

One week to go

Now is the time for delegation

One week and counting to the big Thanksgiving stress-reduced meal! This week I am letting you off the hook. If you have done everything we talked about so far, then this week you can take a holiday from doing Thanksgiving dinner chores. However, you must shop sometime before the big meal. Now is the time for delegation! Remember that some stores close for Sunday and/or Monday. Check your favourite store for its holiday hours. And, try to get the shopping done two days before the party so you don't have to be bothered with it on the day before when you have many other jobs to do.

So, sit back and relax. In the meantime, we were having a discussion about some of the terms you'll see below and I thought I'd share them. Once people find out you are a chef, almost everyone has a "What does this mean?" or "What is that?" type of question. So, here is the answer to some of your questions:

Adductor Muscle: Humans have an adductor muscle too, but in food terms, this is the muscle with which a mollusk closes its shell. In the case of American scallops, this is usually the only part that is eaten.

Mollusk: A soft-bodied sea animal, usually inside a pair of hinged shells, such as clams, scallops, muscles or oysters.

Au Jus: Served with its natural juices. Usually unthickened pan drippings.

Blanch: To cook an item partially and very



What's cookin'

Lori Gysel
Gerry Kentner

briefly in boiling water or in hot fat. Usually a preparation technique to loosen peels from vegetables, fruits and nuts, or to partially cook French fries or other foods before service.

Braise: To cook covered in a small amount of liquid, usually after preliminary browning.

Bulgur: A type of cracked wheat that has been partially cooked (most popularly used in tabouleh salad).

China Cap: A cone-shaped strainer.

Concasser: To chop coarsely (often seen in recipe instructions calling for "tomato concasser").

Deglaze: To swirl a liquid in a sauté pan or other pan to dissolve cooked particles of food remaining on the bottom.

Demiglace: A rich brown sauce that has been reduced by half.

Emulsion: A uniform mixture of two unmixable liquids (most popularly used in salad dressings when combining oil and vinegar).

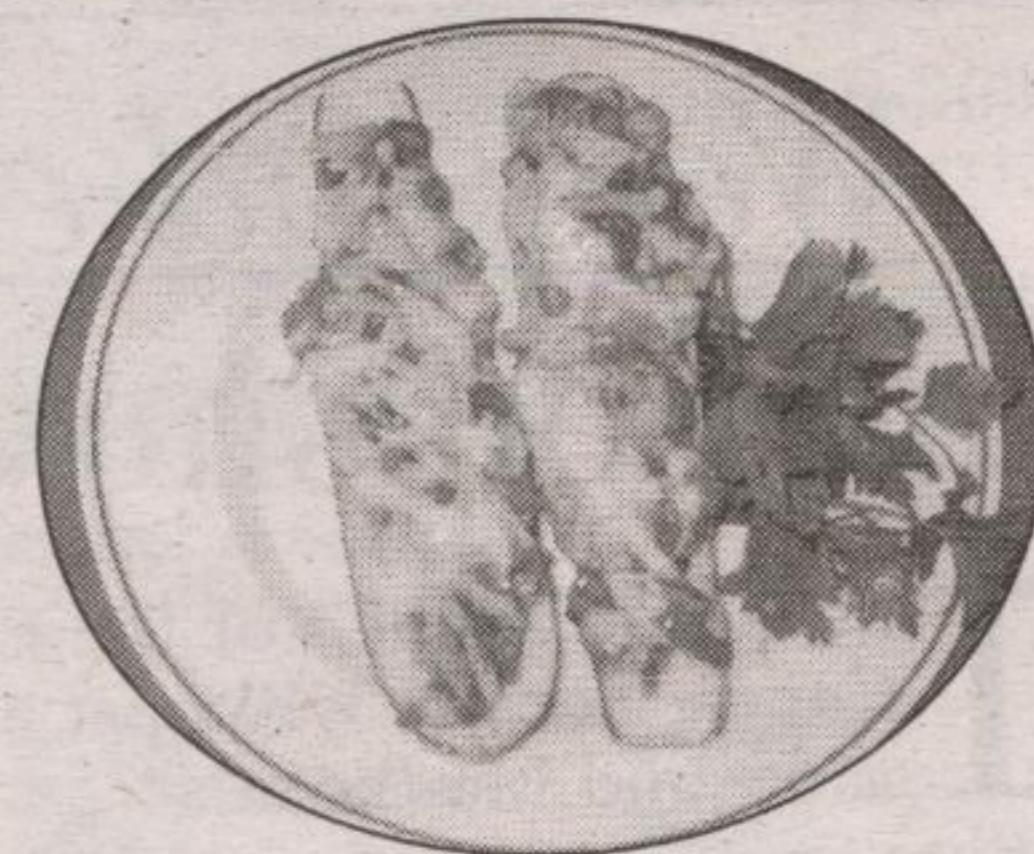
There's so many, that's all I can fit in for now! Have fun and keep cooking!

