

# Old standby, stew and biscuits — yum in the tum

Back when I had a little bit more spring in my step and not as many grey hairs, I worked at a resort on Lake Roseau in the Muskokas as chef de partie, saucier.

Every Sunday afternoon in the beautiful summer it was my task to set up the old apple wood-burning barbecue and prepare all the meats, including oysters that were set on pieces of granite over the open flame to take the chill off, before shooting them with a Tabasco, chili, tequila concoction the chef would make each week.

We would have regular guests like Martin Short with his wife and kids cracking jokes each time he came up to the buffet, and of course, Goldie Hawn and Kurt Russell would show up to sample that weekend's culinary delights.

Even Brian Mulroney dropped in one weekend for a photo shoot at the resort as well as partake in the culinary festivities.

One of the chefs who worked the morning shift was Geno, a larger than life man. No matter what was going on he always had a happy-go-lucky view on life and himself.

To this day I have yet to see someone put up orders as fast and easy as he could. (Later on I



## DISHING IT UP

by executive chef

found out he had a photographic memory, which meant he only needed to look at a chit once to remember everything that was on an order.)

One of Geno's many jobs in the morning was to make the daily soup, and let me tell you, even the "Soup Nazi" from the 116th episode of Seinfeld would be envious of these amazing creations. I even came in one morning, bright and early, to see what cookbooks Geno was using, but sadly found out he did it all by imagination and taste, using what was available in the kitchen each week.

About two weeks ago I was working away in the main kitchen when I received a phone call

from a young woman telling me that her mom, Melody from Fort St. James, has the best stew and biscuit recipe hands down by far, and if I would like to try them.

I have yet to try the recipes, but I thought that it would be wrong of me to keep such a good thing to myself, so here they are.

### Mom's Buttermilk Biscuits

- 2 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 cup shortening
- 1 cup buttermilk
1. Preheat oven to 450 F.
2. In a bowl combine the flour, baking powder, baking soda and salt.
3. Cut in shortening until the mixture resembles coarse crumbs.
4. Stir in the buttermilk and knead the dough gently.
5. Roll out to an inch thickness and cut with a two-inch biscuit cutter.
6. Place on a lightly-greased baking sheet and

cook for 10-15 minutes.  
Yields 10 biscuits.

### Mom's Swamp Stew

- 1 pound chicken, cubed
  - 1 pound Italian sausage, sliced
  - 8oz tomato sauce
  - 4 celery sticks, chopped
  - 1 tbsp poultry seasoning
  - 1 tsp cumin
  - 1 tsp oregano
  - 2 tbsp parsley
  - 1 tsp salt
  - 1 tsp pepper
  - 1 large onion, chopped
  - 2 cups chicken broth
  - 3 cups carrots, chopped
- Combine all ingredients in a large crockpot and simmer for five to six hours, or in a large pot on the stove, simmer for about 45 minutes to an hour. If you have any questions, recipes or comments please send to [dishingitup@live.com](mailto:dishingitup@live.com). Until then, flambé the day away.  
Jason Stewart is executive chef at the Ramada Hotel Downtown Prince George.

## SHOWBIZ IN BRIEF

### Janet postpones tour

The Associated Press

TOKYO — Janet Jackson has postponed her "Rock Witchu" Japan tour next month because of the global financial crisis.



JACKSON

Japan concert organizer Kyodo Yokohama said she would postpone five concerts in Japan scheduled between Feb. 14 and Feb. 22 "due to the impact of economic crisis."

The Grammy-winning singer had planned to perform in Saitama, near Tokyo, as well as in other major cities, including Nagoya, Osaka and Fukuoka. The events are part of the world tour that started in 2008 — her first in nearly seven years.

The tour will be rescheduled for later this year.

### 'Bye Bye' coming back

NEW YORK — The swivel-hipped Conrad Birdie is coming back to Broadway.

The Roundabout Theatre Company says next season it will present the first Broadway revival of "Bye Bye Birdie," the musical tale of an Elvis Presley-inspired rock 'n' roll star and his effect on the teenagers in one small Ohio town.

Also on tap for the Roundabout during the 2009-10 season is a revival of Noel Coward's "Present Laughter," starring Victor Garber as a charming, world-weary matinee idol - not unlike the playwright himself.

Robert Longbottom will direct and choreograph "Birdie," first seen on Broadway in 1960, and Nicholas Martin will direct "Present Laughter."

### Tyler Perry faces liens

ATLANTA — Six construction companies have filed liens against actor-screenwriter Tyler Perry's home and movie studio, claiming they are owed thousands of dollars in unpaid bills.



PERRY

Fulton County court documents show the companies are claiming nearly US\$200,000 for work they completed on Perry's 2,790-square-metre home and production studio in Atlanta.

Perry tells The Atlanta Journal-Constitution that he withheld payment from the companies for undocumented charges or for sloppy work.



AP photo

The 11 teams for the 14th edition of the Amazing Race pose on the tarmac in Los Angeles. The show premieres Feb. 15, at 8 p.m. on CBS.

## 11 Amazing Race teams all set and rarin' to go

The Associated Press

LOS ANGELES — Most contestants on "The Amazing Race" must tackle language barriers during their trek around the world. As the reality series' first-ever deaf contestant, Luke Adams had double the trouble.

The 22-year-old recent college grad and his mother Margie are among the 11 two-person teams racing for the US\$1-million prize in the upcoming 14th season.

"I thought it would be easy because my mother and I have always communicated really well," the longtime "Amazing Race" fan, who doesn't speak or read lips, said through an interpreter. "In the airports, my mom had to do all of the work because she had to do all of the talking. It was kind of hard for me to depend on her to do all of that."

"In the beginning, I think Luke didn't have a whole lot of trust that I was going to communicate all of the information that I was receiving to him properly," said Margie.

