

**Unit Overview:**

Preparing food for others is a way to show that you love and care about them. Breastfeeding a baby is one of the first acts of love a mother shows her newborn. Your parents have gone to great lengths to buy, grow, fish and hunt for food as well as prepare meals to keep you healthy and nourished. They go to all of this trouble because they love you. One day you will meet someone special and prepare a meal for them, maybe with a tablecloth and a vase of flowers. This is how you show another person that they are special to you. Now, during this time of hardship and isolation, you can show the people around you that you love them by making some recipes/meals at home.

**In this unit, you will find:**

- some of the favourite recipes from Foods classes
- recipes that can be made with locally available ingredients
- recipes that anyone can make in the “Easy” section
- recipes that are organized in themes

**Some advice:**

Since we are going to the grocery store as infrequently as possible, plan ahead, talk to a family member who does the shopping and make a list of grocery items you may need to make these recipes.

Many of these recipes call for a Kitchen Aid Mixer. If you do not have one, use a hand-held mixer. If you do not have one of those, a bowl and a spoon will work too. You can't go to the gym, so use mixing as your workout! I am reminding you that, all over the world, millions of people create beautiful meals every day without any electric appliances!

The recipes on the following pages have been organized into the following categories:

Easy (a good place to start if you want to develop your skills) 3

**Please send me your questions, comments, and stories. Make something and tell me how it turned out. I would love to get pictures too. I miss all of you so much I can hardly stand it. Send your stuff to [zspencer@sd74.bc.ca](mailto:zspencer@sd74.bc.ca) I would love to hear from you!**

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**Easy**

# Southern Drop Biscuits

## Ingredients:

1  $\frac{3}{4}$  cups flour

$\frac{1}{4}$  cup of cornstarch

4 tsp baking powder

$\frac{1}{2}$  tsp salt

1  $\frac{1}{2}$  Tbsp. white sugar

$\frac{1}{4}$  cup butter

1  $\frac{1}{2}$  cups buttermilk

1 Tbsp. vegetable oil for frying pan  
1  $\frac{1}{2}$  Tbsp. melted butter to brush tops

← These ingredients do not go in the recipe

## Instructions:

- Preheat oven to 425 degrees.
- Brush oil inside ovenproof frying pan, coating all surfaces.
- Cut a circle of parchment to line bottom of pan.
- In K-A mixer bowl, place all dry ingredients.
- Cut butter into small pieces and add to dry ingredients.
- Use paddle mixer to break up the butter into pea sized pieces.
- Add buttermilk all at once. Mix on low.
- Mix will be sloppy, like cottage cheese.
- Let stand for 3 minutes to thicken.
- Use ice cream scoop to place in pan.
- They will be crowded.
- Do not flatten or push them down.
- Brush tops with melted butter
- Bake at 425 for 22 minutes.
- Let stand for 10 minutes before turning out. They finish baking with the heat in the pan.

# French Toast

## Ingredients:

4 eggs

1 cup light cream or milk

1 teaspoon vanilla

½ teaspoon of cinnamon

Pinch of nutmeg

8 pieces of bread

margarine for frying

## Method:

- Whisk first five ingredients together.
- Heat frying pan on large burner to medium heat.
- Dip bread into egg mixture, turn and coat both sides.
- Fry in two teaspoons of margarine until brown on both sides.
- Serve with butter and syrup.

# Make Ahead Mashed Potatoes

## Ingredients:

- 5 lbs. of potatoes
- ½ package cream cheese
- ½ cup sour cream
- ¼ cup butter
- ½ teaspoon salt
- ½ teaspoon onion powder

## Instructions:

1. Peel, wash and cut potatoes in quarters.
2. Place in pot and cover with water.
3. Bring to a boil, then turn heat to 2 or 3 and simmer for 20-25 minutes.
4. Potatoes are done when you can easily pierce them with a fork.
5. While potatoes are cooking, mix cream cheese, sour cream, softened butter, salt and onion powder in a Kitchen-Aid bowl.
6. When potatoes are tender, drain in a colander for about 5 minutes.
7. Place potatoes back into pot and mash with a hand masher.
8. Add cream cheese mixture to mashed potatoes and mash mixture into potatoes.

If you want good mashed potatoes, **always, always, always** use a hand masher and take it easy on the poor things. If you go crazy with a hand masher or, **God forbid**, you commit the unpardonable sin of using a power mixer, **YOU** risk breaking up the cells of the potatoes, a process which releases starch and water and creates a Gooley Mess with the appearance and texture of wall paper paste.

# Apple Crisp

## Ingredients:

### Filling:

6-8 apples, peeled, cored and sliced

¼ cup sugar

½ teaspoon cinnamon

¼ teaspoon nutmeg

### Topping:

1 cup brown sugar

¾ cup rolled oats

¾ cup flour

½ teaspoon cinnamon

¼ teaspoon nutmeg

½ cup cold butter

## Instructions:

1. Preheat oven to 350 degrees
2. Toss apples with white sugar, cinnamon and nutmeg in a baking dish.
3. Mix brown sugar, oats, flour, cinnamon and nutmeg in a Kitchen-Aid bowl. Cut the cold butter into pieces and use the flat beater to cut it into smaller bits in the oat mixture.
4. Spread evenly over the apples to the edges of the baking dish.
5. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

# Uncle Ben's Wild Rice Mix

This is a copycat recipe that is actually better than



## Ingredients:

- 2 cups water
- 1 cup Converted Rice
- 1 Tablespoon dried chicken stock
- 1 Tablespoon dried parsley
- 1 Tablespoon dried onion flakes
- ½ teaspoon seasoning salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- ¼ teaspoon dried ginger
- ¼ teaspoon black pepper

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- 1 Tablespoon butter
- ½ cup cooked wild rice

**Converted Rice** is the unhulled grain that has been steam-pressured before milling. This process retains nutrients and makes fluffy separated grains of cooked rice. Converted Rice is a better source of fiber, calcium, potassium and vitamin B-6 than regular white rice as the nutrients are forced into the rice grain by the steam pressure.

## Instructions:

1. In a large pot, combine all ingredients above black line, stir and bring to a boil.
2. Reduce heat to 2 or 3 and simmer for 25 -30 minutes, stirring twice. Keep pot covered.
3. When almost all water has been absorbed, stir in butter and cooked wild rice.



# Zucchini Bread or Muffins

## Ingredients:

- 2 cups flour
  - 1 cup whole wheat flour
  - 1 teaspoon salt
  - 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 Tablespoon cinnamon
- Dry Ingredients**
- 3 eggs
  - 1 cup vegetable oil
  - 2 cups sugar
  - 1 Tablespoon vanilla
  - 2 cups grated zucchini
- Wet ingredients**
- 1 cup raisins, craisins or walnuts } **Optional**

## Instructions:

1. Use two bowls, a large one for the dry ingredients and a medium one for the wet ingredients. Mix with a large spoon.
2. Stir dry ingredients to blend in large bowl.
3. Beat eggs with a fork and add other wet ingredients to second bowl.
4. Make a well in the dry ingredients. Pour all of the wet ingredients into the well at once. Stir with a spoon just until blended.
5. Add optional ingredients and stir in at this time.
6. Fill muffin paper cups to  $\frac{3}{4}$  full. If making a loaf, place criss-cross cut parchment into two loaf pans and divide batter evenly.
7. Bake muffins for 24 minutes at 350°.
8. Bake loaves for 50-60 minutes at 325°.

# Sunshine Muffins

## Ingredients:

- 1 orange (including the peel)
- 1/2 cup orange juice
- 1 egg
- 1/4 cup oil
- 1 1/2 cups flour
- 3/4 cup sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1/2 cup raisins or dried cranberries(optional)
- 1/2 cup chopped nuts (optional)

## Instructions:

1. Cut orange into 8 pieces. Put cut-up orange (that's right - the whole orange), orange juice, egg and oil in blender. Blend until smooth.
2. Whisk together flour, sugar, baking powder, baking soda and salt in large bowl. Add raisins or cranberries and nuts if desired.
3. Make a well in the dry ingredients and pour the contents of the blender into the well.
4. Mix until blended.
5. Pour mixture into muffin cups and bake at 375° for 15-20 minutes. Makes 16 medium muffins.

# Apple Cake

## Ingredients:

1-3/4 cups sugar  
1 cup vegetable oil  
3 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
1-1/4 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1/4 teaspoon baking soda  
2 cups finely chopped peeled tart apples

## Instructions:

1. In a large bowl, beat the sugar, oil, eggs and vanilla until well blended.
2. In a second bowl, combine the flour, baking powder, salt, cinnamon and baking soda; gradually beat into sugar mixture until blended.
3. Fold in apples.
4. Transfer to a parchment covered 13x9-in. baking pan. Bake at 350° for 35-45 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.

# Devilled Eggs

## Ingredients:

8 eggs  
1/3 cup mayonnaise  
1 Tablespoon Dijon mustard  
1 teaspoon vinegar  
½ teaspoon salt  
1/8 teaspoon pepper  
Hot sauce (optional)

## Instructions:

1. Place eggs gently into a medium pot and fill with water so that it covers eggs by about one inch.
2. Bring to a boil, leave pot on burner and turn burner off.
3. Cover pot and let stand for 14 minutes.
4. Drain eggs and let cold water run into the pot until eggs are cool enough to handle (about 10 minutes).
5. Peel and halve eggs lengthwise; remove yolks and transfer to a bowl.
6. Mash with a fork; mix in mayonnaise, mustard, vinegar, salt and pepper.
7. Pile yolk mixture back into egg white halves.

