



# Canada Cartage

EMPLOYEE COOKBOOK



**CANADA  
CARTAGE**



# CANADA CARTAGE

Welcome to the first edition of the Canada Cartage Employee Cook Book. This book is possible thanks to the contributions from employees across Canada Cartage and its related companies. Here, you'll find our employees' favorite dishes for you to enjoy with your friends and family. Thank you to everyone who took the time to share the recipes!

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# APPETIZERS



## INGREDIENTS

- 1 package cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup Hellmann's mayo
- 1 package taco seasoning mix

# NACHO DIP

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## DIRECTIONS

1. Mix all ingredients together until smooth, spread on plate or dish.
2. Cover and refrigerate 6 hours.

Note: Before serving spread one jar of chilled salsa over dip, cover with shredded cheese.

Top with tomato and green onion if desired.

Keep chilled until needed.

*Great for large or small get  
togethers. Easy to make.*

*Barbara Cameron  
Mississauga, Ontario*

## INGREDIENTS

- 1 cup cold finely chopped cooked chicken breast  
(3 chicken breasts or use store bought rotisserie chicken)
- 1/2 cup finely shredded lettuce  
(this is a must)
- 1/2 cup low fat old cheddar cheese
- 1/3 cup chopped green onion
- 1/3 cup finely chopped red bell pepper
- 4 ounces low fat cream cheese
- 2 tbsp. low fat sour cream
- 1 tbsp. hot red pepper jelly  
(Something Special Gourmet Red Chili dip, spread & marinade)
- 3 -9 inch tortilla wraps

Optional: Add crispy bacon

*These are a hit at parties and  
bridal showers.*

*Enjoy!*

*Dolores Curle  
Winnipeg, Manitoba*

# CHICKEN PARTY PINWHEELS

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## DIRECTIONS

1. Mix chopped chicken, cheese, lettuce, green onion and red pepper together.
2. Mix cream cheese, sour cream and red pepper jelly.
3. Spread 1/3 cream cheese mixture on tortillas covering all the way to the edges.
4. Spread chicken mixture on tortilla leaving a 1 inch space at the top that just has cream cheese mixture. The cream cheese seals the wrap closed.
5. Roll up tightly like a jelly roll.
6. Wrap each tortilla roll in plastic wrap.  
Refrigerate for a couple of hours or over night. Trim off the ends and cut each roll into 8 slices.

Serve cold.

## INGREDIENTS

500 ml sour cream

250 ml mayo

1 package Knorr vegetable soup mix

2 packages of fresh spinach (washed well) OR 2 frozen blocks of spinach

pumpnickel bread (optional)

# AMAZING SPINACH DIP

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## DIRECTIONS

1. Thoroughly wash spinach and add to a pot to steam (about 3-5 min)/
2. Drain excess water, allow to cool
3. In a large container, mix sour cream, mayo and vegetable soup mix, add in cooled spinach and allow to sit overnight

When ready to enjoy add to a hollowed out pumpnickel bread and add raw veggies.

*Oh so good,*

*Jen Knight*

*Mississauga, Ontario*

## INGREDIENTS

- 1 package of cream cheese
- 2 cups sour cream
- 1 1/2 cups shredded cheddar cheese
- 1 package of bacon - cooked & crumbled
- 1/2 cup chopped green onions

# BEST DIP IN THE WORLD

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## DIRECTIONS

1. Preheat Oven to 400 F
2. Mix all ingredients together, put into a casserole dish and bake until hot all the way through.

Serve with your choice of Bread, Crackers or Vegetables.

*This is truly worthy of its name.  
A true hit at any gathering and  
super easy to make.*

*Kim Lenger  
Regina, Saskatchewan*



# STEAMED BEAVER DUMPLINGS RECIPE

## INGREDIENTS

- 2 lbs. total beaver meat and pork fat (20-25% fat)
- 1/2 cup rehydrated mushrooms, minced (we used wood ears, shiitakes would also be fantastic)
- 2 bunches scallions, thinly cut crosswise
  - 3 cloves garlic, minced
  - 1.5" ginger, peeled, minced
  - 2 shallots, minced
  - 2 tbsp. salt
  - 1 tbsp. soy sauce
  - 1 tbsp. sesame oil
  - 1 tbsp. rice wine vinegar
- 1 tbsp. crushed Szechuan peppercorns
- 1 package dumpling wrappers

### Dumpling Sauce:

- 3 cloves garlic, minced
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 2 tbsp. rice wine vinegar
- 1 tbsp. chili oil or chili paste

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## DIRECTIONS

1. Grind the meat and fat through a fine die. Add remaining ingredients and mix well. Cook a spoonful of the mixture and adjust seasoning as needed.
2. Place 1 tbsp. on a dumpling wrapper and wet edges with water, fold in half and seal. Add creases if you're feeling fancy.
3. Steam for 4 minutes, serve with dumpling dipping sauce.
4. Mix sauce ingredients together and serve.

Note: you can also pan fry, deep fry or boil the dumplings as per personal preference.

## INGREDIENTS

- 24 wonton wrappers
- 8 oz softened cream cheese
- 1 tbsp. sriracha sauce  
(add a bit more if desired)
- 2 green onions light and dark,  
finely chopped
- 1 egg
- 1/2 cup water  
oil for frying

### Dipping Sauce:

- 3 tbsp. honey
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. sriracha sauce
- 1 tsp. rice wine vinegar
- 1/4 tsp. sesame oil

*I've been making these for about 10 years and make these all the time, when I have company over. They are a requested favourite. You can make them in advance, flash freeze them, then put in a Ziploc bag for future use. They are easy to make and fun to assemble.*

*Lynda O'Meara  
Mississauga, Ontario*

# CREAM CHEESE STUFFED WONTONS

## DIRECTIONS

1. For the dipping sauce, mix together the honey, soy sauce, Sriracha, vinegar and sesame oil in a small bowl and set aside.
2. In the bowl of a mixer (or you can do it by hand), mix together the cream cheese, Sriracha and green onions until totally combined (scrape the mixer bowl if necessary).
3. In a separate bowl, mix together the egg and 1/2 cup water.
4. One at a time, assemble the wontons: Place approximately 1/2 teaspoon of the cream cheese mixture on one corner of a wonton wrapper. Use your finger to "paint" the egg wash all around the edges of the wrapper. Roll the wrapper on a diagonal, starting with the cream cheese corner and stopping when half the wrapper is rolled and the cream cheese mixture is inside. Bring up the 2 ends and use the egg wash to stick them together. Allow the remaining pointed end to naturally tuck backward. As you work, place the assembled wontons under plastic wrap or a light towel to keep them from drying out.
5. Heat vegetable oil in a large saucepan, to 350 F (you don't want it too hot or will burn the wontons). In batches fry the wontons for about 45 seconds to 1 minute, flipping carefully midway. Remove them when you think they could cook a tiny bit longer, because they will slightly brown in the seconds once removed. Drain on paper towel.
6. Wait 5 - 10 minutes before serving as cream filling is very hot. Serve with dipping sauce.

Note: while preparing the wonton's keep the open packages covered with a damp cloth or plastic wrap as they dry out quickly.



## INGREDIENTS

- 2 tsp. oil
- 1 small piece cinnamon
- 2 cardamom pods
- 2 cloves
- 1 tsp. cumin seeds
- 2 dry red chilies
- 1 medium onion chopped
- 1 tbsp. ginger chopped
- 1 tbsp. garlic chopped
- 2 green chilies finely chopped
- 1 cup peas
- 1 cup green pepper chopped
- 4 cups spinach
- 2 potatoes cooked, peeled and mashed
- 2 tbsp. corn flour
- 1 tsp chat masala
- salt as per taste
- 3 tbsp. bread crumbs or as per needed

*Looking for popular healthy and delicious appetizer cum snack. Hara Bhara Kabab are popular in the North Indian food.*

*Riya Patel*

*Mississauga, Ontario*

# HARA BHARA VEG KABAB

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## DIRECTIONS

1. Put spinach and peas in a pan. Cover with water and let it cook for 5 mins until wilted. Strain spinach and peas and blend. Set aside.
2. Heat 1 tsp oil in a pan, add in all whole spices and sauté for 1 min.
3. Add in onion, garlic, ginger, chilies and sauté for 1 min. Add blended Spinach and peas, add green pepper and mix well.
4. Add cooked potatoes and mix well.
5. Add Corn flour, bread crumbs, salt and chat masala, cook for 5 min and aside for 15 min to cool.
6. Take a small portion and shape it into a ball. Flatten it lightly.
7. Put patty in frying pan and fry until golden on both side. A fryer can be used as well.

Remove and serve with ketchup or green chutney.

## INGREDIENTS

- 1 lb lean ground beef
- 1 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 2 tsp. paprika
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. each salt and pepper
- one 8oz container regular cream cheese
- 1/2 cup shredded mozzarella
- 1 cup donair sauce

# HOT DONAIR DIP

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## DIRECTIONS

1. Preheat oven to 350 F.
2. In a bowl, mix together the ground beef and spices and blend well. Really kneed it together.
3. Fry hamburger mixture, breaking it apart with a wooden spoon as it cooks, you don't want any big chunks of meat.
4. In a 9" oven safe dish mix together cream cheese, donair sauce and shredded mozzarella.
5. Once meat is cooked, drain and then fold into the cream cheese mixture.
6. Bake in preheated oven for 20 minutes.

Optional: add diced tomatoes and onions over the hot dip.

Note: Best served with Tostitos Scoops.

This mixture can also be used for egg roll filling

*Family favorite and can be  
found at most family events! We  
love donairs in Nova Scotia!*

*Sherry Miles  
Mississauga, Ontario*

## INGREDIENTS

1 29oz can of chick peas  
2 tbsp. tahini  
1 tbsp. cumin  
juice of 2 lemons  
2 cloves of garlic  
1 or 2 tsp. sea salt  
sundried tomato  
3 or 4 hot banana peppers

# HUMMUS

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## DIRECTIONS

1. Drain the chick peas and put everything into your Vitamix or food processor and blend away.

Note: I don't like using oil so I add water while it's blending to give it a smoother consistency. I add about a Tbsp at a time.

*Barbara Vallis*  
*Mississauga, Ontario*



SOUPS

Sears



## INGREDIENTS

- 1 ¼ cup butter
- 2 large sweet potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 1 apple, peeled, cored and chopped
- 1 large onion, peeled and chopped
- 4 cups (1L) vegetable broth or chicken broth
- 2 cups water
- 1 ½ cup dried red lentils
- 2 tbsp. minced fresh ginger
- 2 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. paprika
- 1 ½ tsp. black pepper

*Like most soups, this tastes better the next day.*

*Evelyne Anderson  
Winnipeg, Manitoba*

# SWEET POTATO CARROT RED LENTIL SOUP

## DIRECTIONS

1. In a large saucepan (Dutch oven), melt butter over medium high heat.
2. Add sweet potatoes, carrots, apple and onion. Fry; stirring often until softened and translucent, about 10 - 15 minutes.
3. Add broth, water, lentils and spices. Bring to a boil over high heat. Reduce heat to medium low and simmer, covered, until vegetables are soft, about 30 minutes.
4. You can add more red lentils if you want it thicker.
5. Allow to cool.
6. Use an immersion blender and puree the soup in the pot. Alternately, working in batches, pour the cooled soup into a blender, filling no more than half way. Hold down the lid with a folded kitchen towel and carefully start the blender, using a few quick pulses, before leaving it on to puree. Return to pot and reheat before serving.

Add a swirl of cream or sour cream or yoghurt to the soup when serving. Serve with a side of hot buttered toast for a filling meal.  
Freezes very well if you have leftovers.

## INGREDIENTS

- 3 tbsp. vegetable oil
- 1 medium butternut squash, peeled, seeded and cubed
- 1 onion, thinly sliced
- 2 celery stalks, cubed
- 3 garlic cloves, thinly sliced
- 3 tbsp. chopped fresh ginger
- 1/2 cup pure maple syrup
- 4 cups chicken stock or vegetable stock
- 2 cups frozen corn
- Salt and pepper, to taste
- 1/2 cup sour cream
- 1/4 cup minced chives, optional

# MAPLE CORN AND BUTTERNUT SQUASH SOUP

## DIRECTIONS

1. In a large saucepan over high heat, heat oil. Add squash, onion, celery, garlic, ginger and pure maple syrup; cook and stir for about 6 minutes. Add chicken broth. Bring to a boil, reduce heat to medium; simmer 5 minutes.
2. Remove mixture to a blender; purée until creamy, adding broth or water to reach desired consistency. Return puree to pot. Add corn, salt and pepper; stir and cook over medium heat 5 more minutes.

To serve, ladle soup into bowls; garnish with dollop of sour cream and chives, if desired.

*Our family loves maple syrup. My father started up his own maple syrup farm and ran it with friends for many years on the side. So for us, there is nothing like the real thing. This soup is perfect for a cold winter day with some fresh bread.*

*Susan Delve  
Mississauga, Ontario*

## INGREDIENTS

- 2 - 3 cups leftover cooked turkey
- 1 tbsp. olive oil
- 1 medium onion diced
- 1 red pepper chopped
- 2-3 good-sized carrots sliced
- 3 cups chopped cabbage
- 1/3 cup long grain wild rice
- 1 tbsp. dried oregano
- 1 tbsp. dried basil
- 2 bay leaves
- Salt to taste
- 2 boxes no salt added ready to use vegetable broth or no salt added ready to use chicken broth

# TURKEY SOUP

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## DIRECTIONS

1. Add olive oil to large soup pot on medium heat.
2. Add onion and sauté until translucent.
3. Add red pepper, oregano, and basil. Cook until peppers are soft.
4. Add cabbage, carrots and broth.
5. Add turkey, bay leaves and rice. Bring to a boil and simmer until rice is cooked 25-30 minutes.
6. Add salt to taste.

*I based this delicious recipe off an old memory of my grandmother's turkey soup.*

*Tanya Harris  
Mississauga, Ontario*

## INGREDIENTS

- 4 beaver hind legs deboned with all fat removed cut up in small pieces
- 12 cups of water
- 3 beef bouillon cubes
- 2 bay leaves
- 1/2 onion
  
- 2 cans stewed tomatoes
- 2 cans canned tomatoes
- 3 cups carrots
- 3 cups celery
- 1 bag of corn
- 2 handfuls of green beans
- 2 teaspoons of Worcestershire sauce

# VEGETABLE BEAVER SOUP

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## DIRECTIONS

1. Bring beaver hind legs, 12 cups water, beef bouillon cubes, bay leaves and onion to a boil. Keep on a low boil for 3 hours.
2. After 3 hours remove meat and pull the meat (as though you were making pulled pork). Add meat back to the pot.
3. Add stewed tomatoes, canned tomatoes, carrots, celery, corn, green beans and Worcestershire sauce
4. Bring back up to a boil and then simmer for 1 1/2 hours.
5. Serve.



## INGREDIENTS

- 4 to 6 tomatoes
- 1 to 2 onions
- 4 to 6 carrots
- 4 to 6 celery stalks
- 1 garlic clove
- vegetable broth

# TOMATO SOUP

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## DIRECTIONS

1. Preheat oven to 350-400 F.
2. Lightly pour olive oil on a baking sheet and vegetables . Place in oven to roast for at least 15-20 minutes.
3. Once soft, let cool a bit and place in blender. Blend until smooth.
4. Once blended put in a pot, add some vegetable broth to give a better consistency. Boil for a few moments and then serve.
5. Add some salt a pepper to taste and Viola the best homemade soup!

*Discovered this easy recipe due to my summer garden last year and brought in extra tomato's for the team to make their own soup over summer.*

*Jennifer Goodman  
Edmonton, Alberta*

## INGREDIENTS

- 1/4 cup unsalted butter
- 1/2 cup diced onions
- 1 cup shredded carrots
- 2-3 cups broccoli
- 1 1/2 cups chicken broth
- 1 cup milk
- 1 cup heavy whipping cream
- 1/4 cup flour
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- pinch of crushed red pepper flakes
- 2 cups shredded cheddar cheese

# BROCCOLI CHEDDAR SOUP

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## DIRECTIONS

1. In a large pot over med-high heat, melt butter, add onion, carrots and broccoli, cook until softened about 5 mins.
2. Slowly add in chicken broth, milk and cream, sprinkle in the flour, salt, pepper and red pepper flakes. Continue to cook over med heat, stirring often until thickened.
3. Once thick add the shredded cheddar cheese.

Serve & Enjoy!!

*This soup is truly amazing, even my picky non soup eating granddaughter loves this.*

*It has won a couple soup contests and the recipe has been desired by many.*

*So good, so easy to make.*

*Kim Lenger  
Regina, Saskatchewan*

# SALADS



## INGREDIENTS

- 1 cup frozen peas
- 1 can cocktail shrimp, drained
- 1/2 cup chopped celery
- 1/3 cup chopped onion
- 1-1/2 cups cooked minute rice (hot)

### Dressing:

- 1/3 cup oil
- 1 tbsp. soya sauce
- 1 tbsp. vinegar
- 1/2 tbsp. sugar
- 1 tsp. celery seeds
- 1 tsp. salt
- 2 tsp. curry powder

# POLYNESIAN SALAD

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## DIRECTIONS

1. Mix first five ingredients together and set aside for 1/2 hour.
2. Make dressing and pour over salad.
3. Mix well.

Can be served warm or cold.

