



The Elderberries

Recipes 2012

About The Elderberries

Elderberries is an organization of lesbian, gay, bisexual, transgendered, and two-spirited seniors aged fifty and older. It is affiliated with the Nova Scotia Rainbow Action Project.

The group's objective is to provide a social get-together for LGBT people aged 50-plus, and to give the group's members information and support on subjects specifically related to LGBT elder issues.

Monthly meetings take place, usually on a Sunday, in a wheelchair accessible location. Social, educational and recreational programs include lectures on legal and medical topics, LGBT community history, author readings, performances, picnics, outings to museums, round-table discussions on topics like coming out or being an older LGBT single, . A potluck social follows most programs. Members keep in touch via a monthly e-mail newsletter.

For more information, or to join Elderberries, please e-mail:
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Thanks to

...all of the contributors for the wonderful recipes • the proof readers & editorial team: Anita Martinez, Gary Brooks, Lynn Murphy, Nick Honig, Norval Collins • Daniel MacKay: graphic design, layout, & publishing.

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Units, Measures, Conversions, Substitutions

Measures	lb = pound
tsp = teaspoon	oz = ounce
tbl = tablespoon	pkg = package

Colophon

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† indicates a gluten-free recipe

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Bread, Bagels & Scones

Eggless Scones

Makes 12 large or 24 small

John Speagle

4 cups all purpose flour	½ cup granulated sugar
⅔ tsp salt	⅔ cup hard butter, cubed
1 tsp baking soda	2 cup plain yogurt
1 tsp baking powder	

1. Preheat oven to 350°F
2. Sift dry ingredients together, then cut in butter.
3. At this point if you want flavoured scones, add desired fruit, cheese, etc. and gently mix to incorporate.
4. Add yogurt and mix by hand with wooden spoon. Don't overmix or scones will be tough (same principle for cookies and biscuits.)
5. Shape scones with a cookie scoop and bake for about 20 minutes.

You can keep the scone mix quite a long time in the refrigerator without the yogurt; just add the yogurt when you are ready to bake them.

For Strawberry Shortcake, double the amount of sugar, shape as a cake, and bake.)

Bagels By Jane Kansas

Dan MacKay

Use any bread dough, e.g.:

1 tbl yeast softened in 1/4 cup water	• 3 tbl onion flakes
3¾ cup flour	• a couple tablespoons of minced garlic
1 cup milk, scalded and cooled to lukewarm or cold	• raisins softened in hot water, and a tsp of cinnamon
¼ cup butter	• blueberries (knead them in by hand after the machine kneading)
1 tsp salt	
1 tbl sugar	

- 1a. Put all ingredients in food processor and process to make a ball of dough that cleans the walls of the bowl and knead until smooth and satiny. If it's too dry, add a teaspoon of milk; if it's too sticky, add a tablespoon of flour until it's right. Monitor temperature with your hand on the bowl; if it gets too hot you will kill the yeast and the dough won't rise, so take it out and knead by hand.
- 1b. Or, add all the ingredients to a bowl and knead by hand until smooth.
- 2a. Let rise in a warm place until doubled in bulk, about 1 hour.
- 2b. Or, get the bread machine to have the dough ready first thing in the morning.
3. Punch down, divide in 12, cover the pieces.
4. Knead each piece in your hand to make a smooth-surfaced ball; push your thumb through the middle to make a hole, and roll it in your hand to stretch out to about 5" across.
5. Cover the dough again and let rest 15 minutes.
6. In the meantime, bring a large pot with about 4" of water to the boil; add a tsp of salt or a couple tbl of honey or sugar.
7. Preheat oven to 425°F
8. Put as many pieces of dough in the pot as will float without overlapping at a time and boil gently for 1 minute each side. Place between tea towels to remove excess water. They will have a pockmarked look.
9. Grease and cornmeal a cookie sheet. Transfer the bagels to it and bake for 20 - 25 minutes, turning halfway.

Homemade Bread

Makes 2 loaves

John Speagle

White or Raisin

2 cups bread flour
4 cups all purpose flour
1 tbl instant dry yeast
1 tbl salt
2¾ cups lukewarm water
1 tbl soft butter
1 cup raisins (optional)

Whole Wheat/Multigrain

3 cups bread flour
3 cups whole wheat flour
1 tbl instant dry yeast
1 tbl salt
For multigrain, add 3 tbl each of flax, sesame, and sunflower seeds, which may be toasted for more flavour
2¾ cups lukewarm water
1 tbl soft butter

1. Soften butter in lukewarm water.
2. Mix dry ingredients in large bowl; add butter/water mixture. Mix by hand with sturdy wooden spoon. Turn out onto clean counter and scrape bowl. Coat bottom of bowl with thin film of butter.
3. Knead flour/water mixture until dough forms (may need small amount of flour if dough gets really sticky.) Dough should form into smooth ball.
4. Coat dough ball with butter in bowl and leave there, covering bowl with cling film (this cling film can be used later to cover loaves in bread pans.)
5. When dough has doubled in size, turn out onto clean counter again. Grease two bread pans.
6. Cut dough in half. Form each half into a loaf and place into the coated bread pan, covering with the cling film.
7. Let dough rise until doubled in size.
8. Remove cling film, bake in 375°F oven for 20 minutes.
9. Turn loaves around, bake another 5 minutes. Remove bread from oven; remove from pans and cool on rack.

It takes 2 hours to completely cool before slicing or bagging.

Breakfast Dishes



Basic Pancake Recipe

Adapted from the 1979 Pillsbury Kitchens Cookbook.

Makes about 16 4" pancakes.

Nick Honig

- | | |
|---------------------|--------------|
| 1 ¾ cup flour | 2 eggs |
| 2 tbl sugar | 1 ¾ cup milk |
| 4 tsp baking powder | ¼ cup oil |
| 1 tsp salt | |

1. In a large bowl, combine dry ingredients with wire whisk.
2. In a small bowl, with an electric mixer, combine eggs, milk and oil.
3. Slowly add wet ingredients to dry ingredients. Hand mix only until large lumps are gone.
4. Heat griddle or frying pan. Grease pan lightly. Use a quarter cup measuring cup to form each pancake in pan. Bake until bubbles appear and edges are brown.
5. Flip pancakes and cook for a minute or so longer.

I like thin pancakes so I use more milk to thin out the mixture. My sister used to be able to get them paper thin. The way you eat these is to pour maple syrup on them or brown sugar and roll the pancake.

Yogurt

John Speagle

I eat a lot of yogurt and use it in recipes. I find making it from milk to be relatively easy and much cheaper for sure.

1. Use a large stock pot with a thick bottom (it will make it easier to clean off the burnt milk on the bottom afterwards.)
2. Pour in as much milk as you want yogurt (I use 4 litres of 2%.) Bring to a boil on medium heat, watching carefully as milk starts to foam. Once it foams, it may rise quickly like a volcano and overflow (it's happened to me.)
3. Put pot of hot milk in a cold water bath and stir until milk reaches blood temperature.
4. Put about ½ cup of plain yogurt (Astro for example) that has active bacteria in it as the "starter." Stir well.
5. Pour into containers on a tray
6. Place in prewarmed oven 200°F. Close oven, shut off heat, leave overnight. In the morning, remove your tray of containers with yum-my yogurt, cover and refrigerate. The next time you make yogurt, you don't have to buy any starter; just use some from your previous batch.

Poverty Row

Back in the fifties, my mother was among the first in our community to switch from home-baked to store-bought bread. We had sandwiches to take to school - Cheez Whiz, canned finnan haddie, butter-and-peanut-butter, maybe even baloney (never ever spelled bologna), all on lovely white bread. But in case we lost sight of just how lucky we were, Mummy and Daddy both had stories of the fishing families when they were growing up. Their kids not only had to eat homemade bread, they had nothing to fill their sandwiches with but poor people's food - lobster!

— Lynn Murphy

Desserts



Bacardi Rum Cake

Serves 10-12

Rob Isbister

Cake

- 1 cup chopped pecans or walnuts
- 1 pkg yellow cake mix
- 1 (3¾ oz) Jello vanilla instant pudding
- 4 eggs
- ½ cup cold water
- ½ cup cooking oil
- ½ cup white or light rum

Glaze

- ½ cup butter (i.e., 1 stick or ¼ lb)
- ¼ cup water
- 1 cup white sugar
- ½ cup white or light rum

Cake

1. Preheat oven to 325° F.
2. Grease and flour a 10" tube or 12" Bundt pan. Sprinkle nuts over bottom of pan.
3. Mix all cake ingredients together.
4. Pour batter over nuts.
5. Bake in preheated oven for 1 hour.
6. Cool.
7. Invert on serving plate. Prick top of cake. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until all the glaze is used.

Glaze

1. Melt butter in saucepan.
2. Stir in water and sugar.
3. Boil 5 minutes, stirring constantly.
4. Remove from heat. Stir in rum.

You can use almost any type or combination of rums! Yummy!

Angus' Pots de Crème

This recipe is best made with high quality block chocolate; it can be made with chocolate chips, but in that case the fat content of the cream must be increased to at least 10% and ideally 18%. You can also double the recipe if you are serving more people. Serves 4-5.

Angus Campbell

- 1¼ cup light cream (5%)
- 2 egg yolks
- 1 cup high quality dark chocolate, finely chopped
- 3 tbl brandy

1. Bring the cream to a boil.
2. In the meantime, place chocolate, brandy, and egg yolks in a blender.
3. Add the hot cream and blend at high speed until thoroughly mixed.
4. Pour into tall dessert glasses.
5. Chill in the refrigerator for at least three hours (and preferably more).
6. Serve with fresh raspberries or blackberries.

Options to Try:

Replace 3 tbl of the cream with orange juice, add 2 tsp grated orange peel, and replace the brandy with an orange liqueur.

Bread Pudding

Adapted from allrecipes.com by Ellenmarie. Serves 6-8

Nick Honig

- 6 slices day-old bread
- 2 cups milk
- 2 tbl butter, melted
- ¾ cup white sugar
- ½ cup raisins (optional)
- 1 tsp ground cinnamon
- 4 eggs, beaten
- 1 tsp vanilla extract

1. Preheat oven to 350°F.
2. Break bread into small pieces into an 8" square baking pan. Drizzle melted butter or margarine over bread. If desired, sprinkle with raisins.
3. In a medium mixing bowl, combine eggs, milk, sugar, cinnamon, and vanilla. Beat until well mixed. Pour over bread, and lightly push down with a fork until bread is covered and soaking up the egg mixture.
4. Bake in the preheated oven for 45 minutes, or until the top springs back when lightly tapped.

Bavarian Apple Torte

Norval Collins

Shell

½ cup butter ¼ tsp vanilla
 ⅓ cup sugar 1 cup flour

1. Cream butter, sugar and vanilla.
2. Blend in flour.
3. Spread dough in 9-inch spring pan with fingers.

Topping

1 pkg (8 oz) cream cheese ¼ cup sugar
 ⅓ cup sugar 1 egg
 ½ tsp vanilla 4 cups sliced apples
 ½ tsp cinnamon ¼ cup sliced almonds

1. Combine cream cheese and ⅓ cup sugar with mixer.
2. Add egg and vanilla and mix well.
3. Pour cream cheese mixture onto dough-lined pan.
4. Combine ¼ cup sugar and cinnamon and toss apples in mixture.
5. Spoon apple mixture over cheese layer and arrange in circles.
6. Sprinkle with almonds.
7. Bake at 450° F for 10 minutes, reduce to 375°F for ½ to ¾ hour until brown.
8. Loosen from rim and cool before removing from pan.
9. Serve with whipped cream.

