

# Food & Drink

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## Get out of the chips and veggies and dip rut

### Rice & Corn Cakes with minty Salsa

- 1/4 cup vegetable oil
- 1 small onion, finely chopped
- 1/2 cup each, thawed frozen corn and grated zucchini
- 1 tsp chili powder
- 1 clove garlic, minced
- 1 egg, beaten
- 1/2 cup egg yolk, beaten
- 1/2 cup grated Parmesan cheese
- 1/2 cup cooked Uncle Ben's Converted Brand Rice
- 1/2 cup dry bread crumbs
- 1/2 cup chopped fresh coriander or parsley
- 1/2 tsp each, salt and pepper
- 1/4 cup sour cream

- ### Mango Salsa
- 1 tsp each, rice vinegar, sesame oil, liquid honey and lime juice
  - 1/4 tsp hot pepper sauce
  - 1/2 tsp each, salt and pepper
  - 1/4 cup mango, peeled, finely chopped
  - 2 tsp finely chopped red onion
  - 2 tsp finely chopped mint

Heat one tablespoon oil in large skillet over medium heat, add onion and cook, stirring occasionally for three to five minutes or until softened. Increase heat to high and stir in corn, cook, stirring often for about four minutes or until lightly browned. Stir in zucchini, chili powder and garlic and cook for two to three minutes or until zucchini is softened. Cool for 10 minutes, stir in egg and egg yolk until well combined. Meanwhile, stir together cheese, rice, bread crumbs, coriander, salt and pepper. Stir into vegetable mixture until well combined. Using your hands, shape two tablespoons of mixture into round flat patties. (Patties can be made to this point, covered and refrigerated for up to one day, bring to room temperature for 30 minutes before cooking.) Heat remaining oil in a skillet set over medium-high heat. Working in batches, fry patties for two minutes per side until well browned. Place a dollop of sour cream on top of each patty and crown with a spoonful of salsa. Place in small bowl, whisk together rice vinegar, sesame oil, lime juice, pepper sauce, salt and pepper. Stir mango, red onion and mint until well combined. Mix with the dip, can be made up to one day in advance.

Tired of eating the same thing at family functions and parties? The following recipes will make your ordinary function extraordinary.

### Tropicana Fruit Tea Punch



- 2 cups boiling water
- 4 Red Rose tea bags
- 1/4 cup Realemon/lemon juice
- 2 cups Tropicana orange juice
- 1 tsp honey
- 1 lemon
- 2 oranges
- 2 cups fresh strawberries
- 1 bottle Canada/Dry soda water

Pour boiling water over tea bags. Steep three to four minutes. Remove tea bags. Blend in juices. Sweeten with honey. Cut peel from lemon and oranges. Section fruit. Remove all membranes. Add to tea and juice mixtures. Wash and hull strawberries. Cut in half. Add to tea. Cover and refrigerate punch for at least six hours to blend flavours. Just before serving, add bottle of soda water.

This recipe is from Longo's

### Buenos Nachos

Makes 18 appetizers

- 1/2 cup chopped tomato, drained
- 1/4 cup chopped green pepper
- 3 tbsp minced onion
- 2 cloves garlic, minced
- 1/4 tsp Tabasco brand pepper sauce
- 18 round tortilla chips
- 3/4 cup guacamole (recipe follows)
- 1/2 cup shredded sharp Cheddar Cheese

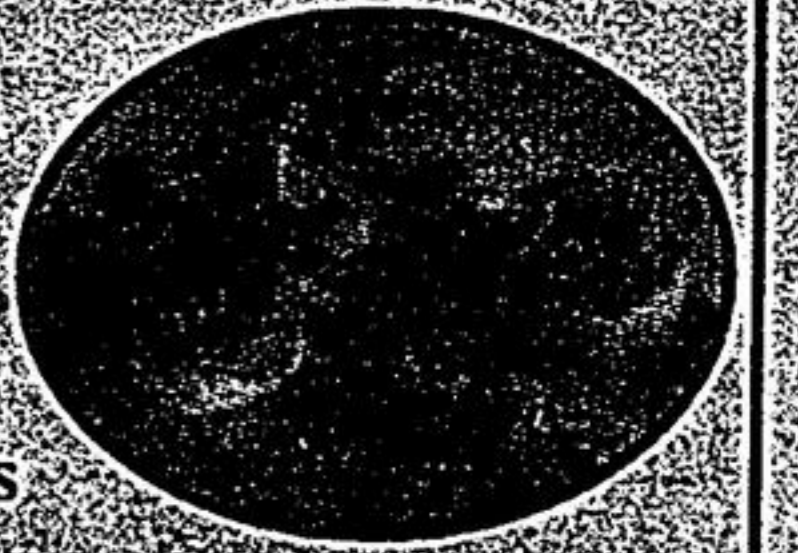
Preheat broiler. In a small bowl combine tomato, green pepper, onion, garlic and Tabasco sauce. Arrange tortilla chips in a single layer on baking sheet. Place small dollop of tomato mixture in centre of guacamole. Sprinkle with cheese. Broil three minutes or just until cheese is melted. Serve immediately.

- ### Guacamole
- 1 ripe medium avocado, seeded, peeled
  - 1 tsp lemon juice or lime juice
  - 1/2 tsp finely chopped onion
  - 1/2 tsp seasoned salt
  - 1/4 tsp Tabasco brand pepper sauce
  - 1/4 tsp garlic powder

In a medium bowl, mash avocado. Add lemon juice, onion, salt, Tabasco pepper sauce and garlic powder. Mix well. Chill thoroughly to blend flavours. Makes 18 appetizers.

### Pate Mushrooms

Wash and dry small sized mushrooms. Remove the stems, finely chop and mix with pate. Spoon mixture into caps.



Recipes are from Longo's

### Blue Cheese Grapes

Mix equal parts of blue cheese and butter. Cut open seedless grapes (if there are any seeds, carefully remove them) and close the grapes back together.



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