

# FOOD & DRINK

## Deviled Turkey Kabobs



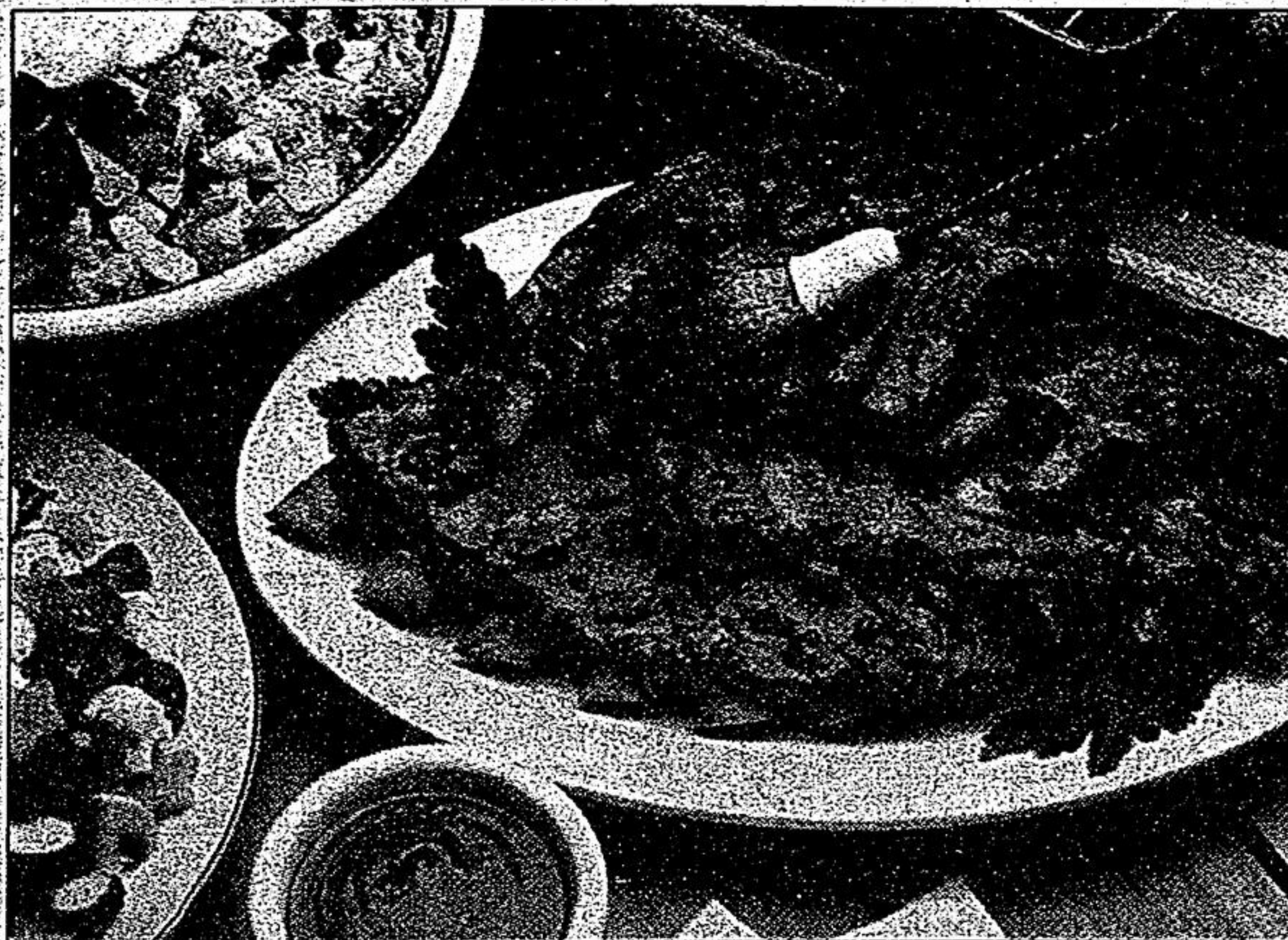
PHOTO/TABASCO® brand pepper sauce

- 1 cup (250 mL) cranberry juice
- 1/2 cup (125 mL) ketchup
- 2 tbsp (30 mL) brown sugar
- 2 tbsp (30 mL) lemon juice
- 2 tbsp (30 mL) vegetable oil
- 1 tsp (5 mL) Tabasco brand pepper sauce
- 1/4 tsp (5 mL) ground cinnamon
- 1 lb (500 g) boneless turkey breast, cut into 1/2 inch (4 cm) chunks
- 1 tsp (5 mL) cornstarch
- 8 cherry tomatoes
- 8 small white onions, parboiled
- 1 large green pepper, cut in 8 pieces

sauce and cinnamon; mix well. Add turkey. Cover and chill for 2 hours. Remove turkey from marinade; reserve marinade. In small saucepan, dissolve cornstarch in marinade, cook over low heat, stirring constantly, until mixture boils and thickens. Place chunks of turkey, tomatoes, onions and peppers on long metal skewers; brush with marinade. Place kabobs on hot grill. Turn and baste often with marinade; cook 10 to 12 minutes or until turkey is done. Makes 4 servings.

In large bowl combine cranberry juice, ketchup, brown sugar, lemon juice, oil, Tabasco pepper

## Spicy Barbecued Ribs



PHOTO/TABASCO® brand pepper sauce

- 2 tbsp (30 mL) butter or margarine
- 1 cup (250 mL) chopped onion
- 1/2 cup (25 mL) diced celery with leaves
- 1/4 cup (50 mL) diced green pepper
- 1 tbsp (15 mL) minced fresh garlic
- 1 (28 oz./796 mL) can diced tomatoes, drained
- 1 (5 1/2 oz./156 mL) can tomato paste
- 1/3 cup (75 mL) red wine vinegar
- 3 tbsp (45 mL) molasses
- 2 lemon slices
- 2 tsp (10 mL) Tabasco brand pepper sauce
- 2 tsp (10 mL) dry mustard
- 1 bay leaf
- 1/2 tsp (2 mL) ground cloves
- 1/2 tsp (2 mL) ground allspice
- 4 lbs (2 kg) pork side or back ribs

