

# *Tastefully Yours*

## Serenade & Marinade with the Arbutus Singers



Arbutus Singers, April 2019  
Glenrosa Farms, Victoria

To Readers of our Cookbook,

What do you do when a pandemic hits? You cook, you eat, you try new recipes, and then you repeat the cycle. While we, who call ourselves the Arbutus Singers, haven't been able to physically get together, we have stayed in touch in other ways with phone calls, letters and cards, emails and social media – including Facebook – we know the frequent posters and are glad to hear about their lives. We have had the chance to do a few ZOOM get-togethers and hear how everyone is doing between reading books, watching Netflix, working from home, pets crossing over the rainbow bridge and adopting dogs and cats. Some of us are gardening up a storm and learning new instruments or taking voice lessons.

So, when it was suggested that we create a cookbook, many jumped onboard and voila, we have this FREE cookbook with some of our best recipes collated within.

A special thank you goes out to Jane Cowell, Julie Dawson and Janice Matthews who spearheaded this Herculean effort to coordinate the collection of recipes and a big thank you to Roger Harmston who desk-topped the recipe book. And, of course, we want to thank all of you who submitted recipes to add to our collection. A special thanks to Frank Wilson and Dianne Pendray who helped to come up with the name of the cookbook. Thanks also to Eric Rotgans for the photo on the cover for a memorable retreat at Glenrosa Farm. I look forward to trying them out, and more importantly, looking forward to the day when we can have a group get together and a potluck, sharing the culinary delights within.

Now, go get cooking!

***Jack Boomer***

Director, Arbutus Singers

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*Appetizers*



# PROSCIUTTO ROLL-UPS

Makes about 24 appetizers

## INGREDIENTS:

- 1 package (14 oz) puff pastry, thawed
- 2 tablespoons sweet mustard
- ¼ cup grated Parmesan cheese
- ¼ pound or about 8 slices of thinly sliced prosciutto

## DIRECTIONS:

**On** a lightly floured surface roll out half the pastry to a 12x10 rectangle.

**Spread** with half the mustard, leaving a ½-inch border. Sprinkle with half the cheese then arrange half the prosciutto in a single layer over the cheese. Brush the border with water.

**Starting** at the short end, roll up jelly roll-style just to centre of rectangle. Roll up the other end to meet in centre; turn over. Using a serrated knife, trim ends, then cut roll into ½-inch slices; place on parchment lined baking sheet; press lightly.

**Repeat** with remaining ingredients. Cover and refrigerate for 1 hour. (Can be prepared to this point and refrigerated for 1 day).

**Bake** in 400°F oven for 15-18 minutes or until puffed and golden.

*This recipe came from the first friend I made in BC after relocating from PEI over 40 years ago. She is a wonderful cook, talented hostess, frequent traveler all over Europe, and fluent in 3 languages. She introduced me to many interesting and eccentric people and enriched my life immeasurably. These appetizers are simple to make and always a hit with guests. Enjoy!*

MARY BRUCE

# OLIVE, DATE, AND CAPER TAPENADE

## INGREDIENTS:

7 or 8 pitted dates  
1 cup of pitted Kalamata olives, drained  
1 tablespoon of capers  
1 or 2 cloves of garlic, minced

## DIRECTIONS:

**Soak** dates in 1 cup of hot water for 15 minutes.  
**Drain** and rinse capers (rinsing well is important).  
**Process** drained dates.  
**Add** olives, capers, and garlic and process to desired consistency.

*I was at a party and had this spread on crackers. I liked it so much that I found out who brought it, and the guy told me how he made it. I was relieved that he wasn't one of those people that doesn't share recipes. I have shared this recipe with several people, including a former choir member who asked me for the recipe after a choir party and later told me that her son really liked it.*

DAVE McKERCHER

# MYSTERY ROLLS

## INGREDIENTS:

½ cup butter  
4 oz crumbled blue cheese  
1 can Pillsbury Flakey biscuits

## DIRECTIONS:

**Preheat** oven to 350°F.

**Place** the butter and blue cheese on a baking sheet and put into oven in order to melt.

**While** that's happening, open the can of Pillsbury flakey biscuits and cut each biscuit into quarters.

**Roll** the pieces all around in the melted butter and blue cheese.

**Put** the pan back into the oven for 8-12 minutes.

*Haven't made these for a while but they're quick and delicious. They're called "Mystery Rolls" and people seem to love them.*

*KATHY HORAN*

A basket of these on the dinner table will cause the most civilized to fight for the last one!



# PAM'S STUFFED MUSHROOMS

## INGREDIENTS:

Large mushrooms (whatever kind you prefer)  
1 package cream cheese  
½ cup Parmesan cheese  
½ of an onion, chopped finely  
Garlic, chopped finely  
Chives, chopped finely  
¼ red pepper, chopped finely  
1 tablespoon butter or margarine

## DIRECTIONS:

**Remove** the stems from the mushrooms and chop them up. Hollow out any excess to create space within the mushroom for the filling.

**Sauté** the vegetables in the oil until they are golden.

**In** a bowl, combine the sauteed veggies and cheeses. (Hold back a bit of the Parmesan to top each cap before baking). Blend well and your filling is ready.

**Baste** each mushroom with melted butter. Make sure you cover all the mushrooms so they will not dry out.

**Spoon** a generous amount of filling into each mushroom.

**Sprinkle** remaining Parmesan onto each mushroom cap.

**Place** mushrooms in an oven preheated to 400°F for approximately 20 minutes or until the tops are golden brown.

*A simple, but  
impressive appetizer!*

*"After a good dinner,  
one can forgive  
anybody, even one's  
own relations."*

*--Oscar Wilde  
(A Woman of No  
Importance)*

*PAM YORATH*

# ARTICHOKE PÂTÉ

## INGREDIENTS:

- 1 can artichokes, drained
- ½ cup plus 1 tablespoon good quality grated Parmesan cheese
- ½ cup mayonnaise
- 1 clove minced garlic

## DIRECTIONS:

**Drain** artichokes and roughly chop. Place on blender.

**Add** Parmesan and mayonnaise and minced garlic to blender.

**Blend** until smooth.

**Place** in a tureen.

**Bake** at 350°F for 20 minutes or until lightly browned on top.

**Serve** hot (good cold too).

*This is a family favourite, passed down to me by cousin Pat. I've had the pleasure of passing along this little bit of family history with my children.*

*DEB NEEDLEY*

# FERGOSA (ITALIAN BREAD)

Serves 8

## INGREDIENTS

½ cup chopped onion  
1 tablespoon butter  
1 cup tea bisk  
½ cup grated cheddar cheese  
⅓ cup milk  
1 cup grated cheddar cheese  
1 egg, slightly beaten  
Poppyseeds

## DIRECTIONS:

**Sauté** onion and butter until the onion is transparent.

**Combine** the tea bisk, ½ cup of cheese and milk and beat until smooth. It will be sticky.

**Knead** 10 times on floured board working in a small amount of flour if it's sticking too much.

**Butter** 8/9-inch pan and also on your hands.

**Spread** this mixture on the bottom of the pan. Combine the cup of grated cheddar and egg.

**Spread** on crust, sprinkle with onion-butter mixture and poppyseed.

**Bake** at 425°F for 20 minutes.

To serve, cut into wedges.

*This is a great accompaniment with salad or great with salmon or homemade soup.*

*Everyone will love it - you had better make two if your friends are like mine. No offense to my friends!*

**ELWYN TOMLINSON**

# SHRIMP AVOCADO DIP

## INGREDIENTS:

2 ripe avocados (cubed 20 minutes before serving)  
3 tablespoons fresh lime juice  
½ pound salad shrimp  
1 medium tomato finely chopped, or 12 cherry tomatoes cut in half  
¼ cup finely chopped onion or shallot  
1 cup cilantro – chopped  
1 teaspoon sugar  
½ teaspoon Tabasco  
Salt to taste  
1 bag of Taco scoops

*This mixture can be used as a party dip or plated on lettuce as an appetizer*

WENDY HOLOB

## DIRECTIONS:

**Combine** shrimp, lime juice, tomatoes, onion, cilantro, sugar, Tabasco, and salt in a medium sized bowl. Make sure all ingredients are coated with lime juice, add more if necessary.

**Refrigerate** until ready to use 1-3 hours.

**About** 20 minutes before serving add the avocado (this way they do not turn dark).

**Place** the mixture in a fresh bowl and serve with taco scoops.

*Mains & Sides*



# BAKED CURRIED CHICKEN

## INGREDIENTS:

8 chicken thighs  
1 can Campbell's Mushroom soup  
Medium curry powder  
Cumin seeds

## DIRECTIONS:

**Place** chicken in casserole dish and spread soup over top.

**Sprinkle** medium curry powder over the entire dish, then sprinkle with cumin seeds.

**Bake** uncovered in oven at 350°F for 45 minutes or longer if needed.

Serve with mango chutney and rice.

*I like these recipes because they are fast to make and are really good. Enjoy!*

**MAUREEN CALKINS**



*Baked Curried  
Chicken  
(left)*

*Cranberry Orange  
Chicken  
(right)*

# CRANBERRY ORANGE CHICKEN

## INGREDIENTS:

2 tablespoons butter  
8 skinless, boneless chicken breasts  
2 teaspoons cornstarch  
1 cup water  
2 tablespoons frozen orange juice concentrate  
1 teaspoon curry powder  
½ teaspoon each salt and pepper  
1 cup canned whole-berry cranberry sauce

## DIRECTIONS:

**Melt** butter in large non-stick frying pan, medium heat. Add chicken, cook until golden, 3 minutes per side. In a bowl stir cornstarch with water. Stir in orange juice, curry powder, salt and pepper. Remove chicken to a plate.

**Pour** orange mixture into pan. Stir in cranberry sauce until melted and mixture is bubbly. Reduce heat to med low. Return chicken to pan. Cover and simmer turning occasionally until chicken is springy when pressed, 8-14 minutes or until cooked. If sauce is too thin, remove chicken and boil stirring often until thick.

Serve with rice and green beans and cranberry sauce on the side.

# BAKED POTATOES

## INGREDIENTS:

Baking Potatoes  
Butter  
Parmesan Cheese  
Paprika  
Parsley

## DIRECTIONS:

**Wash**, dry and cut baking potatoes in half.

**Melt** butter on dinner plate or flat dish.

**Put** Parmesan Cheese on another plate.

**Dip** potatoes cut side down in the butter and then press into Parmesan cheese until coated.

**Arrange** potatoes in a casserole dish and sprinkle Paprika on half the potatoes and Parsley on the rest.

**Cover** with tinfoil. Bake at 400°F until potatoes are cooked. 45 minutes or sooner.

You can uncover the last few minutes to brown the tops a bit.

*MAUREEN CALKINS*



*Baked Potatoes*



# INDONESIAN CHICKEN

## INGREDIENTS:

3 to 3½ pounds cut-up broiler-fryer chicken (or thighs, legs, etc.)

¾ teaspoon salt

½ teaspoon pepper

2 tablespoons vegetable oil

1 medium onion, chopped (½ cup)

⅓ cup peanut butter

¼ cup sweet chili sauce

½ teaspoon ground red pepper (cayenne)

1 cup water

¼ cup chopped salted peanuts

¼ cup chopped red bell pepper

Salt and pepper.

## DIRECTIONS:

**Sprinkle** chicken with salt and pepper.

**Heat** oil in 12-inch skillet or 4-quart Dutch oven over medium heat. Cook chicken in oil about 15 minutes, turning occasionally, until brown on all sides. Cover and cook over low heat about 20 minutes or until juice is no longer pink when centers of thickest pieces are cut.

**Remove** chicken from skillet with tongs. Drain all but 1 tablespoon drippings from skillet. Heat over medium heat.

**Cook** onion in drippings, stirring occasionally, until tender; reduce heat. Stir in peanut butter, chili sauce and red pepper. Gradually stir in water, stirring constantly, until peanut butter is melted.

**Add** chicken and spoon sauce over. Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, spooning sauce frequently over chicken, until sauce is slightly thickened. Serve sauce over chicken.

**Sprinkle** with peanuts and bell pepper.

*At a potluck dinner that was arranged for choir members my friend and I both tucked into a salmon mousse. On first bite we looked at each other with wide eyes. This is terrible, we both agreed shaking our heads, and spit it into our napkins. The couple next to us gave us questioning looks. "Don't try this," I helpfully warned. Later we were told that the mousse had been cooked and brought to the dinner by the choir director and his wife, who were seated next to us!*

*This is my go-to recipe for special dinners. I keep a bottle of sweet chili sauce in the frig, ever handy for many recipes, including this favorite.*

**MARLENE LAVALLEE**



# HALUSHKIS

Cooking time: up to 8 hours

## INGREDIENTS:

- 1 smallish loose-leaved cabbage, green or Savoy
- 1 pound lean ground beef
- 1 finely chopped onion, size your choice
- ½ cup white rice
- Salt and pepper
- 2 to 3 teaspoons dried herbs of your choice
- 2 to 3 carrots, chopped in large chunks
- 2 cups tomato sauce or 500-600 ml passata

## DIRECTIONS:

**Put** cabbage in a big pot (a la Dutch oven) and pour boiling water over. Cover and steam a couple hours. Ensure water is always hot. I cut a bit of the core away before I put the cabbage in the pot so as the outer leaves steam and loosen, I can peel them off before the whole cabbage is soft enough to work with.

