



## *Taste of EAS Cookbook*

A collection of recipes from the students, staff, and faculty of the Earth and Atmospheric Sciences Department.

## *Forward*

*Food connects ideas, cultures, and people. Sharing foods and recipes is the common language we all understand. The year 2020 brought a lot of challenges, and with it, our ability to gather and share food became limited. From this turbulent year also came great strength and resilience. While we could not come together and share the food we love, we can share the recipes with each other and celebrate the unique makeup of our department and know that one day soon, we can share these meals together.*

*We hope to build this collection of recipes to be a library of ideas and cultures, so that we can continue to celebrate our diversity. When we share a recipe dear to us, we are sharing a little piece of ourselves.*

*Thank you for your contribution to this cookbook.*

*ATLAS Council, 2020-2021*



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# *Appetizers & Snacks*



# **Avocado Feta Dip**

*Submitted by Nancy Thompson*

## **Ingredients**

2 avocados, peeled and pitted  
1/2 cup feta cheese  
1/4 diced onion  
1 clove garlic, minced  
1 tbsp minced jalapeno  
1/3 cup chopped fresh cilantro or parsley  
juice of 1 lime  
salt and pepper, to taste

## **Instructions**

Place all ingredients in a food processor or blender and blend until smooth. Serve with pita chips, veggies, bread, crackers, etc.

# Kashke Bademjan (Persian Eggplant Dip)

*Submitted by Anonymous*

## Ingredients

4 tbsp. extra virgin olive oil  
4 medium sized Chinese eggplants  
1 large white onion, sliced thin  
4 garlic cloves, minced  
1/2 tsp. turmeric  
1/2 tsp. salt  
1/2 tsp. black pepper  
1/4 cup water  
3/4 cup liquid kashk (yogurt whey)  
1 tbsp. saffron  
2 tbsp. dried mint

## Instructions

Peel the eggplants and cut them in halves lengthwise, then cut each into half width-wise. Heat 2 tablespoons olive oil in a pan, once hot, place the eggplants in the pan and sear on both sides until golden brown. The eggplants are not supposed to cook all the way through. Take the eggplants out of the pan and place them on a plate. In the same pan, pour two tablespoons olive oil and saute the onion until golden brown and soft. Add in the garlic and give it a nice stir. Add in the browned eggplants, turmeric, salt and black pepper. Mix and add the water. Cover and cook for ten to fifteen minutes until the eggplants are cooked through. Once the eggplants are cooked, turn the heat off and mash the eggplants using a potato masher or an immersion blender. Add kashk, one tablespoon dried mint and bloomed saffron to the eggplant mixture and stir well. Turn the heat on to medium and cook for another five to eight minutes. Serve warm with pita, lavash or naan bread.

# Samosas

*Submitted by Howard Gibbins*

## Ingredients

500 grams Potatoes, Cooked And Cooled  
150 grams Butter, unsalted – See Instructions (#5)  
56 grams Canola Oil  
150 grams Onions, Fine dice  
175 grams Green Peas, Frozen  
16 grams Ginger, Ground  
1 each Green Chile, fine dice  
45 grams Water  
7 grams Salt  
5 grams Coriander, Ground  
5 grams Garam Masala, Ground  
5 grams Cumin, Ground  
2 grams Cayenne Pepper, Ground  
30 grams Lemon Juice  
454 grams Phyllo Dough *\*See note bolded below*

## Instructions

Peel potatoes, and cut them medium dice. Cook until almost done and cool. Sauté onions, add peas, ginger, green chiles, coriander, and water Cover and cook on low until peas cooked. Stir occasionally and add more water if mixture dries out. Add potatoes, salt, coriander, garam masala, roasted cumin, cayenne pepper, lemon juice. stir to mix and cook on low for 3 to 4 minutes. Cool. **Take one sheet of phyllo dough, and brush one side with melted butter (do not use margarine). Fold one strip 1/4 the width over onto itself, and repeat twice more until you have a strip. Cut a strip across to make two.** Brush top of folded dough with another layer of butter, and portion filling with a #30 scoop (loose pack, if no scoop is available then this is a ball approximately 2 to 2.5 cm across) and place on one end of each strip. Fold Phyllo strip diagonally to enclose filling. Next fold is along the width of the dough, and next is diagonally. Ensure filling is secure inside and set aside. Traditionally Samosas are made with a special dough, and deep fried. This version bakes up quite nicely, and is much easier to make. Bake at 160° C for 15 minutes. Watch carefully as butter burns easily. Temperature at 160° C (325° F) for 15 minutes (golden brown). Filling can be made separately and frozen, but may need extra spice after thawing.



# *Beverages*



# Masala Chai

*Submitted by Anonymous*

## **Ingredients**

1/2 cinnamon stick  
4 cardamom pods  
3 cloves  
3 to 4 black peppercorns (whole)  
1/8 tsp ground ginger  
1/8 tsp fennel seeds  
2 tsp loose tea leaves  
Pinch of nutmeg (optional)

## **Instructions**

In a small saucepan, combine all ingredients and bring to a boil. Cover and let boil for about 2 minutes, then strain and serve hot.

## **Notes**

I normally use rooibos for the tea leaves but you can use black tea or even green tea if that is what you have on hand.

# Winter Sangria

*Submitted by Andrea T.*

## **Ingredients**

1/2 cup brandy/cognac  
1/2 cup Triple Sec  
1 bottle of red wine  
2-3 whole cinnamon sticks  
2 oranges  
1 red apple  
1/2 cup of fresh cranberries  
1/4 white sugar (optional)  
2L gingerale (or sparkling water/tonic water if you prefer it less sweet)

## **Instructions**

Slice apple and oranges. Mix all ingredients except the gingerale in a large pitcher and let sit at least 2 hours to overnight before serving. Top with gingerale or sparkling/tonic water when serving.

## **Notes**

It's pretty hard to mess up sangria - don't be hung up if you don't have the exact fruits or liqueurs! I usually opt for a Malbec or Shiraz for the wine, but again, you can experiment with different wine combos.