*I don't know where this recipe originated but it has been a staple in our family since I can remember. It is one of the things I usually have my mother make for me when she visits.*

*I'm not a big fan of peas, especially frozen ones, so will often substitute edamame or fresh baby peas instead. I've also been known to make it without the peas altogether and add chopped lettuce and green onion. It really is the dressing that makes this dish.*

*Kelly Cluett  
Mississauga, Ontario*



## INGREDIENTS

- 1 egg
- 1/2 cup parmesan cheese
- 1 tbsp. dry mustard
- 3-4 cloves garlic - chopped finely  
(or minced)
- 3/4 cup olive oil
- 3 dashes Worcestershire sauce
- 1 tbsp. anchovy paste
- juice from 1 lemon
- 1 head romaine lettuce

*Anyone who tries this salad loves it and  
always asks for the recipe.*

*Jen Knight  
Mississauga, Ontario*

# EASY CAESAR SALAD

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## DIRECTIONS

1. Into a large bowl, crack the egg and whisk well.
2. Slowly drizzle olive oil while continue to whisk / beat the mixture together until it thickens add Worcestershire sauce, dry mustard, garlic and anchovy paste and continue to beat well.
3. Mix in parmesan cheese - \*note the mixture will become thick
4. Slowly drizzle in lemon juice until the mixture is less thick but not runny store in the fridge for at least 30 min prior to serving

Mix with one head of cleaned chopped romaine lettuce and crotons.



## INGREDIENTS

- 1 1/2 cup orzo
- One handful of cherry or grape tomatoes
- 1 cucumber
- 4 radishes
- 2 bell peppers
- 1 red onion
- feta
- 1-2 lemons (depending on size)
- 1 bunch of fresh dill
- dried oregano
- 3 cloves of fresh garlic
- sugar
- salt
- pepper
- olive oil

*This recipe is fresh and light. The perfect addiction to any lunch or dinner.*

*Makes a great meal prep for grab and go meals or snacks when you want something healthy.*

*Katrina Morrow  
Oshawa, Ontario*

# LEMON DILL ORZO SALAD

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## DIRECTIONS

1. Wash and dry all produce
2. Bring a pot of salted water to a boil
3. Once the water is boiling add the orzo and cook until tender.
4. Chop up cucumber, radishes, bell peppers, red onion and tomatoes and add to a large bowl
5. Finely chop up some dill and add to the vegetables
6. Zest one lemon into vegetable mixture
7. To a measuring cup add 1/4 cup olive oil, a pinch of sugar, salt and pepper, 1 tsp of dried oregano, minced garlic, the juice of one lemon and whisk together.
8. Add cooked orzo to the bowl with vegetables.
9. Pour olive oil and lemon mixture over top orzo and vegetables until desired amount of dressing is on salad.
10. Top it all with some feta cheese and serve.

## INGREDIENTS

any balsamic, citrus or dijon  
dressing

1 apple

1 shallot

5 oz (8 cups) baby arugula

1/4 cup pecans finely chopped  
(toasted or candied if desired)

2oz goat cheese crumbled  
sea salt

substitute arugula for spinach if  
desired.

# GOAT CHEESE SALAD

with

## ARUGULA & APPLE

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### DIRECTIONS

1. Thinly slice the apple and shallot
2. Place greens on a plate. Top with sliced shallot, apple, pecans and crumbles of goat cheese
3. Drizzle with dressing and top with a sprinkle of sea salt

*This recipe is super easy and usually what I make for special occasions where I am asked to bring a salad or side dish! I love this salad as you can really play with the ingredients depending on the taste you're going for! I've added cranberries and pumpkin seeds in the past to give it some more flavour and texture. It's always a crowd pleaser!*

*Kendra Jones  
Winnipeg, Manitoba*

## INGREDIENTS

- 2 cups mixed salad greens  
(baby spinach, arugula, or mixed lettuce)
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 2 red onions, thinly sliced
- 1/4 cup feta cheese, crumbled  
(optional)
- 1/4 cup black olives, sliced
- 1/4 cup fresh basil leaves, torn
- 1/4 cup extra virgin olive oil
- 2 tbsp. poppy seed dressing
- Salt and pepper to taste

**Optional:** grilled shrimp, chicken, or tofu for added protein, or even pistachio nuts

*This recipe is my experience working in a food chain restaurant. It is standardized by experts. I put in the garnish and chose the best part of each salad I had made before this recipe. I have it only for special occasions, and my friends love it. A salad dish is the starter. A good starter will make you have a full happy meal. I hope you can make one for you to enjoy.*

*Thanh Bao Ngoc Hoang  
Burnaby, British Columbia*

# TROPICAL BEACH SALAD

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## DIRECTIONS

1. In a large bowl, combine the mixed salad greens, cucumber, red onion, black olives, and torn basil leaves.
2. In a small bowl, whisk together the poppy seed dressing and season with salt and pepper to taste.
3. Drizzle the dressing over the salad and toss gently to coat all the ingredients evenly.
4. If desired, add grilled shrimp, chicken, or tofu on top of the salad for added protein.
5. Decorate with feta cheese, cherry tomatoes, and nuts on top.

Serve immediately as a refreshing side dish or light meal at the beach or any outdoor gathering.

## INGREDIENTS

- ½ cup nonfat or low-fat greek yogurt, plain
- ¼ cup apple cider vinegar
- 2 tbsp. honey
- ¼ tsp. salt
- ¼ tsp. black pepper
- 4 cups broccoli florets, bite-sized
- ½ cup red onion, chopped
- ½ cup dried cranberries
- 1/3 cup toasted sunflower seeds, salted
- 1/4 cup feta cheese, crumbled

# BEAVER NATION BROCCOLI SALAD

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## DIRECTIONS

1. In a small bowl, whisk together the yogurt, apple cider vinegar, honey, salt, and pepper. Adjust salt and pepper to taste.
2. In a large bowl, mix the broccoli florets, red onion, dried cranberries, sunflower seeds, and feta cheese.
3. Add the dressing and stir to combine.
4. Cover and chill for at least 30 minutes for best flavor. Serve immediately or make ahead up to 24 hours.

# SIDE DISHES





## INGREDIENTS

- 3 cups brussel sprouts
- 4 strips of bacon, chopped
- olive oil
- salt and pepper

# ROASTED BRUSSEL SPROUTS

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Cut the sprouts in half and remove the core.
3. Put the prepared Brussel sprouts in a bowl and add 1/4 cup water cover with paper towel. Steam in the microwave for 4 minutes.
4. Fry the bacon in a pan until cooked, but not too crispy.
5. Strain sprouts and add the sprouts and bacon to a casserole dish, drizzle with olive oil. Sprinkle with salt and pepper to taste. Toss all together.
6. Roast in the oven for about 30 minutes or until sprouts are fork tender.

Steaming the sprouts first shortens the oven time, but keeps that bright green colour.

Removing the core eliminates that bitter taste most people do not like.

*Evelyne Anderson*  
*Winnipeg, Manitoba*

## INGREDIENTS

- 1 tbsp. olive oil
- 1 medium purple onion, chopped
- 1 medium red pepper, chopped
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 can black beans, drained and rinsed
- 1 can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 tsp. chili powder
- 1/2 tsp. cumin
- Juice of 1 lime
- 1 avocado, diced
- 2 tbsp. chopped fresh cilantro leaves
- salt and pepper to taste

*Served on it's own as a side, or as main with added ground turkey, this is an easy to put together and very healthy meal. If you want to add a protein, brown it first before adding the garlic and jalapeno. Each serving is only 374 calories and is quite filling.*

*Cory Thorn  
Winnipeg, Manitoba*

# ONE-PAN MEXICAN QUINOA

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## DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat.
2. Add onion and the red pepper, garlic and jalapeno (leave the seeds in membrane if like heat), and cook, stirring frequently, until fragrant. About a minute or two.
3. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin.
4. Season with salt and pepper. Bring the mixture to a boil, cover, and reduce heat to a simmer until quinoa is cooked through, about 20 min.
5. Stir in avocado and, lime juice, and cilantro.

Serves 4

## INGREDIENTS

- 1 beaver hind quarter, bone in
- 2.5% salt
- 1% sugar
- 1% birch syrup
- .25% Insta-Cure #1
- .25% black pepper, coarse

Note: We use metric measurements and go by percentage weight for our charcuterie recipes. This makes the recipes easy to scale and replicate exactly, batch after batch.

# BIRCH SYRUP BEAVER BACON

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## DIRECTIONS

1. Trim the meat of connective tissue and silver skin. If present, leave the layer of fat intact.
2. Mix the cure ingredients and evenly coat the meat. Place the meat in a vacuum bag and seal. Refrigerate for 7 days. Rotate daily.
3. At the end of the curing period, rinse with cold water and pat dry (don't worry if some of the cure remains on the meat).
4. Smoke on a low heat setting for 4-6 hours, then increase the temperature for a final 1-2 hours until the internal temperature hits 140F.
5. Refrigerate to cool. Slice and crisp in the pan like any other bacon.

## INGREDIENTS

- 1 cup uncooked instant rice
- 1 cup chopped celery
- 3/4 cup chopped onion
- 1/4 cup soft butter
- 2-1/2 cups water
- 1 package (2 to 2-1/2 ounces) chicken noodle soup mix
- 1 tsp. dried thyme
- 1/4 tsp. sage
- 1/4 tsp. pepper
- 2 tbsp. fresh minced parsley
- 1 tbsp. chopped pimientos (optional)

*The first time I made this recipe I was 11 yrs old, I wanted to surprise my parents on their anniversary. So I found this recipe in a readers Digest at a dentist office. It was the first time I started cooking with spices. It turned out fantastic and my mom still wants it every year, even after the passing of my dad. I paired it with Herbed Rice Pilaf for their candle lit dinner.*

*Farrah Element  
Calgary, Alberta*

# HERBED RICE PILAF

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## DIRECTIONS

1. In large skillet, cook the rice, celery and onion in butter, stirring constantly, until rice is browned.
2. Stir in water, chicken noodle soup mix, thyme, sage, pepper, minced parsley and chopped pimientos (optional) bring to boil. Reduce heat; cover and simmer for 10 minutes. Sprinkle with parsley; stir in pimientos if desired.

Note: pairs great with porcupine meatballs - see next page.

## INGREDIENTS

- ½ cup uncooked instant rice
- ½ cup water
- 1/3 cup chopped onion
- 1 tsp. salt
- ½ tsp. celery salt
- 1/8 tsp. pepper
- 1/8 tsp. garlic powder
- 1 pound ground beef
- 2 tbsp. coconut oil (or canola oil)
- 1 can (15 ounces) tomato sauce
- 1 cup water
- 2 tbsp. brown sugar
- 2 tsp. worcestershire sauce

*The first time I made this recipe I was 11 yrs old, I wanted to surprise my parents on their anniversary. So I found this recipe in a Reader's Digest magazine at a dentist office. It was the first time I started cooking with spices. It turned out fantastic and my mom still wants it every year, even after the passing of my dad. I paired it with Herbed Rice Pilaf for their candle lit dinner.*

*Farrah Element  
Calgary, Alberta*

# PORCUPINE MEATBALLS

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## DIRECTIONS

1. In a bowl, combine the uncooked instant rice, 1/2 cup water, chopped onion, salt, celery salt, pepper, and garlic powder.
2. Add beef to bowl and mix well.
3. Shape into 1-1/2 inch balls. In large skillet, brown meatballs in oil; drain.
4. Combine tomato sauce, 1 cup water, brown sugar and Worcestershire sauce; pour over meatballs. Reduce heat; cover and simmer for 1 hour.

Note: Great option when paired with herbed rice pilaf - see prior page.

## INGREDIENTS

1 squash, any variety, cooked and  
mashed  
1 tsp. bouillon, any flavour (or 1 cube)  
1/4 cup grated or finely minced onion  
1 egg, well beaten  
1 cup sour cream, cottage cheese, or  
cream cheese (whatever you have on  
hand)  
1/4 tsp. dried basil  
salt & pepper to taste

### Topping:

2 tbsp. melted butter  
3/4 cup bread crumbs  
1/2 cup shredded cheddar cheese  
1/2 tsp paprika

*I love this recipe because there is so much variation depending on the ingredients you use and it always turns out great. I usually use acorn or butternut squash, but it is equally delicious with just about any type of squash. Have some leftover sweet potato or turnip? You could use that too.*

*Kelly Cluett  
Mississauga, Ontario*

# COUNTRY CLUB SQUASH

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## DIRECTIONS

1. Preheat oven to 325 F.
2. Mix cooked squash, bouillon, onion, egg, sour cream, basil and salt and pepper together and pour into a greased casserole dish.
3. Combine topping ingredients melted butter, bread crumbs, shredded cheese and paprika. Sprinkle over squash mixture.
4. Bake for 25 minutes.

## INGREDIENTS

5 cups water - divided  
2 cups frozen blueberries - thawed  
1 cup lemon juice or more to taste  
3/4 cup sugar

*This is such an amazing addition to any meal or serve as a refreshing beverage on those lazy hot summer days.*

*Kim Lenger  
Regina, Saskatchewan*

# BLUEBERRY LEMONADE

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## DIRECTIONS

1. In a blender combine the blueberries and 1 cup water, strain into a large pitcher using a mesh strainer, add remaining water, lemon juice and sugar.
2. Serve cold.

Note: you may have to strain the blueberries twice



## INGREDIENTS

- 1/2 cup vegetable oil
- 1/3 cup dry red wine
- 2 tbsp. fresh lemon juice
- 1/4 tsp. thyme
- 1/4 tsp. black pepper
- 2 cloves minced garlic
- 2 tbsp. steak spice

(you can kick it up a bit and use half Montreal steak spice and the other half regular steak spice)

*"Flavour extraordinaire". Will not wreck a prime rib only enhance the flavours. You will never do roast of beef without it especially if you like gravy!!!*

*Sheryl Terzo  
Oshawa, Ontario*

# ROAST BEEF MARINADE

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## DIRECTIONS

1. Put all ingredients in a jar and shake well.
2. Put beef in plastic bag or glass dish only. Pour marinade over top and let sit 2 - 6 hours in refrigerator. Turning twice (1 let it sit over night).

This will marinade steak or roast beef  
(4 lbs)

## INGREDIENTS

- 1 pound frozen hash browns
- 2 can of cream of mushroom
- 2 cups of cheddar cheese
- 1 pint of sour cream
- chopped onions (if desired)
- 1/2 cup of milk
- corn flakes

*Passed down from my aunt. Where she got it from, I don't know. We would have every Christmas, Easter and Thanksgiving.*

*Venice Chin  
Oshawa, Ontario*

# POTATO SURPRISE

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Mix frozen hash browns, mushroom soup, cheddar cheese, sour cream, onions and milk in a large bowl.
3. Pour hash brown mixture into a baking pan.
4. Sprinkle corn flakes on top.
5. Bake 50 min to an hour

## INGREDIENTS

- 1/2 cup macadamia nuts
- 1/4 cup pine nuts
- 3-5 medjool dates  
(depends on how sweet you like it)
- 5 basil leaves
- 1 tbsp. nutritional yeast
- 3-4 thumb sized cloves of garlic
- 1/4 tsp. himalayan salt
- 1/4 cracked black pepper  
(or more to taste)
- 1/4 cup coconut water
- 4-5 lemons \*juice only

*Barbra Vallis*

*Mississauga, Ontario*

# RAW VEGAN DAIRY-FREE CAESAR DRESSING

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## DIRECTIONS

1. Soak pine nuts for 4 – 6 hours, add in your dates and macadamia nuts in the last hour. Macadamia nuts and dates don't need to be soaked but it helps to soften them and make for shorter blend time when making the dressing.
2. Once soaked, drain and add the nuts, dates and all other ingredients into your Vitamix or food processor.
3. Blend on high, using your tamper to vigorously stir around the mixture until it's totally creamy.

# MAIN COURSES



## INGREDIENTS

- 2 racks baby back ribs pork or beef
- 1 tbsp. smoked paprika
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. ground mustard
- 1 tbsp. brown sugar
- 2 cups of your favourite BBQ sauce

*Only baby back ribs recipe you need.*

*Alexander Suter Watkinson  
Mississauga, Ontario*

# SLOW COOKED BABY BACK RIBS

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## DIRECTIONS

1. Remove the membrane from the back of the ribs. Just slide your fingers around the side to loosen it up and rip it right off. (use paper towel to help remove the membrane easier)
2. In a small bowl stir smoked paprika, salt, pepper, onion powder, garlic powder, ground mustard and brown sugar. Rub this mixture generously on the outside of the ribs to coat.
3. Put your ribs in the slow cooker. Drizzle on 1 1/2 cups of BBQ sauce. Reserving half a cup for later.
4. Cook on low for 8-10 hours. The more racks in the pot the longer you'll need to cook.
5. Gently remove the racks and lay them out on foil lined baking sheet. Add the reserved BBQ sauce on top.
6. Broil under a broiler for 3-5 minutes until the BBQ sauce starts to bubble and caramelize .
7. Add a side of mac & cheese. to complete this mouth-watering dish.