# Fried Cabbage

## Ingredients:

4 slices of bacon  
2 apples, finely diced  
½ head of cabbage, thinly sliced (about 3 – 4 cups)  
1 small onion, thinly sliced  
½ teaspoon salt  
Dash of ground nutmeg  
2 tablespoons cider vinegar  
1 tablespoon sugar  
½ cup of toasted nuts or seeds for garnish

## Instructions:

1. Cut slices of bacon into ¼ inch pieces. Fry in a large saucepan. Remove bacon pieces with a slotted spoon. Retain bacon fat.
2. Add apples, cabbage, onion, salt, and nutmeg.
3. Stir fry over medium-high heat until tender (about 12-15 minutes).
4. Add vinegar and sugar and cook for 3 more minutes.
5. While cabbage is cooking, heat nuts or seeds in a dry frying pan over medium heat for 2 to 3 minutes or until they're golden brown and they give off a rich, toasty fragrance.
6. Stir or toss nuts or seeds frequently for even toasting.
7. Remove from pan to cool.

# Breakfast Wraps

## Ingredients:

4 wraps  
½ green pepper, diced  
¼ cup diced onion  
8 slices bacon Or 8 sausages  
2 cups of hash brown potatoes  
8 eggs  
1/3 cup cream  
1 cup of grated cheddar cheese  
Salsa

## Instructions:

1. Cut bacon or sausage into small pieces (about 1 cm). Place pieces in frying pan on 4. Do NOT add oil to pan if cooking bacon. Add 1 Tablespoon oil to pan if cooking sausages.
2. When bacon or sausage begins to crisp, add pepper, onion and stir fry mixture until onions are translucent and pepper is softened.
3. Add hash browns and continue to stir fry until mixture is cooked.
4. Clean pan. Mix eggs and cream and cook as scrambled eggs.
5. Grate cheese.
6. Divide meat mixture and scrambled egg mixture into four and place on wraps. Sprinkle with cheese.
7. Season with salsa and roll the wrap.

# Potato Salad (Lillooet United Church Women)

## Ingredients:

8 potatoes

6 eggs

2 Tablespoons vinegar

1 Tablespoon salt

2 green onions

1 cup Miracle Whip

these ingredients go into the water  
in which you boil the eggs.

## Instructions:

1. Peel potatoes carefully and cut in half lengthwise.
2. Place steam tray in pot and fill with water to bottom of steam tray.
3. Lay cut potatoes onto steam tray. You must have a lid on the pot. Turn heat on high until water boils. Turn heat down to 4.
4. Steam potatoes for 20-25 minutes until they are tender to a poke with a fork.
5. Remove pot from heat and remove lid. Scoop potatoes into a bowl. Cool, then cover and place in fridge overnight.
6. Cover eggs with water. Add vinegar and salt. Bring covered pot to a boil then turn heat off. Leave covered on burner for 15 minutes. Fill pot with cold water and leave cold tap running in pot for 15 minutes until all of the heat is removed from the eggs. Place in bowl in fridge for 8 hours.
7. Peel and grate eggs. Slice cold potatoes. Add sliced green onions and Miracle Whip. Mix together with rubber spatula.

# Harvard Beets

## Ingredients:

3-4 cups diced beets

2/3 cup sugar

3 teaspoons cornstarch

1/3 cup cider vinegar

1/3 cup water

1 teaspoon salt

1/4 teaspoon pepper

3 tablespoons butter

## Instructions:

1. Wash/scrub beets until very clean.
2. Cover with water and boil for 45 minutes to one hour.
3. Run cold water into pot until beets cool to room temperature.
4. Slip skins from beets and slice and dice them.
5. In medium pot, blend sugar and cornstarch with a whisk
6. Add water and vinegar, salt and pepper.
7. Bring mixture to a boil until it thickens and turns clear.
8. Stir in butter and add diced beets.



# Lemon Bars

## Ingredients:

### Crust

1&1/4 cups flour  
1/2 cup icing sugar  
1 Tablespoon cornstarch  
1/2 cup butter, softened

### Filling

3 eggs  
1&1/2 cups sugar  
zest of 1 lemon  
1/2 cup fresh lemon juice  
1/2 cup flour  
icing sugar for dusting

## Instructions:

1. Preheat oven to 350F and line an 8×8” square baking pan with parchment paper overhanging the sides
2. Stir flour, icing sugar, and cornstarch together in mixer bowl.
3. With the flat beater, cut in the softened butter until the mixture resembles coarse meal.
4. Dump the mixture into the prepared pan. Spread it out evenly then press firmly into an even layer with egg lifter. Bake for 10 minutes.
5. Meanwhile, whisk together the eggs, sugar, lemon zest, and lemon juice.
6. Slowly add in the flour, whisking quickly to prevent any lumps.
7. Pour over hot crust and bake for another 25 minutes until the lemon filling is set.
8. Place in refrigerator for 2 hours. Dust with icing sugar before slicing and serving. Cut into 9 squares.

# Rhubarb Bars

## Ingredients:

### Crust

2 cups flour  
1 cup butter (room temp)  
 $\frac{3}{4}$  cup sugar

### Topping

4 eggs beaten  
 $\frac{3}{4}$  cup flour  
4 cups chopped rhubarb  
 $\frac{1}{2}$  teaspoon salt  
1  $\frac{3}{4}$  cups sugar

## Instructions:

1. Mix crust ingredients into coarse crumbs.
2. Pat into a 9x13 pan lined with criss-cross parchment.
3. Bake at 350° for 15 minutes.
4. Mix all ingredients for topping in bowl.
5. Pour rhubarb mixture over crust.
6. Return to oven and bake at 350° for 45 minutes
7. Cool completely, or chill, before cutting into bars.

# Pumpkin Bread

## Ingredients:

1  $\frac{3}{4}$  cups flour

1  $\frac{1}{2}$  teaspoons baking powder

$\frac{1}{2}$  teaspoon baking soda

1 teaspoon cinnamon

$\frac{3}{4}$  teaspoon ginger

Dash cloves

$\frac{1}{2}$  teaspoon salt

2 eggs

1  $\frac{1}{4}$  cups granulated sugar

1 cup cooked, mashed squash

$\frac{1}{2}$  cup canola oil

1 teaspoon vanilla

## Icing:

$\frac{1}{4}$  package of cream cheese, softened

2 Tablespoons butter, softened

$\frac{1}{2}$  cup icing sugar

Pumpkin seeds

## Instructions:

- Preheat oven to 350F. Line a 9 x 5-in. loaf pan with parchment, overhanging on all sides.
- Stir together flour, baking powder, baking soda, spices and salt in a medium bowl.
- In mixer bowl, beat, at medium speed, eggs and sugar in a large bowl then add pumpkin, oil and vanilla. On slow speed, add flour mixture into pumpkin mixture until combined. Scrape into parchment lined pan and smooth top with rubber spatula.
- Bake for 55 minutes. Cool loaf completely on rack.
- To make the icing mixer, mix cream cheese and butter in mixer bowl on medium, until smooth. Beat in icing sugar on slow speed until combined. Spread over loaf. Sprinkle with seeds.

# Banana Bread

## Ingredients:

½ cup butter

1 cup sugar

2 eggs

2 cups flour

1 teaspoon baking soda

3 ripe bananas, mashed

¼ cup whipping cream

## Instructions:

1. **Set oven to 325°.**
2. Place two pieces of parchment paper, trimmed to size and criss-crossed in loaf pan.
3. Soften butter for 10 seconds in the microwave.
4. In Kitchen Aid mixer bowl, place softened butter and sugar. Cream on 8 until fluffy. It takes a few minutes.
5. Scrape down bowl with rubber spatula, then add eggs. Beat again on 8 until mixture is fluffy. You will know what fluffy is when you see it. It takes a few minutes. Scrape down bowl.
6. Mash ripe bananas with potato masher. Add mashed banana to mixture in bowl. Beat on 6 for one minute to incorporate bananas. Scrape down bowl.
7. Mix flour and baking soda in separate bowl. Stir to blend.
8. Add flour mixture by the spoonful to Kitchen Aid bowl with mixer set on low speed.
9. After adding about half of the flour, add the ¼ cup cream.
10. Add the remaining flour. Scrape down bowl. Mix just until blended. Do not overmix at this point.
11. Scoop batter into lined loaf pan. Bake for 60 minutes.

# Comfort Foods

# Fettuccini Alfredo

## Alfredo Sauce:

- 2 cups whipping cream
- 1 package cream cheese
- 1 T. flour
- 3 cloves of minced garlic
- $\frac{3}{4}$  cup grated Parmesan Cheese
- 1 teaspoon Italian seasoning
- 1 Tablespoon parsley flakes
- Fresh parsley for garnish

## Instructions:

1. In blender, blend the cream, cream cheese, flour, and garlic until smooth.
2. Pour mixture from blender into large pot.
3. Cook on medium heat, while stirring, until mixture boils and begins to thicken.
4. Whisk in Parmesan cheese, Italian seasoning and parsley flakes. Cook an additional minute, while stirring.
5. Add cooked and drained pasta to sauce, mix and serve. Sprinkle with finely-chopped parsley to garnish.

## To Cook Pasta:

1. Fill a large pot with water, about  $\frac{3}{4}$  full. Add a tablespoon of coarse salt to the water, place pan on high heat and bring to a boil.
2. When water is boiling, slowly add pasta and cook until it reaches the *al dente* stage-(soft, but not soggy). [Around 8-10 min.]
3. Drain using colander.

# Southwestern Casserole

## Ingredients:

- 1 ½ cups uncooked pasta
  - 1 pound ground beef
  - 1 large onion, chopped
  - 2 garlic cloves, minced
  - 1 can (14-1/2 ounces each) diced tomatoes, undrained
  - 1 can (16 ounces) kidney beans, rinsed and drained
  - 1 can (6 ounces) tomato paste
  - 1 can (4 ounces) chopped green chilies, drained
  - 1 ½ teaspoons salt
  - 1 ½ teaspoons chili powder
  - 1/2 teaspoon ground cumin
  - 1/2 teaspoon pepper
  - 1 cup cheddar cheese
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## Instructions:

- Cook pasta according to package directions. Drain.
- In a large saucepan, fry beef and onion over medium heat, crumbling beef, until meat is no longer pink. Add garlic; cook 1 minute longer. Drain fat.
- Stir in next eight ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir macaroni into beef mixture.
- Preheat oven to 375°. Transfer macaroni mixture to a greased 2-qt. baking dish. Cover and bake at 375° for 30 minutes. Uncover, top with cheese and bake until bubbly and heated through, about 10 minutes longer. Serve.

