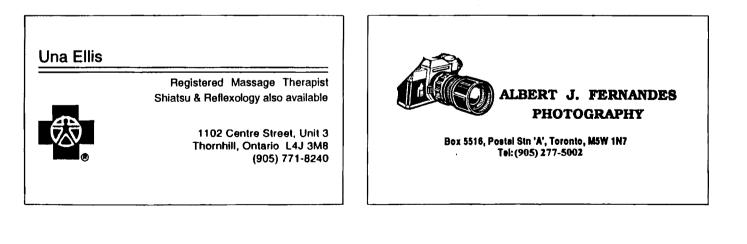




October 1994



THE I	PAINTER	S' EDGE
AUTOBODY &	cUSTOI	M REFINISHING
	specializin	g in:
*MERCEDES	•	*CORVETTE
*PORSCHE	*AUDI	*ALFA ROMEO
Steve Schneider		
HWY.48, STOUFFVILLE, ONT. L4A 7Z5		
PHO	NE 905-6	40-7131







Recipes shared by Environment Canada (Downsview) employees and friends

October 1994

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From David Grimes...

Flipping through the pages, one gets an overwhelming feeling of how a passing thought can swell into a "tasteful" enterprise. The idea started among a few, but many have responded. A committee was struck, which drew upon the talents, some hidden, and contributions of many. Special thanks to all.

All of us reflect and give thanks for what we have and for what we give. There is a special time when we share with those who are not so fortunate. The United Way Campaign provides us with that opportunity. All the profits from the sale of the cookbook will be given to the United Way.

As you peruse the passages of recipes that follow, remember our working colleagues and their families who have expressed their joy through sharing something of themselves and their culinary specialties. This is a special gift between friends.

You have in your hand a care package, prepared for you by the employees of Environment Canada (Downsview) who know very well how hard it is to prepare proper meals after a day's work. This book is a no-frills product. All members of the team who worked on checking the recipes and putting them together carry a heavy schedule but cheerfully gave their weekends and what little spare time they could to work on this project which was fun but not always easy.

I would like to thank all those who had a part in this production: David Grimes, Director of Policy, Program and International Affairs Branch for his support and encouragement, Marilyn Schneider for doing such a great job on typing recipes received as draft (Marilyn is John Schneider 's wife and is not an Environment Canada employee), Evelyn Moreno and Aston Shim (Dinners), John Schneider and Ed Millar (Desserts), Bruce Findlay (Appetizers & Drinks), Jane Graves (Soups & Salads), Lilly Schasmin (Breakfast & Lunch), Krystina Czaja, Jasmin Paola and Shawn Cadeau (Graphics), Pierre Tourigny (Translations) and Albert Wright for his effort in finding us the right printers. I would also like to thank Joe Knapper, Diane Ruest, Verne Lorde, George Georgopoulos, Jean Degaust, Anna Ambrosini, Cathy Anker, Gary Grieco, Mary Korczak and Joe Shaykewich for their support, and of course special thanks to all those who sent in their recipes, we did not expect to receive such a large number and variety.

All proceeds from this book will go to The United Way, and at this time I would like to thank all those who placed advertisements with us, we certainly needed their help.

I hope that you will enjoy this cookbook and find it useful, it was a pleasure working on it and it is a pleasure presenting it to you.

> Norma Loya Co-ordinator, Environment Canada (Downsview) Cookbook



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### SECTION 1 BREAKFAST & LUNCH

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#### Pancakes

#### Notes: Begin 30 mins ahead. Makes 12 4-inch pancakes or 8 thick pancakes.

1 1/4 cups all-purpose flour
 2 tablespoons sugar
 2 teaspoons double-acting baking powder
 3/4 teaspoon salt
 1 egg
 1 1/3 cups milk (for thicker pancakes, use only 1 cup milk) salad oil

<u>Topping(s)</u>: butter or margarine maple or maple flavor syrup, honey, preserves, marmalade, apple butter as desired fruits - strawberries, blueberries, raspberries, peaches, etc. confections' sugar

In large bowl, mix first 4 ingredients. In small bowl, beat egg slightly; stir in milk and 3 tablespoons oil; add to flour mixture and stir just unit! flour is moistened.

Note: I usually place all ingredients, as listed above, up to milk into one bowl and mix.

Heat skillet or griddle over medium-high heat. To test if a non-automatic model skillet or griddle is ready, sprinkle a few drops of water; drops should sizzle. Once droplet evaporates, brush lightly with oil.

Pour batter by scant 1/4 cupfuls onto hot skillet, griddle or sandwich maker, making a few pancakes at a time. (Can refrigerate any leftover batter to use the next day.)

Cook until bubbly and bubbles burst; edges will look dry. With pancake turner, turn and cook until underside is golden.

Place on heated platter; keep warm. Repeat, brushing skillet with more oil, if needed. Serve with butter and syrup or any of the above-mentioned toppings.

Verne Lorde 739-4818



#### SWEDISH BREAKFAST

This was first made for me by a Swede in Gotland, and is typical all over Sweden. It's a great way to start the day, especially if you're planning some pretty vigorous activity, as it's a real energizer. The beauty of this recipe is that it's so versatile - you can put virtually anything you want in it!

Erik's recipe (for 2): Peel and cut up an apple and an orange into small pieces, place in two bowls; Divide one cup of grains (mixture of raw bran, wheat germ, rye and oat flakes, etc.) between the two portions, and top with yogurt (in Scandinavia, it's pourable from a carton but regular plain 1% yogurt works well too) or milk, if you prefer. Top with a dollop of honey, or preserves (lingonberries are best; you can get Swedish lingonberry preserves at Ikea, although President's Choice also has an excellent product).

As I've mentioned, there are many variations on the above; you may add cut-up nectarines, peaches, bananas, strawberries (a favourite in southern Sweden), grapes, blueberries...let your imagination run wild. As for the grains, buy them in bulk, mixing and matching, adding sesame seeds, almonds, raisins - it's all healthy! Prepared granola works well, and won't require any honey or preserves for sweetening. In Scandinavia, it's also common to put preserves on hot oatmeal - delicious!

HEES)DELL-

#### Raïna Stebelsky/Human Resource Planning

Homemade Muesli

6 oz rolled oats
4 oz all bran
1 oz wheat germ
2 oz skimmed milk powder
4 oz sultanas and/or raisins
2 oz chopped nuts



Mix and store in covered container. Almost any extras may be added at serving time - banana, dried fruit, chopped apple, ... brown sugar may also be added if needed.

Edward A. and E. Florence Perkins

### APPLE OAT BRAN MUFFINS

Some soluble fiber that helps lower cholesterol.

Ingredients:

1 1/2 cups (375ml) oat bran
1/2 cup (125ml) whole wheat flour
1/4 cup (60ml) brown sugar
2 tsp (10ml) baking powder
1/2 tsp (2ml) salt {if you must}
1/2 tsp (2ml) ground cinnamon {a tad more if you like}
1/2 tsp (2ml) ground nutmeg
1/2 tsp (2ml) ginger
1 cup (250ml) low fat (2%) milk
1 egg, lightly beaten
2 tbsp (25ml) sunflower or canola oil
1 peeled, cored and diced medium apple (1 cup/250ml)
1/3 cup (75ml) raisons or chopped dates

Topping:

1 tbsp (15ml) wheat germ 1 tsp (5ml) brown sugar 1/2 tsp (2ml) cinnamon

In a small mixing bowl, combine oat bran, flour, sugar, baking powder, salt, cinnamon, nutmeg and ginger. In a large bowl, combine milk, egg and oil; beat together with a fork. Add dry ingredients; stir just until moistened. Stir in apple and raisins (or dates). Spoon into 12 nonstick or paper lined muffin tins.

Combine wheat germ, sugar and cinnamon for topping and sprinkle over muffins.

Bake in 400°F (200°C) oven for 18 to 20 minutes or until tops are golden brown and just firm to the touch.

Makes 12 muffins of 4 grams of fat each.

Joseph E. Shaykewich



#### Blueberry Oat Muffins

1 cup rolled oats
1 cup buttermilk or soured milk\*
1 cup all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
3/4 cup lightly packed brown sugar
1 egg, beaten
1/4 cup melted butter
1 cup blueberries, fresh or frozen, thawed and well drained

\* to sour milk, add one tsp. vinegar to 1 cup of milk

Combine oats and buttermilk in small bowl. Let stand. Combine flour, baking powder, baking soda, salt and brown sugar in large bowl. Stir well to blend. Add egg and melted butter to oat mixture. Mix well. Add oat mixture all at once to dry ingredients. Stir just until all ingredients are moistened. Gently fold in blueberries. Fill well greased muffin tins 3/4 full. Bake at 400°F for 15-22 minutes. Makes 1 dozen large muffins.

-----

(Chantal Hunter)

BEST EVER BANANA MUFFINS

Mash bananas in a bowl. Add sugar, and slightly beaten egg. Add melted butter. Add dry ingredients. Mix by hand.

Bake at  $375^{\circ}$  degrees for 18 to 20 minutes.

Yield: 12 muffins

Carm Martire



## Pumpkin Muffins

(Lana Birmann/Anne Crosby)

1/3 c natural bran 1 1/3 c whole wheat flour 1 1/3 c sugar 2 1/2 t cinnamon 1 1/2 t baking powder 1 1/2 t baking soda 3/4 t salt 1 c raisins 1 1/2 c pumpkin (14 oz can) 3 eggs (unbeaten) 3/4 c vegetable oil 3/4 c plain yogurt (1 small container) or buttermilk In bowl, combine first 8 ingredients. Add remaining.

Bake at 350°F for 30 minutes.

185 calories 8 g fat Fibre: good Vitamin A: good

Makes 15-2 dozen

## Carrot Pineapple Muffins

=>++CE\$XEC+<

(Lana Birmaun/Anne Crosby)

In a large bowl stir together:

1 c all-purpose flour 1/2 c whole wheat flour 1 c sugar 1 t baking powder 1 t baking soda 1 t cinnamon 1/2 t salt

In separate bowl beat until foamy:

2 eggs

#### Stir in:

2/3 c oil or melted butter 1 c grated carrots 2/3 c crushed pineapple (with juice) 1 t vanilla

Pour over dry ingredients. Mix just until moist. Fill 12 muffin cups.

Bake at 325°Ffor 25 minutes or till rounded, springy and golden brown.

Makes 1 dozen

#### BANANA MUFFINS

(Deborah Baxter-Snow)

Great for when you find yourself with over-ripe bananas. I make this up, freeze muffins individually and bring to work instead of buying.

3 ripe bananas 1 cup white sugar 1 egg 1/4 cup butter 1 1/2 cups flour 1 tsp baking soda 1/2 tsp salt 4 drops vanilla

Mix flour, baking soda, sugar and salt, cut in butter. Mix in beaten egg. Slice and mix in bananas, then add vanilla. Let rise for 20 minutes before putting in muffin cups. Bake at 325 degrees for around 40 minutes. Make 1 dozen large size.

>\*\*\*\*\*\*\*\*\*\*

#### ZUCCHINI MUFFINS

(Deborah Baxter-Snow)

Many gardeners find themselves overrun with zucchinis come fall. This is a great way to use them up, and the shredded zucchini can be frozen in 2 cup quantities for quick baking later through the winter.

3 eggs
2 cups shredded zucchini, unpeeled
1 tbsp vanilla
1 tbsp baking powder
1 tsp baking soda
1 1/2 cups sugar
3/4 cups vegetable oil
3 cups all-purpose flour
2 tsp ground cinnamon
1 tsp salt



Beat eggs in large bowl until foamy. Beat in sugar, zucchini, oil and vanilla. Stir in remaining ingredients. Pour batter into muffin cups. Bake at 350 degrees for about 40 minutes, until done. Makes about 1 dozen large size.

#### MAPLE MUFFINS

1 1/3 cups all purpose flour 1/4 cup sugar 1 tbsp baking powder 1/2 tsp salt 1/4 cup shortening 3/4 cup uncooked quick oats 2/3 cup undiluted Carnation Evaporated Milk 1/2 cup maple syrup 1 beaten egg



Combine flour, sugar, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in oats. Mix evaporated milk, syrup and egg. Add to dry ingredients all at once; stir just until moistened. Fill greased medium cups 2/3 full. Bake in hot oven (400 degrees F) 20 to 25 minutes. Remove from pans immediately. Serve warm. (makes 10 to 12 muffins).

Joanne Pacini





SCONES - TEA

2 c. all-purpose flour 1/2 c. sugar 2 tsp. cream of tartar 3/4 tsp. baking soda 3/4 tsp. salt 1/2 c. butter or shortening 1/2 c. currants or raisins 2 eggs, slightly beaten 1/4 c. milk

Heat oven to 400 degrees F. Grease a baking sheet.

When opening eggs reserve a little egg white in a small bowl.

Sift dry ingredients together into a mixing bowl. Cut in shortening.

Add remaining eggs, milk and currants and stir with a fork. Turn out dough on a lightly floured board. Divide in half, shape into 2 rounds about a 1/2 inch thick. Place on sheet. Score into 8 triangles

Brush tops with reserved egg white plus 1 tsp. water. Sprinkle with sugar.

Bake 13 - 15 minutes. Serve warm with butter, honey, jam etc.

Peggy Takata

#### LEMON YOGOURT SCONES

(Deborah Baxter-Snow)

Easy to make, delicious, and give a "homecooked" flavour to any meal.

2 cups flour 2 tbsp sugar 1 tbsp baking powder 1/2 tsp baking soda 1/2 tsp salt 1/2 cup butter 1 cup plain yogourt 1 tsp grated lemon rind (or 1-2 tsp lemon juice)



Combine flour, sugar, baking powder, baking soda and salt, stir well. Cut in butter till crumbly. Add yogourt and lemon; stir until moistened. Form into ball. Pat out on lightly floured surface to 1 inch thickness. Cut out biscuits. Bake at 425°F for 12 to 14 mins. Makes 1 dozen.

+\*

SCONES - OAT

1 c. all-purpose flour 1 c. rolled oats 1/2 tsp. salt 1/2 tsp. baking soda 1 tsp. cream of tartar
1 tbsp. sugar
1/4 c. shortening
1/2 c. milk

Heat oven to 425 degrees F. Grease baking sheet.

In a bowl, mix together flour, oats, other dry ingredients. Cut in shortening. Add milk. Mix with a fork.

Shape into a 1/2 inch thick circle on a floured board. Score into 8 triangles and place on baking sheet.

Bake 13 - 15 minutes. Serve warm with butter, honey, jam, apple sauce, yoghurt etc. on weekend mornings.

Nothing beats the smell of bread baking in the kitchen, especially on a cold winter day. Here's a recipe that always works well for me. Don't let the title fool you, it isn't a dessert bread, it's intended to accompany any meal!

#### **Honey Rolls**

cup scalded milk
 cup butter/margarine
 cup honey
 eggs
 tsp salt
 pkg. yeast
 cups all purpose flour



To hot milk add margarine and honey, let stand until liquid has cooled (doesn't burn when tested on wrist) and margarine and honey have melted. In large bowl mix 2 cups of flour with salt, and if using quick or rapid rising yeast\*\* add this to flour mixture and 2 more cups of flour. To flour mixture add milk/honey/margarine mixture and beaten eggs. Mix well. You should have a sticky dough -- add enough of remaining flour, kneading lightly, to achieve soft dough. You may need more or less flour depending on the humidity and the moisture contained in your flour. Just go by feel - when you have an elastic, soft dough that doesn't stick to your hands it's time to stop adding flour! Oil a large bowl, add dough, coating top with oil, cover and let rise until doubled (approx. 2 hours.) When doubled, punch down and shape into rolls (will make 16 very large buns or 24 dinner rolls) or divide into two loaves. Place in greased pans, let rise until doubled. Bake in **preheated 400 degree Fahrenheit oven for 20 minutes** or until golden brown and sounds hollow when "thumped". Remove from oven and cool on rack. The honey increases the "keeping" properties of this bread, that is if you can manage to save any after it comes out of the oven! I usually butter the tops of the rolls/loaves when I remove it from the oven for a little added flavour.

\*\* If using regular yeast, dissolve in 1/4 cup warm water with a 1/2 tsp sugar, let stand until frothy (follow package instructions), then add to 2 cups flour in bowl, mix in eggs to make a soft batter. To this batter, add remaining flour, a cup at a time, until soft dough is achieved as per above. Then continue as above.\*\*

Carolyn Woo

#### MORNING "WIFE SAVER" BREAKFAST

Diane Ruest

16 slices white bread (crusts removed) thinly sliced back bacon or ham (about 8-10 slices) slices of sharp cheddar cheese (about 1/2 lb) 6 eggs 1/2 tsp. salt 1/4 tsp. pepper 1/2 tsp. dry mustard 1/4 c. minced onion 1/4 c. finely chopped red pepper 1/4 c. finely chopped green pepper 1 tsp. worcestershire sauce dash of tabasco or red pepper sauce 3 c. milk 1/2 c. butter or margarine crushed corn flakes



Arrange 8 slices of bread in bottom of buttered 13"x9" baking dish. Cover bread with single layers of bacon, then cheese and cover with remaining bread slices. Beat eggs with salt and pepper, add mustard, onions, peppers, worcestershire, tabasco and milk. Pour over bread, cover and refrigerate overnight. Next day-melt butter or margarine and pour over the top; sprinkle with crushed cornflakes. Bake uncovered at 350F. for 1 hour. Let stand 10 minutes before serving.

<u>Note</u>: Use enough ham or back bacon and afterwards enough cheese to cover (completely) the 1st layer of bread.

Spanish Potato Omelette

(Lana Birmann/Anne Crosby)

6-7 slices bacon, cut into 1" pieces
1 medium potato, cut into 5" cubes
1 medium onion, chopped
6 eggs
3/4 t salt
1/8 t pepper

Fry bacon in 10" skillet over medium heat until crisp. Remove bacon and drain, reserving 4 T bacon fat in skillet. Cook and stir potato and onion until potato is golden brown and tender, about 10 minutes.

Beat eggs with salt and pepper. Stir bacon into potato mixture; add eggs.

Cover and cook over low heat until eggs are set and light brown on bottom, about 10 minutes.

Cut into wedges to serve.

Serves 4

#### Peanut Butter Possibilities

- \* Peanut butter with marmalade and chopped, cooked bacon
- \* Peanut butter with sliced bananas and shredded cabbage
- \* Peanut butter with sliced strawberries, peaches, apples or pears
- \* Peanut butter swirled with soft cream cheese and chopped peanuts
- \* Peanut butter with shredded carrots and raisins
- \* Peanut butter sprinkled with granola or muesli cereal and drizzled with honey
- Peanut butter with dried fruit bits or dates
- \* Peanut butter with drained, crushed pineapple and coconut
- Peanut butter with chopped apples, celery and raisins
- \* Peanut butter and alfalfa sprouts
- \* Peanut butter with crumbled macaroon cookies and drizzled with honey
- \* Peanut butter with jelly and shelled sunflower seeds

Lynn Traves-Metcalf

CORN BREAD

ELMA DIXON

1 CUP FINE YELLOW CORNMEAL 1 CUP FLOUR 3 TBSP SUGAR (YOU CAN USE MORE OR LESS DEPENDING ON YOUR TASTE FOR FOR SUGAR) 1 EGG, BEATEN 3 TSP BAKING POWDER 1/2 TSP SALT 1/3 CUP OIL 1/4 CUP MELTED BUTTER 1 CUP MILK RAISINS ( OPTIONAL)

#### METHOD:

- 1. ADD ALL DRY INGREDIENTS (EXCEPT RAISINS)
- 2. COMBINE BEATEN EGG, OIL, BUTTER AND MILK
- 3. ADD LIQUID MIXTURE TO DRY INGREDIENTS. (IF YOU DON'T HAVE A MIXER, YOU DON'T HAVE TO GO OUT AND BUY ONE.YOU CAN MIX BY HAND OR USE A FOOD PROCESSOR. JUST MAKE SURE ALL THE LUMPS ARE OUT.)
- 4. POUR IN A GREASED LOAF PAN OR ANY BAKING TIN. ADD RAISIN AT THIS POINT AND USE A SPATULA TO PUSH THEM BELOW THE SURFACE. ( I FIND THAT IF YOU PUT THEM IN AT ANY OTHER TIME, OR EVEN IF YOU FLOUR THEM, THEY SINK TO THE BOTTOM).
- 5. BAKE AT 350 DEGREES(F) FOR APPROX. 20-25 MIN, OR UNTIL KNIFE COMES OUT CLEAN AFTER TESTING. SERVE WARM OR AT ROOM TEMPERATURE. (THIS CAN BE USED AS PART OF THE ENTREE, AS A DESERT OR SIMPLY AS A SNACK. WHICHEVER WAY, IT'S DELICIOUS).

#### CORNBREAD

Set oven to 400°F. Grease a 9"X9" cake pan with shortening or vegetable oil.

2 eggs 1/2 cup vegetable oil 1 cup sour cream 1/2 cup plain yoghurt\* 1 1/2 cup pastry flour 1 cup cornmeal 1/2 cup white sugar 1/2 tsp salt 1 tbsp baking powder 2/3 to 1 cup corn niblets, drained 1/3 to 1/2 cup melted butter

\*(or use 1 1/2 cups sour cream total)

Beat eggs in medium bowl, beat in oil and sour cream/yoghurt. Stir in corn niblets. Sift flour, sugar, salt and baking powder. Stir in cornmeal. Add egg mixture to dry ingredients all at once and stir only enough to blend(DO NO BEAT!). Pour into greased pan and bake for approximately 50 minutes or until lightly browned on top and toothpick comes out free of batter. Cut bread into 16 pieces and pour over the melted butter. Let stand for a few minutes and serve while hot.

\*\*\*\*\*

Jenny Reycraft

#### PUMPKIN BREAD

1 1/2 cups Granulated Sugar 1 tsp Baking Soda 1/4 tsp Baking Powder 3/4 tsp Salt 1/2 tsp Ground Cloves 1 1/2 tsp Ground Nutmeg 1/2 tsp Ground Cinnamon 1 3/4 cups All-purpose Flour 1/2 cup Light Oil 2 Eggs 1 cup Pumpkin Purée 1/2 cup Water 1/2 cup Each Chopped Nuts and Dates



Grease two small loaf pans. Sift dry ingredients together. Add oil, eggs, pumpkin and water and mix well. Stir in nuts and dates. Bake in a 350 degreeF oven for about 1 hour, or until the tops of the loaves spring back when touched. Let cool on a rack, then unmould. Makes 2 loaves.

> Laura Talbot-Allan Assistant Deputy Minister Corporate Services

#### BANANA CHOCOLATE CHIP BREAD

- 1 3/4 cups unsifted all-purpose flour 1/2 tsp baking soda 1 1/2 tsp baking powder 3/4 tsp salt 3/4 cup sugar 1 egg, beaten 1/4 cup oil
- 1 cup mashed bananas 1/2 cup milk 1/4 cup chocolate chips
- Measure and sift flour, baking soda, baking powder, salt, and sugar into a bowl.
- 2. Combine egg, oil, bananas, and milk and stir into the dry ingredients. Stir until blended.
- 3. Stir in chocolate chips.
- 4. Scrape into a greased 9 x 5 inch loaf pan.
- 5. Bake at 350 degrees F for 50 minutes. Loaf is done when toothpick inserted in the center comes out clean.

Preparation time: 25 minutes (but less with practice)

Notes: Recipe can also be used for 12 muffins--bake at 350°F for 35-40 minutes.

This recipe is a great way to use up soft bananas. I often store old bananas in my freezer and thaw them before use.

Contributed by: **Ria Reesor** Ontario Weather Centre 739-4420



#### Section 1 Page 14

#### CAROLYN WOO'S ZUCCHINI BREAD

Combine: 3 eggs 1 cup oil 2 cups white sugar 2 cups grated zucchini (peeled, of course!) 1 tsp vanilla

Add the following mixed ingredients: 3 cups flour 1/4 tsp baking powder 1 tsp baking soda 1 tsp salt 3 tsp cinnamon

Optional, but highly recommended, stir in: 1 cup walnuts or pecans, coursely chopped



Bake in two greased and floured loaf pans at 325<sup>°</sup>F for 1 hour or until toothpick comes out clean.

#### For Bundt Cake:

Pour ingredients into greased and floured bundt cake pan, allowing for perhaps a little longer cooking time. Combine 1/4 cup coffee, a teaspoon of cocoa and enough icing sugar to make a glaze consistency, and pour over cake. Decorate with nuts or chocolate chips - whatever!

>++23**3333**>>-=

#### CHOCOLADA HAGEL RUSK/SANDWICH in otherwords CHOCOLATE HAIL SANDWICH

- Milk Chocolate Hail-Available at any Dutch Store but you can buy ordinary Hail in a Supermarket. (Hail is the chocolate sprinkle that you decorate with - in Holland you sprinkle it over cereals..)
- Dutch Rusk(crackers?) or Two Slices Bread-Preferably White Enriched
- Butter

Lightly butter one side of each slice of bread, Sprinkle the Hail on one slice of bread as light or as heavy as you desire. Then place the other slice on top and press firmly together each slice of bread so that the hail does not all fall out and then slice the sandwich in half and wrap and there you have it, a real treat for the kids to give them that boost of energy for the remainder of the afternoon. (I like it better when the slices of bread are frozen, this makes it easier to spread the butter too)

If you buy the Dutch Rusks then just lightly butter one side and sprinkle with the Hail, this is traditionally eaten for Breakfast in Holland or as a snack.

A variation could be to sprinkle Hail on one slice of bread and then spread Peanut Butter on the other side and press together and then you'll have a Protein/Glucose/Vitamin enriched meal. Peanutbutter and Chocolate Mmmmm. I of course never said that this was a diet recipe.

Cathy Anker

#### Oatmeal Casserole Bread

No kneading required in preparing this wonderful oatmeal bread.

```
1 3/4 cups boiling water
3/4 cup rolled oats
1/4 cup molasses
1 1/2 tsp. salt
3 tbsp. oil
1 tsp sugar
1/2 cup warm water (105 - 115 degrees F., 40-46 degrees C.)
1 package dry yeast
4 cups flour
```

Pour boiling water over oats in large mixer bowl. Stir in molasses, salt and oil. Cool to lukewarm; Dissolve sugar in warm water. Sprinkle in yeast. Let stand 10 minutes then stir well. Add dissolved yeast and 1-1/2 cups flour to oat mixture. Beat on low speed of electric mixer 1/2 minute, then on high speed for 3 minutes, scraping sides of bowl often. Stir in by hand the remaining 2-1/2 cups flour until thoroughly blended. Cover with greased wax paper and towels. Let rise in warm place until double in bulk (45-60 minutes). Beat 25 strokes with wooden spoon, dough will be sticky. Grease a 2 quart casserole or 9" x 5" loaf pan. Sprinkle oats lightly on bottom and sides of pan. Cover dough with tea towel and let rise in warm place until 1" above top of pan (30 minutes). Bake at 375 degrees F for 35-45 minutes.

Kay Bowman

#### APPLE BREAKFAST CAKE

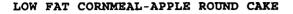
Filling and topping: 5 apples 1/3 cup granulated sugar 2 tsp cinnamon

Batter:

2 cups granulated sugar 4 eggs 2 1/2 tsp vanilla 1 cup vegetable oil 1/2 cup orange juice 3 cups all-purpose flour 1 tbsp baking powder 1/4 tsp salt



Peel and dice apples; set aside. Combine sugar and cinnamon; set aside. In a large mixing bowl, beat together sugar, eggs, vanilla, oil and orange juice. In a separate bowl, stir together flour, baking powder and salt. Stir into egg batter until smooth. Spoon half the batter into a greased and floured 10-inch bundt pan. Distribute apples evenly over batter and sprinkle on half the cinnamon mixture. Pour in remaining batter and sprinkle on remaining cinnamon mixture. Bake at 350 degrees F for 1 hour and 15 min. or until tester inserted in the middle of cake comes out clean. Let cool for 1 hour on a rack before turning out to finish cooling on rack. Serve with fruit and good strong coffee, cappuccino or cafe au lait for a luxurious weekend breakfast. Always a hit!



1 1/3 cups all-purpose white flour 2/3 cup cornmeal 1/3 cup light brown sugar 1 tbsp. baking powder 1 tsp. baking soda 1/4 tsp. salt 1/2 cup nonfat or low-fat yogurt 1/4 cup low-fat milk 2 large eggs plus 1 egg white 2 tbsp. vegetable oil 2 large apples, peeled, and cut into chunks 1/2 cup currants or raisins 1 1/4 tsp. cinnamon pinch of nutmeq



Preheat oven to 375 degrees F. Lightly oil a 9-inch round cake pan; set aside.

Place dry ingredients in a large mixing bowl and whisk to combine. In a small bowl, combine yogurt and milk. Whisk in eggs, egg white and oil and set aside. Toss apples with currants or raisins, cinnamon and nutmeg. Add to the dry ingredients and toss to coat the fruit. Pour in the yogurt mixture all at once. Mix until moistened but still lumpy; do not overmix. Scrape the batter into the cake pan and spread gently, leaving the top lumpy. Bake until the cake is golden brown and centre is well baked (approx 40-45 minutes). Cool for 10 minutes, (unless you like it hot with butter).

This cake can be stored at room temperature for up to 24 hours.

This cake is excellent for breakfast. It is very satisfying and I consider it an energy food.

344 calories per serving: 9 G Protein, 7 G Fat, 62 G Carbohydrate; 451 MG Sodium; 72 MG Cholesterol.

Enjoy,

Elise Larcher

#### Anniversary Breakfast

Celebrating a wedding anniversary? On a work day? Want to start it off right? Read on...

Eggs Benedict - à la microwave

- -2 eggs, poached in the microwave (I use an appropriate "poached eggs" microwave dish, greased, a drop of water in each "well", egg on top, with the yolk pierced once with a fork tyne: follow the instructions with your microwave oven)
- -1 English muffin, fork-split, toasted and buttered very lightly
- -2 pieces of Canadian back bacon (round, if you can find them in the supermarket), cooked in the microwave (again, using an appropriate microwave bacon dish)
- -5 or 6 tablespoons of Hollandaise Sauce (I prefer President's Choice, if I'm not making it myself), warmed gently in the microwave

Sunrise Orange Juice

- -1 carton of fresh-squeezed orange juice
- -1 small bottle of Canadian champagne

<u>Coffee</u> -fresh-perked, of course

Put it all together

- 1.) Make the coffee.
- 2.) Toast and butter the English muffin.
- 3.) Cook the bacon in the microwave.
- 4.) Cook the eggs in the microwave.
- 5.) Warm the Hollandaise sauce in the microwave.
- 6.) Assemble the Eggs Benedict:

-place the bacon on the English muffin -place the eggs on the bacon

- -spoon the sauce over the eggs
- 7.) Make the Sunrise Orange Juice: 50/50 is a good split!
- 8.) Pour the coffee.

This breakfast should be enjoyed on your very best china, with the "company" sterling cutlery, and with Sunrise O.J. in crystal. If the weather is appropriate, eat out on the back deck, with a linen table cloth thrown over the picnic table, and single rose in a bud vase as the table ornament. Just think, the car pool is still half an hour away, the kids are still asleep, the sun is shining, and you and your spouse are alone in the world (at least for a few minutes!). Enjoy! ...and Happy Anniversary!

Joan Masterton



#### EASY BANANA MUFFINS

Makes: 20 medium

Preheat oven to 375°F (190°C) Line muffin pans with paper cups, or grease pans if desired

Note: it's best to use very ripe bananas if you have them around

(1) In large bowl cream with mixing spoon:

 butter
 1 cup (250 ml)

 brown sugar
 1 cup (250 ml)



(2) Add and combine well:

eggs	2
mashed bananas	<b>2 cups</b> (500 ml) @ 4 medium
baking soda	2 tsps. (10ml) dissolved in 2 tbsps. (30ml)
	hot tap water

(3) In smaller bowl combine well:

all-purpose flour	3 cups (750 ml) unsifted
salt	1/2 tsp (2 ml)
nutmeg	2 tsps. (10 ml)
chopped walnuts	1 cup (250 ml) optional

Combine wet and dry mixtures and fold together gently just until mixed. Spoon into prepared pans. Bake at 375°F for 20 minutes. Remove from pan and cool on rack.

#### Variation

Banana Chocolate Chip - Add 1 cup (250 ml) chocolate or carob chips to batter before folding step.

Lilly Schasmin

CHEESE/FISH SANDWICHES (Norma Loya)

Bread of your choice Light Cream cheese Smoked fish of your choice (can be sardines..)

Spread the bread with cream cheese, put fish on top, cover with vegetables (tomato ring, onion ring, green peppers..), cover with another slice of bread, wrap in waxed paper then place in sandwich bag. I prepare these sandwiches in the morning and use frozen bread, will keep well till lunchtime.

PICNIC CHICKEN (Norma Loya)



1 chicken cut in 8ths 1 onion sliced or minced 1/2 tsp black pepper 1/2 tsp curry powder

Place onions in pot, sprinkle with the spices, add chicken pieces + 1/2 cup water and bring to a boil - covered - on med-low heat. Add 1/2 cup water if you feel necessary, water doesn't have to cover the chicken. Lower heat and continue to cook another 30-45 minutes.

Cool, (I prefer to refrigerate and use the next day this way all fat will harden and separate from the chicken)

Remove the skin and bone the chicken - with your hands separate the chicken just a bit.

Spread bottom part of a bun with mustard, put chicken pieces on top then vegetables (tomato rings, green peppers, lettuce), cover and wrap in napkins or waxed paper, then in plastic bag. Actually the variety is endless.

Nice for lunch or travel or .. picnic!

Section 1 Page 20

#### Meat Pockets

#### Ingredients

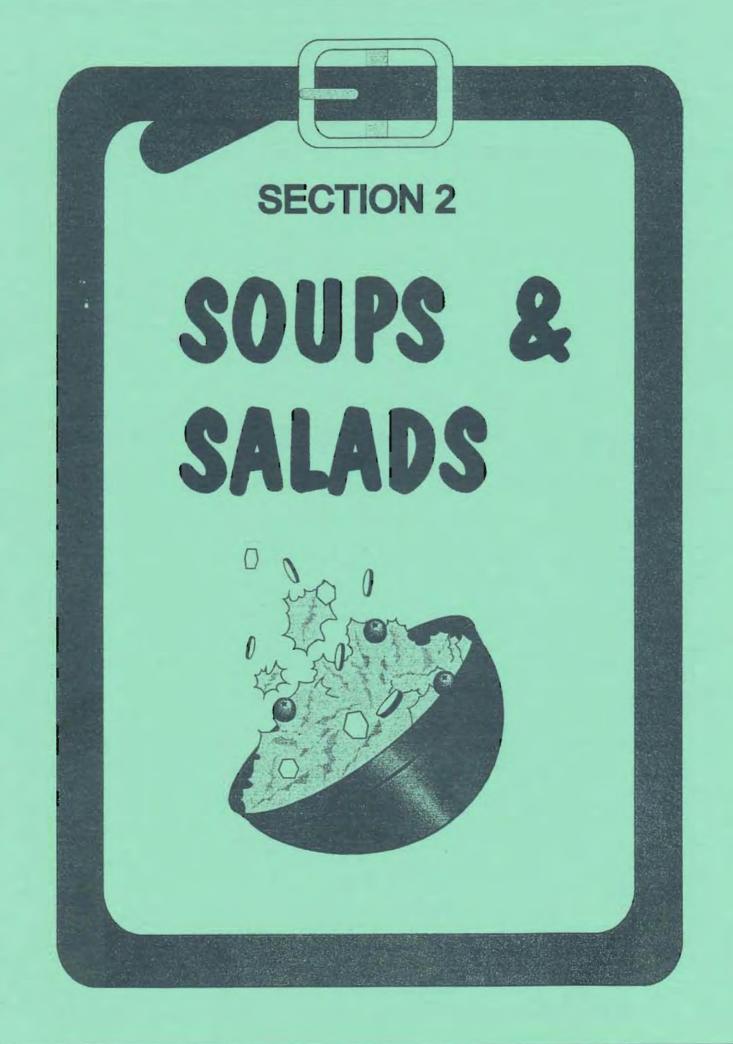
1 loaf of frozen bread dough 1 lb lean ground beef 1 small onion (chopped) 1/2 green pepper (chopped) Tomato (l large fresh - diced, paste or sauce) Salt, pepper, garlic (2 cloves chopped or 1 tsp dry minced) Optional - parsley, paprika, 2 large potatoes (cooked and mashed)

#### Filling

- \* Brown all of the ingredients (except bread dough) in a lightly greased pan (at a low heat)
- \* Stir it frequently so that meat does not get lumpy
- \* Do not add any liquid, vegetables and meat will release enough juice required for cooking
- \* Combine meat mixture and spices (and potatoes)

#### Directions

- \* Before starting to prepare the filling, let the frozen dough thaw at room temperature (or leave in the fridge overnight to rise)
- \* When the filling is ready, cut the dough into small pieces (size of a golf ball)
- \* Spread each piece of dough with your hand to form a 6" circle
- \* Spread approximately 1 tbsp of filling on the circle and fold the dough in the middle
- Optional: Brush the pocket with egg yolk or milk or mixture of both Sprinkle with sesame seeds
- Bake on a lightly greased pan at 350°F until golden brown for almost 40 minutes
- **NOTE:** Filling can be replaced with any filling that you like.



### SECTION 2 SOUPS AND SALADS

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### HANDFULL BORSCH

Get loose, get a big pot and start throwing stuff into it!

Ingredients: (all approximate, all can vary!) 1 tbsp veggie oil or 2 tbsp Italian salad dressing Onions, chopped - 2 to 4 handfulls Celery, chopped - about 2 handfulls Leeks, chopped - about 2 handfulls One clove of Elephant garlic Cubes of roast beef or ham - about 2 handfulls Stems from 3 beets cut into 1 inch lengths (compost the leafier parts) 3 medium size beets cut up like french fries 2 of 10 oz cans of beef (or chicken) broth 1 of 20 oz can of tomatoes, chopped About 40 oz of water Like cabbage or potatoes -> throw some in!(chopped!)

Over medium heat add oil or salad dressing to a large pot. Add onions and garlic and stir a bit. Add the meat and stir a bit more. Add the celery and leeks and stir some more. Add in the broth and water. Raise temperature to medium high and stir some more. Finally, add in the beets, beet stems and tomatoes and any other veggies for which you have a passion (within reason). Season to taste. Bring this to boil then simmer for about 20 minutes. Can be refrigerated.

Want to vary the flavour! add in 1/2 tsp crushed caraway seeds, or 1/8 tsp dill weed or even some minced raisins!

Joseph E. Shaykewich

#### ... Roly's Mindwarp Garlic Soup...

My incredibly decadent and fragrant Garlic Soup au Province, made with sherry. Mmmm! (It will warm the cockles of your heart on a chilly fall day.)

Ingredients needed:

10 to 15 cloves of garlic, peeled and minced
 2 or 3 large cloves of Elephant Garlic, cut into 1/2 inch cubes
 3) One medium red onion, chopped up
 4) 2 10 oz. cans of consomme, OR 2 quarts of beef stock
 5) 2 or 3 tblspoons of lemon juice
 6) 1/4 tspoon nutmeg
 7) 1/2 tspoon thyme
 8) 1/4 tspoon ground pepper
 9) 40 oz. water (if using condensed consomme)
 10) one good sized shot of sherry or brandy

To cook: saute the Elephant Garlic cubes in a bit of oil over medium-high heat until they are a deep golden brown (they will look like little french fries) and set aside. Saute the minced garlic and onion in oil or butter, for just a minute or two, then add the other ingredients (except the Elephant Garlic and sherry/brandy) and simmer over low to medium heat for 11/2 to 2 hours. Add the sherry or brandy during the last ten minutes of simmering. (And while you are at it, have one yourself!) Just prior to serving, put a few cubes of the sauted Elephant Garlic into each bowl, and serve it up! It mat also be served int the same style as French onion, with toasted bread or croutons and melted cheese. I like to use Asiago or Tilsit cheese. Serve with a robust red wine, for a memorable meal on a cold blustery day. VOILA!

Roland Kleer

#### Hot and Sour Soup (Chinese)

#### Ingredients

#### Aston Shim

1 4 1 1/2 cup 4 drops 1/2 tsp 3 tbsp 1 tbsp 3 cups dash	<pre>tofu cut into 1/2 inch cubes chicken breast cut into 1/2 inch cubes winter mushroom egg slightly beaten bamboo shoots sliced thin hot sauce (fresh or dried chilies) white pepper vinegar (white) corn starch chicken stock salt to taste granulated sugar to taste beansprouts optional</pre>
into thin	ese winter mushrooms in water for 20 minutes and cut

Add chicken cubes, sliced mushrooms, bamboo shoots and simmer for 5 minutes.

Add tofu, and vinegar, simmer for 6 to 8 minutes add sugar and hot pepper to taste.

Blend the cornstarch with a little hot water until smooth and stir into soup.

Cook, stirring constantly until soup is thickened and turn off the heat. Continue to stir constantly, pour lightly beaten egg into soup.

Season to taste and serve hot.

Chinese winter mushroom and bamboo shoots are available at Oriental stores.

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### Broccoli Soup

(Lana Birmann)

1-3 Tbsp butter 1 apple, diced 1 small onion, diced 1 bunch broccoli, chopped 4 cups chicken stock Melt butter in pot. Add apple and onion. Saute until soft. Add broccoli, chicken stock and simmer, covered, for 45 minutes or until tender.

Blend mixture in small quantities in blender. Heat to serve.

Serves 6

2 - 4

#### SWEET POTATO SOUP

TOM & NANCY CUTLER

1 1/2 LBS ORANGE FLESHED SWEET POTATOES (ABOUT 2)
1 LARGE ONION (HALVED)
14 1/2 OZ. CANNED CHICKEN BROTH (USE MORE BROTH FOR A THINNER SOUP)
1 1/2 TSP. FRESH THYME OR 1/2 TSP. DRIED THYME
1 TSP. CURRY POWDER
1/8 TSP. CAYENNE
2 TBSP BUTTER
FRESH THYME

Preheat over to 3750

Place sweet potato and onion, cut side up in pan Roast until tender and onion browns (about 1 hour 15 minutes) Cool slightly Peel potato and onion Puree in processor Transfer to heavy sauce pan Wisk in broth, thyme, curry and cayenne Add butter Simmer 10 minutes to blend flavours Season with salt and pepper

Can be prepared 1 day ahead. Cover and refrigerate. Rewarm before serving. Ladle into bowls and sprinkle with additional thyme.