**While** cabbage is cooling, mix together beef, onion, rice, seasonings and herbs.

**Cut** core from the cabbage so leaves will be good for rolling. Peel leaves. Save two big outer leaves.

**Take** some meat (less than an ice cream scoop) and roll up. Repeat! Adjust amount of meat to size of cabbage leaf.

**Put** a pat of butter in the bottom of a Dutch oven and layer with halushkis. Fill with water below top of cabbage. Pour tomato sauce on top (or use a large can of diced or crushed tomatoes). Add carrots. Place outer cabbage leaves on top.

**Cover** and bring to a boil. Turn down heat and simmer 3 hours. But if you simmer 6 hours, that's OK...

Serve with potatoes and bread to mop up the sauce (tradition) or steamed broccoli. These reheat beautifully.

*Here is an easy, slow recipe to fill up a whole day. Cabbage rolls in our family are known as Halushkis. My mom's heritage is German from South Russia, so this is a very traditional and beloved family dinner, not just for special events. I have made these three times in the last three months. You can freeze portions to have on hand or give as gifts.*

DALE MOSHER

# EGGPLANT FOR TWO

## INGREDIENTS:

1 medium eggplant, sliced in  $\frac{3}{4}$ -inch rounds  
 About 2 tablespoons olive oil  
 Salt and pepper  
 1 shallot (2 to 3 tablespoons minced) -or-  
 2 tablespoons minced onion + 1 mashed garlic  
 clove  
 $\frac{1}{2}$  cup tomato sauce (passata) or so  
 1 teaspoon dried oregano or more  
 $\frac{1}{3}$  cup ricotta  
 $\frac{1}{3}$  cup fresh grated Parmesan  
 2 tablespoons chopped fresh parsley

## DIRECTIONS:

**Place** eggplant slices on a nonstick pan (or use parchment paper). Brush them with olive oil and sprinkle with salt and pepper. Preheat oven and bake at 400°F until browned (10-20 minutes). Turn slices, brush with oil and bake 10 minutes longer. Eggplant should be soft and may have shrunk a little bit.

**While** eggplant is baking, in a small non-stick skillet, sauté the shallot (or onion + garlic) on low heat till tender.

**In** a small bowl, mix the two cheeses together. Include a tablespoon of goat cheese if you like.

**In** a shallow 1 qt casserole dish, spread about 3 tablespoons of tomato sauce on the bottom. Sprinkle with oregano. Place eggplant in the dish, overlapping slices. Pour remaining tomato sauce on top. Top with shallot and cheeses.

**Bake** at 350°F for 25-30 minutes.

**Garnish** with parsley.

*This comforting, tasty dish is easy to assemble and takes a little over an hour start to finish. I like that I can make it entirely in my toaster oven, even baking the eggplant in step 1 (if I buy the right size and slice it correctly!). It makes a great first course, or the basis of a light meal. When I bought a shiny eggplant the other day, I recalled this recipe from a school community cookbook and adapted it to ingredients on hand. I may have been Italian in a former life...*

DALE MOSHER

# CRUSTLESS CRAB QUICHE

## INGREDIENTS:

½ pound fresh mushrooms, thin sliced  
 2 tablespoons butter or margarine  
 4 eggs  
 1 cup small curd cottage cheese  
 ½ cup grated Parmesan cheese  
 1 cup (250 ml) sour cream  
 4 tablespoons flour  
 1 teaspoon onion powder  
 ¼ teaspoon salt  
 4 drops hot sauce (Tabasco)  
 2 cups shredded Monterey Jack cheese  
 6 oz fresh or frozen or canned crabmeat, thawed and well-drained (or use salmon, or cooked ham)

## DIRECTIONS:

**Preheat** oven to 350°F (175C). Sauté mushrooms in butter or margarine till tender. Drain on paper towel.

**In** a blender or food processor, blend eggs, sour cream, cottage cheese, Parmesan cheese, flour, onion, salt and hot sauce. Pour mixture into large bowl.

**Stir** in sautéed mushrooms, Jack cheese and crabmeat.

**Pour** into 9- or 10-inch quiche dish (or deep-dish pie plate). Bake 45 minutes or till knife inserted in centre comes out clean. Quiche will be puffed and golden brown. Let stand 5-10 minutes before cutting to serve.

\*Crabmeat can be substituted with ham, or salmon (cooked or canned) if preferred.

**My Vegetarian Version:** Instead of using any meat or seafood, blanch about 10 stalks of asparagus (cut into bite size chunks after blanching) and quick sauté a medium red pepper chopped into small pieces to add more flavor and some colour to your quiche. Add veggies with mushrooms and Jack cheese.

*Here's a go-to recipe I found many years ago in an Australian cookbook. It has become my standard luncheon dish for guests, especially in the Spring to serve with a nice green salad, some warm baguette and a bottle of crisp white wine. Over the years I have created a veggie version (for a friend who was allergic to seafood) and in retirement I have found I use it more often than not. The dish is rich enough without the protein or fish! I love that it's crustless so never gets soggy. It's also great cold so leftovers are never a problem.*

**ERIKA GODFREY**

# SALMON WELLINGTON

Serves 4

## INGREDIENTS:

1 pound fresh spinach, roughly chopped  
 ½ white sweet onion finely chopped  
 2 garlic cloves finely chopped  
 Zest of 2 lemons  
 2 tablespoons lemon juice  
 2 tablespoons whipping cream  
 2 teaspoons fresh dill, finely chopped  
 1 tablespoon grated Parmesan  
 1 egg  
 1¾ pounds boneless, skinless fresh salmon  
 1 puff pastry crust  
 1 egg yolk mixed with 1 teaspoon water

## DIRECTIONS:

**Preheat** oven to 400°F.

**In** a large pot bring 2 tablespoons water to a simmer over medium-low heat. Add the spinach with thongs, stirring and flipping until the spinach is wilted but hasn't lost its bright green colour. This takes just a few minutes. Transfer the spinach to a colander, cool and then squeeze out all the water. Chop the spinach a little more so the pieces are small enough, so they don't clump together. Place in a bowl and add the onion, garlic, lemon zest, lemon juice, dill, and Parmesan.

**Whisk** the egg and add to the mixture, incorporating all the ingredients.

**Season** both sides of the salmon and on slightly floured surface roll out the pastry to 10x15-inches. Place the spinach mixture onto the centre of pastry leaving enough of a border on all 4 edges to wrap the salmon and spinach. Place the salmon, top side down, on top of the spinach. Wrap the pastry up and over on all sides, pinching to seal. Overlap the pastry as little as possible. Flip the package over and place on a sheet pan covered with parchment paper.

**Bake** 45-55 minutes, or until crust is a rich golden brown. Rotate the pan halfway through baking. Let stand for 10 minutes after removing from the oven. Then slice and serve.

If you want to go fancy: With a sharp knife, score a very shallow crosshatch pattern on top of the pastry without going completely through. Whisk the egg yolk and water and brush lightly over the pastry.

*The spouse of a former colleague served this at a dinner party a few years ago. She is a gifted French Canadian cook, and her talents were on full display that evening. I had never tasted salmon in pastry before and was delightfully surprised at how delicious it was. I've since served it several times and it always goes over well.*

MARY BRUCE

# BROCCOLI CASSEROLE

## INGREDIENTS:

2½ pounds cooked broccoli  
1 can mushroom soup  
¾ cup mayo  
2 tablespoons flaked onion  
1 beaten egg  
1 teaspoon salt  
1 teaspoon pepper  
8 oz grated cheese

## DIRECTIONS:

**Mix** all ingredients except broccoli in bowl.

**Place** broccoli in casserole dish, pour mixture over top.

**Top** with crushed Ritz crackers.

**Bake** at 350°F for 40 minutes.

*This recipe dates back to my University days - my landlady, Christianne, made it on a regular basis and was kind enough to pass it on. Over the decades it's been a regular for roast dinners. Enjoy!!!*

*PATRICK HEATH*



# LARRY'S CRAB CAKE EXTRAVAGANZA

(Pages 25-28)

1. Spicy black bean galette
2. Red remoulade
3. Lightly spiced avocado salsa
4. Crab cakes.
5. Pomegranate dressing

## BEAN PATTY

### INGREDIENTS:

- 2 cans black beans, drained
- 1 large egg
- 2 cups bread crumbs (split)
- ½ red bell pepper, finely diced
- 2 stalks green onion, sliced
- Handful parsley or cilantro, chopped
- 1 to 2 garlic cloves, minced
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon sea salt
- ½ teaspoon onion powder
- ¼ teaspoon black pepper

### DIRECTIONS:

**Process** a little more than half the beans with the egg in a food processor or blender until smooth. Transfer to a mixing bowl.

**Add** half the breadcrumbs (Panko or homemade will work just fine), the diced pepper, scallion and the remaining half of the beans, herbs and spices. Mix well.

**Form** into patties, and place on a parchment lined baking sheet.

**Pour** the remaining breadcrumbs over the patties, coating on both sides and all around.

**Heat** 2 tablespoons olive oil in a skillet. Fry several at a time for about 3 minutes on each side.

*I fashioned this dish after something I once enjoyed at a local restaurant and I added a few twists and turns based on a little recipe research. It is a fussy dish to make but the reward is well worth the effort.*

LARRY PEDERSEN



## THE RÉMOULADE

### INGREDIENTS:

- ⅓ cup mayonnaise
- 2 tablespoons ketchup
- 2 tablespoons finely chopped celery
- 1 tablespoon finely chopped yellow onions
- 1 tablespoon finely chopped green onions (green part only)
- 1 tablespoon Creole mustard, or other hot, whole-grain mustard
- 1½ teaspoons red wine vinegar
- 1½ teaspoons rice wine vinegar
- 1½ teaspoons paprika
- 1½ teaspoons minced fresh parsley
- 1 teaspoon prepared horseradish
- 1 teaspoon hot red pepper sauce
- ½ teaspoon minced garlic

### DIRECTIONS:

**Combine** all the ingredients in a bowl and whisk lightly to blend. Store in an airtight container and refrigerate until needed. (It will keep for up to 2 days.)



## THE CRAB CAKE

### INGREDIENTS:

1 small shallot, finely chopped  
2 tablespoons fresh parsley, finely chopped  
1 tablespoon fresh chives, finely chopped  
1 egg  
2 tablespoons mayonnaise  
2 teaspoons Dijon mustard  
2 teaspoons fresh lemon juice  
½ teaspoon Worcestershire sauce  
1 pinch cayenne pepper, optional  
1 pound fresh lump crab meat(455 g), picked over  
Fine sea salt  
Freshly ground black pepper  
1 cup panko breadcrumbs (50 g)  
2 tablespoons all-purpose flour, for dusting  
2 tablespoons unsalted butter  
Tartar sauce  
Lemon wedge

### DIRECTIONS:

**In** a large bowl, whisk together the shallot, parsley, chives, egg, Mayonnaise, Dijon mustard, lemon juice, Worcestershire sauce, and cayenne if using.

**Add** the crabmeat, season with salt and pepper and stir to combine.

**Add** the breadcrumbs and mix just to combine.

**Form** into 6 equal patties and place on a plate. Chill in the fridge for 30-60 minutes.

**Coat** the cakes lightly with flour and shake off any excess.

**In** a large skillet set over medium heat, melt the butter.

**Fry** until golden crisp, 3-4 minutes per side. Remove and begin plating.

## AVOCADO SALSA

### INGREDIENTS:

3 avocados, peel, pitted and mashed  
1 lime juiced  
1 teaspoon salt  
½ cup diced onion  
3 tablespoons fresh chopped cilantro or parsley  
2 Roma (plum) tomatoes, diced  
1 teaspoon minced garlic  
1 pinch cayenne pepper

### DIRECTIONS:

In a medium bowl mash together the avocados, lime juice and salt. Mix in onion, tomatoes, cilantro, garlic, and cayenne. Refrigerate 1 hour for best flavour.

### ASSEMBLY

Place the black bean patty on the plate. Top it with a generous layer of the avocado salsa. Place the crab cake on top. Drop lots of the remoulade on the plate and put some on top of the crab cake. Drop a handful of mixed greens on the plate and apply a light amount of the pomegranate vinaigrette.

