

Carleton

COMMUNITY COOKBOOK



Carleton
UNIVERSITY

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Happy Appreciation Week 2021!

I am pleased to present the Carleton Appreciation Week 2021 Cookbook which is a compilation of favourite recipes submitted by faculty and staff and commemorates the 20th anniversary since the first Appreciation Day was celebrated at Carleton University.

While this year will go down in history as one of the most challenging ones we have faced, many of us have taken pleasure in reconnecting with our love of food and pulling out our favourite recipes. For others, the pandemic has been an opportunity to learn to cook and embark on a fun new journey.

We have a bit of a history of producing community cookbooks at Carleton. Long-time Carleton employee, Marlene Brancato, who works in the Political Science Department, reminded us of one called “*Carleton Cooks*” which was printed in November 1993, with copies being sold to raise funds for the university’s annual fund in support of student aid and a number of academic projects in all the faculties.

I love to cook and bake and often post pictures to my Instagram so I am really looking forward to trying Kahente Horn-Miller’s “*Haudenosaunee Corn Bread*” recipe and Adrian Chan’s “*Black Bean Chicken*,” just to name a couple of the recipes. For those of you with a sweet tooth, Christina Ross’ “*Chocolate Peanut Butter Balls*” sound tempting too.

I would like to take this opportunity to thank this year’s Appreciation Week Planning Committee for bringing this idea to life, as well as all the Carleton cooks who submitted their favourite recipes.

Enjoy and happy Appreciation Week!

Yaprak Baltacioğlu

Chancellor, Carleton University

Appetizers, Snacks, and Sides



Spanakopita

Myrto Mylopoulos

Department of Philosophy and Department of Cognitive Science

Spanakopita is a delicious savory Greek pie made of perfectly crispy layers of phyllo dough and a comforting filling of spinach and feta cheese. Spanakopita makes a great side dish for large holiday dinners next to lamb or lemon chicken. But it can easily stand alone as the main dish.



INGREDIENTS

225 grams of feta
312 grams of spinach
2 eggs
1 medium yellow onion
1/3 bunch of dill
1 box of filo pastry
olive oil
salt
pepper

INSTRUCTIONS

- 1** Crack two eggs into small bowl. Beat with a fork.
- 2** Crumble feta in a medium bowl.
- 3** Pour beaten eggs into bowl with crumbled feta. Save one tablespoon of beaten eggs.
- 4** Mix together crumbled feta and beaten eggs.
- 5** Dice onion.
- 6** Heat medium saucepan to medium-high.
- 7** Add 1/2 cup olive oil.
- 8** Sauté onions for 3 to 4 minutes.
- 9** Add spinach to sautéed onions, stirring as you go.
- 10** Chop up dill. Add to saucepan.
- 11** Adjust heat to low and add feta/egg mixture.
- 12** Mix it all together. Turn off heat and set saucepan aside.
- 13** Preheat oven to 375F.
- 14** Brush the bottom and sides of a 9"x13" baking dish with olive oil.
- 15** Add a filo sheet folded in half to baking dish. Brush with olive oil. Repeat 4 times.
- 16** Add spinach/feta/egg/onion filling to baking dish. Top with 4 more sheets of folded filo, brushing each with olive oil. Brush top filo sheet with the remaining tablespoon of beaten egg.
- 17** Place in oven. Bake for 35 to 40 minutes.

Summer Spring Roll

Laura Richardson

Carleton Dining Services

This light and fresh gluten free recipe is great as an appetizer, lunch, or light dinner. They are simple to make and can be filled with any type of protein and veggies you like. Also tastes great with your choice of peanut, sweet chili, or other Vietnamese dipping sauce.



INGREDIENTS

- 1 summer spring roll
- 2 8-inch rice paper
- 1 cup cooked vermicelli noodles
- 1/2 cup carrots, shredded
- 1/2 cup red pepper, thinly sliced
- 1/4 cup mango, thinly sliced
- 2 to 3 sprigs of cilantro
- 5 baby shrimp, cooked

INSTRUCTIONS

- 1** Soak vermicelli noodles in hot water until soft, drain well. You can prepare the vegetables while the noodles soak.
- 2** Use a cheese grater to shred 1/2 cup of carrots.
- 3** With a knife, thinly slice the red pepper and mango. Remove any seeds from the red pepper. If you are using fresh mango, ensure it is ripe and peel it before slicing it. If you are using frozen mango cubes, ensure they are fully thawed and drained.
- 4** If you are using frozen cooked baby shrimp, ensure the shrimp are fully thawed and drained.
- 5** Using a shallow bowl filled with room temperature water, dip and rotate one sheet of rice paper in the water until the whole sheet is slightly moist and pliable. Lay the softened rice paper on a clean cutting board or countertop. Repeat this process with the second sheet of rice paper. Overlap the second sheet of rice paper on to the first sheet so that it makes the shape of an "8". The two pieces of rice paper should overlap by 3 to 4 inches. The rice paper will get sticky and continue to soften.
- 6** Place the 5 cooked baby shrimp in the centre of the 2 pieces of rice paper. Layer the noodles, sliced vegetables, mango, and cilantro on top of the shrimp.
- 7** Fold the lower third of the rice paper up and over the vegetables and noodles. Hold the fold in place and fold in the left and right edges of the rice paper. Roll the summer roll closed. Be sure to roll it tightly but be careful not to tear the rice paper. The softer the rice paper is, the more delicate it will be.

Haudenosaunee Corn Bread

Kahente Horn-Miller

School of Indigenous and Canadian Studies and the Office of the Provost and Vice-President (Academic)

This is traditional Haudenosaunee (Iroquois) food. It was a staple of our diet which also included hunted meats and gathered foods. The beans and corn create a complete protein so that it can be eaten when animals are scarce. It can also be made with strawberries, which is how we eat it instead of wedding cake. The corn and beans are two of the three sisters, grown in complementarity with each other. We still prepare this today. A tradition is to eat it on Sundays with sausages or steak and gravy as a send-off for the ironworkers who leave to head back to their jobs in the United States. It is also sliced and fried with butter as a treat.



INGREDIENTS

4 cups cornmeal (Masa cornmeal if you don't grow it yourself)
1 can kidney beans, rinsed
1 cup ground oatmeal
boiled water as needed

INSTRUCTIONS

- 1 Put a large pot of water on the stove to boil.
- 2 Put cornmeal in a bowl with kidney beans and oatmeal. Add boiled water and make a thick batter, mixing gently with wooden spoon only until ingredients are wet. Wait for it to cool a bit and then make into patties.
- 3 Gently place patties in the boiling water. They will sink. Keep water hot but not boiling. When they rise to the surface, they are done.
- 4 Remove from water.

Source: Every woman I know in Kahnawake, men too.

NOTE

They can also be eaten cold on a hike.

Polish Kapusta (Roasted Cabbage)

Marc Dabros

Information Technology Services

This is my Polish-Ukrainian grandmother's recipe from the old country. It was always a hit at family gatherings when I was growing up. This is an updated stovetop version that goes great with grilled sausages or ham.

INGREDIENTS

5 to 6 slices bacon, diced
2 medium onions, diced
1/2 green pepper, diced
4 cups shredded cabbage (1 coleslaw bag)
16-ounce sauerkraut, drained
16-ounce can tomatoes, drained
1 teaspoon salt
1/4 teaspoon pepper

INSTRUCTIONS

- 1** In a large skillet, fry bacon and onions until the bacon is crisp and the onions are soft.
- 2** Add remaining ingredients, mix well, and heat until hot.
- 3** Cover and simmer for 45 minutes to 1 hour, stirring occasionally.
- 4** Serve with grilled kielbasa (Polish sausage) or ham.



Borani Banjan (Tomato Eggplant)

Palwasha Asey

School of Journalism and Communication

This recipe has been passed down from my grandpa to my mom and now to me. It is a special vegetarian dish from Afghanistan that can be eaten as a side or a main dish. It is flavourful without being overpowered by spices. It can be enjoyed on its own or with yogurt and Afghan bread (naan).



INGREDIENTS

4 large eggplants	eggplants and tomatoes
6 medium sized tomatoes	salt to taste
5 cloves of garlic	1/2 teaspoon of black pepper
cooking oil (vegetarian) to fry	

INSTRUCTIONS

- 1 Peel the eggplants and cut length wise to about 1/2 inch thickness.
- 2 Heat 1 cup of oil in large frying pan. Add more oil as needed.
- 3 Once heated, start frying eggplants on medium heat until golden on both sides but should still be firm.
- 4 Once all the eggplant has been fried, set aside to let the oil drain. You can also pan fry or bake the eggplants.
- 5 Cut tomatoes and garlic into large pieces and puree in a food processor.
- 6 Heat 1/4 cup of oil. Once heated pour the tomato and garlic puree in and fry. Mix occasionally on medium-high heat. Once it starts to reduce, add the salt and pepper. The mixture is done when you have a thick paste.
- 7 Reduce heat to low, add eggplants one at a time. Put the lid on the frying pan and let simmer for 20 minutes.
- 8 Mix and serve immediately.
- 9 Can be garnished with plain yogurt, dried/crushed mint leaves, and fresh cilantro (optional).

Sweet and Crunchy Snack Mix

Shaye Belanger

International Student Services Office

During the Christmas holidays this is a tradition of ours to make. When we visit friends and family it is a great treat to bring and share with others while you play games, sing some karaoke, watch a movie, go on a sleigh ride, head out sliding, relax by a bonfire, or anytime you would like. Please note you may have to hide this snack because it is addictive. Enjoy!



NOTES

Don't double this recipe because the Crispix breaks apart with the extra stirring needed with more ingredients.

I have often substituted the cereal with whatever tail ends I have in the cupboard. Captain Crunch and Cinnamon Squares have worked well too!



INGREDIENTS

- 3 cups Nesquik cereal (or Coco Puffs)
- 3 cups Crispix cereal (Rice Chex or LIFE cereal)
- 1 1/2 cups pretzel twists (broken apart if too big)
- 1 cup dry roasted peanuts (can also use almonds, cashews, and sunflower seeds or a mixture)
- 1 cup packed brown sugar
- 1 cup butter
- 1/4 cup corn syrup
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon baking soda
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

- 1** In a greased roasting pan bottom, combine cereals, pretzels, and nuts. Set the roast pan aside.
- 2** In a heavy saucepan, combine brown sugar, butter, and corn syrup. Cook and stir over medium heat until sugar is dissolved. Boil on medium heat for 4 minutes without stirring.
- 3** While the mixture is boiling, combine the cream of tartar, baking soda, and vanilla extract in a separate small dish. Add this mixture to the pot once you remove it from the heat.
- 4** Pour this stirred mixture over the contents in the roasting pan and stir gently to coat. Bake at 300F for 30 minutes, stirring after 15 minutes of baking.
- 5** Spread on parchment to cool. Store in an airtight container.

