



2-in-1 holiday dinner: Easy to make and anti-inflammatory

(NC) Want a simple, tasty recipe? Look no further than this protein-packed, flaxseed-crusted salmon. Flaxseeds and salmon are two of the most nutrient-dense foods out there. Both contain an abundance of omega-3 fatty acids, which can help decrease inflammation if you live with a chronic condition like arthritis.

Enjoy this recipe with a side of your favourite veggies for a nutritious and delicious holiday meal.

Flaxseed-Crusted Salmon

Prep time: 10 minutes

Cook time: 12-15 minutes

Total time: 25 minutes

Makes: 4 servings

Ingredients:

4 tbsp (60 ml) soy-sauce substitute (such as tamari sauce or liquid aminos)

1½ tbsp (2-3ml) garlic paste

1 lemon, juiced

1 tbsp (15 ml) Dijon mustard

2 tbsp (30 ml) extra virgin olive oil

Salt and black pepper to taste

4 salmon fillets, about 4 oz each

Flaxseed crust

¼ cup (60 ml) quinoa flakes

¼ cup (60 ml) whole flaxseeds

1 tbsp (15 ml) parsley, dried

1 tbsp (15 ml) oregano, dried

Directions:

In a medium bowl, combine soy-sauce substitute, garlic paste, lemon juice, mustard, olive oil, salt and pepper. Place salmon in the bowl and coat well with the mix. Cover with plastic wrap and refrigerate for up to 1 hour.

In a shallow bowl, mix the quinoa flakes, flaxseeds, parsley and oregano.

Preheat oven to 425°F (220°C). Prepare a baking sheet with non-stick foil.

Transfer the salmon fillet to the dry mixture. Gently press the salmon on all sides over the



crumbs, so it sticks well. Arrange salmon fillets on the baking tray. Bake for about 12-15 minutes, or until the fish flakes easily with a fork.

If you want a crispier crust, use the oven's broiler on high for 1-2 minutes to crisp the top slightly.

Serve with a salad and garnish with lemon wedges.

Find more anti-inflammatory recipes at arthritis.ca.

3 affordable ways to shop more sustainably this year

(NC) Adopting more mindful and sustainable shopping habits can be a small yet significant step towards a greener and more eco-friendly future. Here are three simple ways to shop more sustainably – without draining your bank account:

1. Go second-hand or go home

It's no secret that fast fashion is a major contributor to carbon emissions and creates massive amounts of waste. Embracing second-hand and vintage shopping is one way to combat this problem. Thrift

stores offer a variety of chic, unique and stylish options that are also more sustainable and often more affordable too. By going pre-loved, you can help reduce the demand for new production and extend the lifespan of your clothes. Win-win.

2. Lower your carbon footprint by going local

Locally owned businesses support your community's economy, and buying from them also contributes to a more sustainable supply chain. Buying from inventory already in your local stores

helps minimize carbon emissions and pollution related to shopping. If you're stumped on where to find your favourite items locally, try a browser plug-in like One Red Maple – a free service that instantly compares prices of the same product across different stores so you can stay within budget and purchase from the locally owned store closest to home.

3. Invest in quality over quantity

While it can sometimes be more expensive in the short term, buying fewer well-

made items over many lower-quality items is valuable from both an environmental and economical perspective. Cheap, disposable items often require frequent replacement, causing more waste and expense over time. Going with higher-quality, durable, sustainably sourced materials can ultimately save you money in the long run and reduce your overall environmental impact.

Making mindful choices like these can help you support the environment for the long term – and keep your spending in check.

Ottawa's Ethnic Cuisine Gem: ByWard Market



(Picture: Ethnic Food)

The capital city of Canada is home to many famous landmarks and original experiences. Excellent dining, craft breweries, and excellent wines are all part of the capital region's thriving culinary culture. The variety of the food scene in Ottawa is comparable to that of the entire nation. It's quite amazing to see how **Canadian cuisine coexists with ethnic cuisine**, how food trucks are almost as popular as fine dining, how traditional marketplaces and contemporary chefs collaborate.



