



ENGINEERING

## *Comfort and Joy*

*A recipe collection from the  
McMaster Engineering  
Fireball Family*



# Foreword

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The Faculty of Engineering presents *Comfort and Joy*, a collection of feel-good recipes shared by faculty members, staff, students and alumni. What we call our Fireball Family. We hope this recipe book brings you and your loved ones moments of warmth this holiday season.

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# *Muffins, Loaves & Breads*

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# Banana Chocolate Chip Pancakes

Sunita Alves, Grad, Engineering Physics '95

*This gets our teenagers out of bed for a delicious breakfast. They don't miss the sugar or butter. We make this with regular 1% milk and flour.*

Recipe source: <https://www.forksoverknives.com/recipes/vegan-breakfast/banana-oat-chocolate-chip-pancakes/>

## Ingredients

- » 2 ripe bananas, mashed (about 1 cup)
- » 3/4 cup unsweetened, unflavored plant milk or water
- » 1 cup whole-wheat or oat flour 1/2 cup rolled oats
- » 3/4 teaspoon baking powder
- » Pinch of sea salt
- » 1/4 cup grain-sweetened chocolate chips
- » 6 ounces (about 1 cup) strawberries, cut into halves, for serving

## Directions

1. Whisk the bananas and milk in a medium bowl.
2. Whisk the flour, oats, baking powder, and salt in another bowl.
3. Add the wet ingredients into the dry ingredients and stir gently to combine. Stir in the chocolate chips.
4. Heat a nonstick griddle over low heat. For each pancake, pour 1/2 cup batter onto the griddle and spread gently. Cook for 2 to 3 minutes, until the pancakes look slightly dry on top and are golden brown on the bottom, and release easily from the pan. Flip and cook for 2 to 3 minutes more.
5. Repeat with remaining batter, wiping off the griddle between batches. Serve hot with fresh fruit.

This gets our teenagers out of bed...



# Banana, Yogurt and Mixed Seed Loaf

Amandeep Kaur, Grad, W Booth School of Engineering Practice and Technology, '17

*Nothing says good morning like this banana and yogurt loaf :)*

*Yogurt is a great ingredient for adding to banana bread and other baked goods. It keeps the bread moist, tender, and super delicious without using a ton of butter or oil. You'll want to use plain yogurt for this recipe, not pre-sweetened. I have not tested Greek-style yogurt in this recipe, but would guess that it would make a slightly more dense loaf, since it has less moisture than regular yogurt.*

Source: <https://www.delicious.com.au/recipes/easy-banana-loaf-recipe/ck8a32gq>

## Ingredients

- » 4 bananas, skin on
- » 2 cups (300g) wholemeal spelt flour
- » 1 teaspoon bicarb soda
- » 1 1/4 cups (200g) mixed seeds (white and black sesame seeds, linseeds, sunflower seeds)
- » 1/3 cup (30g) rolled oats
- » 1 teaspoon ground cinnamon
- » 1/4 teaspoon mixed spice
- » 1/2 cup (75g) rapadura sugar
- » 1/3 cup (80ml) light flavoured olive oil
- » 2 eggs, lightly beaten
- » 1/2 cup (140g) Greek style yogurt

## Directions

1. Preheat oven to 200°C. Lightly grease a 20cm x 10cm x 8cm deep loaf pan and line with baking paper with 2 cm overhanging on each side.
2. For the tahini butter, place the butter in a small bowl, and using electric beaters, beat until light and fluffy. Add the tahini and honey and beat to combine. Refrigerate until needed.
3. Place 3 of the bananas (in their skins) on a baking tray lined with baking paper and roast for 20-30 minutes until soft and bubbling. Remove and set aside to cool slightly (the banana skins will turn black).
4. Meanwhile, place the flour, bicarb soda, 1/4 teaspoon salt flakes, 1 cup mixed seeds, 1/4 cup (20 g) oats, cinnamon and mixed spice in a large bowl and whisk to combine.
5. Peel the roasted bananas, place in a separate bowl with the sugar and mash. Add the oil, eggs and yogurt and mix to combine. Add the banana mixture to the dry mixture and mix to combine. Pour into the pan and sprinkle with remaining 1/4 cup mixed seeds and 10 g oats. Peel the remaining banana and cut in half lengthwise. Press the halved banana on top of batter then place in the oven.
6. Bake for 40-45 minutes until a skewer inserted in the centre comes out clean. Set aside to cool in the pan for 10 minutes then transfer to a wire rack and set aside to cool completely.
7. Serve banana bread toasted. Spread with tahini butter, drizzle over extra honey and scatter sesame seeds on top.

Nothing says  
good morning  
like this banana  
and yogurt loaf  
:)



# Best Ever Pizza Dough Recipe

Nicholas Simard, Graduate Student, Electrical & Computer Engineering

*Growing up in Windsor, ON my first job was at a local pizzeria (Capri Pizzeria)! I learned everything there is to know about great pizza there, including what to look for in great dough. When I started attending McMaster in 2011, it was a fun party trick to make pizza dough from scratch and our student house would always host some awesome pizza parties using this exact recipe! The key is definitely in the beer because most recipes will say to use water, but beer gives the dough such a nice golden colour and the yeast in the beer helps the dough rise. Another pro tip for when you're making your pizza, mince a few cloves of garlic and combine with 4 TABLESPOONS of butter and microwave for ~30 seconds. This will make a garlic butter that you can brush on the pizza once it's cooked in order to give the crust a delicious finish! This is a really fun recipe that is sure to make your home smell like a pizzeria!*

Source: Family recipe

## Ingredients

- » 2 1/4 cups flour (best to use a '00' type, but Robin Hood all-purpose is also recommended)
- » 1 1/2 teaspoon salt (fine table salt preferred)
- » 1 teaspoon instant yeast (any type of yeast from Fleischmann's works)
- » 1 tablespoon olive oil (maybe a little extra for kneading)
- » 3/4 cup beer (light lager preferred, i.e. Corona Extra, Moosehead, Mill St. Organic)

## Directions

1. In a medium mixing bowl, combine the olive oil and beer. Stir and let sit.
2. Sift the flour into a large mixing bowl and make a small well in the top. Then combine the salt and yeast.
3. Stir the olive oil and beer again and pour in gradually (i.e. in three increments) into the dry ingredients bowl. After the first increment, use a spatula to mix the wet and dry ingredients. Repeat for the second increment. After the third increment, use your hands to combine all ingredients and make a sticky dough
4. Using some extra flour, lightly flour a work surface and your hands and knead the dough for at least 10 minutes (15 minutes preferred), until the dough is smooth and elastic. (If you're doing it right, your wrists may feel a little sore in the end, but trust me it is worth it!)
5. Drizzle some extra olive oil in a large bowl (preferably ceramic) and coat the dough in oil in the bowl. Place a damp dish towel over the bowl and let rise for about an hour, or until doubled in size in a warm place (i.e. set your oven to the proof setting or preheat to 100 F, turn off, then place the bowl inside).
6. When ready, roll out the dough on another lightly floured surface using a rolling pin and you can make your pizza as you wish!
7. For conventional home ovens, set to 450°F and cook for 9 minutes. Take it out, add the garlic butter to the crust using a brush, then rotate 180° and cook for another 11 minutes or until the pizza crust is a nice golden-brown colour.

...make  
your home  
smell like a  
pizzeria!





# Cinnamon Buns

Trish Petozzi, Staff, Outreach

*I can't even tell you how many times I have made this recipe, not only when I was working at Cake & Loaf but also at home. I always make cinnamon buns on Christmas morning. It started off with me just making Pillsbury Cinnamon Rolls but once I learned how to make them from scratch, it was game over. You WILL need a kitchen scale for this recipe as the ingredients are all measured by weight, but having a scale is probably one of my essential kitchen tools!*

Source: My time as a professional baker

## Ingredients

Makes 24 cinnamon buns

### Dough

- » 2.5 pounds bread flour (or all-purpose)
- » 2 oz whole wheat flour (or all-purpose)
- » 1 tablespoon salt
- » 4.5 oz sugar
- » 2.5 tablespoons yeast (instant)
- » 3/4 cup butter, softened
- » 3 cups of milk (3.25% is best but can use lower-fat content if you like)
- » 1/2 Tablespoon vanilla extract

### Filling

- » 1.25 pounds brown sugar
- » 4 oz sugar
- » 1/4 cup of cinnamon
- » 1 teaspoon salt
- » 1.25 cups butter, melted

### Icing

- » 1 cup butter, softened
- » 1 pound cream cheese, softened
- » 2.5 cups icing sugar

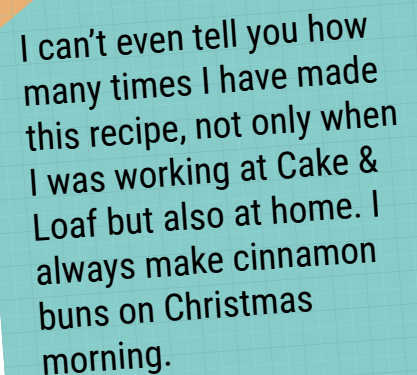
## Directions

The dough can be made in a stand mixer fitted with the hook attachment or by hand, the steps are the same it will just take longer by hand!

1. Add dry ingredients (flour through softened butter) to the mixing bowl.
2. Mix milk and vanilla in a measuring cup. Pour wet ingredients into the mixer. Mix on low speed until just incorporated.
3. Once ingredients are all incorporated, turn the mixer to low-medium and knead until the dough is smooth and elastic. For those who want to play around or have more experience with yeast doughs, try to look for the gluten window. Take a small pinch of dough and roll it into a ball. Once shaped, slowly stretch the dough until there is a semi-transparent "window" in the dough - this is the gluten window. If the dough rips easily as you stretch, there is not enough gluten developed yet. Mix it for another 1-2 minutes.  
*NB: this is not a necessary step but it is fun to play around with the dough and get more comfortable with yeast doughs!*

If you are mixing by hand: mix ingredients first with a wooden spoon. Once it has come together, transfer for a floured surface and knead until smooth and elastic. This will take longer but it is fun!

4. If you are baking your cinnamon buns that day, let the dough rest in the mixing bowl, covered with a damp towel, for at least 1 hour or until the dough doubles in size. If you are baking the cinnamon buns the next day (this is usually what I do), transfer the dough to a container at least double its size. Make sure to spray the inside of the container, including the inside part of the lid, with cooking spray so the dough doesn't stick. Put the dough in the fridge until you are ready to bake. The dough will keep in the fridge, tightly covered, for 2 days. During its time in the fridge, the dough will double in size.



*I can't even tell you how many times I have made this recipe, not only when I was working at Cake & Loaf but also at home. I always make cinnamon buns on Christmas morning.*

## Cinnamon Buns (continued)

When you are ready to bake:

1. Get out a rolling pin (a bottle of wine will work in a pinch), flour for your rolling surface, two pastry brushes (or something to brush butter across the dough and remove excess flour), two 9x13 pans, sprayed with cooking spray (bottom and sides) and lined with parchment paper (if you have - if not, no problem) and a knife to slice the dough (a bread knife works best here - long, with a serrated edge).
2. Mix the dry ingredients for the filling and make sure the butter is melted but not piping hot. Preheat oven to 350F.
3. Flour your counter (you will need a space that is at least 20"x20"). Depending on how much space you have, roll out your dough to a rectangle approximately 35"x20" with the long edge nearest you. If you don't have that much space, cut the dough in half (as best you can) and roll out each part one at a time, 17"x20" (approx). Lift one side of the rectangle, and using a dry brush, wipe away any excess flour. Repeat on the other side. This action not only removes excess flour but also releases the elasticity of the dough, making it less likely to shrink when it is cut.
4. Take your melted butter and gently pour approximately 1 cup onto the dough, keeping clear of the edges. Using another pastry brush, brush the butter so it covers the entirety of the dough - right to the edges. (If you are making in two batches, just use 1/2 cup of butter.)
5. Take your dry mix and sprinkle around the edges of the dough, leaving a 2-inch space at the top edge (furthest from you), and then fill in the remainder of the dough. Use your hands to spread the filling evenly over the dough.
6. Starting at the base of the dough (closest to you), fold up 1 inch of dough. Clean any excess flour from the outside and, starting at one end, roll the dough up into a tight roll. I like to switch which side I start on at every pass - i.e. go left to right and then right to left, just to make sure I get an even roll. Make sure to brush off any excess flour every time you roll. The buttered top of the dough (where there is no filling) will act as a seal for the roll. Turn the dough seal-side down, brushing off any excess flour once more. Taking your knife, cut the first 1/4 inch off the ends of the roll. This step isn't necessary but makes for nice even rolls. Next, cut the roll into 24 (12 for 1/2 the recipe) equal rolls. I like to start in the middle and eyeball each side, cutting each piece in half until I have 8 equal pieces which I then cut into thirds. Arrange the cut buns evenly into the prepared baking pans (12 per pan), cover with a towel, and let rise for 30-45 mins (until roughly double in size). The buns will look nice and snug when they are fully proofed.
7. Bake the cinnamon buns in a preheated oven at 350°F for 35 minutes. Allow to cool before icing.



For the icing:

1. In a stand mixer, cream the softened butter and icing sugar together until there are no lumps and it turns a nice white/cream colour. You will need to scrape down the sides of the bowl often to make sure everything is incorporated.
2. With the mixer on low, slowly add the cream cheese, allowing for each piece to get incorporated before adding more. Once all the cream cheese is added, scrape down the sides and then turn the mixer on to medium. Mix until the icing is fluffy and white.
3. Spread on cooled cinnamon buns and enjoy!

# Cranberry Orange Muffins

Mark Mackenzie, Staff, Mechanical Engineering

Source: From my partner, Jane

## Ingredients

- » 1 cup cranberries, fresh or frozen
- » 3/4 cups white sugar
- » 2 cups all purpose flour
- » 1 teaspoon baking powder
- » 1/2 teaspoon baking soda
- » 1/2 teaspoon table salt
- » 1 egg
- » 3/4 cup orange juice
- » 1/4 cup olive oil
- » 1 1/2 teaspoons grated orange rind

## Directions

1. Preheat oven to 400°F.
2. In a large bowl combine sugar and cranberries.
3. Let sit for 5 min.
4. Stir in remainder of dry ingredients.
5. In a small bowl beat egg, orange juice, olive oil and grated orange rind.
6. Add to the dry ingredients .
7. Stir only to moisten.
8. Spoon into 12 muffin cups in muffin tray.
9. Sprinkle tops with a pinch of sugar.
10. Bake at 400°F for 20 min.
11. Muffins should be lightly browned.
12. Let cool and remove muffins from tray. Enjoy!



What is there to say? These just taste awesome!



# Gramma's Pumpkin Bread

Caroline Way, Staff, Engineering Support Services (The Hub)

*This is a family favourite in our household at any time of year, but it works well for holidays and entertaining guests. It doesn't stick around long that's for sure and tastes even better when left covered overnight before cutting into it (if you can wait that long!). I also enjoy it with a little bit of butter or peanut butter - or both!*


Source: Gramma Jessie Milne

## Ingredients

- » 4 eggs
- » 1 cup of oil (vegetable, avocado)
- » 3 cups sugar
- » 1 cup pumpkin (not pie filling)
- » 1/4 cup water
- » 1 teaspoon nutmeg
- » 1 teaspoon cinnamon
- » 1 1/2 teaspoon salt
- » 3 cups all purpose flour
- » 2 teaspoon baking soda

## Directions

1. Mix eggs, oil, sugar, pumpkin, water, nutmeg, cinnamon, salt until smooth.
2. Add flour and baking soda and mix again.
3. Pour into greased and floured pan (a tube pan works great, but if using loaf pans, you will need two).
4. Bake at 350°F for 1 hour - don't over cook or it will be dry!



...a family  
favourite in  
our household  
at any time of  
year...



