

***Puissance
Gastronomique***

"Seconds"

Heather Saunders.

Acknowledgements

"Seconds" is served up by staff members of the Patrick Power Library.

Thanks to all who contributed time, effort, enthusiasm and, of course, recipes. This includes all those cooks and cookbook editors from whose collections our contributors borrowed and adapted; we honour those good chefs who inspired us.

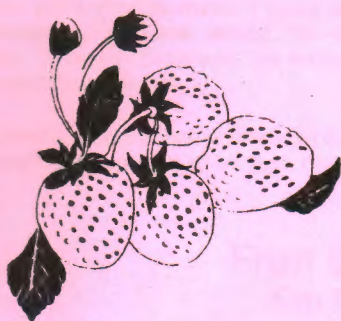
Special thanks are extended to June Tasker for her original artwork.

Enjoy!

Brenda Bentley
Sandra Hamm

May, 1992





Fruit, Vegetable Dishes and Salads





Fruit
Vegetables
Dishes
and Salads



When Puissance Gastronomique I was first produced, your chef was fresh to the Library, and still trying to make a good impression. And so he offered a complex (though savory) dish, one which has since become a staple in hundreds of households. "The only problem," he frequently hears, "is finding that elusive bang-on complementary dessert."

He understands. Jambalaya is time-consuming, a tad expensive and very hot; the contrapuntal course ought to be fast, cheap and cold, a perfect description of ...

Fruit Salad!

Ken Clare

Yield: 4-6 servings

To a base of one package of once-frozen raspberries, now thawed, add:

One (1) small can of mandarin oranges, whole segments or in pieces, depending on how you see things.

Melon. I use cantaloupe, about a quarter of a good-sized fruit, peeled and cut in 2 cm cubes.

Apples. Leave on the peel, for attractiveness. Section, core and cut into pieces. Use two varieties! Three!

Pineapple. Not one of my favourites. I put in about a quarter of a cup of segments; others use more. Use pineapple juice sparingly.

And a Pear. Store-bought canned fruit salad contains mushy little pear globs, a floating fraud. Buy a real pear. Wash it, section and core it but leave on the peel. Cut half or two-thirds into chunks into the salad. The rest can be your treat, or you can use it in pear pie.

Bananas. A great fruit--use two (2)--but only add them at the last moment, as they stain frightfully.

Kiwi. Almost entirely for show. Peeled, of course, and cut in thin slices.

And with it (but not in it, please!): any old white wine, or creatively-chosen red.



Fruit Slush

Brenda Potter

Yield: Approximately 3 cups of slush

Ingredients:

1 1/2 cups peaches
1/2 cup mango
1/2 cup water

2 tsp. lime juice
1/2 tsp. coconut extract
1 cup pineapple juice

Procedure:

Put all ingredients in blender and process until smooth. Pour smooth mixture into flat pan or container and freeze for at least two to three hours until slushy. Spoon or scrape out into glasses.

This can be used as a dessert or as a drink, depending on how slushy you make it. If you use it as a dessert or a treat for the kids, just eat it with a spoon. I add the mixture to diluted apple juice and crush it until it makes a refreshing, cold drink.

This recipe can obviously vary a lot in its ingredients depending on the time of year and the fruit available. In summer you can get more exotic with the wider variety of fruits available. In winter my main ingredient is orange instead of peaches. Other ingredients I add during the winter months are a little banana, kiwi, pineapple (canned), grated coconut and lime juice.

Basically, use approximately two cups or more of whatever fruit you happen to like.

Adding something a little "stronger" will give this drink a "kick" that some may enjoy!



Winter Salad

Brenda Bentley

Yield: Approximately 6 cups

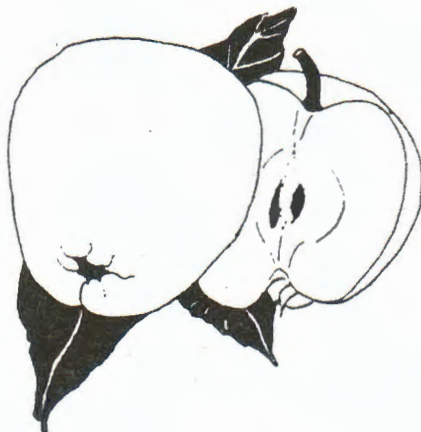
Ingredients:

1 red apple, unpeeled, cut into cubes	1/4 cup raisins
1 pear, peeled, cut into cubes	1/2 cup mayonnaise
1 Tbsp. lemon juice	1/2 cup cottage cheese
3 cups shredded cabbage	1 small can mandarin oranges (drained)
1/4 cup chopped celery	
1/4 cup pecans pieces (I often used broken walnut)	

Procedure:

Mix the fruit and lemon juice together after cubing (this will stop the fruit from discolouring). Combine all ingredients, except for the mandarin oranges.

Chill 1 hour. Garnish with mandarin oranges.



Incredible Edible Spinach Bread Dip

Susan Cannon

This can be prepared in a food processor or by hand if you prefer a coarser dip. The best thing about this is the vessel is edible too!

Yield: Appetizer for 16-20

You will need:

1 cup Miracle Whip*	1 45g pkg. Knorr dry vegetable soup mix
1 250g tub sour cream*	2 pkg. fresh spinach-finely shredded, washed, patted dry
1 250g can water chestnuts-finely chopped	
3 green onions-finely chopped	
1 round loaf of Sobey's Crispy Crunch Cottage Loaf or Superstore's Sourdough Round or equivalent.	

extra crusty rolls or bread for dipping

* I use the "lite" varieties

Mix all of the dip ingredients together and allow it to sit in the fridge for at least 1 hour (This allows the soup mix to soften.)

Just before serving:

Hollow out the round loaf, leaving an approximate 1 inch thickness. Fill the hollow with the dip and arrange the remaining bread (+ extra bread) around the loaf for dipping.



Potato Tickiyas

Usha Devadoss

Yield: 6 to 10 Tickiyas

Ingredients:

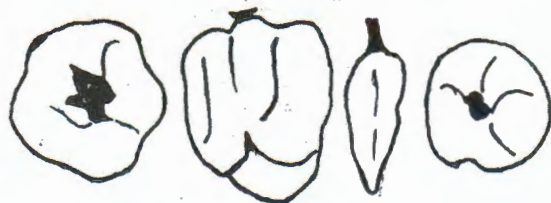
1 lb. potatoes	black or green pepper,
1/2 lb. onions	as desired
1 inch piece fresh ginger root	coriander leaves, 1/2 a bunch
6 cloves garlic	or as desired
1/4 lb peas	bread crumbs
salt to taste	

(Ground beef, chicken or turkey can be added.)

Boil, peel and mash potatoes. Boil peas, drain well and keep aside. If you are using ground meat, boil meat with a little salt and turmeric powder, drain well and keep aside. Finely chop onions, ginger, garlic, coriander leaves and green pepper (if using). Using a frying pan and a little oil, fry the chopped ginger, garlic, onions, coriander leaves and green pepper (if using) until you get the smell of cooked ginger. (Don't let the onions brown). Add the fried ingredients to the mashed potatoes, add the boiled peas, (and meat if using). Add salt and black pepper powder (if not using green pepper). Mix well.

