

CARLETON'S

HISTORY



*Recipes from a
pandemie social*

DEPARTMENT

COOKBOOK

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FOREWORD

These recipes were collected as part of a pandemic-era social event held over Zoom in January 2022. Attended by history students and professors alike, the following recipes speak to a time when we couldn't gather to share food among friends and colleagues. With this cookbook, we hope to inspire cooking projects and provide recipes to be enjoyed as they were meant to - savoured among the company of others.





APPETIZERS

CHEESIES

A recipe submitted by professor Paul Nelles, from his mother's recipe cards.

INGREDIENTS

8oz McLaren's Imperial cheese
1 cup butter
1 1/2 cup flour
4 cups rice krispies
dash salt
1/4 tsp Tobasco
1/4 tsp Worcestershire sauce



DIRECTIONS

- 1 Soften cheese and butter; mix well. Mix in flour and seasonings. Stir in Rice Krispies; mix and chill.
- 2 Roll into balls. Place on a cookie sheet about 1 inch apart. Flatten with a fork. Bake at 350°F for 12-15 minutes.



A photo of the iconic McLaren's Imperial Cheese, provided by Paul.

MOULES FRITES WITH GARLIC MAYO

Submitted by Rebecca Friend, this recipe comes together surprisingly quickly (and cheaply!) making it the perfect first course to impress your guests on a special evening.

INGREDIENTS

Fresh leafy herbs, about a handful, finely chopped (cilantro, parsley, chives, and dill all work great here)
3 garlic cloves, thinly sliced and 1 additional clove left whole
2 shallots, thinly sliced
2 tbs of butter, divided
2lb bag of mussels, rinsed and any open ones discarded
1/2 cup of white wine (the rest is for drinking!)
1 bag of frozen shoestring fries
Enough mayo for dipping... a personal preference, really
1/4 tsp of lemon zest (optional)

DIRECTIONS

- 1 Heat your oven to the temperature indicated on the French fry instructions, add fries to the oven when ready.
- 2 In a large deep pan with a fitted lid over medium-low heat, soften the shallots and garlic in a tablespoon of butter (about four minutes).
- 3 Pour in half a cup of wine and let it come to a rapid simmer.
- 4 Add your mussels, turn the heat down to low, and allow to simmer until the majority of your mussels have opened (about 4-5 minutes). Discard those that stayed closed, and using a slotted spoon transfer the rest to a serving bowl.
- 5 Add the remaining butter and 3/4 of the herbs to the pan. Allow everything to melt and reduce slightly over low heat, around 3 minutes. Season with fresh-cracked pepper and Kosher salt to taste.

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- 6 Pour the sauce over your mussels and remove the French fries from the oven and add them to a bowl, along with the remaining chopped herbs
- 7 In a small bowl, add as much mayo as you'd like and grate the clove of garlic into it. Add the lemon zest, a couple turns of fresh-cracked pepper, and any leftover chopped herbs that may have stuck to your chopping board or scattered across your counter
- 8 Pour yourself a glass of wine and voila, you're done!

MOULES FRITES WITH GARLIC MAYO



A solid purple square is positioned on the left side of the image, partially overlapping the word 'MAINS'. The square is centered vertically and its right edge is slightly to the left of the start of the word.

MAINS

MEDITERRANEAN GNOCCHI WITH BOCCONCINI AND OREGANO

A recipe provided by Amie Wright, inspired by her short-lived run receiving Hello Fresh boxes and tweaked by her partner, Kyle.

INGREDIENTS

700g gnocchi
200g bocconcini cheese, quartered
120g baby spinach, roughly chopped
1/2 cup of feta, crumbled
227g baby tomatoes
1 English cucumber, diced
1 large red (or orange) pepper, diced
4 tbs white wine vinegar
7g oregano, leaves stripped and finely chopped
113g red onion, diced
12g garlic, minced
60g mixed olives, pitted and roughly chopped
4 tbsp unsalted butter
1 tsp sugar
Oil
Salt and pepper

DIRECTIONS

- 1 Whisk together vinegar, 4 tbsp oil and 1 tsp sugar in a large bowl. Add olives, peppers, cucumber, bocconcini, and tomatoes. Season with salt and pepper, then toss to coat. Set aside.
- 2 Heat a large non-stick pan over medium heat. When hot, add 4 tbsp butter and 1 tsp oil. Swirl in pan to melt, 1 min. Add gnocchi. Cook, stirring occasionally, until golden brown, 5-6 min. NOTE: *depending on the size of pan you may need to pan-fry the gnocchi in two batches.*
- 3 Add garlic, onions and oregano to the pan with gnocchi. Cook, stirring occasionally, until onions have softened slightly, 2-3 mins.
- 4 Add pan-fried gnocchi and spinach to the large bowl with marinated veggies and bocconcini. Toss to combine. Divide gnocchi between plates. Sprinkle feta over top.

