



All-in-one Roasted Vegetables

Canadian Side Dish

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Vegetable

Served: Hot

Serves: 6

Source: Gabby

Ingredients

Sundry vegetables :	1
Bottle oil-based Salad Dressing :	1

Directions

Place chopped vegetables on a foil-lined baking sheet, and drizzle with salad dressing.

Bake at 400 degrees F. for 20 minutes

Serve hot

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2019-06-16

Almond Biscotti

Italian Baked Goods/Dessert

Preparation Time: 30 - 60 Minutes

Difficulty:

Base: Flour

Served: Room temp

Serves: 36

Source: seriouseats.com

Ingredients

All-purpose Flour :	2	Imp Cup
Baking Powder :	1	Imp Teaspoon
Salt :	1/4	Imp Teaspoon
Butter, unsalted, softened :	4	Imp Tablespoon
Sugar :	1	Imp Cup
Eggs, large :	2	
Vanilla extract :	1/2	Imp Teaspoon
Almond extract :	1/2	Imp Teaspoon
Almonds, toasted and chopped coarse :	3/4	Imp Cup
Orange Zest, fresh :	2	Imp Tablespoon

Directions

Adjust an oven rack to the middle position and heat the oven to 350 degrees F. Line a large baking sheet with parchment paper. Whisk the flour, baking powder, and salt together in a medium bowl.

In a large bowl, beat the butter and sugar together using an electric mixer on medium speed until light and fluffy, 3 to 6 minutes. Beat in the eggs, one at a time, then the vanilla and almond extracts until combined, about 30 seconds, scraping down the bowl and beaters as needed.

Reduce the mixer speed to low and slowly mix in the flour mixture until combined, about 30 seconds. Mix in the almonds and zest (if using) until just incorporated.

Press the dough into two 13" by 2" loaves on the prepared baking sheet, spaced about 3 inches apart. Bake the loaves until golden and just beginning to crack at the top, about 35 minutes, rotating the baking sheet halfway through the baking.

Let the loaves cool on the baking sheet for 10 minutes. Lower the oven temperature to 325 degrees F.

Transfer the loaves to a cutting board and slice each on the diagonal into 1/2-inch-thick slices with a serrated knife. Lay the slices about 1/2-inch apart on the baking sheet and bake until crisp and golden brown on both sides, about 15 minutes, flipping the slices over halfway through the baking. Transfer the biscotti slices to a wire rack and let cool completely before serving, about 1 hour.

Remarks

You can make endless variations with this dough: fennel or anise seeds are a great addition for licorice fans, any type of nut (particularly pistachios or hazelnuts), chocolate, dried fruit, candied citrus peel or ginger - if you have it sitting on your baking shelf, it would probably make a great addition to a batch of homemade biscotti.

Tags: "Biscotti"

"untested"



Apple-Raisin Pancakes

Canadian Breakfast/Brunch Entree

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Flour

Served: Hot

Serves: 12

Source: Marya Pitcher

Ingredients

All-purpose Flour :	3 / 4	Imp Cup
Whole wheat Flour :	3 / 4	Imp Cup
Brown sugar, packed :	2	Imp Tablespoon
Baking Powder :	2	Imp Teaspoon
Baking Soda :	1 / 2	Imp Teaspoon
salt :	1 / 4	Imp Teaspoon
eggs, large :	1	
cooking oil :	2	Imp Tablespoon
Applesauce, unsweetened :	14	Imp Fluid Ounce
ground cinnamon :	1 / 2	Imp Teaspoon
raisins :	1 / 2	Imp Cup
milk (approx. needed to thin) :	1 / 4	Imp Cup

Directions

Measure first six ingredients (flours, sugar, baking soda & baking powder, salt) into bowl. Stir.

Add remaining ingredients. Mix until moistened.

Drop about 1/4 cup at a time onto hot greased frying pan. When bubbles appear and the edges look dry, turn to cook on other side.

Serve with butter and pancake syrup. Makes 12 pancakes.

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2017-11-13

Balsamic Vinegar Reduction

Italian Condiment

Preparation Time: 20 - 30 Minutes

Difficulty: Easy

Base:

Served: Room temp

Serves: 1

Source: <https://www.laylita.com/recipes/balsamic-vinegar-reduction/>

Ingredients

	Balsamic Vinegar :	2 Imp Cup
(Optional)	Garlic, whole, lightly crushed :	1 Clove
(Optional)	sprigs of herbs (thyme, oregano, basil, etc) :	1

Directions

Place the balsamic vinegar in a small saucepan and cook over medium low heat until the vinegar has reduced to at least half of the original amount (about 30 minutes for 2 cups of vinegar to reduce to 1 cup). For a concentrated but still liquid balsamic sauce you can cook it until it reduces by half. For a thicker glaze type sauce cook it until it's reduced to 1/2 cup (1/4 of the original volume).

As soon as the balsamic reduction reaches the consistency and concentration level that you prefer, remove it from the heat, and let it cool down. If you added crushed garlic or herbs you can remove them with a slotted spoon or strain the reduction. Place in container or bottle and use as needed.

Remarks

Making your own homemade balsamic vinegar reduction also allows you to infuse additional flavors into the vinegar, I usually add a lightly crushed whole garlic clove to the sauce as it reduces and then remove it when the sauce is done - it gives the sauce an additional hint of garlic flavor. You can also add sprigs of herbs to infuse their flavor into the vinegar. The longer you cook the balsamic vinegar, the thicker and more concentrated it will become. You should at least cook it until it reduces by half, it will still be liquid, but will start to coat the pan and a spoon. For a thicker sauce, that has a glaze or liquid honey consistency, you will need to cook it until it reduces to a quarter of the original amount of balsamic vinegar. As you are making you can taste it, and test the flavor and consistency that you prefer.

Tags: "Home Made"

"untested"

#20



2015-03-18

Barbecue Pork Sandwiches

Canadian Lunch/Dinner Entree

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Pork

Served:

Serves: 8

Source: Kraft Canada webrecipes

Ingredients

boneless Pork Shoulder :	1	Kilogram
Onions, sliced, separated into rings :	3	
barbecue sauce :	1/2	Imp Cup
Kaiser Rolls, split :	8	
cheese :	8	Slice

Directions

Place meat in slow cooker; top with onions and barbecue sauce. Cover with lid. Cook on LOW for 8 to 10 hours (or on HIGH for 4 to 5 hours).

Remove meat from slow cooker; cut off and discard excess fat. Chop meat into small pieces or shred with fork. Return to slow cooker; stir until evenly coated with sauce.

Fill rolls with meat mixture and cheese slice just before serving.

Tags: "Slow Cooker"



Barbecue Short Ribs

Canadian Entree

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Beef

Served:

Serves: 8

Source: Kraft Canada website recipe

Ingredients

Beef Short Ribs :	2	Kilogram
Onion, large, coarsely chopped :	1	
All-purpose Flour :	1/4	Imp Cup
barbecue sauce :	1	Imp Cup
honey :	1/4	Imp Cup
yellow mustard :	1	Imp Tablespoon

Directions

Place ribs in slow cooker; top with onions, then combined remaining ingredients. Cover with lid.

Cook on LOW for 6 to 8 hours (or on HIGH for 3 to 4 hours). Remove ribs from slow cooker; cover to keep warm.

Skim excess fat from sauce; return ribs to sauce. Stir gently until evenly coated.

Serve with hot cooked vegetables and mashed potatoes.

Tags: "Slow Cooker"



Barbecue Spare Ribs

Canadian Entree

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Beef

Served: Hot

Serves: 4

Source: Marya Pitcher

Ingredients

Country style spare ribs :	4	Imp Pound
onion, large :	1	
salt :	1	Imp Teaspoon
paprika :	1	Imp Teaspoon
celery salt :	1/2	Imp Teaspoon
brown sugar :	1/4	Imp Cup
vinegar :	1/4	Imp Cup
Worcestershire sauce :	1	Imp Tablespoon
catsup :	1	Imp Cup
hot water :	2	Imp Cup

Directions

Heat oven to 400 F. Cut meat into strips, fat side up. Peel onion; cut in thin slices and lay over meat. Put in oven, roast 20 to 25 minutes or until spareribs begin to brown.

Measure remaining ingredients into small saucepan. Mix well and heat to boiling.

Reduce oven temperature to 350 degrees F. Pour sauce over meat and turn spareribs. Bake 1 hour to 1 hour, 30 minutes or until tender, basting every 15 minutes with sauce



Basic White Bread - 1.5 lb loaf

American Baked Goods

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Flour

Served:

Serves:

Source: Black and Decker All-In-One Pro Breadmachine book

Ingredients

Milk :	1 1/4	Imp Cup
Shortening (butter or margerine) :	2	Imp Tablespoon
Sugar :	1 1/2	Imp Tablespoon
Salt :	1	Imp Teaspoon
All-purpose flour :	3 1/4	Imp Cup
Regular or Fast Rise Bread Yeast :	1 1/2	Imp Teaspoon

Directions

Measure milk, shortening, sugar, salt, flour and yeast into breadmachine baking pan. Lock baking pan into breadmachine.

Select "Basic Bread Setting" on breadmachine.
Select "Regular" or "Dark Crust" to your preference.
Press "Start".

When complete, remove baking pan from breadmachine, shake loaf loose from pan, and place on wire rack to cool.

Baking time: 3 hours, 50 minutes.

Remarks

modified original B+D recipe to give lighter loaf

Tags: "Home Made"



Beef and Corn Bake

Canadian Entree

Preparation Time: 30 - 60 Minutes

Difficulty: Easy

Base: Beef

Served:

Serves:

Source: Companys Coming Casseroles

Ingredients

ground beef :	2	Imp Pound
medium onion, chopped :	1	
cooking oil :	1 / 4	Imp Cup
kernel corn :	12	Imp Fluid Ounce
Cream of Tomato soup :	20	Imp Fluid Ounce
salt :	1	Imp Teaspoon
pepper :	1 / 2	Imp Teaspoon
catsup :	1	Imp Tablespoon
cooked noodles :	2	Imp Cup
grated cheddar cheese :	1	Imp Cup

Directions

Put ground beef, onion and oil in frying pan. Stir to break up meat as it browns. Drain off fat, and discard. Put meat mixture into large bowl.

Put corn, soup (two 10 oz. cans), salt, pepper, and ketchup into same bowl. Stir to mix together with meat.

Prepare noodles according to package directions. Drain and measure. Combine with all ingredients in bowl. Pour into 3-quart (3.5l) casserole.

Sprinkle grated cheese over top. Cover and bake in 350 degree F. (180 C.) oven for 45 minutes. Remove cover and continue to bake until cheese is melted and bubbly.

Chopped celery may be added with browned meat. Oregano may be added to mixture for taste.

