



Shae McDowell takes a breather from all the fun at the Kinsmen Family Day Skating Party on Elgin Pond. Photo by Renee Leahy.

## Cookin'

with Donna Van Veghel-Wood

### A craving for Creme

Whether it is the 'comforting' aspect of crème brulee or the creamy delicious taste of this much-loved dessert, it is certainly a favourite of many people.

When you put that satiny smooth creation in your mouth.....well, hello romance!

**CREME BRULEE** is not difficult to make; it is all in the timing of the baking. Too long - it is eggy. Too short a time in the oven - a mushy mess. So, if you know your oven fairly well, take a chance on Creme Brulee.

You will need: One dozen egg yolks (save those whites for meringues or French macarons), one litre of heavy (whipping) cream, three quarter cup of sugar, and one vanilla bean.

Empty the cream into a saucepan. Slit the vanilla bean lengthwise and scrape out the seeds. Put seeds and emptied bean into the

cream and heat to infuse the vanilla flavour into the cream. It should not boil. When the cream is warm, whisk the egg yolks with the sugar until thoroughly mixed. Temper the egg mixture by adding a small amount of warm cream to the egg mix. When the egg mix is warmed, add the entire egg mixture to the cream in the pot. Turn off the heat. Stir the cream and egg mixture together.

Remove the vanilla bean and ladle the mixture into baking ramekins. Bake at 300F. for about 35 minutes (my oven) or until the mixture is set up except for an area in the middle of the ramekin about the size of a quarter. (Carefully shake the ramekin and you will see a small area still unset.)

Let cool. And serve them in the ramekin.

*To serve:* Lightly shake some sugar over the top of the crème brulee. Torch with a plumber's torch or place under the broiler in your oven until caramelized.

Try infusing different flavours into your crème brulee. Flavourful tea leaves can be added to the cream, heated and then strained off before adding the egg/sugar mixture.

#### Variations

Add fresh fruit as you ladle the finished cream/egg mixture into the ramekins and bake as above.

Other alternatives are to add chocolate, cocoa, or a small amount of liqueurs to the cream as it heats.

This recipe can be doubled or halved with great results. Proceed as above.

Share this with your loved one on her birthday or any day, just because.

### TUMMY TROUBLE?

Don't be embarrassed. About 40 percent of the population has "tummy trouble". So you are in good company, and there is a very simple solution.

First, what do I mean by tummy trouble? I am referring to acid reflux, indigestion, heartburn, abdominal pain, irritable bowel syndrome, chronic constipation or diarrhea, bloating, pain when eating, certain menstrual symptoms, urinary frequency, urinary urgency etc.

Most people feel that if they have been suffering with these issues for a long time that they must live with it. That is not true. In the vast majority of cases there is a solution to CURE the problem, permanently, without medications.

You may be skeptical, as I was initially. But now I have helped many people with these conditions.

I'll give you one example. A 51 year old woman was in my office this past Saturday. Her symptoms were irregularity, pain with eating and a general feeling of nausea. For the first time in her memory, she is now normal after just a handful of treatments.

The problems listed above are caused by inappropriate muscle reflexes. By restoring these reflexes with a very gentle and effective treatment, called Pain Neutralization Technique, normal abdominal function can be restored. The success rate is about 90%.

These conditions are not life-threatening but they are quality-of-life-threatening. Life is too short to be living with any kind of discomfort or symptom. Get the help you deserve. Call the office today and book a no-charge consultation.

*Dr. John Clark, Chiropractor and Acupuncture Provider*



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