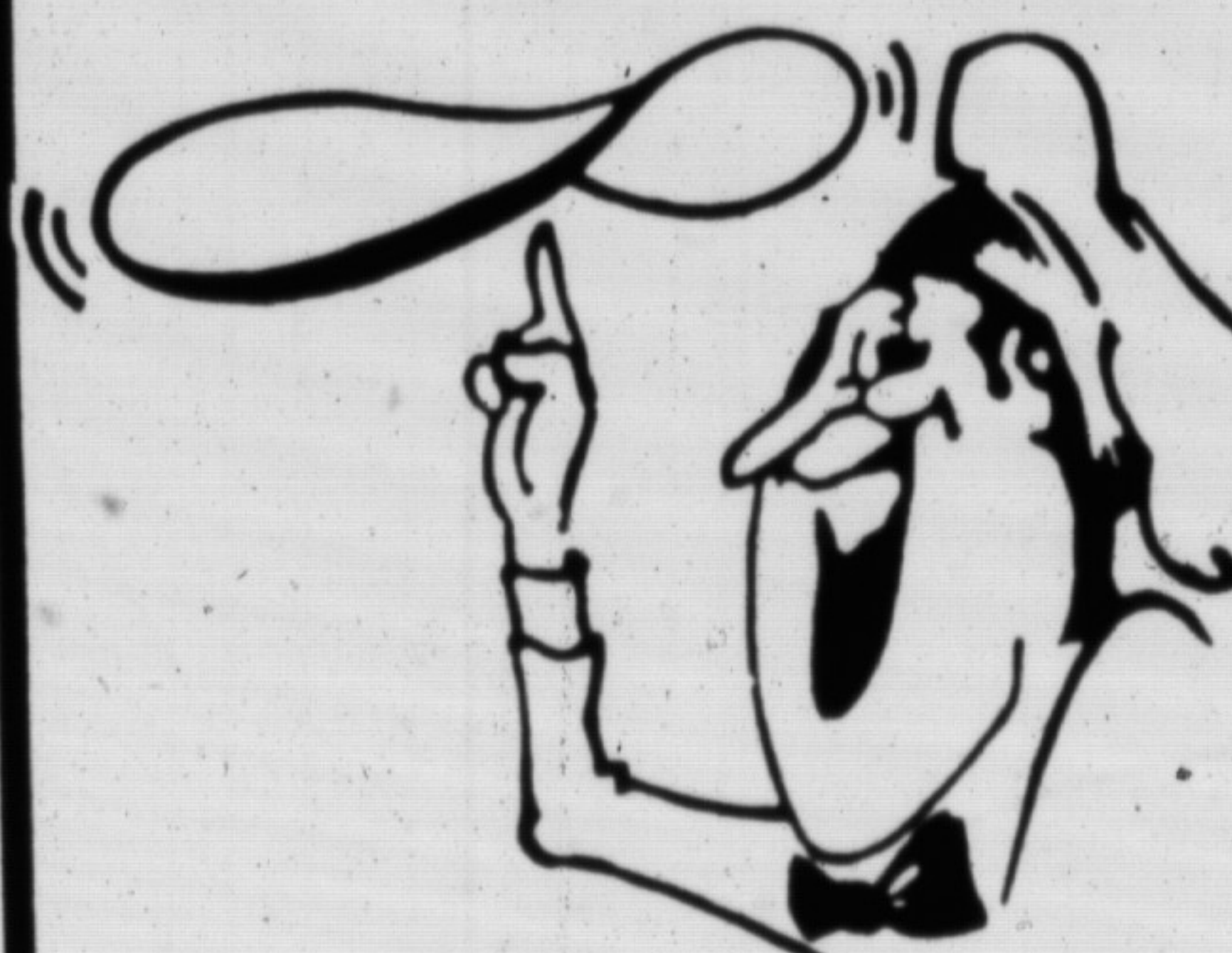


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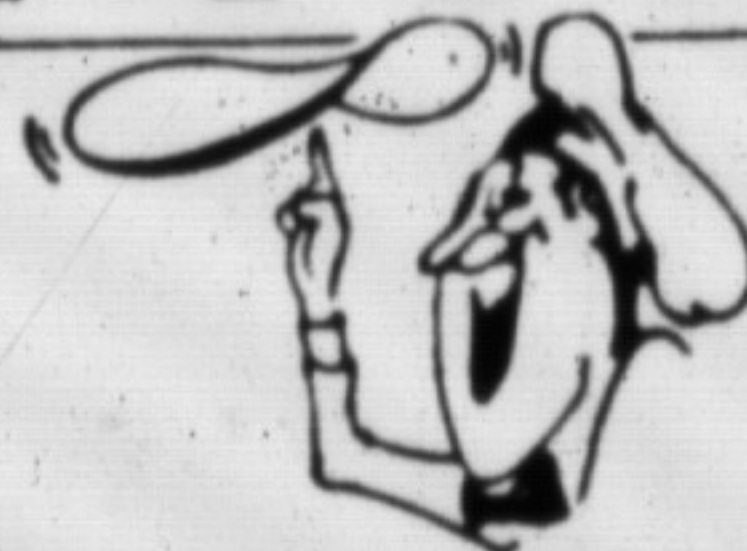
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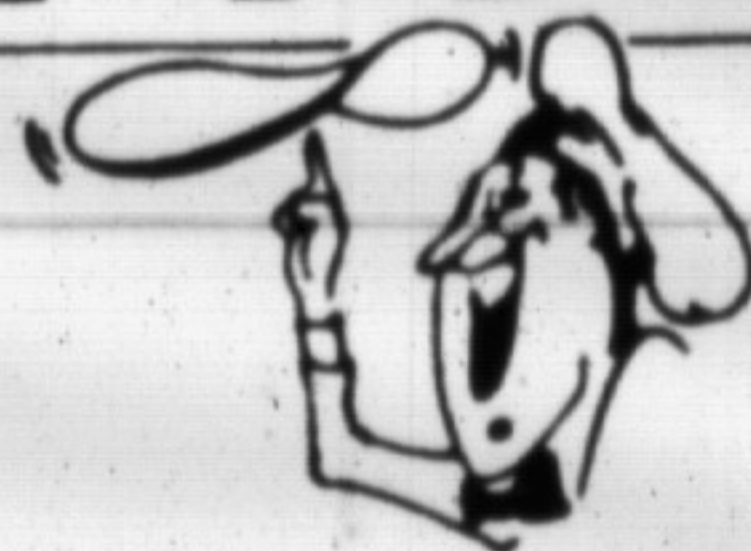
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RECIPE FILE

A strawberry social

If strawberries are your favourite summer fruit, why not take advantage of the season and host a strawberry social for family, friends or community. Socials are fun and provide a perfect excuse to indulge in a little strawberry delight.

Start the day by inviting friends and family to join you on a pick-your-own expedition - something they will remember fondly during long winter months. And somehow pick-your-own strawberries always taste sweeter.

Always phone ahead to the farm you are planning to visit to find out the berry situation and let the farmer know to expect a crowd. It's a good idea to bring your own containers (shallow ones are best). Strawberries bruise easily; don't pack them in too many layers or you will crush those on the bottom.

After you've picked the berries, entertain your friends with a picnic lunch. Prepare an assortment of sandwiches and salads to bring along with you. And for dessert serve whole freshly-picked strawberries with a variety of sweet dips you've prepared earlier in the day.

Strawberry Torte

Layers of strawberries, cake and whipped cream are a perfect dessert to serve on any occasion.

- 4 cups (1L) sliced Ontario strawberries;
- 1 cup (250 ml) all-purpose flour;
- 1/4 cup (50 ml) icing sugar;
- 1/2 cup (125 ml) butter;
- 2 cups (500 ml) milk;
- 1/4 cup (50 ml) cornstarch;