# Whole Wheat Bread

Lydell Wiebe, Faculty Member, Civil Engineering

*This is my workhorse bread recipe - I've made it almost every weekend for more than a decade. Even after hundreds of batches, it never gets old to smell the bread baking, anticipating butter and honey on a piece as soon as it comes out of the oven.*

Source: A grad school friend

## Ingredients

- » 1 tablespoon active dry yeast
- » 2 1/2 cups warm water (body temperature)
- » 3 tablespoons vegetable oil
- » 2 tablespoons honey
- » 1 tablespoon molasses (you can replace the honey + molasses with any combination of sugars that adds up to 3 tablespoons)
- » 2 teaspoons salt
- » 5-6 cups whole wheat flour (I usually substitute about half white flour, and/or replace about 1 cup of this with 12-grain cereal mix, corn meal, rye flour, or something else ... it's a good baseline recipe)

## Directions

There's only about 30 minutes of active involvement to make this, but it's spread over about 4.5 hours, so plan it for a time when you'll be around home.

Stage 1:

1. Combine yeast and water in a large bowl and stir until dissolved.
2. Stir in the oil, honey, molasses, and salt.
3. Gradually add about 2 1/2 cups of whole wheat flour (even if you're not doing 100% whole wheat, as the yeast needs more time to work on the whole wheat flour).
4. Cover tightly with plastic wrap and let ferment for about an hour and a half.

Stage 2:

1. Stir in about 2 more cups of the flour, until the dough begins to pull away from the sides of the bowl.
2. Turn out onto a lightly floured surface. Knead for 8-10 minutes, until the dough is smooth and elastic, adding flour as necessary to prevent stickiness. In the end, it should be elastic and only slightly tacky - if it sticks to your fingers, you need more flour.
3. Lightly oil a large bowl. Place dough in bowl and turn to coat on all sides. Cover with tea towel and let rise in a warm, draft-free place until doubled in bulk for approximately one hour.

Stage 3:

1. Butter two 9 x 5-inch loaf pans.
2. Divide the dough in half and shape into loaves. Place in the greased pans. If you want slashes on top, dust the top with flour and cut the slashes before it rises.
3. Cover with a tea towel and let rise until doubled in bulk, about 45 minutes.

Stage 4:

1. Preheat the oven to 350°F.
2. Bake loaves for about 35 minutes, until they sound hollow when tapped.
3. Transfer to a wire rack to cool.





# Pull Apart Herb Twists

Dhvani Shah, Grad, Electrical and Biomedical Engineering '10

Source: <https://bhavnasfoodjourney.com/2020/07/26/pull-apart-herb-twists/>

## Ingredients

### Dough

- » 1 1/2 cups each of plain flour or all-purpose flour and wheat flour
- » 2 tablespoons olive oil or any cooking oil
- » 1 teaspoon caraway seeds
- » Salt to taste
- » 1 teaspoon active dry yeast
- » Pinch of sugar
- » Warm water

### Other ingredients:

- » 2-3 tablespoons olive oil
- » 1/2 teaspoon oregano
- » 1/2 teaspoon Italian seasoning
- » Small pinch of garlic powder
- » Pinch of salt

## Directions

1. To make dough, put 1/2 cup lukewarm water in a bowl. Add pinch of sugar and mix. Add yeast, stir and set aside to activate. If yeast does not activate then throw the mixture and restart. Water should be lukewarm, not hot, otherwise yeast does not activate.
2. Mix all the ingredients for the dough including activated yeast and make soft dough with warm water. Knead the dough properly. Place the dough in a greased bowl and put it in a warm place to rise for 2-3 hours until dough doubles in size.
3. In a bowl, mix olive oil, oregano, Italian seasoning, garlic powder and pinch of salt.
4. Prepare cake pan first by rubbing butter and dust with dry flour. I am using bundt cake pan which gives nice shape to the bread when ready.
5. When dough doubles in size, knead the dough one more time. Make golf ball size balls, roll these balls in to oil mixture one at a time and twist it using both hands. Then arrange it in cake pan. Cover with plastic wrap. Let it rise for 1 hour in warm place.
6. Heat the oven at 375°F. Bake the bread for around 12-15 minutes or until it has a golden-brown crust on the top and a toothpick comes out clean. The house will be bursting with flavours.
7. When pan cools down slightly, flip the bread in a plate and serve immediately. You can grate some cheese on top when bread is still hot. Guests can pull one bread at a time. It is crusty from outside and very soft from inside. Believe me this will be a BIG hit! Just make sure you make extra.
8. You can add a layer of grated mozzarella cheese while arranging balls in the pan before baking. You can also add grated fresh garlic instead of garlic powder in olive oil. There are endless possibilities for to seasoning these twists. You can speed up the process by using store-bought pizza dough. Or just follow the recipe and I can assure you that it will be the best tasting twists.



# *Snacks & Drinks*

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# “Improved” Chocolate Milk

Ilya Prokopenko, Undergraduate Student, Engineering Level 1

*I tried to improve chocolate milk and ended up making this relaxing cocktail for myself.*

## Ingredients

- » 2 teaspoon coffee
- » 4 teaspoon sugar
- » 5 tsp Nesquik chocolate milk powder
- » 3/4 cup hot water
- » 2 cups milk

## Optional:

- » 1 shot Baileys Irish Cream
- » 1-2 scoops chocolate or vanilla ice cream

## Directions

1. Put the sugar, coffee and Nesquik powder into a tall glass, pour in hot water and stir well.
2. Add the milk and stir well again.
3. If you want you can add a shot of Baileys Irish cream and a couple of scoops of ice cream.



# Brie Bites with Bacon & Asparagus

Jane Mah, Staff, Biomedical Engineering

*Whenever I serve these, my friends and family just rave about how good they are. It's a very easy recipe and that's reason enough to make it one of my favourites.*

Source: The internet

## Ingredients

- » 6 slices bacon
- » 1/2 lb asparagus, about 8 pieces
- » half a lemon
- » salt
- » ground black pepper
- » 7 oz. wheel of brie cheese
- » flour for rolling out dough
- » 1 (8 ounce) tube of Pillsbury Crescent Dough

## Directions

1. Preheat oven to 375°F.
2. In a large skillet over medium heat, cook bacon until crispy, about 10 minutes. Drain bacon on paper towel and leave a couple of tablespoons of bacon fat in the skillet.
3. Add asparagus to skillet and cook until it is bright green and only slightly tender. Season with salt and pepper then remove from skillet and squeeze lemon juice on top.
4. Chop bacon and asparagus into bite-size pieces. Set aside.
5. Trim rind off of brie and cut into small square pieces, about 1 inch wide.
6. On a lightly floured surface, unroll crescent dough into a large rectangle. Pinch together seams. Cut dough into 24 squares.
7. Spray a 24-cup mini muffin tin with cooking spray. Place a crescent square into each muffin cup then fill with the brie, cooked bacon and asparagus.
8. Bake until crescent is golden (not burnt) and cheese is bubbling and melted, about 15 minutes.
9. Serve immediately and enjoy!





# Cheesy Potato Wedges

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Ginny Riddell, Staff, Engineering Support Services (The Hub)

*I call this recipe, "My Version of Potato Skins". I have been making these for so many years I have lost track. I have friends and family that request that I bring these to potlucks, dinner parties, and any social get-together. I would not be surprised if these turn out to be your new go-to recipe. So simple and so yummy. Enjoy!*

## Ingredients

- » 4-5 medium potatoes
- » 1/4 cup melted butter
- » 1 teaspoon garlic salt
- » 2 to 2 1/2 cups shredded old cheddar cheese
- » Bacon crumbled (can be soft bacon bits)
- » Sour cream
- » Onion (optional)\*

## Directions

1. Preheat oven to 350 degrees.
2. Slice your potatoes thin (around 1/4 inch or less).
3. Place the potatoes in a single layer on baking sheets.
4. Melt your butter in microwave and add about 1 teaspoon garlic salt to the butter.
5. Brush the butter onto the potatoes.
6. Bake in oven for about 20-25 mins (at least). \*If adding onion, do it now.
7. Remove from oven when the potatoes are dark brown and getting crispy. Top with shredded cheddar and bacon.
8. Transfer to a serving tray and heat up when you are ready to serve. Don't forget the sour cream.



# Dark and Stormy

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Jennifer Hamilton, Staff, Office of the Associate Dean, Academic

*This cocktail is a winter favorite in our house. It is spicy and warms the soul.*

Source: The Brain (Hamilton)

## Ingredients

- » 2 oz. dark rum
- » 3 1/3 oz. ginger beer
- » Couple dashes of bitters
- » Slice of lime

## Directions

1. In a highball glass filled with ice, add dark rum and top with ginger beer.
2. Add a dash or two of bitters and garnish with a lime wedge.



# J's Granola

Julianna Marr, Undergraduate Student, Mechanical Engineering

*I discovered this recipe back in January of this year, and I do not exaggerate when I say that I have had this for breakfast every single day since the pandemic started. I enjoy it with a big handful of blueberries, sliced banana, and 1/3 cup of Bran Buds if I want some extra fibre. I pour almond milk with it, and munch down while I slowly wake up, pet my large tuxedo cat and prepare for the day. It sounds silly, but this granola was one of the few constants I had to look forward to amidst all of the uncertainty and change that this year has brought. The process of baking it is therapeutic as well, a good distraction. I hope you give it a try, and make it your own!*

Source: Adapted from <https://cookieandkate.com/healthy-granola-recipe/>

## Ingredients

- » 4 cups rolled oats (or use certified gluten-free oats)
- » 1/2 cup pepitas (pumpkin seeds)
- » 1 tsp salt
- » 1/2 tsp (or more if you like) ground cinnamon
- » 1/2 cup melted coconut oil
- » 1/2 cup maple syrup
- » 1 tsp vanilla extract

## Optional Mix-ins

- » 2/3 cup dried fruit (I like cranberries)
- » 1/2 cup dark chocolate chunks
- » 1/2 cup coconut chips or flakes

## Directions

1. Preheat Oven to 350°F and line a large, rimming baking sheet with parchment paper (NOT wax paper!)
2. In a large mixing bowl, combine the oats, pepitas, salt and cinnamon. Stir to blend.
3. Melt coconut oil in the microwave for 30-60 seconds, and add to the oat mixture.
4. Add the maple syrup and vanilla to the bowl as well, and mix well until every oat is covered in goodness.
5. Pour granola onto your prepared pan and use a rubber spatula to spread it into an even layer (Note: press and pack the granola down to get a clustery, clumpy granola.)
6. Bake until lightly golden, about 24 mins (make sure to turn the pan halfway for an even bake!). The granola will crisp further while cooling.
7. Let the granola cool completely in the pan (about 45 mins).
8. Transfer the granola (break it up or leave some clumps if you want) to a large bowl.
9. Mix in your desired mix-ins, and store in large mason jars for up to 2 weeks (if it's not already eaten up by then!).

...this granola was one of the few constants I had to look forward to amidst all of the uncertainty and change that this year has brought.





# Master of Bowmore

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John Monkman, Grad, Civil Engineering '79

*Developed through many years of various trials. Best enjoyed by a wood fire.*

Source: Experience.

## Ingredients

» Bowmore Islay Single Malt Scotch Whiskey

## Directions

1. Pour into glass. Savour. Repeat.





# Olive Tapenade

Nancy Balfoort, Staff, Office of the Dean

*This makes a tasty appetizer.*

Source: Modified from several sources

## Ingredients

- » 2 cups olives (variety)
- » 3 tbsp capers (drained)
- » 1 clove garlic
- » ¼ cup chopped tomatoes
- » 1 ½ tbsp fresh parsley
- » 1 ½ tbsp fresh basil
- » 2 tbsp lemon juice
- » 1 tsp olive oil
- » 1 to 2 crushed anchovies
- » Sambal Oelek (hot pepper sauce)
- » Pepper

## Directions

1. Chop olives, tomatoes, parsley and basil.
2. Add crushed garlic, capers slightly crushed and crushed anchovies.
3. Add lemon juice and olive oil.  
(Can also add all this to food processor and chop coarsely.)
4. Add Sambal Oelek and pepper to taste.
5. Mix and serve on toasted breads or crustini.



# Sugar n' Spiced Rye & Ginger

Sarah Novosedlik, Staff, Office of Research and External Relations

*This is a fun take on a Rye Mule that was discovered during a trip to the tropics. This is a fun way to spice up a very traditional cocktail and the beauty of it is you can customize it in many ways, to suit the season. The spice of the ginger beer and the red and green hues are perfect for a holiday treat. It has become a fan favourite and we have great memories hosting family and friends while enjoying this spicy treat. It is also just as good without the alcohol and makes a great holiday punch.*

*Get creative: this works really well with a variety of tart berries – raspberries/black berries, pomegranates, blueberries, etc. You can also play with different bitters or add a dash of triple sec to add a hint of orange. If whiskey isn't your thing, this is easily customizable with clear liquors, ginger ale or club soda. There are lots of variations online.*

Source: A resort bar in the tropics

## Ingredients

- » A scoop or two of chopped strawberries (I find frozen ones pack a better flavour punch and are easier to muddle as they defrost)
- » Rye Whiskey (Try 40 Creek Copper Pot for extra holiday spice)
- » Lemon juice (fresh is best but not necessary)
- » Grenadine or simple syrup
- » Ginger beer
- » Mint sprigs (Fresh, chopped for muddling + leaves for garnish)
- » Dillon's rhubarb bitters

## Directions

1. Muddle strawberries: let your frozen berries defrost most of the way then add to martini shaker. Lightly crush until soft and juicy.
2. Add in about a half teaspoon of chopped mint. Lightly crush, a few times will do the trick. If you don't have a martini shaker, muddle in a bowl or a tall glass with a fork or pestle.
3. Add ice and:
  - 1.5 oz of your favourite rye whiskey
  - .5 oz simple syrup or grenadine
  - .5 oz lemon juice
  - Add dash of bitters.
4. Shake!

## Tools:

- » Shot glass with measurements on it
- » Martini shaker or two tall glasses
- » Muddler or pestle or fork
- » Strainer, if you don't want to add the muddled berries to your drink



# *Soups, Salads & Sides*

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# Borscht (Beet Soup)

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Paula Gremmen, Staff, W Booth School of Engineering Practice and Technology

*This was my Ukrainian grandmothers' recipe. She made it with pork hocks. I have very fond memories of time with Baba and all her homemade food growing up. My mother simplified it to bacon strips or bacon fat. Now I make it every year for Ukrainian Christmas.*

*I hope you enjoy it!*

Source: Family recipe

## Ingredients

- » 7-8 beets, washed, peeled and sliced into Julienne strips
- » Beet leaves and stems, chopped to about 1/2 length
- » 1 large potato, diced
- » 1 medium onion, diced
- » 5 cups of water
- » Bacon fat or a few slices of bacon
- » 1 - 2 lemon slices
- » Salt and pepper
- » 2 tablespoons flour in 1/4 cup of cream
- » Sour cream (when serving)
- » Cut up fresh chives for topping

## Directions

1. In a large pot, add beets, stems, leaves, potato and onion.
2. Cover with 5 cups of water, stir together and bring to a boil.
3. Add salt and pepper.
4. Add a few strips of raw bacon or you can just add bacon fat (very old recipes call for pork hocks).
5. Let ingredients boil until beets and potatoes are soft but not mushy.
6. While boiling, add 1 - 2 lemon slices (you can substitute lemon juice for the real lemons).
7. In a mug or cup, mix 2 tablespoons of flour with 1/4 cup of cream. Blend until smooth.
8. Reduce the soup to a simmer then add the cream mixture, blending without mashing the vegetables.

Serve with a dollop of sour cream and chives.

# Broccoli Bacon Salad with Mozzarella Cheese

Monica Han, Staff, Civil Engineering

Source: Grandma's recipe

## Ingredients

- » 8 cups fresh broccoli florets, chopped very small
- » 1/2 cup red onion, finely diced
- » 1/2 pound bacon, cooked as you usually do and crumbled into small pieces
- » 1 1/2 cups shredded mozzarella cheese

## Dressing:

- » 1 cup mayonnaise
- » 1/3 cup sugar
- » 2 1/2 tablespoons white vinegar

## Directions

1. Prepare dressing by mixing mayonnaise, sugar and vinegar together in a bowl until smooth.
2. Place all salad ingredients into a salad bowl.
3. Pour the prepared dressing into the salad ingredients. Mix well.
4. Cover the bowl and put in fridge.
5. Serve cold.

It's grandma's favourite.





