

RECIPE FILE

Mix and match your own

Marinate your way to perfect barbecue

Marinating — combining an acidic ingredient such as vinegar, wine or fruit juice with oil, herbs and spices — should be considered the chef's secret weapon when it comes to barbecuing.

Since marinades both tenderize and flavour meat, fish and poultry, you can often substitute less expensive cuts and still serve up great taste.

While marinade recipes abound in cookbooks, it really isn't hard to mix and match your own. A good rule of thumb is to start with half a cup of an acidic ingredient (white vinegar, dry red wine, lemon juice, pineapple juice, tomato juice or beer) and add the same amount (half a cup) of vegetable oil.

If you prefer your marinade a little less tart, reduce the acidic ingredient to one-third cup and increase the oil to two-thirds cup.

Your choice of seasonings is practically limitless and can be combined to give the meat, poultry or fish any number of distinct flavours. For instance, dry mustard, soya sauce and nutmeg will impart an Oriental note while ketchup, cayenne and crushed red pepper will keep it hot and spicy.

Home economists recommend that you keep the following tips in



Marinades can be the chef's secret weapon when it comes to barbecuing. You can change the flavour by combining different herbs and spices.

mind to ensure perfect results when you marinate.

• Remember a marinade only tenderizes the part of the meat it

can reach. Turn steaks or cubed meat at least once to expose both surfaces. Poke holes in a thick piece of meat with a long pronged

fork so the marinade can penetrate. • Allow enough time for the marinade to tenderize the muscle fibre: three to six hours for kebobs,

overnight for steaks, at least 24 hours for roasts.

• Always marinate in the refrigerator, not on the counter. Warm summer weather is perfect for promoting bacterial growth. Marinating on the counter is just not safe.

• Marinades will keep for about two weeks in the refrigerator. Once a marinade has been used, any left-over should be discarded because of the raw meat juices in it.

All-Purpose Marinade

- 2/3 cup (150 ml) vegetable oil;
- 1/3 cup (75 ml) lemon juice;
- 1/4 tsp. (1 ml) garlic powder;
- 1 tbsp. (15 ml) fresh ground pepper;

Directions: Combine all ingredients in jar with tight fitting lid. Shake well. Makes enough marinade for 2 lbs/1 kg meat.

