



# Happy New Year

From the Management  
and Staff of

THE MISSISSAUGA  
**Times**

- Culture
- Recreation
- Community Events

## We believe in Community Involvement

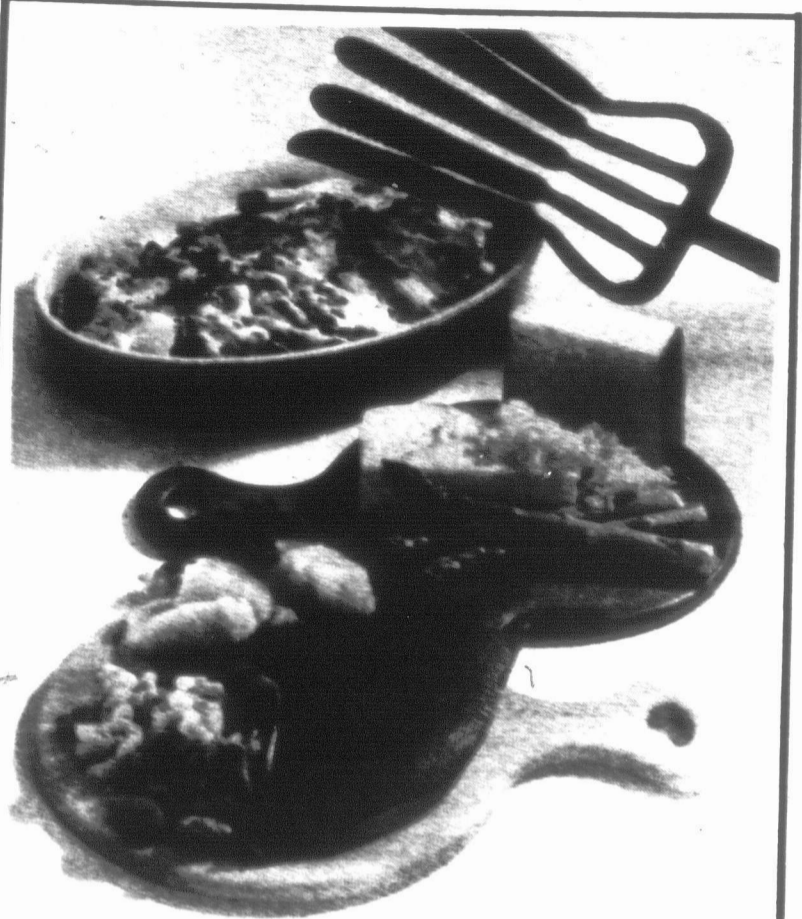
The Mississauga Times is dedicated to serving our community. We are proud to be supporters of the Bethesda Concert Series which is truly enriching for our city.

This series grows in prestige annually . . . a fine non-profit organization dedicated to providing high quality entertainment in Mississauga at affordable prices.

We, as citizens in Mississauga, are indeed fortunate to experience the culturally rewarding high standard entertainment provided to us by the Bethesda group.

THE MISSISSAUGA  
**Times**

Serving the Community



Fried plaice will help the budget

## Know your plaice

By ANNE WANSTALL  
You really have to be an optimist to think that life is fun these days.

Hydro costs are to rise, gas is skyrocketing, oil for the furnace will cost us more — and every one of these costs will be reflected in the price we pay for our food.

An elderly lady shopping in a local supermarket had it all down pat. "It's just like eating money," she said as she looked at the price of meat. "Yes," I replied, "but at least it tastes better."

Actually, there is only one way to regard the situation — and that is with philosophy and common sense.

Proper conservation in the refrigerator and more effort in the kitchen will save money in the long run without cutting the standards of food put on the table. Those who insist on purchasing 'ready-mades' will have to pay for the price of another's labor.

Canadians are fortunate in that this is one of the last countries in the world to be faced with these steady and sudden rises in food prices. Although it comes as a shock after so many years of being so much better off, at least we have the experiences to draw upon in keeping a perspective on good but economical food.

### FRIED PLAICE

- 6 small plaice
- 2 pounds small potatoes
- 2 to 3 lemons
- fresh parsley

- bread crumbs
- 2 eggs
- butter
- salt and pepper

Clean the fish, sprinkle them with salt and allow to stand for one hour. Rinse well; then wipe with a dry cloth. Coat them in beaten egg, then in bread crumbs; season with salt and pepper.

Fry them gently in butter. Serve with small white potatoes browned in butter sauce, chopped parsley and sprinkled with lemon. Serves six.

### TARRAGON CHICKEN

- 1 chicken, about 3 lb.
- 6 tbsps. butter
- 1 tsp. salt
- 1/2 tsp. pepper
- 4 tbsps. dried tarragon
- 2 tbsps. lemon juice
- 1 cup chicken stock
- 1 cup whipping cream
- freshly chopped parsley

Clean, rinse and dry the chicken and cut into four pieces. Remove the tips of the wings. Brown the pieces in butter and sprinkle with salt and pepper.

Put the dried tarragon in lemon juice about 30 minutes before frying to release the flavor. Add this, the stock (which can be made with a bouillon cube) and the cream to the saucepan when the chicken is brown. Cover and simmer for 35 minutes until tender.

Put the chicken pieces on a serving dish, strain the sauce and pour over the chicken. Sprinkle with chopped parsley. Serves four.

## Make soup

Don't throw out the turkey carcass — it makes great soup.

Cover the carcass with cold water and add a carrot or two, celery and celery tops, onion, a bouquet garni and simmer for at least four hours.

Try to include a veal knuckle or two when making the stock.

After at least four hours, strain and chill the stock. When chilled, the fat will have congealed on top and is easily removed.

Now you have a good basic stock and can add whatever you please to make a thick soup.

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