

FOOD & DRINK

Ontario vegetable stir-fry

This Oriental-style stir-fry has two variations — with noodles and peanut sauce or with tofu — to provide complete vegetarian meals.

Preparation time: 15 minutes

Cooking time: eight minutes

Serves: four

- 1 tbsp vegetable oil
- 1 tbsp minced gingerroot
- 2 cloves garlic, minced
- 2 Ontario onions, cut into thin wedges
- 2 Ontario carrots, cut into thin diagonal slices
- 2 cups finely shredded Ontario green cabbage
- Half Ontario greenhouse sweet green pepper, cut in thin strips
- 2 tbsp chicken broth or water
- 2 cups Ontario bean sprouts
- 1 cup sliced Ontario mushrooms

Sauce

- 1 tsp cornstarch
- 1 tbsp soy sauce
- 1 tbsp dry sherry
- 1 tsp Ontario sesame oil
- 1/2 tsp Oriental hot chili sauce or red pepper flakes

Sauce: In small dish, blend cornstarch into soy sauce; stir in sherry, sesame oil and chili sauce. Set aside.

▲ Heat wok or large frying pan over high heat. Heat oil until hot, swirling to coat sides; stir-fry garlic and ginger for a few seconds.

▲ Add onions, carrots and cabbage, green pepper and broth; stir-fry until tender-crisp, about three minutes.

▲ Add bean sprouts and mushrooms; cook one minute. Stir sauce mixture, add to wok and cook until thickened, about 30 seconds.

Nutritional information (one serving when recipe uses chicken broth)

Protein: 4g
Fat: 5g
Carbohydrates: 17g
Calories: 129

Vegetable stir-fry with noodles and peanut sauce

Serves: four

- 1/2 lb spaghetti, broken in half, or fine egg noodles
- 1/4 to 1/3 cup bottled peanut sauce.

▲ Prepare sauce and vegetables as stated in preceding recipe.

▲ Cook spaghetti or noodles according to package directions.

▲ Drain spaghetti and place in large warm serving bowl. Add cooked vegetables and peanut sauce; toss well.

▲ Serve with additional sauce, if desired.

Nutritional information, One serving

Protein: 13g
Fat: 8g
Carbohydrates: 67g
Calories: 392

Vegetable stir-fry with tofu

Serves: four

- 8 oz extra-firm style tofu (or pressed)
- 1 tbsp each hoisin sauce, soy sauce and dry sherry
- 1 tsp each sesame oil and rice or white wine vinegar

▲ Cut tofu into half-inch cubes, place in small bowl. Combine hoisin, soy sauce, sherry, sesame oil and vinegar; pour over tofu. Marinate at room temperature for 15 minutes.

▲ Stir-fry vegetables as above, adding drained tofu for last minute of stir-frying and discarding marinade.

Nutritional information, One serving

Protein: 13.5g
Fat: 10.5g
Carbohydrates: 19.5g
Calories: 227

Stir-fried Chinese leaves with scallops

A speedy stir-fry made using salad vegetables and scallops. Both the Chinese radish and Chinese leaves have a pleasant crunchy bite and the Chinese leaves carry the sauce.

Serves: four

- 10 prepared scallops
- 4-5 tbsp vegetable oil
- 3 garlic cloves, finely chopped
- 1/2-inch piece fresh ginger, finely sliced
- 4-5 scallions, cut lengthwise into one-inch pieces
- 2 tbsp medium dry sherry
- 1/2 Chinese radish (daikon), cut into 1/2 inch slices
- 1 Chinese cabbage, chopped lengthwise into thin strips

For marinade

- 1 tsp cornstarch
- 1 egg white, lightly beaten
- pinch of white pepper

For the sauce

- 1 tsp cornstarch
- 3 tbsp oyster sauce

▲ Rinse the scallops and separate the corals from the white meat. Cut each scallop into two to three pieces and slice the corals. Place them on two dishes.

▲ For the marinade, blend together the cornstarch, egg white and white pepper. Pour half over the scallops and the rest over the corals. Leave for 10 minutes.

▲ To make the sauce, blend the cornstarch with four tablespoons of water and the oyster sauce and set aside.

▲ Heat about two tablespoons of the oil in a wok, add half of the garlic and let it sizzle, and

then add half the ginger and half the scallions. Stir-fry for about 30 seconds and then stir in the scallops (not the corals).

▲ Stir-fry for half to one minute until the scallops start to become opaque and then reduce the heat and add one tablespoon of the sherry. Cook briefly and then spoon the scallops and the cooking liquid into a bowl and set aside.

▲ Heat another two tablespoons of oil in the wok, add the remaining garlic, ginger and scallions and stir-fry for one minute. Add the corals, stir-fry briefly and transfer to a dish.

▲ Heat the remaining oil and add the daikon. Stir-fry for about 30 seconds and then stir in the cabbage. Stir-fry for about 30 seconds and then add the oyster sauce mixture and about four tablespoons of water. Allow the cabbage to simmer briefly and then stir in the scallops and corals, together with all their liquid and cook briefly to heat through.

- The Vegetable Ingredients Cookbook



PHOTO COURTESY OF THE VEGETABLE INGREDIENTS COOKBOOK

Our Fresh Produce

	Product of USA No. 1 Fresh 'N' Tender Broccoli .99 ca.
	From Ontario Greenhouses No. 1 Long Seedless English Cucumbers .99 ca.
	Ontario Grown Extra Fancy Crisp 'N' Juicy Red Delicious Apples .88 lb. 1.96 kg

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"Mario's Recipe"

Chicken Cacciatore

3 lbs. chicken parts	1. Coat chicken with flour
2 tbsp. olive oil	2. In a large frying pan, brown chicken in olive oil
2 tbsp. (28 oz.) tomato soup	3. Add all ingredients except peppers & mushrooms
1 can dry red wine	4. Stir well cover and simmer for 30 mins.
medium onion chopped	5. Add peppers & mushrooms cook for 15 more minutes, serve with spaghetti or rice.
basil & 1/2 tsp oregano	
salt to taste	
green pepper sliced	
cup sliced mushrooms	

Bacon Appetizer