# *Soups*



# Bableves (Hungarian Bean)

*Submitted by Howard Gibbins*

## **Ingredients**

500 grams Dried navy beans  
100 grams Onion (chopped)  
50 millilitres Canola oil  
5 grams Paprika  
5 grams Salt  
60 grams Flour  
110 grams Carrots (small dice)  
150 grams Parsley (minced)  
150 grams Leeks  
110 millilitres Sour cream  
5 grams Garlic (fine dice)  
25 millilitres Vinegar  
To taste Salt and Pepper

## **Instructions**

Soak beans overnight in water to cover. Drain and rinse beans and put them in a stock pot with salt, carrots, leek, garlic, ham hocks, and water to cover by about 2 cm. Simmer on low for 2 to 3 hours or until beans are tender, adding boiling water as necessary to keep covered. Remove ham hocks, discard bones, dice and reserve meat. Sauté onion in oil until soft, then stir in paprika, and flour let it froth for about 3 minutes. Add parsley, and thin with 500 millilitres of stock from soup. Slowly pour the liquid roux into the soup and simmer for 20 minutes. If too thick, add more water. Add about 100 millilitres of soup to the sour cream to warm it, and then slowly stir it into soup. Add vinegar and adjust seasoning with salt and pepper to taste. Add meat to soup.

## **Notes**

A hearty soup that you will quite enjoy.



# Canadian Split Pea

*Submitted by Howard Gibbins*

## **Ingredients**

400 grams Split yellow peas (uncooked)  
3 litres Water  
180 grams Bacon (diced)  
250 grams Onions (fine dice)  
250 grams Carrots (fine dice)  
1 grams Sage leaves (crumbled)  
1 grams Allspice (ground)  
To taste White pepper  
Chopped fresh parsley  
10 millilitres Canola oil

## **Instructions**

Combine peas, and water and allow to soak overnight. Heat oil in a pan, add bacon and cook stirring frequently until browned. Reduce heat to medium, stir in onion, carrots. Cover and allow to cook until onions are translucent. Add onion mixture to peas, and stir to combine. Add sage, allspice, white pepper and bring to boil. Reduce heat to simmer and allow to cook stirring occasionally to prevent sticking (you can also use a crock-pot on low). Serve each portion sprinkled with chopped parsley.

## **Notes**

Can be frozen.

# Carrot Soup

*Submitted by Anonymous*

## Ingredients

2 yellow onions chopped  
1 kg carrots peeled and chopped  
2 garlic cloves minced  
200 ml coconut milk  
4 cups chicken broth  
half to 1 tbsp sriracha sauce  
1 tbsp dry parsley  
1 dash olive oil

## Instructions

Fry the onion in olive oil at low-medium fire until transparent Add the garlic and carrots and fry for another 2 minutes Add the broth, coconut milk, sriracha sauce and parsley Cook for 15 minutes in pressure cooker at high pressure or in stove top with lid on until carrots are soft. Pass it through the blender until smooth.

## Notes

Vegetarian. Adjust the amount or remove Sriracha sauce depending on whether you like spicy food.

# Cream of Mushroom

*Submitted by Howard Gibbins*

## Ingredients

100 grams Butter (#1)  
50 grams Butter (#2)  
500 grams White /Button Mushrooms (see note) (medium dice)  
100 grams White Mushrooms (sliced to give a good mushroom shape, including stem and cap)  
250 grams White onion (fine dice)  
150 grams AP Flour  
3 litres Chicken stock (or half chicken and half water)  
250 millilitres Cream  
To taste Salt and White pepper

## Instructions

Melt butter in a heavy bottomed pot over medium heat (do not allow it to brown). Add onion, cover and allow to cook for a few minutes. Add chopped mushrooms, stir to combine and recover. Cook until onions are translucent (do not let them brown). Add flour and stir to form roux (off the heat if desired). Cook roux for a minute or so. Slowly add heated chicken stock in small amounts, and mix with whisk to eliminate any lumps. When lump free, add remaining stock in two or three lots, mixing well each time. Allow soup to come to a slow boil, and then reduce heat to simmer for about 30 minutes. While soup is simmering, melt a second lot of butter on medium low in a skillet, and sauté mushroom slices a few at a time to brown. Set aside. Remove some soup, and slowly add to cream in another bowl to warm it. Add cream slowly to soup, and stir to combine. Adjust seasoning in soup. When ready for service portion out soup and float a mushroom slice in each bowl. Garnish with a small amount of parsley.

## Notes

Portabella, or cremini (brown button) can also be used for the soup, but white should be used for the garnish as they brown up nicely (and portabellas likely won't fit in your bowl). This is a staple soup, that is much better than what you get out of a can.

# Cream of Tomato

*Submitted by Howard Gibbins*

## Ingredients

50 grams Butter (#1)  
200 grams Carrots (small dice)  
200 grams Celery (small dice)  
400 grams Onion (small dice)  
100 grams AP Flour  
3 litres Chicken stock (or half chicken and half water)  
156 millilitres Tomato paste (this is one can, more may be added if desired) 100 millilitres  
Cream  
To taste Salt and White pepper

## Instructions

Melt butter in a heavy bottomed pot over medium heat (do not allow it to brown). Add carrots, celery & onions, stir well, cover and allow to cook for a few minutes. Add flour and stir to form roux (off the heat if desired). Cook roux for a minute or so. Slowly add heated chicken stock in small amounts, and mix with whisk to eliminate any lumps. When lump free, add remaining stock in two or three lots mixing well each time. Add tomato paste and whisk until combined. Allow soup to come to a slow boil, and then reduce heat to simmer for about 30 minutes. Remove some soup, and slowly add to cream in another bowl to warm it. Add cream slowly to soup, and stir to combine. Adjust seasoning in soup. When ready for service portion out soup. Garnish with a small amount of parsley.

## Notes

Another staple soup, that is much better than what you get out of a can.

# Eat Your Veggies & Keep Warm

*Submitted by Anonymous*

## **Ingredients**

1 onion  
2 cloves of garlic  
2-4 cups of broth (I prefer chicken or veggie broth)  
1/2 cup of cream  
butter or olive oil  
salt and black pepper to taste

Choose your veggies and chop them:

1.5 pounds of cauliflower OR  
1.5 pound of broccoli OR  
2 leeks and 1 pound of potatoes OR  
4 zucchinis and 1 potato

## **Instructions**

Fry onions and garlic in butter or olive oil. Add veggies, broth, salt and pepper. Boil at medium fire until soft (or leave them a bit crunchy if you prefer so). Add cream and then pass through the blender.

## **Notes**

Enjoy!