To Fry:

Make equal sized balls of the mixture and then make them flat and round. (Patties should be 1/2 inch in thickness.) Beat an egg or two, dip the potatoes tickiyas in egg, then in bread crumbs and shallow fry until golden brown. (They can also be fried just using bread crumbs.)



Vegetable Shepherd's Pie

Sally Wood

Yield: 4 Servings

Ingredients:

6 medium potatoes	1/2 green pepper
2 medium onions	1/4 hot pepper (finely chopped)
2-3 cloves garlic	1/4 cup frozen peas
1 can soup (celery and mushroom are good)	8-10 mushrooms
1 large carrot	cauliflower and broccoli flowerets (as much as you like)
2 sticks celery	1/2 cup grated cheddar cheese (optional)
1/8 tsp. black pepper	
1 small zucchini	

Procedure:

Boil, then mash potatoes. Set aside for topping. Chop remaining vegetables (add any other kind you like; 3-4 cups in all). Saute onion and garlic in a wok or large saucepan. Add the other vegetables. Stir-fry 5 to 10 minutes. Place in a large baking dish and cover with soup. Add the cheese, if desired. Cover with mashed potatoes, dot with butter. Bake in 375° oven until crisp and brown on top (approximately 15-20 minutes).



Vegetable Biryani

Harinder Bajwa

Yield: 4 to 6 Servings

Vegetable Ingredients:

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| 1 1/2 c. basmati rice, uncooked | 2 medium-sized carrots, peeled and cubed |
| 1/4 tsp. saffron (optional) | |
| 1/2 c. cooking oil | 2 green bell peppers, seeded, cored and cut into rings |
| 2 medium sized potatoes, peeled and diced | |
| 1 small cauliflower, divided into flowerets | 1 c. frozen peas |

Paste Ingredients:

- | | |
|--|------------------------------|
| 3 medium onions, peeled and diced | 1/2 tsp. ground cinnamon |
| 4 cloves of garlic, peeled and minced | 1/4 tsp. ground cloves |
| 1" piece fresh gingerroot, peeled and minced | 1/2 tsp. ground black pepper |
| 3 medium sized tomatoes, chopped and/or | 1/2 tsp. chili powder |
| 1 Tbls. tomato paste | 1/2 tsp. turmeric |
| seeds of 4 cardamoms, crushed (with rolling pin or pestle) | salt to taste |

Procedure:

Rice: Wash rice thoroughly. Boil rice in approximately 6 cups of water until almost cooked. Drain thoroughly, then spread out on pan or large plate to cool without lumping together.

If using saffron, put it in a cup with 1 tsp. warm water and rub until it dissolves, then add it to the cooked, drained rice.

Paste: Heat the oil in a large pan. Add onion, garlic, ginger and tumeric and cook at medium heat until golden. Add chopped tomatoes and/or tomato paste and cook for another couple of minutes. Add cinnamon, cloves, black pepper, chili powder, crushed cardamom seeds and salt. Stir in 1/4 cup of water.

Add the vegetables to the paste, cover, and cook over medium heat, stirring frequently, for 12 to 15 minutes or until almost cooked (but not too soft!). Remove from heat.

Carefully stir the rice into the vegetable mixture. Cover; heat for a couple of minutes, just until heated through. Serve hot.

Notes:

This dish can be made with any vegetables you have on hand. Chopped cooked lamb or chicken may be added. Vary the spices to suit your own taste.

To find Basmati rice, saffron or cardamoms, try Indian grocery stores, Bulk Barn outlets or health food stores.

Stir Fried Rice

Alice Hum

Ingredients:

1/2 cup small shrimp (cooked fresh)	2 Tbsp. chopped green onions
1/2 cup roast pork or ham (diced)	6 cups cooked rice
2 eggs (slightly beaten)	2 tsp. salt
3/4 cup green peas <u>or</u> frozen mixed vegetables	8 tsp. oil

Procedure:

1. Heat 2 Tbsp. oil in pan. Pour in the beaten egg and stir fry quickly until it forms firm pieces. Remove from pan.
2. Heat another 3 Tbsp. oil, stir fry shrimp and ham, add green peas, fry about 5 minutes; remove from pan.
3. Heat another 3 Tbsp. oil in same frying pan, fry the onion and cooked rice. Sprinkle on salt. Reduce heat and stir until rice is thoroughly heated. Stir first two mixtures into rice. Combine well and serve on pretty platter.



Curried Vermicelli Noodle Salad

Andrea John

Yield: 10 Servings

Ingredients:

1/2 lb. vermicelli noodles (or 4 cups cooked thin noodles)
1/2 cup pine nuts
1 cup coarsely chopped fresh parsley

Curry Dressing:

1 cup pearl onions	1/4 tsp. turmeric
1/4 cup olive oil	1/2 tsp. minced garlic
2 tsp. curry powder	1 1/2 cups beef or chicken stock
1 1/2 tsp. ground coriander	1/2 cup golden raisins
1/2 tsp. ground cardamom	

Procedure:

In large pot of boiling water, cook vermicelli according to package directions for 3 to 5 minutes, just until "al dente" (tender but firm). Don't overcook, because noodles become mushy. Rinse under cold water; drain well and set aside.

On a pie plate, bake pine nuts in 350⁰F oven for 5 minutes or until golden. Set aside.

Curry dressing: In saucepan of boiling water, blanch pearl onions for 3 minutes; drain. Let cool slightly, then peel.

In saucepan heat oil over medium heat. Add curry powder, coriander, cardamom and turmeric; cook for 3 minutes, stirring occasionally. Add garlic, pearl onions, stock and raisins. Simmer for 5 minutes or until onions are tender. Remove from heat and let cool.

Toss noodles with dressing. (Salad can be covered and refrigerated for up to 1 day.) Just before serving, add pine nuts and parsley; toss well.



Baigan Tamatar (Spiced Aubergines and Tomatoes)

Douglas Vaisey

Yield: Serves 4

Ingredients:

- | | |
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| 3/4 cup butter | 1 lb. aubergines (eggplant),
cut into 1" pieces |
| 1 large onion, sliced in rings | 1 lb. tomatoes, cut into 1" pieces
(canned whole tomatoes are
an acceptable alternative) |
| 2 or 3 garlic cloves, sliced thinly | 3 Tbsp. tomato paste |
| 1 tsp. coriander powder | 1 cup water |
| 1 inch piece of cinnamon stick | |
| 1 tsp. cayenne or chili powder | |
| 1 tsp. salt | |
| 1 tsp. freshly ground black pepper | |

Procedure:

1. Fry onion and garlic in butter until transparent.
2. Add spices and seasonings; fry for three minutes, stirring constantly.
3. Add eggplant, tomatoes and tomato paste. Toss gently to coat with the spicy mixture.
4. Stir in the water. Bring to a boil. Lower temperature and simmer for 25-30 minutes, until the eggplant is soft and the sauce is thick. If the sauce is too soupy, raise the heat and boil off the excess liquid.

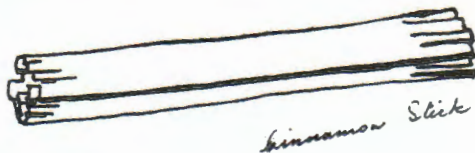
Alternative to Step 4: We have had great success in baking this, covered, for 40 minutes in a 325°F oven.