# Carrot, Lentil & Ginger Soup

Sarah Novosedlik, Staff, Office of Research and External Relations

*This has become a new fall/winter staple in our house. I grew up in an Irish household and there was always a feature soup or stew made by an aunt or uncle that stole the show at big family holiday dinners. This is one of those soups (actual recipe from the web). I am particularly amazed at how much this soup does not taste like carrots! The warm flavours are perfect for autumn or winter and the addition of red lentils makes this hearty enough to serve on its own or as a small appetizer. Spice blend can be customized to create a more savory soup or add coconut milk and red pepper flakes for a Thai-inspired treat. This recipe can also be made in an instant pot or on stove-top (see web for adjustments).*

Source: <https://www.heynutritionlady.com/carrot-ginger-and-red-lentil-soup-slow-cooker-friendly/>

## Ingredients

- » 1 lb carrots, chopped
- » 1 tablespoon extra virgin olive oil
- » 1 large onion, diced
- » 2 cloves garlic minced
- » 2 tablespoons fresh ginger, grated
- » 1/2 teaspoon ground turmeric
- » 1/2 teaspoon smoked paprika
- » 1 lb carrots peeled and chopped
- » 1 cup red lentils (rinsed – canned works fine)
- » 1/2 teaspoon salt
- » 1/4 teaspoon black pepper
- » 4 cups water
- » 2 cups vegetable broth

## Directions

1. Throw all of the above into a slow cooker set to low and forget about it for 6 – 8 hrs. I start checking it at 6 hrs. Or 3 -4 hrs on high.
2. Once carrots are tender, pulse with immersion blender until you arrive at a smooth, rich puree. Adjust spices to taste.
3. For a Thai-inspired flavour, add coconut milk slowly, to desired taste.
4. Garnish with parsley or cilantro. Serve with crostini or whatever else you want!



The warm flavours  
are perfect for  
autumn or winter...

# Chickpea Soup with Leafy Greens and Whey Sauce

Maedeh Pourmajidian, Staff, Materials Science and Engineering

*This dish is inspired by one of my favorite soups growing up in Iran. I have modified the recipe to some extent to make a simpler, lighter and vegetarian version, while keeping the star of the show in, Kashk! Kashk is the traditional Iranian whey sauce with a sour cream-like consistency, except it is salty and very rich. It instantly adds a unique depth of flavour and umami to any savory dish. You can find it in most middle eastern grocery stores or online. This soup is easy to make and so comforting, perfect for cold days of fall and winter!*

## Ingredients

- » 1 can chickpeas, rinsed and drained
- » 1 small yellow onion, thinly sliced
- » 3 cups baby spinach
- » 2 cups chard, chopped
- » 1/2 bunch parsley, chopped
- » 1/2 bunch coriander, chopped
- » 4 tablespoon Kashk
- » 2 cloves of garlic, finely minced or grated
- » 3 tablespoon extra virgin olive oil or vegetable oil, divided
- » 1/2 tablet vegetable stock
- » 1/2 tablespoon sea salt, divided
- » 1/4 teaspoon turmeric powder, divided
- » 1/2 tablespoon powdered dried mint



## Directions

1. Start by adding chickpeas and 3 1/2 cups of water to a pot on medium-high heat. Add a teaspoon of salt, half of turmeric powder, and vegetable stock. Bring to a boil and lower the heat to medium, let simmer for 20 minutes.
2. In the meantime, prepare the caramelized onions by adding 2 tablespoon of oil and sliced onions to a medium skillet over medium-high heat. Onions are sweet so season them well with salt and the remainder of turmeric. Stir once and leave for about 2 minutes to get some browning on the edges. Reduce the heat to medium and stir occasionally until the onions are evenly cooked and deep brown. With thin and even slices, this should take about 15 minutes. Add in grated garlic and give it a toss. After 2 minutes, remove from heat.
3. By this time, liquid is simmered down and chickpeas are soft. Set about 2 tablespoons of onion and garlic mix aside and transfer the rest to the pot, along with chopped greens. Let simmer on medium heat for another 15–20 minutes, until leaves are fully wilted with a dark green color.
4. In a small bowl, mix Kashk with 2 tablespoons of boiled water, reserve about 2 teaspoons for garnish and stir the rest into pot. At this stage you may add 1/4 cup of hot water if you find the soup is too thick for your liking. Cook for another 5–10 minutes on medium-low, with the lid on. Taste, season with salt and black pepper as desired.
5. To make mint oil for the garnish, heat 1 tablespoon remaining oil in a small saucepan over medium-high. Add 1/2 tablespoon powdered dried mint, stirring occasionally, until the mix turns dark, about 5 minutes.
6. Ladle soup into bowls and garnish with remaining Kashk, caramelized onions and mint oil. Enjoy!



# Latkes (Hanukkah Potato Pancakes, Levivot)

Josh Arbess, Undergraduate Student, Mechanical Engineering & Society

*Serves 4-6 (as a side dish), and takes around 15 minutes of preparation and 25 minutes of frying.*

## Ingredients

- » 1 small onion, diced
- » 1.5 pounds potatoes (washed and peeled)
- » 2 teaspoons salt
- » 2 eggs
- » 1/4 cup flour
- » 2 tablespoons vegetable oil plus enough to fry
- » To taste: black pepper, paprika, chili flakes or hot sauce

## Directions

1. Dice the onion and sauté in 2 tablespoons oil until softened.
2. In a mixing bowl, beat together the eggs, flour, fried onion, and salt.
3. Grate the potatoes using a cheese grater. Squeeze out as much liquid from the potatoes as you can using your hands, and then deposit the potato shreds into the mixing bowl with the other ingredients. Mix well. Add pinches of black pepper, paprika, chili flakes and/or hot sauce as desired.
4. Pour enough oil to cover the base of a medium frying pan, and heat over medium-high heat.
5. Scoop handfuls of batter and form into round, flat patties about 2cm thick. Carefully place it into the pan, and fry for 2-3 minutes per side or until both sides are browned.
6. Repeat until all of the batter has been used, adding oil to the pan between batches if necessary.
7. Let the latkes cool on a sheet of paper towel (to absorb excess oil) for a few minutes.

Enjoy hot, and serve with sour cream or applesauce.





# Manhattan-Style Clam Chowder

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John Nakamura, Staff, Computing and Software

Source: The Newspaper

## Ingredients

- » 1 tablespoon vegetable oil
- » 1 onion, chopped
- » 1 garlic clove, finely chopped
- » Pinch, hot red pepper flakes
- » 1 rib of celery, chopped
- » 1 carrot, chopped
- » 28 oz can of plum tomatoes
- » 1/2 teaspoon salt (more to taste)
- » 1/4 teaspoon pepper (more to taste)
- » 1 baking potato, peeled, diced
- » 2 five oz cans of baby clams drained \*Save the juice\*
- » 2 tablespoons chopped fresh parsley
- » 1/2 cup croutons (optional)

## Directions

1. Either puree or mash the tomatoes (I use diced tomatoes).
2. Heat oil in large saucepan. Cook onion, garlic and hot pepper flakes gently a few minutes until fragrant and tender. Add celery and carrot and cook for a few minutes.
3. Add tomatoes, salt, pepper, potato and clam juice. Bring to a boil, reduce heat and cook gently 20 minutes or until potato is tender.
4. Add clams. Heat thoroughly. Taste and adjust seasoning if necessary.
5. Serve sprinkled with parsley and croutons.

# Roasted Carrot Apple Soup

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Diana Maltese, Staff, Office of the Dean

## Ingredients

- » 4 tablespoons olive oil divided
- » 1 lb carrots, peeled and sliced
- » 3 medium apples, peeled, cored, and diced
- » 1 medium yellow onion, diced
- » 1 celery stalk, diced
- » 2 cloves garlic, minced
- » 4 cups chicken bone or vegetable broth
- » 1 sprig fresh thyme
- » Sea salt
- » Black pepper
- » Extra virgin olive oil for garnish
- » 1 tablespoon fresh thyme for garnish
- » 2 tablespoons chopped pecans for garnish

## Directions

1. Preheat oven to 425°F.
2. On a large baking sheet, combine carrots and apple and drizzle with two tablespoons of olive oil. Season with a pinch of salt and pepper, top with thyme, and roast for 20-25 minutes until soft and caramelized.
3. Heat remaining olive oil on medium heat in a large pot. Add the onion, stirring occasionally until they are soft and lightly browned.
4. Add the celery and cook until soft.
5. Add the garlic and cook for 1 minute, being careful not to burn it.
6. Season with salt and pepper.
7. Once vegetables are roasted, transfer to the pot and cover with broth. Top with the thyme sprig and stir to combine. Reduce heat to a simmer and cook for 15 minutes.
8. Remove the soup from the heat and remove the thyme stems. Blend until completely smooth using an immersion blender. Taste for seasoning and add salt and pepper, if needed.
9. Ladle the soup into bowls and garnish with olive oil, chopped pecans, and fresh thyme. Serve immediately.

# Sweet Mashed Potatoes with Chorizo Sausage

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Anna Sciascetti, Staff, Engineering 5-Year Programs

*We had this dish as part of our meal at a restaurant we went to quite a few years ago with a group of friends. We all enjoyed it so much the chef came out to meet us and gave us the recipe. It's been a favourite in my family ever since and hopefully in yours as well. Enjoy!*

Source: Restaurant chef

## Ingredients

- » 1 onion finely chopped
- » 1 red pepper finely chopped
- » 3 chorizo sausages - casing removed
- » 1 tablespoon coriander seeds
- » 3 lbs regular potatoes
- » 2 lbs sweet potatoes
- » Butter
- » Cream (heavy or sour)
- » Salt and pepper

## Directions

1. Cook sausage in a pan, breaking it up with a spoon.
2. Add onion, red pepper and coriander seeds until all ingredients are soft and set aside.
3. Boil regular potatoes and sweet potatoes separately until soft. Mash separately to desired consistency (slightly chunky is best but it is your preference).
4. Once mashed mix the potatoes together.
5. Add the sausage/vegetable mixture to the potatoes as well as butter, cream (heavy or sour), salt and pepper to taste and blend together. (Add butter and cream in small batches to reach your desired consistency.)
6. Bake at 350°F until heated through and top is a little crispy.
7. Let sit for 5 minutes before serving.

Recipe can be made a day ahead. Adjust cooking time to accommodate for this.

# The Ultimate Stuffed Potato

Nital Prajapati, Grad, Civil Engineering '20

*This recipe is perfect as a main dish for vegetarian eaters and fairly easy to cook and pair with other vegetarian dishes! You can double the mornay sauce as I so often do and add other vegetables to the stuffing, along with the broccoli or not, your choice (i.e. green peppers, green beans, tomatoes etc)! It is also nice as a side dish to pair with oven baked chicken or lamb chops (recipe for lamb chops @ [http://bitebybyte.co.in/meaty\\_delights/baked-lamb-chops-in-gravy/](http://bitebybyte.co.in/meaty_delights/baked-lamb-chops-in-gravy/)). Hope you all enjoy these stuffed potatoes as much as my family and I do. Happy holidays! ^\_^*

Source: <https://www.foodnetwork.com/recipes/tyler-florence/the-ultimate-stuffed-potato-recipe-1917706>

## Ingredients

- » 4 medium-sized Idaho potatoes
- » Extra-virgin olive oil
- » Kosher salt
- » 1/2 stick butter
- » 1/4 cup all-purpose flour
- » 1/2 cup milk
- » About 2 cups, plus more for topping, shredded sharp white Cheddar (ALTERNATIVE - I use mozzarella cheese instead)
- » 2 heads broccoli, florets, blanched in salty water
- » 1/2 pound bacon, medium diced, cooked until crisp (OPTIONAL - I personally do not add these)
- » 2 tablespoons chives, chopped (or finely chopped coriander or parsley)
- » Freshly ground black pepper

## Directions

1. Preheat oven to 400°F.
2. Begin by baking the potatoes, as this will take the longest. Place potatoes onto a baking sheet. Pierce with a fork, drizzle with olive oil and season with salt. Place into preheated oven and bake for about 1 hour.
3. While they are baking prepare the stuffing. Make a mornay sauce by combining the butter and flour over medium heat and then whisking in the milk. Fold in about 2 cups of cheese and stir until melted. Once melted, remove from heat and fold in the cooked broccoli florets, crispy bacon bits if using, chopped chives and season with salt and freshly ground black pepper.
4. When the potatoes are done make a cut across the top and squeeze it from the bottom so a small pouch opens up and the bottom is squared off. Spoon the filling over the top of the potato, sprinkle with cheese, season with pepper, to taste, and then pop in the oven for 2 more minutes until golden brown and bubbly.



# *Main Dishes*

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# Alaine's Carbonara

Alaine Coschi, Staff, Outreach, Recruitment

*It is a lovely dinner on a cold winter's night! Pair with the leftover white wine (optional) and a nice, light arugula salad (oil/vinegar dressing). Photo credit All Recipes - couldn't find one on my camera roll.*

Adapted from: <https://www.allrecipes.com/recipe/42585/fettuccini-carbonara/>

## Ingredients

- » Olive oil
- » Onion (1 large or 2 medium - finely chopped)
- » Shallots (3 - finely chopped)
- » Garlic (3 cloves - minced)
- » Pancetta (1/2 cup - chopped into cubes - optional)
- » White wine (1/2 cup - optional)
- » Linguine (1 box)
- » Heavy cream (1 cup - can substitute with medium)
- » Eggs (3 yolks - save whites to make meringues!)
- » Parmesan (1/2 cup)
- » Salt/pepper (1 teaspoon each)
- » Parmesan (to taste)
- » Pepper (to taste)

...a lovely  
dinner on a cold  
winter's night!

## Directions

1. Bring big pot of salted water to boil.
2. Heat frying pan with olive oil (medium high).
3. Fry up onions first for a few minutes, add shallots and fry for a few minutes.
4. Optional - add pancetta and fry in your onion mixture for a few minutes.
5. Add garlic - fry in your mixture for 1 minute or less.
6. Optional - you can reduce your pan with a little bit of white wine (pour in hot pan with frying pan mixture and stir to absorb all the nice browned bits until it mostly evaporates).
7. Leave frying pan on low heat to keep warm.
8. Cook your linguine until it is al-dente in the salted water and drain.
9. Add linguine to your frying pan mixture and stir up - keep warm.
10. In a separate mixing bowl, whisk together egg yolks, parmesan, and heavy cream; add salt and pepper.
11. Pour over warm linguine/frying pan mixture, and stir up right away to prevent egg from scrambling.
12. Serve immediately! Add extra parmesan and pepper on top.



# Chicken Parmesan with a Twist

Nicholas Simard, Graduate Student, Electrical and Computer Engineering

*Tried this recipe and it honestly revolutionizes the chicken parmesan game! The chicken prep is fairly common, however, replacing the mozzarella cheese with a ricotta and parmesan blend makes a HUGE difference.*

Source: <https://www.allrecipes.com/recipe/246867/new-improved-chicken-parmesan/>

## Ingredients

### Main Ingredients:

- » 2 large skinless, boneless chicken breast halves
- » 1/2 teaspoon kosher salt
- » 1 pinch ground black pepper
- » 1/2 cup flour
- » 1 egg, beaten
- » 3/4 cup dry bread crumbs
- » 1/2 cup light olive oil for frying, or as needed

### Cheese Spread:

- » 1/2 cup ricotta cheese
- » 1/2 cup shredded sharp white Cheddar cheese
- » salt and freshly ground black pepper to taste
- » 1/2 teaspoon olive oil
- » 2 tablespoons grated Parmigiano-Reggiano cheese for topping

### To Serve:

- » 1 cup marinara sauce, heated, or more as needed
- » 1 tablespoon chopped fresh flat-leaf parsley

## Directions

1. Preheat oven to 500°F (260°C). Line a rimmed baking sheet with aluminum foil.
2. Gently pound chicken breasts between 2 layers of plastic until each breast is evenly thick. Place breasts on a plate and season 1 side with kosher salt and black pepper. Sprinkle with flour; press flour to coat the entire surface and help it adhere. Turn and repeat on second side with salt, pepper, and flour.
3. Brush excess flour from plate; place the chicken breasts back on the plate. Pour beaten egg over the breasts and coat each side. Cover bottom of a second plate with half the bread crumbs. Transfer chicken to the bread crumbs. Push crumbs up sides of chicken. Sprinkle on the remaining crumbs and thoroughly coat each side.
4. Heat 1/2 inch olive oil in a skillet over medium-high heat. Cook chicken until crispy and golden, 2 to 3 minutes per side. Transfer to prepared baking sheet.
5. Mix ricotta and Cheddar cheese together in a bowl. Stir in salt, black pepper, cayenne, and olive oil. Spread half the cheese mixture on each breast without extending all the way to the edges. Dust with Parmigiano-Reggiano cheese and drizzle with olive oil.
6. Bake on center rack of preheated oven until cheese is melted and chicken is no longer pink in the center and the juices run clear, 10 to 12 minutes. An instant-read thermometer inserted into the center should read at least 165°F (74°C).
7. To serve, ladle the heated marinara sauce in a wide circle on warm plates. Place chicken in center and sprinkle with chopped parsley.