# French Onion Gratinée

*Submitted by Howard Gibbins*

## Ingredients

60 grams Butter

1.25 kilograms onions (halved, and sliced thin into crescents)

3 litres Beef stock (or half beef and half chicken)

60 millilitres Sherry (optional)

To taste Salt & White Pepper

12 slices French bread

340 grams Gruyère or Swiss cheese (or a half and half mixture of each, coarsely grated)

## Instructions

Heat butter over moderate heat, add onions and cover. Stir occasionally, and cook until golden brown. Onions must cook slowly, as they will burn easily due to the amount of sugar in them. Add stock and bring to boil, simmer until the onions are very tender. Season with salt and white pepper to taste. Add Sherry if using. Toast bread slices until golden. When ready for service, portion soup into heat resistant ceramic bowls (do not use metal or china due to broiling), float a bread slice in each, and cover bread with grate cheese. Broil to melt cheese, and cause it to bubble. Serve.

## Notes

A continental favourite that is served in many upscale restaurants.

# Gazpacho

*Submitted by Anonymous*

## **Ingredients**

3 tomatoes  
half of one cucumber  
one third of a green pepper  
2 tbsp balsamic vinegar  
1 tbsp olive oil  
1 tsp salt

## **Instructions**

Throw it all in the blender and blend it. If your blender leaves chunks, you may want to pass it through a food mill to make it smoother. Done!

## **Notes**

Most people would put raw onion and raw garlic in it. They both give a bite to gazpacho. If you put onions, I would recommend sweet onions and no more than 1/5 to 1/4 of an onion. For raw garlic do not put more than 1/3 of a smallish clove.

# Hamburger Soup

*Submitted by Nicole C.*

## **Ingredients**

1 lb. ground beef  
1 tbsp. cooking oil  
1 small onion (chopped)  
2-3 garlic cloves (minced)  
2-3 celery sticks (chopped)  
2-3 large carrots (chopped)  
8 cups beef or vegetable broth  
8 tbsp. barley  
1 can diced tomatoes  
2 bay leaves  
1 tbsp. dried thyme  
Salt and pepper to taste

## **Instructions**

In a large soup pot, saute onions and garlic until see through. Add ground beef and cook through. Add everything else to the pot and bring to a boil. Once boiled, reduce heat to simmer for 2 hours. Enjoy!

## **Notes**

This is a one pot dish my grandma always made in the winter! Even better the next day.

# Mennonite Borscht (No Beets!)

*Submitted by Anonymous*

## **Ingredients**

½ cup butter  
6 cups vegetable stock  
2 celery stalks, diced  
3 large carrots, diced  
2 cups shredded green cabbage  
4 large potatoes, cubed  
1 medium onion, cut fine  
3 whole bay leaves  
Handful of fresh dill, loosey chopped  
¼ cup heavy cream  
½ tsp ground black pepper  
Salt to taste  
Dollop of sour cream (optional)

## **Instructions**

Melt butter in a large saucepan. Add onions, carrots, and celery and cook until soft. Add the rest of the ingredients except the cream and sour cream. Bring to a boil, and simmer for about two hours or until all ingredients are cooked through. Remove bay leaves and discard. Either pulse an immersion blender in the soup for a few moments to thicken it a bit, or remove about a cup and blend in a regular blender and then return it to the soup. Add cream just before serving and stir in. Serve with a bit of sour cream for an extra fresh kick.

## **Notes**

We often make this after a family dinner, and put about half a cup of cooked and shredded ham in before serving so it is warm but not boiled.

# Mulligatawny

*Submitted by Howard Gibbins*

## **Ingredients**

250 grams Onion (fine dice)  
125 grams Celery (fine dice)  
90 grams Butter  
75 grams AP flour  
90 grams Eggplant (fine dice)  
60 grams Apple (peeled, and diced)  
175 grams Green pepper (fine dice)  
5 grams Curry powder (or more to taste if desired)  
2 litres Chicken stock  
90 grams Rice (cooked)  
60 grams Chicken (cooked, diced)  
400 millilitres Cream  
To taste Salt and White pepper

## **Instructions**

Heat butter in a heavy pan, and add onions and celery. Cover and sweat the vegetables over medium heat without letting them brown. Add curry powder and flour. Stir to make a roux. Cook the roux for a few minutes, but do not let it brown. Gradually stir in stock. Bring to boil, stirring with a whip as it thickens to ensure no lumps of roux. In a separate pot heat unsalted water, and blanch eggplant, green pepper, and apples. Drain. Add to soup and let simmer until all vegetables are tender. Skim soup carefully to remove any fat. Add rice, and cooked chicken. Heat cream. Remove soup from heat, and stir in cream to bring to proper consistency. Season to taste.

## **Notes**

A good mulligatawny is hard to find. This one is very good.



# *Salads*



# Greek Salad

*Submitted by Anonymous*

## Ingredients

### For the salad:

4-6 tomatoes cut to wedges (or grape tomatoes halved)  
1 cucumber, cubed  
1 green pepper, cubed  
1 red pepper, cubed  
1/4 cup red onion, diced  
1/2 cup black olives, pitted and diced  
3/4 cup feta cheese, crumbled  
1/2 tsp. cracked black pepper (optional)

### For the dressing:

1/4 cup olive oil  
2 tbsp. red wine vinegar  
2 tbsp. lemon juice  
1 tsp. dried oregano  
2 garlic cloves, minced  
1/2 tsp. salt

## Instructions

In a small bowl, add all of the dressing ingredients and whisk to combine. In a large bowl, add all of the sliced vegetables; tomatoes, cucumber, bell peppers, red onion and olive. Cover the vegetables with the dressing and toss until everything is well-coated and top with feta cheese. Sprinkle with cracked black pepper if desired. This lasts in the fridge up to 3 days, usually better on the second day when everything has had a chance to meld.

# Hawai'ian Chicken Salad in Tomato Petals

*Submitted by Howard Gibbins*

## **Ingredients**

125 millilitres Mayonnaise  
10 millilitres Curry Powder  
To taste Salt and white pepper  
60 grams Slivered Almonds  
350 grams Chicken (cooked, cold, diced)  
1 Each Apple (preferably Granny Smith)  
3 Stalks Celery (diced)  
112 grams Seedless grapes (quartered)  
10 grams Onion (grated)  
6 Each Firm tomatoes  
6 Each Sprigs of parsley

## **Instructions**

Blend mayonnaise with curry powder, and season to taste with salt and pepper. Toast almonds until golden brown. Combine chicken, apple, celery, grapes, almonds, and grated onion. Add mayonnaise mixture, blend well (carefully so as not to crush grapes), and chill. When ready to serve cut tomatoes into sixths almost but not all the way through. Separate sections to form petals. Scoop out some of the concassé to enlarge the cavity and fill with chicken salad. Garnish with a parsley sprig.