## INGREDIENTS

- 8 veal shanks, 1 ½ inches thick
- 1 ½ tablespoon of oil
- 1 chopped onion
- 3 cloves of garlic, crushed and chopped
- 2 tbsp. of tomato paste
- 28 oz canned tomatoes, drained and chopped
- 1 cup of dry white wine
- ½ cup brown sauce
- ½ tsp. of oregano
- ¼ tsp. of thyme
- 2 bay leaves
- flour
- salt and pepper

*Excellent on cold winter days!*

*Martin Gregoire  
Laval Quebec*

# BRAISED VEAL

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Flour the veal.
3. Heat the oil in a large ovenproof saucepan.
4. Sear the veal 3 to 4 minutes on each side over medium-high heat. Add salt and pepper to taste.
5. Remove the veal from the pan and set aside.
6. Place onions and garlic in the pan and cook for 3 to 4 minutes over medium heat
7. Incorporate the wine and cook over high heat for 4 minutes
8. Incorporate tomatoes, tomato paste and brown sauce. Add oregano, thyme, bay leaves and sugar. Mix and adjust the seasoning and bring to the boil
9. Put the veal back in the pan, cover and cook for 2 hours in the oven
10. When the veal is cooked, remove from the pan and set aside
11. Cook the sauce for 3 to 4 minutes over high heat. Adjust seasoning.

Serve on pasta.

## INGREDIENTS

- 3 smoked sausage links sliced thin (andouille or any smoked sausage)
- 1 1/4 cups Bomba rice  
(can substitute Arborio rice or any short-grained white rice)
- 2 red bell peppers, diced
- 1 yellow onion, diced
- 1 glove crushed garlic
- 1 can crushed tomatoes, drained
- 1 lbs. deveined and peeled shrimp
- 8 large scallops
- 4 cups seafood broth  
(chicken broth can also be used)
- 2 tbsp. olive oil
- 1 tbsp. salted butter
- 2 tsp sweet paprika
- 1 tsp oregano leaves
- 2 pinches saffron
- salt & pepper to taste
- grated parmesan cheese to taste

*This is a pretty flexible recipe to add any protein to. If you don't like seafood, you can use chicken as well. The smoked sausage is a must though.*

**Cory Thorn**  
Winnipeg, Manitoba

# SEAFOOD PAELLA

## DIRECTIONS

Use a Paella pan, or a high-sided cast iron pan, or any large frying pan with high sides will do.

1. Add the stock to a saucepan, add the saffron and bring to a simmer. It is necessary to steep the saffron to ensure it's flavor is infused in the stock.
2. Put the Paella pan on medium-high heat. Allow pan to heat then add oil and butter. Once butter melts, add the diced onion and season with a bit of salt and pepper. Cook, stirring occasionally until onions are soft and starting to brown, about 3-5 minutes.
3. Add the garlic and stir in. Cook for about a minute then add the peppers. Season with paprika and oregano leaves. Cook, stirring occasionally until peppers become just limp.
4. Add the smoked sausage and cook for about a minute.
5. Add the rice to the pan and stir to cover in oil. Let the rice toast for 1-2 minutes, then add the crushed tomatoes. Stir and bring to a simmer. Reduce heat to medium.
6. Pour the stock over the rice mixture and stir to incorporate everything. Do not stir this again! Once the stock is in, leave the heat on medium or just below medium Paella is supposed to have a crunchy rice crust on the bottom. Leave it to simmer until the rice absorbs all the liquid about 20 minutes.
7. When there's about 5 minutes left in cooking time, take your shrimp and layer them on top the rice mixture. Use a spoon and gently press them so they are just covered in liquid. They will be done cooking by the time the rest is complete.
8. Meanwhile, take a medium frying pan and put it on medium-high heat. Add 2 tbsp. olive oil and let it get hot. Dry the scallops well with paper towel. Season the scallops with salt and pepper just before putting in the pan. Scallops only need to be turned once, once they are in the pan let them sear on each side for 2 minutes or so, depending on the thickness of your scallop. Both sides should be evenly browned.
9. By this time, all liquid should be absorbed into the rice. Remove from heat.
10. Serve the Paella with 2 Scallops per portion on top. Sprinkle with grated Parmesan.



## INGREDIENTS

- 4 chicken breast halved, boneless
- 1 tbsp. vegetable oil
- 1/4 cup butter
- 4 oz. mushrooms, thinly sliced

### Sauce:

- 2 tbsp. butter
- 2 tbsp. all-purpose flour
- 1 cup chicken stock
- 2 eggs
- 3 tbsp. lemon juice
- Salt
- freshly ground pepper

### Garnish:

- 1 tbsp. chopped fresh parsley

# CHICKEN BREASTS IN EGG & LEMON SAUCE

## DIRECTIONS

1. Remove skin from chicken; cut chicken into 3/4 inch slices. Heat oil and 1/4 cup butter in a large skillet over medium heat. Add chicken slices, sauté 4 minutes per side.
2. Add mushrooms; cook 4 minutes, turning chicken once. Remove chicken and mushrooms with slotted spoon; keep warm.
3. To prepare sauce: in the same skillet, melt 2 tablespoons butter. Slowly stir in flour; cook for 1 minute. Gradually stir in stock; bring to a boil, stirring constantly. Reduce heat to low.
4. In a small bowl, beat eggs until frothy; beat in lemon juice.
5. Remove sauce from heat. Add about 5 tablespoons of the heated sauce to the beaten egg mixture, stirring after each addition. Then stir this mixture into remaining sauce in skillet. Cook over low heat until sauce thickens - do not boil because sauce will curdle.
6. Season with salt and pepper. Add chicken and mushrooms. Top with fresh parsley, and serve over rice.

*This was a recipe my Dad stumbled upon in a cookbook when we were picky eaters as kids. The title doesn't sound that appealing, but we just couldn't get enough of it! Even as adults, any time this dish gets made, there are never any left overs! This is a family favorite in our house!*

*Alyssa Wilson  
Oshawa, Ontario*

Makes 4 servings



## INGREDIENTS

### Broth:

- 2 large peeled onions,
- 1 4-inch piece of ginger, sliced
- 4-5 lbs. beef bones (marrow and knucklebones)
- 1-2 lbs. beef brisket or chuck, sliced
- 2 cinnamon sticks
- 3-star anise
- 4-5 cloves
- 1 cardamom pod
- 1 tbsp. salt
- 2 tbsp. fish sauce
- 1 small rock Sugar
- 1-3 dried sea-worms  
(a.k.a dried sa sung - this is secret pho ingredient if you can find it)

### Bowls:

- flat rice noodles, cooked according to package instructions
- lime wedges
- thinly sliced green onions
- chopped cilantro
- red chili slices (optional)

*Slurping Pho noodle soup on a brisk winter day is like being enveloped in a cozy blanket of warmth and comfort. This is why I proudly introduce my mother's Pho recipe. I hope that with each spoonful, you'll experience a symphony of flavors dancing in your mouth - rich, savory broth, tender meat and noodles, and a vibrant mix of fresh herbs and spices.*

*That's the magic of Pho that I'd like to share. It's more than just food; it's the feeling of home and happiness in every bowl.*

*Amber Dang  
Burnaby, British Columbia*

# NORTHERN PHO

## DIRECTIONS

1. Char the Onions and Ginger: Preheat oven broiler. Place onions and ginger on a baking sheet and char under the broiler for about 15-20 minutes, turning occasionally.
2. Prepare the Beef and Broth: Rinse the beef bones and brisket thoroughly. In a large pot, add the bones and brisket and cover with water. Bring to a boil and let it boil vigorously for 10 minutes. Discard the water and rinse the bones clean.
3. Fill the pot with about 4 quarts of water. Put the cinnamon sticks, star anise, cloves, cardamom in a small cheesecloth bag. Add the bag, charred onions and ginger, sea worms, salt, and sugar into the pot.
4. Bring the broth to a boil, then reduce heat to low and simmer for at least 3 hours. The longer you simmer, the richer the flavor.
5. Prepare the Beef Slices: Slice the beef brisket thinly.
6. Strain the Broth: Once the broth is flavorful, strain it through a fine mesh strainer. Adjust the seasoning by adding fish sauce, salt, and rock sugar if needed.
7. Assemble the Bowls: Prepare the rice noodles according to the package instructions. In serving bowls, place a handful of rice noodles, a few slices of cooked beef, and cilantro and green onions on top.
8. Serve: Ladle the hot broth over the noodles and beef in each bowl.

Serve with lime wedges and chili slices on the side



## INGREDIENTS

- 1 english muffin, cut in half
- 1 tbsp. butter for the muffin
- 1 package thinly sliced smoked salmon
- 2 eggs for poaching
- 2 tsp. white vinegar for the poaching water
- 2 egg yolks
- 2 tsp. lemon juice
- ½ cup melted butter
- pinch of cayenne pepper
- pinch of paprika
- fresh chives
- salt and pepper

# SMOKED SALMON EGGS BENEDICT

## DIRECTIONS

1. Fill a small pot with water halfway. Place on stove over medium heat. Heat water to simmering and lightly steaming.
2. In a medium sized bowl separate eggs yolks. Add the lemon juice a pinch of cayenne pepper. Whisk the lemon juice, cayenne pepper and egg yolks until light in colour.
3. Melt ½ cup of butter in a small pot on the stove. Heat until just melted and keep on low heat. Make sure the butter is not bubbling. The warmed butter will help cook the hollandaise sauce.
4. Place the glass bowl with the egg mixture on top of the steaming pot of water. The bottom of the bowl should not touch the water. Briskly whisk the egg yolk mixture and slowly drizzle the butter into the bowl until all butter is incorporated. Continue to whisk the egg and butter mixture briskly until the mixture has almost doubled in volume, and is thick and creamy. This should take 1-2 minutes. Remove from heat immediately. Set aside on a heatproof surface.
5. Fill a pot with water and add the 2 tsp. of vinegar, and some salt. The vinegar helps to hold the egg whites together while poaching and does not affect the flavor of the eggs. Bring to a light simmer, hot but not boiling. Crack each egg into its own small bowl. Tip the bowl into the simmering water to allow some water into the bowl, and then slowly tip over the egg into the simmering water. Poach eggs for 2-3 minutes. Use a slotted spoon to remove the eggs to a paper towel-lined plate.
6. Heat a fry pan to medium heat. Butter both halves of the English muffin and grill the muffin until browned.
7. Place the English muffin on a plate, and layer with some strips of smoked salmon, then the poached egg. Spoon Hollandaise sauce over the egg, and then sprinkle with a bit of paprika and the chopped chives. If your Hollandaise got a bit thick while it rested, sprinkle a bit of warm water in it and stir to thin it out.

\* sub the salmon with fried Canadian bacon



*If you want to do something special for Mother's Day, you need to step your game up. If you nail these, your wife will brag to all her friends, you'll make other men jealous, and her friends may even flirt with you, which is really the best Mother's Day gift you can give her.*

*Also, make them for your Mom. She coddled you all those years, so it's the least you can do.*

*If you're not a seafood fan, you can sub the salmon with traditional Canadian bacon; fry it first.*

*Cory Thorn*

*Winnipeg, Manitoba*

## INGREDIENTS

- 2 tbsp. cooking oil
- 1 onion, diced
- 2 carrots, chopped
- 1 1/2 lbs. potatoes, chopped
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 celery stock, chopped
- 3 garlic cloves, minced
- 1 1/2 tsp. dried thyme
- 1 1/2 tsp. ground coriander
- 1/2 tsp. red chili flakes
- 3/4 cup white wine (optional)
- 28 oz. can diced tomatoes
- 1 cup chicken or vegetable broth
- 1 1/2 lbs. skinless whitefish fillets sliced into 1-inch pieces
- 2 tbsp. fresh lemon juice (bottled)
- 1 Tsp. sugar
- 1/4 cup chopped fresh dill\*

*I received this recipe from my Mother-in-Law approximately ten years ago. It's a bit time intensive for all the prep work involved so I don't make it too often but when I do the family loves it. It's a large meal as well so you will have lots of leftovers if you're making for a 4-6 person household.*

*Bryan Lacey  
Regina, Saskatchewan*

# WHITEFISH STEW

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## DIRECTIONS

1. Heat oil in Dutch oven. Add onion, carrots, potatoes, salt and pepper and cook until onions are translucent (approx. 6 minutes).
2. Stir in celery, garlic and spices and cook for 1 minute. Pour wine into pot and bring mixture to a boil.
3. Turn heat down to medium and simmer for 5 minutes.
4. Stir in tomatoes and broth, turn down heat to low, cover and simmer until potatoes are tender (approx. 20 minutes).
5. Stir in whitefish, cover, and cook another 5 minutes until fish is opaque. Stir in lemon juice, sugar and dill.
6. Add more salt and pepper is required.

Serve with crusty bread.

\*Note Fresh herbs are always 3x more than dried ones, the equation is 3:1, for example 3 Tablespoons of Fresh Dill is the equivalent of 1 Tablespoon of Dried Dill.

## INGREDIENTS

### Pastry:

- 2 cups all-purpose flour
- 1 tsp. Salt
- 3/4 cup shortening
- 4-5 tbsp. cold water

### Spice Blend:

- 2 tsp. kosher salt
- 1 tsp. pepper
- 1 tsp. dried thyme
- 1/2 tsp. dried sage
- 1/2 tsp. cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. grated nutmeg
- 1/4 tsp. ground allspice
- 1/4 tsp. ground mustard
- 1/4 tsp. ground cloves
- 1 Pinch cayenne pepper (optional)

*My family has French Canadian roots, and Winnipeg is famous (well...famous locally) for the Festival des Voyageurs in February, which celebrates French Canadian and Metis culture. This is a very popular dish at the Festival, and is a traditional holiday meal for me growing up. This recipe is adapted from my Grandma's recipe, but with a bit more flavor.*

*Bon Appetite*

*Cory Thorn  
Winnipeg, Manitoba*

# TOURTIERE (FRENCH CANADIAN MEAT PIE)

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## DIRECTIONS

### PASTRY:

1. Blend the flour and salt.
2. Dice the cold shortening into pieces and add to the flour.
3. Using a pastry blender, or two knives, cut in the shortening until the mixture is the texture of sand.
4. Add cold water 1 tbsp. at a time and mix lightly with a fork. Depending on the humidity in your house, you may need more or less water. Once all the flour is moist and the mixture holds together, turn onto a lightly floured surface or wax paper and form into a ball.
5. Cut the ball in two and roll from the centre to the edge until it's 1" large than your pie plate.

### SPICE BLEND

Mix all the spices together in a small bowl.

Recipe continued on the next page...

## INGREDIENTS

### Filling:

- 1 large russet potato, peeled, quartered
  - 1 tsp. salt
  - 1 tbsp. butter
- 1 large yellow onion, finely chopped
- 1/2 cup finely chopped celery
- 4 cloves garlic, crushed
  - 1 Lbs ground pork
  - 1 Lbs ground beef
- 1 cup potato cooking water
  - 1 large egg
  - 1 tbsp. water

# TOURTIERE (FRENCH CANADIAN MEAT PIE) CONT'D

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## DIRECTIONS

1. Place the potato and 1 tsp of salt into a pot, cover with cold water. Bring to a boil, then simmer for 10 - 15 min, or until potato is soft. Remove the potatoes from the water; reserve the potato cooking water. In a separate bowl, mash the potatoes until smooth.
2. Melt butter in a skillet over medium heat. Add chopped onion and some salt. Cook and stir until onions turn golden, around 10-15 minutes. Stir in celery, garlic, and the spice blend. Cook for another minute or two and ensure everything covered in the spice blend.
3. Add the ground pork and ground beef, and about 3/4 cup of the potato cooking water. Cook, stirring occasionally, until meat is browned and tender and most of the liquid has evaporated, about 30-45 min. Stir in the mashed potatoes. Remove from heat and let cool to room temperature.
4. Preheat oven to 375 F. Put the bottom crust into your pie plate and fill with the meat mixture. Smooth out the surface. Whisk together the egg and water in a small bowl. Brush the egg wash over the edges of the bottom crust. Cover with top crust and pinch the edges to seal. Trim excess dough. Cut a few small slits in the top crust to allow steam to escape. Brush the entire surface with the egg wash.
5. Bake in a preheated oven until crust is well browned, about an hour. Let cool for 20 min before serving.



## INGREDIENTS

Chicken marinade:

- 1 kg boneless and skinless chicken thighs or breasts cut into bite-sized pieces
- 1/2 cup plain yogurt
- 2 tbsp. minced garlic
- 2 tbsp. minced ginger (or finely grated)
- 2 tsp. garam masala
- 1 tsp. turmeric
- 1 tsp. ground cumin
- 1 tsp. kashmiri mirch powder
- 1 tsp. of salt

# BUTTER CHICKEN

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## DIRECTIONS

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows). overnight is always better.
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (The chicken will finish cooking in the sauce.)

Recipe continued on the next page...

*This recipe is all time favorite for any Indian and whenever it is about serving and hosting a guest from different countries always prefer butter chicken as well. It's mild, it's delicious, it's yummy, it's all Indian but not hot and spicy so suits all taste buds.*

*Debanjana Mukherjee  
Mississauga, Ontario*



## INGREDIENTS

- 2 tbsp. olive oil
- 2 tbsp. ghee (or 1 tbs. butter + 1 tbs. oil)
- 1 large onion, sliced or chopped
- 1 1/2 tbsp. minced garlic,
- 1 tbsp. ginger, minced or finely grated
- 1 1/2 tsp. ground cumin
- 1 1/2 tsp. garam masala
- 1 tsp. ground coriander
- 400 grams crushed tomatoes
- 1 tsp. red kashmiri mirch powder (adjust to your taste preference)
- 1 1/4 tsp. salt (or to taste)
- 1 cup of heavy or thickened cream (or evaporated milk for less calories)
- 1 tbsp. sugar
- 1/2 tsp. kasoori methi leaves (dried fenugreek leaves)

# BUTTER CHICKEN CONT'D

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## DIRECTIONS

1. Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
2. Add garlic and ginger, and sauté for 1 minute until fragrant, and then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
3. Add crushed tomatoes, chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
4. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
5. Pour the puréed sauce back into the pan. Stir the cream, sugar and crushed kasoori methi (or fenugreek leaves) through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.