Remarks

Freezes well. If freezing, leave grated cheese off until thawed. Often, I double

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2019-07-21

Blue Colada

Beverage Appertif

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Alcohol

Served: Frozen

Serves: 1

Source:

Ingredients

Blue Curacao : 1/2 Imp Fluid Ounce

Rum : 1 1/4 Imp Fluid Ounce

Coconut cream : 2 Imp Fluid Ounce

Pineapple juice : 2 Imp Fluid Ounce

Ice : 1 Imp Cup

Directions

Pour Blue Curacao in the bottom of the glass.

Combine remaining ingredients in blender.

Blend until smooth and pour over top of Blue Curacao.

Swirl with spoon.

Remarks

May blend Blue Curacao together with other ingredients

Tags: "Cocktail"



Bran Muffins

Canadian Baked Goods

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Flour

Served:

Serves: 4

Source: magazine

Ingredients

flour :	5	Imp Cup
100% bran cereal :	5 1/2	Imp Cup
firmly packed brown sugar :	2	Imp Cup
raisins :	1	Imp Cup
baking soda :	3	Imp Teaspoon
cinnamon :	3	Imp Teaspoon
buttermilk or soured milk :	4	Imp Cup
vegetable oil :	1	Imp Cup
eggs :	4	

Directions

In a large bowl stir flour with cereal, brown sugar, raisins, baking soda and cinnamon until evenly mixed. Make a well in the centre of the mixture.

In another bowl, whisk buttermilk (or sour milk) with oil and eggs. Pour into centre of flour mixture and stir until all ingredients are evenly moistured. **DO NOT OVERMIX.**

At this point, batter can be baked or stored in an airtight container and refrigerated up to two weeks, or frozen for a couple of months.

Spoon in muffin mix at room temperature. Bake at 350 F for 25 to 30 minutes.

You can freeze the muffins if necessary.

Remarks

Tip: To sour milk, add 4 teaspoons (20 ml) white vinegar to 4 cups (1 L) milk. Let stand 5 minutes before adding to the recipe.



Broccoli Pasta Casserole

Canadian Entree

Preparation Time: 10 - 20 Minutes

Difficulty: Intermediate **Base:** Vegetable

Served:

Serves: 6

Source: Marya Pitcher

Ingredients

	broad noodles :	1/2 Imp Pound
	boiling water :	3 Imp Quart
(Optional)	cooking oil :	1 Imp Tablespoon
	salt :	2 Imp Tablespoon
	broccoli (one bunch, cut up) :	4 Imp Cup
	boiling water :	1 Imp Cup
	salt :	1/4 Imp Teaspoon
	eggs :	2
	cream cottage cheese :	1 Imp Cup
	plain yoghurt :	1/2 Imp Cup
	salt :	3/4 Imp Tablespoon
	grated medium or sharp cheddar :	1/2 Imp Cup

Directions

Cook noodles in first amount of boiling water, cooking oil and salt in large uncovered saucepan for 6 to 10 minutes until tender but firm. Drain. Put half noodles in greased 2 qt casserole.

Cook broccoli in second amount of boiling water and salt until tender-crisp. Drain. Spread over noodles in casserole.

Combine eggs, cottage cheese, yoghurt and salt in blender. Process until smooth. Pour half over broccoli. Cover with remaining noodles.

Sprinkle with cheese. Pour remaining egg mixture over all. Bake covered in 350 F oven for about 20 minutes. Remove cover. Bake 10 minutes more until bubbly hot. Serves 6.

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2017-08-05

Caribbean Banana Bread

Caribbean Baked Goods

Preparation Time:**Difficulty:****Base:** Flour**Served:** Room temp**Serves:****Source:**

Ingredients

	Water :	1 / 3	Imp Cup
	Banana, very ripe, mashed :	3 / 4	Imp Cup
	Vegetable Oil, margarine or butter :	2	Imp Tablespoon
	Egg, large :	1	
	Salt :	3 / 4	Imp Teaspoon
	Brown Sugar, packed :	3	Imp Tablespoon
	All-purpose Flour :	1 1 / 2	Imp Cup
	Whole Wheat Flour :	1 1 / 2	Imp Cup
	ground Nutmeg or Cinnamon :	1	Imp Teaspoon
	Yeast, bread machine or instant :	1 1 / 4	Imp Teaspoon
(Optional)	Raisins :	1 / 4	Imp Cup
(Optional)	Pecans, chopped :	1 / 4	Imp Cup

Directions

Add all ingredients except raisins and nuts to bread machine, according to manufacturers directions. Select "sweet" or "white" cycle.

Add raisins and nuts to mix at "add ingredient" signal (about 20 - 30 minutes into cycle after start time).

Tags: "untested"



Carrot Cake

Snack/Picnic Baked Goods

Preparation Time: 20 - 30 Minutes

Difficulty: Intermediate **Base:**

Served:

Serves: 12

Source: Marya Pitcher

Ingredients

Eggs, at room temperature :	4
granulated Sugar :	2 Imp Cup
vegetable oil :	1 1/4 Imp Cup
All-purpose flour :	2 Imp Cup
baking soda :	1 Imp Teaspoon
baking powder :	2 Imp Teaspoon
Cinnamon :	1 Imp Tablespoon
Nutmeg :	1/4 Imp Teaspoon
Cloves :	1 Imp Pinch
Salt :	1/2 Imp Teaspoon
Carrots, grated :	2 Imp Cup
Crushed Pineapple, well drained :	19 Imp Fluid Ounce
Vanilla extract :	1 Imp Teaspoon
Walnuts or Pecans, chopped :	1/2 Imp Cup
(Optional) Carrot Cake Icing :	12 Serving

Directions

Preheat oven to 350 F. While the oven is heating, butter and flour a Bundt or Tube pan.

Beat eggs with electric mixer until frothy. Gradually add sugar and oil, beating until light.

Stir together flour, baking powder, baking soda, spices and salt. Add to egg mixture and mix well.

Combine carrots, pineapple, vanilla and nuts. Add to batter and mix well. Pour batter into the pan. Bake in oven for 50 to 60 minutes, or until cake tester comes out clean. Remove from oven, and invert onto a rack to cool.

Ice with "Carrot Cake Icing".

Remarks

Marya used finely chopped pecans rather than walnuts.

Note: flouring the pan may not be necessary.

Related Recipes

#46 - Carrot Cake Icing (Optional)

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2016-03-19

Carrot Cake Icing

Preparation Time: 20 - 30 Minutes

Difficulty: Intermediate **Base:**

Served:

Serves: 12

Source: Toronto Star "Recipe Exchange"

Ingredients

Cream Cheese, softened :	250	Gram
Butter, melted :	1/4	Imp Cup
Icing Sugar :	2	Imp Cup
Lemon juice :	1	Imp Teaspoon
Vanilla extract :	1/2	Imp Teaspoon
Lemon rind, grated :	1/2	Imp Teaspoon

Directions

Beat cream cheese with butter until smooth. Gradually add icing sugar, lemon juice, vanilla and lemon rind, beating until smooth.

Spread on cake after cake has cooled.



Cedar Planked Salmon

Canadian Entree

Preparation Time: 30 - 60 Minutes

Difficulty: Easy

Base: Seafood

Served: Hot

Serves:

Source: <http://www.northernaquafarms.com/recipes/>

Ingredients

Cedar BBQ grilling plank :	1
Salmon fillets, skin removed :	2
Lemon :	1
Salmon Dry Rub Seasoning :	1 Serving

Directions

Soak the cedar plank in clean water for at least 5 hours.

Place the fish fillets on wax paper. Sprinkle both sides of the fish evenly with the dry rub (1.5 teaspoon per 6 oz serving). Press the seasoning into the flesh.

Refrigerate the fish fillets, uncovered, for at least 2 hours (and up to 12 hours).

If using a gas grill, preheat on high, then turn down to medium before grilling. If using a charcoal grill, wait until the coals are covered with a gray ash.

Cut the lemon into wedges, and drain (but do not dry) the cedar plank.

Place the fish fillets in the centre of the plank. Squeeze a lemon wedge over the salmon. Place the plank on the grill and cover with a lid.

There will be some crackling and heavy smoke. Keep a water bottle handy in case the plank begins to flame. If it does, spray the water lightly over the plank, and cover again.

The fish should take 8 to 10 minutes to cook, depending on the thickness of the fish, and the heat of the grill. Remove when the fish reaches an internal temperature of 120F - 125F.

Garnish with lemon wedges, and serve.

Related Recipes

#19 - Salmon Dry Rub Seasoning

Tags: "Barbecue"

"Favourite"



Churros (con Chocolate)

Spanish Dessert

Preparation Time: 10 - 20 Minutes

Difficulty: Intermediate **Base:** Flour

Served: Warm

Serves: 4

Source: <https://user.xmission.com/~dderhak/recipe/churros.htm>

Ingredients

	Water :	1	Imp Cup
	Butter (may substitute Margarine) :	1/2	Imp Cup
	Salt :	1/4	Imp Teaspoon
	All-purpose Flour :	1	Imp Cup
	Eggs :	3	
	Vegetable Oil :	2	Imp Cup
	Sugar :	1/4	Imp Cup
(Optional)	Cinnamon, ground :	1/4	Imp Teaspoon
(Optional)	Spanish Hot Chocolate :	4	Serving

Directions

Heat water, butter and salt to rolling boil in 3-quart saucepan; stir in flour.

Stir vigorously over low heat until mixture forms a ball, about 1 minute; remove from heat.

Beat Eggs all at once; continue beating until smooth and then add to saucepan while stirring mixture.

Spoon mixture into cake decorators' tube with large star tip (Wilton #1B or #1M, for thinner churros, use Wilton #21 or #22).

Heat vegetable oil in a pan (1 to 1 1/2 inches) to 360 degrees F.

Squeeze 4-inch strips of dough into hot oil. Fry 3 or 4 strips at a time until golden brown, turning once, about 2 minutes on each side. Drain on paper towels.

Mix Sugar and the optional Cinnamon. Roll Churros in sugar or dump the sugar on the pile of Churros, like the pros.

Serve warm with (optional) Spanish Hot Chocolate ("Churros con Chocolate").

Remarks

Note: In Spain, Churros do not include Cinnamon in the Sugar. However, the Cinnamon adds an extra nice flavor.

Related Recipes

#36 - Spanish Hot Chocolate (Optional)

Tags: "Favourite"

"Home Made"



Classic Pizzelle

Italian Baked Goods

Preparation Time: 30 - 60 Minutes

Difficulty: Intermediate **Base:** Flour

Served: Room temp

Serves: 30

Source: KingArthurFlour.com

Ingredients

Eggs, large :	3
Sugar :	3/4 Imp Cup
Salt :	3/8 Imp Teaspoon
Vanilla :	1 Imp Teaspoon
All-Purpose Flour :	1 3/4 Imp Cup
Baking Powder :	2 Imp Teaspoon
Butter, melted :	1/2 Imp Cup
(Optional) Confectioners sugar :	1

Directions

Beat the eggs, sugar, salt and vanilla until well combined.

