So, two muffins are in an oven. One muffin turns to the other and says “Holy shit! It’s hot in here!” The other muffin goes “Holy Guacamole, a talking muffin!”

Sophie Busby - Editor
Olivia Hoffmeyer - Editor

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Thank you to our amazing, supportive friends and roommates who ate more than ever wanted to while maintaining a critical palate. You ate your way through this book to prove that we have a quality collection of recipes.

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Kitchen Basics

This whole thing started because we’re two girls who love to cook. More than anything, we love to cook for our friends. A few hundred ingredients, many multi-course dinners, about a hundred recipe submissions and a lot of dirty dishes later, we have a collection of recipes and some experience that we want to share.

The kitchen should be a place where you feel comfortable, somewhere you want to spend time. We have learned a lot about cooking, eating and preparing food by just exploring our own kitchens. We have synthesized that information and hope the next few pages can help you orient yourself, get settled and get ready for the delicious and eclectic collection of recipes you have in your hands!
From our kitchens to yours!

Much Love,
Sophie and Olivia
The Editors

What every kitchen should have

- at least one wooden spoon
- plastic spatula, whisk, rubber spatula
- a sharp chef’s knife that you love to hold, a paring knife, and a serrated bread knife
- two frying pans (one small and shallow, the other big and deep)
- a good mixing bowl
- cookie sheet
- 9x9 pan
- a few pots of various sizes (saucepan and soup pot)
- measuring cups (1 cup, 1/2 cup, 1/3 cup, 1/4 cup)
- measuring spoons (teaspoon, 1/2 teaspoon, tablespoon)
- cutting board (two is better; one for vegetables, one for meat)
- dish towels
- corkscrew and bottle opener
- can opener, grater, tongs
- colander
- stuff to eat with and on!
What is nice to have

Here are a few tools that are handy, but not necessary. They make things easier and allow you to experiment with more complicated dishes; however, you can be a superb cook without them. You’ll notice that these tools are fancier and maybe electric. That’s because they don’t just help you mix things together, they let you do things that are very hard or impossible to do without them.

| -electric handheld mixer | -good pot holders, rolling pin, cookie cutters |
| -handheld blender         | -good variety of tupperware containers         |
| -cooling rack, pie plate, muffin tins, bread pan | -meat thermometer                             |
| -pyrex pans of multiple sizes, two round cake pans | -paper towels, wax and parchment paper, plastic wrap and aluminum foil |
| -peeler, pepper grinder   | -toothpicks, kitchen timer, pizza cutter      |
| -slotted spoon, garlic press, ladle | -cast iron grill pan, wok                  |

What we would be jealous of if you have

| -standing mixer, food processor and bread machine | -springform pan, bundt pan (especially a rose bundt pan) |
| -a series of glass jars to hold all your dry ingredients (and display them beautifully) | -slow cooker or crock pot, dutch oven |
| -candy thermometer, food scale | -individual ramekins |
| -pastry cutter, cake stand | -double boiler, zester |
| -pizza stone | -paper towels, wax and parchment paper, plastic wrap and aluminum foil |
| | -toothpicks, kitchen timer, pizza cutter |
| | -cast iron grill pan, wok |
Our Favourite Resources

Here is a very short list of the food personalities, books and websites that we refer to regularly when we’re trying to figure out what to make for dinner. Look them up!

**People**
- Nigella Lawson
- Jamie Oliver
- Susan Mendelson
- Deliah Smith
- Mark Bittman
- Alice Waters
- Emeril Lagasse

**Books**
- Moosewood Books
- The Flavour Bible
- The Silver Palate
- The Joy of Cooking
- How to Cook Everything
- Friday Night Dinners
- Pure Chocolate

**Websites**
- Tastespotted.com
- Epicurious.com
- FoodPairing.be
- Smittenkitchen.com
- 101cookbooks.com
- Slowfood.com
- Chow.com

Good to Know

Cooking can be daunting if you’re new to the kitchen. Here are a few techniques we hope will help guide you through this book.

A variety of ways to cut veggies

**Chopping** - The most basic cutting technique. Using a knife, cut into pieces. Think bite-size.

**Mincing** - Chop as finely as possible. This usually applies to things with strong flavours like garlic and ginger so that you can evenly distribute their flavour.

**Dicing** - Chop your food into small cubes. This is to ensure that everything is the same size and cooks evenly. You can dice veggies, meat and fish!

**Julienne** - Slice into long, thin strips. This is usually done to veggies like peppers and carrots or herbs for garnish.
Mixing Techniques

Kneading - This is the process by which create bread dough, by pressing, stretching, and folding the ingredients. By the time you are done the dough should have changed texture and become smooth and elastic. It's a good sign when your dough stops being sticky.

Making a well - In your bowl of dry ingredients, you make a hole or indentation in the middle. Usually you’ll pour your wet ingredients into it before mixing.

Purée - Smoosh your food into a semi-liquid state. It is really hard to do this without an eletronic tool. This is usually done to make soups.

Measuring and Cooking Basics

Packing brown sugar - You need to literally pack your brown sugar in the measuring cup so that it comes out like a sand castle.

Flour - Recipes often call for flour to be sifted. This is because flour is measured fluffy. You don’t necessarily need to sift it, just make sure that you fluff it with a spoon or fork before you measure it. Or, spoon it very lightly into your measuring cup. Use a knife to level the top.

You should always level off whatever you are measuring. But, there are some things you don’t need to stress out about. A pinch of salt is just a pinch. Use your discretion. The same for vanilla, don’t worry about putting too much or too little, so long as you hover around a capful.

Separating Eggs - You separate eggs to divide the yolk from the white. Most people do it by transferring the egg yolk back and forth in the broken shell until the white is all in your bowl. We recommend you do it gently with your hands, not only is it fun, it’s easier.

Sweating Onions - This is when you sauté your onions on a relatively low heat until they begin to “sweat” their moisture. It is usually synonymous with “cook until translucent.”
Breakfast and Bread
Vegan Pancakes

Cooking vegan does not have to be hard, and it can always be tasty. Experiment with different measurements and ingredients. All you need are the basics. Flour, baking powder, and something to bind it all together. You can always switch up the binder to add a different flavour. For example, instead of soy milk and bananas use cooking oil and peanut butter or apple sauce - they’re all really good!

Ingredients
2 cups flour (use whole wheat to make them healthier)
2 Tbsp of brown sugar
1 1/2 tsp of baking powder
1 2/3 - 2 cup of soy milk (you can use rice milk, hemp milk, almond milk, or cow’s milk)
2 very ripe mashed bananas
1 tsp of vanilla, if you like

Mix the dry ingredients in one bowl and wet ingredients in another. The banana doesn’t have to be completely mashed up if you like banana chunks. Mix the wet and dry ingredients together. To make them extra fluffy, you can use a blender.

Heat up a frying pan with some cooking oil (not olive oil, because it’s too flavourful) on medium-high heat. Pour batter onto the pan to make whatever sized or shaped pancake you like. Cook until brown on both sides.

The batter has to be liquid but you could replace the banana with dessert tofu (which comes in many different and wonderful flavours) or use apple sauce, and add crushed walnuts, some cinnamon and nutmeg. The possibilities are endless. And don’t be afraid to adjust the sweetness either by adding honey instead of sugar. The world is your vegan pancake.

-Danya Zaitzow

Once cooked, serve them with whatever you like. Canadian maple syrup is always delicious, but you can try jam, cinnamon and sugar, icing sugar, MORE slices of bananas or other fruit. Let your imagination run wild.
Cranberry Pancakes

Ingredients
1 1/2 cups all-purpose flour
1 Tbsp baking powder
pinch of salt
1 tsp sugar
2 large eggs, beaten
2 Tbsp butter, melted and cooled
1 1/3 cup milk
frozen cranberries

Mix all dry ingredients together in a large bowl. Make a well and add all wet ingredients. Mix everything. Add as many cranberries as you like. Spoon batter into a frying pan. Cook for a few minutes on each side. Serve with yogurt.

-Claudia Spooner

Cream Biscuits

Ingredients
2 cups self-rising flour, plus more for dusting
1 Tbsp sugar
1 1/2 cups heavy whipping cream
2 Tbsp melted butter

Preheat oven to 475 degrees F. In a medium bowl, stir together the flour, sugar, and cream until the dough forms a ball. Turn the dough out onto a surface dusted with additional flour. Fold the dough in half and knead 5 to 7 times, adding just enough flour to keep dough from sticking to your hands.

