

# Enquiring minds want to know: Lori answers food questions

Time for another couple of questions from our loyal readers this week. If you have any questions, you can reach us at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com) or you can just ask Gerry or I in person when you see us!

I also have people ask me all the time how to get back issues of our column and recipes, because they have lost them. If that's the case, just send us an e-mail and we'll get them to you as fast as we can.

What is hard flour? Hard flour, or hard wheat is higher in protein and gluten—making it great for bread baking. Bread flour is another way of describing hard flour.

Soft flour, or soft wheat is lower in protein and gluten—making it more suitable for baking cakes, pies and biscuits. Cake and pastry flour is how you will see it named in most grocery stores.

All purpose flour has a protein and gluten content that is in the middle. If you need a substitute, you can sub all-purpose for either bread or cake and pastry flour. But bread and cake/pastry flour are not interchangeable.

Lori Gysel & Gerry Kentner



What is a chipotle pepper? Chipotle peppers are actually dried, smoked jalepeno peppers. They are available dried, but are more easily found in grocery stores as a canned product in adobe sauce. Adobe sauce is a tomato based sauce. Be careful when using them in recipes as they are really hot and so is the sauce! But they have a beautifully flavourful heat and make a great addition to sauces, soups, stews and dips. They make a particularly good match with pork.

What can I do to stop the onions from making me cry when I cut them? SHARPEN YOUR KNIFE! The number one reason that onions make the tear ducts go into overdrive is that the

knife you are chopping with is dull. When the knife is dull, you put more pressure on the item and you are therefore squeezing out the juices instead of slicing cleanly through. However, there is also some merit to refrigerating the onions for awhile or soaking them in cold water for a bit before cutting them. This does seem to take a bit of the bite out of the onions.

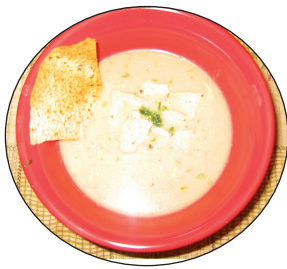
But if you can't slice through a tomato without pressing down and bruising it, you need to go sharpen your knives. You can buy a good little gadget at Williams Sonoma for knife sharpening for about \$30. It has two little 'v' openings that you drag the blade across—one is a coarse grind and the other is a fine grind. A couple of pulls across this will make a vast difference. You can also take them out to be professionally sharpened but make sure they are reputable and know what they are doing! You'll also keep them sharp by using a steel before you chop every time!

Have fun and keep cooking!

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

## Roasted Cauliflower Soup

### Ingredients



- 1 head cauliflower
- 3 tbsp olive oil
- 1 tsp dried thyme (or 1 tsp fresh)
- salt and pepper
- 6 cups chicken stock
- 1/4 cup 10% cream
- 1/3 cup grated cheese (mozzarella, Parmesan or Swiss)
- 1 tbsp chopped fresh parsley (or 1 tsp dried)

### Method

Cut or break cauliflower into flowerettes. Toss them in a bowl with olive oil, thyme, salt and pepper. Roast on a baking sheet in a 400 F degree oven for 25 minutes, turning once.

Place cauliflower in a medium saucepan with the chicken stock and simmer 15 minutes. Puree most of the soup, leaving a few pieces whole.

Heat back on the stove and add the cream, cheese and parsley. Heat just until cheese is melted, be careful not to boil. Serve. Serves 6-8.

## Residents invited to share Thanksgiving dinner at GCRC

Residents of Halton Hills are invited to enjoy a Thanksgiving Dinner with members of the Georgetown Christian Reformed Church, 11611 Trafalgar Rd on Monday, Oct. 13.

This invitation is hosted by the deacons of the church and is especially extended to members of the community who are alone and not able to join family members for this festive holiday. Doors open at 1 p.m. and the dinner is served at 1:30 p.m. To make reservations call the church office, 905-877-4322 or Dan Roffel, 289-891-9009.

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## Happy 1<sup>st</sup> Birthday

### Sept. 29, 2008

Two years ago today, God gave me his free gift of salvation and the security of eternal life with him. I couldn't earn it, I didn't deserve it and I can never repay it.

One year ago today, God fulfilled his promise; an affirmation of my faith, a testament to his word and a miracle by his grace. My son Greyson was born, precisely when God had promised.

Today, I celebrate Gods gifts, the loving grace that saved me, the miracle that changed me, and my beautiful son who reminds me.

Happy 1st birthday Greyson.

Our God is an awesome God and worthy of our praise.

Love Mom