

GRANDMA'S CORNER - FOOD PREP



Meet my granddaughter, Olivia (we all call her Lily). She is this month's contributor and will share her amazing food prepping strategies with you. Now, more than ever, with the high cost of food, it's important that nothing gets wasted or thrown out. Lily is a master at this and I've asked her to share her strategies with you.

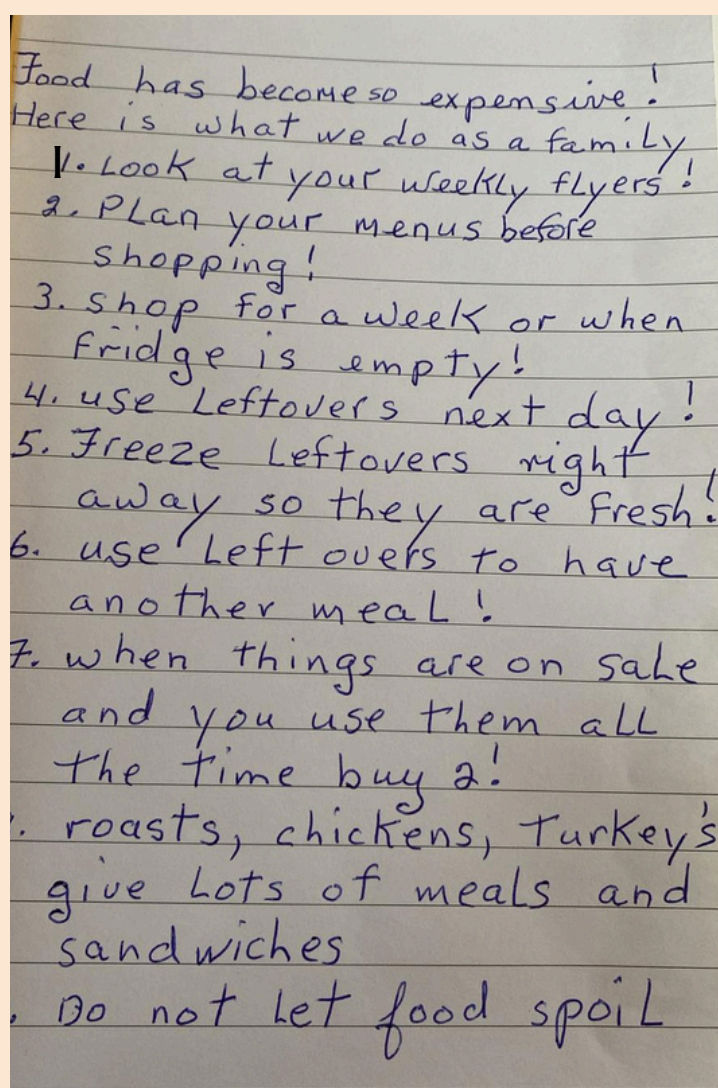
Love,
Pauline

Hello Dear Readers,

I'm Lily and yes, I like to food prep. Sunday is my cozy day. I start the morning by cleaning and tidying the house and making sure the fridge is nice and empty. Then I plan for three meals that I want to eat during the week, make my list, grab my grocery bags and off I go to the grocery store. I'll be honest, I love this process. Walking down the grocery aisle opens a world of possibility.

Last week I spent 155\$ and prepped three meals - chilli, beef and veggies with rice, and my Sweet Potato Hamburger Delight. I also bought fresh lettuce for salad and cucumbers and grapes to snack on. The trick is that the moment I get home, I unpack the groceries and begin to prep and cook my three meals. I also wash and store the veggies and fruit so they will look appetizing and make them easy to use during the week. I was able to make 17 meals on this budget and froze most of them to enjoy throughout the week. The best part is, there is no waste.