(Picture: Ethnic Food)

There is one place you should unquestionably go if you appreciate learning about food and sampling unique dishes - **ByWard Market, also known as "The Market" to locals!**

The iconic ByWard Market, which has a long tradition of hosting farmers markets and local products, stands out as the heart of Ottawa's bustling downtown. It's been around for a *long time*; for almost 200 years, farmers and artisans have shared the fruits of their labour (both literally and symbolically) in the market. And it is *new*; as a result of its 600 distinct businesses, which include restaurants, cafes, and specialised food shops, it is currently a well-liked destination for foodies, tourists, and locals. The vibrant nightlife of Ottawa also may be found at the "The Market" if you're in the mood for some homemade cocktails.



(Picture: Ethnic Food)

There are more than 60 different street vendors and food trucks that are excellent options for a picnic. In case you prefer shopping, there is something for everyone here - from little businesses selling handcrafted goods and souvenirs from the area to hip boutiques displaying the newest styles.



(Picture: Ethnic Food)

Before you leave Ottawa, if you're here, treat yourself to a **BeaverTail**. A traditional Canadian dessert, beaver tail-shaped whole wheat pastries are served warm with your choice of topping, such as cinnamon, powdered sugar, Nutella, or bananas. **At the ByWard Market, Beavertails are available all year round.**

When you only have a limited amount of time in Ottawa and are having trouble deciding which restaurants to visit, consider signing up for a **gourmet tour**. C'est Bon Ottawa *self-guided and guided food tours* will teach you about the development of Ottawa's culinary sector while you delight in fine dining and ethnic cuisine.



(Picture: Ethnic Food)

Or maybe interested in beer? A selection of Ottawa breweries, brew pubs, and craft beer establishments can be

explored by taking the Brew Donkey Tour.



(Picture: Ethnic Food)

Make sure to include the ByWard Market on your itinerary if you're a history enthusiast trying to learn more about Ottawa's past or simply seeking a fun experience filled with delectable food and interesting findings. Come experience its energetic atmosphere and make lifelong memories!



(Picture: Ethnic Food)



(Picture: Ethnic Food)

Montréal Biodôme - unforgettable place to visit, with a wide variety of delicious ethnic food options around



(Picture: Ethnic Food)

The Biodome is a destination you should think about seeing if you’re in Montreal. Montréal Biodôme, together with Planetarium, Botanical Garden and Insectarium is a part of Montréal Space for Life, **Canada’s largest collection of natural science museums.**

The Biodôme is situated in the old Velodrome constructed for the 1976 Summer Olympic Games in Montréal. Its spherical form is reminiscent of the trilobite, a fossilised shell. In reality, it is neither a zoo nor a botanical garden. More than 800 plant varieties and 2,500 animals from 200 distinct species can be found at the Biodôme, which translates to “house of life.”

The lush and muggy tropical rain forest, warm even in the coldest Montréal winters; the seasonal Laurentian Maple Forest; the Gulf of St. Lawrence; and the Subpolar Regions of the Americas are just a few of the most stunning ecosystems that Montréal Biodôme

recreates. The Biodôme provides tourists with a glimpse into the “true nature” of the Americas by displaying some of their most beautiful and extraordinary ecosystems.



(Picture: Ethnic Food)

Penguins and golden lion tamarin monkeys are among its most well-liked inhabitants. Other newcomers to the area include a flock of **parrots, a school of fake piranhas, and a pair of broad-snouted caimans.** At the Biodôme, the welfare of animals is still given high importance, from the size of habitats to the stimulating activities that encourage animals to show their natural habits.



(Picture: Ethnic Food)

The “ecosystem” concept of the Biodôme was novel when it initially

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debuted in 1992. Decades later, this systematic approach is still unmatched in the faithful and intricate ways that it reflects the natural environment, as well as how the various animal and plant species interact with it.



(Picture: Ethnic Food)

If you enjoy **vegetarian food**, **Espace Vego** at the Biodôme offers a superb veggie experience. The restaurant, which is housed inside the Montreal Biodôme, offers sorbet, desserts, chips, corn dogs, salads, and more. Some of the items are vegan, while others may be converted to veganism upon request. The region around offers a wide variety of options for ethnic food enthusiasts, matching Montreal's versatility in terms of how well-known it is for providing ethnic cuisines from all over the world. Here are just a few of the nearby restaurants: Poutine Centrale, Hochelaga Pizza Restaurant, Akwaba, Etat Major, Bagatelle Bistro, Hoche Glace, Botanical Garden Restaurant, Helicoptere, Le Blind Pig.