Taken, without permission, from the Encyclopedia of Asian Cooking (1982).

Tips:

It's up to you whether you peel or don't peel the eggplant. I prefer it unpeeled. Salting the eggplant and drying it after an hour is something some cooks prefer, but it's not necessary here

Advise that you serve with rice, as this can be hot!



Chick-Pea, Kidney Bean Salad

Peggy Pilkey

Yield: 4 to 6 Servings

Ingredients:

19 oz. can chick peas
19 oz. can kidney beans
1 cup chopped English cucumber
3 stalks celery, chopped

Dressing:

3/4 cup plain yogurt
1 tsp. lemon juice
2 tsp. ground cumin

2 cloves garlic, crushed
salt and pepper
1/4 cup chopped parsley

Procedure:

1. Mix yogurt, lemon juice, cumin and garlic together.
2. Drain and rinse chick peas and kidney beans. Add chopped cucumbers and celery.
3. Combine yogurt dressing and vegetable mixture.
4. Add parsley and salt and pepper to taste.
5. Refrigerate until ready to serve.



Potatoes Romanoff

Tammy Tkachuk

Yield: 8 to 10 Servings

Ingredients:

6 large potatoes	1 1/2 tsp. salt
2 10 oz. containers sour cream	1/4 tsp. pepper
1 1/2 cups shredded sharp cheddar cheese	1/4 tsp. paprika
1 bunch green onions, chopped	

Procedure:

Boil potatoes until fork tender*. Cool and peel. Thinly slice potatoes into large bowl. Fold in sour cream, 1 cup shredded cheese, onion, salt and pepper. Turn into buttered 2-quart casserole.

Top with remaining cheese, sprinkle with paprika. Cover and refrigerate several hours or overnight.

Bake, uncovered in a 350⁰F oven about 30 to 40 minutes or until heated through.

***The reason for boiling the potatoes first is to cut down on cooking time. When you boil them, they should be softened but not thoroughly cooked. I think my mother occasionally omits this step and keeps them in the oven a little longer.**





Meat and Fish Dishes



Spicy Lasagna Roll-ups

Susan McGarvey

Yield: 4 Servings

Preparation: 25 minutes

Cooking: 59 minutes

Make this attractive dish one day and bake it the next, or double the recipe and freeze half. Serve with crusty whole wheat bread and a tossed salad.

Ingredients:

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| 1 Tbsp. olive oil | 2 Tbsp. low sodium tomato paste |
| 1 large yellow onion, chopped fine | 8 ruffle-edge lasagna noodles |
| 1 tsp. dried basil, crumbled | 1/2 cup grated Parmesan cheese |
| 1/2 tsp. dried marjoram, crumbled | 1 cup part-skim ricotta cheese |
| 1 bay leaf, crumbled | 1 cup fresh spinach, trimmed and chopped or 10 oz. package frozen, thawed and drained. |
| 2 cloves garlic, minced | 1/4 tsp. mace or nutmeg |
| 3/4 tsp. black pepper | 1/4 tsp. cream of tartar |
| 1/2 skinned and boned chicken breast (about 4 ozs.) chopped fine | |
| 1 lb. can low sodium tomatoes, chopped in juice | |

Procedure:

Heat the olive oil in a heavy (10 inch) skillet over moderate heat for 1 minute. Add the onion, basil, marjoram, bay leaf, half the garlic, and 1/4 tsp. of the pepper; cook uncovered, until the onion is soft - about 5 minutes. Remove 2 Tbsp. of the mixture from the skillet and set aside. Add the copped chicken to the skillet and cook, stirring, for 3 minutes. Reduce the heat to low, add the tomatoes and tomato paste, and cook uncovered for 20 minutes, stirring occasionally. Set aside. Meanwhile, cook the lasagna noodles according to package directions, omitting the salt. Rinse with cold water and drain. Preheat the oven to 375° F. To prepare the filling, combine 5 Tbsp. of the Parmesan cheese in a medium sized bowl with the ricotta cheese, spinach, mace, cream of tartar, the remaining garlic and pepper, and the reserved onion mixture. Mix well. Spoon half the tomato sauce into an ungreased (9 x 9 x 2 inch) baking pan. Spread 3 Tbsp. of the cheese filling on each noodle, roll up as for a jelly roll, and place seam side down in the pan. Repeat until all the noodles are used. Top with the remaining sauce. Cover with aluminum foil and bake for 25 minutes. Uncover, sprinkle the remaining Parmesan cheese on top and bake, uncovered, 5 minutes longer.



Mom's Spareribs

Linda Andry

Yield: 6 Servings

Ingredients:

5 lbs. spareribs

1 can tomato soup

1 cup mild vinegar

1/2 cup brown sugar

1 Tbsp. seasoned salt

1 tsp. paprika

Pinch garlic salt or powder

1 Tbsp. chili powder

Procedure:

Cut ribs into serving portions. Place in foil-lined pan or casserole. Sprinkle with seasoned salt and garlic salt (or powder). Combine all other ingredients in a saucepan and heat until well blended. Pour sauce over ribs and bake covered for 1 to 1 1/2 hours at 350° F. Remove cover for the last 5 minutes, baste.

Lamb Korma

Neeru Malik

Yield: 6 to 8 Servings

Ingredients:

2 lbs. boneless lamb

1/2 cup yogurt

1 tsp. ground cumin

1 tsp. ground turmeric

1/2 tsp. minced garlic

2/3 cup onion flakes*

1 tsp. curry powder

3 Tbsp. vegetable oil

2 1/2 tsp. salt (or to taste)

1 tsp. lemon juice

2 tsp. grated coconut (optional)

Procedure:

Discard any excess fat from the lamb. Cut meat into one inch cubes. Blend together the yogurt, cumin and turmeric. Add lamb cubes and marinate for 2-3 hours. Remove the lamb from the marinade and saute in a large saucepan in one tablespoon of oil. Meanwhile mix the onion flakes and garlic in half a cup of water and allow to stand 8 to 10 minutes to soften. Add to the saucepan, with the remaining two tablespoons of oil and saute until golden. Add the curry powder and salt. Cook stirring for 2 minutes. Cover the saucepan tightly and cook slowly for 20 more minutes, or until lamb is thoroughly tender. Add one cup of water and stir to form a smooth gravy. Cover and continue cooking for another 25 minutes. Add lemon juice and coconut immediately prior to serving. Serve with rice.

*Fresh onion can be used instead of flakes. Grate the onion and saute it with the lamb.

Oven Beef Burgundy

Phyllis Herman

Yield: 6 Servings

Ingredients:

2 lbs. round steak	2 tsp. salt
1 Tbsp. H&P sauce	1/8 tsp. marjaram
4 carrots	1/8 tsp. pepper
2 cups onions, sliced thinly	1 cup Burgundy or other red wine
1 cup celery	1/2 lb. mushrooms, sliced
1 clove garlic, minced	2 Tbsp. butter

Procedure:

Cut meat into 2 inch cubes. Place in 2 1/2 quart casserole. Sprinkle with H&P sauce. Cut carrots lengthwise and add to meat. Put in remaining ingredients. Mix. Cover and bake at 325°F until meat and vegetables are tender, about 2 1/2 hours. Stir meat every 30 minutes. Serve with rice, noodles or potatoes.



