

20th Anniversary Celebration



COOKBOOK

## Dedication

To celebrate the many friendly gatherings of Don Heights Folk Dancers under the exuberant leadership of Olga Veloff Sandolowich.

These recipes passed the taste test of our folk dancers who gathered around fireplaces, patios and dining rooms to share food and friendship.

Our appetites sated after sampling each delicious dish, we enthusiastically sang songs, often accompanied by piano and percussion instruments. We then joined our circle, either indoors or out, to dance our favourite folk dances.

## Acknowledgment

A hearty thanks to all of our contributors; to those who submitted recipes to the cookbook, and to those who submitted food to our potluck parties.

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# Hors D'Oeuvres, Dips, Pickles

## Tudor House Cheese Straws

*Contributed by Janet Hart*

### Ingredients

- 1 pkg. frozen flaky pastry
- 1/2 lb. strong cheddar cheese, grated Pepper and salt
- Dried parsley, poppy seed, cayenne

### Method

1. Roll out 1/2 package pastry on floured board. Keep remainder in fridge. Make rectangle 12"x8" wide. Sprinkle cheese on right hand side of rectangle, add pepper, salt lightly to taste. Slightly dampen edges of left hand side of pastry and fold over right hand side. Press firmly around edges to seal and with roller to flatten. Rectangle is now approx. 12 "x4". Using very sharp knife slice horizontally into 1/4" strips. Sprinkle these with parsley or other toppings as desired.
2. Pre-heat oven to 400 degrees F. Place lightly greased foil on two baking sheets. Arrange strips on foil (at least 1/4" between them). Twist each one as you place it down. Bake for 8-10 minutes, watching carefully for browning. Prepare second batch from cool pastry.
3. When done, remove from foil immediately and cool on racks. They should be very crisp and dry. These keep very well frozen or in tins and make very good gifts. To enhance flavour and crispness warm briefly before serving.

NOTE: This English recipe was originally made with shortcrust pastry, cut very narrow. A number of 1 1/2" rings were also baked. When served, a few straws were threaded through each ring and stood upright like a bundle of straws. If flaky pastry is used, being very fragile, it has to be cut a lot wider.

## Sippy'S Chopped Liver

*Contributed by Sippy Rodin*

### **Ingredients**

- NOTE: In the Yiddish language to "shit arien" means to "put in" or "to add".
- 1 lb. chicken livers 4-6 hard-boiled eggs 1/2 - 3/4 sweet onion 2-3 tbsp. vegetable oil salt and pepper

### **Method**

Sprinkle livers lightly with garlic powder. Broil livers (not too well done). On coarse part of hand grater grate liver, onions, and eggs. "Shit arien" oil, salt and pepper. Enjoy!

## Spinach Dip In Pumpernickel

*Contributed by Jean McAdam*

### **Ingredients**

- 500 gr. container sour cream 1 cup Hellman's mayonnaise
- 1 pkg. Knorr vegetable soup mix
- 1 pkg. frozen spinach, chopped OR
- fresh spinach, cooked and well drained

### **Method**

1. Mix all of above ingredients and leave overnight.
2. Cut pumpernickel bread in half and scoop out the middle. Fill with dip and use scooped out bread for dipping.
3. Cut vegetables for dip and arrange around pumpernickel. Suggested vegetables for dipping - carrots, celery, cauliflower, etc.

## Cheese Moons

*Contributed by Sheryl Demetro*

### Ingredients

- 1/2 cup (125 ml) butter
- 2 cups (500 ml) grated old cheddar cheese 1/2 cup (125 ml) grated parmesan cheese
- 1 cup (250 ml) all purpose flour
- 1/4 tsp. (1 ml) cayenne pepper
- 1/2 tsp. (2 ml) salt
- 1/2 cup (125 ml) finely chopped walnuts 1 egg, beaten
- With electric mixer cream butter. stir in grated cheeses. In separate bowl mix flour, cayenne and salt. Add cheese mixture and mix well. Knead a few times on lightly floured board. Divide into four.

### Method

1. Roll one piece out to about 1/8" thickness. Cut out shapes and place on ungreased cookie sheet. Shapes may be moons or stars, etc.
2. Brush each shape with egg, then sprinkle with chopped nuts (or chopped pistachios for colour).
3. Bake at 375 degrees F. (190C) for about 8 minutes or until golden brown. Warm them in a moderate oven before serving.

## Dutch Lunch Pickles

*Contributed by Evelyn Whittamore*

### Ingredients

- 4 qts. medium-sized cucumbers 4 heads of dill
- 4 small onions
- 4 cloves garlic
- 4 cups vinegar
- 1 cup water
- 1/4 cup pickling salt 2 cups sugar
- 1 tbsp. mixed pickling spices

### Method

1. Cut cucumbers lengthwise into quarters. Place in cold salt water overnight. In morning, drain and pack in sterilized jars. To each jar add 1 sliced onion and 1 head of dill.
2. Combine vinegar, water, sugar and spices. Bring to boil. Pour over cucumbers. Seal jars.
3. Ready to eat in one week.

