

Enjoy delicious St. Pat's fare

St. Patrick's Day's coming up fast — so you know spring can't be far behind. Don't forget to wear something green for luck on this famous feast day, taking place March 17. And create your very own St. Patrick's Day Feast with the following delicious crowd-pleasing ideas courtesy of Dairy Farmers of Canada. You can find additional easy recipe ideas online at Dairygoodness.ca.



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¼ tsp. (1 ml) pepper
2 cups (500 ml) milk

EMERALD ISLE PESTO PASTA

The many shades of green are a stunning sight when you visit Ireland, the Emerald Isle. Now, you can bring that vibrant colour to your dinner table with this tasty and easy pasta dish.

4 cups (1 L) packed baby spinach (about 4 oz/125 g)
2 cups (500 ml) frozen broccoli florets, thawed and drained
½ cup (125 ml) packed fresh basil leaves
2 cloves garlic
1 Tbsp. (15 ml) fresh lemon juice
¾ cup (175 ml) grated Parmesan cheese, divided
12 oz (375 g) spinach or regular fettuccine
2 Tbsp. (30 ml) all-purpose flour
½ tsp. (2 ml) salt

In a food processor, combine spinach, broccoli, basil, garlic and lemon juice; pulse until finely chopped. Add ½ cup (125 ml) of the Parmesan and process until smooth. Set aside.

In a large pot of boiling, salted water, cook fettuccine for about 10 minutes or according to package directions, until tender but firm.

Meanwhile, in a medium saucepan, whisk together flour, salt and pepper. Gradually whisk in milk. Cook over medium heat, whisking often, for about 10 minutes or until thickened and just starting to bubble. Stir in spinach pesto.

Drain pasta and return to pot. Add sauce and toss gently to coat. Serve sprinkled with remaining Parmesan.

Serves 4-6.

Cooking Tip: If you don't have a food processor, you can use an immersion blender in



Yummy Emerald Isle Pesto Pasta makes a nice dinner.

a large, tall cup or an upright blender to make the pesto but you will need to add about ½ cup (125 ml) of milk to help puree the vegetables. Just make the sauce in step 3 with the remaining 1½ cups (375 ml) milk.

Variation: To boost the protein in this dish, add 1 to 2 cups (250 to 500 ml) shredded cooked chicken to the milk sauce and heat through before adding the pesto.

POT OF GOLD CUPCAKES

Bring the luck of the Irish to your table with these adorable and delicious pots of gold.

1 cup (250 ml) granulated sugar
¾ cup (175 ml) unsweetened cocoa powder

1 cup (250 ml) 10% half-and-half cream
½ cup (125 ml) butter, melted
1 egg
2 tsp. (10 ml) vanilla extract
1 cup (250 ml) all-purpose flour
1 tsp. (5 ml) baking powder
¼ tsp. (1 ml) salt

Icing
3 oz (90 g) bittersweet (dark) chocolate, (65 to 70% cacao), chopped
¾ cup (60 ml) 10% half-and-half cream
¼ cup (60 ml) butter, softened
¼ cup (60 ml) unsweetened cocoa powder
1 cup (250 ml) icing sugar

Yellow candies or gold decorator sugar (see Tips)
12 paper rainbow picks (see Tips)

Preheat oven to 350F (180C). Line a 12-cup muffin pan with large-size paper liners.

In a large bowl, whisk together sugar and cocoa powder. Gradually whisk in cream until blended; whisk in butter, egg and vanilla. Without stirring, add flour, baking powder and salt; stir until batter is smooth and blended.

Spoon batter into prepared muffin cups. Bake for about 25 minutes or until tops spring back when lightly touched. Let cool in pan on a rack for 10 minutes; transfer to rack to cool completely.

Icing: In a small saucepan, combine chocolate and cream. Heat over medium-low heat, whisking often, for about 3 minutes, until melted and smooth. Let cool to room temperature, stirring often.

In a deep bowl, using an electric mixer, beat butter,



Pot Of Gold Cupcake.

cocoa and cream mixture until blended. Add icing sugar and beat until fluffy.

If desired, peel papers off cupcakes. Spread tops generously with icing, creating a hollow "pot" in the centre. Fill with yellow candies or sugar and arrange on a green platter or tray. Insert rainbow picks to hover above gold.

Makes 12.

TIP: Look for small yellow candies about half-inch (1 cm) in diameter such as candy-coated chocolates or fruit candies. Alternatively, you can slice miniature marshmallows crosswise into 1/4-inch (.5 cm) thick slices and either dip them into a mixture of yellow food colouring and water, or dip them in plain water and press into gold decorator sugar to coat. Place coated marshmallows on a plate to dry for several hours before assembling cupcakes.

Get lucky with green treats!

SHAMROCK CHIPS

Quick, easy, and festive, this shamrock idea comes courtesy of Naturalgirlrdiary.com.

We suggest dipping these delightful treats in Sabra dips like Sabra Guacomole, Spinach and Artichoke Hummus or Basil Peso Hummus (retails around \$4.99) available at major grocery stores or supermarkets across Canada.

Check out Sabradips.ca for additional info.

To make shamrock chips, use 2-3 spinach tortilla wraps. Preheat oven to 375F (190C). Push a shamrock-shaped cookie cutter firmly through wrap and press until a clean cut is made. Note — each wrap yields around 7 or 8 shamrocks.

Place cut-outs on a cookie sheet and spray lightly with



mist of cooking oil (butter flavour suggested).

Sprinkle lightly with salt and bake in oven for 5-6 minutes. Check carefully because they tend to brown quickly.

JUST EAT

Year after year, Just-Eat.ca (the Canadian arm of the online takeout ordering service) sees a rather steep increase in orders placed on March 18.

With the jolly celebrations of St. Patrick's Day taking place on the previous day, you can guess why having a meal delivered right to your door seems so appealing.

Typical morning-after takeout go-tos for Canadians include the basics — Chinese food, pizza, and sushi — anything hearty to soak up the suds.

So, what do our friends in the Emerald Isle crave?

According to Just-Eat.ie (Irish arm of the online food ordering service), the Irish share similar habits of ordering in after a hard day of St. Patrick's Day partying.

About the only similarities Canadians and Irish do share is a love for ordering in pizza and noodles — but the Number One dish ordered by the Irish is fries, compared to chow mein

for Canadians.

Interesting to note, the Irish will order a cheeseburger while Canadians order butter chicken.

Here's the complete list — about the biggest common denominator is the foods are in the high-fat and calories category!

Just-Eat.ie vs. Just-Eat.ca:

- Ireland | Canada
- fries vs. chow mein
 - pizza vs. pizza
 - battered sausage (a type of hush puppy) vs. sushi
 - cheeseburger vs. butter chicken
 - fried rice vs. pad thai
 - onion Rings vs. poutine
 - chicken balls vs. burger
 - doner kebab vs. gyro
 - noodles vs. Noodles
 - chicken curry vs. pho

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