Stir in the flour and baking powder, again mixing until smooth.

Add the melted butter, again mixing until smooth; the batter will be thick and soft.

Heat your pizzelle iron. Grease it as directed in the manufacturer's instructions. As the iron heats, the batter will stiffen.

Cook the pizzelle according to the instructions that came with the iron. In general, they'll take between 45 seconds and 2 1/2 minutes to brown.

Remove the pizzelle from the iron, and cool on a rack. If desired, use a pair of scissors to trim any ragged edges.

Dust the cooled pizzelle with confectioner's sugar, if desired.

Remarks

Tips from the bakers at King Arthur Flour:

1) Flavour to taste: classic pizzelle are often flavoured with anise extract or anise seed. Butter-rum, lemon, or rum flavours are also delicious. Simply add extract to the batter to taste. Start with 1/4 teaspoon; amounts will vary a lot, depending on the strength of the extract you choose.

2) One reader suggests the best way to grease your pizzelle iron is to dip a towel in vegetable oil, and wipe it all over the iron's interior plates. This helps avoid the sticky residue you may get from spraying the iron with non-stick spray.



Coconut Creme Brulee

Canadian Dessert

Preparation Time: 30 - 60 Minutes

Difficulty: Intermediate **Base:** Egg

Served: Warm

Serves: 4

Source: theglobeandmail.com

Ingredients

egg yolks :	6
sugar :	1 / 4 Imp Cup
whipping cream :	200 Millilitre
unsweetened coconut milk :	200 Millilitre
sugar :	8 Imp Teaspoon
toasted, sweetened coconut flakes :	1 Serving

Directions

Preheat oven to 350F.

Add 6 egg yolks and a 1/4 cup sugar to a medium bowl. Whisk until combined and set aside.

In a small pot heat whipping cream and unsweetened coconut milk. Pull off the heat just before it starts to boil.

Gradually add the hot coconut liquid to the egg yolks while whisking steadily (you want to add it slowly enough to prevent the mixture from curdling from the heat).

Pour the finished mixture into four ramekins. Place the ramekins in a casserole dish and fill with boiled water (from the kettle) until halfway up the sides of the ramekins.

Bake for 20-25 minutes or until the custard has set, but still has a slight jiggle. Remove and allow to cool. Store in fridge (at least 3 hours) or until ready to serve.

Serving: Sprinkle each dessert with a layer of sugar (1-2 teaspoons) and caramelize with a blowtorch or under the broiler. Before serving, add a garnish of toasted, sweetened coconut flakes.

10



2015-03-16

Coffee Rub

American Condiment

Preparation Time: 10 Minutes or less

Difficulty: Intermediate **Base:**

Served:

Serves:

Source: <http://www.foodnetwork.com/recipes/bobby-flay/>

Ingredients

ancho chili powder :	1 / 4	Imp Cup
finely ground espresso :	1 / 4	Imp Cup
Spanish paprika :	2	Imp Tablespoon
dark brown sugar :	2	Imp Tablespoon
dry mustard :	1	Imp Tablespoon
kosher salt :	1	Imp Tablespoon
ground black pepper :	1	Imp Tablespoon
ground coriander :	1	Imp Tablespoon
dried oregano :	1	Imp Tablespoon
ground ginger :	2	Imp Teaspoon
chili de arbol powder :	2	Imp Teaspoon

Directions

Combine all spices in a bowl.



Coffee Rubbed Steak

American Entree

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Beef

Served:

Serves:

Source: <http://www.foodnetwork.com/recipes/bobby-flay/>

Ingredients

Coffee Rub :	1 / 2 Imp Cup
steaks, 2 inches thick, approx 1.5 lbs each :	2
Olive oil :	1 Serving
salt :	1 Serving
coarsly ground black pepper :	1 Imp Cup

Directions

Preheat oven to 425 degrees F.

Preheat a cast iron pan over high heat.

Brush each side of the steak with oil and then season each side liberally with salt and pepper. Rub 2 tablespoons of the coffee rub onto 1 side of each steak.

Cook the steak, rub side down until golden brown, about 3 to 4 minutes. Flip the steak over, cook for 2 minutes and then transfer to a baking sheet and cook in the oven until medium-rare, about 8 to 10 minutes.

Remove and let rest 5 minutes before slicing.

Related Recipes

#10 - Coffee Rub

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2017-12-19

Coquito

Puerto Rico Beverage Appertif

Preparation Time:

Difficulty: Easy

Base: Coconut

Served: Chilled

Serves:

Source: <https://www.thespruce.com/coquito-puerto-rican-no-eggnog-213>

Ingredients

Cream of Coconut :	15	Imp Fluid Ounce
Sweetened Condensed Milk :	14	Imp Fluid Ounce
White Rum :	6	Imp Fluid Ounce
Cinnamon, ground :	1/4	Imp Teaspoon
Cloves, ground :	1/4	Imp Teaspoon
Nutmeg, ground :	1/8	Imp Teaspoon
Coconut or Vanilla extract :	1	Imp Teaspoon
(Optional) cinnamon stick :	1	

Directions

Mix cream of coconut, sweetened condensed milk, evaporated milk, rum, cinnamon, cloves, nutmeg, and coconut or vanilla extract in a blender. Process them until they are well-mixed.

Pour into a glass pitcher or bottle and cover it (or refrigerate the blender bowl).

Refrigerate for about 1 hour before serving. This drink tastes best very cold.

Shake to mix well right before serving.

Pour into a small glass and sprinkle the top with nutmeg or cinnamon or garnish with a cinnamon stick. You can serve it on the rocks if you prefer, which might be necessary if enjoying it poolside in a warm climate.

Remarks

Try serving in a half-coconut shell

Tags: "untested"



Country Spinach Salad

Canadian Appetizer/Salad

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Vegetable

Served:

Serves: 6

Source: magazine

Ingredients

Balsamic Vinegar :	2	Imp Tablespoon
liquid Honey :	1	Imp Tablespoon
dried leaf Tarragon :	1/4	Imp Teaspoon
salt and pepper :	1	Imp Pinch
vegetable oil :	1/4	Imp Cup
large bunch Spinach, trimmed and cleaned :	1	
mushrooms :	1/4	Imp Pound
Swiss or Mozzarella cheese :	1/4	Imp Pound
small red onion :	1/2	

Directions

In a small bowl, whisk vinegar with honey, tarragon, salt and pepper. Gradually whisk in oil. Dressing can be covered and refrigerated for up to one week.

Tear spinach into large bite size pieces and place in large bowl. Thinly slice mushrooms and scatter over spinach. Grate cheese and add to salad.

Toss salad with half of dressing. Taste, and add more, if necessary. Thinly slice onion and scatter over salad. (Note: per serving, 6.9 carbs)

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2015-03-16

Crepes

French Breakfast/Brunch/Lunch Appetizer

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Egg

Served: Hot

Serves: 4

Source:

Ingredients

All-purpose flour :	1 Imp Cup
Eggs :	2
Milk :	1/2 Imp Cup
Water :	1/2 Imp Cup
Salt :	1/4 Imp Teaspoon
Butter, melted :	2 Imp Tablespoon

Directions

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.



D'Amaretti Biscotti

Italian Baked Goods

Preparation Time: 1 Hour or more

Difficulty: Intermediate **Base:** Flour

Served:

Serves: 36

Source: Rosina

Ingredients

All-Purpose Flour :	3 1/4	Imp Cup
Baking Powder :	2 1/2	Imp Teaspoon
Butter, softened :	1/2	Imp Cup
White Sugar :	1	Imp Cup
Eggs :	3	
Lemon zest :	2	Imp Teaspoon
Almond Extract :	1	Imp Teaspoon
Toasted Almonds, finely chopped :	1/2	Imp Cup
Egg White :	1	

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease baking sheet.

Combine flour and baking powder; set aside. In a large bowl, cream together butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the lemon zest and almond extract. Stir in the flour mixture until smooth, then stir in the chopped almonds.

Divide dough in two. Shape each portion into a loaf about 12 inches long and 2 inches wide. Place loaves onto the cookie sheet about 4 inches apart, and flatten slightly. Beat egg white until foamy, and brush over tops of loaves.

Bake 20 to 25 minutes, or until light brown. Cool on baking sheet for about an hour.

Preheat oven to 325 degrees F (165 degrees C). Cut baked loaves diagonally into 1/2 inch thick slices. Lay slices cut side down on the baking sheet.

Bake 10 minutes, or until crisp. Cool on wire rack. Make several days before serving. Store in a paper bag to soften slightly. For longer storage place in a sealed container.

Remarks

"Toasted almond and lemon zest biscotti for any occasion. Try these variations: Use 1/2 teaspoon of either vanilla or anise extract instead of the almond extract; substitute chopped filberts for almonds; toss in half a cup of mini semi-sweet chocolate chips."

Tags: "Biscotti"

50



2016-12-04

Domenica's Tarallucci al Limone

Italian Baked Goods

Preparation Time:

Difficulty:

Base: Flour

Served: Room temp

Serves: 36

Source: Angiolina Mercurio

Ingredients

Egg yolks :	5
Sugar :	5 Imp Fluid Ounce
Milk (at room temperature) :	5 Imp Fluid Ounce
Vegetable Oil :	5 Imp Fluid Ounce
Baking Powder :	3 Imp Teaspoon
All purpose Flour :	3 Imp Cup
Icing Sugar :	3 Imp Cup
Lemon :	1

Directions

Beat egg yolks with electric mixer for a few minutes. Incorporate the sugar and continue to beat at medium high till thick and creamy. Add milk, stir, add oil stir add lemon rind and lemon juice and blend well. Combine flour and magic baking powder; gradually add mixing at lower speed.

At this point mixture will be sticky. Place on floured work space and work the mixture by hand adding flour till dough becomes manageable.

Cut dough into 3 portions. Form each portion into a rectangle and cut each portion into 12 slices. Roll each slice into a 10 inch rope and tie gently. Place on ungreased cookie sheet and bake in centre of oven at 325F for approximately 18 minutes till golden in colour on bottom of cookie.

Cool on cookie rack.

For Icing: blend 3 cups of icing sugar mixed with a little milk, +1 squeezed lemon +1 lemon rind; mixing well. Dip tops of cookies in icing mixture and place on tray lined with wax paper. Place in freezer till sugar has hardened.

Remarks

Cookies freeze well for 3 months in containers.