Seven Minute Icing

This is the only kind of icing I can make and apply without disaster; it must be foolproof. It's also the one that gets the most oohs and ahs.

Daniel MacKay

3 tbl water 2 large egg whites
 ¼ tsp cream of tartar 1 tbl corn syrup or honey
 1½ cup sugar 1 tbl vanilla or peppermint

1. Put a half inch of water in the bottom of the double boiler. Put the rest of the ingredients except for vanilla/peppermint in the top.
2. Using a handmixer, beat the mixture on high speed.
3. Start timing seven minutes when the water starts to boil.
4. Remove from heat, add vanilla/peppermint, and continue to beat for a minute.

Bavarian Cream

Excellent with fruit; it's something between custard and whipped cream. It's also possible to do rude things with this confection. Serves 6-8

Norval Collins

1 packet unflavored gelatin 2 egg yolks
 pinch salt 1 tsp vanilla extract
 ¼ cup cold water ¼ cup sugar
 1 cup milk 1 cup heavy cream

1. In a small bowl, stir together gelatin and cold water. Set aside to soften.
2. In a medium bowl, whisk together the egg yolks, sugar, and salt until smooth.
3. In a medium saucepan or microwave, bring the milk to a boil.
4. Stir a small amount of the milk mixture into the egg yolk mixture, then stir the egg yolk mixture into the hot milk until well blended.
5. Whisk in the softened gelatin and vanilla.
6. Will thicken into a thick sweet cream when cooled for 2-3 hours.

Cousin Barb's Cake

Delicious, moist, easy. Thanks Barb!

Daniel MacKay

1 white cake mix 1 cup oil
 1 box vanilla instant pudding 1½ cup milk
 3 eggs

1. Preheat oven to 325°F for dark pans or 350°F for glass or shiny ones.
2. Grease and flour two square 9" cakepans or one 8"x10".
3. Add all ingredients to electric mixer bowl. Mix on low for 30 seconds, then medium for 2 minutes.
4. Put batter evenly in pan(s).
5. Bake: two pans: 35 minutes; one pan: 45 minutes until toothpick comes out clean.
6. Cool in pan on rack for 10 minutes, then remove from pan and finish cooling on rack.
7. Slather with Seven Minute Icing, facing page.

Rainbow Squares

Denise Holliday

2 cups flour	2 tbl flour (2nd amount)
1 cup margarine or butter	juice from small bottle of cherries
1 tsp salt	the cherries, cut up
2 tbl white sugar	2 egg whites
1 cup crushed pineapple, with juice	½ cup sugar (2nd amount)
1 tsp vanilla	coconut

1. Preheat oven to 350° F.
2. Mix first four ingredients well. Spread in bottom of 8" x 8" pan. Pat gently.
3. Bake for 10 minutes.
4. Remove from the oven and reserve.
5. Mix next five ingredients well and place in top of a double boiler.
6. Cook over medium heat until the mixture thickens, stirring frequently.
7. Spread this filling over cooked base.
8. Beat the eggs white until firm to form a meringue; add the ½ cup sugar and mix well.
9. Spread over the pineapple filling.
10. Sprinkle top with coconut.
11. Return to the oven and bake until meringue has browned.

Chinese chews

My mother was greasing the pan in which she made brownies and other squares. She was squinting down at a clipping from the Charlottetown Guardian. A quantity of dates lay spread out on the chopping board.

Me, aged about five: "What are you making, Mummy?"

"Chinese chews."

"Why are they called that?"

"Because if you help yourself to any, they will bite you and chew you up."

I never gave them the chance: to this day, I don't like dates.

- Lynn Murphy

Dave's Mom's Lemon Squares

These are amazingly good if you like squares and coconut.

Makes 12 to 16

Norval Collins

- | | |
|---------------------|--------------------------|
| Bottom Layer | ½ cup margarine (butter) |
| 1 cup flour | 1 tbl brown sugar |
1. Mix and press into the bottom of an 8"x8" pan.
 2. Bake at 350°F for 10 minutes.
- | | |
|----------------------|---|
| Top Layer | juice of 1 lemon (save 2 tbl for icing) |
| 2 eggs, beaten | zest of 1 lemon |
| 1 cup white sugar | |
| 2 scant cups coconut | |
1. Mix other ingredients into beaten eggs, saving 2 tbl of the lemon juice for the icing.
 2. Spread over partly cooled bottom layer.
 3. Bake at 350° for 20 minutes.

- | | |
|---------------------------|-------------------|
| Icing | 2 tbl lemon juice |
| 3 tbl margarine or butter | pinch of salt |
| 1½ cups of icing sugar | |
1. Whip margarine and add icing sugar alternately with lemon juice.
 2. Ice squares once they have cooled.

Mi'kmaq Dessert

Tuma Young

- | | |
|-------------------------------|---------------------------------|
| 5 extra large free range eggs | 3 or 4 pkgs Ladyfinger cookies |
| 5 tbl sugar | 2 or 3 cups espresso or strong |
| pinch of salt | regular coffee |
| 1 lb Mascarpone cheese | cocoa and/or chocolate shavings |
1. Separate the egg yolk and whites.
 2. Whip the egg whites with the pinch of salt until stiff peaks. Set aside.
 3. Mix the egg yolks with the sugar. Add cheese and mix thoroughly.
 4. Fold the egg whites into the egg yolk mixture. Set aside in the fridge.
 5. Make the coffee and briefly dip each ladyfinger into it, arranging them in a layer in a deep-dish baking pan.
 6. Spread a layer of the egg mixture evenly into the pan.
 7. Repeat to make one or more ladyfinger + egg layers; finish with egg.
 8. Sprinkle with cocoa, chocolate shavings or sprinkles.
 9. Refrigerate for couple of hours or overnight.

Grand Marnier Soufflé

*with thanks to many, including the incomparable Julia Child
Gary Brooks*

Despite their reputation, soufflés are actually easy to make. Read the back pages, “A Soufflé Is Easier than you Think” before beginning your preparation.

butter to grease soufflé dish	1 tbl pure vanilla
white sugar to sprinkle on bottom and sides of dish	3 tbl Grand Marnier
3 tbl flour	4 egg yolks
¼ cup homogenized milk	5 egg whites at room temperature
⅓ cup white sugar	¼ tsp cream of tartar
zest of one orange, outer skin only, very finely grated	2 tbl butter, softened
	1 tbl white sugar
	pinch of salt

1. Preheat oven to 400° F.
2. Butter soufflé dish well; sprinkle bottom and sides with white sugar, pouring out any extra.
3. Place flour in saucepan. Add small amount of the milk and whisk until smooth. Add rest of milk.
4. Stir in white sugar.
5. Stir over moderately high heat until mixture comes to a boil and thickens.
6. Remove from the heat and allow to cool for at least 2 minutes.
7. Meanwhile, separate the eggs, placing the five whites in a glass or metal round-sided bowl. Place the four yolks in the sauce, one at a time as you separate the egg, whisking after each addition. Save or discard the fifth yolk as you wish, but don't add it to the recipe.
8. Beat in the softened butter, orange zest, vanilla, and Grand Marnier.
9. Beat the egg whites with the salt and cream of tartar until they form soft peaks; add the tbl of white sugar and continue beating until stiff.
10. Fold ¼ of the beaten whites into the lukewarm sauce, continuing until well incorporated.
11. Carefully fold the rest of the whites into the mixture until most of the white disappears.
12. Transfer to the prepared soufflé dish.
13. Set the dish in the middle of the preheated oven and immediately reduce the heat to 375° F.
14. Cook for approximately 30-35 minutes, checking after 25 minutes.
15. Serve immediately.

Lemon Torte

*from Company's Coming: Desserts cookbook
Deb Mathers*

Meringue	1 cup white sugar
3 egg whites, room temperature	½ cup graham cracker crumbs
1 tsp almond flavouring	1 cup finely chopped pecans or walnuts
¼ tsp cream of tartar	
1 tsp baking powder	

Beat egg whites, flavouring, cream of tartar, and baking powder until soft peaks form. Add sugar gradually, beating until stiff.

Fold in cracker crumbs and nuts. Spread in well-greased 10-inch pie plate, spreading well up the sides. Bake in 300°F (150°C) oven for about 45 minutes until dry. Fill with lemon filling (below).

Lemon Filling	3 tbl lemon juice
3 egg yolks	1 tbl lemon zest (or more)
½ cup white sugar	1 cup whipping cream

1. Mix first four ingredients together in heavy saucepan. Heat and stir until thickened. Cool.
2. Whip cream until stiff. Stir a little cream into lemon mixture to thin it. Fold lemon mixture into whipped cream. Fill meringue shell. Keep refrigerated until serving.

I am frequently asked to make this one. It's a wonderful, light dessert, especially good in the summertime.

Nubian Chocolate Roll

This is an incredibly elegant dessert, like a jelly roll that melts into superb flavor in your mouth. Serves 6 to 8.

Norval Collins

Roll

6 eggs, separated
 ¾ cup granulated sugar
 ½ cup unsweetened cocoa
 1 tsp vanilla extract
 1 tsp cinnamon
 ½ tsp ground anise
 confectioners' (icing) sugar

Filling

1½ cup heavy cream
 ⅓ cup confectioners (icing) sugar
 3 tbs unsweetened cocoa
 1 tsp vanilla extract
 pistachios or walnuts, chopped

1. In the large bowl of a mixer, let egg whites stand 1 hour. Preheat oven to 375°F. Lightly grease bottom of 14" pan (15½" jelly roll pan) and line with oiled waxed paper.
2. At high speed, beat whites until soft peaks form. Gradually beat in ¼ cup sugar, beating until stiff. In another bowl, using the same beaters, at high speed, beat yolks with remainder of granulated sugar, until thick and lemon colored. Stir in flavourings. With wire whisk or rubber scraper and using an under and over motion, gently fold yolk mixture into egg whites. Spread evenly in prepared pan. Bake 15 minutes, until surface springs back when pressed with finger.
3. Onto a clean towel, sift a rectangle of confectioners' sugar a little larger than the cake. Turn out cake onto sugar; peel off paper. With knife, trim edges. From long side, roll up cake in towel, jelly-roll fashion. Cool on rack, seam side down. The cake will fall from about 2" high to about ½".
4. Make filling. In medium bowl, combine cream, sugar, cocoa, and vanilla. Refrigerate 1 hour. Beat until stiff. Gently unroll cake; remove towel. Spread with ¾ of filling; reroll. Spread with rest of filling; sprinkle with nuts. Place seam side down. Refrigerate.

Poor Man's Fruitcake

adapted from Yankee Hill Country Cooking: Heirloom Recipes from Rural Kitchens, by Beatrice Vaughan.

