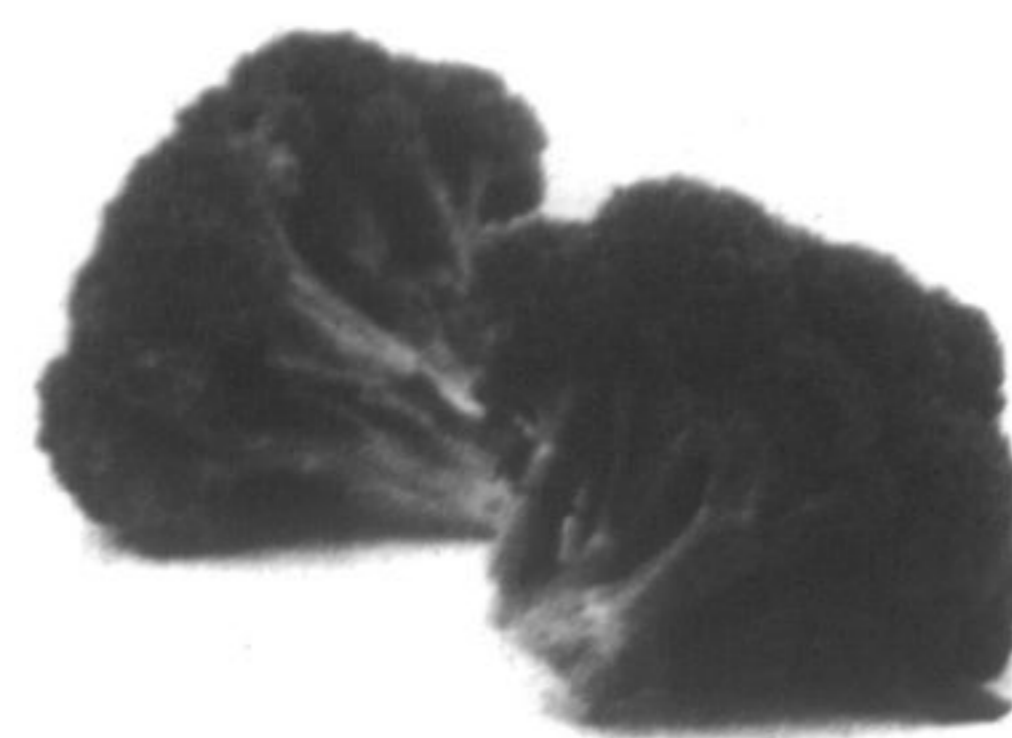
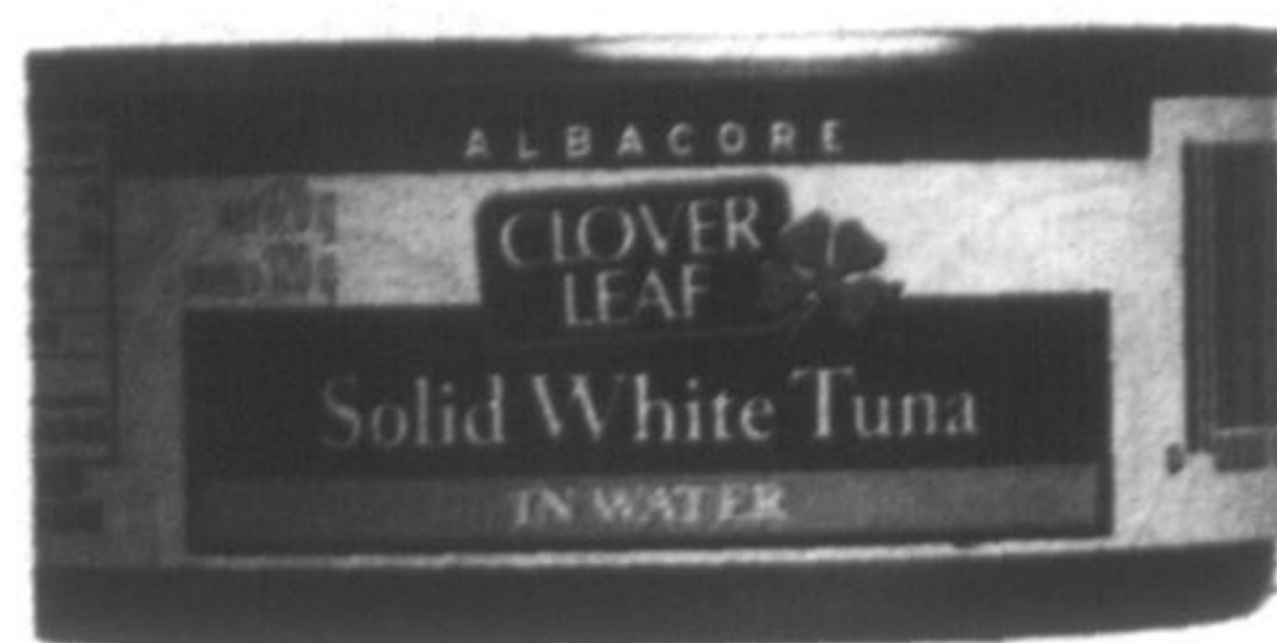
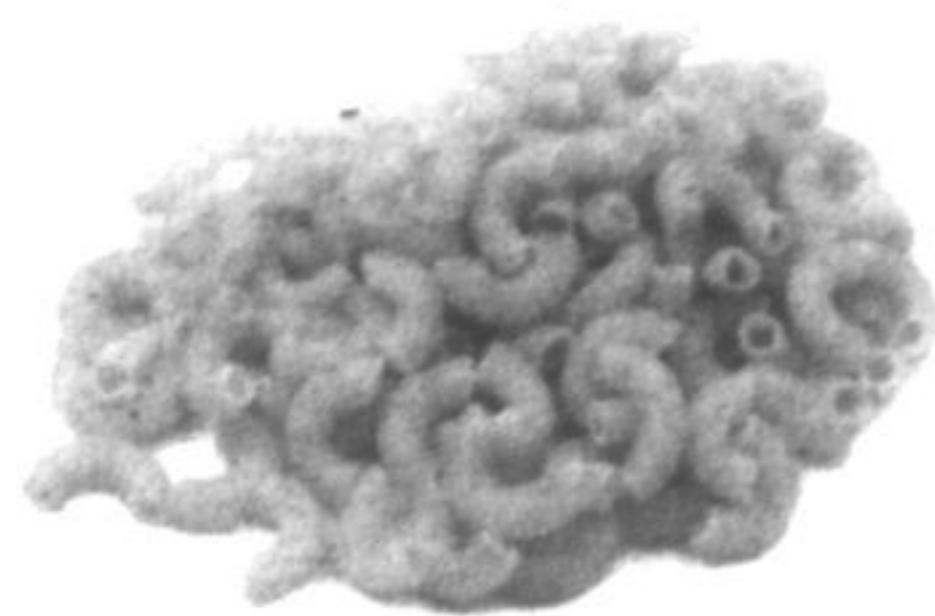


