



All-in-one Roasted Vegetables

Canadian Side Dish

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Vegetable

Served: Hot

Serves: 6

Source: Gabby

Ingredients

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

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



Almond Biscotti

Italian Baked Goods/Dessert

Preparation Time: 30 - 60 Minutes

Difficulty:

Base: Flour

Served: Room temp

Serves: 36

Source: seriouseats.com

Ingredients

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

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 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: "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

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

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.

#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

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

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"

#21



2015-03-18

Barbecue Short Ribs

Canadian Entree

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base: Beef

Served:

Serves: 8

Source: Kraft Canada website recipe

Ingredients

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

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

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

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

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

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

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

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



Bran Muffins

Canadian Baked Goods

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Flour

Served:

Serves: 4

Source: magazine

Ingredients

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

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.

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

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

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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2016-03-13

Carrot Cake

Snack/Picnic Baked Goods

Preparation Time: 20 - 30 Minutes

Difficulty: Intermediate **Base:**

Served:

Serves: 12

Source: Marya Pitcher

Ingredients

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

Directions

Preheat oven to 350 F.

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)

46



2016-03-13

Carrot Cake Icing

Preparation Time: 20 - 30 Minutes

Difficulty: Intermediate **Base:**

Served:

Serves: 12

Source: Toronto Star "Recipe Exchange"

Ingredients

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

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

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

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

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

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"



Coconut Creme Brulee

Canadian Dessert

Preparation Time: 30 - 60 Minutes

Difficulty: Intermediate **Base:** Egg

Served: Warm

Serves: 4

Source: theglobeandmail.com

Ingredients

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

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

- 1 / 4 Imp Cup ancho chili powder
- 1 / 4 Imp Cup finely ground espresso
- 2 Imp Tablespoon Spanish paprika
- 2 Imp Tablespoon dark brown sugar
- 1 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
- 2 Imp Teaspoon ground ginger
- 2 Imp Teaspoon chili de arbol powder

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

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

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 to medium-rare doneness, about 8 to 10 minutes.

Remove and let rest 5 minutes before slicing.

Related Recipes

#10 - Coffee Rub



Country Spinach Salad

Canadian Appetizer

Preparation Time: 10 - 20 Minutes

Difficulty: Easy

Base: Vegetable

Served:

Serves: 6

Source: magazine

Ingredients

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

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)

13



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

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

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.

44



2015-04-22

D'Amaretti Biscotti

Italian Baked Goods

Preparation Time: 1 Hour or more

Difficulty: Intermediate **Base:** Flour

Served:

Serves: 36

Source: Rosina

Ingredients

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

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."

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

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

Directions

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

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

30



2015-03-26

Franny's Limoncello

Italian Beverage Appertif/Digestif

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Alcohol

Served: Chilled

Serves:

Source: Gizmodo.com

Ingredients

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

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"

39



2015-03-22

French Onion Soup

French Soup

Preparation Time: 10 - 20 Minutes

Difficulty: Intermediate **Base:** Vegetable

Served: Hot

Serves: 2

Source: Microwave Cookbook

Ingredients

- 3 medium Onions
- 3 Imp Tablespoon Butter
- 20 Imp Fluid Ounce Beef Broth or Beef Consume
- 1 1/2 Imp Cup Water
- 1 Imp Teaspoon Salt
- 1/8 Imp Teaspoon Pepper
- 6 Slice Bread, toasted
- 1 1/2 Imp Cup Swiss Cheese, shredded

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 about 1 minute and serve.

Tags: "Microwave"

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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

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

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"

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

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

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"

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

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

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

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

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



2015-03-26

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

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

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. Combine 8 cups water and 2 tablespoons salt in large pot; 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"

17



2015-03-16

Pulled Beef

American Entree

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Beef

Served:

Serves: 8

Source: Lipton ad

Ingredients

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

Directions

In a slow cooker, arrange roast. Combine soup mix with water, chili 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"

38



2015-03-26

Rhubarb Relish

Condiment

Preparation Time: 1 Hour or more

Difficulty: Easy

Base: Vegetable

Served: Cold

Serves:

Source: Marya Pitcher

Ingredients

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

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

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

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

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

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

- 2 Imp Cup Granulated Sugar
- 1 Imp Cup Water

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).

36



2016-03-13

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

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

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"



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

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

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

- 6 Imp Pound Eye of Round roast
- 2 Imp Cup Teriyaki Sauce

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

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

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

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

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

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

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.

40



2015-03-23

The Only Barbecue Sauce

Sauce

Preparation Time: 10 Minutes or less

Difficulty: Easy

Base:

Served:

Serves:

Source: Mary Cummings

Ingredients

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

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

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

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

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

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

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

Directions

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

Related Recipes

#25 - Virgins Breasts (Optional)