## **Notes**

A great summer salad, that can also be served as an accompaniment to a meal.

# Melon and Grape Salad

*Submitted by Howard Gibbins*

## **Ingredients**

1 Medium Honeydew Melon  
400 grams Seedless Red grapes  
40 millilitres Creme de Menthe (clear) or Kirsch (optional)  
75 millilitres Orange Juice  
75 millilitres Grapefruit Juice  
75 millilitres Lime Juice  
Lettuce leaves

## **Instructions**

Cut melon, and remove seeds. Make melon balls (small). Halve grapes. Remove remaining melon from halves to produce a clean hollow shell. Mix melon balls, grapes, and fruit juices, and liqueur. Toss and chill several hours, turning occasionally. When ready to serve, line the platter with lettuce leaves. Place melon shells on top and fill with salad. Garnish with mint sprigs.

## **Notes**

A nice salad suitable for a buffet, or the dinner table.

# Oriental Salad

*Submitted by Howard Gibbins*

## Ingredients

### For the salad:

450 grams Bean sprouts  
225 grams Snow peas (Topped & Tailed, halved)  
115 grams Carrots (julienne)  
170 grams Water chestnuts  
55 grams Scallions  
50 grams Slivered almonds  
340 grams Cold Roast Beef (julienne)  
400 millilitres Oriental vinaigrette

### For the dressing:

100 millilitres Rice or White Vinegar  
30 millilitres Chinese Soy Sauce  
225 millilitres Canola oil  
30 millilitres Sesame oil  
10 grams Fresh ginger (grated)  
2 grams White pepper  
1 gram Garlic (crushed)  
To taste Tabasco Sauce (optional)

## Instructions

**For the dressing:** Combine all ingredients, and mix well. Remix before using as it will separate slightly.

**For the salad:** Cut and mix vegetables; topping and tailing snow peas refers to removing the ends. Slice beef into julienne and marinate in vinaigrette for 30 to 60 minutes Mix vegetables and beef together.

## Notes

A lovely salad that can be served as a main dish, and a great alternative to Caesar or a plain tossed salad.



# Sook Choo Na Mool

*Submitted by Howard Gibbins*

## **Ingredients**

60 millilitres Canola oil  
30 millilitres White Wine Vinegar  
30 millilitres Soy sauce  
1 Each Clove garlic  
To taste Salt and Pepper  
300 grams Bean sprouts  
100 grams Red pepper (small dice)  
4 Each Scallions (small dice)  
30 grams Sesame seeds (toasted)

## **Instructions**

Mix oil, vinegar, soy sauce, garlic and pepper. Add salt to taste. Combine sprouts, red pepper, and scallions. Pour dressing over salad and toss gently. Chill. To serve add sesame seeds and toss again (if seeds are added earlier they will go soft).

## **Notes**

A traditional Korean dish. If making in larger quantities, then use an assortment of coloured peppers (green, yellow and red) to enhance the presentation.

# Spring Corn Salad

*Submitted by Howard Gibbins*

## Ingredients

600 grams Kernel Corn (Fresh or defrosted)  
1 Each Red Pepper (Julienne)  
1 Each Green Pepper (Julienne)  
2 Each Jalapeño Peppers (Seeded, Fine dice)  
1 Each Small Red Onion (Small dice)  
70 millilitres Red Wine Vinegar  
15 millilitres Brown Sugar  
30 millilitres Canola oil  
30 millilitres Fresh oregano (or 7 ml dried)  
To taste Salt and Black Pepper

## Instructions

If using fresh corn, then carefully remove from cob to preserve shape, and steam for 2-3 minutes (boiling not recommended). Cool. Mix corn, peppers, and onion together. Chill. Mix vinegar, brown sugar, oil, oregano, salt, and pepper. Mix well. Chill. When ready for service, remove dressing from the refrigerator, and mix again as it might have separated slightly. Pour dressing over vegetables, toss, and serve.

## Notes

A salad that goes well on a hot summer day.

# *Main Dishes*



# Apricot Chicken Balls

*Submitted by Howard Gibbins*

## Ingredients

375 grams Chicken (Minced, raw)  
125 grams White bread crumbs  
1 Each Egg  
125 grams Dried apricots (finely chopped)  
125 grams Macadamia nuts (Roasted, finely chopped)  
15 millilitres Soy Sauce  
45 grams Fresh cilantro (chopped)  
50 Each Fresh cilantro leaves (whole)  
5 grams Sea salt  
5 grams Black pepper  
15 millilitres Sesame oil

## Instructions

Blend all ingredients in together (food processor is helpful), until just combined. Roll mixture into 25 gram balls. Top each ball with a fresh whole cilantro leaf. Place balls in a steamer basket (bamboo steamers work best), and steam for between 8 to 10 minutes. Check for doneness.

## Notes

This recipe can be served as either an accompaniment or on a buffet table, but for buffets make sufficient quantities as they won't last long.

# Beef Stew

*Submitted by Anonymous*

## Ingredients

1/2 head of garlic minced  
2 onions chopped  
1 kg stewing beef  
1/2 cup red dry wine  
3 bay leaves

## Instructions

Sauté beef until browned. Add garlic + bay leaves and sauté for 1 more minute. Add onion and keep cooking for another ~10 minutes. Let it paste a bit to the bottom of the pot for more flavor. If it pastes too much, add a bit of water to scrape it before it burns. Add wine and use it to scrape the bottom of the pot. Wait until alcohol evaporates. Set the pressure cooker to high pressure or to a stew program for 50 minutes.

## Notes

Requires pressure cooker or instant pot. Remember to adjust the amount of liquid to the size of your pressure cooker. Depending on the size of your pressure cooker you may need more liquid to reach the minimum required. The beef will release about 1/2 cup of water. Adjust by adding some broth.