Breakfast



Easy (Prepared Night Before) Breakfast Casserole

Brian Billings

Campus Safety Services

I can't remember where I found this recipe and I re-invent this dish each time I make it depending upon what ingredients I have on hand. It is super easy to make and doesn't require a ton of clean-up afterwards. This is my go-to creation for Christmas morning breakfasts with family and when having stay-over guests/visitors. It makes the mornings so easy. Just take it out of the fridge, pop it in the oven, enjoy a couple cups of coffee, and then serve it up!



INGREDIENTS

1 pound uncooked sausage, sliced or 1 pound of uncooked thick-sliced bacon, diced

2 bell peppers, diced (any color you prefer, about 2 cups)

1 cup sliced mushrooms

1 cup fresh spinach

1/2 medium yellow onion, diced

1 teaspoon minced garlic

salt and freshly ground black pepper

5 to 6 slices day-old bread (I like 100% whole wheat, but you can use gluten free, whole wheat, white, sourdough, or any kind you like)

12 large eggs

3/4 cup milk (I use 1% but any milk works)

3/4 cup shredded cheese (I like using sharp/old cheddar)

NOTES

This recipe serves 8 to 10.

Prep Time: About 30 minutes

Sleep Time: Recommended 6 to 8 hours

Cook Time: 50 minutes

Total Time: 9 hours and 20 minutes

Left-overs (if you have any—we never seem to have that problem) keep well in the refrigerator for up to 5 days. Quickly re-heats in the microwave.

INSTRUCTIONS

- 1** Set a large skillet over medium heat and coat with non-stick spray or a drizzle of olive oil. Place sausage/bacon in the skillet. Brown the sausage/bacon (about 10 minutes).
- 2** When sausage/bacon is cooked, add the peppers, mushrooms, spinach, onion, garlic, and a sprinkle of salt and freshly ground black pepper. Begin stirring and cooking the veggies until tender (about 6 to 8 minutes).
- 3** Set cooked sausage/bacon and veggies aside.
- 4** Generously grease a 9"x13" baking pan with butter. Place the bread slices in the pan in an even layer, cutting to fit as required.
- 5** In a large bowl, whisk the eggs, milk, and 1/2 cup shredded cheese together. Pour half of this egg mixture over the bread in the baking pan. Add the sausage/bacon and vegetable mixture and then top with the remaining egg mixture and 1/4 cup shredded cheese. Add a sprinkle of salt and freshly ground black pepper on top of the shredded cheese.
- 6** Cover casserole with plastic wrap or aluminum foil and refrigerate overnight.
- 7** Preheat the oven to 375F. Bake the casserole, uncovered, until the top is golden, edges are crisp, and a toothpick inserted in the center comes out clean (about 45 to 50 minutes). Allow to cool for 10 minutes, then slice and serve. Tastes awesome with a little hot sauce on the side!
- 8** Serve with sliced fruit or fruit salad... and more coffee.

Durban Egg Chutney

David Hornsby

Teaching and Learning Services

One of my favorite breakfast meals is a Durban-style egg chutney. Being married to a South African of Indian descent, I was first introduced to this delicious meal when visiting the warm, beautiful, east coast of South Africa. Durban is well known for its unique cuisine which includes lots of spice. This meal has since become a regular staple in our household, and I am happy to share it with you.



INGREDIENTS

6 eggs
1 small onion
5 fully-ripened Roma tomatoes
2 cloves of garlic
1 teaspoon garam masala
1 teaspoon cumin powder
1 tablespoon chilli powder
1 teaspoon sugar
1/2 teaspoon salt
1 stem curry leaves (optional)
2 bird's eye chillies (optional,
depending on your heat tolerance)
coriander to garnish the dish

INSTRUCTIONS

- 1** Start by boiling the eggs. Ideally the eggs should be hardboiled, so they should need about 6 minutes of boiling time. The eggs should also be boiled ahead of time and allowed to cool.
- 2** Start by sautéing the onions (cut into fine chunks) and curry leaves (optional) into a large frying pan.
- 3** Once the onions become translucent, add the dry spices (garam masala, cumin, and chilli powder) and allow them to fry until they release their aroma.
- 4** Add in the chopped tomatoes. The texture should ideally be slightly chunky.
- 5** Add in the teaspoon of sugar and half teaspoon of salt. The sugar is added to reduce acidity.
- 6** If you can tolerate spice or prefer more spice in your food, slit the 2 bird's eye chillies and add them to the pan.
- 7** Reduce the heat, cover the pan with a lid and allow the chutney to gently sauté for about 15 minutes. Stir occasionally so that the chutney does not stick to the bottom of the pan.
- 8** Once the chutney has cooked, remove pan from the heat and add the boiled eggs (these could be cut in half, if preferred) and garnish with fresh coriander.
- 9** The dish can be served with fresh bread or eaten on its own.

Oeufs dans le sirop d'érable (Eggs in Maple Syrup)

François Brouard

Sprott School of Business

A delicious recipe from my dad with a sweet taste from Canadian maple syrup for breakfast or brunch. This easy recipe makes 2 servings.

INGREDIENTS

- 1 cup of maple syrup (or more)
- 6 eggs (or as you wish per person)
- 1/8 cup of water (or more)

INSTRUCTIONS

- 1** In medium non-stick skillet, heat the syrup and water mix at 350F. Slightly boil. The skillet should be entirely covered by the mix.
- 2** Crack eggs and let them fall (like an autumn leaf) in the skillet.
- 3** Stir the eggs until heated through.
- 4** Serve with toast, bacon, sausage, and hash browns (optional) and enjoy!



Shakshuka

Mamta Pathak

MacOdrum Library

Shakshuka is a North African and Middle Eastern favorite for breakfast, lunch, or dinner and is easy to prepare.



INGREDIENTS

SHAKSHUKA

1 cup diced onions
4 garlic cloves, finely chopped (optional)
2 teaspoons paprika
1 teaspoon cumin
1/4 teaspoon hot chili powder
1 28-ounce can diced tomatoes

6 large eggs
1 teaspoon sumac (optional)
salt and pepper to taste
1 small bunch fresh cilantro, chopped
1 small bunch fresh parsley, chopped

TOASTED PITA (OPTIONAL)

4 to 6 pieces round pita (whole wheat or regular)
2 tablespoons olive oil

1 tablespoon Za'atar seasoning
salt and pepper to taste

INSTRUCTIONS

- 1 Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 to 10 minutes or until the onion becomes translucent.
- 2 Add garlic and spices and cook for an additional minute.
- 3 Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon.
- 4 Season with salt and pepper and bring the sauce to a simmer.
- 5 Add half of the chopped herbs and mix.
- 6 Use a large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5 to 8 minutes, or until the eggs are done to your liking.
- 7 Garnish with chopped cilantro and parsley.
- 8 Served with toasted pita (optional).

Crêpes à Grand-Maman Cécile (Pancakes from my Grandmother)

François Brouard

Sprott School of Business

A delicious recipe from my grandmother with a sweet taste for breakfast or lunch. This recipe makes 2 servings.



INGREDIENTS

1 cup of flour (sufficient for 2 people)
1 egg
1 cup of water

a little bit of milk (if desired)
1/4 teaspoon salt
1 pound of shortening

INSTRUCTIONS

- 1 In a round bowl, combine all ingredients (except the shortening). It is very important to have a round bowl!
- 2 Blend all ingredients (except the shortening); stir mixture until combined. The mix should not be too liquid or too solid. Set aside the batter.
- 3 In a non-stick griddle or frying pan, heat to 400F to 450F with 1/4 inch of liquid shortening in the bottom.
- 4 Test the shortening's temperature by dropping a little bit of batter in the pan. When the batter wriggles, you are ready for real pancakes.
- 5 Spread the batter with a ladle. Cook, turning once, for about 1 to 2 minutes per side until golden.
- 6 Serve on a platter with brown sugar or maple syrup (or both!).
- 7 Enjoy.
- 8 Restart at step 5.
- 9 Enjoy, until completely full.

Veggie



President's Vegetarian Pizza

Benoit-Antoine Bacon

President and Vice-Chancellor

I like a simple, quick, and healthy homemade vegetarian pizza. The great thing about these easy adaptable pizzas is you can make them from scratch in about 20 minutes, including cooking time.

INGREDIENTS

Large whole wheat tortillas

Pizza tomato sauce (I like classic personally)

Assorted veggies, e.g. red onions, olives, peppers, grilled mushrooms, etc.

Your preferred pizza cheese (I usually use goat cheese)

Pepper, basil, or any spice you like

Anything else you like on a pizza that happens to be in the fridge

INSTRUCTIONS

- 1 Lay the tortillas in aluminium pie plates
- 2 Add sauce, toppings, and cheese
- 3 Pre-heat the oven to 200C (400F) and cook for 10 minutes or so until the cheese is nicely melted
- 4 Cut in 8 lovely pieces; best eaten with hands!



Vegan “Cream” of Mushroom

Daniel Poulin

Carleton Dining Services

Silken tofu is a great substitute for dairy in this recipe. It will provide a similar texture to the cream typically used in a cream of mushroom soup, allowing you to enjoy a vegan version of this classic soup.



INGREDIENTS

2 tablespoons of olive oil

1 cup of Spanish onions, thinly sliced

1 cup of leeks, white part with some pale green part, thinly sliced

3 cups of button mushrooms, sliced

1/2 cup of dry mushroom mix (e.g., porcini, cèpes, shiitake)

5 cups of vegetable broth

1/2 cup of silken tofu (Soyarie or another brand)

1/2 teaspoon of freshly cracked pepper

1 teaspoon of Kosher salt

3 tablespoons freshly chopped Italian parsley (for garnish)

1/4 cup of nutritional yeast (for garnish)

INSTRUCTIONS

- 1** Wash, slice, and set aside all the vegetables.
- 2** Place a 10-litre sauce pot on the stove at a medium heat. Add the olive oil, onions, and leek.
- 3** Sweat the vegetables for about 3 to 5 minutes until translucent.
- 4** Add the mushrooms and dry mushrooms and sauté for 5 additional minutes.
- 5** Season with a pinch of salt and the freshly cracked pepper. Add the vegetable broth, bring to a simmer, cover the pot, reduce to a low heat, and simmer for about 20 minutes.
- 6** Turn off the heat and let the soup rest for about 20 minutes before putting it in the blender.
- 7** Add about half of the amount of the soup in a blender, add some tofu, cover, and blend the soup until you reach a smooth texture. Return the blended mix to the sauce pot. Repeat with the remaining tofu and soup. Bring the soup back to a simmer, adjust the seasoning with salt if needed.
- 8** Pour the blended soup in serving bowl, garnish with freshly cut Italian parsley and sprinkle with nutritional yeast for extra flavour.