Tags: "Favourite"

"Home Made"

14



2015-03-16

Egg Salad

Canadian Condiment

Preparation Time: 10 Minutes or less **Difficulty:** Easy **Base:** Egg **Served:** Cold
Serves: **Source:** <http://www.getcracking.ca/tq-eggssalad.html>

Ingredients

hard-cooked eggs, peeled and coarsely chopped :	6
regular or light mayonnaise, salad dressing or yogurt :	2 Imp Tablespoon
Dijon mustard, or to taste :	2 Imp Tablespoon
Salt and pepper, to taste :	1 Serving
(Optional) chopped green onion :	1 / 4 Imp Cup

Directions

Combine eggs, mayonnaise, onion, mustard, salt and pepper until well blended.

Use as a filling for sandwiches or a topping for crackers.

30



2017-11-13

Franny's Limoncello

Italian Beverage Appertif/Digestif

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Alcohol

Served: Chilled

Serves:

Source: Gizmodo.com

Ingredients

Vodka, unflavoured :	750	Millilitre
Lemons, whole, rinsed :	2	
square of cheesecloth :	1	
length of twine :	1	
Lemons, rinsed, zested :	2	
Simple Syrop :	1 1/2	Imp Cup

Directions

Pour Vodka into a clean glass jar.

Wrap 2 clean whole lemons in cheesecloth and suspend them over (without touching) the vodka using the twine to secure them in the jar. Seal the jar tightly and let it sit undisturbed in a cool dark place for one month.

After one month, discard the lemons and add simple syrop and the fresh zest of 2 more lemons. Let sit for 15 minutes, then strain out the lemon zest.

Chill and drink up.

Remarks

With this technique, the alcohol evaporates from the vodka below and condenses on the skin of the fruit suspended above. This alcohol vapour extracts the flavour from the fruit oils of the skin, without absorbing the bitter elements of the rind beneath the skin.

You may substitute Oranges for Lemons, giving the beverage a refreshing orange taste (Arancello).

Related Recipes

#29 - Simple Syrop

Tags: "Favourite"

"Home Made"

"Liqueur"

60



2019-01-25

French 75 / Soixante Quinze

American Beverage Appertif

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Alcohol

Served: Chilled

Serves: 1

Source: <https://www.liquor.com/>

Ingredients

Lemon juice :	1 / 2	Imp Fluid Ounce
Sugar :	1	Imp Teaspoon
Cognac or Gin :	2	Imp Fluid Ounce
Champagne, chilled :	1	Imp Fluid Ounce
Ice :	1	Serving
(Optional) Lemon peel :	1	

Directions

Add the lemon juice and sugar to a shaker and stir to combine. Add the cognac and fill with ice. Shake, and strain into a Collins glass filled with cracked ice. Fill slowly with Champagne.

Optionally, garnish with twist of lemon peel.

Remarks

Featured in the movie "Casablanca", a "French 75" is the cocktail Yvonne orders when she comes in as the brand-new floozy of a German officer.

A "French 75" is an American drink named after a caliber of French artillery in World War One.

Tags: "Cocktail"

39



2017-02-08

French Onion Soup

French Lunch/Dinner Appetizer/Soup

Preparation Time: 10 - 20 Minutes

Difficulty: Intermediate **Base:** Beef

Served: Hot

Serves: 2

Source: "The Microwave Guide and Cookbook", P/N 862A691P8

Ingredients

Onion, large, thinly sliced :	1	
Butter or Margarine :	2	Imp Tablespoon
Beef Broth or Beef Consume :	20	Imp Fluid Ounce
Water :	1 1/2	Imp Cup
Salt :	1	Imp Teaspoon
Pepper :	1/8	Imp Teaspoon
French Bread, toasted :	6	Slice
Swiss Cheese, shredded :	1 1/2	Imp Cup

Directions

In 3 quart casserole, place onions and butter. Cover and microwave at HIGH for 10 minutes, stirring once.

Add broth, water, salt and pepper. Cover and microwave at HIGH for 8 to 10 minutes.

Spoon soup into individual bowls and top each serving with toast. Divide cheese evenly on top. Microwave up to 3 bowls at a time, for about 1 minute per bowl.

Serve hot.

Remarks

Cooked entirely in the microwave.

Original recipe claimed 6 servings, but only yields enough to fill two "onion soup" bowls.

Tags: "Microwave"

51



2016-12-09

Honey-Mustard Dressing

Condiment

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Mustard

Served: Cold

Serves: 1

Source: <http://www.foodnetwork.com/>

Ingredients

Dijon Mustard :	1 / 4 Imp Cup
Dijon Mustard :	1 Imp Tablespoon
Honey :	1 / 4 Imp Cup
Honey :	1 Imp Tablespoon
Cider Vinegar :	1 / 4 Imp Cup
Kosher Salt :	1 / 2 Imp Teaspoon
Vegetable Oil :	1 / 4 Imp Cup
Vegetable Oil :	2 Imp Tablespoon

Directions

In a medium bowl, whisk together the mustard, honey, vinegar, and salt.

Gradually whisk in the oil to make a creamy dressing.

Remarks

Use immediately or store in the refrigerator, covered, for up to 3 days.

Changed recipe from original: reduced amount of salt, increased honey

Tags: "Home Made"

15



2015-03-16

Irish Coffee

Irish Beverage

Preparation Time: 10 Minutes or less **Difficulty:** Easy **Base:** Alcohol **Served:** Hot
Serves: 1 **Source:** Cooking Out Of This World by Anne McCaffrey

Ingredients

strong coffee :	1 Imp Cup
sweet whipped cream :	1/4 Imp Cup
white sugar :	1 Imp Teaspoon
brown sugar :	1 Imp Teaspoon
Irish Whiskey :	2 Imp Fluid Ounce

Directions

Use an Irish Coffee glass, or any glass with a handle. The drink is supposed to be pretty; the glass is necessary to show it. But glass gets hot. You need the handle.

Sugar the rim of the glass: place 1 teaspoon of white sugar on a small plate or other clean surface. Wet rim of glass. Invert glass and run rim through the white sugar.

Into the glass, load 1 heaping teaspoon of brown sugar. Follow with Irish Whiskey to taste; an ounce and a half to two ounces. You'll learn to pour by eye.

Fill the glass almost to the top with strong black coffee. Make the coffee 25% stronger than normal.

Float whipped cream on top of coffee.

If you catch anyone trying to stir the whipped cream into the coffee, throw him the hell out. You went to a lot of trouble making that drink.

Remarks

Recipe by Larry Niven, augmented slightly by Lew Pitcher

Tags: "Favourite"

48



2016-04-22

Kourabiedes (Greek Butter Cookies)

Greek Snack Baked Goods

Preparation Time: 20 - 30 Minutes

Difficulty: Intermediate **Base:** Flour

Served: Room temp

Serves: 24

Source: Cooking for Keeps

Ingredients

unsalted butter, room temperature :	1	Imp Pound
large egg :	1	
pure almond extract :	2 1/2	Imp Teaspoon
powdered sugar :	8	Imp Tablespoon
baking soda :	1/8	Imp Teaspoon
flour :	5	Imp Cup
salt :	1	Imp Pinch

Directions

Preheat oven to 350 degrees F.

Beat butter in the bottom of a stand mixer on medium high speed for 20 minutes. Add egg and almond extract, mix until combined.

Sift powdered sugar and baking soda together in a small bowl. Add to butter and egg and beat another 10 minutes on medium high speed.

Sift flour and salt together in a large bowl. With the mixer speed on low, gradually add flour until completely incorporated. If the dough is too sticky, add 1/2 cup more flour and mix until combined.

Roll about 2 tablespoons of dough into crescents and place on a baking sheet lined with parchment paper. There is no need to place cookies very far apart, as they do not spread much.

Bake for 15-20 minutes until very pale brown and cooked through.

57



2018-12-31

Lemon Icing

Italian

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Sugar

Served:

Serves:

Source: Angiolina Mercurio

Ingredients

Icing sugar :	2	Imp Cup
Table Cream :	1 / 4	Imp Cup
Lemon peel, finely chopped :	1 / 2	Imp Cup
Lemon juice :	1 / 4	Imp Cup

Directions

If necessary, prepare lemon peel and lemon juice.

Mix icing sugar and table cream until thick.

Add lemon peel and mix until well distributed.

Add lemon juice and mix until well distributed.

Remarks

Note: A single lemon yields just over 1/4 Imperial Cup of juice.

Note: Two lemons yield about 1/2 Imperial Cup of chopped peel

Note: May substitute thin-skinned oranges (Valencia or Cara Cara) for lemons to obtain an "orange icing".

Related Recipes

#56 - Lew and Terry's Artisanal Lemon-Cranberry Biscotti (Optional)

Tags: "Home Made"



Lew and Terry's Artisanal Lemon-Cranberry Biscotti

Italian Snack/Picnic Baked Goods

Preparation Time: 1 Hour or more

Difficulty: Easy

Base:

Served: Room temp

Serves: 26

Source: General Mills

Ingredients

Sugar :	2/3	Imp Cup
Unsalted Butter, softened :	6	Imp Tablespoon
Lemon Zest :	1	Imp Tablespoon
Vanilla Extract :	1 1/2	Imp Teaspoon
Eggs :	2	
All-purpose Flour :	2 1/2	Imp Cup
Cranberries, dried, coarsly chopped :	3/4	Imp Cup
Baking Powder :	1	Imp Teaspoon
Baking Soda :	1/2	Imp Teaspoon
Salt :	1/2	Imp Teaspoon
(Optional) Lemon Icing :	1	

Directions

Pre-heat oven to 350F. If necessary, prepare lemon zest and dried cranberries.

In a large bowl, combine sugar, butter, lemon zest, vanilla and eggs. Stir in remaining ingredients and blend well until doughy.

Place dough on lightly floured surface. Knead until smooth. On ungreased cookie sheet, shape half of dough at a time into 10" by 3" rectangles.

Bake 25 to 30 minutes, or until toothpick inserted in centre comes out clean. Cut rectangles crosswise into 1/2" slices. Turn slices cut side down on cookie sheet and cool for 15 minutes.

Bake for about 7 minutes each side, turning once, until crisp and light brown. Immediately remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.

Optional: when cool, dip upper crust in Lemon Icing and let dry.

Remarks

Original recipe altered to give crispier, taller cookies.

Note: One lemon yields about 2 Imperial Tablespoons of zest.

Note: may substitute thin-skinned oranges (Valencia or Cara Cara) for lemons, to make an Orange/Cranberry biscotti.

Related Recipes

#57 - Lemon Icing (Optional)

Tags: "Biscotti"

"Home Made"

49



2017-08-14

Maple-Planked Salmon

Canadian Dinner Entree

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Seafood

Served: Hot

Serves: 8

Source: Sobey's flyer

Ingredients

Barbecue sauce :	75	Millilitre
Maple Syrop :	60	Millilitre
Salmon fillet, cut into 8 pieces :	1.5	Kilogram
Maple grilling planks :	2	
vegetable oil :	1	Serving

Directions

Whisk together barbecue sauce and maple syrup in a large shallow bowl. Add salmon fillets and turn to coat. Set aside.