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#### TOMATO TAPIOCA SOUP

TOM & NANCY CUTLER

1 CAN TOMATOES 1 BAY LEAF 4 CLOVES SALT AND PEPPER 1 MEDIUM CHOPPED ONION 3 CUPS HOT WATER

Combine and simmer together slowly for 15 minutes Strain through a sieve To this add: 2 bouillon cubes 2 tbsp minute tapioca 1 tsp. sugar Simmer for another 15 minutes and serve hot (Deborah Baxter- Snow)

This is a fast and easy homemade soup for cold/damp evenings/lunches.

1 tbsp olive oil 1 onion chopped 2 large cloves garlic minced 3 large tomatoes chopped 1/2 tsp dried basil 1/2 tsp paprika 1/2 tsp dried oregano 2 potatoes, peeled and diced 1 cup water or vegetable stock 1 can (19 oz) chick-peas drained salt and pepper to taste chopped fresh parsley

In heavy saucepan, heat oil over medium heat; cook onion til soft, 3-5 minutes. Add garlic, 2 tomatoes, basil, paprika and oregano; bring to boil. Reduce heat and simmer, stirring often, for 5 minutes. Add potatoes and water, cover and boil for 5 minutes, stirring occasionally. Add chick-peas; reduce heat and simmer 5 minutes or until potatoes are tender. Add remaining tomato, salt and pepper; heat for 1 minute. Makes 3 servings.

#### PEI SOUP

#### TOM & NANCY CUTLER

AN IDEAL SOUP FOR THAT SPECIAL DINNER -- NEVER TELL PEOPLE HOW EASY IT IS----

2 1/2 CANS CONSOMME OR BEEF BROTH
1 1/4 CUPS TOMATO JUICE
1 MEDIUM ONION STUCK WITH CLOVES
3 TBSP SUGAR (LESS IF YOU WISH)
1/2 TSP. WORCHESTERSHIRE SAUCE
1/4 TSP. TABASCO
1/2 TSP. BAKING SODA

Combine all and heat for 5 minutes or longer. Discard the onion Serve in heated bowls or cups Top with a slice of orange

#### BEAN, ZUCCHINI AND PASTA SOUP

15ml 1 tbsp butter or veggie oil Jenny Reycraft 50ml 1/4 cup finely chopped onion 1 clove garlic, minced 1 zucchini, chopped 2 cups chicken stock 1 can (14oz, 398 ml) tomatoes (undrained), chopped 175ml 3/4 cup broken spaghettini 1/2 tsp dried basil 2ml 1 can (14oz/398ml) kidney beans salt and pepper

In large saucepan, melt butter over medium-high heat and saute onion and garlic for 2 minutes or until tender. Stir in zucchini, chicken stock, tomatoes, spaghettini and basil. Bring to boil and cook for 8 minutes or until pasta is tender. Stir in kidney beans and cook for 1 minute or until heated through. Season with salt and pepper to taste. Makes 4 servings.

#### 

#### CHICKEN SOUP

This is a good "bachelor" recipe. It takes advantage of the economy of buying a whole chicken, it utilizes the whole bird, and it makes it easier to deal with the leftovers. Besides that it is fairly low in fat and is real good.

Chicken around 3 lb skinned (save the breast for another meal). Place in large pot and cover with 10 cups of water. add:

1 large cooking onion chopped (about half a cup) 1 tsp thyme 2 tsp sage 2 tsp salt

Cook until meat falls off the bones. Remove bones (cook about 1 hour) Return to heat and add:

2 carrots thinly sliced center of celery bunch (about 3 large stalks the heart and leaves chopped) 4 cups sliced large white mushrooms 2 clovs garlic 1 cassava root 9" 10" long & 2 1/2" at large end peeled & sliced .

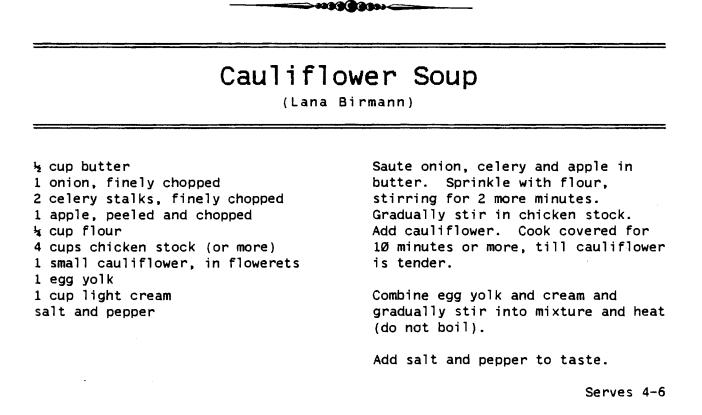
Cook at least another half hour. Enjoy!

Joe Ross

LEEK SOUP

3-4 leeks
2 tbsp lemon juice
3 tbsp butter
2 tbsp flour
2 tbsp onion finely chopped
3 cups chicken stock
2 cups of milk
1 tsp salt
1/8 tsp pepper
2 tbsp parsley chopped
Sprinkle nutmeg (optional)

Trim roots and green parts of leeks; slit lenghthwise and soak leeks for a while; leeks are very sandy and you may have to wash between layers with a brush. Cut leeks into thin slices; put in saucepan and cover with boiling water; add lemon juice and bring to a boil; reduce heat to medium and boil 5 minutes; drain leeks. In the saucepan, melt butter and add onions; stir over medium heat 5 minutes; sprinkle in flour, salt, pepper and stir to blend; remove from heat and stir in chicken stock; return to high heat and bring to boil while stirring; turn heat to low; partially cover and simmer 30 minutes, stirring occasionally. At serving time, heat milk to scalding and stir into soup. Add parsley and nutmeg.



Joanne Pacini

NEWFOUNDLAND FISH CHOWDER

This recipe is very flexible

1 lb Turbot or any other kind 1/4 cup butter (I usually put only PAM in the pan) 1/2 cup chopped onions 1/2 cup diced celery 3 1/2 cups water 19 oz can tomatoes 19 oz can tomatoes 19 oz can tomato juice 1/3 cup catsup 1/2 cup diced green pepper 1/2 cup uncooked rice 1/2 tsp paprika 1 tsp Worcestershire sauce 2 drops Tabasco sauce

Spice bag: 2 garlic cloves; 2 tbsps pickling spices

Cover fish with cold water and bring to a boil. Drain and flake fish. (I microwave the fish rather than boil it)

Sauté vegetables in butter until tender (I put just about any kind of left-over vegetables - if it is more than indicated in the recipe I might need to add a bit more liquid)

Add water, tomatoes, tomato juice (or try V-8), catsup, rice, paprika, sauces and spice bag.(I don't bother with spice bag, I add spice directly)

Simmer 20 minutes, stirring occasionally. (if you realize that you have too much liquid add some minute rice and bring to a boil, then let stand for 5 minutes). Add fish and reheat. Remove spice bag and serve.

Makes 10 servings.

Pierre Tourigny

Clam Chowder

3-4 slices bacon - in small pieces
1 small onion chopped
1 c cubed potato
1/2 c water
1/2 tsp salt
1/4 tsp celery salt
4 c milk
2 1/2 tbspns flour
2 cans clams

In a large pot cook the bacon with the onions until the bacon is crisp and the onions soft. Add potato, salts and water. Cover tightly and simmer for 10 minutes until potato is tender. Slowly dissolve flour into the milk. Add the milk and cook over low to medium heat until the mixture is slightly thickened and just comes to a boil. Do not allow the milk to boil - watch carefully. Add clams with the juice and heat through. ... Enjoy 4-6 servings.

Anne O'Toole 739-4543

2 cans salmon

4 slices bacon

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SOUP - SALMON CHOWDER

l c. water

1/8 tsp. chopped fresh dill or dry 1 7 oz. can kernel corn, not dill weed drained 1 onion, chopped 1 c. milk or chicken broth 1 tbsp. flour Parsley, chopped 2 potatoes, peeled & diced

Fry bacon till crisp and remove from pan to paper towel. Add onion and fry till transparent. Transfer onion to saucepan. Stir in flour. Add potatoes, water, dill, salt & pepper.

Bring to a boil, cover, reduce heat to simmer 10 minutes till potatoes tender. Add salmon and simmer further 5 minutes.

Add corn plus liquid and milk (or broth) and heat - do not boil. Sprinkle with bacon and parsley.

Peggy Takata

#### Creamy Clam Chowder

(Makes about 4-5 cups)

3 slices of chopped bacon 1/2 cup chopped onion 1 (5 ounce) can undrained baby clams (clam liquid plus water to make 1-3/4 cups) 1 cup diced, peeled raw potatoes 1/2 teaspoon salt 1/4 teaspoon salt 2 tablespoons flour 1 large can <u>undiluted</u> 2% evaporated milk or an 8 oz. mixture each of table cream and half and half cream

Cook bacon in a large saucepan until crisp; add onion to pan and cook until tender.

Drain clams; reserve liquid. Add water to liquid to make 1-3/4 cups; stir into onion mixture.

Add potatoes, salt and celery salt. Heat to boiling. Cover and simmer 15 minutes or until potatoes are tender.

Mix flour with small amount of evaporated milk or cream to make a paste; blend in remaining milk.

Add this mixture to saucepan. Cook and stir until mixture comes to a boil and thickens. Add clams; serve immediately. Garnish with parsley.

You can also substitute or add lobster to this recipe. It's rich and creamy, but absolutely delicious. Enjoy!!

Marilyn Schneider

#### Onion Soup

2-3 cups water Knorr beef stock Spanish onion 1/2 teaspoon sugar 1/2 teaspoon dry mustard French or Italian bread Mozzarella cheese (grated)

- \* Prepare stock as directed
- Saute onions in butter until soft and add to stock and sugar and dry mustard. Bring to boil.
- \* Pour into individual soup bowls and top with a thick slice of bread and grated cheese.
- \* Broil until cheese is melted and a little brown.

Julie Young

>\*\*\***\*\*\***\*\*

#### PARTAN BREE (SOUP)

6 oz rice 1 pint milk 1 crab 1 1/2 pints white stock anchovy essence or worcestershire sauce cayenne pepper and salt mace 3/4 pint cream

Boil the rice in the milk until soft. Take the meat out of the crab and set aside the claw meat. Sieve the rice, milk and soft crab meat. Stir in stock, anchovy essence and seasoning. Salt may not be needed if the essence is very strong. Reheat gently and add a pinch of mace and the cream and garnish with the flaked claw meat and cayenne pepper.

Brian Campbell

Watercress salad. Simple, yet elegant.

You will need...

- a) One or two bunches of watercress (storebought or pick your own in the wild)
- b) One small to medium RED onion
- c) One avocado
- d) Raspberry Vinegar (available at finer shops)
- e) Olive oil
- f) Various herbs (be adventurous! Dill, coriander, lemon balm, etc.)
- To prepare: wash watercress, remove ONLY the largest stems, add thinly sliced red onion, top with wedges of peeled avocado, and drizzle with the raspberry vinaigrette that you made with the oil, vinegar, and mixed herbs. Voila! Serve chilled.

~\*\*\*\*\*

Roland Kleer

Leafy Green Salad (This is the classic version of a Latvian Salad.)

1 large head Leaf lettuce or Boston lettuce (never Iceberg or Romaine) 1/3 cup (or more) sour cream (if cream is too thick, dilute with a little milk) 1/2 tsp lemon juice (optional) 2 tbsps chopped green onions or chives 1 tbsp chopped or dried dill weed Pinch of sugar Salt to taste

Mix the sour cream with all the seasonings and chopped green onions. Wash and dry the lettuce; tear into pieces. Place 2/3 of the lettuce in a salad bowl; (set other 1/3 aside). Pour the dessing on top and mix very gently. Place the bowl in the refrigerator for 15 minutes to rest and blend tastes. The salad will be rather limp, but this is important for it to acquire its specific leafy green taste. Then add the other 1/3 lettuce, mix very lightly and serve at once.

At this point the salad is ready, but as a variation, you can add sliced cucumber and/or a handful of sliced radishes for colour. But never, never tomato, green pepper, celery, or other ingredients. The salad can be garnished with rounds of sliced, hardboiled egg.

(Maryanne Aloisio)

### Spinach-Feta Salad

1/4 c oil
1 T lemon juice
1/2 t granulated sugar
1 t dillweed
1 clove garlic, minced
1/2 t salt
1/4 t pepper

1/2 lb (5-6 c) spinach leaves, torn4 c torn Boston or iceberg lettuce1 can mandarin oranges, drained

1/2 c crumbled feta cheese (= 2 oz)

Stir oil, lemon juice, sugar, minced garlic, dillweed, salt, and pepper, until sugar and salt dissolve; set aside.

In salad bowl, combine spinach, lettuce and oranges.

Add oil-lemon dressing; toss well.

Sprinkle with feta; serve immediately.

Lana Birmann

Serves 8.

#### RICE AND VEGETABLE SALAD

1 cup dry rice (prepared) 2 cups frozen peas 11/2 cups chopped celery 1/2 cup minced green onion 1/2 cup toasted almonds 1/2 cup olive oil 2 tbsp vinegar 2 tbsp soya sauce 1 tsp curry powder 1/2 tsp salt 1/2 tsp sugar 1/2 tsp celery salt

Cook rice, then mix with peas, celery, onion, and almonds.

Combine remaining ingredients pour over salad and toss.

Excellent cold so chill before serving.

Serves 4 to 6... can be doubled

(The above recipe is from a friend, Madonna Bussey, Whitby, who has a big family and an interest in our cookbook)

Johnny Lade

#### ITALIAN POTATO SALAD

6 cups potatoes
1 onion chopped fine
1 green pepper chopped fine
1 clove garlic mashed
2 tbsp parsley chopped
1/2 cup salad oil
1/4 cup vinegar
1 tsp salt
1/2 tsp pepper

Boil potatoes whole with skins on for about 1/2 hour or until cooked. Peel while warm. Chill. Dice potatoes and combine with ingredients.

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Joanne Pacini

**GREEK PASTA SALAD** 

This is a great pasta salad resembling a Greek Salad. (Not a low calorie salad)

Serves 4-6 people

Ingredients:

3/4 lb. small shell pasta

1/4 cup canola or olive oil

1/2 cup canola or olive oil
8 oz. crumbled feta cheese
2 medium tomatoes, diced
1 large red onion, sliced
3 small cucumbers (or 2 medium size), peeled
1 small bunch chopped oregano (1 1/2 tbsp. dry)

salt and pepper to taste

dash of tobasco (optional)

Cook pasta in boiling water until al dente (firm to the bite). Drain and rinse. Add oil to pasta, toss, and set aside. Meanwhile, prepare dressing. Combine all dressing ingredients in large bowl and add pasta. Chill and serve.

Lilly Schasmin

Per serving (1/6th):

642 Calories 17 g Protein 41 g Fat 39 mg Cholesterol 49 g Carbohydrates 1126 mg Sodium

#### GREEK SALAD FOR TWO

The ingredients for this recipe are by no means exact. I just throw in whatever amount I feel like, so each time it is slightly different. It is however, very fast and always a hit!

1	large ripe tomato
1	green pepper
1/2	small cooking onion
10cm	cucumber (optional) (a piece about a finger length)
1	large clove of garlic, minced
70g	feta cheese (a piece about 2 fingers wide)
5-10	green or black olives
	oregano
	black pepper
	olive oil

Have a mixing bowl available and as you finish each ingredient, toss it into the bowl.

Dice tomato, green pepper and cucumber (if using) into bite size pieces. Chop onion into little bits. Chop, mince or crush garlic. Chop or crumble feta cheese.

Toss in whichever colour of olives you prefer, whole or chopped.

Generously sprinkle with oregano. Grind a bit of black pepper over the top. Finally, drizzle olive oil 2 - 3 times in a circle over top.

Mix and presto, done. Enjoy!

For larger quantities, just proportionately increase the quantities. Leftovers are okay the next day but not longer.

Deedee Davies

### Broccoli Salad

(Lana Birmann/Anne Crosby)

broccoli, in small pieces
 1/2 c raisins
 1/2 c sunflower seeds
 4 slices cooked bacon, crumbled
 1/2 red onion, finely chopped

Combine and add:

- 1 c mayonnaise
- 3 T sugar
- 1 T red wine vinegar

Serves 6-8.

## Shrimp Rice Salad

(Lana Birmann)

There's this vegetarian friend of my sister's who always brings these fabulous dishes to our pot luck dinners. This one has now become a favourite.

2-3 cups cooked white rice
1 can shrimp (fresh or frozen - up to you) or
1 cup cooked chicken, cubed
1 celery stalk chopped fine
2 green onions chopped fine
3 handfuls frozen green peas

chow mein noodles

Dressing:

½ cup salad oil 1 tsp curry powder 1 tsp soya sauce ½ tsp celery powder ½ tsp salt 1 tsp sugar 1 Tbsp vinegar

Put rice, shrimp/chicken, celery, onions and peas into bowl and mix.

In a measuring cup mix together the dressing ingredients. Stir well until sugar melts. Pour over rice mixture. Top with chow mein noodles.

Since you can serve this salad warm or cold, it's a good one to keep in mind if you're looking for a "make ahead" recipe.

#### Cucumber Salad

Jane Graves

2 English cucumbers Yogurt or sour cream (use tub that is circa 3" or 6-7 cm tall) dill salt

Thinly slice 2 English cucumbers into rounds. (You can score them vertically with a fork first to make them look pretty if your salad is for a special occasion.)

Cover the bottom of a bowl with one layer of slices and sprinkle with salt. Put in all the slices in layers and sprinkle each layer with salt. Place a weight on the slices in the bowl to press them together. Refrigerate for 6 to 8 hours, or leave overnight, to let some of the water come out of the cucumbers.

Pour off the water. Mix with yogurt or sour cream and lots of dill. Serve.

Very refreshing in hot weather with another salad, sliced vegetables and dip, or cold cuts.

**~~~~~~~** 

#### ROMAINE WITH EGGS MUSTARD DRESSING

I was travelling northward across Alaska when we came across this very nice restaurant called Simons and Seafort. We had some great meals there, but I really liked this salad:

#### Ingredients

3 hard boiled eggs	16 oz Romaine greens
1 1/2 tsp yellow mustard	4 slices torn cooked bacon
3 tbsp cider vinegar	2 chopped green onions
3 tbsp sugar	1/3 cup warm bacon drippings

Separate the hard boiled eggs into whites and yolks. Chop whites, mix yolks with mustard, vinegar and sugar until smooth to make dressing.

Combine Romaine in a salad bowl and toss with egg dressing then lightly mix in warm bacon drippings. Sprinkle top of salad with egg whites, bacon pieces and green onions.

Makes 4 servings.

Angus Fergusson

Salmon and Melon Salad (Rick Lee)

(This is really good on a warm summer day!!)

From: Better Homes and Gardens - Make-a-meal Salads - 1986 Editor Mary Jo Plutt.

- two fresh." or frozen salmon steaks cut 3/4 to one inch thick
- 3/4 cup water
- 1 table spoon of thinly sliced green onions
- 3 oz of evaporated milk
- 3 oz of frozen concentrated orange juice thawed
- three teaspoons of salad oil
- half a cantelope
- half a honey dew melon
- two cups of torn bib lettuce or boston lettuce
- one and a half cups of seedless red grapes
- one bay leaf
- dash pepper

#### Method

- Thaw salmon (if frozen). In a skillet combine water, green onions, bay leaf a quarter of a teaspoon of salt and a dash of pepper. Bring to boil then add salmon. Reduce heat, cover and simmer for 5 to 10 minutes or until fish flakes easily with a fork. Drain and cool slightly. Remove skin and de-bone. Break salmon into chunks. Cover and chill.
- 2. Dressing: In a blender, combine evaporated milk and concentrated orange juice. Cover and blend (slow speed) until well mixed with lid ajar. Gradually add oil. Cover and chill.
- 3. Using a melon ball cutter, scoop out of cantelope; using a crinkle edged cutter or knife, cut the honey dew melon into 3/4 inch cubes.
- 4. Combine the two cups of lettuce, melon, cantelope and grapes. Pour dressing over mixture, toss lightly; add salmon chunks last and toss again.

Serves 4.

#### CARROT SALAD

(Evelyn Moreno)

2 lb. carrots - diced and boiled or steamed (10-12 med carrots)
1 large green pepper - cut in small pieces
1 large onion - cut in small pieces

Dressing: 1/2 can tomato soup 1/2 cup white sugar 1/2 cup salad oil 1/3 cup vinegar 1/2 tsp. each - salt, pepper and dry mustard

Mix above ingredients, add dressing. Keeps for 2 weeks, covered in the fridge. This recipe it is absolutely magnificent! Very good for the hot summer months...

#### TABBOULEH (CRACKED WHEAT SALAD) (Norma Loya)

1 cup cracked wheat (fine or medium)\*\*
1 bunch fresh parsley
1 bunch green onions (use white only) or 1 med onion
1 large firm tomato
1 stalk celery
Dressing: juice of 1 lemon + equal amount vegetable oil + 1 tsp
salt + just a bit black pepper.

Soak cracked wheat (also called bulgur wheat) in water for about 1/2 hour. Chop vegetables in food processor, just a few twirls, don't mush them, they should be only chopped in small pieces (can be done by hand). Drain and squeeze cracked wheat and add to vegetables. Add dressing and mix well. Cover and leave a few hours in the fridge before serving to blend flavours. Keeps for along time.

\*\* Cracked wheat can be obtained from Middle-Eastern stores and some supermarkets.

#### CURRIED RICE SALAD

3 c cold cooked rice (be sure rice is well cooked) 1 c chopped celery 1/4 c chopped green pepper 1 tsp chopped onion (or granulated) 1 tsp curry powder 3/4 c mayonnaise 1/2 tsp dry mustard juice of 1 lemon 19 ounce can of crushed pineapple salt and pepper

Combine ingredients and refrigerate overnight. Adjust seasoning as desired and serve.

P. Kertland

~\*\*\*\*

#### TWENTY-FOUR HOUR SALAD

Make the following layers in a large bowl (listed in order from bottom to top):

- 1 Head Iceberg Lettuce (shredded, preferably by hand)
- 1 Head Cauliflower, broken into bite-sized pieces
- 1 Pound of Bacon, Fried Crisp and crumbled over the surface
- 1 Small Onion, chopped and spread over the surface
- 8 oz. Sour Cream, spread evenly on the top
- 8 oz. Mayonnaise, spread evenly on the top
- A Layer of Shredded Cheddar Cheese (totally covering the rest)

Cover and refrigerate for 24 Hours.

Just before serving, mix all the layers thoroughly.

This salad serves a fairly large group of people, especially if it is not the main course.

Don Champ

**4 BEANS SALAD** (Norma Loya)

1 can chick peas drained 1 can red kidney beans drained 1 1/2 cup frozen cut green beans 1 can wax beans drained (optional) 1 slice green pepper cut in thin strips (optional) 1 medium onion cut in thin strips (wash them under very cold water then squeeze them - will kill the bad odour)

Dressing: 1/3 cup vegetable oil 1/3 cup cider vinegar 1 tbsp sugar 1 tsp salt 1/4 tsp black pepper

Mix and chill, will last in the fridge for a long time. Don't panic if you don't have exact quantities, recipe is versatile!

#### Spinach Salad

1 lb. spinach - torn 6 large mushrooms - sliced 6 slices of bacon - crisp and crumbled 1 c bean sprouts 3/4 c grated gruyere cheese 1/4 c chopped green onions

Toss together and add dressing.

Chutney Dressing for Spinach Salad

1/4 c red wine vinegar 2 Tbsp mango chutney 1 clove garlic - crushed 1 Tbsp dijon mustard 1/2 tsp salt pepper to taste 3/4 c vegetable oil

Anne O'Toole

#### BUTTERMILK HERB SALAD DRESSING

1 c buttermilk 2/3 c plain yogurt 1/4 c vegetable oil 1 tbsp white vinegar 1 tsp dried dill or 3 tbsp chopped fresh dill 1 tsp Dijon mustard 1/2 tsp salt and pepper 1 clove garlic, minced (optional) 1/3 c fresh chopped parsley

In mixing bowl or large measuring cup, combine ingredients. Mix well with whisk or fork. Cover and refrigerate for up to 1 week. Makes 2 cups.

>\*\*\*\***\*\***\*\*\*

(cal/tbsp: 18, fat/tbsp: 1.5g)

P. Kertland

#### LEMON-MUSTARD DRESSING

(Deborah Baxter-Snow)

1/4 cup lemon juice 2/3 cup olive or salad oil 2 tsp sugar 1 1/2 tsp salt 1 tsp dry mustard 1 tsp chopped chives 1/4 tsp cracked pepper

Whisk and toss over salad greens. This goes well with a mixture of spinach, Boston lettuce, Belgian endive and mushrooms.

EASY GREEK SALAD DRESSING (Diane Ruest)

1/2 c. olive oil
2 Tbsp. lemon juice
2 Tbsp. red wine vinegar
1 clove garlic minced
1 heaping teaspoon oregano
several grindings fresh pepper

------

RICE SALAD (Diane Ruest)

1 c. long grain rice 1 1/2 c. diced celery 1/2 c. chopped onions 1/4 c. green pepper 1/4 c. red pepper 10 oz. can small sweet peas 1/4 c. white sugar 1/2 c. salad oil 3 Tbsp. white vinegar 1 to 1 1/2 tsp. curry powder 3 to 4 Tbsp. soya sauce

Cook rice per instructions. Add celery, onions, peppers and peas. In a jar mix oil, vinegar, sugar, curry and soya sauce and shake. Pour over rice and refrigerate overnight. Adjust seasoning with curry and/or soya. Will keep well for a week.

CHEESE SALAD (Norma Loya)

1/2 lb cottage cheese 1/2 lb sour cream about 3" cucumber diced very small 4 medium radishes diced very small 1 small onion minced (optional) A sprinkle salt and paprika

Mix all and store. Good in the summer.



For Environment Canada's AES COOKBOOK Olde Fashioned Cabbage Slaw A "Green" Recipe

Ingredients

Coleslaw

2 CUPS Green Cabbage Shredded Variation: Red Cabbage

2 TBSP Chopped Green Onion/or Chives

2 TBSP Chopped "Green" Celery

1 Small Carrot Grated "Afterall Orange compliments Green" Variation: 2 TBSP Finely chopped Cauliflower could be added or exchanged in place of the Celery or Onion???

Dressing

2 TBSP Salad Oil (Crisco)

3 TBSP Vinegar (White Preferably)

For Variation try Apple Cider and/or Red Wine/Malt Vinegars

1/2 TSP Salt

3 TBSP Sugar

Directions:

Combine and Serve over Coleslaw just before serving.

Yields 6 Servings

Recipe Submitted by: C. Anker, 4574

#### BABA GHANOUJ ( The Lebanese way )

Ingredients for 5 persons. \*\*

1 kg of eggplants ( The darker the better ) 1/2 tsp of salt. Juice of  $1 \ 1/2$  lemons. 1/2 cup of tahina or sesame paste. 3 garlic cloves. Pita bread.

Put eggplant(s) in an aluminum pan or pyrex and put in oven at high heat and cook.

\*\*\* Eggplant must be well cooked otherwise it will taste bitter. A good way to help the cooking is to make 5-6 holes in the eggplant with a fork. Use a knife to check from time to time on eggplant. Juice is supposed to come out.

When it is well cooked remove it from oven and let it cool. Unpeal eggplant and mash well in a bowl. In another bowl put garlic & salt and mash well. Add lemon juice to salt & garlic. Add this mix to mashed eggplants and mix. Finally add tahina to eggplants and mix once again everything. Put baba ghanouj in a plate, make 2 circles and put olive oil in between. You need pita bread to eat it.

\*\* Ingredients can be adjusted to taste.

Bon appetit Riad Rahal

**\_\_\_\_\_\_\_\_\_\_\_\_\_** 

#### Taco Salad

2 heads of Romaine lettuce 2 tomatoes (chopped) 1 large onion (chopped) 1 cup shredded cheddar cheese 1 cup shredded mozzarella cheese 1 large bottle Catalina dressing 1-1/2 lb hamburger (cooked with taco package recipe) 1 bag of plain Frito's 2-3 cups bean sprouts

Mix together just before serving. Serve ice cold.

Julie Young

HOUMOS ( The Lebanese way )

Ingredients for 5 persons. \*\*

2 cups of dried chick peas. 1/2 tsp of bicarbonate of sodium. 2 tsp of salt. 6 garlic cloves. 3/4 cup of lemon juice. 1/2 cup of tahina or sesame taste. Pita bread.

Clean chick peas from small stones & bad peas.. if any. Soak peas with water and bicarbonate of sodium overnight. The following day rinse peas, use fresh water and boil. As soon as water boils a white residue will appear, remove it. Lower the heat and allow peas to cook for about  $1 \frac{1}{2}$  hrs or until it becomes possible to mash a pea between 2 fingers relatively easily. ( This is a way I use to know if peas are ready, so you do not have to cook them for  $1 \frac{1}{2}$  hrs if they do not need it ). Drain the water & keep it ( or part of it in a bowl, you may need it later to soften/dilute the mix if it is hard ). Put peas ( not necessarily all of them at once ) in a food processor or moulin. Sometimes peas will stick to the side of your processor, so stop it and push peas down and turn processor on again. ( If you notice that the mix is hard and coarse add one tbs at a time of the water that you kept earlier while processor is on- the processor allows you to do that- do not put a lot of water you can dilute too much) Processed peas should be like puree. Put processed peas in a separate bowl. In another bowl put garlic & salt and crush well. Add lemon juice and tahina to the bowl and mix well. Add the mix of this bowl to the peas and mix . Put some houmos in a plate, make 2 circles and put olive oil in

between. Decorate with mint or parsley leafs. You need pita bread to eat it.

\*\* Ingredients can be adjusted to taste.
\*\* You can use 2 cans of chickpeas if you don't want to go through the
trouble of soaking and cooking the peas.

Bon appetit Riad Rahal Library 4225

#### THOUSAND ISLAND RELISH

Making your own relish is easier than you think.....

4-6 large cucumbers, peeled 6 large onions 1 green pepper 1 sweet red pepper 1/4 cup coarse pickling salt 3 c sugar 1/2 cup all purpose flour 3 tbsp dry mustard 1 1/2 tsp tumeric 1 1/2 tsp mustard seed 1 1/2 tsp celery seed 3 c white vinegar 1 c water

Chop vegetables, coarsely or finely depending on whether you like chunky relish or not. Place in LARGE bowl. Sprinkle with pickling salt, cover with 2 1/2 cups cold water and let stand for 1 hour. Then drain. (To be sure you've removed the salt, you can rinse and drain again.)

In a large, heavy kettle (pot), place the sugar, flour, mustard and spices. Mix. Over high heat gradually stir in 2/3 of the vinegar and water. Add the vegetables. Bring to a boil, reduce heat SLIGHTLY and simmer uncovered for 1 hour or until desired consistency is reached. Add rest of vinegar and water when needed. Stir CONSTANTLY to avoid sticking to the bottom of the pot. Pack into sterilized jars.

#### TABOULE' ( THE LEBANESE WAY )

Ingredients for 5 persons. \*\*

Bon appetit1/2 cup of bulgur ( Cracked wheat )Riad Rahal2 bunches of parsley1/2 lbs of tomatoes ( You can put more if you like )2 big onions1/4 cup olive oilJuice of 2 lemons\*\* Ingredients can be adjusted to taste1 1/2 tsp of salt\*\* Ingredients can be adjusted to taste

Soak bulgur in cold water for a while. Wash parsley, tomatoes, onions.. For parsley you need only the leaves. Chop parsley, tomatoes and onions very fine. Add salt & pepper. Add lemon juice. Rinse bulgur. Now add everything to bulgur. Decorate with romaine lettuce.

2 - 27

P. Kertland

#### Onion Soup

2-3 cups water Knorr beef stock Spanish onion 1/2 teaspoon sugar 1/2 teaspoon dry mustard French or Italian bread Mozzarella cheese (grated)

\* Prepare stock as directed

- \* Saute onions in butter until soft and add to stock and sugar and dry mustard. Bring to boil.
- \* Pour into individual soup bowls and top with a thick slice of bread and grated cheese.
- \* Broil until cheese is melted and a little brown.

Julie Young

#### BROCCOLI BACON SALAD

A really different sort of salad in flavour and texture. Wonderful with ham or as part of a brunch or luncheon meal.

1 large bunch fresh broccoli, separated into florets
1 small red onion, coarsely chopped
1 cup raisins
10-12 bacon strips, cooked crisp and crumbled

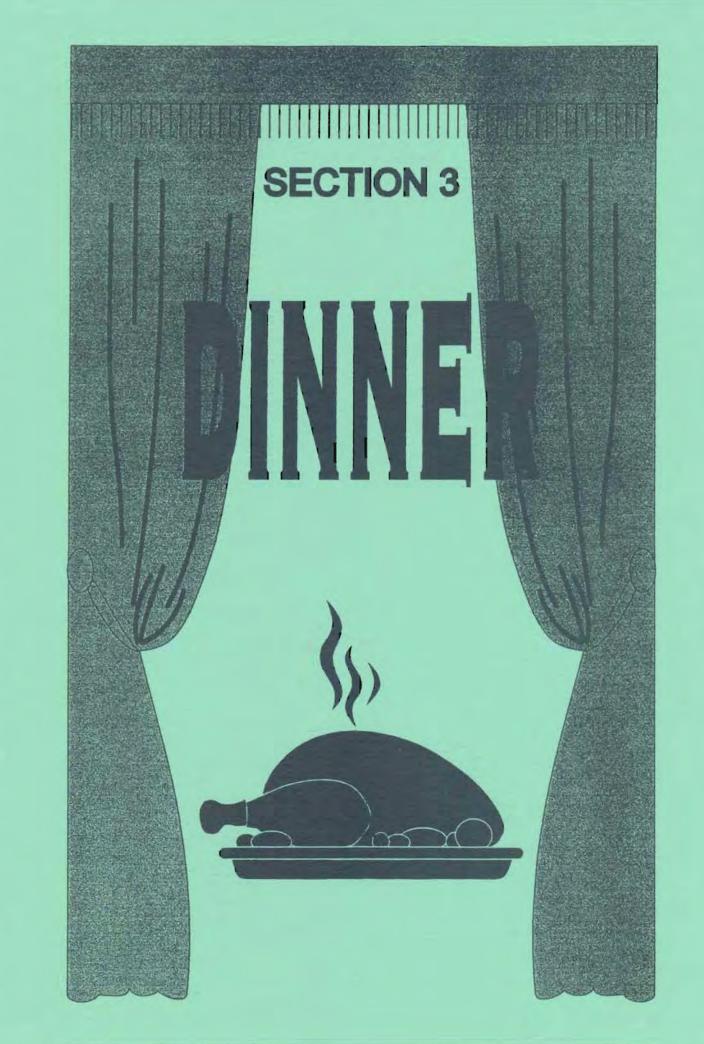
Dressinq: 3 tablespoons vinegar 1/3 cup mayonnaise 1/3 cup sugar

In a large serving bowl, combine the broccoli, onion, raisins and bacon; set aside. In a mixing bowl, combine dressing ingredients.

Just before serving, pour dressing over broccoli mixture; toss to coat.

6-8 servings.

Jim and Margaret Alexander



### **SECTION 3 DINNER**

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#### <u>Spicy Barbecue/baked Back Ribs (Chinese Style)</u> <u>Aston Shim</u>

#### Ingredients

6	lbs	Back	or	side	pork	ribs

1	med	onion cut	in half
2		bay leaf	
-	_		

3 clove garlic

#### Sauce

1	cup	Ketchup
1/4	cup	mustard dijon
1/4	cup	black bean paste (Chinese)
1/4	cup	honey
2	tbsp	vinegar (wine)
2	tbsp	soya sauce (black)
2	tbsp	hot chilli paste (Chinese)
	-	hot sauce to taste
		salt and black pepper to taste

Trim ribs and cut into manageable slabs. Place in large pot of boiling water to cover, add bay leaves, onion and garlic. Bring to boil, reduce heat and simmer gently for about 40 minutes. Drain well.

Combine Sauce ingredients. Coat drained, cool ribs with sauce. Place ribs and sauce in heavy plastic bag, Seal well, turn a few times to coat meat and marinate in refrigerator for at least 6 to 8 hours or overnight, turning occasionally, until ready to cook.

On a greased grill, barbecue ribs about 10 to 16 minutes per side or until ribs are cooked, turn often if necessary.

Or line 2 baking sheets with aluminum foil. Arrange ribs in single layer. Bake in preheated oven about 20 minutes per side until done.

Tips: Use pork back ribs rather than side ribs, back ribs are usually meatier, and with less fat. Estimate 1 pound per serving for adults and 1/2 pound per child. Precooking: Instead of boiling the ribs it can be microwave. Precooking removes some of the fat, and helps to prevent flare-ups. Use left over sauce for frequent basting to keep the ribs moist.

Black bean paste, soya sauce and chilli paste are available at oriental stores.

Cooking Time 1.5 hr. Preparation Time 20 min.

#### Section 3 - 02

#### BARBECUED SPARERIBS

4 lb. spareribs
1 medium onion
2 stalks celery
3 tbsp. oil
2 tbsp. brown sugar
3 tbsp. vinegar
4 tbsp. lemon juice
1 tbsp. worchestershire sauce
1 tsp. prepared mustard
1/3 c. hot water
1/2 tsp. salt

Preheat oven at 350 degrees. Cut ribs into serving pieces, place in baking dish and bake uncovered 30 minutes.

<u>Sauce</u>: Chop onion and celery finely. Fry until tender but not brown. Add all the remaining ingredients. Bring to a boil, stirring occasionally. Lower heat and simmer 15 minutes.

Remove spareribs from oven, drain off fat. Pour half the sauce over ribs and bake 30 min. Pour remaining sauce over and bake 30 min. longer.

Serves 8. Cooking Time 1 hr 10 Min Preparation Time 15 Min

Peggy Takata

#### Easy Pork Chop Supper

Jane Graves

4 - 6 pork chops
1 large tin stewed tomatoes
1 cup white or brown basmati rice
2 - 3 tablespoons finely chopped red and/or green peppers and onion (optional)

Place 4-6 pork chops in the bottom of an  $8 \times 13$ " glass pan. Sprinkle with chopped peppers and onions (optional). Sprinkle rice on top and into spaces between chops. Pour in the stewed tomatoes.

Cover pan with tinfoil. Place in 375 degree oven for 45 min to 1 hour depending on thickness of chops. Cook longer if chops are frozen.

Serve alone, with salad, or other vegatables raw or cooked.

Preparation time: 10 min. max. Cooking time: 45 min to 1 hour.

#### Hawaiian Pork Chops

#### By Cathy Anker

#### Ingredients:

1-2	TSP	Vegetable	Oil
-----	-----	-----------	-----

- 5-6 Pork Chops
- 2-3 TSP Honey
- 2-3 TBSP Ketchup
- 1-2 Slices of Green Pepper
- 1/2-1 Can of Pineapple Chunks
  - Soy Sauce
  - Salt & Pepper
  - 2-3 TSP Corn Starch

First fry Chops (in Vegetable Oil) in frying pan quickly to sear in the juices. Season with Salt/Pepper & Soy Sauce.

Once cooked, remove chops and drain off grease. Drain all grease out of pan. (Wouldn't hurt to quickly wash or rinse out the pan.)

Put chops back in pan & <u>immerse</u> in water & add more Soy Sauce until water is dark brown.

Let boil for 5-10 minutes. Make sure that the chops remain immersed in water, if water evaporates add more. Add 2-3 TSP Honey & 3-4 TBSP Ketchup. Stir chops around so as to mix honey & ketchup & water well. Add Green Pepper diced very fine and Pineapple chunks and let <u>Simmer</u> for 15-20 minutes.

Mix cornstarch with water & pour into frying pan until fluid turns into medium thick gelatin like sauce, keep heat on Medium/Low until the sauce turns clear like instead of cloudy (as it is when you first pour in the cornstarch) & SERVE!

#### Bon Appetite!

Cooking Time 40 min Preparation Time 15 min

#### Jerked Pork or Chicken (Jamaican) Aston Shim

Ingredients

1	pc	Pork Belly or Pork Lion (4 to 5 lbs)
Sauce	e A. (Homen	made)
		garlic minced
2	stalk	green onion diced
2	Tbsp	vegetable oil
3	tsp	soya sauce
3	tsp	all spice (pimento) crushed fine
3	_	bay leaves crushed
2	Tbsp	liquid smoke
2	Tbsp	vinegar
2	Tbsp	honey
	tsp	thyme
1	small	onion chopped fine
1/4	cup	water
		hot pepper flakes or Jamaican pepper
-		salt and black pepper to taste

or B

Jerk Pork Seasoning (powder) available at Jamaican food stores. Use as per instruction on bottle. or C

PC Memories of Montego Bay Jerk Sauce (hot) or Timid (Mild) available at Loblaws, Supertanker or Zehrs Supermarket. Use as per instruction on bottle.

Wash and dry pork. Use a sharp paring knife, prepare the pork by pricking the top of pork and score in diamond pattern.

Homemade sauce: In a sauce pan combine all spices, and stir in oil, vinegar, hot pepper flakes. Add salt and black pepper to taste. Bring to a boil, reduce heat and simmer for 5 minutes or until onion is soft, set aside to cool.

Other Sauce: use as per instruction on label of bottle.