Chicken Curry

Sue Ubhi

Yield: 5 to 6 people

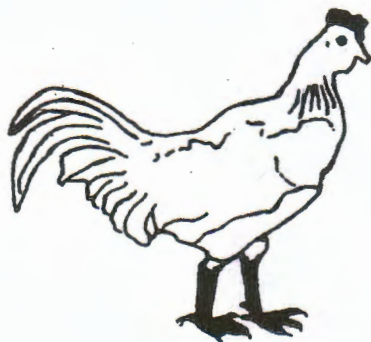
Ingredients:

5 chicken leg quarters
1/3 cup cooking oil
3-4 medium onions
2 Tbsp. fresh ginger, ground
2 tsp. fresh garlic, ground
1 small cinnamon stick
1/2 tsp. cumin seeds
2 black cardamoms

4-5 canned tomatoes with juice
1 Tbsp. tomato paste
3-4 Tbsp. plain yogurt
1 tsp. salt
1 tsp. garam masala
1/2-1 tsp. crushed red chilies
freshly chopped coriander
(for garnish)

Procedure:

1. Cut each chicken leg and thigh in 2 or 3 pieces; set aside.
2. Peel and grind onions, ginger and garlic.
3. Pour oil into large pan, add cumin seeds to onions, ginger & garlic and cook until medium brown in colour over medium heat.
4. Add tomatoes, tomato paste, yogurt, cinnamon stick and cardamoms.
5. Add salt, garam masala, red chilies and washed chicken. Also add 1/2 cup water.
6. Cook covered for 30 - 40 minutes on medium-low heat until chicken breaks easily.
7. Garnish with freshly chopped coriander before serving.



Japanese Chicken Wings

Betty Schultz

Good for Parties!

Ingredients:

3 lbs. chicken wings
1 beaten egg

1 cup flour
1 cup water

Sauce:

3 Tbsp. soya sauce
3 Tbsp. water
1 cup sugar

1/2 cup vinegar
1 tsp. seasoning salt

Procedure:

Cut wings in half (I discard the tips.) Dip in egg, and then in flour. Fry in butter until brown and crisp. Drain on paper towel. Put in shallow baking pan or roaster. Pour sauce over chicken.

Bake in 350⁰F oven for 1 hour. Spoon sauce over wings during baking.



Chicken Hurry

Geraldine Levangie

Yield: 4 to 6 Servings

Ingredients:

2 1/2 - 3 lbs. chicken parts
1/2 cup ketchup
1/4 cup water

1/4 cup brown sugar
1 envelope dry onion soup mix
(Lipton)

Procedure:

Arrange chicken parts in small roaster or casserole. In small bowl combine ketchup water, sugar and soup mix. Mix together well.

Spoon this mixture over chicken, making sure some is on every piece. Bake in 350⁰F oven for a least 1 hr. until very tender.

Chicken Pot Pie

Heather Saunders

Yield: 4 Servings

Simmer until tender 1 medium fowl or small chicken. Save stock. Remove meat from bones.

Cook a few potatoes (cube potatoes after cooking) and carrots until tender. (* Do as many as you like depending on the number of people you will be feeding. I would say 3 medium of each as a minimum.)

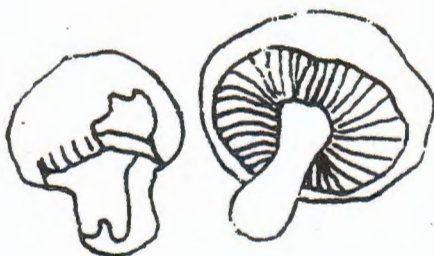
Have ready for the topping, either enough pie pastry for a single shell pie or enough biscuit batter to cover the top to the casserole.

1/4 cup butter
1/2 cup flour
1/4 tsp. pepper
1 tsp. salt

3 cups chicken stock
1 tin mushrooms (or fresh ones)
1 small onion (sliced)
1 tsp. summer savory (optional)

Melt butter; saute mushrooms and onions in butter until tender, but not brown. Blend in flour, salt and pepper. Gradually add chicken stock, stirring until smoothly blended. Add summer savory. Add chicken, carrots, potatoes (frozen peas, too, if desired). Pour into casserole dish. Top with pastry or biscuit batter. Cook for 30 to 35 minutes at 425°F.

This recipe is great for leftover Thanksgiving or Christmas turkey. Take your leftover meat and use Campbell's Chicken Stock (will need 2 tins). Vegetables and other ingredients are done as above.



Chicken and Broccoli Shells

Keith MacKinnon

Yield: 3 to 6 Servings

Ingredients:

1 pkg. (6) frozen pastry shells
3 Tbsp. cornstarch
320 ml. evaporated milk
1 cup broccoli
3 Tbsp. chives

1 10 oz. can chicken broth
8 oz. soften cream cheese
3 cups cooked chicken pieces
1 cup mushrooms
paprika

Procedure:

Bake pastry shells separately according to the directions on package. In a saucepan, gradually stir the chicken broth into the cornstarch. Add cheese and milk, then heat to boiling, stirring constantly. Add cut up chunks of pre-cooked chicken, broccoli, mushrooms and whatever else you would like to throw in. Finally stir in chives. Spoon into each pastry shell. Sprinkle with paprika. Serve hot.



Honey Curry Chicken

Dorothy Murphy

Ingredients:

3 lbs. chicken pieces
1/3 cup melted butter
1/3 cup liquid honey

1/4 cup dijon mustard
4 tsps. curry power
pinch of cayenne

Procedure:

Arrange chicken in single layer on greased baking dish, skin side down. (I usually skin the chicken before cooking.) Combine remaining ingredients. Stir until blended and pour over chicken. Bake uncovered at 375°F for 20 minutes (baste after 10 minutes). Reduce heat to 350°F and bake another 20 minutes or until tender, basting after 10 minutes once again.

Fish Curry

Dianne MacPhee

Yield: 4 Servings

Ingredients:

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| 1 lg. onion, sliced | 1 1/2 tsp. ground cumin |
| 1-2 Tbsp. vegetable oil | 1 1/2 tsp. turmeric |
| 2 cups tomatoes, canned
(or fresh, quartered) | 1 small cinnamon stick |
| 1 1/2 heaped tsp. garam masala
(available from health food stores,
Indian specialty stores) | 3 whole cloves |
| 1 1/2 heaped tsp. curry powder | 4 whole black peppercorns |
| | 1 lb. cod (or haddock) |

Procedure:

1. In a large skillet, fry onion in oil until brown.
2. Add tomatoes and cook for 10 minutes.
3. Add spices and 2 cups of water; cook for 10 minutes.
4. Add the fish, cut into small pieces, and cook for a further 10 minutes.

Serve with boiled rice.

This makes what I consider a very spicy curry. You may want to reduce the amount of garam masala and curry powder.



Salmon Loaf For Two

Charlotte Charlton

Ingredients:

2 eggs (I beat them slightly)
1 small can salmon (drained)
1 cup milk
1 cup bread crumbs
finely cut onion (to taste)

1 1/2 tsp. butter or margarine
(Instead of margarine, I use
1 1/2 tsp. salmon oil)
1/2 tsp. salt
1/8 tsp. pepper

Procedure:

Mix thoroughly. Spread evenly in small loaf size baking dish. Bake at 350⁰F for 40 to 60 minutes, or until knife comes out clean.

