

COOKERY CORNER

HERBAL HINTS

TO DRY HERBS:

1. Pick the herbs on a sunny morning, after the dew is gone. (Herbs picked while wet tend to mold quickly.) Pick only the young tender leaves. Flavour is at its peak just before the plant blossoms. Wash the leaves gently in cool water. Spread out on paper towels and let air-dry completely.
2. Cut a piece of aluminum screen slightly smaller than the oven rack. Spread the herbs out on the screen. (Only do one variety at a time.) Turn the oven on to lowest setting (150°). Place the rack in the centre position, put the screen of herbs on the rack and leave the oven door open. Let the leaves dry until very crisp, 2 - 4 hours depending on size and moisture content.
3. Cool the leaves to room temperature. Separate the leaves from the stalks and then crumble the leaves. Pack loosely in dry, small jars and allow to stand uncovered at room temperature for 24 hours. Check each jar for any sign of moisture. If none is present, cap the jars airtight, label and store in a cool, dark, dry place. (Exposure to daylight deteriorates dried herbs and they lose flavour quality.) Keeping time is 4 - 6 months. The sooner dried herbs are used the more fragrant they will be.

TO FREEZE HERBS:

1. Follow the first step for drying herbs. When air-dried, remove the leaves from the stems and chop or cut the leaves coarsely.
2. Place one tablespoon of chopped leaves into each compartment of an ice cube tray. Add one inch of water and freeze. When solid, remove the cubes from the tray and place in a plastic bag. Label the bag and store in the freezer. Keeping time is one year at 0° F.

TO USE: Simply drop a frozen cube of herbs into soups, sauces, casseroles, etc., when the recipe calls for the addition of herbs. One tablespoon of frozen herbs is equal to one tablespoon fresh herbs and one teaspoon of freshly dried.

NOTE: If freezing mint for garnishes, do not remove the leaves. Break the stems into small sprigs and freeze whole in an ice cube tray. Frozen mint sprigs are excellent garnish for punch, sherbets and fruit desserts.

HERBAL HINTS, CONTINUED:

FROZEN HERB BUTTERS:

- 1 lb. slightly softened butter
3 Tblsp. finely minced fresh herbs
(chives, dill, parsley or tarragon)

Cream the butter until fluffy. Add the herb and mix well. Cover and chill until firm enough to shape. Shape into 4 logs or sticks, about one inch thick. Wrap each in heavy foil, label and quick freeze. Will keep up to 4 months at 0° F.

USES: Slice off 1/4-inch pats, let soften slightly. Place on top of broiled steaks, chops or fish. Or, toss with hot vegetables. (Chive butter is excellent with potatoes.) Or, soften completely and spread on French or Italian stick. Wrap in foil and bake 15 - 20 minutes at 350°.

Rideau Crafts News

Regular monthly meetings resume Monday September 12 at 8:00 p.m. in the Forfar Hall. Members will be brought up to date with the activities of the executive including a summary of and commentary on, the Summer Market and a progress report in preparation for the Christmas Market. Programs for our October and November meetings will also be announced. A social hour will follow. The CHRISTMAS MARKET, to be held a week later than usual this year, will take place Saturday, December 3rd at the Rideau District High School, Elgin. The second half of the 20-hour RUG HOOKING course will be held this month. The ADVANCED class will be held in Elgin, September 13 and 14 from 9:30 a.m. to 3:30 p.m. The BEGINNERS class will be held in Athens, September 12, 13 and 14 from 7:00 p.m. to 10:00 p.m. Visitors are welcome. Senior Citizens are reminded that they may take either course for \$5.00. For further information call Miriam Parish at 359-5238.

AUCTION SALE of the Contents of Forfar Church plus Local Consignments

SATURDAY SEPTEMBER 3

10:30 AM. at the Forfar Churchyard, Forfar, Ont.

2 FAVORITE BOX STOVES, 17 CHURCH PEWS, SMALL WALNUT TABLE, 11 CLOTH BOTTOM CHAIRS, 2 COLLECTION PLATES, 150 FEET OF STOVE PIPES, HYMN RACK, READING STAND, NUMEROUS HYMN BOOKS, HIGH BACK CHAIR AND 2 CHAIRS TO MATCH, PUMP ORGAN AND STOOL, SPACE HEATER, PLAY PEN, CUTTER, ANT. SEED SOWER, WOOD WHEELBARROW, TUMBLE CHURN, GRAIN ROLLER, DESK & CHAIR, 2 PILLOWS, CURTAINS, AIR HOCKEY GAME, WILTON RUG, OLD MIRROR, OAK TABLE, ELECTRIC SEWING MACHINE, 2 END TABLES, 2 PRESS BACK CHAIRS, OIL LAMPS, CHEST OF DRAWERS, PINE CHEST IRON KETTLE, 2 MEAT GRINDERS, CAST IRON MACHINE SEAT, 3 ARM CHAIRS, PANS, DISHES, CLOTHES DRYER, OLD BOTTLES, FLOOR LAMPS, UTILITY TABLE, SKIS & BOOTS (SIZE 9), 2 IRONING BOARDS, 2 BOOK CASES, CHROME TABLE, DOUGH BOX, ROCKING CHAIR, SUNBEAM FLOOR POLISHER, ELECTRIC BROOM, G.E. VACUUM CLEANER, 4 WAGON WHEELS, AQUARIUM (COMPLETE), 5 SCREENS 32"X28", PARLOUR ARM CHAIR, SCHOOL DESK, PLANT STANDS, COPPER KETTLE, NAIL KEYS, BRASS COW BELL, VINYL STAIR CARPET WITH UNDER PAD, COFFEE TABLE, SMALL PLANT TABLE, ENAMEL COOK STOVE, AND MUCH MORE.

Owen Fitzgerald
Auctioneer

Terms Cash
Lunch Available