Source: Chef Daniel Poulin

Thai Carrot Ginger Soup

Nora Large

Office of the Vice-President (Research and International)

This recipe is best described as sunshine in a bowl! It is vegan, gluten free, and serves 6. Enjoy!



INGREDIENTS

- | | |
|--|--|
| 2 tablespoon vegetable oil | 1/2 teaspoon dried chili pepper flakes |
| 1 onion, diced small | 1/2 cup orange juice |
| 2 1/2 pounds carrots, peeled and chopped | zest and juice of 1 lime |
| 4 cloves garlic, minced | 4 cups (1 litre) vegetable stock |
| 1 tablespoon lemongrass, finely chopped | 1 can coconut milk |
| 1 teaspoon coriander powder | salt and pepper to taste |
| 1/2 teaspoon turmeric | |

INSTRUCTIONS

- 1 Heat the oil to medium in a stockpot.
- 2 Add the onion and sauté until it begins to soften, about 5 minutes.
- 3 Add the ginger, garlic, lemongrass, and chili pepper flakes and sauté until fragrant, 1 to 2 minutes.
- 4 Add broth and bring to boil.
- 5 Lower the heat and simmer until the carrots are completely cooked, about 30 minutes.
- 6 Add the citrus juices and lime zest.
- 7 Add the can of coconut milk.
- 8 Use an immersion blender to blend until creamy and smooth.

What Do I Do With My Left-Over Mashed Potatoes?

Barbara Steele

University Secretariat

This is a family recipe that came from my grandfather's family in Ireland. It's well over 100 years old. My grandmother made it, my mom made it, I made it, and now my son makes it. Kids love them and you can make them into different shapes like Mickey Mouse!

INGREDIENTS

left over mashed potatoes
savory
breadcrumbs
milk
butter (optional)

INSTRUCTIONS

- 1** Put left-over mashed potatoes in a bowl.
- 2** Add savory (as much as you want) and salt and pepper to taste.
- 3** Add milk (just enough milk so they are moist and stick together) and mix.
- 4** Roll into balls.
- 5** Roll balls in breadcrumbs.
- 6** Put in oven for 30 minutes at 325F.



Lebanese Traditional Fattoush Salad

George Semaan

Information Technology Services

Fattoush is a traditional Lebanese salad. Different regions of Lebanon, and different families prepare it in different ways. This method is my family's way of preparing it with the ingredients and instructions. This delicious salad is best served fresh.

INGREDIENTS

1 head of romaine lettuce	1 medium sweet green pepper
2 tomatoes	2 packs of Italian parsley
1 English cucumber	1 dozen green mint leaves
1 loaf of large pita bread toasted to a golden-brown	1 teaspoon sumac
1 onion	1 teaspoon thyme
1 lemon	1/4 cup vegetable or olive oil (better with olive oil)
1 medium sweet red pepper	salt
1 medium sweet yellow pepper	

INSTRUCTIONS

- 1** Chop lettuce, tomatoes, cucumber, and pita to bite size.
- 2** Chop onion, parsley, mint, and red, yellow, and green peppers to about the size of a nickel.
- 3** Mix all together and then sprinkle on a teaspoon of sumac, teaspoon of thyme, lemon juice, and salt to taste.
- 4** Add 1/4 cup oil and mix.
- 5** Enjoy.

Note: Add the toasted Pita bread to the mix last to keep it from getting soggy.



Ak's Nigerian Party Jollof Rice

Temí Guoti

Department of Physics

This is my husband's famous rice that everyone in the family always looks forward to having at any gathering.



INGREDIENTS

4 tablespoons of canola oil
4 fresh tomatoes
4 red onions
2 red bell peppers
4 1/2 cups of long-grain parboiled rice
4 habanero peppers (scotch bonnet) (put as much or as little as you want, depending on how spicy you want your rice)
2 cups of chicken stock
1 tablespoon Maggi or Knorr cubes
1 tablespoon salt
1/2 teaspoon cayenne pepper and black pepper
1/2 teaspoon white pepper
3 to 4 bay leaves
1/2 teaspoon curry powder
1/2 teaspoon garlic or onion powder
1/2 teaspoon thyme

INSTRUCTIONS

- 1** In a medium-sized pot on medium, heat the 4 tablespoons of canola oil and throw in some chopped red onions, allowing the onions to fry until they become soft.
- 2** Add the tomato paste and let it fry with the onions. Make sure to stir the paste consistently to avoid burning. Do this for about 10 minutes, ensuring the paste fully fries in the oil.
- 3** Blend the tomatoes, onions, habanero peppers, and red bell peppers together until smooth.
- 4** Pour the blended mixture into the pot and fry it with the tomato paste
- 5** Add all your spices except salt and mix. Cover the pot and allow the tomato to fry in the oil. Add more oil if necessary. You really want to let the tomato fry to remove the sour taste, so make sure you don't rush this process. Let it fry for about 20 to 30 minutes. Be sure to continuously stir the mixture to avoid burning. You want the water reduced from the tomato mixture and the oil separated on top of the fried tomato mixture.
- 6** While the tomato is frying, rinse the rice until the water becomes clear. This helps to prevent the rice from sticking together when cooking.
- 7** Once the tomato is done frying, add the chicken stock to the mix and taste to see if it requires any salt. Add salt if necessary and mix.
- 8** Add the washed rice (and a bit of water if necessary to cook the rice) and mix it together with the fried tomatoes, making sure to completely coat the rice. Allow the mixture to boil then turn down the heat to the lowest on your burner and cover the pot.
- 9** Allow the rice to cook for about 30 minutes.
- 10** After about 30 minutes open the pot and properly combine all the ingredients together. Cover the pot again, and let it cook for an additional 10 minutes or until the rice has fully blended in with the mixture.
- 11** This can be served with roasted turkey, chicken, beef, or a nice salad.

Brenna's Buddha Bowl

Brenna Mackay

Department of University Communications

Simple, vegan eats that's both nutritious and filling! This recipe serves 2 to 4 and can easily be adapted for smaller or larger servings.



INGREDIENTS

quinoa (optional: rice or couscous works great too)

sweet potato (2 small or 1 large)

1 can of chickpeas

lettuce or spinach

tomato

cucumber

avocado

optional veggies of choice

balsamic salad dressing (optional: choose your own dressing)

INSTRUCTIONS

- 1 Preheat oven to 425F.
- 2 While the oven is heating up, peel and cut sweet potato into cubes (approx. 2 inches).
- 3 Drain, rinse, and pat can of chickpeas dry.
- 4 Put the sweet potato cubes into a large bowl. Sprinkle with olive oil, salt, pepper, garlic powder, smoked paprika, chili flakes, steak spice (all seasonings are optional, feel free to substitute your favourites). Place on baking sheet with aluminum foil.
- 5 Repeat seasoning with chickpeas. Once seasoned, chickpeas can go on the same baking sheet and head into the oven.
- 6 Bake for 20 minutes, flip, bake for another 20 minutes (until chickpeas are crispy and sweet potatoes are soft and slightly crispy).
- 7 While that's in the oven, cook a cup of quinoa according to package instructions.
- 8 Start slicing up your veggies and place them in a serving bowl.
- 9 Once quinoa, sweet potatoes, and chickpeas are cooked, let them cool before adding them into the bowl with the veggies.
- 10 Add your favourite salad dressing (I usually pick balsamic or a lemon garlic) to taste.
- 11 Enjoy!

Summer Vegetables with Béchamel Sauce

Karen Kelly

Department of University Communications

I had this dish in a dreamy kitchen in the Picardy region of France. By dreamy I don't mean modern: the equipment consisted only of a small refrigerator, a well-used stove, one shelf of pans, and utensils in a clay jar.

But the windows opened on to a garden that supplied strawberries, tomatoes, eggplants, zucchini, and fresh eggs. It seemed so simple, but those were the ingredients to delicious meals like this one.

Vince Lee



INGREDIENTS

BÉCHAMEL SAUCE (FROM EPICURIOUS.COM)

2 tablespoons butter
2 tablespoons flour (plus more if needed)
2 cups milk or cream, heated
salt
freshly ground pepper

VEGETABLES

1 medium eggplant
2 medium zucchini
1 red pepper
2 cloves garlic (to taste)
small onion
2 tablespoons butter
olive oil as needed
1 teaspoon herbs de Provence
2 cups grated cheese (traditionally Emmenthal, or Swiss, Havarti, mozzarella)
salt and pepper to taste
fresh parsley, basil, thyme (optional)
sliced tomato (optional)

Note: Meat such as ground beef can be added as well.

INSTRUCTIONS

- 1 Preheat oven to 325F. (I always start with the vegetables and make the béchamel sauce while they are cooking.)
- 2 Start the vegetables by melting 2 tablespoons of butter in a large saucepan. (I use a cast iron saucepan that can go in the oven. But you can also transfer to a casserole pan.)
- 3 Once the butter melts, add minced garlic and when aromatic, move off the heat. Next, add diced onion to the fat and cook until translucent. I add the diced red pepper a few minutes into the onion, keeping it separate in the pan until the onion is cooked. Add olive oil if the pan is getting too dry.
- 4 Once the onion is translucent and the pepper has some nice brown charring, I add the diced zucchini and eggplant. I know people “sweat” the eggplant, but I find it turns out fine with everything jumbled together. If you run out of moisture in the pan as the eggplant cooks, add about a 1/4 cup of water and mix it in.
- 5 While the vegetables cook, make the béchamel sauce. Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don’t let it brown — about 2 minutes. Add the hot milk, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 2 to 3 minutes more. Remove from the heat. (To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.)
- 6 Once the eggplant and zucchini are soft and translucent, mix in the herbs de Provence and add salt and pepper to taste.
- 7 Cover with the béchamel and then garnish with cheese, fresh parsley, basil, and sliced tomatoes (when in season).
- 8 Put in the oven for 20 minutes or until the sauce is bubbling.
- 9 Remove from oven and let cool a few minutes before serving.

