



Fresh from the kitchen Sandra Phinney

Look out! Dad's cooking tonight!

Fred Vaughn, former professor and prolific author, is also a food junkie. When he retired from teaching at the University of Guelph, his wife was still working so he decided to prepare their evening meals. The first time he opened a cookbook he saw a picture of a beautiful stew. "Ah," he said, "I can make that." So he made a list of the ingredients, went shopping and proceeded to tackle the task at hand.

He opened the cookbook to the right page and this instruction popped off the page: "In a large skillet ..." Uh-oh. He was stumped. He'd never heard his mother mention a "skillet". So he called his wife, Carol, and blurted, "What's a skillet?" After much laughter she replied: "A large frying pan with high sides." That experience (and countless others in the kitchen realm over the next ten years)

inspired Fred to write a cookbook for men. Now, from their retirement home in St. Margaret's Bay, NS. Fred is finalizing a manuscript titled, *What's a Skillet: a cookbook for men over fifty*.

He says, "It talks to men in terms that men understand. I have a chapter called 'Spices are like Nails: Gotta have the right one for the right job!' There are tips on everything from oven gloves to buying pots and pans. He also explains things like that confounding phrase, 'Cook until it's done'."

The intrepid cook also discovered that he couldn't do the project justice without the assistance of a qualified chef. So he's enlisted the support of his neighbour, Peter Kennedy, who's a maestro in the kitchen. "We insist that the book be nutritious and calorie-wise. No junk food - but men will love the alternatives!"



Chef Peter Kennedy shows some of his techniques to late blooming kitchen expert Fred Vaughn.

Poach/Fry Eggs

1. Use small no-stick frying pan.
2. Spray the pan lightly with Pam or other oil spray
3. Break two eggs into the pan making sure the yolks are intact.
4. Add one jigger of water (not rum!)
5. Cover the pan with a top from one of your pots, to fit size of pan
6. Turn on burner to high (yes HIGH!)
7. Wait for a minute or two. When the lid starts to dance, remove the pan to another unused burner and turn off the burner. Don't leave the scene until the lid dances!
8. Make your toast. When you are finished, the eggs will be perfectly ready to slide gently on to the buttered toast.

Quick and Delicious Chocolate Cake

Pre-heat the oven to 350 degrees.

1. In a medium square pan (grease the pan lightly with PAM or other oil spray) combine 1-1/2 cups of flour, 1 cup sugar, 3 tablespoons of cocoa powder, 1 teaspoon of baking soda, 1 teaspoon of baking powder and pinch of salt (what you can get between your thumb and forefinger) Mix together.
2. Make three wells (dents) in the flour mixture. Put 5 tablespoons of cooking oil or melted margarine into one of the wells. Put 1 teaspoon of vanilla in one of the wells. Put 1 teaspoon of cider vinegar in the third well.
3. Pour one cup of warm water over the entire mixture.
4. Stir the entire mixture until the ingredients are fairly well mixed but don't overdo it.
5. Bake at 350 degrees for 35 to 40 minutes.

Thai Red Curry with Chicken (or Vegetables)

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| 1/2 lb boneless chicken breast (skin removed) | 2 tablespoon olive oil |
| 2 tablespoon red curry paste | 1 tablespoon fish sauce (optional) |
| 1/2 cup coconut milk (you can buy canned coconut milk, or in powdered packet to mix with water) | 1 tablespoon fresh cilantro |
| | 1 tablespoon fresh basil |

NOTE: if using vegetables instead of chicken, substitute 2 cups of asparagus, zucchini, bell peppers, green beans, eggplant, mushrooms, baby corn, cucumbers, bok choy (or any combination thereof).

Thinly cut chicken into 2-inch strips or vegetables into thin strips. Heat oil on medium-high & sauté for 2 minutes. Add curry paste, stir in coconut milk and cook for 5 minutes or until cooked. Reduce heat to medium-low. Stir in cilantro, basil and fish sauce. Serve over steamed Basmati rice or cabbage. Serves 2-3

Haddock with Baby Spinach and Peppercorn Vinaigrette

- 4 haddock fillets (5 oz. each)
- 2 teaspoons olive oil
- 3/4 lb baby spinach

Peppercorn Vinaigrette

- 2 egg yolks
- 2 teaspoons Dijon mustard
- 1 teaspoon peppercorns
- 1/2 lemon (juiced)
- 1/2 cup extra virgin olive oil
- salt and pepper

Place egg yolks, Dijon mustard, peppercorns, and lemon juice in mixing bowl. Add olive oil slowly, whisk until smooth, season with a pinch of salt and pepper.

Heat olive oil over high heat in shallow non-stick skillet, place haddock in pan, skin side down. Cook for 3 minutes, until golden. Turn carefully and cook the other side for 3 min. Remove skillet from heat, let stand for 5 minutes. Place fish over spinach, pour vinaigrette as desired.

Hot stuff

Since he embarked on the cooking journey, Fred's survived quite a few disasters. One that often comes to mind is when he made a lovely sauce for grilled fish. He followed the recipe adding everything into the blender, according to the instructions, including six jalapeno peppers. When done, he asked his son to read the final instructions. "Now remove the jalapeno peppers."

He stood there looking at the peppers perfectly blended into the sauce. "Nowhere did that recipe state a warning not to puree them into the sauce, that they would be removed at the end after they had done their thing. No, not a word." So

that clinched it. "I knew there was a place in this world for a cookbook that gave all the instructions at the precise time."

In spite of knowing the sauce would pose a problem, Fred swore his son to secrecy and served the sauce over the fish mainly because it was so beautiful to look at - and he was so proud. Alas, his wife almost scalded the roof of her mouth and in no time the fish was stripped of the offending sauce. "The fish tasted fine once removed from the clutches of those-six-jalapeno peppers!"

Here are some of Fred's favourites, starting with super simple and working up to some more sophisticated recipes.

PANORAMA

Prince Edward Island

CU enters 10 year partnership with wellness centre



The Consolidated Credit Union is entering into a ten-year partnership with the City of Summerside in support of the community's sports, recreation, entertainment and meeting facility that will see the Summerside Wellness Center change its name to Credit Union Place. "We are extremely pleased to be associated with the City of Summerside and to continue to support the growth and prosperity of the communities in which we operate," said Sarah Millar, General Manager, Consolidated Credit Union. "Associating ourselves with this world-class facility is a natural fit for our organization who strives to ensure the wellbeing of its members and its communities." Inaugurated January 2008, Credit Union Place is Eastern Canada's leading and most modern sports, recreation and entertainment and meeting complex accommodating conferences, performing arts events, cultural shows and sporting events such as the 2009 Canada Games. In addition to supporting the facility with an annual contribution over ten years, the Consolidated Credit Union will actively partner on innovative fundraising initiatives with its staff. "This exciting partnership really is great news for our facility, Summerside and the province," said Bill Schurman, Director, Community Services, City of Summerside. "When a respected community-driven institution such as the Credit Union lends its name and backs a community, it strengthens our ability to showcase our community and its premier facility."

Established in 1968, Consolidated Credit Union is a full-service financial institution with more than 9,800 active owners and approximately \$120,100,000 in assets in Prince Edward Island. The Consolidated Credit Union has a long history of supporting the communities it serves, through monetary donations and volunteer support and fundraising initiatives among its staff.

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