# Baked Pork Chops in Mushroom Soup

## Ingredients:

4-6 pork chops

Beer Can seasoning

1 onion

½ teaspoon of rosemary

1 can Golden Mushroom Soup

1 can light coconut milk

## Method:

1. Set oven to 350°.
2. In a frying pan, brown pork chops on both sides. Add Beer Can seasoning to each side.
3. Remove pork chops from cooking pan. Add soup and coconut milk to cooking pan. Stir, and heat until boiling.
4. Arrange chops in oven-proof frying pan or baking dish. Cover with thinly sliced onions and season with rosemary. Pour hot soup and coconut milk over pork chops.
5. Place in 350° oven for 30 minutes.



# Beer Can Chicken & Pork Seasoning

(you can substitute a teaspoon or tablespoon instead of a cup)

## Ingredients:

½ cup dry mustard  
½ cup granulated onion  
½ cup paprika  
½ cup salt  
¼ cup granulated garlic  
¼ cup ground coriander  
¼ cup ground cumin  
¼ cup black pepper

## Instructions:

Combine all ingredients and mix well to blend.  
Fill a shaker and sprinkle liberally on chicken or pork before cooking. Place unused mix in mason jar with lid and store for later use.

# Shepherd's Pie

## Ingredients:

2 Tablespoons vegetable oil  
1 onion diced  
2 cloves garlic crushed  
8 carrots, peeled and sliced  
1 pound ground beef  
½ teaspoon thyme  
¼ teaspoon pepper  
1 cup frozen peas  
Prepared beef gravy  
Prepared mashed potatoes

## Instructions:

1. Heat oven to 375 degrees.
2. Peel and slice carrots and boil for 10 minutes. Drain in colander.
3. Fry diced onion in oil. Pour cooked onion into ovenproof casserole dish.
4. Fry ground meat with garlic, thyme and pepper. Add to onions in casserole dish.
5. Layer carrots on top of meat and peas on top of carrots.
6. Pour prepared gravy over all ingredients until just covered.
7. Cover top with mashed potatoes at least one inch deep.
8. Bake for 40 minutes at 375 degrees.

# Macaroni and Cheese

## Ingredients:

- 1 pound macaroni
- 4 tablespoons butter
- 4 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 cups milk
- 2 cups extra old cheddar cheese, shredded

## Topping:

- ½ cup bread crumbs
- ¼ cup butter melted

## Instructions:

1. Bring 16 cups water to boil in a large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until tender and drain pasta.
2. Melt butter **in large pot** over medium-high heat.
3. Add flour, 1 teaspoon salt, and cayenne. Cook, **constantly whisking**, about 2 minutes.
4. Gradually whisk in milk; bring mixture to a boil, whisking constantly, until thickened.
5. **Take the pot off the heat**, slowly whisk in cheese until completely melted.
6. Add pasta to sauce, stir well and pour into oven-proof baking dish.
7. Melt ¼ cup butter in microwave and pour over breadcrumbs, stir well.
8. Sprinkle buttered breadcrumbs on top of macaroni and cheese.
9. Bake in 350° oven for 25 minutes.

# Beef Stroganoff

for James Alexander

## Ingredients:

8 ounces egg noodles  
1 pound ground beef  
1 can cream of mushroom soup  
1 Tablespoon garlic powder  
½ cup sour cream  
Salt and pepper to taste

## Instructions:

1. Prepare the egg noodles according to package directions and set aside.
2. In a separate large skillet over medium heat, saute the ground beef over medium heat until browned.
3. Add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.
4. Remove from heat and combine the meat mixture with the egg noodles.
5. Add the sour cream, stir well, and season with salt and pepper to taste.

# Canadian

# Butter Tart Squares

## Ingredients:

### Bottom:

1 cup flour  
¼ cup sugar  
½ cup butter

### Filling:

2 Tablespoons butter, melted  
2 eggs lightly beaten  
1 cup packed brown sugar  
2 Tablespoons flour  
½ teaspoon baking powder  
½ teaspoon vanilla  
1/8 teaspoon salt  
1 cup raisins or currants

## Instructions:

1. In K-A bowl, mix flour with sugar, then use the flat beater to cut in butter until crumbly. It will look dry.
2. Press into 9-inch square metal cake pan lined with parchment; bake in 350 °oven for 15 minutes.
3. **Filling:** In K-A bowl, mix butter with eggs; blend in sugar, flour, baking powder, vanilla and salt. Stir in raisins or currants and pour over base.

Return to a 350° oven for 20 to 25 minutes. Let cool in pan on rack. Cut into squares.

# French Canadian Pea Soup

## Ingredients:

2 litres ham broth

2 cups split peas

2 onions, chopped and blended

2 cups ham chunks

## Instructions:

1. Peel and chop onions. Place in a blender with ham broth and create a fine puree.
2. Pour broth and onion puree into a soup pot.
3. Add split peas and heat to boiling, stirring frequently.
4. Reduce heat to simmer and cook for 45 minutes until peas are cooked.
5. Place ham chunks in soup pot 5 minutes before serving.

# Nanaimo Bars

## Ingredients:

### Bottom Layer

- ½ cup butter
- ¼ cup sugar
- 5 Tablespoons cocoa
- 1 egg well beaten
- 1 ¼ cups graham wafer crumbs
- ½ cup chopped walnuts
- 1 cup of coconut

### Middle Layer

- ½ cup butter
- 2 Tablespoons cream
- 2 Tablespoons Bird's Custard powder
- 2 cups icing sugar

### Top Layer

- 4 squares semi-sweet chocolate
- 2 Tablespoons butter

### Instructions:

#### Bottom Layer

Mix the butter, sugar and cocoa in a double boiler. Add some of the hot mixture to the well-beaten egg, stirring vigorously. Then add the egg to the hot mixture, again stirring vigorously (so that you do not scramble the egg). Remove from heat and stir in crumbs, nuts and coconut. Press evenly into an 8 x 8 square pan. Place in fridge to cool.

#### Middle Layer

Cream butter and cream and then add custard powder and icing sugar. Spread in even layer over bottom layer. Place in freezer to firm icing.

**See next page...**



### **Top Layer**

Melt chocolate and butter over low heat. Let cool slightly and then pour over frozen icing layer. Tilt pan to get chocolate to spread evenly. Place in freezer for 10 minutes, then score chocolate into bars. Let cool completely.

**St'at'imc**

# Bannock

Connie and Ruby McKay

## Ingredients:

2 cups flour  
2 teaspoons baking powder  
1 teaspoon salt  
3 Tablespoons sugar  
2 Tablespoons olive oil  
1 cup water  
Vegetable oil for frying

## Instructions:

1. In a large bowl, whisk together flour, baking powder and salt.
2. Add olive oil and stir with a fork.
3. Add water gradually, stirring with a fork until dough holds together. Dough will be sticky.
4. Turn out onto a floured surface and knead lightly about 10 times.
5. Divide into 5 balls and flatten with the palm of your hand.
6. Fry in enough oil to cover the bottom of frying pan.
7. Cook until golden brown on both sides and cooked in the middle.
8. Drain on paper towel.

# Baked Salmon

## Ingredients:

1 whole sockeye salmon

2 Tablespoons vegetable oil

Salt

Pepper

1 Tablespoon lemon juice

## Instructions:

1. Split salmon down the back, leaving the skin on.
2. Take out backbone.
3. Cover a baking sheet with foil and rub vegetable oil on foil.
4. Lay salmon halves on baking sheet.
5. Drizzle with lemon juice.
6. Sprinkle with salt and pepper to your taste.
7. Bake uncovered for 25 minutes at 350°

# Stsaqwem7ùl (Saskatoon Berry) Tarts

## **Ingredients:**

Pastry for 12 tart shells

## **Filling:**

250 grams cream cheese

1 Tablespoon lemon zest

¼ cup sugar

¼ cup whipping cream

## **Topping:**

3 cups Saskatoon Berries

1 cup water

1/2 cup sugar

2 tbsp. corn starch

## **Instructions:**

1. Place tart shells in paper liners in muffin tins.
2. Blend together all ingredients. Cover bottom of each tart shell with the cream cheese mixture.
3. Crush 1 cup of berries and place in small saucepan with water. Simmer about two minutes.
4. Strain and return Saskatoon berry juice to saucepan. Combine sugar and cornstarch and add to sauce. Cook over low heat, stirring constantly until mixture is thick and clear.
5. Add remaining 2 cups of Saskatoon berries to the thickened juice mixture and stir gently.
6. Cool, then fill tarts.

# Italian

# Real Yeast Pizza Dough and Homemade Sauce

## Ingredients:

1 cup hot tap water

1 Tablespoon yeast

1 teaspoon sugar

2 cups flour

1 teaspoon salt

## Instructions:

1. In a Kitchen-Aid mixer bowl, combine hot tap water and sugar together. Sprinkle yeast on top of sweetened water. Let stand until the mixture foams on top, about 5 minutes.
2. Combine the flour and salt in a second bowl.
3. Using the **dough hook** on the mixer, add the flour and salt mixture to the yeast mixture until a soft ball forms.
4. Remove the dough from the bowl and knead for a few minutes on a floured surface to prevent sticking.
5. Place in a lightly oiled bowl and cover with a clean cloth. Let the dough rise for about 20 minutes. Make sauce and collect toppings.
6. Roll dough on floured surface into the shape of the pan, round or rectangular, fold edges. Spread with sauce and add toppings.

## Pizza Sauce

In a frying pan on medium, heat 2 Tablespoons of olive oil. Mix 1 teaspoon garlic powder, ½ teaspoon of basil, ½ teaspoon oregano, 1 teaspoon onion powder and a pinch of ground chillies and add to the olive oil. With a rubber spatula, blend spices and herbs into the olive oil, stirring and cooking for about 1minute. Add ½ cup of tomato sauce and stir to blend. **Cook for only one minute.** Use the back of a spoon to spread sauce.