For a great meal, serve with a baked potato topped with cucumber salad-dressing or unflavored yogurt (if you wish to avoid the cholesterol in sour cream).



Whole Barbecued Salmon

Ronald Lewis

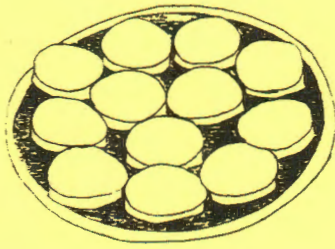
Fish stays moist when cooked quickly at a high temperature.

Heat the barbecue to 200⁰-230⁰C (400⁰-450⁰F)

Place dressed fish in heavy -duty aluminum foil, shiny surface on the inside. Season with salt and pepper, herbs and spices of choice; add a generous sprinkling of lemon juice or white wine and a bit of butter. Close tightly with a double fold to retain cooking juice. Place on grill about 7 to 10 cm. (3 to 4 inches) above coals. Allow about 10-12 minutes cooking time per cm (15 to 20 minutes per inch) thickness. For thicker pieces, turn over halfway through cooking.

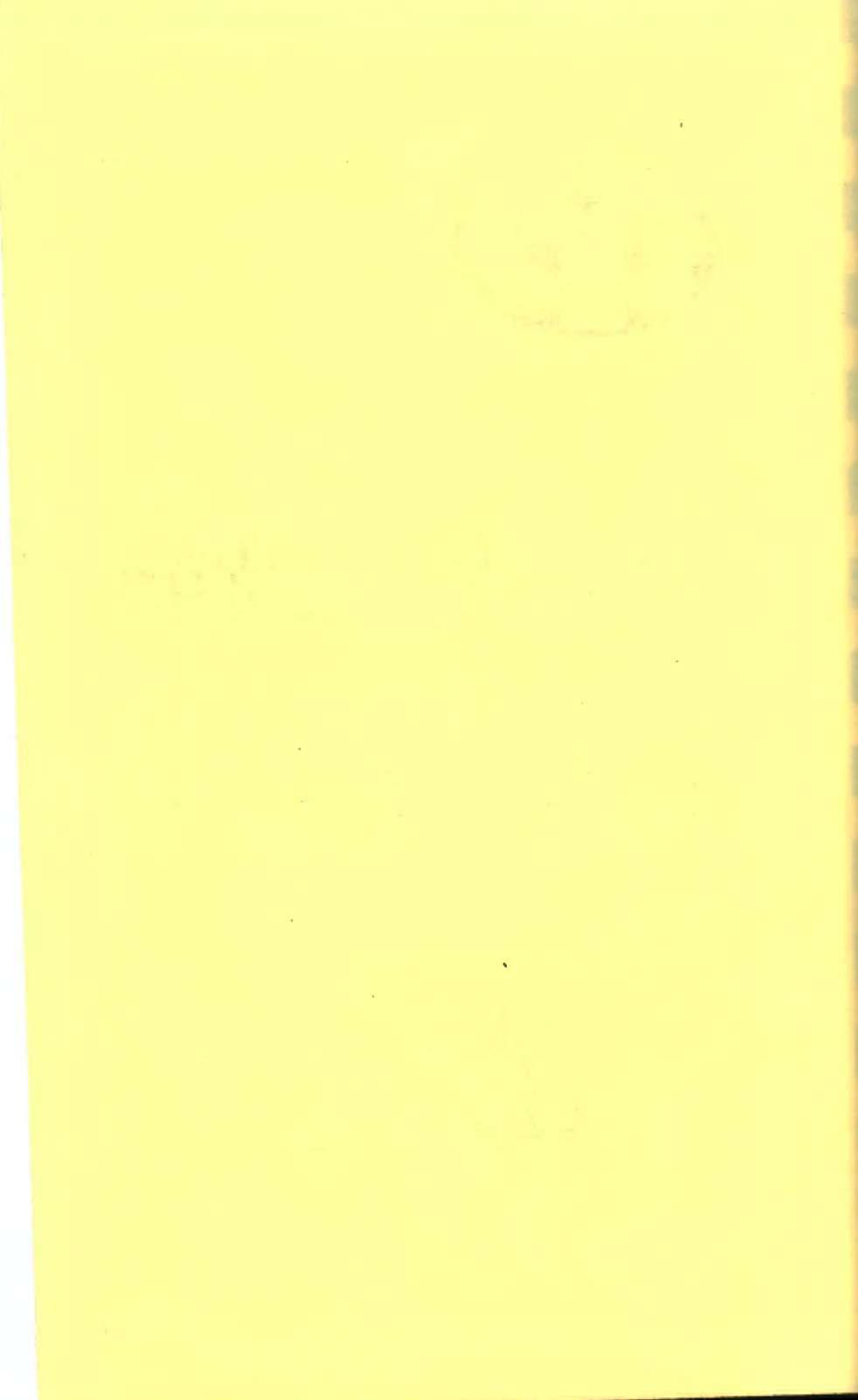
If coals are too hot, increase distance between coals and fish. After salmon is cooked, carefully peel back foil.

Nicely cooked salmon should flake away easily from the bone. Enjoy!



**Breads, Cakes
and
Other Treats**





Val's Rye Bread

Valerie Cochrane

Yield: 1 loaf

Combine:

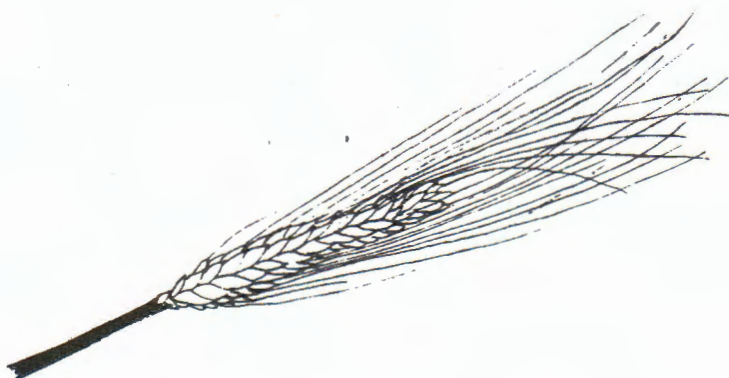
2 cups whole wheat flour
1 1/2 cups bran
1 1/2 cups Red River Cereal
1/2 tsp. salt

1/2 tsp. baking soda
2/3 cups molasses
2 1/2 cups boiling water

Procedure:

Mix all ingredients together well and pour into an oiled or non-stick bread pan. Cover loosely with foil. (Tuck in the ends, but leave the sides loose). Bake for 90 minutes in a 325° F oven.

Great with cheese. Enjoy!



Bagels

Barbara Shaw

Yield: 24 Bagels

Ingredients:

1 medium potato
1 Tbsp. dry yeast
1 1/2 tsp. honey
1 tsp. vegetable oil
1 Tbsp. honey

some salt
1 whole egg
1 egg white (reserve yolk for glaze)
5 cups flour, approx.

Glaze:

1 egg yolk
1 tsp. cold water
poppy or sesame seeds

Procedure:

Boil sliced potato in 2 1/2 cups water until soft. Drain, reserving water, and mash potato. Cool water to lukewarm. Stir 1 1/2 tsp. honey into 1/2 cup potato water to dissolve. Sprinkle yeast into this mixture, stir gently and let sit for 5 to 10 minutes.