Fresh Plum Tomato Sauce

Rebecca Murray

University Advancement

This recipe is one of my favorites from good friend and journalist Hattie Klotz. It's great with fresh pasta and as a side with grilled chicken. I preserve a couple dozen litres in the fall to use all year round. See more wonderful recipes in her cookbook, From the Garden: Fresh Seasonal Cooking.



INGREDIENTS

2 tablespoons olive oil	450 grams / 1 pound ripe plum (Roma) tomatoes
2 medium white onions, roughly chopped	2 large handfuls basil leaves, chopped
3 red peppers, deseeded and roughly chopped	salt and pepper
2 tablespoons of dried oregano	balsamic vinegar

INSTRUCTIONS

- 1 Heat the olive oil in a saucepan over a medium heat. Add the onion and cook until soft, but not brown.
- 2 Add the peppers and oregano, cook for a couple of minutes.
- 3 Roughly chop the tomatoes, trying to retain as much juice as possible. Add to the pan.
- 4 Simmer for 20 minutes, then add basil.
- 5 Remove from the heat and transfer to a food processor. A couple of pulses for a chunky texture, more for a smoother sauce. Add salt, pepper, and balsamic vinegar to taste.
- 6 Serve with a BBQ chicken, over pasta, or preserve for use later in the winter.

Source: *From the Garden* cookbook by Hattie Klotz

Beef and Pork



Brisket Chili

Colin Harkness

MacOdrum Library

I have been working on my chili recipe for about 35 years and after many iterations this is where I have gotten to.



INGREDIENTS

5 pounds brisket sliced thin against the grain into 1-inch pieces
1/2 pound crisp bacon
6 roasted marrow bones
1 tablespoon of olive oil
3 large diced yellow onions
6 finely minced cloves of garlic
2 seeded and small diced jalapeños
1 seeded and small diced poblano pepper
2 diced red bell pepper
2 cans of strained and rinsed black beans
3 cans of strained and rinsed kidney beans
2 28-ounce cans of whole plum tomatoes and juice
2 28-ounce cans of crushed tomatoes
2 28-ounce cans of diced tomatoes and juice
1/2 cup of chili powder or to taste
1/3 cup of cumin or to taste
1/3 cup of dry oregano or to taste
1/2 tablespoon of cinnamon or to taste
kosher salt and fresh cracked pepper to taste
tomato paste as needed

REFRIED BEANS

1 tablespoon extra-virgin olive oil
1/2 cup finely chopped yellow onion
1/2 teaspoon fine sea salt
2 cloves garlic, pressed or minced
1 teaspoon chili powder
1 teaspoon ground cumin
2 cans black beans, rinsed and drained
1/2 cup stock
1 tablespoon lime juice (about 1/2 medium lime), to taste

ROASTED MARROW BONES

6 pounds of marrow bones

INSTRUCTIONS

- 1** Season the brisket generously on all sides with salt and pepper. Next, add the oil to a very large stock pot on high heat and in batches brown the brisket on all sides. Set aside.
- 2** Sauté the onions and garlic and caramelize. Once the onions and garlic are brown, add the peppers and cook for 10 minutes on high heat.
- 3** Add the roasted marrow bones, beans, tomatoes, and seasonings and simmer on low heat for 90 min. Add the brisket, bacon, refried beans and tomato paste to the pot of chili. Simmer for another 60 minutes. You will want to stir often as once the tomato paste is added it will settle and burn. After 60 minutes remove the marrow from the bones and mix it into your chili. Discard the bones.
- 4** Finish by seasoning with salt and pepper.

REFRIED BEANS

- 1** In a medium saucepan over medium heat, warm the olive oil until shimmering. Add the onions and salt. Cook, stirring occasionally, until the onions have softened and are turning translucent.
- 2** Add the garlic, chili powder, and cumin. Cook, stirring constantly, until fragrant, about 30 seconds. Pour in the drained beans and water. Stir, cover, and cook for 5 minutes.
- 3** Reduce the heat to low and remove the lid. Use a potato masher, until you reach your desired consistency. Continue to cook the beans, uncovered, stirring often, for 3 more minutes.
- 4** Remove and add the lime juice. Taste and add more salt and lime juice if necessary.

ROASTED MARROW BONES

If you want to make your own, scare up some marrow bones at a butcher shop, place them upright on a foil-lined baking sheet and roast at 450F for 15 minutes. Scoop out the marrow, spread it on toast and top with sea salt.

Classic Sloppy Joes

Brenda O'Neill

Faculty of Public Affairs

This recipe is all about comfort food and memories. The memory it evokes is not a family one, however, but rather of a school cafeteria! The high school that I attended, École Secondaire Confédération in Welland, had a cafeteria, and once a month the Friday lunch special was Sloppy Joes. They were tangy and sweet, with just the right amount of heat and served on a warm soft bun. I've never forgotten them. This recipe comes close to matching my memories of that regular Friday lunch special.



INGREDIENTS

2 cloves of garlic, minced
1 pound ground beef
1 chopped green or red pepper
1 cup tomato sauce
1/2 cup ketchup
2 to 4 tablespoons brown sugar
2 tablespoons Worcestershire Sauce
1 teaspoon mustard
1/2 garlic powder
1/4 onion powder
salt and pepper
1/2 teaspoon chili powder

INSTRUCTIONS

- 1** Fry garlic in olive oil.
- 2** Add beef, brown, and then drain.
- 3** Combine remaining ingredients for sauce.
- 4** Pour over beef, stir, and simmer for several minutes.
- 5** Service on your choice of bun.

Note: You can add onions and peppers as well.

Hamburger Soup

Brenlee Claman

Human Resources

The whole family loves this soup after a cool fall or winter day. The best thing to come home to is this warm and delicious soup. It's easy to make and tastes even better the next day.



INGREDIENTS

- | | |
|---|-----------------------------------|
| 1 1/2 pounds ground beef | 1 bay leaf (discard after use) |
| 1 medium onion | 3 sticks of celery finely chopped |
| 28-ounce can of tomatoes (whole or diced) | 1/2 teaspoon of thyme |
| 2 cups of water | 1/2 cup of barley |
| 3 cans of consommé and/or beef broth | parsley (optional) |
| 1 can of tomato soup | salt & pepper to taste |
| 4 carrots | your choice of bun on the side |

INSTRUCTIONS

- 1 Brown ground beef and onions.
- 2 Drain well.
- 3 Combine all the ingredients in a large pot.
- 4 Bring to a boil.
- 5 Simmer covered for at least 2 hours or longer.

NOTES

This recipe serves 10.
Freezes well. ENJOY!

Best Ribs Ever!

Lisa Ralph

Student Affairs

Looking for a rib recipe to dazzle your family and friends? This is it! Fall off the bone delicious! Use your favourite store bought BBQ sauce or make your own and spice it up! Delicious summer meal accompanied by a mixed green salad and perhaps some rice or potato salad. Enjoy!

INGREDIENTS

2 racks of ribs (pork or beef)
1 jar of your favourite BBQ sauce

DRY RUB

1/2 cup brown sugar
1 tablespoon brown sugar
1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon salt
1 tablespoon chili powder
2 teaspoons cumin
2 tablespoons smoked paprika
1 to 2 teaspoons cayenne pepper

INSTRUCTIONS

- 1** Preheat oven to 275F. In a small bowl, mix dry rub ingredients and set aside.
- 2** Rinse ribs and pat dry. Remove membrane from the back of the ribs.
- 3** Spread dry rub all over the ribs making sure to cover both sides and then wrap tightly in foil and place meat side up on baking sheet.
- 4** Bake for 3 hours (or 2 hours for baby ribs).
- 5** Open foil and drain liquid. Brush with favourite BBQ sauce and BBQ or broil for 5 minutes until delicately crispy.
- 6** Rest for 5 minutes before cutting. ENJOY!!



Homemade Chorizos

Dysney Hernandez

Facilities Management and Planning

This recipe is perfect for BBQ and garlic bread but can also be cooked on the oven. It is made with ground fatty pork, ham, and various spices.

INGREDIENTS

3 kg of ground pork
1 kg of any regular ham or bacon
2 tablespoons (or to taste) of sea salt
100 grams of paprika
10 grams of chili powder
15 grams of garlic powder
10 grams of dried cilantro
10 grams of ground black pepper
40 ml of any white wine
sausage casing (can be found at Loblaws and Independent)

INSTRUCTIONS

- 1 Cut the ham in small squares (less than a centimetre).
- 2 Mix ham with the ground pork and spices until the mix gets sticky and the colour is even.
- 3 Use the special attachments in the grinder and the casing to make the chorizos.
- 4 Cook in the BBQ to taste.



Chicken



Summer Chicken Wings

Graeme Lee

Human Resources

I came up with this recipe after experimenting with regular salt and pepper wings at home. These delicious chicken wings look and taste complex but are incredibly easy to make. Give these a try – they may just become your new go-to (as they have for me).



NOTES

Disclaimer: They taste best in the summer but are delicious year-round!

Preparation and cooking time is about 1 hour.

INGREDIENTS

FOR THE OVEN

1 kg pack of split chicken wings/
drumettes

1 1/2 teaspoon of sea salt (approx.)

1 teaspoon of freshly ground black
pepper (approx.)

1 1/2 teaspoon of olive oil

1/4 teaspoon of chili powder
(optional)

FOR THE LARGE STOVETOP COOKING PAN

1 tablespoon of olive oil (approx.)

