

Tasty foods too keep you cool

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grilled potatoes hot off the BBQ. To finish off, season to taste and pair with a bold tasting red wine.

This easy version of beef stroganoff has a smooth, rich texture; however it doesn't have that heavy and overly filling taste like most cream-based sauces. The meat is incredibly tender from the slow cooking method and the garlic adds a bold, strong taste to the sour cream, yet with the fresh basil the powerful garlic taste is slightly tamed to create just the right amount of kick.

It's important to note that beef stroganoff is economically feasible. As tasty as Kraft dinner is, the cheap pasta tends to get a little boring night after night. Thus stroganoff fulfils your taste bud requirements without blowing your budget.

Pairing stroganoff with red wine truly amplifies the taste of the beef and garlic. Any red wine would taste lovely however a dry, bold tasting wine seems to be best suited with this particular dish. This summer, try the bold taste of Voga Italia to accompany the strong tastes in beef stroganoff. Voga is a Sicilian wine which comprises a blend of four enticing flavours: shiraz, merlot, cabernet sauvignon, and pinot noir. The wine has a full body taste and is exceptionally dry, however, the fusion of different variations of wine creates an intriguing flavour which accents the bold taste of garlic and basil in the beef stroganoff. Another bonus? It's relatively cheap, coming in at a reasonable \$15 a

bottle.

If you're looking for a way to satisfy your hunger without cooking huge quantities of food, try creating scrumptious appetizers with delightful summer chillers to drink. Tzatziki is probably one of the easiest yet yummiest summer dishes to prepare.

Full of flavour without added sugars and calories, tzatziki is a creamy dip which can be easily paired with veggies, crackers, cheese, and breads; the opportunities are endless. This Greek delicacy is relatively simple to prepare with a few fresh ingredients: one cucumber, half a teaspoon of salt, one cup of drained goats milk yogurt, two tablespoons of fresh mint, two gloves of minced garlic, and one table spoon of extra-virgin olive oil.

To prepare tzatziki, grate cucumber coarsely into a bowl; sprinkle with salt and let stand for thirty minutes. Next squeeze cucumber in batches, to remove as much moisture as possible. Stir in yogurt, mint, and garlic. The mixture must be refrigerator for up to two days for ample flavour; before serving drizzle with olive oil.

Homemade tzatziki has a tangy, authentic, and creamy flavour, and pairs well with western Australian red wine Fifth Leg. This blend of merlot, shiraz, and cabernet sauvignon has a smooth and tangy taste. Different from the dry bold taste of Voga, it accentuates the savoury and unique taste of tzatziki.

When the heat and hunger get to you, remember to stay creative. There's no shortage of food alternatives to keep cool throughout the summer.



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There's no shortage of red and white wines to satisfy your summer taste.

Enjoy summer while it lasts

NATALIE TIMPERIO
SENIOR INSIDEOUT EDITOR

If this were the distant future where cloning oneself was a very real possibility, you can bet I'd be one of first to do so.

In the midst of summer, I've been consumed with this thought. Naturally, I'd command my clone to do all the things I do not want to do. I'd like to tell you there are very few things I don't like to do but, in fact, there are too many to name here.

However, in time I'm sure my clone would scheme against me because of this and, of course, my genius plan to make a slave out of a replica-me would be all for naught.

Whoever said the truth is hard to face was a wise person. Entering my final year of undergrad has taken me for a loop. I'm not quite sure when the incessant fear to grow up first developed, but it goes without saying that I'd much rather bury my head in a hole and make pretend I'm in my teen years once again. This is exactly what I've been doing this summer—and I don't feel guilty.

Summer slowly takes on a gloomier tone as we grow up. As university students, we have a four month summer (amen!). For a fortunate few, the summer cycle of no work and all play continues on just like so many years before. Yet, the majority of us are stuck working a job we'd much rather not be, wherein our free time is often limited. But, of course, we have no choice but to work or else fall even deeper into that moneyless pit.

September grows more daunting by day as the summer months wear on.

We all know that it marks the beginning of yet another school year. And for some like me, it also marks the *final* school year. It can be likened to nails on a chalk board—cover your ears and close your eyes, even try screaming for a bit to drown out what's really happening right in front of you.

Emily Field, a fourth year Nursing student, expresses her concerns entering her last year as an undergraduate student at McMaster. "It's bittersweet," Field said. "It's exciting that I'm going to have an undergraduate degree in my hand in another year. But it's sort of scary because I have to start looking for jobs and it's going to be strange being out in the world on my own."

The very thought of having to take on "real life" is without a doubt a scary reality. Plotting to somehow magically create a clone of oneself is not at all helpful either. But it does shed some light on what we, as blooming adults, are lacking in our lives right now—fun.

"I can't believe the summer is going by so fast. It's already July, and school is definitely always in the back of my mind," Field explained.

Although having fun during these few short months may seem like a simple enough thing to do, the truth is that fun too easily fades from our lives as we grow older. The days when summer was better spent doing the things you actually wanted to do, rather than had to do, are days that need not be forgotten. Perhaps if we only momentarily set aside fears of growing up and whatever else that plagues us, then what's to come may not seem so troubling after all—now isn't that what summer is all about?

We're OPEN for the summer!

Mon to Thurs 9am–5pm
Friday 9am–2pm