MEDITERRANEAN GNOCCHI WITH BOCCONCINI AND OREGANO



COTTAGE PIE AND SHEPHERD'S PIE

Submitted by professor Dominique Marshall, this recipe provides readers with a two-for-one process for making either shepherd's pie (traditionally made with lamb) or cottage pie (traditionally made with beef).

INGREDIENTS

1 small onion, chopped finely
1 lb (450g) minced beef, chopped lamb, or meat leftovers
1 tbs (15ml spoon) oil
3/4 oz (20g) plain flour
1/4 pint (150ml) brown stock
1 tbs (15ml spoon) chopped parsley
a pinch of marjoram or lovage
1 tsp (5ml spoon) Worcestershire sauce
1 lb (450g) cooked, mashed and buttered potatoes
salt and pepper

DIRECTIONS

- 1 Preheat the oven to 350°F.
- 2 Brown the onion and the meat - if you are using fresh meat - in the oil.
- 3 Stir in the flour and cook for a minute or two more. Add the stock and simmer through for a minute or two.
- 4 Add the rest of the ingredients (except the mashed potatoes), and stir in the leftover meat if using. Season with salt and pepper.
- 5 Put this mixture in a baking dish and cover with the potatoes, marking their surface with a fork.
- 6 Bake in the preheated oven for 45 minutes until the potatoes are nicely browned top.

COTTAGE AND SHEPHERD'S PIE



CHICKPEA CURRY

Jeff Blackadar's recipe for chickpea curry has been described as a "forgiving recipe," one that "you can modify quite a bit."

INGREDIENTS

1 can of chickpeas, washed and drained (cooked dried chickpeas work too - just allow at least 6 hours to soak before cooking them)

2 tbsp vegetable oil

1 onion, diced

1-2 cloves of garlic, minced (optional)

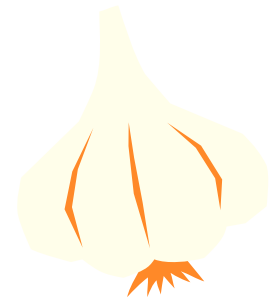
1 tomato, diced

Spices: I use a tbsp of garam masala from Bulk Barn and 1 tbsp of curry powder. Spice it how you like (1 tbsp each works well).



DIRECTIONS

- 1 Dice the onion and tomato. Mince the garlic.
- 2 Mix the spices and tomato to make a paste in a bowl, add a little water if needed.
- 3 Add oil to a pan and set it over medium heat.
- 4 Add onions and garlic to oil. Stir occasionally so they don't burn. Once softened, add tomato and spices, stir to make a sauce.
- 5 Add chickpeas. Stir them in to cover with the sauce. Heat through until the chickpeas are hot inside.
- 6 Serve with rice.



CHICKPEA CURRY



BAKED WINTER SQUASH WITH APPLE AND SAUSAGE STUFFING

This recipe comes from the home kitchen of Samuel Mickelson and is adapted from the Joy of Cooking (2019 edition)

INGREDIENTS

6 tbsp butter
2 tbsp olive oil or vegetable oil
2 medium to large winter squash (e.g., butternut or acorn)
1 lb firm white sandwich bread or baguette including crusts
1 lb sausage (e.g., Italian, chorizo)**
4 cups peeled and diced green apples (e.g., Granny Smith)
1 cup raisins
1 cup walnuts coarsely chopped
1 large onion diced
4 celery ribs finely chopped

1 pound white or cremini mushrooms sliced
½ cup minced parsley
1 tbsp minced fresh sage or 1 tsp dried sage
1 tbsp minced fresh thyme or 1 tsp dried thyme
¾ teaspoon salt
½ teaspoon black pepper
¼ teaspoon grated or ground nutmeg
½ to 1 cup chicken stock or broth, or as needed
2 eggs
½ cup feta cheese

