

What's Cooking?

New IWK Cookbook, Offers *Flavours to Savour*

By Jan Napier

What do you get when you combine dedicated IWK volunteers with local artistic talent, add stacks of recipe contributions and stir it all together with enthusiasm and tireless effort? A great new IWK Auxiliary Cookbook *Flavours to Savour* soon to be launched at the annual Kermesse Fun Fair, Art Gallery Opening.

A collection of at least 250 recipes was gathered from those who hold the work of the IWK Health Centre near and dear, including volunteers, families, staff, administrators, doctors, community members and even a few chefs. Ann Smith

Boswick who is heading up the project gave me a sneak preview of the gorgeous artwork generously provided by Halifax artist, Hal Jones. From the beautiful emotion evoking cover art that will be donated to the IWK to the whimsical paintings depicting each food category, this cookbook is sure to be a keepsake. You'll find "Great Beginnings," "Serene Salads and Smart Soups," "In the Main," "Sensational Sides and Vibrant Veggies," "Coffee Klatch," "Delectable Delights" and "Specialties for Special People," the latter section for those with specific dietary needs. Hal Jones' strongest influences have been Canadian native artists, which is apparent in his unique style, and his use of colour is pure joy. Hal's wife, Silvia Sterkman Jones, contributed to the design of the cookbook and if you are interested in seeing more "art from the heart," they are regular weekend vendors at the Halifax Seaport Farmers' Market.

Other team members closely involved with the project include: auxiliary president Jo-Anne Nozick, Sheva Medjuck, Marty Merovitch, Nancy Smith, Cynthia King-Moore (IWK dietician) and Kelly Cameron, a past president with more than 30 years of service with the Auxiliary. And as Ann says "it's a celebration of local food, good health, fun, delicious home-cooked meals" and will even feature wine pairing suggestions by Avery Gavel, the sommelier at Five Fishermen Restaurant and Grill in Halifax.

In their 65th year, the auxiliary of the IWK continues to make a huge contribution to the IWK Health Centre and its mission to serve children, women and families by providing volunteer services, fundraising, and driving a large variety of projects. Their commitment to



Ann Boswick

excellence in health care is apparent in past projects that have included: funding important medical equipment, research projects, the Women's Breast Health Clinic, birthday presents for patients, the IWK's Child Life Department, and many more. The proceeds from selling "*Flavours to Savour*" have been earmarked to support the IWK Pediatric Rehabilitation Service Equipment Loan Program. This program was established to provide families of children and youth with physical disabilities or acquired brain injuries the opportunity to borrow from a variety of resources.

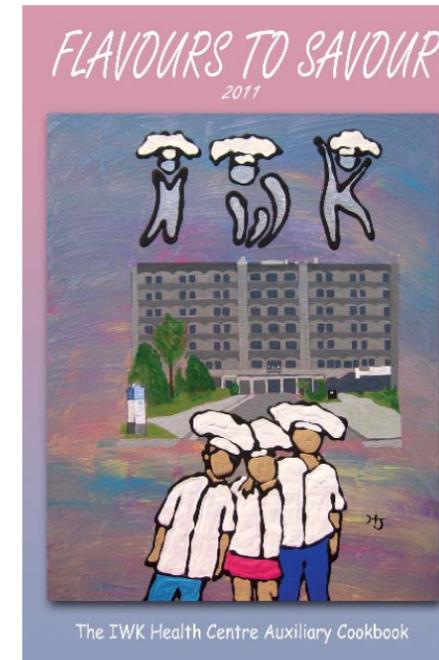
The IWK Auxiliary is always looking for new, energetic members to volunteer in any number of areas such as volunteering in patient care areas, providing leadership on committees, working on

Auxiliary projects and committees, or driving fundraising activities. (Those interested can find a thorough description of their important work on the IWK website.)

I bet many of you have a copy of *A Taste of Telethon Cookbook*, a project of the IWK Children's Hospital Foundation in celebration of the 10th anniversary of the telethon that was published in 1994. My well-worn copy falls open in several places as I have found it to be a very useful cookbook over the years, so I'm thoroughly excited about this new cookbook and plan on getting my hands on a signed copy.

The first 1000 copies of *Flavours to Savour* will be a limited edition numbered and signed by the artist so you won't want to miss getting one either. They will be available at the Kermesse Art Gallery opening reception to be held at the Public Archives of Nova Scotia (located on the corner of University Avenue and Robie Street) on Thursday, May 26, from 7 to 9 p.m. Following the day of the Kermesse, copies will be available at the IWK Biggs and Littles Gift Shoppe, and at other locations throughout the city (yet to be determined).

There is something particularly wonderful about shared recipes, especially our tried and true, time honoured, family favourites. Marty Merovitch, one of the cookbook committee members, has had a longtime association with the IWK with her now 22-year-old son being a patient on and off since he was four. At 13 he required a cervical fusion and was hospitalized for four months. Of her work for the IWK, Marty says that "paying it forward is a privilege." Here's Marty's recipe for Miami Ribs that will appear in the new cookbook.



Miami Ribs

2 lbs Miami ribs
1 onion, chopped
2 cloves garlic, minced
2 Tbsp oil
½ cup ketchup
½ cup water
2 Tbsp white vinegar
¼ cup brown sugar
1 tsp Worcestershire sauce
½ tsp salt

Cut ribs between bones and broil on both sides just to brown.

In saucepan, brown onions in oil until caramelized.

Add the rest of the ingredients to onions and bring to a boil. Simmer for 5 minutes. Adjust seasonings to taste.

Pour sauce over ribs and bake for 60 to 90 minutes at 350° F, basting often.

Autumn Bell's son was diagnosed with Type 1 diabetes at the age of 21 months and she is ever grateful for the excellent care provided by the IWK. Autumn shares with us a true family favourite recipe for banana bread (or muffins).

Aunt Myma's Banana Bread

Makes 1 loaf or 12 muffins

1 cup sugar
¼ cup margarine
1 egg
3 bananas, mashed
1½ cups flour
1 tsp baking soda
½ tsp salt

Cream margarine and sugar, then add egg. Beat well then add in mashed bananas. In a bowl mix the flour, baking soda and salt. Mix with wet ingredients until combined. Let rise for 5 to 20 minutes before baking. Bake for one hour at 350°F. (less time for muffins; test with a toothpick for doneness)

Low Sodium Version: Use salt free butter and omit the salt. As Autumn says, "it still turns out amazing! We have started doing this for my grandfather after his bypass."

Oops! Correction: Funnel Cakes (April issue); 34 tsp should read ¾ tsp. Also continue to add milk to the mixture until the consistency of thick pancake batter.

Make every moment count.

Make a tribute gift to the IWK.

iwkfoundation.org/tribute