# Charsi Chicken

*Submitted by Ashraf Nadeem*

## **Ingredients**

2 cups cooking oil  
1lb chicken thighs or breast  
4 raw tomatoes  
1 tablespoon of crushed black pepper  
1 tablespoon chopped ginger  
1 tablespoon chopped garlic  
4 green chillies  
Salt as per taste

## **Instructions**

Put 2 cups of cooking oil and salt in the cooking pan and heat it up. Put 1lbs chicken and fry it until it turns into a golden colour. After the chicken is fried add tomatoes without skin, ginger and garlic paste, green chillies, and 1/2 cup of water and cook it for 20 minutes. As oil appears on the surface, sprinkle black pepper and mix it well. Your delicious charsi chicken is ready.

## **Notes**

This is a dish which originated from Peshawar, Pakistan.

# Chickpea Curry in Tomato Gravy

*Submitted by Nicklas Baran*

## Ingredients

3 tbsp cooking oil (preferably canola or mustard)  
1 tsp black mustard seed  
1 tsp cumin seed  
¼ tsp fenugreek seed  
¼ tsp caraway seed  
½ tsp fennel seed  
½ medium sized onion, chopped finely  
2 medium sized garlic cloves, blended into paste  
1" of ginger, unpeeled, blended into paste  
1 tsp turmeric powder  
5 curry leaves, chopped finely (optional)  
5 medium sized tomatoes, diced into half-inch cubes  
2 cans of chickpeas OR soak 1.5 cups of dried chickpeas for 24h and boil for 1h.  
1-5 Thai chillies (according to taste)  
Curry powder (any type of masala powder will do)  
Salt to taste  
1 tsp lemon juice for garnish (optional)  
1 tbsp freshly chopped coriander leaves (optional)

## Instructions

Warm the oil in a non-stick pan on medium heat. Add the black mustard, cumin, fenugreek, caraway, and fennel seeds until the seeds start crackling mildly (avoid extreme heat). Be careful, splintering seeds are dangerous. Add the onions along with the garlic & ginger paste and curry leaves. Stir and fry in oil until the onions are golden-brown. Add the tomato and turmeric. Cook with the lid closed on medium to high heat until the tomatoes turn into a watery gravy. Stir frequently. Once the tomatoes have cooked thoroughly, open the lid to allow the moisture to evaporate. The tomatoes should form a thick gravy at this point. Throw in the chickpeas, chillies, curry powder, salt, and half a cup of water. Cook at high heat until the moisture has evaporated. Take the pan off the heat and optionally garnish with lemon juice and coriander. Enjoy with bread, roti, naan, or rice (the gluten-free alternative).

## Notes

You may use ghee instead of cooking oil for better taste. However, this is not suitable for vegans.

# Coconut Chicken Korma

*Submitted by Sana JQ*

## Ingredients

2 tbsp Olive/ Coconut Oil  
4 Chicken breasts seasoned with black pepper or 8-10 boneless and skinless chicken thighs cut into small pieces  
2 medium yellow onions, (one quartered and another chopped)  
1 bunch Cilantro  
2 tsp ground Coriander  
2 tbsp minced Garlic  
2 tbsp minced Ginger  
1/2 tsp Chili powder  
1 tsp Garam masala  
1 tsp Salt  
1 tsp Turmeric  
2 tsp Cumin  
1 1/2 cup Chicken stock  
1 - 14 oz can full fat Coconut milk or coconut cream  
1/4 cup raw Cashews  
2 tbsp Water

## Instructions

Heat 1 tablespoon of the coconut oil in a large pan or skillet. Add the chicken and cook on a medium heat for about 5 minutes stirring occasionally until almost fully cooked through. Transfer the chicken to plate or bowl and set aside. Add the quartered onion (saving the other chopped onion for later), the garlic, ginger and water to a blender or small food processor and blend into a puree. Set aside momentarily. Add the remaining 1 tablespoon coconut oil to the same pan you used to cook the chicken. Once warm add the chopped onions and sauté the onions for 10 minutes until soft and browned. Stir in the onion, garlic & ginger puree along with the cumin, coriander, turmeric garam masala and chili powder. Cook for 1 minute. Add the coconut milk (or cream) and chicken stock and let simmer for at least 5 minutes. Let the mixture reduce down and thicken slightly. Add the chicken to the pan along with the cashews and cook for another 5 minutes until the chicken is cooked through and piping hot. Garnish with fresh cilantro and more cashews if you'd like and serve hot over rice.

## Notes

It's yummiier with chicken thighs on top or Brown Basmati Rice! You can eliminate cashews if you have a nut allergy. I like to grind mine up with the onion, ginger, and garlic puree. It gives it a rich flavour. I still top some crushed cashews on top, with fresh cilantro, once the dish is finished!



# Eggplant Pasta Sauce

*Submitted by Anonymous*

## Ingredients

1 large eggplant

1 medium or large yellow onion

Extra virgin olive oil

As much garlic as you please (at least 2 cloves), crushed and chopped

Either 1 large can of crushed tomatoes, or a bottle of passata or a large can of whole tomatoes that you blend up

1 small can of tomato paste

Pasta of your choice

## Instructions

Start by dicing the eggplant into a size just smaller than actual dice. This is REALLY important, so take your time. Next, dice the onion into the exact same size. In a big, heavy bottomed pot or frying pan, heat around 5 tablespoons of olive oil on medium. Once hot, add the onion. You don't want to fry them, but you don't want to sweat them either... so, something in between. Adding some salt at this step helps to cook them as directed. After around 5 mins, there should be plenty of oil in the pan still, which you can add the eggplant to. If it soaks up all the oil right away, add a bit more. You want the eggplant to fry, but it doesn't have to brown. Add a little salt and pepper here too. Cook the eggplant for about seven minutes. It should start to soften. Add the garlic, stir for 10 seconds, then add the tomato paste. Fry the paste for about 20 seconds, then add the tomatoes. It should be thick, but not so thick such that the sauce scorches on the bottom of the pan. Add a little water if this is the case. Heat the sauce through for about 10 minutes. You do want some of the eggplant to meld into a sauce, and it will help to thicken it. You can reduce it as far as you like, and then it is done.

Taste for seasoning: add salt or pepper if needed, some balsamic if it needs richness/sweetness or a little acid. Add a bit of sugar if the tomatoes were too sour. Add some more olive oil, if it needs richness or to cut the acidity of the tomatoes.

## Notes

You could also add chili flakes, oregano or basil when frying the garlic. Or add fresh herbs at the end. Eggplant can also go well with white fish, which you can try adding towards the end or serving it alongside.