Place pork in heavy plastic bag; using the heel of your hand, press sauce into meat. Seal well, turn a few times to coat meat and let marinate in refrigerator for at least 6 to 8 hours or overnight, turning occasionally. On greased grill over high heat, cook pork 2 to 3 minutes

On greased grill over high heat, cook pork 2 to 3 minutes per side or until meat is seared all over. Reduce heat to medium and cook for 40 to 50 minutes longer or until internal temperature reaches 150 degree F on meat thermometer, or until meat is tender.

From time to time throw in some wet bay leaves and allspice in the barbecue, this will give the meat the required aroma. Use left over sauce for frequent basting to keep the meat moist. To prevent skin from "bubbling" prick skin before cooking.

Let stand 15 minutes before slicing. Makes 8 to 10 servings. Jerked Chicken. Substitute Chicken for Pork. Chicken is cooked when juices run clear.

Cooking Time 1 hr. Preparation Time 30 min.

Pork or Chicken For Dinner Tonight?



If you are here are two recipes to improve that drab taste of Chicken and Pork Dinners.

TENDERIZED PORK CHOPS/TENDERLOIN What you will need: 1 Egg Cooking oil(Crisco?) Some Breadcrumbs Gravy Fat from Pork 1 TBSP All purpose flour or more depending on amount of fat. Either salted potato water or plain salt. White/Black Pepper 1 Boullion (Oxo) Cube

Take the egg and beat it up in a bowl. Then dip the chops/ tenderloin pieces into the egg and turn it over, make sure that the pork is entirely covered with egg and place them onto a plate of breadcrumbs and turn until covered in breadcrumbs.

Then place in large enough frying pan and add a little cooking oil.

Turn heat on and fry until brown on both sides and fairly cooked. Then if you have a casserole dish or a bowl place pork into it and put the lid on and keep them warm in the oven.

Then prepare your gravy by stirring in approximately 1 TBSP of flour until no more fat remains.

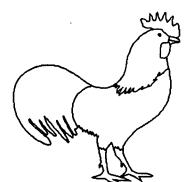
If you have had potatoes boiling in salt water and they are ready pour the water from the potatoes into the frying pan and turn on heat, stirring vigorously to prevent lumps from forming. Bring to boil and season with oxo cube and pepper and or salt to taste.

Now for the people who do not have a casserole dish, you may place the pork back into the gravy and simmer for about  $(2^3)$ hours or for those of you with a casserole dish can pour the gravy back into the casserole dish and leave the pork in it.

Then turn your oven to 325 degrees F and place dish in oven for about 2-21/2 hours and SHAZAM there you are! At the end of approx 2-21/2 hours turn the oven off and when your ready serve your dinner. You can leave pork in for about 3 hours but no longer or your pork will fall apart on your fork.

See next page for Chicken Recipe

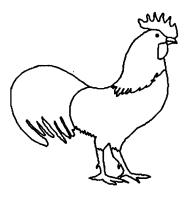
Cooking Time 2 hr 10 min Preparation Time 20 min



### Pork or Chicken For Dinner Tonight Cont'd

DUTCH CHICKEN What you will need:

Some cornstarch Butter Soya Sauce Seasoning Salt Chicken Breasts(Preferably)



Place chicken breasts in a deep fry pan. Season with season salt and soya sauce. Place some butter in pan.

Turn on heat and brown on both sides for about 10-15 minutes.

Then pour about an inch of water in pan and turn to simmer. Let stand simmering for about 30 minutes.

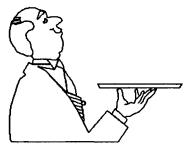
Then take the chicken out and mix a little (1 TSP?) of cornstarch in a cup with a little water and pour in pan and stir well. Turn to med-high and place chicken back in pan for 5-10 minutes.

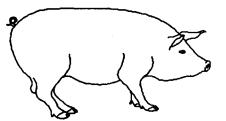
Serve. Result: Tender, moist and juicy and bonefree(just about).

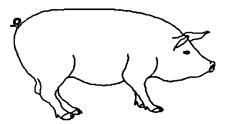
Modification: For a bit more flavour saute some sweet pepper (red or green) and mix with chicken while simmering.

Cooking Time 60 min Preparation Time 20 min

Submitted by C. Anker







#### Roast Leg of Lamb (Middle East Style)

1 leg of lamb (3-5 lbs.)
1 large clove of garlic
4 tsp. dill
2 tsp. tarragon
1 tsp. coriander
4 tsp. mint leaves
1 cup strong coffee
1-1/2 cup white wine
3 cups honey

Cut off as much fat as possible from roast. Cut garlic into slices and insert into roast.

Mix all spices and put over top of roast. Pour coffee, honey, 1 cup wine over roast.

Cook in preheated oven at 350 degrees for approximately 20-25 minutes per pound, depending on taste, or use meat thermometer.

Remove roast from pan, add rest of wine to sauce. Serve sauce au jus with sliced roast.

Cooking Time 20 min/lb Preparation Time 15 min

Barb and Don McKay

#### Lamb Liver and Noodles (Serves 4)

This dish is perfect for a light dinner. Even those who do not care for liver appreciate this recipe.

500 g (1 pound) Ontario lamb liver	15 mL (1 Tbsp.) oil
50 mL (1/4 cup) flour	125 mL (1/2 cup) chopped
5 mL (1 tsp.) salt	green onion
1 mL (1/4 tsp.) pepper	125 mL (1/2 cup) Vermouth
dash thyme	250 mL (1 cup) sour cream
50 mL (1/4 cup) butter or	50 mL (1/4 cup) parsley
margarine	flakes
Hot cooked noodles	

- 1) Slice the liver into julienne strips
- 2) Combine flour, salt, pepper and thyme in a plastic bag; add the liver and shake to coat the liver thoroughly.
- 3) Heat butter and oil in a large fry pan; add the floured liver and cook over high heat for 2 minutes; remove to a heated platter, and keep warm.
- 4) Add the onions to the pan, cook 2-3 minutes; stir in Vermouth, bring to a boil then stir in the sour cream and parsley; heat through.
- 5) To serve: Spoon sauce over liver and surround with hot cooked noodles. Cooking Time 20 min Preparation Time 5 min

Barb and Don McKay

Tropical Lamb Kebobs	Don Mckay Serves 4 or 30-40 appetizers				
2 mL (1/2 tsp.) dry thyme leaves 15 mL (1 tbsp.) sugar	1 Bermuda or Spanish onion, cut into chunks				
125 mL (1/2 cup) soy sauce	500 g (1 lb.) boneless Ontario				
1 mL (1/4 tsp.) pepper	Fresh Country Lamb from leg or				
1 398 mL (14 ounce) can	shoulder, cut into 2.5 cm (1 inch)				
pineapple chunks, drained	pieces				
(reserve liquid)	melted butter				
Combine thyme, sugar, soy sauce, pepper and reserved pineapple juice. Place lamb in a shallow glass dish and pour marinade over all; cover and refrigerate 1 h. Alternate pieces of lamb, pineapple and onion on skewers (or round toothpicks for appetizers) Brush with melted butter					

and broil or barbecue 12.5 - 20 cm (5 - 8 inches) from heat, 5 min.

Cooking Time 1 hr 20 Min Preparation Time 20 Min

# Marinated Ontario Country Fresh Lamb Chops in Wine

6 - 8 Ontario Country Fresh loin or rib lamb chops,2.5 cm (1 inch) thick salt and pepper 50 mL (1/4 cup) vegetable oil Serves 3-4

Don McKay

50 mL (1/4 cup) dry white wine 1 clove garlic, crushed 2 bay leaves, crumbled

Season chops with salt and pepper. Combine remaining ingredients; pour over lamb chops and marinate at least 2 h, turning occasionally. Score fat edge of chops at 2.5 cm (1 inch) intervals. Broil or barbecue 10 cm (4 inches) from heat, 5 - 6 min for medium or 7 - 8 min for well done.

#### Lamb Shanks with Mint

4 Lamb Shanks (or more) 2 Tbsp. flour 2 medium onions quartered 2 cups water 4 tsp. dried mint 1/2 tsp. salt 1/4 tsp. pepper 1 can (5-1/2 ox.) tomato paste 1 bay leaf 1/4 tsp. oregano

Coat shanks with flour. Heat oil - brown meat and onions Place in large casserole. Combine remaining ingredients. Pour over shanks. Cover.

Bake 350 degrees for two hours Add more water if required.

<u>Microwave</u>: Place coated shanks and onion in casserole. Cover. Cook on high 20 minutes turning once. Add sauce and cover. Cook on DEFROST 30 to 35 minutes or until tender turning dish occasionally and basting shanks.

Oven baking is recommended as it blends the flavours. Cooking Time 2 hrs 15 min Preparation Time 10 min

#### EASY OVEN STEW

(Serves 4 to 6)

2 lbs uncooked stewing beef, cut into bite size pieces 1 onion, chopped 1 cup mushrooms, chopped 4 carrots, chopped salt to taste 4 celery stalks, chopped 28 oz. can tomatoes 1/2 half green pepper, chopped 1/4 cup water 1/4 cup quick-cooking tapioca 1/2 cup red wine or beef broth

Combine all ingredients in an oven proof dish, cover and bake for 4 hours at 300 degrees F or 10 to 12 hours in a slow cooker.

Cooking Time 4 hrs Preparation Time 20 min

Cathy Bingham

# **Pork Curry**

1/2 lb. lean pork (tenderloin is nice but works well with pork butt)

1 large white onion

1 large bell pepper

1 19oz can pineapple tidbits (or crushed if the kids try to pick this out!)

2 Tablespoons margarine

Yeo's Curry Powder (can be found in your local Grocery Store and in Chinese Markets) Salt/Pepper/Soy Sauce

Thinly slice pork, set aside. Slice Onion and Bell Pepper in large slices - if appearance isn't a concern and getting it cooked faster is, then slice both thinly! Melt margarine in skillet, add pork to hot skillet and cook until just done, not browned. Remove pork from skillet. To oil left in skillet add onion and Bell Pepper; saute until onion is clear, add 1-2 tsp. Curry Powder (this is for a very mild curry--adjust to suit your taste!) and "fry" briefly, then add pineapple along with juice to pan, mix well to dissolve curry powder and make "sauce". Add pork to onion/pepper mixture, stir well and simmer in covered pan over low heat for approx 20 mins. Season with salt (or Soy Sauce) and pepper to taste. For a thicker sauce, remove lid and allow liquids to cook off during last 5 mins. of cooking. Serve over rice for a quick, after work meal.

Don't be afraid to add more onion, pepper, etc. to this dish as it will adapt well to additions make this your own dish and Enjoy! This dish reheats well - may not look quite as "fresh" the second time around, but the taste will pardon the "appearance".

Cooking Time 35 Min Preparation Time 10 Min

Carolyn Woo



#### Beef Stroganoff

Cooking Time:25 minutesPreparation Time:15 minutesMain cooking utensil:Large covered saucepanRecipe can be made ahead of time and re-heated.

#### For 4-5 people you need:

1-1/4 - 1-1/2 lb. beef tenderloin (works well also with veal,

(works well also with veal, pork and chicken (and lower cut of beef if marinated for several hours)

- Seasoning 2 small onions 6 tablespoons butter 1 cup mushrooms 2/3 cup sour cream 1 tablespoon all-purpose flour Pinch mustard Little extra sour cream
- 1) Cut the meat into thin strips 2 inches long and season.
- 2) Fry the chopped onions in hot butter until golden coloured.
- 3) Add the sliced mushrooms to the onions, add the meat, and fry for 5 minutes.
- 4) Blend the sour cream with the four and mustard and pour into the pan.
- 5) Stir well, cover the pan, simmer gently for 10 minutes until the meat is tender.
- 6) Add more sour cream before serving.

#### To serve:

With rice or creamed potatoes or pasta

#### To vary:

3 tablespoons brandy can be added to the sauce at stage 6 and/or 1 tablespoon tomato paste at stage 4.

#### Economical beef stroganoff:

Use beef stew meat. Fry in hot butter with mushrooms, then add packaged onion sour blended with 2-1/2 cups water. Simmer for 1-1/4 - 1-1/2 hours then proceed at stage 4, using sour cream or yogurt.

Note: This recipe works well if entertaining during the week, as you can make it ahead of time.

### Susan Falla-Johnson

Beef Bourguignon (Crock pot recipe)

1 cup dry red wine2 lbs. stewing beef, cut into2 tablespoons olive oil1-1/2-inch cubes1 large onion, sliced3 slices bacon (thick-cut, if1/2 teaspoon thymepossible)2 tablespoons chopped parsley12 small white onions1 bay leaf1/2 lb. mushrooms, sliced1/4 teaspoon pepper2 cloves garlic, minced1 teaspoon salt1

Combine first seven ingredients, mix well, and add beef. Marinate at least 3 hours (overnight if refrigerated). Drain meat, reserving marinade. In skillet, saute bacon and remove. Brown meat in bacon fat. Combine beef, bacon, vegetables and seasonings in cooker. Pour over enough of the marinade to cover. Cook on low heat 8-10 hours.

<u>Note:</u> This recipe works well if entertaining during the week. The bourguignon can be slow cooking while at work.

Cooking Time 8 to 10 Hrs Preparation Time 20 Min Susan Falla-Johnson

Wiener Schnitzel

- 4 Veal cutlets
- l egg (beaten)
- 2 tblsp. flour

Mi1k

1 to 2 cups of white breadcumbs mixed with salt and pepper

Coat veal cutlets first with milk, than with flour, than dip into egg mixture and last breadcrumbs. Heat butter/oil in skillet and fry veal about 5-8 minutes (turning once).

Serve with boiled potatoes and vegetables. If too much in a hurry, why not use Green Giant frozen Carrots/or Green Beans in butter sauce. Peel potatoes first, so they can cook while you're preparing Schnitzel. Decorate meat with a bit fresh parsley and serve.

Cooking Time 8 Min Preparation Time 5 Min

Maren Kauer

#### FAMILY FAVORITE CROCK POT MEAT LOAF

(Bob Plaseski)

We have an electric crock pot with three settings: low- food barely boil, high- food boils gently, auto- we don't know what it does! The following recipe is delicious in a crock pot, it might also work fine in the oven, baked at about 300 degrees F.

2 beaten eggs 3/4 cup milk 2/3 cup fine dry bread crumbs 2 tbsp. grated onion 1 tsp. salt (we use much less - about 1/4 tsp.) 1/2 tsp ground sage 1 1/2 lbs. lean ground beef (or chicken)

Sauce: 1/4 cup ketchup 2 tbs. brown sugar 1 tsp. dry mustard 1/4 tsp. gound nutmeg

Combine eggs with milk, bread crumbs, onion, salt sage, and meat. Mix well and shape into an oval. Carefully place in slow cooking pot (crock pot). Cook on low for 5 to 6 hours. Drain off fat if any. Combine sauce ingredients in small bowl; pour over meat. Cover and cook on high 15 minutes longer. Slice and serve while hot or use cold for sandwiches. Makes about 6 servings.

Cooking Time 6 hrs Preparation Time 10 Min



# CHEESE MEATLOAF PINWHEEL WITH SPINACH MUSHROOM FILLING

Jenney Reycraft

1 lb ground beef	500g
1/2 lb lean ground pork	250g
1 cup shredded Cheddar cheese	250ml
1/2 cup fine dry bread crumbs	125ml
1 egg beaten	
2 tsp worcestershire sauce	10ml
3/4 tsp salt	4ml
1/4 tsp pepper	1ml

### Filling

1 pkg (10oz/300g) spinach, trimmed	
1/4 cup butter	50ml
1 cup sliced mushrooms	250ml
1/2 cup chopped onion	125ml
1/2 cup fine bread crumbs	125ml
1 egg	
1/2 tsp salt	2ml
Pinch each pepper and nutmeg	

Rinse spinach; shake off extra water. With water just clinging to leaves, cook spinach until wilted; drain and squeeze out excess moisture. Chop coarsely and set aside. In skillet, melt butter over medium heat, cook mushrooms and onions until onion is translucent. Transfer to bowl. Add spinach, bread crumbs, egg, salt and pepper, nutmeg, mix well.

In bowl combine beef, pork, cheese, bread crumbs, egg, worcestershire sauce, salt and pepper. Place meat mixture between 2 pieces of wax paper. Roll into 18"X8" rectangel. Remove top sheet. Spread spinach mixture evenly over meat, leaving 1/2" border. Roll up meat from shortend in jelly-roll style, lifting with paper. Ease loaf into 8"X4" loaf pan. Bake in 350°C oven for about 1 hour or until browned and meat thermometer registers 170°F. Makes about 6 servings.

Cooking Time 70 Min Preparation Time 20 Min

#### MEDITERRANEAN PIE

#### Jenny Reycraft

20 Min

2 small onions, chopped
2 garlic cloves, minced
2 tbsp. butter or margarine
3 10 oz. pkgs. frozen spinach, thawed and well-drained
2 14 oz. pkgs. frozen puff pastry, rolled to 1/8"
3/4 black forest ham, slices
1 lb. mozzarella cheese, grated
2 red peppers, seeded and diced
8 eggs, beaten
1 egg, beaten, to glaze pastry.

Saute onions and garlic in butter. Stir in spinach. Line a 10" springform pan with pastry, making sure it overlaps the sides. Layer ½ the ham, ½ the cheese, ½ the red pepper, ½ the spinach mixture into the pie shell. Pour in ½ the beaten eggs. Repeat layers-pan will be full. Cover with pastry and pinch the edges to seal. Trim excess pastry and slash the top to allow steam to escape. Brush top crust with beaten egg. Bake at 400°F for 15 minutes, reduce heat to 350°F and bake for 45 minutes. If the crust becomes too brown, cover lightly (don't seal) with foil. Cool the pie for 15 minutes and remove springform. Serves 10.

Cooking Time 55 Min Preparation Time

\_+CEEB)&BOR <

MICROWAVE Meatloaf

(Deborah Baxter-Snow)

I promised to contribute a quick and easy meatloaf recipe, but I could not find the cookbook. I make this from memory.

1 lb ground beef
4 tbsp rolled oats
1 onion
4 tbsp shredded parmesan cheese
pepper to taste
1 egg
optional, - diced olives, 2 tbsp chili sauce

Optional toppings: ketchup, BBQ sauce, chili sauce, chutney, or your favourite PC sauce.

Mix all the ingredients and cook in casserole dish on microwave high for 15 minutes. Add the topping of choice and nuke an extra minute. Serves 4.

Cooking Time 15 Min Microwave Preparation Time 5 Min

#### MEATBALLS WITH APRICOTS (Norma Loya)

1 lb lean ground beef 1 small onion minced 1 tsp salt 1/4 tsp pepper 4 tbsps bread crumbs a bit water or 1 egg Mix and form into small balls. Grill meatballs in a tray, cook on both sides.

Sauce: 1 small onion fried in a little oil (1/2 tbsp) 1 flat tbsp tomato paste a sprinkle black pepper 1/2 large lemon squeezed 2 tsps sugar 1/2 c water Bring to a boil.

Drop the meatballs in the sauce, let boil over low heat 10 minutes. Add a handful dried apricots (cut them in half for better taste), simmer a bit more over low heat. Tastes better after a few hours, or the next day. (P.S. you can add prunes as well as apricots)

Cooking Time 40 min Preparation Time 20 min

#### Taco Pie

Fry 2 lbs. hamburger meat. Add chopped onion and garlic. Drain off fat. Add 1 package of Taco mix. Mix well. Put in a 8" x 12" pan.

Mix together 3 eggs 3/4 cup Bisquick 1-1/4 cup milk

Mix well and pour over meat mixture. Bake at 375 degrees F. for 25 minutes. Remove from oven and put 1-1/2 cup grated cheese on top. Return to oven and bake for additional 10 minutes.

Serve with chopped tomatoes and sour cream.

Cooking Time 35 Min Preparation Time 10 Min

Peggy Gillard

**Kotlettes** (Latvian Meat Patties) (Probably the most popular ground meat dish in Latvia.)

1 lb ground lean beef
1/2 lb ground pork
2 eggs
1 onion,chopped
2-3 tbsps sour cream

1 cup breadcrumbs Salt and pepper to taste Breadcrumbs for coating

Saute onion until transparent. In a large bowl, mix all ingredients together. If mixture is too dry, add a bit of milk. Mixture should be soft and pliable, and hold together. With wet hands, roll mixture into golf-size balls. On a board or flat plate, roll balls in breadcrumbs. With the blunt edge of a knife, flatten the balls down slightly.

Heat oil in a frying pan. Over medium heat, fry patties on both sides until brown. Arrange on a heated platter and garnish with greens. Serve very hot. Traditionally, kotlettes are served with boiled or mashed potatoes, diced carrots, green peas, and a Leafy Green Salad (in salad section of the book) or dill pickles.

Note: You can substitute ground chicken or turkey if you prefer not using the ground pork. Cooking Time 20 Min Preparation Time 5 Min

(Maryanne Aloisio)



# Meatballs & Tomato Sauce

Meatballs:

1 lb lean beef 1/2 lb veal Chopped onion (2 slices) Chopped garlic Salt and pepper Chopped parsley Bread crumbs Parmesan cheese 2 eggs

Mix all ingredients together; spread in a square baking dish, draw line with a knife (to help separate meat into equal little squares); shape each square into a ball; fry meatballs in a nonstick frying pan - no need to add any oil.

Tomato Sauce:

1/3 tin of tomato paste
1/3 cup butter
1 onion
1/2 celery/chopped (optional)
Salt/pepper
Oregano or Basil

Simmer all ingredients together (cook onion and garlic first). Cooking Time 45 Min Preparation Time 20 Min Joanne Pacini (from Nick Pacini's mom)

Meat Loaf

(Lana Birmann)

I love this recipe... it's so easy and delicious. Give it a try just once and it'll become a favourite.

1 1/2 lb lean ground beef
1 envelope dried onion soup mix
1/3 cup rolled oats
1 egg
1/2 cup milk
1/4 tsp pepper
1/4 tsp ginger
Cooking Time 60 Min

Combine all the ingredients. Form a loaf. Bake at 350 F for 1 hours. Preparation Time 10 Min

#### Cheeseburger Ole!

Preparation Time:

20 minutes Makes: 4 servings

1 lb lean ground beef (500 g) 1 pkg. (35 g) taco seasoning mix 1 egg 2 oz. Canadian Colby Cheese, sliced (60 g) 2 oz. Canadian Brick Cheese (60 g) 4 Hamburger bun Leaf lettuce Sliced tomato Taco sauce (optional)

In large bowl combine beef, seasoning mix and egg; mix well. Shape into 4 patties. Barbecue or broil until cooked as desired. Top with Canadian Colby and Brick cheeses; cook until cheeses melt. Serve on hamburger buns with lettuce, tomato slices and taco sauce, if desired.

Krystina Czaja

Cheeseburger Surprise

Preparation Time:

20 minutes Makes: 4 servings

1-1/3 lbs lean ground beef (650 g) 1/2 cup fresh chopped herbs (parsley, oregano, basil, chives, etc.) (125 mL)

Salt & pepper, to taste 2 slices (40 g each) Canadian Mozzarella Cheese, halved 4 hamburger buns Leaf lettuce . Taco sauce (optional)

In large bowl combine beef, herbs, salt and pepper; mix well. Shape into 8 thin patties. Fold each Canadian Mozzarella Cheese half into quarters; place in middle of 4 of the patties. Top with remaining 4 patties and pinch edges of meat to seal in cheese. Barbecue or broil until cooked as desired. Serve on hamburger buns with lettuce and taco sauce, if desired.

TIP: For a zesty Blue Cheese burger, substitute 80 g Canadian Blue Cheese, crumbled, for Mozzarella. Divide cheese evenly among 4 meat patties and proceed as above.

Krystina Czaja

Section 3 - 20

#### Macaroni & Ground Beef

By Cathy Anker

Ingredients:

Quantity Ratio

То	Taste	Kraft/Heinz	Regular	BBQ	Sauce
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1 TBSP Vegetable Oil for Frying

1/8 Ground Beef

1/8 Green Pepper, Celery, Cooking Onion (Finely Diced prior to cooking beef)

5/8-6/8 Macaroni

First, fry **Ground Beef** in either a frying pan or wok until light brown, adding **Salt/Pepper & plenty of Soy Sauce**. While cooking the beef it wouldn't hurt to add a little **3BQ Sauce**, as the meat will have more time to absorb the BBQ flavour this way. When meat is cooked to a light brown add **Diced Celery**, Green Pepper, and **Onion** and continue cooking on Med-High heat for about 5-10 minutes.

At this point, you should boil the macaroni until Aldente. <u>Do</u> <u>not Overcook the Meat</u>, turn off/down heat if Macaroni is slow to cook.

As Macaroni is almost cooked, take the meat mixture and put into a colander or sieve and drain off all grease, let stand for a couple of minutes to let as much grease drain as possible (in order to keep it non-fattening).

Put meat back into wok or frying pan, turn on the heat on Med-High, stiring rapidly - mix in plenty of BBQ Sauce. Turn heat off immediately as soon as BBQ sauce is mixed and the meat is heated through again. <u>Do not Overcook or Burn.</u>

Drain macaroni, rinse well with hot water in order to rinse off any starch that has come out of the pasta. Shake excess water off Macaroni and mix macaroni with the meat mixture, adding more BBQ Sauce to Taste after the macaroni & meat have been well mixed in order to avoid overspicing.

And Serve!

#### Bon Appetite!

Cooking Time 40 min Preparation Time 15 min

Pimblett's Shepherd's Pie

Potato Topping

9 medium potatoes, peeled, quartered 1/2 cup milk 2 tbsp butter Generous pinch nutmeg Salt and pepper

#### Filling

2 tbsp olive oil 2 medium onions, chopped 1 tbsp finely chopped parsley 1 tsp each: dried thyme, sage 1 lb (500g) lean ground beef 1/4 cup water 2 medium carrots, finely chopped 2 tbsp all-purpose flour 1 beef bouillon cube 1 tsp granulated sugar 1 tsp each: ketchup, dijon mustard, worcestershire sauce Salt and pepper

#### Instructions

For topping, place potatoes in large saucepan of cold, salted water. Bring to boil, then simmer partially covered 20 minutes or until very tender. Drain. Add milk, butter, nutmeg, salt and pepper to taste. Mash potatoes until smooth and fluffy. Keep warm.

For filling, heat oil in large skillet over medium heat. Add onions, parsley, thyme and sage. Cook 5 minutes or until onions have softened slightly. Add beef and water to pan, stirring frequently to break up meat; cook until no longer pink, about 3 to 5 minutes. Stir in carrots; cover, reduce heat and cook 15 minutes, stirring occasionally.

Stirring continuously, add flour, bouillon cube, sugar, ketchup, mustard, worcestershire sauce, salt and pepper to taste. Cook 5 minutes. Skim and discard any fat.

Place meat mixture in buttered ovenproof casserole dish about 9 inches square. Spread potato mixture on top. Score topping using prongs of fork. Bake in preheated 350F oven 30 to 40 minutes, until potatoes are golden brown on top and filling is hot.

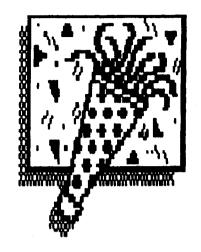
Makes 4 servings.

Like the Rolling Stones' Keith Richards I fancy shepherd's pie. To tempt him, the Toronto Star recently published three recipes for shepherd's pie submitted by Toronto chefs. I tried a basic, oldfashioned British version from Geoffrey Pimblett. Try it, it's bound to give you "Satisfaction".

Cooking Time 90 Min

Preparation Time 30 Min

A careless word May kindle strife A cruel word May wreck a life A bitter word May hate instill A brutal word May smite and kill A gracious word May smooth the way A joyous word May light the way A timely word May lessen stress A loving word May heal & bless.



anon

HAWAIIAN BEEF BAKE

1 lb ground beef 1/2 cup chopped onion 1 tsp salt

Mix together & make balls the size of walnuts -brown in hot fat. Remove balls & add 1/2 cup ketchup, 1/4 cup brown sugar, 2 tbsp vinegar, 2 tsp dry mustard. Bring to a boil. In greased casserole, place 1 can of kidney beans, 1 can drained pineapple chunks, a bit of juice if desired. Place meat balls on top. Cover with sauce & bake 50 min at 350 F.

KAY SMITH

MORAL - "DON'T GUESS"

She guessed at the pepper, the soup was too hot She guessed at the water, it dried in the pot She guessed at the salt and what do you think? For the rest of the day we did nothing but drink! She guessed at the sugar, the sauce was too sweet And by guessing & guessing she did spoil the meat. What is the moral? It's easy to see --A good cook measures & weighs to a "T"

#### \*\* KAY \*\*

Cooking Time 1 hr Preparation Time 10 Min

#### INSTANT CURRY

Here is a recipe for an "Instant Curry" which is easy, and perhaps not instant, but very quick regardless.

1 Lb Hamburger meat, Substitute better quality lean ground or turkey etc. 3 cups Beef Stock. 1 Cup rice. Salt / Pepper to taste. Curry Powder. Quantity depends upon quality, strength, and age of ingredient. 1 Large onion. a handfull of vegetables. Peas, green beans, zucchini, carrotts, mushrooms, whatever is handy.

In a hot skillet, fry-out the hamburger until browned.

Pour away grease.

Add coarsely chopped onion, and fry until onion is almost cooked, ie onion is limp.

Add 3 cups beef stock, salt and pepper to taste, and curry powder.

Bring to a boil, add Rice, and raw carrotts if available.

Allow to simmer for 30 to 40 minutes, until rice is cooked and carrotts are tender.

Add vegetables, Serve.

Note. this is a good "Batchelor" dish, as it is virtually impossible to ruin it, and allows for lots of variation in contents to suit individual taste.

Good luck.

Ken Reynolds. AWPT/T

Cooking Time 1 hr 10 Min Preparation Time 20 Min

#### CHICKEN - BEAN CASSEROLE

2 c. Italian dry beans 1 1/2 lb. chicken thighs 2 onions, chopped 1 - 3 garlic cloves fresh parsley, chopped 1 - 1 1/2 c. chicken stock
1 tbsp. honey
1 - 2 tsp. chili powder
1/2 tsp. dry mustard
1/8 tsp. black pepper

Soak beans overnight or use canned beans (kidney, pinto, romano, black-eyed peas etc.). Place in large casserole.

Preheat oven to 375 degrees F.

Brown chicken thighs in olive oil or butter, then remove from pan. Add onions and garlic and cook gently till transparent. Add parsley and cook 2 min. more. Stir mixture into beans, along with honey, chili powder, dry mustard and pepper. Add chicken and stock. You can refrigerate at this point if you want to cook casserole the following day.

Bake covered (if using soaked dry beans) for 1 hour then uncovered for 30 minutes. If using canned beans bake uncovered 1 hour. Stir occasionally.

#### **ALTERNATIVES:**

Add browned cut-up sweet or hot Italian sausage with chicken.

Add fresh or canned tomatoes, chopped.

Add zucchini, chopped.

Use oregano and basil instead of chili pepper.

#### Peggy Takata

Cooking Time 1 hr 30 Min Preparation Time 12 Min

CHICKEN CASSEROLE

use a 9x13 glass pan...

bottom layer:

2 pkgs stove top stuffing (follow directions on package)

next layer:

cut up 1 chicken..cook chicken 1 hour...(boil) de-bone...skin... layer chicken on top of stuffing...

3rd layer:

add 2 cans of chicken soup..

bake at 350F, for 30 to 40 minutes.

can be made ahead and placed in fridge...

(This recipe is from Madonna Bussey, Whitby, who is a friend who has an interest in our cookbook)

Johnny Lade

Cooking Time 1 hr 40 Min Preparation Time 20 Min

Quick Chicken Kabobs

8 (8") bamboo skewers
2 T. soy sauce
1 T. sesame or vegetable oil
1 tsp. granulated sugar
2-in. piece ginger, peeled and grated
 (or 1/2 tsp. ginger spice)
2 crushed garlic cloves
 (or 1/4 tsp. garlic powder)
1/4 tsp. Tabasco sauce
4 chicken breasts, skinned and boned

Soak skewers in water for 20 minutes. Stir all ingredients together (except chicken). Cut chicken in 1/2-in. wide strips. Stir in marinade until coated. Marinate at room temperature for 20 minutes, stirring often. Thread chicken onto skewers. Set on a rack on a baking sheet. Place 4 in. from preheated broiler. Broil for 5 minutes, turning once. Serves 4.

(Chantal Hunter)

Cooking Time 25 Min Preparation Time 15 Min

#### CHICKEN IN TOMATO SAUCE

One 3 lb. frying chicken, cut up salt and pepper 3 tbsp. oil or butter 1 cooking onion, chopped 2 carrots, cut up 1 bay leaf 1/4 tsp. sage 1 bottle beer 1 tbsp. flour 1/2 c. water 1 c. tomato sauce 1/2 lb. mushrooms, cut in chunks 3 green onions, chopped

Sprinkle chicken with salt and pepper. Brown in oil in fry pan.

Add chopped onions, carrots, bay leaf, sage and beer. Simmer covered for 45 minutes. Remove chicken pieces to serving dish.

Blend flour with water, add to pan with tomato sauce and mushrooms. Stir until sauce thickens. Add chopped green onions. Stir 1 minute then pour over chicken.

Cooking Time 45 Min Preparation Time 15 Min

Peggy Takata

Chicken with Cream Corn

1 to 1 1/4 lb boneless chicken breast 2 cans cream corn (Green Giant/150 oz can) 1 tsp garlic powder 1 tsp salt 4 tblesp oil

(1) Dice chicken breast (1 to 1 1/2 cm cube)

(2) Add garlic powder/ salt/ oil to chicken.

(3) Saute chicken in hot pan with 2 tablespoon of oil. Cover and cook over medium heat for 5-7 minutes.

(4) Add cream corn and bring back to boil.

(5) Serve over bed of hot rice. Cooking Time 20 Min Preparation Time 5 Min

Ruth Tung

Creamy Chicken with Mushrooms

2 tbsp margarine or butter
4 skinless, boneless chicken breast halves
1 1/2 cups sliced mushrooms
1 small onion, sliced and separated into rings
1 clove garlic, minced
1 can condensed cream of mushroom soup
1/2 cup milk
2 tbsp dry sherry
1/8 pepper
hot cooked noodles

1. In large skillet, over medium-high heat, melt 1 tbsp margarine. Cook chicken 10 minutes, browning both sides. Remove; set aside.

2. Reduce heat to medium. In same skillet, in remaining margarine, cook mushrooms and onion with garlic until tender and liquid is evaporated, stirring often.

3. Add soup, milk, sherry and pepper. Bring to boil. Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally. Serve with noodles.

Preparation time: 10 minutes

Cooking time: 20 minutes

Evelyn Moreno



#### MUSHROOM CHICKEN

This is a fast and easy recipe which my children love!

2-3 lbs boneless, skinless chicken breasts
1 small onion chopped, or 1 tsp onion powder
1 tsp tarragon
1 can cream of mushroom soup
1/2 cup milk

Cook onion and chicken in a non-stick frying pan for 10 minutes at medium heat until browned. Sprinkle on tarragon. Mix together soup and milk. Pour mushroom soup over chicken. Cover and cook 10 minutes more until chicken is thoroughly cooked but not tough.

Serve over rice or noodles, with your choice of vegetables.

Makes 4 servings.

Variations: Replace tarragon with other seasonings such as curry, or lemon and ginger for different tastes.

Linda Stirling

Cooking Time 40 Min

Preparation Time 10 Min

#### Brandy Chicken

1 cup sour cream 1 can Cream of Chicken soup 1 tablespoon Brandy 1 to 2 teaspoons paprika Dried parsley for appearance (as much or as little as you want) Chicken legs and thighs (as much as you need for the family)

\* Add ingredients in slow cooker and mix together

\* Add chicken and cook on low heat for 6-7 hours

Easy to make, and the house smells great after a day at the office. Makes enough gravy for 3-4 people. Goes great with mashed potatoes and a vegetable.

Cooking Time 6 to 7 hrs Preparation Time 15 Min

Peter Loeppky

# Moroccan Chicken

8 pieces chicken (1 fryer cut up or pieces, such as thighs), skinned
2 medium onions thinly sliced
3/4 cup ground almonds
1 1/4 cup chicken broth
3 Tsp. corn starch
1/3 cup honey
3 Tbsp. dried basil
1 tsp. lemon juice
2 Tbsp. oil/margarine

Brown chicken pieces in 2 Tbsp. oil, remove to oven-proof casserole. Pour off all excess oil, except 2 Tbsp. (this is important, as chicken can be very oily and more will be extracted when dish is baked.) Add onions, sauté over medium heat until clear, add almonds and cook until lightly browned. Add honey and basil. Dissolve cornstarch in chicken broth. Add broth mixture to skillet with onion, honey and almonds - cooking and stirring until just thickened. Remove from heat. Stir in lemon juice. Salt and pepper to taste. Pour sauce over chicken pieces in casserole. Cover and bake in pre-heated 400 degree F oven for 40 minutes. Serve with rice and ENJOY.

This dish can be prepared in advance, up to the point of baking, and refrigerated for a quick meal after a long day at work. (This dish also improves when reheated as a leftover!)

NOTE: Microwaveable for baking portion -- results will be slightly different (sauce will be thicker and flavour will be more pronounced when baked) but I've never had anyone complain!

Carolyn Woo Cooking Time 60 Min

Preparation Time 20 Min



#### Section 3 - 30

# Grilled Lemon Chicken with Rosemary

# 4 boneless skinless chicken breasts (about 1 lb/500 g) 1/4 cup lemon juice (50 mL) 2 large sprigs fresh rosemary or 1 tbsp/15 mL dried Pepper

In shallow dish, arrange chicken in single layer. Pour lemon juice over chicken and turn to coat both sides. Separate rosemary needles from stem; sprinkle over chicken. Season with pepper to taste.

Let stand at room temperature for 20 minutes or cover and refrigerate for up to 6 hours. Spray grill with nonstick vegetable coating. Grill chicken over hot coals or on medium-high setting for 4 to 5 minutes on each side or until meat is no longer pink inside.

Makes 4 servings.

Cooking Time 25 Min

Preparation Time 20 Min

Monica Chang

Oriental Sweet and Sour Chicken Stew

4 skinless chicken breasts; cut into 1" cubs 1 each red and green peppers 1 cup regular long grain rice 14 oz can pineapple chunks in syrup 1/8 cup cider vinegar 6 tbsp brown sugar 1/4 tsp ginger 1/2 tsp salt (or seasoned salt) 6 tbsp soya sauce 3 tbsp cornstarch 2 cups water 1 clove garlic

Brown chicken and crushed clove of garlic in a little oil until half-cooked.

Put in everything else except peppers and pineapple and cornstarch (but put in pineapple syrup), and bring to boil. Reduce to simmer for about 20-25 minutes or until rice is <u>almost</u> cooked.

Dissolve cornstarch in minimal amount of water, stir in and smooth out. Put in peppers and pineapple and cook covered on low heat for 15 or more minutes. Enjoy!

Cooking Time 35 Min

Preparation Time 10 Min

# Curried Chicken

Ingredients:

Chicken parts 1 can of cream of mushroom soup 1 tbsp. curry spice 1 tsp. garlic powder (optional) 1/2 tsp. basil powder (optional)

- \* Mix mushroom soup and curry in small bowl using a fork
- \* Add curry until soup is yellow-green-gray in colour (or until desired spiciness is achieved).
- \* Add garlic and basil powders if desired.
- \* Add other spices if you wish (chili is good in small amounts, as well as a dash of oregano).
- \* After chicken parts are cleaned, remove skin for less oily meal (Warning: this can dry out the chicken!).
- \* Place chicken in baking pan
- Spoon soup mixture on chicken with spatula, trying to cover both sides.
- \* Cook at 375 degrees F to 400 degrees F for approximately 1-1/2 hours, or until chicken is cooked.

Cooking Time 90 Min Preparation Time 20 Min Jeff Chesney



#### Section 3 - 32

#### CURRIED CHICKEN

\_\_\_\_\_

1 Chicken - 41bs (2kgs) 1/4 cup Oil 4 Tbsp curry powder 2 Tbsp Soya Sauce 1 large Onion, chopped 1 clove Garlic, chopped 2 medium size Tomatoes, chopped Black pepper Salt Thyme (optional, but recommended) Juice of 1 lime or approx. 1 Tbsp of bottled lemon juice 1 large Potato, diced in 1" pieces (optional, but recommended because it makes the gravy a lot thicker and a whole lot nicer.)

#### METHOD

-----

- 1. Wash and dry chicken, rub with lime/lemon juice and cut into small pieces.
- 2. Add all the seasoning garlic, onion, curry powder, black pepper, salt, soya sauce, thyme and tomatoes.
- 3. Mix Well, ensuring that each piece of chicken is well coated. Leave chicken to marinate for at least 15 mins.
- 4. Heat oil and stir in chicken pieces along with all the seasoning. Add just enough water to cover chicken. Bring to a boil, then lower heat, cover and let simmer for about 20 mins.
- 5. Add the diced potato, cover and simmer again for another 15 mins or until chicken is tender. Taste for salt just before liquid is reduced to a thick gravy.

Serve with rice.

Serve 4-6 people.

#### ELMA DIXON AABD

Cooking Time 45 Min

#### Preparation Time 15 Min

THE BELIEF THAT CURRY SMELLS STRONG AND LINGERS, IS NOT QUITE TRUE. IT IS THE ADDITIONAL SEASONING, (EG, MUSTARD OIL ESPECIALLY, AND OTHERS), PLUS THE TECHNIQUE, THAT GIVE THE CURRIED DISH THAT EFFECT.

#### CHICKEN BREASTS CALIFORNIA

2 whole chicken breasts, halved, deboned 2 tbsp (30ml) stuffed green olives, chopped 2 tbsp (30ml) sundried tomatoes, chopped 1 cup (250ml) fresh basil leaves ,chopped (or 2 tsp dried basil) 1 clove garlic, crushed 1/2 cup (125ml) pine nuts, chopped 2 tbsp melted butter salt and pepper

Gently loosen skin from the chicken, leaving it partially attached. Mix together other ingredients except for the butter. Divide the filling into 4 portions and pack under the skin of each breast, making a smooth even shape. Place chicken in baking pan, brush each breast with melted butter. Bake at 350F until done (approximately 1/2 hour)

Microwave directions: After stuffing chicken breasts, place them in a circle in a round microwave-proof dish, arranging thicker parts towards the outside edge of the dish. Brush each breast with butter and cover with wax paper. Microwave on med-high power for 6-8 minutes. Rearrange chicken pieces, brush with melted butter and microwave on med-high for another 6-8 minutes. Remove from oven, cover with foil and let stand for another 5 minutes.