DIRECTIONS

Roast the squash

- 1 Preheat the oven to 350°F. Grease a baking dish large enough to hold the squash comfortably.
- 2 Halve the squash lengthwise and remove the seeds and strings. Arrange the squash cut side up in the baking dish and brush with 1 tablespoon olive oil or vegetable oil. Cover baking dish with lid or foil and bake the squash until almost tender (about 30 to 40 minutes).
- 3 Remove the squash from the oven and let cool until safe to handle with your hands. Keep the oven on. *cont'd next page*

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Prepare the bread stuffing

- 4 Slice the bread into ½ inch cubes (10 cups lightly packed). Toast on a baking sheet for 5 to 10 minutes at 400°F until golden brown. Reduce the oven to 350°F.
- 5 Heat a half tablespoon of butter and a half tablespoon of olive oil in a frying pan and cook the sausages over medium heat. Remove the sausages from the pan when cooked and slice into pieces when safe enough to handle with your hands. You may replace up to half of the butter for the vegetables below with the rendered fat from the sausages if desired.
- 6 Heat 4 tablespoons of butter in a large skillet. Add diced onion, mushrooms, and celery and sauté over medium heat until tender, about 6 to 8 minutes.
- 7 Remove from heat and stir in the sliced sausage, apples, walnuts, parsley, sage, thyme, salt, pepper, and nutmeg.
- 8 Add this mixture to the bread cubes and toss until well combined. Season to taste.

- 9 Stir in the chicken broth a little at a time until the stuffing is lightly moist but not packed together.
- 10 Toss mixture with two eggs well beaten.
- 11 Roast the stuffing until browned as desired, about 30 to 45 minutes. For soft dressing, cover the dish with a lid or foil. For crispy, browned dressing, leave the dish uncovered.

Finish the dish

- 12 Once the squash has cooled, scoop out most of the flesh, leaving 3/8-inch-thick shells. Lightly mix the squash flesh into the stuffing mixture, breaking up the squash as little as possible.
- 13 Pile the stuffing into the squash halves
- 14 Bake uncovered until hot and crusty on top. About 20 to 25 minutes.
- 15 Let cool for a few minutes then garnish with crumbled feta cheese and serve

*****Tip: If you live in Centretown, Seed to Sausage on Gladstone is an excellent and affordable place to buy sausages. I recommend their apple sage sausage for this recipe.***

**BAKED
WINTER
SQUASH**



**WITH APPLE
AND SAUSAGE
STUFFING**

TIKTOK GNOCCHI AND SAUSAGE SOUP

This dish submitted by Chloe Dennis demonstrates how recipes come in all shapes, sizes, and styles! Follow the link below to make @calamitykyle's gnocchi soup.

[HTTPS://WWW.TIKTOK.COM/@CALAMITYKYLE/VIDEO/7019359935054040326](https://www.tiktok.com/@calamitykyle/video/7019359935054040326)



PEPPERS STUFFED WITH BLACK BEANS, MUSHROOMS, AND QUINOA

Professor David Dean's recipe for stuffed peppers conjures up memories of the ubiquitous and often only vegan/vegetarian dish on offer in UK restaurants for many years. After eventually going off them, this recipe - a slight variation of one from Isa Chandra Moskowitz - changed his mind.

INGREDIENTS

3 tbsp olive oil
1 yellow or sweet white onion
1 cup of chopped mushrooms (mix of white and cremini, or just cremini)
Chilli powder and salt to taste
1/2 cup uncooked quinoa
15-ounce tin of tomato sauce
1/4 cup of water
4 large red peppers
1.5 cups cooked black beans (or 15-ounce tin, drained)
Couple of teaspoons of maple syrup
Fresh cilantro (and if you like vegan feta) for garnish.

DIRECTIONS

- 1 Saute finely chopped onion until translucent.
- 2 Add crushed/minced garlic for a few minutes. Then add mushrooms and sauté until moisture starts to come out of them
- 3 Add chilli powder and salt, then quinoa, most of the tomato sauce and the water, and simmer the lot for 20 minutes or so, check on it to see if it needs stirring.
- 4 Heat the oven to 350F and while you're waiting cut off the tops of the peppers and remove the seeds.
- 5 Brush the outsides with olive oil, toss a bit of salt on them, and place them upside down in a roasting dish.
- 6 Put them in the oven for around 10 minutes to soften them, remove (but leave the oven on) and turn them upright.