**Optional:** You can top the crab cake with sour cream instead of remoulade, but you still want a generous amount of the delicious remoulade on the plate. As written, it is mild heat, but you can adjust it up or down with small changes.

# DAVE'S PUTTANESCA SAUCE

## INGREDIENTS:

1 onion  
3 cloves garlic  
1 large can diced tomatoes  
2 tablespoons tomato paste  
1 cup sliced mushrooms  
Basil, oregano, dill weed, rosemary, parsley, hot pepper flakes  
Salt and pepper  
½ cup Kalamata olives

## DIRECTIONS:

**Coarsely** chop the onions.

**Mince** garlic cloves.

**Heat** olive oil and once hot, add onion and garlic and stir until softened.

**Add** the diced tomatoes (or several fresh tomatoes, chopped up), the tomato paste and mushrooms.

**Stir** in black pepper, salt, basil, oregano, dill weed, rosemary, parsley, and hot pepper flakes.

**Coarsely** chop and add the olives.

**Simmer** for at least 30 minutes, ideally longer.

**Taste** it to see if it needs a bit of sugar.

Serve over any kind of pasta.

*I found the idea of puttanesca sauce to be fascinating for its association with prostitutes. The French word for prostitute is putain, which I knew to be a French swear word, and I think it's a fairly strong one. So, as a linguist, the connection of putain and puttanesca, with the meaning "lady of the evening" was fascinating to me. The ladies of the evening made this sauce to lure in clients. This meatless pasta sauce is easy to make and is very fragrant (luring in clients!). The kalamata olives and mushrooms work well together in a simple tomato base.*

DAVE McKERCHER

# PIEROGI CASSEROLE

## INGREDIENTS:

Package of Costco perogies – frozen (about 2 dozen or so)

1 to 2 tablespoon butter

1 green pepper, diced

1 onion, diced

1 cup mushrooms sliced (about 8)

½ cup milk

1 can mushroom soup (or other creamy soup like cheddar, asparagus, celery, broccoli)

1 pound of Yves Veggie meat (or you can use some sort of ground meat like beef or chicken)

1 cup of cheese (cheddar or some white stuff)

1 teaspoon of cayenne pepper

Salt and pepper to taste

Possibly some garlic

Possibly some sour cream

*Inspired by Stephen's  
Aunt Dorothy Lauder.*

*JACK BOOMER*

## DIRECTIONS:

**Preheat** oven to 350°F.

**Melt** the butter and sauté the onions, green pepper, and mushrooms. Add the spices to the veggies.

**Brown** meat until no pink (or white) is found (if using 'real' meat). If using veggie meat, you can skip this step.

**Place** the frozen perogies in a big mixing bowl and add in the veggies and meat or veggie meat.

**Mix** the soup with the milk and combine in the big bowl.

**Add** the cheese to the big bowl.

**Place** the perogy mixture in an 8½ X 11 pan.

**Bake** for 55 minutes.

Serve with sour cream.

# CHILI

## INGREDIENTS:

1 pound Lean Ground Beef  
1 (500 ml) salsa with black beans and corn  
340 ml V-8 Juice  
1 (500 ml) can white or red kidney beans. (Rinsed and drained well)  
Salt and pepper to taste



*JUDY LAW*

## DIRECTIONS:

**Cook** beef and drain.  
**Add** rest ingredients...simmer covered for 15 minutes.  
**Serve** in bowls with tacos or focaccia bread until set.  
**Cut** and serve.

# CHRISTOPHER'S No-PEEKING BBQ CHICKEN

## INGREDIENTS:

1 whole chicken cut down the back to open - place in dish to marinade

Olive oil

Juice of 1 lemon

Rosemary and thyme

*TA DAH!*

*JUDY LAW*

## DIRECTIONS:

**Rub** chicken with olive oil.

**Squeeze** lemon juice over chicken...place rinds in dish.

**Sprinkle** with rosemary and thyme.

**Cover** and let stand for one hour...do not refrigerate.

**Turn** BBQ on high...once heated, turn one side off.

**Place** whole chicken skin side down on side that has been turned off.

**Cook** for 12-15 minutes.

**Turn** BBQ to medium ...turn Chicken over and cook (do not peek!) for one hour.

# COMPANY'S COMING!

## PAM'S SEAFOOD CHOWDER

### INGREDIENTS:

2 tablespoons butter  
 2 cups chopped onion  
 4 fresh mushrooms, sliced  
 1 stalk celery, chopped  
 4 cups chicken stock  
 4 cups diced potatoes  
 2 pounds (7½ cups) cod, diced into ½-inch cubes -  
 or- a mixture of seafood including cod, salmon,  
 crab, shrimp, scallops  
 ⅛ teaspoon Old Bay Seasoning, or to taste  
 Salt to taste  
 Ground black pepper to taste  
 1 cup clam juice  
 ½ cup all-purpose flour  
 2 (12 fluid ounce) cans evaporated milk

*A rich and delicious  
soup for seafood  
lovers. You can use cod  
OR a mixture of  
seafood.*

*"What good are  
vitamins? Eat 4  
lobsters, eat a pound  
of caviar —live!  
--Arthur Rubinstein*

*PAM YORATH*

### DIRECTIONS:

**In** a large stockpot, melt 2 tablespoons butter over medium heat. Sauté onions, mushrooms, and celery in butter until tender.

**Add** chicken stock and potatoes; simmer for 10 minutes.

**Add** fish/seafood mixture and simmer another 10 minutes.

**Season** to taste with Old Bay seasoning, salt, and pepper.

**Mix** clam juice and flour until smooth; stir into soup.

**Remove** from heat and stir in evaporated milk. Serve.

## PAM'S CRANBERRY BAKE

### INGREDIENTS:

1½ kg (2½ or 3 pounds) broiler chicken or chicken parts  
¼ cup cooking oil  
½ cup chopped onion  
½ cup chopped celery  
6½ oz can cranberry sauce (I use 14 oz. can)  
½ cup ketchup  
2 tablespoons lemon juice  
1 tablespoon prepared mustard  
1 tablespoon brown sugar (or golden)  
1 tablespoon Worcestershire Sauce  
1 tablespoon vinegar

*A flavourful and  
colourful dish.*

*"A gourmet is just a  
glutton with brains."*

*--Philip W. Haberman,  
Vogue, January 1961*

*PAM YORATH*

### DIRECTIONS:

**In** frying pan, slowly brown chicken pieces in oil. Season with 1 teaspoon salt and pepper.

**Place** chicken in 7x12x2-inch baking dish.

**In** same pan, cook onion and celery until tender, but not brown.

**Drain** and add remaining ingredients.

**Pour** sauce over chicken and bake in a 325°F oven for 1 or 1¼ hours.



# EASY TOMATO BAKED CHICKEN

Prep: 10 mins / Total: 40 mins / Makes 4 servings

## INGREDIENTS:

- 1 small red onion, thinly sliced
- 4 small boneless skinless chicken breasts (about 1 pound/500 g)
- 1 can (19 oz/540 ml) diced tomatoes, drained
- ¼ cup Kraft Signature Calorie-Wise balsamic vinaigrette
- ¼ teaspoon garlic powder
- ¼ cup light grated Parmesan cheese

## DIRECTIONS:

**Preheat** oven to 425°F. Place onions in bottom of a 13 x 9-inch baking dish; top with chicken.

**Combine** tomatoes, dressing and garlic powder; pour over chicken. Sprinkle with cheese.

**Bake** 30 minutes or until chicken cooked through (170F).

*I cut this recipe out of a magazine many, many years ago and "filed away". I rediscovered it over the last few months and found it very easy, and versatile. I've swapped in several different kinds of dressing and/or cheese and/or tomatoes - the results are reliable, tasty, and best of all - easy!*

**MAUREEN  
HOLLINGWORTH**

# TOMATO BASIL PASTA SAUCE

## INGREDIENTS:

6 ripe tomatoes, diced  
1 to 2 bunches chopped green onions, or 1 medium red onion diced  
2 cloves garlic, minced  
1½ tablespoons w. sugar  
1½ teaspoons salt  
Juice from 1 fresh lime  
3 teaspoons green peppercorns  
2 to 3 tablespoons butter or olive oil  
1 to 2 bunches of fresh basil, chopped  
1 to 2 splashes of brandy  
Grated Romano cheese



*NATALIE MYLES*

## DIRECTIONS:

**Prepare** the first seven ingredients and set aside.

**In** a fry pan heat the butter oil to high temp.

**Throw** in ingredients and sauté till tomatoes and onions are nicely blended, about 3-4 minutes.

**Add** chopped basil and a splash of brandy.

**Stir** and remove from heat.

Serve over your favourite pasta and top with grated Romano cheese.

# CURRIED SALMON & SUMMER FRUIT CHUTNEY

## INGREDIENTS:

Salmon fillet for 4  
2 tablespoons curry paste  
Juice of 1 lime

## Chutney

1 nectarine prepped and cut into small cubes  
2 small firm plums prepped and cut into small cubes  
½ cup blueberries  
¼ cup finely chopped red onion  
¼ teaspoon cayenne pepper  
3 tablespoons fresh chopped cilantro  
Salt, pepper and lime juice to taste

*This makes a quick summer meal and I have lovely memories making and serving this out on the patio on a warm summer evening. Enjoy!*

**LESLEY LOCKIE**

## DIRECTIONS:

**Preheat** oven to 425°F (or heat up the BBQ).

**Mix** the curry paste and lime juice together.

**Add** the salmon and coat well.

**Cover** and marinate in fridge for 60 minutes.

**Combine** chutney ingredients in a bowl and store in fridge until salmon is ready.

**Place** salmon in a parchment paper-lined baking dish and bake for about 12 minutes (or cooked through).

Serve salmon with a generous spoonful of chutney and a lovely crisp green salad or basmati rice and warm nan bread.

**Hint:** Try sea bass or halibut instead of salmon. Experiment with the chutney fruits and quantities.

## SPICED COUSCOUS FOR TWO

### INGREDIENTS:

⅓ cup fine grained Couscous  
½ cup chicken stock or water  
Pinch salt  
Dab butter  
1 tablespoon almonds, or cashews, or pine nuts,  
toasted and chopped  
2 tablespoons dried chopped cranberries or currants  
⅛ teaspoon cinnamon  
⅛ teaspoon nutmeg  
Smaller amount cardamom  
A little Pepper  
Small amount chopped parsley

*Goes with  
EVERYTHING!*

*BRONWEN  
HARMSTON*

### DIRECTIONS:

**Bring** the stock to a boil and then stir in the fine-grained couscous.

**Take** off the heat.

**Leave** it for 5 minutes and then 'rake' with a fork.

**Rake** in spices, nuts, parsley, etc.

# RATATOUILLE FOR TWO

## INGREDIENTS:

1 tablespoon olive oil  
1½ clove garlic, finely chopped  
1 teaspoon dried parsley  
½ Japanese eggplant, chopped  
½ large onion, sliced  
½ zucchini, sliced  
½ red pepper, sliced in strips  
1 large tomato, sliced  
A few mushrooms, sliced (optional)  
⅓ cup grated Parmesan cheese  
Salt and pepper as desired for flavour

*Serve and enjoy!*

**BRONWEN  
HARMSTON**

## DIRECTIONS:

**Preheat** oven to 350°F.

**Heat** oil and fry eggplant, garlic, and onion with parsley till lightly browned. About 10 minutes.

**In** oiled casserole dish, layer eggplant, garlic, and onion - a little salt and pepper, and some Parmesan, then add sliced zucchini, salt and pepper and some more parmesan - then the tomatoes and mushrooms (if using), salt and pepper, and remaining parmesan.

**Bake** with lid ON, for about 45 minutes.

# FRUIT CHEESE ORZO FOR TWO

## INGREDIENTS:

½ cup Orzo  
1 teaspoon minced garlic  
½ teaspoon thyme  
1½ tablespoons olive oil  
About:  
¾ cup fresh spinach  
¼ cup feta, cubed  
¼ cup dried cranberries or currents  
¼ cup toasted pine nuts or almonds

*Serve and enjoy!*

**BRONWEN  
HARMSTON**

## DIRECTIONS:

**Boil** orzo in salted water for about 8-10 minutes (until tender).

**Heat** oil in small fry pan and stir in minced garlic and thyme until lightly cooked. Set aside.

**Drain** orzo and stir in the garlic, thyme, and oil mix. Mix and stir in spinach, feta, cranberries, and nuts. Leave for 2-3 minutes.