Preheat grill to medium-high. Set soaked planks on hot grill. Lightly brush with vegetable oil and close the grill. Take a look after 1 minute or so; when the planks begin to steam, place the salmon onto them (reserve barbecue sauce mixture to brush over fish later). Season salmon with salt and pepper to taste. Close lid and reduce heat to medium. Cook with out peeking for 10 minutes.

Brush additional barbecue sauce mixture over salmon and grill another 5 to 7 minutes or until just cooked through.

Remarks

Maple bbq planks can be obtained at Sobey's

Tags: "Barbecue"

"untested"

45



2015-05-20

Montreal Dijon Marinated Chicken

Canadian Entree

Preparation Time: 1 Hour or more**Difficulty:****Base:** Chicken**Served:** Hot**Serves:** 8**Source:** CanadaAM / CTV News

Ingredients

Club House La Grille Montreal Chicken Seasoning :	3 Imp Tablespoon
beer :	1/2 Imp Cup
Dijon mustard :	2 Imp Tablespoon
boneless skinless chicken breasts :	2 Imp Pound

Directions

Mix seasoning, beer and mustard in small bowl. Reserve 2 tbsp (30 mL) for brushing. Place chicken in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavour.

Prepare grill for indirect medium-low heat (275F to 300F/135C to 150C). Preheat grill by turning all burners to medium. Turn off burner(s) on one side. Remove chicken from marinade and place on unlit side of grill. Discard any remaining marinade. Close grill.

Grill 30 to 35 minutes or until internal temperature of thickest part of chicken is 165F (74C), turning occasionally. Move chicken to lit side of grill. Brush with reserved marinade. Turn lit side of grill to high. Grill, uncovered, 3 to 5 minutes longer or until chicken is charred

Remarks

To keep the chicken tender and juicy, use the reverse sear method - start on low heat until almost done, then crank up the heat for a quick char.

Note: To maintain medium-low heat (275F to 300F/135C to 150C), keep lid closed and adjust lit burner as necessary. Directions were developed using a gas grill. Grills vary; cooking time is approximate.

Tags: "Barbecue"

"untested"

62



2020-01-10

Oven Baked Chicken Breast

Lunch/Dinner Entree

Preparation Time: 10 - 20 Minutes**Difficulty:** Easy**Base:** Chicken**Served:** Hot**Serves:** 4**Source:** <https://www.recipetineats.com>

Ingredients

Chicken Breasts :	4
Olive Oil :	2 Imp Teaspoon
Brown Sugar :	1 1/2 Imp Tablespoon
Paprika :	1 Imp Teaspoon
Oregano :	1 Imp Teaspoon
Garlic powder :	1/4 Imp Teaspoon
Pepper :	1/2 Imp Teaspoon
Salt :	1/2 Imp Teaspoon

Directions

Preheat oven to 425F/220C (standard) or 390F/200C (fan / convection).

Pound chicken to 1.5cm / 0.6" at the thickest part - using a rolling pin, meat mallet or even your fist (key tip for even cooking + tender chicken).

Mix seasoning from Brown sugar, paprika Oregano, Garlic powder, Salt and Pepper.

Line tray with foil and baking paper. Place chicken upside down on tray. Drizzle chicken with about 1 tsp oil. Rub over with fingers. Sprinkle with seasoning.

Flip chicken. Drizzle with 1 tsp oil, rub with fingers, sprinkle with seasoning, covering as much of the surface area as you can.

Bake 18 minutes, or until surface is golden, or internal temperature is 165F/75C using a meat thermometer.

Remove from oven and immediately transfer chicken to serving plates.

Wait 3 - 5 minutes before serving,

Remarks

If your breast is quite large eg 250g / 8oz+ each, cut them in half horizontally to form 2 thin steaks and skip the pounding. Make sure they are no thicker than 1.5cm / 0.6" thick at the thickest point - if they are, pound using fist. This can also be made with thigh fillets (boneless, skinless). Follow the recipe but cook for 25 minutes for small / medium thighs and 30 minutes for larger ones.

Tags: "untested"

32



2015-03-20

Pasta e Fagioli

Italian Dinner Entree

Preparation Time: 1 Hour or more

Difficulty: Intermediate **Base:** Pasta

Served: Hot

Serves:

Source: Terry Mercurio

Ingredients

Olive Oil :	1 / 4	Imp Cup
Garlic, finely minced :	2	Clove
crushed Red Pepper :	1	Imp Pinch
dried Cannellini or Navy Beans :	1	Imp Pound
uncooked Ditalini or other small pasta :	1 1/2	Imp Cup
Tomato paste, Sunday sauce or canned whole plum tomatoes :	1	Serving
Salt :	1	Serving

Directions

Wash the beans and soak in water for several hours or overnight. Drain water. Add beans to a large stock pot and add enough generously salted water to cover the beans by about 2 inches. Bring the beans to a boil. Cover, then reduce heat and simmer until tender, about 2 hours. The bean liquid is the soup broth.

In a medium size pot, bring about 6 cups of generously salted water to a boil. Add pasta, and reduce heat. Cook pasta until al dente. Drain, and set aside.

Heat oil in large stock pot, and add garlic and red pepper. When the garlic starts to cook, add tomatoes and stir well. Cook for about 5 minutes, then add 5 cups of beans, including the liquid. Mix well. Then add cooked pasta. Add salt as needed, and simmer for about 10 minutes. The pasta will eventually become soft. Add more bean liquid if you want the fazool to be soupy instead of thick.

16



2015-03-16

Pavlova

Australian Dessert

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Egg

Served: Cold

Serves: 4

Source: Green and Gold Cookbook

Ingredients

Egg whites :	3
Granulated white Sugar :	1 Imp Cup
White Vinegar :	1 Imp Teaspoon
Vanilla Extract :	1 Imp Teaspoon
assorted fruit chunks :	1 Imp Cup

Directions

Beat the whites of three eggs until stiff, gradually adding sugar, vinegar and vanilla extract.

Heap onto wax paper covered cookie sheet, making a circular mound roughly 6 inches in diameter. Indent the top of the mound.

Bake in oven for 75 minutes @ 300 degrees F.

Let cool after baking, and remove from paper. Pour mixed fruit over the Pavlova, concentrating fruit into depression on top.

Cut into slices, and serve.

Tags: "Favourite"

41



2017-08-15

Pickled Watermelon Rind

Country Condiment

Preparation Time: 1 Hour or more**Difficulty:****Base:** Vegetable**Served:** Cold**Serves:****Source:** <http://www.epicurious.com/recipes/food/views/watermelon-rind>

Ingredients

Watermelon rind, cleaned and chunked :	4 Imp Cup
water :	8 Imp Cup
coarse salt :	2 Imp Tablespoon
coarse salt :	2 Imp Teaspoon
sugar :	2 Imp Cup
Apple Cider Vinegar :	1 1/4 Imp Cup
Cloves :	8
Black Peppercorns :	8
Cinnamon sticks :	2
pickling spice :	1/2 Imp Teaspoon
ground Allspice :	1/4 Imp Teaspoon
ground Ginger :	1/4 Imp Teaspoon

Directions

Cut watermelon pulp from rind, leaving thin layer of pink on rind (reserve pulp for another use). Cut green outer skin from rind; discard. Cut enough rind into 1 x 1/2-inch pieces to measure 4 cups. In a large pot, dissolve 2 tablespoons salt in water, then bring to boil. Add rind pieces and boil until tender, about 5 minutes. Strain. Transfer rinds to large metal bowl.

Combine all remaining ingredients in heavy large saucepan. Bring to boil, stirring until sugar dissolves. Pour over watermelon rinds in bowl. Place plate atop rinds to keep rinds submerged in pickling liquid. Cover and refrigerate at least 8 hours or overnight.

Strain liquid from rinds into saucepan; bring to boil. Pour over rinds. Cover and refrigerate overnight. Repeat straining and boiling of liquid and pour over rinds 1 more time. (Can be made 2 weeks ahead. Chill in covered jars.)

Remarks

A 14 pound watermelon will yield about 4 cups of rind.

Tags: "untested"



Pulled Beef

American Entree

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Beef

Served:

Serves: 8

Source: Lipton ad

Ingredients

Boneless Chuck Roast :	1.5	Kilogram
pouch Onion Soup mix :	1	
water :	125	Millilitre
Barbecue Sauce :	500	Millilitre
Brown Sugar :	50	Millilitre
Kaiser Rolls :	8	

Directions

In a slow cooker, arrange roast. Combine soup mix with water, bbq sauce, brown sugar; pour over roast.

Cook covered on low heat for 8 - 10 hours or on high for 4 - 6 hours, or until roast is tender.

Remove roast, reserving juices. Let roast cool. Shred (with fork or fingers) into bite-sized pieces. Return meat to reserved juice and heat through.

Pile meat onto toasted bun. Top with additional sauce if desired.

Tags: "Favourite"

"Slow Cooker"



Rahat Lokum (Turkish Delight)

Middle East Dessert

Preparation Time: 20 - 30 Minutes

Difficulty:

Base: Sugar

Served: Room temp

Serves: 25

Source: <https://www.196flavors.com/turkey-lokum-turkish-delights/>

Ingredients

Sugar :	1 1/2	Imp Cup
Cornstarch (divided) :	2 1/4	Imp Cup
Water (divided) :	2 1/4	Imp Cup
Lemon juice :	3	Imp Tablespoon
Pistachio nuts :	3 1/2	Imp Ounce
Hazelnuts :	3 1/2	Imp Ounce
Orange Blossom water :	1	Imp Tablespoon
Rose water :	1	Imp Tablespoon
Liquid food coloring :	1	
Icing sugar :	1	Imp Cup

Directions

Before embarking on the preparation of the dough itself, line two 5x7 inch (approx.) molds or boxes with parchment paper. In order for the paper to adhere better to the sides, brush lightly with oil. Spread cornstarch at the bottom of each mold or box lined with parchment paper.

Dry roast the pistachios for a few minutes in a hot pan. Put aside and then repeat the process for the hazelnuts.

Bring 1 cup of water to a boil, add the sugar and lemon juice. Then reduce heat to medium while maintaining a constant boiling. A foam should form. Continue cooking until the syrup reduces and thickens but before it changes to a caramel color (a light color is okay).

Check that the syrup is ready by scraping the bottom of the pan with a spatula. The syrup should not cover the bottom of the pan back too quickly as it should not be too liquid.

In a bowl, mix 1-1/4 cup of corn starch with 1-1/4 cup of cold water and stir well to completely dissolve the cornstarch in the water. Then add this mixture to the syrup prepared above. Reduce heat to low and stir constantly. The mixture will slowly thicken and become more difficult to mix, but it is important to keep going at it!

The preparation is ready when it is completely detached from the bottom of the pan. It can take between an hour and an hour and a half. Divide dough into two equal parts.