# Cabbage Rolls

Tina Macala, Staff, Engineering Level 1

*This recipe originally came from my husband's "Bubba"....she was a farm wife and they grew and made all their food. She wrote nothing down, so this was taken from peeking and trying to listen in Czech to the "bits of this " and "bits of that" and "don't worry, just you eat". It has now worked its way to my English/Scottish family and when they come across the pond it is the dish they want me to make first.*

Source: Family recipe

## Ingredients

Makes ~70 medium sized cabbage rolls.

### Main Ingredients

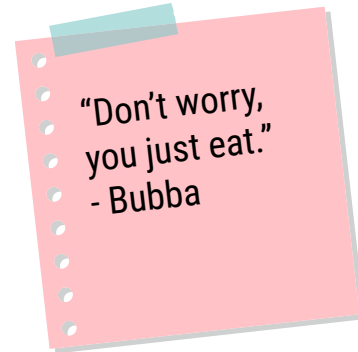
- » 7 pounds ground beef
- » 2 pounds ground pork
- » 1 pound bacon - chopped into bite size pieces
- » 5-6 small green cabbages OR 2 large
- » 8 red peppers - sliced thin
- » 8 medium cooking onions - sliced thin
- » 8 cups cooked white rice
- » 4 eggs

### Seasonings

- » 1/4 cup Worcestershire sauce
- » 1 tablespoon Italian seasoning
- » 1 tablespoon black pepper
- » 1 teaspoon salt
- » 1 teaspoon Lawry's seasoning
- » 1 teaspoon Mrs. Dash

### Sauce

- » 24 cups of your own home-made tomato sauce (no sugar)  
OR
- » 12-14 large cans of Hunt's tomato sauce
- » With 3/4 cup sugar (optional)



## Directions

1. Cut cores out of cabbages and boil in large pots, removing leaves from the water with tongs as they come off and placing them in a large bowl.
2. Fry bacon until just done, not crispy and do not drain, put aside in a bowl.
3. Fry onions and peppers in 2 tablespoons butter and 2 tablespoons vegetable oil until soft, leave in pan to cool.
4. Grab a very large bowl that will fit all of the ingredients plus room to spare for mixing.
5. Put beef, pork in bowl and mix together with your hands until evenly mixed.
6. Add all of the seasonings and mix again.
7. Add rice and mix again.
8. Add eggs and mix again.
9. Add cooled bacon with drippings and peppers and onions, mix well until all is combined.
10. Now make the sauce by getting a large bowl and emptying 12 cans (save 2 and only open if you find you are running out of sauce adding enough sugar to your taste) into it, add sugar and mix well, taste for your desired sweetness and add more if you like.



## Cabbage Rolls (continued)

Now it is time to make the cabbage rolls:

You will need two 16" roasting pans. The cooking time in recipe is based on a black enamel roaster. If using a regular roasting pan, cook for an extra hour and if using foil pans, cook for another two hours until cooked through.

1. Preheat your oven to 350°F
2. Prep the cabbage leaves by cutting across the bottom of the leaves and removing the hard bit at the bottom (remaining core), put in a pile. If you have busted ones, just put two of them together when rolling.
3. Get your pan and add about 2 ladles of sauce into the bottom of each tin and swirl around to coat, this stops rolls from sticking to the bottom.
4. Lay one cabbage leaf out at a time, and place a nice hand full of the meat mixture close to one edge, then roll folding the edges in while rolling and place seam side down in the tins until you have one layer completed.
5. Once one layer is completed, ladle enough sauce to cover then continue rolling adding another layer.
6. You should have 2 layers and 2 full tins.
7. Cover completely with sauce, giving the tin a shake to ensure sauce goes right to the bottom of the tin and all rolls are covered.
8. Layer any leftover leaves on top and mix any leftover sauce with a bit of water, then pour over leaves to cover.
9. Put lid onto tins and cook for 3 hours. After 3 hours take one roll out and half it, checking for doneness. You may see some pink throughout, but this is the pork and the colour of the sauce seeping into the meat. They are firm when done almost like a meatloaf inside but if you are unsure, leave in for another half an hour adding sauce if you lose too much
10. You cannot overcook these but 3 1/2 hours is the max really that you should need.
11. Let cool overnight and put in containers or really good freezer bags when cooled.



Will last 5 days  
in the fridge and  
4 months in the  
freezer.

# Crispy Chicken Thighs with Roasted Vegetables and Sausage

Kyle Ansilio, Staff, Outreach

*I love this recipe for a few reasons. It is a humble recipe that is greater than the sum of its parts and can be used to prepare a lot of great food to feed the people around you. This recipe scales up well if you have more mouths to feed, and the ingredients can be substituted easily (if you want carrots instead of sausage, go for it!). By making the thighs crispy, it adds a sense of comfort to the meal without the messiness of deep-frying. I love making this meal and I hope you will too.*

## Ingredients

- » A deep baking dish (casserole dish, Dutch oven, etc.)
- » A non-stick pan
- » A medium or large mixing bowl
- » Four medium-large chicken thighs, bone-in with skin
- » Two Yukon Gold potatoes, diced
- » One bell pepper, cut into thick strips
- » Half of one red onion, roughly chopped
- » One Italian sausage (mild or hot)
- » Your favourite poultry seasoning (I use President's Choice Poultry Seasoning Rub)
- » 1/4 cup of olive oil
- » 1/2 cup of white cooking wine or stock
- » Salt and pepper to taste



## Directions

1. Sprinkle salt on the skin side of the chicken thighs and place them skin-side down in a cold, non-stick pan. Place the pan on your burner and set it to medium heat. Slowly bringing heat into the chicken thighs will render out the fat and help the skin get crispy.
2. Cook the chicken in the pan until the skin is golden and crispy, but not too golden (it will golden slightly more in the oven). This will take around 10 minutes depending on your stove.
3. Preheat your oven to 400°F. As the chicken is cooking, you can use this time to cut the vegetables. It's important to not cut them too small, or they will fall apart in the baking dish when roasted. The potatoes can be cut smaller as they take longer to cook, while the onions should be cut larger since they cook faster.
4. Drizzle some of the olive oil on the bottom of the baking dish. Layer the bottom of the baking dish with the potatoes.
5. Place the onions, peppers, and the rest of the olive oil into the mixing bowl.
6. Once the skin on the chicken is golden to your liking, season the top-facing side of the thighs with poultry seasoning, flip them, and cook them for a few minutes.
7. Remove the chicken thighs from the pan and place them on a paper towel-lined plate (the chicken is still mostly raw at this point, but it will cook in the oven). The pan will have a lot of chicken fat; you can either discard it or add it to the baking dish (I like the flavour it adds to the potatoes). Wipe the pan clean.
8. In the same pan, sear the sausage for a few minutes on each side until you like the colour. Place the sausage on a cutting board and cut it into slices. Add the slices and any sausage fat to the mixing bowl.
9. Add poultry seasoning, salt, and pepper to the mixing bowl to taste. Keep in mind that there will be a significant amount of food in the baking dish, so you may want to add a little bit more seasoning than you normally would. Toss all the ingredients together thoroughly and add to the baking dish on top of the potatoes (by keeping the potatoes on the bottom they will absorb a lot of flavour from the ingredients on top).
10. Add cooking wine or stock to the dish. The potatoes should be 50-75% submerged by wine, stock, oil, and/or chicken fat at this point.
11. Place the chicken thighs in the baking dish atop the rest of the ingredients and place the dish in the preheated oven. Season the top of the thighs. Bake for 50-60 minutes until ready.

# French Canadian Crepes

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Jordan MacAdams, Undergraduate Student, B.Tech

*Really you can't mess these up. Each member of my family likes them cooked a little different but they are kinda bulletproof. Golden rule of cooking, if it looks like you wanna eat them, they are ready ;) Spread with bananas, maple syrup, jam, Nutella, really ... whatever. Rolling them is good too. Enjoy the recipe.*

## Ingredients

- » 4 eggs
- » 2 tablespoons of sugar
- » pinch of salt
- » 1 cup sifted flour (sifting is optional)
- » 1 cup milk
- » Vanilla (a good little pour, use your judgement, don't be afraid to put a good glug)



## Directions

1. Beat eggs until foamy (just beat the devil out of it). Add everything else, beat until smooth with no lumps.
2. Use a good non-stick pan and heat to medium-high. Use shortening or butter in the bottom if you want but I usually put the batter right in the pan.
3. Pour enough batter to lightly coat the bottom of the pan - the thinner the better.
4. Wait until you see small popped bubbles forming and then flip. Should be golden brown.
5. Cook the other side until your satisfied - this side really doesn't take long.



# Glutinous Rice Balls in Soup (Toisan-style) / Toisan Yong Yun

Tammy Zeng, Undergraduate Student, iBioMed and Software Engineering

Source: My grandparents

## Ingredients

Serves 4

- » 400g glutinous rice flour (1 bag)
- » 1 1/4 cups boiling hot water
- » roughly 2 litres of water (for soup)
- » 1 long white radish, cut into short strips
- » roughly 1.5 cm cube of ginger, cut into strips
- » roughly 1 1/2 pounds pork loin, thinly sliced
- » 2 tablespoons soy sauce
- » 2 tablespoons vegetable oil (or oil of choice)
- » 1/2 tablespoon sesame oil
- » 1 teaspoon sugar
- » 1 tablespoon cornstarch
- » 2 teaspoon salt
- » 1 teaspoon pepper
- » 1/2 cup chicken broth (optional)
- » 10-12 shrimps, cleaned and ideally whole
- » 1 green onion, chopped



## Directions

1. Heat a large pot on high heat. Add 1 tablespoon of vegetable oil and ginger and stir over the heat until aromatic. Add in the white radish and stir it a bit with the ginger and oil.
2. Pour about 2 litres of water into the pot (or until your pot is full) and let the pot simmer on the stove for about 20 minutes.
3. In a bowl, add the pork, soy sauce, vegetable oil, sesame oil, sugar, cornstarch, salt and pepper and mix until combined. Set aside.
4. From the bag of glutinous rice flour, reserve 1/4 cup for later use and pour the rest of the bag into a large bowl. Start by pouring 1 cup of boiling hot water into the bowl and mix the flour gently with chopsticks (or whatever you use to mix pre-dough substances). When the dough starts coming together, knead the dough with your hands until all the flour is combined. Add water or more rice flour to the dough as needed. The dough should not be sticking to your bowl but easy to knead (think Play-Doh if that helps). CAUTION: This will be hot! (I really don't know how my grandparents do it but please be mentally prepared for this).
5. Portion the dough into small pieces (roughly 1/2 tablespoon each, doesn't need to be too accurate as long as they are all around the same size). Sprinkle some of the remaining rice flour onto a plate. Roll each piece between your hand into the shape of a sphere and place them onto the plate. Make sure not to stack the dough balls on top of each other. Use the remaining flour to dust your hands if necessary.
6. On the stove, check the pot of soup to see if the radishes have cooked through (they should become translucent).
7. Once the radishes are translucent, you can add the chicken broth and pork into the soup.
8. When the pork changes colour, add the shrimp.
9. When the shrimp has changed colour, you can add the dough balls into soup. Stir the pot occasionally to make sure that the dough balls do not stick to the bottom. Once the balls float to the top of the pot, they are done! Turn off the heat, add the green onions and then add salt and pepper to taste.

# Hearty Bolognese

Louise Gazzola, Staff, Engineering Co-Op & Career Services

*This recipe is easy (I use pre-made tomato sauce!) but the key ingredient is the meat. Only use good quality pork, organically fed and ethically raised. This makes the best sauce.*

*I grew up eating this every week, and loved it. My daughter says of all the things I cook, this is her favorite - the tradition continues! This photo shows the sauce with gluten-free pasta.*

Source: Family recipe

## Ingredients

- » 1 lb of organic, ethically raised pork or pork/beef blend
- » 1 large jar of tomato or pasta sauce (you can also add small can of roasted tomatoes if you like more tomatoes)
- » 1/2 cup of red wine
- » Salt and pepper
- » 1/4 cup of cream

## Directions

I use my Instant Pot - this works best!

1. Fry meat in Instant Pot on saute.
2. Add salt and pepper to taste.
3. Add wine and let boil out a bit.
4. Add jar of sauce or tomatoes.
5. Turn on instant pot to pressure cook - 45 minutes.
6. Once the pressure cooking has stopped and the steam released, add the cream.
7. Use sauce with your choice of cooked pasta.

If you don't have an Instant Pot, simmer on the stove for 2-3 hours then add cream once its done.



# HongShao Pork

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Ray Lyu, Undergraduate Student, iBioMed and Materials Science and Engineering

## Ingredients

- » Pork cut into strips
- » Pepper, sliced
- » Onion, sliced
- » Carrot, sliced
- » Potato, sliced
- » Soy sauce
- » Ginger
- » Cinnamon
- » Black pepper

I am not quite sure about quantities - I started cooking two months ago. For example, the amount of soy sauce depends on whether people like heavy taste or light taste, so all those can be adjusted based on needs.

## Directions

1. Boil a pot of water, add the pork to boiled water for several minutes, then take it out cool it.
2. Preheat a pot and put the pork into it (with some fat will be nice) and fry it.
3. Add soy sauce till the pork looks brown and fry for 5 more minutes.
4. Add water to the pot and add carrot, potato, ginger and cinnamon. Boil the water for 5 minutes.
5. Add onion and green pepper. Boil and stir until the potato becomes mashed potatoes.
6. Remove from heat and season with black pepper.





# Meatballs

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Blair MacCuish, Grad, Engineering Physics '84

*Once cooked you can top them with any sauce you like and bake again until heated through. Our favorites are sweet and sour sauce and of course any kind of pasta sauce for spaghetti and meatballs.*

## Ingredients

- » 1-1.5 lbs lean ground beef
- » 1 envelope onion soup mix
- » 1/2 cup Italian seasoned bread crumbs
- » 1/4 cup milk
- » 1 egg

## Directions

1. Mix together just until combined. Don't over mix or the meatballs will be tough. Form into balls. We find using a medium or large cookie scoop works well.
2. Place the formed meatballs on rack on a rimmed baking sheet. The racks helps the fat drain plus they won't get stuck to the baking sheet.
3. Bake at 350F. Cooking time depends on the size of the meatballs. Party sized meatballs about 1" take 15-20 minutes. Larger family sized may take up to 30 minutes. Cook until no longer pink inside. If you have a digital meat thermometer the internal temperature should be 71C.