Gently roll out dough to 1/2-inch thickness. Using a 3-inch biscuit cutter coated with flour, cut dough into biscuits. Place on baking sheet coated with cooking spray, leaving at least 1-inch between each biscuit. Gently brush melted butter over biscuits. Bake for 10 minutes, or until golden brown.

-Clara Li
**Ingredients**
- a log of polenta
- 2 eggs
- spicy Italian sausage
- spicy salsa
- Monterey Jack cheese (cheddar or mozzarella also work)
- black beans
- sour cream
- hot sauce

Slice 4 pieces of polenta, about as thick as your pinky. Fry on each side on medium/high heat in olive oil until golden brown (about 6 minutes per side). Put on a plate. Turn heat down to medium. Slice open one sausage. Discard casing. Fry up meat, crumbling it as it cooks, until brown. Put in heaping spoonful of salsa, crack in two eggs, and douse with salt and pepper. When 3/4 done, add a handful of shredded cheese. Put on plate next to polenta. Drain black beans and rinse. Put 1/4 cup on plate next to eggs. Put large dollop of sour cream in the middle. Douse everything in hot sauce. Make sure to get a bit of each thing in every bite.

-Sarah Olle
Fèves (Fava Beans)

Soak some dried beans overnight (around 12 hours) then boil them in a little water until palatable. You can eat these over a few days, just heat them up periodically and add flavorings like butter, olives, raisins, garlic, ground pepper, bacon fat, sugar, or salt. They only get better.

Try with toast, cheese and whatever else sounds delicious for breakfast!

-Elie Gill

White Beans

A very simple recipe lifted from Jamie Oliver. A good side-dish or a humble main course.

Into a saucepan, toss a can of white kidney beans, a few pinches of oregano, basil, and rosemary, a couple cloves of garlic and a half-cup of stock. Let it all simmer until soft (maybe 15 minutes).

Serve with rice or toast.
If you like meat, flash-fried scallops are a great option.

-Michael Schwartz
Beer Bread

Ingredients
3 cups flour
3 Tbsp sugar
1 Tbsp baking powder
1 tsp salt
1 beer (room temperature)

Preheat oven to 350 degrees F.
Mix dry ingredients together in a bowl.
Add beer all at once, mix as little as possible, then put batter into loaf pan.
Brush some melted butter on the top (this makes it look a little fancy). You can also sprinkle your favourite herbs (like rosemary) for a little kick of flavour.
Bake for 35-40 minutes then place on cooling rack.

-Alexandra Brown
French Country Bread

Ingredients
3 cups warm water
1 1/2 Tbsp active dry yeast
1 Tbsp honey
1 Tbsp salt
6 1/2 cups flour (a blend of all purpose and whole wheat is delicious)

In a very large bowl, combine the yeast, warm water, and honey. Side aside for ten to fifteen minutes and allow the yeast to proof. Stir in the salt, and slowly incorporate the flour. (I use 5 cups all-purpose flour and 1 cup whole-wheat flour). The resulting dough will be sticky and won’t form a ball—don’t worry. Allow this to rise, covered, for two hours in a warm spot in your kitchen. With floured hands and a floured cutting board, divide the dough into two loaves. Roll each into a round ball. Let them rest on the board for 40 minutes. Before baking, pre-heat the oven to 450 degrees F.

Three essential tricks to perfect, bakery-quality bread:
1. While you’re pre-heating the oven, place a roasting pan on the lowest rack of the oven. Also leave your baking sheet in the oven as it pre-heats.
2. Just before you place the loaves on the hot baking sheet (careful!) use a sharp knife to cut a few shallow stripes across the top of the loaf. The result is beautiful.
3. When you put the bread in the oven, pour one cup of hot water into the pre-heated roasting pan at the bottom of the oven. This creates the perfect crust. Shut the oven door, and do not open it for thirty minutes, at which time it should be done. Enjoy!

-Adam Harris Levine
Banana Bread

The keys to success are large super-ripe bananas just before they hit the rotting all-brown-and-mushy stage when they give off a fermented smell. They should be quite spotted. Also, not over-baking is key because the moistness of the bread is what makes it so wonderful.

Ingredients

- 1/2 cup butter
- 1 cup granulated sugar
- 2 eggs
- 4 large, ripe bananas
- 1 3/4 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- Optional: Replace 1/4 cup flour with 1/4 cup cocoa powder

Cream butter and sugar together. Beat in eggs one at a time, until smooth. Add mashed bananas and blend in.

In a second bowl, stir flour with baking soda, baking powder, and salt. Add to banana mixture stirring only to moisten. Transfer to a greased 9 x 5 x 3-inch (23 x 12 x 7 cm) loaf pan. Bake in 350 degree F oven for about 1 hour or until toothpick inserted in the center comes out clean. Let stand for 20 minutes to cool.

The more banana, the more delicious!

If it’s not a non-stick pan, lightly grease the pan with butter and/or use parchment paper for baking.

I typically bake 56-60 minutes, depending on the oven and desired moistness; usually the toothpick isn’t totally clean, but it’s not super gooey either. The top center will always be much more moist or gooier than the rest of the bread, but it sets when the bread cools.

-Cassandra Zawilski
Yorkshire Pudding

Ingredients
7/8 cup of flour
1/2 tsp of salt
3/4 cup of milk
1/4 cup of water
3 eggs
vegetable oil

Yorkshire puddings were made as a cheap way to fill the dinner plate because as flour became widely used. It was a lot cheaper than meat or vegetables... which is useful for those of us on tight budgets. I'm basically saying students are comparable to 18th century urban peasants.

Beat together first 3 ingredients,

Then beat in eggs and water.

Heat 1 tsp of oil (or use the fat from your roast) in each muffin cup of a 12-cup tin until very hot- like really, really hot. My mom says be careful.

Add batter,

Place in hot oven 400 degrees F for 20-25 mins.

Makes 12 (obviously).

-Victoria Appleby
Cajun Acadian Cornbread

This is my godmother’s New Orleans family recipe...my New Brunswick family made the addition of cooking this on a bed of breakfast sausages and eating it with maple syrup. This is meant to be done in a cast iron pan, but you can sub a cake pan.

- Hilary Kitz

Ingredients
- 4 cups flour
- 2 cups yellow cornmeal
- 1 1/2 cups sugar
- 1 tsp. salt
- 2 Tbsp. baking powder
- 4 eggs
- 3 cups milk or buttermilk
- 2 1/2 Tbsp vegetable oil
- 1/2 cup melted butter (in mix)
- 2-4 Tbsp butter (OR bacon grease, ideally) in pan, heated ‘til foaming

Mix dry ingredients. Add all wet ingredients except butter and mix ‘til just blended. Then add the melted butter.

Heat bacon grease, or any animal fat, or butter in a pan until it’s foaming/bubbling and pour in the mix.

Cook on the stove about half an hour, or until top is golden and split.

Serves 12.
Snacks and Appetizers
Linda Dip

Ingredients
Cheddar cheese
Cream cheese
Salsa
Green onions
Tortilla chips

Heat the oven to 350 to 400 degrees F - all it has to do is melt cheese.
In a flat baking dish (1 or 2 inches high) spread cream cheese so it covers the bottom and is about 1cm thick.
Pour salsa over top of it and spread it around, not too thick. There should be a sufficient amount of salsa, but you should still be able to see the cream cheese easily through it.
Chop green onions (just one or two) and sprinkle them over the salsa.
Cover the entire thing liberally in grated cheddar cheese (grating is key) and put in the oven until it is completely melted and all bubbly and hot looking.

Chip dip! But wait about 5 minutes before you eat it because I guarantee you will burn your tongue otherwise.

-Hilary Angus
Baba Ghanouj
(Eggplant Dip)

Ingredients
1-3 large eggplants, sliced 1/2 inch thick
a lot of olive oil (count on ¼ cup)
2 Tbsp of tahini (sesame seed paste)
1 tsp garlic salt (or a crushed clove of garlic, and 1 tsp of salt)
2 tsp cumin
Juice of one lemon (about 2-3 Tbsp)
whatever other spices you might want to add in

Put your eggplant(s) in a pan or pot, preferably with a lid
(to stop smoke detectors from going off, and oil splashing).
Pour enough olive oil atop to cover them. Turn your
element on medium-high heat, and fry them for 10-15
minutes, turning every so often until the inside is squishy,
and the skin is partially blackened. Take out the cooked
eggplant and scrape the insides into your mixer or food
processor. Try not to let the burnt skin in.
Add in all your other ingredients, as well as a bit of the
left over olive oil from the frying pan (about 1 Tbsp, or to
taste). Press “on” and let it go until it’s blended!
To serve, put it in a dish and cover with a thin layer of olive
oil, and perhaps some olives or parsley leaves. Usually
eaten with bread, but also works well as a vegetable dish,
on a burger, or with bland leftovers.
The eggplants are going to be really hot when you take
them out of the frying pan, and there’s going to be a lot of
smoke when you take the lid off. So turn on your hood
fan, or open a window and unplug your smoke detector.
Don’t be afraid to experiment. Add more lemon juice if you
like tang, more garlic if you’re Italian, more spice if you like it
hot.