In the first, add a tablespoon of orange blossom water, the roasted pistachios and desired coloring and stir well.

In the second, add a tablespoon of rosewater, roasted hazelnuts and desired coloring and mix well.

Divide each dough into the previously prepared molds or boxes and smooth the surface as much as possible.

Cover with aluminum foil (without it being in contact with the dough) and allow to dry for 24 hours.

Turn the dough over and cut into squares with a large smooth knife. To facilitate cutting, coat the knife with oil with a brush before each slicing.

In a deep dish, pour the remaining cups of icing sugar and cornstarch and mix well. Roll each cut square in this mixture once, then again. You can also put the sugar and cornstarch mixture in a freezer bag and add the squares of

59



2018-04-14

Rahat Lokum (Turkish Delight)

-- continued --

Turkish delights in small quantities and mix well to coat completely.

Remarks

Turkish delights will stay perfectly fresh for several weeks at room temperature in a metal box.

Do not hesitate to use a lot of coloring. As Turkish delights are then coated with a mixture of icing sugar and cornstarch, the color will fade quite a bit.

Tags: *"Home Made"*

"untested"

38



2015-03-26

Rhubarb Relish

Condiment

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Vegetable

Served: Cold

Serves:

Source: Marya Pitcher

Ingredients

Rhubarb stalk (diced) :	4 Imp Cup
Onion (finely chopped) :	2 Imp Cup
Vinegar :	2 Imp Cup
Brown Sugar :	2 Imp Cup
Salt :	1 Imp Teaspoon
Pepper :	1 Imp Teaspoon
Cloves (whole) :	1 Imp Teaspoon
Allspice (whole) :	1 Imp Teaspoon

Directions

Cook rhubarb and onions in vinegar for about 20 minutes or until slightly thick.

Add sugar, salt and pepper.

Tie spices (Cloves & Allspice) in a cheesecloth bag and drop into pot. Gently boil relish for additional 45 minutes.

Remove spice bag, bottle, and seal.

Remarks

Sometimes I double the recipe. Should use a large pot when cooking a double batch of recipe as the mixture splatters easily.

18



2015-03-16

Rockin Dry Rub

American Condiment

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base:

Served:

Serves:

Source: Coastal Cuisine Inc

Ingredients

Paprika :	1 / 3 Imp Cup
Chilli Powder :	2 Imp Tablespoon
Dried Oregano :	1 Imp Tablespoon
Garlic Powder :	1 Imp Tablespoon
Celery Salt :	2 Imp Tablespoon
Black Pepper :	2 Imp Tablespoon
Mustard Seed :	2 Imp Teaspoon

Directions

Blend ingredients together to make a powder.

Apply to ribs, steak or chicken as a dry rub.

19



2015-03-16

Salmon Dry Rub Seasoning

Canadian Condiment

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Spice

Served:

Serves:

Source: <http://www.northernaquafarms.com/recipes/>

Ingredients

freshly grated Black Pepper :	2 Imp Teaspoon
Lemon Pepper :	1 Imp Teaspoon
Garlic powder :	1 Imp Teaspoon
dried Tarragon :	1 Imp Teaspoon
dried Basil :	1 Imp Teaspoon
Paprika :	1 Imp Tablespoon
Salt :	1 Imp Tablespoon
light Brown Sugar :	2 Imp Teaspoon

Directions

Place dry rub ingredients in a food processor and process until well blended.

Transfer to a small bowl or cup, wrap tightly, and store at room temperature until ready to use.

Makes 1/4 cup of seasoning.

Related Recipes

#8 - Cedar Planked Salmon (Optional)

29



2015-03-20

Simple Syrop

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Sugar

Served:

Serves:

Source:

Ingredients

Granulated Sugar : 2 Imp Cup

Water : 1 Imp Cup

Directions

Mix sugar and water in a small saucepan.

Heat on medium heat, stirring until sugar dissolves and liquid becomes clear.

Remove from heat and let cool.

Remarks

Use Simple Syrop as a sweetener in alcoholic beverages (home made liqueurs or mixed drinks).



Slow-cooker Sweet and Sour Sticky Ribs

Canadian Lunch/Dinner/Party/Picnic Entree

Preparation Time:

Difficulty:

Base: Pork

Served: Hot

Serves: 6

Source: Toronto Star

Ingredients

	Onion, medium, chopped :	1
	Red Pepper, stemmed, seeded and chopped :	1
	Garlic, peeled and crushed :	6 Clove
	Ginger, 15 cm, peeled, in .5cm slices :	1
	Vegetable Oil :	2 Imp Tablespoon
	Tomato paste :	2 Imp Tablespoon
	Apricot Jam :	250 Millilitre
	Pineapple Juice (frozen concentrate) :	175 Millilitre
	Soy Sauce :	6 Imp Tablespoon
	Dark Brown Sugar :	1/4 Imp Cup
	Rice Vinegar :	5 Imp Tablespoon
(Optional)	Red Pepper Flakes :	1/4 Imp Teaspoon
	Baby Back Ribs (4 racks) :	2 Kilogram
	Cilantro leaves, chopped :	2 Imp Tablespoon

Directions

Place onion, pepper, garlic and ginger in food processor and pulse till finely chopped, about 8 pulses.

Heat oil in medium frying pan over medium-high heat. Add vegetable mixture and tomato paste and cook, stirring occasionally, until it is softened and slightly brown, about 7 minutes.

Stir in jam, frozen juice, soy, brown sugar, 1/4 cup vinegar and red pepper flakes. Bring to simmer and cook until thickened, about 5 minutes.

Pat ribs dry with paper towels; season with salt and pepper. Stand upright in slow cooker insert, winding them around in a spiral, meaty side toward the wall of the cooker. Cook on low 4 to 5 hours until tender.

Transfer ribs to cutting board; tent with foil and rest for 20 minutes.

Let cooking liquid settle 5 minutes; pour off fat. Strain through fine-mess sieve into medium pot.

Bring sauce to simmer and cook down until it measures about 2 cups, about 15 minutes.

Stir remaining tablespoon of vinegar into sauce, correct seasoning.

Slice ribs between bones, toss with sauce. Serve on platter garnished with Cilantro.

Tags: "Slow Cooker"

"untested"



Spanish Hot Chocolate

Spanish Beverage

Preparation Time: 10 Minutes or less

Difficulty: Intermediate **Base:** Chocolate **Served:** Hot

Serves: 2

Source: <https://user.xmission.com/~dderhak/recipe/churros.htm>

Ingredients

Semi-sweet Chocolate Chips :	4	Imp Fluid Ounce
Whole Milk :	2	Imp Cup
cornstarch :	3	Imp Tablespoon
sugar :	2	Imp Tablespoon

Directions

Place the chocolate and half the milk in a pan and heat, stirring, until the chocolate has melted. Dissolve the cornstarch in the remaining milk and whisk into the chocolate with the sugar.

Cook on low heat, whisking constantly, until the chocolate is thickened, about five minutes. Add extra cornstarch if it doesn't start to thicken after 5 minutes.

Remove from heat and whisk smooth.

Pour and server in cups or bowls for dunking churros. Do not pour over churros, but use the mix for dunking churros after every bite. Served warm.

Remarks

Original recipe called for Dark Chocolate, but semi-sweet seems to work well, with half the original sugar requirement.

I found that 1 tbsp cornstarch not enough to thicken chocolate properly; increased to 3 tbsp.

Related Recipes

#37 - Churros (con Chocolate) (Optional)

Tags: "Favourite"

"Home Made"

22



2015-03-18

Sweet and Sour Meatloaf

Canadian Entree

Preparation Time: 1 Hour or more**Difficulty:** Intermediate **Base:** Beef**Served:** Hot**Serves:** 6**Source:** <http://allrecipes.com/recipe/sweet-and-sour-meatloaf/>

Ingredients

ground Beef :	1 1/2	Imp Pound
tomato sauce :	15	Imp Fluid Ounce
dry bread crumbs :	1	Imp Cup
salt :	1	Imp Teaspoon
brown sugar :	2	Imp Tablespoon
ground black pepper :	1/4	Imp Teaspoon
vinegar :	1/4	Imp Cup
white sugar :	1/2	Imp Cup
eggs :	2	
prepared mustard :	2	Imp Teaspoon
dried minced onion :	1	Imp Teaspoon

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the ground beef, bread crumbs, salt, ground black pepper, eggs, onion flakes and 1/2 of the tomato sauce. Mix together well and place into a 5x9 inch loaf pan.

Push the meatloaf down into the pan forming a well for the sauce around all the edges.

Bake at 350 degrees F (175 degrees C) for 40 minutes.

Meanwhile, in a small saucepan over medium heat, combine the remaining tomato sauce, brown sugar, vinegar, white sugar and mustard. Bring to a boil and remove from heat.

After meatloaf has cooked for 40 minutes, remove from oven and pour sauce over the top of the meatloaf.

Return to oven and bake at 350 degrees F (175 degrees C) for 20 more minutes. Let sit 5 minutes before removing from pan.

Remarks

- 1) This is not Marya's recipe
- 2) for a less-sweet, more-sour recipe, reduce the white sugar, and increase the vinegar

23



2015-03-16

Teriyaki Roast

Japanese Dinner Entree

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Beef

Served: Hot

Serves: 8

Source: Marilyn Blamire

Ingredients

Eye of Round roast : 6 Imp Pound

Teriyaki Sauce : 2 Imp Cup

Directions

Marinate Eye of Round in Teriyaki sauce for 2-4 hours.

Light one burner of a two-burner barbecue, and place the Eye of round over the unlit burner.

Rotate roast once every 10-15 minutes, basting with Teriyaki sauce marinade at each turn. Keep on barbecue until cooked to preference (about 20 minutes per pound of roast).

Remove roast and slice into servings.

Heat marinade as sauce for roast.

Related Recipes

#24 - Teriyaki Sauce

Tags: "Barbecue"

"Favourite"

#24



2015-03-16

Teriyaki Sauce

Japanese Sauce

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base:

Served:

Serves:

Source: Marilyn Blamire

Ingredients

Soy Sauce :	7/8	Imp Cup
Dry Sherry (5 - 6 vin. dryness) :	2/3	Imp Cup
White sugar :	2/3	Imp Cup
Worcestershire sauce :	1/3	Imp Cup
Garlic powder :	2	Imp Teaspoon
grated Ginger :	2	Imp Teaspoon

Directions

Mix ingredients together in large bowl.
Use as needed

Remarks

Use as marinade for Teriyaki roast

Related Recipes

#23 - Teriyaki Roast (Optional)

35



2015-03-21

Terry's Meatballs

Italian Side Dish

Preparation Time: 20 - 30 Minutes

Difficulty: Easy

Base: Beef

Served: Hot

Serves:

Source: Terry Mercurio

Ingredients

ground Beef :	2 Imp Pound
Garlic (finely minced) :	2 Clove
Italian breadcrumbs :	1 Imp Cup
Basil :	1 Imp Teaspoon
Oregano :	1 Imp Teaspoon
Parmesan Cheese :	1 / 2 Imp Cup
Eggs :	3
Salt :	1 Imp Teaspoon
Pepper :	1 / 4 Imp Teaspoon
(Optional) Spaghetti Sauce :	1 Serving

Directions

Preheat oven to 350 degrees F.