1/2 of a small yellow onion

2 to 3 gloves of garlic

About 20 ml of ginger root, peeled
(you want the same amount or
slightly more than the garlic)

About 30 ml of fresh basil, washed

1 green onion

1 tablespoon soy sauce

1 tablespoon lemon juice

INSTRUCTIONS

- 1** Preheat the oven to 425F. Line 2 baking sheets with parchment paper.
- 2** Pat dry the chicken wings and add them to a mixing bowl. Drizzle the olive oil and toss well to ensure the wings are evenly coated. Add the salt, pepper, and chili powder (optional), and mix/toss well.
- 3** Place the wings on the baking sheets, making sure they are evenly spaced out. Place in the oven and bake for around 35 to 40 minutes, checking towards the end. You want to pull them out when they are a light golden brown and slightly crispy on the bottom.
- 4** While the wings are in the oven, dice the onions, garlic, ginger, basil, and green onion.
- 5** Approximately 10 minutes before the wings are done in the oven, place a large stovetop cooking pan on medium heat. The pan should be large enough to hold all the chicken wings.
- 6** Add the onions to the pan and sweat for approximately 2 to 3 minutes. Then add the garlic and ginger. These should be fully cooked by the time the wings are done.
- 7** Take the wings out of the oven, and using tongs, place them into the cooking pan (with the heat still on).
- 8** Add the basil and green onion. Splash in the soy sauce and lemon juice (mix/toss everything together). Move to a serving dish.
- 9** Enjoy!

Extra Crispy Fried Chicken

Andrew Gujarati

Information Technology Services

Someone is always looking for a good fried chicken recipe with a nice crunch to it. This is what I've used to get that perfect crunch everyone is looking for! Also, this is a very kid approved recipe!



INGREDIENTS

CHICKEN SEASONING

1 tablespoon salt
2 tablespoons garlic powder
1 tablespoon onion powder
1 tablespoon paprika
2 teaspoons cayenne pepper
1 teaspoon black pepper
1 teaspoon mustard powder

EGG WASH

1 large egg
1/3 cup flour
150 ml cold water

CHICKEN

2 pounds chicken breast, butterflied
and cut into strips

neutral frying oil (canola, sunflower,
vegetable, etc.)

INSTRUCTIONS

- 1** Start with 3 bowls (1 for plain flour, 1 for egg wash, 1 for seasoned flour).
- 2** Mix your seasonings in a bowl and then add 2 tablespoons of your chicken seasoning into the seasoned flour bowl.
- 3** Wash and dry chicken. Butterfly and cut the chicken breast into strips. This will allow for the chicken to cook through evenly without burning our coating.
- 4** Heat your oil to 300F. Highly recommend a kitchen thermometer for a consistent heat temperature.
- 5** Coat your chicken strips in the plain flour then the egg wash. Make sure to compress the seasoned flour into your chicken for an even coat.
- 6** Fry your chicken for 5 to 7 minutes and then remove to a wire rack.
- 7** Reheat oil up to 350F and fry the chicken strips again for 2 to 4 minutes until you start seeing darker golden-brown spots on the coating.
- 8** Rest chicken for 2 minutes before serving and enjoy!

Sour Cream Chicken Enchiladas

Kimberly Krezonoski

Teaching and Learning Services

Inspired by Tex-Mex after years living in the south, this comfort food dish is guaranteed to warm you from the insides out. Just enough spice to be kiddo friendly while still having lots of flavour. Use lactose free sour cream and cheese for those with dairy sensitivities.



INGREDIENTS

1 rotisserie chicken, shredded	1/4 cup butter
1 whole yellow onion minced	1/4 cup flour
1 tablespoon vegetable oil	4 cups chicken broth
1 package large white tortillas (8 minimum)	2 cups sour cream
1 1/2 cup grated cheddar and/or mozzarella blend cheese	1 can green chilies

INSTRUCTIONS

- 1 Heat frying pan over medium with oil and add onions. Cook until soft and transparent. Add chicken and cook for 5 more minutes to combine flavours.
- 2 Melt butter in a medium saucepan, stir in flour to make a roux. Cook until bubbly.
- 3 Gradually whisk in chicken broth then bring to boiling. Stir frequently!
- 4 Remove from heat, stir in green chilies and sour cream.
- 5 Divide chicken mixture and roll enchiladas.
- 6 In the bottom of a large baking dish, add a thin layer of sauce. Place enchiladas carefully close to each other.
- 7 "Drown" in sauce ensuring all tops of enchiladas have coating of sauce. Top with cheese.
- 8 Bake in oven 400F for 20 to 35 minutes until cheese is melted and edges are bubbling.

Black Bean Chicken

Adrian Chan

Department of Systems and Computer Engineering

This is a dish my mom makes. We had to figure out what she was doing to write it down as an actual recipe!



INGREDIENTS

4-5 chicken thighs

1 red/yellow/orange pepper (you can use green, but they aren't as sweet!)

1 cooking onion

1 clove garlic

1 teaspoon black bean

cooking oil (I often use olive oil, but corn oil will do)

SAUCE ONE

1 garlic clove

1 teaspoon ginger, fresh and grated

1 teaspoon cornstarch

1/2 teaspoon baking powder

1/2 teaspoon sugar

1 teaspoon white wine/sherry

1 teaspoon cooking oil

1 tablespoon light soya sauce

1/2 teaspoon dark soya sauce

1/8 teaspoon sesame oil

1/4 teaspoon red chilli flakes (optional)

SAUCE TWO

1/4 teaspoon cornstarch

1 tablespoon sugar

1 tablespoon light soya sauce

1/2 teaspoon dark soya sauce

1/4 teaspoon sesame oil

4 tablespoons water

INSTRUCTIONS

- 1** Make Sauce One and Sauce Two by combining all listed ingredients.
- 2** Marinate cut chicken in Sauce One for 20 to 30 minutes.
- 3** Mash 1 clove garlic with black bean.
- 4** Cut onion and pepper into 1-inch pieces.
- 5** Pan fry chicken in 2 tablespoons cooking oil and remove before it is completely cooked (just cook the outside – 2 minutes).
- 6** Keep the frying pan hot and brown the onion and pepper with the garlic/black bean mash (1 minute). Add more oil if necessary.
- 7** Remove onion and pepper from the pan and heat up Sauce Two in the pan (30 seconds).
- 8** When heated add everything back in and cook at medium to high until chicken is cooked.
- 9** Serve over sticky rice and enjoy.

Renee's Buddha Bowls

Renée De Laire

Faculty of Graduate and Postdoctoral Affairs

These Buddha bowls not only look good, but they are so flavourful and healthy. Fresh ingredients (especially the fresh corn) are what make this dish amazing. Enjoy!



INGREDIENTS

2 cups quinoa, cooked according to package directions

2 chicken breasts (about 4 to 5 ounces each), cut into bite-sized pieces

1 500 ml jar of Salsa – any spice level

2 ears fresh corn, cut from the cob

1 medium yellow/cooking onion, diced

1 medium yellow/cooking onion, sliced

4 Roma tomatoes, diced

4 avocados, mashed

2 teaspoons fresh garlic, chopped

juice of 1 lemon and 1 lime

1/4 cup mayonnaise

2 tablespoons chipotle pepper sauce (I use San Marcos Chipotle salsa)

1 packet of taco seasoning (I use Club House)

1 each red, yellow, and orange sweet peppers, sliced into bite-sized pieces

2 cups mozzarella or cheddar cheese, grated

4 tablespoons chopped cilantro (optional)

salt and pepper

olive oil or butter for pan frying

NOTES

To make this vegetarian, simply omit the chicken.

This recipe serves 4 to 6.

INSTRUCTIONS

- 1** Cook quinoa according to package directions.
- 2** Heat oil or butter in frying pan at medium-low heat. There should be enough oil/butter to make a thin layer on the pan.
- 3** Cook sliced onions in covered frying pan, stirring occasionally until soft and brown, about 20 minutes (to caramelize them). Remove from pan and set aside.
- 4** Increase frying pan heat to medium-high, add more oil/butter, and cook chicken until no longer pink and juices run clear (a minimum internal temperature of 165F, about 10 to 12 minutes). Remove from pan and set aside.
- 5** Boil corn for 10 to 12 minutes. Strain and set aside.
- 6** Add more oil or butter to frying pan and sauté sweet peppers until soft but still crunchy (4 to 5 minutes).
- 7** Add garlic, 1/2 of the tomato, 3 tablespoons cilantro, lemon and lime juice, and salt and pepper to mashed avocado. The lemon, lime, salt, and pepper can be added “to taste.”
- 8** Add 1/2 packet taco seasoning and caramelized onion to quinoa and mix well.
- 9** Add the rest of the tomato, cilantro, and diced onion to the salsa.

PLATING

Put quinoa in the bottom of a bowl and build completed ingredients around the quinoa. Top with chipotle mix and cheese. Enjoy!

Sheet-Pan Chicken (or Tofu) with Plums

Pamela Wolff

Institute of Environmental and Interdisciplinary Science and Department of Chemistry

I saw a “chicken with plums” recipe in the New York Times cooking section. The chicken and the plums are about the only parts I kept as-is, but that was the inspiration. I made up the rest on the fly. It is delicious with tofu, too.

This goes really well with a simple Romain lettuce and cherry tomato salad with a berry vinaigrette or balsamic reduction dressing.

Alexandra Kikot



INGREDIENTS

1/4 cup fresh lemon juice (or 3 tablespoons bottled + 1 tablespoon water + pinch of sweetener)

2 tablespoons low sodium soy sauce

1 tablespoon grated ginger root

1 tablespoon minced garlic

1 tablespoon liquid honey

1 teaspoon ground allspice

1/4 teaspoon ground ginger

1/4 teaspoon coriander

1/4 teaspoon cardamom

1/4 teaspoon* ground Thai chili**

3 to 4 large dark blue plums (1 for marinade; rest for sheet pan)

2 servings of chicken (bone in or boneless breasts, thighs, legs) or firm tofu, sliced

INSTRUCTIONS

- 1** Cut 1 plum for the marinade into pieces and mash it roughly.
- 2** Combine the mashed plum and all other ingredients (except the remaining plums for the sheet pan) into a glass dish or a freezer bag.
- 3** Marinade at least two hours in the refrigerator – all day is better, overnight is fine – or half an hour at room temperature if you can't wait!
- 4** Pour the entire contents of the container onto a high-rimmed cookie sheet or a large roast pan.
- 5** Add the remaining plums, cut into quarters.
- 6** Add whatever vegetables you want/have: potatoes (minis or cut into 3 cm cubes), onions cut into wedges, broccoli, baby bok choy, snow peas, or beans (blanched, add about 20 minutes from the end). Note: I don't recommend tomatoes, as their juices will dominate the flavour, you want the plummy taste to come through.
- 7** Salt everything if you like (I don't)
- 8** Bake at 180C (350F) until done (72 to 75C/160 to 165F). For two large boneless chicken breasts, that's about 40 minutes.
- 9** Top with chopped cilantro, if desired.