(Picture: Ethnic Food)

By visiting the magnificent Montreal Biodôme and dining at one of the area's top-notch ethnic restaurants, you can have some truly amazing moments with family or friends.

Bitter Orange



(Picture: Ethnic Food)

The citrus tree *Citrus aurantium* and its fruit are known by various names, including **bitter orange**, **sour orange**, **Seville orange**, **marmalade orange**, etc. Although it originated in Southeast Asia, people have brought it to many other regions of the world. It is most likely a cross between *Citrus reticulata* (mandarin) and *Citrus maxima* (pomelo).



(Picture: Ethnic Food)

In addition to being used as a flavouring, solvent, and source of essential oil in perfumes, bitter oranges come in a wide variety. The orange variety used to make marmalade is called Seville. Because bitter orange contains synephrine, an active component, it is also **used in herbal medicine as an appetite suppressant and stimulant**. These are some intriguing facts about this fascinating orange that isn't orange in colour:

1. The orange tree, also known as **the bigaradia, chinotto, or bitter orange**, is an evergreen that grows to a height of 2 to 10 feet. It has long, thin, spiky branches with leathery, shiny, evergreen leaves that are oriented alternately. The translucent pits in the leaves are easily apparent and contain essential oil.

2. The main component of classic British marmalade, **which dates back to 1677, is the Seville orange preserved in Caribbean sugar**. This serves as a reminder of the historical trading

connections between Britain and Portugal over the Atlantic.



(Picture: Ethnic Food)

3. As a member of the Rute family's Citrus subfamily, **Bitter Orange is one of the many genera of Citrus**. Around fifteen plant species make up the genus; the most are domesticated variations of the once-extinct wild counterparts.

4. Bitter orange peel is **added to wheat beer to create Belgian Witbier**, or white beer.

5. Bitter orange peel is **used in Christmas bread, mämmi**, and gingerbread (pepparkakor) in Finland and Sweden.



(Picture: Ethnic Food)

6. Petitgrain essential oil is found in the peel of unripe fruits, as well as in the leaves, branches, and shoots of the tree. The oil extracted from the green orange shell has an orange-like composition and impact, although it looks and smells more like lemon. Orange blossom, or orange flowers, is also included in an extremely scented essential oil.

7. Ripe green orange fruit juice is used as salad dressing in Turkey, particularly in the Çukurova region.

8. The citrus hybrid's pulp and juice **work well as an antiseptic for treating dental issues** and inflammatory throat conditions.

9. The juice, often referred to as *narenj*, is widely used as a marinade, a **souring agent in stews and pickles**, and a salad dressing throughout Iran.



(Picture: Ethnic Food)

10. Green orange fruits and flowers are utilised to extract a valuable essential oil that is used in

aromatherapy, cosmetics, and perfumes. In the food and beverage sector, there is a demand for *chicotto* extract, fresh pulp, and juice.

11. Herbal teas and low-alcohol beverages are made with **green fruit zest and orange water**.

12. The bitter orange, known as “*raranj*” in Iraqi, is used as a **condiment for a variety of dishes in Iraqi** cooking, including charred fish (samak/simach maskouf), tomato stew (morgat tamata), and “Qeema,” which is a stew made with the same ingredients as Iraqi tomato stew but with the addition of minced meat and boiled chickpeas (lablabi).



(Picture: Ethnic Food)

13. Orange blossoms with snow-white inflorescences **have traditionally been connected to purity in Eastern nations.** The custom of



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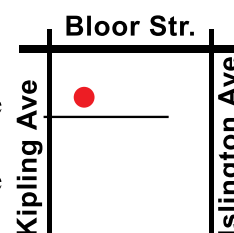
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weaving orange blossoms into bridal bouquets and wreaths dates back to the first and second centuries AD, according to historical accounts.

14. The juice from the green orange ripe fruit is used in **Peruvian ceviche and in Nicaraguan, Cuban, Dominican, and Haitian cooking** as a marinade for meat. It's a key component in *cochinita pibil* in Yucatán, Mexico.