NOTES

For those who prefer not to eat chicken skin, you can flatten the boneless, skinless breasts, cover with stuffing and roll up; secure with string.

Time saving hints: you can make the stuffing up to 24 hours ahead of time. If you make extra servings they reheat well or they can be chopped up and mixed with tomatoes to make a tasty pasta sauce.

P. Kertland

Cooking Time 30 Min

Preparation Time 10 Min

#### Section 3 - 34

"LAST MINUTE" TANGY, JUICY, LOW-FAT BAKED CHICKEN BREASTS

4 whole boneless chicken breasts, split in half (skin removed)

1/3 cup "light" Miracle Whip dressing

1 tsp. dry mustard

1/8 tsp. paprika

1 pinch of salt (optional)

1 tsp. chopped parsley (optional)

1 cup fine bread crumbs or Corn Flakes crumbs

Blend dressing, dry mustard, salt, paprika and parsley in a small bowl. Use a whip if available.

Pat away excessive moisture from breasts; baste both sides of breasts with dressing mixture. Dredge breasts in crumbs and place in baking dish that has been coated with non-sticking, low-fat spray or lightly coated with vegetable oil.

Place in oven pre-heated to 350 degrees F on middle rack; bake for approx. 25-35 min. depending on the weight of the breasts.

Serves 4-6 people.

From Denise Milberg, harried Cataloging Librarian, DOE Ontario Region, Library.

Cooking Time 35 Min Preparation Time 10 Min

#### Chicken Schnitzel

# Ingredients

- 1 lb Chicken breast (boneless)
- 1 cup Bread crumbs
  - Salt, pepper & oregano to taste
- 1 tsp dry parsley
- 1 clove garlic minced

#### **Directions**

Mix bread crumbs and spices in a bowl Dip chicken breast in the mix Bake in a lightly greased pan at 350 degree F. approx 30 minutes

Cooking Time 30 min Preparation Time 10 min

Sule Alp

# Honey Chicken

Another chicken recipe -- this one is quick, easy and tasty!

Ingredients:

- 4 Chicken breasts (bone in)
- 3 Tablespoons of Honey
- 1 Tablespoon of Lemon Juice
- <sup>1</sup>/<sub>2</sub> Teaspoon of Curry Powder
- 1 Clove of Garlic (minced)

Remove skin from chicken, place on baking sheet lined with foil. Combine honey, lemon juice, curry powder and garlic. Brush mixture on chicken. Bake at 350°F for 35 to 45 minutes. Baste with mixture several times during cooking.

Cooking Time 45 Min Preparation Time 10 Min

Sue Aldcroft

# Chicken & Rice

chicken parts, frozen (legs, quarters, breast and wings and amount, your choice) 1 cup of uncooked rice (or more is you wish)

1 can (or more) of cream of mushroom (or chicken, celery etc.)

1 cup of water (for every cup of rice)

For a simple dinner, try this. Take chicken parts, clean and place them in a casserole or glass dish. Add rice, soup and water, mixing well. If you don't like cream soups, try any other soup, the taste should be something different!

Cover the dish and place in a 325 to 350 degree oven. Cook for one to two hours until chicken is tender. The soup will have cooked the rice for you and should be nice and tender and tasty! The big plus is the simplicity of this receipt. Everything is cooked in one dish and it is easy to make.

Cooking Time 2 hr Preparation Time 20 Min

ychellen

#### BEARNAISE CHICKEN

1 onion, sliced thin
1 can chopped mushrooms
1/4 dry white wine
1 envelope Knorr Bearnaise Sauce Mix
3/4 cup water

Brown the chicken and onion in the oil. Add the mushrooms and wine. Cover and simmer until chicken is tender - about 40 to 50 minutes.

Remove chicken from its pan juices. Dissolve the Bearnaise sauce mix in 3/4 cup water, then add to the pan juices. Bring to a boil while stirring constantly, then simmer 1 minute.

Return the chicken to the sauce, mix and serve with rice. Cooking Time 50 Min Preparation Time 15 Min

Carm Martire

# 

#### CHICKEN CACCIATORE

1 broiler (3-4 pounds), cut in serving pieces salt and pepper flour 1/4 cup olive oil 2 carrots, chopped 2 celery stalks, chopped 1 onion, sliced or chopped 1 tablespoon chopped parsley 1 clove garlic, crushed 3/4 cup sherry (sweet) wine 1/4 cup tomato paste

Sprinkle chicken with salt and pepper. Dredge in flour. Heat oil and brown chicken pieces on all sides. Remove from pan. Add to oil in pan all vegetables and simmer until onion is tender. Stir in sherry and tomato paste, blended together. Add chicken and simmer covered until chicken is tender, about 45 minutes. Season with salt and pepper and serve. Serves 4.

(If you like lots of sauce, double the quantities. This dish can be frozen and is still delicious when thawed and reheated.)

Cooking Time 60 Min Preparation Time 10 Min

Phil Aber 24/8/94

### Chicken Cacciatore (Microwave)

You can make this dish the night before and reheat it at serving time. Serve it over buttered egg noodles or hot fluffy rice.

1 cup (250 mL) chopped celery 1/2 cup (125 mL) chopped onion 1 Tbsp. (15 mL) olive oil 1 cover garlic, minced 3 Tbsp. (50 mL) all-purpose flour 1 can (28 oz./796 mL) tomatoes (undrained) 1 cup (250 mL) sliced mushrooms 1/2 cup (125 mL) dry white wine or chicken stock 1/4 cup (50 mL) chopped fresh parsley 2 Tbsp. (25 mL) brandy (optional) 1 tsp. (5 mL) each salt, paprika and dried oregano 1 bay leaf 1/2 tsp. (2 mL) dried basil 1/4 tsp. (1 mL) pepper 4 chicken breasts (2 lb./1 kg. total), skinned

- 1) In 12-cup (3 L) casserole, combine celery, onion, oil and garlic. Microwave at HIGH for 3-1/2 to 4-1/2 minutes or until vegetables are tender, stirring once.
- 2) Blend in flour until vegetables are coated; stir in tomatoes, breaking up with fork. Stir in mushrooms, wine, parsley, brandy (if using), salt, paprika, oregano, bay leaf, basil and pepper. Cover and microwave at HIGH for 5 minutes, stirring once. Remove bay leaf.
- 3) Add chicken to casserole, arranging thick portions toward outside of dish. Cover and microwave at HIGH for 25 to 30 minutes or until chicken is no longer pink, rotating dish once. Let stand for 5 minutes before serving. Makes 4 servings.

Cooking Time 45 min Preparation Time 15 min

Louise Worthy

#### CHICKEN VEGETABLE STIR FRY

Goes well on a bed of rice. Stir fry takes about 20 minutes to make.

Boneless chicken breast (1/2 per serving) Frozen vegetables: oriental mix (1 bag / 750 g) Flour soy sauce garlic powder

- Rub chicken with soy sauce, sprinkle with garlic powder

- Cut chicken into strips

- Roll chicken strips in flour until LIGHTLY coated

- Heat peanut oil in pan (2-3 tbsp)

- Stir fry chicken until just a touch under-done, drain, set aside in another container

- in pan (approx quantities)

ketchup. . . .1 cup vinegar. . . .2 tbsp Dijon mustard. .1 tsp honey. . . . .2 tbsp soy sauce. . .2 tbsp hot sauce. . .to taste

Stir over medium heat until well blended
add vegetables, heat until warmed through
add chicken, heat until warmed through
use corn starch to thicken sauce if necessary
serve on bed of rice

Cooking Time 30 Min Preparation Time

Christine E. Best

10 Min

#### NEW ORLEANS JAMBALAYA

The following is a party/crowd pleaser from R. Miller

8 oz. diced celery - 3-4 large stalks 8 oz. sliced carrots - 3-4 large carrots 8 oz. sliced okra - fresh or frozen with ends cut off 6 oz. sliced zucchini- 3-4 small to medium 1 large diced sweet red pepper 1 large diced green pepper 4 small onions, chopped 2-4 minced garlic cloves 2-3 lbs. cut-up chicken parts 1 lb. hot Italian sausage (or ham, kielbasa etc.) 1 1/2 lb. shrimp, fresh or frozen - shelled, deveined, raw 2 tbsp. vegetable oil 3 16 oz. cans stewed tomatoes 1 16 oz. can tomato sauce 1 4 oz. can tomato paste 1/4 c. parsley flakes (or chopped fresh) 2-3 tbsp. oregano 2-3 tbsp. chili powder (to taste) 1/4 tsp. Tabasco sauce (to taste) 2 c. rice (uncooked) 1 large bay leaf

- 1) In a large pot (this recipe makes lots and lots) brown chicken parts in veg. oil. When brown remove and reserve.
- Brown Italian sausage lightly then stir in onion and garlic.
   Saute 5 min. till soft. Return chicken to pot.
- 3) Add tomatoes, tomato sauce and paste, vegetables and spices plus bay leaf. The bay leaf will be removed before serving.
- 4) Bring mixture to a slow boil (covered). Turn heat down to low-med and let cook 1/2 hour.
- 5) Add rice and cook over low heat 1/2 hour. OR Cook rice separately and pour completed jambalaya over rice. Can be refrigerated at this point for 1-2 days.
- Approximately 10 min. before serving add shrimp and simmer. Allow 5 minutes more if shrimp frozen.
- 7) Serve in large bowl or tureen with bread or cornmeal muffins and a salad.

Leftovers freeze well.

#### Peggy Takata

Cooking Time 1 hr 30 Min Preparation Time 20 Min

CHICKEN SHISH-KEBOB makes 4 - 6 servings

preparation time: 15 minutes cooking time: 20 minutes

Here's a great recipe for the barbecue, which is quick, easy and very tasty! I got the recipe from Canadian Living's Best Barbecue, which has over one hundred great recipes for the summer.

4 chicken breasts, cut into 4 cm. (1-1/2 in.) cubes 3 small zucchini, cut into 2 cm. (3/4 in.) slices 1 large red onion, cut into 8 sections 50 ml. (1/4 cup) olive oil 25 ml. (2 tbsp.) coarsely grated lemon rind 50 ml. (1/4 cup) lemon juice 3 green onions, finely chopped 5 cloves garlic, minced 2 ml. (1/2 tsp.) salt 2 ml. (1/2 tsp.) pepper dash of hot pepper sauce

In a small bowl, combine the olive oil, lemon rind, lemon juice, green onions, garlic, salt, pepper and hot sauce. Arrange the chicken and vegetables in a shallow baking dish so that each piece touches the bottom. Pour the marinade mixture over the chicken and vegetables. Allow to marinate for 30 minutes at room temperature or in the refrigerator for up to four hours; occasionally spoon marinade over chicken and vegetables, to coat them.

Alternately thread chicken and vegetables on shish-kebob skewer. (If using wooden skewers, it's a good idea to soak them in water while you're marinating the chicken; this prevents them from burning on the grill.)

Barbecue the shish-kebobs on medium-high heat for 20 minutes, or until the chicken is no longer pink on the inside. Be sure to brush occasionally with marinade left over from the baking dish, and turn the shish-kebobs once or twice.

Serve over Basmati rice.

#### Rob Tonus

Program Officer Environmental Partners Fund Ontario Region (416) 954-3765

# An Original Creation by Steven Jacobs, CFTO-TV

This recipe won second prize in recent "Eye Weekly" contest!

### Salubrious Seafood Novello

The fresh, delicate flavouring of this light, yet hearty, dish is greatly enhanced by the perky youthfulness of 1993 Terrazze Della Luna Novello Di Teroldeco (any light red wine may be used).

# Shellfish ingredients:

8 jumbo shrimp (P & D tail on)
1/2 lb. sea scallops
8 littleneck or cherrystone clams
8 mussels

Sauce ingredients:

1-1/2 cups vino 6 large garlic cloves (peeled and crushed) 3 cups crushed, peeled and de-seeded tomatoes 1 cup chopped, peeled and de-seeded plum tomatoes 1/2 cup pitted, sliced large black Italian olives 1 cup chopped celery 1 cup chopped onion 3 tbsp. good olive oil 2 tbsp. fresh chopped basil 2 tbsp. fresh chopped parsley 1 tsp. hot red pepper flakes

<u>Pasta ingredients:</u>

1 lb. tri-coloured Fusili 1 tbsp. olive oil 2 tbsp. salt 4-5 quarts water

Cheese:

4 tbsp. fresh grated Parmesan

Garnish/Decoration:

Paprika Powder in salt shaker 1 tbsp. fresh parsley flakes

Equipment:

12-inch saute pan with lid Large pot 4 wide, flat-lipped bowls Page 2

#### Salubrious Seafood Novello

# Recipe:

- \* Combine olive oil and garlic in saute pan at medium-high heat. Lightly brown the garlic. Bring water in large pot to boil.
- \* Add the tomatoes, celery, onion, basil, pepper flakes and sugar to the saute pan and simmer (stirring once or twice) for 10 minutes.
- \* Increase saute pan heat to high and stir in one cup of wine, followed by the shrimp, scallops and olives. Simmer for 5 minutes. Stir gently. Stir oil, salt and pasta into boiling water.
- \* Add the clams and mussels to the pan and cover for approximately 3 minutes or until shells have opened completely.
- \* Immediately remove lid and reduce heat to medium.
- \* Sprinkle salt, parsley and black pepper over sauce. Drain pasta and spoon into bowls.
- Spoon the fragrant creation over pasta studding each bowl with the various seafood.
- \* Sprinkle each bowl with Parmesan. Dust side portion of bowl with paprika and chopped parsley.
- Serve immediately, and savour a wonderful dish which is low in saturated fat and high in complex carbohydrates.
   Cooking Time 35 Min Preparation Time 20 Min

Steven Jacobs (CFTO-TV News)

# BARBECUED SALMON STEAKS

# 8 SALMON STEAKS 1 INCH THICK 1/2 CUP TAMARI OR LIGHT SOY SAUCE 2 TBSP GRANULATED SUGAR 2 TBSP FINELY GRATED GINGER ROOT 2 TBSP LEMON JUICE 2 LARGE GARLIC CLOVES, MINCED

Wipe salmon steaks with damp cloth. In large shallow glass dish, combine tamari, sugar, ginger root, lemon juice, oil and garlic. Place steaks in dish; spoon marinade over fish. Cover and refrigerate for 1 to 4 hours, turning steaks halfway through.

Place steaks on greased grill and cook about 4 inches from heat for 5 minutes on each side, or until fish flakes easily with fork; brush periodically with marinade.

Makes 8 servings.

Cooking Time: 20 minutes

Preparation Time: 10 minutes

**Evelyn Moreno** 



#### SALMON CRUNCH PIE

The following is a fabulous impressive luncheon dish but great for supper too.

 $1 \frac{1}{2} c. flour$ 1 tsp salt 1/2 c. butter 1 c. grated cheddar cheese 1 tsp. paprika 1/2 c. finely chopped pecans 3 eggs

1 c. sour cream 1/2 c. grated Swiss cheese 1/4 c. mayonnaise 2 tbsp. chopped pimento 2 tbsp. grated onion 1 1 lb. can salmon

Combine flour, salt, butter, cheddar cheese, paprika and nuts. Mix until crumbly then press into a well-buttered 10 inch pie plate reserving 1 c. of mixture for the top.

Beat eggs well and blend in sour cream, Swiss cheese, mayonnaise, pimento and onion. Drain salmon, remove bones & skin, and flake into pie pan shell. Carefully spoon egg mixture over salmon and sprinkle with remaining crumb mixture.

Bake at 375 degrees F. for 40 minutes. Let stand for 10 minutes before cutting. Serve with a salad and fresh bread.

May be made ahead and reheated. Freezes well. Serves 10 - 12 for a great luncheon.

#### Peggy Takata

Cooking Time 40 Min Preparation Time

10 Min



#### Salmon Steak Dinner

Roswitha Findlay

Suitable for any occasion/ easy to make/

#### Ingredients:

Fresh Salmon Steaks Lemon Onion Green Pepper Butter

Wash steaks with cold water/dry with paper towel/put on platter and sprinkle some lemon juice from a fresh quizzed lemon onto the steaks.

Pre-heat oven to 400 o F.

On a cookie sheet or any other flat platter, sprinkle about 1 tablespoon of vegetable oil. Place Salmon Steaks on the platter and arrange on each steak, slivers of onion, green pepper and butter. <u>No Salt!</u>

When your oven has reached the desired temperature, bake the Salmon Steaks for approximately 20 to 30 min, depending on thickness and taste. You can tell that the fish is done, when, a white juice runs out.

That's it. You do not need to turn the steaks. You can scoop them from your cookie sheet with a metal ladle and the skin will stay on the sheet.

#### Serving suggestions:

- Wild & Long Grain Rice (Uncle Bens) with Soya Sauce or a can of creamy mushroom soup.
- <u>Parcley Potato's</u> Peel potatoes and boil for 20 minutes in salt water. Drain and put back on stove. Add 1 or 2 table spoons of butter and chopped fresh parsley, stir and serve.
- 3. French Stick and green Salad

Cooking Time 30 min Preparation Time 10 min

June 25, 1994

#### One-Pot Salmon Pasta Supper

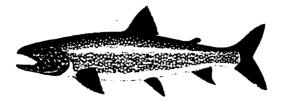
Per	serving:	*	409 calories	*	26 g protein
	-	*	15 g fat	*	43 g carbohydrate
		*	810 mg sodium	*	49 mg cholesterol
		*	excellent source	of	calcium

2 cups	fusilli	500 mL
1 cup	milk	250 mL
1 cup	ricotta cheese	250 mL
1 cup	frozen green peas	250 mL
1/4 cup	chopped green onion	50 mL
2 tbsp	Dijon mustard	25 mL
2 tbsp	lemon juice	25 mL
1 tbsp	chopped fresh dill	15 mL
3/4 tsp	salt	4 mL
1/4 tsp	pepper	1 mL
Dash	hot pepper sauce	Dash
1	can (7-1/2 oz/213 g)	1
	red salmon	

- \* In large pot of boiling salted water, cook fusilli until tender but firm; drain well, reserving 1/4 cup (50 mL) cooking water. Set fusilli aside.
- In blender, blend milk with ricotta until smooth; pour into saucepan. Add reserved cooking water, peas, green onion, mustard, lemon juice, dill, salt, pepper and hot pepper sauce; heat through over medium heat, stirring often.
- Drain salmon; discard skin and mash bones, keeping salmon in chunks. Stir into saucepan along with fusilli. Remove from heat; cover and let stand for 3 minutes or until sauce has thickened slightly. Makes 4 servings.

Cooking Time 20 Min Preparation Time 5 Min

Mitch Kallaur



#### CITRUS-TOPPED FILLETS

#### TOM & NANCY CUTLER

1 kg fish fillets (2 LBS) 30 mL butter (2 Tbsp) 50 mL onion, chopped (1/4 cup)50 mL celery, chopped (1/4 cup)250 mL soft breadcrumbs, toasted (1 cup)125 mL grapefruit or orange segments, diced (1/2 cup)10 mL parsley, chopped (2 tsp.) 1 mL marjoram (1/4 tsp.)2 mL salt  $(1/2 \ tsp.)$ (1/8 tsp.) 0.5 mL pepper 30 mL grapefruit or orange juice (2 Tbsp)

Place fillets in a single layer in a greased baking dish.

In a saucepan, melt butter, then sauté onion and celery until tender-crips. Remove from heat and add all the remaining ingredients. Toss this mixture lightly, then spread evenly over fillets.

Preheat oven to  $230^{\circ}C$  (450°F) and bake fish for 12 to 15 minutes or until it tests done. Serves 4 to 6.

Options: most whit-fleshed fish such as halibut, cod, red snapper, turbot, cusk, lake whitefish or carp.

Cooking Time 20 Min Preparation Time 10 Min

#### SALMON STRAKS FRICK-A-SEA

1 to 2 salmon steaks per person; depending on appetite
1 tablespoon soya sauce per steak
1 tablespoon mayonnaise per steak
basil (fresh or dried)

- pour soya sauce over steaks

- allow steaks to stand for 10 minutes (optional)

- spread mayo as evenly as possible on top of steaks

- sprinkle basil
- bake at 375 for 20 to 25 minutes, or b.b.q. at medium heat for same length of time

Cooking Time 25 Min Preparation Time 10 Min

Daren Frick

#### HERB-BAKED FILLETS

Tom & Nancy Cutler

500g fish fillets	(1 lb.)	
1 mL salt	(1/4 tsp.)	
0.5 mL pepper	(1/8 tsp.)	
50 mL onion, chopped	(1/4 cup)	
2 tomatoes, sliced		
2 mL sweet basil	(1/2 tsp.)	
30 mL melted butter	(2 Tbsp)	

Place fillets in a greased shallow baking dish. Sprinkle fish with salt, pepper and onion. Cover fillets with tomato slices, then sprinkle with sweet basil. Drizzle with melted butter.

Preheat oven to  $230^{\circ}$ C ( $450^{\circ}$ F) and bake fish 5 - 7 minutes/cm. 10-12 minutes/in. Serves 2 or 3

Options: cod, sole, pickerel, haddock or rockfish Cooking Time 12 Min Preparation Time 5 Min

## Fish Recipe

1 can of mushroom soup (creamed)
Parmesan cheese
2 tsp. butter
1 tsp. lemon juice
Fish (sole, halibut, cod, etc.)

\* Place fish in baking dish

\* Pour soup over fish, using spatula to spread evenly

\* Dice butter into small cubes and place on and around fish

Sprinkle Parmesan cheese over fish

\* Sprinkle a very small quantity of lemon juice over fish

 Bake at 350 degrees F for approximately 1/2 hour until fish is flaky

Cooking Time 30 Min Preparation Time 5 Min

Jeff Chesney

## Simple Flour Fish

A simple recipe with no measurements.

Add ingredients according to taste and the amount you are making.

Fish fillets (great with cod, halibut or sole) Flour Dried parsley Salt Pepper Dried celery leaves Eqg (about one eqg for every 1 to 2 people served)

Optional: replace pepper with lemon pepper

\* Mix flour mixture on piece of wax paper

- Beat egg
- \* Dip fish fillets into egg, allowing excess to fall off
- Lightly cover fish fillets with flour mixture and fry in margarine or butter for 7-10 minutes on each side, or until fish flakes easily with a fork.

Cooking Time 20 Min Preparation Time 10 Min

Peter Loeppky

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#### PINK SALMON CASSEROLE

2 beaten eggs 1/2 cup milk 1 tablespoon butter, melted 1/4 cup chopped onion 2 tablespoons minced parsley 2/3 teaspoon basil 1/4 teaspoon salt 1 pound pink salmon (baked,broiled or barbequed) or 2 - 184 grams (6.5 oz.) cans pink salmon

Combine eggs, milk, butter, onion, parsley, and seasonings. Break salmon into chunks, removing bones and skin. Add to egg mixture. Put into a greased casserole dish.

Bake at 425 degrees F for about 25 minutes or until done. Serve hot with tartar sauce and lemon wedges.

Serves 6 landlubbers or 3 fishermen.

RON HOUGHTON

Cooking Time 25 Min Preparation Time 10 Min

# Salt Fish Cakes

2 T. oil	1 T.
1 cup onions, finely chopped	3/4 cu
1 cup flour	2 T.
1 t. baking powder	1/2 lb.
salt to taste	1 t. 1
1 egg, lightly beaten	

T. butter, melted
 cup milk
 T. eschalots, finely chopped
 lb. salt cod fish, cooked and flaked
 t. fresh hot pepper, finely chopped

In a heavy frying pan, heat the oil and cook the onions until they are just wilted.

Sift the flour, baking powder and salt into a bowl, make a well in the centre, and pour in the egg, butter and milk. Mix together lightly, then add the onions, eschalot, salt fish and pepper. Stir well.

Drop by spoonfulls (Tablespoon) into hot oil, but do not crowd them in the pan. Cook for about 3 to 4 minutes until they are golden brown on both sides. Remove from pan and drain on absorbent paper. Serve very hot.

To serve as hors d'oeuvres use a teaspoon for dropping them into the fat. These may be half cooked, drained, frozen and then heated quickly in the oven.

Cooking Time 10 Min Preparation Time 5 Min

Verne Lorde

OCEAN PERCH CITRUS FILLETS

TOM & NANCY CUTLER

500 g ocean perch fillets	(1 lb.)
50 mL melted butter	(1/4 cup)
15 mL orange or lemon juice	(1 Tb <b>sp)</b>
5 mL salt	(1 tsp.)
1 mL fennel	(1/4 tsp.)
15 mL orange or lemon rind, coarsely grated	(1 Tbsp)
6 slices orange or lemon	
parsley	

Place fillets skin side down in a well greased, shallow baking dish. In a bowl, combine melted butter, orange juice, salt and funnel. Pour over the fillets. Sprinkle fish with grated orange rind.

Preheat oven to  $230^{\circ}C$  (450°F) and bake fish. 5 - 7 minutes/cm. 10 - 12 minutes/in. Garnish with orange slices and parsley. Serves 2 or 3.

Cooking Time 15 Min

Preparation Time 5 Min

RECIPE FOR QUICK FISH FILETS IN WHITE SAUCE (Microwave)

Two frozen fish filets One half of a small tin of a "cream-type" soup (e.g. Campbells' cream of broccoli), not diluted.

Put the filets in a plate that can go in the micro-wave (about 2 cm deep - a glass pie plate is fine). Spread the soup on them, and micro-wave for about 5 minutes. If the filets are not cooked then, try one or two extra 30 seconds (time varies according to the power of the microwave oven) until done.

Serve with vegetables.

Cooking Time 6 Min Preparation Time 2 Min Pierre Tourigny

## CURRIED SHRIMPS

2 lbs Shrimps (1kg) 2 Tbsp Margarine 1 oz (25 ml) Oil 2 Tbsp Curry Powder 1 large Onion, chopped 1 clove garlic, chopped 1 medium tomato, chopped 1/4 Sweet Pepper, chopped Black pepper Salt Approx. 1 cup Water

#### METHOD

- 1. Season shrimps with all the ingredients except the butter and oil. Mix well and let it marinate for approximately 15 mins.
- 2. Heat oil and margarine togehter. Add the shrimp mixture (seasoning and all). Stir for a few seconds and then add the water. Bring to a boil then lower heat. Simmer for about 15 mins or until shrimps are tender. The dish is ready when the sauce is reduced or thickened.

Serve with rice.

Serve 4-6 people.

Cooking Time 30 Min Preparation Time 10 Min

ELMA DIXON AABD

# Sole Almandine

(Lana Birmann/Anne Crosby)

1 lb sole fillets, thawed 1/2 c butter 1 3/4 T cornstarch 1 1/2 T lemon juice 1 t dried parsley 1/4-1/3 c sliced almonds, toasted

To toast almonds, place 1 t butter on top and microwave on high for 4 minutes, stirring often. Melt butter in large, flat casserole. Stir in cornstarch, lemon juice and parsley.

Pat fish dry. Coat each fillet and arrange in dish with thick edges outward.

Sprinkle almonds on top. Cover tightly.

Microwave on high for 5 minutes. Allow to stand 5 minutes.

Cooking Time 20 min Preparation Time 10 min

# Parmesan Fish Fingers

>+000**00**/00++<==

(Lana Birmann/Anne Crosby)

1 lb (550 g) fish fillets, thawed 1/3 c breadcrumbs 1/3 c parmesan cheese 1/2 t paprika 1 egg, lightly beaten 1 T butter, melted salt & pepper Cut each fillet into  $3" \ge 1/2"$  strips.

In shallow dish, mix together breadcrumbs, parmesan and paprika. Dip each strip into egg, then into cheese mixture.

Place strips on lightly greased baking sheet and lightly drizzle with butter.

Bake at 450° for 7-10 minutes. Season with salt & pepper.

Cooking Time 10 min Preparation Time 10 min

Serves 4.

## TUNA STROGANOFF

Simple and tasty. About 30 minutes to prepare and cook.

1 cup	chopped red onion	250 ml
2 tbsp	butter or margarine	30 ml
	salt, pepper, and	
	other spices*	
2 tbsp	all purpose flour	30 ml
10 oz	sliced mushrooms	300 ml
10 oz	condensed cream of	
	mushroom soup	300 ml
1/2 cup	sour cream (1% fat)	125 ml
7 oz -	flaked tuna, drained	200 g

Saut0 onion in butter in frying pan until soft and clear. Mix in flour and mushrooms, and spices. Stir in mushroom soup til it boils and thickens. Add sour cream and tuna. Stir. Heat through. Serves 4.

Serve with rice, noodles or potatoes.

- \* Spice variations:
  - oregano, basil, parsley or
  - dill and lemon.

Dave McCulloch and Heather Auld Cooking Time 20 Min Preparation Time 10 Min

Fisherman's Fish and Brewis

Soak about 3 cakes of hard bread until soft

Cut 1/4 pound fat back pork into very small cubes. Cook until all the fat is rendered out, leaving fat and "scrunchions" in the pot.

Add 2-3 lb fresh cod fish and cook until done. Remove any bones.

Squeeze all the water from the hard bread and add to the fish and scrunchions. Mix well. Add pepper to taste.

Cooking Time 30 Min Preparation Time 10 Min

(Edward A. and E. Florence Perkins)

#### CRAB QUICHE

Ingredients:



1 - 9in. pie crust (optional)
3 - eggs
6oz. cheese (cheddar or Swiss)
2oz. smoked salmon
1 - 6oz. can of crab meat
Milk or cream (2% to whipping, according to your degree
of decadence)

What to do:

- Break the eggs into a half litre (or 2 cup) measuring cup
- Pour in milk or cream to a total of one & one half cups and beat to a homogeneous mixture
- Grate the cheese
- Chop up the smoked salmon into small pieces
- Open the crab meat can and drain out most of the water

## Procedure:

If using a crust, (deep dish store bought variety - or make your own) heat oven to 450 degrees(F): when hot put in pie crust for about 7 mins., or until brown; when crust is done, reduce heat to 350 degrees and follow "without crust" directions. If not using crust, heat oven to 350 degrees.

Lay half of the cheese evenly around the bottom of the quiche dish. Spread the smoked salmon on top of the cheese.

Spread the crab on top of the salmon.

Spread the remainder of the cheese on the top of

everything else.

Pour the egg and milk (cream) mixture into the pie shell and squish down with a fork until everything is well soaked.

Put the whole thing in the oven for 35 to 40 mins. until it is done (start checking after 35 mins.)

When done, remove from the oven and amaze your friends with your gourmet skills!

#### BON APPETIT!

Cooking Time 40 Min Preparation Time 10 Min Colin Ramplee-Smith

#### Singapore Noodles Aston Shim

		INDUCTION DIVER
Ingr	<u>edients</u>	
1	tbsp	salt
6	oz	dry rice noodles*
6	oz	chicken breast sliced thin
Chic	ken marina	de
1/2	tsp	sesame oil*
	tsp	soya sauce*
1	tsp	oyster sauce*
1	slice	fresh ginger shredded
1/2	tsp	sherry or wine
	tsp	sugar
	tsp	corn starch
	y sauce	
2	tbsp	curry power
1	slice	fresh ginger shredded
	clove	garlic minced
5	tbsp	water
3		hot sauce
1	tbsp	vegetable oil
Vege	table	-
	cup	celery sliced or cabbage
		carrots sliced thin
1	cup clove	garlic diced
2	clove stalk	scallion or green onion cut fine
1		onion sliced
1/2	cup	green pepper sliced
5	tbsp	vegetable oil

1

egg slightly beaten

Preparation

Noodles: Cook noodles at least 2 hours before assembling dish. In a large pot add 3 quarts water and salt, bring to a boil. Add noodles and boil for 2 to 3 mins, cook al dente, stir while cooking. Rinse with cold water, drain and set aside. Chicken marinate: Add sliced chicken to marinate sauce, set aside and allow to marinate for 30 mins, turning occasionally. <u>Curry sauce</u>: In a saucepan heat 1 tablespoon vegetable oil over high heat. Add minced garlic, stir until garlic is brown, add curry powder mixed with 2 tablespoon water. Stir well and cook for 2 mins. Add 3 tablespoon water, mix well bring to boil, lower heat, cover, and cook for 10 to 15 minutes stirring until smoothly blended. Set aside. Egg: In a frying pan add 1 teaspoon oil, when frying pan is very hot, add slightly beaten egg and fry very thin. Cool and cut into fine shreds. Set aside. <u>Heat</u> a wok over high heat, add 1 tablespoon oil and ginger. Add vegetables. Stir fry for 3 to 4 mins, until vegetable turn bright colors. Do not over cook vegetables, set aside. 1/2 cup bamboo shoots sliced, 4 water chestnut sliced (optional). Heat a wok over high heat, add 1 tablespoon oil and minced garlic. When garlic turns brown, add sliced chicken, stir fry until chicken turns white. Add curry sauce and stir, set aside. Heat a wok over high heat, add 2 tablespoon oil and when white smoke appears, add noodles. Use chopsticks or spatula to toss noodles and loosen. Lower heat and cook for 6 to 8 mins. Add chicken and vegetables to mixture and stir well. Add shredded egg, and season to taste. Serve immediately.

\* Items available at oriental stores.

Cooking Time 45 min Preparation Time 15 min

# Stuffed Ricotta Shells

1 container Ricotta cheese

**1 e**aa

1 handful grated romano cheese

2 tsps. parsley

Mix all the above ingredients together. Take one full package of large macaroni shells (purchased at any grocer) and boil until tender. Drain well. Proceed to stuff the shells with ricotta cheese mixture. Place the stuffed shells on a roasting pan. Cover well with your favourite Italian sauce. Cook at 350 degrees F. for 45 minutes in the oven. Makes 4 servings.

My background is French/Italian. Regarding cuisine, whatever my mother creates is absolutely delicious. My Mom's Mom taught her how to make beautiful desserts while my Dad's Mom taught her how to make homemade pastas, Italian sauces, etc. Ever since I was a little girl, Christmas dinner involved a turkey with all the trimmings plus a homemade pasta creation. The stuffed Ricotta shells has always been one of my favourites, although the shells are store purchased to save lots of time! Enjoy!

Cooking Time 45 Min Preparation Time 15 Min

Susan Hay (Global-TV News)

Pasta/Shrimp & Garlic Sauce

1/4 cup butter 4 cloves of garlic 1 onion 1/4 cup.fresh parsley or basil 1 lb medium shrimps

3 tomatoes/peeled/chopped 1/2 cup white wine 1 tsp salt 1/4 tsp pepper 1/4 cup butter/cut in small pieces

- In large skillet, melt 1/4 cup butter over medium heat; cook \* garlic and onions. Add half of the parsley and the shrimp; cook for one minute. Add tomatoes, wine, salt, pepper. Bring to boil and cook just until shrimp turn opaque and begin to curl. Remove from heat and reheat just before pasta is ready.
- \* Cook pasta
- ÷ Heat serving bowl and place butter in bottom. Place pasta in dish with butter, then pour sauce over. Sprinkle with remaining parsley, after mixing pasta and sauce very well. Cooking Time 20 Min Preparation Time 10 Min

# Stuffed Rigatoni

<u>Metric</u>		<u>Imperial</u>
500 g	Ground beef	1 lb
50 mL	2 eggs PRIMO grated Parmesan cheese	3 tbsp
125 mL	bread crumbs	1/2 cup
30 mL	chopped parsley salt and pepper to taste	2 tbsp
75 mL	PRIMO vegetable oil Large can (approx. 19 oz. tomato sauce	4 tbsp
500 g	PRIMO Rigatoni	1 lb

Mix ground beef, eggs, PRIMO grated Parmesan cheese, bread crumbs, parsley, salt and pepper.

Form meat balls and fry in PRIMO vegetable oil until brown. Place meat balls in a saucepan and cover with basic tomato sauce. Cook for 20 minutes and remove meat balls from sauce.

Par-boil PRIMO Rigatoni until tender but not fully cooked. Drain and rinse with cold water.

Mash meatballs and fill par-cooked pasta. Place stuffed pasta in baking pan and top each layer with already-made basic tomato sauce.

Sprinkle with PRIMO Parmesan cheese and bake in a 180 C (350 F) oven for 30 minutes.

Makes 6-8 servings. Cooking Time 70 Min

Preparation Time 20 Min

Carla Weber



# **PASTA E FAGIOLI (BEAN SOUP)** (Jean Degaust)

AN ITALIAN STAPLE, THIS IS BEST TOPPED WITH FRESHLY GRATED PARMESAN CHEESE. A GREAT WAY TO COMBINE YOUR PROTEINS IN A ONE-POT, SATISFYING MEATLESS MEAL

3 TBSP OLIVE OIL 3 CLOVES GARLIC, MINCED 1 FINELY CHOPPED CELERY STALK 1 FINELY CHOPPED ONION, (SMALL) 1 FINELY CHOPPED CARROT 1/4 TO 1/2 TSP HOT CHILI FLAKES

HEAT OIL IN LARGE SAUCEPAN OVER MEDIUM HEAT. ADD GARLIC, ONION, CARROT CELERY AND CHILI FLAKES. COOK 3 MINUTES OR UNTIL TENDER (DO NOT BROWN)

ADD

4 CUPS CHICKEN STOCK, HOMEMADE OR FROM CUBE 1 28 OZ/796 ml CAN PLUM TOMATOES WITH THEIR LIQUID, CHOPPED BRING TO A BOIL, REDUCE HEAT AND SIMMER, PARTIALLY COVERED 20 MINUTES.

# STIR IN

1 19 OZ/540 mL CAN CHICK-PEAS, RINSED, DRAINED 1 19 OZ/540 mL CAN ROMANO BEANS, RINSED, DRAINED 1 19 OZ/540 mL CAN CANNELLINI BEANS, RINSED, DRAINED SIMMER, PARTIALLY COVERED, STIRRING FREQUENTLY, 10 MINUTES

SCOOP ABOUT 2 CUPS MIXTURE INTO FOOD PROCESSOR. PURÉE UNTIL SMOOTH (YOU CAN MASH BY FORK). RETURN TO SAUCEPAN. BRING MIXTURE TO A BOIL.

ADD

1/2 TO 2 CUPS SMALL PASTA (E.G. SHELLS, FUSILLI OR PENNE) TO YOUR TASTE COOK STIRRING FREQUENTLY, UNTIL PASTA IS TENDER. ADD SALT AND PEPPER TO TASTE.

SERVE SPRINKLED WITH PARMESAN, IN LARGE, SHALLOW BOWLS.

## MAKES 6 SERVINGS

IF YOU FIND THIS VERSION TOO THICK (LEFTOVERS TEND TO THICKEN AFTER BEING STORED IN FRIDGE), JUST ADD MORE STOCK OR WATER. YOU CAN USE ALMOST ANY KIND OF BEANS (YOU MIGHT PREFER TO USE JUST ONE KIND INSTEAD OF THE THREE SUGGESTED HERE) IF USING HOME-COOKED DRIED BEANS, SUBSTITUTE ABOUT 2 CUPS OF COOKED BEANS PER CAN. A NIFTY WAY TO CHOP CANNED TOMATOES IS TO CUT THEM STILL IN THE CAN WITH A PAIR OF KITCHEN SCISSORS. Cooking Time 40 Min Preparation Time 20 Min

# FETTUCINE ALFREDO

1/4 lb. of butter 1/2 of virginia or black forest ham (diced) 1 green pepper (diced) 3 small fresh onions (diced) 1 pint of table cream Parmesan cheese

Futtucine noodles - preferably fresh noodles

Melt butter - saute onions & green pepper in a sauce pan for approx. 15 minutes.

Add ham and cook for aditional 5 minutes turn few times.

Pour l pint of table cream and bring to a boil, simmer and cook for 5 minutes.

Cook noodles & salt to taste.

Drain noodles and pour cream mixture over noodles - sprinkle parmesan cheese - fattening - but good!

Anna Ambrosini

Cooking Time 35 min Preparation Time 15 min

# Linguine with Olives and Garlic

Two main course servings

Preparation Time: 10 minutes Cooking Time: 10 minutes

Approximately 370 calories/serving. (A cup of cooked spaghetti has only 164 calories - contains B vitamins and some protein.)

3 tbsp	Extra virgin olive oil	45 mL
2	Garlic cloves, minced	2
About 12	Ripe olives, pitted and roughly chopped	About 12
	Freshly ground black pepper	
1/4 cup	Freshly grated Parmesan (plus more for the table)	50 mL
	Fresh parsley, chopped	
1/2 lb	Linguine	250 g

\* Warm oil in heavy pan.

\* Add garlic to oil and cook gently until it bubbles and begins to colour, but don't let it brown.

- \* Drain cooked linguine, add to olive mixture, sprinkle cheese and pepper on top and toss well.
- \* Sprinkle with parsley and pass more cheese at the table.
- \* Feel free to use more garlic, fewer olives.

Marilyn Schneider

<sup>\*</sup> Stir in olives just to warm.

#### Tuna Noodles Parmesan

An easy casserole with gourmet overtones. Contains yogurt. Serve with a salad, rolls and perhaps a vegetable. Cheesy orange colour topping.

8 oz. medium egg noodles 2-1/2 quarts boiling water	250 g 3 L
1 tbsp. cooking oil (optional)	15 mL
2 tsp. salt	10 mL
10 oz. Condensed cream of mushroom soup	284 mL
1 cup yogurt	250 mL
1/4 cup chopped green onion	60 mL
7 oz. flaked tuna, drained	198 g
1/2 cup grated Parmesan cheese	125 mL
10 oz. sliced mushrooms with juice	284 mL
1/3 cup sliced green pimiento-stuffed olives	75 mL
1/2 tsp salt	2 mL

3/4 cup grated medium Cheddar cheese Paprika, sprinkle

Cook noodles in boiling water, cooking oil and first amount of salt in uncovered Dutch oven until tender but firm, about 5 to 7 minutes. Stir occasionally.

