

# Bring on the summer heat with easy homemade salsa

Once that summer sun finally begins to shine, my thoughts turn to time spent on the deck. I love our deck. It's not huge, but comfortably seats company, if we are so inspired.

But my favourite times on the deck are Friday nights. Friday nights, once the long work day is complete, my husband and I can often be found on the deck, sharing some time together, catching up on the news of the week, having a beer with tortilla chips and salsa.

Salsa is a great summer food. Homemade salsa preferably. You can make savoury salsas, hot salsas or fruity salsas. You can also combine salsa with other foods. My sister really likes salsa mixed with cream cheese on a cracker. My good friend, John, likes salsa with everything—he calls it the condiment of choice—with his

eggs, potatoes, hamburgers, you name it! I like salsa mixed in with my ground beef for a delicious meatloaf!

The basic recipe for salsa is a couple of finely chopped tomatoes (flesh only—no seeds), a bit of garlic (minced fine), a bit of onion (red, white or Vidalia—minced fine), some fresh squeezed lime juice, some chopped cilantro and of course, some finely chopped hot pepper! Now, here's where you can really customize your salsa. Some like it hot, some not. So, choose your hot pepper wisely!

**Lori  
Gysel  
&  
Gerry  
Kentner**



The heat in all peppers is from capsaicin, a naturally occurring compound which causes a burning sensation. The seeds and the ribs have the most heat, so if you want to cut down on the heat, just remove them. Be careful when handling peppers because once the

juice has made contact with your skin, it will burn. And, then you have to be extra careful about touching your eyes or other sensitive areas. So, perhaps a pair of plastic gloves would be a wise idea.

Green, yellow, orange and red bell peppers

are not hot at all. They are sweet and get more sweet as they are cooked. Interestingly, all bell peppers start out green, they just change colour as they are allowed to ripen further on the vine.

Jalepenos are hot for some and hardly at all for others (it's all in the tastebuds of the beholder). Just be careful with their use if you are unfamiliar. Finger chilis (red and green) are hotter than jalepenos, but have an excellent flavour. Perhaps start off with a half a pepper in the salsa until you are certain you can tolerate it. Scotch bonnets are firey! Only for the true hot lovers.

For something a little different—try a fruity salsa. Finely chop one medium-ripe mango, add some crushed pineapple (drained), a bit of finely chopped onion, some finely chopped hot pepper and chopped cilantro. Excellent on fish or chicken burgers!

Have fun and keep cooking!

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



## Quick Quiche

Serves 4-6

### Ingredients

- 1 unbaked 9" pastry shell
- 3 eggs, beaten
- 1 cup milk
- 1 cup 10% cream
- 2 cups grated cheese (cheddar, swiss, or your choice)
- 1/2 tsp dry mustard
- salt and pepper
- 1 (10 oz) can green asparagus tips, drained
- 1 fresh tomato, sliced and halved (optional)

### Method

1. Sprinkle a half cup of cheese over bottom of pie shell.
2. Lay asparagus over cheese.
3. Sprinkle asparagus with remaining cheese.
4. Beat eggs with milk, cream, mustard, salt and pepper. Pour over cheese and asparagus.
5. Place cut tomatoes on top of liquid. They will sink and that's fine.
6. Bake in a preheated 375 degree oven for 50-60 minutes. Allow quiche to rest for 5-10 minutes after removing from the oven before cutting.

## Shopping list for food bank

Georgetown Bread Basket (food bank) is running low on the following items: canned tomatoes, canned vegetables, cookies and crackers, dry soup, cold cereals, baking ingredients, large cans of juice, jams and salt.

If you can help with these items, please put them into the drop box at any of the grocery stores and food bank volunteers will pick them up, or drop off at the Georgetown Bread Basket at 55 Sinclair Ave., Unit 12, Wednesdays or Saturdays between 9 a.m. and 12 p.m.



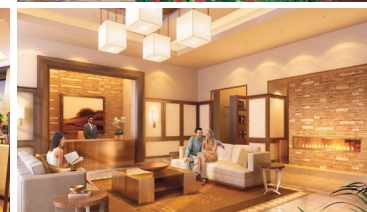
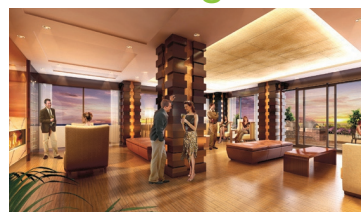
# NOW UNDER CONSTRUCTION

## NEW RELEASE

Nothing compares to Park Place.  
Visit our award winning model suite.

- 9' ceiling heights
- Stainless steel appliances
- Granite countertops
- Upgraded cabinetry
- Plaster crown moldings
- Valence kitchen lighting
- Ultra-sophisticated building amenities
- Fabulous downtown Brampton location
- Stunning nature park in the backyard
- Inzola's 30 years of building experience

Suites starting from the low \$200's to the high \$600's

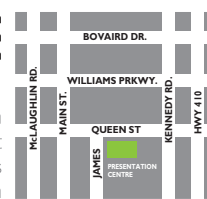


INZOLA BRINGS AUTHENTIC LUXURY TO BRAMPTON!  
[parkplacecondos.ca](http://parkplacecondos.ca) or call 905.451.7001

Park Place Condominiums Presentation Centre located at the corner of Queen St E and James Street, Brampton



Mon. - Thurs. 12pm - 7pm  
Friday by appointment  
Sat./Sun. and Holidays 12pm - 5pm



Exclusive Brokers: Intercity Realty Inc. Brokers protected. Prices and specifications subject to change. E.&O.E. Renderings are artist's concept.