To remaining potato water, add oil, 1 Tbsp. honey, yeast mixture, mashed potato, egg, eggwhite and flour. When dough is stiff, knead for 8 to 10 minutes, adding extra flour if necessary. Place dough in a greased pan. Cover and let rise until almost double in bulk, about 45 minutes.

Shape dough into three 12" rolls. Cut each into 8 equal elongated pieces. Form each piece into a small roll. Moisten ends and form bagels. Let rise about 15 minutes. Meanwhile, heat water to boiling point, then simmer the bagels (a few at a time) for 5 minutes, turning once. Drain and place on lightly oiled cookie sheets. Preheat oven to 425°F. Brush bagels with the glaze mixture and sprinkle with poppy or sesame seeds. Bake for 15 to 20 minutes. Cool on a wire rack.

Tip: I use a large deep electric fry pan to boll them in.



Pumpkin Cheesecake Supreme

Sandra Hamm

Shell:

1 1/2 cups graham cracker crumbs
1/4 cup sugar

3/4 stick (6 Tbsp.) butter, melted

Filling:

1 1/2 pounds cream cheese, softened
3/4 cup granulated sugar
3/4 cup firmly packed light brown sugar
5 large eggs

2 cups pumpkin puree
1 1/2 tsp. cinnamon
1/2 tsp. freshly grated nutmeg
1/4 cup heavy cream

Topping:

1 1/2 cups sour cream combined with
1 Tbsp. sugar and 1 tsp. vanilla

1/2 cup pecan halves,
toasted lightly (optional)

Procedure:

To make the shell: In bowl combine the graham cracker crumbs, the sugar, and the butter until the mixture resembles meal. Press the mixture onto the bottom and 1 inch up the sides of a buttered spring form pan. Chill the shell for 1 hour.

Make the filling: In large bowl with an electric mixer beat the cream cheese until it is smooth; beat in the granulated sugar and the light brown sugar, a little at a time, and beat the mixture until it is fluffy. Beat in the eggs (1 at a time, beating well after each), cinnamon, nutmeg, and cream. Beat the filling until it is combined well. Pour the filling into the spring form pan and bake the cheesecake in the middle of a preheated, moderately slow oven (325°F) for 1 hour and 45 minutes. Let the cheesecake cool in the pan on a rack for 5 minutes.

Spread the sour cream mixture over the cheesecake and bake the cheesecake in the moderately slow oven for 5 minutes more. Let the cheesecake cool in the pan on the rack, then chill it, covered, overnight. Remove the sides of the pan, transfer the cheesecake to a serving plate, and garnish it with pecans or other nuts or garnishes.

Tips:

The shell can be made well ahead of time and kept chilled until needed.

I tend to be a little lighter on the cheese and egg and a little heavier on the spices.



Mystery Cake

Theresa Mann

Ingredients:

2 cups flour	1 tsp. salt
2 cups sugar	2 eggs
2 tsp. baking soda	1 19 oz. can fruit cocktail
(No shortening!)	

Procedure:

Mix the dry ingredients together well. Beat eggs, then add to dry ingredients. Drain the fruit cocktail, reserving the liquid in a measuring cup. Add enough water to make 1 cup of liquid. Add the juice to the above mixture, then stir in fruit. Bake in a 9" x 13" greased pan at 350°F for approximately 45 minutes.

Topping: (Cook while cake is baking)

1 cup sugar
1/2 cup margarine, melted
1/2 cup milk
1/2 cup coconut
1 tsp. vanilla

Mix all ingredients together in a saucepan and bring to a boil. Cook for at least 5 minutes. Pour over cake as soon as it is removed from the oven.

Plain Cheesecake

Ann MacLean

Ingredients:

1 cup graham cracker crumbs	3/4 cup sugar
3 Tbsp. sugar	3 eggs
3 Tbsp. margarine, melted	1 tsp. vanilla
3 8 oz. pkgs. cream cheese (softened)	fruit pie filling of your choice

Procedure:

Combine crumbs, sugar and margarine; press onto bottom of 9" spring form pan. Bake at 325°F for 10 minutes.

Combine cream cheese and sugar, mixing at medium speed with electric mixer until well blended. Add eggs one at a time, mixing well after each addition; blend in vanilla. Pour over crust. Bake at 450°F for 10 minutes. Reduce oven temperature to 250°F; continue baking 25 to 30 minutes or until set. Loosen cake from rim of pan. Cool before removing rim of pan. Chill. Top with pie filling* just before serving.

Poppy Seed Cake

Barbara Nelke

Step 1

Poppy Seed Preparation

1 lb. poppy seed

boiling water

One day in advance, pour enough boiling water over the poppy seed to just cover it. Let stand overnight.

The next day, set soaked poppy seed in a cloth-lined sieve to drain. Grind the poppy seed twice in a food grinder or until it is ground fine.

Step 2

Pastry

2 cups flour

3/4 cup sugar

4 eggs

4 tsp. baking powder

1/2 cup margarine or butter,
softened to room temp.

milk (just enough to moisten
enough to help in mixing)

Mix flour, sugar and baking powder together. Add margarine and eggs. Mix well. (Add a little milk if too dry to mix.) Spread with hands into a 10" spring form or equivalent size pan.

Step 3

Poppy Seed Filling

poppy seed (soaked and ground, as in Step 1)

1 cup sugar

3 egg yolks

1/2 cup margarine or butter,
melted and cooled to
lukewarm

Mix all ingredients together well. Spread mixture over surface of pastry. Smooth out with spoon or knife.

Step 4

Topping

1/2 cup margarine or butter

3/4 cup sugar

2-3 Tbsp. flour

Mix these ingredients together to a crumble consistency. Strew over top of poppy seed layer.

Bake in 375°F oven for 30 to 40 minutes.

Deliciously Easy Chocolate Cake

Leslie Hennen

Grandma Hennen's Recipe

A very moist, rich-tasting cake.

To begin, preheat oven to 375⁰F. Grease and flour an 8" x 8" square baking pan.

Stir together:

2 cups flour
1 cup sugar
1 1/2 tsp. baking powder

1 1/2 Tbsp. baking soda
4 Tbsp. (1/4 cup) cocoa

Add:

1 cup water
1 cup Miracle Whip (the secret ingredient)

dash vanilla

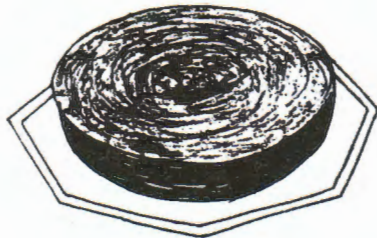
Mix well. Pour into prepared pan. Bake 40 minutes.

It's best not to open the oven during baking, unless you think it's done.

Signs to tell when cake is done:

1. Cake has pulled away from sides of pan.
2. Cake has cracked down the middle.
3. Top surface springs back when touched.

Let cool . Ice if you wish.



Airedale Apple Pie

Margot Schenk, Mother of Sailor and Cabot

Yield: One 9-inch pie

It took me some time to figure out why this recipe is called "Airedale" Apple Pie. It sure doesn't have dog as an ingredient and it sure doesn't taste like dog, but it does have the colours of the Airedale Terrier in the finished product - black and tan.

