

Hot and Salty Spice Blend

- 2 tablespoons paprika
- ½ teaspoon cayenne
- 1 teaspoon cumin
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon salt



Cooking with Fruit

IF you never thought fruits were destined for your oven, think again. Roasting fruits causes their natural sugars to melt into a thick, delicious caramelly syrup. Roasting definitely turns fruit into a mouthwatering breakfast, a side dish or a snack. Just choose your favorite fruit and get roasting!



Apples, apricots, bananas, pineapples, peaches, plums, pears, cherries and figs are excellent fruits for dry cooking. Ripe, sweet fruit needs little or no added sugar. Use spices to enhance the natural sweetness of cooked fruit dishes or add some depth to the flavour. Cinnamon, nutmeg, clove, ginger, cardamom, black pepper, chilies, vanilla are commonly paired with fruits.

Herbs like mint also complement many fruits. Rosemary and sage work well with cooked fruits paired with meats — for example, sage with apples and chicken. Other herb and fruit combinations include oranges with thyme, peaches with rosemary and strawberries with sage.



Cooked fruit goes way beyond dessert, appearing in salads, side dishes and main courses. Try pancakes or waffles with a flavorful baked fruit instead of syrup. Cooked fruits are also at home with main dishes. Pork medallions with baked apple-raisin cinnamon or chicken with pepper berries are flavorful ways to showcase fruit and to fit more servings into a daily diet.

Cooked fruits also make excellent side dishes. Try fresh gingered pear sauce or grilled pineapple, nectarine or pear as a side dish or in a salad. Even pizza can be topped with fruits such as pears or figs with goat cheese or the famous Canadian pineapple.

