

FOOD & DRINK

YEAR OF THE RABBIT

Happy New Year — Feb. 16 signals the beginning of the spring festival

The New Year's feast

The follow are guidelines to help you host a Chinese New Year's feast. **Colour:** Each dish tries to combine three to five colours including green, red, yellow, white, black or caramel. Dishes are prepared from one main ingredient, complemented by two or more ingredients of different colours. **Aroma:** Ingredients often used to enhance aroma of Chinese dishes include scallions, fresh ginger root, garlic, chili peppers, wine, anise, cinnamon, pepper, sesame oil and Chinese black mushrooms. **Flavour:** Chinese cuisine should taste rich, but not overspiced so that it covers up the natural flavour of the ingredients. The five essential food flavours — sweet, sour, bitter, piquant and salty — also directly relate to the nutritional needs of the five major organs (heart, liver, spleen/pancreas, lungs and kidneys). It's this relationship that spurs the belief in the medicinal value of food.

• Any Chinese meal should have an even number of dishes to bring a sense of completeness.

A typical banquet of 12 people or more includes four appetizers, six to eight main courses, a snack-type dish and a dessert.

Traditional dishes include: noodles (the wish for long life), dumplings (good wish for a family), fish (abundance) and vegetarian (prosperity).

• Tea is traditionally served either before a meal to cleanse the palate or after dinner to help with digestion.

Red tea is considered a good complement to a banquet meal.

Hot 'n spicy fortune soup

Makes 4 servings

Meat Marinade:

- 1 tsp Tabasco brand pepper sauce
- 1 clove garlic, minced
- 1 tbsp each oyster sauce and soy sauce
- 2 tsp sherry
- 1 tsp sesame oil
- 1 tsp sugar

Broth:

- 1/2 lb. fresh ground chicken or pork
- 4 1/4 cups chicken broth
- 1 tsp Tabasco brand pepper sauce
- 2 tsp sesame oil
- 1 piece ginger, two inches long, peeled and crushed
- 1/4 tsp white pepper
- pinch of salt
- 2 tsp sherry
- 1 tbsp soy sauce
- 12 large raw shrimp, shelled and deveined
- 1 lb. Chinese egg or chow mein noodles or thin pasta
- 1 bunch chives or green onions, stems only, cut into one-inch pieces

▼ Combine marinade ingredients and add chicken or pork. Mix well. Marinate in fridge for at least four hours or overnight, stirring occasionally.

▼ Heat a large saucepan or wok over high heat, add 1/4 cup of chicken broth and bring to a boil. Add marinated meat mixture and cook 10 minutes, stirring constantly, until liquid is absorbed and meat is very dry and crumbly. Set aside.

▼ Pour 4 cups chicken broth into saucepan. Add Tabasco pepper sauce, sesame oil, ginger, pepper, salt, sherry and soy



PHOTO COURTESY OF TABASCO BRAND PEPPER SAUCE

sauce. Cover and bring to a boil.

▼ Lower heat and simmer four minutes. Return heat to high, add shrimp and bring to boil. Meanwhile, add noodles to a large pot of boiling water.

▼ Boil one to three minutes. Rinse and drain noodles twice and divide into four large soup bowls. Distribute reserved meat and chives over noodles and ladle broth with shrimp on top.

▼ Serve immediately.

Year of the Rabbit

Feb. 16 marks year 4697 of the Chinese calendar and the Year of the Rabbit. You're a rabbit if you were born in 1903, 1915, 1927, 1939, 1951, 1963, 1975, 1987 or 1999.

• Rabbit people were born under a sign of virtue and are thought to be artistic, social and sensitive.

• These circumspective characters respond poorly to stress in their lives, but are diplomatic in nature, they always listen carefully when others speak — especially at work. They are creatures of habit and rarely act impulsively.

• Rabbits are lovers of all things beautiful, with a specific adoration of good food and fine wines. They dress elegantly and have a flair for fashion.

• Pisces is the corresponding sign.

• March is a rabbit's month to excel and their best season tends to be spring.

• Rabbits are compatible with goats and roasters.

TIPS FOR HOSTING A NEW YEAR CELEBRATION

• Begin by cleaning the house. Scrub away any misfortune or bad luck from the year before and make way for the good luck and fortune of the new year.

• At midnight, light sparklers to signal the arrival of the new year.

• The next day distribute lucky money in red packets to children and never-married family members. The money is to be spent on something new to bring good luck and prosperity through the new year.

• Spend the second day of the new year visiting friends.

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Our Gourmet-To-Go

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*Some Photos are Representational

Prices in effect from Wed. February 2nd - Tues. February 9th, 1999.
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	Cut from Canada Grade A, AA, AAA Beef Prime Rib Roast 5.99 lb. 13.21 kg (See recipe below)
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"Mario's Recipe"

<ul style="list-style-type: none"> 4 lbs. prime rib roast 1 tsp. salt 1/8 tsp. black pepper 1 tsp. soya sauce 1/2 tsp. oregano 2 tsp. olive oil 1/4 cup white wine 3 garlic cloves, finely chopped 	PRIME RIB ROAST COOKING INSTRUCTIONS: Marinate meat over night or one to eight hours in refrigerator. Preheat oven to 350 F. When ready to cook meat, place meat with the marinade in a covered roasting pan. Cook meat for 20 minutes x lb. for rare, 25 minutes x lb. for medium, 30 minutes x lb. for well done. Let meat cool off for 9-10 minutes and then carve.
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