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- 7 Add the beans and maple syrup to the sauce that's been simmering away on top of the cooker.
- 8 Toss the lot into each of the peppers, pour the remaining tomato sauce on top, and put them back into the oven for fifteen minutes or so (until a sharp knife easily goes through them).
- 9 Remove, throw some chopped cilantro on top, and if you like some crumbled vegan feta.
- 10 Serve with salad. Yum. Oh, and the wine works too.

PEPPERS STUFFED WITH BLACK BEANS, MUSHROOMS, AND QUINOA



SPIT-ROASTED LAMB

A recipe from the outdoor kitchen of Michael Petrou.

INGREDIENTS

1 whole lamb
Olive oil
Rosemary
Oregano
Lemons
Garlic
Kosher Salt
Pepper

DIRECTIONS

- 1 Make paste with olive oil, salt, zested lemons and juice, herbs, and spices.
- 2 Smear all over inside and outside of lamb, and into slits made in meat.
- 3 Throw extra stocks of rosemary, more lemons and garlic inside lamb cavity. Sew shut. Light charcoal fire.
- 4 Ask Greek father to help you thread lamb on spit. Argue loudly about how to do it.
- 5 Lift lamb over fire. Burn hands. Drop lamb. Argue more with father. Tell inquiring neighbours to mind their own business.
- 6 Successfully place lamb over fire. Make peace with father.
- 7 Watch lamb cook. Drink wine. Twirl imaginary moustache. Eat lamb.



SPIT-ROASTED LAMB



PORCUPINE MEATBALLS

From the home kitchen of Natalie Cross comes a recipe for porcupine meatballs - proceed with caution!

INGREDIENTS

Sauce

1 can tomato soup
1.5 cups of water
2tsp chili powder
1/4 tsp all spice (optional)
1/2 tsp celery seeds
1 tsp Worcestershire sauce
1-2 tbsp brown sugar (add depending on how sweet you like the sauce)

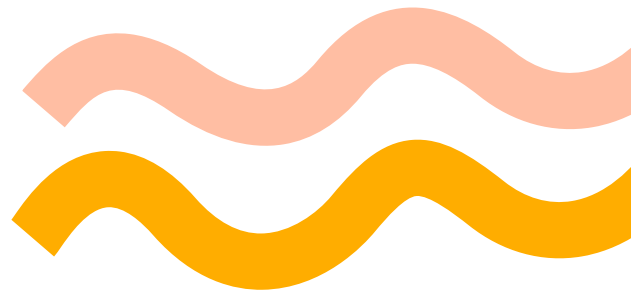
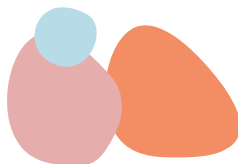
Meatballs

1 lb lean ground beef
1/2 cup long grain rice (uncooked)
1/2 cup chopped onion

1/2 cup chopped celery
1 beaten egg
1 tsp prepared mustard
1.5 tsp salt
1/2 tsp pepper

DIRECTIONS

- 1 Prep the sauce first in a saucepan, simmer on low heat while you prep the meatballs.
- 2 Mix together meatball ingredients in a mixing bowl, shape into golf-ball size.
- 3 Arrange in a roast pan, pour the sauce over the meatballs.
- 4 Cover with lid, bake for 1 hour at 350*.



ONE-PAN ROASTED CHICKEN WITH POTATOES, GARLIC, SHALLOTS AND CAPER BERRIES

A recipe submitted by professor Susan Whitney, originally published in print in The Globe and Mail.

INGREDIENTS

2 whole chicken legs (thighs and drumsticks)
1 pound small new potatoes
1 lemon, thinly sliced into rounds
2 heads garlic, halved crosswise
6 small shallots, halved lengthwise
2 sprigs rosemary
1/2 cup caper berries, loosely packed (can substitute 1/2 whole green or black olives of your choice or a 1/2 cup regular capers as necessary)
1/2 cup extra-virgin olive oil

1 tsp chili flakes
1 tsp kosher salt, plus more for seasoning the chicken
10 grings freshly cracked pepper
Fresh, crusty bread (for serving)

DIRECTIONS

- 1 Preheat the oven to 325 F.
- 2 Place the chicken in a large casserole and season liberally on both sides with salt and pepper and set aside.
- 3 Combine the remaining ingredients in a large bowl and toss to combine. Add the chicken and toss together.
- 4 Place everything back into the casserole you used for seasoning the chicken, with the legs lying skin-side up on the top. Turn the garlic and shallots cut-side down so that they roast into the olive oil while baking.