Baba ghanouj is simple to make.
All you need is a blender (or food processor), a frying pan and several
easy to find ingredients. While you
could find everything at your local
grocery store, I would encourage
you to capitalize on the old looking
eggplants that nice local farmers
sell. The eggplants don’t necessarily
need to be fresh or beautiful, but it
would be good to have two or three
relatively large purple ones (but not
too large to fit into your frying pan or
pot).

- Travis Harrison
Hummus (Chickpea Dip)

Ingredients

- 1 19 oz. can of chickpeas
- a lot of olive oil (count on 1/4 cup)
- 2 Tbsp of tahini (sesame seed paste)
- 1 tsp garlic salt (or two cloves of crushed garlic, and 1 tsp of salt)
- 2 tsp cumin (optional)
- Juice of one lemon (about 2-3 Tbsp)
- whatever other spices you might want to add in

Hummus is a classic dip. It’s pretty much the same as baba ghanouj, but instead of using eggplants, you use chickpeas. You might want to spice it a bit more, since chickpeas can be bland. Try adding more spices from your beautiful rack – paprika, more lemon juice, garlic, crushed red pepper – even some grilled onions, a tomato or roasted red pepper can add some color or unique taste to your dip.

Use the same recipe as the baba ghanouj, but instead of grilled eggplant, use either a can of chickpeas (rinse them first) or one cup of dried chickpeas soaked in water overnight, then simmered for 3 hours. If you have a pressure cooker, then cook them for 30 minutes instead of boiling them. When you blend the chickpeas, you’ll probably need to add more olive oil (2 Tbsp +) to make the dip moist enough.

To keep leftovers fresh, pour a thin layer of olive oil over the finished product then refrigerate it. Garnish with whatever you want, some olive oil, parsley, black olives, mint and/or paprika.
Devils on Horseback

Ingredients

dates, as many as there are guests

bacon

Cut strips of bacon up into circumference-of-a-date-sized pieces (roughly thirds). Wrap each date in its own strip of bacon. Arrange the dates on a baking sheet.

Bake at 450 degrees F until the bacon is cooked.

Display for your guests (suggestion: in spoons! So classy.)

Use caution. The dates will be very, very hot.

-Amy Spooner
Vietnamese Spring Rolls

Ingredients
A brick of medium firm tofu into sliced into 1”x3”x1/4” pieces (i.e.: slice the brick in half with your knife parallel to the cutting board to make two bricks about the size of a block of cheese, then slice width-wise)
1/2 cup peanut butter
2-3 sliced hot chilis
2-3 tbsp rice vinegar
2-3 tbsp soya sauce
3 cloves smashed garlic
1/4 cup water
vermicelli noodles (cook as per directions on the bag)
rice paper
sliced lettuce, bean sprouts, grated carrots, chili sauce, shrimp (optional),

Place the tofu slices on a cookie sheet, splash with soya sauce and bake at 400 degrees F for 10-15 mins. (One brick is well suited to two big eaters or three normal people).
For the sauce, mix peanut butter, chilis, rice vinegar, 2 Tbsp soya sauce, garlic and water in a saucepan over a low heat,. Stir until smooth. You may need to add more water.
To serve, set up a table with each ingredient in a separate bowl. Tofu, sauce, veggies, and a stack of rice papers. You’ll also need a skillet of warm (not too hot) water.
Each person grabs a plate and dips their rice paper into the warm water for about ten seconds. The paper should be flexible, but not fully soft. Assemble your roll as you like with the available ingredients, roll up, and enjoy.

- Michael Schwartz
Sift dry ingredients into mixing bowl.

Cut in softened butter and the grated cheese until mixture is crumbly pebbles.

Sprinkle water over mixture and blend with spoon.

Roll out on a lightly floured board, then cut into strips about 1/2 inch wide.

Twist them and bake on a tin sheet for about 10 minutes at 425 degrees F.

-Hilary Kitz
Jaw-Breaking Caramel Corn

Ingredients
A baseball cap
A baseball glove (or an oven mitt)
3/4 cup popcorn kernels
2 Pyrex cooking/baking pans
1/4 cup corn syrup
1/2 cup butter (sorry, vegans and lactards)
1 cup brown sugar (sorry, white sugar)
1/2 teaspoon baking soda
1 small pot (sorry, kettle)

Pre-heat oven to 200 degrees F
Pop 3/4 cup kernels (should make about 15 cups of popped corn)
Spread the popcorn evenly in the two pans, in a layer that is not too sparse, but not too thick, so as to allow it to heat evenly when it is put in the oven.
In pot, prepare corn syrup, butter and brown sugar. Bring to a boil, then lower to a gentle boil (quietly bubbling) for exactly 5 minutes.
Remove from heat and immediately add 1/2 teaspoon of baking soda, and stir evenly until it is blended into a mixture. The colour should lighten, and it should become frothy and light in texture.
Drizzle the hot mixture immediately over the popcorn, and stir popcorn so that it is evenly covered.
Put the pans in the oven for 60 minutes.
Within this hour, remove every 15 minutes or so to stir, so that the popcorn is evenly coated with sauce, and bakes evenly.
After the hour is up, remove, cool, put on your baseball cap, and enjoy.

-Talia Gordon
Soups and Salads
I Yam What I Yam Soup

Ingredients
2 Tbsp butter (or spray with oil)
2 medium onions, chopped
2 cloves of garlic, minced
1/4 cup of white wine (or sherry)
1 – 1 1/2 lbs yams peeled and diced
1 jalapeño pepper, seeded and chopped (optional)
4 cups chicken or vegetable broth
1/4 tsp each of thyme, ginger, tarragon, rosemary and nutmeg
salt and pepper to taste

Sauté onions and garlic over medium heat in butter or oil until soft.

Add the wine, yams, jalapeño and cook 15 min covered.

Add broth, herbs and spices. Bring to a boil. Cover and simmer about 15 min until yams are very tender.

Purée until smooth. Salt and pepper to taste.

You can garnish with a swirl of yoghurt and/or chopped parsley, chives or cilantro.

-Olive Oyl
(Apple) Butternut Squash

Peel and seed squash. Cut into chunks. Combine squash with apples, onions, rosemary, salt and pepper, broth and water in large heavy saucepan. Bring to boil and simmer uncovered for 45 minutes.

Puree soup in blender or food processor. Return mixture to saucepan and bring just to boiling point, then reduce heat. Before serving add cream. Serve hot with chopped fresh parsley sprinkled on top.

Can be made 2 days in advance and reheated.

- Noah Leszcz

Ingredients
1 medium butternut squash (approximately 1 lb.)
3 tart green apples, peeled & coarsely chopped
1 medium onion, peeled & chopped
1/4 tsp rosemary OR marjoram
1 tsp salt
1/4 tsp pepper
3 (10 1/2 oz.) cans chicken broth
2 soup cans water
1/4 cup heavy cream (OR half & half)
Chopped fresh parsley (garnish)
...Soup

Ingredients
A large pot
Hand blender or food processor
1/2 cup olive oil
6-8 cups of boiling water
2 medium sized butternut squashes, peeled, gutted and cubed
6-8 carrots, diced
2 onions, chopped
1-2 hefty gnarls (about 3 tablespoons) of ginger root, peeled and grated
1/3 cup dried basil
1 cup milk (at least 2 percent)
2-3 bunches of coriander (depending on how you feel about coriander), chopped finely and salt and pepper to taste

Makes 8-10 servings.

Put the onions in a large pot, and cover with olive oil on medium heat.
Once the onions start to sizzle and look soft, add the cubes of butternut squash, and grated ginger root, stir, and cover for about 7 minutes, stirring now and then.
Add dried basil, salt and pepper and continue to cover for 3-4 minutes.
Add boiling water, bring heat up to maximum, and cover until pot begins to boil.
Add carrots, and reduce to a lively simmer, cover for 15 minutes, or until vegetables are soft.
Purée soup, but not fully, adding in coriander as you go (again, depending on your taste buds).
Add in milk (or leave it out, if you’re lactose or a vegan).
Finish purée-ing. Serve with yogurt, sour cream or plain.
Salt and pepper to taste.

