

## Jo Ann Stevenson



I've been brushing up on French cooking, in preparation for the gourmet tour to France this March which I'll be hosting. This week, I'm resurrecting a hearty French soup, so substantial it can be served with bread as a main course and is a typical evening meal in provincial France.

### SOUPE AU PISTOU

This is a vegetable soup with garlic, basil and tomato sauce.

3 cups water  
 ¾ cup dry white beans (navy or marrow)  
 4 tbsp. olive oil  
 1 cup diced onions  
 1½ cups peeled seeded and chopped tomatoes  
 3 quarts water  
 1½ cups diced carrots  
 1½ cups diced potato  
 1 cup coarsely chopped leeks (optional)  
 ½ cup chopped celery leaves  
 1 tsp. salt  
 freshly ground black pepper  
 1½ cups sliced fresh green string beans  
 1½ cups diced unpeeled zucchini  
 ½ cup broken pieces spaghetti  
 2 pinches saffron

## A hearty soup is a meal

### Pistou

5 garlic cloves, finely chopped  
 ½ cup fresh basil finely cut or 5 tbsp. dried basil  
 2 tbsp. tomato paste  
 ½ cup freshly grated Parmesan cheese  
 6 tbsp. olive oil  
 1 small slice stale French bread crumbled (optional)  
 1½ cups freshly grated Parmesan cheese

Bring 3 cups of water to a boil in a quart sauce pan. Drop in the beans and boil for two minutes. Remove from heat and let soak for one hour. Turn the pan to low heat and simmer uncovered for another one hour or until the beans are tender. Drain the beans and reserve the cooking liquid.

Heat four tablespoons of olive oil in a soup pot or kettle. Stir in the diced onions and cook over moderate heat until limp and golden. Add the tomatoes and cook a few minutes longer. Pour in three quarts of water and bring to a boil over high heat. Add the carrots, potatoes, leeks, celery leaves, salt and a few grindings of pepper.

Reduce heat and simmer uncovered for 15 minutes. Stir in the white beans and their liquid, the green beans, zucchini, spaghetti and saffron. Simmer until vegetables are tender. Taste and season.

Meanwhile, prepare the pistou. With a wooden spoon and heavy bowl, mash the garlic and basil to a paste. Work in the

tomato paste and ½ cup of the cheese. Beat in six tablespoons of olive oil, one tablespoon at a time. Ladle the soup into a serving bowl. Thin the pistou with a half cup of the hot soup. Stir as much of the pistou as you like into the soup. Sprinkle in the crumbled bread. Pass the cheese separately. This is served with a simple loaf of French bread, with butter and dry red wine.

### HAMBURGER CHOWDER

Our thanks to Joan Guthrie

1 medium potato, diced  
 2 medium carrots, diced  
 1 medium onion, chopped  
 ½ medium green pepper, diced  
 1 stalk celery, chopped  
 2½ cups water  
 1 tsp. butter  
 ½ lb. ground beef  
 10 oz. can consomme  
 10 oz. can tomato soup  
 ½ tsp. salt  
 ¼ tsp. pepper

Put potatoes, carrots, onion, green pepper and celery in a saucepan. Add the water. Bring to a boil, cover and cook until just tender, about 10 minutes. Do not drain.

Heat butter in a large saucepan while vegetables are cooking. Add ground beef and cook quickly until lightly browned. Add consomme, tomato soup, vegetables and their cooking liquid, salt and pepper. Heat just to boiling. Serves six.

## SOARA sets up winter program

Southdown Orchards Area Residents Association, SOARA, is concentrating on fitness, freezing and fun this winter season. The residents enlisted the services of a former gym teacher to lead exercises on Tuesday mornings from 10 a.m. to 12 p.m. and on Wednesday evenings from 8 p.m. to 10 p.m. The sessions are held in the Lewis Bradley swimming pool hall at the corner of Orr and Inverhouse Roads. There is no charge and the sessions are open to any area residents. Call Anne Crymble, 823-1950, for more information.

The group is maintaining an outdoor skating rink at the Lewis Bradley Park this winter. Volunteers from the Youth Involvement Center for teenagers have offered to help maintain the rink. The teenagers meet at the swimming pool hall on Thursday nights at 7:30 p.m.

For more information about these programs or about SOARA call Bill Moir at 822-5032.



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**MISSISSAUGA-MALTON**  
 St. Hugh of Lincoln Church  
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 St. Christopher's Church  
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 Tues. 9:30 a.m.-7:30 p.m.

**MISSISSAUGA**  
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**MISSISSAUGA-PORT CREDIT**  
 Port Credit First United Church (Downstairs)  
 151 Lakeshore Rd. West  
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**MISSISSAUGA-MEADOWVALE**  
 Weight Watchers Head Office  
 8810 Turner Valley Rd.  
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 Wed. 7:30 p.m.  
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## Citizens sought for hospital board

A steering committee is seeking applications from interested citizens who would like to serve on the board of directors for the new hospital planned west of Streetsville.

The steering committee of five persons, chaired by regional chairman Lou Parsons was set up to determine the size of the new board, to name members and to decide on a name for the facility. It will be located at the southeast corner of Erin Mills Parkway and Eglinton Avenue.

Ontario recently agreed that a permanent board would be set up, separate from the Mississauga Hospital board. A Streetsville provisional hospital board has been working on getting approval and funding for the new building for the last two years.

It is likely that the hospital board will be made up of about 18 members. Citizens with specific experience with hospital planning are urged to apply.

William Dunlop, an Erin Mills resident on the steering committee who is also an administrator at Toronto Western Hospital says the committee may not determine the final size or membership of the board. For instance, provincial legislation requires that three doctors be named to the board and that determination may be left to the new board itself.

The other members of the steering committee are Lois Gibson of Credit Woodlands, James Beatty of Streetsville and A.R. Shillington of Meadowvale West. The steering committee may not name any of its own members to the permanent hospital board.

Anyone interested in applying can contact the regional chairman's office at 457-9400 for additional information. An advertisement for the positions is scheduled to appear in this newspaper next week.

## CRAFT SHOW

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Thursday	Jan. 4	1:30-3:30 pm
Thursday	Jan. 4	7:30-9:30 pm
Monday	Jan. 8	7:30-9:30 pm
Tuesday	Jan. 9	7:30-9:30 pm
Tuesday	Jan. 23	9:30-11:30 am

**Advanced 8**  
 \$22.00

Wednesday	Jan. 17	7:30-9:30 pm
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**Kreative Kids Klothes**  
 \$18.00 6 wks. Thursday

Thursday	Jan. 4	7:30-9:30 pm
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**Lingerie**  
 \$15.00 4 wks. Tuesday Thursday

Tuesday	Feb. 6	7:30-9:30 pm
Thursday	Feb. 22	9:30-11:30 am

**Mens Tailored Jacket**  
 \$18.00 4 wks. Wednesday

Wednesday	Jan. 10	7:30-9:30 pm
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