(Picture: Ethnic Food)

İnegöl Köfte (Inegol Meatball)



(Picture: Ethnic Food)

İnegöl is a town located approximately 45 kilometres southeast of Bursa's city downtown, close to the provincial

border. Home to about 25,000 people, the town is well-known for two things: firstly, as the centre of Turkey's furniture industry, and secondly, **for its delicious köfte, or Turkish meatballs.**

Turkey's cuisine is strongly associated with meat-based dishes, such as döner or kebab, which are among the first items that spring to mind when discussing the cuisine. However, köfte is consumed by a landslip more frequently than they are, and there are numerous regional varieties that go back centuries. Not all Turkish köftes (meatballs) are made of red or white meat - despite the fact that they are officially "meatballs." In fact, the traditional "*mücver*" zucchini fritter would have been written in the kitchen notebooks of Topkapı Palace with lamb meat patties during the Ottoman era.

Among the many kinds of Turkish meat-based foods, the İnegöl köfte holds a particular place. It shares at least a century of history with *Tire köftesi* (*Tire meatballs - meatballs, peculiar to the Tire district of İzmir, Turkey*), and lives up to the maxim "less is more," which implies that the *köfte* itself needs the least amount of seasoning. The makers of this hearty dish even go so far as to suggest that if the meat is good, then seasonings—other than salt, that is—are completely unnecessary.



(Picture: Ethnic Food)

The renowned meatballs are said to have been invented in **the late 1800s by Mustafa Efendi, a Turkish immigrant who came to İnegöl from Bulgaria in the late 19th century.** After moving to İnegöl, Mustafa finally founded a köfte restaurant called "*İnegöl Köftesi*" where he offered lamb and beef meatballs that were meticulously prepared. The delectable meatballs infused with onions gained popularity among both locals and tourists, and it has continued to develop ever since. These days, İnegöl is well-known for its superb köfte variant throughout Turkey and even certain parts of Europe. Even though there are now several köfte producers on the market, each with different standards and sizes, Mustafa's descendants continue the high-quality, original İnegöl meatballs legacy through their chain of *Besler İnegöl Köftecisi* restaurants.

Breadcrumbs and a mixture of ground lamb or beef seasoned solely with onions are combined to make one of the most delicious versions of the famous meatballs. It is often prepared without adding any spice, and

refrigerating it for one to two nights. İnegöl meatballs are typically served as a main meal after being grilled. These days, you can try these delicious meatballs in ethnic restaurants all over the world and throughout Turkey, but the best once are still said to be cooked in the town of İnegöl.

Hünkar Begendi Kebab (Sultan Kebabi)



(Picture: Ethnic Food)

The Hünkar begendi dish continues to hold its position as **one of the most significant Ottoman Empire culinary legacies.** Because it was the favourite kebab of Ottoman sultans, it is also frequently referred to as the *Sultan Kebabi*. Even after generations have gone by, it consistently manages to rank among Turkish cuisine's most well-liked invitation meals.

A narrative about Hünkar Begendi

This meal tells a great story! Hünkar Begendi, one of the most valuable meals on our tables, released a story that did not live up to the

Hollywood productions, just as the calendars were displaying the summer months of 1867 (the same year Canada was created!). **Sultan Abdülaziz was the first and last sultan** to travel outside of the campaign when he left for Paris at the start of this tragic tale. Unexpected events occur when Sultan Abdulaziz meets Napoleon III in Paris for an international exhibition.

The story of the famous dish is a story about Napoleon's wife *Empress Eugénie* and Ottoman sultan Abdulaziz III. Sultan Abdulaziz's palace accommodates Napoleon and his wife, Empress Eugenie, who is in charge of the Sultan. Unexpectedly, the sultan and Empress Eugenie fell in love at first sight. Sultan Abdulaziz was returning from Paris to Istanbul with one thought in mind: **his impossible love, Napoleon's wife!** For Eugenie, though, things were the same. Eugenie could never forget Sultan Abdulaziz, whose magnificence was documented in history as making him a great sultan. Sultan Abdulaziz and Empress Eugenie, however, **were still in for a last surprise from fate.** The opening of the Suez Canal was also attended by Napoleon III and his wife Eugenie, years later. Empress Eugenie was dispatched to Egypt by Napoleon III on their behalf, as he was unable to accept this offer. Eugenie paid Sultan Abdulaziz a visit in his