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- 5 Roast for 75-90 minutes until chicken skin is golden brown and meat is falling off the bone. Garlic and shallots should be completely roasted and potatoes should be fork-tender.
- 6 Remove from oven and allow to cool 5-10 minutes before serving with bread (which is excellent for mopping up the flavourful sauce in the bottom of the casserole).

ONE-PAN ROASTED CHICKEN WITH POTATOES, GARLIC, SHALLOTS AND CAPER BERRIES



FRENCH ONION AND APPLE GRILLED CHEESE

This recipe, submitted by Tyla Betke and originally developed by Half-Baked Harvest, gives the grilled cheese an autumnal twist.

INGREDIENTS

3 tbs salted butter
2 yellow onions, thinly sliced
kosher salt and black pepper
3/4 cup apple cider
1 tbs fresh thyme leaves
1 tbs chopped fresh sage
1 pinch crushed red pepper flakes
4 slices prosciutto (optional)
8 slices sourdough bread
2 tbs extra virgin olive oil
1 1/2 cups shredded fontina cheese
1 1/2 cups shredded gouda or white cheddar cheese
1 honey crisp apple, thinly sliced

DIRECTIONS

- 1 Melt 2 tbs butter in a large skillet over medium-high heat. When the oil shimmers, add the onions and cook 3 minutes, until softened.
- 2 Add half the apple cider, season with salt and pepper and continue cooking another 5 minutes, until the cider has mostly evaporated.
- 3 Add the remaining cider and cook another 5 minutes, or until the onions are golden and caramelized. Add the thyme, sage, and crushed red pepper, cook another minute. Remove from the heat.
- 4 In a large skillet set over medium heat, cook the prosciutto until crisp, about 2 minutes per side. Remove from skillet.
- 5 Brush the outside of each slice of bread with olive oil. On the inside of half of the slices of bread, evenly layer the cheeses, onion, apples, and prosciutto. Add the top piece of bread, olive oil side facing up.
- 6 Place the sandwiches, 1-2 at a time, in the skillet and cook until golden on each side, about 3-5 minutes per side. During the last minute of cooking, add 1/2 tbs butter and 2 sage leaves. Repeat with the remaining 2 sandwiches. Serve immediately, topping with the crispy sage.



Image from half-baked harvest

FRENCH ONION AND APPLE GRILLED CHEESE



DESSERTS

STRAWBERRY CHEESECAKE MACARONS

This sweet treat comes from the home kitchen of Kavita Mistry.

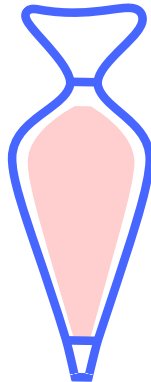
INGREDIENTS

For the cookie:

3 egg whites, room temperature
1/4 cup granulated sugar
1 3/4 cups powdered sugar
1 cup superfine almond flour
3 drops red food colouring

For the filling:

8 oz cream cheese, softened
1 cup powdered sugar
2 tbs milk
Strawberry jam



DIRECTIONS

- 1 In a medium bowl, beat the egg whites until frothy. Keep beating and slowly add the sugar until stiff peaks form. If you have an electric mixer, I highly suggest it, it takes a long time and a strong arm to hand whisk.
- 2 Sift the powdered sugar and almond flour over the egg whites. I always add less sugar than it says, still tastes great! Fold the dry mixture into the egg whites, giving the bowl a quarter turn every third fold. DO NOT OVERMIX! Once the batter reaches a lava-like consistency, transfer half to another bowl and add the food coloring. Mix until just combined.
- 3 Working quickly, put the white and pink batters into separate small zip-top bags. Cut a corner off of each bag and squeeze the 2 batters evenly into a larger gallon-size bag or piping bag to create a multicolor effect.
- 4 Line a baking sheet with parchment paper. Protip: use a little batter to “glue” down the edges of the parchment paper so it stays put). In a circular motion, pipe circular dollops onto the baking sheet.