Combine the Beef, finely minced Garlic, Italian bread crumbs, Basil, Oregano, Parmesan Cheese, Eggs, Salt and Pepper, and mix together well.

Shape into 1 inch size meatballs and place on a cookie sheet. Bake meatballs for 20 minutes.

Serve on pasta, with Spaghetti sauce.

Related Recipes

#34 - Terry's Spaghetti Sauce (Optional)

34



2015-03-21

Terry's Spaghetti Sauce

Italian Sauce

Preparation Time: 1 Hour or more

Difficulty:

Base: Vegetable

Served: Hot

Serves:

Source: Terry Mercurio

Ingredients

Olive Oil :	1 / 4	Imp Cup
Garlic (minced) :	4	Clove
large Onion (chopped) :	1	
Tomato Paste :	24	Imp Fluid Ounce
Tomato Sauce :	16	Imp Fluid Ounce
diced Tomatoes :	14 1 / 2	Imp Fluid Ounce
Bay leaves :	2	
Oregano :	1	Imp Teaspoon
Basil :	1	Imp Teaspoon
Salt :	1	Imp Teaspoon
Pepper :	1	Imp Teaspoon
Sugar :	1	Imp Teaspoon

Directions

In large pot saute Onion and Garlic in Olive Oil until Onion is softened.

Add Tomato Paste and stir into Olive Oil until completely mixed. Stir in Tomato Sauce and diced Tomatoes. Add Bay leaves, Oregano, Basil, Salt, Pepper and sugar and stir well.

Bring to a boil then turn down and simmer for one hour. Uncover the sauce during the last half hour to thicken up the sauce.



The Only Barbecue Sauce

Sauce

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base:

Served:

Serves:

Source: Mary Cummings

Ingredients

	Ketchup :	1	Imp Cup
	Mustard :	1	Imp Cup
	White Vinegar :	3/4	Imp Cup
	Brown Sugar (well packed) :	1/2	Imp Cup
	Black Pepper :	1	Imp Teaspoon
	Chili Powder :	3/4	Imp Teaspoon
	Garlic :	3	Clove
(Optional)	Cayenne Pepper :	1/2	Imp Teaspoon

Directions

Combine all ingredients in a glass container or bowl. If so desired, add Cayenne Pepper (no more than 1 tsp., preferably less).

Mix with an electric blender until all ingredients are well blended.

Refrigerate covered. Shake well before using.

Remarks

Great barbecue sauce for ham.

NOTE: Only a very small amount of Cayenne Pepper will make the sauce VERY spicy.

Tags: "Barbecue"

25



2015-03-16

Virgins Breasts

Italian Baked Goods/Dessert

Preparation Time: 1 Hour or more

Difficulty: Intermediate **Base:** Flour

Served:

Serves: 8

Source: Gourmet Traveller website

Ingredients

unsalted butter, softened :	225	Gram
Castor sugar :	80	Gram
Egg yolk :	1	
finly grated Lemon Rind :	1	Imp Teaspoon
plain Flour :	475	Gram
Cherries, pitted :	8	

Directions

Cream butter and sugar using an electric mixer, then add egg yolk and beat to combine. Stir in Lemon Rind, 1/4 tsp salt, flour and 50 ml water, and knead gently until a soft dough forms. Wrap in plastic wrap and refrigerate for at least 2 hours.

Preheat oven to 180C. Roll out dough to about 3mm thick on a lightly floured work surface, then cut out 8 circles using an 8cm-diameter cutter and 8 circles using a 10cm-diameter cutter. Spoon 1/4 cup custard mixture (see related recipe) into the centre of each 8cm circle to create a mound. Brush edges with water and place the larger pastry circles on top, pressing edges to seal. Place on baking paper-lined oven trays and bake for 15-20 minutes or until golden. Transfer to a wire rack to cool.

Spoon icing sugar glaze (see related recipe) over cooled pastries and place a cherry on top. Biscuits will keep in the refrigerator for up to three days.

Related Recipes

#26 - Virgins Breasts Custard

#27 - Virgins Breasts Icing

26



2015-03-16

Virgins Breasts Custard

Italian

Preparation Time: 10 Minutes or less

Difficulty: Intermediate **Base:**

Served:

Serves: 8

Source: Gourmet Traveller website

Ingredients

Milk :	1 1/2	Imp Cup
Sugar :	1/4	Imp Cup
Cornflour :	1/4	Imp Cup
Vanilla extract :	1/2	Imp Teaspoon
Lemon Rind, grated :	1	Slice
Candied Orange, coarsely chopped :	1/4	Imp Cup
Cinnamon, ground :	1/2	Imp Teaspoon
pure Icing Sugar, sifted :	2	Imp Cup

Directions

In a heavy-based saucepan, whisk together milk, sugar, cornflour, vanilla and lemon rind.

Place over medium heat and, whisking constantly, bring to a boil. Reduce heat and simmer for a minute, then remove from heat and cool.

Stir in candied Orange and Cinnamon, and set aside until required.

Related Recipes

#25 - *Virgins Breasts (Optional)*

#27



2015-03-16

Virgins Breasts Icing

Italian

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base:

Served:

Serves: 8

Source: Gourmet Traveller website

Ingredients

Icing Sugar, sifted :	2 Imp Cup
Vanilla extract :	1/4 Imp Teaspoon
Water, boiling :	2 Imp Tablespoon

Directions

Whisk together icing sugar, boiling water, and vanilla in a bowl until smooth.

Related Recipes

#25 - *Virgins Breasts (Optional)*



RECIPE INDEX

by Category

Meal

Breakfast

- # 2 Apple-Raisin Pancakes
- # 13 Crepes

Brunch

- # 2 Apple-Raisin Pancakes
- # 13 Crepes

Lunch

- # 20 Barbecue Pork Sandwiches
- # 13 Crepes
- # 39 French Onion Soup
- # 62 Oven Baked Chicken Breast
- # 53 Slow-cooker Sweet and Sour Sticky Ribs

Dinner

- # 20 Barbecue Pork Sandwiches
- # 39 French Onion Soup
- # 49 Maple-Planked Salmon
- # 62 Oven Baked Chicken Breast
- # 32 Pasta e Fagioli
- # 53 Slow-cooker Sweet and Sour Sticky Ribs
- # 23 Teriyaki Roast

Snack

- # 47 Carrot Cake
- # 48 Kourabiedes (Greek Butter Cookies)
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti

Party

- # 53 Slow-cooker Sweet and Sour Sticky Ribs

Picnic

- # 47 Carrot Cake
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
- # 53 Slow-cooker Sweet and Sour Sticky Ribs

Beverage

- # 61 Blue Colada
- # 58 Coquito
- # 30 Franny's Limoncello
- # 60 French 75 / Soixante Quinze
- # 15 Irish Coffee
- # 36 Spanish Hot Chocolate

Course

Baked Goods

- # 31 Almond Biscotti
- # 4 Basic White Bread - 1.5 lb loaf
- # 6 Bran Muffins
- # 52 Caribbean Banana Bread
- # 47 Carrot Cake
- # 55 Classic Pizzelle
- # 44 D'Amaretti Biscotti



RECIPE INDEX

by Category

- # 50 Domenica's Tarallucci al Limone
- # 48 Kourabiedes (Greek Butter Cookies)
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
- # 25 Virgins Breasts

Appetizer

- # 12 Country Spinach Salad
- # 13 Crepes
- # 39 French Onion Soup

Entree

- # 2 Apple-Raisin Pancakes
- # 20 Barbecue Pork Sandwiches
- # 21 Barbecue Short Ribs
- # 3 Barbecue Spare Ribs
- # 5 Beef and Corn Bake
- # 7 Broccoli Pasta Casserole
- # 8 Cedar Planked Salmon
- # 11 Coffee Rubbed Steak
- # 49 Maple-Planked Salmon
- # 45 Montreal Dijon Marinated Chicken
- # 62 Oven Baked Chicken Breast
- # 32 Pasta e Fagioli
- # 17 Pulled Beef
- # 53 Slow-cooker Sweet and Sour Sticky Ribs
- # 22 Sweet and Sour Meatloaf
- # 23 Teriyaki Roast

Salad

- # 12 Country Spinach Salad

Side Dish

- # 1 All-in-one Roasted Vegetables
- # 35 Terry's Meatballs

Soup

- # 39 French Onion Soup

Sauce

- # 24 Teriyaki Sauce
- # 34 Terry's Spaghetti Sauce
- # 40 The Only Barbecue Sauce

Condiment

- # 54 Balsamic Vinegar Reduction
- # 10 Coffee Rub
- # 14 Egg Salad
- # 51 Honey-Mustard Dressing
- # 41 Pickled Watermelon Rind
- # 38 Rhubarb Relish
- # 18 Rockin Dry Rub
- # 19 Salmon Dry Rub Seasoning

Dessert

- # 31 Almond Biscotti
- # 37 Churros (con Chocolate)
- # 9 Coconut Creme Brulee



RECIPE INDEX

by Category

- # 16 Pavlova
- # 59 Rahat Lokum (Turkish Delight)
- # 25 Virgins Breasts

Digestif

- # 30 Franny's Limoncello

Appertif

- # 61 Blue Colada
- # 58 Coquito
- # 30 Franny's Limoncello
- # 60 French 75 / Soixante Quinze

Effort

Easy

- # 1 All-in-one Roasted Vegetables
- # 2 Apple-Raisin Pancakes
- # 54 Balsamic Vinegar Reduction
- # 20 Barbecue Pork Sandwiches
- # 21 Barbecue Short Ribs
- # 3 Barbecue Spare Ribs
- # 4 Basic White Bread - 1.5 lb loaf
- # 5 Beef and Corn Bake
- # 61 Blue Colada
- # 6 Bran Muffins
- # 8 Cedar Planked Salmon
- # 11 Coffee Rubbed Steak
- # 58 Coquito
- # 12 Country Spinach Salad
- # 13 Crepes
- # 14 Egg Salad
- # 30 Franny's Limoncello
- # 60 French 75 / Soixante Quinze
- # 51 Honey-Mustard Dressing
- # 15 Irish Coffee
- # 57 Lemon Icing
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
- # 49 Maple-Planked Salmon
- # 62 Oven Baked Chicken Breast
- # 16 Pavlova
- # 17 Pulled Beef
- # 38 Rhubarb Relish
- # 18 Rockin Dry Rub
- # 19 Salmon Dry Rub Seasoning
- # 29 Simple Syrop
- # 23 Teriyaki Roast
- # 24 Teriyaki Sauce
- # 35 Terry's Meatballs
- # 40 The Only Barbecue Sauce
- # 27 Virgins Breasts Icing