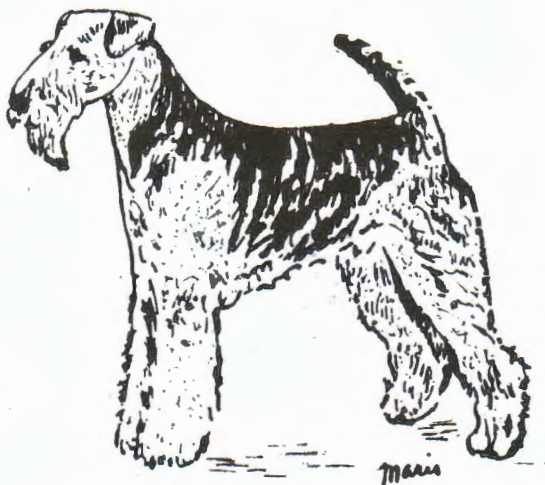
Ingredients:

5 cups thinly sliced cooking apples
1/4 cup chopped pecans
3 Tbsp. of rum!
a pinch of salt
1/2 cup sugar

1/2 cup raisins
1 tsp. grated orange peel
3 Tbsp. cherry jam
enough pastry for a 9"
double pie crust

Procedure:

Cook gently in a 2-quart saucepan for 15 minutes, stirring frequently to prevent scorching. Line a 9-inch pie plate with pastry and fill it with the apple mixture. Cover with a top crust cut with an "A" (for Airedale) or decorate with a Airedale cutout. Bake for 10 minutes at 450° F, reduce temperature to 350° F and bake for 30 minutes longer. Serve with heavy cream, if desired.



Impossible Pie

Chris MacGillivray

Ingredients:

4 eggs	1/2 cup margarine
1/2 cup flour	2 cups milk
1 cup coconut	1 cup sugar
2 tsp. vanilla	nutmeg (optional)

Procedure:

Mix all ingredients thoroughly in a blender or by hand. Place mixture into a greased 10" pie plate. Bake at 350°F degrees for 1 hour or until centre tests firm.

I really don't understand the "magic" of this -- maybe it has something to do with the Christmas season! However, I do know that the flour sinks to the bottom, the eggs form the centre and the coconut rises to the top! Just believe me, O.K.! It works!!!!

Banana Loaf

David Manning

Ingredients:

1/4 cup shortening	1 tsp. baking powder
1 cup sugar	1 tsp. baking soda
1 egg	1/2 tsp. salt
3 to 5 bananas	1 tsp. vanilla
1 1/2 cups flour	

Procedure:

Set oven at 350°F. Have shortening at room temperature. Beat together shortening, sugar and egg. Add the mashed bananas. Combine the dry ingredients and add to the above mixture. Stir in the vanilla. Bake for 1 hr. in 9" loaf pan.

Tip: Recipe works just as well when mixing ingredients together the old fashioned way, with a wooden spoon.



Cindy's Trifle

Cindy Tanner

Ingredients:

2 small size plain pound cakes (Sobey's sells, \$ 2.29 each):
1 cup whipping cream, whipped with 1/4 cup sugar plus 2 Tbsp.
orange liqueur
1 large size bottle of good quality strawberry jam (28oz)
1/2 cup scotch whisky

Ingredients for homemade custard:

6 egg yolks	1/2 cup flour
2 cups hot milk	3 Tbsp. orange liqueur
1/2 cup sugar	

To make custard:

Beat 6 eggs yolks until thick and bright yellow Add the 1/2 cup sugar and mix until the sugar is blended. Then add the 1/2 cup flour and beat for 5 seconds.

Scald 2 cups of milk. Add 1 1/2 cup hot milk to the yolk, sugar and flour mixture; place in saucepan and bring to a boil. This takes only a few minutes. Stir and keep checking the bottom of the pan as lumps will start forming quickly. Within 3 to 4 minutes you will have a thick, lumpy mixture. At this point, add a little of the remaining 1/2 cup hot milk to thin the mixture. The texture should by now resemble a cooked pudding. Keep adding more hot milk until mixture is smooth. Then turn down the heat and cook for 2 minutes more.

Set aside to cool for 10 minutes, then stir in 3 Tbsp. of orange liqueur.

Next, cut the pound cake into thin slices. Put a layer of cake on the bottom of an 8 cup dish. Sprinkle some of the 1/2 cup of scotch on the cake. Be generous; use about 4 Tbsp. Next, cover the cake as well as you can with about 3-4 Tbsp. of the strawberry jam. Then take 3-4 Tbsp. of the custard (it can still be warm) and spread it over the jam and cake layer. Repeat the process until you've used up all the whisky, cake, jam and custard. Cover the top layer with the 1 cup whipped cream. Now all you have to do is put the trifle in the fridge for two days and the flavours will "merge" (the alcohol will start to predominate!)

Tip: The custard used here is a wonderful custard for any kind of filled tarts.



Wheat Cakes

Bob Cook

Yield: 24 Cakes

Ingredients:

1 cup margarine or butter (softened)	2 cups flour
1/2 cup honey	1 cup quick-cooking rolled oats
2 eggs	1 1/2 tsp. baking soda
1 1/4 cups milk or buttermilk	1/2 tsp. salt
1 tsp. vanilla	

Optional:

1/2 cup nuts; 1 cup chocolate chips; 1 medium banana, mashed.

Procedure:

1. Heat oven to 350°F. Line cupcake tins with paper cupcake liners.
2. In large bowl, mix margarine, honey and eggs; beat well.
3. Add the milk and vanilla; blend.
4. Stir in flour, oats, soda and salt; mix well.
5. Add optional items, if desired.

Spoon batter into the cupcake liners (fill 3/4 full). Bake for 20 minutes, then test centre to see if done. Remove and let cool slightly. Remove from tins; let cool completely or enjoy while still warm.

Eskimo Cookies

Kelly Campbell

Yield: Approximately 2 dozen, depending on size

Ingredients:

3/4 cups butter or margarine*	1 tsp. vanilla
3/4 cup white sugar	4 Tbsp. cocoa (unsweetened)
2 cups rolled oats	

* Margarine should be at room temperature. Do not melt or mixture will not hold together.

Blend all ingredients together. Form spoonfuls of mixture into balls, 1" to 1 1/2" in diameter. Roll balls in icing sugar. Refrigerate. Serve cold.

Apple Muffins

Geraldine Mckay

Yield: Approximately 1 dozen small muffins (double for 1 dozen large)

Ingredients:

1/4 cup margarine , softened
3/4 cup white sugar
1 egg, beaten
1 cup flour
1/2 tsp. baking soda
1 tsp. baking powder

1/4 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1 1/2 cups apples,
slightly mashed
1 1/2 Tbsp. cream

Procedure:

Cream margarine, sugar, eggs and vanilla. Mix dry ingredients together. Add above mixture.

Add apples and cream.

Bake in a greased muffin tins, 3/4 full, at 350⁰F for 20 to 25 minutes.



