

The Wecan Food Basket Society News

December 2013



Wecan News

Casino: Thank you to all who have volunteered to help at the Wecan Casino in March. Our schedules are now being finalized so that all key positions are covered for the duration of the Casino. Once this process is complete, our office will be contacting the volunteers to confirm the date and time that they will work. Thank you again for your generosity. Watch for more news about the casino in future newsletters.

Volunteer Appreciation: Our "Christmas in November" volunteer appreciation event was attended by about 60 of our volunteers, coordinators, and special guests. Thank you all for coming. Thanks, also, to the generous support of our sponsors for this event; TGP, The Christmas Bureau, and Union 52 Benevolent Fund.

A special thank you also goes out to the Pastor and congregation of the Edmonton Moravian Church for allowing us, once again, to use their facilities for this event. We are truly grateful for their generosity. And, last but not least, thank you to Danilo Gonzalez and his wife Esther for cooking and serving the fabulous meal that we all enjoyed.

Clareview Depot

Our Clareview Depot is hosted by the Salvation Army in their community building on Hyndman Road in north-east Edmonton. Serving a large community north of Yellowhead Trail and east of Fort Road, this bustling depot has been coordinated by Audrey Lee for several years.

Like many of our coordinators, Audrey and her loyal core of volunteers always have time to visit with members and hear about the latest family news when they come to pick up their baskets each month.

Even with her busy schedule, Audrey makes a point of attending the "food buying" meeting each month to help in choosing the produce for our monthly basket. A big thank you to Audrey for her input and insight.

Tips From The Kitchen

Roasting Beef for Tenderness

Paul Oosterhuis, the Meat Manager at The Grocery People's Warehouse Store, has been with TGP for four years and brings 38 years of experience to his position. In order to get the best out of some less tender, but still very tasty and high quality, cuts of beef Paul suggests that low and slow is the way to go. Cooking your roast beef with a little liquid at a low temperature in the oven or slow cooker for a longer period of time will break down the tough fibers in the beef and produce a succulent roast for your next family dinner. Here is a recipe for pot roast we first printed in our November 2011 newsletter.

Oven Pot Roast

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

Pot roast	4 lbs	1.8 kg
Medium potatoes, peeled, halved	8-10	8-10
Medium onions, quartered	4	4
Medium carrots, halved	8	8
Medium parsnips, halved	8	8

Place meat in large roaster. If there is hardly any fat showing, pour ¼ cup (50 mL) cooking oil over top of meat. Add more later if needed. Cover. Bake in 300°F (150°C) oven for 4 hours.

Peel and cut onions in quarters. Peel carrots. Cut in half lengthwise. Peel parsnips and halve lengthwise. Pile vegetables around meat. Sprinkle salt and pepper if desired. Good either way. If very dry, add more oil over meat and 1 cup water. Cover. Bake in 325°F (160°C) oven for 1½ hours. Serves 8.

Gravy: Remove meat and vegetables. Cover. Keep warm. Stir 6 tbsp. flour into drippings. If not enough drippings, add as much butter as needed to mix flour. Stir in salt and pepper to taste. Add 4 cups (900 mL) water. Cook and stir until boiling. Taste and add salt if necessary. If gravy is too thick, add water to desired consistency.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.84	\$4.38	\$6.59	\$2.68	\$4.75	\$3.50
1 kg Eye of Round Roast	\$14.97	\$13.43	\$14.43	\$11.68	\$10.00	\$7.49
375 g Turkey Sausage	\$4.99	\$5.00	\$3.99	\$7.36	\$8.00	\$3.49
1 kg Bananas	\$1.70	\$1.70	\$1.70	\$1.68	\$1.70	\$1.33
1 kg Royal Gala Apples	\$4.39	\$4.17	\$4.17	\$4.14	\$3.68	\$1.74
1 kg Mandarin Oranges	\$3.29	\$2.18	\$2.84	\$2.16	\$1.78	\$1.56
1 Lime	\$0.34	\$0.49	\$0.69	\$0.33	\$0.25	\$0.26
1 bunch Broccoli	\$3.29	\$4.39	\$2.69	\$1.26	\$1.47	\$0.93
1 head Cauliflower	\$3.29	\$2.99	\$2.99	\$2.58	\$1.97	\$1.96
5 lb bag Russet Potatoes	\$3.99	\$3.99	\$2.99	\$1.99	\$2.77	\$1.84
1 bunch Cilantro	\$0.69	\$0.99	\$0.88	\$0.78	\$0.97	\$0.38
TOTAL	\$45.78	\$43.71	\$43.96	\$36.64	\$37.34	\$24.22