Love,
Lily



Pauline's words of wisdom



Sweet Potato Hamburger Delight

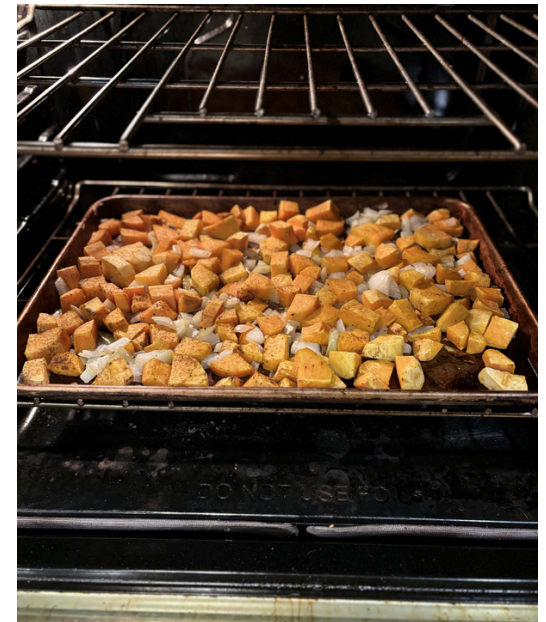
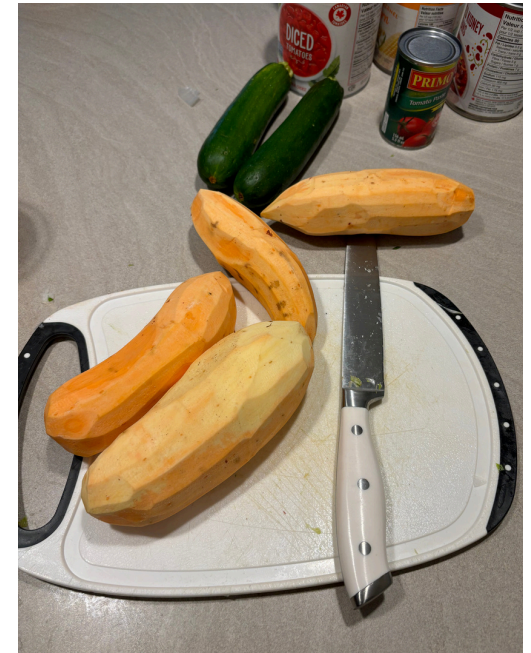
This is a recipe that my youngest granddaughter Lily made up - comfort food at its best. It's simple, delicious, nutritious and freezes well.

Before you begin, pour yourself a sparkling glass of wine or put on some great music and relax. This is going to be easy.

- Peel and chop 5-6 sweet potatoes
- Chop up one onion
- Chop up 1-2 cups of mushrooms according to your taste
- Set aside one cup of frozen corn
- Set aside a pound of ground beef
- Prepare your favorite spices

Place your cubed sweet potatoes on a baking sheet, add the onion and pour about 2 tbs of olive oil over it and mix. You can add garlic if you wish and season to your liking. I use Aromat, Tony Checheres Cajun Spice (from the states), salt and pepper. Put in a preheated 350 degree oven for 30 minutes. In the meantime...

- Sauté more chopped onion with the hamburger meat in a frying pan, using about a tbs of olive oil.
- Add the mushrooms and corn and cook for another few minutes over medium heat. Spice with the same spices as the oven mix.



For the final step, mix the sweet potato mixture with the beef mixture and voila! you have a delicious meal ready to enjoy.

LOOKING BACK...AUBERGE SCHWEIZER

The running of **Auberge Schweizer** gave us the opportunity to meet so many different people from all walks of life and from all over the world. My five siblings and I lived it and breathed it growing up, and then I came back to raise my own family at the Auberge. One of our favorite things to do was to give our steady guests secret names. There was the *man in white* who always spent his weekends with us draped in white linen. We didn't question why, but never saw him wear any other colour on his visits.



We also had the *garlic couple* because at every meal they asked for extra garlic as though this is what made their stay with us special. Then there was the *apple pancake lady* and her husband. They always wanted and expected apple pancakes. One weekend when they arrived, I realized I didn't have any apples, but the pancake lady had the solution – she had brought some apples from home just in case!



The key lady got her name by losing her rental car key just as she was leaving to head to the airport in Montreal. She panicked. She got all the guests to go up and down the driveway searching in case she had dropped it. She unpacked and repacked her suitcase several times with no luck. She was distraught. Finally, I casually asked her, “Could the key be in your pocket?” And there it was! Disaster averted.

One of my favorite stories was when my sweet little 10-year old, sister Heidi, who was always eager to serve the guests, arrived at the table with a huge bowl of spaghetti and serving plates. She smiled proudly as she set the spaghetti down but tipped the bowl a little too much and just like that, the spaghetti slid out of the bowl and onto the middle of the table. “Oh no! My mother is going to be so mad at me!” she cried. The gracious guests each took a fork and scooped the spaghetti onto their plates. Problem solved and our mother was never the wiser. We forever thought of them as the *spaghetti couple*.

There are so many stories from our time at the Auberge. Some happy, some sad but it made for rich experiences and brought so many interesting people into our lives.