

# Business

*Eat gourmet food:*

## Canterbury Gourmet Food cooks, freezes and delivers

If you are too busy to cook, but long for homemade gourmet meals in the comfort of your own home, a Georgetown woman has the solution.

Jenny Allen, an honours graduate from the chef program at George Brown College, has launched a home-based business, Canterbury Gourmet Foods, that provides all-natural, preservative-free frozen gourmet meals delivered to her customer's doors.

"It's a service that helps people sit down to a stress-free meal with the family and enjoy some good food," said Allen who has always loved cooking. She offers a variety of soups, lasagnas and pastas that she describes as "comfort food with a gourmet twist."

She makes all of the food in small batches in her kitchen that is inspected regularly by the health department. They can be delivered fresh, but most are frozen. Allen said she uses only the freshest and best quality ingredients.

Her soups (she currently offers nine) are created from scratch using homemade stocks, fresh vegetables and herbs. They include the best selling Bacon Potato Leek and Sage, Broccoli and Cheddar Chowder, Carrot Pumpkin and Maple, Garlicky Tortellini, Tomato and Spinach, and Rosemary Chicken and Wild Rice.



JENNY ALLEN

She currently offers four lasagnas, Roasted Red Pepper and Goat Cheese (the most popular), Fire Roasted Vegetable and Three Cheese, Traditional Italian Meat and Tomato, and Wild Mushroom and Caramelized Onion.

Eight different pastas are available including Penne with Roasted Red Pepper and Garlic Cream, Farfalle with Sun-dried Tomato Cream Sauce, Rigatoni with Italian Meat Sauce and Manicotti with

Ricotta Cheese and Herbs.

The menu items are available in small or large (four people) servings.

Allen said she makes some changes to her menu on a seasonal basis and weekly specials that aren't on her menu are left on her answering machine. She also offers four varieties of individually frozen and ready to bake cookies including Peanut Butter Chocolate Chip and White Chocolate Pumpkin Spice.

Allen, who worked in a variety of professional kitchens before starting her own business, said for those who are watching their weight, she knows the Weight Watchers points values of all of her recipes and she can make substitutions in her recipes based on a person's dietary needs.

Orders placed three days in advance are guaranteed, and delivery is free in Georgetown for orders over \$8. Through January, those who order \$50 or more worth of food receive a 10 per cent discount.

Allen, who also has her food safety certificate and has taken extensive training in catering, also offers a catering service.

For more information and a menu call Canterbury Gourmet Foods at 905-877-0454.

—By Lisa Tallyn, staff writer

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