## Salmon Mousse

*Contributed by Dorothy Archer*

### **Ingredients**

- 1/2 cup diced celery 1/2 cup diced onion 8 oz. cream cheese
- 1 1/2 pkg. unflavoured gelatin 1 can cream of tomato soup
- 1 can salmon
- 1 tbsp. lemon juice

### **Method**

Combine lemon juice, soup and cream cheese in a saucepan and heat until cheese is melted. Prepare gelatin and add to mixture in saucepan. Cook and stir 2 minutes. Add canned salmon, onions and celery. Pour into mould. Chill.

## Cheese-Broccoli Quiche

*Contributed by Sheryl Demetro*

### Ingredients

- 24 unbaked tart shells
- 1 cup shredded cheddar cheese (medium or old) 1 pkg. (300g) frozen broccoli OR 2 cups
- lightly steamed fresh broccoli 1 pkg. (250g) cream cheese
- 1/4 cup milk
- 4 eggs
- 1 tbsp. snipped chives or green onions 1 tsp. salt, sprinkle of paprika
- 1 tbsp. parmesan cheese

### Method

Sprinkle cheddar cheese into shells. Arrange broccoli over cheese. Beat softened cream cheese and milk until smooth. Beat in eggs. stir in chives and salt. Spoon over broccoli. Sprinkle parmesan cheese and paprika over top. Bake at 400 degrees F. for 20 minutes until set. May be frozen.

# Salads, Sandwiches, Accompaniments

## Carrot Salad

*Contributed by Jean Dennis*

### **Ingredients**

- 1 1/2 lb. carrots 1 medium onion
- 1 medium green pepper 1 can tomato soup
- 1/2 cup white sugar 1/2 cup salad oil
- 1/2 cup white vinegar 1/2 tsp. dry mustard 1/2 tsp. salt
- 1/4 tsp. pepper

### **Method**

1. Slice carrots as desired. Cook until tender. Drain. Add chopped onion and pepper.
2. Whip remaining ingredients and combine with carrot mixture. Marinate for several hours or overnight. will keep for 7 - 10 days.

## Layered Salad

*Contributed by Jean McAdam*

### Ingredients

- 1 lettuce, sliced thinly
- 3 stalks celery, sliced thinly
- 1 medium onion, sliced thinly
- 10 oz. tin water chestnuts
- 1 small pkg. frozen peas
- 1 cup mayonnaise
- 1 cup sour cream
- Grated parmesan cheese

### Method

Layer first five ingredients. Mix mayonnaise and sour cream. Spread on top of layers and sprinkle with parmesan cheese.

If desired, tomatoes, hard-cooked eggs or bacon bits may be added or substituted. May be made ahead.

## Watermelon Mould

*Contributed by Margaret Whelan*

8 servings

### Ingredients

- 2 envelopes unflavoured gelatin
- 3 1/2 cups watermelon puree\*
- 1/4 cup sugar
- 1/4 cup fresh lemon juice
- 1/4 tsp. salt
- 1/2 pkg. (8 oz.) cream cheese, softened
- 1/3 cup mayonnaise or salad dressing
- 1 tbsp. milk
- Few drops green food colour
- Mint leaves
- Watermelon balls

### Method

1. Sprinkle gelatin on 1 cup of watermelon puree in saucepan to soften; stir in sugar. stir over low heat until gelatin is dissolved. Remove from heat; stir remaining puree into gelatin mixture. stir in lemon juice and salt; pour into 1-quart bowl. Refrigerate until firm, at least 8 hours. stir gently during first hour to prevent separation.
  2. Unmould watermelon onto serving plate. Beat cream cheese, mayonnaise and milk until smooth; stir in food colour. Frost mould with cream cheese mixture. Garnish with mint leaves and watermelon balls.
- \*PUREE: Cut watermelon into pieces, remove seeds and rind. Place 3 cups melon pieces in blender container. Cover and blend until pureed, about 15 seconds. Repeat until desired amount of puree is obtained. Four pounds watermelon will yield about 3 1/2 cups puree.

## Picnic Muffuletta

*Contributed by Jeanne Mulholland*

### Ingredients

- 1/2 cup pimento-stuffed green olives, chopped 1/2 cup black olives, chopped
- 1/4 cup olive oil
- 1/4 cup finely chopped parsley
- 3 anchovy fillets, finely chopped, OR 3 tsp. anchovy paste
- 2 tsp. freshly squeezed lemon juice
- 1/2 tsp. each basil and oregano
- 9" round, crusty Italian bread
- 1/4 lb. (125 g) thinly sliced hot Italian salami
- 1/4 lb. (125 g) thinly sliced sweet Italian salami
- 1/4 lb. (125 g) thinly sliced mozzarella cheese

### Method

In a medium bowl stir olives with oil, parsley, anchovies, lemon juice, basil and oregano. Cover and refrigerate for at least 4 hours, preferably overnight, to develop flavours.