# FLUFFY KETO ALMOND FLOUR PANCAKES

## INGREDIENTS:

- 1 cup fine almond flour
- 2 large eggs
- 1/3 cup almond milk
- 2 teaspoons baking powder
- 2 tablespoons powdered Erythritol (this is a sugar substitute, e.g. Swerve brand)
- 1 pinch salt
- 2 tablespoons melted and cooled butter (so doesn't clump when added to liquid ingredients)
- 1 teaspoon vanilla extract

## DIRECTIONS:

**In** a bowl, combine almond flour, sweetener, and BP.

**Fold** in almond milk, vanilla, butter and stir a few times.

**Separate** eggs. Add egg yolks, stir well.

**Beat** egg whites, with a pinch of salt until firm peaks form.

**Gently** fold the egg whites into the batter.

**Heat** a large non-stick skillet over medium heat and pour 1/4 cup of the keto pancake batter into the skillet.

**Cook** for 2 minutes per side until each side is golden.

*A Covid project of mine is to try out a number of gluten free recipes. Sunday morning we always had pancakes. With onset of family dietary restrictions, I discovered this recipe that works surprisingly well.*

**DEB NEEDLEY**

# RUTABAGA & APPLE CASSEROLE

Prep 20 mins / Cook 1 hour-15 mins / Ready in 1 hour-35 mins

## INGREDIENTS:

- 1 large rutabaga, peeled and cubed
- 2 tablespoons butter
- 1 pinch salt and ground black pepper
- 2 large apples - peeled, cored, and diced
- 2 tablespoons brown sugar
- 1 pinch ground cinnamon
- ¼ cup all-purpose flour.
- ¼ cup brown sugar
- 2 tablespoons butter, softened

*Turns out what I have known is turnip is really rutabaga! The larger yellow/brownish one is the one for this dish!*

**NATALIE MYLES**

## DIRECTIONS:

**Preheat** oven to 350°F (175°C). Grease an 8-inch casserole dish. Place rutabaga into a large pot and cover with salted water and bring to a boil. Reduce heat to medium-low and simmer until tender, 15-20 minutes.

**Drain** and transfer to a bowl. Mash rutabaga, 2 tablespoons butter, salt, and pepper together until smooth.

**Toss** apples with 2 tablespoons brown sugar and cinnamon in a bowl. Spread half the rutabaga mixture into the prepared casserole dish, top with half the apples. Repeat with remaining rutabaga mixture and apple mixture.

**Mix** flour, ¼ cup brown sugar, and 2 tablespoons softened butter by hand in a bowl until mixture is an evenly coarse meal-texture: sprinkle over casserole.

**Bake** in the preheated oven until cooked through and bubbling, about 1 hour.



# BAKED FETA PASTA

## INGREDIENTS:

1 pound bowtie pasta (any type of shaped pasta will work)  
½ cup olive oil + more for finishing  
2 boxes cherry tomatoes (around 20-25 oz)  
1 block feta about 8 oz  
2 cloves garlic finely chopped  
A few pinches red pepper flakes  
1 handful fresh basil leaves  
Salt and pepper

*This is the popular Tik Tok recipe making the rounds and it's so good, if you like feta. I like it because it is so incredibly easy and delicious!*

JUDY KELLY

## DIRECTIONS:

**Preheat** oven to 400°F.

**Add** olive oil to a baking dish and toss with whole cherry tomatoes, salt and pepper until everything is coated. It works best if you use a smaller baking dish so that the tomatoes are crowded together and touching.

**Add** the feta in the middle and top with a splash more of olive oil plus a few cranks of fresh pepper. Bake for 30 minutes.

**Meanwhile**, prepare pasta according to directions then strain. Save about a half cup pasta water.

**After** the 30 minutes, increase the heat up to 450°F and bake for another 5-10 minutes or until the feta and tomatoes have browned.

**Remove** the baking dish from the oven and add garlic and red pepper flakes. Stir so the residual heat cooks the garlic and releases the flavours from the red pepper flakes. I also added Kalamata olives.

**Toss** in the pasta and stir one more time. Finish with fresh basil, another splash of olive oil if needed (or a bit of pasta water) and season with salt and pepper.

# SEAFOOD QUICHE

Serves: 5 dozen tarts or 6 main course servings

## INGREDIENTS:

60 unbaked pastry-lined small tart tins or an unbaked 9-inch pie shell.  
2 eggs  
½ cup mayonnaise  
3 green onions, finely chopped  
1 small can of crab, shrimp, or salmon  
2 cups grated swiss cheese  
½ teaspoon each of dried dill and coarse pepper  
2 tablespoons flour  
½ cup milk

*The tarts freeze and reheat beautifully for last minute snacks or appys!*

ELWYN TOMLINSON

## DIRECTIONS:

**Prepare** pastry shells (or buy them if you are in a hurry).

**Beat** eggs until frothy.

**Mix** flour, mayonnaise, milk, and onion.

**Remove** membranes or bones from seafood.

**Stir** in seafood and cheese and add spices.

**Pour** into shell(s).

**Bake** on lowest oven rack at 350°F for 30 minutes for tarts/40 minutes for single quiche.

# BRAISED & ROASTED FENNEL WITH PARMESAN CHEESE

Serves 2 -3 / Scale it up easily

## INGREDIENTS:

1 fennel bulb  
1 tablespoon + 1 teaspoon of unsalted butter  
1 to 1½ cup milk  
2 teaspoons fennel seeds  
½ cup Parmesan cheese  
Pinch of nutmeg

## DIRECTIONS:

**Preheat** oven to 400°F.

**Cut** stalks off fennel and peel the outer parts of the fennel bulb.

**Cut** the fennel bulb lengthways into 6 equal parts.

**Pan fry** the fennel in 1 tablespoon of butter in a cast iron frying pan until lightly browned 5-10 minutes.

**Add** crushed fennel seeds, season with salt and pepper and then add the milk to the pan and bring to a simmer.

**Simmer** (do not boil) for 30 minutes or until fork tender, turning occasionally. When just tender, cover fennel with Parmesan cheese and dab with remaining butter and a sprinkle of nutmeg.

**Bake** in preheated oven for 20-25 minutes until milk and Parmesan are golden brown.

Serve immediately.

*My partner Doug was introduced to this dish while visiting relatives in Australia a number of years ago. It has become a household favourite.*

JANE COWELL

# VEGAN MUSHROOM WELLINGTON WITH ROSEMARY AND PECANS

Prep Time 45 / Cook Time 35 minutes / Serves 6-8

## Ingredients

2 sheets puff pastry  
2 tablespoon olive oil or butter  
2 pounds mushrooms sliced  
1 large onion diced  
4-6 fat garlic cloves, rough chopped  
1 tablespoon chopped fresh rosemary or sage or thyme  
1 teaspoon kosher salt  
¼ cup sherry, port, or wine (optional, quite good without)  
1 Tsp balsamic vinegar  
1 cup chopped toasted pecans  
½ teaspoon pepper  
2 teaspoons truffle oil (or olive oil)  
Whole egg wash (or nut milk or melted coconut oil)  
Optional: ½ to 1 cup grated pecorino, gruyere, goat cheese, cream cheese or meltable vegan cheese (I used goat cheese - delicious!)

*A simple, tasty vegetarian main dish perfect for special occasions. Puff pastry must be thawed overnight in the fridge before you start. Filling can be made a day ahead and refrigerated*

**VICKY GOLD**

## DIRECTIONS:

**Preheat** oven to 400°F.

**Heat** oil over medium high heat, add mushrooms, onions, garlic, salt, and rosemary. Sauté stirring often until mushrooms release all their liquid. Turn heat down to medium and continue sautéing until all the liquid has evaporated (be patient as this takes a little time).

**Once** mixture is relatively dry, splash with wine or balsamic vinegar and again sauté until all the liquid has cooked off – important as you don't want a watery filling.

**Add** pecans, pepper, truffle oil. Taste and adjust salt. Fold in cheese.

**Let** filling cool.

**Unroll** puff pastry onto parchment lined baking sheet. Brush with butter. Place half the filling in the centre, working quickly and gently roll the pastry up and over, seam side down.

**Repeat** for second puff pastry.

**Brush** with egg wash, score with a sharp knife in your choice of design (crosshatch, herringbone, leafy vine, or simple diagonal slits)

**Place** sheet pan on middle rack of oven and bake for 30 minutes until pastry is really deep golden colour. Nice and golden, not pale!

**Cool** for 5-10 minutes, garnish with rosemary sprigs. Best served warm.

# DOUGH BOYS

## INGREDIENTS:

1 cup flour  
2 heaping tablespoons baking powder  
2 tablespoons sugar  
½ teaspoon of salt.

## DIRECTIONS:

**Mix** together, add a little water to make the dough soft.

**Roll** with your hands to make small balls of dough. dough might be sticky so add a tiny bit more flour.

**Put** dough balls in cooking pot on top of any cooking vegetables but don't submerge in water.

**Cover** and wait 15 or so minutes. The dough should be firm and slightly moist all over.

**Pour** gravy or cheese over dough boys.

They are great dippers and soak up everything.

*This recipe comes from my mother in-law. It's a Newfoundland must have with every good roast or salt pork dinner. They are super easy and great with any gravy.*

*CANDACE SHEPPARD*

# *Soups & Salads*



## ERIC'S CAESAR DRESSING

### INGREDIENTS:

2 cloves garlic, chopped  
1 teaspoon anchovy paste  
2 tablespoon lemon juice  
1 teaspoon Dijon mustard  
1 teaspoon Worcestershire  
1 cup mayonnaise  
½ cup Parmesan or Reggiano cheese  
¼ teaspoon salt  
Pepper to taste

### DIRECTIONS:

**Combine** garlic, anchovy paste, lemon juice, Dijon mustard, and Worcestershire in medium size bowl and whisk well.

**Add** remaining ingredients.

*My son whipped this up one evening for our dinner, and it was delicious.*

*CHERY HELANDER*





# GREEK PASTA SALAD FOR A CROWD

Serves: 6 to 8

## INGREDIENTS:

Large package of Rainbow Cheese tortellini (best price at Costco).

4-6 cups of diced vegetables. (Feel free to be creative in your choice of veggies)

Carrots

Red pepper

Celery

Red Onion

Cucumber (seedless so they don't get soggy)

Grape tomatoes

## Dressing:

½ cup mayonnaise

⅓ cup oil

⅓ cup cider vinegar

Oregano

Greek seasoning

Salt and pepper

## Finish

½ cup or more to taste of crumbled Feta cheese

Kalamata olives – unpitted

## DIRECTIONS:

**Cook** tortellini as per package and let it cool completely.

**Add** the veggies, the dressing, and the Finish.

**Best** if it can be left in the fridge for a couple of hours before serving, but delicious as it is.

Refrigerate any leftovers, they taste delicious for the next couple of days.

*This recipe is a standard for any family gathering. If it's not there, our children whine about it being missed (our adult children, I should add).*

VON BISHOP

# BROCCOLI SALAD

## INGREDIENTS:

4 to 5 cups cut up broccoli (3 stalks)  
1 cup raisins  
¼ cup diced red onion  
5 strips cooked bacon (chopped) - optional  
¾ cup sunflower seeds

## Dressing:

½ cup mayonnaise  
3-4 tablespoons sugar  
1 tablespoon apple cider vinegar

*This salad is popular at summer BBQs and potlucks. You may have had it before at an event at Jack's place.*

*PATRICK HEATH*

# LESLEY'S VELVETY SOUP

## INGREDIENTS:

2 medium onions, finely chopped  
 2 tablespoons butter  
 1½ pounds grated carrots  
 1 tablespoon tomato paste  
 ¼ cup long grain white rice, uncooked  
 4½ cups chicken broth  
 ½ teaspoon salt  
 1 to 2 teaspoons ground pepper  
 3 tablespoons whipping cream

## Garnish

3 tablespoons whipping cream  
 Carrot curls  
 Chopped fresh cilantro  
 Croutons

## DIRECTIONS:

**Sauté** onion in butter in large saucepan on medium for 5 minutes until softened.

**Add** next 3 ingredients and ¼ cup of the broth.

**Stir** for 1-2 minutes until broth is absorbed. Add remaining broth.

**Simmer**, uncovered on med-low for 30 minutes, stirring occasionally, until carrots and rice are tender.

**Cool** slightly then process, in batches, in blender or food processor until velvety smooth. Return to saucepan.

**Add** next 3 ingredients and heat in medium for about 5 minutes, stirring occasionally, until hot.

To serve: Place about 1½ teaspoons of the remaining cream in centre of each serving bowl and swirl with a wooden pick. Garnish.

