



Holiday Recipe Guide

8 Roasting Tips for Dinner Success

Christmas Biscotti For the Dog

- 2 Cups Whole Wheat Flour
- 1/2 Cup Wheat Germ
- 1/4 Cup Dried Mint
- 1/4 Cup Canola Oil
- 1 Egg
- 1 Tbsp Molasses
- 3/4 Cup Chicken or Beef Stock or Water

Preheat oven to 350 degrees Fahrenheit.

In a large bowl combine flour with wheat germ and mint. Add stock or water, molasses, oil, and beaten egg. Gently knead the dough a few times on lightly floured surface, then roll out to 1/4 or 1/2 inch thick. Cut desired shapes with a cookie cutter. Bake for about 20 minutes, depending on size and thickness of cookies.

Season's Greetings



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Sugar & Spice Cookies

A mildly spiced, chewy cookie sporting a crinkly top and having a surprising "secret" ingredient -- black pepper!

- 3/4 cup shortening
- 1 cup brown sugar
- 1 egg
- 1/4 cup molasses
- 2-1/4 cup all purpose flour
- 1 tsp baking soda
- 1-1/2 tsp ground cinnamon
- 1 tsp each: ground ginger, & nutmeg
- 1/4 tsp each: ground allspice & black pepper
- granulated sugar

* In large bowl, with electric mixer, cream shortening and brown sugar until fluffy; beat in egg and molasses.

* In separate bowl, mix together flour, baking soda and spices. Beat about half of flour mixture into creamed mixture using medium speed; stir in remainder.

* Shape dough into 1-inch balls; roll in granulated sugar. Place 2-inches apart on ungreased baking sheet.

* Bake in 375 F oven for 8-10 minutes or until tops are cracked. Cool on wire rack.

Makes about 55 cookies.



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(MS) — An accomplished chef has many tricks of the trade in his or her meal-creation arsenal. Years of study have taught the chef key techniques which have been honed through years of real-life application.

Even an amateur chef or family cook should have a cursory knowledge of some of the cooking basics. One piece of know-how that comes in particularly handy this time of year is roasting.

Roasting involves cooking food in an open pan, allowing the heat to penetrate all areas of the food's surface. Meat, poultry or vegetables can all be roasted successfully. Basting is often an integral part of the process, where the cooking food's natural drippings or added liquid in the form of stock or juice are used to moisten the meat or vegetables during the roasting process.

When roasting, there are some key tips to follow for success and succulent meals.

1. Use a sturdy roasting pan, but don't use a lid. Remember, you want the heat to circulate all the way around the food.
2. Insert a rack into the bottom of the roasting pan so that the food being cooked will not rest directly in the fat

and other drippings that are being produced.

3. Always cook meat with the fat side up. This will allow the melting fat to drip down and effortlessly moisten the meat.

4. Baste the food regularly, every 20 or 30 minutes, to infuse it with flavor and keep it moist.

5. If the food is browning too quickly and the inside is not yet cooked, cover the pan with tented aluminum foil to deter additional browning. Similarly, roasting often works better if you set the oven for a low temperature (350 F) and cook the food gradually over time to avoid searing or sealing in the fat.