Source: Heavily modified from New York Times Cooking

*Adjust for your desired heat. You can always sprinkle the finished dish with chili flakes and double up next time, but you can't take it out after you cook!

**Or use any hot, non-smoked, non "other-stuff-blended-in" powdered chili. Hot, but not smoked, paprika will work. Many bottled "chili powders" have cumin, garlic, onion powder, and/or salt. You don't want those in this recipe. They will overwhelm the flavours. Save them for making chili!

Curried Chicken Tea Sandwiches

Sue Gilmour

Institutional Research and Planning

In our family we've coined this "Road Trip Chicken Salad," a great light picnic treat for those long road trips. It also works really well with chickpeas in place of chicken. Enjoy!

INGREDIENTS

2 cups cubed, cooked chicken
1 unpeeled red apple, chopped
3/4 cup dried cranberries
1/2 cup thinly sliced celery
1/4 cup chopped pecans
2 tablespoons thinly sliced green onions
3/4 cup mayonnaise
2 teaspoons lime juice
1/2 teaspoon curry powder
12 slices bread
12 lettuce leaves

INSTRUCTIONS

- 1** Combine chicken, apple, cranberries, celery, pecans, and green onions in a bowl.
- 2** Mix mayonnaise, lime juice, and curry powder in a small bowl.
- 3** Fold mayonnaise mixture into chicken mixture, stir to coat.
- 4** Cover and refrigerate until ready to serve.

Source: AllRecipes.com



Fish



Maple-Glazed Grilled Salmon

Janne Cleveland

Department of English Language and Literature

Summer is grilling season (but why be limited?!). This easy grilled salmon goes well with a salad for a healthy, tasty repast. The marinade will crisp up the salmon when cooked on a preheated grill.



Oxana Kolodina

NOTES

This recipe serves four.

Prep time: 30 mins

Cook time: 10 to 15 mins

You can also make this recipe on the stove in a cast-iron frying pan. Make sure to get the pan hot (but not smoking) and reduce the heat once you put the fillets in.

INGREDIENTS

4 salmon fillets (wild are more flavourful)

1/2 cup maple syrup

1 lemon juiced—substitute 1 tablespoon lemon juice if you forgot to buy lemons!

2 tablespoon dark soy sauce

2 teaspoons minced garlic

2 teaspoons grated ginger

1/2 teaspoon chili flakes

2 tablespoons vegetable oil

INSTRUCTIONS

- 1 Pat the fish dry with paper towel.
- 2 Combine all ingredients and mix well.
- 3 Place the salmon in a large Ziploc bag and pour in the marinade, making sure to cover all sides. Leave to rest for 20 minutes.
- 4 While the marinade is doing its work, heat your grill on high. Place the fillets on the hot grill and turn the heat down to medium after about 2 minutes.
- 5 Cook fillets for about 4 to 5 minutes per side. If your fillets are thicker, they may need a bit more time. Check the inside of the thickest part to know if they need to stay on the heat longer.
- 6 Enjoy!

Source: The Spruce Eats

Sheet-Pan Roasted Salmon Niçoise Salad

Gary Nower

Facilities Management and Planning

A very easy one-pan dinner, with mustard-glazed salmon, roasted vegetables, and eggs served over a jumble of salad greens tossed with a red-wine vinaigrette. The vegetables and salmon are roasted on a single sheet pan, making this an easy one-dish meal.



INGREDIENTS

- 1 pound baby Yukon Gold potatoes, halved
- 8 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt, plus more to taste
- 1 1/4 teaspoons black pepper
- 2 large eggs
- 2 tablespoons red-wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon minced garlic (about 1 clove)
- 1 anchovy fillet, minced (optional)
- 6 ounces haricots verts or green beans, trimmed
- 1 1/2 cups cherry tomatoes
- 1/2 cup pitted olives, preferably Kalamata
- 4 6-ounce centre-cut, skin-on salmon fillets
- 5 ounces tender salad greens, like baby red and green leaf lettuce

INSTRUCTIONS

- 1** Heat the oven to 400F and place a rack near the top of the oven. Place the potatoes on a sheet pan, add 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper and toss. Arrange the potatoes so the cut sides are facing down and roast for 20 minutes.
- 2** While the potatoes roast, fill a medium saucepan with water and bring to a boil. Add the eggs and cook over medium heat for exactly 6 minutes. Remove the eggs, and when they are cool enough to handle, peel and quarter them.
- 3** Make the dressing: In a large bowl, whisk together the vinegar, 1 teaspoon Dijon mustard, the garlic, anchovy (if using), 1/2 teaspoon salt, and 1/2 teaspoon pepper. Slowly whisk in 4 tablespoons of olive oil and set aside.
- 4** Add the haricots verts, tomatoes, and olives to the sheet pan with the potatoes, along with 2 tablespoons olive oil and 1/2 teaspoon salt. Using tongs, toss well, then move the vegetables to the sides to create space in the center of the sheet pan.
- 5** Pat the salmon fillets dry with a paper towel and place them skin-side down in the center of the sheet pan.
- 6** Brush fillets with remaining 1 tablespoon olive oil and 1 teaspoon Dijon mustard, and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Roast on the top rack in the oven for 10 minutes. Turn the broiler to high and broil for 2 to 3 minutes to lightly brown the salmon. (If you don't have a broiler, roast salmon for an additional 2 to 3 minutes instead.) The salmon should flake easily and be just cooked in the center.
- 7** Add the greens to the large bowl with the dressing and toss gently. Place greens on a large platter, leaving a narrow border at the platter's edges.
- 8** Place the salmon fillets in the middle of the platter, then arrange the roasted vegetables and eggs around them.
- 9** Sprinkle with salt and serve.

Source: New York Times Cooking

Pasta and Sauce



Fancy Pants Mac and Cheese

Amber Lannon

MacOdrum Library

This dish is elevated enough for company and easy enough for a mid-week meal.



INGREDIENTS

FOR 2 PEOPLE

2 medium shallots, peeled and diced
3/4 cup white wine
1 cup whipping cream
1/4 cup medium cheddar cheese, grated
1 teaspoon blue cheese, crumbled
1 teaspoon feta cheese, crumbles
2 cups cooked elbow macaroni
2 slices cooked crumbled bacon (optional)
2 green onions, chopped
2 tablespoon pecorino (Romano) grated

FOR 5 PEOPLE

4 medium shallots, peeled and diced
1 3/4 cup white wine
2 cup whipping cream
2/3 cup medium cheddar cheese, grated
1 tablespoon blue cheese, crumbled
1 tablespoon feta cheese, crumbles
5 cups cooked elbow macaroni
5 slices cooked crumbled bacon (optional)
5 green onions, chopped
5 tablespoon pecorino (Romano) grated

INSTRUCTIONS

- 1** Cook macaroni and bacon and set aside.
- 2** Place the shallots in a pot with the wine and boil until reduced by half. Add the cream and reduce by half again. Lower heat.
- 3** Add the cheddar, blue, and feta cheeses and stir until melted.
- 4** Stir in the macaroni and mix well. Add the bacon, if desired, and stir.
- 5** Top each serving with green onion and a grating of pecorino.

Spaghetti Kielbasa

Claire Ryan

Azrieli School of Architecture & Urbanism

This is my version of spaghetti carbonara (traditionally made with bacon).

I have found that the kielbasa purchased at the Continental Delicatessen in the Byward Market area (57 York Street) to be fabulous, and both lean and garlicky. Depending on your love of kielbasa, you will need a four-to-six-inch length (or more!).

NOTE

This recipe serves 4

INGREDIENTS

1 tablespoon olive oil
1 onion
1 green pepper, diced
4 large eggs, well-beaten, at room temperature
salt and pepper to taste
4 to 6-inch length of kielbasa, diced
1 cup grated parmesan cheese and more to serve
250 grams of your choice: capellini, spaghettini, spaghetti or fettucine

INSTRUCTIONS

- 1 Prepare a large pot of water to boil. Meanwhile, cook onion and green pepper in olive oil until tender. Add kielbasa just to warm it up (it doesn't need to cook).
- 2 In a separate bowl, beat eggs and season with salt and pepper.
- 3 Cook pasta and drain, reserving about 1/2 cup of cooking water.
- 4 Add eggs to drained pasta and toss well (eggs cook on contact). Sprinkle with parmesan cheese and add vegetable-kielbasa mix and a bit of reserved water if needed.
- 5 Serve immediately while hot. Sprinkle with additional parmesan if you like.



Farfalle with Sausage and Peppers

Monique Lavergne

Student Affairs

This recipe goes back to when my husband and I first started dating. We both really enjoy cooking, and this recipe was one of the first ones we made together. We've tweaked it over the years, but it is to this day one of our favourites that we now get to enjoy with our kids.

INGREDIENTS

Half of a 454-gram box of farfalle (bowtie) pasta (or pasta of your choice)

1 tablespoon of vegetable or canola oil

2 garlic cloves, minced

1 sweet onion (Vidalia), thinly sliced

500 grams of mild, medium, or hot Italian sausages

4 tablespoons tomato paste

1/4 cup of white wine

1 cup of low-sodium chicken stock

1 cup of 35% cream

1/8 teaspoon chili flakes

1/2 teaspoon dried oregano

1/2 cup of freshly grated parmesan cheese

salt and pepper

1/4 flat leaf parsley, chopped

Boursin cheese (optional)

INSTRUCTIONS

- 1** In large skillet, heat oil to medium. Add sausages and cook until fully cooked, rotating occasionally, making sure all sides have browned (about 15 to 20 minutes). Remove cooked sausages, set aside, and drain excess oil making sure to leave all the yummy bits in the skillet.
- 2** Add wine to skillet to deglaze, scraping all bits and keep heat on medium.
- 3** Add onions and sauté for 3 to 5 minutes.
- 4** Add garlic and sauté for 1 minute, stirring frequently.
- 5** Add peppers and cook for another 3 to 5 minutes.
- 6** While peppers are cooking, cut the rested sausages in 1/2-inch rounds.
- 7** Add the tomato paste to the skillet and stir to incorporate.
- 8** Add chicken stock, cream, chili flakes, oregano, salt, and pepper to taste, stir, turn heat down to low and let simmer for 10 to 15 minutes until sauce has thickened.
- 9** While your sauce is simmering, fill a large pot with water, cover and bring to a boil.
- 10** Once water is boiling, add salt (should taste like the sea but add to taste) and Farfalle, boil until al dente and drain.
- 11** Add drained pasta to sauce, stir to combine.
- 12** Add half the parmesan cheese and the parsley and stir.
- 13** Plate and top with remaining parmesan, or our personal favorite, crumbled Boursin.