palace at the port of Istanbul while on her way to Egypt via ship. **Eugenie asks her cook to prepare béchamel sauce for herself and Sultan Abdulaziz during their visit** to the palace. While Eugenie's cook is preparing the béchamel, **the head chef of the palace cuisine tops the béchamel sauce with roasted aubergine** and serves Sultan Abdülaziz and his guest Eugenie their favourite beef dish on top of this mortar. This meal became known as "Hünkar Begendi it" because Sultan Abdulaziz became enamoured of it.

Unfortunately, there is a sad history associated with this exquisite meal. After dinner that day, Eugenie decided to stay with Abdülaziz in Istanbul. One day, while the Sultan's mother Pertevniyal Valide Sultan was in the harem, Eugenie went to see her. She expelled her from the palace, and when Eugenie came home in France, her husband, Napoleon III, sent her into exile. Shortly after, **Sultan Abdulaziz was also overthrown and executed.** As a result, the lovers were unable to get back together, and their love left a bitter flavour. Doesn't Hünkar Begendi Kebab have a fascinating story?

However, returning back to this delectable meal ... Lamb cubes are used to make the kebab, which is served with a considerable amount of **tomato sauce and a creamy pureed aubergine on top.** The

meat is usually seasoned with **paprika, cumin, nutmeg, coriander, and pepper** to give it its distinctive flavour.

Roasting or grilling the eggplant until it's tender and subtly browned is how the mouthwatering Begendi gets its distinctive flavour. After that, peel and finely cut the aubergine. In order to make the bedding, melt the butter in a big saucepan, stir in the flour, and cook over low heat. Remove the roasted flour from the heat source and place it aside to rest. Using a toothpick, **pierce the eggplants and fry them directly over fire.** When the aubergines are cooked through, peel their skins and slice them up to add to the toasted flour.

Once again, turn the heat up to high and begin crushing the mixture. Take the saucepan off the hob after adding the grated cheddar. Stir in nutmeg, salt, and heated milk. Let it rest to allow the milk to permeate after thoroughly mixing. Then, **simmer the beef or lamb until it's cooked, adding onion and garlic** if you'd like. After the meat is done, simmer for a few more minutes after **adding the chopped aubergine and seasonings.**

Before serving, allow the meal to simmer for a few minutes.

Although lamb or beef are called for in the traditional Hünkar Begendi dish, some people **substitute chicken or veal.** Other

add extra flavour to the dish by adding tomatoes or bell peppers. If you can, enjoy the kebab, served with hot Turkish bread and a salad – it's a truly remarkable dish!

Red Snapper and Shrimp Linguine with Lemon Butter Cream Sauce



Author: Paul Stanimirov



For tips email at paul.stanimirov@yahoo.com

Prep Time: at least 1 hr

Cooking Time: 30 min – 1 hour (depending on multitasking)

Total time: 1 hour 30 min or more

Cost of ingredients: \$10 - \$12 per portion

Skill Level: Medium

Servings: 2

Calories: 1500 – 1600 per serving

Ingredients:

For the Dish (2 portions):

- 2 red snapper fillets

- (skinless preferably)
- 8-10 shrimps
- 250g linguine
- 2-3 tbsp salt
- ½ tsp black pepper
- 1.5 cups citrus marinade*
- 3 inches of water for the pasta



For the Citrus Marinade:

- ½ cup unsalted butter (melted)
- 4-5 garlic cloves (minced)
- ½ cup canola oil
- ¼ cup cilantro (fine chop)
- Juice of 1 lemon and 1 lime
- Pinch of black pepper

For the Lemon Butter Cream Sauce (makes 7-8 portions):

- 1-2 shallots (diced)
- 1-2 garlic cloves (minced)
- ½ cup heavy cream
- ½ cup white wine
- 1 tbsp salted butter
- Juice of ½ lemon
- 2 tbsp all purpose flour and 2 tbsp canola oil (mixed in a bowl)
- 2 tsp Italian seasoning
- 1 tsp garlic plus
- 2 tsp dried parsley
- 2-3 bay leaves
- ½ tsp salt and ½ tsp black pepper

