

Dorothy's Kitchen Korner

By Dorothy Rees

It's interesting how things take a different twist. Just like the many bends in the road and the highway of life.

Just as I was trying to figure out, the prelude to my next column, Glenda Morrissey, sent an email looking for clarification on "custard powder". Originally she thought it was my own recipe. After a couple of exchanges, we were able to determine, her mother had clipped out my column from last October. Custard Powder was one of the ingredients in Glenholme's, Leslie MacLean's Blueberry Pudding Cake recipe.

Not knowing myself, it was off to the internet to get the answers. Custard powder looks a lot like cornstarch or cornflour and is made from cornflour. It also has annatto coloring (from the achiote tree), salt and other flavorings. The cook combines several tablespoons of the custard powder with sugar and enough milk to form a paste. The paste is then slowly added to hot milk and stirred until completely dissolved. The result is a thick custard sauce, not identical to traditional egg custard, but still good over cake, pudding or other desserts.

An Englishman named Alfred Bird came up with custard powder in 1837 because his wife was allergic to eggs. His custard powder caught on and by 1844, his company was producing custard powder for the whole of England. "Bird's Custard Powder" is an English tradition, in fact, is used all over the country.

Custard powder is sometimes used for cookies. One recipe online uses it for the cookies themselves and for the filling inside! Some cooks also add fruit to the custard mixture, for a fruit custard. It can also be used in recipes calling for a cream filling. The key to making a thinner or thicker custard is the proportion of custard powder to milk. More custard powder will thicken the mixture, while more milk will thin it. It all depends on the recipe and the desired results. Some recipes call for a custard that will come set in a tart shell, which would necessitate a thicker custard.

Custard powder is a good alternative to minimize the amount of cholesterol in a custard to ensure everyone at the table can eat it, even if someone is allergic to eggs. A 10.5-ounce (300 grams) can of custard powder will make about eight pints (3.8 liters) of custard.

Here's a great recipe submitted by: Terry Hill of Scottsdale, Arizona, who writes, "I hope you don't mind a recipe from "south-of-the-border". I read The Shoreline every month - a gift to my husband, Ferguson Hill, from his mother, Hazel Hill of Great Village.

I've enjoyed the Shoreline for several years now and thought your readers might enjoy my recipe for Panna Cotta. It's a simple, easy and light dessert that I consider "comfort food" especially during the summer when I serve it with fresh berries, usually blueberries or strawberries. It is almost a custard but lighter because it doesn't use any eggs.

Panna Cotta

3 tablespoons water
1 tablespoon powdered gelatin
4 cups of heavy cream
½ vanilla bean, split lengthwise
½ cup of sugar.

In a small bowl, combine the water and gelatin and let soak about 10 minutes (don't stir). Meanwhile, in a medium saucepan, heat the cream, vanilla bean and sugar to a simmer over medium heat, stirring occasionally to dissolve the sugar. As soon as it starts to simmer, turn off the heat and add the gelatin mixture, stirring to dissolve the gelatin. If the gelatin doesn't completely dissolve in 3 minutes, return the mixture to the heat and warm gently until dissolved. Pour the mixture into 6-8 ramekins or dessert cups. Chill, uncovered, 2 hours. Serve alone or with fresh berries.

Please send your favourites to:

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Ski Wentworth enjoys stellar, snowy season

It's been a season for the record books at Ski Wentworth. "This was one of the best seasons we've had in the past ten years," said Leslie Wilson, General Manager, Ski Wentworth, "We were open for Christmas, we didn't experience a January thaw and we had beautiful weather for March Break. And on top of that, we had a huge snowstorm on March 23! It doesn't get

much better."

Ski Wentworth is slated to be open over 100 days this season, which is a throw back to more traditional winters. "Conditions this year have been excellent. We've had full coverage on all 22 trails, including non-snow-making trails, for most of the season," said Wilson.

Ski Wentworth hosted many events this season from the traditional alpine, snowboard and

freestyle competitions to more unique events like dog sledging rides.

Wentworth staff is getting ready for a busy spring and summer. That's when construction starts for the 2011 Canada Winter Games. Wentworth is official venue for alpine and freestyle ski events.

"With the expansion of snowmaking, construction of new trails and upgrades to

existing trails, it's going to be a busy place this summer," said Wilson

Now is the time to purchase your Ski Wentworth 2009-10 season pass. The Super Early Bird sale is on until June 30, 2009. Price for a season pass is \$249.99, plus HST, which can be spread over four easy payments.

Ski Wentworth's tentative closing date is Sunday, April 5. Check the website at skwentworth.ca for details on spring hours and pricing.

Schools not scheduled to close

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After reviewing these factors in great detail at numerous meetings, the Board decided to proceed to the next step in the School Review process for three schools. This stage requires a School Impact Assessment that will provide much greater detail for the schools being reviewed, as well as nearby schools that could be potentially affected.

The three schools in the Chignecto-Central Regional

School Board that have proceeded to the Impact Assessment stage of the School Review process are Bass River Elementary School, Cyrus Eaton Elementary School (Pugwash), and River John Consolidated School. An Impact Assessment Report on each of these schools will provide the Board more information in order to determine whether to continue the School Review process.

The three Impact Assessment Reports are due

Debert Elementary School Notes

By Linda Harrington

The Debert Elementary PTG is going to be starting a fundraiser involving Barnhill's Superette and their Pizza Partito. Students will be selling 12" pizzas and 12" garlic fingers of which the PTG will get to keep a certain amount of each sale. The top selling class will get a pizza party and the top selling student of each class will receive a free 12" pizza. Thanks in advance to Barnhill's for offering us the chance to do this.

The school has been invited by the IWK to join in again with fundraising for their telethon. Last year was a huge success with \$2500 being raised for this worthwhile cause. The goal is to meet or even beat that total this year. Watch for details at a later date.

April 22 is Earth Day. Debert Elementary is hoping to recognize this day by organizing a school yard clean up and encouraging students and staff to dress in green that day. Plans are also in the works to plant a new tree in the school yard as well. More details to follow.

The next PTG meeting is

set for April 23rd at 6:30pm. All are welcome to attend and bring forth any concerns or new ideas.



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