

Satisfying readers' appetites and curiosity

One of our friendly readers approached mom awhile ago and asked for more recipes for fish and seafood. So, here is one today for you.

This will also work well for the lady who asked for recipes without eggs or nuts.

Lobster is a bit pricey, but a nice treat on a cold winter night. If you don't want to use lobster, use crab, it is much less expensive. If you buy the meat that comes frozen in the can, I believe that each can weighs about three quarters of a pound (which is what the recipe calls for). The lobster meat will cost about \$24 and the crab will cost about \$9.

This would be a nice entrée served with rice and salad. Steamed rice would be a good choice to balance the richness of the lobster and sauce.

If you want to change this recipe up a bit, you could use it as an appetizer at a party. If you chopped the lobster meat fairly small, you could then serve it on little toast points with a bit of cheese grilled

Lori Gysel & Gerry Kentner



on top.

If you are not sure what I mean: take a slice of store-bought, square bread, cut the crusts off. Toast it well, then cut diagonally into quarters. Spread the lobster mixture on top. Place a small slice of gruyere cheese on top of the lobster mixture and then grill in the oven or toaster oven just long enough to melt the cheese. Serve immediately. Nice little hors d'oeuvre if you are having an afternoon tea party in the winter and want some warm food.

What is scampi? Good question from one of my friends! But I find that the 'What is scampi?' discussion generally leads to 'what is a prawn?' and 'what is a langoustine?' So, let's see if I can clear it all

up at the same time.

Lobster, crab, shrimp, scampi, prawns, all belong to the class of crustaceans (which is a sub class of all aquatic invertebrates— shellfish). Crustaceans are primarily salt water creatures, the only exception to the rule (of the ones used for cooking and eating) is crayfish— it is a fresh water crustacean.

Scampi is an Italian name used to describe a crustacean for which other countries may choose a different name. For example, what the Italians would call a scampo (singular form of the plural— scampi) would also be called a Dublin Bay prawn or a Norway lobster. When speaking of scampi, one is generally referring to the tail only, while the French word, langoustine, is used for the shellfish when it is sold whole.

A prawn on the other hand, is simply a large shrimp— it is not a different creature. But whatever you call them, they are one of my favourite foods!

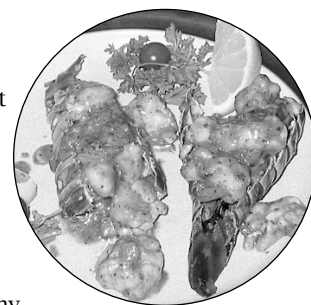
Have fun and keep cooking!

Lobster with Basil Pesto and Fresh Lemon

Serves 4

Ingredients

- 3/4 of a pound lobster meat
- 2 tbsp all purpose flour
- 1 tbsp olive oil
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 1/3 cup dry white wine
- 3 tbsp basil pesto
- lemon wedges to accompany



Method

1. Rinse the lobster meat, pat dry and cut into bite-sized pieces. Put the flour in a paper bag, add the lobster chunks, and shake to coat.

Heat the olive oil in a large sauté pan over medium heat. Add the onions and cook until translucent. Add the garlic and cook 1-2 minutes until garlic becomes soft but not brown.

Add the wine and increase the heat to medium high.

Add the lobster and cook approximately two minutes, stirring constantly, until the lobster is opaque.

Stir in the pesto, cook another minute to just heat through and serve immediately with lemon wedges.

SERVICE DIRECTORY

AIR DUCTS
Nobody Gets Your Air Ducts Cleaner Than Steamatic
 • Removal of up to 92% of Airborne Pollutants
 • Commercial and Residential
 • Allergy Relief
 • Custom Electrostatic Air Filters
 • Carpet, Furniture & Drapery Cleaning
24 Hour Fire, Smoke & Water Service

 Free Estimate
 Call Mike Remes (905) 877-2320

APPLIANCES

 We Sell **NEW and USED APPLIANCES**
 Plus **PARTS & SERVICE**
 Showroom located at
55 Sinclair Ave., Unit 2
 Georgetown
Call 905-702-1182

