

Upcoming dinners

St. John's Anglican Church in Stewarttown hosts a Ham Dinner on Friday, Sept. 26, starting at 6 p.m. Cost is \$11 adults, \$5 children (ages six to 10). For tickets call Joan, 905-877-5797.

Come out and join Salvation Army in Georgetown for a pig roast—it will be an evening of great food and fun on Saturday, Sept. 27, 5:30-7:30 p.m. Cost: \$20 per person, children 10 years and under \$10. The Salvation Army, Georgetown Community Church is located at 271 Mountainview Rd. South. Call 905-877-1374 for tickets.

Union Presbyterian Church hosts its Annual Pork Barbecue and Silent Auction on Saturday, Sept. 27, 5-7:30 p.m. at Alcoa Public School, 1248 Mayfield Rd. Adults: \$12 in advance; \$14 at the door; children (12 and under): \$7. BBQ smoked pork chop, baked potato, baked beans, corn, coleslaw, rolls, dessert, beverage. Take-out available. For tickets call Anne, 905-873-6811.

The Acton Community Brunch, sponsored by the Kinette Club of Acton, will be held on Sunday, Sept. 28, at the Acton Community Centre & Arena, 9:30 a.m. to 1 p.m. Cost: \$6 preschoolers free. All you can eat buffet: ham, sausages, pancakes, French toast, scrambled eggs, fruit cocktail, desserts, fruit juices, coffee/tea. The Kinette Community Brunch promotes community spirit and is a fundraising event for local community groups. A portion of the proceeds from each Brunch is given to the participating volunteer group.

Dining in Las Vegas on a budget

Mom often writes an article about her food adventure travel, but you rarely get one from me. With teenage boys, we tend to camp or go to friend's houses. We don't travel to far off destinations too often. However, just a couple of weeks ago, I was lucky enough to take a five-day trip to Las Vegas! I've been there a few times, but this trip was in honour of my sister, Stephanie, to celebrate her 40th birthday!

So, how does one eat on a budget in sin city? Well, there are still lots of signs advertising "all you can eat steak buffet \$6.99", but I must admit, that doesn't really do a lot for me. I'm more into quality than quantity. So here's a couple of things that we found out...

Most of the big hotels have 6-10 restaurants, so there is certainly lots to choose from! Most of them are quite pricey though. We stayed at the Mirage Hotel, our personal favourite. For breakfast, there is a coffee shop where they sell all the fancy coffees and teas, but you can also get a quiche, tuna salad, pasta salad, and a gigantic selection of pastries and they are big. One morning I bought a muffin, only to discover that it is

Lori Gysel & Gerry Kentner



about the size of my youngest son's head! So every morning I like to get the tuna salad with crackers and a large tea. This runs about \$12, but will fill you up until at least lunchtime or longer.

My sister likes the restaurant right out beside the pool—you can get a fabulously large portion of smoked salmon, accompanied by a bagel, cream cheese, capers, onion, chopped egg and tomato for \$15. This definitely fills you up well into the afternoon. Lots of days we didn't need to eat lunch.

Then, where to go for lunch or dinner? Paris, the hotel, has a wonderful creperie that serves a variety of different savoury and sweet crepes. The crepes are lots for a meal and could be

shared. They are about \$8.99. I had the one with mushrooms, boursin cheese, spinach, mozzarella and béchamel sauce—delicious! You can also go up to the restaurant in the tower at Paris and sit in the bar area for a drink—you get to enjoy all the same sights and service, but you don't have to pay for the expensive dinner.

Mom and I went for a super lunch one day at the Wynn hotel—we were at the Terrace Garden Café. I had a tuna nicoise salad with fresh ahi tuna, grilled just perfectly. I also had bruschetta and a glass of wine. This was about \$25, including tax and tip.

The latest trend in restaurants in the Vegas hotels is burgers—yes, burgers. Almost all the hotels have a burger restaurant serving everything from your basic beef burger to salmon burgers and lamb tandoori burgers. Some serve mini burgers called sliders and others serve regular size ones. This was a tasty meal and in our budget.

The Mirage also has a California Pizza Kitchen restaurant that features wood-oven pizzas and a variety of pastas. Watch out for the salads—they are huge! The large sized salad will easily feed four people as an appetizer. The pasta and pizza portions are large as well so order carefully.

Almost all the hotels have a Noodle House with plentiful, tasty and reasonably priced dishes—just don't go there if you're looking for white linen tablecloths and a fine glass of wine!

We were there over the Labour Day long weekend when it was 41 degrees C. and sunny every day! We soon realized that we were going to need a lot of water. We were easily drinking four or five bottles per day, each. So, if you are not keen on paying the going rate of \$2.50-\$4 per bottle, then go for an evening walk and you will find gentlemen standing on the streets with coolers full of cold bottled water that they sell for \$1!

Have fun and keep cooking!

Harvard Beets

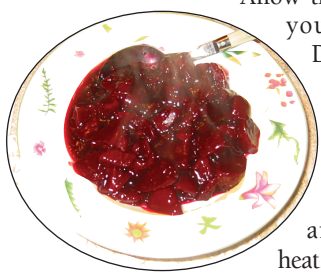
Ingredients

- 6-8 medium fresh beets, greens trimmed and beets washed
- 3 tbsp brown sugar, or to taste
- pinch ground cloves
- 2 tsp cornstarch
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 1/2 tsp lemon juice
- 2 quarts water
- 3/4 cup beet cooking liquid

Method

Cover beets with cold water in a large pot.

Bring to a boil and simmer 1 1/2 hours or until when poked with a fork, the beets are tender.



Allow the beets to cool enough that you are able to handle them.

Drain and reserve liquid. Peel skin from beets, then dice beets and set aside.

In a pot, put one half cup beet cooking liquid, beets, cloves, sugar, lemon juice, salt and pepper. Over medium

heat, bring to a simmer, then add cornstarch mixed with one quarter cup beet cooking liquid until the sauce thickens slightly.

Cook's Note: Keep the rest of the beet cooking liquid to make borscht (the liquid freezes well)!

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