175 mL

Meanwhile, combine next 8 ingredients together in large bowl. Drain noodles and add them to mixture. Mix. Turn into 2-1/2 to 3 quart (3 to 3.5 L) greased casserole.

Spread cheese over top. Sprinkle with paprika. Bake covered in 350 degrees F. (180 degrees C.) oven for about 30 minutes. Remove cover and bake 10 minutes more to brown. Serves 6. Cooking Time 40 Min Preparation Time 15 Min Krystina Czaja

## Busy Day Pasta

A snap to make. A snap to eat.

7-2/4 oz. packaged macaroni and cheese dinner 225 g 7 oz. flaked tuna, drained 198 g

Prepare macaroni and cheese according to package directions. Add tuna. Mix well. Heat through and serve. Makes 3 cups (700 mL). Cooking Time 15 Min Preparation Time 5 Min

Krystina Czaja

#### VEGETABLE LASAGNA

1 tbsp vegetable oil 1 onion chopped 3 cloves garlic minced 1 carrot chopped 1 stalk cerely chopped 2 cups sliced mushrooms (500 ml) 1 can tomatoes (19 oz) 1 can tomato sauce (7.5 oz) 1 tsp each basil and oregano salt and pepper

3 cups small broccoli florets
9 lasagna noodles
1 cup cottage cheese
3 cups shredded mozzarella cheese
1/3 cup grated parmesan cheese

In large saucepan, heat oil over medium heat; cook onion for about 3 minutes; stir in garlic, carrot, celery, mushrooms; cook, stir often for 5 minutes or till vegetables are softened. Add tomato sauce, basil, oregano, salt and pepper to taste, and tomatoes that have been broken up. Simmer, uncovered, about 10 minutes or until slightly thickened. Let cool, stir in broccoli.

Boil noodles according to package instructions. In lightly greased baking dish, arrange three noodles over bottom. Spread with one third of the veg. mixture then half of the cottage cheese. Sprinkle with one third of the mozzarella cheese. Repeat. Arrange top noodles spread with parmesan. Bake in oven at 350 degrees F for 35 to 45 minutes or until hot and bubbly. Serves 6 to 8.

Joanne Pacini

Cooking Time 70 Min

Preparation Time 20 Min

# SPAGHETTI WITH TOMATO - SAUCE (Diane Ruest)

This has become a family favourite because it's quick and easy to make.

1 lb. spaghetti or spagettini (preferably fresh)
2 Tbsp. olive oil
1 medium onion
2 cloves crushed garlic
1 28 oz. can Italian plum tomatoes
1 sugar lump
salt and freshly ground pepper
Parmesan cheese

Heat the oil and gently fry the chopped onion and garlic to soften. (cover the pan to prevent browning) Add the tomatoes with their juice, sugar, salt and freshly ground pepper to taste and cook on high, uncovered, for about 20 minutes. When the sauce is reduced and thick, check the seasoning. Place sauce in a blender or food processor and blend just until smooth (10 seconds). Cook the pasta and drain. Add 1/2 cup Parmesan to the pasta and stir thoroughly. Then add the sauce. Stir and add another 1/2 cup Parmesan.

NOTE: If you're watching calories, you may omit the cheese or reduce it as you prefer.

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Cooking Time 35 min Preparation Time 5 min

BAKED PENNE WITH TOMATO SAUCE AND CHEESE (Diane Ruest)

 lb. penne or other short pasta tomato sauce (as above)
 cup Parmesan
 oz. mozzarella
 Tbsp. toasted breadcrumbs

Cook the pasta for half the time and drain. Put 4 oz. of tomato sauce aside and mix the rest with the pasta. Add 1/3 of the Parmesan. Butter an oven dish and put in half of the pasta. Cover with slices or shredded mozzarella, the reserved tomato sauce and half of the remaining Parmesan. Add the rest of the pasta with the remaining Parmesan and top with the breadcrumbs. Bake in a hot oven 425F. for 20 minutes. For best results, cover the dish and remove the lid during the last few minutes of baking, otherwise, the pasta on top will be "crunchy".

IN A HURRY? Simply blend shredded mozarella, parmesan, sauce and pasta and sprinkle the top with toasted breadcrumbs.

Cooking Time 30 min Preparation Time 5 min

# Spaghetti Sauce

1 lb. of lean ground veal Three 16 oz. tins of premium tomato sauce 1 can of tomato paste 1 can of pure chicken broth or stock 2 cups of dry red wine 1 large green pepper, sliced 4 tomatoes, sliced 1 large onion, sliced 4 large carrots, grated 4 medium cloves of garlic, crushed 6 tablespoons of pure olive oil 8-10 tablespoons of oregano 4-6 tablespoons of thyme 3 bay leaves 4 tablespoons of crushed hot peppers 6 dashes of hot sauce (Tabasco) Fresh ground black pepper Green and red pepper to taste

Bring to boil while stirring for 30 minutes. Simmer on low heat for a minimum of 3-5 hours.

Cooking Time 3 to 5 Hrs Preparation Time 20 Min

Steve Jacobs

(CFTO-TV News)

#### KERTLAND SPAGHETTI SAUCE

This family recipe has a special twist for extra flavour; can you guess what it is???

2 onions, sliced thinly 2 cloves garlic, chopped or mashed 1 1/2 c ground beef 2 1/2 c vegetable juice (e.g. ED Smith or V8) 1 1/2 c canned tomatoes (1 large can) 1 small can tomato paste 4 dried hot chili peppers 1 tsp sugar salt and pepper olive oil mushrooms (optional)

Brown onions and garlic in oil. Add meat and brown slowly. Meanwhile combine juice, tomatoes, and paste in a LARGE pot. Drain oil and fat from meat mixture and add to pot with chili peppers, salt, pepper and sugar. Simmer 2 to 3 hours, until thick. If using, add mushrooms. For best results, refrigerate at least 1 day before using. Makes enough for 2 5-person meals of spaghetti or lasagna. Will keep up to 1 week in the refrigerator or longer in the freezer.

LOW FAT/VEGETARIAN OPTION: Omit meat and add 1 can of green lentils (drained) to tomato mixture instead.

Cooking Time 2 to 3 Hrs Preparation Time 10 Min P. Kertland



# SPAGHETTI SAUCE (MEAT OR MEATLESS)

1 Lg. Onion chopped 2 TBLSP Olive Oil 2 to 3 garlic cloves minced 1 Lb of lean ground beef, turkey, chicken or veal (this is optional ) 3 cans or jars of tomato sauce or tomatoes (pureed) 2 to 3 small cans of tomato paste 2 Tblsps chicken soup base powder 1 Tblsp sugar 1/4 tsp nutmeg 1/2 tsp oregeno 1/2 tsp parsley 1/2 tsp basil 1/2 tsp chili powder (optional) 1/2 tsp pepper

Place oil, chopped onion and garlic in large dutch oven or saucepan saute over medium heat till onions are translucent. Add ground meat and cook till brown (if you decide you would like a meat sauce). If there is quite a bit of oil left in the pan when meat is browned drain some off. Next add the tomato paste mix with the ground meat, then add the cans of tomato sauce and remaining ingredients. Let sauce come to a slow boil stirring in the meantime, when it has come to a boil reduce the heat to simmer. Let it cook for 1 to 3 hours. Remember the longer you cook it the darker and thicker the sauce. Remember to stir the sauce from time to time to prevent it from burning.

This is great frozen. Put in plastic containers and freeze. When you come home from work either defrost in microwave or in a saucepan over low heat. In the meantime you start the water for the pasta. When sauce is halfway defrosted you should be able to add the pasta to the water depending on the type of pasta you use.

Cooking Time 2 to 3 Hrs Preparation Time 10 Min Rosanna Proto

# PAGÉ SPAGHETTI SAUCE

2 t.s. of olive oil 1 lb of ground Beef 1 big chopped onion 1 chopped green pepper 6 on. of tomato paste 16 on. of tomatoes 1/2 cup of water 1 bay leave 1 t.s. of savory 1/4 t.s. of thyme 2 t.s. of sugar 1 clove of garlic 1 t.s. of salt

Boil gently with a lot of love for one hour and a half.

Bon Appetit !!

François Pagé

Cooking Time 90 Min

Preparation Time 10 Min

# <u>SAUCE À SPAGHETTI PAGÉ</u>

2 c.t. d'huile d'olive 1 lb de boeuf haché 1 gros oignon haché 1 piment vert haché 6 onces de purée de tomates 16 onces de tomates 1/2 tasse d'eau 1 feuille de laurier 1 c.t. de sariette 1/4 c.t. de thym 2 c.t. de sucre 1 gousse d'ail écrasée 1 c.t. de sel

Laissez mijoter avec beaucoup d'amour pendant une heure et demi .

Bon appétit !!

François Pagé

## MAMA ALOISIO'S QUICKIE PASTA SAUCE

Making homemade tomato sauce was once a time consuming ordeal. Not anymore! With today's new outlook on healthy living, my mother has re-invented the once rich in meat and oil pasta sauce. It's fast, low in in fat, and goes like this:

1 tablespoon sunflower or canola oil 2 cans crushed tomatoes 2 cloves garlic (chopped) 1 medium or 2 small cooking onions (chopped) 1-2 stalks of celery (diced) 1 cubanelle pepper (diced) 1-2 carrots (grated) 1 zucchini (diced) OPTIONAL 2 bay leafs Salt & pepper to taste

In a deep saucepan saute garlic and onion in oil for a couple of minutes only. Add tomatoes, celery, cubanelle pepper, carrots, zucchini, and bay leafs. Add salt and pepper to taste. Bring to a boil. Once it has come to a boil, simmer at low to medium heat for about 1 to 1 1/2 hours.

Pour over your favourite cooked pasta, sprinkle with grated cheese, and enjoy!

Cooking Time 1 hr 30 Min Preparation Time 15 Min

Maryanne Aloisio

Vegetarian Pasta Delight

Katy MacKinnon

Ingredients:

250g pasta (about half a package) half a pound of extra firm tofu 3-4 tablespoons of butter 4 tablespoons pesto (basil and herb pasta sauce) 2 zucchini 6-8 mushrooms 1-2 cloves of garlic (chopped or minced) half a cup of parmesan cheese salt and pepper

Instructions:

Boil pasta until desired consistency is reached. Meanwhile, slice vegetables and tofu into small pieces. Over medium heat, fry butter, garlic, and tofu until tofu starts to turn a golden colour, then add vegetables and cover, stirring occasionally until vegetables are cooked.

Drain pasta and add to vegetable/tofu mixture. Add pesto, parmesan, and salt and pepper to taste. Serve with a green salad. Serves 2-3.

Vegans can substitute vegetable oil for butter and eliminate the parmesan.

Cooking Time 30 Min Preparation Time 10 Min

Pizza Casserole

>\*\*\*\*\*

(Lana Birmann/Anne Crosby)

3 c pasta (penne or spirals) 1 lb ground beef 1 medium onion, chopped 1 t salt 1/2 tsp pepper 1 large can tomato sauce 1 large pepperoni, sliced 1 green pepper, diced/sliced 1 lb mozzarella, grated 1 can slice mushrooms 1 small can pizza sauce Brown beef and onion.

Cook pasta.

Combine in large casserole.

Stir in remaining ingredients holding back some mushrooms, green pepper and pepperoni for topping.

Bake at 350° covered for 1 hr.

# **PIZZA FOR DINNER**

Makes 1 pizza Preheat oven to 375°F Grease a large round or rectangular pan with canola oil

Ingredients:

-fresh pizza dough (in a ball from store) or homemade

- 3/4 cup or a bit more pizza, tomato, or spaghetti sauce (any brand you like)
- 150 gr. 300 gr. mozzerella cheese, shredded
- 1 tsp. basil
- any toppings you like, eg.

diced onion	sliced pepperoni sausage
diced green pepper	diced bacon
sliced mushrooms	diced green onion
sliced tomato	cubed canned pineapple

Take your ball of dough and roll it out all ways with a rolling pin until it is big enough to fit the pan you are using. You may need some flour so it doesn't stick to you work area, eg. wooden board. Then place dough into your pan. Top with the cup of sauce and spread over dough. Add the shredded cheese evenly. Then add any toppings you like, you can make one half vegetarian and one half pepperoni. Once all your toppings are added sprinkle the basil over the whole pizza. Bake in preheated oven for 15 - 20 minutes. Enjoy!

**Lilly Schasmin** 

NOTE: if you can't find the fresh dough in the store, you can use ready pre-baked pizza crusts

Cooking Time 20 Min

Preparation Time 15 Min

INSTANT PIZZA

(Norma Loya)

#### Ingredients:

Frozen Pitta bread: White or wholewheat, thick or thin, large or small - whatever you have in the freezer.

Sauce: any kind that you like: spaghetti sauce, taco sauce, ketchup..

Frozen grated Mozzarella cheese: buy Mozzarella when you find it on sale, grate the cheese and store in plastic bags in the freezer. You can use other kinds of cheese.

Grated Parmesan cheese: to add salt and flavour

Vegetables (optional): tomatoes, green peppers, mushrooms, hot peppers, olives... Chop them big or small, it's your choice

#### Preparation:

Smother the frozen pitta with sauce (you can omit it), top it with the grated cheese (still frozen), sprinkle Parmesan cheese, then add the vegetables. Put under grill 350 for about 5 minutes (4" from grill) or if you can't adjust grill temperature then place the tray in the lowest shelf of the oven and grill until top is golden brown.

The combinations are endless - be creative and enjoy!

Cooking Time 5 Min

Preparation Time 10 Min



LOW CALORIE CLAM SAUCE WITH PASTA (this is tasty and fast!)

Serves 2 - 3

## Ingredients:

2 tablespoons olive oil 2 19 oz tins baby clams 3 handfuls fusilli pasta (preferably multi coloured) Pan of water for fusilli 1 heaped teaspoon of freshly (or frozen) minced garlic Freshly ground black pepper

Procedure:

- Boil water and throw in fusilli until cooked to "al dente" firmness
- In meantime put olive oil in large skillet and heat gently
- Add garlic and blend into oil
- Open 2 cans of baby clams, drain and save clam juice
- Add clams to oil and garlic mixture, all stir at gentle heat
- Start adding clam juice to skillet to desired amount for a sauce for 2 to 3 people
- Keep tasting and liberally add pepper as necessary increased quantities of clam juice thins the flavour
- Drain pasta thoroughly and place in pasta bowls, pour clam sauce over pasta and serve

Cooking Time 25 min Preparation Time 10 min

\*\*\*\* The secret of this recipe is in the garlic which should be plentiful (none of this cowering behind two cloves) and be freshly ground - not the awful powdered variety. In our house we prepare a bud of garlic or more at a time and freeze it so that we always have some ready \*\*\*\*

## GARLIC PASTE

Take two garlic buds. Peel and chop each clove (not finely) and put in miniature Cuisinart style food processor. Process garlic until it forms a paste. Divide into generous teaspoon size portions, wrapping each portion in Saran wrap. Put all portions in freezer container (tupperware etc.) and place in the freezer. When garlic is required remove portion from the freezer and either use the whole portion or, whilst frozen, slice off the paste to the amount desired. The garlic defrosts in minutes or it can be put into the above recipe frozen as it quickly blends into the oil. Quickly return any unused frozen garlic to the freezer.

#### Chris Stuart

# SOUTHWESTERN CHICKEN CHILI

Make ahead on the weekend and reheat during the week.

Jenney Reycraft

2<sup>1</sup>/<sub>2</sub> lbs. chicken breasts 2 tbsp. vegetable oil 2 onions, chopped 2 garlic cloves, minced 3 tbsp. chili powder 2 tsp. cumin 1 tsp. oregano 3 tbsp. coriander salt and pepper to taste 4 carrots, sliced 3 stalks celery, chooped 28 oz. can tomatoes 3 tbsp. tomato paste 2 tbsp. lime juice 1 tsp. sugar 12 oz. can kernel corn 14 oz. can kidnev beans 14 oz. can chick peas 1 green pepper, seeded and chopped

Skin and bone chicken. Cut into bite-sized pieces. In Dutch oven, brown chicken in oil. Add onions and garlic and saute until onions are soft. Add chili, cumin, oregano, coriander, salt and pepper. Cook and stir for 3 minutes. Add carrots, celery, tomatoes, tomato paste, lime juice and sugar to chicken mixture. Bring to boil, reduce to simmer, cover and cook for one hour. Add corn, kidney beans and chick peas and green pepper. Simmer 30 minutes more. Serves 10.

Cooking Time

100 Mir

25 Min Preparation Time



SHORT-CUT CROCK POT CHILI CON CARNE

(Bob Plaseski)

We have an electric crock pot. It has only three settings (low, high, auto) The advantage of a crock pot is that it cooks so slowly that you can leave it and not worry about it, besides the meal comes out very tasty.

1 lb. lean ground beef (or chicken)
1 small onion
1 tsp. salt (we use much less - about 1/4 tsp)
1 to 2 tsp. chili powder (if mild is desired keep it to 1 tsp or less)
1 bay leaf
1 tsp. Worcestshire sauce
2 (10-oz.) cans tomato sauce
2 (16-oz) cans kidney beans, drained

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In a skillet break up beef with a fork and cook until lightly browned. Pour off excess fat. In a slow-cooking pot (Crock Pot), combine meat with all other ingredients. Cover and cook on high for 2 to 3 hours. Remove bay leaf. Makes about 6 servings.

Cooking Time 3 hrs Preparation Time 5 Min

Low Cal Chili Con Carne:

Gayle Thody

Chili freezes and reheats well, so pack away any extra in portions for days when you don't feel like cooking. One easy way to freeze chili is to seal it in a boilable pouch, or margarine containers.

- 1 pound lean or extra-lean ground beef
- 1 cup chopped onions
- 4 cups chopped green peppers
- 1 28-ounce can whole tomatoes in tomato juice, undrained

2 to 3 teaspoons chili powder

pinch of cumin, and garlic (optional)

1 teaspoon salt

1/8teaspoon pepper

1 15-to-16 ounce can red kidney beans, drained and rinsed

In a 3-to 4 quart saucepan cook beef, 3/4 cup of the onions and 1 cup of the green peppers 5 to 8 minutes over moderate heat, stirring occasionally, until meat has lost its pink color. Spoon or pour off and discard any fat liquid that accumulates in the pan. Add tomatoes to pan, breaking them as you stir them in. Stir in the chili powder, and spices. Cover and simmer 1 hour over low heat. Uncover and simmer 40 to 60 minutes longer, stirring occasionally, to develop flavor. Stir in the beans and cook 5 minutes longer. Garnish with remaining onions and green peppers. Makes 6 diet servings.

Per diet serving: 239 calories, 22 grams protein, 7 grams fat, 27 grams carbohydrate.

Cooking Time 2 Hrs 10 Min Preparation Time 15 Min

# <u>SHORT-CUT CHILI</u>

To serve on rice or pasta for a complex carbohydrate boost.

Ingredients:

1 tbsp (15ml) Olive Oil 1 lb. (500g) raw ground turkey 1 cup (250ml) chopped onion 1 clove, minced garlic 1 can (19oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) undrained pinto or kidney beans 1 can (19 oz/540 ml) broken up canned tomatoes 1/2 cup (125ml) water 5 tbsp (75ml) tomato paste 3 tbsp (50ml) chili powder 2 tsp (10ml) dried oregano 1/2 tsp (2ml) ground cumin 1/2 tsp (2ml) salt {if you must!} Garnish - plain low fat yogurt

In a large non-stick saucepan, heat olive oil over medium heat. Add turkey, onion and garlic; cook for 5 to 10 minutes, until turkey is browned, stiring often. Stir in beans with liquid, tomatoes, water, tomato paste, chili powder, oregano, cumin and {if you must} salt; simmer uncovered for 10 to 15 minutes or until slightly thickened, stirring occasionally. Makes 4 servings of 9 grams of fat each.

Joseph E. Shaykewich

Cooking Time 25 min Preparation Time 10 min



Spicy Vegetable Chili K. Almquist 3 medium onions, sliced (1 1/2 cups) 3 stalks celery, sliced (1 1\2 cups) 1 green pepper sliced 1 red pepper sliced 4 cloves garlic, minced 2 tablespoons olive oil 2 28 oz cans tomatoes, cut up 3 14 oz cans red kidney beans 1 14 oz can great northern beans or navy beans (can use chick peas) 1 cup beer or water 1 cup raisins 1/2 cup cashew pieces (or walnut pieces) 1/4 cup vinegar 1 tablespoon chili powder if you like it hot, otherwise use 1/2 the amount 1 tablespoon snipped parsley 1 teaspoon salt (if desired) 1 bay leaf 1 1/2 teaspoons dried basil, crushed 1 1/2 teaspoons dried oregano, crushed 1/2 teaspoon pepper 1/4 teaspoon bottled hot pepper sauce 2 cups shredded cheddar cheese

Cook onion, celery, green and red peppers, and garlic in oil till tender. Stir in undrained tomatoes, undrained kidney beans and other beans along with all remaining ingredients; except cheese. Bring to boiling; reduce heat. Cover and simmer for one hour. Remove cover; simmer one hour longer. Remove bay leaf. Top each serving with 1/4 cup of shredded cheese. Serves 8.

391 calories per serving!

Cooking Time 60 min Preparation Time 30 min

# VEGETARIAN CHILI

A spicy meatless version that great alone or as a topping on baked potatoes.

Ingredients:

1 tbsp (15ml) Olive Oil
1/2 cup (125ml) chopped onion
1 cup (250ml) chopped celery
1 cup (250ml) finely chopped carrots
1 cup (250ml) chopped sweet red or green pepper
1 clove, minced garlic
1 can (19oz/540 ml) undrained kidney beans
1 can (29 oz/796ml) canned tomatoes
1-1/2 cup (375ml) zucchini or cabbage
5 tbsp (75ml) tomato paste {optional but I like it}
2 tbsp (25ml) chili powder
1 tsp (5ml) dried oregano
1/2 tsp (2ml) ground cumin
1 can (19 oz/540ml) drained canned chick peas
1 cup (250ml) sliced mushrooms

In a large saucepan, heat oil over medium heat. Add celery, carrot, onion and garlic; saute for 3 to 4 minutes or until softened; add tomatoes, tomato paste {if adding}, chile powder, oregano and cumin. Bring to boil; reduce heat and simmer for about 20 minutes, stirring occasionally. Add zucchini, peppers, mushrooms, kidney beans and chick peas; simmer for 15 to 20 minutes or until thickened.

Makes 6 servings of 4 grams of fat each. Cooking Time 45 min Preparation Time 15 min

Joseph E. Shaykewich

TACOS

(Norma Loya)

This meal takes 15 minutes to prepare - serves 4 - can be eaten with pitta or taco shells or buns ...

1 lb lean ground beef	1/3 tsp ground cumin
1 med onion chopped	1/3 tsp salt
1 1/3 tsp chili powder	1/3 tsp black pepper
1/2 tsp oregano	1 tsp Worchestershire sauce
1/3 tsp paprika	1 cup tomato sauce

Heat skillet (no oil!), brown ground beef in skillet over medium heat, drain fat. Add onion and sauté until limp. Stir in spices and tomato sauce. Simmer covered for a few minutes, stirring occasionally until hot and done. (season with garlic powder - optional)

Serve with salad made out of: lettuce - tomato - cucumber - green pepper chopped small. Prepare salad while the food is simmering.

Cooking Time 10 min Preparation Time 15 min

Celebrity Recipe

# Anne Murray's Hearty Hodgepodge

The Canadian songbird whips up this meaty dish when she's cooking for a crowd.

Preparation and cooking time: about 30 minutes. Makes 12-14 servings.

1-1/2 lbs. ground chuck 3/4 cup chopped onion 1 clove garlic 3 cans condensed minestrone soup 1 (31 oz.) can pork and beans 1-1/2 cups chopped celery 1 tsp. Worcestershire sauce 1/2 tsp. oregano

- 1) Saute ground chuck, onion and garlic in skillet until beef is browned and onion is tender.
- Drain pan drippings, then pour mixture into a Dutch oven or large pot.
- 3) Stir in soup, beans, celery, Worcestershire sauce and oregano.

4) Simmer, covered, for 15 to 20 minutes.

Joe Lenarcik

# Beef on Rice Supper

# Jane Graves

1 lb. ground beef or ground chicken
2 stalks of celery sliced vertically then chopped
1 or 2 onions chopped fine
1-3 cloves garlic chopped fine (optional)
salt and pepper
1 large can red kidney beans
1 cup white or brown basmati rice (1 cup rice, 2 cups water, oil or butter)

Brown the ground meat in a deep pan. Add onion, celery and garlic and stir until onion is translucent. Add salt and pepper to taste. Then add kidney beans and simmer until you are ready to serve it on a bed of rice.

Good alone, or with salad, or other fresh or cooked vegetables. We use this as a winter meal.

\*\*\*\*\*\*

Preparation time: Cooking time: 1/2 hour if the meat is frozen - a little less if it isn't.10 min. to let the flavours mix and the beans to get hot, or simmer til the rice is ready.

# LOCH LEVEN TROUT (FISH)

Brian Campbell

3 medium brown trout or rainbow trout seasoned flour
1 1/2 oz butter
2 oz flaked browned almonds
3 tablespoons whiskey
lemon

Toss the cleaned fish in seasoned flour. Melt the butter and when it is frothing put in the fish. Cook for 5 minutes on each side. Add the almonds and toss lightly until hot. Pour in the whiskey and flame, shaking the pan until the flame dies. Add a squeeze of lemon juice to taste and serve very hot with lemon wedges. Serves 3.

Cooking Time 10 min Preparation Time 5 min

## ESCARGOTS

15 oz can (48) snails1/4 cup chopped parsley1-2 cloves garlic3 tbsp chopped green onion1 tsp salt1/8 tsp pepper1 1/2 cups soft sweet butter48 snail shells (\* optional)

Drain & rinse snails under cold water and dry on paper towels. Place garlic and salt into mixing bowl and mash until smooth. Cream butter. Stir in garlic mixture, parsley, onion and pepper. Heat oven to 450 degrees F. Put a little garlic butter into each snail shell. Add a snail and fill with garlic butter. Place shells upright in hollows of snail dish. Bake in oven 5-10 minutes until hot and bubbly. Serve immediately with French bread. Makes 8 servings.

Time-saving hints:

\* I personnally prefer to place the escargots directly onto the snail dish, cover with garlic butter and sprinkle with Parmesan cheese, then bake as directed above; or alternatively to place snails in mushroom caps in individual ceramic dishs, cover with garlic butter, sprinkle with Parmesan then bake for 15-20 minutes.

If this recipe makes more than you need, the extra prepared snail shells can be frozen for a quick hors-d'oeuvre.

Linda Stirling

Cooking Time 10 Min

Preparation Time 5 Min

# SPINACH AND CHEESE QUICHE

Jenney Reycraft

package fresh spinach
 medium onion
 8 oz. package cream cheese
 6 eggs
 1/2 tsp. nutmeg
 wheat germ
 cheddar cheese slices
 tbsp. flour
 tsp. water

Cook the spinach with the onion. Drain and mix with the cream cheese. In seperate bowl, beat 5 eggs. Add to spinach mixture along with the nutmeg. Grease a pie plate and spread wheat germ over(quick and easy crust). Put mixture in pie plate and cover with cheddar cheese slices. Beat 1 egg with flour and water, spread over all. Bake 1/2 approximately in a 350°F oven.

Cooking Time 25 Min

Preparation Time 10

10 Min

#### COLWELL'S CASSEROLE

This is a way my family invented to use up leftover turkey, especially when Aunt Ruth and the cousins show up at 4 pm on Boxing Day. Make sure you keep the ingredients in the cupboard at all times to avoid running out.

If you know they are coming, make the casserole the day before. Like lasagne and chili, it's even better the next day.

#### Ingredients:

Small amount of oil, butter or margarine to sauté, as you prefer. 1/2 -1 cup chopped onions

1/2 -1 cup chopped celery

1 cup sliced fresh mushrooms (option, one small can stems and pieces)
19oz can well drained bean sprouts (or equivalent in cooked, drained
fresh sprouts)

- 19oz can cream of mushroom soup (option, cream of chicken, or mix two small cans)
- 6 cups diced leftover turkey (also very nice with a cut-up take-out barbecued chicken if you just threw out the carcass and you're desperate)
- 1 large can (or equivalent package) chow mein noodles

Seasonings to taste: soya sauce, pepper.

#### Directions:

Sauté onions and celery in oil in a large casserole until soft but not brown. Add mushrooms. Drain bean sprouts well, add to mixture and stir. Add concentrated soup with no water or other liquid added and mix well while adding seasonings. Stir in turkey or chicken and mix evenly. Half the noodles can be mixed in, with half as a topping.

Bake covered in the casserole dish for about 25 minutes at  $325^{\circ}F$ , then uncovered for 15 minutes to brown the noodles on top.

Served with rice and a salad, the casserole feeds about ten-twelve normal people, or two adults and three teenagers.

All the amounts and ingredients are optional. For example, you can add a small can of well drained water chestnuts with the mushrooms. You might want to experiment with vegetarian ingredients. Try the casserole a different way each time for a new taste.

Dave Colwell

Cooking Time 50 Min Preparation Time 15 Min

# CHEESE PIE FOR DINNER (Norma Loya)

This recipe is easy and is good hot or cold with salad.

You will need: 9" x 13" Pyrex dish 1 package puff pastry dough, at room temp. 1 package dry cottage cheese (you can substitute it with 1 cup grated mozzarella) 2/3 lb Feta cheese grated 2/3 lb mild Cheddar grated 5 eggs 1/4 tsp salt 2 tbsps Parmesan cheese

Roll half the dough in the puff pastry package to the size of the dish, lay it on the bottom, you can raise the sides a bit. Mix the filling ingredients and spread on top. Cover with the remaining half of the pastry. Bake at 350 until golden - about 1/2 hour. (You can bake it ahead of time and warm it before serving). Cut it into squares (about 24 squares) and serve. You can store leftovers in the fridge covered, makes good lunches.

Cooking Time 30 min Preparation Time 15 min

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# SPEEDY LENTIL AND BEAN CASSEROLE

1 tbsp vegetable oil

Jenny Reycraft

2 stalks celery, sliced1 large onion1 can (190z/540 ml) kidney beans, drained

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1 can (190z/540ml) lentils, drained

1 can (190z/540ml) tomatoes, drained and chopped

1/2 tsp dried rosemary or thyme

pepper

1 1/2 cup shredded Cheddar cheese

In flameproof casserole, heat oil over medium heat; cook celery and onion for 4 minutes or until onion is softened. Add beans, lentils, tomatoes, rosemary/thyme and pepper to taste. Bring to boil, stirring occassionally. Sprinkle with cheese; broil until cheese melts. Makes about 4 servings.

Cooking Time 20 Min

Preparation Time 5 Min

JOE'S KILLER GOULASH

(Adopted by Robert Eals - originated by Joe Megyes)

#### Ingredients:

- 3 large beef shanks, marrow bone in (about 200g each), or stewing beef - 1 large (2 small) yellow cooking onions, diced lange - 1/2 cup diced tomatoes \*\*\*NO SEEDS\*\*\* (about 1 medium-1 rage tomatoe) (about 2 peppers) - 1 cup diced sweet red bell pepper - 1 or 2 cloves garlic, crushed (or beef stock if you have it) - 10 oz can beef consomme - 4 to 6 tsp ground carraway seedA (dependeds on its freshness and strength) - 6 tsp Hungarian (not Spanish) sweet red paprika - 2 tsp salt (I like seasoned salt) - 1 3/4 tsp coarse ground black pepper (about 2 big ones, less if you want) - 1 3/4 cups diced potatoes - 2 carrots, halved and angle cut (1 big stalk) -3/4 cup celery, angle cut - 1 3/4 litre water (less if you want it thicker)

# <u>Dumplings:</u>

- 1/2 cup'flour
- 4 or 5 fl. oz. water
- 1 egg
- pinch salt
- pot of boiling salted water

Directions:

- cut beef shank up into cubes, discarding fat but not the muciliage.
- brown to \*really\* dark brown in 2 tbsp oil, max heat (the darker you make the meat, the darker your soup will be, no big deal if you burn it a little)
- add onions and peppers, saute until onions are soft
- add consomme, marrow bones, salt, pepper, half of the carraway and paprika
- simmer covered on minimum heat (barely bubbling) for 2 3/4 hours
- at 2 3/4 hours, add carrots, water, and other half of carraway and paprika, bring to boil and reduce heat again to simmer covered
- at 3 hours, add potatoes, celery, and dumplings, took 30 minutes more or until potatoes are done (but not too soft! It'll be gross!)
- to make dumplings mix salt, egg, flour, and water (a bit at a time!) in a bowl into a thick, heavy, wet goo. Dump the goo onto a wet plastic board (or what-ever) and with a small coffee spoon, scrape \*\*\*LITTLE\*\*\* spoonfuls (they'll swell) of goo into the boiling water, dipping the spoon to wet it each time.

Stir occassionally to keep everything from sticking into one big lump. They need no cooking time, so just drain them really well and toss them straight in to the goulash.

- take pot off of heat after cooked, or potatoes will keep softening.
- enjoy with crusty bread and lots of antacid!

Cooking Time 3.5 hrs

Preparation Time

25 Min

## "Roly's Cosmic Bushcamp Moose Stew"

Ingredients needed:

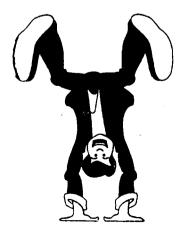
a) One large moose b) One pickup truck (preferably old and beat up) c) One small outboard motor d) One canoe paddle e) Six bottles (40 oz. each) cheap Rye (or any other rotgut) f) Six cases (two-fours) of beer g) Fifty pounds of onions h) One hundred and fifty pounds of potatoes i) Two thousand OXO cubes j) One pound of salt k) One half pound peppercorns 1) Five gallons of tomato paste m) One bay leaf n) Five oxy-acetylene welding torches o) One eight foot by ten foot sheet of 3/4 inch plywood. p) Fifty old hubcaps (They don't have to match.)

To cook:

Drink one bottle of Rotgut, then wash moose. (If you want to.) Cut moose into cubes. Drink some beer. Put cubed moose into the back of the pickup truck. Add potatoes, onions, salt, oxo cubes, pepper, tomato paste, one bottle of Rotgut, bay leaf, one two-four of beer. Heat to the boiling point using the welding torches on the side of the truck, then simmer for eight hours, using the outboard motor to stir occasionally. Use the sheet of plywood for a lid to keep the juices in. The extra beer and rotgut will come in handy during the eight hours of simmering time. When the stew is done to your liking, ladle it out with the canoe paddle, into the hubcaps.

Serves fifty, but you'll probably need more beer. Enjoy. Cooking Time 11 days?? Preparation Time 4 hrs 1 Min

Roland Kleer



Section 3 - 85 A Candlelight Dinner for Two

Caesar Salad Capellini Gorgonzola Irench rolls with Garlic Butter Spumoni Ice Cream

wine: Merlot Baco (Sawmill Creek) Espresso

**Caesar Salad** 

1/3 cup olive oil
2 pressed garlic cloves
1/4 teaspoon Worcester sauce
1/2 teaspoon dry mustard
Squirt anchovy paste to taste
1/8 cup lemon juice

Blend, add to crisp romaine lettuce

Add grated Parmesan cheese and croutons

#### Capellini Gorgonzola

1/2 lb. Capellini
21/2 oz. mild Gorgonzola cheese or blue cheese
2 tbsp butter
1/2 cup cream or whipping cream
1 sage leaf
salt&pepper(freshly ground)
grated Parmesan cheese

Melt the Gorgonzola cheese with the butter and sage leaf in a small pan; add the cream, pepper; stir constantly till smooth.

Cook and drain the Capellini and sprinkle the grated Parmesan. Toss the cheese sauce through the Capellini. Serve immediately

Serve with Candlelight and soft music (Vanni or Zamfir)

Bob Saunders

Vegetable Lovers, Here's one for you! Are you tired of the usual way of eating all that zucchini that just won't stop coming out of your garden? When you've given away all that you can, shredded, chopped, pickled and "relished" all that you can handle....and there's still some left to cook, here's a way to add a little zip to the flavour along with colour while using up that left over carrot and onion in the back of the vegetable drawer at the same time. How many will this feed--depends on how much you can get into your skillet!

# Zucchini (with Hot Peppers and Carrots)

6 medium Zucchini 1 small onion 2 medium carrots 1 hot Hungarian pepper ( or what ever "hot" pepper you like) 2 - 3 Tablespoons margarine (or butter if you prefer) 1 tsp. dried Basil dash of dill weed Salt and Pepper

Slice zucchini and carrot (I don't peel either unless necessary,-- like blemished, old or *really* doesn't look too appealing). Chop onion and slice hot pepper. Melt margarine in large skillet, add onion, peppers and carrots and saute until onions are just clear, add sliced zucchini and seasonings, cook over medium heat, stirring often to prevent sticking, until zucchini is tender (if you prefer a dish with the vegetable juices, cover pan while cooking--if not, then leave cover off and stir a little more often.)

You may wish to add a chopped, seeded tomato to this dish for a little colour. In fact this dish allows addition of that last potato, more or less carrots, zucchini and tomatoes--peppers, hot or not--great way to use up garden leftovers. Enjoy. This is a nice accompaniment to grilled pork chops - or anything off the barbecue

Cooking Time 15 Min Preparation Time 5 Min

Carolyn Woo

# Italian style Grilled Vegetables

Ingredients: Any or All of the following fresh vegetables:

Red and/or Green and/or Yellow sweet peppers (fresh) Zucchini Eggplant Red onion

You will also need: Balsamic Vinegar Olive oil Basil, oregano, garlic etc., fresh or dried

To cook: make a marinade using balsamic vinegar, olive oil, garlic (LOTS!), and the various herbs. Quarter and seed the peppers, and cut the zuke and eggplant into THICK slices, as well as the onion. Marinate all of these in the marinade, for a half hour or so, ensuring that all the pieces are evenly and completely coated. Then barbecue on medium to high heat, turning frequently, pouring the rest of the marinade over them while they BBQ. This imparts that wonderful grilled flavour.The object is not to have the vegetables completely cooked, but grilled on the outside and still a bit crunchy on the inside. When they are done, they can be served on the side with a BBQ steak, or try cutting them into smaller pieces and tossing them with Angelhair pasta and a bit of pesto sauce. These grilled vegetables are also tasty cold, so whip up a bunch for the next few days. Try some on a sandwich with cold leftover steak slices

Simply incredible! Cooking Time 20 Min Preparation Time 10 Min Roland Kleer

# MICROWAVE MUSTARD-GLAZE PEAMEAL BACON

1/4 cup apple cider50ml1 lb peameal bacon500g4 tsp packed brown sugar20ml4 tsp Dijon Mustard20mlPinch Ginger20ml

Jenny Reycraft

In 9" (23cm) microwaveable pie plate, pour apple cider over bacon. Cover and microwave at Medium (50%) for 9 minutes turning bacon over and rotating dish halfway through. Combine sugar, mustard, ginger and brush over bacon. Microwave uncovered at Medium (50%) for 4 to 6 minutes or until bacon is heated through and glazed. Cover and let stand 5 minutes before slicing to serve. Makes 4 servings.

Cooking Time 20 Min

Preparation Time 5 Min

## Section 3 - 88

#### MEAL IDEA FOR CAMPING

This one is so easy but requires a "patent" check...and it is so easy and ABSOLUTELY DELICIOUS FOR CAMPING!!!

## SOUVLAKI

Marinade cubed pork or chicken in souvlaki marinade (the only marinade that I know of is MASTERS CHOICE PORK SOUVLAKI sold at the Dominion chain ie Ultra Mart, A & P) in small blue envelopes. Now, what we have done with this is thrown it in a ZIPLOC bag and thrown it in the cooler (the longer the marinade time the better marinade you get!) to skewer and bar-b-q (it dosesn't take too long!) over a campfire the next night!!!

# TZATZIKI SAUCE

You can also prepare this and put it in the cooler before leaving for camping!

In a larger than 500 ml's container mix 500 mls of plain yoghurt, 4" to 5" of diced cucumber and 1 tablespoon of garlic powder (more or less to taste!)...and thats it!

## PUT TOGETHER YOUR SOUVLAKI

We use 6" egg roll buns, put in the meat, put the tzatziki sauce on and a bit of diced onion. Be creative...make kebobs, add a greek salad!

Cooking Time 15 Min (BBQ) Preparation Time 10 Min

Zelda Musson

# LOW FAT "FRENCH-FRIES"

In a medium-large bowl, mix in:

1-2 Tbsp. Canola Oil (Crisco)
1/2 Tsp. ground Paprika (for colour)
1/2 Tsp. salt
1/4 Tsp. garlic powder
pepper to taste

Mix ingredients, add potato strings or slices (4-5 med. potatoes) and stir until evenly coated.

Bake at 475 F. for 20-22 min., turning once for more crispness. (Placing on tinfoil on cookie sheet for easy clean-up)

Cooking Time 22 Min Preparation Time 10 Min

# Section 3 - 89

#### DRUNKEN LEEKS IN RED WINE

Tom & Nancy Cutler

A DIFFERENT SIDE DISH FOR CHICKEN/PORT EATEN EITHER HOT OR COLD AS YOU WISH....OUR CHOICE - ROOM TEMPERATURE

3 tablespoons unsalted butter 6 to 8 small leeks, trimmed of green tops, washed 1 large clove garlic 1/4 teaspoon salt 1/2 cup red wine 1 teaspoon red wine vinegar 2 tablespoons chopped fresh parsley

1. Melt the butter in a large heavy skillet over medium heat. Add the leeks and garlic. Cook 3 minutes. Turn the leeks over and sprinkle with the salt and red wine. Cook, covered, 10 minutes. Remove the cover and cook until the leeks are tender, about 5 minutes longer. Discard the garlic. Transfer the leeks to a serving dish and keep warm.

2. Add the vinegar to the sauce in the skillet. Mix well, and pour over the leeks. Sprinkle with pepper to taste and the chopped parsley.