Sandwich may be prepared up to a day ahead. To prepare, cut bread in half horizontally. Pull out some of the soft dough in the middle of the loaf, leaving enough around the edges to form a firm casing for filling. Spoon half the olive mixture into the bottom half of the loaf; spread evenly over the entire bottom. Overlap half the hot salami on top of the olive mixture. Cover with layer of half the Mozzarella and add layer of half the sweet salami. Repeat the layering until all the meat and cheese is used. Spread top half of bread with remaining olive mixture and put top on bottom. Gently press sandwich together. Wrap; refrigerate overnight. Slice as desired.

## Peeperkee so Domati (Peppers And Tomatoes)

*Contributed by Olga Veloff Sandolowich*

### **Ingredients**

- 3 or 4 tbsp. vegetable or sunflower oil
- 3 large bell peppers, chopped into bite-sized pieces
- 1 28 oz. can whole tomatoes, mashed OR 1 can of stewed tomatoes, mashed

### **Method**

Place oil in frying pan and fry peppers until soft. Add tomatoes and let simmer for approximately 30 minutes.

If you would like this to be a spicy sauce, add a hot banana pepper or a sprinkle of crushed peppers.

## Welsh Rarebit

*Contributed by Ginger Northcott*

6-8 Servings

### Ingredients

- 1 cup grated old cheddar cheese
- 2 eggs
- 16 squares of soda biscuits
- 2 cups milk
- 1/2 tsp. baking soda
- Salt and pepper

### Method

Stir cheese, eggs, milk, baking soda together in a bowl. Crush the soda biscuits and gently stir into the other ingredients. Grease an oblong pyrex dish 28x18x4cm. Bake uncovered at 375 degrees F. for half hour.

To serve cut into squares. Serve on its own or it is especially tasty with roast beef.

## Entrees: Meat, Poultry, Fish

## Lasagna

*Contributed by Joyce Schroeter*

6-8 Servings

### Ingredients

- 9 lasagna noodles
- 1 lb. (450 g) ground beef
- 1 medium onion, chopped
- 1 clove garlic, minced
- Salt and pepper
- 796 ml can plain spaghetti sauce
- 156 ml can tomato paste
- 156 ml water
- 1 lb. (450 g) ricotta or dry cottage cheese
- 2 large eggs, lightly beaten
- 1 lb. (450 g) mozzarella cheese, grated
- 1/2 cup (125 ml) grated parmesan cheese

### Method

Cook lasagna as package directs. Brown meat, onion, garlic in frying pan. Season with salt and pepper. Drain fat.

Combine spaghetti sauce, tomato paste and water with meat mixture; simmer 20 minutes. Blend soft cheese with eggs. Spread thin layer of meat sauce in bottom of 13<sup>1</sup>x9<sup>1</sup>x2" pan. Top with 3 strips lengthwise of lasagne layer (overlap edges slightly). Place 1/3 of the following in order: meat sauce, soft cheese mixture and mozzarella cheese. Top with second layer of lasagne, and continue layering using all ingredients. Sprinkle parmesan cheese on top. Bake at 350 degrees F (180C) for 30 minutes. Let stand 10 minutes before serving.

## Chili Con Carne

*Contributed by Donna Franklin*

### Ingredients

- 2-3 onions, chopped
- 1 1/2 lb. ground beef
- 2 tbsp. flour
- Salt and pepper
- 1 large can tomatoes
- 1 tsp. dry mustard
- 3 tbsp. brown sugar
- Paprika
- 1/2 tsp. chili powder
- 3 cans kidney beans

### Method

Fry onions; add meat and brown. Sprinkle with flour and make gravy. Add all other ingredients and let simmer over low heat until flavours blend (about 2 hours).

## Minestrone

*Contributed by Joyce MacKay*

6-8 Servings

### Ingredients

- 1/2 lb. ground beef
- 1 cup chopped onion
- 1 cup chopped celery
- 1 clove garlic, minced
- 1/4 cup olive oil
- 1 can (19 oz.) kidney beans
- 1 can (28 oz.) tomatoes
- Italian herbs and spices
- 2 cups beef broth
- 2 tsp. parsley
- 2 cups shredded cabbage
- 1 cup macaroni, uncooked
- Salt and pepper
- Grated parmesan cheese

### Method

Sauté beef, onion, celery, garlic in oil. Add beans, tomatoes, beef broth and parsley. Bring to boil. Add cabbage, macaroni, salt and pepper. Simmer 20 minutes. Serve sprinkled with parmesan cheese.

Delicious served with garlic bread.

I usually double the recipe.

