

Lori tries to satisfy some readers' requests

We've been trying to satisfy a rash of recipe requests in the last few weeks! Last week's recipe—Rainbow Trout with White Wine and Almonds—goes out to a family friend, Al, who wants recipes with less ingredients and less directions.

"Keep it simple" was the message I got the last time we spoke. So, I hope that worked for you Al, it was a pretty quick and easy one. And by the way, if you don't want to use the wine when you are cooking for the kids (even though the alcohol evaporates) then substitute chicken, fish or vegetable stock or broth. Hopefully this will also help the myriad of people who ask for more fish. And you can easily substitute the rainbow trout for salmon, tilapia, snapper, pickerel (this is one of my favourites), sole and many others. Just adjust the cooking time to suit the thickness of the fish. The standard rule of thumb is 10 minutes of cooking time per inch of thickness of fish.

I also have a couple of customers who cannot eat gluten and have children with the same issue—this recipe is for you too! If you want to get rid of the nuts in the recipe, go ahead. If you want to put something else back in, try slivered green onions, capers or very finely diced red pepper.

This week's recipe goes to a faithful reader and friend, who I work with on occasion—her name is Kathy—and she wants more crock pot recipes because she's a busy woman, trying to raise a family, run a business and still feed the family homemade, healthy food. (Sound familiar?) And feel free to substitute the vegetables—you can really use any combo of turnips, rutabaga, sweet potatoes, white potatoes, squash (any kind), onions, carrots or parsnips.

Just stay away from beets (they will discolour your whole meal) and green vegetables should be served on the side—they don't work too well in the pot roast. Make a big roast so you have leftovers. Then try making pot roast sandwiches the next day—really delicious with a bit of chili sauce on a fresh bun; warmed up is even better!

**Lori Gysel
&
Gerry
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I sometimes make my pot roast with no potatoes at all and then I serve it overtop of mashed potatoes for a change. Or, as my sister-in-law suggests, try making mashed cauliflower (same method as mashed potatoes, just a bit healthier) and then put the pot roast on top of that—pretty yummy apparently!

And last but not least, to answer another question—actually a really good question—what is lemon zest? Funny, when you've been cooking for a long time, as most people who write cookbooks and cooking articles have been, you tend to forget that not everyone is as familiar with terminology.

Good thing you pointed this out so we can clear it up—I'm sure you are not the only person

wondering! Lemon zest (or lime or orange zest) is very finely grated skin of those fruits. Be really careful to only grate the well-washed skin and not the white layer underneath the skin—this is called the pith and it is bitter and not at all appetizing. If you can grate the skin very, very fine then this is the zest and you now proceed with your recipe. The easiest way of all at getting wonderful zest is to purchase a microplane. You can find them at most kitchen supply stores—they start around \$12 and they make the best zest in the world! They can also be used to shave whole nutmeg, grate garlic, parmesan cheese and more. I'm not a big lover of gadgets but this one is worth your money.

Now that you know how to make zest, try adding it to your muffins, cheesecakes, salad dressings, banana bread, fish dishes, marinades and more—it adds outstanding flavour and basically no calories. So if you've got question/request, let us know—we don't know all the answers, but we do try to find them! Have fun and keep cooking!

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

Crock Pot Ready Roast Beef

Serves 6-8

Ingredients

- 3-4 lb roast beef (sirloin tip, blade, short rib or eye of the round)
- 6 potatoes, whole or cut into chunks
- 2 carrots, cut into 1-inch pieces
- 1 parsnip, cut into 1-inch pieces
- 1 cup turnip, cut into large chunks
- 6 small whole cooking onions, skins removed
- 2 cups beef broth
- 1 cup tomato sauce
- 1/4 cup onion soup mix
- 2 bay leaves
- 4 tbsps Gravy or bisto gravy thickener

Method

1. Dissolve soup mix in hot beef broth. Pour into crock pot. Add tomato sauce and bay leaves. Stir to combine.
2. Put roast into sauce. Add the vegetables all around. The vegetables and roast do not need to be submerged in the liquid. Cover.
3. Turn crock pot onto high for one hour, then turn down to low for eight more hours.
4. Mix gravy thickener with 1/3 cup cold water. Add to crock pot and turn back to high for 15 minutes to thicken. Let roast rest for 15 minutes before carving.



Community Calendar

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Wednesday, March 5

Amnesty International-Halton Hills: meets at St John's United Church, 11 Guelph St., in Georgetown at 7:30 p.m. Visitors are most welcome.

Brampton Fibromyalgia Support Group: is having its support group meeting, 7 p.m. at the Region of Peel, in the third floor cafeteria. Info: Carol, 905-873-2952 or fibrosupport@sympatico.ca.

Bruce Trail hike: Level 1, 5 km hike on local trail. Depart 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the medical building. Bring water and snack. Leader: Maureen, 905-873-9757, mosmith@cogeco.ca

Thursday, March 6

Charity Oldtimers Hockey: Georgetown Sports Unlimited Oldtimers Hockey club will be hosting its 20th charity oldtimers' hockey tournament at the Mold-Masters SportsPlex March 6-9. Proceeds to the Autism Society and the GMHA.

Ballinafad euchre: Ballinafad Hall Board hosts euchre at the Ballinafad Community Centre, 7:30 p.m. Cost: \$3 per player. Light lunch, coffee and tea.

Lego contest: Kids, drop off your best creation in the Lego Contest at the Acton branch of the Halton Hills Public Library, between March 6 and 13. Then come back and vote for your favourites between March 14-21. Info: 519-853-0301.

Friday, March 7

World Day of Prayer: St. Andrew's United Church, 89 Mountainview Rd. S. hosts the annual ecumenical service. Info: Carole Howard, 905-873-0896 or the church, 905-877-4482.

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