Serves 4

Cooking Time 20 Min

Preparation Time 10 Min

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# Vegetables Romano

(Lana Birmann)

When zucchini and tomatoes are plentiful in the summer, use this recipe to whip up a quick and tasty vegetable dish to accompany whatever's cookin' on the BBQ.

3 cup zucchini (sliced or chopped) 1 cup onion rings 3 Tbsp margarine 1 cup chopped fresh tomato parmesan cheese

Sauté the zucchini and onion rings in margarine for 10 minutes.

Add tomato and cook over low heat 5 minutes. Sprinkle with parmesan cheese.

Cooking Time 15 Min

Preparation Time 5 Min

Serves 6

# **BEEF STROGANOFF** (Peggy Gillard)

Brown 1 lb hamburger and add chopped onion, celery and garlic.

In a bowl mix 1 can cream of mushroom soup, 1 cup sour cream 2 tablespoons Kktchup and 2 teaspoons Worcestershire sauce.

Drain hamburger so it has no fat. Add sour cream mixture to hamburger. To this ad one can of <u>drained</u> mushrooms. Heat on low heat on top of stove.

Serve over cooked - buttered noodles.

# HAMBURGER-NOODLE CASSEROLE (Peggy Gillard)

Fry hamburger and add chopped onion and chopped velery. Fry until no longer pink.

Add one can tomato soup to hamburger mixture with one-third cup water.

Grate 2 cups Cheddar cheese. Add one cup of cheese to hamburger mixture.

Cook noodles as per instructions. Add cooked noodles to hamburger mixture.

Put hamburger mixture in casserole. Cover with remainder of cheese.

Bake @ 350 degrees F over for 45 minutes.

#### ORIENTAL STIR-FRY:

1 green pepper, cut into strips 3 stalks celery, cut into 1/4" slices 3 carrots, cut into 1/8" slices 2 Tbsp sunflower oil or equivalent 1/2 to 1 lb. tender beef or chicken, cut into thin strips 3/4 cup cold water 2 Tbsp corn starch 1 tsp sugar 1/4 tsp salt 1 Tbsp tamari or soya sauce 1 medium tomato, cut into small chunks 1/4 cup almonds (optional)

Heat sunflower oil in skillet and then add green pepper, celery and carrots. Cook for about 1 minute, stirring constantly. Remove vegetables from skillet and reserve. Add beef or chicken to skillet and allow to cook through. Meanwhile, combine water, corn starch, sugar, salt and tamari sauce and stir thoroughly. Add to skillet and stir together with the beef or chicken until the solution starts to thicken. Add in the reserved vegetables, tomato chunks and almonds (if desired). Allow to cook for a few minutes, stirring occasionally.

Served over steamed basmati rice and accompanied by a glass of dry white wine, this makes a very nice dinnertime meal. Serves 2-3.

Barrie Maxwell CCRD

Cooking Time 25 min Preparation Time 10 min



Beef on Rice Supper

Jane Graves

Maren Kauer

1 lb. ground beef or ground chicken
 2 stalks of celery sliced vertically then chopped
 1 or 2 onions chopped fine
 1-3 cloves garlic chopped fine (optional)
 salt and pepper
 1 large can red kidney beans
 1 cup white or brown basmati rice (1 cup rice, 2 cups water, oil or butter)

Brown the ground meat in a deep pan. Add onion, celery and garlic and stir until onion is translucent. Add salt and pepper to taste. Then add kidney beans and simmer until you are ready to serve it on a bed of rice.

Good alone, or with salad, or other fresh or cooked vegetables. We use this as a winter meal.

Preparation time:1/2 hour if the meat is frozen - a little less if it isn't.Cooking time:10 min. to let the flavours mix and the beans to get hot, or simmer til the rice is ready.

Wiener Schnitzel

4 Veal Cutlets

l Egg

Flour

Breadcrumbs

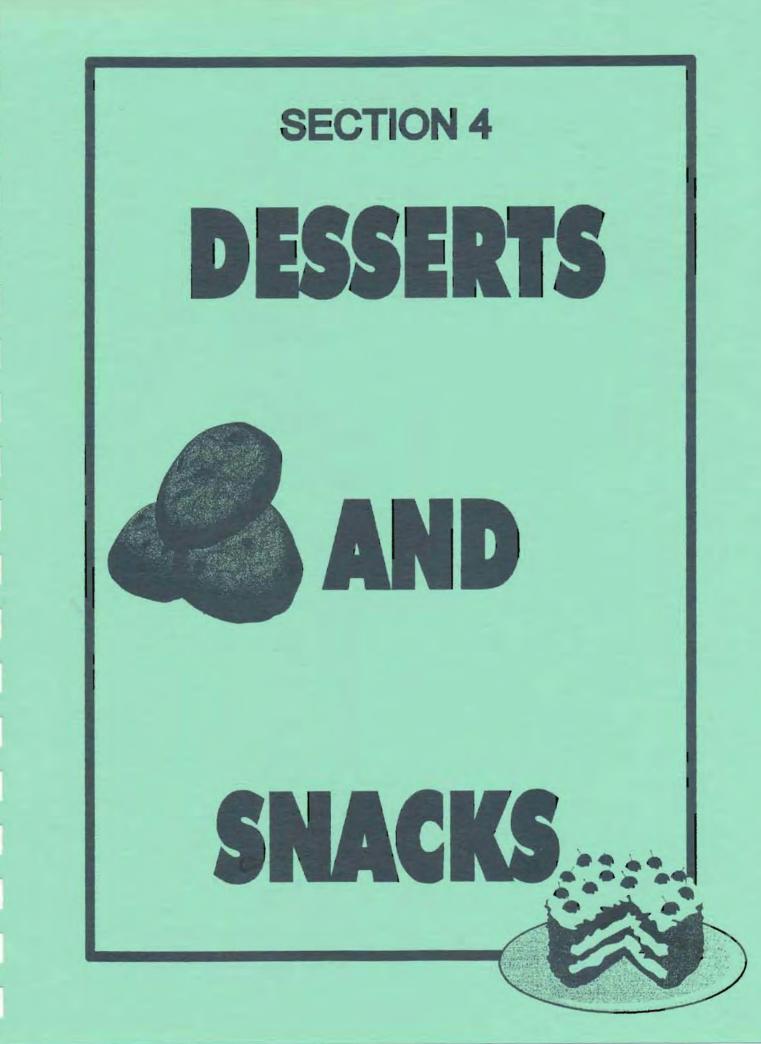
Salt and Pepper

Milk

Beat Egg; mix Breadcrumbs with salt and pepper; Coat each cutlet first in milk, than flour, than egg mixture and last in breadcrumbs.

Heat butter (or oil if you prefer) and fry cutlets golden brown. Decorate Wiener Schnitzel with fresh parsley and lemon slices and serve with fresh vegetables and potatoes.

lance Raver



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# Almond Float

10 g/1/3 oz agar agar or isinglass or 25 g/1 oz gelatin powder

4	tbsp	granulated sugar
5	oz	evaporated milk (150 ml or 1/4 pint)
10	oz	water (600 ml or 1 pt)
1	tsp	almond essence (extract)
1	can	cherries or mixed fruit salad

Dissolve the agar agar or isinglass and sugar with water in a double boiler or in two separate pans over gentle heat. If using gelatin powder, follow the instructions on the packets. Add milk and almond essence and pour the mixture into a large serving bowl.

Allow to cool for at least 30 minutes and then place in the refrigerator for 2 to 3 hours to set. To serve, cut into small cubes and pour the canned fruit and syrup over it.

Aston Shim

#### Honey Glazed Bananas

4		ripe bananas medium size firm, peeled
1		eqq
2	tbsp	all purpose flour oil for deep-frying
4	tbsp	granulated sugar
1	tbsp	cold water

Preparation Cut bananas in half lengthwise and then cut each half into two crosswise. Beat the egg, add flour and mix well to make a smooth batter.

Cooking Heat oil in a wok or deep-fryer. Coat each piece of banana with batter and deep fry until golden brown. Remove and drain. Pour off the excess oil leaving about 1 tablespoon of oil in the wok. Add the sugar and water and stir over a medium heat to dissolve the sugar. Continue stirring and when the sugar has caramelized, add the hot banana pieces. Coat well and remove. Dip the hot bananas in cold water to harden into a candy like finish and serve immediately. Or sprinkle Icing sugar over the hot bananas.

#### OATMEAL COOKIES

1 cup liquid shortening 3/4 cup brown sugar 1 1/2 cup all purpose flour 1 tsp baking soda 1 tsp salt 2 cups rolled oats - large flakes 3/4 cup white sugar 1/2 tsp hot water 2 tsp vanilla 2 eggs unbeaten Optional: 1 cup of any of the following or in combination: semisweet chocolate chips, chopped walnuts, raisins, coconut.

Preheat oven to 375 degrees F. Put shortening, sugar and unbeaten eggs into mixing bowl and beat until well mixed. In a separate bowl, sift together flour, salt and soda, add to first mixture mixing well. stir in the hot water, vanilla and optional material. Stir in the rolled oats. Mixture will be very thick. Drop from a teaspoon onto an ungreased baking sheet. Bake for approximately 8 minutes or until golden brown. Remove from sheet and cool on a wire rack. Keep in an air tight container. Makes approx. 6 dozen cookies.

Joanne Pacini

(Deborah Baxter-Snow)

This is a great make-ahead dessert for entertaining

36 wafers, chocolate or vanilla, crushed to 1 1/2 cups crumbs 1/4 cup melted butter 1 egg separated 1 cup whipping cream 8 oz soft cream cheese 2/3 cup icing sugar 2/3 cup raspberry juice undiluted 1 tsp lemon juice

Combine crushed wafers and melted butter; spread with fingers and press into greased nine-inch pie plate or spring form pan. Beat egg whites until stiff. Beat whipping cream until stiff peaks form. Beat cream cheese gradually adding sugar until smooth. Beat in egg yolk and then juices. Fold whipped cream into cheese mixture and then fold in egg white. Pour onto crust, freeze at least four hours, or overnight. Let sit at room temperature a few minutes before cutting.

Garnish with raspberries, or any other berry, or chocolate curls.

#### FROSTY RASPBERRY DELIGHT

#### ORANGE VELVET PIE

Failproof company dessert!

Baked 9" pie shell
1 3oz pkg. orange-flavoured gelatin
1 cup hot water
1 8oz pkg. cream cheese
1/4 cup granulated sugar
1/4 cup orange juice
1 tsp lemon juice
1 cup whipping cream

1. Dissolve gelatin in hot water

- With electric mixer, beat cream cheese until smooth, beat in sugar, orange and lemon juices; then gradually beat in gelatin mixture. Refrigerate until almost set.
- 3. With electic mixer, whip cream; quickly beat into gelatin mixture; turn into baked pie shell. Refrigerate until set.

If desired, garnish top with curls of semi-sweet chocolate, or grated chocolate.

Jim and Margaret Alexander

# Moon (Poppyseed) Cookies

3 eggs
1 cup sugar
1 cup oil
4 cups flour (approximately)
1/2 cup or more of poppyseeds

2 tbsp. water 3 tsp. baking powder pinch baking soda Vanilla

Combine all ingredients. Roll out dough (refrigerate dough first for easier handling). Add flour to dough while rolling if dough becomes too sticky. Spoon onto cookie pan and bake at 350 degrees F. until desired "browness".

# Lemon Loaf

1-1/2 cups white flour 1-1/2 tsp. baking powder 1/4 tsp. salt 7 tbsp. shortening 1 cup sugar 2 eggs well-beaten (room temperature) 1/2 cup milk (room temperature) grated lemon rind

<u>Glaze:</u>

1/3 cup sugar Juice of one lemon

Sift together flour, baking powder and salt. Cream shortening and sugar. Add lemon rind, then well-beaten eggs. Alternate by adding flour and milk, with flour being first and last. Pour into greased 4" x 8" loaf pan. Bake at 350 degrees F. for one hour.

While the loaf is baking, I make the glaze and let it sit for an hour. Remove loaf pan from oven and glaze immediately. After 15-20 minutes, remove loaf from pan. This can be tricky if pan is not well-greased, because the glaze is very sticky. Let glazed loaf cool on rack.

This recipe doubles and triples well, but requires a five minute extra baking time per loaf.

Cathy & Raymond Guilbault

# Whipped Shortbread Cookies

1 lb. butter, at room temperature 1 cup icing sugar 1/2 cup cornstarch Candied red & green cherries diced (for festive look)

1 tsp vanilla 3 cups all purpose flour

- 1 cup chopped pecans or
  - chocolate (optional)

Preheat oven to 325 degrees F; cream butter and icing sugar until very fluffy. Beat in cornstarch, vanilla, and flour. Beat until batter is light and very fluffy. Stir in nuts if desired. Drop batter by teaspoonful onto lightly greased baking sheets. Decorate cookies with candied cherries. Bake 20-25 minutes or until golden. Makes 60 cookies.

# Chocolate Banana Cake

1 cup butter	2 cups sugar
2 eggs	4 ripe mashed bananas (1-1/2
3 cups all-purpose flour	cups)
2 tsp. baking powder	2 tsp. baking soda
1/8 tsp. salt	1 cup sour cream

1 tsp. vanilla

Topping:

6 oz. chocolate chips
1/2 cup brown sugar
1 tsp. cinnamon

Preheat oven to 350 degrees F. Grease well a 9x13-inch pan. Melt butter. Combine butter, sugar, eggs and bananas; mix well.

Combine flour, baking powder, baking soda and salt. Add flour mixture to butter mixture alternately with sour cream, beginning and ending with the dry. Stir in vanilla.

Spread half the batter in prepared pan; sprinkle with half the topping mixture. Spread remaining batter in pan and top with remaining topping mixture. Bake 50-60 minutes or until cake tests done.

Joanne Pacini

\*\*\*\*

# Frying Pan Cookies

1 cup white sugar 1-1/2 cup dates (cut up) 2 eggs

Cook above ingredients 10 minutes in lightly greased frying pan. Remove from heat.

ADD:1/2 cup nuts1 teaspoon vanilla2 cups rice krispies

Stir together and form into balls. Roll in coconut or nuts.

#### A MIDDLE EASTERN CONFECTION

Passed on by a friend who worked for a while in Oman. This sweet is traditionally the first food eaten after sundown, each day of fasting during Ramadan. This is a fragrent and deliciously different treat.

Ingredients:

1 lb Cooking Dates.
 1/4 Cup Sesame Seeds.
 1 Tbsp Butter.
 1 Tsp Cardamon.

Lightly brown the Sesame seeds without oil in a frying pan, and set aside for later use. Wash the Dates and melt the butter in the frying pan, add the dates to the butter, and over a low heat, continuously stir the dates to break them up, and avoid burning. When the dates are thoroughly mashed and heated, add the Cardamon, Sesame seeds, and mix well.

Turn out the mix into a shallow plate and spread into a thin "pancake" with the back of a fork, allow to cool.

Once cool, cut into bite size pieces, and serve.

Ken Reynolds

VIENNESE COOKIES

(Susan Falla-Johnson)

1/4 lb. of butter
1 cup of graham craker crumbs
1 cup of choc. chips
1 cup flake coconut
1 cup walnuts
1 14 oz. can Eagle brand milk (condensed milk)

Melt butter in 9"x9" pan, add graham cracker crumbs - mix into butter, spread evenly along pan. Put a layer of chocolate chips, coconuts, walnuts, pour Eagle brand milk evenly all over everything. Bake at 350 degrees F for 25-30 minutes.

# 4 - 07

# FAST AND EASY FRUIT TORTE

# **CRUST:**

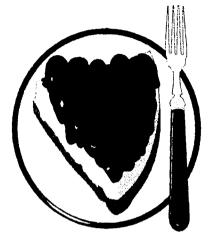
# Submitted by Jasmin Paola (APPD)

Mix together 1 c. flour 1/2 c. crisco 3T. icing sugar Press into Pie Pan and refrigerate for half an hour. Bake at 425 deg. F for 10 minutes - let cool.

FILLING:

Mix with a beater: 1 package vanilla instant pudding 3/4 c. miilk

Add; 1 - 8 oz. package soft cream cheese 1/4 c. icing sugar 2 T. lemon juice



Beat together; fold in 1/2 c. whipped whipping cream. Pour into the cooled pie crust.

Top cake with desired fruit.

# Blueberry Muffin Cake

(Lana Birmann/Anne Crosby)

1 c sugar 2 c flour 2 t baking powder 3/4 c butter 1/2 t cinnamon 1 egg 1/2 c milk 1 t vanilla 2 c blueberries

Combine sugar, flour & baking powder. Mix well.

Cut in butter.

Remove 1 1/2 c of crumb mixture for topping; stir cinnamon into this.

Mix egg, milk and vanilla. Stir into dry mixture. Stir in 1 c blueberries.

Spread batter into buttered 9x9 baking dish.

Top with remaining blueberries and sprinkle with crumb mixture.

Bake at 350° for 50-55 minutes or until cake just begins to pull away from sides of pan. This recipe is a must in our house at Christmas! Mixing all the ingedients by hand takes time, but is well worth the effort.

1	cup white sugar	l tsp cinnamon
1	cup brown sugar	1 tsp vanilla
1	tsp salt	1 tsp soda
1	cup margarine or butter	1 tsp baking powder
2	eggs	3 1/2 cups sifted flour

Cream butter. Add sugars and beat well. Add eggs and vanilla and beat well. Sift dry ingredients together and add a little at a time, beating well after each addition.

Chill dough for about 1 hour, wrapped in clear plastic wrap.

Slice or roll thinly and cut into shapes. Sprinkle with cinnamon/sugar mixture.

Bake at 325 degrees F. for 8-10 minutes until browned.

Cool and serve. Store in an air-tight container.

Linda Stirling

Impossible Pie

4 Eggs
1/2 cup Margarine
1/2 cup Flour
2 cups Milk
1 cup Sugar
1 cup Coconut
2 tsp Vanilla Essence

Blender for a few seconds. Place in a 10" greased pie plate and bake at 350 F for 1 hour.

# TIP for cracking coconut.

Drain water from coconut, by piercing one eye of the coconut, then place in a 400 degree oven for 15 minutes. Remove from oven with oven mits and hit with hammer.

Verne Lorde 739-4818

# Lemon Zucchini Cookies

2 cups flour 1 tsp. baking powder 1/2 tsp. salt 3/4 cup butter 3/4 cup sugar 1 beaten egg Peel of one lemon, grated 1 cup grated zucchini 1 cup chopped walnuts

Stir flour, baking powder and salt in small bowl. In large bowl blend butter, sugar and eggs until fluffy. Stir in dry mixture until smooth. Add peel, zucchini, nuts and mix well. Drop by teaspoon onto greased cookie sheet and bake 12-15 minutes at 375 degrees F. Remove from oven and while still hot drizzle with Lemon Frost.

#### Lemon Frost:

Mix together 1 cup icing sugar and 2 tbsp. lemon juice.

Makes about 4 dozen cookies

Bob McIntyre (CKVR-Radio Weather)

A SPECIAL BIRTHDAY CAKE

This recipe ABSOLUTELY EVERYONE knows about but is special for working mothers that need to have a 'quick' birthday cake for their child for school the next day....also with this one it is so much fun to prepare with the birthday child!!!! The daycare my son attends has banned any nut products from their menu because of nut allergies....so this rice krispies "cake" should pass the test!!!

Make your regular rice krispies squares (don't cut yet!), melt some chocolate chips, allow the birthday child to drizzle over the 'cake', spread and decorate...its neat to watch them spell their own name and write their "new' age!!!!

Voila....your children have now presented to their friends a cake that they themselves have made!

# **Coconut Bread**

1lb. sugar
1/2 lb. butter or margarine
4 eggs
1t. almond extract
about 3/4 lb (1) coconut, grated

 1 1/2 lbs. flour
 4t. baking powder
 3/4 cup coconut water, saved when breaking the coconut
 1/2lb. raisins (optional)

Beat the sugar and butter until light and fluffy, then add the eggs, extract, coconut, flour and baking powder, beating all the time. Finally mix in the water and raisins.

Put this mixture into a greased loaf pan and sprinkle sugar on the top. Bake in a preheated 325 F oven for 40 to 45 minutes, until it is golden brown on the top.

This is a very light coconut bread, if you prefer a heavier one, cut down on the baking powder and number of eggs used.

Verne Lorde 739-4818

# BLUEBERRY YOGHURT POUND CAKE

>+\*\***\*\*\***\*\*\*\*

cup butter, softened
 1/3 cup granulated sugar
 eggs
 cups all-purpose flour
 1½ tsp. baking soda
 ½ tsp salt
 cups blueberries
 cup plain yoghurt
 3/4 cup orange juice
 tbsp. coarsely grated orange rind
 Icing sugar

In large bowl, cream butter until fluffy; beat in sugar until light and fluffy, 5 to 8 minutes. Beat in eggs, one at a time. In separate bowl, stir together flour, baking soda and salt; mix in berries. Stir together yoghurt, orange juice and rind. Alternately add dry and wet mixtures to creamed mixture, making 3 additions of dry and 2 of wet. Pour batter into well-greased and floured 9- or 10-inch tube or Bundt pan; smooth top and tap pan lightly on work surface to release air bubbles. Bake in 350°F oven for 60 to 70 minutes or until tester inserted in center comes out clean. Let cool for 15 minutes in pan. Turn out onto rack to cool completely. To serve, set on doily-lined plate and sieve icing sugar over. Makes about 12 servings.

## CRANBERRY STREUSEL COFFEE CAKE

STREUSEL

Jean DeGaust

3/4 CUP BROWN SUGAR ) MIX TOGETHER AND BLEND UNTIL CRUMBLY
1/2 CUP ALL PURPOSE FLOUR )
1 TSP CINNAMON )
1/4 CUP BUTTER )

CAKE

1/2 CUP SOFT BUTTER
 1 CUP SUGAR
 2 EGGS
 1 TSP VANILLA
 2 CUPS ALL PURPOSE FLOUR
 1 TSP BAKING POWDER
 1 TSP BAKING SODA
 1/2 TSP SALT
 1 CUP SOUR CREAM

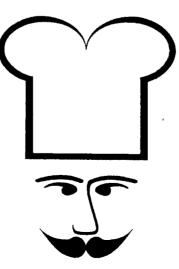
CREAM BUTTER AND WHITE SUGAR. BEAT IN EGGS ONE AT A TIME AND ADD VANILLA. ADD FLOUR, BAKING POWDER, SODA AND SALT ALTERNATELY WITH SOUR CREAM.

(2 CUPS CRANBERRIES (FRESH OR FROZEN)

PUT IN LAYERS IN BAKING PAN (I USE A TUBE ANGLE FOOD CAKE PAN)

SPREAD HALF BATTER IN GREASED AND FLOURED PAN. SPRINKLE HALF STREUSEL MIXTURE THEN ADD 1 CUP CRANBERRIES. SPREAD REMAINING BATTER, REMAINING CRANBERRIES AND SPRINKLE REMAINDER OF STREUSEL ON TOP.

BAKE 1 HOUR OR UNTIL DONE AT 350°



# Mosaic Cake

# Ingredients

500 g social tea biscuits or normal arrowroot baby biscuits
2/3 cup sugar
4 tbsp heaping full of cacao
1-1/2 cup Oreo cookie crumbs
1/4 lb (125 mL) melted unsalted butter
3 egg yolks
600 mL milk
1 tbsp vanilla extract

Directions

- \* Mix all of the dry ingredients except biscuits in a pot.
- \* Add milk, butter and mix with a mixer to blend them well.
- Cook at a low heat stirring frequently until the mixture thickens (like a pudding). You may use your mixer again if the pudding becomes lumpy.
- \* On the side, break biscuits into small pieces (approximately break each piece of biscuit into 4).
- \* When the pudding is cooled a little bit (I prefer not hot, otherwise biscuits will get soft unless you like it that way)
- \* Mix biscuits into pudding. If it is still watery add more Oreo cookie crumbs.
- \* Pour into any cup of any shape that you want the cake to form into and freeze, OR pour into a plastic bag, freeze 1/2 hour, take out form into a shape and freeze again.
- \* Take out of the freezer at least 1/2 hour before serving.
- \* You can decorate like a birthday cake, or sprinkle with ground walnuts or coconuts.

Sule Alp

#### APPLE TORTE

#### PAT & GORDON MCBEAN

(Note: this is ADMA's favourite)

PASTRY:

3/4 cup	butter	175	mL
1/2 cup	granulated sugar	125	mL
1/2 tsp.	vanilla	2	mL
1-1/2 cups	all-purpose flour	375	mL

# FILLING:

3/4	lb.	cream cheese	375	mL
1/2	cup	granulated sugar	125	mL
2		eggs	2	
3/4	tsp.	vanilla	4	mL

TOPPING:

2 cups	sliced peeled	500	mL
	apples		
1/2 cup	granulated sugar	125	mL
1 tsp.	cinnamon	4	mL
1/2 cup	sliced almonds	125	mL

Pastry: In bowl, cream butter with sugar; blend in vanilla. Gradually blend in flour; gather into ball. Press dough evenly onto bottom and sides of 9-inch (23 cm) springform pan; set aside.

Filling: In bowl, beat cream cheese with sugar. Beat in eggs; stir in vanilla. Spoon into prepared pastry.

Topping: Toss apples with sugar and cinnamon; spoon evenly over filling. Sprinkle with almonds. Place pan on baking sheet; bake in  $350^{\circ}$ F ( $180^{\circ}$ C) oven for 1 hour or until filling springs back when touched. (If almonds brown too quickly, cover pan lightly with foil).

# CHOCOLATE ROCKY ROAD CAKE

(Eugenia Chiquelho)

Chocolate , Marshmallows and peanuts top this moist chocolate cake.

#### <u>Cake</u>

2 c. All Purpose Flour 1 1/2 c Sugar 1/2 c unsweetened cocoa 1/2 c butter or margarine, softened 1 c water 3 eggs 1 1/4 tsp baking powder 1 tsp baking soda 1 tsp vanilla

# Frosting 2 c miniature marshmallows 1/4 c butter or margarine 3-oz pkg cream cheese 1-oz unsweetened chocolate 2 tbsp milk 3 c powdered sugar 1 tsp vanilla 1/2 c coarsely chopped salted peanuts

Heat oven to 350 degrees F. In a large mixer-bowl combine all cake ingredients. Beat at low speed scraping bowl often until ingredients are moistened. Beat at high speed scraping bowl often, until smooth (1 to 2 min.) Pour into greased and floured 13 X 9 (33 X 23cm) baking pan. Bake for 30 to 40 min or until wooden pick inserted in center comes out clean. Sprinkle with marshmallows. Continue baking 2 min or until marshmallows are softened. Meanwhile in 2-qt saucepan combine 1/4 butter, cream cheese chocolate and milk. Cook over med heat stirring occasionally, until melted. (8 to 10 min.) Remove from heat stir in powdered sugar and vanilla until smooth pour over marshmallows and swirl together. Sprinkle with peanuts.



#### WEATHER MAN'S CAKE

Consumed with coffee generally after midnight and before 6am, but can be consumed at other times. Aids in keeping one awake until the "day-shift" arrives.

#### Cake:

3 cups freeze-dried snow - flour is a good substitute 2 cups sweetened ice crystals - sugar will do 1/4 tsp of dried sea spray - or salt 4 tsps powdered snow - baking powder is better

3 large chicken embryos (eggs)
1 large tub (16oz) of sour cream
1 cup sun-dried fruits (raisins)

Combine and mix dry ingredients, beat eggs and sour-cream and mix with the dry ingredients. Place in a generously-greased 9x13 pan.

Topping:

4 Tbsp butter
1 Tsp Cinnamin
4 tsp flour
3/4 cup brown sugar

Mix together and sprinkle over cake and THEN place cake in oven at 350 for 1 hour.

David Grimes

# Trevor and Sharon's Oatmeal Chocolate Chip/Raisin Cookies

Cream together:

1 cup butter (soft)
1 cup white sugar
1/2 cup brown sugar

Then add to the above and mix:

1 tsp. vanilla 1 egg (beaten)

Then add to the above and mix well:

1 1/2 cups flour 1 tsp. baking soda 1/2 tsp. salt 1 1/2 cups oatmeal 1 cup chocolate chips (or you can substitute the same amount of raisins)

Drop by spoon on ungreased cookie sheet (do NOT use a teflon or similarly coated cookie sheet).

Preheat oven to 350 degrees F (180 degrees C) and bake for 11 minutes. (NB: May take 1 to 3 minutes longer depending on the efficiency of your oven and, of course the size of the cookies.)

Makes about 48 cookies (6 cm. diameter) or about 24 really large (10-12 cm. diameter) cookies.

# ENJOYIII

PS: I am not a "cookie-eater" and really have a healthy dislike for chocolate chip cookies in general, regardless of their contents or origins. My wife first made these a long time ago and I refused to even try them out until one day, on a midnight snack expedition...when nothing else looked good I took a bite of one and...was hooked! These are the only cookies I'll even touch to this day.

Trevor White

Need a quick dessert, that will be sure to impress as well as TASTE GOOD! This is a cake that is easy to make and can be eaten "as is" or dressed up with sliced strawberries 'n sugar and topped with whipped cream. Keep a few cake mixes on hand for use when you have unexpected guests.

# **RUM CAKE**

Serves 18-20	Oven: 325 degrees Fahrenheit
1 box yellow cake mix** 3 3/4 oz. box instant vanilla pudding 1/2 cup salad oil	<ul><li>1/2 cup water</li><li>1/2 cup rum, light, dry</li><li>4 eggs</li></ul>

Mix first 5 ingredients together and beat well. Add eggs one at a time, beating well after each addition. Pour batter into a greased and floured Bundt or tube pan. Bake for 1 hour at 325 degrees Fahrenheit. Prepare glaze 15 minutes before cake is done. Remove cake from oven. Poke holes in cake with an ice pick; pour glaze over cake while still in pan. Completely cool cake before removing from pan. Cake ages well, may be made days in advance and freezes well, too.

\*\* If you use "pudding in the mix" cake mix omit the box of vanilla pudding - this results in a lighter textured cake. The recipe above, as stated, produces a cake that resembles a pound cake in texture.

# **RUM GLAZE:**

1 cup sugar 1/2 cup butter 1/4 cup rum, light, dry1/4 cup water

Combine ingredients in pan and boil gently 1 minute.

Carolyn Woo

#### CHOCOLATE ZUCCHINI CAKE

2 1/2 cups Flour 1/2 cup Cocoa 2 1/2 tsp Baking Powder 1 1/2 tsp Baking Soda 1 tsp salt 2 tsp Cinnamon (or more) 3/4 cup Cooking Oil 1 cup Brown Sugar 2 Eggs 3 tsp Vanilla 2 tsp Grated Orange Rind 2 cups Grated Unpeeled Zucchini 1/2 cup Milk 1 cup Chopped Pecans or Walnuts (Optional)

Grease generously 10" tube pan, flour and shake out excess flour.

Blend in medium bowl dry ingredients and nuts. In large mixing bowl beat together sugar and oil. Beat in eggs one at a time. Add orange rind, vanilla and zucchini. Add dry ingredients to creamed mixture alternately with milk. (3 dry/2 liquid additions combining lightly after each).

Pour batter in pan. Bake for 1 hour at 350 degrees. Cool cake in pan for 15 min.

Ice with glaze (1 cup icing sugar, 1/2 tsp vanilla and 1 to 1/2 tbsp milk)

NOTE: With frozen zucchini use 1/4 cup milk.

Laura Talbot-Allan Assistant Deputy Minister Corporate Services

# Simple Cheese Cake Recipe

# <u>Crust</u>

1 1/2 cups Graham Biscuit Crumbs 1/4 cup Sugar

1/3 cup Butter

Mix biscuits, sugar and butter. Press in a  $8 \times 8$  pan and keep 1/2 cup buscuit crumbs for the top.

# Filling

1-8oz Philadelphia Cream Cheese
1/4 cup Sugar
2 Eggs
1/2 tsp Vanilla Extract

Stir with mixer all these ingredients and spread (pour) on top of crust.

Place in oven and let bake for 15 minutes at 375 F.

When it is cool (approximately 1 hour at room temperature), spoon a can of Cherry pie filling (or Blueberry filling) covering cheese completely.

# Topping

Whip 1/2 pint of cream (whipping cream) and put over top. To finish, sprinkle on top with the 1/2 cup of buscuit crumbs you saved from the crust.

Refridgerate for approximately 1 hour.

*Verne Lorde* 739-4818 BRUNCHY BISCOTT

(makes 24 cookles)

20









An easy-to-make delicious Italian cookie getting its name from being "double baked"

> 1 3/4 c. all-purpose flour 2 tsp. baking powder 1/2 c. whole almonds 1/2 c. whole hazelnuts 2 eggs 3/4 c. granulated sugar 1/3 c. butter, melted 2 tsp. vanilla 1/2 tsp. almond extract 1 1/2 tsp. orange rind 1 egg white, lightly beaten

In a large bowl, combine flour and baking powder: stir in almonds and hazelnuts.

Whisk together eggs, sugar, butter, vanilla, almond extract and orange rind; stir into flour mixture until soft, sticky dough forms.

Transfer dough to lightly floured work surface; with hands form into smooth ball. Divide in half; roll each into 12-inch (30 cm) long log.

Transfer to ungreased baking sheet.

Brush tops with the egg white;

Bake at 350 deg. F for 20 minutes.

Remove from oven and let cool on sheet for 5 minutes.

Transfer each log to a cutting board; with a sharp knife, cut diagonally into 3/4 inch (2cm) thick slices.

Stand cookies upright on baking sheet; bake for 20 - 25 minutes longer or until golden brown.

Remove Biscotti to rack and let cool.

Biscotti can be stored in an airtight container for up to 2 weeks.

TIP: To prevent crumbling when slicing the partially cooked log, use a sharp chef's knife and cut with firm. decisive strokes.

bmitted by Jasmin Paola (APPD)

If you thought reading and understanding plans and specifications from various government departments was a headache, try following this recipe.

# OFFICIAL GOVERNMENT CHOCOLATE CHIP COOKIES

Total Lead Time

35 minutes

Inputs

l cup packed brown sugar 1/2 cup granulated sugar 1/2 cup softened butter 1/2 cup shortening 2 eggs 1/2 tsp soft 1 1/2 teaspoons vanilla
2 1/2 cups flour
1 teaspoon baking soda
12-ounce package semisweet chocolate chips
1 cup chopped nuts
 (optional)

# <u>Guidance</u>

After procurement actions, decontainerize inputs. Perform measurement tasks on a case-by-case basis. In a mixing type bowl, impact heavily on brown sugar, granulated sugar, softened butter, and shortening. Coordinate the interface of eggs and vanilla, avoiding an overrun scenario to the best of your skills and abilities.

At this point in time, leverage flour, baking soda, and salt into a bowl, and aggregate. Equalize with prior mixture and develop intense and continuous liaison among inputs until well-coordinated. Associate key chocolate and nut subsystems and execute stirring operations.

Within this time frame, take action to prepare the heating environment for throughput: manually set the oven baking unit to a temperature of 375 degrees Fahrenheit. Drop mixture in ongoing fashion from a teaspoon implement onto an ungreased cookie sheet at intervals sufficient to permit total and permanent separation of throughputs to the maximum extent practicable under operating conditions.

Position cookie sheet in a bake situation and surveil for 8 to 10 minutes or until cooking action has maximized. Initiate coordination of outputs within the cooling rack function. Containerize, wrap in red tape and disseminate to authorized staff personnel on a timely and expeditous basis.

Output Six dozen Official Government Chocolate Chip Cookie units.

(Thanks to the Computer Centre of the Ministry of Energy, Mines and Resources.)

# Christmas Cookies

These are moist with a Brazil nut flavour. An attractive cookie.

Butter or margarine, softened Brown sugar, packed Egg	1 cup 3/4 cup 1	250 mL 175 mL 1
All-purpose flour	1-1/4 cups	300 mL
Salt	1/2 tsp.	2 mL
Cinnamon	1/2 tsp.	2 mL
Baking soda	1/2 tsp.	2 mL
Chopped dates	1/2 cup	125 mL
Glazed cherries, chopped	1/2 cup	125 mL
Candied pineapple slices, chopped	2	2
Chopped walnuts	1 cup	250 mL
Slivered almonds	1/2 cup	125 mL
Brazil nuts, chopped	1/2 cup	125 mL

Cream butter and sugar together. Beat in egg.

Stir flour, salt, cinnamon and baking soda together and add. Mix to combine.

Add remaining ingredients. Mix well. Drop by spoonfuls onto greased cookie sheet. Bake in 350 degrees F. (180 degrees C.) oven for 10 to 15 minutes. Makes 5 dozen. Enjoy!

Marilyn Schneider

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# Zucchini Loaves/Cake

(Lana Birmann/Anne Crosby)

With mixer beat just to blend:

3 eggs

Add: 1 c salad oil 2 c sugar 2 t vanilla

Continue beating until thick and foamy. With spoon stir in:

2 c zucchini (shredded) 1 small can crushed pineapple (well drained) Combine:

3 c flour 2 t soda 1 t salt 1/2 t baking powder 1 t cinnamon

1 c walnuts, finely chopped

Stir in zucchini mixture just until mixed.

Divide into one loaf pan, and one 8x8 pan.

Bake at  $350^{\circ}$ , - loaf for 50-60 minutes, - 8x8 pan for 40-50 minutes or until brown and tester comes out clean. Freeze if desired.

### Carrot Cookies

A moist cookie that uses leftover or fresh carrots. These contain rolled oats.

Butter or margarine, softened	1/2 cup	125 mL
Granulated sugar Egg	1 cup 1	250 mL 1
Cooked, mashed carrots (or fresh, grated)	1 cup	250 mL
Milk	1/3 cup	75 mL
Vanilla	1 tsp.	5 mL
All-purpose flour	2 cups	500 mL
Rolled oats	2 cups	500 mL
Baking powder	2 tsp.	10 mL
Salt	1/4 tsp.	1 mL
Cinnamon	1 tsp.	5 mL
Raisins	1 cup	250 mL

Cream butter and sugar well. Beat in egg. Mix in carrot, milk and vanilla.

Add remaining ingredients. Mix well. Drop by spoonfuls onto greased cookie sheet. Bake in 375 degrees F. (190 degrees C.) oven for about 12 to 15 minutes until slightly browned. Frost if desired. Makes about 4 dozen.

## Icing

Icing (confectioner's) sugar	2-1/2 cups	625 mL
Butter or margarine, softened	1/3 cup	75 mL
Prepared orange juice	2-3 tbsp.	30-50 mL
Grated orange rind	1-1/2 tbsp.	25 mL

Beat all together adding more or less orange juice to make icing proper consistency. Ice or dip cookies into icing. Enjoy!

.

Marilyn Schneider

## Creamy Cheesecake Pie

(Quick, Easy and Impressive!)

Crust:

1-1/4 cup graham cracker crumbs 1/4 cup butter or margarine, melted

Filling:

One 8 oz. package cream cheese 1/2 cup sugar 1 tablespoon lemon juice 1/2 teaspoon vanilla dash salt 2 eqgs



Topping:

1 cup dairy sour cream 2 tablespoons sugar 1/2 teaspoon vanilla

#### Method:

Combine crumbs and butter; press into buttered 8-inch pie plate, building up sides. Beat softened cream cheese until fluffy; gradually blend in 1/2 cup sugar, lemon juice, vanilla and salt. Add eggs, one at a time, beating well after each. Pour filling into crumb crust. Bake in slow oven (325 degrees F) 25 to 30 minutes or until set.

For topping, combine last three ingredients; spoon over top of pie. Bake 10 minutes more. Cool. Chill several hours.

Top with fresh fruit and glaze or serve with a fresh fruit sauce.

Janet Walker

#### SWEET POTATOES DESSERT

This and Indian (from India) dessert made from sweet potatoes. I am providing an estimate of the quantities since I don't measure when I cook.

sweet potatoes (or yams) 11b
 l cup butter
 l cup sugar
 1/4 cup grated almonds
 1/4 cup raisins
 1/4 grated coconut (optional)
 l cup milk ( homo or 2%)

Boil the sweet potaotes until cooked and soft and peel them. Mash them by hand. Melt the butter over medium heat in a frying pan and pour the mashed potatoes in the frying pan. Stir it for about 15-20 minutes slowly while cooking over low heat. When the colour has changed, pour milk and cook further until the liquid milk has evaporated and solid content has solidified. Pour sugar and continue stirring. When it's golden brown, add the almonds, raisins and coconut and switch off the heat.

Note: It needs continuous stirring otherwise the potatoes burn and stick to the frying pan.

Store in the fridge, serve warm or cold.

Bhartendu Srivastava



#### SUGAR PIE TARTE AU SUCRE

TOM & NANCY CUTLER

4 Tbsp butter or margarine 3/4 cup brown sugar 2 cups milk 1/3 cup all-purpose flour 1/2 tsp. salt 2 eggs - beaten 1/4 tsp. vanilla 1 cooked pie crust

Mix the butter or margarine and brown sugar in the top part of a double-boiler and melt over very low heat. Add 1 and 2/3 cups of milk.

Dissolve the flour and salt in the rest of the milk and pour gradually into the first mixture. Continue cooking in the double-boiler for 15 minutes.

Add the beaten eggs, cook for another 2 or 3 minutes and flavour with the vanilla.

Cool and pour into a cooked pie crust. Garnish with whipped cream to which a little kirsch or rum has been added.



#### BLUEBERRY UPSIDE-DOWN CAKE

(Deborah Baxter-Snow)

It takes 15 minutes to throw this together, and is always a hit with guests.

1/4 cup melted butter 1/2 cup brown sugar 2 cups blueberries 1 tbsp lemon juice 1/2 cup butter 3/4 cup ganulated sugar 1 egg 1 tsp vanilla 1 1/3 cups all-purpose flour 2 tsp baking powder 1/4 tsp salt 1 tsp cinnamon 3/4 cup milk

In 9-inch square pan, combine melted butter and brown sugar; spread evenly on bottom. Spread blueberries evenly over top. Sprinkle with lemon juice. Cream butter; gradually add sugar beating until light. Beat in egg and vanilla. Sift flour, baking powder, salt and cinnamon. Add dry ingredients alternately with milk to creamed mixture. Spread batter evenly over blueberry layer. Bake at 350 degrees for 45-50 minutes. Let cool 10 minutes in pan, then turn out onto large flat plate.



