

ROSEHIP CREAM FILLING:

Meanwhile, in small saucepan, bring cream and rosehips to boil; reduce heat and simmer for 30 seconds. Remove from heat; cover and let stand for 15 minutes.

Strain into bowl through fine-mesh sieve, pressing with back of spoon to release liquid and some of the pulp; set aside and let cool completely.

In separate bowl, beat butter with icing sugar and salt until in fine crumbs; beat in rosehip cream. Spoon or pipe about 1 tsp icing onto centre of half of the cookies; sandwich with remaining cookies, pressing gently to push icing to edge. *(Make-ahead: Store in single layer in airtight container for up to 2 days.)*

PER COOKIE: about 97 cal, 1 g pro, 5 g total fat (3 g sat. fat), 13 g carb (trace dietary fibre, 8 g sugar), 17 mg chol, 27 mg sodium, 12 mg potassium. % RDI: 1% calcium, 2% iron, 4% vit A, 2% vit C, 7% folate.

CHANGE IT UP

Lemon Cream Sandwich Cookies

Replace rosehip-infused cream with 1 tbsp each lemon juice and whipping cream; stir 1 tsp grated lemon zest into filling.



Shore Lunch-Style Fried Whitefish

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 6 servings

Great Slave Lake in the Northwest Territories is a destination for fishermen from around the world. A shore lunch of fresh-caught fish is a must when fishing in N.W.T. In this version of the classic shore lunch, inspired by Greg Robertson of Bluefish Services, whole wheat flour

replaces all-purpose flour and a touch of cornmeal adds a pleasant crunch to the coating. Use the freshest firm white-fleshed fish you can find, such as whitefish, pickerel, halibut or cod.

- ½ cup whole wheat flour
- ¼ cup cornmeal
- 1 tsp salt-free lemon-pepper seasoning (such as Mrs. Dash)
- 1 tsp salt
- ¾ tsp paprika
- Vegetable oil for frying
- 1½ lb (675 g) whitefish fillets, skinned and cut crosswise into 1-inch (2.5 cm) wide strips
- Lemon wedges

In pie plate or shallow dish, whisk together flour, cornmeal, lemon-pepper seasoning, salt and paprika.

In wok or deep pot, pour enough oil to come 1 inch (2.5 cm) up side. Heat until deep-fryer thermometer reads 375°F (190°C) or until a 1-inch (2.5 cm) cube of white bread turns golden in 30 seconds.

Dredge fish in flour mixture, turning to coat; shake off excess. Deep-fry, in batches and turning once, until golden, about 4 minutes. Using slotted spoon, transfer to paper towel-lined baking sheets to drain. Serve with lemon wedges.

PER SERVING: about 178 cal, 22 g pro, 8 g total fat (1 g sat. fat), 4 g carb (1 g dietary fibre, trace sugar), 68 mg chol, 173 mg sodium, 380 mg potassium. % RDI: 3% calcium, 4% iron, 5% vit A, 3% folate. »

TEST KITCHEN TIP

Fish & Oil

The temperature of the oil will drop as fish is added; adjust the heat accordingly to maintain a steady temperature.

**PROFILE:
NORTHERN
FANCY MEATS**



Newfoundland-born Terry Greene arrived in Yellowknife in the late 1970s. Taking some time off from working at a butcher shop in Edmonton, he travelled north on the advice of a friend. He never returned south.

His shop, Northern Fancy Meats, has been in business in Yellowknife since the early 1970s and is a cornerstone of the community in terms of providing food. Orders are shipped across the territory and into Nunavut.

The store's old-school meat fridges are stocked with an array of marinated ready-to-cook products, from chicken cordon bleu and seafood-stuffed chicken breasts to housemade burger patties, marinated steaks and homemade sausages.

Shoppers can also choose from a variety of amazing homemade jerky, Polish sausage, pepperoni sticks and other deli-style meats, as well as wild fish and game, such as bison and musk ox. Hunters appreciate the processing plant in the back of the shop; they can take (or ship) their catch there to be inspected and cut to order.

The great-tasting merchandise aside, the real secret behind the success of Northern Fancy Meats is Terry's enthusiasm for what he does: His eyes light up whenever he speaks about the services he offers, the new equipment he has or his plans to develop his business.

— Rheanna Kish