- 3 egg yolks;
- 1/2 cup (125 ml) sugar;
- 1/2 tsp (2 ml) almond flavouring;
- 1 cup (250 ml) whipping cream.

In large bowl, blend flour and icing sugar. Cut in butter until mixture resembles fine crumbs. Spoon dough into a 9-inch (23-cm) springform pan and pat down firmly. Bake at 375 degrees F (190 C) for 15 minutes. Set aside to cool. Remove from springform pan.



There's nothing quite like Ontario strawberries for dessert in the summer. Here's one recipe which is bound to catch your fancy.

In large bowl, blend 1/2 cup (125 ml) milk with corn starch to form smooth paste. In separate bowl, beat egg yolks and sugar until smooth, stir into cornstarch mixture. Heat remaining 1 1/2 cups (375 ml) milk to scalding. Pour small amount of scalded milk into corn starch-egg mixture then add to milk in saucepan, whisking over medium heat until mixture thickens, about 5 minutes. Add almond flavouring. Set aside. Cool to room temperature.

Meanwhile, beat whipping cream until stiff. Fold half whipping cream into cooled almond filling.

To assemble torte, spread half almond filling over base. Top with half sliced strawberries, remaining almond filling and strawberries. Garnish with rosettes of whipped cream. Makes 8 servings.

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Quick Strawberry Ice Cream Meringue

Bake or purchase individual meringue shells. Fill with strawberry ice cream and sliced strawberries.

Top with a dollop of creme fraiche. For free strawberry recipes, write the Ontario Ministry of Agriculture and Food, Consumer Information Centre, 801 Bay Street, Toronto, M7A 2B2.

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