Mom's Bilingual Spaghetti Sauce

Linda Cruz

Conference Services

This is my grandmother's recipe, handed down to my mom, handed down to me, and I've handed down to my kids. What I enjoy are the bilingual recipe cards stained with sauce.

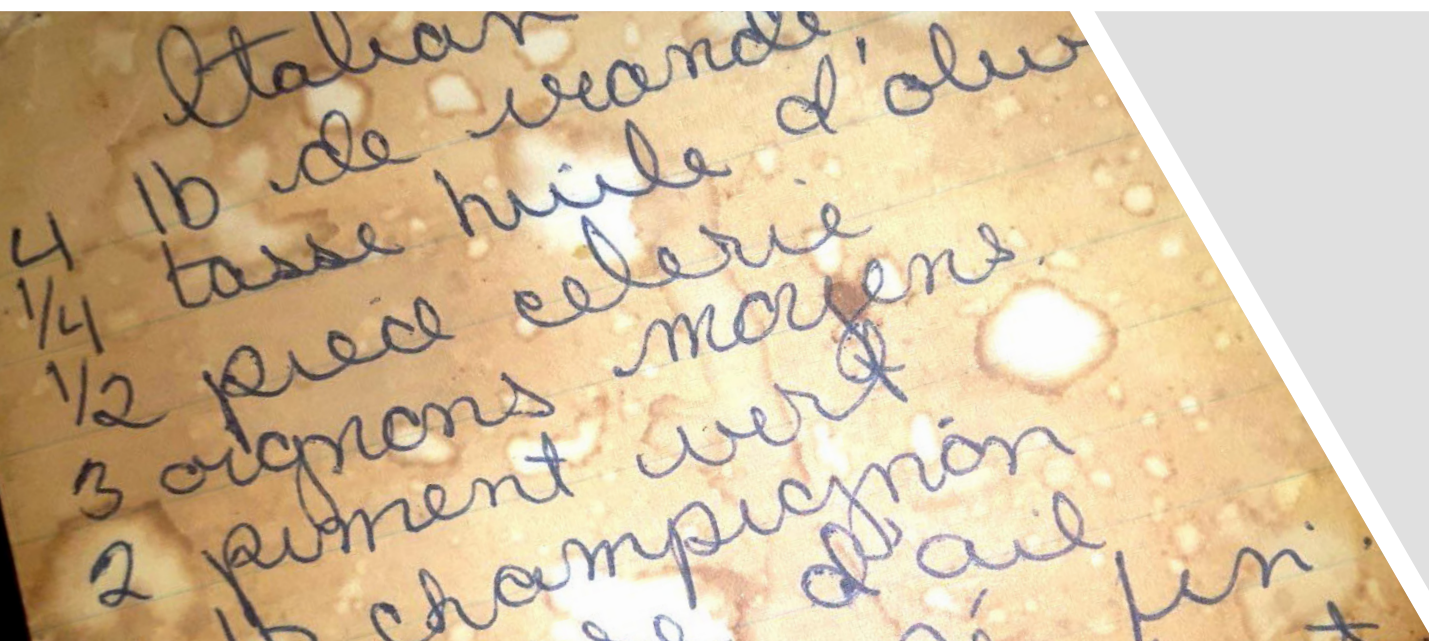
Makes enough to feed a crowd or freeze for many future meals.

INGREDIENTS

4 pounds ground beef	10 cloves of garlic	salt, celery salt, basil, and marjoram
1/4 cup olive oil	2 28-ounce tins of tomatoes	3 bay leaves
4 stalks of celery	2 small tins of tomato paste	parsley
3 medium onions	1 teaspoon each of savory, thyme, garlic	1 can of Heinz (must be Heinz) tomato juice
2 green peppers		
1 pound mushrooms		

INSTRUCTIONS

- 1 Dice the vegetables.
- 2 Put vegetables and beef in large pot. Fry until beef is browned. Drain off the fat.
- 3 Add spices and cook for 2 minutes.
- 4 Add tomatoes and tomato paste. If too thick, add tomato juice until desired consistency. Bring to a boil. Simmer for an hour.
- 5 Serve over pasta or rice. Or use in your favourite lasagna recipe.



Baking and Desserts



Maritime Brown Bread

Cindy Wilson

MacOdrum Library

Brown bread is a staple in the Maritimes and is a favourite companion to baked beans. It's not whole wheat bread but is actually a sweet molasses bread. This recipe for a 2-pound loaf is a bread machine adaptation of my mother's classic brown bread recipe. Nothing beats the original, but this one turns out pretty well!

INGREDIENTS

3/4 cup rolled oats
1 1/2 cup boiling water
1/2 cup molasses
1 1/2 teaspoon salt
1 tablespoon shortening (or butter)
3 1/2 cups flour
1 1/2 teaspoon bread machine yeast

INSTRUCTIONS

- 1 Combine oats and water and let sit for 1 hour.
- 2 Add oat and water mix to bread machine, then remaining ingredients in noted order.
- 3 Select basic bread cycle and cook with a light crust (or dark if preferred).



Fruit Scones

Cindy Taylor

Human Resources

My family enjoys a great scone, so on weekends, I often venture out and pick up different types of scones to try. Since having to stay at home these last months, I decided to remake a scone recipe that I discovered years ago. I tried them again and they are still terrific and have become my new go-to recipe!



INGREDIENTS

2 cups all-purpose flour, plus more for work surface
5 tablespoons sugar, plus 1 tablespoon for topping
1 tablespoon baking powder
1/2 teaspoon salt
6 tablespoons chilled unsalted butter, cut into small pieces
2/3 cup half-and-half cream, plus 1 tablespoon
1/2 to 1 cup of raspberries or blueberries, cleaned and dried on a paper towel

COOKING INSTRUCTIONS

- 1 Preheat oven to 425F.
- 2 In a bowl, whisk together flour, 5 tablespoons sugar, baking powder, and salt.
- 3 Cut in butter with a pastry blender until mixture resembles coarse crumbs. Stir in 2/3 cup half-and half cream until just moistened.
- 4 Gently fold in fruit.
- 5 On a light floured surface, knead dough gently, 5 to 10 minutes. Pat into a 1-inch-thick round. Cut into 8 wedges: place on a baking sheet, 2 inches apart.
- 6 Brush tops with remaining tablespoon of half-and-half cream. Sprinkle with remaining tablespoon sugar.
- 7 Bake until gold brown (12 to 15 minutes).
- 8 Let cool and enjoy!

Source: Martha Stewart Living

Chocolate Peanut Butter Balls

Christina Ross

University Advancement

These wonderful chocolate-dipped peanut butter balls are easy to make and a huge hit for all ages and all occasions! A smooth, creamy, PB filling nestled inside a dark, glossy chocolate exterior.



NOTES

This recipe uses commercial processed peanut butter, which helps achieve a stiff, almost cookie dough-like consistency. If you choose to replace it with a peanut butter alternative, a natural peanut butter, or any other nut butter, you may need to increase the icing sugar to reach a similar stiff consistency; otherwise the balls will not hold their shape.

Recipe makes about 2 dozen.

Store these in a covered container in the fridge. They also freeze extremely well.

INGREDIENTS

1 1/2 cups commercial processed
peanut butter

2 cups icing sugar

1/4 cup margarine

1 teaspoon vanilla extract

chocolate wafers or melting
chocolate for dipping

shelled whole peanuts for garnish
(optional)

INSTRUCTIONS

- 1** In a large bowl, mix all ingredients together except chocolate (the best way to do this is to knead it with your hands).
- 2** Line a baking sheet or tray with waxed paper. Using your hands, roll mixture into balls measuring about an inch in diameter.
- 3** Place the balls on the sheet and chill in the fridge for at least 3 hours or overnight. (Don't skip this step! It is essential for the balls to become cold and firm before dipping.)
- 4** When the balls are sufficiently chilled, melt the chocolate in the microwave or in the top of a double boiler on low heat.
- 5** Dip the balls quickly into the chocolate (I find the best way is to use 2 forks) and return them to the lined baking sheet. Place 1 peanut on the top of each ball for a pretty garnish.
- 6** The chocolate should set within minutes of dipping; however, it is wise to return these to the fridge as soon as possible so that the filling retains its firm consistency.
- 7** Serve and enjoy the many compliments, which will doubtless come your way.

Sharlotka—Apple Cake

Evgenia Mamina

Housing and Residence Life

Growing up in Russia, my grandmother made this cake every time we would visit her, especially during the summer. She would get the apples from her apple tree and make this delicious cake. This recipe requires simple ingredients, which can be found in your pantry. Make sure to include lots of love and care into making this cake and share with your loved ones!



INGREDIENTS

4 green apples	1 1/3 cup of flour
3 eggs	1 tablespoon of butter
1 cup of sugar	powdered sugar
1 teaspoon of baking powder	

INSTRUCTIONS

- 1 Preheat oven to 350F.
- 2 Grease pan with butter and dust it with flour (this way the cake will not stick to the pan when you flip it over).
- 3 Cut your apples into small cubes and place in the pan.
- 4 Using a hand mixer at a high speed, whip together 3 eggs and 1 cup of sugar.
- 5 Add 1 teaspoon of baking powder and 1 1/3 cup of flour to the mixture, and whip everything together.
- 6 Pour the cake batter over apples.
- 7 Gently tap the pan on the counter to coat all apples.
- 8 Place the pan in the oven for 50 to 55 minutes.
- 9 Check to see if the cake is ready with a toothpick, it should come out clean.
- 10 Once cooked, take the cake from the oven, and let cool for at least 20 minutes.
- 11 Flip the cake on a plate and dust with powdered sugar.

Mexican Fruit Cake

Hélène Boudreault

Business Operations

I have been making this cake for at least 15 years. I have baked it at least two or three times for our office potlucks. I always say that it is a fat-free cake, because there is no fat in the cake itself, BUT it has that cream cheese frosting that you cannot go without (because the combination of cake and frosting is so good!). So, it is not really fat-free, but that is OK!