Intermediate

- # 7 Broccoli Pasta Casserole
- # 47 Carrot Cake



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by Category

- # 46 Carrot Cake Icing
- # 37 Churros (con Chocolate)
- # 55 Classic Pizzelle
- # 9 Coconut Creme Brulee
- # 10 Coffee Rub
- # 44 D'Amaretti Biscotti
- # 39 French Onion Soup
- # 48 Kourabiedes (Greek Butter Cookies)
- # 32 Pasta e Fagioli
- # 36 Spanish Hot Chocolate
- # 22 Sweet and Sour Meatloaf
- # 25 Virgins Breasts
- # 26 Virgins Breasts Custard

Serving Temp

Frozen

- # 61 Blue Colada

Chilled

- # 58 Coquito
- # 30 Franny's Limoncello
- # 60 French 75 / Soixante Quinze

Cold

- # 14 Egg Salad
- # 51 Honey-Mustard Dressing
- # 16 Pavlova
- # 41 Pickled Watermelon Rind
- # 38 Rhubarb Relish

Room temp

- # 31 Almond Biscotti
- # 54 Balsamic Vinegar Reduction
- # 52 Caribbean Banana Bread
- # 55 Classic Pizzelle
- # 50 Domenica's Tarallucci al Limone
- # 48 Kourabiedes (Greek Butter Cookies)
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
- # 59 Rahat Lokum (Turkish Delight)

Warm

- # 37 Churros (con Chocolate)
- # 9 Coconut Creme Brulee

Hot

- # 1 All-in-one Roasted Vegetables
- # 2 Apple-Raisin Pancakes
- # 3 Barbecue Spare Ribs
- # 8 Cedar Planked Salmon
- # 13 Crepes
- # 39 French Onion Soup
- # 15 Irish Coffee
- # 49 Maple-Planked Salmon
- # 45 Montreal Dijon Marinated Chicken
- # 62 Oven Baked Chicken Breast



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by Category

- # 32 Pasta e Fagioli
- # 53 Slow-cooker Sweet and Sour Sticky Ribs
- # 36 Spanish Hot Chocolate
- # 22 Sweet and Sour Meatloaf
- # 23 Teriyaki Roast
- # 35 Terry's Meatballs
- # 34 Terry's Spaghetti Sauce

Prep Time

10 Minutes or less

- # 2 Apple-Raisin Pancakes
- # 20 Barbecue Pork Sandwiches
- # 21 Barbecue Short Ribs
- # 61 Blue Colada
- # 10 Coffee Rub
- # 11 Coffee Rubbed Steak
- # 13 Crepes
- # 14 Egg Salad
- # 60 French 75 / Soixante Quinze
- # 51 Honey-Mustard Dressing
- # 15 Irish Coffee
- # 57 Lemon Icing
- # 18 Rockin Dry Rub
- # 19 Salmon Dry Rub Seasoning
- # 36 Spanish Hot Chocolate
- # 24 Teriyaki Sauce
- # 40 The Only Barbecue Sauce
- # 26 Virgins Breasts Custard
- # 27 Virgins Breasts Icing

10 - 20 Minutes

- # 1 All-in-one Roasted Vegetables
- # 6 Bran Muffins
- # 7 Broccoli Pasta Casserole
- # 37 Churros (con Chocolate)
- # 12 Country Spinach Salad
- # 39 French Onion Soup
- # 49 Maple-Planked Salmon
- # 62 Oven Baked Chicken Breast
- # 29 Simple Syrop

20 - 30 Minutes

- # 54 Balsamic Vinegar Reduction
- # 47 Carrot Cake
- # 46 Carrot Cake Icing
- # 48 Kourabiedes (Greek Butter Cookies)
- # 59 Rahat Lokum (Turkish Delight)
- # 35 Terry's Meatballs

30 - 60 Minutes

- # 31 Almond Biscotti
- # 5 Beef and Corn Bake
- # 8 Cedar Planked Salmon
- # 55 Classic Pizzelle



RECIPE INDEX

by Category

9 Coconut Creme Brulee

1 Hour or more

3 Barbecue Spare Ribs
4 Basic White Bread - 1.5 lb loaf
44 D'Amaretti Biscotti
30 Franny's Limoncello
56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
45 Montreal Dijon Marinated Chicken
32 Pasta e Fagioli
16 Pavlova
41 Pickled Watermelon Rind
17 Pulled Beef
38 Rhubarb Relish
22 Sweet and Sour Meatloaf
23 Teriyaki Roast
34 Terry's Spaghetti Sauce
25 Virgins Breasts

Base

Alcohol

61 Blue Colada
30 Franny's Limoncello
60 French 75 / Soixante Quinze
15 Irish Coffee

Beef

21 Barbecue Short Ribs
3 Barbecue Spare Ribs
5 Beef and Corn Bake
11 Coffee Rubbed Steak
39 French Onion Soup
17 Pulled Beef
22 Sweet and Sour Meatloaf
23 Teriyaki Roast
35 Terry's Meatballs

Chicken

45 Montreal Dijon Marinated Chicken
62 Oven Baked Chicken Breast

Chocolate

36 Spanish Hot Chocolate

Coconut

58 Coquito

Egg

9 Coconut Creme Brulee
13 Crepes
14 Egg Salad
16 Pavlova

Flour

31 Almond Biscotti
2 Apple-Raisin Pancakes



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by Category

- # 4 Basic White Bread - 1.5 lb loaf
- # 6 Bran Muffins
- # 52 Caribbean Banana Bread
- # 37 Churros (con Chocolate)
- # 55 Classic Pizzelle
- # 44 D'Amaretti Biscotti
- # 50 Domenica's Tarallucci al Limone
- # 48 Kourabiedes (Greek Butter Cookies)
- # 25 Virgins Breasts

Mustard

- # 51 Honey-Mustard Dressing

Pasta

- # 32 Pasta e Fagioli

Pork

- # 20 Barbecue Pork Sandwiches
- # 53 Slow-cooker Sweet and Sour Sticky Ribs

Seafood

- # 8 Cedar Planked Salmon
- # 49 Maple-Planked Salmon

Spice

- # 19 Salmon Dry Rub Seasoning

Sugar

- # 57 Lemon Icing
- # 59 Rahat Lokum (Turkish Delight)
- # 29 Simple Syrop

Vegetable

- # 1 All-in-one Roasted Vegetables
- # 7 Broccoli Pasta Casserole
- # 12 Country Spinach Salad
- # 41 Pickled Watermelon Rind
- # 38 Rhubarb Relish
- # 34 Terry's Spaghetti Sauce

Origin

American

- # 4 Basic White Bread - 1.5 lb loaf
- # 10 Coffee Rub
- # 11 Coffee Rubbed Steak
- # 60 French 75 / Soixante Quinze
- # 17 Pulled Beef
- # 18 Rockin Dry Rub

Australian

- # 16 Pavlova

Canadian

- # 1 All-in-one Roasted Vegetables
- # 2 Apple-Raisin Pancakes
- # 20 Barbecue Pork Sandwiches
- # 21 Barbecue Short Ribs



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by Category

- # 3 Barbecue Spare Ribs
- # 5 Beef and Corn Bake
- # 6 Bran Muffins
- # 7 Broccoli Pasta Casserole
- # 8 Cedar Planked Salmon
- # 9 Coconut Creme Brulee
- # 12 Country Spinach Salad
- # 14 Egg Salad
- # 49 Maple-Planked Salmon
- # 45 Montreal Dijon Marinated Chicken
- # 19 Salmon Dry Rub Seasoning
- # 53 Slow-cooker Sweet and Sour Sticky Ribs
- # 22 Sweet and Sour Meatloaf

Caribbean

- # 52 Caribbean Banana Bread

Country

- # 41 Pickled Watermelon Rind

French

- # 13 Crepes
- # 39 French Onion Soup

Greek

- # 48 Kourabiedes (Greek Butter Cookies)

Irish

- # 15 Irish Coffee

Italian

- # 31 Almond Biscotti
- # 54 Balsamic Vinegar Reduction
- # 55 Classic Pizzelle
- # 44 D'Amaretti Biscotti
- # 50 Domenica's Tarallucci al Limone
- # 30 Franny's Limoncello
- # 57 Lemon Icing
- # 56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
- # 32 Pasta e Fagioli
- # 35 Terry's Meatballs
- # 34 Terry's Spaghetti Sauce
- # 25 Virgins Breasts
- # 26 Virgins Breasts Custard
- # 27 Virgins Breasts Icing

Japanese

- # 23 Teriyaki Roast
- # 24 Teriyaki Sauce

Middle East

- # 59 Rahat Lokum (Turkish Delight)

Puerto Rico

- # 58 Coquito

Spanish

- # 37 Churros (con Chocolate)



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by Category

36 Spanish Hot Chocolate

Tag

Barbecue

8 Cedar Planked Salmon
49 Maple-Planked Salmon
45 Montreal Dijon Marinated Chicken
23 Teriyaki Roast
40 The Only Barbecue Sauce

Biscotti

31 Almond Biscotti
44 D'Amaretti Biscotti
56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti

Cocktail

61 Blue Colada
60 French 75 / Soixante Quinze

Favourite

8 Cedar Planked Salmon
37 Churros (con Chocolate)
50 Domenica's Tarallucci al Limone
30 Franny's Limoncello
15 Irish Coffee
16 Pavlova
17 Pulled Beef
36 Spanish Hot Chocolate
23 Teriyaki Roast

Home Made

54 Balsamic Vinegar Reduction
4 Basic White Bread - 1.5 lb loaf
37 Churros (con Chocolate)
50 Domenica's Tarallucci al Limone
30 Franny's Limoncello
51 Honey-Mustard Dressing
57 Lemon Icing
56 Lew and Terry's Artisanal Lemon-Cranberry Biscotti
59 Rahat Lokum (Turkish Delight)
36 Spanish Hot Chocolate

Liqueur

30 Franny's Limoncello

Microwave

39 French Onion Soup

Slow Cooker

20 Barbecue Pork Sandwiches
21 Barbecue Short Ribs
17 Pulled Beef
53 Slow-cooker Sweet and Sour Sticky Ribs

untested

31 Almond Biscotti
54 Balsamic Vinegar Reduction



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by Category

- # 52 Caribbean Banana Bread
- # 58 Coquito
- # 49 Maple-Planked Salmon
- # 45 Montreal Dijon Marinated Chicken
- # 62 Oven Baked Chicken Breast
- # 41 Pickled Watermelon Rind
- # 59 Rahat Lokum (Turkish Delight)
- # 53 Slow-cooker Sweet and Sour Sticky Ribs