4 - 27

## <u>Pineapple Cake</u>

1 19 oz. can crushed pineapple (with juice)
2 cups flour
1-1/2 cups white sugar
1 tsp vanilla
2 eggs
2 tsp baking soda
1 cup chopped walnuts

Put all ingredients in a bowl and mix by hand for one minute.

Pour into well-greased and floured  $9" \times 13"$  pan. Bake at 350 degrees for 35 or 40 minutes until golden. Ice the cake if you like.

Icing (Optional)

1 8 oz. package cream cheese 1/2 cup margarine 1-1/3 cups icing sugar 1 tsp vanilla

Beat well and put on cake while still warm. Refrigerate cake and serve two days later. This cake keeps well for one week.

Presented by Halyna Davidovich (Originally from Ed Millar)



4 - 28

## WACKY Cake

## Jane Graves

I received the original recipe from a friend many years ago. Since then I made a few variations for myself. You may need to play with the last one to get the moisture right.

I divided the ingredients into 4 groups which made it easier to make changes.

- 1 1 1/2 cups flour 1 cup sugar 1 tsp. baking soda 1 Tablespoon baking powder
  - 1/2 tsp. salt
- 2 1 tsp. vanilla

3

- 5 Tablespoons melted shortening (Crisco is fine)
- 1 Tablespoon vinegar
- 3 Tablespoons cocoa
- 4 1 cup warm water

Sift dry ingredients into an ungreased pan  $(8 \times 8")$ . Make 3 dents in the sifted dry mixture and into the first dent put 1 tsp. vanilla; into the second put 1 Tblsp. vinegar; into the third put 5 Tblsps. melted shortening. Over all pour 1 cup luke warm water and mix in pan. Level and bake 35 minutes at 350 degrees.

Spice WACKY Cake	Same method as above only change group 3 to 3 1 tsp. cinnamon 1/2 tsp. ginger 1/2 tsp nutmeg 1/4 tsp allspice
Maple Nut WACKY Cake	<ul> <li>Same method as above only change group two to omit vanilla and use</li> <li>1 tsp. maple flavour</li> <li>1/2 cup finely chopped walnuts</li> </ul>
Applesauce WACKY Cake	<ul> <li>Same method as above. More changes</li> <li>1 1/2 cups brown sugar</li> <li>2 1/3 cup melted shortening <ol> <li>1 tsp lemon extract</li> <li>1 cup canned applesauce</li> <li>1 Tblsp. vinegar (need 4 dents)</li> </ol> </li> <li>3 1 tsp cinnamon <ol> <li>1 tsp nutmeg</li> <li>3/4 cup warm water (or less)</li> </ol> </li> </ul>

RAISIN CAKE (No eggs!)

(Norma Loya)

2 c raisins 1/2 c butter or margarine 1 3/4 c sugar 1 tsp cinnamon 1 tsp salt 2 c water 3 c whole wheat flour 1 tsp baking soda

Simmer first six ingredients for 5 minutes. Cool. Add flour and baking soda. Pour into a greased 9"x13" pan and bake @ 325 for 1 hour or until done.

<u>Nutrition note</u>: Where there are raisins, there are iron, potassium & dietary fiber, and where there is whole wheat flour, there are B Vitamins.

LEMON SQUARES

Candy Jennings

Graham Crakers 2 packages lemon pie filling

Place Graham Crakers in a 9"x9" square pan, top with 1/2 lemon pie filling, place another layer of Graham Crakers on top, top with remaining half of lemon pie filling. Chill in the fridge. Cut into squares and serve with whipping cream.

#### CHOCOLATE COOKIES

10 cups flour 3 3/4 cups sugar 1 1/2 lbs. butter 8 oz sweet chocolate squares 8 oz unsweetened chocolate squares 1 tsp ground cloves 1 tsp cinnamon 1 tsp nutmeg 4 TBSP baking powder 1 dozen eggs 1 cup warmed, then cooled milk 1/2 lb chopped almonds 1/2 lb chopped candied fruit



Melt chocolate and butter together in a double boiler. Beat well all eggs together in **very large** stainless steel bowl. Add sugar a little at a time, beat continuously. Add chocolate and butter, then beat. Add milk and beat.

Mix dry ingredients together in a bowl (except nuts and fruit). Add dry ingredients to liquid mixture. Mix with spoon, by hand. Add nuts and fruit, mix with spoon, by hand.

Cover and chill in refrigerator for a few hours, or overnight. (The longer the batter chills, the easier it is to work with).

Using a teaspoon for measuring, roll batter in to a ball and drop on ungreased cookie sheets.

Bake at 350 degrees for 7 minutes. Cookies should be soft to touch, lightly brown.

When cooled, glaze with icing sugar mixed with lemon juice (not water.

Yield: 400 - 450 cookies

Carm Martire

#### 4 - 31

#### OATMEAL COOKIES (Norma Loya)

+ 1 handful raisins or choc chips

Mix ingredients with a fork or spoon in order given. When you get to the oats + raisins or choc chips use your hands to make a dough. Don't handle it too much.

Pinch small pieces, roll them in you hands then press them between your palms. Bake on a greased cookie sheet at 350 for about 12 - 15 mins. (bottom will be medium-brown).

Enjoy!

Creme Caramel

Marjorie Shepherd

Caramel: 1 cup sugar and 3 tbsp boiling water

Custard:1 2/3 cup table cream1 cup milk2 tbsp sugar1 tsp vanilla4 eggs15 blanched almonds

Directions:

Melt sugar in a heavy bottom saucepan until light brown syrup forms. Stir with wooden spoon until all the lumps are gone. Slowly add the boiling water and simmer until smooth. Coat the bottom and sides of (warmed) ring mold, or individual custard cups with the caramel.

Preheat oven to 300F.

Boil the cream, milk and sugar in the same saucepan used for preparing the caramel. Remove from heat and add vanilla. Beat eggs in a bowl and pour the hot milk mixture over, beating vigorously. Pour mixture into mold (or cups).

Place a deep oblong pan in oven and fill with hot water. Place the mold (or cups) in the water for 45 mintues or until custard is set. Chill, unmold and garnish with almonds.

This recipe makes 6 individual custard cups.

#### PINEAPPLE DESSERT

#### Ingredients :

750 ml.	Low Fat Plain Yoghurt
	Weight Watcher's Vanilla Pudding
16 oz. can	Crushed Pineapple (no sugar added)

Method :

- 1. Empty the tub of yoghurt in a medium serving bowl.
- 2. Add in the Vanilla Pudding and blend together.
- 3. Pour in the can of Crushed Pineapple and stir the content and refrigerate.

Nina Fernandez

### CHOCOLATE PEANUT BUTTER FINGERS (Norma Loya)

1/2 c butter or margarine (softened)
1/3 c peanut butter
1/2 c granulated sugar
1/2 c dark brown sugar (not packed)
1 egg
1/2 tsp vanilla (optional)
1 c all purpose flour
1/4 tsp salt
1/2 tsp baking soda
1 c quick cooking rolled oats
1 c semisweet chocolate chips

Preheat oven to 350F. With a spoon cream butter or marg. + peanut butter, add sugars and mix with the spoon, add egg + vanilla and continue to mix, add flour + baking soda + salt. Add rolled oats. Press into a greased 9" x 13" (lasagna dish). Bake until batter is golden (not brown) for about 20-25 mins. If you are using a Pyrex dish set temp at 325.

Remove from oven and sprinkle with choc chips. Spread evenly when melted. Cut with a sharp knife when cool. Will make 36. Enjoy!

#### 4 - 34

#### TIRAMISO WITH CHEESE

4 eggs
1/4 cup of Tia Maria or Brandy
1 lb. or 500 gr. of Mascarpone cheese
1/2 cup sugar
2 pkg. of lady fingers or Savorardi cookies
1 cup of expresso coffee - I prefer regular perked or drip coffee

Beat egg yolks, add liquer and cheese, set aside.

Beat egg whites at high speed, add sugar gradually till peaks form.

Add 1/4 egg whites to cheese mixture.

Stir until mixed. Add remaining egg whites, fold together till blended, set aside.

Dip cookies in coffee, place in shallow rectangular pyrex dish.

Cover with cheese mixture, then add remaining cookies and cheese mixture on top. Cover with chocolate shavings on top and strawberries.

Cover and refrigerate overnight.

Anna Ambrosini

Mrs. Cusack's Sultana Cake

Mrs. Cusack was a neighbour of mine when I was a little girl. She was an old women then and was well known as being a great cook.

1/2 lb butter
2 c white sugar
3 eqqs

3 c flour 1 tsp baking powder

1 c milk
1 tsp each: vanilla extract, almond extract, lemon extract

1 pkg (8 oz) cherries (red or red/green mixed) 12 oz light raisins

Cream butter, sugar and eggs very well. (Mrs Cusack used her hands but an electric mixer does the job). Coat cherries and raisins in the flour mixture. Add flour mixture and milk with the flavourings alternately to the butter etc.

Pour into a large round cake pan (a tube pan works also) and bake  $1 \ 1/2$  hours in a pre-heated 350 degree oven

Anne O'Toole

## 4 - 35

#### Strawberry Dessert

## Ingredients:

Fresh Strawberries Frozen Yoghurt or Ice Cream Cookies

Wash and clean fresh Strawberries.

Arrange in small bowls or tall glasses

Fill in 1 layer of strawberries/ 1 layer of Frozen Yoghurt or Ice Cream/ Top off with a second layer of strawberries and decorate with 1 or 2 cookies.

**Roswitha Findlay** 

THE EASIEST CHOCOLATE CAKE EVER (Norma Loya)

1/4 c vegetable oil
3/4 c milk or water
1 c sugar
6 tbsps cocoa
3/4 c all purpose flour
2 eggs
2 tsps baking powder

2/3 c chocolate chips for icing (optional)

Place all ingredients in a bowl and mix with a spoon just until blended - not more!

Bake in a greased 8" square or round pap @ 350 for 30-35 minutes. (Done when you stick a toothpick in the middle of the cake and it comes out clean)

If you like, sprinkle chocolate chips on top as soon as you take it out of the oven, spread when melted. Wait to cool and serve.

P.S.: makes nice cup cakes, just decrease baking time to 15 mins. Check for doneness.

## English Almond Shortbread Biscuits

## Ingredients

- 1/4 lb Normal Salted Butter
- 2 TBSP Caster or sifted icing sugar
- 8 TBSP All Purpose Flour
- 4 TBSP Ground Almonds
- 2 TBSP Ground Semolina
- A little beaten egg for brushing

Extra caster sugar(Powered Fruit Sugar)

- 1. Cream butter and sugar together until light and fluffy.
- 2. Using Fork, gradually stir in flour, almonds and semolina.
- 3. Draw together with fingertips.
- 4. Shape into ball, Either put into plastic bag or wrap in aluminium foil. Chill for at least 30 minutes.
- 5. Roll out to 1/4 in thickness. Cut into approximately 18 rounds with approx 2 in cookie cutter.
- 6. Transfer to buttered trays and prick well with fork. Brush with egg.
- Bake in centre of moderate oven(325 degrees F) for 20 to 25 minutes(or until pale gold)
- 8. Transfer to wire cooling rack. Dredge with caster/fruit sugar.
- 9. Store in airtight tin when cold.

Makes approximately 18 biscuits.

Submitted by C. Anker

4 - 36

#### Marilyn's Delectable Brownies

Guaranteed good results and many compliments!

1/2 cup butter
4 oz. chocolate (or cocoa)
1/2 teaspoon salt
4 eggs (at room temperature)
2 cups sugar
1 teaspoon vanilla
1 cup sifted all-purpose flour
1 cup of pecans or walnuts (optional)
9" x 13" or 9" x 9" pan

If you want these brownies chewy and moist, use a 9" x 13" pan; if cakey is what you are after, use a 9" x 9" pan. Experience indicates that chewy and moist wins hands down!!

Preheat oven to 350 degrees. Melt 1/2 cup of butter in a saucepan, slowly adding 4 oz of chocolate, on low heat. Cool this mixture.

Beat 4 eggs with 1/2 teaspoon salt (omit if necessary for salt-free diets, I have and no one has ever noticed!), until light in colour and foamy in texture. Add to the eggs, gradually and continue beating until creamy, 2 cups of sugar and 1 teaspoon of vanilla.

With a few swift strokes, combine the cooled chocolate mixture into the eggs and sugar. Do not use a mixer, do this manually.

Fold in, again by hand, 1 cup of sifted all-purpose flour, and, if desired, 1 cup of pecans or walnuts.

Bake in a 9" x 13" pan for about 25 minutes. Cool before icing.

Icing

3 tablespoons melted butter 1/4 cup of chocolate or cocoa 1/4 cup milk 1/2 teaspoon vanilla 2 cups sifted icing sugar

Combine 3 tablespoons of melted butter with 1/4 cup of chocolate or cocoa. Blend in 1/4 cup of milk, 1/2 teaspoon of vanilla and 2 cups of sifted icing sugar until smooth. If consistency is too thin, add more sugar; if too thick, add more milk. Spread over baked mixture.

Store the pan in the refrigerator for a short while. Cut only when cool. Arrange the cut pieces on to a plate, wrap in plastic wrap or foil and re-store in the refrigerator. Enjoy!!

Marilyn Schneider

4

4 - 38

Quick mid-night snack to avoid a trip to the corner store. Great with a glass of cold milk.

(approximate measures) Corn Syrup . . .1/2 cup Brown Sugar. . .2 tbsp Peanut Butter (crunchy)....2/3 cup Rice Crispies. . .2 to 3 cups

- Warm corn syrup, brown sugar in microwave (or on stove top) stirring frequently. Do NOT let the mixture boil.
- Add peanut butter and continue to heat until mixture is easy to stir.
- Stir in Rice Crispies.
- Pat down in lightly greased pan and let cool.
- Cut into squares and enjoy.

Christine E. Best

#### Hard Meringues

**\_~~~~~** 

If you happen to have a few egg whites left over, this is an easy and quick recipe.

Preheat oven to 275 degrees

Egg white	1	2	3
icing sugar	1/2 cup	2/3 cup	1 cup
few grains of salt			
vanilla	1/3 tsp	2/3 tsp	1 tsp
coconut	1/2 cup	1 cup	1-1/2 cup

Beat egg whites until full of air bubbles.

Then sprinkle salt and sugar one third at a time. Beat for approximately 6 minutes or until the mixture holds its' shape.

Add vanilla, and then add coconut.

Drop on white paper or cookie tray by the teaspoonful and bake slowly until golden in colour, approximately 95 minutes.

If meringues stick to the paper, lay paper on a cloth wet with cold water.

Beat: 1/2 cup shortening 1-1/2 cup white sugar 2 eggs

Mix together to make a paste:

2 tbsp cocoa 2 oz. red food colouring 1 tsp vanilla

then set aside

Sift: 2-1/2 cups flour 1 tsp salt

Add: 1 tsp baking soda to 1 tbsp vinegar and add to 1 cup buttermilk

Add: Cocoa paste to shortening/sugar/egg mixture

Add: Sifted flour mix alternatively with buttermilk mix, beginning and ending with flour. Beat well.

Place in 9" layer pan. Bake at 350 degrees for 45 minutes. Cover with Red Velvet Cake Icing.

Red Velvet Cake Icing

Make	a	paste	of:	5	tbs	o flour
				1	cup	milk

Cook over LOW HEAT, stirring well, until it forms a ball. Remove from heat and <u>allow to cool completely</u>.

Cream together:

1/2 cup uncoloured margarine
1/2 cup butter
1 cup icing sugar
1 tsp vanilla

Add 1 tsp of cooled flour mixture at a time, beating well after each spoonful. Beat until smooth and fluffy. Spread on <u>COOL</u> Red Velvet Cake.

Jim Janzen

#### Dirt Pie

1 package (4 servings) instant chocolate pudding 1 cup cold milk 1 litre container cool whip, thawed 12 gummy worms 20 chocolate Oreo cookies 1-1/2 cup miniature marshmallows 1 9" prepared graham crust

Prepare pudding according to package directions, reducing milk to 1 cup. Fold in whipped topping. Chop Oreo cookies.

Stir in 2/3 of crushed Oreo mixture into pudding mix plus all the marshmallows. Spoon into crust. Sprinkle top with remaining crushed Oreo mixture.

Decorate with gummy worms if desired. Freeze until firm; about 4 hours.

Remove from freezer 10 minutes before serving.

Makes 6-8 servings.

Jim Janzen

>\*\*\*\*\*\*

Snowclouds or Snows - A Latvian Recipe!
(Quick And Easy)

Once in a while you may be faced with an emergency, when guests are arriving and there's no dessert. Well, just whip up a snowcloud!

Almost always there will be something in the cupboard that can be whipped up, e.g., a small can of apple sauce (the thicker the better), cranberry sauce, a jar of fruit baby food; even a jam or any kind of fruit puree. Only about one cup is needed. Just add two egg whites, put it in the blender, and whip like mad until it becomes high, white and fluffy. Sometimes more sugar is needed to thicken it, but the excess sweetness is hardly noticeable because so much air is whipped into it.

Serve it spooned into wine glasses, and it makes a very light and elegant dessert with nothing else needed. Maybe some wafers on the side for presentation. This dessert should be served as soon as possible, before it loses its appearance. Serves four or more.

(Maryanne Aloisio)

# Two Delights

Pecan Dream Cups

1 8-oz Cream Cheese-softened

- Cup Margarine or Butter
- 2 Cups Flour

1

2 Lrg Eggs, beaten

1 1/2 Cups Packed brown sugar

2 Tsp Vanilla

1 1/2 Cups Chopped pecans

Combine cream cheese and margarine, mixing until well blended. Add Flour; mix well. Chill. Divide dough into quarters; divide each quarter into 12 balls. Press each ball onto bottom and sides of miniature muffin pans.

Combine eggs, brown sugar and vanilla; stir in pecans. Spoon into pastry shells, filling each cup. Bake at 325 degrees, 30 minutes or until pastry is golden brown.

Cool 5 minutes; remove from pans. Sprinkle with powdered sugar, if desired. Makes 4 dozen.

Marble Chips (Squares)

1/2	Cup	Margarine or Butter
3/4	Cup	Water
1 1/2	1-oz	Squares unsweetened chocolate
2	Cups	Flour
2	Cups	Sugar
1	Tsp	Baking Soda
1/2	Tsp	Salt
2	Lrg	Eggs Beaten
1/2	Cup	Sour Cream
-		
1	8-oz	Pkg Cream Cheese, softened
1/3	Cup	Sugar
1	Lrg	Egg
1	6-oz	Pkg Semi-sweet Chocolate Pieces

Combine margarine/butter, water and chocolate in saucepan; bring to boil. Remove from heat. Stir in combined flour, sugar, baking soda and salt. Add eggs and sour cream; mix well. Pour into greased and floured 15x10x1-inch jelly roll pan(or very shallow cake pan.

Combine cream cheese and sugar, mixing until well blended. Blend in egg. Spoon over chocolate batter. Cut through batter with knife several times for marble effect. Sprinkle with chocolate pieces. Bake at 375 degrees F, 25 to 30 minutes or until wooden pick inserted in center comes out clean.

Makes approximately 2 dozen.

Submitted by C. Anker

## OATMEAL PIE (Ed Millar)

An affordable alternative for those who love pecan pie.

This dessert comes from Cynthia's Tea Room and Bakery at California's San Juan Capistrano where it outsells the popular pecan pie.

Ingredients

Pastry for a 9-inch pie crust 1 Cup Corn Syrup 1 Cup Granulated Sugar 1/3 Cup Butter, melted 3 Eggs 1 Tsp Vanilla 1/2 Tsp Salt 1 1/2 Cups Rolled Oats

Procedure - Makes 6 servings

1. Prepare pie shell

- 2. In a mixing bowl combine corn syrup, sugar and melted butter.
- 3. In a second bowl, beat together eggs, vanilla and salt.
- 4. Add egg mixture (3) to corn syrup mixture (2).
- 5. Stir in oats.
- 6. Pour mixture into pastry shell.
- 7. Bake in a 350F oven for 65 to 75 minutes or until done.
- 8. Serve warm or at room temperature, plain or with whipped cream.

#### Whipped Shortbread Cookies

1	lb	Butter	
1,	2 cup	Cornstarch	
1	tsp	Vanilla	
3	cups	All purpose	flour
1	cup	Icing Sugar	

Preheat oven to 325 degrees F. Cream butter and icing sugar til fluffy. Beat in cornstarch and vanilla. Beat in flour, a little at a time. Keep whipping til fluffy. Drop by teaspoon on a lightly greased baking sheet. Bake 20 to 25 minutes or until edges are light golden brown. Absolutely Melt in you mouth.

Eleanor Sheehy



#### Blueberry and Raspberry Squares

Bottom Layer

1 cup sugar 3 1/2 cups flour 2/3 cup margarine 2 tsp baking powder 2 eggs 1 oz water

Mix and put into large pan (Jelly roll size) Place a layer of Blueberries and raspberries (mixed)

Sprinkle with a mixture of

1/2 cup sugar
2 tb butter
4 tb flour
1 tsp cinnamon

Rub mixture together and spread over fruit

Bake at 375 for about 25 minutes

(Edward A. and E. Florence Perkins)

4 - 44

## CRANBERRY CHEESE LOAF

Preheat oven at 350 F Baking time 1 hr and 20 min. Generously grease 2 9-inch loaf pans

Makes two loaves

1 pkg. (8 oz.) 1 cup (2 sticks) 1 1/2 cups 1 1/2 teaspoons	light or regular cream cheese, softened butter, softened brown sugar vanilla extract
4	eggs
2 1/4 cups	sifted unbleached all-purpose flour
1 1/2 teaspoons	baking powder
2 cups	fresh or frozen cranberries
1/2 cup	chopped walnuts
1 1/2 cups	sifted icing sugar
2 Tablespoons	skim or 2 % milk

\*\*\*\*\*\*\*

Blend together cream cheese, butter, brown sugar, and vanilla extract until light. Add eggs, one at a time, beating well after each. Gradually add 2 cups of the flour sifted with baking powder. Toss remaining 1/4 cup flour with cranberries and nuts and fold into batter. Pour into well-greased 9-inch loaf pans. Bake in preheated oven at 350 F for 1 hour and 20 minutes.

Lilly Schasmin 

Chocolate Layer Cake Florence

Oven 350

Sift 2 scant cups sifted cake flour with 2 tsp double acting baking powder and a pinch of salt. Cream 1/2 cup butter; add 1 1/2 cups sugar gradually. Blend until light and creamy. Add gradually 4 well beaten egg yolks stirring well after each addition. Add 4 squares melted Baker's Chocolate, 1 tsp vanilla and sifted flour mixture alternately with 1 1/2 cups milk. Beat until well blended.

Beat 4 egg whites until stiff but not dry, gradually fold in 1/2 cup sugar and fold in batter. Pour into 2 buttered 9" pans and in moderate oven 350 for 35-40 minutes.

Icing

Melt 4 T. butter in saucepan. Add 2 cups sugar and 1/2 cup milk. Bring to boil, stirring constantly. Cook over low heat for 10-12 minutes and gradually add 2 squares melted chocolate, stirring constantly. Remove from heat and beat until thick enough to spread. Add vanilla. If icing hardens, soften over hot water. Ice top and sides. Pat crushed nuts on to sides. Maple Walnut Chiffon Cake

Oven 325

Sift into mixing bowl
2 cups pastry flour OR 1 2/3 cups all-purpose flour
3 tsp baking powder
1 tsp salt
1 1/2 cups white suger

Make a well in centre and add in the order given

1/2 cup salad oil
5 egg yolks
3/4 cup water
1 tsp vanilla
maple flavoring to taste

With wooden spoon stir to combine; then beat until batter is smooth

stir in 1/2 cup very finely chopped walnuts

In a large bowl measure 1 cup egg whites (room temp) Sprinkle with 1/2 tsp cream of tartar Beat until very very stiff

Add batter to egg whites about 1/4 at a time, folding in gently. T rn into UNGREASED tube pan. Cut through batter once or twice to break air bubbles. Bake 1 1/4 hrs at 325. Turn cake upside down immediately and allow to hang suspended until cold.

Maple Icing

Cream well 1/2 cup butter Gradually blend in 3 cups sifted icing sugar Add 2 egg yolks. Beat thoroughly Add about 3 tb cream to icing of spreading consistency Beat in 1/2 vanilla and maple flavoring to taste Ice top and sides Decorate sides with walnut halves

(Edward A. and E. Florence Perkins)

SEX IN A PAN

1 cup flour 1/2 cup butter - NOT margarine 1/4 cup nuts - optional

Mix together in a bowl, by hand, in to a ball until mix comes away from the bowl - CLEAN. Spread along bottom of a 9" square glass cake pan. Bake for about 8 minutes at 350 degrees, or until the bottom of the crust is lightly golden. Let the crust cool. (NO MORE BAKING!!!)

8 oz cream cheese - room temperature 2/3 cup sugar 1/2 large container of Cool Whip

Cream together using mixer. Spread on cold crust.

1 large chocolate instant pudding - **prepared according to package** Let set, and spread on top of cheese mixture above

Spread remaining 1/2 Cool Whip on top.

Garnish with chocolate shreds or chocolate chips.

Refrigerate

First piece to cut can be quite messy. After that, it's a breeze.

Carm Martire

### Cherry Cheese Tarts

	Philadelphia white sugar	Cream	Cheese	(250	gm.)
	""""" " " " " " " " " " " " " " " " "				
2 eggs					
1/2 tsp	. vanilla				
1 pkg.	Vanilla wafer	8			
1 large	can cherry p	ie fil:	ling		
		- •			

### 1 pkg. medium muffin liners

- 1) Place muffin liners into muffin pans. Place one vanilla waffer in the bottom of each.
- 2) Cream cheese to blend. Add sugar and blend.
- 3) Add eggs and vanilla and blend well.
- 4) Pour cheese filling into liners (about 3/4 full).
- 5) Bake at 350 degrees for 10-15 minutes.
- 6) Remove from muffin pan to cool.
- 7) Top each tart with cherry pie filling (may be frozen).

Louise Worthy

## Porcupine Cookies

**~\*\*\*\*\*\*\*\*** 

(Lana Birmann/Anne Crosby)

2 c sugar 1/2 c cocoa 1/2 c butter 1/2 c milk 3 c rolled oats 1 c shredded coconut Combine sugar, cocoa, butter and milk in saucepan. Bring to boil; cook 5 minutes. Remove from heat; stir in oats and coconut.

Drop by spoonfuls onto waxed paper. Chill until firm.

#### Black Forest Cheesecake

(Makes one nine-inch cake)

19 oz. can cherry pie filling 1 cup sour cream 4 oz. chocolate wafer cookie crumbs (25 wafers) 1/3 cup butter, melted 1 tsp. almond extract 4 tbsp. hot water 2 envelopes gelatin 2 8-oz pkgs. cream cheese, softened 1/3 cup sugar 3 oz. semi-sweet chocolate, melted 2 tbsp. cherry brandy Whipped cream, chocolate curls and maraschino cherries for garnish

Combine wafer crumbs and butter. Press firmly to form crust in base of nine-inch spring form pan. Chill until firm.

Sprinkle one envelope gelatin into two tablespoons hot water and stir until dissolved.

Combine cherry pie filling, almond extract and gelatin mixture. Pour over cold crust. Chill.

Beat together cream cheese and sugar until smooth. Beat in melted chocolate.

Sprinkle one envelope gelatin into two tablespoons hot water and stir until dissolved. Mix gelatin, brandy and sour cream into cheese mixture. Spoon over cherry layer and chill until firm. Garnish with whipped cream, chocolate curls and maraschino cherries.

Sule Alp

#### ZUCCHINI CAKE

2 1/2 cups flour 2 tsp cinnamon 1 1/2 tsp baking soda 1 1/4 tsp salt 1 tsp baking powder 1 cup oil 2 cups sugar 3 eggs
2 tsp vanilla
2 cups grated zucchini
2 tsp sherry
1 tsp grated lemon rind
1 cup chopped walnuts
1 cup raisins

0

In a bowl, mix flour, cinnamon, baking sodar, salt and baking powder.

In another bowl, beat oil and sugar together with a fork. Add eggs and mix with a wire whisk. Stir in, with a wooden spoon, the flour mixture.

Fold in to the mixture: the vanilla, zucchini and sherry. Stir. Fold in to the mixture: the lemon rind, nuts and raisins. Stir. Pour in to greased (with Pam) and lightly floured bundt or angel food pans.

Bake at 325 degrees for 1 hour and 15 minutes. Leave in oven for another 5 minutes when baked.

Remove from pan and let cool on an oven rack before serving.

This cake freezes very well. Wrap in alcan foil, and then in freezer bag.

For variety, add 1 cup of chocolate chips when adding nuts and raisins. Real good.

Carm Martire

#### Blueberry-Peach Clafouti (Microwave)

Strawberries or raspberries can be used in place of blueberries for a change of flavour. A 9-inch (23 cm.) quiche dish or deep-dish pie plate will hole this dessert.

1/3 cup (75 mL) granulated sugar 4 peaches, peeled and cut in thin wedges 1 cup (250 mL) fresh or frozen blueberries 1/2 lb. (250 g) cream cheese, cut in cubes 2 Tbsp. (25 mL) all-purpose flour 1 egg 1 egg yolk 2 Tbsp. (25 mL) whipping cream 1 tsp. (5 mL) vanilla

- Sprinkle greased 10-inch (25 cm.) pie plate with 2 Tbsp. (25 mL) of the sugar. Arrange peaches like spokes of wheel on plate; scatter blueberries among peaches.
- 2) In food processor, combine cream cheese, flour, egg, egg yolk, cream, vanilla and remaining sugar; process until smooth. Pour over fruit.
- 3) Microwave at MEDIUM (50%) for 10 to 12 minutes or until barely set, rotating halfway through. Let stand until consistency of soft custard, at least 10 minutes. Serve warm or chilled. Makes about 4 servings.

Louise Worthy

**CRANACHAN** (DESSERT)

3 to 4 oz toasted sifted oatmeal
1/2 pint double cream
1 tablespoon rum
4 to 6 oz soft fruit (raspberries, brambles or blueberries
[preferable wild and not the irrigated monster varieties found in the stores])

Toast the oatmeal in a frying pan until lightly browned. Sift off any dusty meal and then re-weigh the oatmeal. Halfwhip the cream and add the rum. Fold in the meal and then the fruit. There should not be too much meal to cream. Serve in glasses. Serves 2.

Brian Campbell Training and Educational Services Branch

\*\*\*\*\*

(Ed. Millar)

Serves 12.

#### Cake Ingredients

2 cups white sugar 2 cups flour 2 tsp baking soda 2 tsp cinnamon 1 cup oil 4 eggs 1 tsp pure vanilla pinch of salt 3 cups shredded carrots 1 cup chopped walnuts

#### Icing ingredients

- 1 pkg (250gm) cream cheese (room temp) 1/2 cup sweet butter
- (room temp)
- 3 1/2 cups icing sugar
- 1 tsp pure vanilla
- 1 tbsp orange juice

## Method - Cake

- 1. Mix sugar, flour, baking soda & cinnamon
- Beat oil, eggs, vanilla, salt until well blended.
- 3. Combine dry (1) with wet (2) with carrots and walnuts just until mixed (with spoon).
- Pour evenly into two 10" round greased pans (with butter)
- 5. Bake at 325F in preheated oven for one hour (check at 45 min for overcooking)

#### Method - Icing

- 1. Mix all the ingredients together until well blended
- 2. Use part of the icing as a filling between the two cakes and the remainder to completely cover the top and sides of the two layers.
- Garnish cake with cinnamon and walnut halves



## Apple Dapple Cake

(Lana Birmann)

Wondering how you can get the kids to eat more fruit? Try this delicious and easy cake.

2 cups sugar 1 cup vegetable oil 3 eggs 2 tsp vanilla 3 cups flour 1 tsp salt 1 tsp baking soda 2 tsp cinnamon 4 cups chopped apple (4-6) Mix ingredients IN ORDER.

Spoon dough into greased and floured  $9^{\circ} \times 13^{\circ}$  pan.

Bake at 350°F for 30-40 minutes.

#### **Butter Tarts**

2 eggs (med/large)
1 1/2 cups of brown sugar
1 teaspoon of vanilla
walnuts to taste
1 pound of butter or margarine (melted)

Blend eggs and melted butter/margarine until smooth. Add vanilla and then brown sugar to taste. When well blended, add walnuts (or raisons or almonds etc.) according to taste. Mix well. Put in tart shells, either made or bought and bake in a 350-375 degree oven for 15-25 until shells are brown.

Enjoy!!

QUICK CHERRY DESSERT

1 Can cherry pie mix

Place in greased casserole, or 8" cake tin. Add small amount almond extract & 1 tbs sugar, 1 tbs water & shake of salt. Stir to mix.

Sprinkle 1/2 package white cake mix (dry) over the cherries. Drizzle with 1/4 lb butter which has been melted. Bake at 350 F about 45 min.

Very good served with pouring cream, whipped cream or ice cream. Can be made ahead & frozen & warmed before serving.

. . . . . . . . . . . . .

Of course you can't expect, my dear That luck will never vary The best of cooks will sometimes fail And all things go contrary

• • • • • • • • • • • • • • • • • • •



Bake single layer chocolate cake in 8 or 9 inch spring form pan.

Let cool completely. Do not remove from spring form pan.

Whip 3/4 lb cream cheese - sweeten to taste with icing sugar. Spread this mixture on top of COOLED chocolate cake in spring form pan.

Mix one package of pistachio instant pudding - follow instructions on package - no cooking required.

Pour pudding on top of cream cheese (still in spring form pan).

Place spring form pan in refridgerator til pudding sets.

Add whipped cream topping (still in spring form pan).

Garnish topping with shaved chocolate or cherries (optional).

Before serving, remove spring form pan to reveal A Really Neat Layered Cake in Brown, White & Green topped with Whipping Cream and Red Cherries.

Enjoy.

Eleanor Sheehy

## Grandma's Chocolate Mousse

The recipe for this light chocolate mousse has been handed down through one generation -- the youngest generation enjoys it but has not yet made it!

Ingredients:

- 1 Cup of boiling water
- 1 Lemon, lime <u>or</u> orange Jello
- 1 Cup of <u>chilled</u> Evaporated Milk
- 4 oz Semi-sweet chocolate Semi-sweet chocolate shavings or chips for decoration

Dissolve the Jello powder in boiling water then leave until partially set. Melt chocolate and allow to cool. Whip chilled evaporated milk until thick, slowly add partially set Jello and continue beating until blended. Add melted chocolate and blend. Poor into dish (a soufflé type of dish is good) and allow to set in the refrigerator (at least four hours). Sprinkle shavings or chips on the surface and serve.

Sue Aldcroft

## 4 - 55

## Pineapple Dessert

Jane Graves

This isn't nutritious, but it is easy, and a very light dessert for spring and summer.

1 pkg pineapple jello
 1 large can Carnation evaporated milk
 1/2 cup sugar
 1 tin crushed pineapple
 1/2 cup hot water
 1/2 cup melted butter
 25 single graham wafers (2 cups crumbs) salt

Dissolve 1 pineapple jello, 1/2 cup sugar in 1/2 cup hot pineapple juice and 1/2 cup hot water. Add pinch of salt and set aside to cool.

Roll 25 single graham wafers to fine crumbs. Mix with 1/4 cup sugar and 1/2 cup melted butter. Press down 2/3 of crumbs on bottom of  $8" \times 13"$  pan.

Chill 1 large can Carnation evaporated milk, then whip. Add jello mix and whip.

Add 1/2 cup crushed, well-drained pineapple. Pour in pan over wafers. Add remainder of crumbs and chill in fridge.

Note: We prefer less sugar in jello mixture and a little more pineapple.

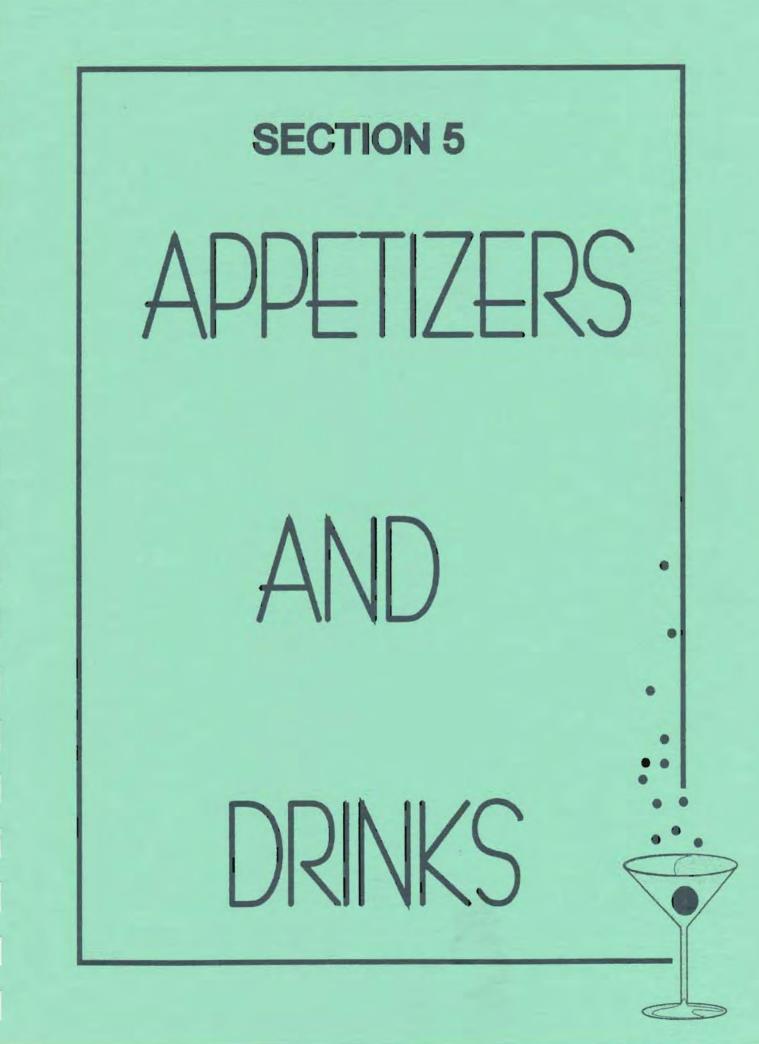
**>\*\*\*\*\*\*** 

**Basic Six-Egg Sponge Cake** 

1c. cake flour
1/4 tsp. salt
6 eggs, separated
1c. extra fine sugar
1 tbsp. lemon juice
Grated rind of 1 lemon
Confectioners' sugar

Grease and lightly flour the bottom of a 9  $1/4 \times 5 1/4 \times 2 3/4$ -inch loaf pan. Sift flour and salt together. Beat the egg yolks until thick and lemon-colored. Beat the egg whites in a large mixing bowl with an electric mixter at high speed until stiff but not dry. Add extra fine sugar, about 2 tablespoons at a time, beating in the lemon juice and rind. Fold in egg yolks with a rubber spatula or wire whisk. Cut and fold in flour mixture, a small amount at a time. Continue folding for 2 minutes after last addition. Fill prepared pan 3/4 full, smoothing batter evenly into the corners and over the top. (You will have batter left over.) Bake in a preheated 350-degree oven for 30 to 35 minutes or unitl cake tests done. Let cake cool in the pan for about 5 minutes. Turn out on rack to cool completely. Sprinkle with confections' sugar. Pour remaining batter into 12 cupcake liners in muffin pan, filling about 1/2 full. Bake at 350-degrees for about 18 minutes or until lightly browned.

Verne Lorde



## SECTION 5 SNACKS AND DRINKS

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#### Mexican Appetizer Tray

You can present the dip in small serving dishes, but it's most impressive when layered in a deep 12-inch (30 cm) round platter. Centre the platter on a large tray and surround the dip with tortilla chips.

<u>Refried Bean Layer:</u>			
1	can (14 oz/398 mL)	1	
	refried beans		
1/4 cup	sour cream	50	mL
1/2 tsp	chili pepper	2	mL
Pinch	salt		
1/4 tsp	ground cumin	1	mL
<u>Guacamole Laye</u>		-	
2	ripe avocados (small or	2	
	1 large), peeled, pitted		
1/2	and chopped	76	7
1/3 cup	chopped onion		mL
1 tbsp	lemon juice		mL
	garlic salt	1	7
1/2 tsp			mL —T
	chili powder + cumin		mL
2 tbsp	salsa or 1 tomato (chopped)	30	mĽ
Garnish:			
3/4 cup	sour cream	175	mЪ
2 cups	shredded Cheddar or	500	
	Monterey Jack cheese		
5	green onions, sliced	5	
1/2 cup	sliced pitted black	125	mL
-,	olives		
1	tomato, chopped	1	
	Tortilla chips	-	
	-		



Refried Bean Layer:
\* Blend together refried beans, sour cream, chili pepper, salt and cumin; spread over bottom of serving dish or tray.

Guacamole Layer: \* In blender, food processor or with folk, mash avocados. Blend in onion, lemon juice, garlic, salt, chili powder/cumin and tomato. Spread over refried bean layer.

Garnish:

Spread sour cream over guacamole. Sprinkle cheese in ring around edge of dish. Arrange ring of green onions inside cheese, then ring of olives. Place chopped tomato or salsa in centre. Cover with tortilla chips. Makes 8-10 servings.

Andrée Lemire-Desormeaux

.



Submitted by:

Jaamin Paola (APPD)

# SHRIMP PATE

1 10 oz. can tomato soup (no water added)
1 package unflavoured gelatin
8 oz. cream cheese (cubed)
2 - 4 oz. cans shrimp
1/4 c. chopped onion
1/4 c. chopped celery
1 Tbsp. lemon juice
1 c. mayonnaise

Pour soup into a small saucepan, sprinkle with gelatin. Heat, stirring until gelatin has melted.

