

The WECAN Food Basket Society News



July 2014

WECAN News

Sealed Bid Auction:

Be sure to visit our website—www.wecanfood.com—to view and bid on our auction items. There are four framed Edmonton Oiler prints, two of which are autographed. There is also a framed set of Upper Deck Hockey Heroes Cards. To enter your bid, send an email to info@wecanfood.com and indicate your name, phone number and the amount you are willing to pay for the item you are bidding on. Bidding closes on August 31st and the winner will be contacted by telephone. All proceeds will go to further the work of the WECAN Food Basket Society of Alberta. Good Luck to all the bidders.

New Coordinator at Abbotsfield Depot: Abbotsfield Depot has a new coordinator—Apryl Malcolm. Apryl has been the driver for the Strathcona Depot for the past couple years and has stepped up to take on the position of Coordinator for the Abbotsfield Depot. Thank you Apryl for volunteering with us. We appreciate all you do for WECAN.

WECAN is Moving:

For the past several years, WECAN Food Basket Society has rented space in St. Brendan's School for our office. Now, Edmonton Catholic Schools is demolishing St.

we have to move to new office space. We will be moving by the end of the summer. Watch our website and future newsletters for the announcement of our new address and the exact date of the move.

Recipe Substitutions

If you are missing an ingredient for a recipe, you may often be able to find something else to use. Use the list below to help you make recipe substitutions.

Buttermilk—1 cup (250 mL)	Plain yogurt 1 cup OR Milk 1 cup with 1 tbsp. vinegar.
Cornstarch—1 tbsp. (15 mL)	Flour—2 tbsp. (30 mL)
Dry Mustard—1 tsp (5 mL)	Prepared Mustard 1 tbsp. (15 mL)
One clove garlic	1/8 tsp. (0.5 mL) garlic powder
One small onion	1 tbsp. dried onion flakes
Fresh herbs—1 tbsp. (15 mL)	Dried herbs—1 tsp. (15 mL)
Lemon Juice—1 tsp. (10 mL)	Vinegar—1 tsp. (5 mL)

Tips From the Kitchen

While some prepared crumbs, such as those made from graham crackers, chocolate wafers, and dry bread, are available at the supermarket, other are not. All are easy to make at home.

- ◆ Dry bread, cookie and cracker crumbs can be made by processing them to a fine consistency in a blender or food processor. Or place the ingredient in a heavy plastic bag and crush it to a fine consistency with a rolling pin. Leave one end of the bag open a bit so air can escape during rolling.
- ◆ To make 1 cup (250 mL) of cracker or cookie crumbs,

you'll need 28 salted crackers, 14 graham cracker squares, 22 vanilla wafers, 19 chocolate wafers, 15 gingersnaps, or 24 rich, round crackers.

- ◆ To make fluffy soft bred crumbs, use a blender or food processor. One slice yields 3/4 cup (185 mL).
- ◆ To make fine dry bread crumbs, arrange 1/2 inch (1 cm) bread cues in a single layer on a baking pan. Bake in a 300°F (150°C) oven for 10 to 15 minutes or until dry, stirring twice. Let cool. Place in a food processor blender; cover and process or blend into fine crumbs. One slice yields 1/4 cup (60 mL).
- ◆ Bread crumbs can also be made from the dried ends

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	WECAN Food Basket Society
500 g Lean Ground Beef	\$4.18	\$5.29	\$4.95	\$4.64	\$4.99	\$4.50
800 g Boneless Pork Chops	\$10.57	\$11.74	\$10.56	\$13.74	\$10.14	\$7.00
454 g Ground Turkey	\$7.50	\$8.45	\$7.99	\$5.30	\$5.77	\$2.99
1 kg Bananas	\$1.94	\$1.94	\$1.94	\$1.70	\$1.70	\$1.65
1 lb. Black Plums	\$2.49	\$2.49	\$2.49	\$1.26	\$1.47	\$2.09
1 lb. Granny Smith Apples	\$1.99	\$1.89	\$1.89	\$1.48	\$1.27	\$1.31
1 Cauliflower	\$3.99	\$3.49	\$4.49	\$3.47	\$3.97	\$2.57
1 Long English Cucumber	\$1.50	\$0.99	\$1.29	\$2.28	\$0.88	\$0.95
1 Fresh Express Cole Slaw	\$1.79	\$1.79	\$1.99	\$1.25	\$1.47	\$1.47
1 bunch Green Onions	\$0.69	\$0.69	\$0.69	\$0.57	\$0.57	\$0.39
TOTAL	\$36.64	\$38.76	\$38.28	\$35.69	\$32.23	\$24.92