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Stuffed Zucchini

Serves two
Ingredients

- 1 medium zucchini
- 4 white mushrooms, sliced
- 1/4 cup chopped Spanish onion
- 1/4 chopped green pepper
- 2 tbsp chopped fresh parsley
- 1/4 cup chopped fresh tomato
- 1/4 cup grated cheese — any kind
- 1/2 tsp dried oregano
- 1 tbsp butter
- salt and pepper

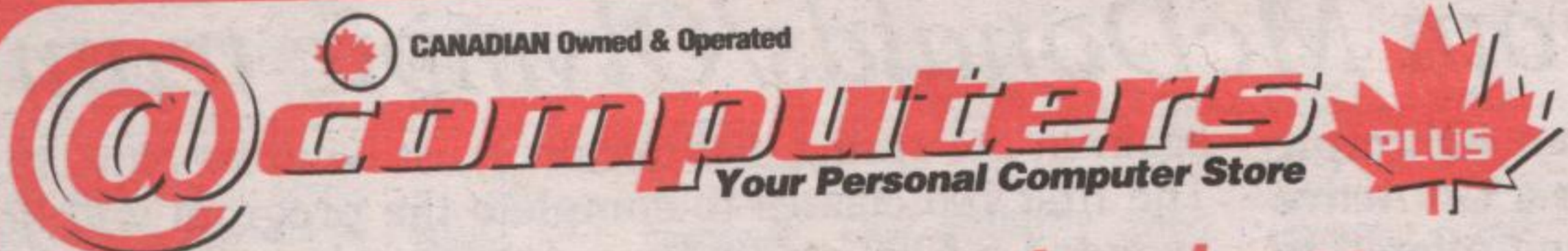


Method

1. Halve the zucchini lengthwise. Hollow out a bit of pulp, leaving enough sides to stay together. Blanch for three to five minutes. Drain and set aside.
2. In a fry pan, melt butter. Sauté all other ingredients together except cheese until vegetables are tender, but not mushy.
3. Remove from heat.
4. Fill zucchini halves, then top with cheese.
5. Bake in 350 degree F. oven for five minutes or until cheese melts.
6. These may be made well in advance, but you would need to heat them longer in order to warm them up, then add the cheese at the last minute.

Variations

1. You can add any type of cooked rice to the vegetable stuffing mixture.
2. You can add any type of cooked ground meat to the vegetable stuffing mixture.
3. You can add tomato sauce to the cooked vegetable mixture.
4. You can poach an egg and lay it in the bottom of the zucchini half, then top with the vegetable mixture and cheese.



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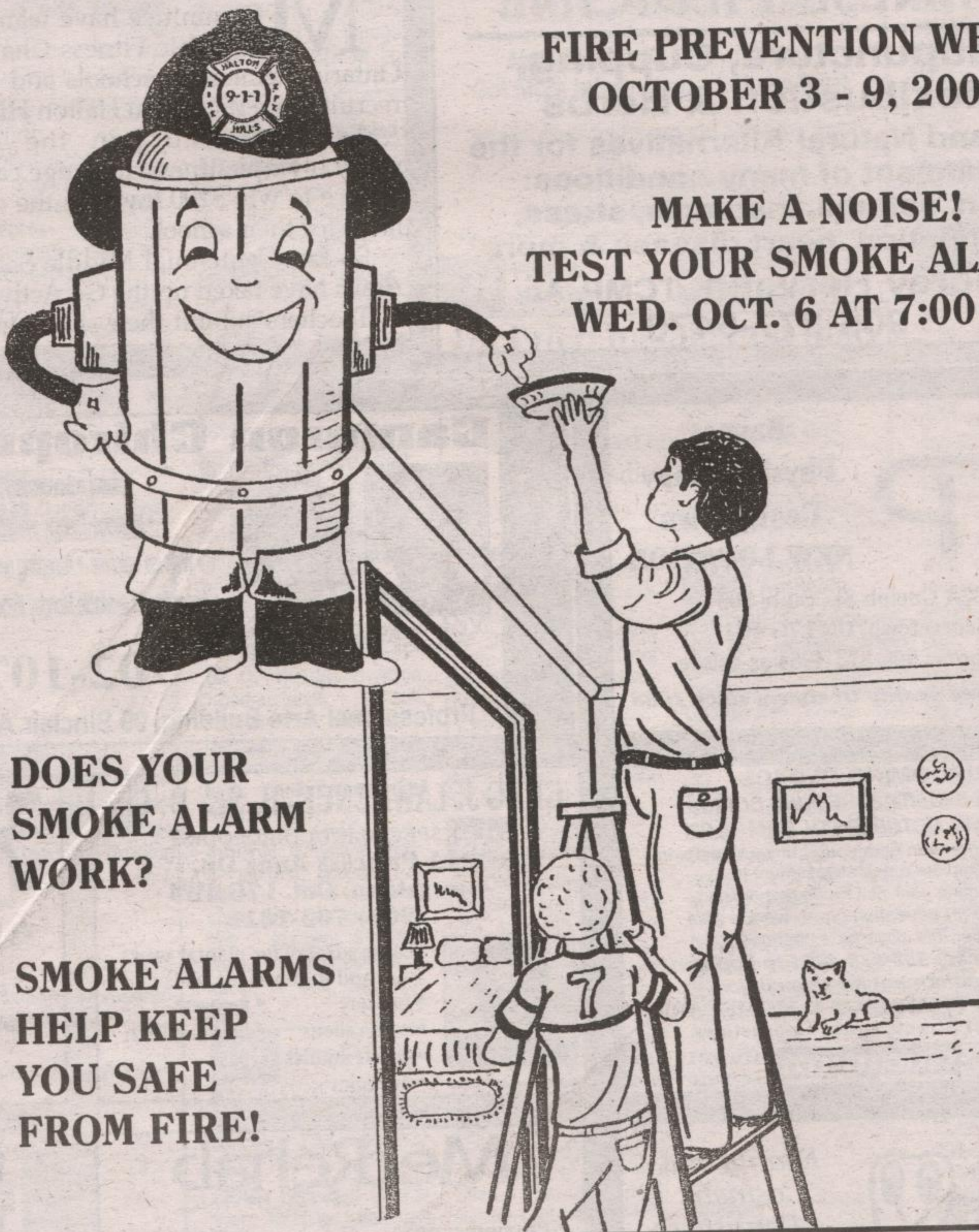
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