

Table of Contents

| | |
|--|----|
| Fish | 1 |
| Fried Grouper with Ginger Sauce (Ca Mu Chien Voi Gung) | 2 |
| Henderson's fish | 3 |
| Les chaudrées pitchounes (Seafood with leeks) | 4 |
| Salmon soufflé casserole | 5 |
| Seafood casserole | 6 |
| Steamed fish | 7 |
| Tuna and chow mein noodles | 8 |
| Tuna casserole | 9 |
| Meat | 10 |
| Beef | 11 |
| Baked bean casserole | 12 |
| Beef and vegetable stir fry | 13 |
| Cabbage rolls | 14 |
| Carpaccio with arugula and artichoke dressing | 15 |
| Chili | 16 |
| Easy oven beef stew | 17 |
| Fajitas | 18 |
| Feuilles de vigne (Stuffed vine leaves) | 19 |
| Garlic beef | 20 |
| Glazed meat loaf | 21 |
| Hamburger Stroganoff | 22 |
| Meatballs with sweet and sour sauce | 23 |
| Preacher's casserole | 24 |
| Singapore's spicy orange beef | 25 |
| Tiga-digé (Malian beef stew) | 26 |
| Lamb | 27 |
| Couscous | 28 |
| Pork | 29 |
| Baked pork chops | 30 |
| Choucroute | 31 |
| Mu shu pork | 32 |
| Pork cashew stir fry | 33 |
| Pork chops and chili | 34 |
| Pork satay | 35 |
| Tourtière | 36 |
| Poultry | 37 |
| Chicken couscous | 38 |
| Chicken curry with sweet potatoes | 39 |
| Chicken delight | 40 |
| Chicken with cashews | 41 |
| Ham pie | 42 |
| Lemon chicken | 43 |
| Moroccan chicken with olives | 44 |
| Oatmeal stuffing for chicken | 45 |
| Oven-baked chicken wings | 46 |
| Turkey pies | 47 |
| Turkey stuffing | 48 |

Fish

Fried Grouper with Ginger Sauce (Ca Mu Chien Voi Gung)

| | | | |
|---|----------------------------------|-------|--|
| | Sauce | ½ cup | water (or fish or chicken stock) |
| 1 | tbsp oil | | Fish |
| 2 | tbsp ginger, finely sliced | 1 | tsp salt |
| 1 | tbsp lemongrass, finely sliced | 1 | tsp white pepper |
| 2 | red chillies, finely sliced | 2 | lbs fish (grouper or sea bass), slit on both sides |
| 3 | shitake mushrooms, finely sliced | 2 | tbsp oil |
| 1 | tsp soya sauce | 2 | tbsp scallions, finely chopped |
| ¼ | cup fish sauce | | |

Procedure

- 1 Combine sauce ingredients and simmer on low heat for 5 minutes. Set aside.
- 2 Salt and pepper the fish. Brush with oil and broil slowly on both sides until cooked. Place on large platter and pour sauce over the fish and garnish with scallions.

Henderson's fish

Recipe from Isobel and Vic Henderson. A tasty, easy fish dish.

| | | | |
|--------|------------------------------|-------|-----------------|
| 1 lb | fish (sole, haddock, turbot) | 1 tsp | mustard |
| 1 cup | onions, chopped | | salt and pepper |
| 2 tbsp | margarine | 1 cup | breadcrumbs |
| 1 cup | cheese, grated | | |

Procedure

- 1 Grease a 9" x 9" pan and place fish in it in layers.
- 2 Cook onions in margarine for 5 minutes.
- 3 Combine cheese, mustard, salt and pepper and stir with fork into cooked onions. Spread over the fish.
- 4 Bake at 350° for 25 - 30 minutes.

Servings: 4

Les chaudières pitchounes (Seafood with leeks)

A substantial appetizer or a light main course.

| | | | | | |
|----|------|---------------------|---|--------|--|
| 2 | lbs | leeks thinly sliced | 2 | lbs | other boneless fish fillets (red snapper, salmon, trout, whitefish, sea bass etc.) |
| 12 | tbsp | butter | | | |
| 2½ | tsp | salt | 8 | | either prawns, crayfish, scallops |
| | | pepper | 8 | | fresh mussels |
| 2 | cups | heavy cream | ¼ | bottle | white wine |
| 1 | lb | sole fillets | | | |

Procedure

- 1 Trim leeks of their roots and tough or dark green stems. Slit them lengthwise and wash thoroughly under cold running water. Chop coarsely.
- 2 Melt butter in saucepan, add leeks and cook gently, covered for 8 - 10 minutes. (Can be done in the microwave oven.) Uncover and continue cooking over medium-low heat until nearly tender – 3-4 minutes more. Season with salt and pepper. Add half the cream and simmer for 4-5 minutes.
- 3 Butter 8 individual ramekins (1½ c. capacity oven proof bowls).
- 4 Trim the fish fillets and cut into cubes. Spread the fish cubes prawns and mussels or clam (if you are using them) across the 8 bowls. They can sit for several hours in the refrigerator before baking. About 30 minutes before baking, remove them to room temperature.
- 5 Boil the wine (with any fish shells you may have) until it is reduced by one-third. Add remaining cream and simmer for 1 - 2 minutes. Strain and pour over fish. Cover each bowl with foil and place on baking sheet. Bake for 18 - 20 minutes in 375° oven
- 6 Decorate with pieces of puff pastry cut in the form of small fish and baked.