# Nana's Chicken Curry

*Submitted by Sheila-Dale Johnston*

## **Ingredients**

12 boneless chicken thighs  
2 ounces of oil or butter  
small onion  
small apple  
1 tablespoon curry powder  
2 tablespoons flour  
teaspoon curry paste (Pataks)  
pint of chicken stock  
a good pinch of powdered ginger  
a good pinch of powdered turmeric  
1 tablespoon of mango chutney (Sherwood)  
squeeze of lemon juice  
1/2 cup coconut milk  
1 ounce sultana raisins  
salt and pepper (optional)

## **Instructions**

Fry chicken in hot fat for five minutes. Lift out of the pan. Fry onion and apple for a few minutes. Add curry powder, flour and curry paste. Cook for 2-3 minutes. Blend in all of the stock. Cook for a few minutes until thickens. Add spices, chutney, lemon juice and salt and pepper. Put in pieces of chicken. Add coconut milk and raisins and simmer for two hours.

## **Notes**

It is good to have a healthy chutney with this - mango chutney is my favourite with this dish!

# One Pot Creamy Cajun Chicken Pasta

*Submitted by Nancy Thompson*

## Ingredients

2 tsp smoked paprika  
1 tsp oregano  
1 tsp thyme  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/4 tsp cayenne pepper  
1/4 tsp black pepper  
1/4 tsp salt  
1 Tbsp olive oil  
1 Tbsp butter  
1 lb boneless, skinless chicken (breast or thigh)  
1 yellow onion, diced  
1/2 lb penne or rotini pasta  
1 can diced tomatoes  
2 cups chicken broth  
2 oz cream cheese  
3 green onions, sliced

## Instructions

Combine seasonings (paprika through salt) in a large bowl. Cut chicken into 1/2 inch cubes, add to a bowl with seasoning and stir to coat. Add oil and butter to a large pot, heat on medium-high until hot. Add chicken and cook for 3 to 4 minutes until browned but not quite cooked through. Add the diced onion, continue to saute until onions soften. Add the pasta, tomatoes (with juices) and chicken broth. Stir to combine, pushing down pasta into liquid if necessary. Cover with lid, and cook at a low boil for about 10 minutes or however long pasta needs to be al dente. When pasta is cooked, add cream cheese in small chunks and stir until cream cheese has melted. Serve topped with sliced green onions.

## Notes

This is a fast, easy one pot meal that is in heavy rotation at our house. You can use a large, deep skillet as well. The capacity should be about 4 quarts. Don't skip the cream cheese and green onions at the end, it is what elevates this dish to delicious!

# Zucchini Lasagna

*Submitted by Lisa Budney*

## Ingredients

2 tsp. oil  
4 large zucchini  
1 large onion, chopped  
454 g ground beef or veggie ground round  
1 640ml jar tomato-based pasta sauce  
10 oz fresh spinach, or 300g frozen chopped spinach that has been thawed and the water squeezed out of it  
2 cups shredded cheese; mozza or cheddar work. Non-dairy shredded cheese works too.

## Instructions

Heat oven to 350°F. Spread 1/3 cup pasta sauce on the bottom of 9 inch by 13 inch pan. Fry onion in oil over medium heat until it starts to soften, about 4 minutes. Add ground beef to onion, breaking up the beef into small pieces, and cook until beef is no longer pink. Add the remaining pasta sauce and the spinach to the beef and onion and stir to combine. If using fresh spinach, cook it until the spinach wilts into the sauce. Slice the zucchini lengthwise into thin slices using a mandolin or a knife (~1/4 inch slices). Put one layer of zucchini slices into the prepared pan. The slices should touch, or overlap a bit. Spread half of the meat sauce over the zucchini slices. Lay another layer of zucchini slices down in the pan. Spread remaining meat sauce over the zucchini slices. Sprinkle cheese evenly over the lasagna. Bake for 40 minutes until zucchini is just fork tender.

## Notes

This is a flexible recipe. You can add fried mushrooms or other vegetables to the sauce, or you can add a layer of ricotta cheese and herbs between the zucchini layers. If you don't like spinach, you can leave it out.

# *Side Dishes*





# Aloo Gobi

*Submitted by Anonymous*

## Ingredients

2 tbsp vegetable oil  
2 cups chopped potatoes  
2 cups chopped cauliflower  
3 large, finely chopped onions  
3 large, finely chopped roma tomatoes  
1 tbsp minced ginger  
2 tbsp minced garlic  
2 tsp chilli powder  
1 tsp coriander powder  
½ tsp turmeric powder  
1 tsp garam masala  
2 tsp cumin seeds  
Salt to taste  
Fresh coriander for garnishing

## Instructions

Boil water in a saucepan, add salt and cauliflower for 5-7 minutes. Once cooked, drain and set aside. Repeat with boiling the potatoes - these should be firm and not mushy. Drain and set them aside. Heat oil in a kadai or wok, add the cumin seeds and toast a few minutes then add ginger and garlic and sauté until golden brown. Add onions and when they turn translucent, add tomatoes and sauté well. Cook covered in simmer until the tomatoes are mashed and oozes out the oil. Add chilli powder, turmeric powder, coriander powder and salt. Mix well and cook for a few minutes more. Then, add the cooked cauliflower and potatoes and mix slowly so that the flavouring coats it but doesn't mash them. Allow it to cook for 5 minutes so that it melds together. Finally, add the garam masala and mix well and turn off the heat. Garnish with lots of chopped coriander leaves and serve with naan, over rice, or with rotis.

# Daikon Namasu

*Submitted by Howard Gibbins*

## **Ingredients**

110 grams Carrots (julienne)  
330 grams Daikon (julienne)  
3 grams Salt  
160 millilitres White wine vinegar  
15 millilitres Light Soy Sauce  
30 millilitres Light brown sugar

## **Instructions**

Julienne carrots and daikon, toss with salt and place in a colander and allow to drain for 1/2 hour. Mix vinegar, soy sauce, and brown sugar. Add vegetables to vinegar mixture, toss, and chill.

## **Notes**

An Asian accompaniment that goes very well with most meats.