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- 5 Line a baking sheet with parchment paper. Protip: use a little batter to “glue” down the edges of the parchment paper so it stays put). In a circular motion, pipe circular dollops onto the baking sheet. Lift the baking sheet and gently tap on the counter to settle the batter. Let the cookies rest for 1 hour, until they are no longer wet to the touch and a skin forms on top.
- 6 Preheat the oven to 285°F (140°C).
- 7 Make the filling by mixing the cream cheese, powdered sugar, and milk in a medium bowl until smooth. Transfer to a piping bag and set aside until ready to fill the cookies.
- 8 When the cookies are dry to the touch, bake for 15-18 minutes, until they have risen. Let them cool for 10 minutes.
- 9 To fill, pipe a circle of the cream cheese mixture around the edge of 1 cookie and place a small dollop of jam in the center. Sandwich with another cookie. Macarons are best kept refrigerated until serving.



STRAWBERRY CHEESECAKE MACARONS

CHRISTMAS TREE MERINGUE COOKIES

Submitted by Natalie Amato, this recipe was adapted from the internet and embellished with food colouring and sprinkles.

INGREDIENTS

4 large egg whites room temperature
1/2 teaspoon cream of tartar
1/8 teaspoon salt
1 cup granulated sugar
1 teaspoon vanilla extract
Green food colouring
Sprinkles

DIRECTIONS

- 1 Preheat oven to 225F (105C) and line a large cookie sheet (or two regular-sized cookie sheets - make sure they fit in your oven together) with parchment paper. Set aside.
- 2 Combine egg whites, cream of tartar, and salt in a large, completely clean, completely grease-free bowl.
- 3 Using an electric mixer or a stand mixer (with either the whisk or paddle attachment), stir on low speed until mixture becomes foamy.
- 4 Increase speed to high. With mixer on high, gradually add sugar, about 1 Tablespoon at a time, stirring after each addition until sugar is dissolved (about 15-20 seconds between each addition).
- 5 Beat until mixture is thick, shiny, and has increased in volume. Mixture should have stiff peaks and sugar should be completely dissolved (you can test this by rubbing a small bit of the mixture between your fingers, if it feels gritty, the sugar isn't dissolved).
- 6 Stir in vanilla extract and green food colouring. Fit a large piping bag (or zip lock bag) with a large tip and transfer meringue to prepared piping bag and pipe onto prepared cookie sheet.

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- 7 The meringue cookies can be pretty close to each other as they won't spread, and you will want to bake all of the cookies at the same time, so make sure you make enough space. Add sprinkles before putting in the oven.
- 8 Bake on 225F (105C) for 1-2 hours. Turn off the oven once the baking time has passed, and do not open the oven.
- 9 Leave the oven door closed and allow cookies to cool completely in the oven (1-2 hours) before removing.
- 10 Meringue cookies should be crisp and can be stored in an airtight container. Keep away from heat and moisture as it can soften your meringues.



CHRISTMAS TREE MERINGUE COOKIES

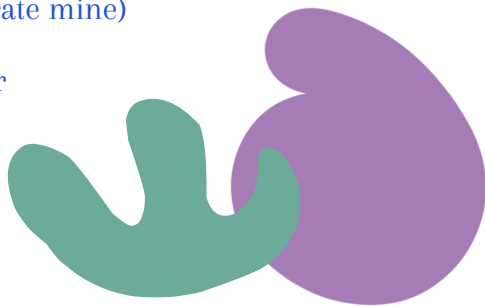


FRESH GINGER CAKE

This recipe, originally from the Joy of Cooking, was submitted by Sarah Keeshan.

INGREDIENTS

1½ cups flour
1 tsp baking soda
¼ tsp salt
½ cup packed brown sugar
¼ cup light molasses
¼ cup dark corn syrup or honey
1 large egg
½ cup finely minced fresh ginger
(I usually grate mine)
8 tbs butter
½ cup water



DIRECTIONS

- 1 Preheat oven to 350F. Grease and flour one 9 x 9 inch pan or line the bottom with parchment or wax paper.
- 2 Whisk together the flour, baking soda, and salt thoroughly.
- 3 Whisk together in a large bowl the brown sugar, molasses, corn syrup or honey, and egg.
- 4 Whisk the ginger into the wet ingredients.
- 5 Combine the butter and water in a saucepan and heat until the butter is melted.
- 6 Whisk butter into the molasses mixture. Stir in the flour mixture just until smooth. Scrape the batter into the pan.
- 7 Bake until a toothpick inserted in the centre comes out clean, 25-30 minutes.
- 8 Let cool in the pan on a rack for 10 minutes before removing and letting cool right side up on the rack.
- 9 This cake tastes delicious with a dollop of whipped cream on top!

