

## Inside the Apartment

In an introspective time, it would make perfect sense that all things would be directed inwards. Our holiday celebrations were no exception.



A big traditional holiday meal is a glorious thing and over cumbersome to cook for two. Many years ago, we elected to create a smaller feast to accommodate the two of us and that has since become our tradition.



Instead of turkey, our centerpiece delectable is shrimp. Some years we cook whiskey shrimp and other years – like this one – its butter and garlic with a little bit of cayenne pepper.

Our idea of the trimmings might seem a little a little ordinary for some but we make some of our favorite foods.



Along side the shrimp we prepare for ourselves a fresh crisp salad, potato baked with cheese and garlic and topped with fresh sour cream. LOL That sure sounds like an oxymoron doesn't it? We also grill us up a small portion of strip loin steak and it all ends up being a meal fit for royalty while at the same time, it took only an hour

to prepare the entire thing, leaving more time to watch movies and hang out.



We love to cook and for us, simple fare is just as wonderful and fulfilling as the many complicated things we know how to prepare. We also love good wine and it really rounds out a beautifully prepared meal, not to mention that a little wine with our food is good for us...

For our holiday meal we chose a red wine that is actually one of our favorites. This Ontario red is called Entralac and is one of the very best staple wines we have found. It is inexpensive and goes with just about any foods that red wine can go with. It has a flavor that is

reminiscent of the autumn apple harvest celebrated here every year and it doesn't have any offending after tastes that can linger and mess with the taste of food.

To top the meal off we had a slice of golden pound cake with a generous helping of butter and a couple of tangerines. And it all tasted SOOOOOOOOO good!!

We practice a little thing we call Loving Intent. What Loving Intent means is that we prepare our food with love, enjoying the smells, the taste and the value of our food. We believe that Loving Intent makes the food not only taste better, but also allows our food to nourish us in a deeper way, returning the love that we offered it.

What a great way to celebrate don't you think?

Happy Trails!!  
Kat and Wayne