

INSIDE SCOOP

Summertime is Family Time

Everyone loved your last BBQ. You know it was a success when everyone is taking the leftovers home and I have to hide a few sandwiches for Justin and I to eat later. Honestly, I've never seen anything like it before.

Thanks again for making such a great meal.

**Cindy & Justin,
Mississauga**

With summer often comes family vacations. Road trips to explore Canada's natural wonders, camping trips, and long weekends at the cottage are all great ways to relax with the family. No matter where you go you have to eat, whether it's hot dogs and marshmallows over a fire, burgers and steaks on the grill, or using a camp stove in a national park. These are all opportunities for families to come together and spend time doing something most people enjoy, eating.

Often it's the food that brings us together around a table but once we get there it's what we do with that time that counts.

In today's busy lifestyle the simple daily pleasures have been passed over for convenience and portability. Long gone are the days of the family dinner table where everyone comes

together to share a meal and talk about their days.

Sharing a meal is a great way to bond with others and maintain relationships. Observations of behaviour and body language speak volumes; often opening up a discussion.

So when you have the opportunity to spend time as a family, enjoy it. If schedules are a problem then get everyone in on the cooking. You may not have time to sit at the table for an hour but you can still chat while slicing vegetables, cleaning lettuce, or working together to get dinner ready. It's the time spent together that matters; either in the kitchen or at the table, some time is better than no time together.

Keep it up through the school year with family nights. Everyone pitches in to make dinner then sit down to enjoy your efforts and each other.

Sweet Corn is Ready

August is prime time for local sweet corn. While corn is often available most of the year, it is never as fresh or as delicious as locally grown corn from Ontario.

According to Foodland Ontario when buying corn look for the following:

- bright green, moist husks.
- the silk should be stiff, dark and moist.
- you should be able to feel individual kernels through the husk.

Between purchasing and cooking, keep the corn moist and cool. Use within two or three days.

Corn should be cooked and eaten immediately after picking since its natural sugars slowly convert to starch after being picked.

Corn is a good source of folate, dietary fibre, vitamin C, niacin, and thiamin. An average ear of corn has only 83 calories (*butter not included*).

Enjoy fresh corn through mid September; boiled, roasted, or grilled.

Preserve Summer's Bounty

Canning is a great way to preserve the bounty of our gardens and farmers markets. If you have a bumper crop in your garden or can't pass up that bushel of peppers at the market there is a way to preserve it for use throughout the winter and spring.

Canning began as a method of preserving food when there was too much to eat and people didn't want to waste it. Jams, jellies, and pickles are among the most popular ways of preserving fruit and vegetables.

With a plethora of products available in the grocery store you might wonder why bother with home canning at all? Mass produced commercial products are designed for shelf life and profits; whereas home canning is intended for family use within 12 months without the concern for profits. This lets you focus on quality and taste. The selection in the store is limited to what the companies offer. At home anything goes.

You can make many custom products just for your family or to suit

your tastes. Home made pickles with some added chile peppers or different spices become a favourite or signature item that is great for gift giving. Since my wife started making dill pickles we don't buy them any more because they just don't taste as good!

Canning is a simple procedure that emphasizes cleanliness and sanitation. Once the basics are learned the same principles are applied to most products. There is very little specialized equipment required, but a few new things will make life easier when canning

Check out <http://homecanning.ca> for all the basics to get started. I learned how easy it was just last year when I made a recipe that my mom hadn't made for years. This year I ventured into jam making with a Strawberry Vanilla jam featured in Canadian living. An easy and delicious twist to a traditional favourite.

Enjoy summer's bounty year round by canning at home.

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Taylor'd for Taste provides an in-home cooking service that saves you time, relieves stress, improves health, and can save you money. Are you:

- Hard working professionals
- Busy families on the run
- New Parents
- Seniors

All services include custom menu planning, grocery shopping, and meal preparation.

Freezer Service

5 dinners for a family of 4. We shop for groceries, arrive at your home with our own equipment, cook, package the meals, and clean-up.

All meals are labeled and include reheating instructions along with an inventory list for the freezer door.

Home Entertaining

In addition to the freezer service you can enjoy the same benefits when entertaining.

Dinner Parties and Family events are not the time for hosts to be stuck in the kitchen one day then spend the next day cleaning up. We can take care of the food for you and we'll clean up before we go, leaving you to have fun as a guest in your own home!

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Grilled Corn with Smokey herb butter

Smokey Herb Butter

- 1 lb unsalted butter at room temperature
- 1 Tbsp of the Smokey Chipotle BBQ rub (previous newsletter)
- 2 Tbsp chopped flat-leaf parsley

Combine all ingredients until thoroughly combined.

Scrape butter mixture onto large piece of plastic wrap and roll/form into a log shape.

Wrap tightly in plastic and refrigerate until firm.

Grilled Corn

- 1-2 ears of corn per person; shucked and cleaned of silk threads
1. Pre-heat grill on high 15 minutes then brush and oil grill.
 2. Place corn on grill over medium heat and turn every 2-3 minutes until lightly brown all over, 15-20 minutes.
 3. Remove from heat and cool for 5 minutes before serving.
 4. Top with slices of Smokey Herb butter and allow to melt and coat corn.

Enjoy!!

P.S. Don't forget the napkins.