# Get COOKING



BY TERESA LATCHFORD  
tlatchford@yrmg.com

## TRY IT TONIGHT

Too tired to think about dinner? Everyone has one of those days; you come home after a full day of work, kick off your shoes and open the fridge, hoping something will strike your fancy for dinner.

Whether it be total exhaustion or sheer laziness, you simply give up.

Richmond Hill Culinary Arts Centre instructor Fred Oh admits he has had the occasional mental block when trying to figure out dinner — it's a fact of life.

*'Gone are the days of homemakers who would spend hours making a homemade meal.'*

"Gone are the days of homemakers who would spend hours making a homemade meal," he said. "Now there is work, commuting and children in the equation."

Too many times homemade meals are sacrificed for fast and take-out food for the sake of convenience.

There is nothing wrong with fast food on occasion, but indulging more than a few times a week could be asking for trouble, he said.

The ideal situation would be to plan meals the week ahead, giving you time to make sure all of the ingredients needed to prepare them are on the grocery list.

But when that's not realistic, Mr. Oh suggests keeping five basics — pasta, canned meat such as corned beef or tuna, cheese, frozen veg-

### SIMPLE PASTA DISH

- ▶ Boil pasta according to instructions on package.
- ▶ Crumble and warm canned corn beef in skillet or microwave.
- ▶ Empty one can of tomato sauce into medium size pot, adding frozen vegetables and spices to taste warming on medium heat while stirring occasionally.
- ▶ Layer strained pasta, sauce and corn beef and top with grated cheese.

etables such as peas and broccoli and a can of sauce, be it tomato or something else — on hand at all times that will allow you to make a variety of dinners in a pinch.

"It may not be the most fancy meal you will ever prepare," he smiled. "But at least when you put all of these five items together, you have all five food groups."

In a bind, these five simple ingredients can be mixed together to create a hot and homey meal in

### QUICK ALFREDO BAKE

- ▶ Boil pasta according to instructions, drain and place in a medium casserole dish.
- ▶ Add frozen vegetables of choice, one can of chicken chunks and one jar of alfredo sauce, mix well.
- ▶ Cover and bake in the oven at 350C for 20 minutes.
- ▶ Uncover, stir, grate cheese on top and broil for 5 minutes.

about 20 minutes, leaving you time to get the children fed and off to hockey practice or ballet lessons.

Canned meat doesn't need extensive cooking time, is already seasoned and won't dry out when heated.

Corn beef can be used to whip up a simple Bolognese sauce that, when frozen vegetables and shredded cheese are added over pasta, becomes a comforting and complete meal.

"It will fill your stomach and you won't be depriving yourself of anything," he said.

Don't be afraid to play with the ingredients to create a meal that suits your own tastes.

For example, switch the corn beef with tinned chicken, the tomato sauce with alfredo and frozen peas for broccoli to create a creamy pasta bake that can be done in the oven.

If you keep these five food items on hand at all times, you will always have something hearty for dinner.

### MORE KITCHEN HELP

Simply type in the ingredients you have around the kitchen and these websites will give you a recipe.

- ▶ supercook.com
- ▶ recipematcher.com
- ▶ kraftrecipes.com
- ▶ recipekey.com



STAFF PHOTO/STEVE SOMERVILLE

Sous chef Cassie Canham whips up pasta Bolognese from five simple ingredients at the Culinary Arts Centre of Richmond Hill.

*"It definitely makes me feel more informed about the community in which I reside."*

"I enjoy receiving and reading each issue of the Stouffville Sun-Tribune. It definitely makes me feel more informed about the community in which I reside."

CONNECTING TO YOUR COMMUNITY  
YRMG READERSHIP SURVEY 2008

your newspaper



905-640-2612

