

The Wecan Food Basket Society News



March 2011

Company's Coming Cookbooks

As many of you have noticed, we have been using many wonderful recipes from Company's Coming. Kim Hamilton, their Marketing Coordinator, graciously granted us permission to use these recipes in our newsletter.

In late February we received a box from Company's Coming containing a selection of 24 of their publications. These books have been added to our bookshelf and will be used to supply recipes in our future newsletters.

Thank you to the management and staff of Company's Coming for this most generous donation of resource material.

ATCO Blue Flame Kitchen

ATCO Blue Flame Kitchen is a wonderful resource for recipes and household related questions. They also have allowed us to use their recipes, and have even e-mailed us their suggestions.

We would like to thank the employees at the ATCO Blue Flame Kitchen, and in particular Nicole Skiba, for their help and support.

Depot News

Annual General Meeting

Wecan Food Basket Society will be holding our Annual General Meeting on Friday, May 27, 2011 at the Edmonton Moravian Church. Pancake breakfast will be served at 9:00 a.m. and the meeting will start at 9:30 a.m. All members are welcome to attend. Please confirm your attendance by calling our office at 780-413-4525.

Food Substitutions

At Wecan Food Basket, we do not have our own warehouse or food storage facilities. Therefore, we remind you that **we are not able to accommodate any food substitution requests other than "no pork"**. We do substitute for pork due to the restrictions of some religious/cultural groups.

Membership

Annual memberships are due. Membership is only \$5.00 per year for each family (April 1st to March 31st) and is required.

Renew your membership now!

ATCO Blue Flame Kitchen has provided household advice and recipes in the province of Alberta for more than 80 years.

Through our toll-free Customer Advisor Service, our Learning Centre in ATCO Centre Calgary, and our website, ATCO Blue Flame Kitchen provides reliable information on a variety of daily living, household and cooking topics.

To contact ATCO Blue Flame Kitchen with your everyday household questions, call us toll-free at 1-877-420-9090 or visit us online at www.atcoblueflamekitchen.com

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$3.65	\$4.40	\$3.30	\$3.14	\$4.00	\$2.50
1 kg Chicken Legs, Back Att.	\$5.84	\$3.51	\$6.01	\$3.49	\$4.12	\$3.99
750 g Boneless Pork Chops	\$7.84	\$5.54	\$5.38	\$4.88	\$5.00	\$4.69
1 kg Bananas	\$1.63	\$1.50	\$1.52	\$1.48	\$1.48	\$1.54
Cantalope	\$1.54	\$2.30	\$1.99	\$1.66	\$1.99	\$1.38
5 Navel Oranges	\$1.50	\$2.49	\$2.18	\$1.28	\$2.13	\$1.40
5 Baking Potatoes	\$2.18	\$1.60	\$1.74	\$1.50	\$1.70	\$0.95
454 g Coleslaw	\$1.50	\$2.49	\$1.79	\$2.48	\$1.79	\$1.08
1 kg Jumbo Yellow Onions	\$1.94	\$1.94	\$2.20	\$1.90	\$1.04	\$0.83
Total	\$27.62	\$25.77	\$26.11	\$21.81	\$23.25	\$18.36

Some prices may be a sale, or a similar item, and are not the ongoing prices of this item; or it is a bulk price.

“Cooking With Your Wecan Food Basket” Menu

MUFFIN CUP MEAT LOAVES

- Recipe supplied by ATCO Blue Flame Kitchen

1 tsp (5 mL) oil
 1/2 cup (125 mL) finely chopped onion
 1/4 cup (50 mL) shredded carrot
 1 clove garlic, finely chopped
 1 lb (0.5 kg) lean ground beef
 1/2 cup (125 mL) soda cracker crumbs
 1/4 cup (50 mL) ketchup
 1 tbsp (15 mL) prepared mustard
 1 tsp (5 mL) Worcestershire sauce
 1/2 tsp (2 mL) oregano, crumbled
 1/4 tsp (1 mL) freshly ground pepper
 1/8 tsp (0.5 mL) salt
 Dash hot pepper sauce
 1 egg, beaten
 2 tbsp (25 mL) ketchup

Heat oil in a frypan over medium heat. Add onion, carrot and garlic; saute until softened, about 5 minutes. Cool to room temperature. Combine onion mixture with next 10 ingredients (beef through beaten egg). Spoon mixture into 8 greased nonstick muffin cups. Spread 2 tbsp (25 mL) ketchup on top of meat loaves. Bake at 350°F (180°C) for 30 - 35 minutes or until a meat thermometer inserted in centres registers 170°F (77°C). Let stand for 5 minutes before serving. Makes 8.

Lazy Cabbage Roll Casserole

- Reprinted from *Ground Beef Recipes* © Company's Coming Publishing Limited

Bacon slices, dices	4	4
Lean ground beef	1.5 lbs	680 g
Chopped onion	1 cup	250 mL
Tomato juice	1 1/4 cup	300 mL
Can of condensed tomato Soup	10 oz.	284 mL
Salt	1/2 tsp	2 mL
Pepper	1/4 tsp	1 mL
Coarsely shredded cabbage		
Lightly packed	8 cups	2 L
Long grain white rice	1/3 cup	75 mL

ORANGE PORK CHOPS

- Recipe supplied by ATCO Blue Flame Kitchen

0.5 kg thinly sliced pork chops
 2 medium oranges
 1/2 tsp (2 mL) rosemary or thyme, crumbled
 2 tsp (10 mL) butter or margarine
 Salt and pepper to taste

Trim fat from pork chops. Peel and slice one orange. Squeeze juice from the other. Heat frypan over high heat. Melt butter; add pork chops and cook about 2 minutes or until browned. Turn chops over. Sprinkle with rosemary, salt and pepper and brown on other side. Add orange juice and slices and stir to scrape up brown bits on bottom of pan. Cook 1-2 minutes. To serve, arrange chops on plate and pour juice and oranges over. Serves 4.
Cook's Note: *Veal or turkey scaloppine may be used in place of pork chops.*

Lazy Cabbage Roll Casserole— Continued

Cook bacon in large frying pan on medium until crisp. Transfer with slotted spoon to paper towels to drain. Set aside.

Heat 2 tsp. (10 mL) drippings in same pan on medium. Add ground beef and onion. Scramble-fry for about 10 minutes until beef is no longer pink. Drain. Add next 4 ingredients. Stir. Remove from heat.

Spread cabbage evenly in ungreased 9 x 13 inch (22 x 33 cm) pan. Press down lightly. Sprinkle rice over cabbage. Scatter bacon over rice. Spread beef mixture on top. Cover with foil. Bake in 350°F (175°C) oven for about 1 1/2 hours until rice is tender and liquid is absorbed. Serves 6

This recipe was also in our October 2010 newsletter. It is being repeated by request. It's a good one!!!

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

THE GROCERY PEOPLE
WAREHOUSE MARKET

THE CITY OF
Edmonton



Don't Forget! The deadline for your next Food Order is **April 1**. You can submit your next payment when you pick up your March food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: April 1, 2011
Next Pick-up Days: April 14 / 15