**Cover pizza with toppings and cheese. Place on lowest rack in the oven. Bake at 425° for 12-15 minutes. Watch it closely.**

# Mozzarella Stuffed Garlic Rolls

Preheat oven to 375°

## Ingredients:

### Dough:

- 1 package active dry yeast which equals 2 ¼ teaspoons
- 1 ¼ cups warm water (110° to 115°) measured in liquid measuring cup
- 1 tablespoon sugar
- 1 tablespoon butter, melted
- 1 teaspoon salt
- 3 to 3-1/4 cups flour
- 2 teaspoons Italian herbs
- 1 Tablespoon garlic powder

- 
1. In K-A mixer bowl, dissolve yeast in warm water. Leave for five minutes, then add the sugar, butter, salt, flour, herbs and garlic powder. Mix with the dough hook until you have a smooth ball of soft dough.
  2. Turn onto a floured surface. Roll dough into a 16x12 inch rectangle. Cut into 12 squares that are approximately 4 inches by 4 inches.

### Filling:

12 one inch cubes of mozzarella cheese

- 
1. Into the middle of each square, place a 1x1x1 inch cube of mozzarella cheese. Roll lightly between your hands and make a round ball. Place balls close together in a glass pie plate. **Over...**

### Topping:



¼ cup olive oil  
1 teaspoon Italian herbs  
1 teaspoon garlic powder  
2 Tablespoons parmesan cheese

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1. Brush tops of rolls with olive oil.
  2. Sprinkle tops with herbs, garlic powder and parmesan cheese.
  3. Place pan into a 375° oven for 20-25 minutes or until golden brown.
-

# Italian Pasta Sauce (Spaghetti Sauce)

## Ingredients:

3 tablespoons olive oil  
2 onions, diced finely  
4 cloves of garlic, crushed  
2 teaspoon oregano, rubbed  
1 teaspoon thyme  
1 teaspoon basil, rubbed  
½ teaspoon red pepper flakes, chopped  
56 fluid ounces of diced tomatoes  
14 ounce can of tomato paste

## Method:

- ✓ Heat olive oil in a heavy pot on medium heat.
- ✓ Add diced onions and garlic and stir until translucent.
- ✓ Add oregano, thyme, basil and red pepper flakes and stir.
- ✓ Add tomatoes and tomato paste.
- ✓ Simmer uncovered on low for at least two hours.

# Italian Meatballs

## Ingredients:

- 1 pound hamburger
- 1 ½ cups coarse bread crumbs
- ½ cup parmesan cheese
- 3 cloves garlic, crushed
- 2 eggs
- 2 Tablespoons of basil, rubbed
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 can tomato juice



## Instructions:

- ✓ Place all ingredients in mixer and use dough hook to mix.
- ✓ Roll into golf-ball-sized meatballs and place in single layer in pan.
- ✓ Cover with tomato juice.
- ✓ Bake at 350 degrees for 2 hours covered.

# Lasagne

from Karita Nortoni

## Ingredients:

### Sauce:

Olive oil for frying  
1 ½ pounds ground beef  
½ pound Italian sausage  
1 medium onion (diced)  
2 cloves garlic (crushed)  
1 green pepper  
1 red pepper  
1-28 ounce can crushed tomatoes  
1-12 ounce can tomato paste  
1-14 ounce can tomato sauce  
1 teaspoon basil  
1 teaspoon parsley flakes  
½ teaspoon oregano  
½ teaspoon salt  
1/8 teaspoon pepper  
1 Bay leaf  
½ cup water

- Heat pot on medium (5)
- Brown beef and sausage
- Add onions and garlic and sauté until clear
- Add diced peppers and sauté about 5 minutes
- Add all other ingredients
- Simmer for 1 hour
- Remove bay leaf and cool

2 cups cottage cheese  
1 egg  
½ cup Parmesan cheese

1 cup grated Mozzarella cheese for the top  
1 box oven-ready noodles

### Layers in Pan

Cheese  
Sauce  
Pasta  
Cottage Cheese Mix  
Pasta  
Sauce  
Pasta  
Sauce

Layer into pan like the diagram shows.

Cover and refrigerate over night in pan.

Bake, covered with foil at 350° for 40 minutes.

Uncover, add mozzarella cheese and bake for 20 more minutes.

# Greek

# Greek Salad

## Ingredients:

1 Long English cucumber  
50 cherry tomatoes, halved  
2 peppers, cut in bite-sized pieces  
½ mild onion (Walla Walla or Vidalia)  
½ cup Kalamata olives  
½ cup Feta cheese  
1 teaspoon Oregano

## Instructions:

Slice cucumbers, tomatoes, peppers and onion into bite-sized pieces.  
Stir to mix in a bowl.  
Spoon onto plates and top with grated feta cheese.  
Garnish with olives and a few sprigs of fresh thyme or dill.  
Drizzle with dressing and sprinkle with oregano.

## Dressing:

2 Tablespoons of Lemon juice  
2 Tablespoons Wine **or** Balsamic Vinegar **or** 1 T. of each  
½ cup Olive Oil  
1 clove garlic (crushed)

## Instructions:

Whisk together ingredients and pour over vegetables.

# Pita Bread

## Ingredients:

- 1 cup of the hottest tap water you can get
- 1 teaspoon sugar
- 1 Tablespoon instant yeast
- 2 1/2 cups flour
- 1 teaspoon salt
- 1 Tablespoon olive oil

## INSTRUCTIONS

1. Place the water in the bowl of your K-A mixer. Stir in sugar to dissolve and sprinkle yeast on top. Let sit for 5 minutes until the yeast begins to bubble.
2. Add 2 1/2 cups of flour and salt to the bowl. Use the dough hook. Mix for 6 minutes on medium speed after a dough ball is formed.
3. Roll dough ball in olive oil to coat all surfaces and place in bowl covered with a towel to let double in size: about 1 hour.
4. **At this point, you can refrigerate the pita dough until it is needed. The dough will keep refrigerated for about a week.**
5. Gently deflate the dough and turn it out onto a lightly floured work surface. Divide the dough into 8 equal pieces and gently flatten each piece into a thick disk. Using a floured rolling pin, roll one of the pieces into a circle 8-9 inches wide and about a quarter inch thick. Lift and turn the dough frequently as you roll to make sure the dough isn't sticking to your counter. Sprinkle with a little extra flour if it starting to stick. Repeat with the other pieces of dough.
6. Warm a cast iron pan over medium-high heat (you want a hot pan). Drizzle a little oil in the pan. Lay a rolled-out pita on the skillet and bake for 30 seconds. Flip and cook for 1-2 minutes on the other side, until large toasted spots appear on the underside. Flip again and cook another 1-2 minutes to toast the other side.

# Tzatziki

## Ingredients:

1 English cucumber grated and drained  
2 cups Greek yogurt  
1/8 tsp cayenne pepper  
4 cloves garlic minced  
2 Tablespoons lemon juice  
1 Tablespoon olive oil  
1 teaspoon wine vinegar  
1 Tablespoon dried dill  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Instructions:

1. Peel and grate cucumber. Place into a strainer and press with a large spoon to remove water.
2. Mix remaining ingredients in a bowl. Add drained cucumber to other mixed ingredients and stir to mix.
3. Refrigerate for several hours before serving.



# **Ukranian/ Polish**

# Perogi Dough and Filling Recipe

## Ingredients:

2 cups flour  
1 egg  
½ cup lukewarm water  
½ teaspoon salt  
2 teaspoons vegetable oil

## Filling

2 cups mashed potatoes  
½ cup grated cheese

## For frying

One large onion  
Five slices bacon, cut into one cm. pieces  
Sour cream

## Instructions:

1. Mix flour and salt in large bowl and make a well in the center.
2. Add oil and egg and stir into the flour.
3. Slowly add the water until you have a sticky ball of dough.
4. Knead on a floured surface for about 5 minutes. Work in enough flour until stickiness disappears. Let rest for 15 minutes.
5. Roll dough on floured surface and cut into 3 inch rounds.
6. Fill each piece with a tablespoon of Make Ahead Mashed Potato recipe (included above) mixed with grated cheddar cheese.
7. Seal the edges and drop (four or five at a time) into a pot of boiling water. When they float, they are cooked. Remove from water and drain.
8. Place bacon pieces in frying pan and fry crisp.
9. Remove bacon with a spoon, keeping fat and add diced onion, cooking until translucent.
10. Add perogies to pan and warm up in bacon fat and onions. Serve with sour cream.

# French

# Coq Au Vin

## Ingredients:

4 pieces of bacon	6 carrots
8 pieces of chicken	2 stalks of celery
¼ cup flour	1 sprig thyme
½ teaspoon salt	1 bay leaf
¼ teaspoon pepper	2 cups chicken stock
3 cloves of garlic	1 cup dry pretend red wine
1 onion	2 Tablespoons tomato paste

## Instructions:

1. Cut bacon into 1 cm pieces and fry in pan on medium until crisp. Do not remove bacon fat.
2. Remove crisp bacon pieces to drain on paper towel. Set aside.
3. Mix flour, salt and pepper on plate and coat chicken pieces with this mixture.
4. Fry the coated chicken in two batches in the bacon fat remaining in the pan. When browned on both sides, remove chicken and place in casserole dish. Leave any bacon fat in the pan.
5. Chop the garlic very finely. Cut the onion into 16 pieces. Peel and slice carrots into 1 cm round slices. Chop each stalk of celery into 6 pieces.
6. Place garlic, carrots and onion into the same frying pan on medium and stir fry for 5 minutes. Pour vegetables into casserole over top of chicken pieces. Add bay leaf and thyme.
7. Pour chicken stock and tomato paste into pan set on medium. Use a plastic spatula to scrape brown bits from bottom and sides of pan. Pour this mixture over the chicken and vegetables.
8. Cover pan with foil and place your group's colour on the foil. I will add wine and supervise baking for 2-3 hours at 325° Serve with mashed potatoes.

