

# What's On This Week

David Zvi Kahn

Sunday February 15, 2009

## Sundays on Bloor with Diana Mingail

Jewish Life Lecture SPECIAL TIME: 2:00 pm Topic: Customs, Traditions, Sacred Music and Superstitions of the Jews of India \$9 drop-in, includes refreshments. To register call: (416) 924-6211 x 0 For more information contact Ilana Hirt x 154, jewishlife@mnjcc.org

Sunday, February 15th

## "Ha Shouk" Marketplace

11:00 - 5:00. 15-20 different vendors expected. Jewelry, clothing, hats, judaica, accessories, educational toys/games, baby items, home décor. Free Admission for the public. Door Prizes. Free Parking. PRIDE OF ISRAEL SYNAGOGUE, 59 Lissom Cres. (Entrance 1 block east of Bathurst St., south of Steeles Ave.) Please call 416-226-0111 x 10 for more info.

Thursday February 19, 2009

## Active Seniors

Miles Nadal Jewish Community Centre 11:30 am to 3:30 pm Drop-in for Recreation / Socialization Current event discussion, gentle exercise to music, socialize over bagel nosh, scrabble, cards, bridge, chess...good company! For more information please contact: Phyllis (416) 924 6211 x 155

Sunday February 22, 2009

## Toronto Jewish Film Society presents I Love You, Alice B. Toklas! (1968, USA.)

Peter Sellers' classic performance of a man caught between two worlds is hilarious, subtle, and unforgettable. Harold Fine, a 30-something Jewish attorney, is wound up a bit too tight for his own good. As his wedding approaches, Harold finds himself overwhelmed by the attentions of his clinging fiancée, the pressures of his parents, and the limits of his responsible and career-driven existence. Increasingly attracted to the lifestyle of his hippie younger brother, and thanks to a plateful of surprising brownies, Harold begins to shed his inhibitions and gets more of a taste of bohemian life than he'd ever bargained for. Co-written by \*Paul Mazursky\*,

this delightful and bittersweet send-up of late '60s culture and counterculture truly stands the test of time. Featured Speaker: Mark Clamen. Two screenings: \*4:00 pm \*and\* 7:30 pm Al Green Theatre Rush Tickets on sale at the door 15 minutes before each screening: \$15 general admission \$10 18-29 (7:30pm only) For screening info please contact: Esther Arbeid x 606 film@mnjcc.org

To See Your Event Listed in this Section email zvi.kahn@gmail.com

# From Margie's Kitchen....

By: Chef Margie Arosh



## "Our Bodies are Like our Cars"

Everyone seems to have a theory for losing weight. Everywhere you turn there is another ad or new discovery for losing weight. Forget it they don't work. Look at Oprah's struggle. Even with the best trainers, chefs and doctors at her fingertips she is on a constant rollercoaster with her weight. Like many of you I have struggled with my weight all of my life. At the age of 12, I was on what was called then a "Meat, Fish and Egg" diet, today the Atkins diet.

Since becoming a Chef I have lost 40 pounds and kept it off. No Diet! It boils down to one simple rule. "Think before you eat." Plan your meals in advance and make the right choices. All of us know what we should be eating but when we are hungry we don't always make the right choices. Our bodies are like our cars, they need a certain amount of the proper fuel and good maintenance to run well. Give it too much or the wrong kind and you will need to see the mechanic.

A good suggestion for busy people is, cook on Sundays. Prepare a few dishes for the week. For freshness and safety, only heat up the amount of food you will be eating that meal. If you know you have good food at home you will not fill up on empty calories. Make those calories work for you.

Shop and stock your pantry and refrigerator with the healthy foods and snacks you like. Don't buy anything that will tempt you, like potato chips. Frozen yogurt with blueberries and popcorn are my favorite late night snacks.

When one understands the power of food over our bodies and souls, one not only appreciates the beauty of food but how we can improve our lives through the choice of the right foods. Most of what ails us can be cured through the "choice of the right foods".

Here are a couple of main course ideas you can prepare ahead of time. You can use leftovers for additional meals, main course salads and sandwiches.

## Special Sunday Roast Chicken

### Ingredients:

- 4 unpeeled red potatoes, well scrubbed, cut into 1-inch cubes
- 4 yams (or sweet potatoes), peeled, cut into 1 1/2-inch cubes
- 3 large carrots, peeled, 1 1/2-inch pieces
- 3 medium parsnips, peeled, cut into 1 1/2-inch pieces
- 2 large onions cut into large chunks
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme
- 5 garlic clove, pressed
- 1 chicken
- 1 tsp each kosher salt & freshly ground pepper
- 1cup chicken stock
- 1/2 cup dry white wine
- 1/4 cup water if necessary

### Method

Toss first 5 ingredients in large roasting pan. Mix 3 tablespoons oil, herbs, garlic, salt and pepper in small bowl. Place chicken in center of vegetables. Using fingertips loosen skin from breast. and legs and rub oil under skin and over

entire chicken. Dot vegetables with remaining herb oil.

Marinate for up to 4 hours. Preheat oven to 400°F. Roast chicken and vegetables 15 minutes. Reduce oven temperature to 375°F; continue roasting until instant-read thermometer inserted into chicken thigh registers 165°F and vegetables are tender, stirring vegetables once, about 1 hour.

Using slotted spoon, transfer roasted vegetables to platter. Tilt chicken, allowing juices to flow from cavity into pan. Transfer chicken to work surface. Cut into serving pieces and arrange with vegetables..

Add wine, stock to roasting pan. Bring to boil over medium-high heat, stirring to scrape up browned bits. Simmer until slightly reduced, about 3 minutes. Season sauce to taste with salt and pepper.



## London Broil with Soy Citrus Sauce

### Ingredients

- 3/4 cup soy sauce
- 1/2 cup dry red wine
- 1/4 cup fresh lemon juice
- 1/3 cup fresh orange juice
- 3 tablespoons olive oil
- 1 bunch scallions, cut into 3-inch lengths
- 4 garlic cloves, smashed and peeled
- 1 teaspoon freshly ground pepper
- Pinch of cayenne
- 2 1/2 to 3 lb London broil

### Method

Combine soy sauce, red wine, juices, 2 tablespoons oil, scallions, garlic, pepper, and cayenne in a reseal-able plastic bag. Add steak and seal bag, pressing out air. Turn bag to coat steak, then marinate, chilled, turning bag occasionally, at least 4 hours or overnight.

Transfer steak to a plate and pour marinade through a fine-mesh sieve into a 1-quart heavy saucepan. Bring steak to room temperature, about 30 minutes.

Heat remaining tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, pat steak dry and sear until underside is browned, about 5 minutes. Turn steak over, then reduce heat to moderately low and cover skillet. Continue cooking until thermometer inserted horizontally 2 inches into center of steak registers 130°F, 12 to 15 minutes. Transfer to a cutting board and let stand at least 15 minutes. Bring marinade in saucepan to a boil, (thicken with 1 teaspoon of corn starch diluted with water if desired).

Holding knife at a 45-degree angle, cut steak across the grain into very thin slices and transfer to a platter, then drizzle with any juices accumulated on cutting board. Serve with rice or roasted potatoes.



Chef Margie is the owner of 'Margie's Kitchen', a Personal Chef Catering Service and Cooking School. Please join me for this months special classes! Wednesday February 18 - "A Taste of Morocco" 7:00 - 9:30 pm Tuesday February 24 - "Dinner Made Easy" 7:00 - 9:30 pm Catering and classes for adults and kids! Contact Margie - margieskitchen@gmail.com