# My soul food: Daal-Chawal-Raita

Ishwar K. Puri, Dean, Faculty of Engineering

*This is my go-to soul food when I am ill, grumpy, happy, celebratory, despondent, tired or having returned from travel with much eating out. The meal is also the centrepiece of a more elaborate Diwali meal, where I might add saag-paneer and chapatis as additions. It reminds me of the simplicity of my origins, where I grew up in a family led by parents, uncles and aunts, and grandparents who were refugees, people not in need but who also did not have an abundance. Meals were typically vegetarian. At home with my parents, goat meat curry was a once a week treat, whereas chicken and naan formed a more rare treat purchased from a local roadside tandoor every two or three months.*

*Over the years, this simple daal-chawal-raita meal has become the go-to soul food for my own transcontinental multicultural nuclear family. The made-in-Canada photo is of a simple daal-chawal meal that our youngest son cooked not too long ago and sent via text to let Beth and I know how much he was enjoying it. Since we're multicultural, he topped it off with sriracha sauce.*

## Ingredients

### For Mattar Pulao (Mattar Chawal)

- » 1 cup rice
- » 1/4 cup shelled peas (or substitute frozen peas)
- » 2 cups of water
- » 1 teaspoon vegetable oil
- » 1/2 teaspoon lemon or lime juice (optional)
- » Salt to taste

### For Raita with Kheera (Cucumber)

- » 1 cucumber
- » 1 cup plain yogurt (also called dahi)
- » 1/4 teaspoon cumin powder (optional)
- » Chilli powder to taste
- » Salt to taste

### For Daal

- » 1/3 cup red lentils
- » 1 cup of water
- » 1 medium onion, chopped
- » 1 small tomato, chopped
- » 1 clove garlic, chopped
- » 2 tablespoons ginger, finely chopped or grated
- » 2 tablespoons cilantro/coriander leaves, finely chopped
- » 1 teaspoon cumin seeds (optional)
- » 1/4 teaspoon turmeric powder
- » 1/2 teaspoon cumin powder
- » 1 teaspoon coriander powder
- » 1 teaspoon oil
- » Salt to taste

## Directions

For Mattar Pulao:

1. Heat the oil in a pot and then add the peas and continue to stir them until they are almost soft and done. (For frozen peas, simply stir them until they reach room temperature.)
2. Add the rice and mix it in with the peas.
3. Add the water and salt (and lemon or lime juice). Stir and simmer over low heat with the lid on for 15-20 minutes or until the rice is cooked.



## Daal-Chawal-Raita (continued)

For Daal:

1. On low heat, boil the lentils in water in a pot until done with the salt added. If the lentils dry out, add water to reach the desired consistency, typically that of a thick soup.
2. In a separate pan, fry the cumin seeds in the oil until they change colour and give off a fragrance.
3. Add the onions and garlic until the onions are caramelized, following which add the ginger and tomatoes. Wait until the tomatoes reach the consistency of pulp.
4. Lower the heat and stir in the turmeric, cumin and coriander powders into the mixture in the pan and cook for four or five minutes. This mixture is a temper called a "tadka".
5. Add the tadka to the lentils (daal), stir and cook over low heat for another five minutes.

For Raita with Kheera (Cucumber):

1. Peel the cucumber and cut it lengthwise into two and, if you wish, remove its seeds. Then grate it into a dish.
2. Mix in the yogurt, cumin, chili powder, and salt.
3. If the raita is too thick for your taste, mix in water in small measures and stir it in to obtain the consistency that you desire.

Over the years, this simple daal-chawal-raita meal has become the go-to soul food for my own transcontinental multicultural nuclear family.



# Overnight Blueberry French Toast Casserole

Siobhan Koch, Staff, Outreach, Recruitment and Promotions

*This one is a delicious dish that our family always enjoys on Christmas morning together! We make it Christmas eve and just pop it in the oven Christmas morning!*

Source: Wishes and dishes

## Ingredients

- » 12 slices day-old bread, cut into 1-inch cubes (Italian bread works best, I have found)
- » 2 (8 ounce) packages cream cheese, cut into 1 inch cubes
- » 1 cup fresh or frozen blueberries
- » 12 eggs, beaten
- » 2 cups whole milk
- » 1 teaspoon vanilla extract
- » 1/3 cup maple syrup
- » 1 cup white sugar
- » 2 tablespoon cornstarch
- » 1 cup water
- » 2 cups fresh or frozen blueberries
- » 1 tablespoon butter

## Directions

1. Lightly grease a 9x13 inch baking dish.
2. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle one cup of blueberries over the cream cheese, and top with remaining bread cubes.
3. In a large mixing bowl, mix the eggs, milk, vanilla extract, and syrup. Pour this mixture over the bread cubes. Press down the cubes a bit to sort of "soak" them and make them "French toast-like".
4. Cover tightly and refrigerate overnight.
5. Remove the bread cube mixture from the refrigerator about 30 minutes before baking.
6. Preheat the oven to 350°F (175°C).
7. Cover, and bake 30 minutes. Uncover, and continue baking 25-30 minutes, until center is firm and surface is lightly browned. Enjoy warm!
8. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining one cup blueberries.
9. Reduce heat, and simmer 10 minutes, until the blueberries begin to burst.
10. Stir in the butter, and pour over the baked French toast. Enjoy!



# Pan Fried Cod with Asparagus and Mushroom Cream Sauce

Chris Ewen, Grad, Civil Engineering '94

*Don't overcook the Fish, it should be almost raw in the center. Play with the spicing, that's my staple mix, but almost anything will work. Use non fat sour cream and drop the butter (use a little water instead) and this is a sub 500 calorie dish, with loads of protein and iron.*

*I originally developed this while on a massive weight loss program and wanted a "treat" meal.*

Source: Winged it

## Ingredients

Per serving:

- » 100-150 g of fresh cod (or other similar fish)
- » 100 g of fresh asparagus
- » 150 g of fresh white mushrooms
- » 50 ml of sour cream
- » 15 ml butter
- » 1/2 teaspoon garlic
- » 1 teaspoon cumin
- » 1/2 teaspoon smoked paprika
- » tablespoon of lemon juice



## Directions

1. Chop the ends of the asparagus and blanch, set aside.
2. Splash the fish with lemon juice and let it sit for no more than 5 minutes.
3. Chop the stems off the mushrooms and slice.
4. In a small saucepan, melt the butter, add the mushrooms and saute until they are soft.
5. Add the sour cream and stir it in, then let it just simmer on ultra low heat.
6. Mix the spices up and rub onto the fish and on the asparagus.
7. In a lightly oiled, well seasoned pan, heat the pan to just before it smokes and add the fish. Flip the fish after 2-3 minutes. It should be carmelized, but not burnt. Cod will start to open up (flake) a bit. Put the asparagus in the same pan, moving it around so it doesn't burn. Once the cod is flakey (2-3 minutes), remove it to the plate. Serve with the asparagus drizzled with the mushroom cream sauce.

# Prosciutto-Wrapped Halibut with Sage Butter

Virginia Romanek, Grad, Mechanical Engineering '93

*The sage leaves fried in butter at the best part of this recipe!*

*Halibut, cod or any other firm white fish can be used in this recipe.*

*Serve with a simple green vegetable and steamed or boiled potatoes.*

*Rice, corn and a mixed green salad also goes well with this main.*

Source: "FAT, an appreciation of a misunderstood ingredient with recipes" by Jennifer McLagan

## Ingredients

- » 6 Halibut fillets skinless (6 oz each similar thickness so they will cook through in the same time)
- » Sea salt
- » Freshly ground pepper
- » 36 fresh sage leaves
- » 6 slices prosciutto
- » 2 large lemons
- » 7 tablespoons butter (3.5 oz)

## Directions

1. Preheat the oven to 400 F.
2. If you have a warming drawer, put the plates in the drawer. Set place mats on the table (to protect the table from hot plates!).
3. Season the fish fillets with salt and pepper. Place 2 Sage leaves on top of each fillet and then wrap each with a slice of prosciutto. Wrap the prosciutto around the centre covering the sage leaves but leaving the fish exposed on the ends.
4. Cut 12 slices 1/4" thick from the centre of the lemons reserving the ends for their juice. Arrange the lemon slices side by side, or slightly overlapping, in a rimmed baking sheet (or glass oven proof container). Place the wrapped fillets on top of the lemon slices (one fillet per pair of lemon slices). Bake the fish until it flakes and is opaque at the thickest part, 15-20 minutes, depending on the thickness of the fish.
5. While the fish is cooking, melt the butter in a frying pan over medium heat. Add the remaining 24 sage leaves and cook, turning once, until the leaves are crisp and the butter begins to brown (about 8 minutes per side). Remove from the heat and add salt and the juice from the remaining lemon ends.
6. Transfer the fish and the lemon slices to warmed plates. Pour any juices released from the fish into the sage butter sauce and pour the sauce over the fish.
7. Serve immediately with boiled new potatoes and simple steamed veggie.





# Spanakorizo

Hope Gianicos, Staff, Engineering Level 1

*This was a staple dish that my mother made for us growing up . She would serve it with feta cheese and fresh baked bread for dipping. It is quick and easy to make for a healthy weeknight dinner. It always brings back memories of our childhood whenever we make it.*

Source: My mother

## Ingredients

- » 2 tablespoon olive oil
- » 1 medium onion - diced
- » 2 fresh green onion - diced
- » 3 tablespoon fresh dill - chopped
- » 14 oz diced tomatoes (half of a 28 oz can)
- » 1 pkg frozen cauliflower rice (or 1/3 cup medium grain rice)
- » salt and pepper to taste
- » 1 bag fresh spinach (16 oz)

## Directions

1. In a large pot, heat the olive oil over medium heat and sauté the onions until soft.
2. Add the spinach, diced tomatoes, and frozen cauliflower or rice and sauté until the spinach is wilted.
3. Add the salt and pepper and enough water until the spinach is just covered.
4. Simmer, covered for about 20 minutes until rice is soft. Add additional warm water as needed.
5. Serve warm or at room temperature. This can be enjoyed plain for a vegan dish or with feta. And this is considered a main course, but you may serve it as a side dish.

... brings back memories of our childhood whenever we make it.



# Sweet and Sour Meatballs

Darlene Hayward, Staff, Office of Associate Dean, Academic

*This is good at a party and can reheat all day in a crock pot. This is also good as a meal served over rice.*

## Ingredients

### Meatballs

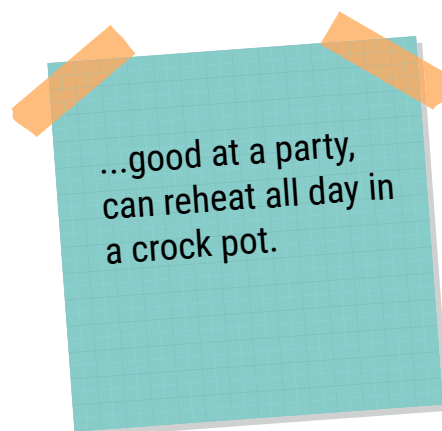
- » 1 lb ground beef
- » 1/2 cup bread crumbs
- » 1/4 cup milk
- » 2 tablespoon finely chopped onion
- » 1 teaspoon salt
- » 1/2 teaspoon Worcestershire sauce
- » 1 egg

### Sauce

- » 1/2 cup packed brown sugar
- » 1 tablespoon cornstarch
- » 1 can (13 1/2 oz.) pineapple chunks
- » 1/3 cup vinegar
- » 1 tablespoon soy sauce
- » 1 small green pepper, coarsely chopped

## Directions

1. Mix meatball ingredients and shape into twenty 1.5 inch balls.
2. Cook over medium heat, turning occasionally until brown (approximately 20 minutes).
3. Remove from skillet and drain fat from skillet.
4. Mix brown sugar and corn starch in skillet. Stir in pineapple (with syrup), vinegar and soy sauce. Heat to boiling, stirring constantly; reduce heat.
5. Add meatballs. Cover, simmer; stirring occasionally for 10 minutes.
6. Stir in green pepper. Cover; simmer until crisp-tender (approximately 5 minutes).





# The Best Fall-Off-the-Bone Ribs

Rod Schulhauser, Grad, Mechanical Engineering '85

*If you love ribs, you'll love this recipe. I have had a long-time love of ribs, but could never cook them up quite the way that I've enjoyed in many restaurants or local rib festivals, or seen on Man vs. Food – that is, till now!*

*After a lengthy search and after a few trials, I've found the first recipe that I'll keep and re-cook many times again (that's not to say that I won't try others, now that I've learned some very important secrets about ribs). The first secret (or maybe it was just a secret to me...) is never boil ribs – all the good stuff and flavour leaves the meat when you do this (I read up the science behind this, and it makes sense). The second is, take the time to flavour your ribs, overnight if possible.*

*If you like the picture shown here, this is exactly what they will turn out like, enjoy!*

Source: Me

## Ingredients

» 2 or 3 racks of baby back ribs (pork)

### BBQ Sauce

- » 2 cups ketchup
- » 1/3 cup apple cider vinegar
- » 1-1/2 cups of brown sugar
- » 1/2 cup chopped onion
- » 1/2 teaspoon of liquid smoke
- » 1/2 teaspoon garlic powder
- » OPTIONAL: add some red pepper flakes or red pepper to heat it up a bit...

### Rod's Rib Rub, also known as "R3"

- » 1 cup of brown sugar
- » 2 teaspoons of hickory smoke salt (or similar spice)
- » 3 tablespoons of paprika
- » 1-1/2 teaspoons of garlic powder
- » 1/2 teaspoon of ground red pepper (+/- to liking of "hotness")
- » 1 tablespoon of black pepper
- » 1 tablespoon of chili powder (to liking)
- » 1-1/2 tablespoons of onion powder
- » 1 tablespoon of red pepper flakes

## Directions

1. Make the BBQ Sauce, mix ingredients together in sauce pan, bring to a boil and simmer for 30 min. Set aside for later.
2. Peel off the membrane on the back side of the ribs.
3. Coat both sides of the ribs with the Rib Rub.
4. Lay the ribs on two layers of foil, shiny side out and meaty side down.
5. Lay two layers of foil on top of the ribs and roll/crimp edges tightly, keep the edges facing up to seal.
6. Place in fridge overnight (note, if you have to do it the same day, it still tastes great!).
7. Heat oven to 225 F, place on baking sheet and bake for 4-1/2 hours (use 225°F for 5 hours for St. Louis cut ribs)
8. Remove the ribs from foil, and finish them under the broiler or on the grill. Add the BBQ sauce to both sides and heat/grill until the sauce begins to caramelize.

Great to serve with rice and caesar salad! ENJOY!



# The Perfect 'Three Ingredient' Chicken

Monique Beech, Staff, Outreach, Communications

*I found this recipe at the start of the pandemic and it has been a godsend. It is simple, comforting and delicious. One of the silver linings of working from home for me has been the opportunity to do more slow cooking. I've had to pause more than one meeting this year in order to 'turn my chicken in the oven.' Enjoy.*

Source: <https://cooking.nytimes.com/recipes/1018731-buttermilk-brined-roast-chicken>

## Ingredients

- » 1 chicken, 3 1/2 to 4 pounds
- » Kosher salt or fine sea salt
- » 2 cups buttermilk

## Directions

1. Stir 2 tablespoons of kosher salt or 4 teaspoons of fine salt into buttermilk to dissolve. Place chicken in freezer bag and pour buttermilk in bag.
2. Squish around the buttermilk so it covers the chicken in the bag. Leave in fridge for 12 to 24 hours. Turn chicken at least once.
3. Take the chicken out of the fridge an hour before you want to cook it and set oven to 425°F.
4. Scrap off excess buttermilk or give it a bit of shake. Put in a cast iron pan or shallow roasting pan. Tie legs together.
5. Slide the pan all the way to the back of the oven on the centre rack. Rotate the pan so that the legs are pointing toward the rear left corner and the breast is pointing toward the centre of the oven.
6. After about 20 minutes, when the chicken starts to brown, reduce the heat to 400°F and continue roasting in that direction for 10 minutes.
7. Rotate the pan so the legs are facing the rear right corner of the oven. Continue cooking for another 30 minutes or so, until the chicken is brown all over and the juices run clear.



I've had to pause more than one meeting this year in order to 'turn my chicken in the oven.'

# Vegan Mac n' Cheese

Brendan Tomaiuolo, Undergraduate Student, Civil Engineering & Society

*This recipe is incredible for anyone craving a warm, cheesy vegan meal over the holidays. The recipe uses online food blogger Megan Gilmore's Dairy-Free Roasted Cauliflower "Cheese" Sauce.*

## Ingredients

### For the sauce:

- » 1 pound cauliflower
- » 2 teaspoons extra virgin olive oil
- » 3 cloves garlic
- » 1 1/4 cups water, or as needed to thin
- » 1 teaspoon salt
- » 1 tablespoon lemon juice
- » 1/4 cup nutritional yeast

### For the pasta:

- » ~2.5-3 cups of macaroni pasta

## Directions

1. Preheat the oven to 400°F.
2. Line a large baking sheet with parchment paper.
3. Cut up a head of cauliflower into florets.
4. Toss the florets and garlic cloves in the olive oil and then spread them on the baking sheet in one layer.
5. Roast until golden for about 30 minutes.
6. While roasting the cauliflower and garlic, boil the macaroni in enough water to cover all the pasta until soft.
7. Drain the pasta and spread it in a Pyrex baking dish.
8. Take the sheet out of the oven and transfer the cauliflower and garlic to a blender, and add in the salt, lemon juice, and nutritional yeast. Blend until creamy and smooth, adding water when necessary.
9. Add the "cheese" sauce to the baking dish and mix with the macaroni until well distributed.
10. Optional: Broil the mac n' cheese in the oven until the top layer is crispy.