## Apricot Meat Loaf

*Contributed by Christine Linge*

6-8 Servings

### Ingredients

- 1 lb. ground beef
- 1/2 lb. ground pork
- 1 chopped onion
- 1/2 cup bread crumbs
- 1 egg
- 1/4 tsp. salt
- Pinch pepper
- 1/4 cup chopped parsley
- 1 1/4 cup chopped dried apricots (6 oz./170 g)
- 1/2 cup toasted almonds
- 1/2 cup chopped green onions

GLAZE: 1/2 cup apricot jam, 2 tbsp. ketchup

### Method

1. Mix together: beef, pork, onion, 1/4 cup bread crumbs, egg, salt and pepper. Roll out to 15"x9" rectangle, 1/2" thick. Sprinkle with parsley and remaining crumbs.
2. Mix together: apricots, almonds (toasted at 350 degrees F. for 10 minutes) and green onions. Spoon over meat avoiding the borders. Roll tightly. Place on greased baking sheet.
4. Bake at 350 degrees F. for 30 minutes. Cover loosely with foil if it browns too fast. Spread on 1/2 of glaze. Bake 15 minutes. Spread remaining glaze. Bake 15 minutes more. Let stand 5 to 10 minutes before slicing.

## Beef Dijon Andre

*Contributed by Janet Hart*

### Ingredients

- 6 thin slices beef tenderloin
- 3 oz. clarified butter
- 6 tbsp. Dijon prepared mustard
- 3/4 cup whipping cream

### Method

Melt butter. Saute beef on high heat and set aside. Whisk mustard into pan; reduce heat. Whisk cream in thoroughly; on low heat whisk until thick.

Add meat to sauce to warm for a few minutes. Serve with small new potatoes, baby carrots, broccoli flowerets. Serve extra sauce on the side.

## Chinese Casserole

*Contributed by Joyce MacKay*

### Ingredients

- 1 can mushroom soup
- 1/2 can milk
- 1 can chow mein noodles
- 1 can mandarin orange segments
- 1 can flaked tuna
- 1 cup celery, diced
- Cashews, salted (optional)

### Method

Mix ingredients together, using only half of mandarin orange segments. Place remainder of mandarin oranges on top.

Bake 1 hour at 350 degrees F.

## Jambalaya

*Contributed by Shirley Peters*

### Ingredients

- 3 tbsp. vegetable oil
- 2 medium cooking onions, finely chopped
- 2 medium size green peppers, cored, cut in strips
- 1 cup rice (not instant)
- 2 garlic cloves, minced
- 1 28 oz. can tomatos, drained and broken up
- 1/2 tsp. thyme
- 1 1/2 tsp. chili powder
- 1 tsp. salt
- Freshly ground black pepper
- 1 1/2 cups chicken stock
- 1/4 tsp. powdered saffron (if available)
- 2 cups cooked ham, diced OR shrimp OR sausages OR oysters
- Fresh parsley, finely chopped

### Method

1. Heat oil in heavy casserole or Dutch oven and cook onions until limp but not brown.
2. Add green pepper strips and stir them around for a few minutes.
3. Add rice.
4. stir until grains glisten and turn slightly opaque.
5. Add garlic, tomatos, thyme, chili powder, salt and a good grinding of black pepper.
6. If using saffron, dissolve it in the chicken stock.
7. Then pour this into the pan; stir again and bring mixture slowly to boil.
8. Barely simmer for about~20 minutes, without stirring.
9. By then most of the juices should be absorbed.
10. Add the diced ham.
11. Taste rice.
12. If tender, but sauce is too soupy, cook a few minutes longer with lid off.
13. If not tender, cover again and continue to simmer, adding a little more liquid if it seems to be drying out.
14. Fluff up rice with fork.
15. Sprinkle with parsley before serving.

## Guvich (Lamb Stew)

*Contributed by Donna Franklin*

10 Servings

### Ingredients

- 3 lb. lamb (approx.)
- 2 medium cooking onions
- 1 clove garlic
- 1 28 oz. can tomatoes
- 4-5 potatoes (or more)
- 1 large can yellow beans
- 1 large can green peas
- 1 can okra
- Salt and pepper to taste

### Method

Cut lamb into 1 1/2" cubes, removing as much fat as you can, and simmer in pot until tender. This is best done the day before and refrigerated, and then remove fat from top.

Sauté onions and garlic for 5 minutes; add tomatoes and simmer about 5 minutes more.

Meanwhile, peel potatoes and cut into quarters and place in bottom of roast pan; pour tomato mixture over. Add meat, canned beans with liquid, canned peas with liquid and canned okra with juice. stir gently and add salt and pepper to taste. Roast uncovered in 350 degree oven until potatoes are tender, about 1 1/2 hours. stir periodically.

# Dindon au Sud De La France

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## (TURKEY BREAST WITH LIME/RAISINS/CAPERS)

*Contributed by Janet Hart*

12 Buffet Servings

### Ingredients

- 1 1/2 lb. turkey breast, skinless, boneless
- 4 tbsp. lime juice, fresh
- 1/3 cup olive oil
- 1 rind of small lime, cut in fine strips
- 1/4 cup golden raisins, soaked in water or wine overnight
- 1 tbsp. capers, drained
- 1 tsp. ginger, fresh, grated
- 8 peppercorns
- 2 bay leaves, parsley sprigs, coriander

### Method

1. In a large saucepan bring to a boil enough salted water to just cover the turkey. Add peppercorns and bay leaves.
2. Add turkey and simmer for 15-20 minutes (longer if needed) until it is just done. Remove pan from heat and let the turkey cool in the liquid.
3. Drain the liquid. Slice turkey thinly on an angle and arrange it in a shallow dish. In a small bowl whisk together lime juice with salt and pepper to taste. Add the oil in a stream until emulsified. Add grated ginger. Pour dressing over the turkey, sprinkle with lime rind, raisins and capers. Cover and marinate in fridge overnight. Turn occasionally.

