

From: Her Desk Drawer

Slow-Simmered Pork and Potato Stew

The joy of a slow-simmered stew is while the wonderful flavours fill the kitchen, it cooks all by itself while you enjoy a good book. As well, it's a perfect make-ahead meal, because the flavour only improves if made a day or two in advance. Serve on a bed of rice.



- 2 1/2 to 3 lb. pork shoulder butt or boneless pork loin rib-end roast
- each salt and black pepper
- olive oil
- 1 large Ontario Onion, chopped
- 4 cloves Ontario Garlic, minced
- 1 can (28 oz) plum tomatoes (including juice)
- 1 can (10 oz) undiluted chicken broth
- 2 tsp red wine vinegar
- 2 tsp ground cumin
- 1/2 tsp each cinnamon and turmeric
- 1/2 tsp hot pepper sauce
- 2 large Ontario Sweet Potatoes or Ontario Potatoes peeled and cut into bite-size pieces
- 2 large Ontario Carrots, cut into bite-size pieces
- 1/2 coarsely chopped fresh coriander



Trim fat from pork; cut into 1" pieces. Place in medium bowl; sprinkle with salt and pepper and toss. In large saucepan, heat oil over medium-high heat; cook half of the pork, stirring frequently, until browned all over, about 4 minutes. Remove pork to clean bowl. Repeat with remaining pork. Reduce heat to medium. Add onion and garlic to pan; cook, stirring frequently, until onion is softened, about 2 minutes. Stir in tomatoes, crushing slightly with a potato masher; add chicken broth, 1/2 cup water, vinegar, cumin, cinnamon, turmeric and hot pepper sauce. Return pork and any accumulated juices to pan; bring to boil, stirring occasionally, over high heat. Cover, reduce heat to medium-low and simmer gently until meat is nearly tender, about 1 hour for rib-end roast and 1 1/2 hours for shoulder butt. Stir in potatoes and carrots; simmer, uncovered and stirring occasionally, until potatoes are tender, about 25 minutes. Stir in coriander. Taste and add salt and more hot pepper sauce if you wish.

Red eyes may be iritis

A new patient visited my office recently complaining of a red and irritated eye for the past two weeks. He also reported being light sensitive. He was prescribed two different antibiotics by his general practitioner, which is commonly used to treat red eye caused by bacterial infections. Unfortunately the medication did not relieve his symptoms as he was suffering from a condition known as iritis and not a bacterial infection.

Iritis is a common inflammation of the eye, more specifically the iris. The iris is the coloured part of the eye. In iritis, the iris becomes inflamed and the blood vessels within the iris leak white blood cells and protein into the anterior chamber (the cavity in the front of the eye). The ciliary body that is behind the iris may also become inflamed with iritis.

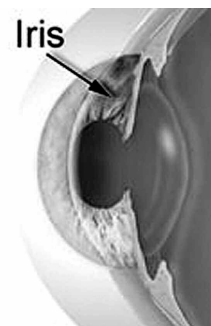
Iritis is not an infection and it is not contagious. The symptoms of iritis include light sensitivity, throbbing eye pain, and blurred vision. The eye will look very red and inflamed and some patients need to wear sunglasses to help with the light sensitivity.

Iritis is treated using two different eye drops. One



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drop serves to dilate the pupil to help reduce the eye pain. The second drop is a steroid to calm the inflammation. Depending on the severity of the iritis, the drops may be used for up to



four weeks.

The steroid drops used for treating iritis need to be used according to the schedule recommended by your eye doctor since there can be complications from using steroids for a prolonged period of time. The commonly prescribed antibiotics for red eye are useless in treating iritis. What causes iritis? In

most cases we don't know what causes it. For some patients, iritis can occur regularly. Blood tests or x rays can be done to find a potential cause. Conditions that contribute to the cause of iritis include rheumatoid arthritis, juvenile rheumatoid arthritis, ankylosing spondylitis, lupus, syphilis, gout, herpes virus infection, Crohn's disease, ulcerative colitis, psoriasis, and eye injury.

Most cases of iritis will resolve completely with proper and timely treatment. If left untreated, there is the potential for some permanent vision loss.

The causes of red eye are virtually endless. The treatment required needs to be tailored for the particular cause of red eye. This is evident in the patient I described at the beginning of the article. The two antibiotics he was prescribed were not treating the iritis. This case stresses the importance for patients to seek the care of their optometrist or ophthalmologist to be properly and thoroughly assessed for iritis and other possible causes of red eye.

Image courtesy of the St. Luke's Cataract & Laser Institute of Tarpon Springs, FL.



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Feb. 25, Mar. 4, 11, 18, 25, Apr. 1

At Epworth United Church

56 Division St. South, Kingsville

7:00 p.m.

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DYNAMIC and LIFE CHANGING!!!

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- March 4 **Rev. Larry Forsyth**
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- March 11 **Rev. Canon Dr. Donald H. Hull**
Principal, Canterbury College, University of Windsor
Worship Leadership: Epworth United Church Chancel Choir
- March 18 **Rev. David Steadman**
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Worship Leadership: Cottam United Church Worship Team
- March 25 **Rev. Chuck Congram**, Senior Pastor (retired)
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Worship Leadership: Celebrate Recovery Worship Team
- April 1 **Rev. Mark Hazzard**
Senior Pastor, Parkwood Gospel Temple, Windsor
Worship Leadership: Epworth United United Church Chancel Choir

For further information call 519-733-4154

Freewill offering! Proceeds to food and shelter for the homeless.

Sunday hunting approved

BY DANIEL SCHWAB

In September, Sunday gun hunting will be allowed in Essex.

In a recorded 4-2 vote, council decided to add Essex to a Ministry of Natural Resources regulation package that will include a number of other provincial municipalities interested in changing their position on Sunday gun hunting. The regulation package will be prepared in the summer and take effect Sept. 1.

For hunters, any open

season wildlife will be fair game, including deer, rabbits, water fowl and wild turkey. Year round hunting of coyote, fox and crows will also be permitted.

Councillors in the north end of the municipality argued against the proposed by-law brought forward by Harrow Coun. Paul Innes.

"The problem is, we're the only municipality around us without Sunday hunting," said Ward 1 Coun. Morley Bowman.

Ward 1 Coun. Randy Voakes said the introduction of hunting on Sunday will

bring trespassing and grief.

"I don't see the benefit of it," Voakes said. "People will be shooting in other people's fields."

Innes said he wasn't a hunter himself, but that he knows many in the municipality who are responsible and do not trespass.

"It's about recreational opportunity," Innes argued.

The town will have to send a copy of the resolution to the MNR before June 1 to be included in the regulation package and allow Sunday gun hunting to begin in September.

Title of Trivia Champion up for grabs

Put on your thinking cap! The Essex Youth Centre is inviting everyone to the fifth annual trivia night.

Call up your smartest friends and take the challenge of competing against businesses and service clubs in the community for the title

of Trivia Champions!

The event is taking place at 7 p.m. on March 6 at the Royal Canadian Legion Branch 201 in Essex.

Teams of four will be accepted. Each member must pay an entry fee of \$20 to join. The contest is open to

both adults and students.

Cash prizes will be awarded to the top three teams in each division.

Join the fun by submitting an adult team or sponsoring a student team. To register, call the Essex Youth Centre at 776-9000 before Feb. 27.