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

Six Layer Dinner

- Reprinted from *Just Casseroles* by Gaye Hansen

Medium Potatoes, peeled and sliced	3	3
Canned kernel corn	12 oz.	340 mL
Onion, sliced	1	1
Ground beef	1 lb	450 g
Sliced carrots	1 cup	250 mL
Salt	1½ tsp.	7 mL
Pepper—to taste		
Canned Tomatoes	2 cups	500 mL

Layer potatoes, corn, onion, beef and carrots in a large casserole, seasoning each layer with salt and pepper. Pour tomatoes over all and bake in 350°F (180°C) oven for 1½ hours.

- Serves 6

Variations:

- Green beans may replace carrots or may be added as an additional vegetable
- Substitute slightly diluted tomato soup or tomato sauce for the canned tomatoes.
- Add 1/3 c (80 mL) uncooked rice over the potato layer.

Cheesy Beef and Macaroni

- Reprinted from *Just Casseroles* by Gaye Hansen

Ground beef	1 lb	450 g
Chopped onion	1	1
Tomato sauce	2 cups	500 mL
Salt and pepper to taste		
Macaroni or other pasta	1 cup	250 mL
Grated cheddar cheese	1 cup	250 mL
Grated Parmesan cheese	¼ cup	60 mL

Cook beef and onion together; drain if necessary. Add tomato sauce, salt and pepper and simmer gently for 5 minutes. Cook the macaroni.

Place half of the meat mixture in a casserole, then the macaroni and, lastly, the remaining meat. Sprinkle cheeses over all and bake, uncovered at 425°F (220°C) for 25 minutes until heated through and cheese forms a crust.

- Serves 4

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

My Favourite Lasagna

- Reprinted from *Just Casseroles* by Gaye Hansen

Ground beef	1 lb.	450 g
Garlic clove, minced	1	1
Basil	1 tbsp.	15 mL
Salt	1 tsp.	5 mL
Tomatoes	2 cups	500 mL
Tomato paste	1 1/3 c.	325 mL
Lasagna noodles	8-10	8-10
Cottage cheese	3 cups	750 mL
Parmesan cheese, grated	½ cup	125 mL
Parsley flakes	2 tbsp.	30 mL
Eggs	2	2
Salt	1½ tsp.	7 mL
Mozzarella cheese, sliced	1 lb.	450 g

Brown meat; drain off excess fat. Add garlic, basil, salt, tomatoes and tomato paste. Simmer 30 minutes.

Cook enough lasagna noodles to make two layers in the casserole dish plus along sides for borders.

Combine cottage cheese, Parmesan, parsley, eggs and salt.

Place half of noodles in casserole, spread with half of cottage cheese filling, half of Mozzarella, half of meat sauce. Repeat layers. Bake at 375°F (190°C) for 30 minutes and let stand 10 minutes before serving

- Serves 12

Variations:

- **One-step Lasagna** Add 125 mL (½ cup) water to meat sauce. Spread a third of meat sauce in casserole, then uncooked lasagne noodles, then continue as above. Increase cooking time to 50 minutes.
- **Meatless Lasagna** Omit meat; add sautéed onions and mushrooms to the tomato sauce; continue same as above.
- **Spinach Lasagna** Omit meat; cook, drain and chop 1 lb. (450 g) spinach. Blend into tomato sauce and continue as above.

Cilantro:

Cilantro's green leaves and tender stems come from the coriander plant, and it sometimes goes by that name. The distinctively pungent flavor is sometimes described as "soapy". Cilantro is an important ingredient in Asian, Latin American, and Caribbean cooking, and it provides a fresh contrast to spicy foods. Use cilantro in salsa, bean dip, chutney, or salads.

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 10. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: Jan. 10, 2014

Next Pick-up Days: Jan. 23/24