Serve at room temperature, nicely arranged on a platter garnished with fresh parsley or coriander.

## Chicken Divan

*Contributed by Jean Dennis*

6 Servings

### Ingredients

- 6 chicken breasts
- 1 head broccoli
- 2 cans cream of chicken soup
- 1 cup mayonnaise
- Squeeze of lemon juice
- 1 tsp. curry powder
- Slivered almonds
- Salt and pepper

### Method

1. Boil chicken 20 minutes. Cool. Remove skin and bones. Cut meat into bite-sized pieces.
2. Steam broccoli spears lightly. Put into 9"x15" casserole. Spread chicken pieces broccoli. Spread almonds over chicken. Mix soup, mayonnaise, lemon juice, spices, salt and pepper. Pour over chicken.
3. Sprinkle top with grated cheddar, bread crumbs, parmesan cheese.
4. Bake 45 minutes at 325 degrees F.

## Chicken Curry

*Contributed by Annemarie Kaufman*

### Ingredients

- Chicken pieces
- 1 onion, sliced
- 1 apple, cut up
- 2 tbsp. curry powder (to taste)
- Ginger powder
- Salt, pepper
- Flour
- 1 cup chicken stock (approx.)
- oil

### Method

1. Heat oil in heavy pot. Add pinch of ginger and curry powder and stir while frying. When you can smell curry powder, add onion and fry for a few minutes. Add chicken pieces and chicken stock; stir well. Add cut up apple.
2. Cover and simmer over low heat until chicken is done. Remove chicken and debone.
3. Thicken sauce with flour. Return chicken to pot. Reheat and add salt and pepper to taste.

NOTE: The quantities in this recipe may be adjusted to number of servings required.

## Chicken With Watercress

*Contributed by Sheryl Demetro*

4 servings

### Ingredients

- 1 lb. chicken, boned
- 2 tbsp. butter or oil
- 4 green onions, chopped
- 1 envelope instant chicken broth
- 1 tbsp. brown sugar
- 1 tbsp. orange rind
- 1 1/2 cups orange juice
- 4 medium carrots, cut diagonally
- 4 tbsp. corn starch
- 1 bunch watercress

### Method

1. Slice chicken into 1/4" strips and stir-fry until pink disappears. Add green onions and cook 5 minutes. Stir in chicken broth, brown sugar, 2 tsp. of orange rind, 1 cup of the orange juice and carrots.
2. Bring to boil and simmer 8 minutes or until carrots are crisp-tender. Stir corn starch into remaining orange juice until smooth and stir into the other ingredients.
3. Cook, stirring constantly, until thickened and boil 1 minute. Add salt if needed. Place watercress over chicken and steam 1 minute. Sprinkle rest of orange rind over chicken to garnish.

## Chicken Paprika

*Contributed by Annemarie Kaufman*

### Ingredients

- oil
- 1 onion, or more
- Salt
- Paprika
- Chicken, cut in pieces
- 1-2 tomatoes, skinned and chopped
- 1 green pepper, chopped
- Flour
- Sour cream

### Method

1. Heat oil in heavy pot. Add sliced onions and fry until golden. Remove from heat and add paprika and salt to taste.
2. Stir and put back on heat. Add chicken pieces and cook on medium to low heat for about 10-15 minutes. Add skinned tomatoes and green pepper. Simmer over low heat until chicken is done.
3. Remove chicken, debone, and set aside. Thicken sauce in pot with flour. Add deboned chicken back to the pot. Add sour cream to taste. Stir and heat through (do not boil again). Add salt to taste.
5. Serve over dumplings.

## Entrees: Vegetarian

## Vegetable Lasagna

*Contributed by Carol Gillanders*

8 Servings

### Ingredients

- 1 tbsp. vegetable oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 carrot, chopped
- 1 stalk celery, chopped
- 2 cups sliced mushrooms
- 1 can (7 1/2 oz.) tomato sauce
- 1 tsp. each dried basil and oregano
- Salt and freshly ground pepper
- 3 cups small broccoli florets
- 9 lasagna noodles
- 1 cup low-fat cottage cheese
- 3 cups shredded low-fat mozzarella cheese
- 1/3 cup grated parmesan cheese

### Method

1. In large saucepan heat oil over medium heat; add onion and cook until tender. Stir in garlic, carrot, celery and mushrooms; cook stirring often for 5 minutes.
2. Add cut up tomatoes; stir in tomato sauce, basil, oregano; season with salt/pepper. Simmer uncovered 10 minutes or until thickened slightly. Let cool; stir in broccoli. Cook noodles until "al dente" (tender but firm); drain, rinse under cold water.
3. In lightly greased 13"x9" dish arrange three noodles on bottom. Spread with 1/2 of vegetable mixture, 1/2 of cottage cheese. Sprinkle with 1/3 of mozzarella cheese. Repeat noodle, vegetable mixture, cottage and mozzarella cheese layers. Put remaining noodles on top; add mozzarella and parmesan cheese. Bake 350 degrees F. 35-40 minutes.