To Finish the Dish:

- 1-2 mini peppers (cut into rings)
- ¼ cup shredded asiago or parmesan
- 1-2 green onions (sliced)
- Piece of bread and some garlic butter
- 1 tbsp olive or canola oil

Preparation:

The Fish:

1. In a food processor, add all the ingredients for the citrus marinade and blend them well
2. Put the fish filets in a Ziploc bag and add the puree inside and mix it well so the whole fish is covered

3. Marinade in the fridge for at least 30 min

The Lemon Butter Cream Sauce:

1. In a medium size pot, melt the butter on a medium heat
2. Add the sliced shallots and let them cook for 2-3 min until the start to soften a bit
3. Put the garlic in and cook for about a minute until the fragrance starts to release
4. Pour in white wine and lemon juice and let the alcohol evaporate for a couple of minutes
5. Add the cream in and stir while pouring so that the sauce doesn't split
6. Add in the oil and flour mixture for thickening and also whisk while pouring it in. Use until you get to the thickness you want
7. Then add all the dry seasonings. Mix well and let it all combine nicely

8. Turn off the heat and set aside

Final Assembly and Cooking:

1. Preheat your oven to 375 degrees F and boil some water in a pot on the stove
2. Line up a baking sheet with parchment paper and put the marinated snapper on the tray. Once the oven has preheated, put it in and bake for 10 to 12 minutes or until its not too soft when you touch it
3. In the meantime, boil the water and heat up the oil on a medium heat in a pan
4. Add salt to the water and once boiled, cook pasta for 8 to 10 min or until al dente
5. When the oil has heated, add the shrimps to the pan and cook for about 2 min on each side
6. Add a good size ladle of your sauce and mix well. Dilute with a bit of pasta water or white wine if necessary. Put your garlic bread in the oven for 3-4 min in the meantime
7. Once the pasta is cooked, add it to the pan and mix well. Cook for another minute or so
8. Take off the heat and place the pasta in your bowl
9. Sprinkle your cheese and garnish with the peppers and green onions
10. Place the sapper on top, add your toasted garlic bread and ENJOY!!!

Prime Rib Quesadilla



Author: Paul Stanimirov



For tips email at paul.stanimirov@yahoo.com

Prep Time: 20-25 min

Cooking Time: 1 hour 30 min – 1 hour 45 min

Total time: 2 hour

Cost of ingredients: \$5 - \$7 per portion

Skill Level: Medium

Servings: 2

Calories: 1000 – 1100 per serving

Ingredients:

For the Prime Rib:

- Prime rib (about 3 lbs)
- 2 tsp salt and 2 tsp ground black pepper
- 2 tsp rosemary (fresh and coarse)
- 2 tbsp olive oil
- 4 garlic cloves (thin slice)

For the Quesadilla:

- 1 large corn tortilla
- ½ beefsteak tomato (diced)
- ¼ white or red onion (thin slice)
- Iceberg lettuce (fine slice)
- 1 tsp cilantro (fine

- chop)
- 2 tbsp shredded cheddar and ¼ cup shredded mozzarella
- Lime juice of ½ lime and a thin ring for decoration
- 1 tsp mayo (for spreading on the tortilla)
- ½ tsp chili powder
- Pinch of black pepper and salt
- 1 tbsp olive or canola oil

To Finish the Dish (for 1 quesadilla):

- ¼ green onion (optional and for decoration)
- 1 tbsp olive oil or canola oil (for frying)
- The lime slice* (optional and decoration)
- Sour cream, salsa or guac are great add on!

