

RECIPE FILE

Zesty garlic dip

Al Musix of Waterford, Ontario is widely recognized as Canada's King of Garlic. He has developed his own garlic seed stocks and supplies growers across the country. Music's garlic keeps well and has a somewhat stronger flavour than its smaller American counterparts.

Zesty Garlic Dip

Looking for the perfect dip for those fresh vegetables? Try this garlic dip used with Ontario garlic.

- 1/2 Ontario Greenhouse Cucumber, grated
- 2 cups (500 mL) sour cream
- 2 large cloves Ontario Garlic, minced
- 1 tbsp (15 mL) finely chopped fresh Ontario Parsley or 1/4 tsp (1 mL) dried parsley
- 1 tsp (5 mL) finely chopped fresh Ontario Mint or 1/4 tsp (1 mL) dried mint
- 1 tsp (5 mL) lemon juice
- 1/2 tsp (2 mL) salt
- Pepper
- Ontario Vegetables, cut in 1 in. (2.5 cm) sticks (such as carrots, rutabaga, greenhouse cucumbers, mushrooms)

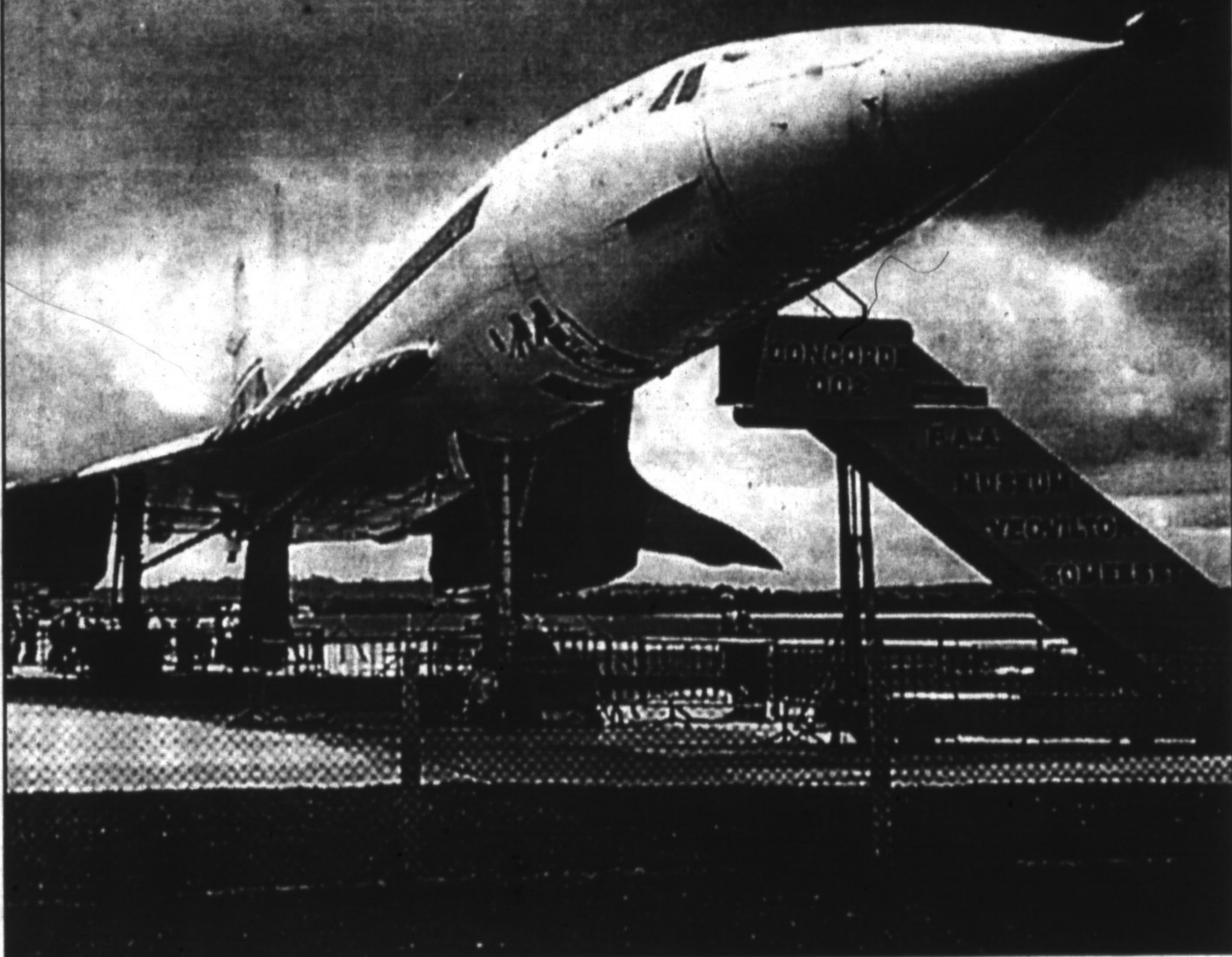


Thoroughly squeeze moisture from grated cucumber. Combine sour cream, garlic, parsley, mint, lemon juice and salt with cucumber, cover and refrigerate several hours or overnight before using.