-Talia Gordon
Pumpkin Ginger Soup

Ingredients

1 large can pure pumpkin purée
3 canfuls of water
2-3 whole cloves of garlic
1-2 medium sized thumb of ginger
2 Tbsp vegetable oil
3 scallions
salt, fresh-cracked black pepper and sugar (to taste)
crushed red pepper (optional)
1 slice of bread per person.

In a large soup pot, pour in the vegetable oil over medium heat. Add garlic and ginger, finely minced, and let cook (but not brown!) for a few minutes to infuse oil.

Add pumpkin purée and water. Stir and bring to a simmer. Cook down by a third (or whatever consistency you like your soup).
Add salt, pepper and sugar to taste. This will require a bunch of sugar and pepper--go in increments but don’t be shy with it, this soup is going to be sweet and a little spicy. Fine chop scallions and add to soup.

Let cook for 2-5 minutes, or until scallions soften.

Serve with whole grain toast cut into strips for dipping. This soup also goes well with a tomato-basil-mozzarella sandwich for dipping.

-Max Bernstein
Ingredients
Approximately 10-12 cups stock
5 lbs beets (peeled and left whole)
1 large head cabbage (cut into quarters so each quarter remains whole during cooking)
10 peppercorns
1-2 Tbsp caraway seeds
2 bay leaves
shredded meat (reserved from stock preparation)
4-5 Tbsp white vinegar

Bring stock (fresh or canned) to a boil.
Add peeled whole beets, peppercorns, bay leaves, caraway seeds and quartered cabbage to stock.
Return soup to a boil, then lower heat to medium low, and simmer for at least 1 hour (or until beets are almost as tender as boiled potatoes).

Using a slotted spoon, remove peeled beets, quartered cabbage, peppercorns and bay leaves. The soup should be very red at this point.

Grate/shred beets and cabbage. This step can be done by hand with a box grater, or using the grater attachment of a food processor. Watch your thumb if doing this step by hand.
Return grated beets and cabbage to soup.
Add reserved shredded meat from stock preparation (if applicable).
Add vinegar.
Bring the soup back to a simmer over medium heat. Serve piping hot garnished with vinegar, sour cream, dill and dark bread.

Latvian Borscht/Beet Soup/Biesu Zupa
This recipe is for a really large batch of soup, you can cut the recipe down or just freeze some of the soup (it freezes really well).

The stock can be store-bought or home-made (p. 38). Pork or beef stock is typical, but you could also probably use chicken stock (reduced sodium).
Potato Leek Soup

Ingredients
3 large leeks, cut lengthwise, cleaned, chopped. Use only the white and pale green parts,
3 cloves garlic, thickly chopped
2 Tbsp butter
1 Tbsp olive oil
2 cups water
2 cups chicken broth (or vegetable broth)
2 lbs potatoes, peeled, diced into 1/2 inch pieces
spices for seasoning (use whatever you have)
a dash of marjoram
a dash of ground cumin
a dash of Cayenne pepper
razelhanout (couscous spices)
2 tsp chopped fresh thyme, or 1/2 tsp dried thyme
chili powder
salt & Pepper

Cook leeks and garlic in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste.

Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add spices to taste. Add some freshly ground pepper, 1-2 teaspoons salt or more to taste.
Serves 4-6.
Auntie Ethel’s Sexy Soup

Ingredients
4 cans of cream style corn
2 eggs
1 Tbsp of flour (or Matzo Meal)
6 cups of water
2 chicken bouillon cubes
crab meat (however much makes you feel sexy)
salt and pepper to taste
meat tenderizer (or MSG) for those who are cholesterolically adventurous (or sexy)

In a large pot bring the water to boil. Add the bouillon cubes and create your broth. Upon boiling, add creamed corn and stir, reduce heat to a simmer. Let simmer for 5 minutes. Then add in your flour as you stir to avoid clumps (no one likes clumps). You may turn up the heat at this point if you wish to speed up the process. Beat your two eggs (apologize afterwards) then add to the soup while stirring. Do not become alarmed if the consistency of the eggs becomes stringy, you have done nothing wrong and your sexiness will not be affected. Finally, if you haven’t broken down, add in your crab (you can use chicken instead) and salt and pepper to taste. Serve in bowls (as plates of soup are sometimes problematic) with some Soya or Sri Racha on the side for optimal sexiness. Buen provecho.

4-6 Servings, Cooking time: 10-20 minutes

This recipe is great if you only have so many minutes to make a sexy soup for your sexy significant other or sexy strangers whom you might need to feed. As Auntie Ethel always said; being sexy is one thing, but making a sexy soup is pretty much the same thing.

-Paul Naiman
Bring olive oil to heat.
Add chopped onion and garlic. Season with salt and pepper.
Once softened (but not caramelized!) add carrots, parsnips and celery. Sauté for 2-3 minutes.
Add water and chicken bouillon. Bring to boil.
Add fresh dill, mustard and season with pepper.
Add lentils.
Simmer for approximately 10-12 minutes or until vegetables (and lentils if you are using dried) are cooked.

Makes about 8-10 servings.
Lentil Soup

Soak lentils and rice.

Add onions to oil and soften but not brown. Add water. Drain the lentils and rice and add to water once boiling. Cook for 15-20 minutes. Add cumin.

Garnish with lemon.

Makes 8 cups

- Noah Leszcz

Ingredients

1 1/2 cup red lentils
1/2 cup white rice
1/3 cup vegetable oil
1 large yellow onion, chopped
7 cups water
1 Tbsp chicken stock powder
1 Tbsp ground cumin
1 Tbsp olive oil
salt
lemon
Sunshine Soup

Heat olive oil. On medium heat, sauté onion for about 2 minutes, add garlic and sauté for another 2 minutes. Add tumeric, ginger and paprika and sauté further for about 1 minute; take care that they don’t burn. Add 1/2 cup of water and dissolve spices into a thick sauce. Add the potatoes, carrots and lentils. Add about 4 cups of water until the vegetables are fully covered; add water as you go since the lentils will soak up a lot of it. Add the bouillon cube and the bay leaves; bring to a boil. Keep on a slow boil for about 35 minutes or until the carrots and sweet potatoes are done. About 20 minutes into the cooking process, add the chickpeas; and after 30 minutes, add the spinach. Spice to taste with further tumeric, paprika, ginger and salt. Best served with homemade bread and butter. Makes food for 4 – 6 people.

Ingredients
1 Tbsp olive oil
2-3 cloves of garlic, minced
3 tsp of turmeric
1 1/2 tsp of ground ginger
1 1/2 tsp of paprika
3 medium-sized sweet potatoes, peeled and diced
4-5 big carrots, peeled and cut into chunks (try to keep the same size as sweet potatoes)
2 cups of red lentils
2 bay leaves
1 bouillon cube
1 16 oz. can of chickpeas, drained and rinsed
2-3 handfuls of fresh spinach

This is the perfect comfort food on a rainy or snowy evening. Make a big pot and share it with your friends. It also keeps really well and can be reheated when you get home from a stressful day.

For variations, try substituting 1 cup of coconut milk for some of the water. At the very end, you can also add brussels sprouts that have been coated in olive oil and roasted in the oven for about 15 minutes. Play around! Also, for this amount of soup, you will require a big pot; feel free to use 2/3 of it for a medium-sized amount.

-Janina Grabs
French (Canadian) Onion Soup

Ingredients
1 stick of butter
5 medium-sized yellow onions
sugar
4 cups beef (or veggie) stock
salt and pepper
a bottle of Quebec-brewed wheat beer (Maudite, Cheval Blanc, Fin du Monde, etc.)
Rock-hard, crusty baguette that has been sitting on your counter for a week (cut into medium-large cubes)
(preferably white) cheddar cheese for the top.

Put on your favourite French Canadian music, open your beer and take a long swig, and warm your largest, thick-bottomed pot over medium low heat. Melt about half of the butter.
In the meantime, chop all of your onions (not too fine)—brace yourself, it’ll bring tears to your eyes. Sauté the onions until they are golden brown and caramelized (they will be roughly the colour of caramel). Reduce heat and simmer ten minutes.
Add 4 cups of beef (veggie) stock and one cup of water.
Add about half a cup of your beer — but don’t add too much or it will make the soup taste skunky. Bring to a boil, reduce heat and simmer uncovered for 20 minutes.
Add cubes of your baguette, and serve piping hot. When I’m cooking for a lot of people, I double the recipe.