Garnish with chopped cilantro/coriander leaves and serve with love and fresh, hot garlic butter rice or Naan!

## INGREDIENTS

- 2 cans salmon (6 oz.)
- 2 eggs
- 1/2 lemon juiced
- 4 tbsp. avocado oil or extra virgin olive oil
- 1/2 cup parmesan cheese grated
- 1/2 cup gluten-free panko breadcrumbs

### Optional:

- 1/4 cup parsley chopped
- salt to taste
- pepper to taste

*These delicious burgers are totally quick and easy to make and a great addition to any healthy diet too!*

*Lorraine Hoareau  
Mississauga, Ontario*

# SALMON BURGERS

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## DIRECTIONS

1. Flake the canned salmon and remove any bone.
2. Add eggs, lemon juice, parmesan cheese and panko breadcrumbs to salmon. Mix well.
3. Form salmon mixture into 4-6 patties about one inch thick.
4. Heat the avocado oil in a skillet over medium heat.
5. When the oil is hot, fry your burgers until they're crispy and golden brown. Then flip them over and repeat on the other side. Approximately 4-5 minutes per side.
6. Place your burgers on a paper towel to rest for a few minutes and sprinkle with salt and pepper.

Serve with your choice of side!

### Note:

I use sockeye salmon for my burgers, but Atlantic, chinook, or pink salmon can be used as well. Substitute cornmeal or almond meal for breadcrumbs.

## INGREDIENTS

- 4-6 boneless skinless chicken breasts
- 2 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 cup flour
- 6 tbsp. butter
- 4 tbsp. olive oil
- 1 shallot minced
- 1 tbsp. garlic minced
- 1 1/2 cups chicken stock
- 1 lemon juiced
- 2 tsp lemon zest
- 2 tbsp. capers - drained

*Melt in your mouth goodness.*

*Jen Knight  
Mississauga, Ontario*

# CHICKEN PICCATA

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## DIRECTIONS

1. Season chicken on both sides with salt and pepper, then dredge the chicken in flour and shake off any excess flour.
2. Heat 3 tbsp butter and 2 tbsp olive oil in a large skillet over medium heat.
3. Once the butter has melted, add the chicken and sauté until golden brown, flip and sauté the other side until golden brown - set aside when finished cooking.
4. Add the shallots to the pan drippings and sauté about 1 minute, add the garlic and sauté 1 more minute.
5. Add chicken stock and simmer until reduced by 1/2 (about 4-5 minutes) if it is not thickening, add 1 tbsp of flour and mix in well.
6. Reduce heat to low and stir in remaining butter, add capers, lemon juice and lemon zest let simmer 2-3 minutes.
7. Add chicken and let sit 5 minutes before serving.

## INGREDIENTS

- 1-1.5 pounds of beaver cheeks  
(or any mammal cheeks)
- 2 guajillo peppers, stems and seeds  
removed
- 2 pasilla peppers, stems and seeds  
removed
- 4 cloves garlic
- 1 small yellow onion
- 1 tsp. oregano, dried
- 1 tsp. cumin
- 2 cups water
- 2 bay leaves
- 2 cups stock
- 2 tbsp. duck fat or pork lard

### Tacos:

Tortillas  
Cilantro  
Diced onion  
Hot sauce

# BEAVER CHEEK TACO RECIPE

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Lightly toast dried peppers over medium high heat. Remove from heat and add 2 cups of water to the hot pan. Cover with lid and allow peppers to rehydrate for 10-20 minutes.
3. Combine peppers, pepper water, garlic, onion, oregano, and cumin in a blender. Blend until semi smooth.
4. Season cheeks with salt and pepper. In a Dutch oven, sear both sides over high heat until browned, about 1 minute per side. Add stock, bay leaves and pepper puree. Cover with lid and place in center rack of oven.
5. Cook for 2-3 hours until fork tender.
6. Using a slotted spoon, remove cheeks from braising liquid and shred with a fork or tongs. Over medium heat, reduce braise liquid until slightly thick.
7. Add duck fat and some of the reduced braise liquid to the shredded cheeks. Toss to coat.

Serve over warm tortillas with diced onion, cilantro and hot sauce.

## INGREDIENTS

- 1 pork tenderloin
- 1 container herb & garlic cream cheese
- 1/2 cup - dried cranberries
- garlic pepper
- Cattle Boyz gourmet seasoning

*It's Really, really Good!! Great for entertaining Guests.*

*Mike Sawchuk  
Winnipeg, Manitoba*

# STUFFED PORK TENDERLOIN

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Slice tenderloin (lengthwise) down the middle. Pound out to half the thickness. Season with Garlic Pepper and Cattle Boyz Gourmet Seasoning.
3. Using a teaspoon, scoop cream cheese and starting at the end drop (in the middle of tenderloin) and continue until you have line down the length of tenderloin.
4. Scatter cranberries on top of the cream cheese (use more than 1/2 cup if desired).
5. Bring both sides of tenderloin up (do no roll) to cover the cream cheese. Using toothpicks join the meat together so it won't come apart when cooking. Tuck the ends in as best as you can to keep cream cheese from escaping.
6. On a parchment lined pan, place tenderloin (toothpick side down) and brush top with melted butter and lightly season with garlic pepper and Cattle Boyz Gourmet Seasoning.
7. Bake for 35 minutes. (Depending on size of tenderloin)
8. Let stand 5 minutes, remove toothpicks and slice into medallions.

Enjoy



## INGREDIENTS

- 1 tablespoon of olive oil
- 5 to 6 sausages
- 2 peppers (red, green or orange) cut into cubes
- 1 chopped onion
- 4 cloves of garlic, chopped
- 2 tbsp. smoked paprika
- 1 tbsp. of oregano
- 1 tbsp. of tomato paste
- 1 1/2 cup orzo
- 1 container of concentrated chicken broth
- 2 1/3 cup water

*It's a simple and tasty recipe to make during the week.*

*Also what's the most brilliant is that everything is done in the same pan!! So less dishes and more time with family.*

*Jessica Baribeau  
Bois-des-fillions, Québec*

# ONE POT ORZO WITH PEPPERS and ITALIAN SAUSAGE

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## DIRECTIONS

1. Preheat oven to 425 F.
2. In an ovenproof pan, cook the pieces of Italian sausage meat without the skin in olive oil for approx. 5 minutes or until well colored.
3. Reduce the heat to medium then add the peppers, onion, garlic, smoked paprika, oregano and continue cooking until the onions brown nicely.
4. Add the tomato paste, mix then add the orzo, brown for 2 minutes to fully infuse the flavors
5. Add the container of chicken broth with the water and bring to a boil.
6. When everything is simmering, place it in the oven uncovered for about 25 minutes, mixing halfway through cooking.
7. When ready, let rest for a few minutes before serving

Bon Appétit

## INGREDIENTS

- 1 pound extra lean ground turkey  
(breast meat only)
- ¼ cup cranberry sauce  
(homemade or store bought)
- 4 ounces of havarti cheese cut into 4  
(1 ounce) slices
- ½ tsp. of sage
- ½ tsp. of thyme
- salt and ground black pepper to taste
- 4 mixed-grain hamburger buns  
(or buns of your choice)

### Toppings:

- 8 large leaves of arugula, spinach or  
lettuce, rinsed and patted dry
- cranberry mayo (recipe below)/thinly  
sliced red onion/or toppings of your  
choice

### Cranberry mayo:

- 1 tbsp. cranberry sauce
- 3 tbsp. light mayonnaise

*Gobble. Gobble.*

*Kristy Rawluck  
Mississauga, Ontario*

# STUFFED THANKSGIVING TURKEY BURGERS

## DIRECTIONS

### Turkey Burger

1. Mix turkey with sage, thyme, salt and pepper.
2. Shape ground turkey into 8 thin patties.
3. Spread 1 tablespoon of cranberry sauce in the centre of each of the patties and top with 1 ounce of cheese; place remaining 4 patties on top, pinching edges together to seal.
4. Coat a large nonstick pan with cooking spray and place over medium heat. Cook burgers for 4 minutes per side, or until well done. (Alternatively, cook on grill.)
5. Season with salt and pepper. Place on buns and top with toppings

### Cranberry Mayo:

In small bowl, stir together cranberry sauce and mayonnaise, cover and refrigerate until serving time.



# BROCCOLI

and

# CHEESE QUICHE

## INGREDIENTS

- 1/2 head of broccoli
- 1 carrot slice diagonally
- 1 onion
- 5 eggs
- 1 container low-fat ricotta cheese
- 1/2 tsp. salt
- 1/2 tsp. basil
- 1/4 tsp. pepper
- 1 cup shredded part-skim mozzarella cheese

## DIRECTIONS

1. Preheat oven to 350 F and spray 9" pie plate with cooking spray
2. In saucepan bring 1" water to boil add broccoli, carrot and onion. Simmer covered until crisp-tender and drain.
3. In bowl beat eggs, add ricotta cheese, salt, basil, pepper. Stir in mozzarella and 3/4 of veggies. Pour into pie plate and top with remaining veggies. Bake for 1 hours until knife inserted in center of quiche comes clean.

Makes 6 servings.

*Makes for a great, light summer dinner  
(Or any time of year)!*

*Sheryl Terzo  
Oshawa, Ontario*

## INGREDIENTS

### Chicken Marinade:

- ½ kg chicken
- 1 cup yogurt
- ½ tsp. turmeric powder
- ½ tbsp. or to taste red chili powder
- ½ tbsp. or to taste salt
- 1 tbsp. coriander powder
- 2 tbsp. ginger garlic paste
- 4-5 green chili chopped
- 1 large onion sliced
- 2 tbsp. mint leaves chopped
- 2 tbsp. fresh coriander chopped
- 1 cup fried onion
- 2 tbsp. lemon juice

### Rice preparation:

- 2 ½ litres water
- 1 cinnamon stick
- 4-5 cloves
- ½ tsp. black peppercorns
- 2 green cardamom
- 1 star anise
- 2 bay leaves
- 1 ½ tbsp. salt
- 2 tbsp. vinegar
- 500g rice soaked for 30 minutes

### Chicken Prep:

- 5-6 tbsp. cooking oil
- 1 tbsp. cumin seeds

### Garnish:

- coriander
- mint leaves
- onion fried
- ½ tsp. yellow food color
- 2-3 tbsp. water

# CHICKEN BIRYANI

## DIRECTIONS

1. In a bowl add chicken, yogurt, turmeric powder, red chilli powder, salt, coriander powder, ginger garlic paste, green chilli, onion, mint, fresh coriander, fried onion, lemon juice & mix well. Marinate the chicken for 30 minutes.
2. In a pot add water, cinnamon stick, cloves, black pepper corns, green cardamom, star anise, bay leaves, salt, vinegar & bring it to boil.
3. Add rice & let it cook until ¾ done (approx. 8-10 minutes). Strain & set aside.
4. In a pot add cooking oil, cumin seeds, marinated chicken & stir fry for 2-3 minutes.
5. Cover & cook on low flame for 10-12 minutes. Remove the lid and cook on high flame until oil separates. Now turn the flame off.
6. Take half amount of prepped chicken in a dish & put it aside. Add & spread half amount of boiled rice on top the remaining chicken. Then layer with the prepped chicken you put aside. Garnish with fresh coriander, mint, fried onion, and add remaining boiled rice on top.
7. Dissolve yellow food colour in water and sprinkle it on top of rice. Cover & steam cook on low flame for 8-10 minutes.

Mix and serve!

*Who doesn't love BIRYANI!*

*Traditional Pakistani food!*

*Anum Javed  
Mississauga, Ontario*



## INGREDIENTS

- 5-6 pound cradled or bone-in prime rib roast
- 5 cloves garlic, smashed
- 1/4 cup prepared horseradish
- 2 fresh rosemary sprigs, needles removed from stems
- 4 fresh thyme sprigs, leaves removed from stems
- 1/2 cup sea salt
- 1/4 cup black pepper
- 1/2 cup extra virgin olive oil

# ROAST PRIME RIB

with

# HORSERADISH-ROSEMARY CRUST

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## DIRECTIONS

1. Preheat the oven to 350 F.
2. Lay the roast in a large roasting pan bone side down. The ribs will act as a natural roasting rack.
3. In a small mixing bowl or food processor, mash together the garlic, horseradish, rosemary, thyme, salt, pepper, and olive oil to make a paste.
4. Massage the paste generously over the entire roast.
5. Roast in the oven for 1 1/2 to 2 hours for medium-rare (or about 20 minutes per pound of roast). Use an instant-read thermometer to check that the internal temperature reaches 125 degrees F for medium rare. Once it has, remove to a cutting board and let rest for 20 minutes and then serve.

*You can add vegetables to the roasting pan as well, carrots, parsnips, and red onion come out great roasted in the drippings. You can also use the drippings to sauté some mushrooms to serve with the roast. You can use the drippings to make an au jus, however it will need to be diluted with beef broth as the drippings will be very salty. We also serve this roast with Yorkshire Pudding. This is my all-time favorite beef dish.*

*Cory Thorn  
Winnipeg, Manitoba*



## INGREDIENTS

- 1 lb hamburger meat
- 2 stalks celery chopped
- 2 carrots chopped
- 1 medium onion diced
- mushrooms to taste
- turnip – approximately ½ a standard size cut into 1" cubes
- 2-3 average sized potatoes cut into 1" cubes
- 1 cup frozen peas or 1 can peas, drained
- 1 box beef broth (low sodium if desired)
- 2 packages powdered brown gravy or darker gravy of choice (low sodium if desired)
- 2 tbsp. of worcestershire sauce
- garlic powder, black pepper, parsley flakes and dried basil to taste

*It is my son's favorite meal!*

*Audra De Marchi  
Cornwall, Ontario*

# HAMBURGER STEW

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## DIRECTIONS

1. Brown meat and onions, drain fat.
2. Add celery, carrots, mushrooms, turnip, potatoes
3. Add beef broth.
4. Add gravy packages, do not add the water as directed on package.
5. Add Worcestershire sauce, garlic powder, black pepper, parsley flakes and dried basil.
6. Stir and bring to a boil.
7. Simmer on medium-low until vegetables are tender, stirring occasionally.
8. Add peas, continue to simmer for 5 minutes to heat peas.

Thicken with Knorr Veloutine if desired consistency is not reached.

## INGREDIENTS

- 4 boneless chicken breasts
- 1 package of italian salad dressing mix
- 1/4 water
- 1 package of cream cheese
- 1 can of cream of chicken soup
- 1 cup of fresh sliced mushrooms

# CREAMY ITALIAN CHICKEN (SLOW COOKER)

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## DIRECTIONS

1. Place chicken in the slow cooker.
2. Combine salad dressing mix and water, pour over chicken. Cover and cook on low for 3 hours.
3. In a small bowl beat cream cheese and soup until blended and add mushrooms.
4. Pour mixture over chicken and cook for 1 hour longer.

Serve with rice or pasta.

*This is a great recipe for a relaxing Sunday  
at home.*

*Chantal Mondor  
Winnipeg, Manitoba*

## INGREDIENTS

- 4 cooked sausage links cut into 1 inch pieces.
- 1 tbsp. canola or vegetable oil
- 1 tbsp. butter
- 4 medium red potatoes, cut into 1/4 inch cubes or slices
- 1 yellow onion, chopped
- 1 green pepper, chopped
- 3 tbsp. soy sauce
- 2 tbsp. orange Juice
- 1/2 tsp. dried basil
- 1 tsp. seasoning salt
- 1 tsp. dill weed
- salt and pepper to taste

*This is a quick one to enjoy on a busy weeknight. Including food prep, it takes about 15-20 minutes to complete.*

*Cory Thorn  
Winnipeg, Manitoba*

# SAUSAGE POTATO SKILLET

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## DIRECTIONS

1. Heat the oil in a heavy skillet over medium-high heat. When heated, added the butter, allowing it to melt. Add the potatoes and stir to coat with oil. Season with seasoning salt, dill weed, and pepper. Cover the pan and cook for 6-8 minutes, stirring occasionally. Do not stir constantly, you want the potatoes to get browned and crisp (Potatoes will cook faster with the cover on).
2. Once the potatoes are crisp-tender, add the pre-cooked sausage pieces, onion, and green pepper to the skillet. Cook, stirring frequently for about 5 minutes or until vegetables are mostly tender.
3. Season with salt and pepper to taste.
4. In a small bowl, mix together the soy sauce, orange juice, and basil. Add to the skillet and stir to coat everything in the sauce, cook for 1-2 minutes and serve immediately.

Note: Bratwurst works well with this recipe, but you can use any sausage you like. If they are not pre-cooked or smoked, just cook them first then add back later.

## INGREDIENTS

4 chicken boneless, skinless breasts,  
filet removed – pounded flat to about  
2 – 3 cms

4 strips of bacon or prosciutto  
¼ cup butter

½ tsp Italian seasoning (or cumin or  
whatever you prefer)  
salt and pepper to taste

vegetables cut into strips long enough  
to stick out of the chicken

(you can use whatever you have on  
hand including celery, carrots, peppers,  
asparagus etc.)