Servings: 8

Salmon soufflé casserole

Nenny's recipe

| | | | | | |
|----|------|-----------|---|-----|--------------------|
| 2 | tbsp | margarine | 1 | lb | can pink salmon |
| 2½ | tbsp | flour | ½ | tsp | salt |
| 1 | cup | milk | ½ | tsp | nutmeg |
| 2 | | eggs | ½ | tsp | lemon rind, grated |

Procedure

- 1 Melt the margarine, add flour and cook for few seconds. Add milk and cook, stirring constantly, until thick. Beat egg yolks and add to sauce.
- 2 Add salmon, salt, nutmeg and lemon rind and mix well.
- 3 Beat egg whites until stiff then fold into sauce. Pour into greased baking dish.
- 4 Bake at 375° for 45 minutes or until knife inserted comes out clean.

Servings: 4

Seafood casserole

| | | | |
|---------|---|--------|--------------------|
| 2 lbs | mixed fish (sole, haddock, cod, shrimp, lobster, crab etc.) | pinch | Cayenne pepper |
| | | 1 cup | cream (10% or 18%) |
| 2 cubes | chicken bouillon cube | 2 | egg yolks |
| 6 tbsp | butter | 1 cup | mushrooms |
| 6 tbsp | flour | 1 tbsp | butter |
| 1 cup | cheese, grated | 3 cups | breadcrumbs |
| 1 tsp | Worcestershire sauce | 2 tbsp | melted butter |

Procedure

- 1 Cook fish gently in very little water then drain. Save the fish stock and add the bouillon cubes.
- 2 Melt the butter, add flour and cook for a few seconds. Gradually add the hot fish stock. Remove from heat and add the Worcestershire sauce and cayenne pepper. Beat the cream and eggs together and add them to the sauce.
- 3 Cook mushrooms in 1 tbsp. of butter for a few minutes. Put the fish and mushrooms in a casserole dish and pour the sauce over them.
- 4 Mix breadcrumbs with melted butter and sprinkle them on top. Bake 15 min. at 450°.

Servings: 8

Steamed fish

A recipe from Pat Quon.

| | | | |
|----------|-------------------------------|---------|-------------|
| 2 - 3 lb | fish (haddock, sole, halibut) | few | black beans |
| 1 | ¼" slice ginger | 1 clove | garlic |
| 3 - 4 | Chinese mushrooms | 1 | green onion |

Procedure

- 1 Cut ginger into small strips. Mash the garlic. Wash black beans.
- 2 Soak mushrooms in water. Cut off stems and slice.
- 3 Put fish in baking dish. Sprinkle ginger, mushrooms, garlic, beans and onions on the top.
- 4 Bake at 325° for 25 minutes. Thicken the juices with cornstarch. Cook for few minutes.

Tuna and chow mein noodles

| | | | | |
|---------------|-------------------|-------|-----|-----------------|
| 1 tin (8 oz) | solid packed tuna | ½ | cup | onion, chopped |
| 1 tin (10 oz) | mushroom soup | ½ | cup | celery, chopped |
| 1 tin (2¾ oz) | chow mein noodles | ¼ - ½ | cup | cashews |

Procedure

- 1 Drain oil or water from tuna. Put in casserole, break it up. Sprinkle with chopped onions, celery and cashews. Top with 2/3 noodles.
- 2 In saucepan, blend soup and 1 cup of hot water and pour over the mixture. Sprinkle with remaining noodles.
- 3 Bake at 425° for 20 minutes.

Tuna casserole

| | | | | | |
|----|----------|------------------|----|-----|------------------|
| 2 | tbsp | margarine | 1½ | cup | frozen vegetable |
| 2 | tbsp | flour | | | salt |
| 1½ | cup | milk | | | sliced tomatoes |
| 2 | 7 oz-tin | tuna (or salmon) | | | |

Procedure

- 1 Melt margarine, add flour and cook for a few seconds. Add milk gradually, stirring all the time. Cook until thick.
- 2 Flake tuna with a fork and add, with tuna water from tinned tuna, to sauce. Add frozen vegetables and salt.
- 3 Pour into casserole and top with sliced tomatoes. Bake for 15 minutes at 325°.

Servings: 4

Meat

Beef

Baked bean casserole

Recipe from Rideau Park United Church cookbook

| | | | |
|---------|-----------------------|-------------|-----------------------|
| 1/4 lb | bacon | 1/4 cup | brown sugar |
| 1 lb | ground beef | 1 tsp | dry mustard |
| 1/2 cup | onion, chopped | 2 tbsp | vinegar |
| 2 tbsp | flour | 1 14-oz can | tomato sauce |
| 1/2 cup | green pepper, chopped | 2 14-oz can | baked beans with pork |
| 1/2 cup | ketchup | 1 14-oz can | kidney beans |

Procedure

- 1 In large pan sauté bacon, beef and onions until bacon and beef are browned and onions soft. Drain fat.
- 2 Stir flour into meat. Add remaining ingredients and put in casserole.
- 3 Add remaining ingredients and put in casserole.

Servings: 6

Beef and vegetable stir fry

| | | | |
|--------|-------------------------|--------|---------------|
| 1 lb | flank steak | ½ cup | bamboo shoots |
| 1½ cup | broccoli | 1 tsp | cornstarch |
| 3 | carrots, medium | ½ tsp | sugar |
| 1 | onion, medium | 2 tbsp | soya sauce |
| 1 cup | frozen peas | 2 tbsp | sherry |
| ½ cup | water chestnuts, sliced | | |

Procedure

- 1 Partially freeze flank steak then cut into thin bite-size strips. Cut broccoli, carrots and onion into bite-size pieces.
- 2 Stir fry vegetables for 2 minutes and remove from pan. Stir fry half the beef until just pink in the middle.
- 3 Remove from pan and fry rest of beef. Return the beef to pan and add peas, water chestnuts and bamboo shoots.
- 4 Mix cornstarch, sugar, soya sauce and sherry into paste. Add to pan and stir until bubbly.
- 5 Return the vegetables to pan and reheat. Serve immediately.