*Once tasted, I forgive  
 it the effort of hand  
 grating the carrots.  
 (It's old school around  
 here!)*

*Hope you enjoy this  
 velvety hug of soup as  
 much as I do.*

**LESLEY LOCKIE**

# POTATO SOUP

## INGREDIENTS:

4 to 5 medium Potatoes, mashed  
2 to 3 medium carrot, shredded  
1 large onion, finely chopped  
8 to 10 slices of cooked bacon, chopped  
7 to 8 cups milk-scalded 2% or 3% depending on your desired creaminess  
Butter  
1 to 2 teaspoons salt  
½ teaspoon celery salt  
¼ teaspoon white pepper



*NATALIE MYLES*

## DIRECTIONS:

**Sauté** onion and carrot in 4 tablespoons butter.

**Meanwhile** microwave bacon. Warm the milk in microwave (1 minute per cup at power level 7)

**Add** heated milk to sautéed onion and carrots.

**Add** salt, celery salt and pepper.

**Chop** bacon finely and add to the mixture.

**Mash** potatoes and add to the milk mixture.

**Simmer** and stir regularly for 15-20 minutes.

Serve with fresh chopped parsley on top.

# BASMATI RICE SALAD WITH SHRIMP, CURRY, & CASHEWS

Serves 8

## INGREDIENTS:

2 cups basmati rice  
1 tablespoon curry powder  
3 cups chicken stock  
3 tablespoons oil  
¼ cup lime juice  
1 tablespoon brown sugar  
150 grams shrimp  
¼ English cucumber, grated  
1 cup carrot, grated  
1 cup roasted, unsalted cashews  
⅓ cup chopped fresh cilantro  
12 cherry tomatoes, halved  
Salt to taste

*This is another summertime family favourite of ours and is also a great choice to bring to a potluck, summer dinner get togethers.*

**LESLEY LOCKIE**

## DIRECTIONS:

**Place** the rice, curry powder and stock in a pot.

**Bring** to boil over high heat, then turn heat to lowest setting, cover and cook for 15-18 minutes.

**Fluff** rice with a spoon and let it cool to room temperature.

**Place** in a serving bowl, add remaining ingredients (except cashews) and combine.

**Chill** well before serving.

**Add** cashews just before serving.

**Notes:** I'm a bit greedy with the salad veggies and usually increase the quantities- personal choice. Try almonds instead of cashews. Try crab instead of shrimp, or if you don't like seafood, used shredded cooked chicken.

# MRS. SPRATT'S WARMING CARROT & ORANGE SOUP

Serves 4

## INGREDIENTS:

450 grams (1 pound) carrots, peeled and sliced  
30 grams (1 oz) butter  
4 oranges juiced or 125 ml (5 fl oz) orange juice  
1 liter vegetable stock  
1 small onion, roughly chopped  
3 to 4 teaspoons fresh thyme or 1 teaspoon dried  
Salt and pepper to taste  
Crème fraiche and nutmeg, for serving

## DIRECTIONS:

**Cook** the carrots, onion, and butter in a large saucepan over low-medium heat, stirring, for 10 minutes.

**Add** the orange juice and stock, then bring to the boil.

**Add** the thyme. Reduce heat, cover, and simmer for 20 minutes, or until the carrots are tender.

**Liquidize** everything with a blender or food processor until it is smooth.

**Taste** and add salt and pepper.

Serve hot and top with a dollop of crème fraiche and grated nutmeg.

**Mrs. Spratt's Tip:** Oranges should be kept in the fridge to keep them at their juiciest.

*Mrs. Spratt was my nom de plume when Frank was feature writer and for a time editor of a local magazine in Yorkshire called "Around Town."*

*Occasionally Mr. and Mrs. Spratt would become restaurant reviewers for the magazine. Tough work!*

**ELAINE WILSON**



# RASPBERRY SPINACH SALAD

## SALAD:

### INGREDIENTS:

8 oz bag fresh baby spinach  
1 cup fresh raspberries  
6 slices of cooked bacon (chopped)  
1/3 cup sliced red onion  
1 cup pecans

### DIRECTIONS:

Mix all the above ingredients except the pecans and bacon bits.

## DRESSING

1/4 cup + 1 tablespoon extra-virgin olive oil  
2 teaspoons apple cider vinegar  
1 tablespoon chopped fresh basil  
2 teaspoons brown sugar or honey  
1/2 teaspoon Dijon mustard  
1 large garlic clove  
1/2 cup fresh raspberries  
Kosher salt and black pepper, to taste

*Instead of making the dressing I use Renee's Gourmet Ravin' Raspberry Dressing and add it, the pecans, and the bacon bits just before serving.*

NATALIE MYLES

# ZUCCHINI TOMATO SOUP

Serves 6 / 165 calories

## INGREDIENTS:

4 cups chicken stock, low sodium (or 4 cups water to 3 teaspoons Oxo powder)  
 1 + 1 tablespoon margarine (or butter)  
 28 oz tin tomatoes, diced  
 1 small onion, minced (yellow or copper skin)  
 3 garlic cloves, large, minced (or ½ teaspoon garlic powder)  
 1 teaspoon oregano, dried  
 2 tablespoons parsley, dried  
 3 small zucchinis, finely diced  
 2 teaspoons basil, dried  
 2 tablespoons lemon juice  
 2 tablespoons Worcestershire sauce

## DIRECTIONS:

**Prepare** stock, set aside.

**Prepare** onion, garlic, tomato mixture.

**Chop** zucchini, set aside.

**In** large Dutch oven heat 1 tablespoon margarine (or butter). Sauté onion and garlic until soft – about 5 minutes. Add tomatoes, oregano, and parsley. Pour in stock and bring to a boil. Reduce heat, cover tightly and simmer 30 minutes (or minimum 15).

**Meanwhile**, in a medium skillet, melt remaining 1 tablespoon margarine (or butter). Sauté zucchini about 5 minutes – until almost tender. Remove from heat.

**Stir** in basil, lemon juice and Worcestershire sauce. Simmer uncovered 5 minutes max. Stir in zucchini and heat.

Serve hot or cold.

*When the children still lived at home friends would give me tons of zucchini from their gardens every year. I was always looking for recipes that called for it! I discovered this one in a magazine. It looked simple, colourful, low-cal - and required lots of zucchini. The first time I made it for guests someone asked for seconds. I soon discovered that every time I made this soup I would get compliments. If someone asked for the recipe I would politely decline: I wanted this to be mine alone. But over the years I have softened - and have decided to share it after all.*

GILL BER



*Sweets & Desserts*



# BEST CHEWY CHOCOLATE CHIP COOKIES

## INGREDIENTS:

2 cups (260) all-purpose flour  
 ½ teaspoon baking soda  
 ½ teaspoon salt  
 ¾ cup (170 grams) unsalted butter, melted  
 1 cup (190 grams) packed brown sugar  
 ½ cup (100 grams) granulated sugar  
 1 tablespoon (15 ml) vanilla extract (yes, this is correct, but feel free to use less if you think it is too much) NB. I followed the recipe and thought it was perfect.  
 1 large egg  
 1 large egg yolk  
 2 cups (about 12 ounces) semisweet chocolate chips

*Approved by Jack and Stephen 2021.*

*Delicious with cup of tea or glass of cool milk. Or to take to choir practice treats, when it is your turn*

PENNY  
VAN DER VALK

## MY ADAPTATION

1 pecan half for each cookie,  
 Himalayan salt  
 Also bake 1 minute less than suggested so the cookies are chewy

## DIRECTIONS:

**Preheat** oven to 325°F (165°C). Grease cookie sheet or line with parchment paper.

**Sift** together the flour, baking soda and salt; set aside. In a medium bowl, cream together the melted butter, brown sugar, and white sugar until well blended.

**Beat** in vanilla, egg, and egg yolk until light and creamy.

**Mix** in the sifted ingredients until just blended.

**Stir** in the chocolate chips by hand using a wooden spoon. Drop cookie dough ¼ cup at a time (for giant cookies). Or a tablespoon at a time (for smaller cookies) onto the prepared cookie sheet. Cookies should be about 3-inches apart.

**Bake** larger cookies for 15 to 17 minutes. Or 10 to 12 minutes. Or until the edges are lightly toasted (I, personally, bake for 9 minutes).

(Check your cookies before they're done; depending on your scoop size, your baking time may vary in preheated oven.)

**Cool** on baking sheets for a few minutes (My version then is to press a half pecan in the center of the cookie, and sprinkle with Himalayan salt).

**Transfer** cookies to wire racks to cool completely.

PS: As with a lot of cookie recipes, you can ball the dough and freeze it, perfect for the next fresh batch. You can bake frozen adding a little longer baking time.



# CHOCOLATE GINGER COOKIES

Serves: 30 cookies / Prep time: 20 minutes / Cooking time: 15-18 minutes

## INGREDIENTS:

1 $\frac{2}{3}$  cup flour  
1 tablespoon cacao powder  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{3}$  cup butter softened  
1 egg  
 $\frac{1}{8}$  teaspoon ground cloves  
 $\frac{3}{4}$  teaspoon ground ginger  
 $\frac{1}{4}$  cup chopped crystalized ginger  
 $\frac{3}{4}$  cup white or dark chocolate chips  
1 teaspoon white vinegar  
 $\frac{1}{4}$  cup molasses

*The chunks of  
ginger and chocolate  
make these a real  
treat.*

*JULIE DAWSON*



## DIRECTIONS:

**Sift** together in a bowl flour, sugar, baking soda, and spices. Stir in the chopped ginger and chocolate chips.

**Beat** the sugar and butter together until light and well blended. Beat in the egg, vinegar, and molasses.

**Beat** in the flour mixture until just combined.

**Press** the dough into a large ball and knead slightly. Form 1-inch balls.

**Drop** onto cookie sheet covered with parchment paper.

**Bake** at 325°F for 15-18 minutes depending on degree of chewiness desired.

# MORNING GLORY MUFFINS

Serves: 12 muffins

## INGREDIENTS:

½ cup raisins  
 1 large tart apple, peeled, cored and grated  
 2 cups whole wheat flour  
 ½ cup shredded coconut, sweetened or unsweetened  
 1 cup brown sugar  
 ⅓ cup sunflower seeds or wheat germ (optional)  
 2 teaspoons baking soda  
 ½ cup chopped walnuts (or pecans)  
 2 teaspoons cinnamon  
 3 large eggs  
 ½ teaspoon ground ginger  
 ⅔ cup vegetable oil  
 ½ teaspoon salt  
 2 teaspoons vanilla  
 2 cups peeled and grated carrots  
 ¼ cup orange juice

*These muffins have been a complete hit with neighbours, family and friends who have been the recipients since I did not wish to be constantly adding to my "covid calorie" intake!*

**DONNA PRELYPCHAN**

## DIRECTIONS:

**Preheat** oven to 375°F. Lightly grease a 12-cup muffin tin, or line with papers and spray insides of papers.

**In** a small bowl, cover the raisins with hot water, and set them aside to soak while you assemble the rest of the recipe.

**In** a large bowl, whisk together the flour, sugar, baking soda, spices and salt.

**Stir** in the carrots, apple, coconut, nuts and sunflower seeds or wheat germ.

**In** a separate bowl, beat together the eggs, oil, vanilla, and orange juice.

**Add** to the flour mixture and stir until evenly moistened.

**Drain** raisins and stir them in.

**Divide** the batter among the wells of the prepared pan.

**Bake** the muffins for 25-28 minutes, until they're nicely domed, and a cake tester inserted in the center of one of the inner muffins comes out clean.

**Remove** from oven and let cool for 5 minutes in their pan on a rack, then turn out of pans to finish cooling.

# CRANBERRY-NUT-SEED LOAF (OR "RAINFOREST" TYPE CRACKERS)

Makes: 3 small loaves / Cooking time: 50-60 minutes

## INGREDIENTS:

2 cups (500 ml) whole wheat flour  
1 teaspoon (5 ml) salt  
2 teaspoons (10 ml) baking soda  
¼ cup (60 ml) brown sugar  
2 tablespoons (30 ml) flax seeds  
2 tablespoons (30 ml) sesame seed  
2 tablespoons (30 ml) millet  
1 cup (250 ml) pumpkin seeds  
½ cup (125 ml) sunflower seeds  
1 cup hazelnuts or whole almonds or other nut  
1 cup (250 ml) dried cranberries ("craisins")  
2 cups (500 ml) soured milk or buttermilk  
¼ cup (60 ml) molasses

## DIRECTIONS:

**Mix** dry ingredients in a medium bowl. Stir the milk and molasses together. Pour the wet stuff on the dry stuff and stir it up. Turn into 2 small, greased loaf pans (or three 3X6-inch pans which is what I use).

**Bake** at 350°F for 50-60 minutes.

**Cool** slightly, then remove from pans and cool almost to room temperature on rack.

Note: Once cooled, the loaves can be sliced buttered and eaten as a healthy and filling snack (which is what I usually do with this recipe. The loaves also freeze well (wrapped in plastic then foil) if you want to store for a longer period.

Instructions for turning this recipe into "Rainforest" type crackers is on next page. However, they taste so good as a sliced loaf, I've only tried making them into crackers once. I found the tricky part was making the slices very thin.