# Duchess Potatoes

*Submitted by Howard Gibbins*

## **Ingredients**

2 kilograms Potatoes  
55 grams Butter  
5 each egg yolks  
To taste Salt  
To taste White Pepper  
To taste Nutmeg

## **Instructions**

Peel and dice potatoes into similarly sized pieces. Cook potatoes until tender to fork, drain and let dry in a warm oven for a few minutes. Mash or rice potatoes. Add butter mix to a smooth paste. Must be stiffer than regular mashed potatoes. Mix egg yolks, salt, white pepper, and nutmeg together and add to the mixer while running. Continue to mix until smooth. Line a baking sheet with parchment paper. Fill a piping bag with a star tip with potato mixture and pipe into an inverted cone (or other shapes as desired) shapes using a spiral motion. Piping bag will be very hot to handle so wear something on your hands or wrap the bag in cloth. Brown under broiler until golden. Transfer to plates and serve.

## **Notes**

A staple of the restaurant industry that presents well. It is more suited to plate service rather than a buffet, and can take some time to prepare but it is well worth the effort.



# Stuffed Tomatoes Provençal

*Submitted by Howard Gibbins*

## Ingredients

10 Each Fresh tomatoes (medium to medium-large)  
100 grams Onions (chopped)  
2 cloves Garlic (crushed)  
200 grams White bread crumbs  
30 grams Parsley (chopped)  
20 grams Parmesan cheese (fresh)  
50 grams Old Cheddar cheese (sliced into approximately 3 x 3 cm pieces) 90 grams Butter (melted)  
To taste Salt and pepper

## Instructions

Cut the top off the tomatoes, and remove the tomato concassé. Place in a pan with sides. Chop concassé fine. Lightly brown onion and garlic in butter (don't use margarine as it can give an off taste). Add the chopped concassé to the onion mixture and simmer lightly. Season to taste. Add breadcrumbs and cheese. Allow to cool slightly, and scoop into hollowed out tomatoes. If you have a piping bag with a star tip this adds to the presentation. Brush top with a little melted butter. Bake at 165° C until tomatoes are soft to the touch, but still hold their shape. Remove from the oven, and top each tomato with one of the cheddar slices. Garnish with a dash of chopped parsley. Serve immediately.

## Notes

A wonderful accompaniment to beef, pork or poultry.

# *Desserts*



# Chocolate Cheesecake Cookies

*Submitted by Pramodh Senarath Yapa*

## Ingredients

1 cup butter, softened  
1 1/2 cups white sugar  
1/3 cup molasses (or sub 1/2 of the white sugar above for light brown sugar)  
8 ounces cream cheese, softened  
1 teaspoon vanilla  
1/2 teaspoon almond extract  
1 egg  
1 1/4 cup flour  
1 cup almond flour  
1/2 cup cocoa powder  
1 teaspoon baking soda  
1 teaspoon salt  
Handful of shaved dark chocolate

## Instructions

Preheat the oven to 325 °F. Beat together the butter, molasses, and cream cheese in a bowl until fairly smooth. Add in sugar gradually while mixing vigorously. Add the egg, vanilla and almond extract and mix well. Mix together the flour, almond flour, baking soda, cocoa powder and salt in a separate bowl. Add gradually to the wet ingredients (in thirds recommended), and fold the ingredients together until smooth. Be careful not to over-mix! The mixture should be fairly wet and sticky - this is normal! This mixture should be good to go immediately, but if you like thicker cookies, you can put it in the fridge for an hour or so before baking. Since these cookies are best when it's fairly crunchy on the outside and really moist in the middle, the baking technique is very important!! Grab a tablespoon, and portion out large dollops on to a baking sheet lined with parchment - approximately golf ball size? This is the minimum size I would go, otherwise you get a dry cookie. If you have the time, toss them (uncovered) in the freezer for 15 minutes! The cookies should just about get some colour on the bottom edge, but should be very soft on top! This is okay! Take them out of the oven and let rest for at least 10 minutes! This is when the crust of the cookie will harden, and the insides will continue to cook, so the resting stage is super-duper importante! After they are rested, you're all good to go; ENJOY! :)

# Greek Baklava

*Submitted by Amanda Kotila*

## Ingredients

### For the Baklava

3/4 cup (86g) finely chopped walnuts  
3/4 cup (86g) finely chopped pistachio nuts  
3/4 cup (86g) finely chopped toasted almonds  
1/2 cup (113g) sugar  
1 teaspoon (~2.5g) ground cinnamon  
1 teaspoon (~2.5g) ground nutmeg  
1 1/1 lb (567g) butter, melted  
1 package filo pastry dough sheets (thawed if frozen)

### For the syrup:

2 1/2 cups (560g) sugar  
1 3/4 cups (395ml) water  
zest of 1 orange  
zest of 1 lemon  
5 whole cloves  
1 cinnamon stick  
1 cup (350g) honey

## Instructions

**For the baklava:** In a small bowl, combine chopped nuts, sugar, cinnamon, and nutmeg. Brush a 13"x9" baking pan well with melted butter. Separate 25 (plus a few extra in case they tear) sheets of the filo pastry, & keep under a slightly damp dish towel to keep them from drying out as you make the layers. (Extra filo sheets can be rolled, wrapped in plastic wrap, put in a freezer bag and frozen for future use.) Place one sheet in the bottom of the buttered baking dish. Trim to fit. Brush generously with melted butter. Repeat procedure until there are 5 layers of buttered filo in the dish. Sprinkle 1/4 of the nut mixture over the filo layers. Repeat this procedure 3 more times, so that there are 4 layers of nut filling and 5 layers of 5 buttered filo sheets, ending with filo on top. Drizzle any remaining butter over the top. Bake at 150°C/300°F oven for ~1 1/2 hours or until all layers are golden brown. Remove baklava from oven. Immediately, take a sharp knife & cut long, diagonal lines from corner to corner, forming an "x." Continue cutting lines parallel to these guidelines to form serving-sized diamonds. While still hot, pour cooled syrup over the baklava. Best if left overnight to soak up syrup before serving.

**For the syrup:** While the baklava is baking, prepare the syrup. In a small, heavy-bottomed saucepan combine all ingredients except honey and bring to a boil. Simmer, uncovered, for ~5min or until thickened slightly. Remove from heat & remove spices. Add honey & stir to dissolve. Let stand until cooled to room temperature. Pour over hot baklava.

## Notes

My great-uncle was Greek, so I have a few recipes passed down from that side of the family. My cousin's wedding was a Big Fat Greek Wedding, & this is one of the sweets we ate during the week. The nuts can be changed to whatever combination you prefer, but this combination is what is traditional in our family. Baklava is best if left to sit for several hours or overnight before serving. Can be kept, covered, at room temperature for 3-4 days or in the refrigerator for about a week. Makes about 36 servings.