THE BEST CHOCOLATE CAKE

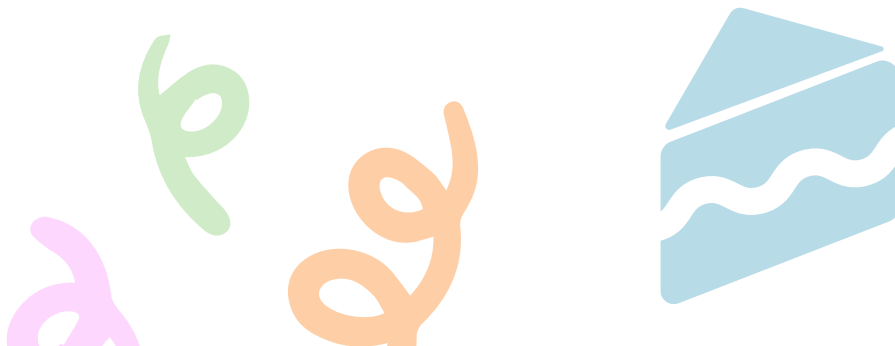
Helen Kennedy's recipe for chocolate cake makes either two cakes or one majestic double-layer cake.

INGREDIENTS

2 cups all purpose flour
2 cups sugar
 $\frac{3}{4}$ cup unsweetened cocoa powder
2 tsp baking powder
1 $\frac{1}{2}$ tsp bake soda
1 tsp salt
1 tsp espresso powder (optional)
1 cup milk
 $\frac{1}{2}$ cup vegetable or canola oil
2 eggs
2 tsp vanilla extract
1 cup boiling water

DIRECTIONS

- 1 Preheat oven to 350. Prepare two 9-inch cake pans with baking spray or buttering and lightly flouring.
- 2 Add flour, sugar, cocoa, baking powder, baking soda, salt, and espresso powder (if using) to a large bowl. Whisk to combine.
- 3 Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together until well combined.
- 4 Carefully add boiling water. Mix together fast for about 1 minute to add air to the batter.
- 5 Distribute evenly between two cake pans and bake for 30-35 minutes.
- 6 Cool for 10 minutes before removing from pan. Apply frosting liberally.





BEVERAGES

APPLE CIDER

Professor Shawn Graham's family recipe for apple cider is shrouded in secrecy. Here he presents a helpful overview of the process, and a time saving trick at the end...

INGREDIENTS

Blend of apples*
Yeast

***note**

The single most important thing is to have a blend of apples with varying levels of sweetness, tannins, and acids. Macintosh apples make a very bland juice/drink, but can be useful as a base if you add lots of crab apples.

Look around you; there are often remnant home orchards surviving in odd locations. In Barrhaven, for instance, they just bulldozed a historic orchard to create a new subdivision called... The Orchard. 5 trees survived the carnage.

There are other similar ghosts around... so looking for apples gives you a glimpse at the palimpsest that makes up our landscape.

DIRECTIONS

- 1 Press the apples; days with high pressure atmosphere are best. The used pomace can be fermented into vinegar, but do that somewhere other than where you make cider, because cross-contamination of the bug that turns alcohol into vinegar is nearly impossible to get rid of.
- 2 Add yeast to the juice. Cover, with an airlock. Choice of yeast is important, and a closely guarded secret. Let the yeast eat all the sugar and turn it into alcohol. Let it ferment to dryness. Anything else is just sugar water with booze. And also, if you try to stop the fermentation early, unless you pasteurize, you'll run the risk of a fermentation starting again... and that way lies exploding bottles.
- 3 Once the fermentation is done, filter, age, bottle, enjoy!
- 4or go to www.coronationhall.com and buy today.



ENJOY!

*Department of History
Carleton University
2022*

Cookbook prepared by Rebecca Friend

