

## FOOD & DRINK

# New cookbook, *Kitchen Cape-ers*, helps get the kids into the kitchen

Good eating habits should start early in life.

Many children think good food comes in a package ready to pop into the microwave. But with the help of an adult and some great, tasting, easy-to-prepare recipes, kids will learn that is fun to prepare home-cooked meals.

The following recipes are from a new cookbook from Cape Fruit. To order a copy of *Kitchen Cape-ers*, send a \$2.50 cheque (for postage and handling) to:

Cape Fruit  
 2206 Eglinton Ave. E. Suite 190  
 Scarborough, ON M1T 4T5

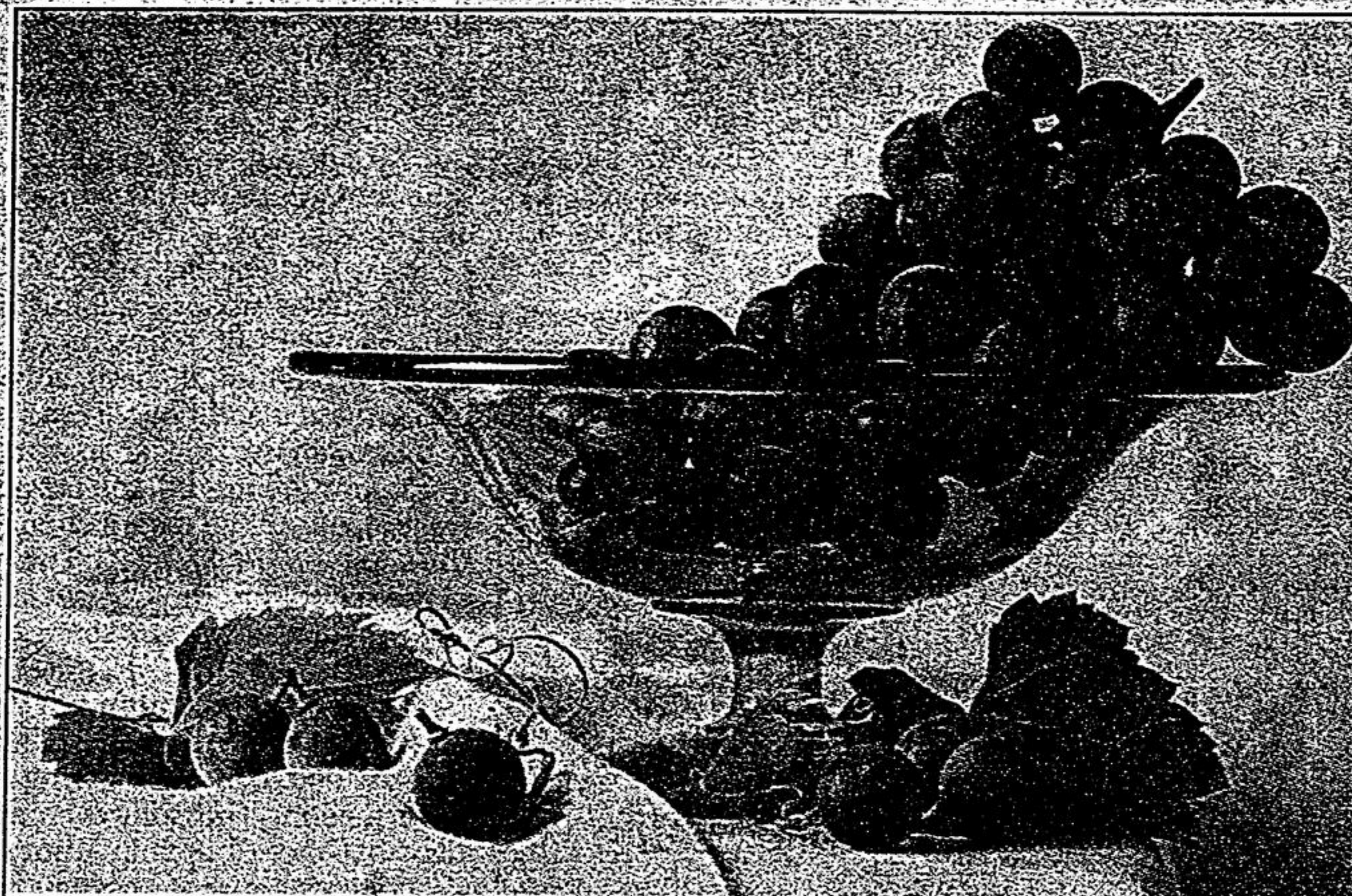
### Pear and pecan salad

Makes 6 servings

- 2 ounces blue cheese, such as roquefort or Gorgonzola, or herb goat cheese
- 1/3 cup buttermilk or light cream
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/4 teaspoon each salt and freshly ground black pepper
- 8 cups mixed salad greens
- 4 medium packham pears
- 2/3 cup pecans, lightly toasted, coarsely chopped

□ In a bowl, using a fork, mash cheese and buttermilk to make a smooth paste. Whisk in oil, vinegar, salt and pepper until creamy.

□ To serve, divide salad greens among individual salad plates. Peel pears, if desired, cut into quarters and remove cores. Cut into thin lengthwise slices. Arrange over salad greens. Drizzle with dressing and sprinkle with pecans. Serve immediately.



PHOTO/FOODLAND ONTARIO

### Lime and honey-roasted chicken with grapes

*This dish can be assembled with ease, making it a favourite with busy cooks.*

Makes 6 servings.

- 6 assorted chicken pieces, such as legs and breasts
- Grated rind and juice of one large lime
- Salt and pepper
- 2 cloves garlic, minced
- 2 cups black grapes, halved and seeded
- 1/4 cup honey
- 1/4 cup soy sauce
- 1 tablespoon sesame seeds

□ Combine lime rind, juice, and garlic in a large bowl. Add chicken pieces and let marinate in the refrigerator for up to one

hour or overnight.

□ Arrange chicken pieces in large shallow roasting pan or dish in single layer. Season with salt and pepper. Roast, uncovered, in a 375°F oven for 45 minutes. Remove chicken from oven and pour off pan juices. Add grapes to dish.

□ In small bowl, combine honey and soy sauce. Spoon over chicken pieces, sprinkle with sesame seeds.

