



Brown Sugar Fudge

Ingredients

- 1 1/2 cups white sugar
- 1 cup brown sugar
- 1/3 cup 10% cream
- 1/3 cup milk
- 2 tbsp butter
- 1 tsp pure vanilla extract

Method

Combine sugars, cream, milk and butter in a heavy saucepan. Cook over medium heat, stirring constantly, until sugar dissolves and mixture comes to a boil. Cook to soft ball stage (238 degrees F) without stirring.

Remove from heat and let cool to lukewarm by placing pan in cold water.

Add vanilla and beat vigorously until mixture thickens and begins to lose its gloss.

Quickly spread into a buttered 8-inch x 8-inch pan. Allow to cool. Cut into squares.

An empty pantry? Try these substitutes

Happy Halloween! As all the little ghosts and goblins (or perhaps Dora the Explorers and Harry Potters) get their costumes ready, it's time for a little old fashioned candy—brown sugar fudge.

This is an OLD recipe, but a good one. Unfortunately, we don't hand out homemade candy at the door anymore, but this would be a great treat for a party you might be going to this weekend— and easy!

I thought this week I'd take some time to run over a few cooking and baking terms that you may see in your cookbooks, but you may not be certain of:

Lori Gysel & Gerry Kentner



ening, butter or other fat and butter.

Dredge: to coat completely with flour or other mixture.

Dust: to sprinkle lightly as with flour or sugar.

Fold: to combine a solid ingredient with a delicate substance such as beaten egg whites with a folding motion rather than beating— this is to prevent a loss of air.

Mince: to chop very fine.

Poach: to cook slowly in hot liquid. Usually applies to eggs or fish.

Sauté: to cook in a skillet with a small amount of fat over medium-high to high heat.

Scald: to heat just below the

boiling point.

Score: To cut lightly so as to mark the surface of the food with lines. (for example you may score a cake before cutting to ensure you get the required number of servings out of it)

Whip: to beat rapidly with a wire whisk or beater to incorporate air and make a substance light and fluffy.

And as we head into the season where we tend to do more baking, here is a list of substitutes you may

find handy:

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Ingredient	Amount	Substitute
Butter	1 cup	1 cup of shortening or margarine
Chocolate	1 square of unsweetened chocolate	3 tbsp cocoa powder plus 1 tbsp butter
Cream	1 cup light cream	7/8 cup milk plus 3 tbsp butter
Cream	1 cup 35% cream	3/4 cup milk plus 1/3 cup butter
Milk	1 cup whole milk	1 cup skim milk plus 2 tbsp butter or 1/2 cup evaporated milk plus 1/2 cup water
Milk	1 cup sour milk or 1 cup buttermilk	1 tbsp lemon juice or white vinegar plus enough fresh milk to bring it to 1 cup



The Regional Municipality of Halton

Blue Box Recycling Tips

Help Keep Halton Beautiful

You can help reduce litter with some simple steps to prevent your recyclables from taking flight on windy days. Please ensure your Blue Box materials are placed curbside in a secure manner.

- On windy days, place your Blue Boxes out for collection on the morning of collection day, by 7:00 a.m., instead of the night before.
- Secure your recyclables. Stack your Blue Boxes on top of one another to prevent papers from blowing away.
- Fill boxboard boxes with other boxboard material.
- Place heavier items on top of lighter items.
- Flatten and tie large cardboard boxes and place securely underneath or between your recycling boxes.



Thank you to our sponsors



In Partnership with:

- Children's Water Education Council
- Conservation Halton Foundation
- Halton Catholic District School Board
- Halton District School Board
- Town of Oakville

Sponsored by:

- Dufferin Aggregates
- TD Friends of the Environment (Burlington, Georgetown & Milton Chapters)

Additional support from:

- Affairs Rentals
- Arthur Electric Inc.
- Canadian Imperial Bank of Commerce
- Gartner Lee Limited
- Goccia di Carnia
- Milton Hydro Distribution Inc.

- Petro Canada
- Schaeffer & Associates
- SPI
- Telus
- The Home Depot
- Town of Milton
- Zenon Membrane Solutions

The Halton Children's Water Festival is supported by a generous multi-year grant from the Ontario Trillium Foundation.



bedrooms



living rooms



dining rooms



kitchens



There's Still Time To Order For Christmas!



Fine Oak Things

Quality Oak, Pine & Maple Furniture

Open 7 Days a Week. 10am to 5pm. Est. 1989

Guelph Line South of 401, Campbellville • fineoakthings.com • 905.854.0649