Pat Dingle

cooking spray	1 rounded tsp baking soda
2 cups dark brown sugar, well packed down	3 cups flour, half and half whole wheat and white
2¾ cups seedless dark raisins	1 scant tsp salt
2 tbl unsalted butter or lard	1 cup broken nutmeats, e.g. pecans or walnuts, or 1 cup chopped crystallized ginger
2 tsp cinnamon	
2 tsp ground cloves	
2 cups hot water	

1. Pre-heat oven to 325°F.
2. Spray bread tin or Bundt pan with cooking spray.
3. Add sugar, raisins, lard, and spices to the hot water and boil together for five minutes. Remove from heat, cool, then dissolve baking soda in the liquid.
4. Sift flour together with salt, and add to the above mixture.
5. Add nuts or ginger. Stir well, and pour mixture into bread tin or Bundt pan.
6. Bake for about one hour and fifteen minutes.

This cake is as good as it is economical, and will keep for weeks if well wrapped in waxed paper and stored in a covered container.

Pumpkin-Spice Bundt Cake

Adapted from Low Fat Ways to Cook for the Holidays, compiled and edited by Susan M McIntosh. Serves 16.

Pat Dingle

3¼ cups flour, half white and half whole wheat	brown
1 rounded tbl baking powder	½ cup unsalted butter or softened margarine
1 tsp baking soda	whites of two large eggs
¼ tsp salt	2 tsp vanilla extract
4 tsp cinnamon	cooking spray
1½ tsp ground nutmeg	
1 tsp five-spice powder*	Glaze
1½ cups fresh or canned pumpkin puree	3 tbl dark or light brown sugar
½ cup unsweetened apple sauce	1 tbl dark rum
1½ cups sugar, half white and half	1 tsp fat-free (skim) milk
	3 tbl icing sugar

1. Combine the first seven ingredients, set aside.
2. Combine pumpkin and applesauce, set aside.
3. Beat sugar and the unsalted butter/margarine in the large bowl of an electric mixer at medium speed until well blended (about five minutes.)
4. Add egg whites and vanilla, beating well.
5. Add the flour mixture to the sugar mixture alternately with the pumpkin mixture, beginning and ending with the flour mixture.
6. Spray 12-cup Bundt pan with cooking spray.
7. Pour batter into pan.
8. Bake at 350°F for 50 minutes or until a toothpick inserted in the centre comes out clean. Cool in the pan for 20 minutes. Remove from pan.

Glaze

Combine brown sugar, rum, and milk in a small saucepan: simmer over low heat until brown sugar dissolves. Remove from heat, and whisk in icing sugar, stirring with a wire whisk. Spoon glaze over warm cake. The rum glaze will seep into the cake if you spoon it on while the cake is still warm.

* Available in Asian section of grocery stores

Quentin Crisp

“For flavour, instant sex will never supersede the stuff you have to peel and cook.” — Quentin Crisp

Serves 6-8

Angus Campbell

8 medium apples (Granny Smith or other tart apple)	½ tsp salt
2 to 3 tsp lemon juice	1½ tsp ground cinnamon
½ cup all-purpose flour	¼ tsp ground nutmeg
½ cup coarse oatmeal	½ cup cold butter, cut into small pieces about ¼-½” cubes
½ cup sugar (I use a blend of dark and white sugar)	Cape Breton maple syrup

1. Preheat oven to 375°F.
2. Have ready an unbuttered 2” deep 2-quart baking dish.
3. Peel, core, and cut the apples into 1” chunks.
4. Spread the apples fairly evenly in the dish and sprinkle them with the lemon juice.
5. In a medium bowl combine the flour, oatmeal, sugar, salt, cinnamon, and nutmeg.
6. Cut the small chunks of butter into the dry ingredients using 2 knives or a pastry blender (I use 2 knives as it’s easier to clean up). Don’t over-cut the butter—nice chunks make for little bursts of flavour.
7. Distribute the topping fairly evenly over the apples. Bake about 45 minutes.
8. Remove from oven and pour a wee bit of maple syrup over top. Return to oven for about another 15 minutes.
9. Serve hot or cold with vanilla ice cream, whipped cream, or sour cream.

Variations

1. Try using other fruit such as peaches or rhubarb (about 2½ pounds). You may want to add ¼ cup more sugar for rhubarb.
2. Sprinkle some oatmeal on top before baking. It browns nicely and adds a bit more of a crunch.
3. Substitute the lemon juice with lime juice or use a combination of the two.

Walnut Squares

from Company's Coming: Squares

Deb Mathers

Base

1 ¼ cup flour

½ cup butter

⅓ cup brown sugar

Mix together well (food processor is great for this) and spread on bottom of ungreased 9" x 9" pan. Press down firmly.

Middle

2 eggs

½ tsp baking powder

1 tsp vanilla

¼ tsp salt

1 ¼ cup brown sugar

1 cup chopped walnuts

1 tsp flour

½ cup coconut

Beat eggs lightly. Add remaining ingredients in order. Mix well and spread over base. Bake at 350°F for 25–45 minutes. Use the toothpick test.

Top: I like a basic icing with butter, icing sugar and milk, flavoured with almond extract.

Chocolate Squares

from Company's Coming: Squares

Deb Mathers

Base: as above

Middle

2 eggs

1 cup coconut

1 cup brown sugar

1 tsp vanilla

3 tbl cocoa

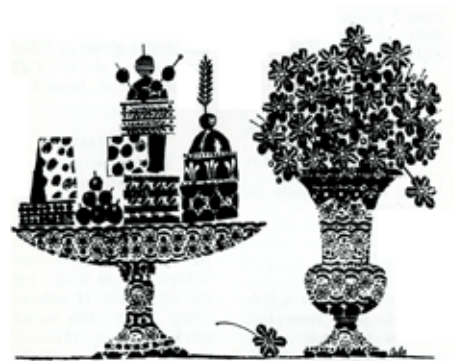
½ cup chopped walnuts

1 tbl flour

Mix & bake as above

Top: as above

If you have a food processor, this is extremely fast and easy. I like to make both these squares at the same time. Start with the base and make it twice. Then the fillings, but do the walnut one first. You don't even have to wash the dishes in-between. Then just make a larger amount of icing. Voila! Two for little more than the work on one.



Finger Food

Mushroom Croustades

Makes 24

Norval Collins

1 loaf white bread, sliced

½ tsp salt

2 tbl soft butter

⅛ tsp cayenne (or more)

¼ cup butter

1 tbl chopped parsley

3 tbl finely chopped shallots

1 tbl chopped chives

½ lb mushrooms, finely chopped

½ tsp lemon juice

2 tbl flour

3 tbl grated Parmesan cheese

1 cup whipping cream

1. Cut 3" rounds from each slice of bread.
2. Coat the inside of muffin tins with soft butter.
3. Fit rounds into tins and bake at 400°F for 10 minutes or until lightly browned.
5. Remove and cool. (can be done the day before; store in an airtight container.)
6. Melt ¼ cup butter. Sauté shallots over medium heat for 3 minutes.
7. Stir in mushrooms and cook at medium heat for 10 to 15 minutes until moisture has evaporated.
8. Sprinkle flour over mushrooms and stir.
9. Add cream all at once; bring to a boil, lower heat and simmer until thickened.
10. Add salt, cayenne, parsley, chives and lemon juice. This can be done ahead and refrigerated until ready to use.
11. Fill each croustade with mushroom filling, sprinkle with cheese and place on a cookie sheet.
12. Heat in oven 350°F for 10 minutes. Serve hot.

Rob's Nuts & Bolts

Rob Isbister

1 can mixed nuts	1 tbl garlic powder
3 cups Shreddies®	1 tsp onion salt
3 cups pretzels	2 tbl Worcestershire sauce
2 cups Cheerios®	1 cup butter

1. Preheat oven to 225-250° F.
2. In a good-sized bowl, combine nuts, Shreddies, pretzels, and the Cheerios.
3. In a saucepan, melt butter; add the garlic powder, onion salt, and the Worcestershire sauce. Mix well.
4. Pour butter/spice mixture over the dried ingredients in the bowl. Mix well to coat.
5. Place Bits & Bites in a roaster pan and bake in preheated oven for 1½ hours. A low oven heat is better than a hot oven. Stir every 20 minutes to ensure an even browning.

Hummus

Daniel MacKay

1 16 oz can of chickpeas or garbanzo beans	4 cloves garlic
5 tbl lemon juice	½ tsp salt
1½ tbl tahini	2 tbl olive oil

1. Drain chickpeas and reserve liquid from can.
2. Put peeled garlic in food processor and mince finely. Add remaining ingredients except oil, and ¼ cup of chickpea liquid. Process for a couple of minutes until smooth.
3. Place in serving bowl, smooth top, create a shallow well in the center of the hummus, fill with the oil. Garnish with parsley and serve with pita bread or crudités.

Shropshire Walnut Spread on Belgian Endive Spears

Gluten-free; makes about 24 pieces

Gary Brooks

½ cup chopped walnuts	2 tbl tawny or white (but not ruby) port
½ cup crumbled Shropshire, Stilton, or other blue cheese	¼ tsp pepper
4 oz (½ package) cream cheese, softened	¼ cup finely chopped chives
	2 large Belgian endives

1. On a rimmed baking sheet, bake the walnuts until lightly toasted, about 6 minutes (350° F). Let cool.
2. In a food processor, blend the cheeses, the port, and the pepper until smooth. Scrape into a bowl.
3. Stir in 1/3 of a cup of the walnuts and 3 tbsp of the chives.
4. The filling can be made ahead up to this point and refrigerated, covered, for up to 24 hours.
5. If refrigerated, mix the filling with a fork to soften slightly and make it easier to spread.
6. Slice about 1" from the root end of the endives; separate leaves.
7. Mound 1 tbsp of the filling on each leaf and decorate with remaining walnuts and chives.
8. Arrange on a serving platter and keep cool until you wish to serve.

Main Courses



Beef Paprikash

Marion Dimock

1 tbl canola oil, divided	½ lb (225g) fresh mushrooms, sliced
1 lb (450g) boneless beef sirloin steak (¾" thick), cut into strips	3 tbl paprika
3 cups yolk-free whole wheat egg noodles, uncooked	¾ cup 25%-less-sodium beef broth
¼ cup Italian salad dressing	1 cup frozen peas
2 onions, chopped	¼ cup Miracle Whip
3 tbl minced garlic	1 small tomato, chopped

1. Heat 1½ tsp oil in large nonstick skillet on medium-high heat. Add half the meat, cook and stir 1 to 2 minutes or until evenly browned. Transfer to bowl. Repeat with remaining oil and meat.
2. Cook noodles as directed on package, omitting salt.
3. Meanwhile, heat Italian dressing in same skillet on medium heat.
4. Add onions, mushrooms, garlic and paprika; cook 12 minutes or until vegetables are crisp-tender, stirring occasionally.
5. Stir in broth and peas; simmer 2 minutes or just until peas are tender.
6. Add meat; cook 1 to 2 minutes or until heated through, stirring occasionally.
7. Stir in Miracle Whip until well blended.
8. Drain noodles. Serve topped with meat mixture and tomatoes.

Beef Croquettes

Nick Honig's Sister Dini

½ lb stewing beef	dash of thyme
1 cup beef broth	1 bay leaf
¼ cup flour	pepper
3 tbl margarine or butter	¼ tsp salt
4 pepper corns	Maggi (about ¼ tsp to ½ tsp)
½ onion cut in 1" pieces	oil for deepfrying
1 carrot	

Maggi is available at the grocery store such as Sobeys and is somewhat similar to soysauce, but has its own distinctive flavour. It is also full of salt so for those of us who are watching our blood pressure, go easy on it or leave out the ¼ tsp of salt altogether.

