

The Wecan Food Basket Society News

May 2013



Memberships

Membership is required to purchase your monthly food basket. Wecan Food Basket Society's membership year is from April 1st to March 31st. Membership is only \$5.00 annually and can be purchased from your depot coordinator when you pick up your food basket. Only current members can vote to elect the Board of Directors and officers of our Society at our Annual General Meeting. Don't miss out.

Buy Your Membership Now!!

Annual General Meeting

Date: Friday, May 24, 2013
Time: Breakfast—9:00 a.m.
 Meeting—9:30 a.m.
Place: Edmonton Moravian Church
 9540—83 Avenue
 Edmonton AB



All current members are invited and encouraged to attend the Wecan Food Basket Society of Alberta Annual General Meeting. Agenda items will include the 2012-13 year end financial report, election of board members, volunteer long-service awards and presentation of our first annual Coordinator of the Year Award.

Please confirm your attendance by calling the Wecan office at 780-413-4525 so we can plan the pancake breakfast and the seating arrangements.

Reminder

Every member is responsible for picking up their food order on depot pick-up day. If this is not possible, it is the member's responsibility to make all necessary arrangements. Any food not picked up will be sold to other members or donated to a community group for distribution.

Tips From The Kitchen

Barbecue Basics

"Think of your barbecue as an extra stove available to bake, roast, and grill food. Preparation is much the same, but clean-up is so easy. Cooking on the barbecue can be so versatile. Meat usually claims center stage of barbecue meals.

The more you barbecue, the more you will want to barbecue! The correct temperature for cooking is very important. Always preheat the barbecue for 15 minutes. A simple heat test for an open barbecue is to hold the palm of your hand close to the grill. If you can hold it there for 2 seconds it is hot; for 3 seconds it is medium hot; 4 seconds it is medium and 5 seconds it is low. Windy, rainy and cool weather will affect the length of cooking required. Best results are achieved when cooking food which is at room temperature. If meat is chilled or slightly frozen it will take longer to reach the desired doneness.

Barbecue tools, are wonderful extras to have on hand when barbecuing. Aluminum foil is a necessity. Use a "drugstore-wrap" when enclosing food, by bringing ends of foil up together, fold over one inch (2.5 cm) and keep folding until snug and flat against food. Turn ends over twice. Use tongs for turning meat on the grill. Do not pierce or salt meat until after it is cooked to that the delicious juices are not lost. Basting sauces containing sugar or tomato should only be used during the last five to ten minutes of cooking as they tend to burn easily.

Cook steak on one side until juices come to the top. Turn and cook for approximately the same length of time. The steak will be rare and will feel very soft. For medium-doneness, cook on one side until top is covered with juice, turn and cook for approximately the same amount of time. The steak will feel slightly springs. For well-done steak, cook on each side until any juice that might appear are clear and the steak feels quite firm."

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

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g lean ground beef	\$ 4.84	\$4.99	\$4.78	\$ 3.99	\$ 4.25	\$ 3.50
1 kg chicken thighs	\$6.59	\$11.00	\$8.03	\$5.91	\$5.62	\$6.99
1 lb basa fillets	\$5.40	\$5.40	\$4.54	\$4.65	\$4.00	\$4.39
1 kg bananas	\$ 1.94	\$ 1.94	\$ 1.70	\$1.70	\$1.70	\$ 1.33
1 honeydew melon	\$1.99	\$1.49	\$4.49	\$2.25	\$3.47	\$2.50
4 kiwi fruit	\$2.36	\$1.96	\$1.96	\$2.28	\$2.28	\$1.40
1 lemon	\$0.79	\$0.79	\$0.59	\$0.58	\$0.37	\$0.31
1 bunch broccoli	\$1.79	\$1.49	\$1.99	\$1.47	\$1.27	\$1.12
4 corn on the cob	\$2.00	\$2.00	\$2.76	\$1.96	\$3.08	\$2.28
2 lb bag carrots	\$1.99	\$1.59	\$1.99	\$1.48	\$1.65	\$1.29
TOTAL	\$29.69	\$32.65	\$32.83	\$26.27	\$27.69	\$24.81