Enjoy!

-Justin Scherer
Beef or Ham Stock

Ingredients

2 ham hocks (preferably smoked) or 4-5 lbs beef soup bones (with some meat still on them).
10-12 cups cold water
4-5 Tbsp oil (olive or vegetable)
4 cups mirepoix vegetables (2 cups onion, 1 cup carrot, 1 cup celery — All coarsely chopped)
20 peppercorns
4-5 Tbsp salt (or more, or less, up to you, just make sure it tastes good and salty, like stock).
2-3 bay leaves

If using beef soup bones, salt liberally and roast them in a 450˚ over for 30 minutes, or until well browned. When adding bones to stock, rinse roasting pan with ½ cup water and add that water to the stock to get the flavourful pan drippings into the stock). If using ham hocks, skip this step.

Heat oil in large Dutch over or large soup pot over medium high heat. Add mirepoix vegetables, and salt (maybe 1 Tbsp), and saute or ‘sweat’ until just starting to brown.

Add water.
Add ham hocks or roasted beef bones. Bring to a boil.

Add peppercorns and bay leaves.
Lower heat to medium low and simmer, uncovered, for at least 1 hour, up to 2-3 hours.

As the stock is simmering, skim off any foam that rises to the top of the stock and/or sticks to the sides of the pot and discard. The foam is impurities, and if you don’t remove it, it will result in a cloudy stock (not the end of the world, but skimming is super easy).

Once the stock has simmered, remove ham hocks or beef bones and strain to remove all solids from the stock. Remove the meat from the bones (discarding any fat), shred with a fork, and set aside. Discard the bones.

Return strained stock to the pot, season with salt, either start your soup or save in the refrigerator or freezer.

-Nik Sipolins
Chinese Chicken Salad

Ingredients
- 1 packet veggie ramen
- cabbage
- pre-shredded carrots
- peanuts
- sesame seeds
- peanut butter
- sesame oil
- rice vinegar
- soy sauce
- sugar
- shredded chicken (optional)

An easy salad. Totally flexible - feel free to vary according to your tastes. You can add lettuce, celery, cucumbers - whatever you have on hand!

Shred/julienne the cabbage. Add the carrots and chicken, if using. Crumble the raw ramen noodles into the mix. Add peanuts and sesame seeds to taste.

For the dressing, put a heaping spoonful of peanut butter in a tupperware container. Add one spoonfuls of sesame oil, two spoonfuls of rice vinegar, a splash of soy sauce, and 2 spoonfuls sugar. Mix thoroughly, so the sugar dissolves. Adjust to your tastes. Thin with a couple spoonfuls of water if necessary.

Just keep in mind that this dish makes terrible leftovers.

-Sarah Olle
Holly’s Oma’s Caesar Dressing

Ingredients
1 egg
1-2 cloves garlic (depending on freshness and personal taste)
1 anchovy or 1/2 anchovy paste or 1/2 tsp salt
2 tsp Worcestershire sauce
2 heaping Tbsp spicy Dijon mustard
2 heaping Tbsp parmesan cheese
3 overflowing capfuls (about 2 tsp or the juice of one half lemon) lemon juice

In a blender or food processor combine all ingredients.

Blend till smooth and taste. Adjust any of above ingredients according to preference (I like mine really cheesy).

Gradually add scant 1/4 cup olive oil and blend until creamy. Pour over one head of romaine lettuce and toss till leaves are coated and top with croutons and extra cheese (capers are also yummy if you toss them in).

-Holly Brinkman
Sunshine Vinaigrette

Ingredients
1/4 cup vinegar (apple cider/red wine/balsamic)
1/4 cup juice (orange/pineapple/grapefruit/tropical)
1/4 cup maple syrup
2-4 cloves garlic (depending on how garlicky you want it)
1 large shallot (or a small cooking onion minced fine)
1 Tbsp dijon mustard
s&p to taste
finally, 1/2 cup of olive oil

This is a delicious all-purpose vinaigrette that can be tossed well with almost any vegetable salad (especially nice if you combine with strong cheeses, nuts, and fruit), and also serves well as a dressing for a pasta or couscous salad.

Combine all Ingredients, whisk together.

Whisk olive oil into the mixture at the end.

Voila! Delicious dressing.

-Olivia Doggett
Chickpea Salad

Ingredients
1 stalk celery, diced
1 green pepper, diced
1 medium tomato, diced
1 medium onion or 6 green onions, diced
1 19 oz. can of chickpeas, drained
1/2 cup of feta cheese

For the dressing
2 Tbsp olive oil
3 Tbsp red wine vinegar
2 Tbsp fresh lemon juice (about 1/2 lemon)
1 Tbsp fresh parsley
1 tsp fresh mint
1 Tbsp & 1 tsp dried ground cumin
salt & pepper to taste

Toss diced vegetables & drained chickpeas. Stir dressing ingredients together. (Dressing will look thick and “muddy”). Pour over veggies and toss.

I don’t always use the cumin and instead I increased the parsley and mint. You can also substitute mixed beans for the chickpeas.

It’s a summery delicious salad that is great as a side or a meal!

-Laura D’Angelo
Caprese Salad

Ingredients
- tomatoes cut into 1/4 inch slices
- bocconcini cheese cut into 1/4 inch slices
- chopped fresh basil
- balsamic vinaigrette

The quantity depends on how much you want!

Arrange tomato and cheese slices alternatively in a circular pattern around a plate and in the centre. Sprinkle basil over them all and drizzle with the vinaigrette.

-Victoria Appleby
The Main Event
Olya’s Varenyky (Perogies)

Serve with sour cream and dill.

For freezing - put raw perogies in a freezer bag with a bit of oil.

Makes between 5-6 dozen.

-Lucy Satzewich

Ingredients

Potato filling
- 6 medium potatoes
- 1 large onion
- cheddar cheese
- dill
- salt and pepper
- optional - Montreal steak spice (a nice Western addition)

Dough
- 4 cups flour
- 2 cups water (from boiled potatoes, Ukrainians don’t waste)
- 1 Tbsp olive oil
- 1 tsp baking powder
- pinch of salt

Filling – boil peeled potatoes until tender, then mash. Add salt, pepper, dill and cheese. Taste as you go.

Dough – mix together dry ingredients. Make a well in the centre, add oil and water (mixed together). Mix with your hands until combined. If it’s too sticky, add more flour.

Cut into two pieces, knead each piece on a lightly floured surface for 5-8 minutes.

Let dough sit under an overturned bowl for 10 minutes.

Cut the two pieces again (total of four pieces) knead each for 5 minutes. Let sit for 5 minutes.

One piece at a time, roll into 1 1/2 inch sausages, then cut into 1/2 inch (uniform, thumb-sized) pieces. Lightly flour a surface, press the small pieces into circles. Roll out the circles into flat circles with about 3 inch circumferences. In the centre of the circle, add a small spoonful of filling. Fold over and close edges with your fingers. Do not get potato in the seal or they will fall apart. Pinch edges tightly, with fingernails if necessary.

Repeat with the other 3 sections.

Boil for 5-8 minutes.

Fry in butter and onion until golden brown.
Dumplings

Ingredients
1 lb ground beef (or ground pork or chopped shrimp)
3 stalks green onions, minced
about 1/4 cup ginger root, minced
1/4 cup chopped shiitake mushroom, rehydrated (optional)
3 Tbsp soy sauce
2 Tbsp sesame oil
2 Tbsp corn starch
2 cloves of garlic, finely chopped (or use garlic press)
optional - 1/2 cup minced bamboo shoots, a few napa cabbage leaves (minced)

4 cups of flour + extra flour for work surface
about 1/2 cup warm water

To make the dough, gradually mix the water in with the flour, fully combining the two each time. You want a pretty firm dough that’s barely sticky. Knead the dough until it comes away from the sides of the bowl, form it into a ball and let it sit covered with a damp towel for about 15 minutes. Combine the ingredients with the meat by hand so that everything is evenly distributed. Pinch off a piece of dough about the size of a walnut and roll flat and very thin with a rolling pin (I usually do a few of these before I start filling them or have some friends help me out and form an assembly line for the next steps), the disks should be 3-4 inches in diameter. Place filling in the center of the dough disk, leaving enough room to fold the disk around it (about 1/2 an inch of dough around the filling). Fold the dough in half, make pleats around the edges and pinch the sides together or just smush the edges together in some way so there are no holes. Heat 1-2 tablespoons of oil in a frying pan on high. Place the dumplings in the oil and allow them to cook until the bottoms are golden brown. Grab the lid to the pan and hold it in front of you to protect yourself, then pour about 1/2 a cup of water into the pan (WARNING: it will splash EVERYWHERE the lid is important!) Clap the lid onto the pan and cook covered until the water boils off. Uncover and lower the heat to medium or medium low, cook uncovered for about another 2 minutes. Serve and enjoy!

