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Amuses-bouches

Asian crab amuse-bouches

A bit spicy.

3	tbsp	pickled ginger	1	small Thai chili, minced
2	tbsp	mayonnaise	1	cup crab meat
1	tbsp	soy sauce		fresh cilantro, chopped to garnish
¼	cup	green onions, minced finely		

Procedure

- 1 Mix ginger, mayonnaise, soy sauce, green onions and chili. Fold in the crab meat gently to retain some pieces.
- 2 Serve in bowl of a spoon (Chinese soup spoons work well). Garnish with cilantro.

Thai Shrimp Shooters with Curried Coconut Broth

A slightly spicy way to start your meal.

2	cans	regular coconut milk (do not use "lite")	¼	tsp	granulated sugar
¾	cup	water	1½		limes
¼	cup	fish sauce	¼	cup	chopped coriander
6	slices	ginger (thin slices)	12		cooked large tail shrimp
½	tsp	Thai curry paste			

Procedure

- 1 Place coconut milk, water, fish sauce, ginger, curry paste and sugar in a saucepan. Remove 4 wide strips of peel from 1 lime. Add to saucepan. Bring to a boil and simmer covered 10 minutes, stirring occasionally. Strain soup, discarding ginger and lime peel.
- 2 Squeeze 2 tbsp (25 ml) lime juice into soup (make a couple of days ahead). Slice remaining 1/2 lime into 6 very thin wedges, then cut each in half.
- 3 Pour soup into shooters, then rim with lime wedge. Balance shrimp on glass or place in soup, tail facing up.

Servings: 12

Appetizers

Frozen cheese puffs

Nenny's recipe - used a lot for cocktail parties!

1	unsliced white bread	4	oz	cream cheese	
8	tbsp	butter	1/8	tsp	cayenne
1/4	cup	mozzarella cheese, grated	1/2	tsp	dried mustard
1/4	cup	sharp cheddar cheese, grated	2		egg whites
1/4	cup	Swiss cheese, grated			salt and pepper

Procedure

- 1 Trim off bread crusts. Freeze. Cut into 1" cubes while still frozen.
- 2 Combine butter and cheeses in saucepan. Stir until blended. Add cayenne, mustard, salt and pepper.
- 3 Beat egg whites and fold into cheese.
- 4 Using a fondue fork, dip each bread cube into the mixture and place on cookie sheet. Freeze coated cubes.
- 5 Remove as many as you need. Do not thaw. Place on ungreased baking sheet and bake at 400° for 10 minutes. May need turning once.

Mushroom appetizers

Nenny's recipe

1	can (3¾ oz)	salmon	2	tsp	chopped parsley
24 - 30		mushroom caps			salt
6	tbsp	soft bread crumbs	2	tbsp	melted butter
6	tbsp	chopped mushroom stems			Grated parmesan and cheddar cheese
2	tsp	minced onion			

Procedure

- 1 Mix salmon, crumbs, stems, seasonings and parsley.
- 2 Cook onion in butter for 3 - 4 minutes.
- 3 Add to salmon mixture.
- 4 Fill mushroom caps and sprinkle with cheese.
- 5 Bake for 8 - 10 minutes at 425°.

Nuts and bolts

Nenny's recipe - a favourite for Grey Cup parties!

3 cups	oat cereal	½ cup	oil
2 cups	wheat cereal - squares	2 tsp	garlic salt
2 cups	thin pretzels	2 tsp	seasoned salt
½ lb	mixed nuts	2 dashes	Tabasco sauce
1 tbsp	Worcestershire sauce		

Procedure

- 1 Mix all ingredients in large bowl.
- 2 Microwave on high 8 - 10 minutes, stirring twice during the cooking.
- 3 Cool. Store in airtight container.

Spinach dip

Popular for parties

1 cup mayonnaise	1 pkg spinach, frozen
1 cup sour cream	½ cup water chestnuts, finely chopped
1 pkg dried vegetable soup mix	½ onion, finely chopped

Procedure

- 1 Defrost and drain the spinach. (If you use fresh spinach, cook until wilted.) Chop the spinach.
- 2 Combine mayonnaise, sour cream, soup, water chestnuts and onion. Fold in the spinach.
- 3 Scoop out the centre of a pumpernickel bread and fill with dip. Use the bread for dipping.

Tex-Mex dip

Popular for parties

	First layer		¼ cup	salad dressing
4	avocados, medium		1 pkg	taco seasoning mix
2	tbsp lemon juice			Third layer
2	tbsp Green Goddess salad dressing (or substitute)	1	10½-oz can	bean dip or refried beans
½	tsp salt	1	cup	green onions, chopped
¼	tsp pepper	½	cup	black olives, chopped
	Second layer	1	cup	tomatoes, chopped
1	cup sour cream	8	oz	cheese, shredded
¼	cup mayonnaise			corn chips

Procedure

- 1 Avocado mixture: Mix avocados, lemon juice, salad dressing, salt and pepper.
- 2 Sour cream mixture: Mix sour cream, mayonnaise, salad dressing and taco seasoning mix.
- 3 Layer in the following order: beans, avocado mixture, sour cream mixture, green onions, olives, tomatoes and cheese. Serve with corn chips.

