

# Lori says: Start cooking now!

What's stopping you? Over and over again both mom and I hear readers tell us that they have a stack of our recipes either in a book, in a file, on the counter or on the fridge and the intention is that one day they'll make them. And, as delighted as we are that you are reading the column and enjoying the recipes in the paper, what's stopping you from making them?

**Lori Gysel & Gerry Kentner**



The only way you're ever going to find time to try a new recipe is to have the ingredients on hand. So, as soon as you read one you think you'll like, don't put it on the fridge or in a book— cut it out, fold it up and put it in your wallet or purse. Or if you keep a grocery list— tape it to the grocery list. Then, that very same week when you are at the grocery store, buy the ingredients. Then make it! Most of the recipes we show don't take that long to make and you'll be so pleased with yourself when you are done.

I'm testing a new recipe tonight— so this morning before work I checked the cupboards to see what I need and then popped the list in my wallet with some grocery money. Once you've got all the stuff, it really doesn't take that long and lots of recipes can be made in two parts if you really don't have time. For example, the recipe I am trying tonight is a new pecan flan recipe—I already have one that I like, but I want to try a different kind of crust, so we're going to test it out. (My family is so hard-done-by that they are the guinea pigs that get to try all this stuff). I'm not entirely sure that I'll have time when I get home from work to make the whole tart and get it on the table at a reasonable time for eating, so if time gets tight, I'll make the shell, pop it in the freezer until tomorrow, then tomorrow I'll make the filling and bake the whole thing off.

Lots of recipes can be stopped and started again. Just a few basic rules to follow...

If you are making anything with pastry, you can make

the pastry in advance and refrigerate, then roll out the next day. Or, you can roll out the pastry, put it in the pie plate and freeze. Then finish the filling and top crust the next day.

If you are making anything like a soup or stew, it's okay to start it, let it cool slightly, then refrigerate overnight and finish it the next day. Just make sure you bring it to a boil

before carrying on the next day. (Warning — if your recipe calls for any milk product with less than 35% cream, it will split when you try to bring it to a boil the next day, so best to leave the addition of the milk until just before eating).

There are some foods that are delicate and do not reheat well— fish and seafood are two examples. So, you can make the sauce in advance. Then the next day, reheat the sauce and add the fish or seafood.

Fresh herbs are also delicate and often want to be added the next day.

If you are making guacamole, make sure to leave the pits from the avocados in the guacamole until immediately before serving, this will preserve the lovely green colour by preventing oxidization. (Don't ask why—I just know it works).

Make recipes from your *Canadian Living* magazine (its my favourite magazine). Most of their recipes tell you at what point you can stop and start again— excellent tips for cooks on the go like us!

Lots of dishes are actually better when made in advance— it allows the flavours to develop more. Examples are soups, stews, casseroles, pot roast, bean salads, grain salads and more.

Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

## Church to hold Pie Sale

Nassagaweya Presbyterian Church, 15 Sideroad in Brookville is holding its first pie sale of the year. Price is \$10/pie. Sales are Friday, May 9, 4-6 p.m. and Saturday, May 10, 9 a.m. to noon. Pre-orders accepted, call 905-854-1055 (leave a message).



## ATHLETES of the Week

CHRIST THE KING	ACTON DISTRICT HIGH SCHOOL	GEORGETOWN DISTRICT HIGH SCHOOL
Billy Pavlopoulos	Luke Van Dinther	Lindsay McCabe
Rachel Stone	Tris Hannah	Shane MacInnis

Acton High School Athletes of the Week are Tris Hannah and Luke Van Dinther. Both are members of the Bearcats badminton team, and competed together in the boys doubles division, at a tournament at Notre Dame. They finished fifth out of 24 teams.

Georgetown District High School Athletes of the Week are Shane MacInnis and Lindsay McCabe. Both are members of the Rebels badminton team. McCabe competed in the junior girls singles category at Notre Dame, and was undefeated, and MacInnis finished first at the same tourney in the junior boys singles.