Dipping Sauce
2 parts soy sauce
1 part red wine or black vinegar
a few drops of sesame oil
minced ginger (optional)
minced garlic (optional)
minced green onion (optional)
a little sugar (optional)

This is an easy recipe, although it’s a little bit time consuming. It should make about 40-50 dumplings. - Tali Herzka
Pad Thai

Ingredients
1/3 cup tamarind sauce (or soya sauce)
1/3 cup fish sauce
3 Tbsp sugar
fat rice noodles
green and red peppers (thinly sliced)
1 onion (sliced)
a few green onions (sliced)
whatever other veggies you want
tofu (sliced)
beef, chicken and/or shrimp (optional)
1 egg (beaten)

In a warm saucepan, mix tamarind, fish sauce and sugar for the sauce. You only need a couple tablespoons per portion, but make more and put the remainder in the fridge for future use.

Cook noodles according to the packaging.

Into a very hot pan, toss a splash of oil and then quickly fry the veggies. If you’re doing meat too, fry that first and then put it aside while you do the veggies. You can also fry an egg omelette-style and cut it into slices.

Assembly: Strain the noodles and toss them in a bowl. Add the veggies and tofu (ideally you’ve timed this so they come fresh and hot out of the pan). Add the meat and/or egg. Add the sauce and toss it all together.

This recipe is really quick if you have all the pieces ready to go. You can very easily do an assembly line for a lot of people. However, the veggies taste best if cooked very quickly one portion at a time.

-Michael Schwartz

A variation: When re-heating the sauce, add a tablespoon of peanut butter and cream it together to give the sauce a different flavour and cut the intensity of the fish sauce.
Tomato Sauce

Ingredients
- a few yellow onions (diced)
- a couple cloves of garlic (minced or crushed)
- basil, oregano, salt, pepper, crushed red pepper, bay leaves
- 1 big green pepper (chopped)
- a ton of mushrooms (chopped)
- 1/2 lb ground beef
- 1/2 lb hot Italian sausage
- a few Roma tomatoes
- 2 cans of tomato sauce (or diced tomatoes)
- 1 can of tomato paste
- 1 tsp sugar
- 1/2 lemon
- 1/4 cup red wine
- ketchup (optional)

Sauté the onions and garlic in oil. Add a couple teaspoons of basil, oregano, crushed red pepper, salt and pepper (don’t go overboard).

Add green pepper and mushrooms; sauté until they’re cooked. Add more of the spices.

Add ground beef and chopped up Italian sausage. Spice again. Sauté the meat until it’s mostly done (it will cook more once the sauce has been added and you don’t want it to dry out by cooking it too much, but you also don’t want to eat raw meat). Spice it some more.

Add the diced Roma tomatoes. Mix together for a little bit.

Turn the heat down a bit and add the two cans of tomatoes (or sauce) and as much paste as you deem necessary to achieve desired thickness. Spice it one more time.

Add lemon juice and sugar.

If you want a little bit of more sweetness add a few squirts of ketchup (but it’s really not necessary). Add red wine and three big bay leaves.

Make sure everything is mixed in, and then let the sauce simmer for a while, stirring occasionally. There’s no real time table for how long you should let it simmer, but just remember that the longer you let it sit, the more the flavors will come out. Make sure you don’t burn it.

-Sam Hauslohner
Puttanesca Sauce

Literally mean’s “whore’s sauce”, which in my opinion only adds to this recipe’s awesomeness. It is apparently so named because all the Neapolitan ladies of the night used to whip it up between clients because it’s cheap, easy and tasty. Personally I wouldn’t recommend kissing anyone else directly after eating this... see ingredient list for reasons why. Also, some people get scared of this recipe because it contains anchovies for the record, I don’t love anchovies in ‘normal’ life but in this context you don’t taste them distinctly. Some people are also afraid of olives, to which I respond: you are sillies!

- Adrienne Klasa

Ingredients

4-6 cloves or garlic, peeled
1 cans anchovies in oil (preferably olive)
1 cups olive oil
1 28 oz. cans whole peeled tomatoes, drained
10-15 Sicilian olives, pitted (these are the black ones with a wrinkly skin. do NOT use normal kalamata olives or the recipe will be way to salty)
1/2 small jar capers, drained
pepper
dried chili flakes, to taste (optional)
chopped parsley (to taste)

Heat olive oil in a large pot. Dump in the garlic cloves and anchovies. Let them cook for a bit, stirring and mushing them, until the anchovies turn into a paste and the garlic cloves start to soften up and fall apart (usually 1-2 min). Add the tomatoes, olives and capers, mix everything together. Simmer, stirring occasionally, for about an hour. In the last few minutes, add pepper, chili flakes and chopped parsley to taste. Personally, I like lots of parsley (half a cup at least) and usually add about 1/2 teaspoon of chili flakes for a bit of kick, but these can both be modified. Do NOT salt as the sauce is already quite salty.

Remove from heat, serve over pasta. I think traditionally it was served over spaghetti, although I personally prefer giant orrechietti.

Serves 4-6 hungry, saucy people
### Easy, Delicious Pasta

#### Ingredients
- 2-4 tomatoes (diced) (or 1 box of cherry tomatoes cut in half)
- 2-3 cloves Garlic (minced)
- olive oil
- basil (chopped into 1/2 inch pieces)
- goat or Feta cheese (crumbled)
- noodles (linguini is my favourite)

This is very easy and can be altered to taste. If you like more in your pasta, add more of everything. Or, add your favourite veggies and spices. If you want something simple than add less of everything.

Before even putting the water on to boil, prepare the “sauce.” The longer it sits the better it is.

Combine tomatoes and garlic in a bowl. Add fresh basil, and cheese. Pour in the olive oil, so everything is covered but not swimming. Let it sit while you boil water.

When the pasta is done, pour the “sauce” onto it and mix it around, serve immediately.

As far as portions go, this pasta sauce is not trying to cover the pasta, but enough so that you can get some “goods” in most bites. You can alter it to fit however much pasta you’re making. Since it’s not cooked, it’s very easy to alter. Remember the longer it sits together in the bowl the better it is!

-Hilary Angus
Gluten-Free "Pasta" Dish

Ingredients
1/2 onion (chopped)
2 cloves garlic (minced)
1 jar tomato sauce
1 1/2 tsp each of basil, oregano and thyme
3 zucchinis, sliced
2 red bell peppers, sliced and chopped
3 eggs (beaten)
1/2 cup grated cheddar cheese
wild rice or gluten-free pasta

Preheat oven to 350 degrees F.

In a saucepan sauté onions and garlic.. Pour in tomato sauce and add spices. Simmer for ten minutes.

Pour 1/3 of the tomato sauce into a 9x9 pan. Layer with 1/2 of your zucchinis and bell peppers. Then pour in eggs. Add another 1/3 of tomato sauce and the last layer of your vegetables. Add remaining tomato sauce and cover the top with the grated cheese.

Put in oven and bake for 20-25 mins.

Serve with rice or pasta.

This recipe is also celiac friendly! :)

-Karina Gould
Mac and Cheese

**Ingredients**
- 1 lb bowtie (farfalle) pasta
- 2 cups milk
- 6 Tbsp flour, half stick butter, plus some for greasing the pan
- 20 oz. grated cheese (approx 4-5 cups), Gruyere and strong orange cheddar are the most common, but I usually use a mix of whatever I have around
- 1/2 tsp paprika
- salt and pepper to taste

Preheat oven to 375 degrees F. Butter an oven-safe dish (a 13x9 Pyrex will do the trick).

Cook the pasta in salted water until it is still chewy, slightly less cooked than al dente. Meanwhile, heat the milk in a saucepan, but do not bring it to a boil. Add the paprika, salt, and pepper to the heating milk. You can also heat the milk in the microwave if you’re short of pans or feeling lazy. When salting, remember to go easy; cheese has a lot of salt.