Servings: 4

Cabbage rolls

Recipe from Rosemary McGinnis.

| | | | | | |
|----|-----------|---|---|-------|----------------------|
| 12 | leaves | Savoy cabbage (use the large leaves) | 1 | cup | cooked rice |
| 2 | tbsp | butter | 1 | slice | bread, crumbled |
| 1 | | onion, large, chopped | 1 | | egg |
| 1 | 16-oz tin | tomatoes (or small tin of tomato paste) | 1 | tsp | Worcestershire sauce |
| 1 | tsp | salt | ½ | tsp | basil |
| ¼ | tsp | pepper | 1 | clove | garlic |
| | | Filling | 1 | tsp | salt |
| 1½ | lb | ground beef | ¼ | tsp | pepper |

Procedure

- 1 Boil cabbage leaves for 5 minutes to soften.
- 2 Cook onions in butter. Add tomatoes, salt and pepper
- 3 Make the filling. Mix the meat, rice, bread, egg, Worcestershire sauce, basil, garlic, salt and pepper.
- 4 Wrap the leaves around the mixture. Cook in a skillet on low heat for 45 minutes.

Servings: 6

Carpaccio with arugula and artichoke dressing

An elegant dish. The arugula, Parmesan and dressing are great for a salad to use up leftover beef.

| | | | | |
|----------|--|-----|------|------------------------------|
| 10 oz | fresh beef tenderloin | 2 | tbsp | sherry (or balsamic) vinegar |
| 2 cups | arugula, thinly sliced | 3 | tbsp | lemon juice |
| 24 curls | Parmesan cheese | | | salt and pepper |
| | Artichoke dressing | 1/3 | cup | extra virgin olive oil |
| 1 | 6-oz tin marinated artichoke hearts, drained and chopped | 1 | tbsp | warm butter |
| 1/2 | tsp | | | oregano |

Procedure

- 1 Wrap tenderloin in plastic wrap and freeze for 1 hour, or until firm, but not frozen solid.
- 2 Using a sharp knife, cutting across the grain, cut beef into 1/8"-thick slices. Place slices on wax paper. Cover with wax paper and, using a rolling pin, roll over the top until the slices are very thin. Wrap slices in plastic wrap and refrigerate 1 hour prior to serving.
- 3 In food processor, purée artichokes, oregano, vinegar, lemon juice, salt and pepper. Add oil slowly and add warm water, blending until emulsified. Makes 1 cup of dressing.
- 4 Place arugula on plate, top with beef and Parmesan curls. Drizzle with dressing.

Chili

| | | | |
|---------|---------------|----------------|---------------------------------|
| 2 lbs | ground beef | 2 tsp | chili powder (or more to taste) |
| 1 | onion, medium | 1 19-oz tin | tomatoes |
| 1 clove | garlic | 1 5 1/2-oz tin | tomato paste |
| 1 | green pepper | 1 14-oz tin | kidney beans (or more) |

Procedure

- 1 Sauté beef. When brown, add onion, garlic and pepper and sauté together.
- 2 Add chili powder, tomatoes and tomato paste and mix well.
- 3 Add beans and simmer for 30 minutes.

Servings: 4

Easy oven beef stew

A very quick and easy meal. Could be done in a slow-cooker.

4 - 5 lb blade roast
1 can tomato soup

1 can mushroom soup
1 pkg onion soup mix

Procedure

- 1 Place roast in casserole dish. Mix soups together and pour over roast.
- 2 Bake in 325° oven for 1½ hours.

Servings: 8

Fajitas

Fajitas

| | | | | | |
|-------|------|--------------|---|-----|-----------------------|
| 2 | tbsp | oil | 1 | tsp | cumin |
| ¼ | cup | lime juice | 1 | tsp | garlic, finely minced |
| ½ - 1 | tbsp | chili powder | 3 | lbs | flank steak |

Procedure

- 1 Mix first five ingredients together and rub into steak. Place in covered container and marinate for several hours or overnight.
- 2 Barbecue for 5 min on first side and 3 - 5 min for second side. Let sit for 5 min. then carve on the diagonal.
- 3 Serve meat wrapped in flour tortillas with chopped lettuce, chopped tomatoes, guacamole, sour cream and salsa.

Feuilles de vigne (Stuffed vine leaves)

A Greek recipe from the mother of Gaby Polisois (friend of papa's). Easy to make, but takes a bit of time to prepare the vine leaves. You can find jars of vine leaves in local ethnic food stores. Leftover keep well for several days.

| | | | |
|----------|-----------------------|---------|----------------------------|
| 1 jar | vine leaves | 1½ cup | chicken broth |
| 1 lb | ground beef | ¼ cup | lemon juice |
| ½ cup | rice, raw | | Yogurt sauce |
| 1 | onion, finely chopped | ½ cup | yogurt |
| | salt and pepper | 1 clove | garlic, mashed |
| ½ cup | margarine | | fresh or dried mint leaves |
| 3 cloves | garlic | | |

Procedure

- 1 Rinse vine leaves and soak for 1 hour, changing the water every 10 minutes. Place in boiling water for 5 minutes. Soak again for 1 hour. Boil again for 5 minutes in salted water. Drain.
- 2 Mix ground beef, rice, onion, salt and pepper to make filling. Place sausage-shaped spoonful of filling in the middle of a vine leaf, just above the stem. Fold the sides of leaf diagonally into the centre to cover the stuffing and make the leaf into a long rectangle. Roll up leaf, starting with the stem end. Continue until all the filling has been used.
- 3 Melt margarine in baking dish and place rolled up vine leaves, seam side down in baking dish. Place garlic around leaves. Cover with chicken stock.
- 4 Bake at 300° for about 1 hour. Sprinkle with lemon juice and serve with yogurt sauce.
- 5 Mix all the sauce ingredients together.