*My mother used to make these for  
company.*

*Evelyne Anderson  
Winnipeg, Manitoba*

# CHICKEN BUNDLES

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## DIRECTIONS

1. Preheat oven to 375 F.
2. Melt the butter in a saucepan, add the seasoning, add in the strips of vegetables to sauté a few minutes. Especially carrots if using or any hard root vegetable.
3. Divide the vegetable strips between the 4 breasts. Usually about 6 or 8 pieces per breast
4. Roll the chicken around the vegetables and wrap with a piece of bacon to hold it closed.
5. Put the chicken on a rack over a sheet pan (the bacon cooks better on the bottom that way.)
6. Drizzle the leftover butter in the pan over top of the breasts. Roast for 35 minutes.

Serve with rice or rice pilaf or roasted potatoes

## INGREDIENTS

porkchops  
fresh or canned pears  
2 tsp. curry spice  
2 tbsp. brown sugar  
rice

# PEAR CURRY PORKCHOPS

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## DIRECTIONS

1. Cook porkchops in frying pan, adding a spoonful of butter to help fry.
2. Once pork chops are cooked, pour in the canned pears and liquid from can. (If using fresh pears, place fresh pears and some water in to frying pan.)
3. Add 2 tablespoons of brown sugar and about 2 teaspoons of curry spice.
4. Add more for your flavor combo !
5. While pears and pork chops simmer, start the rice.

Once rice is ready you can plate rice, add the pears and porkchops and enjoy !

*Got this recipe from a co-worker  
while talking about our daily  
dinners. This has been added to my  
dinner roster for years !  
Quick and tasty !*

*Jennifer Goodman  
Edmonton, Alberta*



## INGREDIENTS

- 2 ½ cups chicken breast cut in small cubes
- 4 medium chopped tomatoes
- 3 medium chopped onions
- 2 1/2 tsp. paprika
- ½ tsp. cayenne chili powder
- 3 tsp. ginger garlic paste
- 1 tsp. coriander powder
- 2 tsp. garam masala powder
- 10 to 12 whole cashews
- 5 tbsp. butter
- 1 tbsp. oil
- dry fenugreek leaves
- 2 tbsp. plain yoghurt
- ½ cup heavy cream
- ½ lemon juiced
- fresh chopped cilantro leaves
- salt to taste and pinch of sugar or 1  
tbsp. honey.

*It's an Authentic Indian Main course dish which is eaten by almost around the world & best part about this dish is easy to make and all the ingredients mostly easily available in every Kitchen.*

*Jyoti Khosla  
Edmonton, Alberta*

# BUTTER CHICKEN

## DIRECTIONS

1. Marinate the Chicken: Put chicken pieces in a bowl. Add 2 tsp. of paprika, 1 tsp. Garam masala, 1 tsp. Ginger Garlic paste, 2 tbsp. plain yoghurt, 1 tsp salt and 1/2 lemon juiced. Mix everything well and set aside for 30 minutes.
2. Make the Sauce: Heat a deep pan add 2 Tbsp. butter/oil add chopped onions and sauté until they turn transparent.
3. Add 1 tsp. ginger garlic paste 1 tsp. pepper powder, 1 tsp. coriander powder, 1 tsp. Garam masala. Stir.
4. Add chopped tomatoes, 10 - 12 cashews and mix everything well until tomatoes are soft and mushy
5. Turn off the stove and let cool down for 6-7 min. Then blend it into a very smooth puree. Keep sauce in blender.
6. Cook Chicken: Heat the same pan that made the sauce. Add 2 tbsp. butter Add the marinated chicken to the pan Cook it for at least 10 minutes (you can even bake this chicken in preheated oven at 425 F for 20 mins) Then transfer it to a clean plate and in the same pan add 1 tsp. butter, 1 tbsp. oil then puree.
7. Clean the blender with 1 cup of hot water and add that water to the puree with 1 tsp. paprika and salt to taste and 1 tsp honey and cook it for 5 minutes on medium flame. Add the chicken pieces.
8. Cover the pan and let it simmer for at least 15 minutes add 1/2 cup heavy cream mix it well and cook for a minute then add dry Fenugreek leaves 1 ½ tsp.

Garnish With Cilantro and Enjoy :)



## INGREDIENTS

- 4 cups white rice, cooked
- 4 - 6 spicy sausages, cut into bite size pieces
- 2 chicken breasts, cut into bite size pieces
- 3 - 5 jalapeno peppers
- 1/2 pineapple, diced, or 1 can of diced pineapple
- 2 - 4 garlic cloves, minced
- 1 - 2 celery sticks, cut into bite size pieces
- 1 tsp. chili flakes
- 2 cups sliced mushrooms
- 1 jar of spaghetti sauce
- extra virgin olive oil (EVOO)

*This recipe will feed a large group of people. Jambalaya has many recipes out there. You can add or subtract ingredients as you wish. I will add shrimp or various peppers and spices. Jambalaya is a fun and easy dish to experiment with!*

*Mike Delve  
Guelph, Ontario*

# BIG MIKE'S JAMBALAYA

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## DIRECTIONS

1. In a deep pan, add some EVOO and heat on medium high heat. Add garlic, sausages and chicken to the pan and cook until chicken is no longer pink.
2. Add sliced jalapenos, pineapple and celery. Add the chili flakes and keep stirring the pot to prevent burning. Once all the contents are cooked, add the jar of spaghetti sauce and bring to a boil.
3. Add rice to the sauce and mix well.

# CHICKEN & DUMPLINGS

## INGREDIENTS

- 7 cups low sodium chicken stock
- 3 large carrots, peeled and diced
- 1 large onion, diced
- 3 stalks of celery, diced
- 2 ½ lb boneless skinless chicken thighs, cut into 1 inch pieces
- ½ cup of all purpose flour
- 1 cup frozen peas, thawed
- ½ cup heavy cream
- 1 tbsp. of poultry seasoning
- 1 tbsp. of Vegeta or FlavoRiz
- dehydrated vegetable seasoning
- ¼ cup of vegetable oil
- salt and pepper, to taste

### Dumplings:

- 2 cups of all purpose flour
- 1 cup of whole milk
- ¼ cup of heavy cream
- 3 tbsp. of melted butter
- 1 tbsp. of baking powder
- 1 tsp of salt
- 1 tbsp. of fresh chopped parsley
- 1 tbsp. of freshly chopped chives
- cracked black pepper

*This will look like a soup but dumplings will thicken up the stock into a hearty stew.*

*Great for winter and leftovers!*

*Richard Irvine  
London, Ontario*

## DIRECTIONS

1. Add the oil in a large dutch oven and preheat it over medium high heat.
2. Dredge the chicken in the flour, shake off any excess and add it to the hot pot, cook the chicken for about 3 to 4 minutes until deeply golden brown on all sides, remove the chicken to a plate (it won't be cooked through).
3. In the same pot, add the carrots, onion and celery, season with a little salt, and cook the veggies over medium heat until they begin to cook down and develop some colour, 7 to 8 minutes.
4. Add the chicken back in and sprinkle over the poultry seasoning and Vegeta or FlavoRiz along with chicken stock and bring to a boil. Stir and scrape the bottom to lift up any residual flour/browned bits.
5. Partially cover the pot, reduce the heat to medium low and cook the mixture for about 45-60 mins, stirring occasionally.
6. When chicken pulls apart easily with fork, it's ready for step 5.
7. Add heavy cream and peas and cook those for a few minutes while you prepare the dumplings.
8. In a large bowl, gently mix together all your ingredients for the dumplings using fork or dough whisk until it just comes together, the batter will be lumpy but that's what it's supposed to look like. DO NOT OVERMIX.
9. Using two small spoons (or tsp.), scoop dollops of the dough all over the top of the stock. Partially cover the pot with the lid and simmer your chicken and dumplings for about 15 minutes, allow them to rest for about 5 minutes and then you're ready to serve

Note: FlavoRiz can be purchased at Costco. You can substitute fresh herbs for 1 tsp. dried each.

## INGREDIENTS

- 1 kg skinless chicken on the bone, cut into medium pieces
- 3 tbsp. vegetable oil
- 5 green cardamom pods
- 2 bay leaves
- 1" cinnamon stick
- 2 black cardamom pods
- 4 cloves
- 360 g finely chopped white onions
- 2" ginger, roughly chopped
- 6 garlic cloves, roughly chopped
- 1 tsp. mild chili powder
- pinch of turmeric powder
- 2 tbsp. greek yogurt
- 50 ml water
- 100 g cashew nuts, soaked in warm water
- salt to taste
- coriander for garnish
- handful of toasted and chopped cashew nuts for garnish

*Chicken kurma is a recipe I learned from my brother. We usually make on special occasions.*

*Shanky B Xavier  
Mississauga, Ontario*

# CHICKEN KURMA

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## DIRECTIONS

1. In a bowl, mix yogurt with chili powder and turmeric powder. Set aside.
2. Blend ginger and garlic with a little water to a smooth paste. Set aside.
3. Blend soaked cashew nuts with 100ml of soaking liquid to a fine paste. Set aside.
4. Heat oil in a large non-stick saucepan over medium heat. Add whole spices and fry for 2-3 seconds.
5. Add chopped onions and fry for 16-18 minutes until golden brown.
6. Add chicken, ginger-garlic paste, and fry for 5 minutes, sealing chicken pieces.
7. Stir in yogurt spice mix, coating chicken pieces, and fry for 2-3 minutes. Add 50 ml water, season, and simmer over low heat for 20 minutes with the lid on, stirring halfway through.
8. Add cashew nut paste and simmer for another 5 minutes, stirring continuously.

Garnish with fresh coriander and cashew nuts.  
Serve with naan or pulao.

## INGREDIENTS

- slider buns 6 pack
- boiled chicken 1 breast (shredded)
- 1 onion (chopped)
- 1/2 cup mayonnaise
- 1 capsicum (chopped - small cubes)
- 1 tbsp. soy sauce
- 1 tsp. black pepper powder
- 1/2 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. paprika powder
- 1 tbsp. oil
- shredded cheese

*It tastes delicious!*

*Anum Javed*  
*Mississauga, Ontario*

# CHICKEN SLIDERS

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## DIRECTIONS

1. Add oil to pan and add onions to it. Once the onions are soft, add chicken and sauté.
2. Add the capsicum, garlic powder, salt, black pepper powder, paprika powder and mix.
3. Add the soy sauce and mix again. Turn off the flame and let it cool down. Once it cools a bit, add mayo to it and mix.
4. Slice the slider buns. Spread ketchup on the slider bun bottoms, layer with the filling, add shredded cheese on top and then cover with the top buns. Broil it in the oven for 5 min on high heat. Once the cheese has melted they are ready to be served.

## INGREDIENTS

- 2 lbs boneless skinless chicken breasts  
diced into 1/2 inch cubes
- 8-10 medium potatoes
- 1/3 cup olive oil
- 1 1/2 tsp. salt
- 1 tbsp. black pepper
- 1 tbsp. paprika
- 2 tbsp. garlic powder
- 6 tbsp. hot sauce

### Topping:

- 2 cups Mexican blend shredded cheese
- 1 cup crumbled cooked bacon
- 1 cup diced green onion

*This recipe is very spicy,  
but delicious.*

*Sheresa Appell  
Winnipeg, Manitoba*

# LOADED POTATO and BUFFALO CHICKEN CASSEROLE

## DIRECTIONS

1. Preheat oven to 500 F. Grease a 9x 13 baking dish.
2. In a large bowl, mix together the olive oil, hot sauce, salt, pepper, garlic powder & paprika.
3. Add the potatoes and stir to coat.
4. Pour the potatoes into greased baking dish.
5. When scooping the potatoes into the baking dish, leave behind any extra olive oil/hot sauce mixture.
6. Add the diced chicken into the left over sauce from the last step. Stir to coat the chicken and marinate as the potatoes bake.
7. Roast the potatoes for 40-50 minutes, stirring every 10-15 minutes, until cooked through and nice and crispy on the outside.
8. Once the potatoes are fully cooked, add the marinated chicken.
9. Lower oven temperature to 400 F
10. In a large bowl, mix Mexican blended cheese, crumbled cooked bacon and diced green onion together.
11. Sprinkle cheese mixture on top of raw chicken.
12. Bake 15-20 minutes or until the chicken is cooked through and the topping is melted and bubbly.

Serve with extra hot sauce and or ranch dressing.

## INGREDIENTS

- 2 medium aubergines (about 650g)
- 3 tbsp. ghee, or neutral oil
- 3 red onions, peeled and sliced  
salt, to taste
- 20 g root ginger, peeled and finely grated
- 2 garlic cloves, peeled and crushed
- 2 small green chillies, slit lengthways
- ½ tsp. garam masala, plus extra to serve
- 4 medium tomatoes, roughly chopped
- 1 handful fresh coriander, to serve
- 1 lime, to serve

*Bharta (also written as bhurta, vorta, bhorta and bartha, among other variations) is a happy family of spiced, crushed vegetable dishes particularly popular in northern India, Bangladesh and Pakistan.*

*Subhash Chander  
Brampton, Ontario*

# BAINGAN BHARTA

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## DIRECTIONS

1. Lay the aubergines on the gas flame of the hob, or on a barbecue, and leave until very soft and black, turning regularly with heatproof tongs to ensure they cook evenly. \*Alternatively, blacken under a hot grill.
2. Once blackened all over and soft within, set aside until cool enough to handle.
3. Meanwhile, put ghee or oil in a frying pan over a medium heat and sauté the onions, stirring, with a pinch of salt until soft and limp.
4. Stir in the ginger, garlic and chillies, cook, stirring, for another minute or so, then add the garam masala and tomatoes, and cook until the tomatoes start to soften.
5. Scoop the aubergine flesh out of the skins (don't worry if you get a bit of skin in there, too; it will only add to the flavour).
6. Add the aubergines to the pan. Mash with a wooden spoon or similar until fairly smooth, then leave to simmer until most of the liquid has evaporated.
7. Meanwhile, roughly chop the coriander.
8. Stir in the chopped coriander and a little more garam masala to taste, squeeze in the lime juice, to taste, then check the seasoning and adjust if necessary.

Serve with rice or flatbreads.





## INGREDIENTS

- 1 bunch mustard greens (sarson)
- ½ bunch bathua leaves (chenopodium/goosefoot/melde)
- ½ bunch spinach leaves (palak)
- 1 cup chopped radish leaves – use tender leaves, (mooli ke patte)
- 3 to 4 inches white radish root.
- 1 cup fenugreek leaves – chopped.
- 1 cup chopped onions or 2 medium sized onions.
- two 1" pieces of ginger
- 2 tbsp. makki ka atta corn flour
- 2 tbsp. ghee
- 3 green chili or to taste
- 4 cloves garlic

*Sarson ka saag is a winter delicacy made in North India with fresh mustard greens and other green leafy vegetables. Now it is popular throughout the region*

*Sukhchain Singh Sidhu  
Brampton, Ontario*

# SARSON KA SAAG

## DIRECTIONS

1. Wash and finely chop, mustard leaves (sarson ke patte), spinach (palak), bathua leaves (if available), radish leaves, white radish root, and fenugreek leaves.
2. Place chopped leaves in pressure cooker along with 2 clove garlic, 1 inch ginger, ¼ onion, 2 chili and ½ tsp. salt.
3. Add 1 cup water and pressure cook for 4 whistles. Let pressure come down.
4. Mash until coarsely ground.
5. Further add 2 tbsp. of makki ka atta and mix well.
6. Cook for 5 minutes or until the mixture thickens. Set aside.
7. In a large kadai pan, heat 2 tbsp. ghee, and sauté 2 garlic cloves, 1 inch ginger and 1 green chilli. Add in onion and continue to sauté until golden brown.
8. Add in cooked, mashed leaves and mix well.
9. Continue to cook for 4-5 minutes, or until the saag is cooked completely.

Enjoy sarso ka saag with makki ki roti or with chapati.



# VEGETARIAN



## INGREDIENTS

3 roma tomatoes  
1 cucumber  
1 red onion  
feta cheese  
1 brick of cream cheese  
3/4 mayonnaise  
fresh chopped garlic to taste

# GREEK DIP

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## DIRECTIONS

1. Allow cream cheese to come to room temperature.
2. Wash and dry all produce
3. Chop up your tomatoes, cucumber, red onion and garlic.
4. In a mixing bowl add cream cheese mayonnaise and garlic and mix until combined.
5. Spread mixture into a 9x13 pan in an even layer.
6. Top with tomatoes, cucumbers, red onions and feta cheese

Serve with pretzels or your favorite crackers.

*This dip is always the first one eaten up at any gathering. It's light and fresh tasting and super addictive.*

*Katrina Morrow  
Oshawa, Ontario*

## INGREDIENTS

4 cups shredded cabbage  
1/4 cup oil  
salt  
pepper  
paprika  
450 grams pasta  
(preferably rotini, fusilli, or shells, but  
any small pasta will work)

# KÁPOSZTÁS TÉSZTA

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## DIRECTIONS

1. Cook pasta as directed on package.
2. Heat oil in large deep skillet. Fry cabbage until golden brown.
3. Add salt, pepper and paprika to taste.

Mix all ingredients together in the skillet and serve hot!