Drain the pasta. In the same pot in which you cooked the pasta, make the roux, melting the butter and flour over low heat, whisking to prevent clumps from forming, for two to five minutes, until the flour taste is gone, but before the mixture begins to brown. As you raise the heat to medium, add the hot milk, whisking, until thick. Add the pasta, coating it thoroughly with the milk. Add most of the cheese, saving about a cup for the top, mixing well again until everything is coated.

Pour the pasta into the buttered dish. Dust the top with pepper and paprika to taste, and finish by sprinkling the rest of the cheese on top.

Bake 25-30 minutes, until the top is bubbly and beginning to brown.

-Jennifer Markowitz
Pumpkin Mac n Cheese

Melt the butter in a medium-sized saucepan. Add your spices and sauté on high heat until aromatic (no more than a minute).

Reduce the heat and whisk in your flour. Cook this mixture until it becomes golden.

Add the milk and whisk furiously, until the flour mixture is well incorporated. Leave to cook for eight or nine minutes, stirring often.

When the sauce has thickened, add the pumpkin puree and mix. Add the mozzarella, half of the cheddar, Worcestershire sauce and mustard. Salt and pepper to taste.

Add the pasta and mix thoroughly (you made need to do this in a large bowl).

Pour the pasta and sauce into a baking dish and top with the remaining cheese, followed by the bread crumbs.

Bake for around ten minutes at 450 degrees F.

-Adam Harris Levine

Ingredients

4 Tbsp butter
1 1/4 cup milk
2 Tbsp all-purpose flour
1 can pumpkin purée (or 1 cup of your own)
1/3 cup bread crumbs
3/4 cup grated mozzarella
1 1/4 cup grated sharp cheddar
1 pound plain, whole wheat, or rice pasta
red pepper flake or Cayenne to taste
a pinch of nutmeg
1 tsp Worcestershire sauce
1 tsp whole grain mustard
Mushroom Risotto

Ingredients
1 lb wild mushrooms (slice if necessary)
olive oil
1 1/4 cup shallots (finely chopped)
1 cup Arborio rice
1 cup dry white wine
3 3/4 cup stock
1/4 cup freshly grated Parmesan
3 Tbsp flat leaf parsley (chopped)
salt (to taste)
freshly ground black pepper (to taste)

If needed, wipe mushrooms with clean damp cloth. Slice mushrooms if desired.
Heat 2 tablespoons oil in a large heavy-based pan. Add mushrooms and fry over a medium heat. Saute for 2-3 minutes until they are browned. Set aside.
Sweat shallots with some olive oil in pan and cook over a low/medium heat until the shallots are soft.
Add rice to the shallots and stir round for about a minute until all the grains are coated in oil. Rice should begin to appear translucent. Add wine to pan and simmer vigorously until it has almost disappeared. Add a ladle’s worth of stock and continue to cook over a gentle heat, stirring until it has all been absorbed by the rice. Gradually add the stock, stirring constantly, until the rice is tender and creamy, but still has a bit of a bite left in it.
Stir in parmesan, wild mushrooms, chopped parsley, salt and pepper. Warm and remove from heat.
Serve with slivers of parmesan and more chopped parsley.
If you can’t get wild mushrooms, use button, flat, shiitake, etc.

-Serves 4

-Miriam Gough
Butternut Squash Risotto

Heat the stock and keep at a gentle simmer over low heat.

In a separate heavy-bottomed pot, heat the olive oil over medium heat. Add the onions and cook while stirring until the onions are translucent. Add the chopped sage leaves and continue cooking for 1 to 2 minutes, taking care to keep the onions from browning.

Add the rice and stir until the grains are well-coated with the olive oil and the outer layers of the grain are slightly translucent. Pour enough stock to barely cover the rice, about 1/2 cup. Stir continuously with a wooden spoon, wiping the sides and bottom of the pot clean while doing so, until the stock is fully absorbed.

Add the diced butternut squash along with another 1/2 cup of stock. Continue adding the stock in 1/2 cup increments and stirring as described above, until the butternut squash is soft and the rice is cooked. Add the Parmigiano. Heat the remaining olive oil in a skillet. Cook the remaining sage until crispy, about 2-3 minutes. Serve the risotto topped with a few leaves of crispy sage.

Ingredients

2 1/2 cups vegetable or chicken stock
2 Tbsp olive oil
3 shallots
a dozen fresh sage leaves (finely chopped)
3/4 cup Arborio rice
8 oz. (about 1 1/2 cups) peeled butternut squash, cut into 1/4-inch dice
2 Tbsp olive oil
a dozen fresh sage leaves
Parmigiano Reggiano (at your discretion)

-Erin Schilling
Chicken Chickpea Rice

Ingredients
1 Tbsp olive oil
2 garlic cloves, finely chopped
1 cup white rice
1 tsp ground cumin
1/2 tsp black pepper
2 cups canned chickpeas, drained and rinsed
2 cups chicken broth
2 cups cooked chicken, shredded
1/2 cup fresh lemon juice
1 Tbsp fresh cilantro, chopped
1/4 tsp salt
1/8 tsp Cayenne pepper

In a medium pan, heat the olive oil over medium heat. Add the garlic, cumin and black pepper. Cook while stirring regularly, until the garlic is tender and the rice becomes golden, around 4 minutes. Add chickpeas and chicken broth.

Bring to a boil over high heat. Reduce heat to low. Cover and cook until the rice is tender, around 15 minutes. Fluff the rice with a fork.

In a large bowl, mix the shredded chicken, lemon juice, fresh cilantro, salt and cayenne pepper. Add the rice mixture to the chicken in the bowl. Mix well.

Serve immediately. Makes 6 servings.
Brown the chicken in a big pan with oil (this pan is what’s going to be used for the whole cooking process, so it should be able to hold a lot of food). Don’t actually cook it, just make sure the outside is a light brown color. The inside should be completely raw. After you’ve browned it, put all the chicken on a plate and salt/pepper the shit out of it. Go nuts. Lots of salt and pepper. Not too much, though. Make sure you get all the surfaces. Keep the excess oil in the pan. Using the same pan/oil, sauté the yellow onions until they’re soft. Add the chopped green onions and the chili powder, and continue sauté-ing until everything is, you know, sautéed.

Add the beans with the bean juice, the red wine vinegar and the chicken broth. Let this sit, stirring occasionally, until it’s simmering. Add the chicken back to the mix, submerging it completely in the sauce, and let it all stew on medium heat for about 15-25 minutes, or just until the chicken is fully cooked. Towards the very end of the cooking process, add chopped up cilantro and let it mix around for a few minutes.

**Ingredients**

- A whole bunch of boneless chicken thighs (4, maybe)
- 1 can of blacks beans
- A bunch of green onions
- Some yellow onions
- Fresh cilantro
- Basmati rice
- 1/2 Tbsp of chili powder (but you can add more depending on how much you like chili powder)
- 1/2 Tbsp of red wine vinegar
- Salt and pepper
- 1/2 cup of chicken broth (you can vary how much you want to use based on how watery you want the sauce)

Eat it...over rice. Basmati rice is the best.

-Sam Hauslohner
Kitchari

Ingredients
1 small onion (diced)
olive oil
1 1/2 cup water
1/2 tsp salt
a dash of pepper
1 tsp tomato paste
1/2 tsp paprika
2/3 cup red lentils
1 cup parboiled rice
1 tomato (diced)
2 cloves of garlic (crushed)
1/2 tsp cumin

Serves 4-6
Soak lentils for half an hour in cold water then drain them. Sauté the onion in some olive oil on medium heat. Once the onion gets soft, pour in water. Add the salt and pepper, tomato paste and paprika and bring the mixture to a boil. Once it has boiled, put in the lentils and let cook for about 5 minutes. Add rice and the diced tomato. Put on low heat for about 1/2 hour. You will need more water if you don’t use parboiled rice. Once the kitchari is done, take it off the burner. In another small pot, sauté the garlic and cumin in some olive oil. When the garlic is done, pour it over the kitchari and mix. Serve with a sliced hard boiled egg or with thick plain yogurt.

Who really knows the origins of this dish. Tastes a little like Indian, smells a bit like Turkish, served with thick plain yogurt like in Greece. I, however, became familiar with it as an Iraqi dish that my father enjoyed as a child in Baghdad and passed onto me.

-Elinor Keshet
To make the roux, melt the butter in a large pan, add the flour and mix well. You want to make a good thick paste. Add the flour little by little, using as much as necessary.

Cook and stir the roux for a couple minutes. Add the milk (again, little by little) until you have a smooth sauce about as thick as yogurt. Cook for another 3 minutes or so. Take off the heat.

Separate the eggs. Beat the yolks and add to the sauce, mix in very well.

