



## Ontario Home Economics Association

### *Ask A Professional Home Economist*

The following recipes were demonstrated by Kathleen Mackintosh, P.H.Ec.  
at the  
*Garlic is Good Festival, Milton, Ontario, August 16, 2003.*

#### **Cheddar-Chive Drop Biscuits**

adapted from recipe in LCBO *Food & Drink Magazine*, Summer 2000 issue

2 cups flour  
1 tbsp. baking powder  
1 tsp. salt, divided  
1/3 cup butter, room temperature  
1 cup shredded old Cheddar cheese  
2 tbsp. chopped fresh chives  
1 cup milk  
2 tbsp. garlic oil

1. Combine flour, baking powder and  $\frac{3}{4}$  tsp. salt in a large bowl. Cut in butter using 2 knives. Add cheese and chives.
2. Stir in milk. Dough will be soft and sticky. Drop heaping tablespoonfuls onto a large greased baking sheet. Brush with garlic oil and sprinkle with remaining salt.
3. Bake on middle rack of oven for 16 to 20 minutes or until edges are brown. Serve immediately.

Makes 12 to 14 biscuits.

#### **Tip:**

To make your own garlic oil, add chopped garlic to olive oil and refrigerate overnight. Remove garlic and enjoy. Remember to store flavoured oils in the fridge.

## **Tofu Vegetable Stir Fry**

adapted from *Savoury Wisdom – Delicious, Healthy Recipes for Two*, by Ellie Topp P.H.Ec., & Suzanne Hendricks, RD.

1 tbsp. canola oil  
1/2 lb. firm tofu, cut into 1/2 inch cubes  
1 small onion, chopped  
1 clove garlic, minced  
1 carrot, very thinly sliced  
1 sweet yellow or orange pepper, cut into cubes  
1 tsp. minced fresh gingerroot  
4 oz. snow peas  
1/2 cup chicken broth  
1 tbsp. soy sauce  
pinch hot red pepper flakes  
1 tsp. water  
2 tsp. cornstarch

1. In a large nonstick skillet, heat oil over medium/high heat. Add tofu; cook without stirring for 2 minutes or until nicely browned on one side. Carefully turn cubes to brown on other sides, gently remove from pan.
2. Add onion, garlic, carrot, peppers and ginger; cook for 3 minutes over medium heat or until tender crisp.
3. Stir in peas, broth, soy sauce and pepper flakes. Bring to a boil; cook for 2 minutes or until peas are just tender.
4. Combine water and cornstarch; stir into pan. Cook stirring constantly for 1-2 minutes or until thickened and bubbly. Stir in tofu and heat through before serving. Serve over bulgar or rice.

Makes 2 servings.

**Tip:** Substitute ½ lb. thinly sliced sirloin steak for tofu.

### **Above recipes from:**

**Kathleen Mackintosh, P.H.Ec.**, a freelance professional home economist based in Scarborough and owner of *Savour The Flavour*, and **Ellie Topp, P.H.Ec.**, an Ottawa-based certified culinary expert and cookbook author.

*The Ontario Home Economics Association is a self-regulated body of Professional Home Economists that promotes high professional standards among its members so they may assist families and individuals to achieve and maintain a desirable quality of life.*

For more information, please contact:

Ontario Home Economics Association  
Box 45, R.R. #5, Dundalk, ON N0C 1B0  
Tel/Fax: (519) 925-9684

Website: [www.ohea.on.ca](http://www.ohea.on.ca) <<http://www.ohea.on.ca>>