## Vegetarian Casserole

*Contributed by Joyce MacKay*

### Method

1. Have ready 2-3 cups of cooked chick peas, brown rice, lentils and/or wild rice, mixed together.
2. In wok or heavy pan, saute chopped small onion with 5-6 cloves garlic (chopped) in small amount of cooking oil until translucent. Then add 1 stick sliced celery, 1 green pepper chopped coarsely. Add 1 lb. sliced mushrooms and 1/2 cup pine nuts or raw cashews. Season with 1/2 tsp. salt, thyme, marjoram, oregano and dill or other herbs of your choice. Cook just "al dente".
3. Combine with first mixture in large casserole dish.
4. Add 1 or 2 cups tomato juice, 1 or 2 well beaten eggs and mix thoroughly. Cover with grated cheese. Bake until firm at 350 degrees F. Uncover for last 15 minutes to brown cheese and make top crisp.

For more colourful casserole, use red pepper, red lentils, etc.

For more pungent flavour, add 1 tsp. Worcestershire sauce and/or 1 tsp. soya sauce, etc. to tomato juice and beaten eggs.

## Wild Rice, Barley And Mushroom Pilaf

*Contributed by Shirley Peters*

6-8 Servings

### Ingredients

- 1/2 cup wild rice
- 1/4 cup butter
- 2 cups sliced mushrooms
- 3/4 cup pearl barley
- 1/4 cup chopped fresh parsley
- 1/2-1 cup chopped onion
- 1 cup chopped celery
- 1 1/2 cups chicken stock (approx.)
- Salt and pepper

### Method

1. Rinse wild rice in sieve under running water. Boil 3 cups water; add rice and 1/2 tsp. salt. Cover, boil gently for 25-45 minutes, until tender but still chewy (check for doneness after 25 minutes).
2. In skillet melt half of butter, add mushrooms and cook 4 -5 minutes, until softened. Transfer, including juices, to 8-cup covered casserole. Add rest of butter to skillet and cook barley, onion and celery until vegetables are softened and barley slightly golden (5 minutes). Add stock, bring to boil, reduce heat, cover and simmer about 35 minutes or until liquid is absorbed and barley is tender but still chewy. Add more stock if necessary.
3. Season with salt and pepper. Add to mushrooms along with wild rice; stir gently.

May be prepared a day ahead.

To reheat for serving, bake covered in 375 degree F. oven 20-25 minutes. Microwave HIGH about 5 minutes. stir once or twice. Sprinkle with parsley.

## Greek Spinach-Cheese Pie

*Contributed by Jean McAdam*

Serves 4

### Ingredients

- 2 10 oz. bags spinach
- 1/2 cup minced onion
- 1 tbsp. olive oil
- 1 1/2 tbsp. chopped fresh dill
- 2 dashes nutmeg
- 1 cup cottage or ricotta cheese
- 1/3 lb. crumbled feta cheese
- 2 spring onions
- 2 eggs, beaten
- 1 1/2 cups wheat germ
- 1 1/2 tbsp. melted butter

### Method

1. Wash, dry and chop spinach. Saute onion in oil; add spinach and cook over low heat about 8 minutes.
2. Remove spinach, add dill, nutmeg, salt and pepper to taste, cottage and feta cheese, onions and eggs. Mix well.
3. Combine wheat germ and melted butter. Press into baking dish. Pour spinach, cottage cheese mixture into dish.
4. Bake in pre-heated 350 degree F. oven for 45 minutes until crisp and brown.

This dish is rich in B vitamins.

## Moroccan Vegetable Stew

*Contributed by Carol Gillanders*

6 Servings

### Ingredients

- 2 tbsp. olive oil
- 3 carrots, thickly sliced
- 2 onions, cut in thin wedges
- cloves garlic, minced
- 1 sweet green pepper, cut into chunks
- 2 zucchini, cut into chunks
- 1 eggplant, diced
- 1/2 lb. (250g) mushrooms, halved
- 3 cups cubed, peeled butternut squash
- 1/2 tsp. grated fresh ginger root
- 1/2 tsp. ea. cinnamon, turmeric, cumin, salt
- 1/4 tsp. pepper
- 19 oz. (540ml) can tomatoes, undrained
- 19 oz. (540ml) can chickpeas, drained
- 1/4 cup currants or raisins
- Cooked couscous or rice
- 1 cup plain yogurt
- 1/2 cup toasted, halved cashews or slivered almonds

### Method

1. In large saucepan heat oil over med-high heat. Add carrots, onions, garlic and green pepper. Cover, cook, stirring occasionally, 5 minutes.
2. Stir in zucchini, eggplant, mushrooms, squash, ginger, cinnamon, turmeric, cumin, salt and pepper. Mix well. Cover and cook over medium heat 3-5 minutes until eggplant is softened.
3. Stir in broken tomatoes, their juice. Add chick peas and currants. Bring to boil, reduce heat, cover and simmer about 20 minutes until vegetables are tender.