*I find the sliced version a delicious nutrient dense snack (lightly buttered of course). I have brought the sliced loaf version to choir practice a few times when it was my turn to bring treats.*

LYNNE VICZKO



## “RAINFOREST”-TYPE CRACKERS

**Wrap** cooled loaves in waxed paper or foil, or else place in a sealed container, and refrigerate overnight.

**Unwrap** the next morning and preheat oven to 250°F.

**Slice** the loaves **as thinly as you can manage** using a bread knife.

**Lay** the slices on a cookie sheet, sprinkle with additional salt to taste and bake/dry at 250°F until crisp (about 45 minutes, depending on how thick your slices are).

**Store** crackers in sealed containers in a cool dry place for up to 3 weeks.



# IRENE'S POUND CAKE

## INGREDIENTS:

3 cups flour  
1 pound butter  
3 cups sugar  
2 cups eggs (7 to 11 eggs)

## DIRECTIONS:

**Beat** flour and butter till it is like wallpaper paste.

**In** separate bowl beat sugar and eggs till sugar is dissolved, and eggs are well blended.

**Slowly** add egg/sugar into flour/butter paste. Takes 4-5 additions. Beat well till mixture becomes smooth again after each addition.

**Scrape** and smooth into Angel food pan. (Mine is an old aluminium separating pan)

**Bake** 325°F for 30 minutes, 350°F for 25 minutes, 375°F for remaining 20-25 minutes till tester comes out clean. \*remember in those days, the wood fired ovens were outside. Picture someone stoking the fire to get the oven hotter.

**Cool** on a rack 15-20 minutes. Then turn upside down on a cake plate till well cooled down. Slide knife or long spatula around sides to free cake. If there is any cake left after a week, slice and toast for breakfast.

Pain in the you know where!! My last couple of cakes were flat and heavy! With much experimentation I discovered that the cheap butters have so much water whipped into it that it was altering the gluten in the flour. Use ORGANIC butter, or else melt down 1½ pounds of butter, pour off the water to get a pure pound of the real stuff!

*Universal to all Cultures it seems that special occasions need to be celebrated with the gathering of family and friends who bring food. So as a new nurse in the Mount Sinai New York Open Heart Intensive Care Unit; I watched fascinated as Judy organized a potluck at her place to celebrate her latest antique find. She willy-nilly assigned various foods to each of us, then surprised me by saying "and Linda, you will bring your Pound Cake, won't you?" That got my attention! We gathered as assigned, and in pride of place in the centre of the dining table, was Judy's 100-year-old ceramic chamber pot with the salad in it! Nobody ate the salad, but we sure enjoyed Linda's Pound Cake: then traceable in her family for over 100 years.*

IRENE LAING



# COCONUT PUDDING

## INGREDIENTS:

2½ cups coconut milk (frozen is best, or juice pack  
NOT CANNED! PLEASE!)

1 tin condensed milk (I use GRACE)

1 teaspoon vanilla

1½ packages KNOX Gelatine, (softened in ¼ cup  
cold water, then add ½ cup boiling water. Really  
need to dissolve gelatin!!)

*A family staple for  
every Christmas  
celebration in our  
family*

*IRENE LAING*

## DIRECTIONS:

**Beat** coconut milk, condensed milk, vanilla into gelatine.

**Blend** well and pour into serving bowl or ramekins.

**Refrigerate** COVERED at least 4 hours, preferably overnight.

NOTE: Flavour is so delicate, it will pick up refrigerator odours if not covered!

# GRANDMOTHER'S FAMOUS CRANBERRY BREAD

## INGREDIENTS:

2 cups sifted flour  
 1 cup sugar  
 1½ teaspoons baking powder  
 ½ teaspoon baking soda  
 ¼ cup Butter  
 1 egg, beaten  
 1 teaspoon grated orange peel  
 ¾ cup Orange juice  
 1½ cup fresh or frozen cranberries  
 ½ c chopped nuts  
 I often add a handful of raisins or switch out the nuts  
 for pumpkin or sunflower seeds.

## DIRECTIONS:

**Preheat** oven to 350°F.  
**Grease** 9 x 5 x 3-inch loaf pan.  
**Sift** flour, sugar, baking powder, salt and baking soda  
 into a large bowl.  
**Cut** in butter until mixture is crumbly.  
**Add** egg, orange peel and orange juice at once; stir  
 just until mixture is evenly moist.  
**Fold** in cranberries, nuts, and raisins if using.  
**Spoon** batter into loaf pan. Bake 60-70 minutes, or  
 until toothpick inserted in centre comes out clean.  
**Remove** loaf from pan and cool on wire rack.

Freezes beautifully.

*My recipe comes from a child's story book that my daughter loved, particularly the recipe at the end of the story. The book is called A Cranberry Thanksgiving by Wende and Harry Devlin, c. 1971. It's a rollicking (from a child's point of view) story about a mysterious sea captain who shows up to Grandma's cranberry bog and rousts a burglar. Hence he is invited to Thanksgiving dinner. They make a cake for dessert. And there is a hint of possibility that Grandma and the sea captain will get to know each other better!*

ANNE HORAN

# PUMPKIN CHEESECAKE

## INGREDIENTS FOR CRUST:

1½ cups graham cracker crumbs  
¼ cup sugar  
½ cup melted butter

## DIRECTIONS:

Press into 9-inch spring form pan ½-inch up sides.  
Bake for 8 minutes @ 350°F.

*(You can use a 10-inch pan but the cake won't be as high)*

*This recipe is easy-peasy because the ingredients are mixed in the food processor.*

**EDIE JEFFERSON**

## INGREDIENTS FOR FILLING:

375 g cream cheese (1½ blocks) at room temperature  
1 cup sugar  
4 eggs, one at a time  
1¾ cups (14 oz. can) pumpkin  
2½ teaspoons ginger  
1 tablespoon cinnamon  
½ teaspoon nutmeg  
¼ teaspoon cloves  
⅓ cup brandy

## DIRECTIONS:

**Combine** all ingredients in a food processor.

**Pour** into crust and bake 60 minutes at 325°F. Turn off oven and cool in oven for one hour.

# HALF-HOUR PUDDING

## INGREDIENTS:

### PUDDING

1 cup flour  
2 teaspoons baking powder  
 $\frac{1}{8}$  teaspoon salt  
1 cup raisins  
 $\frac{1}{2}$  cup milk

### TOPPING

1 cup brown sugar  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon cinnamon  
1 tablespoon butter  
2 cups boiling water

## DIRECTIONS:

### PUDDING

Mix all the pudding ingredients together well and place in greased baking dish.

### TOPPING

Mix all the topping ingredients together well and pour over the top of the pudding.

Place in hot oven (350°F) and bake 20 minutes.

*My kids remember this recipe as a family favorite dessert. Pop it in the oven when you sit down to dinner and its ready to eat for dessert! 10 minutes to prepare and 20 minutes to cook - hence the name "Half-Hour Pudding." A very delicious dessert on its own or served with either vanilla ice cream or whipped cream.*

JUNE PRESTON



# NEW YEAR'S EVE LEMON PUDDING

## INGREDIENTS:

½ cup fresh lemon juice  
2 teaspoons (or more to taste) grated lemon zest  
¾ cup sugar  
⅓ cup cornstarch  
2½ cups whole milk  
1 egg  
1 egg yolk  
1 tablespoon butter

## DIRECTIONS:

**Prepare** lemon juice and lemon zest.

**In** a medium saucepan whisk together the sugar and cornstarch. Whisk in the milk.

**In** a small bowl whisk together the egg and egg yolk. Whisk egg mixture into milk mixture.

**Cook** pudding on medium heat stirring constantly. Bring to a simmer and cook for 1 minute.

**Remove** from heat. Stir in butter. Stir in lemon juice and lemon zest.

**Pour** into 6 - six ounce serving bowls.

**Cover** and refrigerate.

Best if consumed within 2 days.

*I first made this pudding for New Year's Eve supper in 2018. Pudding is a 'comfort' food for me, one that brings back fond memories of my mum preparing pudding for family suppers. The flavour she usually made was butterscotch. These days I prefer the tart/sweet contrast of the lemon pudding.*

*I find this pudding is especially delicious if one puts on some favourite dance music & enjoys some solo or family & friends kitchen dancing before sitting down to eat the pudding!*

**DIANNE PENDRAY**

# OLIEBOLLEN

Servings: 10/ Prep: 10 minutes / Cook: 6 minutes  
Rising time: 1 hour-30 minutes

## INGREDIENTS:

½ cup warm milk  
¼ cup butter  
2½ cups flour (plus 1 extra if needed)  
1 egg slightly beaten  
1 package traditional yeast (prepared with  
1 teaspoon sugar and ¼ cup lukewarm water)  
Fruit (I use apple cut into small pieces dusted with  
cinnamon and raisins or currents. You could use  
lemon zest, just apples, just raisins; use your  
imagination)

## DIRECTIONS:

**Prepare** yeast and set in a warm place to activate.

**On** low heat, warm milk, and butter in a saucepan. It is important to not let it get too hot as it will kill the yeast.

**In** a large bowl (so the dough can rise and not overflow) add flour to the bowl and make a hole in the middle.

**Add** the sugar and egg.

**When** the butter is melted slowly pour the liquid in the middle as well. Mix all the ingredients well with the flour.

**Stir** down the yeast and add to the bowl.

**Knead** dough until well mixed and is still slightly wet. If it is too wet just add some of the extra flour a wee bit at a time. Dough should look like this. Cover the bowl with a tea towel and let rise in a warm place.

**When** the dough has doubled, poke the dough with your fingers to deflate and add the fruit. Knead again until the fruit is well mixed. Cover and set in a warm place to double again. (NOTE: if you make this in

*For as long as I can remember my family would always have these on New Year's eve. I have continued on this tradition and now my daughter-in-law makes them for her family if I am not there. This year my granddaughter and grandson got in on the action. Enjoy!*

**MJ VAN BERGEN**



*the afternoon and want to make the Oliebollen at midnight you can just poke the dough to deflate and let rise again)*

**When** you are ready to cook them heat the oil to about 375°F. Make sure the oil is not too hot or you will scorch the outside and the inside will be raw. When the oil is to temp (*you can drop a small piece of dough in the oil and it should come to the surface almost immediately*) use a tablespoon to scoop out one table spoon at a time and place it gently in the hot oil. When the bottom is golden brown flip the oliebolle over.

**When** the otherside is golden brown, remove right away with a wire spoon and place in a bowl lined with paper towel.

LIGHTLY dust with icing sugar.





# MJ's MONTREALER CAKE

Prep time approx. 30 minutes / Bake time 35-45 minutes (depends on your oven).

Baking temp 350°F

## INGREDIENTS:

- 1 cup sour cream
- 1 teaspoon baking soda
- 1 cup fine unsweetened coconut
- 1½ cups sugar
- ½ cup raisins
- 2 teaspoons cinnamon
- 1½ cups unbleached all-purpose flour
- 1½ teaspoon baking powder
- 3 eggs at room temperature
- ¾ cups butter
- 1 teaspoon vanilla extract (I always use pure)

## DIRECTIONS:

Equipment needed – 5 small bowls, mixer (stand mixer is ideal) and spring cake pan with center post.

**In bowl 1** combine sour cream and baking soda. Stir and set aside. *(It will start to rise)*

**In bowl 2** combine coconut and ¼ cup sugar. Stir and set aside. *(You could use your favourite nuts instead of coconut)*

**In bowl 3** combine raisins, ¼ cup sugar and cinnamon. Stir and set aside.

**In bowl 4** combine flour and baking powder. Stir and set aside.

**In** your mixing bowl add eggs. Beat till frothy and creamy yellow. Pour into bowl 5. Add butter to your mixing bowl *(you do not have to clean the bowl after beating the eggs)*, 1 cup sugar and vanilla extract. *(stop and scrape the bowl to ensure all the butter is being incorporated)*. Beat until nice and creamy. Reduce the speed and add the beaten eggs until well mixed.

**Add** the flour and sour cream alternating one to two tablespoons at a time until you have a nice and silky batter.

*In the Netherlands, my mom was a super soccer fan. When my parents came to Canada in '52 there was no soccer, so my mom started following (as a super fan) the Montreal Canadiens. They were her team until the day she passed. The club put out a magazine and this is a recipe from there. It is like a coffee cake and is wonderful with mocha icing. I hope you enjoy.*

**MJ VAN BERGEN**



## BUILDING YOUR CAKE

**Grease** your spring form and lightly dust with flour.

**Evenly** distribute the coconut mix at the bottom of the pan.

**Carefully** add half the batter (I use a spatula) ensuring it is equal all the way around.

**Sprinkle** the raisin mix on top of the batter.

**Add** the rest of the batter, again making sure it is equal all the way around.

**Place** in pre-heated oven. Bake until a toothpick comes out clean and is golden brown.

Cool the cake on a wire rack before removing it from the pan. Run a butter knife around the side of the pan to ensure the cake is completely free. Release the spring and turn upside down onto a wire rack and finish cooling.

