

I have a problem: I want to have a good body, but not as much as I want dessert.

BRIDAL-BABY SHOWERS, WEDDINGS, BBQS OR PARTIES



Joanne Fontana, Special to Local City Fun

Have you ever considered organizing a social event, whether it's just for several close friends or something a little bigger in your neighbourhood?

If so, great food and good music will create a strong interest in most people, whether you plan a backyard barbecue or a huge street party.

In October, I have a domestic function to prepare that requires a platter with:

- Cold cuts
- Cheeses
- Pickled mushrooms and
- Pickled artichoke.

I also want to include Panini buns, bagels and specialty breads.

I was reading Local City Fun (this newspaper) and noticed an ad for Nova Pastry & Bakery. I have been there several times so it seemed appropriate that maybe I should make another visit.

In fact, not only do they supply my list of needs, I could also include some of their delicious pastries, cakes and pies, served with espresso or cappuccino.

In the past, the staff has even been helpful in answering questions about preparing for bridal showers, weddings, baby showers or any function.

I thoroughly recommend Nova Pastry & Bakery, if you want to furnish a social gathering with various foods.

You can find Nova Pastry & Bakery at 3635 Cawthra Road (Burnhamthorpe and Cawthra), in the plaza that is behind the Shoppers Drug Mart and is beside the Ukrainian church.

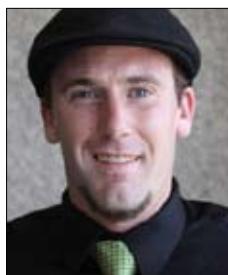
If you want them to prepare an order before you pick it up, you can call: (905) 279-3206.

Joanne Fontana is a Mississauga resident who has taken an interest in writing.



"A thankful heart is not only the greatest virtue, but the parent of all the other virtues." - Cicero

SPICES CAN HEIGHTEN YOUR THANKSGIVING MEAL



Chris Bohren

Thanksgiving brings memories of time with family - a day to take to relax, unless you are the host.

Praise and thanks is often given to those who spent the exhausting hours baking, roasting and seasoning. After all, you are usually enjoying a slowly prepared, labour intensive meal far from the average supper.

Stuffing, turkey, potatoes and vegetables create a traditional feast; but now, let me offer another option for a world of different flavour experiences.

First of all, why not have a bird with a little more than just salt and pepper?

A spice blend of two parts thyme, one part rosemary and garlic powder adds something extra to a turkey. The amount of each spice depends on the size of bird.

► Lightly coat the bird with cooking oil to help the spice mix stick to the bird.

► Rub the blend of two parts thyme to one part rosemary equally coating the surface layer of the turkey.

► Lightly sprinkle garlic powder over the meaty centre of the meal.



► Finally, cook it thoroughly. Proper food handling ensures your guests do not gain an unwanted illness.

A turkey must be cooked at either 85 degrees Celsius or 185 degrees Fahrenheit for safety reasons.

There are also potential hazards with cross contamination. In other words, DO NOT chop the veggies for your salad with the same surface as the raw turkey.

After your meal, to reconnect and foster good relationships, why not go for a walk to enjoy the fall colours? This however does not need to be a solitary affair.

It never hurts to get a little physical activity when overeating is likely to happen.

Happy Thanksgiving everyone!

Chris Bohren is a food fun feature writer.