BASEMENT/WATERPROOF

CROWNSEAL INC.
 BASEMENT WATERPROOFING
 INDOOR OR OUTDOOR BASEMENT WATERPROOFING APPLICATIONS
 10 & 20 Year Warranty
TEL: (905) 564-3575
 NORVAL, ONTARIO

BUILDER

Freestone Design Builders Inc.
 Custom Homes
 Additions & Renovations
 Kitchens & Baths
 Basement Apartments
Tel: 905-873-4490

CARPET CLEANING

Complete Karpet Care
 Carpet & Upholstery Specialist
TRUCK MOUNT STEAM CLEANING
 • FREE DEODORIZING & DISINFECTING
 • 2 man crew with 20 years experience
 Call The Professionals
905-873-1671

CARPENTRY

STOYLES
 CARPENTRY
 RENOVATIONS KITCHENS DRYWALL
 SUN DECKS BASEMENTS BATHROOMS
 QUALITY WORKMANSHIP
877-3950

CERAMIC TILES
Dave LoDuca
 Ceramic Tile Installation
 Back Splashes • Counter Tops
 Bathroom Renovations
416-989-7809
 FREE ESTIMATES

CONSTRUCTION
D.S. Renovations
 Basements
 Bathrooms
 Kitchens
 Local Georgetown Business
 Cell: **416-346-1961**

CONSTRUCTION

SERVICE INNOVATIONS
 General Contracting
905-702-7341
 Call **MIKE 905-702-7341**
 Member of

- ▶ Basement Finishing
- ▶ Bathroom Remodelling
- ▶ General Renovations

CONSTRUCTION
PETER SCHMUKI CONSTRUCTION
 Residential and Commercial General Contracting
519-853-4468

CONTRACTING
Sun Valley
 • Drywall • Plastering
 • Framing • Tile Ceilings
 Call for **FREE Estimates** on Basements & Bathrooms
 Cell: **416-554-6277**
 (locally owned)

CONTRACTING

Mr. Handyman
Halton Maintenance • Repair Carpentry • Odd Jobs
 FULLY INSURED & BONDED
 ALL WORK 100% GUARANTEED
519-853-2944
905-843-1975
 mrhandymanheadwaters@bellnet.ca

CONTRACTING
BALLYMARTIN CONTRACTING
 • Additions
 • Renovations
 • Excavating (Confined Areas)
 • Basement Waterproofing
 • Masonry
 • Concrete Work
George
905-873-8979

CONTRACTING
PROFESSIONAL DRYWALL TAPER
 Serving Georgetown for the past 10 years!
All Jobs Welcome!!
905-866-9271 905-874-9638

CONTRACTING
The JOB JAR
 GENERAL HOME REPAIR

Steve Crouse
905-877-3294
 RR#3 Georgetown, ON. L7J 4S6

CORPORATE APPAREL
 HALTON HILLS, ONTARIO

global promotional apparel
888.522.2875
 www.globalpa.ca
 Affordable Name Brand, Custom Embroidered & Screen Printed Apparel & Promotional Products

DOORS

RENAISSANCE
 Windows & Siding Ltd.
 REDUCE YOUR HEATING/COOLING COSTS & BEAUTIFY YOUR HOME BY INSTALLING:
 HIGH-EFFICIENCY WINDOWS & DOORS
 SIDING, SOFFIT, FASCIA & EAVES
 PORCH ENCLOSURES
 NOW IS THE BEST TIME TO INVEST IN YOUR HOME!
 CALL AND ASK ABOUT OUR SEASONAL SPECIALS.
1-888-220-4522

ELECTRICAL
ELECTRICIAN
 Residential & Commercial
RENOVATIONS ~ NEW BUILDINGS & ELECTRICAL MAINTENANCE
 * Emergency Service
 * Free Estimates
 * Reasonable Prices
 * Licensed and Insured
TED
MOBILE (416) 294-4418
FAX (416) 233-4418
 SATISFACTION GUARANTEED
MASTER ELECTRICIAN

ELECTRICAL
TUTT ELECTRIC
 RESIDENTIAL * COMMERCIAL * INDUSTRIAL
WILLIAM TUTT
(905) 877-7207
 ★ Competative Rates ★ Fully Insured