# Lactose-free Banana Ice Cream

*Submitted by Anonymous*

## **Ingredients**

4 overripe bananas  
2 tbsp of nut butter (peanut, almond, whichever you prefer)  
Toppings of your choice

## **Instructions**

Slice peeled bananas (1 inch thick) and freeze them. I usually freeze them spread in a zip lock bag because if you stuff them in a container they are very hard to blend. Put frozen sliced bananas in the blender. If the blender struggles give it some time to thaw a bit. Blend batches until creamy. Mix in nut butter. Add anything you feel like (nut chunks and chocolate syrup go pretty well) Once it is done, you can put it back in the freezer for consumption later.

## **Notes**

I ordered 6 bananas during COVID times. I received 6 pounds of bananas. So I dug out this recipe from a lactose intolerant friend of mine. It is delicious!

# Money Back Guarantee Brownies

*Submitted by Gabrielle Ayres*

## Ingredients

### Brownies:

1 cup butter  
1 cup white sugar  
1 cup brown sugar  
3/4 cup cocoa  
3 large eggs  
1 cup flour  
1-1/2 tsp. baking powder  
1-1/2 tsp vanilla  
1 cup chopped walnuts (optional)

### Incredible Chocolate Icing (I usually make half the recipe and it's more than enough):

1/2 cup soft butter  
1 cup icing sugar  
2/3 cup cocoa  
1 tsp. vanilla  
2 tbsp. milk  
2 tbsp. hot coffee

## Instructions

Brownies: Preheat oven to 350F. Melt butter. Add sugars and cocoa and blend well. Beat in eggs, one at a time. Sift flour and baking powder into mixture and stir. Add vanilla and walnuts (if using) Pour into a greased 9x13" pan. Bake at 350F for 30 minutes. \*\* Centre will be firm but not hard when cooked \*\*

Incredible (it is that good) Chocolate Icing: Place butter, sugar and cocoa in a food processor (I use a bowl and hand-mixer) and blend for 4 seconds. Add vanilla, milk and coffee and blend until smooth. \*\*Additional milk will make a thinner icing\*\*

## Notes

I usually cut the crust off around the brownies to get nice square/rectangle shapes after icing it. This way, you can gift your brownies but still have some left to yourself. This recipe was given to me by my mother and written by Lindsay Hutt, who I do not know. This is my go-to recipe anytime I want to thank people or want a desert that most people will love.

# Saskatoon Pie

*Submitted by Anonymous*

## Ingredients

### For Pastry Crust:

5-1/2 to 6 cups flour  
2 tsp salt  
1 tsp baking powder  
2 cups lard (1 lb)  
1 Tbsp vinegar  
1 egg, lightly beaten  
water

### For Filling:

4-5 heaping cups of Saskatoons  
2 Tbsp lemon juice  
1/2 cup sugar  
1 Tbsp cornstarch  
1 Tbsp butter

## Instructions

For Pastry Crust: Mix together flour, salt, and baking powder. Cut in lard with a pastry blender or two knives. Combine vinegar and egg and add water to make 1 cup. Gradually stir liquid into flour/lard mixture. Add only enough liquid to make dough cling together. (More liquid will make dough easier to work with, but the pastry will be less flakey). Gather into a ball and divide into 6 portions. If desired, wrap unused portions and refrigerate or freeze. Roll out each portion on a lightly floured surface. Transfer dough to pie plate

For Filling: Combine berries, lemon juice, sugar, and cornstarch in a bowl. Add berry mixture to pie shell. Place dollops of butter evenly over the berry mixture. Roll out the second pie crust and cover top of pie. Pinch crust to seal the pie edges and trim excess dough from around the pie plate. With small knife poke holes in the top pie crust (in pattern of your choice) to allow for air escape during baking. Bake at 450 F (230 C) for 10 min. Reduce heat to 350 F (175 C) and bake for another 20-30 min or until golden brown. Allow to cool slightly before enjoying!

## Notes

Pastry crust ingredients make enough dough for 3 double crust pies. Filling ingredient proportions are for one pie. Unused pie crust freezes well as a ball, but is often easier to make three pies (and bake them) when the crust is fresh and then freeze the pies after baking for later use. Recipe makes 3 double crust pies, and one single crust pie (using the extra dough trimmed from the edges of the pies).

# Tarta de Santiago (Almond Cake)

*Submitted by Anonymous*

## **Ingredients**

250 g ground almond (you can buy it bulk or you can grind it )

250 g sugar

5 eggs

zest from half a lemon

1 tsp cinnamon butter

±confectioner sugar

## **Instructions**

Beat the eggs. Mix in sugar until homogeneous. Add lemon zest then mix in ground almond. Pour mixture in a buttered baking pan and bake at 175°C/400F for 40 minutes. Sprinkle with confectioner sugar if you want to.

## **Notes**

This is gluten-free!



# *Spice Mixes*



# Harissa Paste

*Submitted by Anonymous*

## Ingredients

1/2 cup dried chili flakes  
2 tablespoons smoked paprika  
2 tablespoons cumin seeds  
2 tablespoons coriander seeds  
1 tablespoon fine grain salt  
1 tablespoon garlic powder  
1 teaspoon caraway seeds; crushed

## Instructions

Toast the cumin, coriander, and caraway seeds on a dry pan over low-medium heat. Toast only until they are fragrant, do not burn. Remove the seeds from the heat and, using a mortar and pestle, grind them into a powder. Transfer the powdered seeds into a bowl, then add remaining ingredients. Mix thoroughly. Use immediately by adding a bit of water or store in an airtight container.

## Notes

Use chipotle chili flakes if you like a smokier flavour. Add a bit of water to make harissa paste to cook with.

# Taco Seasoning

*Submitted by Anonymous*

## Ingredients

1 Tbsp chili powder  
1-1/2 tsp cumin  
1 tsp black pepper  
1 tsp salt (or celery salt)  
1/2 tsp paprika  
1/2 oregano  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/4 tsp crushed red pepper flakes or cayenne pepper  
1/2 to 1 tsp sugar

## Instructions

Add ~2 Tbsp of blended season to 1 lb ground beef.

## Notes

Mix 1/2 to 1 tsp of cornstarch in a small amount of water and add to seasoned beef mixture (this helps the seasoning stick to the ground beef).