"I would ask a question or for directions, and it would take five minutes to get the answer, then I'd give him a 30-second reply. He'd say, 'No, you didn't tell me everything.'"

Other teams this season include pairs of stuntmen, Southwest Airlines flight attendants, former National Football League cheerleaders and University of Louisville college athletes. Brother-and-sister team Victor Jih, 35, and Tammy Jih, 26, both graduated

from Stanford University and Harvard Law School and now work as corporate litigators in California.

Beginning at the Los Alamitos Joint Forces Training Base near Long Beach, Calif., the Emmy-winning CBS reality competition (premiering Feb. 15 at 8 p.m. on CTV in Canada) will follow the teams for 12 episodes as they travel over 64,000 kilometres to nine countries, including — for the first time — Romania as well as Switzerland, India and Russia.

"We shot in the city of Krasnoyarsk and the city of Novosibirsk," said "Amazing Race" executive producer Bertram van Munster.

"The teams get from one city to another via the Trans-Siberian Railroad. Of course, it started off nice, but we got into this Siberian snowstorm with below-zero temperatures, which we weren't used to. It was pretty exciting."

At 68, Mel White is the season's oldest contestant. The gay-rights activist and former speechwriter for Pat Robertson and Billy Graham is teamed up with his 38-year-old son Mike White, the actor-screenwriter who penned such films as "School of Rock" and "Nacho Libre." Despite the frantic pace of the race, Mike insists he didn't bicker much with his dad.

"Compared to some of the other teams, I think we got along like a Hallmark card," he said.

On the Net: <http://www.cbs.com/primetime/amazing-race/>

## The Burger Family just got Sirloinier.

Introducing the Uncle Burger™, with a juicy 5 oz sirloin beef patty that takes enjoying a burger to a whole new level. After one bite, we're sure you'll agree. After all, to become a member of The Burger Family, you've got to be pretty special.



2067 5th Ave. 561-2327  
1716 20th Ave. 564-2311  
1746 Hart Hwy. 561-9392  
5998 Southridge Ave. 964-8591  
Food Court 614-0881  
WE DELIVER - 564-2322  
20th Ave. & Hart Hwy locations open 24 hrs.

631245

## coldsnap 2009 the prince george winter music festival

Jan 24 to Feb 1



### Dance Dance Dance

Saturday, Jan 31 • Coast Inn of the North

Recorded by CBC Radio 2! Dance to the blues and rockabilly of Moreland & Arbuckle, Cousin Harley & Mike Footit



### World Beat Unites Dance

Saturday, January 24 • Ramada Hotel

Dance to the Latin soul and world beats of Alex\* Cuba, Mighty Popo, and Navaz

### Chill with the Masters

Sunday, January 25 • Vanier Hall

The perfect fusion of gypsy, jazz and Latin tunes with Oscar Lopez, Marc Atkinson Trio & The Three Amigos



### Smokin' Hot! Concert

Thursday, January 29 • Art Space

American roots and folk music are smokin' hot with Stacey Earle & Mark Stuart, Rob Szabo & Emilyn Stam

### The Big Indie Concert

Friday, January 30 Coast Inn of the North

Recorded by CBC Radio 2 for nationwide concerts! Cool Indie recording artists: The Sadies, The Fugitives, Rachelle Van Zanten, Jon & Roy, & Rob Szabo

### Open Minds, Open Hearts

Sunday, February 1 • PG Playhouse

Enjoy the soulful folk and jazz of John Boutte & Paul Sanchez, Martyn Joseph & Emilyn Stam

All tickets \$25 (3 for \$60)!

Available at: Books and Co • Studio 2880 • Meow Records



00647873

## Spector's defence takes its turn

The Associated Press

LOS ANGELES — Nearly six years after an actress was shot to death in the foyer of his storied castle, music legend Phil Spector's long, strange voyage through the justice system is nearing what could be its final act — his lawyer's presentation of what happened on that fateful night.

Prosecutors rested their case last week in what is the second murder trial for Spector. The first ended in a mistrial when jurors could not reach a unanimous verdict and deadlocked 10-2 in favour of conviction.

Both sides are hoping for a verdict this time. If convicted, the 68-year-old record producer could be sentenced to 18 years in prison, realistically the rest of his life.

A verdict would also render a decision on just what happened to Lana Clarkson, a statuesque, blonde beauty who became a 1980s cult figure following her starring role in the Roger Corman film "Barbarian Queen."

TIMELY.  
TOPICAL.  
TRUSTED.

PRINCE GEORGE  
CITIZEN

Subscribe now!  
Call 562-3301

## HELP!!!

IT'S INVENTORY TIME!  
And we don't want to count stock.  
Until Saturday January 31  
at 5:30p.m.  
Every in-stock item is

1/2

the last ticketed price

THE HONEY TREE

Beautiful Clothes For You

We feature sizes 2-24  
Petites - Reg. & Plus

1362 - 2nd Ave.  
(250) 562-2344

644186

"We have your future in mind"

## Where Your Loved One Will Receive The Best Care

Schaffer Residence at The Hart

21 Bed Residential Care Facility

Call Jolene Pagurut, RN, BScN

250.962.9840

7780 Hart Highway, Prince George, BC V2K 3B3

00624445

Canwest  
Canspell

Presented By  
CANADA POST CANADA

## WORD OF THE DAY

### xeric

ZEER-ik (adjective)

DEFINITION: characterized by, relating to, or requiring only a small amount of moisture

The thick, succulent stems of cacti can store enough water to allow them to survive in xeric habitats.



Locally Sponsored by

RAMADA  
Downtown Prince George



www.canspell.com

00602171

From Merriam-Webster Online  
at www.Merriam-Webster.com