# Quiche Lorraine

## Ingredients:

**½ pound bacon**

**2 yellow onions, sliced**

**1 pie crust**

**1 cup grated old Cheddar**

**1 ½ cups half-and-half**

**8 eggs**

**¼ teaspoon black pepper**

## Instructions

**1. Slice the bacon into 1 cm. pieces and sauté until almost crisp. Remove the bacon, leaving the fat to cook the onions in. Fry the onions over medium-low heat, stirring occasionally, until the onions are deep golden brown, 15 to 20 minutes (maybe longer). Set aside to cool.**

**2. Preheat the oven to 400°F.**

**4. Roll out the pie crust on a floured surface and press into a deep glass pie plate. Lay the onions over the base of the crust, then lay the bacon pieces on top of the onions. Grate the cheese and lay that in the crust too.**

**5. Whisk together the half-and-half, eggs and some salt and pepper in a large bowl, then pour it into the crust.**

**6. Place the pie plate on a baking sheet, cover lightly with aluminum foil and bake for 40 to 45 minutes. Remove the foil and continue baking until the quiche is set and the crust is golden brown, another 10 to 15 minutes.**

# East Indian

# Dough for Samosas

## Ingredients:

3/4 teaspoon salt

2 1/4 cups flour

1/3 cup butter, cut in small pieces

9 tablespoons water (and sometimes a little more)

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## Directions

1. Mix the salt and flour in a Kitchen Aid bowl with flat beater.
  2. Add the butter cut into small pieces.
  3. Mix on medium until crumbs have formed.
  4. Add the water a few tablespoons at a time, until you can form a ball.
  5. **Change to the dough hook.**
  6. Knead the dough for about 3 minutes.
  7. Let it rest for about 15 minutes more. You can prepare the dough in advance and refrigerate it.
- 

## Assembly and Frying

1. Divide the dough into 9 equal size balls. On a floured surface, roll each ball into a 5-inch circle. Cut each circle in half.
  2. Brush the straightedge side with a little water, fold it in half, and align the two straight sides so they overlap to form a cone shape. Squeeze the edges together to make a tight seal. Place approximately 1 generous tablespoon of filling inside each cone, leaving the top edge clean. Moisten the inside top rim of the cone and press the edges together to make another tight seal. Place the samosas on a tray until ready to fry.
  3. Heat approximately 3 inches of vegetable oil in a deep pot. Fry four samosas at a time. When 1 side turns golden brown, flip it over to brown on the other side. Drain on paper towels.
-

# Filling for Samosas

## Ingredients:

- 3 potatoes, peeled and cut into chunks
- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 4 cloves finely chopped garlic
- 1 Tablespoon finely grated fresh ginger
- 1/2 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne
- 1 teaspoon salt
- 1 Tablespoon lemon juice
- 1 cup frozen peas
- 4 tablespoons chopped cilantro

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## Instructions:

1. Boil the potatoes until tender. Drain and set aside.
  2. Heat the oil in a pan and fry the onion until golden.
  3. Add the garlic and ginger, and cook for 2 minutes. Add the garam masala, turmeric, cayenne, salt and lemon juice and cook 2 minutes more.
  4. In a bowl combine the mashed potatoes, the onion and spice mixture, peas, lemon juice, and chopped cilantro. Mix well.
-



# Roti

## Ingredients:

3 cups all purpose flour

1 tsp salt

1 ½ tsp baking powder

1 ¼ cups water

½ cup oil to brush dough

1 cup flour for rolling dough and to dust surface

## Technique:

**Check this out: Youtube: Morris Time Cooking**

# Curried Peas and Potatoes

Mary Basran

## Ingredients:

**¼ cup butter**  
**8 cloves garlic (crushed)**  
**2 Tbsp. finely chopped ginger**  
**2 onions diced**  
**2 tsp. garam masala**  
**¼ tsp. cayenne pepper**  
**1 tsp. turmeric**  
**1 tsp. salt**  
**5 cups diced potatoes (1 cm)**  
**2 cups peas**  
**2 cups water**  
**½ bunch cilantro**

## Method:

- 1. Slightly brown garlic and ginger in butter in heavy pot.**
- 2. Add onions and sauté until translucent.**
- 3. Add spices and salt and mix in well.**
- 4. Add water, potatoes, peas and cilantro.**
- 5. Simmer until potatoes are tender.**

# Butter Chicken

## Ingredients:

### For the chicken:

- 3 thinly-sliced chicken breasts
- 1 Tablespoon freshly-grated ginger
- 1 Tablespoon finely-chopped garlic
- 1 Tablespoon chili powder
- 1 teaspoon salt
- 2 Tablespoons oil to fry chicken

### For the sauce:

- $\frac{3}{4}$  cup of tomato sauce
- 1 Tablespoon tomato paste
- 1 diced onion
- 1 Tablespoon garlic finely-shopped
- $\frac{1}{2}$  cup cashews
- 1 teaspoon garam masala
- 2 Tablespoons sugar
- 2 Tablespoons chili powder
- 2 Tablespoons malt vinegar
- 1 teaspoon salt
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup whipping cream
- 2 Tablespoons finely chopped cilantro

## Instructions:

1. Place the ginger, garlic, chili powder and salt into a large bowl. Drop in thinly sliced chicken breast pieces and toss to coat. Set aside.

2. Heat oil in a pan and fry the marinated chicken pieces. Place chicken pieces on clean plate and set aside. Do NOT clean the pan.
3. In the same pan that the chicken was cooked in add more oil and cook onion until translucent.
4. Add cashews, tomato sauce, tomato paste and all other ingredients EXCEPT butter and cream and let simmer for 15 minutes.
5. Place the sauce into a blender and puree into a smooth sauce.
6. Pour the mixture back into the pan, add butter and chicken pieces.
7. Simmer for 5-7 minutes, then turn heat off and add cream.
8. Garnish with finely-chopped cilantro.
9. Serve over basmati rice with roti.

# Japanese

# Sushi Rice

## Ingredients:

2 cups cooked sticky rice (Kukuho Rose)

¼ cup vinegar

1 teaspoon vegetable oil

2 tablespoons sugar

1 teaspoon salt

## Instructions:

1. Rice should be warm but not hot.
2. In a small pot mix vinegar, oil, sugar and salt. Stir with a wire whisk constantly until sugar and salt have dissolved. **It just has to be warm to do this. It does not have to boil.**
3. Sprinkle vinegar mixture into the rice and fluff with a fork.

# Japanese Canadian Chow Mein

## Ingredients:

- 2 chicken breasts thinly sliced
- 1 Tablespoon of oil
- 2 onions, sliced lengthwise
- 5 stalks celery, cut into matchsticks
- ¼ teaspoon of pepper
- 1 package chow mein noodles
- 2 Tablespoons Japanese soy sauce
- 2 cups bean sprouts

## Instructions:

1. Depending on the size of your wok, you might need to cook this in batches.
2. In the largest wok you have, heat the oil over medium high heat.
3. Cook the chicken pieces until they are not pink. Place in covered dish in the oven at 225 degrees.
4. Add the onions and celery and stir fry until translucent but not browned, about 5 minutes. Add the pepper. Place the celery and onions on top of the chicken, cover and place back in the oven.
5. Stir fry the bean sprouts for about three minutes until they wilt and are softened. Add them to the oven dish.
6. Add the noodles to the chicken, celery, onions and bean sprouts. Add the soy sauce and mix all ingredients in the oven dish.
7. Bake at 225 degrees until noodles are softened or about 30 minutes.

# Chinese



# Beef and Broccoli Stir Fry on Rice

## Ingredients:

- 1 Tablespoon vegetable oil
- 1 pound sliced beef
- 4 green onions, finely chopped
- 1 Tablespoon fresh ginger root, frozen and grated
- 2 garlic cloves, minced
- 1 lb broccoli, florets cut into small pieces
- 1 cup beef broth
- 3 Tablespoons soy sauce
- 2 Tablespoons hoisin sauce
- 1 Tablespoon cornstarch
- 1 teaspoon sesame oil

## Instructions:

1. Prepare rice for cooking before beef and broccoli.
2. Slice beef into very thin slices.
3. Prepare onions, ginger and broccoli. Place in separate bowls.
4. In small bowl, mix soy sauce, hoisin sauce and cornstarch.
5. In a large frying pan, heat oil over medium heat. Brown beef, 3 to 4 minutes. Transfer to plate.
6. Add green onions, gingerroot and garlic to frying pan. Cook, stirring constantly, for one minute. Add broccoli and broth. Cook, stirring occasionally, until broccoli is tender crisp, about 5 minutes.
7. Add sauce and cornstarch mixture to pan, cooking and stirring constantly, until mixture boils and is not cloudy.
8. Return beef and any juices to pan with sesame oil; cook until beef is heated through, about 1 minute. Remove from heat.
9. Serve over rice.

# Sweet and Sour Pork on Chow Mein Noodles

## Ingredients:

1 pound of boneless pork	1 tablespoon minced garlic
2 eggs	1 chopped white onion
$\frac{3}{4}$ cup flour	1 chopped red pepper
$\frac{1}{3}$ cup cornstarch	1 chopped green bell pepper
$\frac{1}{2}$ teaspoon salt	1 cup pineapple chunks
$\frac{1}{4}$ teaspoon pepper	1 green onion
2 cups vegetable oil	$\frac{1}{2}$ teaspoon sesame seeds

## Sweet and Sour Sauce

$\frac{1}{2}$  cup honey  
6 Tablespoons rice vinegar  
4 teaspoons soy sauce  
3 Tablespoons tomato paste  
2 Tablespoon cornstarch  
 $\frac{1}{4}$  cup water

## Chow Mein Noodles

4 cups chow mein noodles

## Instructions:

1. Collect and prepare all ingredients before you cook. Cut pork into 1 cm. pieces. Chop onion and peppers. Place in separate bowls.
2. Place pineapple in bowl, slice green onion and have sesame oil handy.
3. Mix all ingredients for sweet and sour sauce in a small bowl.
4. Prepare 4 cups chow mein noodles per package instructions.
5. Mix flour, cornstarch, salt and pepper. Beat eggs in small bowl.
6. Place flour, cornstarch, salt and pepper on plate. Roll pork pieces in flour mixture, then egg mixture, then flour again.

