

Book Marks

by Gila Wertheimer

Improving Your Cuisine-Art

The editor of the well-known and loved *Second Helpings, Please!* has compiled a new cookbook that is, once again, sure to please. The format — a small ring-binder with loose-leaf pages — is so sensible one wonders why it isn't used more often for cookbooks.

Norene Gilletz, who has no formal training in cooking, believes that 'cooking doesn't have to be gourmet to be great.' She is converted to the processor way of preparing food, and claims that the processor is 'probably the best investment you will make in your kitchen.'

The first section of the book gives general information about the food processor and how to use it. It is filled with practical, helpful hints that can assist even the most casual processor user. Or for anyone thinking of buying a processor, this section will help make that decision and provide an understanding of what the machine can and cannot do.

Each recipe section begins with tips for preparing more specific foods, such as soups, vegetables, cakes, etc. The cooking methods that she uses are varied. For example, the section on meat and poultry includes 'Woking is good for you', which describes cooking with a wok, and 'the anatomy of a chicken', which gives instructions for cutting a chicken into parts and boning chicken breasts. Mrs. Gilletz is, in fact, partial to the Chinese way of cooking, and the recipes sound delectable, from meatballs in pineapple plum sauce to Cantonese short ribs to Moo goo guy pan to 'sticky chicky'.

She also gives directions for adapting cake recipes to a processor, and claims preparation time will be reduced by one-third.

For the High Holy Days it is customary to eat sweet foods to ensure a sweet New Year. From *The Pleasures of Your Processor*, here are some appropriate recipes to try.



Candied Carrots

It is hard to imagine children refusing to eat these cooked carrots:

- 2 lb. carrots, scraped and trimmed
- boiling salted water
- 1/2 c. brown sugar, packed
- 1/2 tsp. salt
- dash pepper
- 12 marshmallows

The Pleasures of Your Processor
by Norene Gilletz

Dollard des Ormeux, Quebec: J & N Publishing Ltd., 1980. \$14.95. [Available at Bonnie Ventures, 3109 Palliser Dr. S.W.; all proceeds to Hadassah-WIZO]

Slicer: Cut carrots to fit feed tube. Slice, using firm pressure. Place in a heavy bottomed saucepan and cook in boiling salted water to cover until tender. Drain well. Add remaining ingredients and cook on low heat until marshmallows have melted, stirring often.
Yield: 6 to 8 servings. Freezes well. May be prepared in advance and reheated at 350°F for 20 minutes.



Sweet Potato Kugel
Guaranteed to please!

- 4 medium sweet potatoes (about 2 lb.)
- 1 onion, cut in chunks
- 6 eggs
- 1 tsp. salt
- 2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 3/4 c. brown sugar, packed
- 1/2 c. flour
- 1/2 tsp. baking powder
- 3 tbsp. oil

Grater: Pare sweet potatoes and cut to fit feed tube. Grate, using firm pressure. Empty into a large mixing bowl. You should have about 6 cups grated sweet potatoes.

Steel Knife: Process onion until minced, about 6 to 8 seconds. Add eggs, spices and brown sugar. Process until blended, about 8 to 10 seconds. Add to sweet potatoes. Add flour and baking powder and mix well.

Heat oil at 400°F in a 7" x 11" pyrex baking dish. When hot, pour in sweet potato mixture and sprinkle a few drops of oil on top. Bake at 400°F about 1 hour, until nicely browned.

Yield: about 8 to 10 servings. Delicious with chicken or turkey. Freezes well. Recipe may be halved, and baked in a 1 1/2 quart casserole.

Honey Cola Cake
Traditional for the High Holy Days.

- 2 1/4 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 3/4 c. brown sugar, packed
- 3 eggs
- 1 c. liquid honey
- 3/4 c. oil
- 1/2 c. cola beverage (regular or low-cal)

Steel Knife: Process flour, baking powder, baking soda and cinnamon until blended, about 10 seconds. Empty into another bowl. Process brown sugar with eggs for 30 seconds. Do not insert pusher in feed tube. Add honey and oil; process 1 1/2 minutes longer. Remove cover and add dry ingredients. Pour cola over. Process with 4 or 5 quick on/off turns, *Just* until batter is blended. Immediately remove processor bowl from base and pour batter into a well-greased 12 cup Bundt pan or 10" tube pan. Bake at 325°F for approximately 1 hour, until cake tests done. Let cool for 20 minutes before removing from pan. This cake keeps very well, and is sure to please. Freezes well.
Yield: 12 servings.

Social and Personal

BIRTHS

The Bernamoffs — Brian and Einat Bernamoff are proud to announce the birth of their first child, a daughter, Sarah (named after her belated grandfather, Percy Bernamoff) born August 29th; weighing 7 lbs. 2 oz. Proud grandmother is Bess Bernamoff of Montreal, and grandparents Jacob and Ora Pitshon of Israel.

