

Make a bid

Deborah's Home, a planned residence for disabled adults, will benefit from a dinner/auction at Greystone Golf Club Saturday, Apr. 24. From left, Joyce Scott, Paul Lingen and Deborah Scott (the project's namesake), display two bas-relief wood carvings by Kim Murray that have been donated to the auction. Other items will include an Elvis stamp.

Photo by Graham Paine



Recipe File

Vanilla still the world's favourite flavour

If you open the door of most kitchen pantries, chances are you will find a bottle of pure vanilla extract or artificial vanilla extract on the shelf. Vanilla's distinctive taste and aroma has made it a favourite with cooks the world over who rely on it to flavour sweet foods and beverages of all kinds.

Long before Columbus discovered America, the Aztecs enjoyed a drink made with cocoa and vanilla beans. When the Spanish explorer Cortez took vanilla back to Spain, its use soon spread throughout Europe. Today, in Europe whole vanilla beans are often used for flavouring, while in North America recipes usually call for the liquid extract.

Vanilla is the bean or pod of a rare and beautiful yellow orchid. The flowers bloom one by one and last for just one day. The vanilla beans take nine months to mature, and look just like green string beans. The "vanilla" flavour and aroma is produced during the curing process that takes place after the bean is harvested.

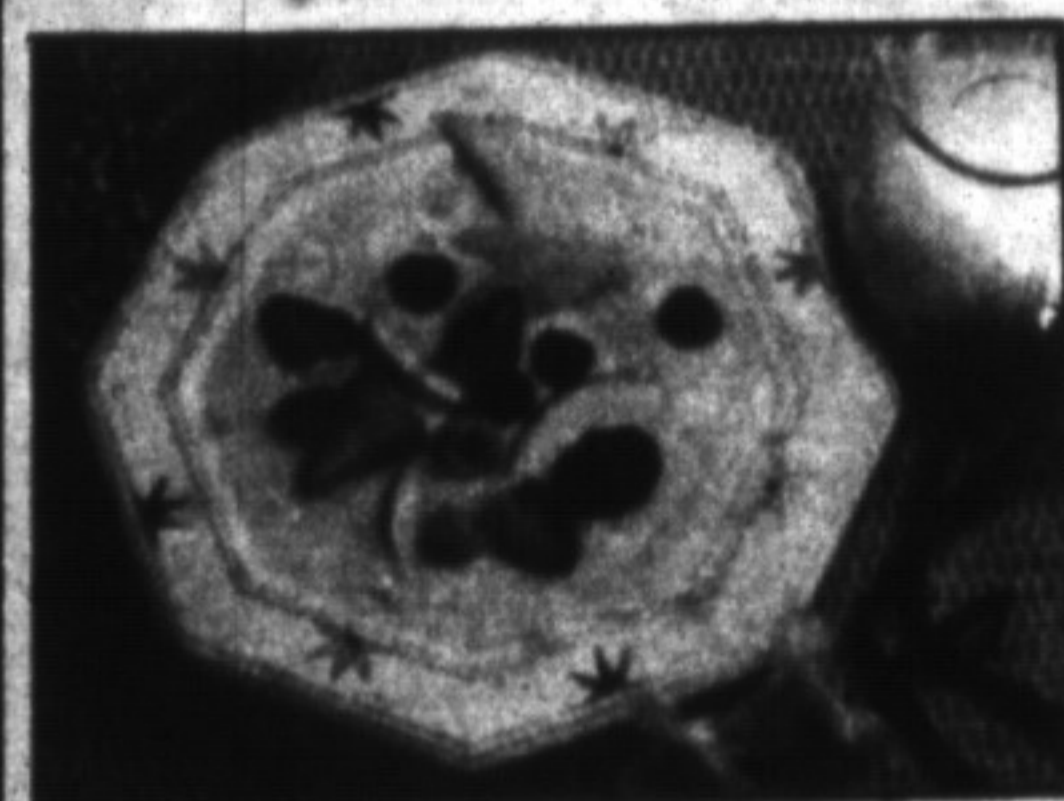
Vanilla grows well in hot, wet tropical climates. The best quality vanilla comes from the island of Madagascar in the Indian Ocean, the Indonesian islands of Java, Bali and Sumatra, and the Kingdom of Tonga in the south Pacific.