*This is comfort food at it's best. It has been passed down from generation to generation to generation! Traditionally made with egg noodles, our family prefers to use pasta shapes to hold on to the caramelized cabbage. You can top with sour cream if you'd like. You can also add cooked & crumbled bacon or cooked kielbasa for additional protein.*

*Susan Delve  
Mississauga, Ontario*

## INGREDIENTS

- 3 to 4 bell peppers
- 1 jalapeno (seeded)
- 3 to 4 roma tomatoes
- 1 red onion
- fresh cilantro
- (use as much as you like)
- 1 lime
- 1 cup shredded cheddar cheese
- 1 can of black beans (rinsed)
- 1 can of corn (peaches and cream)
- catalina dressing

# COWBOY CAVIAR SALSA

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## DIRECTIONS

1. Wash and dry all produce.
2. Dice up all your peppers, tomatoes, jalapenos, red onion and cilantro and add to a big bowl.
3. Juice lime over your chopped veggies in the bowl.
4. Open, drain and rinse your black beans and then add to bowl with veggies.
5. Open can of corn and drain liquid, then add corn to bowl with veggies.
6. Add in your shredded cheddar cheese.
7. Add about 1/2 cup of Catalina Dressing and toss.
8. Add more dressing to taste.

Serve with tortilla chips or your favorite crackers.

*This recipe is a massive hit at any gathering. It comes highly requested. It's simple to make, it's fresh and it's good for you.*

*Katrina Morrow  
Oshawa, Ontario*

# DESSERT



## INGREDIENTS

- 1 cup oil
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 2 cups mashed bananas
- 3 cups flour
- 1 tsp. salt
- 1/2 tsp. vanilla
- 1 1/2 cups chopped walnuts (optional)
- 2 tsp. baking soda
- 2 tbsps. hot water

*I have been making this recipe for 30 years and its the one that I bake to bring into the terminal on a regular basis that everyone loves! I got it from an old cookbook that I can't even remember and its the only banana bread recipe I have ever made that turns out every time.*

*I have added all kind of different things over the years and it always tastes great!*

*Tricia Stefaniuk  
Edmonton, Alberta*

# EDMONTON TERMINAL FAMOUS BANANA BREAD

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Mix oil, brown sugar, white sugar, eggs, mashed bananas, flour, salt, vanilla and walnuts.
3. Mix the baking soda in the 2 tbsps. hot water and stir - then pour in with the rest of the mixture until fully incorporated.
4. Bake in well greased loaf pans for one hour or until you can insert a toothpick into the loaf and it comes out clean.

You can also add Nutella on the top, blueberries or raspberries, and even chunks of apple with cinnamon. Chocolate chips are also a great addition!



## INGREDIENTS

- 1 1/4 cups shortening or butter
- 2 eggs, beaten
- 1 cup packed brown sugar
- 3/4 cup white sugar
- 1 (15 ounce) can pumpkin puree
- 3 cups whole-wheat flour
- 1 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp. salt
- 3 1/2 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1/2 tsp. ground allspice
- 1/2 tsp. ground ginger
- 3/4 cup chopped pecans

*You can make this with white flour, but it has an entirely different texture. More like pumpkin pie filling. I prefer the whole-wheat version.*

*Evelyne Anderson  
Winnipeg, Manitoba*

# PUMPKIN SPICE CAKE

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## DIRECTIONS

1. Preheat oven to 350 F. Grease and flour a 10 inch Bundt pan.
2. Sift together the flour, baking soda, salt cinnamon, nutmeg, allspice and ginger. Set aside.
3. In a large bowl, cream together the shortening, eggs, brown sugar and white sugar until light and fluffy. Beat in the pumpkin puree. Beat in the flour mixture. Stir in the chopped pecans. Pour batter into prepared pan.
4. Bake in the preheated oven for 60 to 65 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.



## INGREDIENTS

- 1 3/4 cup flour
- 1 3/4 cup sugar
- 1/3 cup cocoa
- 3 tsp. baking powder
- 1 tsp. salt
- 1/2 cup vegetable oil
- 5 eggs
- 1 cup water
- 1 tsp. vanilla
- 1/2 tsp. cream of tartar
- 1/2 cup vegetable oil
- 5 unbeaten egg yolks
- 1 cup water
- 1 tsp. vanilla

*Recipe passed on to us by our  
neighbour who moved from  
England.*

*Cristal Marchak  
Edmonton, Alberta*

# COCOA CHIFFON CAKE

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## DIRECTIONS

1. Preheat oven to 325 F.
2. Separate 5 eggs – reserve yolks and egg whites in separate bowls
3. Combine flour, sugar, cocoa, baking powder and salt in a bowl. Once combined make a well in the centre.
4. Combine vegetable oil, egg yolks, water and vanilla. Pour wet ingredients into the well in the dry ingredients and beat until smooth.
5. Measure into a large mixing bowl 5 egg whites, beat until frothy and sprinkle 1/2 tsp cream of tartar. Continue beating until firm stiff peak form.
6. Gradually fold batter into beaten egg whites. Put batter into tube pan. Cut through the batter with a knife to eliminate air bubbles.
7. Bake for 1 - 1 1/4 hours.
8. Invert cake immediately upon removal from oven. Leave suspended until cooled.

## INGREDIENTS

- 1/2 cup (125 ml) soft butter
- 1 3/4 cups (440 ml) icing sugar
- 1 tsp. (5 ml) almond extract
- 1 1/2 cup (375 ml) coconut
- 24 well drained cherries  
(red or green or mixed red and green)
- 1 cup (250 ml) graham wafer crumbs

*My Mom used to make these little treats every year, especially at Christmas. Using both red and green cherries gives these the festive Christmas colors. We still make them every season, and now I have my daughter carrying on her Grandma's tradition of making these easy, delicious little surprises.*

*Dave Conway  
Mississauga, Ontario*

# JOANIE'S CHERRY SURPRISES

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## DIRECTIONS

1. Whip the butter to a nice creamy blend and add in the icing sugar and almond extract. Continue to blend as you slowly add in the coconut until the mixture is well blended.
2. Take a small portion of this blend and wrap around a well-drained cherry.
3. Spread the Graham Crumbs on a plate and roll the ball in the graham crumbs until it is completely covered.
4. Lay them out on a platter and let your guests enjoy.

These Cherry Surprises can be easily frozen and enjoyed later. Allow about 1 hour to thaw at room temperature to enjoy fully.

## INGREDIENTS

- 1 box graham wafers
- 1 pint sour cream
- 1/2 cup sugar
- 1 package red jell-O  
(raspberry, strawberry, or  
cherry)

# RIBBON CAKE

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## DIRECTIONS

1. Prepare Jell-O according to instructions and refrigerate until almost set but not liquid.
2. Put a layer of Graham wafers on bottom of 9 x 9 cake pan.
3. Mix sour cream with sugar and spread half of the mixture over top of wafers.
4. Add another layer of wafers over top of the sour cream mixture.
5. Spread the softened Jell-O on top of the wafers.
6. Add another layer of wafers on top of the Jell-O.
7. Spread the rest of the sour cream mixture on top of wafers.
8. Sprinkle with crushed wafers over the top.
9. Refrigerate overnight until set.

*This recipe has been a favorite for generations! Easy to make and delicious.*

*Dolores Curle  
Winnipeg, Manitoba*

## INGREDIENTS

2 eggs beaten

2/3 cup melted butter

2 cups brown sugar

3 tbsp. milk

2 tsp. vanilla

\* optional 1 cup raisins or  
currants or chopped nuts

2 dozen tart shells, homemade  
or store bought

# BUTTER TARTS

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## DIRECTIONS

1. Preheat oven to 350 F
2. Combine eggs, melted butter, brown sugar, milk and vanilla in a bowl and mix well.
3. Add some raisins or nuts in each tart shell.
4. Fill the tart shells 2/3 full with the mix.
5. Bake filled tarts on a cookie sheet for 20 to 25 minutes.

*This is my mom's recipe, which she  
got from her mother.... the best part  
is no corn syrup.*

*Evelyne Anderson  
Winnipeg, Manitoba*

## INGREDIENTS

350 g milk, cold

1 can (397g) sweetened condensed milk

1 package (102g) instant vanilla pudding mix

470 g whipping cream

Biscoff cookies

4 large ripe bananas

# BISCOFF BANANA PUDDING

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## DIRECTIONS

1. In a medium bowl, whisk together cold milk, condensed milk, and vanilla pudding mix until the pudding mix has dissolved. Put in the fridge to set while you make the whipped cream.
2. In a large mixing bowl, add whipping cream. Use an electric mixer to whip the cream until it becomes firm peaks.
3. Add the chilled pudding mixture into the whipped cream and fold them together with a spatula until no streaks remain.
4. Add half of this pudding mixture to a serving dish. Spread it into an even layer.
5. Slice the bananas and add 3/4th on top of the pudding layer. Crumble up Biscoff cookies and sprinkle them on top of the banana layer (it should cover bananas fully.)
6. Add the rest of the pudding mixture on top and spread it out into an even layer.
7. Repeat adding the rest of the banana slices and Biscoff cookies on top as garnish.
8. Cover and chill the Biscoff banana pudding in the fridge for at least 2 hours or overnight before serving.

*Banana pudding but make it with*

*\*Biscoff\* ... yummy!!!*

*Anum Javed*

*Mississauga, Ontario*

## INGREDIENTS

### Buns:

- 2 packages of instant yeast or  
1 oz fleischmann's fresh yeast
- 1/2 cup warm water
- 2 tbsp. white sugar
- 2 cups water
- 3 tbsp. butter or margarine
- 2 tsp. salt
- 3 tbsp. white sugar
- 5 1/4 cups all purpose flour
- 3 eggs

### Topping:

- 1/3 cup butter or margarine
- 2 cups brown sugar
- 2 tbsp. cinnamon (or to taste)

*This is my wife's recipe and they are the best cinnamon buns I've ever had, and also largely responsible for why I'm so fat, so beware!*  
*If you don't have an electric mixer, break out your big-boy arms because this recipe requires a lot of beating to get right. Remember the dough is supposed to be soft, don't make the mistake of adding too much flour.*

Cory Thorn

Winnipeg, Manitoba

# KIMMIE T'S NO-KNEAD CINNAMON BUNS

## DIRECTIONS

1. Soften the yeast in the warm water mixed with 2 Tbsp of white sugar. Let sit until the yeast is fully dissolved and foamy, about 10 min.
2. Bring 2 Cups of water to boil and add it to a large mixing bowl. Add 3 tbsp. butter or margarine, 2 Tsp salt and 3 tbsp. white sugar. Mix to dissolve everything and let cool a bit.
3. Add 2 Cups flour to the water mixtures and beat this mixture hard until very smooth and creamy (about 5 minutes).
4. Add the softened yeast to the water-flour mixture. Add 3 eggs. Mix, then add 3 1/4 cups more flour. Beat until the mixture is very smooth, it should be a VERY soft dough.
5. Cover and let stand in a warm place to rise until dough is roughly doubled in size (about an hour).
6. Melt 1/3 cup of butter or margarine.
7. Mix 2 Cups of brown sugar and 2 tbsp. cinnamon (or less to taste) in a small dish.
8. Turn the raised dough onto a lightly floured surface and let sit to 5-10 min to firm up.
9. Working in batches, roll the dough into a rectangle and spread with melted butter or margarine, then cover with the sugar-cinnamon mixture. Roll the dough into a log and cut into 2" pieces.
10. In a greased 9"x12" pan, place pieces side by side. Let the buns rise in the pan for 45 minutes.
11. Bake at 375 F for 30 minutes.

Makes 18 good sized buns.

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# BANANA BREAD BROWNIES

with

## BROWN BUTTER FROSTING

### INGREDIENTS

1 1/2 cups white sugar

1 cup sour cream

1/2 cup butter, softened

2 eggs

1 3/4 cups mashed ripe bananas

2 tsp. vanilla extract

2 cups all-purpose flour

1 tsp. baking soda

3/4 tsp. salt

1/2 cup chopped walnuts

(optional)

Frosting:

1/2 cup butter

4 cups confections sugar

3 tbsp. milk

1 1/2 tsp. vanilla extract

*I have made this for my kids for the past 25 years. I would put different things on them for every occasion, Christmas, Easter, Valentine's Day, St Patrick's Day, Birthdays, Sprinkles, M&M's, Chocolate eggs. I always put the frosting on when the brownies were still warm, that way it melted onto the brownies, putting all the decorations on when the frosting was a bit warm so they would sink in.*

*Audra Jeffs  
Calgary, Alberta*

### DIRECTIONS

1. Preheat oven to 350 F. Grease and flour a 15x10 inch jelly roll pan.
2. Beat white sugar, sour cream, 1/2 cup softened butter and eggs in a bowl with an electric mixer until creamy. Beat in bananas and 2 tsp. vanilla extract. Add flour, baking soda and salt; mix for 1 minute. Stir walnuts into batter until evenly incorporated.
3. Spread batter in prepared pan.
4. Bake until golden, about 27 minutes.
5. Cool.

Frosting:

6. Melt 1/2 cup butter in a large saucepan over medium heat until bubbling and golden brown, 3 to 5 minutes. Remove from heat.
7. Whisk confectioners sugar, milk, and vanilla extract into melted butter until a smooth frosting consistency is reached. Spread frosting over cooled banana brownies.



## INGREDIENTS

2 pie shells - premade or  
homemade

### Filling:

2 cups of brown sugar  
1 tsp. of salt  
2 tsp. of cinnamon  
1 tsp. of nutmeg  
4 eggs  
28 oz. pumpkin (3 1/2 cups)  
2 cups hot Carnation milk

# PUMPKIN PIE

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## DIRECTIONS

1. Preheat oven to 450 F.
2. Combine brown sugar, salt, cinnamon, nutmeg, eggs and pumpkin. Whisk until smooth.
3. Heat the Carnation milk. Once heated add into the pumpkin mixture.
4. Pour the mixture into the pie shells.
5. Bake for 20 minutes. Reduce oven temperature to 350 and continue baking until the pie is firm.

*This is a recipe my mom, who is now (90), used my whole childhood and into my early adult years, until she passed on the Thanksgiving pie making to myself. She would only come to help, and together we would make 5 pies every Thanksgiving. 2 Pumpkin, 2 Apple, and 1 Lemon.*

*Nancy Lucyk  
Oshawa, Ontario*

## INGREDIENTS

- 1 cup butter, softened
- 2 3/4 cups sugar, divided
- 4 eggs
- 2 tsp. vanilla extract
- 3 cups all purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 2 cups sour cream
- 2 tbsp. ground cinnamon

# CINNAMON COFFEE CAKE

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## DIRECTIONS

1. Preheat oven to 350 F. Grease and floured 10-in. tube pan (Bundt pan).
2. In a mixing bowl, cream butter and 2 cups sugar. Add eggs, one at a time, beating well after each addition. Add vanilla; mix well.
3. Combine the flour, baking powder, baking soda, and salt; add to creamed mixture alternately with sour cream.
4. Spoon a third of the batter into the tube pan (Bundt pan). Combine the cinnamon and remaining sugar; sprinkle a third over batter. Repeat layers twice.
5. Bake 65-70 minutes or until a toothpick inserted near the centre comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

*Years ago my mom worked with a lady that made this cake for a potluck. My mom asked for the recipe and our family has been making it ever since. Every time I have made it to bring anywhere, I'm always asked for the recipe, so I thought I would pass it on again! The sour cream is the key to this recipe. It makes the cake so moist. Don't worry, you can't taste it.*

*Stephanie Coish  
Mississauga, Ontario*



## INGREDIENTS

- 1/2 cup vegetable oil
- 1 cup sugar
- 2 eggs, beaten, room temp
- 3 ripe (black) bananas, mashed
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3 tbsp. milk
- 1/2 tsp. vanilla extract

*This is a family recipe.*

*Alyssa Wilson  
Oshawa, Ontario*

# BANANA BREAD

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## DIRECTIONS

1. Preheat oven to 350 F. Grease 9" loaf pan, and set aside.
2. Mix together oil and sugar, then slowly add eggs.
3. Add in the bananas and mix well.
4. In a separate bowl, sift together all dry ingredients: flour, baking
5. Soda, baking powder, salt.
6. In small amounts, add this to the banana mixture.
7. Then add in the milk and vanilla extract.
8. Spread evenly in loaf pan.
9. Bake approximately 1 hour, or until toothpick comes out clean.

Enjoy plain, or with butter

# HONEY BUTTER CARROT CAKE

with

TOASTED PECANS

and

CITRUS CREAM CHEESE ICING

## INGREDIENTS

- butter or nonstick spray
- 2 cups (500 mL) all-purpose flour
- 1 1/2 tsp. (7 mL) baking powder
- 1/2 tsp. (2 mL) baking soda
- 1 tsp. (5 mL) ground cinnamon
- 1/2 tsp. (2 mL) ground nutmeg
- 1/4 tsp. (1 mL) ground clove or allspice
- 1/2 tsp. (2 mL) salt
- 3/4 cup (175 mL) butter, softened
- 1/2 cup (125 mL) honey
- 2 eggs
- 1 cup (250 mL) granulated sugar
- 1 tsp. (5 mL) vanilla
- 3 cups (750 mL) finely grated carrot
- 1 apple, peeled and grated
- 1 cup (250 mL) toasted pecans, coarsely chopped

Icing:

- One 250 g package regular cream cheese
- 1/2 cup (125 mL) butter, softened
- 2 tbsp (25 mL) honey
- 2 tbsp (25 mL) finely grated orange, lemon or lime zest (or a mixture of all three)
- 2 tsp (10 mL) lemon juice
- 4 to 5 cups (1 to 1.25 L) sifted icing sugar

*I made this recipe often while the kids were growing up. It was one way to get them to eat carrots.*

*Belinda Bryant  
Whitby, Ontario*

## DIRECTIONS

1. Preheat oven to 350 F.
2. Butter two 9-inch layer pans or coat with nonstick spray; line bottom with circle of parchment or waxed paper.
3. Stir flour with baking powder, baking soda, spices and salt.
4. In another bowl, using an electric mixer, cream butter until lighter in colour and slightly fluffy. Slowly beat in honey, then eggs, one at a time. Beat in sugar and vanilla.
5. Add flour mixture to butter mixture in thirds, stirring until just absorbed. Stir in carrots, apple and pecans.
6. Divide batter between pans; smooth tops. Bake in oven centre for 35 to 40 minutes or until a cake tester inserted into cake centre comes out clean. Cool on a rack for 10 minutes; then turn out to finish cooling on rack.