Garlic beef

A recipe from Pat Quon.

| | | | | |
|--------|-------------|-------|--------|--------------|
| 1 lb | flank steak | 2 | tbsp | cooking wine |
| 1½ tsp | sugar | 3 - 4 | cloves | garlic |
| 4 | tbsp | | | soya sauce |

Procedure

- 1 Mix all ingredients, except the meat. Slices the flank steak across the grain. Marinate for 1 hour.
- 2 Stir fry.

Servings: 5

Glazed meat loaf

| | | | |
|----------|-----------------------|--------|-----------------------|
| 2 | eggs | ½ cup | carrot, shredded |
| 2/3 cup | milk | 1 cup | Cheddar cheese grated |
| 1 tsp | salt | 1½ lb | ground beef |
| ¼ tsp | pepper | ¼ cup | brown sugar |
| 3 slices | fresh bread, crumbled | ¼ cup | ketchup |
| 1 | onion, finely chopped | 1 tbsp | Dijon mustard |

Procedure

- 1 Beat eggs with fork and add milk, salt, pepper and bread. Beat until bread disintegrates. Add onion, carrot, cheese and beef. Mix well and pack into loaf pan.
- 2 Combine brown sugar, ketchup and mustard. Spread over meat loaf.
- 3 Bake at 350° for 1½ hours. Let stand for 10 minutes. Serve hot or cold.

Servings: 8

Hamburger Stroganoff

Nenny's recipe

| | | | |
|---------|-----------------------|-------|-----------------------------------|
| 1 lb | ground beef | 1 can | cream of chicken soup (undiluted) |
| 1/4 cup | onions, chopped | | salt and pepper |
| 1 clove | garlic, finely minced | 1 cup | sour cream |
| 2 tbsp | flour | | |

Procedure

- 1 Sauté beef. Add onion and garlic, sauté until brown. Add flour and cook 5 minutes.
- 2 Add flour and cook 5 minutes. Add soup, mushrooms, salt and pepper and mix. Simmer for 10 minutes.
- 3 Stir in sour cream just before serving. Serve with rice.

Servings: 5

Meatballs with sweet and sour sauce

Nenny's recipe

| | | | | |
|--------|--|-------|-----|------------|
| 4 lbs | ground meat (mixture of beef, veal and pork) | 1/2 | cup | vinegar |
| 2 cups | breadcrumbs | 1 1/2 | cup | water |
| 2 cups | milk | 1 1/2 | cup | ketchup |
| 4 | eggs, beaten | 2 | tsp | mustard |
| 2 tsp | salt | 2 | tsp | cornstarch |
| 3 cups | brown sugar | | | |

Procedure

- 1 Mix first five ingredients together well. Shape into 1" balls. Bake in 325° oven until meat is no longer pink. Can be frozen until needed. To serve, pour sauce over meatballs and reheat in oven or microwave oven.
- 2 Mix all sauce ingredients (next six ingredients) and cook until thick. Keep refrigerated until needed.

Servings: 8

Preacher's casserole

Nenny's recipe

| | | | |
|-------|---------------------------|--------|-----------------------------------|
| 2 | onions | 1 can | tomato soup (undiluted) |
| 1 | green pepper | | salt and pepper |
| 1 lb | ground beef | 2 cups | chow mein noodles or potato chips |
| 1 can | mushroom soup (undiluted) | | |

Procedure

- 1 Chop onions and green pepper.
- 2 Sauté beef, then add onions and green pepper and sauté until brown.
- 3 Add soup, 1 soup can of water, salt, pepper and 1½ c. of noodles or chips. Mix.
- 4 Top with remaining noodles or chips. Bake at 350° for 30 minutes

Servings: 5

Singapore's spicy orange beef

| | | | | | |
|-----|--------|--|-------|------|----------------------------|
| 1 | lb | lean beef (cut into 1" by 2" by 1/8" pieces) | 1/2 | tsp | garlic, chopped |
| 1/2 | tsp | salt | 1/2 | tsp | sugar |
| | dash | white pepper | 2 1/2 | tbsp | dark soy sauce |
| 1 | tsp | cornstarch | 1/4 | tsp | chili pepper (or to taste) |
| 3 | tbsp | vegetable oil | 1/2 | cup | chicken broth |
| 6 | pieces | dried orange peel | | | fresh orange slices |

Procedure

- 1 Marinate beef in salt, pepper, cornstarch and 1 tbsp of oil for 5 minutes.
- 2 In a bowl, combine the garlic, sugar, soy sauce, chili pepper and chicken broth. Set aside.
- 3 In hot wok, heat remaining 2 tsp of oil and add the orange peels. Stir fry for about 30 - 40 seconds or until peels are dark and smoking.
- 4 Add beef and stir fry for 30 seconds. Add the chicken broth mixture. Cook for 2 - 3 minutes or until beef is cooked.
- 5 Serve garnished with orange slices.