# Vegan Macaroni Skillet

Sarah Sullivan, Staff, W Booth School of Engineering Practice and Technology

*My family includes individuals with many different dietary needs, and this recipe is always a winner. My husband is a vegan, I am a vegetarian, and we have multiple family members who are allergic to dairy or eggs, or maintain a gluten-free diet. This recipe is easily adapted to fit all of our needs, and frankly is super delicious. I've made changes to the original recipe to suit my family better, but the original is excellent as well!*

Adapted from: <https://www.hotforfoodblog.com/recipes/2016/02/23/macaroni-skillet/>

## Ingredients

### Macaroni

- » 3.5 cups of uncooked macaroni
- » 1 package of vegetarian ground round (Beyond Meat, Yves, or Gardein brands are my favourite)
- » 2 teaspoon oil, I use peanut but any will do
- » 1 onion finely diced
- » 2-3 cloves of garlic, finely minced
- » 1.5 teaspoons chili powder
- » 1 teaspoon cumin
- » 1 teaspoon smoked paprika
- » 1 cup of shredded dairy-free cheddar cheese alternative. If you are vegetarian feel free to use dairy cheese!
- » 1/2 cup of reserved pasta water
- » Non-dairy milk, if required
- » Toppings, such as green onions and tomatoes

### Sauce

- » 2 cups white potatoes (peeled and cubed)
- » 1 cup carrots (peeled and cubed)
- » 1/2 cup vegetable oil
- » 3/4 cup non-dairy milk
- » 1 tablespoon lemon juice, or apple cider vinegar
- » 15 pickled jalapeno slices
- » 6 tablespoons pickled jalapeno brine
- » 2.5 tablespoons tomato paste
- » 2.5 teaspoons corn starch or alternative
- » 2.5 teaspoons garlic powder
- » 2.5 teaspoons onion powder
- » 3 tablespoons nutritional yeast
- » 1 teaspoon sea salt

## Directions

Sauce:

1. Boil potatoes and carrots in water for 10 minutes. While boiling, add all other ingredients to a high-powered blender. I split this into two of the single-serve Ninja cups as my conventional blender is not strong enough.
2. Once the potatoes and carrots have boiled for 10 minutes, transfer them to the blender with the other ingredients. Combine until smooth, and you now have a sauce!

Macaroni:

1. Cook your noodles in a large pot of boiling salted water. Be sure to reserve some of your pasta water! Once cooked, drain and do not rinse.
2. While your noodles are cooking, heat the oil in a large pan over medium heat, add your onions, sprinkle on a bit of salt, and then cook onions until they begin to brown. Once they begin to brown add your garlic and cook until fragrant, about 30 seconds.
3. Add your spices (chili powder, cumin, paprika) and saute for about one minute, allowing the spices to toast a bit.
4. Add your ground round to the pan and cook, stirring frequently, until cooked through. Sometimes things will start to stick to the bottom at this point so you can add small amounts of your reserved pasta water to stop this from occurring. I typically need to add about 1/4 cup of reserved pasta water throughout the cooking process, but this will vary.
5. Pour in the sauce from your blender in to the pan, and add the dairy-free shreds and mix until fully incorporated.
6. Once everything is well incorporated you will add in your pasta and mix until every noodle is covered in your cheese sauce. Sometimes you will need to add a bit of milk or milk alternative to loosen the sauce if it is too thick, this varies due to starchiness of your potatoes. Don't be afraid to add the milk but be sure that everything is heated through before serving.
7. Serve while hot, and be sure to add on some toppings such as green onions and tomatoes. Some of my relatives also like to add on crispy fried shallots as well!

# Vegetable Pot Pie

Jenn Braun, Undergraduate Student, Engineering Physics

*When I decided to start eating vegetarian, I had to find some recipes that were comparable to some of my favourites that had meat. This is a modified version of chicken pot pie that satisfies the same warm comfort food craving!*

Biscuits - <https://www.allrecipes.com/recipe/102151/easy-baking-powder-drop-biscuits/>

## Ingredients

### Filling:

- » 1 medium onion
- » 3 cloves garlic
- » Olive Oil
- » 4 cups veggie broth (its about 1 standard broth box)
- » 1 package (750g) mixed frozen veg (peas/carrots/corn/beans style)
- » 3/4 cup milk
- » 1/2 cup flour
- » 3 large bay leaves
- » 1/2 teaspoon ground sage
- » 1/2 teaspoon dried thyme leaves
- » 1 teaspoon dried marjoram
- » Salt and pepper to taste (this will depend a lot on your broth!)
- » \*The filling can be made vegan by subbing almond or oat milk

### Biscuit:

- » 2 cups flour
- » 2 1/2 teaspoons baking powder
- » 1/2 teaspoon salt
- » 1 tablespoon sugar
- » 1/2 cup cold butter
- » 1 1/4 cup milk

## Directions

1. In a large saucepan, heat olive oil (around a couple tablespoons), then add finely chopped onion and garlic. Cook until softened, around 5-7 minutes.
2. Add the flour to the mixture, sprinkling it evenly to avoid clumping. Stir it in using a whisk.
3. Slowly add all 4 cups of veggie broth, whisking as it is added to incorporate the flour.
4. Once everything is incorporated, add the milk and herbs. Measurements of herbs are guidelines only, more can always be added to taste.
5. Bring to a simmer and let thicken (10-15 minutes), stirring occasionally. While mixture is thickening, follow the biscuit recipe below to prep the topping.
6. Once mixture is thickened, remove bay leaves, then add vegetables and stir well. Cook for about 5 more minutes.
7. Put entire filling mixture into a 9x13 baking dish, then top with biscuits, making sure the layer is fairly even. It helps to take the biscuit dough in small chunks and almost stretch it over the filling.
8. Bake for 25-30 minutes, or until biscuit topping is golden brown.

Biscuits:

1. Put flour, baking powder, salt, and sugar into a bowl and combine well.
2. Cut butter into small cubes. Using a pastry cutter and/or your hands, incorporate the butter into the flour mixture until it resembles crumbs. Be careful not to overwork the dough!
3. Add milk and stir until combined.



# Zucchini Pancake Chinese Style

Rong Zheng, Faculty Member, Computing and Software

*The link of the recipe I shared says "sichuan". It is in fact a traditional Peking dish. My mom made it often when I was a child and every time I visit my parent's place nowadays. The ingredients are easy to get and the process takes less than 1/2 hr. Eating it always invokes the sense of "home" and "love" in my heart.*

Source: <https://www.chinasichuanfood.com/zucchini-pancakes-chinese-style/>

## Ingredients

- » 2 eggs
- » 1 cup all-purpose flour
- » 1 teaspoon salt
- » 1 lb zucchini
- » Cooking oil

## Dipping Sauce:

- » 2 cloves smashed/chopped garlic
- » 1 teaspoon sesame oil
- » 1 - 2 teaspoon vinegar
- » 1 - 2 teaspoon soy sauce

## Directions

1. Skin and shred zucchini into thin strips (avoid being too fine).
2. Add salt and let it sit for some time until water comes out. Do not drain the water.\*
3. Beat eggs and mix with zucchini.
4. Add and mix flour gradually. For softer pancakes, use less flour.
5. Brush oil on the surface of a flat pan. Heat it up. Scoop some mixture to the pan to fry (medium heat) until golden brown on each side.
6. Mix the dipping sauce. Adjust based on one's preference.

\*The key is to use the juice from zucchinis to mix the flour and NOT to add any water.



# *Sweet Treats*

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# Apple Almond Cheesecake Pie

Peter Betka, Grad, Civil Engineering '75

*In 1991 our neighbourhood newspaper was offering a prize of \$50 for the best recipe, and my wife won! They even wrote a piece about her and published her photo along with the recipe. She must have made 100 pies since then.*

## Ingredients

### Shortbread Crust:

- » 1/2 cup butter
- » 1/2 cup ground almonds
- » 1/4 teaspoon almond extract
- » 1 cup flour

### Apple Almond Mixture:

- » 1/3 cup lightly packed brown sugar
- » 1 tbsp. flour
- » 1/2 tsp. cinnamon
- » 4 cups sliced apples

### Filling:

- » 8 oz. cream cheese
- » 1/4 cup sugar
- » 1 egg
- » 1/4 tsp almond extract

### Filling:

- » 1/3 cup slivered almonds

## Directions

**Crust:**

Beat the butter then add the remaining crust ingredients. Form into a ball then spread evenly into a pie plate.

**Filling:**

Beat all ingredients and pour onto crust.

**Apple Almond Mixture:**

Mix together and pour over filling.

**Topping:**

Sprinkle the slivered almonds on top.

Bake at 425°F for 10 minutes, then at 350°F for 30-35 minutes. Refrigerate.



# Apple Hand Pies

Tina Macala, Staff, Engineering Level 1

*The first pie I made was an apple pie taught to me by my Nan when I was 6. This is where my love of cooking began. During the last few years of her life my Nan suffered 2 massive strokes and she had difficulty with movement and memory but always wanted to be of some help. A big pie was too much and to control portion for her diabetes was difficult, so I made our love of apple pies into a recipe we could do together and where she could sit and take her time, with her feeling like she accomplished something. She could also enjoy the full hand pie as it was a perfect portion for her and it had no added sugar. I would give anything to make these with her once more. When I make them now I think of her every time. Miss you Nan.....*

## Ingredients

### Ingredients for pastry:

- » 1 cup all-purpose flour, plus flour for dusting
- » 1/2 cup lard/vegetable shortening (Crisco), butter or mixture of all 3
- » 1/4 teaspoon salt
- » 1 small egg
- » 1 tablespoon white vinegar
- » 2 tablespoons water

### Ingredients for apple filling:

- » 2 regular sized apples
- » 2 tablespoons water

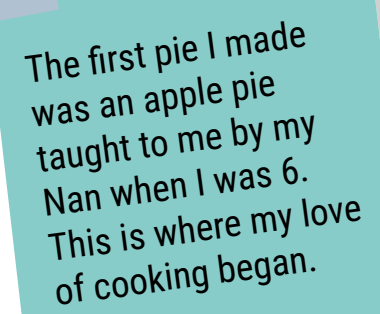
## Directions

Step 1 - Make your filling for your hand pies - Do this at least 30 minutes before you make your pies, up to 48 hours prior

1. Peel, core and chop your apples into small dice pieces.
2. Put into small pot with 2 tablespoons water.
3. Cook for 10 minutes or until just translucent and just softened on medium low heat.
4. When done mash slightly with back of tablespoon.
5. Let cool completely.

Step 2 - Make your pastry

1. Place 1 cup flour and salt in bowl, mix together.
2. Cut your lard (fat) into pieces and add them to your flour.
3. Break your egg into small bowl, add water and vinegar and mix together.
4. Get your 2 knives and cut the lard up into the flour until broken down into small pieces no larger than a pea.
5. Add 1/2 of your egg mixture and pull together with your fork, add about 1/4 more and mix together.
6. Pull together with your hands now, it should not be dry or over moist. If dry add rest of your egg mixture. If moist add pinches of flour until it just comes together in a ball.
7. Grab your plastic wrap and place your dough on wrap, push into disk, wrap completely and place into fridge for 30 minutes or freezer for 10 minutes to rest.



The first pie I made was an apple pie taught to me by my Nan when I was 6. This is where my love of cooking began.

## Apple Hand Pies (continued)

Step 3 - Make your pies!

1. Wash and dry your small dish you used for your egg mixture, this will be your pastry cutter.
2. Preheat oven to 350 F.
3. Place your 2 remaining parchment papers on counter and sprinkle a bit of flour on one of them and get a little bit of extra flour on the side in a small dish.
4. Grab your dough from the fridge/freezer and place your disc on the parchment paper that is sprinkled with flour, sprinkle a little more flour on top of your dough and place your last piece of parchment paper on top.
5. Roll out your dough the thickness of pie crust and large enough to make 4 hand pies (depending on your dish used or cutter).
6. Cut out your disks using your washed small dish as your circle guide.
7. Pull away any excess dough.
8. One at a time, pick up a disk and press out edges slightly, place a heaped tablespoon of your apple mixture (not too much juice) into the middle.
9. Fold like a taco, folding over and pinching edges together, then lay back on paper and use a fork to press edges together again, flipping over doing both sides.
10. Place on lined baking tray and make a small slit with knife in middle of pie. \*\*You can also brush the pies with an egg/cream wash at this point for a nice browning (1 small egg mixed with 1 tablespoon cream OR just cream\*\*
11. Place on middle rack in oven and bake for 20-25 minutes, until you can just see slight browning on edges
12. Let cool for at least 30 minutes.

Notes on Freezing:

If you do not want to bake all the pies, just wrap in plastic wrap, then foil, and place in a freezer bag for up to 3 months. Then when you want one, remove and bake from frozen in a 375°F oven for 20-25 minutes, checking at 20 minutes.





# Banana Pudding

Paul Shenoda, Undergraduate Student, Engineering Level 1

*This recipe comes from Magnolia Bakery. Make sure the banana does not brown by working fast (more about that in the food blog). I hope you enjoy the recipe if you try it!*

Source: <https://www.the-girl-who-ate-everything.com/magnolia-bakerys-famous-banana-pudding/>

## Ingredients

- » 1 (14 oz.) can sweetened condensed milk
- » 1 1/2 cups ice cold water
- » 1 (3.4 oz.) box vanilla instant pudding mix
- » 3 cups heavy cream
- » 4 cups sliced barely ripe bananas
- » 1 (12 oz.) box Nilla Wafers

## Directions

1. In a large bowl, beat together the sweetened condensed milk and water until well combined (takes about one minute). Add the pudding mix and beat well (about two more minutes). Cover and refrigerate for 3-4 hours or overnight. The pudding needs to set or it will end up watery.
2. In another large bowl, whip the heavy cream until stiff peaks form. Gently fold the whipped cream into the pudding mixture until no streaks of pudding remain.
3. In a baking dish, start layering 1/3 of the Nilla wafers covering the bottom layer (try to cover the bottom as best as you can). Add 1/3 of the bananas on top of the Nilla wafers. Then add 1/3 of the pudding mixture. Repeat two more times or until there are no layers left. Cover and chill in the fridge.



# Best Banana Cake with Cream Cheese Frosting

Maria White, Staff, Office of the Associate Dean, Academic

*This is really the best banana cake ever. I have been making this cake for over 10 years. It has become a family and friends favourite. Don't skip the 45 minute in the freezer from the oven step.*

Enjoy!

Source: [www.food.com](http://www.food.com)

## Ingredients

### Cake:

- » 1 1/2 cups bananas, mashed, ripe
- » 2 teaspoons lemon juice
- » 3 cups flour
- » 1 1/2 teaspoons baking soda
- » 1/4 teaspoon salt
- » 3/4 cup butter, softened
- » 2 1/8 cups sugar
- » 3 large eggs
- » 2 teaspoons vanilla
- » 1 1/2 cups buttermilk

### Frosting:

- » 1/2 cup butter, softened
- » 1 (8 ounce) package cream cheese, softened
- » 1 teaspoon vanilla
- » 3 1/2 cups icing sugar

## Directions

1. Preheat oven to 275°F.
2. Grease and flour a 9 x 13 pan.
3. In a small bowl, mix mashed banana with the lemon juice; set aside.
4. In a medium bowl, mix flour, baking soda and salt; set aside.
5. In a large bowl, cream 3/4 cup butter and 2 1/8 cups sugar until light and fluffy.
6. Beat in eggs, one at a time, then stir in 2 tsp vanilla.
7. Beat in the flour mixture alternately with the buttermilk.
8. Stir in banana mixture.
9. Pour batter into prepared pan and bake in preheated oven for one hour or until toothpick inserted in center comes out clean.
10. Remove from oven and place directly into the freezer for 45 minutes. This will make the cake very moist.
11. For the frosting, cream the butter and cream cheese until smooth.
12. Beat in 1 teaspoon vanilla.
13. Add icing sugar and beat on low speed until combined, then on high speed until frosting is smooth.
14. Spread on cooled cake.

