



START THE PARTY: Quick and easy to prepare, these tasty prawn and salsa morsels can be assembled as guests arrive. SANDRA SHIELDS/THE EPOCH TIMES

Summer party appetizers

By SANDRA SHIELDS
Epoch Times Staff

Two-bite appetizers are always a big hit at parties and the following recipes are no exception. They will be a welcome start to your evening's entertaining. All three recipes are fresh, easy and quick to prepare, and no baking or heating is required.

The prawn and salsa appetizer is a summer favourite. A dash of lime, avocado, sour cream and salsa tucked into a mini tortilla scoop is topped off with a large prawn. The cucumber cups are a novelty filled with delicious sweet crab salad and decorated with thinly sliced red pepper. The third appetizer is Belgian endive filled with a smooth creamy Boursin cheese, green onions, and a slice of cherry tomato as a garnish.

All the ingredients can be prepared ahead of time, assembled at the last minute and served as soon as guests arrive.

PRAWN AND SALSA APPETIZERS

Makes 12

Ingredients:
12 prawns, cooked and peeled

1/2 avocado, firm but ripe
1/2 lime
12 mini tortilla scoop chips
75 ml (1/3 cup) salsa, mild, medium or hot according to taste
75 ml (1/3 cup) sour cream

Rinse prawns and dry on paper towels. Dice avocado and sprinkle with lime juice.

In the bottom of each tortilla scoop, place a small teaspoon of salsa, sour cream and avocado. Stand the prawn on top and serve immediately.

CRAB SALAD CUCUMBER CUPS

Makes 24

2 English cucumbers
200 g fresh or frozen crabmeat
50 ml (1/4 cup) mayonnaise
1 ml (1/4 tsp) lemon zest
15 ml (1 tbs) chives, minced
Salt
Red pepper sliced into thin slivers

Score cucumber lengthwise with fork, vegetable peeler or citrus zester to create stripes; cut crosswise into 2.5-cm (1-inch) thick

pieces. To form cups, use a melon baller to scoop out some of the pulp and seeds without piercing the bottom. Leave the base intact. Sprinkle cups with salt and turn over on paper towelling to drain any liquid.

Drain crab. Add mayonnaise, lemon zest and chives, mix well and fill cucumber cups. Top with red pepper slices. Serve immediately.

BELGIAN ENDIVE WITH BOURSIN CHEESE AND TOMATO

Makes 20

2 Belgian endive
1 pkg 113 g Herb and Garlic Boursin cheese
50 ml (1/4 cup) sour cream
2 green onions, minced
Cherry tomatoes, sliced for garnish

Trim endive bases and separate the leaves. Arrange leaves on a serving platter. Mix cheese, sour cream and green onions together. Place a tablespoon of mixture on each leaf and place a slice of tomato on top.

Tapas—bite-sized finger foods

By SUSAN HALLETT

Summer is an excellent time for a tapas table—various bite-sized foods ideal for casual dining, poolside snacks or the cocktail hour. The tradition is Spanish, where bountiful arrays of finger foods similar to hors d'oeuvres are set out, buffet-style. Spanish sherry or wine is traditionally served with tapas. You can make a full meal of these little snacks or just try one or two, along with carrot curls, sliced sweet red peppers, and black olives.

OLIVE-CHICKEN EMPANADAS

Yield: approximately 46

175 ml (3/4 cup) butter, softened
115 g (4 oz) cream cheese, softened
500 ml (2 cups) all-purpose flour
225 g (8 oz) chicken, cooked and diced
125 ml (1/2 cup) stuffed green olives, chopped
125 ml (1/2 cup) mayonnaise
1 ml (1 tsp) salt
2 ml (1/2 tsp) cumin, ground
1 egg
15 ml (1 tbs) water

Preheat oven to 200° C (400° F). For dough, cream butter and cheese. Add flour and mix until blended. Refrigerate dough for approxi-



SPANISH DELIGHT: Tapas—a selection of small bites served with Spanish sherry or wine. PHOTOS.COM

mately 30 minutes.

Mix chicken, olives, mayonnaise, salt, and cumin together. Roll dough on lightly floured wax paper. Cut into 8-cm (3-inch) circles. Put a teaspoon of filling in centre of each circle and fold. Press edges together with a fork to seal. Mix together egg and water and brush over empanadas. Bake for approximately 15 minutes. Serve warm.

CHEESE PUFFS

Yield: approximately 36

170 g (6 oz) cheddar cheese, grated
175 ml (3/4 cup) all-purpose flour
50 ml (1/4 cup) butter, softened
150 ml (2/3 cup) stuffed Spanish

green olives
25 ml (2 tbs) fine breadcrumbs
Sweet paprika
Preheat oven to 180° C (350° F). Blend together cheese, flour, and butter. Encase each olive in enough of this mixture to cover and roll in breadcrumbs. Sprinkle with paprika. Chill for approximately one hour and bake for 20 to 25 minutes.

MARBLE EGGS

6 or 7 eggs
40 ml (3 tbs) black tea
40 ml (3 tbs) soy sauce
25 ml (2 tbs) salt
15 ml (1 tbs) black pepper
1 bay leaf cut in half

Put the eggs in cold water to cover and bring to a boil. Simmer for approximately 10 minutes. Remove the eggs from the pan and cool until they can be handled. Crack the shells but do not peel. Put all other ingredients in the water. Add the eggs and enough water to cover, if needed. Simmer for approximately 25 minutes. Shells will be dark brown. Cool and peel. Serve cut in half.