Hors d'oeuvres

Asparagus mousse

A very nice hors d'oeuvre. Serve with a few spears of steamed or boiled asparagus.

1¼ lb	asparagus	2	tsp	white wine vinegar
3	oz			salt and pepper
3				egg yolks, lightly beaten
1	tbsp	1½	tsp	gelatine
	lemon juice	3	tbsp	cold water
5	tbsp	½	cup	whipping cream
	unsalted butter, cut into pieces			parsley
1	tsp			
	fresh tarragon, minced (or ¼ tsp dried)			

Procedure

- 1 Remove tough ends from asparagus. Steam or boil until tender but not soft. Trim of the tips and set aside. Cut the stalks into 2" pieces and purée in the food processor.
- 2 Make the Hollandaise sauce: Combine the egg yolks and lemon juice in top of double boiler. Stir over simmering water until lukewarm. Add the butter, bit by bit, beating with wire whisk until the sauce thickens. Do not let the water boil. (If the sauce separates, beat in a tablespoon of boiling water to re-emulsify.)
- 3 Fold Hollandaise sauce into the asparagus purée with the reserved asparagus tips, tarragon, wine vinegar, salt and pepper.
- 4 Sprinkle the gelatine over cold water to soften. Put bowl with warm water and stir until gelatine is dissolved. Stir dissolved gelatine into the asparagus mixture, mixing well.
- 5 Whip the cream until it holds soft peaks. Fold into the asparagus mixture.
- 6 Turn into a lightly oiled 3- or 4-cup mold and chill until firm. To serve, unmold and slice. If it doesn't unmold properly, scoop the mixture onto the plates.

Servings: 4

Fresh avocado spring rolls with sweet Thai dipping sauce

5 oz	rice vermicelli noodles			Dipping sauce
2	carrots, shredded	1 cup		granulated sugar
1½ cups	cucumber, julienned	½ cup		cider vinegar
½ cup	lightly packed fresh mint leaves, chopped	4 cloves		garlic, minced
½ cup	lightly packed fresh coriander leaves, chopped	2		Thai bird chilies, thinly sliced (or replace with dried chili pepper flakes)
¼ cup	seasoned rice vinegar	½ tsp		salt
4 tsp	fish sauce			
2	large avocados			
24	rice-paper wrappers (8 1/2 inches/21 cm round)			

Procedure

- 1 Sweet Thai Dipping Sauce: In saucepan, bring sugar, vinegar, 1/2 cup water, garlic, chilies and salt to boil. Reduce heat and simmer until reduced to 1 cup, about 15 to 20 minutes. Let cool completely. (Make-ahead: Cover and refrigerate for up to 2 weeks.)
- 2 In large bowl, cover noodles with boiling water; let stand until softened, about 10 minutes. Drain and chill under cold water; drain and return to bowl. Using scissors, cut into thirds.
- 3 Add carrots, cucumber, mint, coriander, vinegar and fish sauce; toss to combine.
- 4 Peel and pit avocados; cut into 1/2-inch (1 cm) thick slices.
- 5 Fill 9-inch (23 cm) pie plate with hot water. Dip each rice-paper wrapper into water until pliable, 5 to 10 seconds; pat dry on towel.
- 6 Spoon scant 1/4 cup noodle mixture into centre of each wrapper. Form into log shape. Top each with 1 slice avocado. Fold bottom then sides of wrapper over filling; roll into cylinder. Place on damp towel-lined baking sheet; cover with damp towel to prevent drying out. (Make-ahead: Refrigerate for up to 6 hours.) Serve with dipping sauce.

Servings: 24

Herb crusted beef strip loin with mushrooms, garlic crostini and cranberry gastrique

A very elegant hors d'oeuvre.

1 lb	trimmed strip loin steak (or beef tenderloin)	1 clove	garlic, finely minced
	salt and freshly ground black pepper to taste	1 tbsp	olive oil
1 tsp	parsley chopped	5	Shitake mushrooms, sliced
1 tsp	fresh thyme, finely chopped	5	button mushrooms, sliced
1 tsp	fresh rosemary finely chopped	2	morel mushrooms, sliced
1 cup	breadcrumbs	2	chanterelle mushrooms, sliced
2 tbsp	Dijon mustard		salt and pepper to taste
1	baguette (with crusts removed)	2 tbsp	veal stock (or cream)
1 tsp	fresh parsley	2 cups	fresh or frozen cranberries
1 tsp	fresh thyme, finely chopped	3 tbsp	raspberry vinegar
1 clove	garlic, finely chopped	2	oranges, juice only
4 tbsp	unsalted butter, softened	1/4 cup	sugar
	salt and pepper to taste		black cherry jam
1	shallots, minced		