Add Cream cheese and beat until creamy (no lumps)

Drain shrimp and chop coarsely - if required.

Gently mix in shrimp, onion, celery, lemon juice and mayonnaise.

\* If you want to unmould the pate - line a container .

Pour pate mix into 1/4 c. mould - or as desired.

Cover and Chill until firm.

TIP: Pate freezes well - allow 8 hours to thaw in the fridge.

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PEPPERED MACKEREL DIP

TOM & NANCY CUTLER

Serve with chunks of colorful fresh vegetables for a simple first course.

Preparation time: 10 minutes Cooking time: 4 minutes (plus cooling time)

12 oz. (350 g) cooked peppered mackerel fillets 1 oz. (25 g) butter 1 onion, chopped 1 tsp. (5 mL) horseradish relish 1 tbsp (15 mL) lemon juice 1/4 pt. (150 mL) soured cream



Remove skin and any bones from fish. Microwave butter, cover for 45 seconds until melted. Add onion and microwave for a further 2 minutes until soft. Stir in horseradish, mackerel and lemon juice. Microwave for a further 1 minute. Cool, then blend with soured cream in a food processor until smooth and creamy. Spoon into serving dish and chill until needed.

SHRIMP MOUSSE (Appetizer)

1/2 tin tomato soup
1 envelope gelatin
1 large cream cheese (8 oz)
1/2 cup mayonnaise
1 small tin shrimps
1 cup celery finely chopped
1 cup onion finely chopped
1/4 cup water

Heat tomato soup and add cream cheese until smooth. Add water to gelatin (or follow directions on gelatin packet). Add gelatin to soup mixture and stir until smooth. Add remaining ingredients and pour into a mold. refrigerate until firm. Unmold onto a serving platter and serve with crackers. Great spread at parties!

#### Joanne Pacini

#### CRETONS

This French Canadian spread is great on toast or bread.

1 lb medium ground pork
1 cup bread (cut in small pieces)
1 onion grated
1 tsp salt
1/4 tsp pepper
ginger, clove, nutmeg (a pinch each)
1 cup milk

In a saucepan, mix all ingredients and cook, covered, over low heat for 1 hour; stir often. Pour in small dishes, cover, and refrigerate.

Joanne Pacini



#### SHRIMP SPREAD

This recipe was given to me by Dave Howard before he was transferred to AES in Montreal. His mother had made this spread which he served at a party to celebrate Remembrance Day and his 24th birthday! It's great on Swedish or Norwegian rye crisp bread, and I like to decorate it with sliced olives, red peppers and/or parsley leaves:

1/2 can tomato soup
8 oz. cream cheese
1 envelope gelatin dissolved in 1/4 cup hot water
1/2 cup mayonnaise
3/4 cup finely chopped celery
2 or 3 minced green onions
1 can of salad shrimp, crushed (the shrimp, not the can!)

Combine cheese and soup; heat in microwave or double-boiler, stirring until cheese is fully dissolved, then add gelatine mixture and remaining ingredients. Pour into a greased mould, chill for several hours, and voilal Impress your friends even further by serving other "smorbrod" (open-face sandwich) appetisers. Spread the rye crisp bread, or slices of freshly baked Swedish rye bread (available at "No Frills") with tuna spread, lobster paste or any type of paté, then decorate with pickled capers, slivers of carrots, tomatoes, slices of cucumbers, radishes (anything goes!) in interesting designs. You can even make faces or write words - go crazy! One of my favourites: fresh Swedish bread, spread with butter and topped with sliced boiled egg and a squirt of fish roe (caviar in a tube, imported from Sweden and available in most deli's) on each egg slice. Some pickled herring, vodka or akvavit (that means "water of life" in Norwegian) with beer chasers, and your guests will never want to leave (or may not be able to!). Skol!

#### Raïna Stebelsky/Human Resources Planning



#### Ingredients:

1/4 cup olive oil

2 cups cauliflower florets

1 sweet red pepper

1 sweet green pepper

1 cup chopped mushrooms

3-4 cloves garlic, chopped finely

1 cup chili sause

2 tomatoes, peeled, seeded and chopped

1 can (6-1/4oz) white whole tuna

1/2 cup sweet pickled onions, chopped

1/2 cup stuffed green olives, chopped

1/2 cup stuffed black olives

salt and pepper to taste

Heat oil over medium heat. Add cauliflower, sweet peppers, mushrooms and garlic - cook, stirring occasionally for about 10 minutes or until tender. Add chili sauce, tomatoes, tuna, onions and olives. Simmer stirring constantly for 10 to 15 minutes or until slightly thickened. season with salt and pepper. Transfer to glass jar. Refrigerate, covered for up to one week. Makes about 6 cups. Freezes well.

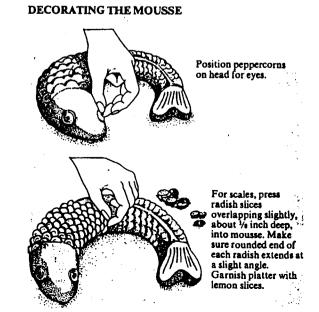
Joseph E. Shaykewich

#### <u>Cold Salmon Mousse</u>

\* Good source of calcium, Vitamin A \* Begin 4 hours or day ahead 6 main-dish servings × 424 calories per serving 1 envelope unflavoured gelatin Water Salad oil 1 cup heavy or whipping cream One 15-1/2 ounce can salmon, drained and flaked 1/2 cup mayonnaise 1/2 teaspoon salt 3/4 teaspoon dill weed or 2 teaspoons chopped fresh dill 1/2 teaspoon paprika 1/2 teaspoon hot pepper sauce 1 bunch radishes 2 peppercorns 2 medium lemons, thinly sliced, for garnish

- In small bowl, mix gelatin with 1/4 cup cold water. Let gelatin stand 5 minutes to soften. Add 1/2 cup very hot tap water (or boiling water) to gelatin mixture and stir until gelatin is completely dissolved, about 3 minutes. Cover and refrigerate until slightly chilled.
- \* With pastry brush, lightly brush 5-1/2-cup fish or other favourite mould with salad oil (or line fish mould in saran wrap).
- \* In small bowl with mixer at medium speed, beat cream until stiff peaks form. In large bowl with mixer at medium-high speed, beat salmon, mayonnaise, salt, dill weed, paprika, hot pepper sauce and gelatin mixture until smooth, scraping bowl often with rubber spatula. Fold in cream. Spoon salmon mixture into mould; cover and refrigerate until set, about 3 hours.
- \* To serve: Thinly slice radishes; cut slices in half. Unmould mousse onto large platter. Decorate head of fish with peppercorns (or olives, optional) for eyes. Carefully press radish slices overlapping slightly, about 1/8 inch deep, into mousse in rows to resemble scales, making sure that rounded end of each radish extends at a slight angle. Garnish platter with lemon slices.

#### Karin Schasmin





SMOKED SALMON BALL

2 cans (7.5oz) red sockeye salmon 1 8oz pkg cream cheese 1 Tbls lemon juice 2 tsps grated onion 1 tsp horseradish 1/4 tsp salt 3/4 tsp liquid smoke 1/2 cup coarsley chopped walnuts or pecans 3 Tbsp snipped parsley

Allow cream cheese to soften. Drain and flake salmon (remove skin and bone)

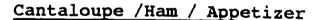
Combine cheese, salmon, lemon juice, onion, horseradish and liquid smoke. Mix well.

Chill several hours or overnight.

Combine nuts and parsley on a plate. Shape salmon into ball or log. Roll ball in nut mixture and coat everywhere.

Chill until ready to serve. Serve with Ritz crackers.

Susan MaGee



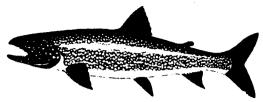
Cut Cantaloupein half and with a table spoon scoop out the pits.

With a sharp knife cut each half in 4 slices.

Arrange on individual plates and drape thin slices of smoked ham (Black Forest) over cantaloupe pieces and serve.

Roswitha Findlay





5-06

#### BOUCHEES AU BROCOLI ET AU FROMAGE

Ces amuse-gueule sont rapides et faciles à préparer pour un groupe. Taillez en plus gros morceaux et servez lors du brunch.

3	oeufs légèrement battus	3	3 tasses de cheddar râpé 750ml
1 tasse	de lait	250ml	2c. à table de parmesan râpé 25ml
1 tasse	de farine tout usage	250ml	2 paquets (300g) de 2
avec son			brocoli haché congelé
décongelé e	t pressé		
lc. à table	de poudre à pâte	25ml	2 oignons verts hachés 2
1/2c. à thé	sel et muscade	2ml	

Dans un grand bol, fouetter les oeufs avec le lait. Mélanger la farine, la poudre à pâte, le sel et la muscade, incorporer au mélange d'oeufs. Incorporer délicatement les fromages et les oignons. Verser dans un moule bien graissé de 9x13po.(23x33cm). Cuire au four à 350F(180C), 35 minutes jusqu'à ce que le mélange soit pris et doré. Laisser reposer 10 minutes avant de tailler en carrés.

Donne 48 amuse-gueule ou 12 portions pour le brunch. Un carré 49 calories, 3.5 g de protéines, 2.9g de matières grasses, 2.9g de glucides, 0.6g de fibres alimentaires. Une portion pour le brunch 196 calories, 12.2g de protéines, 1.6g de matières grasses, 11.7g de glucides, 2.6g de fibres alimentaires.

#### Andrée Lemire-Desormeaux



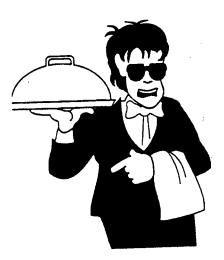
#### SPINACH DIP AND PUMPERNICKLE BREAD

1 cup sour cream 1 cup Miracle Whip 2 packages frozen chopped spinach (cooked and well drained) 3 chopped green onions

1 package Knorr Vegetable Soup Mix

Mix all ingredients together and refrigerate until serving time. Scoop the inside of round pumpernickle bread and fill bread cavity with dip. Cut pieces of bread in bite size. Always a hit when entertaining.

Joanne Pacini



SPINACH DIP

1 cup Salad Dressing

1 cup sour cream

1 pkg.(10oz.)frozen, chopped spinach, unfrozen and drained 1/4 cup onion minced

>++++++++<

3/3tps. oregano

Combine ingredients. Stir to blend. Chill at least 1 hour. Serve in hollowed out round loaf of french or pumpernickle bread; use hollowed out section to make bread cubes for dipping.

Andrée Lemire-Desormeaux

5-08

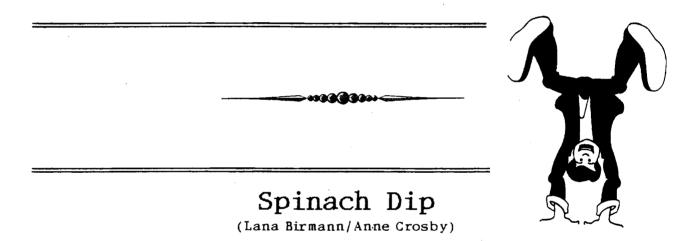
# Smoked Oyster Spread

(Lana Birmann/Anne Crosby)

3 oz can smoked oysters 2 t lemon juice 8 oz cream cheese at room temp 2 T mayonnaise pinch of pepper 3 dashes of Tabasco sauce Drain oysters and chop finely. Sprinkle with lemon juice.

Cream the cheese with a fork until it reaches spreading consistency. Beat in mayonnaise, pepper and tabasco with a spoon until light and creamy. Stir in oysters.

Cover and refrigerate if not serving immediately. Serve with crackers.



1 pkg frozen chopped spinach 1 medium container sour cream 2 T mayonnaise dash worcestershire sauce pinch pepper 1 pkg Knorr Swiss vegetable soup mix

Thaw and squeeze water out of spinach.

Mix all ingredients well.

May be served in hollowed-out pumpernickel loaf.

#### APPLE DIP

(Joanne Heller)

Here is a recipe that I use as an appetizer.

2 pkgs of Philadelphia Cream Cheese (light if you like) 3/4 cup brown sugar a few drops of vanilla extract blend in the food processor

Cut up some granny smith apples into sections. When ready to serve the apples and dip add peanuts on top of dip.

>>2010(@@@@>><



HOT CRAB SPREAD / DIP



The following is from S. Radecki, Ontario Climate Centre

1 pkg. cream cheese 8 oz. softened 1 tbsp. milk 2 tsp. Worchestershire sauce 1 can crab, drained & flaked 2 tbsp. chopped green onion 2 tbsp. toasted slivered ` almonds

Blend cheese with milk and Worchestershire till smooth. Stir in crab and onion.

Put in oven-proof serving bowl/dish and sprinkle with almonds.

Bake 350 degrees for 15 minutes. Serve with assorted crackers, breads, and vegetables.

Peggy Takata

#### 5-10

Cocktail Marbles (Serves 10-12)

### 1 kg. (2 pounds) ground lamb 125 mL (1/2 cup) soy sauce

#### 2 cloves garlic, minced 200 mL (2/3 cup) Oriental plum sauce

- Combine first three ingredients; shape into marble-size balls.
   Arrange in a single sayer in a microwave-safe dish; cover with waxed paper and cook on HIGH power for 3 minutes. Turn dish
- waxed paper and cook on HIGH power for 3 minutes. Turn dish and cook 3 minutes more or until no longer pink in the centre.
  3) Heat the plum sauce in a medium saucepan on stove; add the
- cooked meatballs and cook 5-6 minutes or until glazed.

Barb and Don McKay



#### Crab Meat Appetizer

1 pkg. (259 g) cream cheese 2/3 pkg. (340 g) Imitation crab meat (sold fully cooked and ready

to eat)

1 cup mild chunky salsa sauce 1-2 stems green onion (finely chopped) 1 medium fresh tomato (finely chopped)

- 1) Spread cream cheese on the plate you are going to serve it.
- 2) Cut crab meat into small pieces and spread over cheese.
- 3) Mix salsa sauce, onion, and tomato and spread over the crab meat.
- 4) Serve with any kind of taco chips.

Sule Alp

#### CHICKEN WINGS CHASSEUR

#### TOM & NANCY CUTLER

2 1/2 lbs chicken wings (about 16) dredged in season flour. Cook in large fry pan (I use electric) until brown on both sides (1 - 2 tbsp cooking of choice). Remove to plate and keep warm. Chop 2 cloves garlic and 1 medium onion and add to pan. When soften, add 1 tin sliced mushrooms (or fresh to taste. Stir in 1 cup red wine and reduce by half. Add 1 tin (large) tomatoes and 2 cups chicken broth. Salt and pepper to taste. Return chicken wings to pan and simmer for 20 minutes. Serve with rice and green salad. (Also great as a leftover)

#### BRUSCHETTA

Fresh field tomatoes make this tasty appetizer all the more delectable Use Italian bread for best texture.

4 tbsp olive oil Salt and pepper to taste

1 tsp oregano (optional)

4 tomatoes finely chopped

- 1 tbsp onion finely chopped (for a change, you can substitue the onion for 1 clove garlic)
- 8 slices of Italian bread, 1\2-inch thick, toasted

Whisk together oil, salt, pepper and oregano. Marinate tomatoes and onions 2-3 hours in mixture (not mandatory necessary if using garlic intead). Spread 1 tbsp mixture on each slice of toast. Bake in 350 degrees F oven 5 minutes or until heated through. Serves 4.

Joanne Pacini

### Sliced Baked Potatoes

Preparation Time: 15 minutes Oven Temperature: 425<sup>°</sup> F Baking Time: 1 hour

#### For 4 servings you will need:

- 4 medium even potatoes
- 1 tsp. salt
- 2 to 3 Tbsp. melted butter
- 2 to 3 Tbsp. chopped fresh herbs such as parsley, chives, thyme or sage or
- 2 to 3 tsp. dried herbs of your choice
- 4 Tbsp. grated Cheddar cheese
- 1-1/2 Tbsp. Parmesan cheese

#### Preparation:

- 1) Peel potatoes if the skin is tough, otherwise just scrub and rinse them.
- 2) Cut potatoes into thin slices but not all the way through. Use a handle of a spoon to prevent knife from cutting all the way.
- 3) Put potatoes in a baking dish. Fan them slightly.
- 4) Sprinkle with salt and drizzle with butter. Sprinkle with herbs.
- 5) Bake potatoes at 425° F for about 50 minutes.
- 6) Remove from over. Sprinkle with cheese.
- 7) Bake potatoes for another 10 to 15 minutes until lightly browned. Cheeses are melted and potatoes are soft inside. Check with a fork.
- <u>Tips:</u> You may use caraway seeds or cumin in place of herbs, if desired. Use about 1-1/2 tsp. for 4 large potatoes.

<u>Good served with:</u> Any meat, fish or poultry dishes or as a main dish with just a salad.

This is a very easy way to give the bland potato a lot of new flavour. The light coating of butter and cheese gives the potatoes a crisp outside.

Anna Deptuch-Stapf



... Roly's Mondo-Groovy Thai Shrimp....



This one is just too easy! Quick and tasty.

You will need:

a) Medium to Large peeled RAW shrimp

b) Bamboo skewers, soaked in water for 1/2 hour

c) President's Choice Memories df Szechuan Peanut Sauce and Dressingd) (Optional) small squares of: red pepper, pineapple, red onion.

Simply thread the shrimp (and veggies) onto skewers, nice and tight, and pour half a bottle of the above mentioned sauce over the shrimp-stix, and let marinate in the fridge for half an hour. Then barbecue them VERY HOT, and VERY FAST, only about a minute or two per side, turning once and pouring the marinade over the shrimp, causing lots of wonderful aromatic smoke which adds flavour. This recipe can be used as a nifty appetizer, (three or four shrimp per stick) or as a main dish (six or eight shrimp per stick, depending on the size of the shrimp).

Roland Kleer

CHICKEN WINGS - BURLINGTON

=+\*\*\*\*\*\*

16 chicken wings, divided
1/3 c. olive oil
1 tsp. lemon juice
1/2 tsp. red wine vinegar
1 tsp. oregano

1 tsp. Worchestershire sauce 1/3 c. soy sauce 5-6 drops Tabasco sauce black pepper 1 tsp. basil

Blend all ingredients. Add separated wings. Refrigerate overnight.

Bake 45 minutes at 350 degrees F. Can broil last few minutes for extra crispness if wings are large.

Serve hot or cold.

Peggy Takata



# FRIED CHICKEN WINGS WITH HONEY

**<u>INGREDIENTS</u>** (Spice amounts are approximate and can vary depending on your taste)

- 2 LBS CHICKEN WINGS
- 2 1/2 TBSP. OIL
- 2 OZ. SOYA SAUCE
- 2 TBSP. GINGER
- 4 TBSP. HONEY

## **INSTRUCTIONS**

- CUT UP WINGS IN TWO PIECES
- THROW AWAY TIPS
- 2 1/2 TBSP. OIL IN FRYING PAN
- FRY UNTIL BROWN MEDIUM HEAT



- ADD SMALL AMOUNTS OF WATER A FEW TBSP. AT A TIME AS NEEDED
- AFTER 5 OR 7 MINUTES (WHEN BROWN) ADD SOYA SAUCE SPRINKLING IT AROUND UNTIL EVERYTHING IS BROWN FOR ABOUT 10 MINUTES (1 1/2 TO 2 OZ. OF SOYA SAUCE)

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- SPRINKLE GINGER (TO TASTE) ON CHICKEN
- AFTER CHICKEN IS COOKED ADD ABOUT 3 OR 4 TBSP. HONEY
- MIX HONEY IN BY STIRRING FOR ABOUT 2 MINUTES
- CAN BE SERVED WITH RICE



GARY GRIECO, AWCA (416) 739-4538

5-15

### <u>Some Recipes for a Dry Bar</u> (Looks and tastes like the real thing!)

Long Island Iced Tea

7 oz. tropical blend iced tea crushed ice

Shake well and garnish with cherry and lemon slice

#### Orange Oasis

4 oz. pineapple juice 4 oz. orange juice

Shake well and garnish with cherry and orange slice

#### Pina Colada

4 oz. Pina Colada mixture 4 oz. fruit punch

Shake well, add 1 tsp. fine fruit sugar and shake again. Add crushed ice and garnish with a pineapple chunk and red cherry.

#### <u>Caesar</u>

In a large frosty glass combine: 4 oz. clamato juice 2 drops tabasco Worchestershire sauce Dash of salt and pepper

Shake and add two ice cubes, garnish with celery stalk and an olive.

Perrier and Lime

6 oz. sparkling water
1/2 tsp. lime juice
2 ice cubes

Garnish with cherry and slice of lime.



Halyna Davidovich

#### 5-17

#### <u>Some Recipes for a Dry Bar</u> (Looks and tastes like the real thing!)

#### Strawberry Smoothie

1/2 cup buttermilk
1/2 cup white milk
1/2 cup strawberries
2 ice cubes

Blend milk and fruit together until smooth. Add ice and garnish with an orange slice and cherry.

#### Banana Daiguiri

1/2 banana
2/3 tsp. lemon juice
1 egg white
1 tsp. fine fruit sugar
2 oz. plain milk

Mix in blender, add crushed ice, pour into glass and garnish with a slice of pineapple and a cherry.

#### Peach Perfect

3/4 glass ginger ale 3/4 peach (peeled)

Blend together and serve in a frosted glass. Garnish with green and red cherries.



#### Halyna Davidovich

#### LEMON DRINK

The following recipe makes a lemon drink concentrate that is wonderful on hot summer days!

Juice and rind of 3-5 lemons 2 1/2 lbs (5 cups) sugar 1 oz citric acid 1/2 oz tartaric acid 1/4 oz epsom salts 3 1/2 cups boiling water

Chop lemons into a large cooking pot. Add all other ingredients. Pour water over all. Heat and stir until sugar is dissolved. Heat for 5 more minutes - do not boil! Strain and cool. Store in refrigerator. To use, add about 1 oz of concentrate to 8 oz of ice water. Garnish with a slice of lemon. Serve.

Time-saving hint: Use a food chopper to prepare the lemons. Recipe may be doubled.

Linda Stirling

CUCUMBER JUICE

4 Large cucumber 7 cups water (approximately) fresh ginger - approx 3" long 3/4 cup (less 1tbsp) lemon juice sugar

METHOD:

- 1. Grate or crush ginger and seep in approx. 2 cups water overnight or at least 2 hours before. (This water is in addition to the 7 cups)
- 2. Cut cucumbers in small pieces and blend in a food processor using the water, just enough each time to cover the cucumber. Repeat until all the cucumber and the 7 cups are used up. After each blend, strain into a large container.
- 3. Strain once or twice again to remove the excess pulp.
- Add the two cups of strained ginger water ( if you require more ginger, you can add the powdered one), lemon juice, and sugar to taste. (Yield approximately 15 cups of juice)

5. Serve on lots of ice for a truly refreshing drink.



#### <u>Ginger Beer (Jamaican)</u> <u>Aston Shim</u>

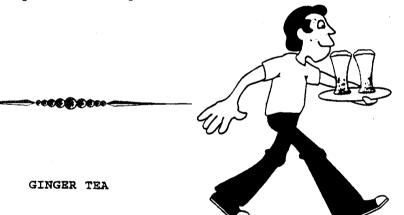
Ingredients

- 4 to 6 Oz Fresh Ginger, peeled and minced
- 3 1/2 cups Granulated Sugar
- 4 cups boiling water

1 large lime, gratered zest and juiced

In a large glass bottle or earthenware jar, combine the ginger and sugar. Add the boiling water and stir until the sugar dissolve. Use wooden or plastic spoons. Stir in the lime zest and juice. Set aside to cool. Cover and let stand for 5 to 6 days stirring with a wooden or plastic spoon every day. When fizzy, strain through a clean cloth bag. Add more sugar to taste if required. Bottle and refrigerate, use within 7 days. Serve 8 to 10.

This tangy brew get stronger the longer it is allowed to ferment.



This easy to make tea is a standard offering with all Indonesian meals, as it settles the stomach after a big Gorge-fest. It is caffeine-free, very aromatic, and a wonderful relaxant just before bedtime. Try it once, and you're hooked for life.

All you need is some fresh ginger (powdered won't do), and some brown sugar (start with 1 tsp). Oh yes, water helps too (about 4 cups). Thinly slice some ginger (let's say 1 inch), how much is up to you, but don't use too much, as the tea will then become too strong and tart.

This is really a loose and wide open recipe, use as much or as little water, ginger, sugar as you like.

Simmer the ginger in a covered pot of boiling water for fifteen to twenty minutes, and add BROWN sugar to taste. For some reason, this tea tastes a lot better made with brown sugar than when it is made with white sugar or honey. If per chance the tea is too harsh, you used too much ginger, so just add water. Another neat trick I discovered, is to use a shot of maple syrup with or instead of the brown sugar. Sweet dreams...

Roland Kleer

#### Emerald Punch

1 48 oz. (1.36 litres) can of unsweetened pineapple juice 2 12 oz. (350 ml) tins of Limeade concentrate 1/4 cup honey 1 2-litre bottle of 7-up Green food coloring Ice

Yields: 4 litres

Ed Millar





#### IRISH CREAM

>**\*\*\*\*\*\*\*** 

1 1/4 cup of rye or whisky 1/2 quart of table cream or half and half 4 eggs 1 can of Eagle brand condensed milk 1 1/2 teaspoon of choclate syrup 1 1/4 teaspoon of instant coffee 1/2 teaspoon of coconut flavour extract

Blend all ingredients at high speed for 2 minutes. Store in fridge in glass bottle.

Enjoy....

Anna Ambrosini

Note: This recipe was given to me by Susan Falla - My guests loved it.

#### BAILY'S IRISH CREAM

5 eggs
1 can Eagle Brand Milk
2 tbsp chocolate syrup (Brown Cow)
3/4 tbsp coconut flavouring
1 mickey of Rye or Scotch

Blend everything using a blender. Refrigerate.

Joanne Pacini



#### ------

#### CHRISTMAS CRANBERRY PUNCH

TOM & NANCY CUTLER

The fruited ice rounds add a colourful touch to this beverage, and the fruit can be eaten after the ice thaws in the punch. If you prefer, you can substitute any fruits for the ones we've suggested here. For NON-ALCOHOLIC punch, use soda water in place of the vodka.

1	can	(14	oz./398	mL)	pineapple chunks
1	can	(10	oz./284	mL)	mandarin oranges
2	cups	(16	oz./500	mL)	strawberries (frozen)
1	can	(12	oz./355	mL)	frozen lemonade concentrate
1	can	(12	oz./355	mL)	frozen orange juice concentrate
1	bottle	(48	oz./1.5	L)	cranberry cocktails
1	bottle	(24	oz./750	mL)	Vodka
1	bottle	(24	oz./750	mL)	soda water (chilled)

Fruited Ice Rounds:

The day before serving, drain pineapple and oranges; reserve syrups and mix together. Into muffin tins, pour thin layer of reserved syrup mixture, top with combination of pineapple, oranges and strawberries. Freeze until firm, pour remaining syrup mixture over; add water, if necessary, to fill tins. FREEZE.

#### Preparation:

In punch bowl, combine lemonade concentrate, orange juice concentrate, cranberry cocktail and vodka (if desired); refrigerate until serving time. To serve, stir in soda water and float fruited ice rounds on top. makes about 30 servings (4 oz./125 mL).

## TWO KINDS OF BEER!

Bruce Findlay

Equipment:

1 20-litre plastic pail-food quality 1 sheet polyethylene to cover pail 54 350-ml bottles, glass or plastic with caps 1 plastic syphon tube 1 10-litre stewing pot, with cover 1 wooden spoon 1 1/2 cups corn sugar (white cane sugar can be used) (optional) 1 20-litre glass or plastic carboy with fermentation lock 1 cheesecloth (equipment available from Wine-Art or equivalent stores)

Beekeeper's Best Ale

Ingredients: (available from Wine-Art or equivalent stores)

1500g dark malt extract 500g dark dried malt extract 250g crystal malt grains, ground\* 1500g white honey from wildflowers 75g Northern Brewer hops ale yeast

Initial gravity 1041. Potential alcohol 5.3%/vol

Heat 5 litres of water in the pot to boiling. As it gets warm add the malt extracts, grains, honey and hops. Stir frequently. Bring to rolling boil for up to 45 minutes. Regulate heat to avoid boil-overs. Turn off stove and let settle for 10 minutes. Pour through cheesecloth into plastic pail. Let contents cool to below 30 degrees C. Add yeast and stir. Cover with polyethylene sheet and tie with string. (The cover is to keep out foreign material during brewing). In a day the brew should be bubbling. When the bubbling stops in 5 - 7 days, syphon the contents into the bottles, adding 1/2 teaspoon sugar to each bottle. Cap. (use screw-type caps or rent a capper from Wine-Art.) Put away for two weeks.

Open and enjoy! Alternatively, syphon the brew into the carboy, and leave it there for 2 - 4 weeks before bottling.

\*Wine-Art will grind your grain for you gratis.

European Lager

=m000000=

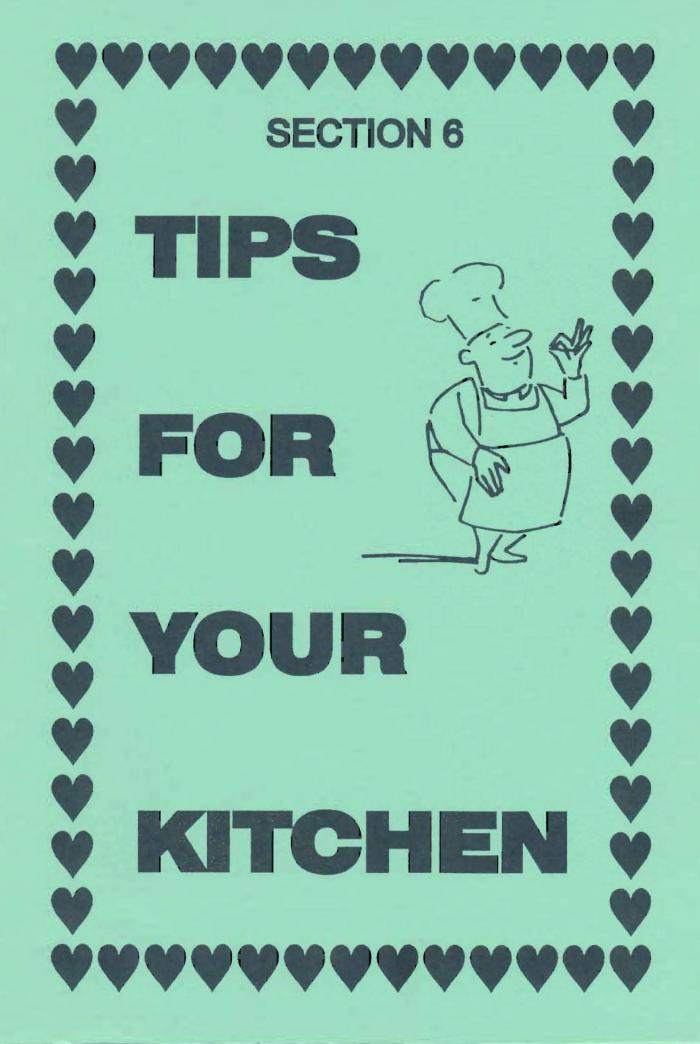
Initial gravity: 1029 Potential alcohol 3.7%/vol.

Ingredients:

1500 g pale malt extract 500 g light dried malt extract 100gcrystal malt grains, ground\* 75 g Saaz hops 30 g Hallertauer hops lager yeast



Follow the same procedure as for the "Beekeeper's Best". Alcoholic strength is governed by the amount of "sugar". The best sugar is from the barley (maltose), but corn sugar (dextrose) also ferments well. Cane sugar (sucrose) is, of course, possible.



# SECTION 6 TIPS FOR YOUR KITCHEN CONTENTS

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## (this page lovingly typed by Bob Jones, archivist)

#### SOME COOKING TERMS AND DEFINITIONS (Collected by Norma Loya)

**Baste**: To spoon liquid or fat over food while it cooks, to add flavour and prevent drying of the surface.

Batter: A mixture of flour, liquid, etc., which can be beaten or stirred.

**<u>Blend</u>**: To thoroughly mix two or more ingredients.

**Braise**: To brown food in a small amount of hot fat, then cooking tightly covered either in the oven or on top of the stove, in a small amount of liquid.

**Broil**: To cook over or under direct heat.

Broth: Liquid in which meat or poultry has been simmered.

**<u>Canapé</u>**: A tiny piece of bread, or a cracker, which is topped with an appetizer.

Chill: To allow to become thoroughly cold.

<u>Creole</u>: A tomato sauce which is well seasoned and contains celery, onions, green peppers, etc.

Deviled: Prepared with hot seasonings or spices.

Glaze: To coat a food with syrup or jelly to give a lustre.

**Leavening**: Ingredients which make a food rise, e.g. baking soda, baking powder, yeast.

Meringue: A stiffly beaten mixture of egg whites, sugar and flavouring

Mince: To cut or chop food into very small pieces (finer than chopping)

Mocha: Coffee flavour, or a combination of chocolate and coffee.

**Pare**: To cut off outside covering, e.g. potatoes, carrots.

Partially set: To chill to consistency of unbeaten egg whites.

**Sauté**: To cook in a small amount of fat on low heat.

**Simmer**: To cook in liquid at a temperature just below boiling.

**<u>Stock</u>**: The liquid in which meat, poultry, fish or vegetables have been cooked.

### SOME SUBSTITUTIONS (Collected by Norma Loya)

USE	FOR
3 tbsp. cocoa plus	1 oz unsweetened chocolate
2 tbsp flour	1 tbsp cornstarch (for thickening)
1 tbsp lemon juice or vinegar plus enough milk to make 1 cup	1 c sour milk or buttermilk
3/4 c sugar plus 1/4 c liquid	1 c honey
1 tsp instant soup mix (beef flavour) plus 1 cup boiling waterp	1 c beef consommé or beef broth

### SOME ABBREVIATIONS USED IN COOKBOOKS (Collected by Norma Loya)

-	teaspoon	doz	-	dozen
-	tablespoon	med.	-	medium
-	cup	min	-	minute
-	pint	hr	-	hour
-	quart	sq	-	square
-	ounce	pkg	- ,	package
-	pound	kg	-	kilo
	- - -	<ul> <li>tablespoon</li> <li>cup</li> <li>pint</li> <li>quart</li> <li>ounce</li> </ul>	- tablespoon med. - cup min - pint hr - quart sq - ounce pkg	- tablespoon med - cup min - - pint hr - - quart sq - - ounce pkg -

6 - 2

#### <u>Cooking Tips</u> <u>Aston Shim</u>

\* Cooking Pasta to be served with hot sauce etc.

Par-cook the Pasta in boiling water( about three-quarters of the usual time) and reserve some of the cooking liquid. Add the par-cooked pasta to the sauce in the sauce-pan and cook together until done adding a little of the reserved cooking liquid to thin it out a bit. This works with any kind of sauce - tomato, cream, meat etc. because it amalgamates all the flavors.

\* To make the best french fries, use only peanut oil for frying.

Leave cut fries under cold running water for at least 10 minutes to eliminate some starch. Dry on towels. Par-cook by frying in very hot oil for 5 to 6 minutes (should be soft but not all brown), spread on a cookie sheet or tray. At serving time, cook fries again in same hot oil for 4 to 5 minutes or until golden and crisp.

\* Cooking new potatoes in their skins.

Add a wedge of lemon to the water, this helps keep the skin from bursting.

\* Removing small bones from a side of salmon or fish fillet

Use Needle-nose pliers.

\* To avoid tears when chopping onions, horseradish etc.,

Wear a pair of swimming goggles.

To remove garlic odor from hands.

Run hands along dull side of a knife (Stainless Steel) under cold running water.

Bread baking

Use a spray bottle of water to simulate steam injection when baking breads.

\* Burnt Rice

A way to remove the some of the burnt taste of burnt rice by letting it sit in the pot covered with a layer of onion skins or two to three hot barbecue charcoal.

# Metric and Temperature Conversion (Submitted by Aston Shim)

METRIC CONVERSI	ON	TEMPERATURE	CONVERSION
1/4 tsp 1/2 tsp 3/4 tsp 1 tsp 1 1/2 tsps 1 1/2 tsps 1 Tbsp 2 Tbsp 1/4 cup 1/3 cup 1/2 cup 2/3 cup 3/4 cup	= 0.5 ml = 1 ml = 2 ml = 4 ml = 5 ml = 7 ml = 15 ml = 25 ml = 50 ml = 125 ml = 150 ml = 175 ml = 250 ml = 250 ml = 1 litre	F = 200 250 300 325 350 375 400 425 450 475	160 180 190 200 220
2 lb 2 1/2 lb 3 lb 4 lb	= 115 g = 225 g = 450 (454) g = 900 g = 1 kg = 1.3 kg = 1.8 kg = 2.25 kg = 4.5 kg		

**TURKEY DINNER FOR 250:** 

7 turkeys	75 lbs, potatoes
75 lbs. butternut squash	10 bunches celery
20 large cranberry rings	44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken	3 large pkg. Bisquick
30 pkgs. frozen peas	17 pkgs. Flakon corn mix
12 cans cranberry sauce	2 bunches celery

(FROM JASMIN PAOLA)

#### SAUCES THICKENING 110100

WHITE SAUCE LIQUI	D THICKENING	FAT	SALT
No. 1 thin	ik 1 tbsp. flour	t bsp.	½ tsp.
No. 2 medium	ik 2 tbsp. flour	1 % tbsp.	½ :sp.
No. 3	ik 3 tbsp. flour	2 tbsp.	t tsp.
No. 4 thick	ik 4 (bsp. flour	2½ (bsp.	i (sp.
Use No. 1 sauce for cream soup	s. Use No. 3 sauce	for couffles.	
Use No. 2 sauce for creamed or	Use No. 4 sauce	for croquettes	

scalloped dishes or gravy.

## VEGETABLE TIME TABLE - MINUTES

VEGETABLE	<b>30ILED</b>	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	15 - 30	
Bean, Lima, depending on age	20 - 40	50	
Bean, String	15 - 35	<del>5</del> 0	
Beets, young with skins on	30	60	70 - <del>3</del> 0
Beets, old	1-2 ars.	-2 hrs.	
Broccoli, flowerets	5 - 10		
Broccoii, stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
Cauliflower, flowerets	3 - 10		
Carrots, cut across	20 - 30	40	
Chard	<u> 60 - 90</u>	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	3 - 10	15	
Eggplant, whole	30	10	45
Marrow	15 - 10		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	'8 – 10	20	
Squash in cubes	20 - 40	50	- 60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

#### Here's a suggestion for cooking vegetables:

Sprinkle some (1/4 to 1/2 TSP no more) Baking Soda in the pan of water when boiling your vegetables and they will end up tastier and the primary result will be a quicker cooking time. The baking soda seams to soften the vegetables thus allowing them to cook really quickly. But beware with Brocoli and Brussel Sprouts or Cabbage as they will turn to mush if not watched closely after putting the baking soda in with them. If you like these particular veggies this way then this suggestion is for you but if you like them firm then I recommend that you do not try this suggestion.

#### Cathy Anker



#### Freezing herbs

I grow fresh herbs in my garden and I freeze them for winter use:

Basil	Di11	Marjoram	Etc.
Mint	Parsley	Rosemary	
Sage	Savory	Tarragon	

Pick herbs; remove stems from leaves and chop leaves up or leave whole; freeze leaves on tray until firm (not mandatory); pack in freezer bags and store in freezer.

Here's another method: Pack herbs in ice cube trays; top with water; when water is frozen, remove cubes from tray and place in freezer bags; drop as needed in soups, sauces, stews.

Joanne Pacini

To get onion smell out of your hands, utensils.., rinse with very very cold water.

Also, onions won't make you cry if you dip them in icy cold water before you chop them.

Norma Loya

#### Just a suggestion/helpful hint for the clean up after the cooking.

Of all the products on the market, my mother and I hadn't tried Mr. Clean in years we for some reason had stopped buying it and forgotten about it entirely. Until it was on sale one day, dirt cheap, so we bought some and again we forgot about it in the cupboard until one day when I was rearranging my Kitchen cupboards and came accross it. I noticed that it was good for greasy clean ups and I new that my Deep Frier needed cleaning due to the build up of splattered grease baked on the walls of the appliance. I drained the grease and rinsed the inside out with hot soapy water and then filled it again and I started to scrub the inside with an S.O.S. not getting very far on the first swipe I decided to add the Mr. Clean, I figured it couldn't hurt??? I let it soak for a few minutes with the Mr. Clean and I decided to try again with an ordinary scrubber. I couldn't believe the result the grease just came off, so easily, I couldn't believe my eyes.

Well I was at my parents within the next few days and I told my Mom about how well it cleaned my deep frier that we decided to try the same thing again on hers and she couldn't believe her eyes either, it was so easy to clean it, that she is now soaking her roasting pans and cleaning multiple other appliances with the Mr. Clean product. I don't know how Evironmentally Friendly this product is but this is my Testimony to its ability to CLEAN. It does what it says in the name. Just make sure that you rinse well (severals times) cooking utensils with Hot water to remove any soap/or Mr. Clean residue. Please note however that when using Mr. Clean on matte finish ceramic tile floors it tends to leave a streaky finish. You will have to re-mop the floor again with just soap and water to remove residue, we have not tried it on linoleum flooring so we can't advise you as to the result.

Cathy Anker/and my mom Audrey Anker



Tip

1/2 c vinegar + 1/2 c amonia + 2 tbsp corn starch + gallon of water = makes good window washing fluid.

Candy Jennings

# СООКВООК NOTES 繴Ӣ☜

# 

Bob Saunders (416) 222-2876

# Saunders' Turnery

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# CERTIFIED REFLEXOLOGIST For Appointment call Peggy Gillard 416-286-0879 Reflexology is a treatment technique which involves the micro-massaging of reflex points on the feet and hands in order to: - Release tension and stress

- Improve circulation
- Rid the body of toxins
- Help normalize all the systems in the body
- \*\*\*\*\*