If you make the croquettes from fresh meat, make a bouillon from the liquid that is used to boil the meat.

1. In a saucepan combine the meat, pepper corn, onion, carrot, thyme, salt, pepper, bay leave, Maggi and water to just cover the meat. Cook until the meat is tender, (1½ to 2 hours.) You could possibly also add some Worchester sauce and HP sauce for added taste.
2. Remove the beef and grind it to a medium mush.
3. Melt the margarine or butter in a saucepan and stir in the flour and add a little at a time of the beef broth (1 cup strained broth) until the sauce is thick.
4. Now add the ground beef to the sauce and stir in extra spices to taste. At this point the mixture should be very thick. Put it in the fridge overnight.
5. The next day make the croquettes by forming small portions of the meat mixture into cylindrical shapes (about 1¼" in diameter and 4" to 5" long). Roll these in breadcrumbs, and then in eggwhite, and then in the breadcrumbs again.
6. Heat the oil until you see heat waves coming off. Fry the croquettes, turning once, until till they are a golden color, the outside is crispy and the inside is heated through.

Cheese Soufflé

*with thanks to many, including the incomparable Julia Child
Gary Brooks*

Despite their reputation, soufflés are actually easy to make. Read the back pages, “A Soufflé Is Easier Than You Think” before beginning.

2½ tbl butter	cheese (divided)
3 tbl flour	4 egg yolks
1 cup homogenized milk	5 egg whites at room temperature
⅛ tsp cayenne pepper	¼ tsp cream of tartar
½ tsp dry mustard	1 cup coarsely grated Swiss cheese
⅛ tsp nutmeg	(or combination of Swiss and cheddar)
2 tbl finely grated parmesan	

1. Preheat oven to 400°F.
2. Butter soufflé dish well; sprinkle bottom and sides with 1 tbl parmesan, pouring out any extra.
3. Pour milk in a saucepan and bring just to a boil.
4. Melt butter in another heavy saucepan over medium heat.
5. Stir the flour into the butter; cook for 2 or 3 minutes, but do not allow to brown. Remove from heat and allow to cool for a minute or two.
6. Add the hot milk to this pot, whisking until smooth.
7. Add the cayenne, nutmeg, and mustard; whisk well.
8. Return to the stove over medium high heat and whisk until sauce has thickened, 2 or 3 minutes (it will be quite thick).
9. Remove from the heat and allow to cool for at least 2 minutes.
10. Meanwhile, separate the eggs, placing the five whites in a glass or metal round-sided bowl. Whisk egg yolks into the sauce one by one. Save or discard the fifth yolk as you wish, but don't add it to the recipe.
11. Beat the egg whites with the cream of tartar until stiff.
12. Fold ¼ of the beaten whites into the sauce, continuing until well incorporated.
13. Stir in the cup of grated Swiss or cheddar cheese.
14. Carefully fold the rest of the whites into the mixture until most of the white disappears.
15. Transfer to the prepared soufflé dish.
16. Sprinkle 1 tbl parmesan on top of the soufflé.
17. Set the dish in the middle of the preheated oven and immediately reduce the heat to 375° F.
18. Cook for approximately 35 minutes, checking after 25 minutes.
19. Serve immediately.

Chicken Stew

*Reduced salt, reduced fat, still tastes good, Serves six.
Lynn Murphy*

- | | |
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| cooking spray | the sweet potato. Squash does not work as it gets too mushy.) |
| 3 small onions, chopped | 2 packets reduced-salt chicken stock mix |
| ½ cup chopped celery | 14-oz can no-salt-added chopped tomatoes (or same amount chopped fresh tomatoes) |
| 1 lb skinless chicken thighs, or six pieces (bone is better, but boneless is OK) | 3 cups water |
| 3 chopped potatoes (if you use red potatoes or Yukon Golds, do not peel) | 1 tsp dried thyme (or several stalks of fresh) |
| 2 large carrots, peeled and chopped | 2 bay leaves |
| ⅔ cup parsnip, peeled and chopped | hot pepper sauce to taste |
| 1 cup sweet potato, peeled and chopped (or substitute chopped turnip instead of the carrots or | 1 cup chopped baby bok choy (optional) |
| | ⅓ cup fresh parsley (optional) |
1. Sauté onions and celery in cooking spray in Dutch oven at medium heat, 5 minutes.
 2. Add chicken thighs, cook 10 minutes.
 3. Reduce heat to low, and add next four ingredients. Cook ten minutes.
 4. Add chicken stock mix, tomatoes, water, thyme, bay leaves, hot sauce. Simmer 1 hour.
 5. Stir in parsley and bok choy if using; fish out any visible springs of fresh thyme. Serve immediately.

Stews

When making any dish in which meat is cooked in a liquid, keep the liquid below the boiling point. Simmering for a long time makes the meat tender, boiling makes it tough.

Old-Fashioned Beef Stew With Winter Vegetables

*Adapted from The Canadian Living Cook Book. Serves 8
Frank Letourneau*

2 - 2½ lbs boneless stewing beef	8 small potatoes
1 tbl vegetable oil	8 small onions
3 tbl butter	8 medium carrots
¾ cup finely chopped onion	¼ medium turnip
¼ cup flour	3 medium parsnips
salt and pepper to taste	3 tomatoes (canned) + ½ cup of the liquid
1 tsp each dried thyme and mar- joram	1 cup frozen peas
2 cups salt-reduced beef stock	½ cup chopped fresh parsley
2 cups red wine	

1. Cut beef into 1" cubes and pat dry. In heavy saucepan, heat the oil and butter.
2. Brown the meat well, a small amount at a time. Remove each batch of beef when browned on all sides and reserve. Adding more oil or butter if necessary.
3. In the same pan, sauté the chopped onion until tender and golden. Stir in the flour and continue cooking over medium heat until flour is golden.
4. Return meat to saucepan; add seasonings and stock. Using wooden spoon, scrape all browned bits from bottom of the pan.
5. Simmer, partially covered, until beef is tender, about 90 minutes. Do not boil.
6. At this point, you may either cool the stew and then refrigerate it overnight to allow flavours to mellow, or you may proceed to the next step immediately.
7. Peel the potatoes, onions, carrots, turnip and parsnips. Leave potatoes whole, and cut shallow "X" in root of each onion. Cut carrots, turnip, parsnips into finger-sized sticks. Chop tomatoes coarsely if necessary.
8. Add these vegetables to the stew and cook covered at moderate simmer until all ingredients are tender, about 30 to 40 minutes. If you think you're low on liquid, add more red wine or stock.
9. Add frozen peas, simmer 5 more minutes, taste; taste, adding more seasoning or liquid as necessary.
10. Sprinkle with parsley and serve.

Creole Chicken

Rev. John Smith

4 lbs chicken legs	1 cup raisins
¼ cup brown sugar	1 tbl curry powder
1 tbl olive oil	2 cups chicken stock
4 onions, chopped	1 bay leaf
2 cloves garlic, minced	salt and pepper to taste
3 green bell peppers, diced	1 tbl chopped fresh parsley
8 oz tomato paste	

1. Preheat oven to 350°F.
2. Rinse and pat dry the chicken pieces and rub them with brown sugar.
3. In a large skillet, fry the chicken QUICKLY in hot oil (the sugar must not burn). When browned, remove to a 10"x15" baking dish.
4. Sauté the onions and garlic in oil until soft. Add the sweet peppers, tomato paste, raisins, curry powder, chicken stock, bay leaf, salt, black pepper and parsley. Simmer for about 5 minutes.
5. Pour the sauce mixture over the chicken, cover and bake in the preheated oven for 45 minutes. Remove cover and bake for another 30 minutes or until tender.

Indonesian Hamburgers

Daniel MacKay

1 cup shredded coconut	1 tsp ground cumin
1 lb ground beef	4 tsp ground ginger
1 garlic clove, crushed	1 egg, lightly beaten
1 tsp ground coriander	2 cups cornstarch
2 cup peanut oil for frying	

Moisten coconut with 4 tbs water. Stir all ingredients, except cornstarch and oil, until well blended. Form ten small patties; dip them in cornstarch and fry in the oil over high heat, about 5 minutes, turning once, or BBQ.

Hungarian Goulash

Serves 4
Bill Romkey

2 tbl oil	1½ to 2 lb cubed chuck beef
2 onions, chopped	1 tsp tomato paste
1 tomato, chopped	salt and pepper to taste
1 green pepper, chopped	1 cup boiling water
1 tbl sweet paprika	

1. Sauté onion, tomato, green/red pepper, beef, tomato paste, and salt and pepper until the beef is no longer red.
 2. Transfer to large pot and add boiling water.
 3. Simmer for 1½ hours or until meat is tender.
- Serve over buttered noodles, with sauerkraut on the side (optional).

Meat and Vegetable Casserole

Serves 2 or 3
Rob Thomson

butter or margarine to grease pan	burger patties
4 to 6 potatoes, sliced	1 tbl margarine or butter
3-4 carrots, julienned	dash summer savory
2 parsnips, julienned	dash thyme
2-3 onions, finely chopped	1 tbl chopped parsley
1 green or red pepper, finely chopped	pinch of salt and pepper
2 or 3 pork chops or 2 or 3 ham-	1½ cups water

1. Pre-heat oven to 375°F.
2. Grease roasting pan or casserole dish with butter or margarine.
3. Place meat in pan; add the other ingredients on top, pouring water in last.
4. Bake for 40 to 60 minutes.

Jambalaya Creole Style

Bob Grandfield

2 tbl butter or olive oil	2 cups canned diced tomatoes (drain but reserve the liquid)
1 cup diced ham	1 tsp salt
1 cup smoked sausage, diced (andouille* if available)	cayenne pepper to taste
1 small onion, finely chopped	2 tbl paprika
4 to 6 cloves of garlic, crushed	2 bay leaves
5 cups celery, finely chopped	1 cup salt-reduced chicken broth
1 small green pepper, finely chopped	1 cup white rice
	1½ lbs fresh shrimp

1. Preheat oven to 200-250°F. (i.e., "very low heat")
2. Place butter or olive oil in a large, heavy pan that has a cover; add the ham and the sausage meat and sauté uncovered over medium heat until browned.
3. Reduce the heat a bit and add the onion, garlic, celery, and green pepper; sauté until softened but not browned.
4. Stir in the drained tomatoes and the salt, cayenne pepper, paprika and bay leaves.
5. Transfer to the preheated oven and cook at very low heat for 2 hours; you can also simmer on top of the stove, but the oven is better.
6. In a separate sauce pan, heat to boiling the chicken stock and reserved liquid from the canned tomatoes.
7. Increase the oven temperature to 350° F.
8. Add the rice to the chicken stock mixture and pour into the pan with the other ingredients that have been cooking. Cover and return to the oven for 30 minutes. Avoid removing the cover during this period while the rice is cooking.
9. Remove from the oven. If the mixture is dry, add boiling water as needed.
10. Add the raw shrimp and return to the oven for 5-10 minutes, until the shrimp are pink.
11. Mix well and serve.

* Originally French, andouille sausage is now firmly associated with Cajun cooking. It is a coarse-grained smoked sausage that contains pork, onions, pepper, wine, and seasonings.