Servings: 4

Tiga-digé (Malian beef stew)

A Malian beef stew with peanut butter. A recipe from Hawa Sissoko, daughter-in-law of a Malian colleague.

| | | |
|------------|------------------------------------|--|
| 1 lb | stewing beef, cut into small cubes | bay leaves |
| 2 | onions (small-medium), chopped | pepper (generous amount) |
| 1 | carrot, medium, cubed | 4 tbsp peanut butter (large tablespoons) |
| 4 cloves | garlic, crushed | Optional: green pepper or spinach |
| ½ 4 oz-tin | tomato paste | |

Procedure

- 1 Cover the cubed beef with water and simmer.
- 2 Add onions, carrot, garlic, tomato pate, bay leaves and pepper. Simmer until meat cooked.
- 3 Add peanut butter. Cook, stirring carefully to ensure it does not burn.

Lamb

Couscous

This is my version of a recipe given to me by a friend in France. I prefer to leave the vegetables in fairly large pieces but, if you want it to be a dish eaten only with a fork, cut the meat and vegetables into smaller pieces. You can alter the spices to suit your taste. I sometimes use (or add) lamb chops and/or lamb meatballs. You can also replace the lamb with chicken.

| | | | |
|-------------|----------------------------|-------|-----------------------------|
| 2 cups | couscous | 3 | courgettes, cut into pieces |
| 1 lb | lamb, cubed | ½ lb | green beans |
| 2 cloves | garlic | 1 tin | artichoke hearts |
| 2 | onions, cut in quarters | 2 tsp | cumin |
| 2 | carrots, cut in pieces | ½ tsp | cinnamon |
| ½ | turnip, cut in pieces | ¼ tsp | ground ginger |
| 1 28-oz can | tomatoes, crushed slightly | | salt and pepper |
| ¼ cup | tomato paste | | Tabasco |

Procedure

- 1 Fry the meat to brown. Set aside.
- 2 Fry the garlic, onion, turnip and carrot to brown slightly. Add meat, tomatoes and tomato paste and water, if necessary to cover the ingredients.
- 3 Add cumin, cinnamon, ginger, salt and pepper. Cook for about 30 minutes.
- 4 In last 5 minutes, add courgettes, green beans and artichoke hearts.
- 5 Prepare couscous according to package instructions. (Or place 2 cups of boiling water in bowl. Add 2 cups of couscous and 1 tbsp oil. Stir with fork and let sit for 5 - 10 minutes. Fluff up the couscous with a fork.)
- 6 Add Tabasco as required to get the "heat" you want.
- 7 Serve couscous with meat and vegetable mixture on top or beside.

Servings: 6

Pork

Baked pork chops

Nenny's recipe.

| | | | | | |
|---|------------|------|-----------|----------|---------|
| 4 | pork chops | 1 | 19-oz tin | tomatoes | |
| 1 | cup | rice | 1 | tsp | oregano |
| | salt | | | | |

Procedure

- 1 Trim excess fat from the pork chops. Grease a flat baking dish. Sprinkle rice and salt in the bottom of baking dish. Place pork chops on top.
- 2 Crush the tomatoes and pour over the pork chops. Sprinkle oregano on top.
- 3 Bake at 325° for 1 hour.

Servings: 4

Choucroute

This is simpler version of the German dish, as it uses fresh cabbage and not pickled cabbage. The recipe came from Jacqueline Cohen - a friend from Nice.

| | | | | |
|-------|---|---------|------------|-----------------------|
| 1 | pork roast (I would use a shoulder roast -- need meat well marbled with fat) | 1 | large head | cabbage |
| | | 10 - 15 | | juniper berries |
| 4 | cloves | 4 | slices | bacon (or petit salé) |
| ½ - 1 | bottle | | | beer |

Procedure

- 1 Poke holes in the pork and put sliver of garlic in each hole.
- 2 Brown the meat and a little oil. Add beer, adding more, if required, during the cooking. Cook in the oven at 325° for 1 hour.
- 3 Cut up the cabbage and add to the pork for the last hour of cooking. Add the bacon (or petit salé) and the juniper berries. Return to the oven and cook for 1 hour.

Servings: 6

Mu shu pork

Very close to the dish from the Chinese restaurant!

| | | | |
|----------|--------------------------|--------|---------------------------------|
| 1 lb | pork tenderloin | 2 tbsp | fish sauce |
| 3 cups | green cabbage, shredded | 1 tbsp | grated lime zest |
| 3 cups | mushrooms, thinly sliced | 1 tbsp | lime juice |
| 2 tbsp | ginger, finely chopped | 1 tbsp | honey |
| 2 cloves | garlic, finely chopped | 1 tbsp | dark sesame oil |
| 12 8" | flour tortillas | | Stir fry sauce |
| ¼ cup | vegetable oil | ¼ cup | vegetable or chicken broth |
| 4 | eggs, beaten | 2 tbsp | dry sherry or Chinese rice wine |
| ½ cup | hoisin sauce | 2 tbsp | soy sauce |
| | Marinade | 1 tbsp | dark sesame oil |
| 2 | hot chilies | 2 tsp | cornstarch |
| 2 cloves | garlic | ½ tsp | sugar |
| 2 tbsp | cilantro | ¼ tsp | pepper |

