

Sit down to a Wild Food Dinner

St. George's Anglican Church presents its Second Annual Wild Food Dinner on October 16; two sittings at 5:30 p.m. and 8 p.m.

The dinner is a capital fund-raiser to help preserve the historical integrity of the Victorian era building.

The menu features foods that many consider unusual or different, but in fact were staples on the homesteader's table. Hors d'oeuvres include game paté, stuffed mushroom caps, quail eggs, smoked fish paté and plantain wrapped in wild boar bacon with wild mango coulis.

Gourmet-prepared wild boar, marinated quail, buffalo roast, elk, and a vegetarian dish of stuffed peppers with bulgur wheat, wild carrot and dried cranberries are planned as the main fare in the buffet-style dinner along with local vegetables (including fiddleheads) and green salad with wild sumac dressing. Accompaniments include wild mushroom pie, and new potatoes with maple syrup topping. Cattail pollen, amaranth, wild rice and a special surprise nut bread will be baked into homemade breads. The dessert table will feature wild cherry Black Forest cake, sponge cake with raspberries and cream, wild berry pies, and cheesecake with wild berry sauces.

Tickets are going fast at \$50 per person including a beer or glass of wine and are available by calling 905-877-9772 or 905-873-3194 or at Foodstuffs. Interested diners are urged to buy their tickets early; limited sales at the door, if available.

Countdown to Thanksgiving dinner

And here we are, only a couple of days until your stress-free Thanksgiving meal. Now you've got a few more things to do, so let's get started!

1. If you are using a frozen bird, take it out of the freezer two to three days before you'll need it. Thaw it in the fridge on the bottom shelf in a container large enough to capture any juices that will be released as it thaws.

2. Take your frozen chicken stock out of the freezer. In a large pot, heat the stock. Now double the volume of liquid by adding a combination of cold water and white cooking wine. (If that doesn't look like enough gravy for your family, keep adding wine and water until you've got the desired quantity). Bring to a boil and then reduce to a simmer. Taste.

Add some chicken stock concentrate to enhance the flavour. Now add a few whole sprigs of fresh thyme and some minced fresh sage.

Mix together a couple of tablespoons of chicken bisto and the same amount of flour. Mix in a jar with two times the amount of water. Shake well. (If you don't have chicken bisto, just use more flour). Add slowly to the bubbling gravy mixture a bit at a time, whisking constantly, always allowing the gravy to return to the boil so you can judge the consistency.

What's cookin'

Lori Gysel
Gerry
Kentner



Taste. Season with salt and pepper (and more chicken stock concentrate if needed). Remove from the heat and allow to cool. Refrigerate until party day. Then reheat before dinner. Make sure to bring it back to boil before serving.

3. Prepare as many menu items in advance as possible. Stuffing (just don't put it in the bird until immediately before roasting), vegetable dishes, desserts, etc.

4. Delegate someone else to clean the house if possible (you'd be surprised what they can do)!

5. Set the table the night before the party.

6. Count out all the serving platters, bowls, utensils the day before the party.

7. Chill wine and other drinks day before the party.

8. Setup up a separate drink area day before the party.

9. On the day of the party: cook the bird (or other main course), finish off the other dishes, cleanup the kitchen area, serve and enjoy!

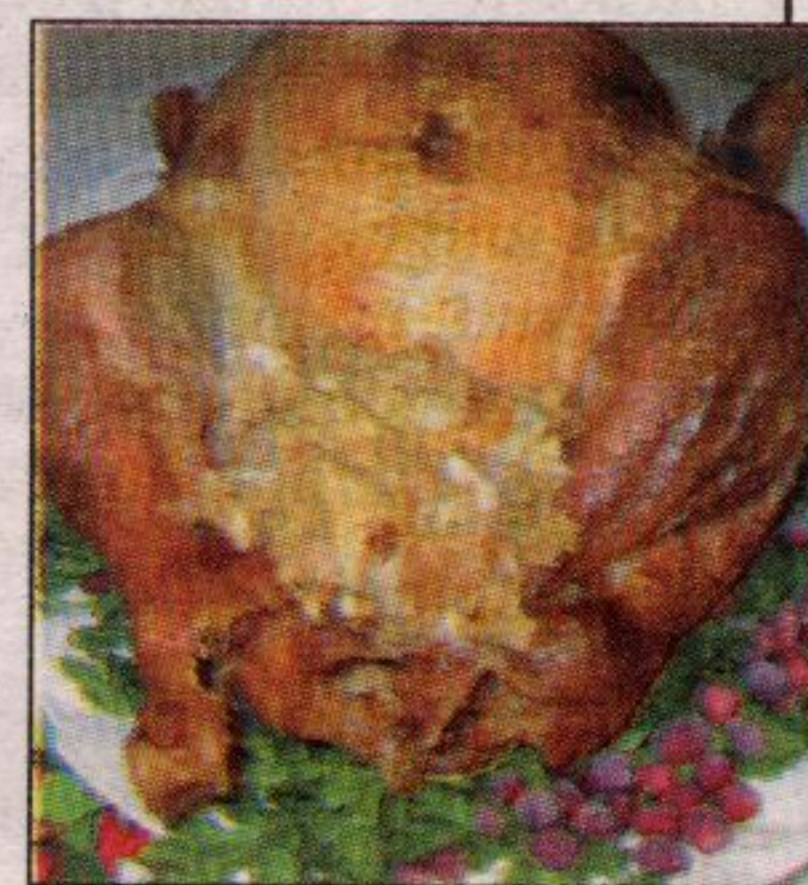
Have fun and keep cooking!

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Standard Turkey Stuffing

Ingredients

- 2 stalks of celery, diced
- 1 medium-sized Spanish onion, diced
- 1/2 cup butter
- 2 eggs
- 5 cups crumbled stale bread (white or whole wheat or a mix)
- 2 tbsp ground sage
- salt and pepper



Optional ingredients

Diced carrots— nice touch for colour

Spinach— wilt in hot water and then squeeze to remove all liquid or if using frozen spinach, then thaw and squeeze to remove all liquid

Chicken stock— add a little chicken stock if you like a wetter stuffing

Sausage—ground sausage tastes great in stuffing, but does make it heavier

Cranberries— fresh, frozen or dried If using dried, they will be sweet

Pecans

Mushrooms— slice and sauté before adding to stuffing

Apple— dice, but leave skin on Red Delicious will add a bit of colour or Granny Smith tastes great too

Apricots— never tried it, but sounds good with pecans and cranberries

Chestnut— try roasting them over an open fire!

Just kidding, you can buy them in the can, all ready to go.

Oysters— particularly nice with cornmeal

Cornmeal— particularly nice with oysters

Method

Combine all ingredients and stuff into the fowl.

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