Lobster Nova Scotia Style

Bob Grandfield

lobster meat (newly cooked lobster is best but you can use frozen; 1 pkg will serve 3 or 4)	½+ cup whipping cream per person
1 generous tbl butter per person	pepper to taste
½ tbl white wine or vermouth per person	salt if necessary
	triangles of toast, 2 per person

1. Cook the lobster if using fresh or thaw frozen lobster.
2. Melt the butter, then add the lobster and simmer until heated through. Cooking at too high a temperature will toughen the lobster meat.
3. Add pepper and salt (if needed)
4. Add white wine or vermouth and simmer 5 minutes.
5. Add whipping cream, enough to mostly cover the lobster.
6. Simmer until heated through.
7. Check and correct flavouring.
8. Serve over well-toasted white toast or in bowls.

This simple but rich and delicious way of serving lobster has long been popular in the Yarmouth area of Nova Scotia. It works best served on toast made from Ben's/Wonder-type white bread; use it here even if you'd never dream of eating bread like that at any other time. It serves as an ideal neutral background for this flavourful dish. I've tried serving it over other options such as pasta or rice, but nothing else works as well as the toast. As an alternative, you can serve it in soup bowls, with toast on the side.

It's good served alone or with a green vegetable like peas. The suggested amounts are approximate and will depend on the number to be served. The consistency will be quite liquid.

Ma Po Tofu

A quick and easy meal on busy days that is going to add a spicy satisfying beginning to the evening. Worth going to get some Sambal Oelek* to make. It is spicy. Prep time: 10 mins Cook time: 20 mins.

David Morris

2 tbl cooking oil	1 tsp soy sauce
1 large onion chopped	1 tsp Sambal Oelek*
¾ to 1 lb of lean ground pork	½ to ¾ lb of tofu (med-firm)
1 cup chicken stock	1 tbl cornstarch mixed into ¼ cup water
1 tbl finely chopped ginger	sesame oil (optional)
1 heaping tbl black bean sauce	crispy fried shallot (optional)**
1 heaping tbl of red bean chili sauce	

1. Heat cooking oil in wok at medium high heat, add chopped onion, and lightly caramelize.
2. Add ground pork, cook to medium-well, and make meat crumbly by stir frying,
3. Add cup of chicken stock (I use Knorr mix.)
4. Add black bean sauce, red bean chilli sauce, soy sauce. Reduce heat to medium low.
5. Add package of tofu cut into 1½" cubes; simmer for 10 mins stirring occasionally.
6. A couple of minutes before serving add cornstarch/water mixture to thicken slightly.

Serve in bowl with rice on one side and Ma Po Tofu on the other half of the bowl. Garnish with shallots and sesame oil lightly drizzled over top.

Steamed broccoli florets, lightly drizzled with sesame oil and a sprinkle of sesame seeds, makes a great topping or veggie compliment.

* Sambal Oelek is a paste of chilies, brown sugar & salt.

** You can purchase Crispy Fried Shallots in the Asian grocery, or you can make them by frying chopped shallots until they are almost black.

Neighbour Liz's Cajun Ribs

Serves 4-6

Don Goss

4 lbs (2 kg) pork ribs	¼ cup olive oil
1 tbl onion powder	¼ cup ketchup
1 tbl garlic powder	1 tbl honey or maple syrup
1 tbl cayenne pepper	1 tbl Worcestershire sauce
1 tbl dried oregano	

1. Cut ribs and place in a large pot. Cover ribs with water and bring to a boil.
2. Simmer for about an hour and drain.
3. Mix all the other ingredients together for the marinade.
4. Coat both sides of ribs with the marinade and place in the fridge for at least one hour, and up to twenty-four hours.
5. Preheat oven 350° F and bake 15-20 minutes. You can also barbecue at medium-high heat for 15-20 minutes.

Liz is a neighbour and friend, originally from Montreal. This is a variation of a recipe introduced by her. It's a very forgiving recipe, as you can substitute herbs, sweeteners, and hotness depending on what you like and have on hand.

Shrimp Skillet

Prep & cook in the same time as the rice. Serves 4.

Gabe Saulnier

1 package raw shrimp (340g / 40 count)	1 cup grape tomatoes halved
¼ cup unsalted butter	¼ tsp salt
2 cloves of fresh garlic	2 tbl lemon juice

1. Peel raw shrimp and place in bowl, rinse well. Add garlic, salt, and lemon juice, mix and let stand for 5 minutes
 2. Melt unsalted butter in frying pan over medium heat.
 3. Add shrimp and tomatoes.
 4. Cook until the shrimp turns orange.
- Serve over basmati rice with vegetable of choice.

Savannah Crab Cakes

Makes 4 cakes

Bill Romkey

1 lb fresh or canned crab meat	generous dash Worcestershire sauce
½ cup toasted bread crumbs	salt and pepper to taste
½ cup chopped parsley	1 cup yellow cornmeal
1 tbl lemon juice	2 tbl Old Bay seasoning *
2 tbl Dijon mustard	¼ cup olive oil
generous dash hot sauce	

1. In a bowl, mix first seven ingredients, add salt and pepper to taste, and shape into four thick patties.
 2. Mix cornmeal and Old Bay seasoning.
 3. Roll patties in this mix to coat.
 4. Heat olive oil over medium heat and sauté crab cakes for three minutes on each side until golden all over.
- Serve with rice or with a salad.

* Old Bay seasoning (named for Chesapeake Bay) is readily available in the South. It's available from Pete's Frootique, or it can be made at home – google for a recipe.

Shipwreck Casserole

Rev. John Smith

In a buttered dish:

1. Place slices of two good sized onions
2. Over this place thin slices of raw potatoes
3. Then a layer of uncooked ground beef (1lb or more)
4. Then a layer of ½ cup uncooked rice
5. Then a layer of 1 cup sliced celery or sprinkle of celery salt
5. Season each layer with salt, pepper, and paprika.
6. Over top pour 1 can of tomato soup and 1 can of boiling water.
7. Cover and bake in 350°F oven for about two hours.

Roast Loin of Pork with Fresh Coriander and Lemon Stuffing

Serves 6-8
Edie Hancock

This is also wonderful cooked on a spit on the BBQ.

Stuffing	1 egg yolk, beaten
1 scant cup fresh bread crumbs	salt and freshly ground pepper to taste
zest of one lemon	
juice of half a lemon	Roast
2 tbl fresh coriander, finely chopped	2 kg boned loin of pork
1 clove garlic, crushed	6 bacon strips
2 tbl butter, melted	2 tbl oil

1. Preheat oven to 425°F.
2. Mix together the bread crumbs, lemon zest, coriander, and garlic.
3. Stir in the melted butter and the lemon juice.
4. Add the beaten egg and the salt and pepper; mix until ingredients begin to bind together.
5. Open out the meat on a board and score the rind with a sharp knife in a criss-cross pattern.
6. Turn the meat over and cover with stuffing. Roll up the meat to reform the loin and tie with butcher's twine in several places to keep the stuffing in place.
7. Tie the bacon strips around the loin.
8. Rub the rind with salt and place in a roasting pan with 2 tbl of oil.
9. Cook for 15 minutes, then reduce the heat to 375° F and cook for another 90 minutes.
10. Remove the meat from the oven and leave it for 10 minutes to rest.

Bacon

The tastiest and healthiest way to cook bacon is to spread it on a rack placed on a cookie sheet and bake it in a 375° F oven for 10 minutes or until cooked to your preference; turn over once.

Savoury Meat Pie

Dan MacKay's Stepmom Eileen

Sour Cream Pastry

2½ cups all purpose flour	½ cup cold lard
½ tsp salt	¼ cup cold water
½ cup cold butter, cubed	3 tbl sour cream

1. Mix flour with butter and lard until mixture resembles fine crumbs with a few larger pieces.
2. In a small bowl, mix water and sour cream. Drizzle over dry ingredients. Mix until a dough forms.
3. Cut in half and wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

Filling

1 lb ground beef	1½ tsp each, thyme & oregano
1 lb ground pork	2 bay leaves
1 tbl vegetable oil	⅓ tsp salt
2 onions, chopped	¼ tsp pepper
2 cloves garlic, minced	¼ cup tomato paste
1 carrot, chopped	2 cup beef stock
1 stalk celery, chopped	1 tbl Worcestershire sauce
1 cup potatoes, chopped & peeled	¼ cup chopped parsley

Glaze

1 tbl dijon mustard	1 egg yolk
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1. Cook meats in a pan breaking up with fork until no longer pink. Transfer to bowl.
2. In same pan, fry onions until golden. Add garlic, carrots, celery, potatoes, thyme, oregano, bay, salt and pepper. Fry for 5 minutes.
3. Add tomato paste, pour in beef stock and Worcestershire sauce. Bring to a boil.
4. Return beef & pork to pan. Reduce heat. Cover & simmer until potatoes cook, about 35 minutes. Stir in parsley, remove bay leaves, let cool.
5. Preheat oven to 425°F.
6. Roll out two pieces of pastry and line a 9" pie plate with one. Add filling, place top crust, seal top to bottom.
7. Brush with mustard and yolk.
8. Bake at 425°F for 15 minutes, then reduce heat to 350° and cook for about 1 hour or until golden.

Slow-Cooker Pulled Pork

Great served on Kaiser rolls!

Don Goss

- | | |
|---|-----------------------------------|
| 2 - 3 lb (1 - 1.4 kg) pork shoulder blade roast | 2 bay leaves |
| $\frac{3}{4}$ tsp each salt and pepper | $\frac{1}{4}$ cup tomato paste |
| 2 tbl vegetable oil | 1 can (14 oz/398 ml) tomato sauce |
| 2 onions, diced | 2 tbl packed brown sugar |
| 4 cloves garlic, minced | 2 tbl cider vinegar |
| 2 tbl chili powder | 2 tbl Worcestershire sauce |
| 2 tsp ground coriander | 2 green onions, thinly sliced |

1. Sprinkle pork with salt and pepper.
2. Place oil in a Dutch oven and heat over medium-high.
3. Pat the pork roast dry and place in Dutch oven. Brown pork on all sides.
4. Transfer the pork to slow cooker.
5. In the Dutch oven place the onions, garlic, chili powder, coriander and bay leaves; fry over medium heat, stirring occasionally, until onions are softened, about 5 minutes.
6. Add tomato paste; cook, stirring constantly, until darkened, about 2 minutes.
7. Add tomato sauce, sugar, vinegar, and Worcestershire sauce, scraping up any brown bits from bottom of pan.
8. Pour into slow cooker. Cover and cook on low until pork is tender, 8 to 10 hours.
9. Transfer pork to cutting board and tent with foil; let stand for 10 minutes.
10. With two forks, shred or “pull” the pork.
11. Meanwhile, pour liquid from slow cooker into large saucepan; skim off fat. Bring to boil over high heat, boiling vigorously until reduced to 3 cups, about 15 minutes. Discard bay leaves.
12. Add pork, reduce heat and simmer until hot, about 4 minutes.
13. Sprinkle with green onions.