Christ the King Catholic High School Athletes of the Week are Rachel Stone and Billy Pavlopoulos. Stone, a member of the Jaguars' badminton team was chosen for her three out of five wins in the junior girls singles category at a recent CtK tournament. Pavlopoulos, a stopper on the Jaguars' senior soccer team was selected for his strong defense in a game against Robert Bateman, where he scored the first goal of the season.

## Boston Cream Pie

Serves 12-14

### Pastry Cream ingredients

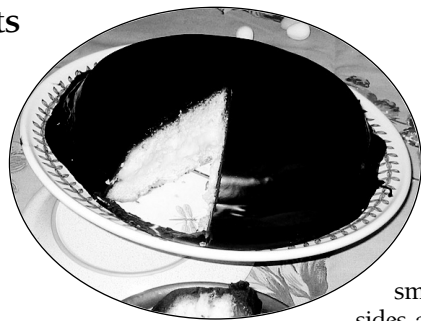
- 1/2 cup sugar
- 2 tbsp flour
- 4 tsp corn starch
- 2 eggs
- 2 cups milk
- 6 tbsp unsalted butter
- 1 tsp pure vanilla extract

### Cake ingredients

- 6 tbsp unsalted butter, softened
- 1 cup sugar
- 1 1/3 cups flour
- 1 tsp baking powder
- 1 egg
- 1/2 cup milk
- 1 tsp pure vanilla extract

### Chocolate glaze ingredients

- 6 oz bittersweet chocolate
- 6 tbsp unsalted butter



### Cake method

1. Preheat the oven to 350 degrees F.
2. Grease and flour a 9-inch pie pan.
3. Cream the butter until soft and smooth.
4. Sift the sugar, flour and baking powder together.
5. Add the egg to the butter and mix until blended; they will not blend completely.
6. Add half the dry ingredients and mix until smooth. The batter will be very thick. Scrape the sides and bottom of the bowl and then add the milk. Mix gently until blended. Add the remaining dry ingredients and the vanilla and mix until light and smooth.
7. Spoon the batter into the prepared pan and smooth the top. Bake until the top is golden brown, the sides have pulled away from the pan and the center springs back when lightly touched, about 40 minutes. Cool in the pan on a wire rack.
8. When the cake has cooled completely, remove it from the pan, turn it upside down and split it into two layers. Use a long-bladed slicer or serrated knife and be sure to keep the knife level as you draw it through the cake. Centre the wider, bottom layer on a cake plate, cut side up.
9. Spread the chilled pastry cream over the layer. Add the second layer of cake and press it down gently. Refrigerate the cake while you prepare the glaze.

### Chocolate glaze method

1. Cut the chocolate into small pieces. Put it and the butter in the top of a double boiler over boiled (not boiling) water. When most of the chocolate has melted, stir until smooth. Spread the glaze evenly over the top and sides of the cake.
2. Refrigerate until 15 minutes before serving. The glaze will become quite hard. For clean slices, cut the cake with a thin-bladed knife rinsed with hot water before each cut.

### Pastry Cream method

1. Sift the sugar, flour and corn starch into a mixing bowl. Add the eggs and beat until light.
2. Bring the milk to a boil in a heavy-bottomed saucepan. Stir half the milk into the egg mixture, then pour the whole mixture back into the saucepan. Cook over medium-high heat, stirring vigorously with a wire whisk, until the cream thickens and the center bubbles. Continue cooking another 30 seconds. Remove from the heat and stir in butter and vanilla.
3. Transfer to a bowl and cool to room temperature, stirring occasionally, then cover with plastic wrap and refrigerate at least one hour.

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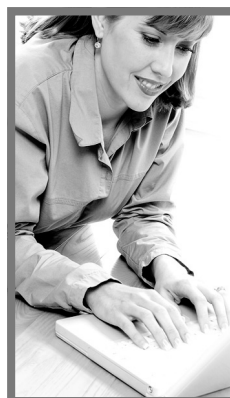
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