

Alpha course kicks off with special banquet

Alpha: A Practical Introduction to the Christian Faith is coming to Georgetown Alliance Church.

This 14-week, non-denominational program is designed for everyone who regardless of background, would like to learn more about Christianity and its relevance to lives today.

The program was developed in 1992 by Nicky Gumble, a British lawyer turned clergyman and millions around the world have taken part in the courses.

In addition to dealing with such topics as Who is Jesus and How Can I Make the Most of the Rest of My Life?, another objective of the program is to foster friendship. Each meeting begins or ends with a meal, allowing guests to fellowship in an informal way.

Following a video talk by Gumble, the issues raised in each talk are discussed over coffee in small groups. In addition, a special weekend Alpha meeting is held part way through each course.

A morning program will be offered on Tuesdays, 10 a.m. to 1 p.m. (ending with lunch) and an evening program on Thursdays, 6:30-9:30 p.m. (beginning with dinner).

Both programs start with a Celebration Banquet on Thursday, Oct. 3 at 6:30 p.m. at Georgetown Alliance Church, 290 Main St. S.

There is no charge for the course; a donation for the meal is appreciated.

For details call Audrey McDonald, 905-873-0249.

Try this new method of cooking lobster

Iust attended a wonderful cooking class recently and learned some really interesting things about lobster.

Most people assume that in order to cook a whole, live lobster, you get a pot of boiling water going and then you dunk the lobster in and cook it for 10-15 minutes and you're set. This method of serving lobster is usually accompanied by drawn butter. This whole procedure is pretty standard. I've prepared it this way myself, several times.

But, I've learned a better way! First of all, the drawn butter accompaniment was brought about because the lobster, when prepared this way, tended to be overcooked and a little dry and needed some of its moisture replaced—thus the butter.

But why was it dry to begin with? Why would you want to spend so much money on such a luxury item and then prepare it in any way other than the way that would make it taste the best? Obviously we wouldn't want to. Obviously we would rather know a better way, so here we go.

First of all, you do need a large pot of boiling water. The lobster must have lots of water movement around it when it's in the pot, so make it a big pot. Then, you need to add salt to the water. LOTS of salt. Lobsters live in salt water and when you cook them, they are best cooked in water that is similar to their natural habitat. A large pot could use as much as half a box of salt.

Then, here is the really interesting part—add vinegar to the water. About three cups of white vinegar to the large pot. Have you ever cooked fish or seafood (especially noticeable in salmon) and when it is finished there is white stuff oozing out of the fish? That is protein. What is happening is that the heat is affecting the protein and basically forcing it out of the meat. One way to counteract that is to have an acid present during the heating process; this slows down the reaction between

What's cookin'?

Lori and Gerry Kentner



the heat and the protein. So, with vinegar and salt in your pot, you are ready to go.

Now, the shell on the lobster has different thicknesses on different parts of the lobster, so ideally, these parts should get cooked for different lengths of time. The tail, although the largest part of the lobster, actually has the thinnest shell and cooks in the least amount of time. So, once your salted, vinegary water is boiling, place the whole lobster (head first) into the pot. Turn the heat off; leave the lid on the pot. Time it for three and a half minutes. After this time, remove the lobster.

Separate the tail from the rest of the lobster and set aside. Remove the body of the lobster and set aside. (You will only need the body if you are making a stock with the lobster). Then toss back into the pot the claws and "arms"—heat is still off and lid is back on. Time it for about eight more minutes. Remove the claws and "arms".

Your lobster is now ready to go. It is very moist and not overcooked. If you were using this lobster in a dish—such as lobster cakes, lobster risotto, etc, you would still be able to add this lobster towards the end of the cooking process and it could stand to be cooked for another minute or two in conjunction with the dish and not dry out. If you are just going to eat it as is, then cook the whole lobster for five minutes and the claw/arm sections for 10 minutes.

Have fun and keep cooking!

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Rosemary Potatoes

1. Use new potatoes—either the small ones or the larger ones, whichever you prefer. You can also mix together red and white potatoes.

2. Wash the potatoes well. If you are using the larger potatoes, cut them into halves or quarters, depending on their size. Let potatoes dry slightly on paper towels.

3. In a mixing bowl, mix potatoes with enough olive oil to cover them, salt, freshly ground black pepper and rosemary. You can use fresh or dried rosemary. If using fresh rosemary, chop the rosemary slightly first. You will need about 1 tsp of fresh rosemary (about 1/2 tsp dried) for every cup of potatoes.

4. Place the seasoned potatoes on a baking sheet. Bake in a preheated 350 F degree oven for 30 minutes to one hour depending on how full your baking sheet is.

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