Pickles

Microwave Bread & Butter Pickles

Matt Hughes and Roger Johnson

- | | |
|---|-------------------------------|
| 2 English cucumbers, both ends removed | $\frac{1}{2}$ c white vinegar |
| 1 tsp alum* (optional) | 1 tsp salt |
| 1 large (or two smaller) Spanish onion(s) | 1 tsp mustard seed |
| 1 cup white sugar | $\frac{1}{2}$ tsp celery seed |
| | $\frac{1}{2}$ tsp turmeric |

This recipe can be doubled if you wish.

1. Slice the cucumbers and onion thinly and evenly, using a mandolin—the slicer, not the musical instrument.
2. Place the sliced cucumbers in a large bowl, sprinkle with the alum if you are using it, and fill the bowl with water. Soak overnight in the refrigerator; discard the water before proceeding with the next steps.
3. Add the remaining ingredients. Mix to combine.
4. Microwave on high power for 8 minutes. Stir twice during cooking.
5. Let pickles cool.
6. Place in refrigerator in a container with a tight lid or in sterilized bottles.

Matt and Roger worked and lived in the Annapolis Valley for many years before moving to Toronto after Matt retired from Acadia.

*Alum powder, found in the spice section of the grocery store, is often used in pickle recipes as a preservative to maintain crispness.

Microwave Dill Pickles

Matt Hughes and Roger Johnson

- | | |
|---------------------------------|---|
| 2 cups small pickling cucumbers | 1 tsp pickling spice |
| 1 tsp alum (optional) | several sprigs fresh dill or 1 tsp
dill seeds or dill weed |
| ½ small onion, finely chopped | 1 large bay leaf |
| ½ cup white vinegar | 1 tsp black peppercorns |
| 2 tsp salt | ½ tsp crushed chillies (optional) |
| ½ tsp mustard seed | |

This recipe can be doubled if you wish.

1. Snip the ends off the cucumbers. Place in a bowl, sprinkle with alum (if you are using it), cover with water, and soak overnight in the refrigerator. Discard the water.
2. Stuff cucumbers in one or two sterilized mason jar(s) and add the remaining ingredients.
3. Fill the jar(s) to the neck with water and microwave for 8 minutes. Check partway along, and stop microwaving if the liquid starts to bubble or if the pickles look cooked.
4. Remove the jars carefully from the microwave. Place cover on top of the jar(s), but do not tighten until cooled.
5. Store in the refrigerator. The pickles need a few days for the taste to settle in.

Marinated Mushrooms

Daniel MacKay

- | | |
|-----------------------|----------------------------|
| 1 tsp oregano | 3 tbl white vinegar |
| ½ cup red wine | 2 cloves garlic, minced |
| 3 tbl soya sauce | 2 tbl sugar |
| 2 tbl olive oil | 3 tbl pesto or fresh basil |
| 1 small onion, minced | 1 lb mushrooms |

1. In a saucepan, bring all ingredients except pesto to a boil.
2. Wash & cut tough stems off mushrooms, quarter them if they are large.
3. Add mushrooms and simmer 3 minutes.
4. Remove from heat and add pesto/basil. Leave to marinate in the fridge overnight.



Rice

Perfect Steamed Rice Every Time

Anita Louise Martinez

This method for cooking rice may sound complicated at first, but after a couple of times you'll be sooo pleased at how it turns out and you will be teaching this method to all who want to know "how do you get your rice so perfect every time?"

Use a Mixture of Types of Rice: When I buy rice, I get one large package of basmati, a small bag of wild rice, and a couple of other types and combine them. The combination works well, with the basmati taste coming through clearly.

How Much Should I cook? Rice will at least double in volume when cooked. One-half cup of uncooked rice per serving will provide a very generous helping. When cooking, make sure the uncooked rice less than half fills the pot.

Cleaning the Rice: Add lukewarm water to the rice and swish the mixture with your hands. At first the water will be very white and starchy. Let the rice settle for a few seconds and pour off the water. Add more water and repeat 4 to 6 times, until the water runs clear.

How Much Water Should I Use? Make sure the water is up to the first knuckle of your pointer finger; no higher and no lower!

Cooking Time: Place the rice and water in a pan with a tight-fitting lid. Turn the heat on high and bring the pot to a boil, Turn the heat down immediately to the lowest heat setting **and do not open that pan again for 40 minutes — no peeking!**

Nasi Goreng

This is an Indonesian dish. Nasi Goreng means fried rice. To make this delicious meal you need to purchase the Cominex Nasi Goreng spice mix in the International Food section, or at Sobey's in the Dutch section. It's also available at Pete's Frootique.

Nick Honig

2½ cups water (divided)	5 or 6 mushrooms, finely chopped
1 cups Basmati rice	4 or 5 slices bacon
1 package Nasi Goreng mix	1 egg, beaten plus 1 fried egg per person
1 tbl oil	Sambal Oekel or Sambal Manis (optional)
1 tbl butter	
1 onion, finely chopped	
1 leek, finely chopped	

1. In a large saucepan with a tight cover, bring 4 cups of the water to a boil. Add the rice and reduce heat to simmer. Cover the pot and DO NOT lift the lid during the duration of the cooking time. Cook for 20 minutes. Turn off the heat and let it stand for a few minutes.
2. In the meantime, boil the other ½ cup of water and mix with the contents of the Nasi Goreng package. Stir and let stand 10 minutes.
3. Place the butter and oil in a frying pan over medium heat. When hot, add the chopped onion, leek, and mushrooms. Sauté until cooked.
4. In a separate frying pan, fry the bacon until it is very crisp. Remove from pan and spread on paper towel to cool and absorb any extra fat.
5. Add the reconstituted Nasi Goreng mix to the onions, leeks, and mushrooms. Crumble the bacon and add it. Mix, over medium heat, to combine.
6. Add the beaten egg. Stir as the egg cooks.
7. Add this mixture to the rice. Return pot to heat for as long as required to reach your preferred serving temperature.
8. Fry—sunny side up—1 egg per person.
9. To serve, place Nasi Goreng on a plate for each person and place fried egg on top. Use the Sambal Oelek or Sambal Manis to add more hot spice to each individual's taste.

Gramanita's Lemon Rice Pilaf

All the recipes for rice pilaf I've had over the year have been put together to make this version the best of the best. Serve 6

Anita L. Martinez

2 tbl butter	3 cups cooked rice, a mixture of basmati, wild, and regular
2 tbl canola or olive oil	½ squeezed fresh lemon or lime juice
½ cup yellow onion, chopped	1 tsp freshly ground pepper
1 large clove garlic, minced	½ cup chopped green onion (divided)
½ cup sliced mushrooms (optional)	1 tbl parsley, finely chopped
½ tsp salt or Anita's "Gramanita Spice"	½ tsp paprika
½ cup nuts, chopped (pine, almond, and/or pecan)	

1. Melt the butter in a saucepan over medium heat. Add the oil. When hot, add the mushrooms, yellow onion, and garlic. Cook until the onion is translucent but not browned.
2. Stir in the salt and chopped nuts.
3. Slowly add half the cooked rice and then half the lemon or lime juice. Add the remaining rice and then the rest of the juice. Mix well.
4. Add the black pepper and half the chopped green onion. Toss.
5. Turn down the heat to low and leave, uncovered, until ready to serve.
6. To serve, sprinkle the dish with the parsley, the remaining chopped green onion, and the paprika.

In nomine patris...

In the days before Vatican II, a good Catholic never ate meat on Friday. But Friday was the weekly shopping day in our area, and my aunt had bought some nice steak for Saturday. It lay in the fridge plaintively calling out to my uncle. By nine p.m., he couldn't take it any longer. He rose and made the sign of the cross all around him in every direction.

"What are you doing?" asked my aunt.

"I'm baptising it Saturday. Now let's get out that steak!"

— Lynn Murphy

Nora's Rice Variations

*Serves 6 - 8
Nora Kerr*

2 cups long grain white rice	1 small to medium onion, minced
4 scant cups of boiling water	fine
2 ripe plantains (if unavailable, use sweet potatoes) sliced	Fresh chili (optional)
½ cup seedless raisins	1 tsp salt (optional, see seasonings below)
3 or 4 cloves of garlic (use garlic press or mince fine)	2 tbl extra virgin olive oil

If you like yellow rice, add 1 envelope of Sazón Goya if available, or substitute 1/2 tbl turmeric. If you like hot peppers, add some cayenne, your favorite Asian hot sauce, or some chopped (wear gloves!) fresh hot peppers to taste.

1. Use a heavy pot, larger than you think you need, with a tight fitting lid. Saute the onion, garlic, (optional fresh chili pepper) in the olive oil until softened and slightly golden, add the rice, and saute until the grains turn an opaque white.
2. Add the briskly boiling water, the sliced plantains, raisins, and chosen seasonings, such as salt, cayenne, etc. Stir and cover. Keep the pot on a medium high heat until you hear that it is once again boiling briskly, then turn it down to low for a timed 20 minutes.
3. At that point, turn the burner off, remove the cover and fluff the rice with a fork, cover and allow to sit for 10 minutes, and serve.
4. If you like a colorful dish, you can add 1/2 cup of chopped sweet red pepper when you fluff the rice. Just sitting in the hot rice for 10 minutes will partly cook it to the right point.

Sazón Goya is a spice mix used in Latino cooking. It is available in both regular and low-salt versions.

Sticky Rice, Sweet Sticky Rice, and Sticky Rice with Coconut Cream Sauce and Mango Slices

Anita Louise Martinez

You don't have to cook sticky rice using a special container and a complicated recipe; believe me, this simple recipe is wonderful: easy and perfectly cooked either as is or sweet.

Sticky Rice

1. Rinse the rice in lukewarm water for a bit.
2. Soak in cold water for 30 minutes.
3. Pour off most of the water, leaving only enough just to cover the rice.
4. Microwave for 10 minutes only.

The rice should be kind of fluffy, not mushy or crunchy. It can be eaten like this with other food. It can also be made into rice balls or sushi, or it can be made into Sweet Sticky Rice

Sweet Sticky Rice

cooked sticky rice (see above)	salt to taste
1 cup sugar	1 can coconut milk, divided

1. In a small bowl, create a sauce by combining the sugar, salt, and ½ the can of coconut milk.
2. When you take the sticky rice out of the microwave oven, add the sauce to the rice.
3. Add the other half of the coconut milk. Stir well.
4. Let sit, covered, for approximately 25 minutes.

Sticky Rice with a Coconut Cream Sauce and Mango

1 or 2 mangos	½ tsp salt
1 tbl sugar	sticky rice (see above)
½ can coconut milk	

1. Peel and slice mangos. Reserve.
2. In a saucepan, combine the sugar, salt, and coconut milk. Cook over low heat, stirring frequently, until the sauce begins to bubble, about 2 minutes. Do not overcook.
3. Pile the sticky rice on a serving plate. Arrange the mango slices around the edge of the rice. Pour warm sauce over the rice. Serve.

Salads



Cherry/Walnut Salad & Maple Dressing

Paul Collins, slightly adapted from a Bon Appétit recipe. Serves 8.

Maple Dressing

¼ cup mayonnaise
¼ cup maple syrup
3 tbl white wine vinegar
2 tsp sugar
½ cup vegetable oil
salt & pepper

Dressing

This dressing may be prepared up to 3 days ahead; cover and refrigerate. Whisk again before using.

1. In a medium sized bowl, whisk mayonnaise, maple syrup, vinegar, and sugar to blend.
2. Gradually whisk in the oil until mixture thickens slightly.
3. Season to taste with salt and pepper.