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

"Cooking With Your WECAN Food Basket" Menu

Best Ever Turkey Burgers

- Lynn Stolarchuk

Ground Turkey	1 lb.	454 g
Light Mayonnaise	¼ cup	60 mL
Fresh spinach, chopped	1 cup	250 mL
Medium onion, finely chopped	1	1
Garlic clove, minced	1	1
Pepper	¼ tsp.	1 mL
Worcestershire sauce	2 tbsp.	30 mL
Bread crumbs	½ cup	125 mL
Mozzarella cheese, grated	½ cup	125 mL
Red pepper	¼	¼
Kaiser buns	4	4

In a bowl, mix all ingredients, except Mozzarella cheese and red pepper. Form 4 patties. Fry in a pan on each side then cook in oven at 350°F (180°C) for 5 minutes. Or, on the barbecue, grill in medium high for 5 to 8 minutes on each side, 5 inches from the heat. Put Mozzarella cheese and red pepper on top of patties. Cook 2 minutes more. Brown Kaiser buns in oven (or barbecue) and serve with patties.

Lynn says: I make a roasted red pepper mayonnaise to go with it which is just 1/3 cup light mayo, 2 tbsp. roasted red pepper, 1/2 tsp lemon zest and a pinch of salt.

Tortilla Turkey Burgers with Corn Salsa

- Reprinted with permission from *Hall of Flame* by the ATCO Blue Flame Kitchen

1½ lb.	Lean ground beef	750 g
½ cup	finely crushed tortilla chips	125 mL
1/3 cup	chopped fresh cilantro	75 mL
1 tbsp.	chili powder	15 mL
1 tsp.	ground cumin	5 mL
½ tsp.	salt	2 mL
½ tsp.	freshly ground pepper	2 mL
¼ tsp.	garlic powder	1 mL
6	Whole wheat hamburger buns, split and toasted	

Corn Salsa (recipe follows)

Combine first 8 ingredients (turkey through garlic powder). Shape mixture into 6 patties. Grill patties over medium heat on barbecue until completely cooked. Serve in buns with Corn Salsa. **Serves 6**

Corn Salsa: Combine 1 cup (250 mL) medium salsa and ½ cup (125 mL) frozen kernel corn, thawed. **Makes 1½ cups (375 mL)**

Are the Burgers Done?

All ground meat must be thoroughly cooked in order to destroy harmful bacteria that may be present. Don't guess at

the doneness of cooked burgers. Check the internal temperature of a burger by inserting an instant-read meat thermometer horizontally into the centre of the burger.

- Cook chicken or turkey burgers to at least 175°F (80°C).
- Cook beef, lamb or pork burgers to at least 160°F (71°C)

Cauliflower Salad

- Reprinted from *Salads* © Company's Coming Publishing

Small cauliflower, grated	1	1
Green onions, sliced	3	3
Grated carrot	1	1
Salad dressing	½ cup	125 mL
Milk	1 tbsp.	15 mL
Salt	½ tsp.	2 mL

Grate cauliflower on medium or large grater. Combine in bowl with onions. Grate carrot on fine grater. Add.

Mix salad dressing, milk and salt together in measuring cup. Pour over cauliflower mixture. Toss lightly. Serve.

Barbecued Loin Pork Chops

- Reprinted from "From Saskatchewan Homemakers' Kitchens"

4	pork chops
2 tbsp.	fat
3 tbsp.	seasoned flour
¼ cup	chopped onion
¼ cup	diced celery
2 tbsp.	Brown sugar
Juice from 1/2 lemon	
½ tsp.	salt
1/8 tsp.	pepper
½ tsp.	dry mustard
½ cup	water
1 cup	tomato sauce

Dredge four pork chops in seasoned flour and brown in 2 tbsp. fat. Place in a shallow greased baking dish. Combine remaining ingredients and pour over chops. Cover and bake in moderate oven (350°F) for one hour. Baste once or twice during cooking.

- Kylemore H.M.C, Kylemore, Sask.

Best Pork Chops

- Reprinted from *Barbecues* © Company's Coming Publishing

Water	½ cup	125 mL
Soy Sauce	1/3 cup	75 mL
Cooking Oil	¼ cup	60 mL
Lemon and pepper seasoning	3 tbsp.	50 mL
Garlic cloves, minced	5	5

Thank you to the following businesses and organizations for their help and support:



Don't Forget! The deadline for your next Food Order is **August 8**. You can submit your next payment when you pick up your June food basket to make sure you get an order next month.

Your Depot:

Next Fees Deadline: Aug. 8, 2014