Icing:

7. To make icing, beat cream cheese with an electric mixer until smooth.
8. Gradually beat in butter, then honey, zest and lemon juice. Gradually add icing sugar until thick enough for spreading. Spread between stacked layers, then over sides and top. Sprinkle with any extra zest or chopped pecans.



## INGREDIENTS

- 3/4 cup cocoa
- 1/2 tsp. baking soda
- 1/3 cup (x2) vegetable oil
- 1 cup boiling water
- 1 cup white sugar
- 1 cup golden brown sugar
- 1 tsp. vanilla
- 2 large eggs
- 1 1/2 cups all purpose flour
- 1/4 tsp. salt

*My mother provided my with the recipe while I was going through University. It very fast became a staple snack dessert: something quick and straightforward to make, Yummy and involved (especially if you mix by wooden spoon instead of electric mixer). I adapted the recipe over the years to use brown sugar for 1 cup instead of 2 cups of white sugar as it was enough of a change to taste that I preferred it. That said, if you are short on brown sugar you can use 2 cups of white sugar in a pinch.*

*Bryan Lacey  
Regina, Saskatchewan*

# BROWNIES

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## DIRECTIONS

1. Preheat Oven to 350 F. Grease a 9 x 13 baking pan.
2. In a mixing bowl, add 3/4 cup cocoa, 1/2 teaspoon baking soda, 1/3 cup of vegetable oil. Mix until smooth.
3. Add 1/2 cup of boiling water and stir until the mixture is no longer "pudding-like."
4. Add to chocolate mixture 1 cup of white sugar, 1 cup of brown sugar, 1 1/2 cups of flour, 1/4 tsp. salt, 2 eggs, 1/3 cup of vegetable oil and 1 tsp. of vanilla. Mix ingredients together thoroughly until smooth.
5. Pour the mixture evenly into a standard 9 x 13 inch baking pan.
6. Place in oven and cook for approximately 22 to 24 minutes or until brownies begin to pull away from the edge of the pan.
7. Remove from oven and let brownies sit for 5 minutes.

Once done, eat and enjoy!

## INGREDIENTS

### Muffins:

- 1 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 3 ripe bananas, mashed
- 3/4 cup white sugar
- 1/3 cup melted butter
- 1 egg, lightly beaten

### Topping:

- 1/3 cup packed brown sugar
- 2 tbsp. all-purpose flour
- 1/4 tsp. ground cinnamon, or to taste
- 1 tbsp. butter

# BANANA CRUMB MUFFINS

## DIRECTIONS

1. Preheat oven to 375 F. Lightly grease or line 10 muffin cups with paper liners.
2. Prepare muffins: Mix flour, baking soda, baking powder, and salt together in a large bowl.
3. Beat mashed bananas, white sugar, melted butter, and egg together in a separate bowl.
4. Stir banana mixture into the flour mixture until just combined, do not over mix.
5. Spoon batter into prepared muffin cups, filling each about 3/4 full.
6. Prepare crumb topping: Mix brown sugar, flour and cinnamon together in a small bowl. Use a fork to mix in 1 tbsp. butter until mixture is crumbly. Sprinkle topping over muffins.
7. Bake in preheated oven until a toothpick inserted into the center comes out clean, about 18-20 minutes.

*This recipe is my Mom's, improved upon (sorry Mom) by my wife, and is our kid's absolute favorite baked snack. We keep over-ripe bananas in the freezer so we always have the ingredients to make these.*

*Cory Thorn  
Winnipeg, Manitoba*

# BEAVER TAILS

## INGREDIENTS

- 1/4 cup warm water
- 8g pkg or 2-1/2 tsp active dry yeast
- 1/2 cup milk, warmed
- 2 tbsp. butter, melted
- 2 tbsp. sugar
- 1/2 tsp. salt
- 1/2 tsp. vanilla
- 1 eggs
- 2 1/2 cups all purpose flour, plus extra  
for dusting
- 1ltr vegetable oil for deep-frying

### Cinnamon Sugar Topping:

- 1 cup sugar
- 1 tbsp. cinnamon

## DIRECTIONS

1. In the bowl of a stand mixer combine the warm water, warm milk, yeast and 1 tsp sugar. Let stand until foamy, about 10 minutes.
2. Add melted butter, sugar, salt, vanilla and eggs. Give everything a good mix together. Add flour and mix with the dough hook (or with a wooden spoon if you're not using a mixer) and mix until the dough comes together and no longer sticks to the sides of the bowl. Knead for about 6 minutes in the mixer and 10 minutes by hand, until the dough is smooth, silky. Use extra flour if dough is sticky.
3. Place dough in a lightly oiled bowl and cover with a damp towel. Leave to rise until doubled in size, about 1 hour.
4. Punch down dough and place onto a lightly floured countertop. Shape into 8 equal sized pieces. Using a rolling pin, roll out each piece of dough into an oval shape. If you like, score a crisscross pattern in the top of dough.
5. Place on a lightly floured baking sheet and leave to rise, covered, for 30 minutes or until doubled in size.
6. Make cinnamon sugar by combining sugar and cinnamon in a large bowl.
7. Heat a large wide pot with about two inches of oil. Heat to 350F/176C. If you don't have a thermometer, check the oil's temperature by tearing off a small piece of dough and see if it sizzles and floats to the surface. Keep a close eye on the oil, adjust temperature as needed to prevent it from getting too hot. If you see it smoking or crackling take off the heat to cool down before frying.
8. Fry your doughnuts on each side for 30-60 seconds until they are golden brown. Dunk immediately in cinnamon sugar or top with lemon and sugar, Nutella, jam or maple syrup!



## INGREDIENTS

- 2 cups raisins
  - 4 cups water
  - 1 cup softened butter
  - 1 1/2 cups white sugar
  - 2 eggs
  - 1 tsp vanilla
  - 2 cups of water reserved from cooking  
the raisins
  - 4 cups flour
  - 1 1/2 tsp. baking soda
  - 2 tsp. cinnamon
  - 1/2 tsp. cloves
  - 1/4 tsp. nutmeg
  - 1 tsp salt
- Brown sugar frosting:
- 1 1/2 cups brown sugar
  - 1/4 cup softened butter
  - 3 tbsp. milk
  - 2 cups powdered sugar

*Wonderful memories of my mom  
making this recipe for special  
occasions and our birthdays.*

*Delicious without icing. Great lunch  
box treat.*

*Dolores Curle  
Winnipeg, Manitoba*

# BOILED RAISIN CAKE

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## DIRECTIONS

1. Preheat oven to 325 F. Grease and flour a 9 x 13 pan.
2. Cover raisins with 4 cups of water. Boil for 10 minutes. Drain raisins and reserve water.
3. Cool.
4. Cream butter, sugar, eggs and beat well.
5. Sift dry ingredients together and add to creamed butter mixture alternating the 2 cups of reserved raisin water and flour mixture.
6. Fold in cooled raisins.
7. Bake for 1 hour.

### Frosting:

1. In medium saucepan, mix brown sugar, butter and milk. Heat until sugar is dissolved
2. Whisking constantly.
3. Remove from heat and let cool completely. Once cooled, pour into mixer bowl and add powdered sugar.
4. Mix until frosting is formed.

## INGREDIENTS

1/2 cup butter

1 cup white sugar

2 eggs, beaten

1 tsp. vanilla

1 cup mashed ripe bananas

1/4 cup sour milk (add 1/2 tsp. vinegar to  
milk to sour it)

2 cups flour

2 tsp. baking powder

1 tsp. baking soda

1/4 tsp. salt

### Optional:

1 cup cranberries or 1 cup chocolate  
chips or 1 cup chopped walnuts or  
pecans

*This was my grandmothers recipe.*

*Very moist. Freezes well.*

*Evelyne Anderson*

*Winnipeg, Manitoba*

# BANANA BREAD

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## DIRECTIONS

1. Preheat oven to 325 F.
2. Mix all the dry ingredients together in a bowl.
3. In a large bowl cream the butter and sugar till fluffy.
4. Beat in the eggs and vanilla, stir in the mashed bananas.
5. Add 1/3 of the dry ingredients, stir to combine. Add another 1/3, stir to combine.
6. Add any extras here – 1 cup cranberries or 1 cup chocolate chips or 1 cup chopped walnuts or pecans.
7. Add remaining dry ingredients. Stir until just combined. Do not over mix.
8. If using a loaf pan, bake for 45 to 50 minutes or until a toothpick comes out clean.
9. The mini loaf pan or muffin tin – bake for 25 – 28 minutes or until a toothpick comes out clean.

## INGREDIENTS

- 1/2 cup butter melted
- 8 tbsp. cocoa
- 1 cup sugar
- 2 eggs beaten
- 1/2 tsp. vanilla
- 3/4 cup flour
- 1/2 tsp salt

# BROWNIES

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## DIRECTIONS

1. Preheat oven to 350 F.
2. In a bowl add melted butter, cocoa, sugar, eggs, vanilla, flour and salt. Mix until blended.
3. Pour into a 9 x 13 greased baking dish. Bake for 25-30 minutes

Add icing on top - I use melted butter, cocoa, icing sugar and vanilla

*It was a favorite at the Winnipeg branch before I moved to Edmonton.*

*Cristal Marchak  
Edmonton, Alberta*

## INGREDIENTS

1 1/3 cups cold milk

1 envelope dream whip

1 box instant pudding – any flavour –  
pick a flavour that goes with the cake or  
cupcakes you are baking such as:

lemon, chocolate, pistachio,  
butterscotch, white chocolate, vanilla etc.

# CAKE FROSTING

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## DIRECTIONS

1. Put all ingredients in a bowl with high sides.
2. Using a handheld blender mix together on low for a minute, then turn speed to high and whip for 2 – 3 minutes. You want soft peaks.
3. Spread onto your cake or cupcakes.

Note: As this has milk in it, frosted items should be stored in the fridge if they are not eaten the same day. You can use the fat free sugar free instant pudding mixes as well.

*This is nice and light and not overly  
sweet, which I prefer.*

*This from an old Kraft cookbook -  
1960's version.*

*Evelyne Anderson  
Winnipeg, Manitoba*

## INGREDIENTS

- 1/2 cup moong dal  
(split & skinned green gram)
- 1 1/2 cup water
- 3/4 to 1 cup coconut milk
- 1/2 to 3/4 cup jaggery
- 1/2 tsp. green cardamom powder
- 10 cashews
- 10 raisins
- 1 tbsp. ghee (clarified butter)

*Moong Dal Payasam is a traditional South Indian sweet dish made with yellow split and skinned moong lentils, jaggery, coconut milk, ghee and nuts for special occasions. Its delicious, healthy, creamy and can be made vegan by replacing milk with coconut milk. Payasam is protein-packed, uses no refined sugar and easy to make.*

*Anum Javed  
Mississauga, Ontario*

# MOONG DAL PAYASAM

## DIRECTIONS

1. Add moong dal to a cooker or pot. Dry roast on a medium heat till you get a nice aroma.
2. Then rinse the dal very well and pour 1 1/2 cup water. If cooking in a pot you may need to add more water.
3. Pressure cook on a medium flame until soft for 2 whistles. When the pressure releases, mash the cooked dal slightly. If you prefer smooth payasam then mash it well. Dal must be fully cooked. If it is al-dente then cook for some more time until soft adding more water if needed.
4. Add jaggery to dal and mix well till dissolved.
5. Pour the coconut milk to the dal and bring it to a gentle boil on a low flame.
6. Add cardamom powder and mix it well.
7. Bring payasam to a gentle boil. Turn off the gas.
8. Heat ghee in a small pan. Add cashews and raisins. Fry them until they turn golden brown.
9. Mix them in the Payasam.

Serve warm or cold.

## INGREDIENTS

### Original Recipe:

- 2 cups custard
- 2 cups skim milk
- 1 package lady fingers
- 1 pound cake, cut into bite size pieces
- 2 cups whipping cream, whipped
- 1 large can peaches, cut into bite size
- 2 cups fresh berries
- 1/4 cup sherry
- 1/3 cup jam

### Low Fat Recipe:

- 1 package fat free, sugar free white chocolate pudding mix made up
- 1 angel food cake, cut into bite size pieces
- 1 large container low fat cool whip
- 2 cups fresh peaches, cut in bite size pieces
- 2 cups fresh berries

*My grandmother was from Scotland  
and loved her trifle.  
She was a little more liberal with the  
sherry than I am.*

*Evelyne Anderson  
Winnipeg, Manitoba*

# TRIFLE

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## DIRECTIONS

Original and Low fat recipes are assembled the same.

1. In a large trifle bowl or any straight side bowl or individual serving glasses - place a layer of cake.
2. Spread half of the prepared custard or pudding mix
3. Add about 1/2 of the peaches, sprinkle with berries.
4. Top with about 1/3 of the whipped topping.
5. Repeat the layers.
6. Finish with whipped topping and some fruit as garnish.

Chill for a couple of hours prior to serving.

Note: The fruit can be whatever combination you prefer. Pineapple does not do well, nor do most melons.

In the not so healthy but delicious version, the lady-fingers or pound cake are sprinkled with a mix of the jam and sherry, or just the sherry (totally optional).

## INGREDIENTS

- 2 cups rice
- 2 eggs
- 1 cup sugar
- 1 1/2 cups milk
- 1/2 raisins
- 1 tsp. nutmeg

# RICE PUDDING

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Put rice in baking dish.
3. Combine eggs, sugar and milk in a bowl and mix.
4. Stir egg mixture into rice and mix to combine.
5. Add raisins to rice mixture and stir to combine.
6. Sprinkle nutmeg over top of all ingredients in baking dish.
7. Bake for 1/2 hour

Note: If it gets a little dry add a bit more milk.

*I used to make this with my  
grandfather. It was his favorite.*

*Farah Element  
Calgary, Alberta*



## INGREDIENTS

- 1 stick unsalted butter
- 1 cup sugar
- 1 egg
- 3 bananas mashed.
- 4 tbsp. almond milk
- 2 cups spelt flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup. chocolate chips
- 1/4 cup. silvered almonds
- 1/4 cup. unsweetened flaked coconut

*A great recipe when you have  
bananas that become over-ripe.*

*James Watkins  
Mississauga, Ontario*

# BANANA BREAD

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## DIRECTIONS

1. Preheat oven to 350 F and grease 9x5 inch loaf pan.
2. Cream butter and sugar with a hand blender until light and fluffy.
3. Add 1 egg, mix well.
4. Add in mashed bananas and almond milk.
5. In a separate bowl, whisk flour, baking powder, baking soda and salt.
6. Add flour mixture in stages to butter mix. Fold in chips, coconut and almond slivers.
7. Pour into prepared baking pan, tapping pan down to make sure it is evenly distributed.
8. Bake in oven for 50 to 55 minutes or until a toothpick inserted into the center comes out clean.
9. Cool on a rack. Store in a plastic bag for up to a week

Optional: Sprinkle 1/4 cup Coconut on top of mixture

## INGREDIENTS

- 2 cups all purpose flour
- 2 large eggs
- 1 cup butter
- 1 1/2 cups light brown sugar  
(lightly packed)
- 1 tbs. baking powder
- 1/4 tsp. salt

### Filling:

- 6-7 tart apples
- 1/2 cup brown sugar  
(lightly packed)
- 1 tbs. cinnamon
- 2 tbs. lemon juice  
(just enough to cover the apples)
- 1/2 cup of ground hazelnuts or almond  
(optional)

*This recipe came from my Oma  
(Grandmother) in Holland.*

*Lisa Chicoy-Daban  
Oshawa, Ontario*

# DUTCH APPLE CAKE

## DIRECTIONS

1. Preheat oven to 400 F and butter a spring pan baking dish.
2. Cream butter and brown sugar. Add eggs one at a time and mix until well combined.
3. In a separate bowl sift together flour, baking powder and salt and add to the butter mixture.
4. Mix and knead until well combined. If the mixture is too dry add a small amount of milk. If they mixture is too moist add some additional flour.
5. Refrigerate the dough for at least 30 minutes.
6. Peel and core apples and cut into thin slices. Toss in lemon juice, brown sugar and cinnamon. Add ground hazelnuts or almonds if desired.
7. Remove dough from refrigerator and put aside approximately 1/3 for topping.
8. Gently transfer the dough to the prepared pan. Adjust dough to fit the pan and gently press into the bottom edges. Cut away any extra dough along the top edge of the pan. Add apple mixture and spread evenly in baking dish. Make strips with remaining dough and lay in a crisscross pattern on the top of the cake. Sprinkle with some white sugar.
9. Turn down oven to 350F. Put the springform pan on a cookie sheet and bake for 45-50 minutes.

Note: If the top edges get too dark before the cake is done just lightly cover with foil. The top should be deep golden brown when done. Let it cool completely and then slice to serve on its own or with whipped cream.