Procedure

- 1 Lightly season the beef with salt and pepper. In frying pan, sear the beef to brown on all sides. Combine the first set of herbs and breadcrumbs in a pie pan. Allow meat to cool to room temperature and paint the outside with the mustard. Roll beef in seasoned breadcrumb mixture to coat. Set aside.
- 2 Slice baguette into 1/2" slices. Mix second set of herbs, garlic and butter to make garlic butter. Spread on both sides of the baguette slices and toast slices. Each side of the bread should be light golden brown. Set aside
- 3 Sauté minced shallot and garlic in olive oil over medium-low heat until translucent and tender (about 4 minutes). Increase heat to medium-high, add sliced mushrooms. Season with salt and pepper. Sauté until tender (about 5 minutes). Add sherry and veal stock, allow to simmer until mixture thickens slightly.
- 4 For cranberry gastrique, combine cranberries, raspberry vinegar, orange juice and sugar in saucepan over medium heat. Simmer until the mixture thickens slightly and cranberries have burst. transfer to food processor and roughly purée. Strain through a sieve. Cool and reserve the liquid.
- 5 Bake beef until medium-rare (about 15 minutes). Remove from oven and allow meat to rest for 5 minutes.
- 6 Place toasted crostini on a plate. Put 1 heaping tbsp of mushroom mixture on top of the crostini. Slices 1 - 2 thin slices of beef and place them on the mushroom mixture. Top with 1 heaping tsp of black cherry jam. Drizzle with cranberry gastrique and serve immediately.

Servings: 16

Hommos bi tahina (Chick pea dip)

1	19-oz can	chick peas	2	lemons, juice only (¼ cup)
1	clove	garlic, mashed	¼ cup	water
½	tsp	salt	1	tsp paprika
4	tbsp	sesame seed paste (tahini)	1	tbsp olive oil

Procedure

- 1 Drain and rinse chick peas. Place in food processor.
- 2 Add mashed garlic, sesame seed paste, lemon juice, salt and water. Blend until very smooth.
- 3 Serve on a platter and garnish with olive oil and paprika. Can also add parsley and pine nuts.

Marinated artichokes with herbs and goat cheese

Makes 2 pieces per person.

10	artichokes, tinned, drained and cut into quarters		salt and pepper to taste
1	tbsp garlic cloves, finely minced	8	1/2" slices French baguette
1	tbsp fresh thyme, minced	4	tbsp soft goat cheese
1/2	tbsp fresh rosemary, minced		extra-virgin olive oil
4	tbsp olive oil		

Procedure

- 1 In non-metallic bowl, combine first five ingredients. Season with salt and pepper. Cover and let marinate at room temperature for 1 hour.
- 2 Spread 1/2 tsp of goat cheese on each piece of bread. Please bread slices in pre-heated oven and warm for about 6 minutes.
- 3 Remove bread and place marinated artichokes on top of the bread slices. Drizzle olive oil on top and serve.

Servings: 4

Petites fondues bourguigonne

One of Grandad's favourites -- first eaten at a restaurant in Quebec City. Sheila's recipe taken from an Elizabeth David cookbook

2	oz	butter		nutmeg	
2	oz	flour		salt and pepper	
½	pint	milk	1	egg	
1½	oz	Gruyère, grated	2½	oz	breadcrumbs
1½	oz	Parmesan, grated		oil and butter for frying	
3		egg yolks			

Procedure

- 1 Make this bechamel sauce by melting butter, stirring in flour and heated milk. Stir until thick and comes away from the sides of the pan.
- 2 Add grated cheeses, salt, pepper and nutmeg. Mixture should be highly seasoned.
- 3 Add beaten egg yolks and stir, away from the heat, until mixture is very smooth.
- 4 Turn into a lightly oiled baking tin (9" x 9") -- should be about ½" thick.
- 5 Cool until the next day.
- 6 With knife dipped in water, cut into rectangles (1½" x 2½").
- 7 Coat with beaten egg and then breadcrumbs, covering the tops, bottoms and sides.
- 8 Fry gently in oil and butter until heated through (middle with be soft). Do not overcook or they will not retain their shape.

Servings: 6

Yield: 9" x 9" pan

Salmon paté

Recipe given to me by Jacqueline Cohen in Nice. Is very good made with tinned salmon.

1	tin	salmon (or 150 gm smoked salmon)	lemon juice
150	gm	butter	salt

Procedure

- 1 If using tinned salmon, remove the bones and skin.
- 2 Cream salmon and butter in food processor until very smooth.
- 3 Add lemon juice and salt to taste