Procedure

- 1 Combine all the marinade ingredients.
- 2 Cut pork into matchstick size strips. Place in a bowl with Thai marinade.
- 3 Combine shredded cabbage, sliced mushrooms, ginger and garlic in a large bowl. Set aside.
- 4 Wrap tortillas in foil and put in 325° oven to warm.
- 5 Make stir fry sauce by combining all the ingredients.
- 6 Put work on high heat. When very hot, add 1 tbsp oil and when hot, add pork. Stir and toss until no longer pink on the outside (about 1 minute). Transfer to a plate and return wok to the heat.
- 7 Add 1 tbsp more oil . When hot, add the eggs, scrambling them, then transfer to the plate with the pork.
- 8 Return wok to high heat and add remaining 2 tbsp oil. When hot, add the cabbage mixture and stir fry until brightened (about 45 seconds).
- 9 Add stir fry sauce to vegetables in wok and add pork and eggs. Stir and toss about 1 minute, until sauce glazes the food. Transfer to a platter.
- 10 Serve immediately with hoisin sauce and hot tortillas. Smear tortilla with hoisin sauce, add pork mixture and roll up.

Servings: 4

Pork cashew stir fry

A recipe from Pat Quon.

| | | | |
|-------|--------------------------------|-------|----------------------------------|
| 1½ lb | boneless pork, cut into strips | ¼ cup | soy sauce |
| 2 | tbsp soy sauce | 2 | tbsp oil |
| ¼ | tsp 5-spice powder | 1 | tsp gingerroot, grated |
| ¼ | cup water, cold | 6 | green onions, slices on the bias |
| 2 | tsp cornstarch | 1 | cup cashews |

Procedure

- 1 Combine soy sauce and 5-spice powder. Marinate pork for 15 minutes.
- 2 Combine water, cornstarch and ¼ cup soy sauce and blend well.
- 3 Fry gingerroot for 30 seconds. Add onions and cook 1 minute. Add cashews and cook for 2 minutes (until the nuts are golden). Remove from the pan and set aside.
- 4 Fry half the pork and set aside. Fry rest of pork.
- 5 Add all pork and soy sauce mixture. Cook until thick. Add ginger, onions and cashews and heat for 1 minute.

Servings: 6

Pork chops and chili

| | | | |
|---|--------------|---|------------------------------|
| 4 | pork chops | 1 | onion, large, chopped |
| 1 | clove garlic | 1 | green pepper, large, chopped |
| ¼ | cup flour | 1 | 19-oz can tomatoes |
| ¼ | tsp salt | 1 | 14-oz can kidney beans |
| | pepper | 1 | tbsp chili powder |
| ½ | tsp paprika | ½ | tsp salt |
| 2 | tbsp oil | | |

Procedure

- 1 Trim excess fat from pork chops. Melt some of the trimmed fat in a frying pan and then remove fat. Place garlic in pan.
- 2 Combine flour, salt, pepper and paprika in flat dish. Dip chops in flour mixture and then sauté until chops are brown on both sides.
- 3 Heat oil in pan and add onion and pepper. Cook for 3 minutes. Add tomatoes, beans, chili powder and salt.
- 4 Place half tomato mixture in baking dish, add chops and cover with remaining tomato mixture. Bake at 350° for 45 minutes.

Servings: 4

Pork satay

Recipe from Rosemary McGinnis

| | | | |
|---------|-----------------|-------|--------------------|
| 1½ lb | pork tenderloin | 1 tsp | coriander |
| ¼ cup | butter | ½ tsp | ginger |
| 3 tsp | brown sugar | ½ tsp | Tabasco (optional) |
| 1 clove | garlic, crushed | | salt and pepper |
| ½ tsp | cumin | | |

Procedure

- 1 Cut pork into ¾" cubes and arrange in a shallow dish.
- 2 Melt butter and add all the other ingredients. Bring to boil and simmer for 3 minutes. Pour over meat and marinate for 24 hours, turning occasionally.
- 3 Pat meat dry and put on skewers. Cook over medium high heat on barbecue.

Servings: 4

Tourtière

A traditional dish for Christmas, but good any time of the year

| | | | |
|-------|----------------|-------|-----------------------------|
| 1 lb | ground pork | dash | cloves |
| ¼ cup | onion, chopped | 1 | small bay leaf |
| ½ tsp | salt | ¼ cup | boiling water |
| | pepper | | pastry -- for a 2-crust pie |
| ¼ tsp | savory | | |

Procedure

- 1 Mix pork, onions and seasonings. Add bay leaf and water. Simmer uncovered for 20 minutes, stirring occasionally.
- 2 Remove bay leaf, cool and skim off fat.
- 3 Line 9" pie plate with pastry. Fill with pork mixture. Cover with pastry and cut small vents in the top.
- 4 Bake 375° for 30 minutes or until lightly browned.

Poultry

Chicken couscous

| | | | |
|----------|--|-------|-------------------------|
| 2 cups | couscous | ¼ cup | dried apricots, chopped |
| 1 tsp | olive oil | ¼ cup | pitted prunes, chopped |
| 2 | bell peppers (red and yellow), cut into strips | 2 tsp | chili powder |
| 1 cup | green onions, chopped | ¾ tsp | ground coriander |
| 2 cloves | garlic, minced | ¼ tsp | ground cloves |
| 4 | chicken breasts, skinless (¾ lb) | ¼ tsp | ground ginger |
| ½ cup | chicken broth | 2 tsp | lemon juice |
| 1 | tomato, medium | | |

Procedure

- 1 Heat oil. Add peppers, green onions and garlic. Cook 2 - 3 minutes, stirring often until peppers and tender-crisp.
- 2 Add chicken. Cook 3 - 4 minutes on each side, until browned.
- 3 Stir in broth, tomato, apricots and prunes. Cook 2 minutes.
- 4 Stir in chili powder, coriander, cloves and ginger. Cook 5 minutes longer, until chicken is white in the centres. Stir in lemon juice.
- 5 Prepare couscous (see separate recipe) and place on a platter. Top with chicken and sauce.

