



HOME COOKING

with Cathy

Hello everyone. This is probably my favourite time to contribute a recipe or two to the Clarington Promoter. It is not only a great season to barbeque, but it is also a wonderful season to include all the ingredients from our gardens and local markets into our meals. I have included one of my favourite summertime salads as well as a wonderful dessert. The Blueberry Dessert recipe was kindly shared by Judi Stevens of Wilmot Orchards. Judy said blueberries are ready now for picking but they expect the local season will be short. So hurry out to their U-pick farm or you can purchase them in their store. The farm is located on Concession 3 just a little bit west of Hwy 115. Take the kids. It is an adventure.

by Cathy Abernethy

HOME PROMOTER
CONTRIBUTOR

The following is a light and fresh summer dessert. It's very versatile too. Use it in chocolate cups or add some fresh blueberries and blueberry sauce in a cup with the mousse to make a blueberry parfait.

Blueberry Mousse

Ingredients:

- 3 cups blueberries
- 2/3 cup granulated sugar
- 2 Tablespoons unflavoured gelatin
- 1/2 cup boiling water
- 2 cups whipping cream



Preparation:

- Wash and dry blueberries. In a blender or food processor, puree blueberries until smooth. In a heavy saucepan, place blueberry puree and sugar. Dissolve gelatin in boiling water. Add to berry mixture. Bring blueberry mixture to a boil. Remove from heat and allow to cool. Refrigerate mixture until slightly thickened. Whip cream and fold into blueberry mixture. Turn into a serving bowl and refrigerate or at least 2 hours. Serves 12.



Lemon Potato Salad

Ingredients:

- 2 lbs. small red -skinned potatoes or larger red skinned potatoes cut into 3/4 inch pieces.
- 1/3 cup fresh lemon juice
- 1/3 cup good quality olive oil
- 2 1/2 tsps. Salt
- 1 tsp. ground black pepper
- 1 tsp. dried mint
- 1/3 cup finely chopped green onions
- 1/3 cup finely chopped red onion
- 3 Tbsp. finely chopped fresh mint

Preparation:

- Fill a large pot with enough water to come 2 inches up of the sides of the pot. Place a steamer basket in the pot and cover the pot. Bring the water to a boil. Place the potatoes in the basket and steam until they are just tender, stirring after the first 4 minutes. Cook for about 8 minutes until the potatoes are just fork tender. Do not overcook.
- Meanwhile, whisk the lemon juice, oil, salt, pepper and dried mint in a large bowl. Add the drained hot potatoes and toss to coat. Add the onions and fresh mint. Toss gently to combine. Set the salad aside until it is room temperature, tossing occasionally. Season the salad with more salt and pepper if necessary. Don't worry if the salad looks too moist as the warm potatoes will absorb the lemon juice and oil. Serves 4-6 .