

The Wecan Food Basket Society News

December 2012



Thank You to All Our Volunteers



On November 23rd we celebrated our Volunteers with our "Christmas in November" event. Attendees enjoyed a buffet meal cooked by Chef Michael (aka driver for Millbourne depot), put together their own "Poinsettias" containing a spiced ice-tea mix, and created a layered cookie mix to take home to bake or give as a gift.

We truly appreciate all our volunteers and all they contribute to the smooth operation of the Wecan Food Basket. Without their help and expertise, Wecan would not be successful. We wish you all a Happy Holiday Season and we look forward to working with you all in the new year.

Stretching Your Food Budget

With the holiday season upon us, our thoughts turn to our families and to preparing those special meals that that mean so much to all of us. For those fortunate enough to have turkey, don't forget to cook up the turkey carcass for soup stock. If you are like me and get "turkeyed out" before the soup can be made, freeze the stock and use it in February for a warm winter meal.

This month I have included a recipe for pork tenderloin suggested by our Inglewood Depot Coordinator, Wendy Hagan. And for those who have specified "No Pork" in their order, I have included a recipe for the Cod Fillets which are the substitute for the pork tenderloin.

In addition to making salads with the tomatoes, green onion, and cucumber, these ingredients can also be used for bruschetta, or the tomato and green onions could be added to eggs for an easy omelette or frittata. I have also included a recipe for "Cucumbers in Sour Cream" which makes a delicious side dish to just about any meal.

We have also included a box of mini mandarin oranges this month. They are just the right size for a mini snack or for packing in lunch bags. Children especially like this sweet mini fruit for a quick snack.

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

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$4.99	\$4.35	\$3.99	\$4.25	\$3.75
1.3 kg Chicken Legs, Backs Att	\$11.44	\$14.01	\$9.01	\$6.96	\$6.57	\$6.10
500 g Pork Tenderloin	\$8.26	\$4.40	\$6.00	\$6.44	\$5.48	\$5.00
1 kg Bananas	\$1.94	\$1.94	\$1.94	\$1.70	\$1.70	\$1.33
1 Box Mini Mandarins	\$2.99	\$2.00	\$2.99	\$2.98	\$1.97	\$1.69
1 Cantelope	\$2.24	\$4.47	\$2.99	\$2.47	\$2.77	\$1.60
5 lb. bag Russet Potatoes	\$3.99	\$5.99	\$2.99	\$2.40	\$1.97	\$1.67
1 Field Cucumber	\$1.29	\$1.99	\$1.29	\$0.77	\$1.47	\$0.75
1 bunch Green Onions	\$0.69	\$0.89	\$0.69	\$0.47	\$0.47	\$0.31
1 pkg. (3) Tomatoes	\$5.49	\$3.95	\$4.39	\$3.92	\$5.45	\$2.33
Total	\$43.16	\$44.63	\$36.64	\$32.10	\$32.10	\$24.43

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

Bacon and Mushroom Stuffed Pork Tenderloin

From *Meat and Seafood Guide* by Try Foods Canada Ltd.

340 gm pork tenderloin
2 tsp prepared horseradish
4 slices turkey bacon
1/2 cup chopped mushrooms
1/3 cup finely chopped onion
1 tsp minced garlic
Vegetable oil

Cut tenderloin lengthwise down center, but not through. Spread meat open and place between 2 pieces of plastic wrap.

Pound meat into 10 inch squares. Remove wrap. Spread horseradish evenly over meat. Cook bacon until done, but not crisp.

Drain on paper towel, reserving drippings in skillet. Cook onion, mushroom, and garlic in drippings until tender.

Arrange bacon slices on meat. Sprinkle mushroom mixture over bacon. Roll up the meat. Tie with cotton string, at 1 inch (2.54 cm) intervals. Brush all surfaces of meat with a little oil.

Note: For cooking they suggest preheating a grill to medium hot, and prepare for indirect cooking. Grill tenderloin covered for 40-50 minutes, or until done (160 F/ 71 C). However, tenderloin can be roasted in a preheated oven at 450 F (230 C) for 20 to 30 minutes, or until internal temperature reaches 145 F (63 C).

Thank you to Wendy Hagan from our Inglewood Depot for suggesting this recipe.

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 (2L) 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.

Spicy Baked Cod

- Reprinted with permission from *Everyday Delicious 2006* by the ATCO Blue Flame Kitchen

1 pkg (400 g) frozen cod fillets or other firm-fleshed white fish, thawed
1 tbsp (15 mL) oil
1 tbsp (15 mL) packed golden brown sugar
1 tsp (5 mL) cumin
1/2 tsp (2 mL) paprika
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) mint, crumbled
1/4 tsp (1 mL) garlic powder
1/4 tsp (1 mL) ginger
1/8 tsp (0.5 mL) cayenne pepper

Separate fillets and pat dry with paper towels. Brush both sides of fillets with oil. Place fillets in a single layer in a greased baking dish. Combine remaining ingredients (brown sugar through cayenne pepper). Sprinkle mixture evenly over fillets. Bake, uncovered, at 450°F (230°C) for 10–12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork.

- Serves 3-4

Cucumbers in Sour Cream

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

Cucumbers, medium size	3	3
Salt	1 1/2 tsp	7 mL
Sour cream	1 cup	250 mL
Dry dill weed	1/2 tsp.	2 mL

Using a dinner fork, score clean cucumbers from top to bottom all round the outside. Slice thinly. Sprinkle with salt. Stir and allow to stand about 1/2 to 1 hour. Drain well.

Stir sour cream and dill together. Pour over cucumbers. Stir to cover all pieces. Serve. If time is short, stir salt into sour cream and dill. Combine with cucumber just before serving to prevent cream from becoming too thin on standing.

Serves 12–15

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



Don't Forget! The deadline for your next Food Order is January 4. You can submit your next payment when you pick up your October food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

**Next Fees Deadline: Jan. 4, 2013
Next Pick-up Days: Jan. 17 / 18**