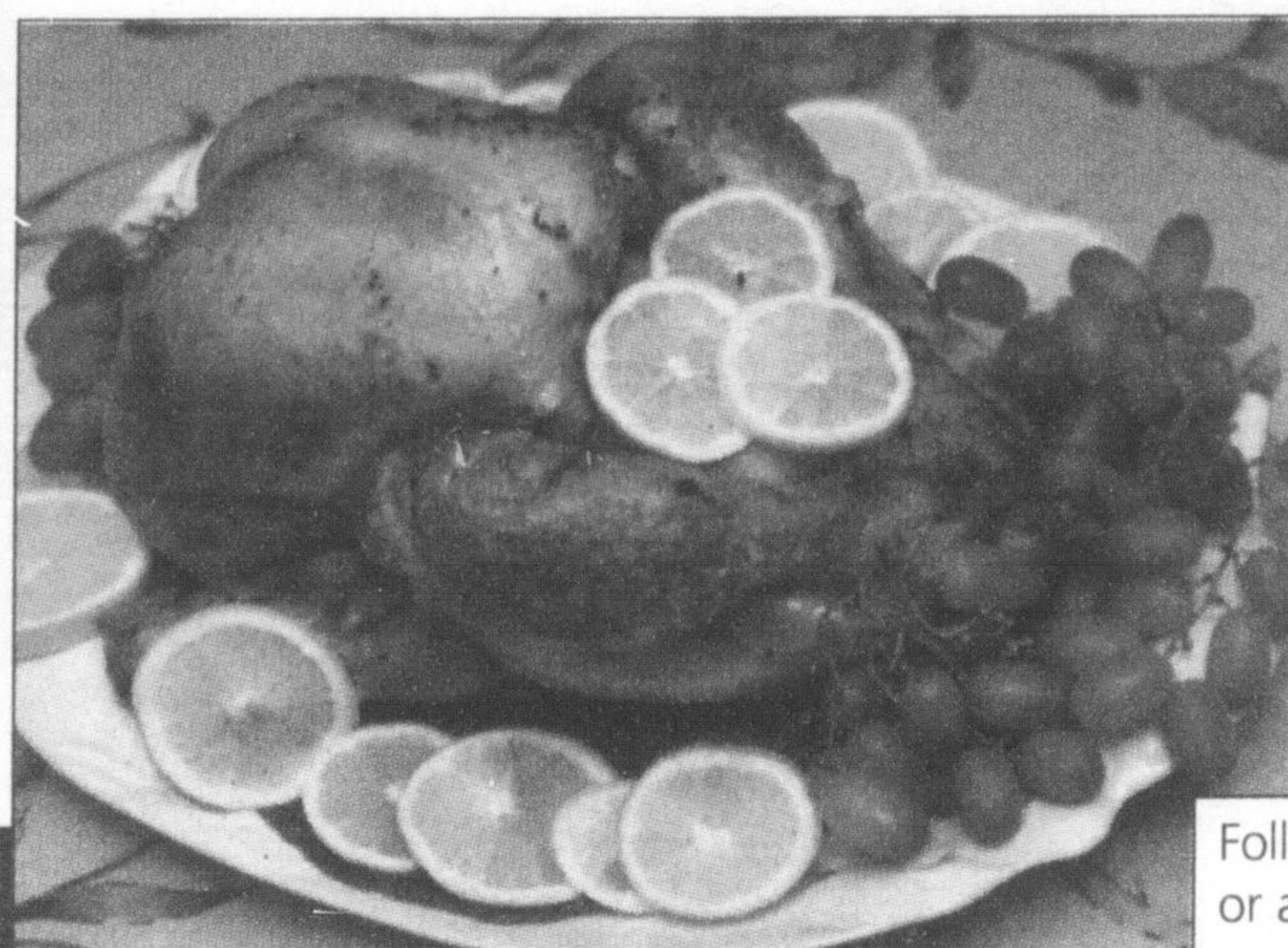
6. A food thermometer is the the most accurate gauge for food's doneness. Digital models are quick and very reliable.

7. Remember that a roast will continue to cook once it is removed from the oven. This is known as "carry-over cooking." So be sure to take the roast out slightly before it's finished so it will not be overdone come serving time.

8. Let any meat or poultry rest before cutting and serving so the juices have time to redistribute through the roast.

One of the most popular foods to roast during the entertaining season is, of course, turkey. However, mastering the right cook times to yield a succulent bird is not always an easy feat. The aforementioned roasting tips will help to ensure a moist meal, but also keep in mind these roasting times based on the size of the turkey:

Bird Size	Roasting Time (325 F, 160 C)
5 to 12 lbs. (2.5 to 5 k.)	2 to 3 hours
12 to 18 lbs. (5 to 8 k.)	3 to 4 hours
18 to 25 lbs. (8 to 11 k.)	4 to 5 hours



Follow some easy roasting tips to ensure your holiday bird — or any meal — is a winner.

A Tasty and Spicy Holiday Treat

Each year, during the Christmas season, families bake cookies and other treats from flavorful gingerbread batter. Have you ever wondered why? The reason is rooted in European history.

Nearly a thousand years ago, European crusaders returned to their homelands after war, bringing with them exotic fruits, nuts and spices. Ginger was among their booty. Soon after, it was learned that ginger had a preservative effect and could be stored without getting hard or moldy. As such, it was added to many popular foods and baked goods - hence, gingerbread was created. As time progressed, gingerbread became such a popular treat that many cities and towns in Europe began holding gingerbread fairs. Bakers made and sold gingerbread in all shapes and sizes including cookies, houses and the like.

By the 1600s, gingerbread making was viewed as a special skill, and laws were enacted to restrict gingerbread making to professional bakers. However, during the Christmas and Easter seasons, the general public was allowed, once again, to dabble in gingerbread making, linking the spicy treat with these two religious holidays. Today, however, gingerbread baking is mainly reserved for Christmas, with delicious aromas filling homes all December long.

To get into the holiday season, whip up a pungent and savory "Cranberry Christmas Gingerbread," courtesy of www.cdtkitchen.com.

CRANBERRY CHRISTMAS GINGERBREAD

Makes 10

- 1 1/2 cup sifted all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1/2 cup sugar
- 1/3 cup whole-berry cranberry sauce
- 1 egg
- 1/2 cup unsulfured molasses
- 1/2 cup boiling water

Grease and flour an 8- by 8- by 2-inch baking pan. Preheat oven to 350 F. Sift together flour, baking soda, ginger and salt. Set aside. Using an electric mixer in a large bowl, cream butter and sugar until light and fluffy.

Beat in cranberry sauce and egg, blend in molasses. Gradually stir in dry ingredients and beat thoroughly. Stir in water. Turn into the baking pan.

Bake gingerbread for 45 minutes, or until toothpick inserted comes out clean. Cool in pan for 20 minutes. Remove and cool on rack. Decorate cake, if desired, by sifting confectioners' sugar over a paper doily placed on the gingerbread.