Chinese Almond Cookies

Cindy Boxall

Yield: 2 1/2 Dozen

Ingredients:

1 cup shortening, at room temperature
1 cup sugar
1 egg
1 1/2 tsp. almond extract
2 cups flour

1/2 cup ground toasted almonds
1/2 tsp. salt
whole, blanched almonds,
lightly toasted
1 egg yolk, beaten with 1 tsp.
water

Procedure:

Beat shortening with sugar, egg and almond extract until light and fluffy. Combine flour, ground almonds and salt; stir into creamed mixture, blending well.

Shape dough into 1 1/2 inch balls; place 2 inches apart on ungreased cookie sheets. Press a whole almond into center of each. Brush with egg yolk mixture. Bake in 375°F oven for 12 minutes or until light brown. Cool on rack.

Note: To toast almonds, spread on an ungreased baking pan or skillet and put in a 350°F oven or over medium-low heat of stove for a few minutes, until almonds are a light golden colour. Stir once or twice.

Bea's Sugar Cookies

Manni Wood

These cookies aren't too sweet, but the mace gives them a delightful taste that is sure to please! Manni says they are the best cookies in the world!

Ingredients:

1/2 cup butter (softened)
1 cup sugar
1 egg
1 Tbsp. milk

1/2 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 tsp. mace

Procedure:

In a large bowl, cream butter and sugar. Add egg. If the dough is too "un-rollable" as Bea says, add bits of flour as needed, but NOT TOO MUCH at a time! Flour your counter and place the dough on it. Press it down. Flour the top of the dough and roll it out. Use a floured cookie cutter to make the shapes you want. Bake on a greased cookie sheet for 8 minutes at 375°F.

Burfi (Indian Sweet)

Rashid Tayyeb

Ingredients:

1 cup sugar
1 1/2 cups water
3 Tbsp. butter
3 cups skim milk powder

1/4 cup chopped pistachio nuts
or chopped almonds
4 cardamoms (seeds ground)

Have ready a buttered cookie sheet.

Stove top version:

Dissolve sugar in water, cook until thick and syrupy. Remove from heat. Add butter and cook until melted.

Gradually add milk powder, stirring constantly.

Simmer for 2-3 minutes. Add nuts and ground cardamom. Spread (1/2" thick) on the buttered cookie sheet. (This mixture thickness quickly, so work fast!) Cut into small squares or diamond shapes with a sharp knife.

Microwave version:

Combine all ingredients. Substitute 1 cup of milk instead of water. Cook on high heat for 6 minutes. Spread on greased cookie sheet and cut into squares.



Rogaliki (Sweet Crescents) Hanka Hudak

Yield: Approx. 40 small crescents

Ingredients:

1 tsp. yeast	3/4 c. milk
1/4 c. lukewarm water	3 1/2 c. flour
1 tsp. sugar	1/2 tsp. salt
1 whole egg	1/2 lb. butter (room temperature)
6 egg yolks	

Filling:

- 1/2 lb. walnuts, finely chopped
- 1/2 c. sugar
- 1 Tbls. milk

Procedure:

1. Combine yeast, water and sugar. Let rise for 10 minutes. Beat egg, egg yolks and milk together. Add to yeast mixture. Mix well.
2. In a large mixing bowl, combine flour and salt. Rub butter into flour until the mixture is crumbly. Add egg mixture. Knead together until the dough is smooth. Let dough rise in a warm place for approximately 4 hours.
3. Divide dough into smaller portion. Roll out each portion to a thickness of about 1/4". Cut into 2 1/2" to 3" squares.
4. Combine walnuts, sugar and milk. Put a teaspoonful of the walnut mixture near one edge of each square. Roll up the squares, beginning with the filled edge. Turn ends of rolls inward to form crescent (rogalik) shapes. Place on a greased cookie sheet and bake at 350° for 20 minutes.

Alternate Savory Filling:

1 tsp. butter	1 tsp. flour
1/2 lb. mushrooms, finely chopped	1/8 c. water
1 large onion, finely chopped	2 Tbls. sour cream
salt and pepper to taste	

1. Fry mushrooms and onions in butter until onions are soft. Add salt and pepper.
2. Mix flour, water and sour cream. Stir into mushroom mixture. Let cool, then fill squares as for sweet version above.

Apple Birds

Allison Zhang

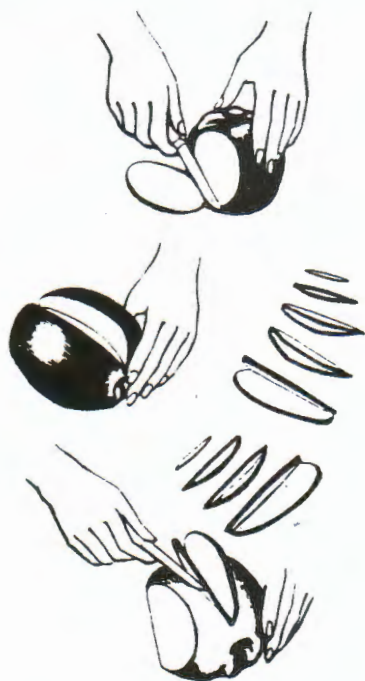
Probably the most universally enjoyed fruit is the apple. Happily, it easily lends to the inventiveness of the garnishing chef.

Pick a fresh, medium-size, well rounded apple. The colour that you like best will do just fine, but always keep in mind how well the colour you select will go with your main dish. After the garnish is made, squeeze the juice of 1 lemon into 1 pint of water. Pour this liquid over the apple decoration to keep it from turning brown. Make sure you work with a fresh apple, as many apples are held in cold storage for a lengthy amount of time. A fresh apple is easier to manipulate and will last much longer.

The apple bird is an ideal decoration for a cheese, appetizer or hors d'oeuvre tray. This delightful garnish is relatively easy to make using the small paring knife. The juice of the apple aids in holding the bird's wings together. This is why it is important to use a fresh apple when making this garnish. To further enhance this decoration, try mixing differently coloured apples to alternate the wing colours.

Procedure:

1. Start the apple bird by slicing off a little less than one-third of the apple to create a flat surface. Save this piece and use later for the neck and head.
2. Position the apple so it rests on its flat surface. Using the small paring knife, cut a very small "V" wedge from the top of the apple. Set this wedge aside and cut another "V" wedge a little bit larger than the other until you have five or six of them. When working with a large apple, use a larger knife as the wedges become bigger.
3. After cutting the top wedges, turn the apple on its side and cut another series of wedges in the same way. After doing this, turn the apple to the other side and repeat the procedure. If it is going to be some time before the apple bird is to be displayed, place the wedges in a container of water to which the juice of one lemon has been added. Also wet the apple with the same solution.



4. After all the "V" wedge slices have been cut, place the apple so it rests on the flat surface. Take the largest of the wedges and place it into the wedge-cut of the apple. Extend this wedge so that it protrudes slightly less than halfway towards the back of the apple. Place the next size smaller wedge into the larger wedge and continue extending the wedges.



5. Repeat the same procedure for the side wings. It is a good idea to put the "V" cut wedges back into the same part of the apple they came from.



6. To form the head and neck, slice a small strip from the piece of apple which was cut off to make the flat surface. Place this piece in the front groove of the apple. Use a toothpick to help support the head and neck.

7. Once the apple bird is assembled, squeeze lemon juice over the entire garnish to prevent it from turning brown. To perch the completed bird, cut a flat surface from a potato and with two toothpicks, set the bird on top of the potato.



