

RECIPE FILE

Lower fat meat products are right for the times

The call for lower fat and lower salt products has been heard by Canada's meat processors.

Today's processed meats are full of variety ... smoked hams and picnics; luncheon meats; salamis; spreads and pates; fresh, smoked and cured sausages; smoked meats and pastrami .. to name just some of the many tasty choices.

Added to the product variety are variations in taste, shape, form and packaging methods ranging from whole loaf to small packages for convenient display on the retailers' pegboard. And for individual requirements, processed meats can be purchased fresh sliced at the deli counter in the quantity of your choice.

Meat Salad Sandwich

Add some variety to sandwich menus with this colorful and tasty meat salad served in pita bread. It's great for brown bag lunches because the salad can be prepared in advance.

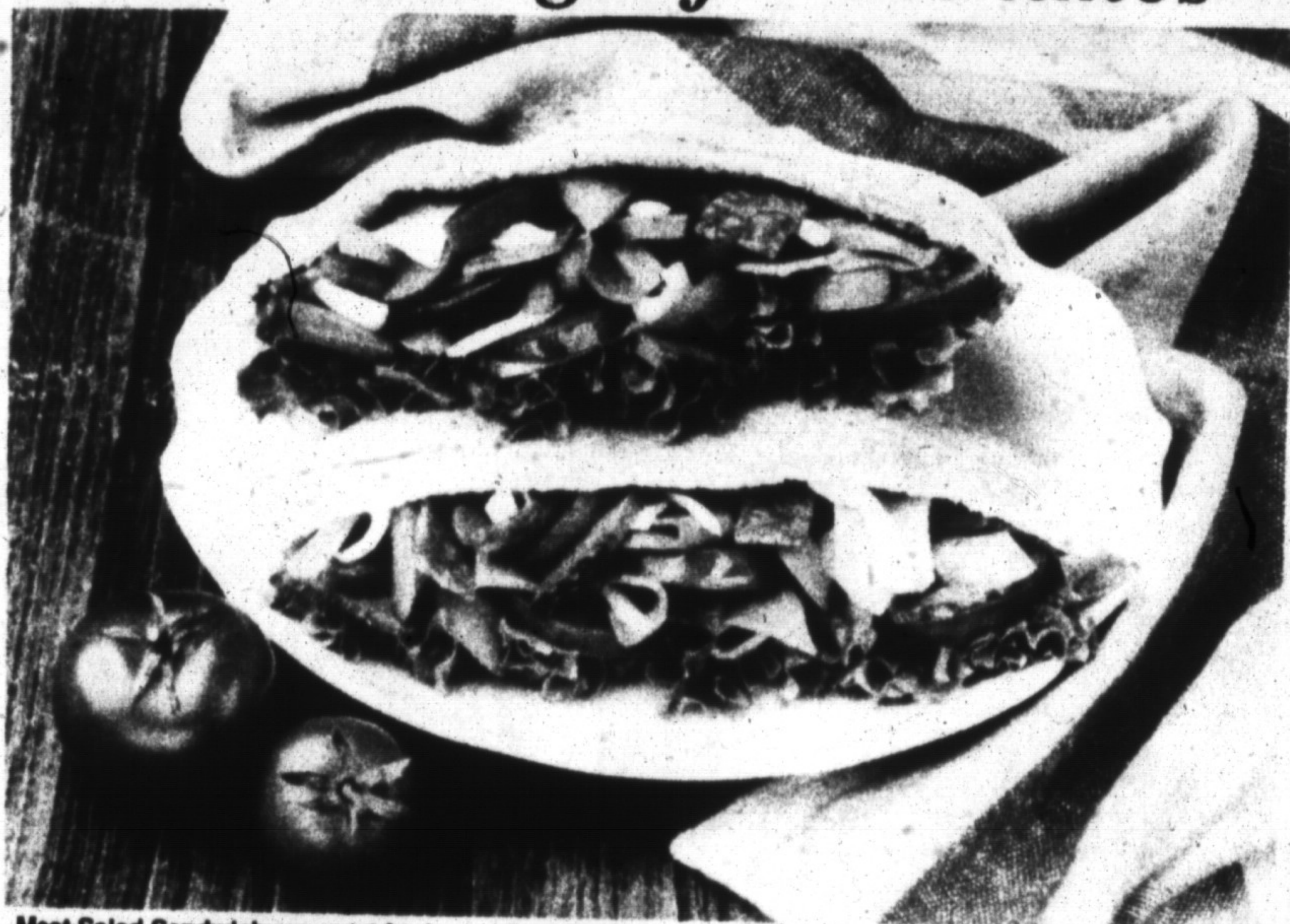
- 4 oz. (125 g) assorted* sandwich meats;
- 1 stalk celery, chopped;
- 1/2 green, red or yellow pepper, chopped;
- 1/4 cup (50 ml) chopped red onion;
- 1/4 cup (50 ml) shredded partly-skimmed mozzarella cheese;
- 2 tbsp. (25 ml) bottled Italian salad dressing;
- 2 lettuce leaves;
- 2 pita pockets (medium size);

Directions: Combine all ingredients, except lettuce and pita pockets. (This can be done up to a day before serving.) Cut pita pockets in half. Place one lettuce leaf on the bottom of each half and spoon 1/4 of the sandwich mixture into each pocket.

