end of the meal.

6. Ask someone else to bring part of the meal. You don't always have to do everything yourself. Ask someone else to share in the work.

7. Set the table the night before—one less thing to do on the day of the meal.

8. Make a list of everything you will need for the event, including bar supplies. Then you can be certain to get it all purchased in one shopping trip instead of having to go to the store three or four times.

9. Remember to relax and have fun—that's what these events are all about.

Have fun and keep cooking!

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

## What's cookin'?

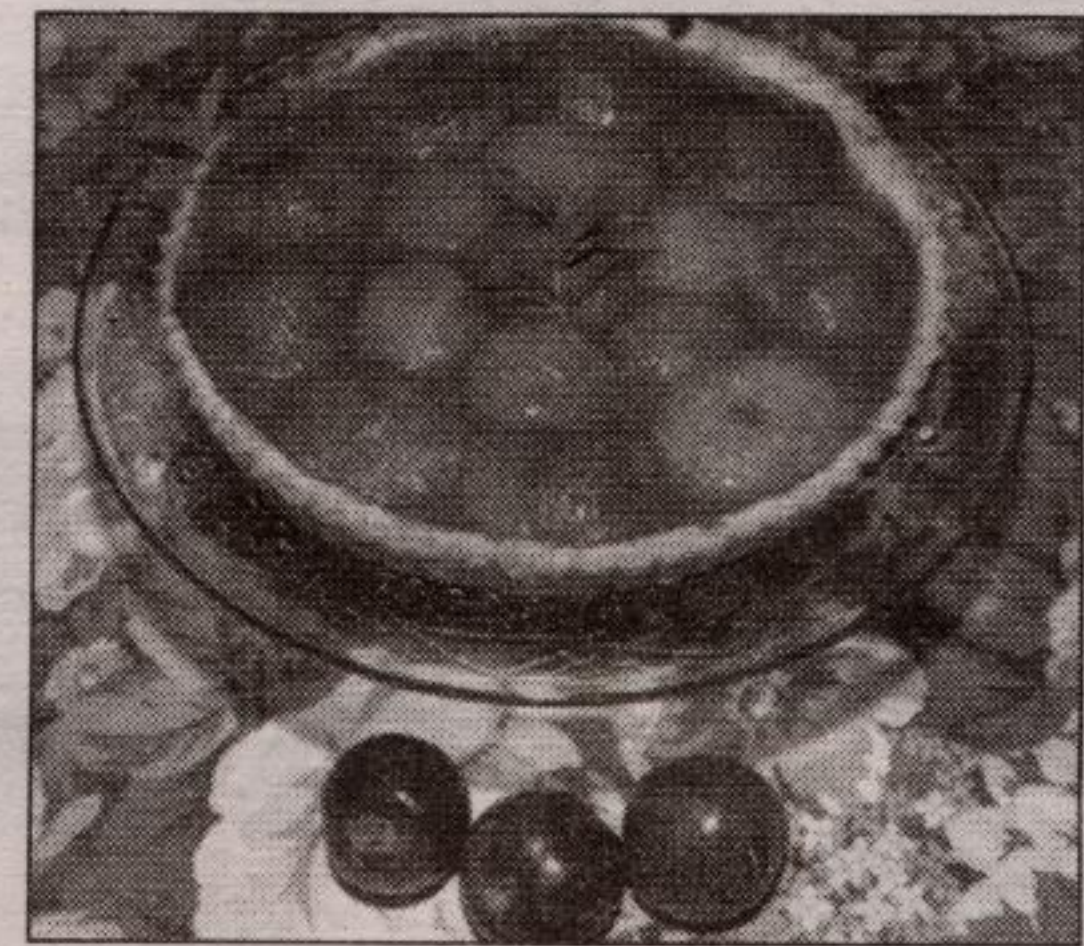
Lori and Gerry Kentner



# Plum Tart

## Ingredients

- 1 1/2 cups all purpose flour
- 1/4 cup sugar
- 6 oz unsalted butter, chilled
- 1 1/2 tsp white vinegar
- 8 large purple plums (or any kind of plum you like)
- 1/2 cup honey
- whipped cream