Servings: 4

Chicken curry with sweet potatoes

| | | | | | |
|-----|--------|--|-------|------|--|
| 3 | tbsp | curry powder | 1 | inch | ginger (thin slices) |
| 1/2 | tsp | salt | 1 1/2 | cups | chicken stock |
| 2 | lbs | chicken thighs, skinless | 3 | | carrots, diagonally sliced |
| 2 | tbsp | vegetable oil | 1 1/2 | cups | unsweetened coconut milk |
| 1 | tbsp | shallots, coarsely chopped | 1 | | onion, cut into wedges |
| 2 | tsp | garlic, finely chopped | 1 | | sweet potato, medium, peeled and cut into 1" cubes |
| 2 | tsp | ground chili paste or dried chili flakes | | | Asian basil |
| 3 | tbsp | fish sauce | | | cilantro |
| 1 | tbsp | sugar | | | scallions (or green onions) |
| 2 | stalks | lemongrass, cut into 3" pieces and bruised with flat side of knife | | | |

Procedure

- 1 Combine 2 tbsp curry powder and salt. Add the chicken and coat evenly. Set aside for 20 minutes.
- 2 Heat the oil over medium heat and add the shallot, garlic, chili paste and remaining 1 tbsp curry powder. Stir until fragrant (about 10 seconds). Add the chicken and cook until the edges of the pieces are golden (3 - 4 minutes). Add the fish sauce, sugar, lemongrass, ginger and chicken stock. Bring to boil, reduce heat and cook for 10 minutes.
- 3 Add the coconut milk, onion and sweet potato and cook until the vegetables are tender (about 15 minutes).
- 4 Transfer to serving dish, garnish with Asian basil, cilantro and scallions and serve

Chicken delight

| | | | | |
|-----|--|-----|------|---------------|
| 6 | chicken breasts | 1/2 | tsp | curry |
| 2 | tins cream of chicken soup (do not dilute) | 1/2 | cup | grated cheese |
| 3/4 | cup mayonnaise | 2 | tbsp | butter |
| 1 | tsp lemon juice | 1/2 | cup | bread crumbs |

Procedure

- 1 Cook the chicken gently until tender, remove from pan and cut into pieces. Cook the broccoli until just tender.
- 2 Mix the soup, mayonnaise, curry and lemon juice together.
- 3 Put the chicken and broccoli in casserole and pour soup mixture over them. Put grated cheese on top. Melt the butter and mix with crumbs, sprinkle on top of cheese.
- 4 Bake $\frac{3}{4}$ hour at 350° or until bubbly on top.

Servings: 6

Chicken with cashews

A recipe from Pat Quon.

| | | | | | |
|-------|----------------------------------|-------------|-----|-------|------------------------------|
| 4 | chicken breasts, cut into pieces | 1 | tsp | sugar | |
| 2 | tblsp | soy sauce | ½ | tsp | salt |
| 1 | tblsp | wine | 1 | | green pepper, large, chopped |
| 1 | tsp | cornstarch | ½ | cup | cashews |
| 1 | | egg white | 3 | tblsp | water |
| ½ - 1 | tsp | chili paste | | | oil |
| 1 | tblsp | soy sauce | | | |

Procedure

- 1 Combine soy sauce, wine, cornstarch and egg white. Marinate chicken for ½ hour.
- 2 Combine chili paste, soy sauce, sugar and salt and set aside.
- 3 Fry pepper for 2 minutes. Add cashews and fry 1 minute (until nuts are golden brown). Set aside.
- 4 Fry chicken with marinade until cooked through. Add pepper and nuts.
- 5 Add chili and soy mixture. Add more water if necessary to heat through.

Servings: 6

Ham pie

Nenny's recipe. Could also use the "fake" puff pastry recipe in this collection.

| | | | | | |
|----|-----|--------------------------|---|------|----------------------------------|
| 1 | pkg | frozen puff pastry | 1 | tbsp | margarine |
| 1½ | lb | canned ham | 1 | | egg |
| 1 | | onion, small | ¼ | cup | light cream |
| 1 | cup | fresh mushrooms, chopped | 1 | cup | grated cheese (Swiss or Cheddar) |

Procedure

- 1 Line 9" pie plate with puff pastry.
- 2 Mince ham and onion. Sauté mushrooms in margarine and cook gently for 3 minutes. Cool.
- 3 Beat eggs and cream. Add ham mixture and blend together. Stir in cheese and mushrooms.
- 4 Spoon into pastry-lined pan and cover with remaining pastry, sealing edges well. Cut vent in top.
- 5 Bake 45 minutes at 475°. Cool and chill. Serve hot or cold.

Lemon chicken

A recipe given to me by Jacqueline Cohen (the wife of our baker in Nice). A North African dish. When French recipes call for a "glass" of something, it refers to the glass that is a small Dijon mustard jar.

| | | | | | |
|---------|-------|---|-----|--------|------------------------|
| 1.5 - 2 | kg | chicken (or equivalent of chicken pieces) | 2 | cloves | garlic |
| ½ | glass | olive oil | 250 | gm | green olives, blanched |
| 1 | glass | water | 12 | slices | lemon |
| 1 | | onion, chopped | | pinch | powdered ginger |
| 1 | bunch | fresh coriander | | | salt and pepper |
| 1 | gm | saffron | | | |

Procedure

- 1 If using whole chicken, cut up. Brown the pieces in oil. Set aside.
- 2 Sauté the onions. Add the garlic, saffron, chicken, coriander, water, olives and lemon. Cook on low heat for 20 minutes. Cover and cook in the oven at 325° for 40 minutes.