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

Barbecue-Style Scalloped Potatoes

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

6 cups (1.5 L) thinly sliced peeled russet potatoes
 1 can (10 oz/284 mL) cream of celery soup
 2/3 cup (150 mL) homo milk
 1/4 cup (50 mL) barbecue sauce
 3/4 tsp (3 mL) salt
 1/4 tsp (1 mL) garlic powder
 2 cups (500 mL) shredded cheddar cheese
 Paprika

Cook potatoes in boiling salted water just until tender; drain. Meanwhile, to prepare sauce, combine soup, milk, barbecue sauce, salt and garlic powder until blended. Place half of potatoes in a greased shallow 2 quart (2 L) baking dish. Pour half of sauce over potatoes. Sprinkle with half of cheese. Repeat layering with remaining potatoes, sauce and cheese. Sprinkle with paprika. Bake, uncovered, at 350°F (180°C) for 45 minutes or until mixture is bubbly and heated through.

Serves 8

Red-Eye Chicken

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

2 tbsp (25 mL) packed golden brown sugar
 2 tsp (10 mL) instant coffee granules
 1 tsp (5 mL) dry mustard
 1/4 cup (50 mL) hot water
 1 cup (250 mL) ketchup
 1 tsp (5 mL) Worcestershire sauce
 12 bone-in chicken thighs, skin removed

To prepare sauce, combine brown sugar, coffee granules and dry mustard in a bowl. Add hot water and stir until brown sugar and coffee granules are dissolved. Stir in ketchup and Worcestershire sauce until blended. Grill chicken over low heat on a natural gas barbecue for 40–45 minutes or until chicken is cooked through. Baste with sauce during last 10–15 minutes of cooking.

Serves 6

Corn on the cob

- Reprinted from *Microwave Cooking* © Company's Coming Publishing

Corn cobs in the husk 4 4

Butter or margarine
 Salt

Remove some of the outer husk being sure to leave at least 2 layers over the silk to trap steam. Place spoke fashion in microwave with stem ends facing outward. Cook on high (100%) allowing about 3 minutes per cob,

rearranging in microwave at half time and turning cobs over. Remove husks and silk.

Spread with butter and sprinkle with salt, if desired, before eating.

- Makes 4 servings

Stove Top Corn on the Cob

Remove husks from fresh corn. Remove silks with stiff brush. Rinse. Cook covered in small amount boiling salted water *or* uncovered in boiling salted water to cover for 6-8 minutes. Drain and serve with butter and salt.

Baked Basa Burritos

- Reprinted from *Catch of the Day* © Company's Coming Publishing

Prepared vegetable broth	1 cup	250 mL
Basa fillets, any small bones removed	3/4 lb	340 g
Corn relish	1/4 cup	60 mL
Finely chopped celery	1/4 cup	60 mL
Mayonnaise	1/4 cup	60 mL
Sliced green onion	1 tbsp	15 mL
Salt, just a pinch		
Whole-wheat flour tortillas (9 inch, 22 cm, diameter)	4	4
Grated sharp Cheddar cheese	1 cup	250 mL
Cooking spray		
Medium salsa	1/2 cup	125 mL

Bring broth to a boil in large frying pan on medium. Add fillets. Cook, covered for about 3 minutes until fish flakes easily when tested with fork. Remove fillets with slotted spoon to paper towel-lined plate. Blot dry. Break fillets into chunks. Discard cooking liquid.

Combine next 6 ingredients in medium bowl. Add fish. Stir. Spoon about 1/2 cup (125 mL) fish mixture across centre of each tortilla. Sprinkle with about 1/4 cup (60 mL) cheese. Fold in sides. Roll up from bottom to enclose filling. Place, seam-side down, on greased baking sheet. Spray with cooking spray. Bake in 400°F (205°C) oven for about 20 minutes until golden.

Spoon about 2 tbsp. (30 mL) salsa over each burrito.
 Makes 4 burritos

For More Information About Wecan Food Basket

Visit our **Website**: www.wecanfood.com
 Follow us on **Twitter**: @wecanfoodbasket
 Like us on **Facebook**: Wecan Food Basket Society of Alberta
 Or **Email** us: info@wecanfood.com

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



Don't Forget! The deadline for your next Food Order is June 7. You can submit your next payment when you pick up your May food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: June 7, 2013
Next Pick-up Days: June 20 / 21