minutes, stirring frequently, until tender. Stir in remaining ingredients, except the ribs and bring to a boil over high heat. Reduce heat to low; cover and simmer 20 minutes, stirring occasionally, until sauce is thickened. Remove from heat. Remove lemon slices and bay leaf. Blend until smooth. Place ribs in a large pot. Cover with water and bring to a boil. Reduce heat to medium-low and boil gently for about 1 hour until meat is fork tender. Drain ribs and rinse with cold water. Place on a platter, brush with sauce, cover and refrigerate until cooking time. Barbecue over medium-high heat, or broil 5 to 7 minutes per side basting with additional sauce. Eat immediately or allow ribs to cool slightly, cut up; refrigerate until serving. Makes 4 servings.

Melt butter in a large frypan over medium heat. Add onion, celery, green pepper and garlic; saute 6-7

Note: Sauce makes 2 1/4 cups (550 mL) and any remaining sauce can be refrigerated for up to 2 weeks.

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**Asparagus** **1.99**  
lb.  
4.39 kg

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Product of Canada  
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lb.  
8.13 kg

### "Mario's Recipe"

**Chicken Cacciatore**  
1 kg (2 lbs.) chicken parts  
2 tbsp flour  
2 tbsp oil  
1 284 mL tomato soup  
3/4 cup red wine (dry)  
1 medium onion chopped  
1/2 tsp basil  
1/2 tsp oregano  
1/2 tsp salt  
1 green pepper sliced

1 cup sliced mushrooms  
Coat chicken with flour  
In large frying pan brown chicken in oil  
Add all ingredients except peppers & mushrooms  
Stir, well, cover, simmer for 30 mins.  
Add peppers & mushroom; cook for 15 mins. more. Serve with spaghetti or rice