Versatile Vanilla Custard Sauce

- 3 egg yolks;
- 1/4 cup (50 ml) granulated sugar;
- 1 tsp. (5 ml) pure vanilla extract;
- 1 cup (250 ml) homogenized milk;

Directions: In medium bowl with electric mixer or wire whisk, beat egg yolks with sugar and vanilla until pale yellow. In small saucepan heat milk just until boiling; add to egg mixture, stirring constantly. Return custard mixture to saucepan and continue stirring over medium-low heat about 5 minutes, until slightly thickened (custard will coat a metal spoon). Do not let boil.

Pour thickened custard into a bowl. If making ahead, cover surface with plastic wrap to prevent skin from forming, and chill up to 2 days. Serve warm or cold with fruit desserts, berries, cake or pie. Makes 1-1/4 cups (300 ml).



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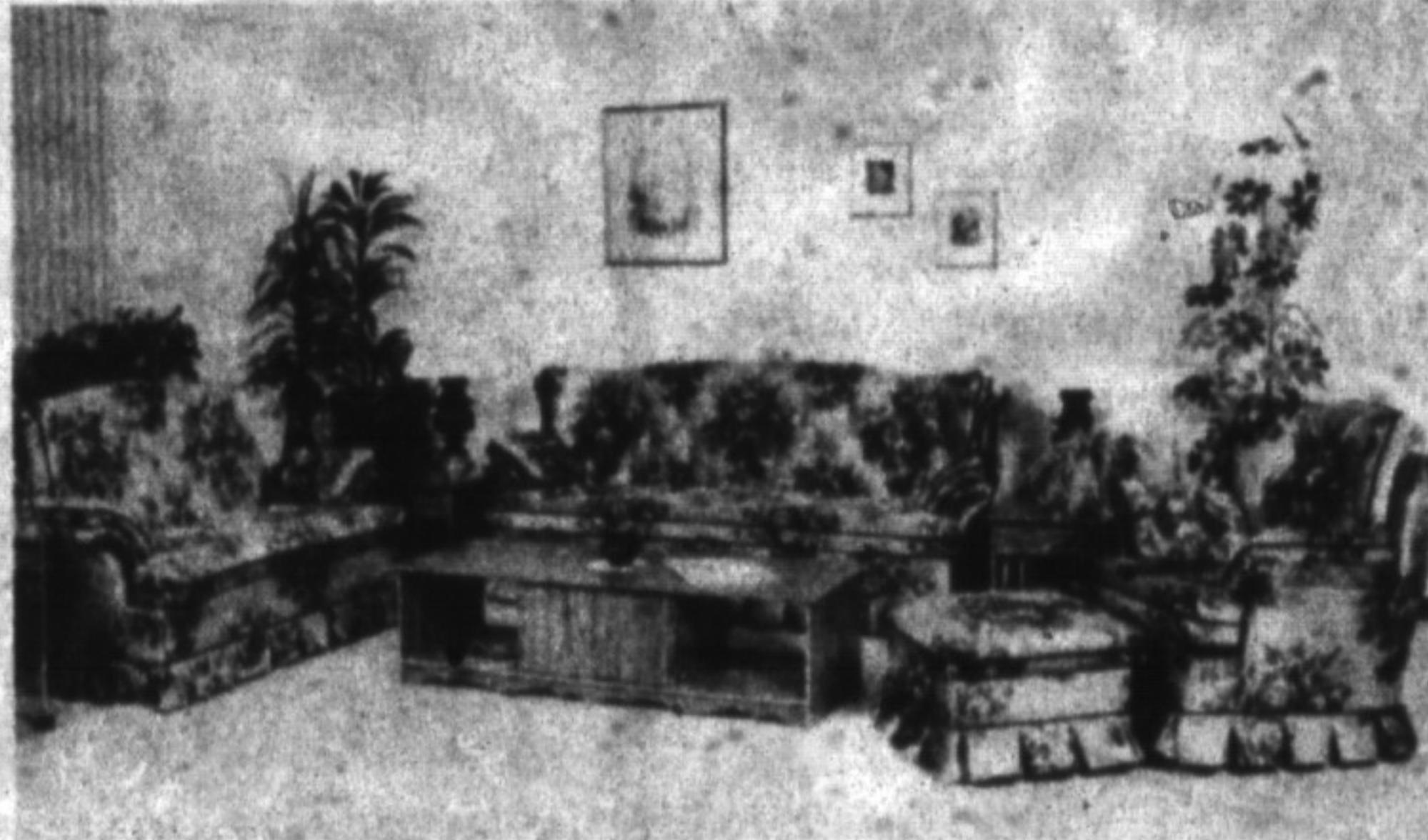


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