You can serve this cake naked or with mocha icing as in the picture.



# PRETZEL BARK (AKA CHRISTMAS CRACK)

## INGREDIENTS:

8 oz mini pretzels  
1 cup of butter (I wouldn't use margarine)  
1 cup light brown sugar  
2 cups milk chocolate chips  
Sea salt to taste

## DIRECTIONS:

**Preheat** oven to 350°F.

**Line** an 11x17-inch baking sheet with parchment paper.

**Spread** pretzels onto the parchment paper.

**Combine** butter and brown sugar in a saucepan over medium-low heat (I actually used medium high heat cause I'm impatient), cook until it is dissolved and bubbly and frothy. 5-8 minutes

**Pour** mixture over pretzels. Don't worry if it doesn't cover them all, it will bubble and spread in the oven.

**Bake** in the oven for 5 minutes or until bubbly and spread over the pretzels.

**Pull** it out of the oven and spread the chocolate chips over the mixture. Let it sit a couple of minutes and then spread with a knife.

**Lightly** sprinkle sea salt on top.

I put it in the fridge to cool quickly. I've even put it in the freezer when I'm in a hurry. I cut them with a knife on a cutting board after I peel the parchment off.

*This recipe is from a workmate who would bring it into the office at Christmas. Very addicting, especially if you like salted chocolate.*

*PATRICK HEATH*

# CRANBERRY WHITE CHOCOLATE SHORTBREAD

Makes 24 – 30 cookies

## INGREDIENTS:

½ pound butter at room temp  
¾ cup icing sugar, sifted  
⅓ cup dried cranberries, coarsely chopped  
⅓ cup white chocolate chips  
1½ cups all-purpose flour  
¼ cup cornstarch

## DIRECTIONS:

**Preheat** oven to 300°F. Beat butter and sifted icing sugar together until light. Beat in flour and cornstarch until well incorporated. Mix in cranberries and chocolate chips.

**Flatten** the dough into a ½-inch thick disc; wrap and refrigerate for 20 minutes. Roll out the dough on lightly floured surface to a ¼-inch thickness. Dip small cookie cutters in flour and use then to cut out the cookies.

**Place** on non-stick or parchment-lined baking sheets. Bake 15-16 minutes or until very pale golden on the edges. Cool on baking rack.

*Who says shortbread  
is only for Christmas?!  
Find a good hiding  
place for them  
because they won't be  
around for long!*

*PATRICK HEATH*

# BERLINER DOUGHNUTS (GERMAN RECIPE)

## EQUIPMENT

Large pot for frying or a deep fryer  
Piping Bag with long, thin piping tip.  
Candy Thermometer

## INGREDIENTS:

### DOUGH

500 grams all-purpose flour  
7 grams dry yeast  
50 grams sugar  
2 eggs  
2 egg yolks  
125 ml milk lukewarm  
2 teaspoons vanilla sugar or some vanilla extract  
100 grams butter, soft or melted and cooled

### OTHER INGREDIENTS

1 oil high smoke point like peanut oil  
3 to 4 tablespoons jam or vanilla pudding for filling  
4 tablespoons sugar for decoration  
5 tablespoons confectioner's sugar for decoration

## DIRECTIONS:

**Mix** the flour and the yeast.

**Add** the remaining ingredients to the flour, except for the butter.

**Start** mixing and while mixing, slowly add the soft butter.

**Mix** for 6-7 minutes.

**Let** the dough rise until it has doubled its size (about 40-60 minutes).

**Divide** the dough into portions of about 90g.

*MARJORIE BUTLER*



**Shape** the dough into spheres, cover with a towel and let rise again for about 30 minutes until they increased in size.

**Heat** the oil to 185°F. It will cool down somewhat when you add the Berliner. Keep it at about 175°F once the Berliner are frying – not less.

**Take** one of the dough portions and put it into the hot oil with the smooth top first. Then close the lid of the pot so the bottom can rise while the top is frying.

**Once** the top has a golden-brown color, turn the Berliner and fry the bottom.

**Remove** once the bottom has the right color and place on a plate with sugar, covering the top in sugar.

**Bake** all Berliner in the oil as described and sugar the top.

**When** all Berliners are baked and cooled to the touch, fill the piping bag with jam.

**Push** the piping tip into the Berliner from the side and fill it with the jam – about ½ to 1 teaspoon.

**Last**, sprinkle a good amount of confectioner's sugar on the top.

You can eat them warm or cold, but they should be as fresh as possible. You can also freeze them and thaw them later, reheat a bit in the oven and enjoy warm.

# PEANUT BUTTER SQUARES

## ~NEW BRUNSWICK STYLE~

### INGREDIENTS:

- ½ cup butter
- ½ cup peanut butter
- 1 package chocolate chips (regular size bag)
- 1 package butterscotch chips (regular size bag)
- Pinch salt
- ¼ package of mini marshmallows (regular sized bag)

*These are a favourite  
of the grandkids!*

*JUDY LAW*

### DIRECTIONS:

**Add** all ingredients (except marshmallows) together in saucepan over low to med heat.

**Melt** ... cool for a few minutes.

**Add** marshmallows and stir to cover.

**Put** in 8X8 pan. Cool in fridge until set.

Cut and serve.

# GLUTEN-FREE LEMON POPPYSEED LOAF

## INGREDIENTS:

3 eggs  
½ cup full-fat coconut milk  
½ cup lemon juice  
1 teaspoon lemon extract  
2 cups oat flour  
1 tablespoon baking powder  
½ teaspoon baking soda  
¼ cup coconut sugar  
2 tablespoons lemon zest  
1½ tablespoons poppy seeds

*A very lemony and moist loaf recipe from my book club friend Bev from Mill Bay.*

**MAUREEN  
HOLLINGWORTH**

## DIRECTIONS:

**Blend** all together until smooth.

**Pour** into lined loaf pan.

**Bake** 50 minutes at 350°F.

**Drizzle** with mixture of:

1 tablespoon honey  
2 tablespoons lemon juice

# LEMONY BLUEBERRY CHEESE TART

Makes 2½ cups / Serves 8

## TART

### INGREDIENTS:

- 1 9-inch frozen pie crust, thawed
- 1 cup mascarpone cheese, or one 225 g package cream cheese, softened
- 5 tablespoons lemon curd (recipe follows or buy in the English food section at supermarket)
- 2 cups fresh blueberries

### DIRECTIONS:

**Preheat** oven to 375°F.

**Press** the pie crust into a 9-inch tart pan with removable bottom or leave in original pie tin. Pierce the bottom and sides with a fork. Bake until lightly browned, about 10 minutes; refrigerate until cool, about 10 minutes.

**In** small bowl, stir together cheese and 3 tablespoons of lemon curd until smooth. (If too thick to spread, stir in small amount of milk) Spread mixture in bottom of cooled tart shell.

**In** medium-size bowl, gently stir blueberries and the remaining 2 tablespoons of lemon curd until thoroughly combined. Spoon the blueberries evenly over the cheese layer. Cover and chill 2 hours.

To serve, remove sides of tart pan, if used, and cut into wedges. Makes 8 servings.

*This has been a family favorite during blueberry season since that time. Using the ready-made lemon curd makes this quick and easy and is a huge favorite on a warm day.*

**MAUREEN  
HOLLINGWORTH**



## LEMON CURD

### INGREDIENTS:

3 large eggs plus 1 egg yolk

1 cup sugar 4 oz. unsalted butter, cut in pieces.

2 teaspoons finely grated lemon peel (yellow part only)

⅓ cup fresh lemon juice

### DIRECTIONS:

**In** top of large double boiler, lightly whisk eggs, yolk and sugar; stir in butter, lemon peel and juice.

**Place** pan over simmering water over medium-low heat; cook, stirring frequently until thick, about 20 minutes.

**Strain** and cool. Refrigerate or freeze leftovers for another use.

# CHOCOLATE STOUT BUNDT CAKE

## INGREDIENTS:

1 can (440 ml) stout or other strong dark beer  
1/2 cup unsalted butter  
3/4 cup unsweetened cocoa powder, sifted  
2 cups all-purpose flour  
1 cup packed dark brown sugar  
1 1/2 teaspoon baking soda  
3/4 teaspoon salt  
1 1/2 cups plain Greek yogurt  
3/4 cup maple syrup  
3 large eggs

## DIRECTIONS:

**Heat** stout in a small saucepan over low heat until steaming and just beginning to simmer, about 10 minutes. Do not boil. Remove from heat.

**Add** butter, whisking until melted. Add cocoa and whisk until mixture is smooth. Cool to room temperature.

**Preheat** oven to 350°F.

**Combine** flour, brown sugar, baking soda and salt; set aside.

**Whisk** together yogurt, maple syrup and eggs until combined. Gradually whisk in stout mixture until blended.

**Stir** in flour mixture just until combined.

**Pour** batter into a greased and cocoa-dusted 14 cup Bundt pan.

**Bake** until a cake tester inserted in centre comes out clean, about 40-45 minutes.

**Cool** pan on a rack for 10 minutes.

**Invert** cake onto rack and cool completely. May be prepared to this point and frozen for up to 1 month.

*This stout chocolate cake will become a favourite for anyone who tries it. It is always good for St. Patrick's Day but good any time - a light, not too sweet chocolate cake. Just need to keep a can of Irish beer on hand. Recipe came from Blue Flame Kitchen in Alberta, they still have home economists on staff to call if you have questions, a rarity now.*

LEIGH ANN SELLER

## GANACHE

### INGREDIENTS:

1 cup chopped semi-sweet chocolate

$\frac{3}{4}$  cup whipping cream

### DIRECTIONS:

**Place** chocolate in a heatproof bowl; set aside.

**Place** cream in a small saucepan and cook over medium heat, stirring frequently, until steaming and just beginning to simmer. Do not boil.

**Remove** from heat.

**Pour** hot cream into bowl with chocolate. Using a whisk, stir until chocolate is melted and mixture is smooth; cool completely. Ganache may be refrigerated for up to 3 days or frozen for up to 1 month. Reheat over low heat.

**Place** cake on a serving plate. Drizzle ganache over top, allowing ganache to run down sides of cake. Serve immediately.

# UBC SCONES

Makes 18

## INGREDIENTS:

3 cups unbleached white flour  
½ cup white sugar  
5 teaspoons baking powder  
½ teaspoon salt  
¾ cup margarine  
1 large slightly beaten egg  
1 cup (less 1 tablespoon) whole milk



*NATALIE MYLES*

## DIRECTIONS:

**Combine** dry ingredients (1-4).

**Cut** in margarine with pastry blender.

**Combine** egg and milk and stir into dry ingredients.

**Turn** onto a lightly floured surface. Knead gently about 10 times.

**Pat** or roll dough into a ½-inch thick circle.

**Cut** out scones with a 2½-inch (6cm) round floured cutter.

**Place** scones 1-inch apart on a greased baking sheet. Bake at 450°F (230°C) for 12-15 minutes.

An easier variation is to divide the dough into three circles, and then cut each of those into quarters with a floured knife.

# LEMON BARS

## INGREDIENTS:

### FOR THE CRUST:

1 cup of unsalted butter plus more for the pan  
2 cups flour  
1 cup icing sugar  
Pinch of salt

### FOR THE FILLING

4 eggs  
2 cups sugar  
6 tablespoons of flour  
6 tablespoons of fresh lemon juice (use real lemon juice)  
Lots of zest from the lemons

## DIRECTIONS:

**Preheat** oven to 350°F.

**Line** a 9X13 baking dish with aluminum foil and butter the foil.

**Make** the crust – whip all the ingredients together, with your hands (wash them first!) and make a crumbly dough. Press into the aluminum foil in the pan. Bake for 20 minutes and let cool slightly.

**Make** the filling – mix eggs, sugar, and flour with a fork. Add the lemon juice and lots of zest. Pour over the slightly cooled crust and bake for 25 more minutes.

**Remove** from oven and cool.

**Sprinkle** with icing sugar.

**Remove** with the aluminum foil and cut accordingly.

*Drop half the batch  
off at Jack and  
Stephen's when time  
permits.*

*JACK BOOMER*

# CORN & PEANUT BUTTER MUFFINS

## INGREDIENTS:

1½ cups wholewheat flour  
1½ cups white flour  
¼ cup sugar  
4½ teaspoons baking powder  
¾ teaspoon salt  
¼ cup melted butter  
1 cup milk  
1¼ cups of creamed corn  
½ cup crunch peanut butter  
2 eggs lightly beaten

*JACK BOOMER*

## DIRECTIONS:

**Preheat** oven to 350°F.

**Grease** 12 deep muffin pans. Sift flours and sugar into large bowl and add butter.

**Combine** all other ingredients and add to flour mixture just until wet.

**Drop** the mixture into the tins and bake for about 20 minutes.

Note: I bake them at 350°F but you might want to vary the heat and time – bake until brown. I have also substituted the flour with some hemp hearts, oat bran and/or flax seeds. If you use 1 cup of the ‘substitute’ add 1 less cup of flour.