7. Fry in large pot in two cups of oil (heat oil on 7). Fry in batches. Drain on paper towels placed on cookie sheet.
8. Discard the oil and carefully wipe the inside of the pot with paper towels to clean.
9. Heat pot over medium-high heat (5) and add 1 tablespoon oil.
10. Once the oil is hot add the garlic and onions, stir-fry for 30 seconds.
11. Add in the red and green peppers, and stir-fry for 1 minute.
12. Add in the pineapple and stir-fry for 1 minute.
13. Remove vegetables from pot.
14. Add the sweet and sour sauce to the pot, stir to combine and allow the sauce to come to a boil.
15. Add vegetables, pork and mix to coat all the pieces with sauce.
16. Garnish with green onions and sesame seeds and serve over chow mein noodles.

# Chinese Fried Rice

## Ingredients:

- 4 cups cooked rice (best if cooked a day ahead and left in fridge)
- 3 Tablespoons sesame oil
- 1 small white onion chopped
- 1 cup frozen peas and carrots thawed
- 2-3 Tablespoons soy sauce more or less to taste
- 2 eggs lightly beaten
- 2 Tbsp chopped green onions

## Instructions:

1. Preheat a large frying pan to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots and fry until tender.
2. Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions as garnish.

# Mexican

# Taco Tortillas

## Ingredients:

1/2 cup cornmeal (yellow or blue)

1 tablespoon sesame, corn, or other vegetable oil

1/2 cup water

1/4 teaspoon salt

1/2 cup whole wheat flour

## Method:

- In a small bowl, thoroughly mix the cornmeal and oil. Heat the water to boiling; add the salt and pour over the cornmeal. Wait a few minutes, until the cornmeal has absorbed the water and has cooled to lukewarm.
- Stir in the flour to form a dough. Turn the dough out onto a lightly floured board. Wash the bowl and lightly grease it. Thoroughly knead the dough, lightly sprinkling flour under it only as necessary to keep it from sticking. When it is smooth and resilient, form a ball and place it in the bowl. Cover with a damp towel and plate, and set it aside for at least 30 minutes, but preferably for several hours or overnight.
- Divide the dough into six equal pieces, form balls, and cover them. On a lightly floured surface, roll each ball into a 10-inch circle. Stack the tortillas between waxed paper and cover.
- Cook tortillas on a hot griddle for about 20 seconds on each side, until lightly browned but still soft and pliable. Wrap them in a towel and serve warm.

# Taco Filling

## Ingredients:

- 1 pound of ground beef**
- 2 teaspoons dried minced onion**
- 1 teaspoon salt**
- 1 teaspoon chili powder**
- ½ teaspoon cornstarch**
- ½ teaspoon ground cumin**
- ½ teaspoon red pepper flakes**
- ¼ teaspoon cayenne**
- ¼ teaspoon garlic powder**
- ¼ teaspoon oregano**
- ½ cup water**

## Directions:

Mix minced onion, salt, chili powder, cornstarch, cumin, red pepper flakes, cayenne pepper, dried minced garlic, and oregano in a bowl.

Heat a large frying pan over medium-high heat. Crumble ground beef into the hot skillet. Cook and stir until the beef is completely browned, 7 to 10 minutes. Drain and discard any excess grease.

Return ground beef to heat. Pour seasoning mixture and water over the beef; stir to combine. Bring to a simmer and cook until the moisture absorbs into the meat, about 5 minutes.

# Nachos

## Ingredients:

### Base Layer:

Tortilla chips to cover baking sheet.

### Beef and Seasoning:

1 pound lean ground beef	1 teaspoon oregano
1 Tablespoon chili powder	1/4 teaspoon black pepper
1 teaspoon cumin	3/4 teaspoon salt
1 Tablespoon paprika	1 Tablespoon corn starch
1 teaspoon garlic powder	3/4 cup water
1 teaspoon minced dried onion	

### Toppings:

6 small sweet peppers diced small  
1 large or 2 small tomatoes diced  
1/4 cup sliced green onions  
2 cups finely shredded cheddar cheese

## Instructions:

1. Set oven to 400°. Line baking sheet with foil. Cover with nacho chips.
2. Cook meat in a frying pan until there is no pink colour in meat. Add all of the spices, salt, pepper and cornstarch to meat. Add water and cook until meat has a thick sauce.
3. Sprinkle meat sauce, diced peppers, tomatoes and green onions on top of chips. Cover with grated cheese.
4. Serve with salsa and sour cream.



# Guacamole

## Ingredients:

4 ripe avocados

1 teaspoon salt

Juice of 1/2 fresh lime

1/4 cup of minced onion

2 tablespoons chopped green chilies

2 tablespoons cilantro (leaves only, chopped)

A dash of freshly grated black pepper

## Instructions:

1. Peel and pit avocados
2. Mash until all chunks are removed
3. Add lime juice and salt, stir
4. Add minced onion and chillies, stir
5. Sprinkle with pepper
6. Add cilantro as garnish

Serve with corn chips, salsa and sour cream.

# Namibian

# Melktert

for Ethan Horne

## Ingredients:

### Crust

Use Rich Flakey Pastry Recipe from “Pies” section.

### Filling

3 tablespoons butter

1 cup sugar

3 egg yolks

1 cup flour

11 teaspoon baking powder

¼ teaspoon salt

1 teaspoon vanilla

4 cups of whole milk 3.25% m.f.

3 egg whites

1 teaspoon sugar

## Instructions:

### Crust

1. Line glass pie plate, poke holes in bottom to prevent bubbles and bake for 15 to 20 minutes at 375° until golden brown at edges.

### Filling

2. In a large bowl, mix together the butter and sugar until smooth. Add the egg yolks and beat until light and fluffy.
3. Sift in the flour, baking powder and salt, and stir into butter, sugar egg mixture until well blended. Mix in the vanilla and milk.
4. In a separate bowl, whip the egg whites to stiff peaks. Fold egg whites into the batter.
5. Pour into the prepared pie plate, and sprinkle cinnamon over the top.
6. Bake at 325° for 30-35 minutes until middle is no longer jiggly.
7. Chill before serving.

# Cookies

# Beth's Chocolate Chocolate Chip Cookies

## Ingredients:

1 cup butter, softened  
2 cups sugar  
2 eggs  
2 cups flour  
 $\frac{3}{4}$  cup cocoa  
1 tsp. baking soda  
1  $\frac{1}{2}$  cups chocolate chips

## Instructions:

1. Cream butter and sugar in mixer bowl.
2. Add eggs and mix until fluffy. (5 minutes)
3. Add dry ingredients a little at a time.
4. Add chocolate chips last.
5. Drop by Tablespoonfuls onto parchment paper-covered baking sheet. Place 12 cookies per sheet.
6. Bake at 350° for 10-12 minutes.

# Joel's Peanut Butter Cookies

## Ingredients:

1 cup soft butter	2 cups flour
1 cup brown sugar	1 tsp baking soda
1 cup white sugar	1 cup crushed peanuts <sup>or</sup>
1 cup peanut butter	1 cup chocolate chips <sup>or</sup>
2 eggs	half a cup of each

## Directions:

1. Set oven to 350°.
2. Place all ingredients in first column above in electric mixer bowl with flat beater. Blend on slow, scraping down sides of bowl with spatula.
3. Stir together flour and baking soda in separate bowl.
4. With mixer on stir, add flour mixture to butter, sugar, peanut butter and egg mix. Scrape sides with spatula.
5. Again, with mixer on slow, add one cup of chocolate chips<sup>or</sup> one cup of crushed peanuts<sup>or</sup> half a cup of each. Mix just until blended.
6. Drop by tablespoons onto parchment covered baking sheet.
7. Bake in middle of oven for about 12 minutes.

# Sugar Cookies

## Ingredients:

1 cup butter, softened  
1 cup sugar  
1 egg  
1 teaspoon vanilla extract  
2 ¼ cups flour  
½ teaspoon baking powder  
½ teaspoon baking soda  
¼ cup sugar for rolling cookie balls

## Instructions:

1. Preheat oven to 350°.
2. Cream butter and sugar until light and fluffy.
3. Beat in egg and vanilla.
4. In another bowl whisk together flour, baking powder and baking soda, then gradually add to creamed mixture.
5. Roll into one inch balls and roll in sugar.
6. Place onto parchment covered cookie sheet and flatten each ball with the bottom of a drinking glass.
7. Bake 10-12 minutes. Cool on sheet before removing to cooling rack.

# TOLL HOUSE CHOCOLATE CHIP COOKIES

## INGREDIENTS:

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2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup (2 sticks) butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1 teaspoon vanilla extract  
2 large eggs  
2 cups chocolate chips

## Instructions:

---

1. Combine flour, baking soda and salt in small bowl. Set aside.
2. Beat butter, granulated sugar, brown sugar and vanilla extract in K-A mixer bowl until creamy. Add eggs, one at a time, beating well after each addition.
3. Gradually beat in flour mixture. Stir in chocolate chips. Drop by cookie scoop or rounded tablespoon onto parchment-covered baking sheets. (12 per sheet)
4. Bake for 9 to 11 minutes at 375° or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



# Coconut Cream Cookies

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## Ingredients:

1 cup sugar  
½ cup butter, softened  
3 eggs, beaten  
1 cup whipping cream  
½ tsp coconut flavouring  
½ tsp salt  
1 cup coconut  
2 ¾ cups flour  
3 teaspoons baking powder

## Instructions:

1. Blend sugar and butter in mixer bowl for 5 minutes until fluffy.
2. Add eggs and beat for 4 minutes, scraping down the bowl every minute.
3. Add whipping cream and coconut flavouring and beat for 1 minute.
4. In a separate bowl combine salt, coconut, flour and baking powder.
5. Add dry ingredients to mixer on slow setting.
6. Use tablespoon scoop to measure and place only 12 cookies per parchment-lined sheet.
7. Bake at 350° for 14 minutes.
8. Frost tops with cream cheese icing made with coconut flavouring instead of vanilla.