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Zesty grilled salmon

CAROLINE YATES
Epoch Times Staff

Serves 2

Ingredients:
2 salmon fillets
Juice and zest from 1 lemon
Juice and zest from 1 lime
15 ml (1 tbs) soya sauce or tamari
10 ml (2 tsp) sesame oil
2 dried De Arbol chilies, seeded and chopped
2 small zucchinis, sliced
50 g (2 oz) dried couscous
5 ml (1 tsp) vegetable bouillon
4 spring onions, chopped

Preheat grill. Make a sauce by combining the lemon juice, lemon zest, lime juice, lime zest, soya sauce, sesame oil, and chilies.

Wash the fillets and place them on the grill. Baste the fillets with the sauce and grill for 3 to 4 minutes on each side. Baste often.

While the fillets are cooking, add the bouillon and spring onion to the couscous in a bowl. Add enough boiling water to just cover the couscous.



HEALTHY OPTION: Pairing salmon with grains and veggies provides a vitamin-packed meal. CAROLINE YATES/THE EPOCH TIMES

Then cover the bowl with a lid to keep warm.

Heat a skillet and sauté the zucchini, adding a little of the sauce mixture near the end of cooking.

When the fillets are cooked, arrange them on a plate with the couscous and zucchini. Spoon a little of the leftover sauce over the fillet and couscous. Serve.

Safety tips for a fun summer

Ontario Real Estate Association

Summertime allows homeowners the opportunity to spend quality time outdoors. While the warm weather brings along lots of outdoor enjoyment, there are also potential dangers to be avoided. By planning ahead and taking precautions you can ensure safety hazards that don't spoil your fun.

GRILL SAFETY

Summertime means backyard barbecues. But grilling on or near combustible areas can be a fire hazard. The most common grilling hazards are open flames and heat generated in the grill base that can be transferred to the wood of a porch, deck or siding, causing a fire. When grilling, follow these safety tips:

- Place the grill away from siding, deck railings and out from under eaves and overhanging branches
- Periodically remove grease or fat build-up
- Use only proper starter fluid and store the can away from heat sources
- Check propane cylinder hoses for leaks before use
- Do not move hot grills
- Dispose of charcoal properly, keeping ash containers outside and away from combustible construction



FUN IN THE SUN: To prevent sunburn, use sunscreen with at least an SPF-15. Reapply every two hours, even on cloudy days and after swimming or perspiring. SANDRA SHIELDS/THE EPOCH TIMES

WATER SAFETY

Stay safe on the water this year whether it be swimming in a backyard pool or in a lake. The Canadian Red Cross offers swimming lessons and water safety courses for people of all ages. Here are a few water safety tips from the Red Cross. For more information visit www.redcross.ca.

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to

learn to swim—this includes adults and children.

- Never leave a child unobserved around water. Your eyes must be on the child at all times. Adult supervision is recommended.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandpar-

Each year a number of children and even adults drown in backyard swimming pools and lakes, so attention to safety is critical.

ents, and others who care for your child know CPR.

- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than 10-cm (4-inches) wide. If the house is part of the barrier, the doors leading from the house to the pool should remain locked and be protected with an alarm that produces sounds when the door is unexpectedly opened.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices

- (PFDs) are recommended.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- Pool covers should always be completely removed prior to pool use.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.

SUN SAFETY

Protect yourself and your family against sunburn and the potential risk of skin cancer by following a few simple tips:

- Apply sunscreen with at least an SPF-15 or higher, to all exposed areas of the body
- Minimize your exposure to the sun between the hours of 10:00 AM and 3:00 PM, when the sun is strongest
- Reapply sunscreen every two hours, even on cloudy days and especially after swimming or perspiring.
- Wear a hat that shades your face and clothing that covers your body.
- Avoid exposure to UV radiation from sunlamps or tanning parlours.

BUG SAFETY

The Ontario Ministry of Health is urging people to protect themselves against the threat of West Nile Virus. The best way to avoid this potentially dangerous virus is to avoid being bitten by infected mosquitoes. Here are a few practical suggestions to lower your

- Clean up and empty containers of stagnant water, such as old tires, flower pots, wheelbarrows, barrels or tin cans that are outdoors. Drill holes in the bottoms of used containers so water can't collect. Change water in bird baths weekly.
- Collect lawn cuttings, raked leaves or other decaying debris, such as apples or berries that fall from trees, and recycle or mulch so that organic matter does not end up in storm sewers as a food source for mosquito larvae. Turn over compost frequently.
- Check window screens for holes and make sure they fit snugly into the window frame so mosquitoes will not get indoors. If you don't have screens, consider keeping windows closed between dusk and dawn.
- Make sure you wear light-coloured clothing such as long-sleeved shirts or jackets and long pants. Tuck pants into socks for extra protection when going outside between dusk and dawn.
- Use insect repellent containing DEET that has been approved for use in Canada (it will have a PCP number on the front label) and follow directions for use carefully.

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