



Remembrance Day  
November 11

Those of us who are left have just completed our second month of our new year. We have lost more of our staff and some kitchens have folded while one other has regrouped. Warmland Kitchen is gone and Jenn is no longer working as a facilitator but will continue to help out with events as will Sarah. We would like to thank them for all their help and hope to see them in the future. Spirits which was facilitated by Sandra and Marcia has disbanded and Marcia has also left us but will help out in the future, Sandra has formed another kitchen called Dish It Up with 6 members. We have formed a partnership with the Duncan Food Bank and they are hoping to start a kitchen. We have a long waiting list for spaces in Duncan but we need facilitators, if you have about 9 hours a month free and would like to join our group or if you know someone who would you can call us at 250-748-2242 ext. 134.

We are also in need of freezers to store our bread and occasional meat donations. If anyone has one to donate or sell very cheap please let us know. Thank-you.

Community Kitchens participated in the walk of Nations on Oct.22, we provided our van to transport Elders.

We would like to thank Gina Talbot and her family for their generous donation of apples again this year.

Cowichan Community Kitchens has prepared manuals on how to start a Community kitchen. They are available to any persons or organizations wishing to start their own kitchen or groups of kitchens or if you are just interested in how we function. The manuals are \$50.00 each.

I am going to share two slightly different Salmon Cake recipes with you this month. They are oven baked so they appeal to the health conscious among us. The preparation is the same for both recipes so to save space I've combined the two.

#### OVEN-FRIED SALMON CAKES

##### Recipe 1

1 lg. egg or whites from 2 lg. eggs  
1 can (150z.) salmon, drained & flaked  
or 2 cups fresh salmon  
1 cup fresh bread crumbs  
¼ cup minced scallions or onions  
2 Tbsp. fresh lemon juice  
½ tsp. Worcestershire Sauce

##### Recipe 2

1lg. egg or whites from 2 lg. eggs  
1 can (150z.) salmon, drained & flaked  
or 2 cups fresh salmon  
1 cup fresh bread crumbs  
¼ cup finely diced green onion  
¼ cup finely diced celery  
½ tsp. parsley flakes  
¼ tsp. dill weed  
1 tbsp. fresh lemon juice

Heat oven to 400° F. Spray cookie sheet with vegetable cooking spray.  
Beat egg with a fork in a medium size bowl and add remaining ingredients and mix until well blended.

Scoop  $\frac{1}{4}$  or  $\frac{1}{3}$  cup of mixture and form into patties.

Place on prepared cookie sheet and bake 10-12 minutes.

Yields between 4-8 patties depending on size and thickness.