

Lori reminisces about past Canada Day parties

Happy Canada Day! What a great holiday this is! These summer long weekends are just what the doctor ordered— it's like you have an extra day given as a gift— to be used in whichever way you see fit.

Some of you will be working, I know, but hopefully you'll have your extra day sometime this week to enjoy.

"Dominion Day" was established on June 20, 1868 by Governor-General Lord Monck to celebrate the formation of the union of the British North America provinces in a federation under the name of Canada. This would be celebrated on July 1. It wasn't until 1982, that Dominion Day became "Canada Day".

For years, Canada Day weekend marked the one weekend of the summer when I would not be out catering someone's wedding. Throughout my twenties, this was the weekend that my gang of friends loaded cars with very few gourmet foods— mostly potato chips and hamburgers— and headed north to camp

**Lori Gysel
&
Gerry
Kentner**



at Beausoliel Island in Georgian Bay. Some of us managed to scoot out on Thursday night and make it a four-day weekend and what a great time we had.

This tradition even survived once some of us were married (as a matter of fact, two of the couples actually met there), but once there were howling little babies to contend with, the July 1st weekend came to a grinding halt.

Now that we are a bit older we celebrate in a different way. We'll be spending this weekend having two family barbecues— one with some cousins on my husband's side from Montreal that we haven't seen in ages and

another with the whole gang of mutual friends and family at Mom and Dad's house.

And, today's recipe is perfect for your Canada Day get-together.

You can make the cupcakes and the mousse the day before, then just assemble before heading off to your party. If you have to travel any distance with these little treats, then keep them separate— leave the mousse in a cooler with ice and keep the cupcakes dry. You can cut the lids off in advance if you like. Then when you are on site and ready to eat, quickly put them together. They are fantastic served with a gigantic bowl of fresh local strawberries on the side.

My kids actually prefer the cupcakes on their own, because they like to squish them until they look like pancakes, then put the mousse and strawberries on top!

Have fun and keep cooking!

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

Angel Food Cupcakes filled with Chocolate Mousse

Ingredients

- 1 box angel food cake mix (and ingredients listed on box)
- 1 recipe chocolate mousse

Method

1. Prepare chocolate mousse and refrigerate as per recipe below.

2. Prepare angel food cake mix as per instructions on the box. Except, when the batter is ready, spoon it into cupcake paper-lined muffin tins.

Fill each muffin tin approx three-quarters of the way full. The mix will make lots of cupcakes!

3. Bake the angel food cake muffins on the middle rack of the oven at the same temperature listed on the box. They will take substantially less time than a whole cake would take to bake— approximately 12-15 minutes or until puffed and golden brown.

4. Remove cupcakes from the oven and allow them to cool thoroughly (for several

hours or overnight).

5. Once the muffins are cool, then gently cut the lids off. Squish the cakey filling down a bit and place a spoonful of chocolate mousse in the centre. Place lid back on the cupcake. Enjoy!

Chocolate Mousse

Serves 6

Ingredients

- 4 oz unsweetened chocolate (of good quality)
- 3/4 cup sugar
- 1/4 cup strong black coffee
- 5 egg yolks
- 5 egg whites
- 2 tsp sugar

Method

1. Combine the chocolate, sugar and coffee



in a stainless steel bowl or double boiler set over simmering, but not boiling water. Stir to ensure it melts smoothly.

2. Remove from the heat; beat in the egg yolks one at a time, beating well after each addition. Allow to cool to room temperature.

3. Beat the egg whites until they are frothy, add the sugar and continue to beat until stiff. Stir one third of the beaten whites into the chocolate to lighten it, then gently fold in the rest.

4. Cover the mixture and refrigerate for four hours or overnight.

Community Calendar

Continued from pg. 19
Tuesday, July 3

The Velveteen Rabbit: presented by Erehon Theatre will be performed 7 p.m. at the John Elliott Theatre in the Halton Hills Cultural Centre. Hosted by the Halton Hills Public Library. Tickets only \$2.

Grandmother to Grandmother North Halton Group: meets 7 p.m. at Trinity United Church, 70 Mill St. E., Acton. Please join us if interested in helping raise awareness for the AIDS/HIV pandemic in Africa. Thanks for all those who helped make our June 18th concert a success; we raised \$730. Info: Elly, 519-853-3896.

Wednesday, July 4

Strawberry Social: hosted by the Georgetown Hospital Volunteer Association at the Georgetown Lions Hall (behind Memorial Arena), 1-3 p.m. Cost \$6. Info/tickets: 905-877-0767.

Brampton Fibromyalgia Support Group: meets, 7 p.m. at the Region of Peel, 10 Peel Centre Dr. in the Mississauga room. A representative from Bio-K (immune system) will be there. Info: Carol, 905-873-2952 or e-mail fibrosupport@sympatico.ca

Crafternoons: at both branches of the Halton Hills Public Library. This is a drop-in program 2-4 p.m. every Wednesday afternoon, July 4-August 22.

Sleepytime Stories: Drop in to either branch of the Halton Hills Public Library, 7 p.m. on Wednesday nights beginning July 4 in Georgetown and July 11 in Acton.

Bruce Trail hike: 5 km. hike on the local Bruce Trail. Meet 9:30 a.m. in the parking lot between Zellers and the Sinclair medical building. Bring water and a snack. Leader: Maureen Smith, 905-873-9757, mosmith@cogeco.ca.

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