* Assorted cold cuts can be a combination of many different types or just your favourite one.

Any of your favourite salad ingredients can be utilized in this recipe.

Makes 2 servings.



Meat Salad Sandwich are great for brown-bagging it.

Home, Safe Home with PAT DONOVAN

Break-ins are likely to rise

More than half the people who break into homes are juveniles and many are hooked on drugs.

Almost all intruders are amateurs and concentrate on residential areas simply because so few ever get caught. With the degree of protection most people have, the odds are in the intruder's favour. That is why in Milton, break-ins are on the rise and will likely continue.

According to Acting Sergeant Martin Power of Halton Regional Police, "There were 185 burglaries (homes and businesses) in Milton up to September 1990, and 231 by the end of September 1991 — an increase of 25 per cent."

These criminals are also getting smarter and more knowledgeable. The intruder knows that in many instances he can get in, take what he came for and get out before the alarm activates or the police arrive.

For police, the problem has been compounded by a large number of false alarms. Acting Sgt. Power says the false alarm rate has improved with the increased quality of alarm systems on the market today.

This is due largely to the police's policy in regard to false alarms. In Halton, after three false alarms in a 28-day period, they issue a warning, and if the false alarms continue, the police will not respond.

Given the rising incidence of home break-ins, one would think that sales would be greatest in well-to-do neighbourhoods. It is not that way at all. The sales I am seeing today are in every corner of Milton.

□ Pat Donovan is a home security consultant with Ramtron Pre-Entry Alarm Systems Inc.

Environmentally friendly meetings

St. Paul's United Church is anticipating a large turnout for two upcoming environmental workshops.

The workshops on how to become more environmentally friendly will be held at the Main Street church from 9:30 a.m. to 12:30 p.m. on Saturday. Admission is \$3.

JACK TANNER'S TABLE PRESENTS...



AVAILABLE
MONDAY -
FRIDAY
EVENINGS

APPETIZERS

Fresh Malpeque Oysters on the Half Shell.

Baked Oysters with Leaf Spinach, Pernod and Cream, gratineed with Mornay Sauce.

Tartlette of mixed Seafood Newburg splashed with Fine Cognac.

Grilled Lemon and Garlic Shrimp over Butter Linguini tossed with Leeks and Fresh Tomato.

ENTREES

CANADA

Pan fried Fillet of Fresh Pacific Salmon accompanied by Lager Marinated Scallops and Mussels on a bed of Cheddared Fiddleheads served with steamed White and Wild Rice.

ITALY

Whole Sea Bass stuffed with Braised Fennel, Tomatoes and Garlic and napped with a Barolo-Basil Butter and served with Linguini tossed in extra Virgin Olive Oil, Lemon and Parmesan.

UNITED STATES

Sauteed Lobster pieces and Gulf Shrimp with Pearl Onions, Mushrooms, Bacon, fresh Tarragon, fiery Cajun Spices and Bourbon, served over Steamed Rice.

GERMANY

Fillets of Fresh Trout Breaded with Rye Crumbs, fried and served over braised Savoy Cabbage with Riesling, Wild Mushrooms and Bacon, served with herbed Spaetzli.

THE ARTIC

Steamed King Crab Legs (1 lb.) served with a Lemon-Basil Beurre Blanc.

FRANCE

Paupiettes of Sole and Asparagus with Bearnaise Sauce over Creamed Leeks, Field Mushrooms and Chablis reduction served with Potatoes.

ORIENT

Fresh Red Snapper marinated with Soya, Ginger, Garlic and Spring Onions, fried and laid over Stir-Fried Bean Sprouts, Bamboo Shoots, Snow Peas, Water Chestnuts and Baby Corn, splashed with Sake and presented with Steamed Rice.

CARIBBEAN

Fresh Fillet of Grouper steamed with Exotic Fruit, Light Curry and Rum served with fried Plantain and Sweet Potatoes.

THE ATLANTIC

Fresh Steamed Lobster (1 1/2 lbs.) served with Drawn Garlic Butter.

THE PACIFIC

Jumbo Gulf Shrimp baked with a fresh Herbed Garlic Crust and splashed with Lemon.

International Fish & Seafood Festival Ends Friday, March 13/92

Reservations Recommended: 853-3440