## Method

1. Place flour and sugar into a food processor. Pulse two or three times to aerate.
2. Cut the butter into small pieces and distribute over the flour. Process until the mixture resembles a very fine meal.
3. With the machine running, pour the vinegar through the feed tube and process for five seconds. Do not over-process—the dough should be still very mealy and should not gather into a ball.
4. Remove the dough from the processor and let rest for 30 minutes before using.
5. Wash and peel the plums, then cut in half. Remove the stone from the centre.
6. Gather the dough together and roll out on a floured surface.
7. Spray a 10" flan pan with non-stick coating.
8. Place the pastry in the flan pan. Don't worry if it breaks; just "patch" it back together. Prick the surface all over with a fork. Trim edges.
9. Place the plum halves, flat side down on the pastry. Surface should be covered. Use more or less plums if necessary.
10. Warm the honey over low heat. Brush some honey on the plums.
11. Bake at 350 degrees F. until for approximately 30 minutes until the pastry is golden and the plums have softened. You may baste the plums with honey throughout cooking.
12. Store the tart at room temperature until serving. Just before serving, brush with a little more honey, to make the tart shiny.
13. Serve with whipped cream.

of Herbal Magic®'s 200th Centre  
**now you really can have it all**  
the health you need, the energy you want, & the body you deserve.

**new energy**  
chasing kids, working out...

**new attitude**  
not the shy, quiet type any more...

**new wardrobe**  
good bye plus sizes, hello, tank tops

**new me!**  
actually, make that "the real me"...

**\$1.00 per pound!**

FULL WEIGHT LOSS PROGRAMS  
**Herbal Magic®**  
Systems International  
Weight Management and Nutrition Centres

[www.herbalmagic.ca](http://www.herbalmagic.ca)  
go ahead, ask the impossible, it's our specialty.

offer excludes product, based on full program, expires Sept 27, 2002

Jackie lost 40 lbs. & 57"

**COUPONS**

**sexuality**  
\$5 off **Vigor & Sensuous™**  
heighten desire, rekindle passion and take the time to enjoy your sexuality.

**peace of mind**  
\$5 off **Feme-Plus™ & Meno Plus™**  
because women definitely have better things to do than worry about p.m.s. or menopausal symptoms.

**body & shape**  
\$5 off **Formula 36C™**  
for fuller, firmer, larger breasts without the risks involved in surgery, enhancing your body shape should never threaten your health.

**COUPONS**

ACHIEVE TOTAL WEIGHT CONTROL

**The Town of Halton Hills & Georgetown Estates Corporation**  
**Hall Road Extension**  
**Open House & Public Meeting**  
**Options For Crossing of the Silver Creek East-West Tributary**

The Town of Halton Hills and Georgetown Estates Corporation have started a Class Environmental Assessment (EA) to find the best solution for extending Hall Road across the East-West Tributary to provide access to the proposed Georgetown Estates Phase 3 Subdivision. The crossing is located on a tributary of Silver Creek and within an identified Environmentally Sensitive Area. As part of the project, rehabilitation works are to be undertaken to restore a degraded section of the East-West Tributary.

The project is planned under Schedule B of the Municipal Class Environmental Assessment.

**Open House and Public Meeting**

Join us for an open house and public meeting where staff and consultants will be available to answer questions about the project and will present alternatives under consideration.

**When:** Wednesday, October 23, 2002  
**Where:** Council Chambers  
1 Halton Hills Drive  
Halton Hills (Georgetown)

**Open House:** 6:30 to 9:00 p.m.  
**Presentation:** 7:00 p.m.

If you are unable to attend but would like information about the project, please contact Richard Henry or Robert Whyte by:

|   |   |
|---|---|
| Mail: Engineering & Public Works<br>1 Halton Hills Drive<br>P.O. Box 128<br>Halton Hills, Ontario<br>L7G 5G2<br>Attn: Richard Henry | Aquafor Beech Limited<br>14 Abacus Road<br>Brampton, Ontario<br>L6T 5B7<br>Attn: Robert Whyte |
| Phone: 905-873-2601 Ext: 2313   | 905-794-2367 Ext: 298   |
| Fax: 905-873-3036   | 905-794-2338  |
| E-mail: <a href="mailto:richardh@town.halton-hills.on.ca">richardh@town.halton-hills.on.ca</a>                                      | <a href="mailto:whyte.r@aquaforbreech.com">whyte.r@aquaforbreech.com</a>                      |

**Cool or Clueless?**

Is there really any question?

There's no doubt about it smoking pollutes your body and takes years off your life. Cigarettes are very addictive, very expensive and very unpleasant for those around you. If you do smoke and have thought about quitting, prove to yourself you can do it. It takes a lot of hard work and dedication, but you can live smoke-free if you try.