INGREDIENTS

CAKE

2 cups flour
1 3/4 cups sugar (original recipe calls for 2 cups but less sugar is ok, or do half sugar half Splenda)
2 teaspoons baking soda
2 eggs (lightly beaten)
1 cup shredded coconut
1 cup chopped walnuts or pecans
1 can (19 ounce) crushed pineapple with juice

ICING

1/2 cup butter or margarine
1 1/2 cup powdered sugar
1 teaspoon vanilla
1 8-ounce package of cream cheese (room temperature)

INSTRUCTIONS

- 1 Mix all cake ingredients together
- 2 Pour mix in a greased a 9"x13" pan (or use PAM).
- 3 Bake at 350F for 45 minutes.
- 4 Make frosting by mixing all the icing ingredients together and mix well until creamy.
- 5 Remove the cake from the oven once baked and then let it cool to room temperature.
- 6 Once cool, frost the cake with cream cheese icing.

Note: I was told that you can freeze it (with icing). You just need to let it thaw in the fridge.

Source: Recettes du Québec, with edits by Hélène B.

Dutch Apple Pie

Maria McClintock

Office of Quality Initiatives

This is the best apple pie recipes ever, and I make it all the time. It is a bit time consuming but sure is worth the effort, and the result is impressive. I found this recipe in a 2017 Food and Drink magazine.



INGREDIENTS

FLAKY PASTRY

1 1/2 cups all-purpose flour
1/4 teaspoon salt
1/4 cup each cold butter and lard,
cubed
1 large egg yolk
2 tablespoons ice water,
approximate
2 teaspoons cider or white vinegar

APPLE FILLING

1 1/2 pounds (4 to 6) of your
favourite apples (I like Macs
because they caramelize)
2/3 cup packed light brown sugar
2 tablespoons all-purpose flour
3 tablespoons soft butter
1/4 cup whipping cream
(must be 35%)
1/2 teaspoon grated nutmeg or
ground cinnamon

INSTRUCTIONS

PASTRY

- 1 In a bowl, combine flour and salt. With pastry blender or fingertips, work butter and lard into dry ingredients, working until mixture is crumbly with some larger pieces.
- 2 Combine egg yolk with water and vinegar and drizzle over flour mixture, tossing all the while with fork, until mixture holds together when pressed. Add a few drops more water if needed to incorporate dry ingredients.
- 3 Turn out onto work surface and press into disc.

Note: To make ahead, wrap and refrigerate for up to 2 days. Let soften at room temperature before rolling. This makes a single pie crust.

PIE AND FILLING

- 1 Arrange oven rack at bottom third of your oven. Preheat oven to 425F.
- 2 On a floured surface, roll pastry out to fit your pie pan. The thickness is a personal choice so make it as thick, or not, as you like. Ease pastry into the pie plate without stretching. Trim pastry 1/2 inch and create a trim. Refrigerate while preparing filling.
- 3 Peel, core, and cut apples into 3/4-inch wedges and arrange them snugly in the pie shell, slicing the last few so all fit into the shell. Apples will shrink as the pie bakes so don't worry about them looking squished into the pie shell. Be sure to arrange only in one layer, not in multiple layers.
- 4 In a small bowl, use a fork to combine sugar and flour; then work in butter until mixture is crumbly. Sprinkle over apples, drizzle cream evenly over top, and dust with nutmeg or cinnamon.
- 5 Bake for 15 minutes; reduce heat to 350F and bake until filling is bubbling and apples tender, about 45 minutes. (Reduce the time by 5 minutes if your oven is hot. Keep an eye on it as you get closer to the end of the time.)
- 6 Let pie cool for about three hours. It is amazing if it's served a little warm but not piping hot.

Makes 6 to 8 servings

Source: Food and Drink

The Only Chocolate Cake Recipe You'll Ever Need

Yaprak Baltacioğlu

Chancellor

Having an easy but yummy go-to cake recipe is important. This recipe is quick to bake and the result is outstanding. You can see many versions of it on my Instagram page @Yapraks_kitchen.



NOTE

I also make caramel sauce and drizzle half the caramel over the cakes when they are out of the oven. I use the other half of the caramel as a drizzle on slices of cake. Pretty decadent but my kids love it. Also, sometimes I substitute the icing with a regular butter cream or peanut butter icing.

INGREDIENTS

CAKE

2 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons baking soda
3/4 cup unsweetened cocoa
2 cups sugar
1 cup hot strong coffee
1 cup milk
2 large eggs
1 teaspoon vanilla

ICING

1 cup milk
5 tablespoons all-purpose flour
1/2 cup butter softened
1/2 cup shortening
1 cup sugar
1 teaspoon vanilla

INSTRUCTIONS

- 1** Preheat oven to 325F. In a large mixing bowl or the bowl of a stand mixer, sift together dry ingredients. Add oil, coffee, and milk and mix at medium speed for two minutes. Add eggs and vanilla and beat two more minutes. Expect batter to be thin.
- 2** Pour into 9"x13" greased and floured pan or two 9" round pans. Bake the 9"x13" pan for 45 minutes or the 9" inch pans for 30 minutes. (Note: sometimes it may take longer, so test the centre of the cakes with a wooden skewer. It's done when the skewer comes out clean.)
- 3** While cake is cooling make the icing. Combine the milk and flour in a saucepan and cook over low heat until thick, whisking constantly. Cover and refrigerate until chilled. (Note: I make this mixture the night before.)
- 4** With a stand or hand mixer, beat butter, shortening, sugar, and vanilla until creamy. Add chilled milk-flour mixture and beat for 10 minutes. The end result should be creamy and there should be no crunch from sugar.
- 5** Ice the cake and enjoy.

Source: GeniusKitchen.com

Lemon Squares

Matt Fisher

MacOdrum Library

*This is my mom Lynn
Fisher's recipe.*

INGREDIENTS

SHORTBREAD CRUST

1/2 cup butter, melted
1/4 cup sugar
1 teaspoon vanilla
1/4 teaspoon salt
1 cup plus 1 tablespoon flour

LEMON FILLING

1 cup of sugar
3 tablespoons of flour
3 eggs
1/2 cup lemon juice (about two lemons)
icing sugar to dust (optional)

INSTRUCTIONS

- 1** Preheat oven to 325F. Line 9"x9" baking pan with parchment paper, leaving overhang on sides to lift out the finished squares.
- 2** Prepare crust by mixing together melted butter, sugar, salt, and vanilla. Add flour. Press in to prepared pan and bake for 20 minutes or until lightly golden browned. Set aside until step 4.
- 3** Make lemon filling by mixing sugar and flour together. Whisk in eggs and lemon juice until completely combined.
- 4** Pour filling over warm crust. Bake for 22 minutes or until center is set. Cool at room temperature for two hours and then refrigerate for a further hour before cutting.
- 5** Dust with icing sugar if desired.



Maple Syrup Dumplings

Melanie Dow

Office of Quality Initiatives

A special treat with fresh spring maple syrup or anytime of the year really.



INGREDIENTS

- 3 cups maple syrup
- 1 cup water
- 2 cups of flour
- 2 tablespoons of baking powder
- 1/3 pound of butter, cold
- 3/4 cup of milk

INSTRUCTIONS

- 1 Boil maple syrup and water (3 minutes).
- 2 Mix remaining ingredients and drop into boiling pot.
- 3 Cover on medium/low heat for 20 minutes.

Gluten Free Doughnuts

Courtney Maika

MacOdrum Library

I'm gluten intolerant and am grateful to have found this recipe, especially because the doughnuts are made with almond flour instead of 1:1 flour, which makes them really filling and much healthier. I make these without the original sugar coating to reduce my sugar consumption. I often double the recipe, as the original only makes 6 to 7 doughnuts.

INGREDIENTS

1 cup blanched almond flour	1/8 teaspoon salt
1/4 cup sweetener (coconut palm sugar, brown sugar, erythritol, etc.)	1/4 cup unsalted butter, melted
2 teaspoons baking powder	1/4 cup unsweetened almond milk
1 teaspoon cinnamon	2 eggs
	1/2 teaspoon vanilla extract

INSTRUCTIONS

- 1 Preheat oven to 350F.
- 2 Grease 6 or 7 cavities of a doughnut pan well, or use a silicone mold.
- 3 In a large bowl stir together the almond flour, sweetener, baking powder, cinnamon, and salt.
- 4 In a small bowl whisk together the melted butter, almond milk, eggs, and vanilla extract. Then whisk the wet mixture into the dry mixture.
- 5 Scoop or squeeze (using an icing bag or Ziploc bag with a corner cut off) the batter evenly into the doughnut cavities.
- 6 Bake for 22 to 28 minutes (longer for a silicone pan) until dark golden brown. Cool until doughnuts are easy to remove from pan.

Source: Wholesome Yum website



Ada's Butter Tarts

Lorraine Dyke

Deputy Provost

Butter tarts are big in my family. My four siblings may try to claim that they have the original recipe for mother's famous butter tarts, but don't be fooled – this is the authentic version.

INGREDIENTS

12 tart shells
3/4 cup raisins
3 tablespoons softened butter
1 cup brown sugar
1 1/2 tablespoon corn syrup
1 egg
shake of salt (can be omitted)
1/2 teaspoon vanilla extract

INSTRUCTIONS

- 1** Preheat oven to 375F.
- 2** Cover raisins with boiling water and set aside.
- 3** Beat butter and brown sugar together. Add corn syrup. Beat egg lightly and add to mixture. Add vanilla and salt (if using).
- 4** Drain raisins well and add to mixture.
- 5** Fill tart shells.
- 6** Bake 15 minutes or until tarts set.



Rum Balls

Sindy Mayer

Information and Technology Services

This is a family secret recipe that my daughters and I have made for many years, especially at Christmas time. We would give them out along with other treats, but the teachers loved these the best.



INGREDIENTS

1 cup butter

2 teaspoons water

1 cup of sifted icing sugar

8 ounces of semi-sweet chocolate (squares)

1 egg yolk

rum (the original recipe calls for 1 to 2 tablespoons of white rum, I use at least 8 to 10 ounces and usually put 2 ounces in at a time)

chocolate sprinkles (hail)

INSTRUCTIONS

- 1** Melt chocolate with 2 teaspoons water, mix with butter, and add sifted icing sugar (no clumps).
- 2** Mix in egg yolk and add rum 2 ounces at a time. Let stand, stir, and add another 2 ounces, repeat if desired. You may taste along the way.
- 3** Once it has set, use cold hands to roll into balls and roll in chocolate sprinkles (hail).
- 4** If the mixture becomes too soft, place back covered into fridge for a few minutes.



Carleton
UNIVERSITY