Teriyaki Marinade

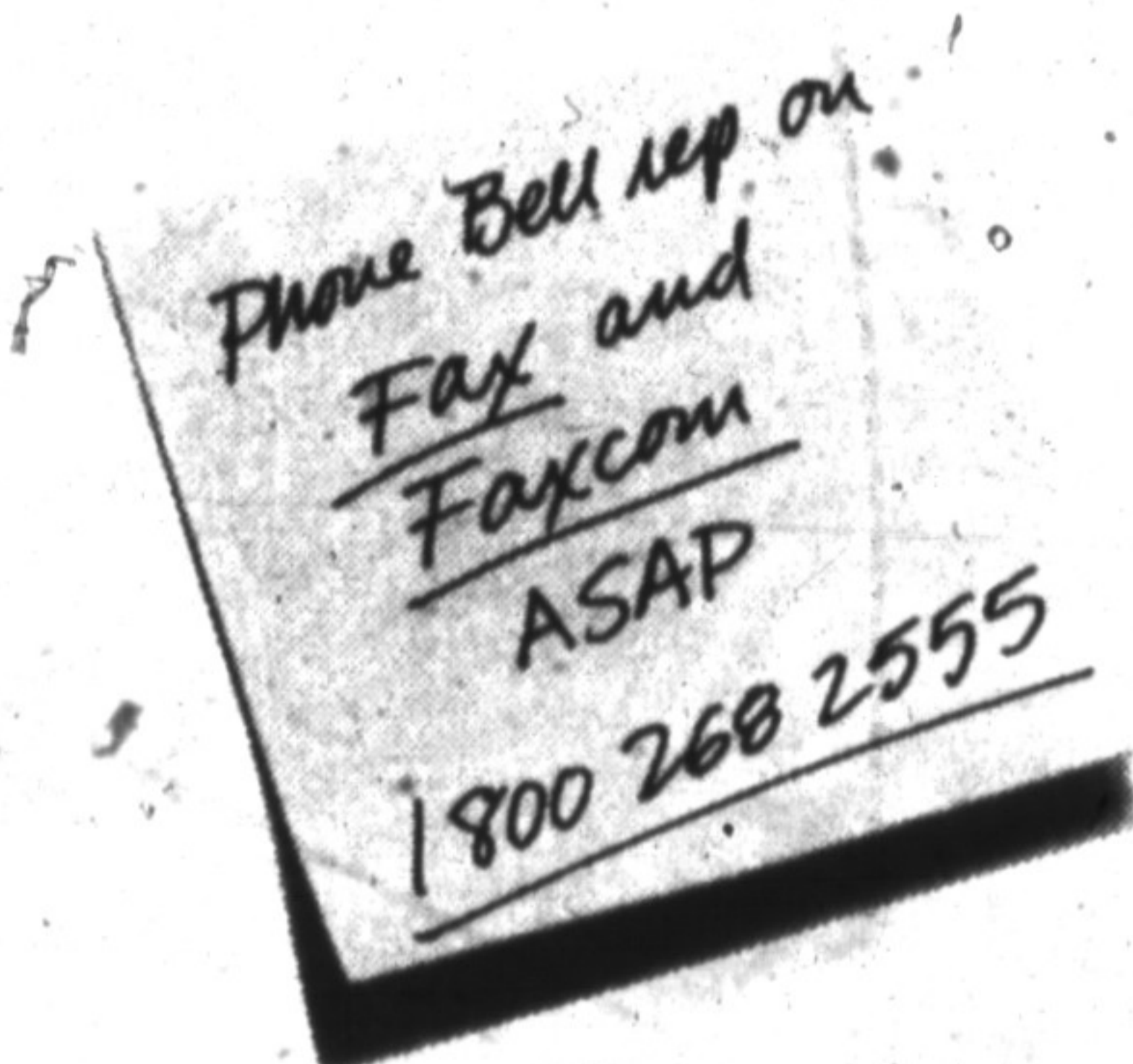
- 1 recipe All-Purpose Marinade;
- 1/2 cup (125 ml) soya sauce;
- 1 tsp. (5 ml) ground ginger;
- 1 tbsp. (15 ml) brown sugar;

Directions: Combine all ingredients in jar with tight fitting lid. Shake well. Makes enough to marinate 2 lbs/1 kg meat, poultry or seafood.

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School board wins award

The Halton Board of Education has won an international award for creativeness.

Brian Woodland, communications officer for the board, was recognized for his Kindergarten Treasure Chest project. On behalf of the board, he won the Award of Excellence for Creativeness.

Only two such awards were given out among more than 900 entries from across North America. The treasure chest was designed in 1991 to replace the book bag which previously had been given to all children entering Kindergarten.

"Obviously, I'm very excited about winning this important award," said Mr. Woodland. "The treasure chest was a pleasure to develop in a working partnership with Pat Dickinson, our early childhood/primary education co-ordinator.

"By sharing her knowledge of early childhood education with mine of educational communications, we were able to produce an effective and exciting project."

The competition was hosted by the National School Public Relations Association (NSPRA), the oldest and largest educational communications organization in the world.

"This is the first time in the history of NSPRA that we have created a special award to honour creativeness," said the organization's spokesperson Virginia Ross.

"Our judges, quite frankly, thought the Kindergarten Treasure Chest was one of the most original ideas they had ever seen."

The Halton public school board last won an NSPRA award in 1990, an Award of Merit for the Teaching is Hot in Halton teacher recruitment campaign.

"We congratulate Pat and Brian on what is clearly a job well done. Though it's great to win the award, what's more important is that the treasure chest itself has been both successful and economical," said Bob Williams, director of education.