

Cooking up good korma: Indian restaurant celebrates cookbook launch

By **HOLLIE PRATT-CAMPBELL**
hpratt-campbell@theemc.ca

EMC News - Five years ago, Brockville author and teacher Crystle Mazurek had the idea to immortalize and share the recipes from her favourite restaurant, Curry Original, with members of the public by writing a cookbook in celebration of the Kingston landmark. On Oct. 17, her dream officially became reality when the Curry Original Cookbook was launched at the downtown restaurant.

Opened by brothers Ali and Weais Afzal in 1985, Curry Original prides itself in serving authentic Indian cuisine to local diners.

"I've been coming to Ali and Weais' restaurant for many, many years, and al-

ways found it to be the best Indian food in Canada," says Mazurek.

That's high praise coming from a woman who was raised in India and travels back to the country each year to perform work for her charity, the India Village Poverty Relief Fund.

Specifically, it was a love for the dish lamb dhansak that inspired Mazurek to write the book.

"I love to cook, and for years I kept trying to make this lamb dhansak that I would always order here," she says. "I could not figure out what was in the sauce and I thought, well, if I can write the cookbook I can get the recipe to lamb dhansak. So then I approached Ali and that's how we got started."

Ali notes that the idea of compiling all their recipes had never occurred to them before.

"We have a traditional way of cooking where people learn from the kitchen, so we never thought of a book," he says. "But [Crystle had] been telling me for a long time, 'let's do it, let's do it.' She took the time and found the publisher. It was quite easy for us except the head chef and my brother [who developed a lot of the recipes] had to sit down with her."

"For me it was nothing," he jokes. "I always tell my friends, 'if I cook - run from the restaurant.'"

Mazurek explains that the process of writing the cookbook was quite enjoyable.

"First I came and transcribed [the recipes] onto paper with the chef," she says. "Then we would go into the kitchen and start testing them all, making sure that what we had written down matches what really happens when they put the recipe together."

Next, Mazurek tested them out a second time at home, making her the most popular woman in the neighbourhood.

"That was lots of fun," she says. "My friends in particular enjoyed having so much Indian food all the time. I would post on Facebook 'samosas today' [etc.] and they'd all come running."

Finally, she gave the recipes to a colleague, Paris-trained chef Penny Jenkinson, for another round of testing.

"They've been tested three times and some changes were made along the way," she says. "Then my son, Aaron, did all of the photography for it and it went off to the publisher."

Relevant bits of cultural trivia are interspersed throughout each of the book's sections.

"That just rounds it out a bit, and makes it more interesting," notes Mazurek.

The Curry Original Cookbook is available at the restaurant, as well as the bookstores Chapters and Novel Idea.

Local launch

A local book launch in Brockville also took place on Monday, Nov. 7 at Tait's Bakery Downtown, 31 King St. W. It ran from 7-8:30 p.m. with samosas and chai being served.

To learn more about the India Village Poverty Relief Fund, please visit www.india-villagefund.org.

Jer's Vision brings anti-bullying event to BCI

EMC Events - Bullying is very real and takes places far too often in our schools and in our communities. Fortunately, there are people in this world who are willing to speak-up and lend their voice to addressing homophobia, racism and discrimination of all kinds. One such person is youth diversity leader, Jeremy Dias.

Jeremy Dias, like so many youth, was bullied in his high school. As a result of his experiences, he challenged his school and school board at the Ontario Human Rights Commission, and after three years, at the age of 21, was awarded a settlement.

Feeling strongly that the funds should go towards making a difference in his community, Jeremy and a few friends founded the Jeremy Dias scholarship, an award for graduating youth working to stop bullying in their schools. Jeremy and his friends later went on to found Jer's Vision, a registered charity that works to support youth and stop bullying and discrimination of all kinds.

PFLAG Canada Brockville invites the community to an evening presentation with Jeremy Dias. This event will be held at the Brockville Collegiate Institute (BCI auditorium) on Thursday, Nov. 17, 2011 at 7 p.m. Everyone is encouraged to attend.

Renewable Energy Approval - Notice Pursuant to s. 15.2 of Ontario Regulation 359/09 **NOTICE OF EBR POSTING** regarding a Proposal by Penn Energy Renewables, Ltd. to Engage in a Renewable Energy Project

250685-1110

Penn Energy Renewables, Ltd. is planning to engage in a renewable energy project in respect of which the issuance of a renewable energy approval is required. The proposal to engage in the project and the project itself is subject to the provisions of the *Environmental Protection Act* (ACT) Part V.0.1 and *Ontario Regulation 359/09* (Regulation). This notice shall serve to notify the public that the applicant has requested a Renewable Energy Approval (REA) from the Ministry of the Environment (MoE), that this proposal has been posted on the environmental registry referred to in section 5 of the *Environmental Bill of Rights, 1993*, and that comments in respect of the proposal may be submitted to the MoE Director.

Project Name: Penn Energy - Edwardsburgh_Morrisburg-1 (OPA Contract ID# F-000628-SPV-130-505)

Project Location: NW Corner of County Road 2 (King Street) and Newport Drive, Township of Edwardsburgh/Cardinal (Concession 1, Part of Lot 34).

Project Description:

Pursuant to the Act and Regulation, the facility, in respect of which this project is to be engaged in, is considered to be a class 3 ground mounted solar photovoltaic generating facility according to the provisions of the *Environmental Protection Act*. If approved, this facility would have a total maximum name plate capacity of 10 MW.

Documents for Public Inspection:

The applicant has obtained or prepared all necessary supporting documents in order to comply with the requirements of the Act and Regulation. Written copies of the supporting documents are available at the project's website: www.PennEnergyRenewables.com.

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