Serve over cooked couscous or rice. Top with yogurt and nuts.

## Primavera au Gratin

*Contributed by Sheryl Demetro*

6 Servings

### Ingredients

- 2 tbsp. vegetable oil
- 1 onion, chopped
- 2 cloves garlic, peeled and chopped
- 1 zucchini, halved lengthwise, thinly sliced
- 1 large carrot, thinly sliced
- 1 lb. broccoli florets
- 1/2 lb. asparagus, trimmed
- 1/4 head cauliflower, coarsely chopped
- 2 stalks celery, chopped
- 1 tbsp. chopped parsley
- 2 tbsp. lemon juice
- 4 tbsp. butter
- 4 tbsp. flour
- 2 cups milk
- 1/2 lb. Swiss cheese, sliced or slices

### Method

1. Melt butter in medium saucepan over low heat. Add flour and whisk several minutes. Add milk, continue whisking, increase heat and bring almost to boil. When milk mixture thickens slightly, add parsley, cook 2 minutes more. Remove from heat.
2. Steam asparagus, carrot, cauliflower for about 7 minutes. Rinse with cold water for 2 minutes. Saute onions and garlic in hot oil for 2 minutes. Add zucchini, broccoli, celery to onions. Season with salt and pepper. Add lemon juice and cook for 8 minutes.
3. In medium baking dish combine both vegetable mixtures and sauce. Mix well. Cover with cheese slices and bake for 15-20 minutes at 350 degrees F. until heated through.

## African Vegetable-Groundnut Stew

*Contributed by Miep Koenig*

In large pot with 1 to 2 tbsp. oil, fry 2 onions and 2 cloves of garlic for about 2 minutes.

Add 1 cup vegetable stock, 1 cup tomato juice, salt, cayenne pepper, and any combination of ginger, curry, cumin and coriander. Stir well.

In this mixture boil 2 cubed potatoes, 2 cubed sweet potatoes, 1/2 a small cubed butternut squash, 3 sliced carrots, 1 small cubed eggplant, 2 cubed zucchinis, 1 green pepper in 1" pieces, 1 red pepper in 1" pieces and 2 tomatoes, in 1" pieces

### Method

Simmer all to desired softness, e.g. potatoes 15 minutes, squash and carrots 10 minutes, zucchini and eggplant 5 minutes, peppers and tomatoes 2 minutes. Add one can of chick peas. stir 1/2 cup good quality peanut butter into 1 cup tomato juice until smooth. Add to mixture and simmer 5 more minutes.

NOTE: Use any combination of the above ingredients, depending upon availability. If you like a thinner stew, don't drain chick peas. Other optional additions: raisins, celery, banana, hard-boiled eggs (diced), different type of bean.

# Desserts

## Lemon Souffle

*Contributed by Ulla Brencken*

### Ingredients

- 4 eggs
- 3/4 - 1 cup sugar
- 1 envelope gelatin
- 3 lemons

### Method

1. Beat egg yolks with sugar until thick and lemon coloured. Add juice of lemons, plus grated rind of one lemon.
2. Add gelatin dissolved in 1/4 cup of water. Let partially set. Add beaten egg whites.
3. Let set for several hours in fridge.

## Brownies

*Contributed by Jeanne Mulholland*

### Ingredients

- 1/2 cup butter OR margarine OR shortening
- 2 oz. unsweetened chocolate
- 2 eggs
- 1 cup sugar
- 1/2 cup flour
- 1 tsp. vanilla
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- Chopped nuts
- Icing

### Method

1. Melt butter and chocolate in 8" x 8" x 2" pan on stove or in oven. Cool 10 minutes. Add ingredients in order noted. Stir. Spread.
2. Bake at 325 degrees F. for 30 minutes.
3. Easy one-pan recipe.

## Creme de Menthe Balls

*Contributed by Helen Kirkby*

### **Ingredients**

- 1 cup ground fine vanilla wafers
- 1 cup icing sugar
- 2 tbsp. corn syrup, light
- 1/3 cup Creme de Menthe liqueur
- 3/4 cup sliced filberts

### **Method**

Mix well. Form tiny walnut-size balls

Optional: roll in chocolate sprinkles.