# Chocolate Chunk Shortbread

Ron Harwood, Staff, Electrical and Computer Engineering

*One of my favourites - silky texture and great flavour... even liked by those who don't like traditional shortbread. Be warned: Toasting the flour often sets off our smoke detector - a Christmas tradition for us.*

Source: Canadian Living 1995, via my mother-in-law

## Ingredients

Makes ~72 cookies

- » 2.5 cups all purpose flour
- » 2 cups softened butter
- » 1 cup fruit/berry sugar
- » 1 cup sifted rice flour
- » 8 oz chocolate chips or chunks

## Directions

1. Spread 1.5 cups of the all purpose flour on a baking sheet and place under broiler for 4-5 inches from heat. Roast until medium brown colour, turning often. Let cool until room temperature.
2. In bowl, beat butter with sugar until light and fluffy.
3. Sift together rice flour, roasted flour and remaining all purpose flour. Stir vigorously into butter/sugar mixture until well blended.
4. Refrigerate for 1 hour.
5. Stir in chocolate.
6. Roll dough into 1.25 inch balls. Place on baking sheet about 2 inches apart - flatten slightly.
7. Bake in 275°F oven for 55-60 minutes or until lightly golden.
8. Let cool on baking sheet or rack.

# Chocolate Crinkles

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Gord Shields, Grad, Civil Engineering '75

*The inside texture of these cookies is like brownies.*

Source: [www.allrecipes.com](http://www.allrecipes.com)

## Ingredients

- » 1 cup unsweetened cocoa powder
- » 2 cups sugar
- » 1/2 cup vegetable oil
- » 4 eggs
- » 2 teaspoons pure vanilla extract
- » 2 cups all-purpose flour
- » 2 teaspoons baking powder
- » 1/2 teaspoon salt
- » 1/2 cup confectioners' sugar (sifted)

## Directions

1. In a medium bowl mix cocoa, white sugar, and vegetable oil.
2. Beat in eggs one at a time, then stir in the vanilla extract.
3. In a separate bowl combine flour, baking powder and salt.
4. Stir dry ingredients into the cocoa mixture.
5. Cover mixture and let rest in the refrigerator for a minimum of 4 hours or overnight as the dough tends to be a little sticky. (Tip: you can choose to put in freezer for 45 minutes instead.)
6. With a small cookie scoop or a tablespoon measure, drop mixture into confectioners' sugar and roll into 1-inch balls. Place each cookie ball onto parchment paper-lined cookie sheets.
7. Bake in a preheated 350°F oven (175°C) for 10 – 12 minutes.
8. Let cookies cool on baking sheets for approximately 2 – 3 minutes before transferring to a wire rack to cool completely.





# Chocolate Pie

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Alyssa Brunone, Undergraduate Student, Materials Science and Engineering

*This recipe was my Nonna's and we loved it so much she would make it almost every week.*

## Ingredients

### Dough:

- » 2 1/2 cups of flour
- » 1 teaspoon of salt
- » 1/2 cup of butter (melted)
- » 1/2 cup of Crisco
- » 5 tablespoon of cold water

### Filling:

- » 1 bag of amaretti cookies
- » 1/2 lemon, zested
- » 1 egg
- » 2-3 tablespoon of Vermouth/Amaretto
- » 4-6 tablespoon of cocoa with sugar or nestle chocolate powder
- » 1 cup of hot milk
- » 1 handful of pine nuts (optional)

## Directions

### Dough:

1. Mix salt and flour in a bowl.
2. Add shortening and butter into the mixture.
3. Stir just enough water until the dough holds together, if it crumbles add some more water.

### Filling:

1. Mix all ingredients together.

### Assembling:

1. Poke holes in the pie crust.
2. Fill crust with filling.
3. Bake for approximately 45 minutes.

# Christmas Bark

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Cheryl O'Shea, Staff, Engineering Co-op & Career Services

*This bark is a "taste of Christmas" for my family, particularly for the kids who love the crunch of the Rice Krispies. The chocolate really is the star of the recipe, so it is best to use good quality white chocolate; it's worth the splurge.*

## Ingredients

- » 500 g white chocolate (a good quality chocolate is best)
- » 1 cup toasted coconut
- » 1 cup toasted pecans (chopped or whole)
- » 2 to 3 cups Rice Krispies (the Christmas version with red and green krispies is the most festive)\*

\*If you can't find the Christmas Rice Krispies, use the regular version and add other things in red and/or green to give it that Christmas touch, such as mini M&Ms, chopped cranberries, or small pieces of hard candy.

## Directions

1. Preheat the oven to 350°F.
2. Toast the coconut and pecans on separate baking pans in the preheated oven for about 10 minutes, stirring 2 or 3 times during cooking. The coconut should be golden brown; the pecans should be a bit crispier. Set aside to cool.
3. Chop or break the chocolate into smaller chunks and place in a double boiler or glass/ceramic bowl set over simmering water. Melt the chocolate, stirring constantly, until it is smooth. Remove from the heat and stir in the toasted coconut and pecans and Rice Krispies until well distributed. It will seem like there is a lot of stuff in the chocolate. Don't put all of the Rice Krispies in at once; put in about half and stir it until combined, then add more if desired.
4. Scrape the mixture onto a waxed paper-lined baking tray and spread evenly with a knife or offset spatula. If you use whole pecans, they tend to migrate to the edges and corners; you can pick them out and move them to the centre.
5. Cover loosely with plastic wrap and put in the fridge to cool and set for about an hour. Remove the bark from the fridge and let sit at room temperature for about 5 minutes, then break into pieces. The bark can be stored in a cookie tin, plastic container or freezer bag at room temperature for several weeks.



# Death by Chocolate with Raspberry Splash

Virginia Romanek, Grad, Mechanical Engineering '93

*This recipe is a favourite because it is chocolate and the presentation is sure to impress! Finding molds shaped like coffins or tombstones might add some fun to the presentation.*

Source: The Lesley Stowe Fine Foods Cookbook

## Ingredients

### Death by Chocolate:

- » 15 oz best quality bittersweet or dark chocolate (70%)
- » 1 cup heavy cream
- » 4 tablespoons butter
- » 4 egg yolks
- » 1/2 cup icing sugar
- » 6 tablespoons Cointreau or Grand Marnier
- » Cocoa powder for dusting (optional)

### Raspberry Splash:

- » 15 oz frozen raspberries (or fresh if available)
- » 4.5 tablespoons berry sugar (or substitute regular sugar)
- » 1.5 teaspoon lemon juice
- » 1 silicon muffin tray (12 muffin size), or other similar molds.

## Directions

Death by Chocolate:

1. Place your silicon muffin tray onto a flat baking sheet or wood cutting board so that you can transfer it into the refrigerator when filled with melted death by chocolate.
2. Chop the chocolate into small pieces and place in the top of a double boiler; add the cream and butter. Melt over medium heat, stirring until completely smooth. Remove from heat and let cool for 1 minute, continue to stir.
3. Whisk in the egg yolks.
4. Sift the icing sugar into the chocolate mixture, whisking constantly.
5. Whisk in the Cointreau (or Grand Marnier) until smooth.
6. Pour into the silicon muffin tray filling each to almost the rim. The tray must be silicon so you can easily pop the chocolate out of the molds when ready to serve. If you don't have a muffin tray, any silicon mold will probably work nicely. Refrigerate for 4 hours to set.

Raspberry Splash:

1. Take the raspberries out of the freezer and let them defrost. They can be put into the refrigerator the night before. If you have fresh raspberries, then this is even better!
2. The easiest and fastest way to make the raspberry splash is to put the raspberries through a juicer, discarding the seeds. Add the berry sugar and lemon juice to the raspberry sauce from the juicer.
3. If you don't have a juicer, puree the raspberries in a food processor. Pass the pureed raspberries through a sieve to remove the seeds. Add berry sugar and lemon juice to the raspberry sauce.

Remove the chocolate from the molds and place on serving dishes. Dust the top with cocoa powder (optional). Drizzle a large spoonful of Raspberry Splash on over the chocolate.

\*The raspberry splash has been multiplied by 1.5, as there never seemed to be enough. If there is too much, it is a simply delicious sauce that can be spooned on vanilla or chocolate ice cream.

\*The original recipe called to line a pan (like a bread pan or a bread spring form pan with parchment paper), pour in the chocolate, cool and slice when ready to serve. The problem with this method is lining with parchment paper is difficult, it took the chocolate a long time to harden and slicing it is very laborious as the knife can stick to the chocolate. A silicone baking mold doesn't need to be lined, cooling the tray in the fridge takes a much shorter time than cooling one mass of chocolate in a single pan (original time was 8 hours while the muffin tray takes only 4 hours). The chocolate popped out so easily from the molds and looked so perfect that it doesn't make sense to use the method the original recipe suggests!



# Easiest Saffron Rice Pudding/Kesar Kheer

Dhvani Shah, Grad, Electrical and Biomedical Engineering '10

*This is my mom's recipe who is a food blogger and has many vegetarian recipes. This is the best rice pudding I ever ate which was prepared using slow cooker (crockpot). There are only 3 main ingredients and nuts.*

Source: <https://bhavnasfoodjourney.com/2020/03/07/easiest-saffron-rice-pudding-kesar-kheer/>

## Ingredients

- » 1/2 cup rice (more if you like very thick pudding)
- » 2 liter milk (I used 2% but you can use 3.25% or heavy cream milk)
- » 1 cup sugar (use more or less depending on your taste)
- » 10-15 almond
- » 10-15 pistachio
- » Few strings of saffron
- » Pinch of cardamom powder
- » 1 teaspoon ghee (clarified butter)

## Directions

1. Wash rice with water, remove water and add 1 teaspoon of ghee (clarified butter). Ghee gives wonderful aroma to the pudding. Leave wet rice on side for around 30 minutes. Soak saffron stings in 2 tablespoon hot milk. Soak almond and pistachio separately in water. When you can peel the skin of almond and pistachio, remove the skin and slice in thin pieces.
2. Add milk to slow cooker. If you want to speed up the process, add hot milk in slow cooker. Cook on high setting. Let milk come to boil once and then add soaked rice and mix well. It will take around one hour to cook rice. You can stir milk once every 20-30 minutes. When rice becomes soft, add sugar and mix well. It will start thickening in few minutes, then add saffron milk and cardamom powder and mix it. Once rice is mushy, mash slightly with masher so it blends well in milk and kheer becomes creamy. Add nuts at the end. Voila...rice pudding is ready!
3. Serve warm or cold after meal. We like to eat it during meal with roti and vegetable on side. This kheer is bursting with saffron and cardamom flavour and it's very creamy. A must try this easy recipe!





# Fern Tarts

Janet Delsey, Staff, Engineering Support Services (The Hub)

*My mom made these every Christmas for as long as I can remember. When she passed in 2002, I took on the responsibility of making these for my family. It just isn't Christmas without them. Her pastry was excellent too, but I just can't seem to make it like she did. I admit to sometimes cheating with store-bought tart shells and cutting off some of those perfect edges so they look a little more like home made. Perhaps I need to practice pastry-making more often than just once a year.*

Source: My mom

## Ingredients

» 24 unbaked tart shells

### Filling:

- » 2 eggs
- » 3/4 cup sugar
- » 1 teaspoon corn starch
- » 1/4 cup butter, melted
- » 1 tablespoon lemon juice
- » 1 teaspoon vanilla
- » 1 1/2 cup shredded or dessicated coconut (I use unsweetened since the rest of the tart is really sweet)
- » Raspberry jam

### Icing:

- » 1 cup icing sugar
- » 1 tablespoon butter
- » 2 tablespoons milk (or less)
- » 1/2 teaspoon vanilla
- » 1 square of bittersweet or unsweetened chocolate for the fern design

## Directions

1. Beat eggs then add sugar, corn starch, butter, lemon juice and vanilla.
2. Fold in coconut.
3. Put about 1/2 teaspoon of jam into the bottom of an unbaked tart shell, then top with the coconut mixture about 2/3 full. They will expand and you don't want them to spill over.
4. Bake at 375°F for about 20 minutes until golden brown.
5. Cool completely.
6. Beat together all ingredients for the icing except for the chocolate. Consistency should be thin enough to spread easily but not so thin that you can see the tart through it.
7. After tarts are iced and set, melt the chocolate. Take a toothpick and draw a fern leaf design on each tart.



# Magical Cranberry Cobbler

Siobhan Koch, Staff, Outreach, Recruitment and Promotions

*This is an old family recipe that is so simple to make. We have it at all our family gatherings. With cranberries for Christmas, peaches in the fall and summer berries during the spring and summer holidays. Enjoy.*

## Ingredients

- » 2 cups of sugar
- » 2 cups of flour
- » 1 teaspoon of salt
- » 5 teaspoon of baking powder
- » 1 1/2 cups of milk
- » 1/2 cup of butter
- » 4 cups of frozen or fresh cranberries or a preferred berry or fruit

## Directions

1. Preheat oven to 375°F.
2. Mix together sugar, flour, salt and baking powder in a bowl.
3. Add the milk and stir the mixture.
4. Melt the butter in a 10 x 10 pan in oven or pour melted butter into pan.
5. Pour the mixture over the butter. DO NOT STIR OR MIX.
6. Add the 4 cups of cranberries or any other berry/fruit you prefer on top. DO NOT STIR.
7. Bake for 45 - 60 min or until golden brown on the top and cooked softly all the way through and the outer edges are crispy.
8. Let sit for about 15 minutes before serving.

a.k.a. the best  
cobbler ever!



# Molasses Cookies

Samantha Jones-Jackson, Graduate Student, Mechanical Engineering

*My family has been making this recipe for as long as I can remember. There is so much joy when I have molasses cookies now, even if made by another recipe.*

## Ingredients

- » 1 cup sugar
- » 3/4 cup shortening
- » 1 egg,
- » 1/4 cup molasses
- » 2 cups flour
- » 1 tablespoon ginger
- » 1 teaspoon cinnamon
- » 2 teaspoons baking soda
- » 1/2 teaspoon salt

## Optional Icing:

- » 3 cups powdered sugar
- » 1/3 cup softened butter
- » 1 1/2 teaspoons vanilla
- » 2-3 tablespoons milk

## Directions

1. Preheat oven to 375°F.
2. Cream shortening and sugar.
3. Add egg and molasses. Mix well.
4. Sift together the dry ingredients. Add to the molasses mixture.
5. Form into small balls, and roll balls in white sugar.
6. Place balls on a cookie sheet and flatten with the bottom of a glass that is covered each time in sugar.
7. Bake for 10 minutes.

Optional Icing: Stir all ingredients until smooth and easily spreadable, but not too thin or it will run off the cookies after you frost them. Coat the tops of cookies once they cool a bit.



# Oatmeal Chocolate Chip Cookies

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Paul Motz, Grad, Civil Engineering & Management '13

Lots of ideas are taken from a *Binging with Babish* video: <https://www.youtube.com/watch?v=ylyxfecackM>, but adjusted for oatmeal cookies.

Source: Trial and error!

## Ingredients

- » 2 cups chocolate chips (semi-sweet is my preference, you can also use chunks or a chopped up bar)

### Wet Ingredients:

- » 1 cup unsalted butter
- » 1/2 cup white sugar
- » 1 1/2 cup brown sugar (can also use demerara sugar for more molasses flavour)
- » 1 teaspoon vanilla
- » 2 eggs + 1 egg yolk (cold)

### Dry Ingredients:

- » 2 cups all-purpose flour (can also use bread flour, I haven't noticed much difference)
- » 1 tablespoon salt (probably want to go a little bit less than this, especially if using demerara)
- » 1 teaspoon baking soda
- » 1 1/2 teaspoon cinnamon
- » 2 cups oatmeal

## Directions

1. Melt 1 cup of butter over medium heat until milk fats appear (~10 minutes).
2. Chill butter for at least an hour or until solidified (optional, but recommended).
3. Whisk dry ingredients together while waiting for butter to cool.
4. Mix butter and sugars (3-4 minutes).
5. Add eggs, mix to combine.
6. Add dry ingredients half at a time, do not overmix.
7. Add chocolate.
8. Cover and refrigerate for up to 3 days (optional, but recommended usually I chill them overnight).
9. Form cookies. I like to use a disher to get somewhat consistent size.
10. Bake for 15-17 minutes at 375°F (though this depends on the size of your cookies).