## INGREDIENTS

### Crust:

- 1 1/4 cups crushed graham crackers
- 1/2 tsp. ground cinnamon
- 1/2 cup butter, melted

### Filling:

- 3 8oz pkgs. cream cheese - softened
- 1 cup sugar
- 2 tbsp. all purpose flour
- 1 tsp. vanilla
- 2 eggs
- 1 egg yolk
- 1/4 milk
- sugar

# MELT IN YOUR MOUTH MILLION DOLLAR CHEESECAKE

or

## MMM CHEESECAKE!

### DIRECTIONS

1. Preheat oven to 375 F. Prepare a 9" Springform Pan by placing parchment paper along the bottom pan, and then closing the Springform around it.

#### Crust:

1. In a mixing bowl stir together graham crackers, and cinnamon. Stir in butter. Press the crumb mixture into bottom and slightly up the sides of prepared pan. Set aside.

#### Filling:

1. In a large mixing bowl combine softened cream cheese, sugar, flour, vanilla. Beat with electric mixer on medium just until all combined.
2. Add whole eggs and yolk all at the same time beating on low speed until combined. Do NOT overbeat.
3. Stir in the milk.
4. Pour the filling into the crust lined pan.
5. Place on a shallow baking sheet.
6. Bake for 30 min, or until center appears nearly set when shaken gently. Turn oven off with the door open and leave in the oven for 10 min.
7. Cool in the pan on a wire rack for 15 min. Using a sharp, thin bladed knife, run it along the crust and pan to loosen it; cool for another 30 minutes.
8. Remove the sides of the pan and cool cheesecake completely.
9. Cover and Chill at least 4 hours before serving.
10. Top cheesecake with topping of your choice.

Makes 12 to 16 servings.



*This is a cheese cake recipe that I have tweaked from one I found years ago, and any family function it is always a huge hit*

*Nicole Balla  
Winnipeg, Manitoba*

## INGREDIENTS

- 1 cup very ripe mashed bananas
- 1 cup granulated sugar
- 1/4 cup vegetable oil
- 1/2 cup sour cream
- 2 eggs, well beaten
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt

# VERY BEST BANANA BREAD

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## DIRECTIONS

1. Preheat oven to 325 F. Grease 9x5 loaf pan.
2. In a large bowl, mix together well the bananas, sugar, oil, sour cream, and eggs.
3. In a separate bowl mix together flour, baking powder, baking soda and salt.
4. Add the dry ingredients to the banana mix, stir until just combined.
5. Pour into greased loaf pan bake for 1 hour to 1 hour 15 minutes.

Note: You can add chocolate chips or walnuts, if desired.

*I found this recipe years ago, and it has never failed me. It is so easy, and comes out so moist. It doesn't last long in our house*

*Princess Houghton  
Guelph, Ontario*

## INGREDIENTS

### Sauce

1 1/4 cup heavy cream (35%)

1 cup maple syrup

(do not use imitation syrup - must be the real deal)

1/4 cup brown sugar

### Cake

3/4 cup white unbleached flour

1 tsp. baking powder

1/8 tsp. salt

6 tbsp. white sugar

1/4 cup canola oil

1/2 tsp vanilla or maple extract

1 egg

6 tbsp. milk

*When our daughter became engaged to a gentleman from Quebec, I wanted to learn how to make his favourite things. And one of his favourites that his Mamie (grandmother) would make was Pouding Chomeur. It's now a staple for us for special events. I made it for their wedding, and Mamie gave the thumbs up!*

*Susan Delve  
Mississauga, Ontario*

# POUDING CHÔMEUR

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## DIRECTIONS

1. Preheat oven to 350 F.

Prepare the sauce.

2. In a small saucepan, bring all the ingredients to a boil, stirring with a whisk. Let simmer over medium heat for 5 minutes. Remove from heat.

Cake:

1. In a bowl, mix the flour, baking powder and salt.

2. In another bowl, beat the sugar, oil, vanilla and egg with an electric mixer.

3. At low speed, add the dry ingredients alternately with the milk.

4. Place the batter into 8 in square baking dish.

5. Pour the sauce delicately over the batter.

6. Bake for 25 minutes or until a toothpick inserted into the center of the cake comes out clean.

Best served warm.

# COOKIES & SNACKS



## INGREDIENTS

- 1 cup butter
- 2 cups brown sugar
- 3 eggs
- 1 tsp. vanilla
- 3 cups flour
- 1 tsp. baking soda
- 1 tsp. salt

*This recipe comes from my Nanny Cluett. Some of my favourite memories are of baking with her when I was little, and this was the recipe we used the most. She would always bake with us when she visited. She would send us to the corner store with a handful of change to buy whatever candies we liked. When we returned we would make the cookie dough and she would split it up between us kids to make our own cookies. We would make all different shapes and add our candies. My favourites were rainbow nonpareils, sugar babies, or crushed hard candies that would melt into little colourful windows. This is still my go to cookie recipe, though these days I usually make them with a bit of blackberry or pineapple jam.*

Kelly Cluett  
Mississauga, Ontario

# BROWN SUGAR COOKIES

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Cream together butter and sugar, until light and fluffy.
3. Add eggs and vanilla.
4. Combine flour, baking soda and salt together, then add to wet mixture about 1/3 of the flour mixture at a time at a time. Mix until just combined.
5. Drop by spoonful on ungreased baking sheet and bake for 10-13 minutes.

They will spread a little and make a delicious soft baked cookie.

### Variations:

1. Press thumbprint into top of cookie before baking and add jam. Leave as is or cover with a little piece of dough.
2. Add 1/2 cup each of chocolate chips and chopped nuts or coconut

Have fun and experiment!





## INGREDIENTS

- 1 box Devil's food cake mix
- 2/3 cup mayonnaise
- 1 egg
- 2 cups chocolate chips

*So good, it's sinful.*

*Jen Knight  
Mississauga, Ontario*

# CHOCOLATE- CHOCOLATE CHIP COOKIES

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## DIRECTIONS

1. Preheat oven to 450 F. Grease cookie sheet.
2. Mix together cake mix, mayonnaise and egg using a blender on medium speed - until well mixed.
3. Stir in by hand chocolate chips.
4. Place spoonful of mixture greased cookie sheet.
5. When the oven is ready, add cookie sheets to oven and bake for 6 minutes

Note: The cookies will be very soft when they come out . You may want to keep them in longer, but DO NOT keep them longer than 6 minutes as they will burn easily

## INGREDIENTS

- 1 box white cake mix
- 1 package of orange Jell-O
- 2 tbsp. orange zest
- 8 tbsp. unsalted butter, room temp
- 2 large eggs, room temp
- 1 package of white chocolate chips

# CREAMSICLE ORANGE COOKIES

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## DIRECTIONS

1. Preheat oven to 350 F.
2. Line a cookie sheet with parchment paper.
3. In a mixer combine, white cake mix, orange Jell-O and orange zest until fully combined. Then add the butter, eggs and mix well, scraping down the sides.
4. Add the white chocolate chips. Mix.
5. Drop by spoonful onto cookie sheet and bake for 10-13 mins.

Cool & Enjoy.

*This is a very unique but very good recipe, loved by all that I have made it for.*

*Kim Lenger  
Regina, Saskatchewan*

## INGREDIENTS

- 1/2 cup butter
- 1/2 cup peanut butter
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 tsp. vanilla
- 1 1/4 cups sifted flour
- 3/4 tsp. baking soda
- 1/4 tsp. of salt

# GRANDMA'S PEANUT BUTTER COOKIES

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## DIRECTIONS

1. Preheat oven to 375 F. Line a cookie sheet with parchment paper.
2. In a bowl mix butter, peanut butter, white sugar, brown sugar, egg and vanilla.
3. In a separate bowl mix flour, baking soda and salt.
4. Add dry ingredients to peanut butter mixture. Mix well.
5. Roll into balls and press with a fork dipped in sugar or flour.
6. Bake for 12- 15 mins in a preheated oven until lightly browned. Allow cookies to cool on a baking sheet for 5 mins before placing them on a rack to cool completely.

*My Grandma passed this down to my Mom who shared with her daughters and now I have passed down to my daughter and grandkids.*

*These cookies disappear very fast when I bring to work.*

*Everyone loves them !!*

*Hope everyone will enjoy this recipe.*

*Patricia Weir  
Mississauga, Ontario*

## INGREDIENTS

- 1 1/2 cup large oats
- 1 cup natural peanut butter or almond butter
- 1/2 cup honey
- 1/2 cup dark chocolate chips
- 4 tbsp. flax seed (ground)
- 4 tbsp. chia seeds
- 2 scoops vanilla or chocolate protein powder
- 2 tsp. cocoa powder

# PROTEIN ENERGY BALLS

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## DIRECTIONS

1. Combine all ingredients together. Mix well.
2. Roll into balls.
3. Recipe makes 24 energy balls or roll into mini ones for kids to enjoy.

Store in the freezer, the whole family will love them.

*This is a go to snack for my family when we are craving a little sweet treat anytime during the day. I always have to make a double batch to keep on hand in our freezer*

*Allison Papineau  
Cornwall, Ontario*

## INGREDIENTS

- 3/4 cup shortening
- 3/4 cup lightly-packed brown sugar
- 1 egg
- 3/4 cup light molasses
- 3/4 cup milk
- 3 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 2 tsp. ginger
- 1/2 tsp. cloves
- 1/2 cup white sugar

*My favorite holiday cookie that my wife makes every year. These cookies have a cakelike texture, and a nice hit of holiday spices.*

*Cory Thorn  
Winnipeg, Manitoba*

# MOLASSES DROP COOKIES

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## DIRECTIONS

1. Preheat oven to 350 F. Grease baking sheet.
2. Cream together the shortening and brown sugar. Add the egg and beat for 2 minutes.
3. Blend in the molasses and milk.
4. Blend or sift together the flour, baking powder, baking soda, salt and spices. Add to the creamed mixture and combine well.
5. Spread the 1/2 Cup of white sugar on plate. Using a Teaspoon, form the batter into small balls, roll in sugar, then flatten on a greased baking sheet.
6. Bake for 12-15 minutes.

Makes 6 Dozen cookies.

## INGREDIENTS

- 3 cups of butter  
(must be butter, not margarine)
- 1 1/2 cups confectioner's sugar
- 4 1/2 cups flour
- 1 1/2 cups cornstarch

# WHIPPED SHORTBREAD COOKIES

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## DIRECTIONS

1. Preheat oven to 300 F. Line baking sheet with parchment paper
2. Mix 3 cups of butter and 1 1/2 cups confectioner's sugar.
3. Add in 4 1/2 cups flour and 1 1/2 cups cornstarch.
4. Roll small balls onto parchment lined baking sheet.
5. Use fork to flatten and then add sprinkles.  
Bake 20-22 mins.

*It's a very simple, quick recipe that I was given from a friend many years ago. Many people have shortbread cookie recipes that they use for special holidays.....I just like the simplicity of this one.*

*Jacqueline Carter  
Mississauga, Ontario*

## INGREDIENTS

2 2/3 cups flaked sweetened coconut

1/4 cups all purpose flour

2/3 cup sugar

1/4 tsp. fine salt

4 egg whites

1 tsp. vanilla extract

\*optional: sliced in half maraschino  
cherry

# COCONUT MACAROONS

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## DIRECTIONS

1. Preheat oven to 325 F. Line a baking sheet with parchment paper.
2. In a mixing bowl, combine coconut, flour, sugar and salt.
3. Stir in egg whites, vanilla and mix well.
4. Drop teaspoonful's of mixture on to the baking sheet.
5. Bake for 18-20 minutes or until the edges are golden brown
6. Remove from oven, place on wire rack and let cool before serving.

\*optional you can place half of a maraschino cherry on top before baking

*This is a family favourite that we make at Christmas and share with our family, friends and neighbours!*

*Jessica Tedesco  
Whitby, Ontario*

Enjoy!



## INGREDIENTS

- 1 cup unsalted butter
- 2 packages of ranch dressing (powder)
- 4 tbsp. brown sugar
- 3 tbsp. Worcestershire sauce
- 1/2 tsp. cayenne pepper
- 5 cups corn Chex cereal
- 5 cups mini pretzels
- 3 cups cheddar gold fish crackers
- 3 cups pizza gold fish crackers
- 2 cups white cheddar cheese nip crackers
- 2 cups cheddar cheese nip crackers

*This is so very easy to make. A complete hit for any games night, movie night or just as a simple snack.*

*I bring this to work all the time and am told it should be forbidden as its so addictive.*

*Kim Lenger  
Regina, Saskatchewan*

# CHEESY RANCH CHEX MIX

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## DIRECTIONS

1. Preheat oven to 250 F. Line a big cookie sheet with parchment paper. Set aside.
2. In a medium bowl, whisk together the melted butter, ranch mix, brown sugar, Worcestershire sauce and cayenne pepper.
3. In a large bowl combine corn Chex, pretzels, all gold fish crackers and all cheese nip crackers, Pour sauce over and mix until well coated.
4. Spread evenly onto the cookie sheet and bake in oven for 60 mins - flipping mixture every 20 mins.

Let cool. Then enjoy!!!!

## INGREDIENTS

1 cup peanut butter  
3/4 cup brown sugar  
1 egg

# 3 INGREDIENT COOKIES

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## DIRECTIONS

1. Pre-heat oven to 350 F.
2. Mix ingredients together in bowl.
3. Spoon on to parchment paper lined baking sheet. Bake 9-13 minutes, cool on sheet.

Enjoy!

*Very quick to put together and adaptable, you can use smooth or crunchy peanut butter, and add mix-ins like chocolate chips or raisins.*

*Kristin Cayer  
Winnipeg, Manitoba*

## INGREDIENTS

### Dough:

- 1/2 cup unsalted butter,  
room temperature.
- 1 tbsp. cream cheese,  
room temperature.
- 1 cup all purpose flour

### Filling:

- 1 egg white, room temperature.
- 1 cup brown sugar.
- 1 tsp. vanilla extract.
- 1 cup finely chopped walnut.

*Walnut Tassies are my children favorite cookies of all time. These cookies are good and delicious that can be enjoyed anytime of the day or night. Especially when baked and fresh from oven, smelling great and enjoyed with hot Coffee, Tea or glass of cold Milk.  
Hope you enjoy my easy and melt-in-your-mouth recipe.*

*Reta Sawa  
Mississauga, Ontario*

# WALNUT TASSIES

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## DIRECTIONS

Preheat oven to 350 F.

Make dough:

1. In a bowl, beat together butter and cream cheese until fully incorporated.
2. Add flour and mix until a shaggy dough forms. Scoop 1 tablespoon of dough into each muffin cup (24 mini muffin pan). Use your fingers to evenly press dough into the bottom and up the sides of each muffin cup.

Walnut filling:

1. Whisk together egg white, brown sugar, vanilla until sugar is dissolved and mixture is homogenous. Then add finely chopped walnut to the mixture and mix.
2. Scoop 1 teaspoon of walnut filling mixture into the pastry cups until it almost completely fills.
3. Bake until the walnut filling has puffed and the pastry has lightly browned, 20 to 24 minutes. Allow to cool before removing walnut tassies from muffin pan with an offset spatula.

## INGREDIENTS

- 1 cup softened butter
- 3/4 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 egg
- 2 tsp vanilla
- 1 3/4 cup all purpose white flour
- 1 cup quick oats
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 pkg. Skor toffee bits (200g)
- 1 cup milk chocolate chips  
( I usually add a little extra )
- 3/4 cup slivered almonds

*I ALWAYS double or triple this  
recipe and share.*

*Shea Nyrhila  
Oshawa, Ontario*

# SIMPLY THE BEST COOKIES

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## DIRECTIONS

1. Preheat oven to 375 F. Line baking sheets with parchment paper.
2. Beat butter, brown sugar, granulated sugar, egg and vanilla together in a large bowl until creamy.
3. Combine flour, oats, baking soda, salt. Add to butter mixture beating until blended.
4. Stir in Skor toffee bits, chocolate chips and almonds. Drop dough by tablespoonfuls onto prepared baking sheet.
5. Bake in center of oven for 8-12 minutes, or until light golden. Cool for 5 minutes on sheet then transfer to rack to cool completely.

## INGREDIENTS

- 1/2 cups butter
- 1/2 cups milk
- 2 cups granulated sugar
- 2 tsp. vanilla extract
- 1/4 cups cocoa powder
- 1 cup medium flake coconut
- 2 1/2 cups quick oats
- 2 ounces chocolate, chopped

# BEAVER DAM NO BAKE COOKIES

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## DIRECTIONS

1. In a medium pot, over medium-high heat, melt butter. Then add milk and sugar. Bring to a boil, stirring constantly. Let the mixture boil, without stirring, for 6-7 minutes. Remove from the heat. Stir in vanilla and cocoa powder. Stir in coconut and oats.
2. Drop the mixture by spoonfuls onto parchment lined baking sheets. I like to use a 1 ounce size ice cream style scoop to get uniform sizes. You must work quite quickly before it cools or your cookies will begin to fall apart. Let cookies cool to room temperature.
3. Place the chopped chocolate in a small bowl and microwave on high for 30 seconds. Stir. Microwave for another 25 seconds. Stir. The chocolate should be almost completely melted by now, and it should finish melting by gently stirring. If you need to microwave it again, do so in 10 second intervals.
4. Pour the melted chocolate into the corner of a small Ziploc bag and twist the bag closed. Cut off the tip of the bag and drizzle the chocolate over the cookie mounds. Let cookies sit at room temperature until hardened.





**CANADA  
CARTAGE**