

What's On This Week

David Zvi Kahn

Sundays on Bloor

Sunday February 22, 2009

Music Talk with Jordan Klapman Rock n' Roll Jews Topic: Barry Mann & Cynthia Weil, Jeff Barry & Ellie Greenwich: Million Dollar Babies 11:00 am – 12:30 pm \$9 per lecture drop-in - includes a light breakfast To register: (416) 924-6211 x 0 For more information contact Harriet Wichin music@mnjcc.org (416) 924-6211x 133

Toronto Jewish Film Society presents *I Love You, Alice B.*

Toklas! (1968, USA)

Sunday February 22, 2009**

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 film@mnjcc.org

Active Seniors Miles Nadal Jewish Community Centre

Thursday March 5, 2009

Purim Musical Celebration at 1:15 pm Israeli musician, tasty refreshments, hamentashen... preregister by March 1 For more information please contact: Phyllis, 416 924 6211 x 155

The Canadian Art Foundation presents The 2009 Reel Artists Film Festival

February 27-March 1, 2009

Featuring two World Premieres and five Canadian Premieres, a FREE day of films for students and a special highlight, the Canadian premiere of /Herb and Dorothy/, a documentary by Megumi Sasaki about a postal clerk and a librarian who built one of the most important contemporary art collections in history. Al Green Theatre (Venue Partner) General admission tickets: \$10 advance; festival passes: \$60 advance Rush tickets: \$12 (\$6 for students/seniors with valid ID) 15 minutes prior to each screening Tickets: (416) 368-8854 x 102 www.canadianart.ca/reelartists/tickets

To See Your Event Listed in this Section email
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From Margie's Kitchen....

By: Chef Margie Arosch



"The Powerful Tomato"



Last week I was honored to teach a class at Baycrest's Café Europa to a lovely group of holocaust survivors. On our menu was a Tuscan Vegetable Soup packed with vegetables and flavor. One of the things that touched my heart when discussing their secrets to a good soup was their value of food, nutrition and how important it was to pass on their recipes to their children.

By teaching your child to cook, you're giving them a better chance to be a healthy grown-up. By instilling in your child the ability to appreciate the bounty of this earth and to transform ingredients into delicious foods it opens their eyes up to making wiser choices about what they eat.

Most everyone loves tomatoes. These beautiful "fruit" are loaded with "lycopene". Lycopene is an antioxidant that has been proven to ward off some of the worst diseases known to man. By cooking tomatoes you actually increase the amount of lycopene. It takes only 540 ml of a tomato product to get the full benefit of lycopene that is equivalent to a glass of tomato juice.

Tomatoes are one of the 14 "Super Foods". These powerhouses of nutrition have the largest amounts of lycopene that no other fruit or vegetable can compare with. The best part is you don't have to work very hard at getting your kids to eat tomatoes or tomato based products.

Every August in the town of Bunol, Spain the "Tomatina Festival" is held. It is the world's largest food fight. Last year 40,000 people attended the festival and over 115,000 kg of tomatoes was thrown. It is a tradition that started in 1945. Rumour has it that the food fight started between some kids at a vegetable stall and everyone had so much fun that the town declared it a new tradition.

Tuscan Vegetable Soup

Ingredients:

- 3 tablespoons olive oil
- 1 large onion, finely chopped
- 2 tablespoons chopped thyme
- 1 tablespoon chopped rosemary
- 4 garlic cloves, minced
- 2 cups chopped fresh tomatoes or 1 can diced
- 4 celery stalks, cut into 1/2-inch pieces
- 3 carrots, cut into 1/2-inch pieces
- 10 cups vegetable stock or water with 3 tablespoons soup powder
- 1 butternut squash cut into 1/2-inch pieces
- 1/2 cup finely sliced fresh basil
- 4 zucchini, cut into 1/2-inch pieces
- 2 cans kidney beans washed well
- Salt and pepper to taste
- 1 cup grated Parmesan cheese

Preparation:

Heat 2 tablespoons olive oil in large pot over medium heat. Add onion and garlic; sauté 5 minutes. Add celery, and carrots; sauté 5 minutes. Add tomatoes, herbs, beans and stock. Season with salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until vegetables are tender. Add butternut squash and zucchini. Cover and simmer 20 minutes longer. Remove from heat add parmesan, basil and serve.

Serves 6

Best Ever Tomato Sauce

Ingredients:

- 1 large chopped onion
- 10 garlic cloves, crushed
- 4 tablespoons extra virgin olive oil
- 2 large cans ground tomatoes
- 1 large can diced tomatoes
- 1 can tomato paste (highest concentrate of lycopene)
- 1 cup thinly sliced fresh basil
- ½ teaspoon chili flakes
- Salt and freshly ground pepper to taste
- 1 teaspoon sugar

Method:

Sauté onion and garlic in olive oil over medium heat until onions are soft and translucent. Add chili flakes, tomato paste and sauté for an additional 3 minutes. Add tomatoes, sugar and ½ the basil. Season to taste with salt and pepper. Reduce heat to low and cook for about an hour and ½ or until most of the liquid has evaporated. Turn off heat and add remaining basil.



Chef Margie is the owner of 'Margie's Kitchen', a Personal Chef Catering Service and Cooking School. Please join me for this month's special classes!

Wednesday February 24 – "A Taste of Morocco" 7:00 – 9:30 pm \$35

Catering and classes for adults and kids!
Contact Margie - margieskitchen@gmail.com