The Mendelms - Allan & Wendy Mendelman proudly announce the arrival of their third child, Jordan Charles, born August 21, 1980, weighing 8 lbs., 11 oz. Welcoming him home were Jason & Amy, along with his proud grandparents Morris & Becky Mendelman.



The Hermans - Dr. & Mrs. Ben Herman are delighted to announce the arrival of a daughter, Claire Simone, born August, 21, 1980; a sister for Emily. Proud grandparents are Mr. & Mrs. Ben Herman of Calgary and Mrs. Bronia Sonnenschein of Vancouver.

The Calgary Jewish Singles is holding a Rosh Hashanah Dance on Sat., Sept. 13, at Wellington Square, 1330 - 15 Ave. S.W., beginning at 8 p.m. Everyone is welcome to attend. For further information, call Dora (261-7747) or Sam (244-6219).

PRESTIGIOUS PALM SPRINGS CONDOMINIUM

Available for IMMEDIATE LEASE

Completely new, elegantly furnished for the most prestigious user. 2125 sq. ft., 2 storey, 2 bedrooms and den with sleeper, 2 3/4 bath, pool, jacuzzi, sauna, complete workout room, 2 tennis courts; includes maid service, all utilities, and local phone calls. The Beverly Hills of Palm Springs, 2 miles from downtown. \$3,000 per month, special terms by the year. For further information, write to: Richard Nadel, 9425 S. Alameda St., Los Angeles, CA 90002 or phone 213/564-6821 (8-5 CA time) or 213/325-0742 (CA time, 8 a.m. - 9 p.m.) or weekends 714/323-7279 (CA time, 8 a.m. - 9 p.m.). Photographs sent on request.

☎ CLASSIFIED SECTION ☎

FOR SALE

Yamaha FG335 Acoustic Guitar. Steel string - great condition, less than one year old. Asking \$150.00 (With hardshell case). Phone 281-0060.

JVC Quartz Lock Turntable (QL A20) Semi-automatic, direct drive. Asking \$150.00 Good Condition. Phone 281-0060.

A homemade 18' Display Trailer suitable for fair work, hauling, mobile store. I have to move it by Sept. 15. Make me an offer; call 264-2417 after 6 p.m.

2 year old Heat Press Machine for transfer application to garments. Start your own business; call 264-2417 after 6 p.m.

2 year old Victor 2-function electronic cash register, \$1,200.00; new. Make me an offer; call 264-2417 after 6 p.m.

HELP WANTED

The Jewish Star is looking for additional Advertising Sales People. Top commission offered; we are looking for conscientious hard-workers. For a personal and confidential interview, please call 238-0010, Mon. to Fri., 9-5.

P.J. Toole & Cote REAL ESTATE LTD.

OAKRIDGE ESTATES MUST SELL — PRICE REDUCED

Superb 5 level split, lavishly panelled, beautifully finished; 2 open fireplaces, 4 baths, large lot on cul-de-sac. For viewing, please call:

THELMA BELZBERG
Office: 262-6911
Home: 259-2734

P.J. Toole & Cote REAL ESTATE LTD.

MAYFAIR FOR THE FAMILY WHO REQUIRES EVERYTHING

Executive custom built home, gracious living room with fireplace, truly spacious dining room, lovely kitchen with separate eating area; 4 super-large bedrooms with built-ins, 3 bathrooms, study, rumpus room with fireplace & wet-bar, wine cellar, cedar closet and much more. Nothing to do but move in. For further details, please call

Nancy Brooks (242-5731)
Betty Mart (271-0916)
Annmarie Miller (271-3937)
or call us at the P.J. Toole Office (253-7200)

P.J. Toole & Cote REAL ESTATE LTD.

OAKRIDGE ESTATES A SPECIAL LIFE

Glenmore Lake, parks, schools, recreation centres, tennis courts, all just a leisurely walk from this 2 storey, 4 bedroom custom home. Large living room, dining room, vaulted ceilings; family room, games room, den, and sauna. For viewing please call:

Gayle Peddle (271-1988)
Karen Gammie (281-8478)
or call us at the P.J. Toole Office (253-7200)

P.J. Toole & Cote REAL ESTATE LTD.

BRITANNIA HOW CAN YOU RESIST?

View of park. Lots of updating. Entertaining-sized living room. Spacious dining room. Spectacular main floor den. This executive bungalow at \$255,000 offers much more. For further information, please call

LOUISE CAPPER
Residence: 259-5476
Office: 253-7200

Attention Newspaper Contributors

The Jewish Star

will appear every two weeks. Deadlines for the next three issues are

**Wednesday, September 10;
Wednesday, September 24
and Wednesday, October 8.**

All copy must be typewritten, double-spaced, and brought or mailed to the office at 2315 - 98th Ave. S.W.

Material may also be left at the Israel Bond office at the Calgary Jewish Centre.

Please refrain from submitting articles typed in capital letters only.