## Spiced Yogurt Pound Cake

*Contributed by Jeanne Mulholland*

### Ingredients

- 1 soft butter
- 2 cups sugar
- 3 eggs
- 2/3 cup plain yogurt
- 1 tsp. vanilla
- 2 1/4 cups flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. mace
- 1/2 tsp. allspice
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 2 oz. unsweetened chocolate, grated

### Method

1. Grease and flour 10" bundt/angel food cake pan. Beat butter at medium until fluffy. Beat in sugar gradually. Add eggs and beat in. Stir in yogurt and vanilla. Add flour, soda, salt and spices. Beat 4 minutes.
2. Bake at 325 degrees F. for 1 hour 10 minutes. Cool 10 minutes and turn out.

## Chocolate Chip Cookies

*Contributed by Margaret Taggart*

Makes 7-8 dozen

### Ingredients

- 1 lb. or 4 squares margarine (Kraft only)
- 2 eggs
- 1 1/2 cups brown sugar
- 2 tsp. vanilla
- 1 tsp. baking soda
- Pinch salt
- 3 cups flour
- 2 cups oatmeal
- 1 cup unsweetened coconut (optional)
- 350 gr. chocolate chips

### Method

Mix together and drop by teaspoonful onto ungreased cookie sheet. Press lightly with wet fork.

Bake at 325 degrees F. for approximately 15 minutes. Check often.

## Oatmeal Cookies

*Contributed by Jean McAdam*

### **Ingredients**

- 1 cup margarine
- 3/4 - 1 cup brown sugar
- 1 1/2 cups oatmeal
- 1 1/2 cups flour, all purpose or whole wheat

### **Method**

1. Spread in buttered pan. Mark out in squares with knife.
2. Bake at 350 degrees F. for 10-15 minutes. Test for doneness.

## Grandma'S Cranberry Bread

*Contributed by Gillian Smith*

### Ingredients

- 2 cups flour
- 1 cup sugar
- 1 1/2 tsp. baking powder
- 1/4 cup butter
- 3/4 cup orange juice
- 1 1/2 cups chopped cranberries
- 1 tsp. salt
- 1/2 tsp. bicarbonate of soda
- 1 beaten egg
- 1 1/2 cups raisins

### Method

1. Sift flour, sugar, baking powder, salt and soda into a large bowl. Cut in butter. Add egg, orange juice all at once. Stir until just moist. Fold in cranberries and raisins.
2. Place in greased pan 9 "x5 "x3". Bake at 3 50 degrees F. for approximately 70 minutes. Remove from pan and cool.

## Chocolate Chinese Noodles

*Contributed by Jean McAdam*

### Ingredients

- 2 cups chocolate chips
- OR
- 1 cup chocolate chips & 1 cup butterscotch chips
- 1 cup peanuts, salted or plain
- 2 cups fine Chinese noodles

### Method

1. Melt chips in double boiler. Add peanuts and noodles (broken up).
2. Drop by teaspoonful onto waxed paper. for 2 hours.
3. Chill

## Strawberry Shortcake

*Contributed by Evelyn Whittamore*

8 Servings

### Ingredients

- 2 cups flour
- 1/2 cup granulated sugar
- 3 tsp. baking powder
- 1/2 cup butter
- 1/2 tsp. salt
- 3/4 cup milk

### Method

1. Sift flour, sugar, baking powder, salt together. Lightly grease square bake pan (8"x8"). With pastry cutter blend butter into flour mixture until it is in small particles. Make well in centre of mixture. Pour in all milk at once. Mix quickly with fork (there will be lumps in the dough). Do not over mix. Turn into prepared pan. With fingers (dipped in a little flour) press out dough evenly in pan, fitting into corners.
2. Bake in pre-heated 450 degree F. oven 12-15 minutes or until golden brown and cake tester comes out clean. Cool.

#### Strawberry Topping:

- 2 quarts strawberries, washed, drained, hulled
- 3/4 cup sugar (or less)

#### Optional:

- 1 cup whipping cream
- 2 tbsp. confectioner's sugar

Slice berries. Mix sugar into fruit. Cut cake into squares or slices as desired. Add strawberries. Whipped cream optional.

## Three-Fruit Crumble

*Contributed by Donna Franklin*

6 Servings

### Ingredients

This crumble may be made with one fruit or as many as are available.

- 2 Northern Spy apples
- 2 peaches
- 2 plums
- 1/4 cup brown sugar
- 1 tbsp. all purpose flour
- 1 tsp. cinnamon
- 1 tbsp. grated orange rind
- 2 tbsp. orange juice

### Method

Peel and slice apples, peaches and plums into large bowl. Stir in sugar, flour, spices, orange rind and juice. Place in buttered 9" baking dish.

#### TOPPING:

- 1 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/4 tsp. ginger
- 3/4 cup butter

Combine flour, oats, sugar and ginger in bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle on top of fruit mixture. Bake at 375 degrees F. for 30-40 minutes.

#### SAUCE:

- 1/2 cup each butter, brown sugar, granulated sugar, Whipping cream
- 1/4 cup dark rum

Boil all ingredients for 2 min. (heavy pot). Serve warm with topping and vanilla ice cream.