# Oreo Crumb Ice Cream

Mike Delsey, Grad, Civil Engineering '74

Source: Facebook

## Ingredients

- » 473 ml whipping cream
- » 300 ml condensed milk
- » 303 g of Oreo cookies

## Directions

1. Chill beaters and bowl.
2. Whip the cream until stiff peaks form.
3. Add condensed milk.
4. Place Oreo cookies in a plastic bag and smash them to break into small pieces and crumbs.
5. Mix 3/4 of the cookies into whipped cream and condensed milk mixture.
6. Place into 9" square pan and top with the rest of the Oreo cookie crumbs and pieces.
7. Place in freezer.



# Our Favourite Brownies

Sarah Sullivan, Staff, W Booth School of Engineering Practice and Technology

*This is one of those recipes that I get requests to make over and over again. These brownies are heavy on chocolate and are the perfect mix of gooey and cakey, just the way we like them!*

## Ingredients

- » 4 tablespoons ground flax (if you are allergic to flax, or do not like it, you could also use 3 eggs)
- » 1 tablespoon vanilla extract
- » 1/2 cup water
- » 1/2 cup vegan butter, melted. I use Earth Balance or Melt brands, but you can also use the vegan Becel margarine in a pinch
- » 1 cup sugar
- » 1 cup brown sugar, packed
- » 1 cup all-purpose flour
- » 1 cup cocoa powder
- » 3/4 teaspoon salt
- » 1 teaspoon baking powder
- » 1.25 cups chocolate chips



## Directions

1. Preheat oven to 350°F, and prepare a baking pan with parchment paper. I've used multiple sizes, but 7x11 seems to work best.
2. Melt the 'butter' on stove, and set aside.
3. Mix the ground flax and water in a small bowl and set aside for about 5 minutes.
4. In a large bowl, or stand mixer, whisk the melted 'butter' and sugars until combined.
5. Add in the ground flax water mixture, and the vanilla, and whisk until combined.
6. Sift in the flour, cocoa powder, salt, and baking powder. Do NOT use mixer attachment at this point, you should use a wooden spoon to mix. Be careful to not overmix.
7. Fold in 2/3 cup of the chocolate chips.
8. Pour batter in to the prepared pan, and then sprinkle the rest of the chocolate chips evenly over the top.
9. Bake for 40 minutes and then remove from oven. They will still be loose when done but this is totally fine as they firm up as they cool. Be sure to leave them to cool in the pan for about 25 minutes. Once that time has surpassed you can use the parchment paper to pull them out and leave to cool for another 10-15 minutes on the counter before slicing. Enjoy :)

# Peachy Comfort

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David Farmer, Grad, Chemical Engineering '71

*I came up with this during 4th year at Mac. I was sharing an apartment with two other guys who could cook well. One evening when it was my turn to do dessert we happened to have a can of peach halves and some Southern Comfort so I threw them together. It became a favourite.*

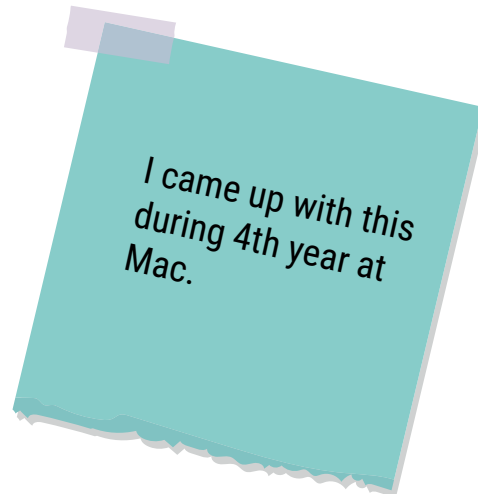
Source: My own

## Ingredients

- » A can of peach halves
- » A bottle of Southern Comfort

## Directions

1. Before dinner place peach halves cut side up in dessert dishes.
2. Pour a teaspoon or so of Southern Comfort into the hole in each peach half.
3. Refrigerate until time for dessert.



# Peppermint Bark

Dziugas Nausedas, Undergraduate Student, Electrical Engineering & Society

*This recipe makes a baking sheet's worth of bark, and takes around 2 hours and 30 minutes.*

## Ingredients

- » 16 oz semi sweet chocolate
- » 16 oz white chocolate
- » 10 peppermint candy canes

## Directions

1. Melt the semi sweet chocolate in a microwave. Then spread the chocolate out on a rimmed baking sheet, and refrigerate for 1 hour.
2. Melt the white chocolate in a microwave. Finely crush the candy canes and mix them into the melted white chocolate. Spread the white chocolate onto the same baking sheet with the now solid semi sweet chocolate. Refrigerate for 1 hour.
3. Once you remove from the fridge, break into small bite size pieces and enjoy!

Does not need to be refrigerated.



# Pumpkin Pie Crunch

Amanda Tomkins, Undergraduate Student, iBioMed

*My grandma made this dessert at a family Christmas party one year and it was SO good. When I asked her to make it again she couldn't remember the recipe. I asked for years and years for her to make it and she could not remember it. She finally made it this year and it was one of my favorite desserts of all time. It for sure made 2020 that much better and I made sure to ask for the recipe. It is like pumpkin pie but better and it's super easy to make. My dad and uncle have an allergy to dairy so its a great recipe because it is one that we can all eat and enjoy together!*

Source: My grandma

## Ingredients

- » 1 can 28 oz pure pumpkin -- 3 cups cooked pumpkin
- » 1-1/2 cups of half and half cream (I used almond milk)
- » 3 eggs slightly beaten
- » 1-1/2 cups granulated sugar
- » 4 teaspoons pumpkin pie spice
- » pinch of salt

## Topping:

- » 1/2 package (1-1/2 cups) yellow or butter pecan cake mix (Duncan Hines)
- » Crushed pecans to cover the top (if desired)
- » 1 cup butter or margarine, melted

## Directions

1. Preheat oven to 350°F.
2. Grease bottom of 9 x 13 inch cake pan.
3. Combine pumpkin, half and half, eggs sugar and spice in large bowl and blend well.
4. Pour into pan.
5. Sprinkle dry cake mix evenly over mixture.
6. Cover with pecans if desired.
7. Pour melted butter on top.
8. Bake 60 minutes or until top crust is golden brown.

Can be served warm or cooled.

Serve with whipped cream (or coconut whipped cream).



# Quick and Easy Lemon Cake

Anna Sciascetti, Staff, Engineering 5-Year Programs Office

*There are a few of us in the Faculty of Engineering that are part of a 'birthday cake club'. We each have a specific cake buddy and mine is Ginny. So every March I ask Ginny what cake she wants for her birthday and every year I get the same answer - lemon cake. This year Ginny's birthday came shortly after the pandemic started and so I decided to surprise her. I baked her favourite cake and delivered it to her home (following all social distancing protocols of course). She was totally surprised and thrilled that she didn't miss out on her lemon cake this year. It was great to see her smile. #FireballFamily*

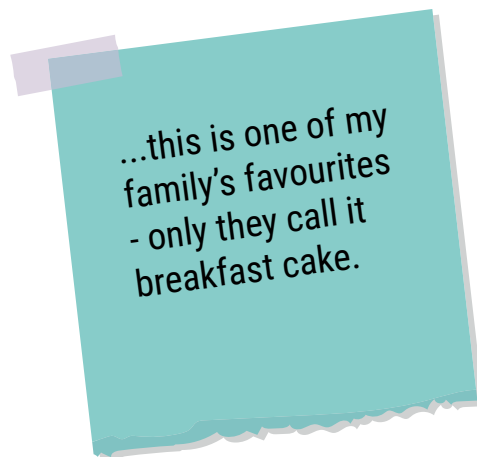
*Also, this is one of my family's favourites - only they call it breakfast cake.*

## Ingredients

- » 1 pkg of lemon cake mix (such as Duncan Hines)
- » 1 pkg of lemon pudding mix (such as Jello Pudding Powder)
- » 4 eggs
- » 1/3 cup of vegetable oil
- » 1 cup of milk

## Directions

1. Mix all ingredients with a hand mixer until batter is smooth.
2. Pour into a bundt pan sprayed with PAM or similar and bake at 350°F for 45 to 50 minutes (or until a toothpick comes out clean).
3. Let cool and enjoy. You can sprinkle with icing sugar when ready to serve or add an icing of your choice (my family prefers it plain).



# Raisin Cookies

Banafsheh Rafeh, Staff, Engineering Alumni Office

*This recipe is super easy and cookies are yummy. It reminds me of my childhood and tea parties that I had with my mom.*

Source: <https://www.joyofbaking.com/RaisinCookies.html>

## Ingredients

Makes ~26 cookies

- » 2 cups (260 grams) all purpose flour
- » 2 teaspoon baking powder
- » 1/4 teaspoon salt
- » 3/4 cup (170 grams) unsalted butter, at room temperature
- » 1 cup (205 grams) firmly packed light brown sugar
- » 1 large egg, at room temperature
- » 1 teaspoon pure vanilla extract
- » 3-4 tablespoon milk
- » 1 cup (125 grams) dark raisins

## Directions

1. Preheat oven to 375°F (190°C). Butter or line two baking sheets with parchment paper.
2. In a separate bowl, whisk together the flour, baking powder, and salt.
3. In the bowl of your electric mixer (or with a hand mixer), beat the butter until smooth and creamy. Add the sugar and beat until soft and fluffy (about 2 minutes). Beat in egg and vanilla extract. Scrape down the sides of the bowl as needed. Add the flour mixture to the batter and beat until incorporated. Add enough milk to make a soft batter. Then add the raisins and beat until combined.
4. For each cookie, drop about one tablespoon of batter onto the prepared baking sheet, spacing the cookies about 2 inches (5 cm) apart. Bake the cookies for about 12 - 14 minutes, or until the tops of the cookies are still soft with just a touch of color, yet the edges are golden brown. Remove from oven and transfer the cookies to a wire rack to cool.





# Steph's Family Shortbread

Stephanie Haak, Staff, Engineering Support Services (The Hub).

*My Nanny (my mom's mom) has been making shortbread for the family since she was a little girl. She used to bake it with her mom, as her mom did before. A few years ago my cousin, Melissa, and I decided we wanted to learn how to bake shortbread, especially since none of my Nanny's children had the time or inclination to keep the tradition alive. We had a fun filled afternoon where nanny passed on the family recipe and taught us the proper way to knead while sharing stories from her past. We each made a batch of shortbread, pressed it into the pans and set it to bake. Once it was done, my Grampie (the expert shortbread cutter) came along and cut it into perfect pieces for us. Then we all sat down to enjoy our spoils. It was such a good day. Now I bake the Christmas shortbread for my family and friends. The only part I still haven't mastered is the cutting - I have no idea how Grampie manages to get the pieces so perfect, mine are all mismatched and uneven - but still undeniably delicious!*

## Ingredients

- » 4.5-5 cups flour (bleached, all purpose)
- » 1 cup instant dissolving fruit sugar (superfine sugar)
- » 1 pound room temperature salted butter

## Directions

1. Soften butter - microwave should have a setting; make sure not to melt the butter.
2. Add all ingredients to a stand mixer and mix together with a dough hook (alternatively mix with your hands). You may have to use a spatula to keep the mix from coming up the sides. Add the extra half cup flour if the mix is too wet. If it is crumbly and won't come together add a bit more butter.
3. When the mix comes together transfer from bowl to counter and knead with your hands. It's a different action than rolling - more of a push and fold, I would recommend looking up a video on YouTube or having someone show you if you've not done it before.
4. Knead into a ball - the dough should look smooth and shiny and should have no cracks.
5. Press evenly onto a lightly greased (with butter) baking pan. Make sure you press and pat it so there are no cracks. \*Note: If you use a large pan you may need to do a batch and a half of shortbread - the above ingredients make one batch. I often do this; I use a 17.25 x 11.5 x 1 inch pan, so I'll mix up three batches worth of shortbread and split one batch in half and combine it into the other two.
6. Take a fork and score the edges of the mix all around the pan. Then poke holes throughout the dough in narrow rows making sure to go right to the bottom (this will keep your shortbread from bubbling up and separating when you bake it).
7. Bake at 325°F for 30 minutes or until golden brown.
8. Sprinkle with sugar when it's still hot from the oven. Then let it cool slightly before cutting.
9. Use a sharp knife to cut - and if you do it while it's still slightly warm it should crumble less.
10. Eat and enjoy; and share if you can!





# Toblerone Chunky Bittersweet Shortbread Cookies

Ginny Riddell, Staff, Engineering Support Services (The Hub)

*I have been lucky enough to be included in an Annual Christmas Cookie exchange with some very good friends for (at least) the last ten years. I have baked and brought these cookies many, many times for them and they really seem to enjoy them. These cookies can look very festive if you sprinkle them with icing sugar. I have even dipped the corners of the cookies into melted chocolate to make them more decorative and to give some added chocolate flavour.*

Source: Kraft Canada

## Ingredients

- » 2 cups butter, softened
- » 1 cup super fine sugar
- » 3 1/2 cups of all purpose flour
- » 1/2 cup cornstarch
- » 1 bar (100g) Toblerone Swiss Milk Chocolate bar - chopped
- » 1 cup pecans - toasted and coarsely chopped
- » Icing sugar

## Directions

1. Beat butter and sugar until light and fluffy.
2. Mix in flour and cornstarch until well blended.
3. Stir in chocolate and pecans.
4. Drop by heaping tablespoons onto ungreased cookie sheets, about 1 inch apart.
5. Bake at 350°F for 20 - 25 min or until lightly browned.
6. Cool then dust with icing sugar.



# Torta Cebuana

Arlene Fajutrao Dosen, Staff, Outreach and Engagement

*My parents grew up and met in Cebu City, Cebu, Philippines and today our family enjoys summer trips to Cebu to visit with family and friends. The Filipino cuisine on these trips is always memorable. Cebu Torta Cake is a popular mini cake in the Visayas and all of Cebu, Philippines. Tortas in Cebu are special cakes consisting of 'tuba' or coconut wine as the leavening agent and traditionally are cooked in a clay oven. This recipe is a modified version of the classic recipe. I hope you enjoy this special dessert with family and friends!*

Source: <https://recipesbylucelle.wordpress.com/2020/04/17/best-torta-cebuana-filipino-recipe/>

## Ingredients

- » 12 egg yolks
- » 1 cup coconut juice or 1 cup coconut water
- » 1 cup sugar
- » 1 teaspoon fennel seeds or 1 star anise
- » 2 1/2 cups all-purpose flour
- » 2 tablespoons baking powder
- » 1/4 teaspoon salt
- » 1/2 cup butter at room temperature
- » 1/4 cup oil
- » 1/2 cup evaporated milk
- » 1/2 cup sweetened condensed milk



## Directions

1. Line Torta molds with paper liners and set aside. If you don't have the Torta molds you can use two six-cup jumbo muffin tin pans with paper liners.
2. Whisk egg yolks until smooth.
3. Preheat oven to 350°F.
4. Boil the coconut juice or coconut water and sugar over medium heat for 6 minutes and add the fennel seeds or star anise. Set aside to cool.
5. In a bowl, sift flour, baking powder and salt together until well mixed and set aside.
6. In a mixing bowl, cream the butter until smooth and pale and add in the egg yolks and mix for a minute.
7. Add the oil, coconut syrup and evaporated and condensed milk while continuously mixing.
8. Lastly, add the flour mixture and whisk until incorporated but don't over-beat the batter.
9. Pour the batter into the prepared molds.
10. Bake in a preheated oven at 350°F for about 18-25 minutes or until a toothpick inserted comes out clean.
11. Let the Torta cool in the pan just long enough for you to handle it, then brush lightly with butter on top and sprinkle with sugar and serve.



# Happy Holidays 2020



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