Moroccan chicken with olives

| | | | | | |
|-------|--------|-----------------------------------|-------|---------|---|
| 8 | | chicken legs with thighs attached | 1 | tbsp | lemon zest, minced |
| 2 | tsp | ground cinnamon | 1/4 | cup | lemon juice, freshly squeezed |
| 1/2 | tsp | salt | 2 | tbsp | honey |
| 1/2 | cup | unbleached all-purpose flour | 2 | tsp | Asian chili sauce |
| 1 | cup | kalamata olives pitted | 1 1/2 | tsp | salt |
| 1/2 | cup | pine nuts | 1/2 | tsp | turmeric |
| 4 | cloves | garlic | 2 | pinches | saffron threads |
| 2 | tbsp | ginger, finely chopped | 1/2 | cup | cilantro sprigs (fresh coriander), finely chopped |
| 1 1/2 | cup | long-grain rice (not Minute rice) | 1 | cup | parsley, chopped |
| 3 | cups | chicken stock | 1/4 | cup | olive oil |

Procedure

- 1 Toast pine nuts in 325° oven for 8 minutes. Watch carefully, as they burn easily. Set aside.
- 2 Mix in small bowl 1 tsp cinnamon, 1/2 tsp salt and flour. Set aside.
- 3 In small bowl, combine garlic, ginger and set aside.
- 4 Rinse rice until the water is clear.
- 5 Combine chicken stock, lemon zest and juice, honey, chili sauce, 1 1/2 tsp salt, turmeric, saffron and remaining 1 tsp cinnamon.
- 6 All preceding steps can be completed 8 hours ahead.
- 7 Heat olive oil in large frying pan.
- 8 Sprinkle chicken pieces with seasoned flour, shaking off the excess. Fry the chicken until both sides are golden brown (about 8 minutes). Remove from pan and place chicken in a Dutch oven.
- 9 Add garlic and ginger to frying pan and sauté for 15 seconds. Add rice and sauté for 2 minutes, until coated. Add olives, pine nuts, chicken stock mixture, cilantro and half the parsley.
- 10 Cover and place in pre-heated oven for 25 minutes.
- 11 Transfer chicken to a heated platter. Taste the rice and adjust the seasonings. Spoon the rice around the chicken, sprinkle with remaining parsley and serve at once.

Servings: 8

Oatmeal stuffing for chicken

Recipe from Emily Hogg (Grandad's aunt), who lived in Edinburgh, Scotland.

3 oz margarine salt (should be slightly salty)
½ cupful milk 1 cupful oatmeal (ground, not flakes) (or more, if required)
1 onion, medium, chopped finely

Procedure

- 1 Melt margarine and sauté onion. Add milk and salt.
- 2 Stir in oatmeal to make a stiff mixture.
- 3 Allow to cool. Then use to stuff the chicken.

Oven-baked chicken wings

A favourite at Tina (Raynor) Restall's Christmas parties!

| | | | | | |
|-----|------|--|-----|------|-----------------------|
| 5 | lbs | chicken pieces (drumsticks, thighs, wings) | 2 | tbsp | ketchup |
| 1 | tbsp | vegetable oil | 1 | cup | honey |
| 1/2 | cup | soya sauce | 1/2 | | garlic clove, chopped |

Procedure

- 1 If using drumsticks or thighs, remove the skin. If using wings, discard wing tips and cut wings into two parts.
- 2 Combine remaining ingredients and pour over chicken. Bake for 1 hour at 375° until well done and sauce is caramelized. If sauce starts to burn, reduce heat and cover pan with foil.

Turkey pies

The Rideau Park United Church UCW recipe making turkey pies for the Bazaar. Makes a lot of pies!

| | | | | | |
|---------|------|------------------------|----|------|-----------------|
| 10 - 12 | lb | turkey | 4 | cups | onions, chopped |
| 6 | | chicken bouillon cubes | 3 | cups | celery, chopped |
| 10 | cups | boiling water | 1 | kg | frozen peas |
| 2 | | bay leaves | 1¼ | cups | flour |
| | | salt and pepper | | tsp | salt |
| 2 | tsp | thyme | 6 | tbsp | parsley flakes |
| 4 | cups | carrots, chopped | | | |

Procedure

- 1 Put first 6 ingredients in large pan and cook for 2 hours until the turkey comes off the bones.
- 2 Cool and take the turkey off the bones and cut into bite-size pieces (not too small, as the turkey falls apart).
- 3 Remove bay leaf from stock and add carrots, onions and celery. Cook until tender. Add frozen peas.
- 4 Mix flour, salt, parsley and evaporated milk. Stir well (can use a electric mixture, to ensure there are no lumps). Slowly add to the cooked vegetables to thicken the liquid. Add turkey.
- 5 Cool thoroughly before putting into pastry.

Turkey stuffing

| | | | |
|----------|-------------------------|--------|------------|
| 1 loaf | white bread | 2 tbsp | dried sage |
| 3 medium | onions coarsely chopped | | pepper |
| 2 tbsp | margarine | | |

Procedure

- 1 Leave bread out overnight to dry slightly. Crumble or process bread in food processor.
- 2 Sauté onion in margarine until soft. Mix together well bread, onions, sage, salt and pepper.
- 3 Enough for a 20 lb. turkey.