# Oatmeal Cookies with Raisins, Craisins or Chocolate Chips

## Ingredients:

**1 cup flour**

**½ tsp baking soda**

**½ cup butter**

**½ cup brown sugar**

**¼ cup white sugar**

**1 egg**

**1 tsp vanilla**

**1 ½ cups rolled oats**

**1 cup raisins/craisins or  
chocolate chips**

## Instructions

1. Set oven to 350°.
2. In a small bowl, whisk together flour and baking soda. Set aside.
3. In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter, brown sugar, and white sugar for 1-2 minutes until well combined. Add the egg and vanilla and mix until fully combined.
4. Slowly mix in the flour mixture and continue mixing until just combined, making sure to scrape down the sides of the bowl as needed.
5. Add oats and raisins, craisins or chocolate chips and mix just until blended.
6. Line a large baking sheet with parchment paper.
7. Measure dough into 2 tablespoon portions. Roll the cookie dough into balls and very gently press down with your hand to flatten each ball of cookie dough slightly (make sure not to flatten them completely, just slightly). Make sure to leave a little room between each ball of cookie dough as they will spread a little while they bake.
8. Bake in separate batches at 350°F for 10-12 minutes or until the edges of the cookies are lightly golden brown and the top is set. Remove from the oven and cool on the baking sheet for 5 minutes, then transfer the cookies to a wire rack to finish cooling.

# Snickerdoodle Cookies

Anna Olsen

## INGREDIENTS

2/3 cup butter, warmed to room temperature

6 Tbsp. granulated sugar

1 large egg

½ tsp vanilla extract

1 ¾ cups flour

½ tsp salt

½ tsp baking soda

½ tsp cream of tartar

Cinnamon sugar (1/2 cup sugar + 1 tsp. cinnamon), for rolling

## DIRECTIONS

1. Preheat the oven to 350 °F (180 °C) and line a baking tray with parchment paper.
2. In a stand mixer fitted with the paddle attachment, cream the butter and sugar until fluffy. Add the egg and beat well, then add the vanilla.
3. Sift the flour, salt, baking soda and cream of tartar into a separate bowl and mix.
4. Add flour mixture in several additions to the butter mixture until the dough comes together (it will be soft).
5. Use a scoop to portion out cookies. Roll them into a ball between your palms and roll into the cinnamon sugar to coat. Place the cookies onto the prepared baking tray, leaving 2-inches (5 cm) between the cookies. Once on the tray, gently press the cookies flat with the palm of your hand.

Bake for 12-14 minutes, until the cookies brown just slightly at the edges. Remove them from the baking tray to cool on a rack.

# Soft Lemon Cookies

## Ingredients:

½ cup butter, softened  
1 cup of sugar  
1 egg  
3 Tablespoons of fresh lemon juice  
Zest of 1 lemon

wet ingredients go in mixer bowl

1½ cups flour  
½ teaspoon baking powder  
½ cup icing sugar for dredging

dry ingredients

## Instructions:

1. Preheat your oven to 350°.
2. Put the flour and baking powder in a bowl. Whisk well and set aside.
3. In your mixer bowl, cream the butter and sugar until light and fluffy. Add in the egg, lemon juice and lemon zest. Beat until well combined.
4. Add the flour mixture, half at a time, to the wet mixture. Beat until well combined.
5. Using a cookie scoop, scoop the mixture into the palm of your hand and roll it into a ball. Put it in the icing sugar and roll it around until it is completely coated. Flatten slightly and gently with palm of your hand.
6. Set it on a baking sheet lined with parchment paper.
7. Repeat this process for the remaining batter.
8. Put the cookies in the oven and bake them for 12 to 14 minutes.
9. Remove them from the oven, let cool on pan for 3 minutes and then place on cooling rack.

# Steel-cut Oatmeal Chocolate Wafer Cookies

## Ingredients:

1 cup butter, softened  
1/2 cup white sugar  
3/4 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
1 cup all purpose flour  
1 cup whole wheat flour  
1 teaspoon baking powder  
2 cups instant steel cut oats  
1 cup milk chocolate wafers

## Directions:

1. Soften butter for a few seconds in microwave if it is cold. **Do not melt it. Just soften it.**
2. Place butter and sugars into the K-A mixer and blend.
3. Add eggs and vanilla and beat mixture until fluffy.
4. In a separate bowl mix all dry ingredients: flours, baking powder and oats.
5. Add the dry ingredients to the mixer about half a cup at a time.
6. Remove bowl from mixer and stir in chocolate wafers to blend.
7. Scoop dough onto parchment-covered cookie sheet and bake for 10-12 minutes in 350° oven.
8. Let cool on cookie sheet for 5 minutes before removing to cooling rack.

# Cakes

# Pound Cake

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## Ingredients:

½ pound butter, softened  
1 ½ cups sugar  
4 large eggs  
2 cups all-purpose flour  
1 teaspoon baking powder  
1/2 cup milk  
1 teaspoon vanilla extract

## How to Make It:

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- ❖ **Beat butter at medium speed with an electric mixer until creamy. (The butter will become a lighter yellow color; this is an important step, as the job of the mixer is to incorporate air into the butter so the cake will rise. It will take 5 to 7 minutes. Gradually add sugar, beating at medium speed until light and fluffy. (Again, the times will vary, and butter will turn to a fluffy white.) Add eggs, 1 at a time, beating just until yellow yolk disappears.**
- ❖ **Add flour and baking powder to creamed mixture alternately with milk, beginning and ending with flour. Beat at low speed just until blended after each addition. (The batter should be smooth and bits of flour should be well incorporated; to rid batter of lumps, stir gently with a rubber spatula.) Stir in vanilla.**
- ❖ **Place batter in loaf pan lined with crossed parchment paper.**
- ❖ **Bake in 325° oven for one hour or until toothpick comes out clean.**

# Ina Garten's Carrot Cake

## Ingredients:

### For the cake:

2 cups sugar	2 teaspoons cinnamon
1 1/3 cups vegetable oil	2 teaspoons baking soda
3 eggs	1 1/2 teaspoons salt
1 teaspoon vanilla	2 cups grated carrots
2 1/2 cups flour	1 cup currants

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### For the frosting:

1 cup butter	6 cups icing sugar
1 package cream cheese	Milk to thin only if needed
1 Tablespoon vanilla	

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## Directions

1. Preheat the oven to 350 degrees F.
  2. Line two pans with circle of parchment paper on the bottom.
  3. Beat the sugar, oil, and eggs together in the mixer bowl with the paddle attachment until light yellow. (5 minutes) Add the vanilla.
  4. In another bowl, sift together 2 1/2 cups flour, the cinnamon, baking soda, and salt.
  5. Add the dry ingredients to the wet ingredients. Add carrots. Toss the currants and walnuts with 1 tablespoon flour. Add to batter.
  6. Divide the batter equally between the 2 pans. Bake for 45 to 50 minutes, or until a toothpick comes out clean. Allow the cakes to cool completely in the pans set over a wire rack.
  7. **For the icing:** Mix the cream cheese, butter and vanilla in the bowl of an electric mixer fitted with the paddle attachment until just combined. Add the sugar and mix until smooth.
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# Ultimate Chocolate Cake

## Ingredients:

**1 2/3 cups sugar  
4 eggs  
1 cup mayonnaise  
¼ cup vegetable oil  
1 teaspoon vanilla**

**2 cups flour  
2/3 cup cocoa  
1 ½ tsps. baking soda  
½ tsp. baking powder**

**1 ½ cups cold coffee**

## Method:

- 1. Set oven to 350°**
- 2. Line two round pans with parchment**
- 3. In KA mixer bowl, using flat beater, beat sugar, eggs and vanilla at speed 8 until mixture turns white and fluffy.**
- 4. With mixer on 2, beat in mayonnaise and oil.**
- 5. Collect ingredients in second box in a separate bowl and stir to blend.**
- 6. With mixer on 2, add mixture in second box in three additions, alternating with cold coffee.**
- 7. Stop mixer, scrape down sides of mixer bowl and turn back on 2.**
- 8. Pour batter into pans, dividing it equally.**
- 9. Place pans on middle rack for 35-40 minutes.**

# 1930's Five Roses Deluxe 3 Egg White Cake

## Ingredients:

**½ cup room temperature butter**  
**1 ¼ cups sugar**  
**1 teaspoons vanilla**  
**3 eggs**

**2 cups flour**  
**3 teaspoons baking powder**  
**1 teaspoon salt**

**1 cup milk**

## Instructions:

- 1. Set oven to 350°.**
- 2. Stir flour, baking powder and salt together. Set aside.**
- 3. In electric mixer, cream butter for five minutes; gradually add sugar, a few tablespoons at a time while beating.**
- 4. Add eggs and beat until fluffy. Add vanilla.**
- 5. Add dry ingredients, alternately with milk, blending well after each addition.**
- 6. Pour into two 8" layer cake pans with bottoms covered with a circle of parchment and sides sprayed lightly with baking spray.**
- 7. Bake for 25 to 30 minutes or until done.**

# Dream Whip Cake Frosting

Kari Norton

## Ingredients:

- 1 envelope Dream Whip
- 1 package instant pudding (4 serving size)
- 1 1/3 cups cold milk

## Instructions:

Place all ingredients in K-A mixer bowl and use the wire whisk to beat until thick (about 5 minutes).

