

MARKET MUSINGS

By Jan Freedman

As we prepare for the upcoming holidays, here is an easy recipe that makes colourful, tangy spreads that would make lovely hostess gifts or stocking stuffers.

This recipe is from Canadian Living's 2015 'Holiday Baking' magazine. This is the recipe for Orange Curd, which can be adapted to make other citrus curds:

This variation on lemon curd is less tart than the original and makes a delicious filling for sandwich cookies or a garnish for plain pound cake.

8 egg yolks
1 cup sugar
4 tsp finely grated orange zest
1/3 cup orange juice
1/3 cup lemon juice
2/3 cup cold butter, cubed

Orange paste food colouring (optional)

In heatproof bowl set over saucepan of simmering water, whisk egg yolks, sugar, orange zest and juices together, stirring often, until thick enough to coat back of spoon, 10-12 minutes.

Remove from heat. Stir in butter one cube at a time until melted and smooth. Strain through a fine mesh sieve into an airtight container, pressing gently on solids. Using food colouring, tint to desired shade. Place plastic wrap directly on surface. Refrigerate until thick enough to mound firmly on spoon, about 2 hours.

For lime curd, use lime zest, 2/3 cup lime juice and orange and green paste food colouring.

For grapefruit curd, use grapefruit zest and 1/2 cup of grapefruit juice. Reduce lemon juice to 2 TBSP and use orange and pink paste food colouring.

For lemon curd, use lemon zest, omit orange juice and increase lemon juice to 2/3 cup. Omit orange food paste colouring.

The next indoor Farmers' Market will take place on Saturday, December 12 from 9 a.m to 1 p.m. at the Armoury Building.

This will be our last one before Christmas and will have a holiday theme with music and crafts for the children. You can expect to find lots of Christmas gifts, stocking stuffers and holiday treats. Plan to come early before vendors are sold out of your favourites. These are the vendors who have confirmed that they will be in attendance:

Among the farmers you will find 19th Avenue Farm, the Abbott Family Farm with his beef, Kind Organics with their sprouts and salad greens, Oakridges Finest, Pepperlaw Creek Farm and their Ontario maple syrup, Pioneer Brand Honey, and Attilio's Olive Oil and Antipasti (the farm is in Italy).

The food vendors will include Catharina's Kitchen, Cosmo's Smoked Meats, Gabriel's Café and his famous back bacon sandwiches, Green River Coffee, Jan's Country Pantry with preserves, chili and hot cider, John Abraham with his fabulous German strudel, Montreal bagels and Fair Trade products, and Nutmeg Bake Shop.

Among the artisans you will find Avery of Beauty Babes/Sweet Scrubs N Stuff, the Bear's Den with her socks and great fingerless gloves, Eurasia Jewellery Design with Anne's stone pendants from around the world, Nancy of Heartsease with her fabric bags, hats, scarves and hot and cold therapeutic bags, Eva Nagy with her assorted bags and yoga mats, Victoria of Green Leaf Designs and her one of a kind jewellery, Kibo Natural Body Care Products with her amazing soaps and lotions, Limitless Jewels and her sterling silver jewellery, SDD Flags and two new artisans, Michelle Zikovitz and Mark Wenzel. These vendors are all registered to be at the next indoor market but, as you all know, there may be last minute cancellations due to unforeseen circumstances.

We are all excited about our holiday themed market on December 12 from 9 a.m. until 1 p.m. and we invite you to bring your family and join us to celebrate the holidays with music, great food and lots of great shopping options from the farmers and artisans.

The 2016 Indoor Markets will be on the following Saturdays: January 9, February 13, March 12 and April 9.

See you at the Market!