- Preparation:**
- The Prime Rib:**
1. Remove prime rib from the fridge at least an hour before cooking to bring it to room temperature. Preheat your oven to 500 degrees F
 2. Score the meat and put the garlic cloves in, about half an inch apart from each other
 3. Mix the salt, pepper, rosemary. Rub the beef with olive oil and the mixed seasoning all over
 4. Place the ribs with the bones down on a baking sheet and pop in the oven
 5. Bake the prime rib at 500 degrees for 15 minutes and set the temperature down to 325 degrees and continue baking for about 40 min or until the beef has

- reached the doneness you desire (the one I made was at about 145 degrees F internal temperature for medium)
6. Remove from the oven and let it to rest for at least 20 minutes before cutting into the meat
 7. Debone some of the meat for the quesadilla and enjoy the rest of the ribs
- The Quesadilla and finishing the dish:**
1. In a frying pan on a medium heat, heat up the olive oil and once heated, add the onions
 2. Sauté for 2-3 min, then add the beef in and season them with salt, pepper and the chili powder, then drizzle the lime juice
 3. Cook for another 2 min or so until they are caramelized and take them out of the pan in a bowl
 4. Remove most of the excess oil and grease but leave a little bit then put the tortilla in
 5. On the bottom of the tortilla spread the mayo and sprinkle all the cheese while toasting
 6. Then put the beef, onions, tomatoes, lettuce, cilantro. Then using a spatula close the tortilla into a half moon and toast until both sides are crispy
 7. Turn of the heat, let it cool a bit and cut into thirds or quarters
 8. Garnish with the lime and green onions and ENJOY!!!

How to give unique, budget-friendly gifts this holiday season

(NC) When it comes to buying gifts for loved ones, many of us are looking for something unique, with a high impact and a low price tag. For gifts you can feel good about giving, here are several budget-friendly, one-of-a-kind options – plus they’re all matched by government, foundations or corporate partners for an even bigger impact.

School meals: Supply school kitchens with cookware, nutritious ingredients like rice and

beans, and clean water for cooking and washing. This gift requires a \$10 donation and is matched five times, for a \$60 value.

Mosquito net: Malaria kills more than 400,000 people around the world every year. Mosquito nets treated with insecticide help protect children in regions where malaria infections threaten lives year-round. Your \$10 donation is matched eight times for a \$90 value.

School essentials: This \$18 donation will be

matched two times for a \$54 value, and it provides school essentials like textbooks and pencils, in addition to funding school meal programs and teacher training.

Sports supplies: Children experiencing poverty and conflict need safe spaces to enjoy their childhoods. This gift provides equipment and uniforms and helps organize



inclusive sports clubs where girls can participate equally. A \$24 donation is matched two times for a \$72 value.

Find out more about these and other gifts that give back at plangifts.ca.

Beyond savings: Hidden benefits of energy efficiency

(NC) When it comes to home upgrades, energy efficiency is often linked to saving money and helping the environment. But there are many more advantages to improving home energy efficiency. Here are a few:

Enhanced comfort

Energy efficiency has a great perk - it boosts the comfort of your home. With energy-efficient upgrades like insulation, new windows and doors, and air sealing, your space can stay at a comfortable temperature all year round. Say goodbye to drafts, toasty areas or chilly corners. You can enjoy a cozy and inviting atmosphere in every room, no matter the season.

Improved indoor air quality

Another great thing about energy-efficient choices is the positive impact they have on indoor air quality. When you upgrade to energy-efficient appliances and HVAC systems, you get advanced filtration and ventilation systems too. They can help remove allergens and pollutants that like to linger in the air. The result? Fresher, cleaner air inside your home.

So not only are you saving energy, but you're also promoting healthier indoor air quality.

Boost your home's resale value

In today's real estate market, buyers are actively looking for homes that are already energy efficient, and they're willing to pay a little extra for those green features. So, if you've got energy-efficient windows, doors, a heat pump and other features in place, you're instantly making your home more appealing and valuable.

Energy-efficient home upgrades go beyond saving the environment and saving on your utility bills. If you're not sure where to start, consider signing up for a home energy assessment. You'll receive a custom report with recommended upgrades for your home and see which rebates you can qualify for through the Home Efficiency Rebate Plus program.

Find more information about energy assessments and rebates at enbridgegas.com/herplus.

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To Our Valued Customers,

During this time of COVID-19 we are taking all necessary precautions to provide a safe store environment for our staff and customers.

In compliance with Public Health guidelines our Hot-Lunch Counter is available.

To help make meal-time easier, we have just launched a new line of homemade ready-to-eat frozen family-sized meals. From LASAGNA to SWEET & SOUR CHICKEN, made from scratch SOUPS, and CHICKEN FINGERS, we have what you need to keep the kids happy and healthy.
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