# Cream Cheese Frosting

## Ingredients:

- 1/2 cup butter, softened
- 3 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3-3/4 cups confectioners' sugar
- 2 to 3 Tablespoons 2% milk

## Instructions:

1. Cream butter and cream cheese. They should be at room temperature.
  2. Add vanilla.
  3. Add icing sugar in small amounts and beat into butter/cream cheese mixture.
  4. Add only enough milk to make spreadable.
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# Red Velvet Cake

## Ingredients:

### Cake:

2 ½ cups flour (spooned & leveled)

½ cup cornstarch

1 teaspoon baking soda

2 Tablespoons cocoa

½ cup butter, softened

2 cups sugar

1 cup vegetable oil

4 eggs

1 Tablespoon vanilla

1 teaspoon vinegar

2 Tablespoons red food coloring

1 cup buttermilk

### Cream Cheese Frosting:

1 package cream cheese

1/2 cup butter, softened

4 cups icing sugar

1 Tablespoon cream

1 teaspoon vanilla

### Instructions for Cake:

1. Preheat oven to 350°F. Line two cake pans on the bottom with parchment paper, then spray the paper and sides with cooking spray.
2. Whisk the flour, cornstarch, baking soda, cocoa powder, and salt together in a large bowl. Set aside.
3. In the mixer bowl with the flat beater, beat the butter and sugar together on medium-high speed until combined, about 1 minute. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the oil, eggs, vanilla, and vinegar and beat on high for 2 minutes.
4. With the mixer on low speed, add the dry ingredients, alternating with buttermilk.
5. Beat in your desired amount of food coloring just until combined.
6. Divide batter between cake pans. Bake for 30-32 minutes or until a toothpick inserted in the center comes out clean.
7. Remove cakes from the oven and cool completely in the pans set on a wire rack. The cakes must be completely cool before frosting and assembling.

### Instructions for the Frosting:

Use your stand mixer fitted with the flat beater to beat the cream cheese and butter together on medium-high speed until smooth. Add the icing sugar, cream and vanilla. Beat on low for 30 seconds, then on high for 3 minutes until creamy.

# Plum Cake

## Cake Ingredients:

½ pound butter at room temperature  
2 cups of sugar  
5 eggs  
1 ½ teaspoons of vanilla  
3 cups flour  
4 ½ teaspoons of baking powder  
1 cup milk

## Topping:

Butterflied plums pitted of course  
1 cup brown sugar packed  
½ teaspoon nutmeg  
1 teaspoon cinnamon

## Process:

Place first two ingredients in mixer bowl and blend on medium. Add next two ingredients and blend until smooth. Measure flour and baking powder in separate bowl and stir to mix. Measure milk in a liquid measuring cup. Now, add flour mixture to mixer on low one half cup at a time, alternating with milk. Mix on medium for one minute. Spread batter into large pan covered with parchment.

Place butterflied plums, skin down—flesh up, on top of the cake batter. Sprinkle with sugar and spices. Bake for 75 minutes at 350 degrees. Serve with ice cream.

# Matrimonial Cake

## Ingredients:

**1 1/2 cups all-purpose flour**

**1 1/2 cups rolled oats**

**1 cup brown sugar, packed**

**1/2 teaspoon baking soda**

**1/4 teaspoon salt**

**3/4 cup butter, softened**

## **FILLING**

**2 cups dates, chopped, pitted**

**1/2 cup sugar**

**1 teaspoon lemon juice**

**3/4 cup boiling water**

## Directions:

1. Filling: In saucepan, cook dates, sugar, lemon juice and water over medium heat, stirring often, until the dates are soft, about 15 minutes.
2. Let cool.
3. In a bowl, combine flour, rolled oats, sugar, baking soda and salt; blend in butter until mixture is crumbly.
4. Pat half onto bottom of 9 inch square pan.
5. Spread filling evenly over the top.
6. Sprinkle with the remaining flour mixture, patting lightly.
7. Bake in a 350F oven for 30 to 35 minutes or until nicely browned.
8. Let cool; cut into squares.

# Doughnuts

# Jelly Doughnuts

## Ingredients:

1 1/2 cups all purpose flour  
1/4 cup sugar  
1/4 teaspoon salt  
2 teaspoons instant yeast  
  
2/3 cup milk (warmed to 120°F)  
3 Tablespoons vegetable oil  
2 egg yolks

1/2 teaspoon vanilla  
about 1/4 cup extra flour

1 Tablespoon melted butter  
1/3 cup sugar for coating  
Jam for filling

## Instructions:

1. Place flour, sugar, salt, & dry yeast in mixer bowl.
2. Stir in warm milk, followed by oil, egg yolks & vanilla.
3. Beat for 2 minutes on high speed.
4. Stir in enough flour until the dough holds together.
5. On a floured surface, knead 50 turns, cover with plastic and let rest 10 minutes.
6. Line a large baking sheet with parchment paper.
7. On a floured surface, roll dough 1/2-inch thick. Cut circles using a 2 1/2 - inch round cutter, dipped in flour. Re-roll scraps.
8. Place mounds on baking sheet, cover with a towel, and let rise in a warm spot about 40 minutes. During this time, preheat oven to 375° F.
9. When doughnuts are puffy, but not necessarily doubled in size, bake for 10 minutes at 375°.
10. Melt butter and place 1/3 cup sugar in a plastic bag. Lay down some parchment to save cleanup.
11. Remove doughnuts immediately from pan to parchment. Brush each one while warm (top & sides) with melted butter and roll in bag to coat with sugar.
12. For jam, fill warm or cooled doughnuts using a pastry bag with a long tip, pushing into the side, or cut a slit in the side and insert filling with a spoon.



# Pies

# Rich Flakey Pastry

## Ingredients:

5 ½ cups flour

2 teaspoons salt

1 pound of lard

1 tablespoon vinegar

3 eggs

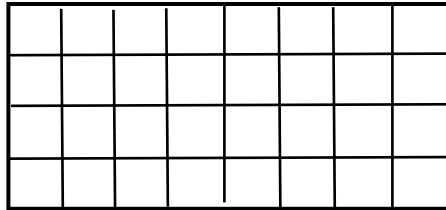
Water

Mix in liquid measuring cup. Place vinegar and eggs in cup and beat with fork. Add cold water to one cup line.

## Method:

Place flour and salt in Kitchen Aid mixer bowl. Using a large knife, cut cold lard into 128 pieces and mix into flour mixture to separate pieces.

top



side



Use paddle beater on medium until lard breaks into small pieces. The largest pieces should be the size of small peas. Watch this carefully. With mixer on medium, add liquid all at once and let mix until mixer creates a ball of pastry. Place pastry ball in plastic and refrigerate for one hour.

<b>Fruit</b>	<b>Sugar</b>	<b>Thickener</b>	<b>Spices/Additives</b>
Apple	$\frac{3}{4}$ cup	2 T. cornstarch	butter, cinnamon/nutmeg
Blueberry	$\frac{3}{4}$ cup	3 T. cornstarch	no spice
Rhubarb	2 cups	$\frac{1}{4}$ c. cornstarch	1 beaten egg
Strawberry- Rhubarb	1 $\frac{1}{2}$ cups	$\frac{1}{4}$ c. cornstarch	no spice
Rhubarb- Raspberry	2 cups	$\frac{1}{4}$ c. cornstarch	no spice

# Pumpkin Pie

This recipe is adapted from the recipe on the label of Royal City brand pumpkin and squash. Royal City Foods was established on the Fraser River in New Westminster, B.C., in 1913.



## Ingredients:

3 cups squash

1 teaspoon salt

1 ½ teaspoons cinnamon

¼ teaspoon nutmeg

¾ teaspoon ginger

Dash of ground cloves

1 ¼ cups yellow sugar

3 eggs

1 cup evaporated milk

1 cup scalded\* milk

## Method:

Place first seven ingredients in a bowl and mix well to blend

In second bowl, whisk eggs and add evaporated milk.

Add egg and evaporated milk mixture to squash mixture

Scald\* one cup of milk and pour into final mixture. Stir just enough to blend. Pour into pie shell and bake at 425 for 15 minutes. Turn oven to 350 and bake for an additional 45 minutes.

**\*To scald milk, place in small pot on medium heat. Stir constantly until milk begins to steam and bubbles form around the edge of the pan. It should heat to boiling point but NOT boil.**

# Rhubarb Pie

## Ingredients:

Pastry for bottom shell and top lattice

4 cups rhubarb

1 ½ cups sugar

3 Tablespoons flour

½ teaspoon nutmeg

2 eggs

1 Tablespoon butter

¼ cup cream

## Instructions:

1. Wash and slice rhubarb into 1 centimetre pieces and place in pie shell.
2. Mix other ingredients together and pour over rhubarb.
3. Make lattice top to cover.
4. Bake for one hour to one and one-half hours at 350°.

# Lemon Meringue Pie

egg separation, tempering, zesting, meringue

## Ingredients:

1 baked pastry shell

5 egg yolks beaten

### Lemon Filling:

¼ cup butter

2 cups water

¾ cup fresh lemon juice

1 cup sugar

2 Tablespoons lemon zest

½ cup cornstarch

1 teaspoon vanilla

## Instructions:

1. Mix cold water, lemon zest, sugar and cornstarch in medium pot and, stirring constantly, cook on medium heat until thick.
2. Remove from heat.
3. Beat egg yolk with fork until well blended. Slowly add one cup of the cornstarch mixture to the beaten yolks.
4. Then add the egg yolk mixture to the cornstarch mixture.
5. Return to medium heat, stir constantly until mixture reaches boiling point. Remove from heat.
6. Add lemon juice and vanilla, constantly stirring.

## Meringue:

5 egg white

½ teaspoon vanilla

½ teaspoon cream of tartar

¾ cup sugar

¼ teaspoon salt

Add all ingredients to Kitchen-Aid mixer, except sugar.

Use whisk attachment and beat on medium high, while slowly adding sugar.

When mixture develops stiff peaks, add to top of pie.

Bake at 375° for 15-20 minutes.

# Woodward's Strawberry Pie

## Ingredients:

baked pie shell

sliced strawberries

2 tablespoons of cornstarch

1 ½ cups water

¾ cup sugar

1 package of strawberry Jello

## Instructions:

1. Fill cooled pie shell with sliced strawberries.
2. In a pot on medium heat, mix cornstarch water and sugar and bring to a boil stirring constantly.
3. Remove from heat and stir in one package of strawberry Jello (4 serving size).
4. Drizzle over strawberries until shell fills with glaze.
5. Refrigerate for 24 hours.
6. Serve with whipped cream.