

Want to eat well, and cheaply? Buy cabbage

Bok choy (also known as pak choy or mustard greens) is popular in Oriental cooking. To select in the grocery store, choose bright, fresh leaves with no sign of wilting or damp, brownish patches. Store in the refrigerator and use as soon as possible. The large bok choy will keep for several days, but the baby bok choy will wilt fairly quickly.

Bok choy is a member of the brassicas family, which includes everything from little baby brussel sprouts to huge, family-sized cabbages. Some other family members you may recognize: kale, calabrese (a variety of broccoli), cauliflower, Chinese cabbage (or nappa cabbage), savoy cabbage, red cabbage and more.

This family of veggies which is available year-round provides a good source of vitamins A, B and C as well as iron and calcium. They also contain enzymes, which are protective and curative when the vegetables are eaten raw.

When cooking bok choy as a side dish, it is best stir-fried. Chopped onion, crushed garlic, grated fresh ginger, grated lemon rind and chopped fresh herbs are good flavourings for this veggie—a dash of soy sauce, a drizzle of sesame oil and a sprinkling of toasted sesame seeds will finish it off nicely!

If you have never tried bok choy's cousin—the nappa cabbage, then now is a good time. You can chop it up and cook it in the same

What's cookin'

Lori Gysel
Gerry Kentner



manner as described above, or if you are looking for a summer salad to grace your picnic table, then try this: Combine 1 tbsp clear honey, 3 tablespoons sesame oil, 2 tablespoons soy sauce and freshly ground black pepper in a large bowl. Add 1 inch finely grated fresh ginger root and mix well. Then add 3 cups shredded nappa cabbage and 2 coarsely grated carrots and turn them in the dressing. Toss in a handful of bean sprouts and mix well. Enjoy!

If you are trying to eat well and lower your grocery costs, then cabbage is a good way to go. Try these ideas for serving hot, lightly-cooked cabbage: garlic butter, crushed coriander seeds, chopped fresh parsley, coriander or dill, sour cream with caraway seeds and a sprinkle of paprika, apple puree and a pinch of cloves, caraway seeds and melted butter, chopped fried onion, chopped green onions or chives, peeled chopped tomato and chopped fresh basil, grated fresh ginger or grated nutmeg.

Have fun and keep cooking!

Thai Pak Choi and Noodles

(In North America we know pak choy as bok choy.)

Ingredients

- 1/2 package vermicelli rice noodles
- 6 whole baby bok choy, washed and sliced in half lengthwise
- 2 shallots, minced fine
- 1 inch piece fresh ginger, minced fine
- 2 cloves garlic, minced fine
- 6 stems coriander (cilantro) minced fine (stem and leaves)
- 1 cup coconut milk
- 2 tbsp vegetable oil
- 1 tsp sambal
- 2 tbsp soy sauce
- 2 tbsp fish sauce
- 1 can straw mushrooms, drained and sliced in half

Method

1. Heat a large pot of water to boiling. Add vermicelli rice noodles, put lid on pot and turn off heat. Allow noodles to sit in hot water for three to five minutes until tender. Remove from water and drain.
2. In a large wok, heat oil until hot.
3. Add shallot, ginger and garlic. Cook until transparent. Add mushrooms.
4. Add sambal, soy sauce and fish sauce. Continue to cook.
5. Once well combined, add coconut milk and bring to a boil.
6. Add bok choy to the liquid and cover. Allow bok choy to steam in the liquid until tender.
7. Roughly chop the vermicelli noodles and place on serving platter.



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Posting No. 200524

Reporting to the Manager of Accounting, the Financial Coordinator is responsible for performing Capital budget and financial accounting analysis.

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- Administer debenture debt and maintain all records, issuance of donation receipts.
- Insurance administration relating to claims handling.
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- Special projects e.g. grant submission payments, various accounting/analysis for other departments.
- Develop and maintain policies and procedures related to position.
- Provide backup support to Accounts Payable and Accounting Clerk, as required.
- Perform other job related duties.

Qualifications

- Minimum of four years experience in a municipal accounting environment.
- Three-year community college diploma in accounting/business administration or equivalent.
- Enrollment in a recognized accounting program preferred.
- Completion of municipal accounting courses preferred.
- Proficient in the use of computer software, including Excel, Microsoft Word and Access.
- High level of communication and customer service skills.
- Ability to maintain a high level of confidentiality.

Salary: \$44,116 - \$52,520 per annum

Please forward your application, with a cover letter, using ONE method of application only, by 4:30 p.m., Wednesday, May 18, 2005. Please quote Posting No. 200524 on your resume.

Ms. Jackie Bowles
Manager of Human Resources
Town of Halton Hills
1 Halton Hills Drive
Halton Hills, ON L7G 5G2
Fax: (905) 873-1431
Email: humanresources@haltonhills.ca

Personal information is collected under the authority of the Municipal Act, 2001 (S.O. 2001, c.25) and will be used to select a candidate. Questions about this collection should be directed to the Manager of Human Resources. We thank all candidates for their interest, however, only those individuals selected for an interview will be contacted.

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Persons interested in being a Director will have knowledge of corporate affairs at a senior level, understand the concepts of financial management, and have experience in managing in a private business environment. Experience in the telecommunications industry as well as experience on a Board of Directors would be an asset, but is not mandatory. Applicants must ensure that no conflict of interest will exist with this appointment.

Please forward your resume, in confidence, prior to Friday, May 13, 2005, to:

Robert Austin
Chief Administrative Officer
Town of Halton Hills
1 Halton Hills Drive
Halton Hills, Ontario
L7G 5G2
Fax: 905-873-2267

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