Salad

1. Toss greens, apples, cherries, and ¼ cup toasted walnuts in large bowl to combine.
2. Toss with enough dressing to coat.
3. Divide salad equally among plates.
4. Sprinkle with remaining ¼ cup walnuts and serve.

Tomato/Parsley Salad

John Speagle

Chop up lots of fresh tomatoes and parsley and onions; drench with mixture of olive oil and lemon juice.

Uncooked Cranberry Salad

This salad is good with chicken, turkey, ham, and even lamb. It's excellent with cold meats too. It will keep in the refrigerator—covered—for up to two weeks. It's easy to double this recipe. People aren't sure the first time they have this salad how much to take; I've found that putting a large spoon in the serving bowl gives them the proper hint!

Frank Letourneau

1 package cranberries, fresh or frozen (2 to 3 cups)
1 large seedless orange (one with-
out too thick a peel is best)
1 large apple, cored but unpeeled
½ cup white sugar

1. In a food processor or reasonable facsimile thereof, grind the cranberries into very small pieces. If using frozen cranberries, do not thaw. Remove to a mid-sized bowl.
2. Cut the orange—peel on—into eighths, and grind finely in food processor. Add to the cranberries.
3. Quarter and core the apple, leaving the skin on. Process as before. Add to mixture.
4. Add the sugar to the cranberry/orange/apple mixture and stir until combined.
5. Leave for a few hours before serving, to allow the flavours to merge, checking after a couple of hours to see whether you would prefer the salad with more sugar.

Tomato and Olive Salad & Cumin Dressing

Serves 6

Bill Romkey, adapted from a recipe of his mother Virginia

Cumin dressing

⅓ cup olive oil
2 tbl lemon juice
1 tsp sugar
¾ tsp ground cumin
pinch of turmeric (optional)
salt and pepper to taste
Mix together.

Salad

6 large ripe tomatoes, thinly sliced
2 cups red Spanish onions, sliced very thin
1 cup pitted black olives
¼ cup fresh watercress or parsley
Mix together in large bowl.

Mix dressing together and pour over tomato salad. Cover and marinate at room temperature for one hour, then refrigerate for several hours before serving. Goes well with fish.

Soups & Chowders



Celery Soup

Serves 4-6
Paul Collins

1 bunch of celery	salt and pepper to taste
2 tbl butter	1/8 tsp nutmeg
1 1/2 tbl cornstarch	1 1/2 cup single cream (Blend)
3 cups chicken broth	

1. Wash & thoroughly clean the celery. Cut into small pieces.
2. Place celery in a saucepan with a little salt and just enough water to cover the celery. Boil until tender. Drain. Reserve the celery.
3. In the same pan, heat the chicken broth, bringing it just to a boil.
4. In another saucepan melt the butter.
5. Remove butter from the heat and add the cornstarch, stirring until well incorporated.
6. Add a bit of the heated chicken stock, whisking well. Gradually add the remaining hot chicken broth and then the cooked celery.
7. Return to the heat and bring to boil.
8. Add salt, pepper, and nutmeg.
9. Reduce heat and simmer over very low heat for 20 minutes, stirring frequently.
10. Cool and blend, or strain mixture through a sieve.
11. Return to saucepan. Reheat gently, and add cream just before serving.

Quite often you only need a stalk or two of celery for something else you might make. So to use the rest of the bunch of celery before it wilts, I generally make this soup and freeze it. Just make it without the cream and pop it in the freezer. Thaw and reheat, adding cream.

GPB's Mushroom Soup

This is a delicious, very rich tasting mushroom soup, the result of hours of simmering, for 6-10; can make a day ahead; keeps well.

Gary Brooks

1 lb white or other button mushrooms	1 1/2 cups 5% cream
2 portobello caps	1 1/2 cups whole milk
1 large white onion, chopped	pinch of dried basil (not too much)
2 tbl vegetable oil	salt and pepper
6 tbl butter	2 tbl dry sherry
2 tbl flour	fresh basil leaves, to garnish
3 cups chicken stock, salt reduced	

1. Separate the caps of the mushrooms from the stems; slice/dice 2/3 of the caps and all the stems—don't need to slice too finely, because this will be blended. Set aside the other 1/3 of the mushroom caps, leaving whole for the moment.
2. Heat the oil and 3 tbl butter in a large, heavy-bottomed pan. Add the chopped onion and mushrooms stems and sliced caps. Fry for 2 or 3 minutes, stirring frequently.
3. Cover the pan; sweat mushrooms over low heat for 7 minutes, stirring occasionally.
4. Turn up the heat to medium; stir in the flour and cook for a minute or two.
5. Gradually add the stock, to make a thin, smooth sauce.
6. Add the dried basil and the salt and pepper.
7. Bring to a boil; lower the heat and simmer for at least two hours; the longer you simmer the soup, the richer it will be.
8. Remove from heat and purée in blender until relatively smooth. You may make the soup to this point the day before you wish to serve it.
10. Put the soup back on simmer for another two or three hours before you wish to serve it, leaving the cover off and reheating it slowly. This will make the soup richer still.
11. Add cream/milk until the soup seems a good consistency. Simmer.
12. Melt the rest of the butter (i.e., 3 tbl) in a frying pan. Slice the remaining mushroom caps in two or three; you want these mushrooms for texture, so bigger is better.
13. Add the sherry; it is a nice addition to the soup, but it is easy to add too much.
14. If you think the soup is too thick, you can dilute it with more cream or with some dry white wine.
15. Heat.
16. Adjust salt and pepper if necessary.
17. Place soup in bowls; add fried mushrooms to each bowl; garnish with fresh basil.
18. Serve with white roll, baguette, or Italian bread.

Hot & Sour Soup

This is modelled after the Vietnamese hot and sour soup served years ago at the Tu-Do Restaurant on Gottingen Street. Serves 4-6.

Norval Collins

5 cups chicken stock	3 green onions, chopped
1 tsp hot chili pepper crushed and coarse ground	1 tbl sesame oil
2 tbl wine vinegar	2 tbl sherry
1 tbl minced ginger	2 cups bean sprouts
1 tbl light soy sauce	½ cup mushrooms, sliced
2 cloves garlic, minced	½ cup cherry tomatoes (cut in half)
2 tbl sugar	1½ cup chicken or shrimp

1. Simmer all ingredients except the bean sprouts and shrimp/chicken for 10 minutes.
2. Add shrimp/chicken and simmer another 5 minutes.
3. Pour over raw bean sprouts placed generously in each soup bowl.

Shrimp Bisque

This can be made 15 minutes before serving. Serves 4

Daniel MacKay

½ small onion, minced	1 cup of chicken stock
1 clove of garlic, minced	3 cups of milk
½ cup butter	2 tbl cooking sherry
1 cup frozen cooked shrimp (no shells or tails)	salt & pepper
	3 tbl chopped chives or parsley

1. Microwave onion and garlic in butter for 1 minute in large (2 L) microwave-safe bowl.
2. Add frozen shrimp and microwave for 4 minutes, stirring every minute.
3. Place in blender, add stock and blend until smooth.
4. Place back in bowl and add milk and sherry, and microwave until hot, stirring every minute. Season with salt and pepper.
5. Serve when hot with chopped chives or parsley on top.

Paul's Favourite Fish Chowder

Serves 4-6. The amounts in this recipe can be varied according to the number to be served and your taste preferences.

Angus Campbell

1 medium or 2 small potatoes	you have one)
1 lb haddock fillets	½ small green pepper, chopped
2 tbl butter, divided	salt and pepper to taste
1 small onion, chopped	1 can salt-reduced chicken stock
2 medium carrots, chopped	2 cups 5% cream
1 or 2 sticks of celery, chopped	dash paprika
very finely (use a mandolin if	

1. Peel the potato(es), dice, and cook in a medium sized saucepan with a small amount of water until just tender.
2. Remove the potato and reserve.
3. In the same water, simmer the haddock until it begins to flake when touched with a fork; if necessary, add a bit more water.
4. Remove the fish from the liquid, and reserve, keeping the water in the saucepan.
5. Melt 1 tbl butter in a frying pan over medium-low heat.
6. Add the onion, carrot, celery, and green pepper. Sauté until just barely soft, making sure that the vegetables do not brown; if necessary, reduce the heat.
7. Remove the vegetables from the frying pan and reserve.
8. Add the chicken stock and the cream to the water in the saucepan.
9. Add the cooked potato, fish, and the sautéed vegetables.
10. Simmer on medium-low heat for 30 minutes, making sure that the chowder doesn't boil.
11. Before serving, sprinkle a dash of paprika over the top of the chowder.

You'll have noted that this recipe doesn't involve thickening the chowder with flour, something many restaurants do to prevent it from curdling if it happens to boil. If you like a slightly thickened chowder, however, take 1/3 of the potato and 1/3 of the fish and blend until very smooth. Add this blended mixture to the chowder before it is simmered.

This chowder will be even better if made the day before it is to be served; refrigerate and reheat over medium-low heat.

In memory of Paul Boulais (1956-2007).

Seafood Chowder

*from the Zwicker Inn, Mahone Bay, Nova Scotia
Deb Mathers*

1 medium onion, minced	chopped
1 cup celery, diced	¾ cup sour cream
1 tbl butter	3 medium potatoes, peeled, cooked, diced
1½ tsp thyme	1¼ cups milk
2 cups whipping cream	1 tsp salt
8 oz haddock or halibut fillets	½ tsp pepper
6 oz scallops, chopped	paprika for garnish
3 oz lobster meat, cooked,	

1. Cook onion and celery in the butter until transparent. Add the thyme. Remove from heat.
2. In a saucepan, pour the whipping cream over fish. Cover, bring to a boil, reduce heat and simmer slowly for 10 minutes or until the fish flakes easily. Remove the fish with a slotted spoon, then break into small pieces and remove any bones. If the fish is boneless, I skip this step and just leave the fish and cream in the pot.
3. Add the onion mixture and scallops to the poaching mixture. Bring barely to a boil, then reduce heat and simmer for about one minute, or until the scallops are opaque.
4. Add the fish, lobster, sour cream, potatoes and milk. Heat through but do not allow to boil. Season with salt and pepper.
5. Ladle into soup bowls, sprinkle with paprika.

I find it is better the second and third day. Very rich, very expensive, and very tasty. Serve with a very nice bread or rolls.



Vegetables

Maple-Glazed Parsnips

Edie Hancock, adapted from a recipe of Delia Smith; serves 8

3 lbs medium-sized parsnips (and yes, for 8 people I used a full 3 pounds)	salt and freshly ground pepper to taste
3 tbl peanut oil (peanut oil is used because it has a high smoking point)	2 rounded tbl wholegrain mustard 2 tbl maple syrup

1. Preheat oven to 450°F.
2. Peel the parsnips and then cut them in half horizontally through the centre; cut the top half of each parsnip into four and the bottom half into two to make even-sized pieces.
3. Sprinkle with salt and steam, covered, for 6 minutes.
4. Meanwhile, put the oil in a baking tray and place in oven to preheat, watching carefully to ensure the oil isn't smoking. Remove from the oven, and place on direct low heat on the top of the stove to keep warm.
5. Add the parsnips, rounded side up; tilt the pan and baste parsnips evenly with the hot oil to coat.
6. Grind pepper over the parsnips.
7. Return to the oven until nicely browned, 15-25 minutes. Check after 10 minutes, reduce heat if necessary.
8. In a small bowl, combine the mustard and maple syrup to form a glaze. Brush the parsnip with a liberal coating of the mustard and maple syrup mixture.
9. Return to the oven and cook for a further 8-10 minutes.
10. Serve immediately.