# DUTCH ALMOND CAKE (BOTERKOEK)

## INGREDIENTS:

1 cup sugar  
1 teaspoon almond extract  
1 cup butter  
2 cups flour  
1 egg  
1 teaspoon baking powder  
Sliced almonds (on top)

*Translated directly it  
is, Butter Cake.*

*ERIC ROTGANS*

## DIRECTIONS:

**Cream** sugar and butter

**Add** egg and flavouring, flour, baking powder.

**Put** into pie plate greased.

**Press** well and brush with milk and sprinkle with sliced almonds.

**Bake** at 325°F for 1 hour.

# MRS. SPRATT'S BEST CHRISTMAS CAKE EVER!

Prep: 30 minutes / Cooking time: 3 hours-30 minutes approx.

Makes: 1- 18cm (7-inch) square or 20cm (8-inch) round cake

Both 5.5cm 2½-inch deep. Cuts into about 32 slices.

## INGREDIENTS:

300 grams (11 oz) currants  
300 grams (11 oz) sultanas  
200g (7 oz) raisins  
75 grams (3 oz) mixed peel (or chopped dates if preferred)  
100 grams (4 oz) glace cherries halved  
Rind of 1 lemon (called 'zest')  
Rind of 1 orange plus juice of half an orange  
200 grams (8 oz) unsalted butter at room temperature  
75 grams (3 oz) ground almonds if liked  
225 grams (8 oz) dark muscovado sugar  
4 large eggs  
65 grams (3 oz) self-rising flour, sieved  
175 grams (6 oz) plain flour – sieved with  
1 teaspoon ground cinnamon  
1 teaspoon mixed spice  
1 teaspoon ground nutmeg  
100 grams chopped pecan nuts if liked  
100 ml brandy

*Mrs. Spratt is the wife of Jack Spratt, once upon a time the food and restaurant reviewer for "Around Town" magazine in South and West Yorkshire UK.*

*ELAINE WILSON*

## DIRECTIONS:

**Preheat** the oven to 150°F (130°F for convection oven) gas mark 2.

**Grease** and line a 23x6.5cm (9 x 2½-inch) deep round cake tin (or the square tin) with baking parchment paper (does not need to be greased).

**Weigh** out all the ingredients.



**Put** the dried fruits into a large mixing bowl and add the halved glace cherries, mixed peel, ground almonds and chopped nuts.

**Add** the lemon and orange zest.

**Mix** together the orange juice and brandy and pour over the mixed fruit. Stir. Cover with a clean cloth and leave overnight - longer if necessary.

**Put** sugar and butter (already at room temperature) into a clean bowl. Beat together with a hand whisk until fluffy.

**Beat** in the eggs one at a time adding a tablespoon of the sifted flour between eggs to prevent the eggs from curdling.

**Add** the rest of the sifted flour, spices and soaked fruit to the bowl. Use a large metal spoon to fold it all together to make one mixture.

**Spoon** the mixture into the lined cake tin and level the top with the back of the metal spoon.

**Wrap** brown paper round the outside of the tin – perhaps 2 to 3 layers deep and 4-inches high and secure with string.

**Bake** approximately 3½ hours. To test if the cake is cooked, insert a metal skewer or cocktail stick into the centre of the cake – if the cake is cooked, the skewer should come out clean. If it does not, put the cake back into the oven and try again in 15 minutes. It should be filling the kitchen with a wonderful aroma. It is worth making just to have this smell!

**Cool the** cake in its tin on a wire rack. Once cool, remove from the tin, leaving the parchment paper on. To store, wrap the cake in foil, then put it in an airtight container.

### MR SPRATT'S TIP

After two weeks of maturing, prick the cake all over with a metal skewer and sprinkle over 1 tablespoon brandy. Leave to soak in. Wrap up, and then repeat two weeks later. The Christmas cake will keep for several months but it stops maturing after three months. It is always eaten before then in the Spratt household.

This cake can be covered in almond paste and icing but in Yorkshire it is a tradition to eat the cake accompanied by a wedge of cheese such as a white crumbly Wensleydale.

# WELSH CAKES

## INGREDIENTS:

3 cups of all-purpose flour  
2 blocks of butter or margarine  
1 cup of white sugar or less  
Pinch of salt  
½ teaspoon each of cinnamon, cloves, nutmeg  
1 cup of currants  
2 eggs  
Dash of milk

## DIRECTIONS:

**Heat** griddle to 325°F

**Add** the salt and spices to the flour and then rub the butter into the flour until crumbly. Add the sugar and then the currants. Create a little well in the middle of the mix to add the eggs and milk. Mix together but do not overwork it. The mixture will look like pastry. Roll out on a lightly floured surface until the dough is about ½-inch thick. This recipe will make around 40 Welsh cakes.

**Cook** for 2 -2½ minutes each side until golden brown.

The Welsh cakes are cut into circles using a small or medium round cookie cutter, about ½-inch thick. Make sure the griddle is hot. No need to add butter or oil to the griddle unless they stick. Mum says she always burns the first few until she gets the heat right. Welsh cakes are done when they are a little bit brown and cooked all through. While they are still warm, they can be sprinkled with a little bit of sugar, but this is optional.

*Welsh cakes are usually cooked on a griddle, my Nana and Mum used to have large cast iron griddles that they put on top of the stove, but an electric griddle will do the job nicely. Welsh cakes can be fried in a pan or baked.*

*LISA  
MORT-PUTLAND*

# COFFEE 'N' CREAM BROWNIES

## INGREDIENTS:

½ cup butter  
3 oz unsweetened chocolate chopped  
2 large eggs  
1 cup of sugar  
1 teaspoon vanilla extract  
⅔ cup all-purpose flour  
¼ teaspoon baking soda



## FILLING

1 teaspoon instant coffee granules  
3 tablespoons heavy whipping cream  
1 cup confectioners' sugar  
2 tablespoons butter, softened

## GLAZE

1 cup semisweet chocolate chips  
⅓ cup heavy whipping cream

## DIRECTIONS:

**Melt** butter and chocolate in microwave then stir and cool slightly.

**Beat** eggs, sugar and vanilla and stir in chocolate mixture.

**Combine** flour and baking soda. Stir into chocolate mixture.

**Spread** into a greased 8-inch square baking pan.

**Bake** at 350°F for 25-30 minutes or until a toothpick comes out clean. Cool on a wire rack.

**Dissolve** coffee granules in cream. Add confectioners' sugar and butter and beat just until light and fluffy (do not overbeat)

**Spread** over brownies and refrigerate and set.

**Combine** chips and cream in a small saucepan. Cook and stir over low heat until chips are melted. Cool slightly. Carefully spread over filling. Let stand 30 minutes until glaze is set.

**Cut** into squares.

# CRÈME CARAMEL

## INGREDIENTS:

¾ cup sugar and 60 ml water  
 2 whole eggs  
 550 ml milk  
 3 egg yolks  
 2 teaspoons pure vanilla essence  
 2 tablespoons caster sugar  
 1 tablespoons brandy (optional)

## DIRECTIONS:

### CARAMEL

**Put** sugar and water into a small saucepan. Heat on medium until the sugar has dissolved. Then heat on high until, according to your taste preference, colour is between light golden and amber – darker than amber gives a burnt taste. **DO NOT** stir at any stage.

**After** removing from the heat, and keeping your face away, add two teaspoons or so of hot water. This prevents the caramel from becoming totally hard.

**Divide** the caramel between six Pyrex ramekins, swirling them to coat the sides. Remember that the caramel could be up to 350°F - so gloves advisable.

### CREME

**Heat** milk until fairly warm and add 2 teaspoons of pure vanilla essence. Allow to somewhat cool.

**Beat** eggs, egg yolks and sugar together.

**Slowly** pour milk into egg mixture while stirring.

**Add** brandy.

**Pour** this mixture through a fine strainer into a large jug.

**Fill** ramekins from jug.

**Place** ramekins into a roasting pan that is half filled with hot water.

*While camping in Spain many years ago we discovered very good crème caramel in cafes. Returning home, we tried various recipes and had quite a few failures before arriving at this foolproof silky crème caramel pudding fairly similar to the one found in "The National Trust Book of Traditional Puddings".*

**BOB TOWLER**

**Cut** a piece of parchment paper to cover tops (stops skin forming)

**Place** the pan in a preheated 325°F oven for 30-40 minutes until an inserted knife comes out clean.

**Remove** ramekins, leave to cool and then refrigerate.

To serve, slide knife around inside of ramekin, place saucer over top of ramekin, invert and sharply jerk down to release pudding. Can be served with berries or other fruit. For flavour variation add either grated lemon or orange rind to milk and warm for 10 minutes before straining into jug.



# TRADITIONAL SUGAR COOKIES

## INGREDIENTS:

$\frac{3}{4}$  cup shortening (part butter or margarine, softened)  
1 cup sugar  
2 eggs  
1 teaspoon vanilla or  $\frac{1}{2}$  teaspoon lemon extract  
 $1\frac{1}{2}$  cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon salt

*Best sugar cookies to  
make with grandkids.*

*ELAINE McVIE*

## DIRECTIONS:

**Preheat** oven to 400°F.

**Mix** thoroughly shortening, sugar, eggs, and flavouring.

**Blend** in flour, baking powder and salt.

**Roll** dough to  $\frac{1}{4}$ -inch thick on a lightly floured cloth-covered board. Cut into desired shapes.

**Place** on ungreased cookie sheet.

**Bake** for 6-8 minutes or until very light brown.

## ROGER'S APRICOTS WITH CLOVES

### INGREDIENTS:

1 cup dried apricots  
½ cup sugar  
Juice of one lemon  
2 cloves  
2½ cup water

### DIRECTIONS:

**Put** all the ingredients in a saucepan and bring to a rapid boil. Reduce to simmer.

**Simmer** for one hour. Remove the cloves.

**Refrigerate.**

*After recalling this at Nar Restaurant years ago, he came up with this version, which keeps for ages in the fridge. (Camil and Ozlem approved).*

**ROGER HARMSTON**

Serve over frozen yogurt or ice cream. A house specialty here, and now it can be one of yours.

# MONSTER COOKIES

## INGREDIENTS:

3 eggs  
1 cup brown sugar  
1 cup white sugar  
1 teaspoon corn syrup  
1 teaspoon vanilla  
1 teaspoon Baking Soda  
½ cup margarine  
4½ cups rolled oats  
½ cup colored chips  
1⅔ cups peanut butter  
⅓ cup chocolate chips  
⅓ cup crushed peanuts

*My family always made these when we were having a bad day and needed some cheering up!*

**CANDACE SHEPPARD**

## DIRECTIONS:

**Beat** eggs until fluffy, add white and brown sugar, and add vanilla, corn syrup and baking soda.

**Beat** in margarine and peanut butter, blending thoroughly stir in rolled oats, chocolate chips and crushed peanuts.

**Shape** dough into small hamburger like patties, place about 2-inch apart on a cookie sheet.

**Bake** at 350°F for 12-15 minutes. Let stand a few minutes before removing from pan.



# CHOCOLATE TORTE ROYALE

## INGREDIENTS:

### MERINGUE

2 egg whites  
Pinch of salt  
½ teaspoon cinnamon  
½ teaspoon vinegar  
½ cup sugar

### FILLING

6 oz semi-sweet chocolate  
¼ cup water  
¼ cup sugar  
¼ teaspoon cinnamon  
2 egg yolks  
1 cup whipping cream

*This is a fabulous  
dessert - Peter's  
favorite! It never fails  
to bring oohs and aahs  
from our guests.*

ELWYN TOMLINSON

## DIRECTIONS:

### MERINGUE

**Add** salt and cinnamon to room temperature egg whites and beat until peaks form.

**Gradually** add sugar and vinegar, beating well after each addition until meringue is stiff.

**Spread** on parchment paper in an 8-inch circle, building up sides a bit and bake at 275°F for 1 hour.

**Turn** oven off and leave meringue in oven for at least 2 hours to dry.

### FILLING

**Melt** chocolate with water.

**Spread** 2 tablespoons over bottom of shell.

**Add** beaten yolks to the remaining chocolate, blend well and chill until thick. Whip cream, sugar and cinnamon, fold into chocolate mixture.

**Spread** into shell and chill.

**Garnish** with whipped cream, chopped pecans or chocolate curls.

