

Food & Drink

Enjoy some patriotic food!

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Happy 130th Birthday Canada. July 1st is a great day for a party and a wonderful occasion for family and friends to share in traditions old and new.

This coast-to-coast birthday party is a celebration for all Canadians.

Whether you are out for a family picnic, kite-flying in the park or sharing time together in the backyard, mark Canada's birthday with a special celebration in honor of our home and native land.

There are a wide variety of uniquely Canadian foods available in our supermarkets and specialty stores which we should be very proud of.

Next time you're shopping, sample some Canadian-made products and whenever possible choose home-grown fruits and vegetables.

Not only will you be supporting Canadian business, you'll be amazed at the high quality and superb taste of Canadian food items.

Have a great Canadian birthday party this year - and if you do try one of the following recipes, don't feel you have to put all 130 candles on your Canada Day Birthday dessert!

MAPLE GLAZED CAKE

When the early colonists arrived in Canada, they found that the Indians made sugar from the sap

of some maple trees.

Today, maple sugar is still made in much the same way as it was long ago.

Just before the sap rises in the spring, holes are bored in the trees, tubes are driven in and sap is collected as it drips from the holes.

The sap is boiled in large evaporating vats until it thickens and turns to maple sugar.

If maple syrup is desired the evaporation is stopped before the sugar has a chance to crystallize. In general, the lighter the color, the finer the quality of the syrup.

People enjoy maple syrup in many ways -- here is just one -- a maple glazed cake.

Preheat oven to 180 degrees C (350 degrees F). Grease and dust lightly with flour a 25 cm (10") tubepan.

Blend together:
3 cups (750 ml) pastry flour
2 1/2 tps (12 ml) baking powder
1/2 tsp (2 ml) salt

In a separate bowl, cream:
1 cup (250 ml) butter
Blend in, beating until light and fluffy:

2 cups (500 ml) sugar
2 tps (10 ml) maple flavoring
Add, one at a time, beating well after each addition:
5 eggs

Stir dry ingredients into creamed mixture alternately with
3/4 cup (175 ml) milk

Bake for 60 to 65 minutes, or until cake springs back when lightly touched. Cool 5 minutes and remove from tubepan.

Bring to a boil and simmer to 110 degrees C (232 degrees F) on a candy thermometer. 250 ml (1 cup) of maple syrup.

Brush over warm cake. Serve and enjoy.

RED AND WHITE CHERRY TORTE

Our patriotic celebration deserves a great patriotic dessert -- perfect for Canada Day or any other day of the year.

1 1/4 cups (310 ml) sugar
1 tbsp (15 ml) butter
1 egg
1 can drained, cherries (reserving juice)
1 cup (250 ml) flour
1 tsp (5 ml) baking soda
1/4 tsp (1 ml) salt
1 tsp (5 ml) cinnamon
1/2 cup (125 ml) chopped nuts

Cream sugar and butter. Add egg and cherries and beat well with mixer until cherries are shredded.

Add remaining dry ingredients and chopped nuts.

Bake in a greased 22 cm X 22 cm (9" X 9") pan at 180 degrees C (350 degrees F) for 45 minutes.

Meanwhile make sauce.

SAUCE

Juice of cherries
1/2 cup (125 ml) sugar
1 tbsp (15 ml) butter

1 tbsp (15 ml) cornstarch
1/4 tsp (1 ml) almond flavoring
1/2 tsp (1 ml) salt

Red food coloring
Mix the sauce ingredients and bring to a boil. When thick, add

red food coloring.
Store sauce in refrigerator until ready to serve.
Put vanilla ice cream or whipped cream over cake and then sauce.

Try Maple Glazed Cake to sweeten up your Canada Day party

It's Canada Day. Time to eat strawberries, have barbecued hot dogs, drink pink lemonade and get together with family and friends.

And after enjoying a fireworks display, you can invite everyone back to your house for a slice of Maple Glazed Cake, made with one of Canada's recognized symbols -- maple syrup.

It will take more than an hour to bake the cake, so start early. The cake requires three cups of pastry flour, which can be purchased at No Frills for \$3.49.

Salt (\$1) and baking powder (\$5.29/lb) can be purchased at Village Grocer, while Loeb has Lactantia light butter for \$2.69.

Five eggs are also needed and can be purchased at No Frills for \$1.65.

Milk, sugar and two tablespoons of maple flavoring can be purchased from any area grocery store.

After the cake has baked for an hour, remove it from the pan and let it cool for five minutes.

Brush one cup of boiled maple syrup (Dominion, A&P and Ultra Food & Drug has Old Tyme Maple Syrup for \$2.49) on the cake.

Slice the cake into pieces and serve with an ice-cold glass of lemonade (Fortinos has either No Name for 33¢ or President Choice for 49¢ and Loeb has Picnic lemonade on for 39¢).



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Lisa Cartwright