Four-Square Root Vegetables

Low salt, low cholesterol, still tastes good. Serves 4 or 5 as a side dish.

Lynn Murphy

cooking spray	1 tsp dried thyme / 8-10 springs
2 medium potatoes, trimmed but not necessarily peeled	fresh
1 medium sweet potato, peeled	freshly grated black pepper to taste
half a small turnip*, peeled	½ cup reduced salt chicken stock
1 or 2 large onions	½ cup reduced fat cheddar cheese (optional)
3 or 4 cloves garlic, chopped	

Add a cup of parsnip if you like it. If you don't have sweet potato, use carrots. Don't use squash.

1. Spray inside of 1½ or 2 quart casserole dish with cooking spray.
2. Chop next three ingredients into half inch squares and add to casserole.
3. Chop onions and garlic, and add.
4. Add pepper and thyme. If using fresh thyme, you can strip the leaves off and discard the woody parts of the sprigs, or leave them whole. If leaving whole, don't cut them up - you want to be able to pull the sprigs out later.
5. Add chicken stock. Mix everything up well.
6. Cover casserole and put in oven at 350°F for 50 minutes.
7. Uncover casserole and grate cheese over the top (if using). Put back in oven for ten minutes.
8. As you serve it out, remove as many thyme sprigs as you see. Or let your guests do it.

This looks attractive on the plate with little squares of white, yellow, and orange vegetables. Steamed green beans are a good match. Serve as a side with chicken, pork, lamb, beef, etc. Does not go well with fish.

* By turnip, I mean rutabaga. You could probably use actual turnips (smaller, rounder, whiter roots with purple shoulders) but I have not tried them.

Eggplant Casserole

Serves 2

Lynn Murphy

8 oz Japanese eggplant	Sauce
8 oz zucchini	½ cup fat-free cottage cheese
cooking spray	½ cup fat-free sour cream
1 medium onion	2 tsp basil paste
½ red or green pepper	1 tbl fresh parsley
3 cloves garlic	
¾ of a 14 oz can of no-salt-added diced tomatoes , undrained	

1. Preheat oven to 400°F. Spray frying pan and baking dish with cooking spray.
2. Cut eggplant and zucchini into ¼" slices. Chop onions, pepper, and mince garlic.
3. Sauté eggplant and zucchini in frying pan for five minutes each side. This will probably require two fills of the pan. Add more cooking spray as needed, but remove frying pan from heat before re-spraying. Remove eggplant and zucchini from pan and set aside.
4. In the same pan, sauté onion, pepper, and garlic until softened. Add the diced tomatoes and mix in. Add the eggplant and zucchini and mix in.
5. In a separate bowl, mix the next four ingredients to form a sauce.
6. Put sautéed veg/tomato mixture into a baking dish and spread sauce over the top.
7. Bake for 30 minutes.

Stewed Tomato/Corn Casserole

Serves 2
Bill Romkey

4-6 crackers	salt and pepper to taste
1½ cup frozen corn	1½ cups canned diced tomatoes, undrained
¼ cup minced onion	1 tsp dried basil
1 cup milk	2 tbl parmesan cheese
1 beaten egg	½ cup bread crumbs
1 tbl flour to thicken	
1 tsp concentrated chicken stock	

1. Preheat oven to 375°F.
2. Grease casserole dish and crumble crackers over the bottom of the dish.
3. Boil frozen corn, and drain.
4. Pour corn and onions over the crackers in the casserole dish.
5. In a saucepan, mix milk, beaten egg, chicken stock concentrate, salt, pepper, and flour to thicken. Mix well and pour over corn/cracker mixture.
6. In a pan, heat tomatoes and basil to a simmer. Pour over corn mixture.
7. Sprinkle Parmesan cheese and breadcrumbs on top.
8. Bake 30 minutes uncovered.

Turnip Poulette

Very nice, but very rich. Serves four as a side dish.
Bill Romkey

1 medium size turnip	1 tsp lemon juice
2 tbl bread crumbs	¼ cup cream
½ cup mushrooms, chopped	1 cup chicken stock
½ cup onion, chopped	1 beaten egg
1 tbl butter	salt and pepper to taste

1. Pre-heat oven to 350°F.
2. Peel and dice turnip. Cook in water to cover, then drain.
3. Add 2 tbl bread crumbs.
4. Saute mushrooms and onion in butter and lemon juice, and add to turnip. Mix well.
5. In a bowl, combine cream, chicken stock, egg, and salt and pepper. Pour this over the turnip mixture.
6. Bake uncovered for 30 minutes.

A Soufflé Is Easier than You Think!

Gary Brooks

If you want to cultivate a reputation as a consummate cook, serve a soufflé. Sweet or savoury, soufflés look wonderful and their reputation for being almost impossible to make properly is entirely undeserved. Any soufflé is composed of only three standard components: a simple sauce, some type of flavouring, and beaten egg whites. The ingredients tend to be standard (e.g., eggs, cheese, milk) and they're mostly inexpensive to make. Soufflés are not nearly as delicate as they look and taste, and it's surprisingly easy to produce a perfect soufflé.

Here are some tips on how to prepare a soufflé that will launch or confirm your reputation as a highly skilled cook. The goal is a cloud-like creation, light, fluffy, hovering above the top of your cooking pan. The most important key in cooking any soufflé is to incorporate stiffly beaten egg whites into the flavoured sauce in such a way to maximize lightness. The beaten egg whites contain thousands of minute air particles enclosed in a film of the egg white; the air bubbles expand as the soufflé bakes, causing the soufflé to rise. Once the air begins to cool, the soufflé will begin to deflate.

1. First, chose the right bowl in which to beat the egg whites. Glass, stainless steel, or copper is best. Make sure the bowl is absolutely clean; any left-over oil will prevent the whites from forming proper peaks. Never use a plastic bowl as oil tends to stick to the surface.
2. Make sure that no yolk gets into the whites when you're separating the eggs, as this will prevent the whites from becoming sufficiently stiff when beaten.
3. While eggs are easier to separate when they are cold, egg whites are easier to beat at room temperature; more air can be incorporated and the volume will be greater if they're lukewarm rather than cold. Leave the whites on the counter for an hour before beating them.
4. Traditionally French chefs used a whisk and a copper bowl to beat egg whites. If you don't have a copper bowl or the stamina to beat egg whites by hand, it's perfectly OK to use an electric mixer; medium speed will incorporate the maximum amount of air.
5. Adding ¼ tsp of cream of tartar to the egg whites will also increase the volume when they're beaten. Adding a few drops of fresh lemon juice is said to serve a similar purpose.
6. The flavoured sauce should be lukewarm when the egg whites are folded in. The beaten whites will partially deflate if folded into a mixture that's too hot.
7. When you fold the beaten egg whites into the sauce, begin by gently incorporating about a quarter of the white, then delicately fold in the rest just until there are no more white streaks.

8. A straight-sided ceramic soufflé dish is essential. Grease the sides and bottom carefully with butter. The straight sides and the coating make it difficult for the batter to stick to the baking dish so the soufflé can climb higher as it cooks, ideally above the top of the pan.
9. Given the number of eggs in a typical soufflé, the amount of flavouring added to the sauce may sound like a lot, but the finished product will have a more delicate taste than you would think from sampling the batter before cooking.
10. Different recipes suggest radically different temperatures for cooking a soufflé; one can probably trust Julia Child who recommends preheating the oven to 400°F, reducing the temperature to 375°F as soon as the soufflé is placed in the oven.
11. On average, a soufflé will cook in 30-35 minutes when cooked at the temperature recommended above.
12. How will you know when the soufflé is cooked? First of all you want the top to be nice and brown. The second and critical sign is that the aroma of the flavouring (e.g., cheese or orange) begins to waft strongly throughout the kitchen. You also want the texture of the soufflé to be set but not dry. Start checking when there is still 10 minutes or so on the cooking time. Move the dish gently; if the soufflé jiggles in the middle, keep on baking it until it is comparatively stable. Overcooking will make it tough, however.
13. Soufflés really need to be eaten as soon as they are removed from the oven, both for appearance—after a few minutes they will begin to deflate—and flavour. Have your guests sitting at the table before taking the soufflé from the oven, and bring it straight to the table to serve. For a dessert soufflé they won't mind waiting for a few minutes if necessary once they know what you will be serving.
14. In serving a soufflé, make sure that each person's plate contains some of both the soft and creamy interior and the delicious browned and firmer exterior.

Glossary

Cooking and baking have their own vocabulary. To assist the reader in understanding some of these terms that with which she or her might be unfamiliar, the following explanations are provided.

bundt pan: A distinctively shaped tube pan that produces a ridged, ring-shaped cake.

caramelize: when food (e.g. onion) is heated to 300°F or higher, the natural sugars are released and turn brown, adding colour and flavour

chop: to cut up coarsely (compare with dice).

cream: to combine ingredients—typically butter and sugar—while incorporating air, until light and fluffy, with a hand mixer, stand mixer, or wooden spoon.

dash: like “scant” and “pinch”, dash often appears in old recipes and in those of experienced cooks. Like these other terms, it says: “Don't go overboard!”. A dash might roughly be translated as 1/8 tsp. Again, use the taste test.

dice: to cut up finely (compare with chopping).

julienne: to cut vegetables in long, narrow square strips of roughly uniform size, not unlike matchsticks. Potatoes, carrots and celery are often julienned.

mandolin: a type of cutting implement that allows one to slice rapidly, thinly, and evenly; useful in cutting carrots or cucumbers, for example.

pinch: an instruction that appears in many old recipes and, like “scant” indicates that the cook is to be careful not to add too much of the ingredient. While there's no exact amount associated with a pinch, you might start with 1/16 of a tsp and check the taste.

rasher: a slice of bacon.

sauté: a method of cooking food quickly in a little fat; food being sautéed is usually cut in small pieces and is browned while maintaining moisture and flavour.

scant: (as in a scant cup) a cup, for example of sugar, that is not heaping and might even be a little below the full mark; an indication that one shouldn't overdo the ingredient.

sear: to brown the surface of the food—typically meat—before continuing to cook it more slowly. Searing is usually done using fat and a relatively high temperature.

simmer: to simmer is to cook food in a liquid at a temperature just lower than boiling (e.g., 185-205° F). Many recipes call for a period of simmering, and it is particularly common in making soups, stews, and stocks; it prevents meat from becoming tough which often happens when it is boiled.

spring-form pan: a spring-form pan is a type of cake/dessert baking pan made with removable sides. The base and the sides are separate and are held together by a latch. The advantage of this type of pan is that it is easier to remove the cake or dessert from the pan.

tube pan: a form of high-sided cake pan with a hollow tube in the middle; loose bottom tube pans are best, particularly for a thicker batter. Tube pans allow the centre of a large cake to bake evenly.

zest: the outer layer grated off the rind of fruit, most typically a lemon or orange, that contains oils used as a flavouring in many recipes. Only the outer layer of the rind is used as the lower layers are bitter.