Season with pepper to taste. Serve with vegetable sticks. Makes about 3 cups (750 mL) dip.

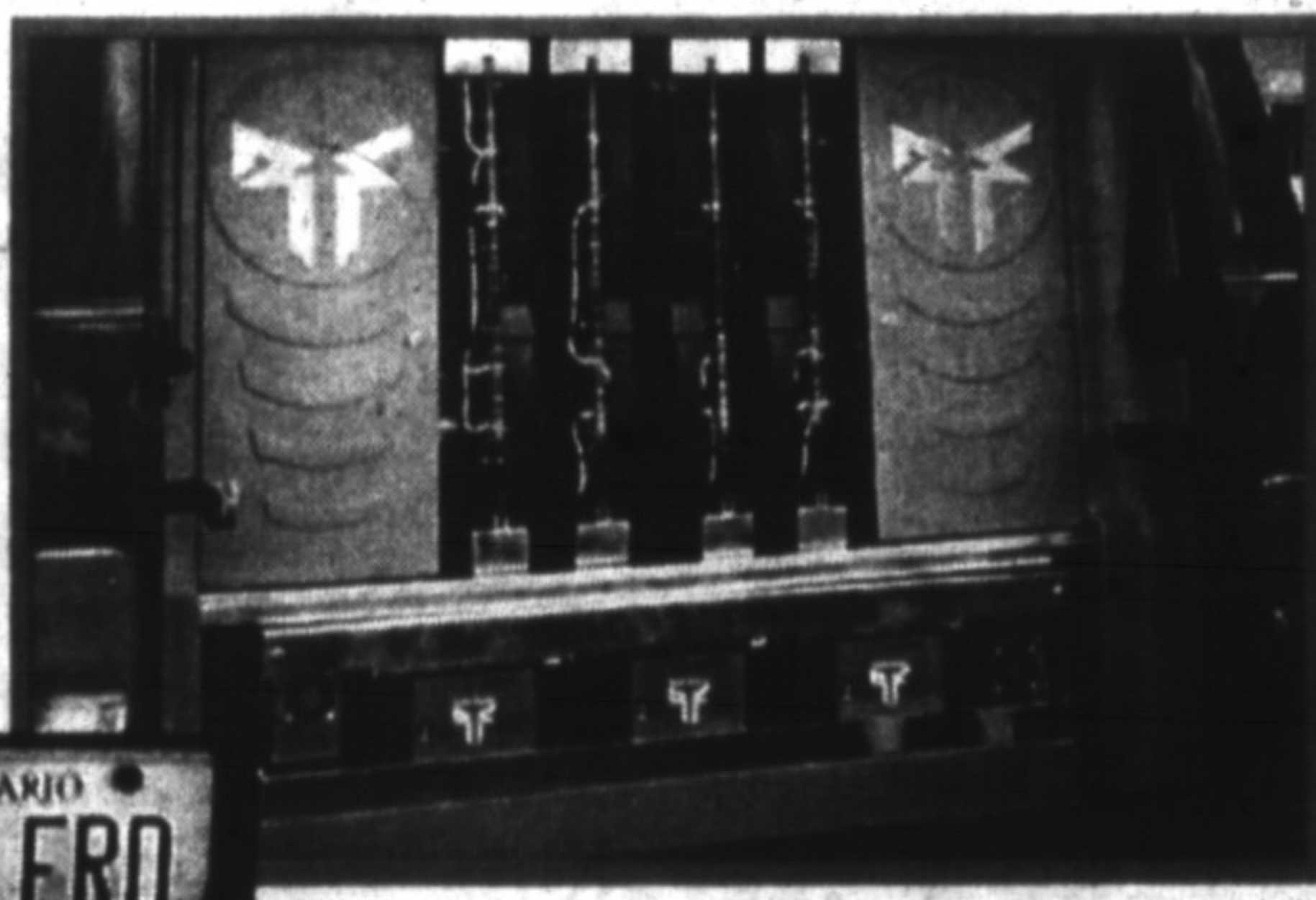
Preparation time: 5 min.
Chilling time: 2 hrs.

We're ready for take-off on Monday, August 26th



23—The Canadian Champion, Friday, June 28, 1996

Sound Man



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The Wolf is here!

Sound Man showcased the new Rockford Fosgate Stereo Demonstration Vehicle yesterday.

Bob Peterson, co-owner of Sound Man, said that the quarter million dollar van is breathtaking & something you need to experience yourself.

The Wolf is a prototype named FRED, it has 55 speakers, 17 amplifiers with 20,000 watts of power. The average car stereo has 12 watts of audio power.

The extended 90" van is equipped with a 32 inch TV screen, laser disk, VHS & many more hidden treasures.

People of all ages came to Sound Man for the ultimate car stereo experience.

A business man from Oakville called it "X-Treme". FRED is technology beyond its time.