□ Return to oven, basting occasionally with sauce, for 15 minutes more or until chicken is nicely glazed.

### Pear trifle with raspberry-chocolate sauce

#### Raspberry-Chocolate Sauce:

- 6 squares sweet baking chocolate
- 2 cups individually frozen unsweetened raspberries
- 6 medium packham pears
- 1 pkg (8oz) light cream cheese, softened
- 1 cup confectioners' sugar
- 2 tablespoons orange juice
- 1-1/2 cups whipping cream
- 1 10-ounce frozen pound cake
- Mint sprigs and fresh raspberries, for garnish (optional)

#### Making the Sauce:

□ Grate one square of chocolate, reserve for topping. Finely chop remaining chocolate; place in bowl. Microwave raspberries at high for three minutes or until defrosted and hot. Press through fine sieve into large glass measure. Add enough water to make one cup puree. Microwave at high for two to three minutes or until boiling. Pour over chocolate; stir until melted. Let sauce cool to room temperature, stirring occasionally.

Core pears and cut into three quarter-inch cubes. Pour chocolate sauce over pears and stir to coat.

#### Assembling the Trifle:

□ In large bowl, beat cream cheese with confectioners' sugar until creamy. Stir in juice. In separate bowl, whip cream until stiff; fold into cream cheese mixture until smooth.

□ Cut cake into half-inch by one-inch cubes. Arrange half the cake pieces in bottom of large glass serving dish. Top with half the chocolate pears; spread with half the cream cheese mixture. Repeat layers with remaining cake cubes, chocolate pears and cream cheese mixture. Sprinkle top with reserved grated chocolate.

Cover and refrigerate for at least four hours and up to eight hours before serving. Garnish, if desired.

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### "Mario's Recipe"

<b>Gourmet Steak Marinade</b> 1/4 cup oil 1/2 cup white wine 1 tsp. soy sauce 2 garlic cloves chopped	1 tsp. Montreal steak spice Oregano to taste (this will marinate 4 - 6 steaks) Directions: 1) Marinate meat with all the ingredients for 1 - 8 hours (the longer the better). 2) When ready to BBQ, save all the marinade, place meat on the grill at medium heat. 3) Flip meat only once and keep brushing the marinade on the meat. Cook to your preference.
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**Buon Appetito**