Whisk the whites until they start to make soft peaks. Fold very gently into your sauce mixture. The air you whisked into the whites is crucial to the success of your soufflé.

Butter a deep and large very straight-sided dish (or several small straight-sided dishes) and carefully pour in your soufflé batter. Bake for 20-40 minutes at 275 degrees F. Keep an eye on the soufflé but do not open the oven door (if you must, do it very slowly, opening it by a crack first), otherwise, your soufflé will collapse.

- Amy Spooner
Cinnamon Garden Curry

Ingredients

- 2 Tbsp vegetable oil
- 2 cups finely chopped onions
- 1 Tbsp finely chopped gingerroot
- 1 Tbsp finely chopped garlic
- 2 Tbsp curry paste
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 lb boneless, skinless chicken breasts, cut in 2-inch pieces
- 1 cup coconut milk
- 2 cups chopped canned tomatoes
- 2 cups baby spinach
- 1 cup raisins
- 1 Tbsp lemon juice
- 2 Tbsp chopped fresh cilantro

Heat oil in a large wok or skillet over medium-low heat. Add onions and cook slowly for about 10 minutes, or until softened and browned on edges. Add ginger and garlic. Cook for 5 minutes longer. Stir in curry paste, cinnamon, coriander and cumin and cook for about 1 minute, or until fragrant. Raise heat to medium-high, add chicken and sauté for about 4 minutes, or until coated with spices and slightly browned. Season with salt and pepper and remove chicken to a bowl. Add coconut milk and tomatoes to wok and stir in, scraping up any bits on bottom of pan. Bring to a boil. Reduce heat and simmer for 5 minutes, or until thickened. Return chicken to pan and simmer, uncovered, for 4 to 5 minutes, or until chicken is almost cooked through. Add spinach and raisins and cook for 5 minutes longer. Stir in lemon juice. Taste for seasoning, adding salt or lemon juice as needed. Sprinkle with cilantro.

-Emily Brander
Coconut Green Curry

Ingredients
Olive Oil (2 Tbsp)
Green Curry Paste (2 -3 Tbsp (more if you like it spicy!))
2 cans Coconut Milk (low fat is good if desired)
1 large butternut squash (Microwave ahead of time for easier cutting and cooking) – cut into bite-size
1 block medium-firm tofu – cut into bite-size squares
Fresh basil and cilantro
Salt

Heat Olive Oil in large deep pan (Wok if you have one)
(optional – sauté 1 clove minced garlic, 1 half diced onion)

Sauté Green Curry Paste for 2 minutes, do not let burn

Pour in coconut milk. Whisk thoroughly to avoid any clumping of the paste and allow the milk to come to a slight boil.

Add Squash and Tofu (Squash must be added long before tofu if it has not been pre-cooked – if this is the case, wait until squash is quite soft before adding tofu)

Allow to simmer until the Squash is completely cooked through (10-15 minutes).

Tear basil leaves in, - (approx. 10 leaves, but up to personal taste)
Add approx 2 tsp salt

READY TO SERVE! (delicious with Brown (and white) Rice!)

Many vegetables can be either be substituted for the squash, or added! I've made this with zucchini, sweet potato, broccoli, spinach, peppers, eggplant etc.

-Miriam Arbus
Quinn’s Vegan Chili

Ingredients
1 can corn
1 can black beans
1 can chickpeas
1 can tomatoes
2 tomatoes
5 cloves garlic
1 white onion
3 cups of peanuts
2 tsp rocoto paste (Rocoto is a Peruvian chili. This is definitely optional; if unavailable, replace with more chili powder and cayenne pepper)
3 tsp cumin seeds
1 tsp apple cider vinegar
1 tsp paprika
1 tsp Cayenne pepper
1 Tbsp chili powder (then add more to taste)
cilantro (optional, to taste)

Saute the garlic and onions. Then toss everything into the pot, straining the chickpea juices but not the black bean juices. Heat on high for 10-15 minutes, then turn it down, stirring occasionally for over an hour, the longer, the better!

Feel free to add peppers or more tomatoes or other ingredients as you please

-Quinn Albaugh
You can adjust the amount of any ingredient according to taste, but the trick to a perfect Afro Stew is to balance the very strong flavours of all the ingredients so that nothing overpowers the others. This recipe is a lot of fun to play around with.

**Afro Stew**

Ingredients
- chopped ginger
- onion
- 6-8 cups of vegetable stock
- yams (the more the better)
- 1 can un-drained chickpeas
- 1 cup brown rice
- some garlic
- 1/4 cup peanut butter
- chopped kale
- a squirt of lemon juice
- lots of ground black pepper, hot pepper rings (and juice if you have it),
- 1 Tbsp soy sauce
- celery
- hot sauce to taste.

Saute ginger, onion, and garlic in a wok or large pan. In the meantime, prepare the vegetable stock in the largest pot you have. Add the peanut butter, lemon juice, black pepper, hot sauce, and optional hot pepper juice to the pot. Add yams and brown rice. Simmer for about five minutes before adding the sautéed veggies. Simmer the whole shabang until the yams and rice are cooked. Add the chickpeas and kale a few minutes before serving to give the kale time to wilt and the chickpeas time to heat up. The stew should be thick and not too watery. If there isn't enough liquid to cover the ingredients, add a bit of water.

For the carnivores, you can add chicken breast slices or cubes to the sauté at the beginning. Just make sure the chicken is no longer pink in the middle before you add it to the pot.

-Justin Scherer
**Chicken Fajitas**

**Ingredients**
- 1 Tbsp Worcestershire sauce
- 1 Tbsp cider vinegar
- 1 Tbsp soy sauce
- 1 tsp chilli powder
- 1 garlic clove, minced
- 1 1/2 pounds boneless, skinless chicken thighs, cut in strips
- 1 Tbsp olive oil
- 1 onion, thinly sliced
- 1 green bell pepper, sliced
- 1/2 lemon, juiced

In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chilli powder and garlic. Place chicken in sauce and turn once to coat. Marinate for 30 minutes at room temperature or for several hours in the refrigerator.

Heat oil in a large skillet over high heat. Add chicken and sauté for 5 minutes. Add onions and green peppers and sauté for another 3 minutes. Remove from heat and sprinkle with lemon juice.

Serve with tortillas, sour cream, guacamole and cheddar cheese (to taste).

-Katarina Stojkovic
Sauté minced garlic and chopped onions in a pan, season it with the taco seasoning and a bit of pepper (don't add salt, the taco seasoning is pure MSG). Stir in chicken (chopped up into cubes is best), and sauté until the chicken is cooked through. Add more taco seasoning if you've got it. Add the entire jar of green salsa. Let that whole mixture simmer around for a bit.

Get yourself a big glass baking pan. About 2 inches deep. Coat the bottom of the pan with whipping cream. Preheat the oven to 350 degrees F.

Take each tortilla, fill it with a bit of the chicken/salsa mixture, and then top with grated cheese and a little bit of red salsa. Roll each tortilla up and put in the baking pan. Fill the pan with these enchiladas.

Once the pan is packed, cover the enchiladas with a lot of whipping cream and a lot of grated cheese. Yes, this meal is incredibly unhealthy, but it's the most delicious thing you'll ever eat. It's pure meat, cream and cheese. Bake the enchiladas until the cheese on top has melted and the sides have gotten a bit crispy.
Thai Red Curry Shrimp

Ingredients
400 ml (1 can) coconut milk
15-30 ml (1-2 Tbsp) red curry paste (to taste, depending on how spicy you want the meal)
15-30 ml (1-2 Tbsp) fish sauce (to taste)
30 ml (2 Tbsp) brown sugar
125 ml (1/2 cup) frozen peas
75 ml (1/3 cup) water
250 g (1/2 lbs) raw shrimp, with or without the tail
Fresh basil, cilantro to taste

In a large saucepan, simmer coconut milk with curry paste over medium heat for 5 minutes.

Add fish sauce, brown sugar, peas and water. Simmer 10 minutes, stirring occasionally.

Stir in shrimp and continue cooking 3-5 minutes, until shrimp are cooked.

Garnish with fresh basil and cilantro and serve over rice.

-Katarina Stojkovic
Shrimp with Coconut Rice

Ingredients
8 wooden skewers
1 can light coconut milk
1 cup basmati rice
1 tsp ground cardamom (optional)
1 cinnamon stick
1/2 tsp salt
1/4 tsp hot chilli flakes
1/2 lb green beans
2 green onions, thinly sliced
1 ripe mango, peeled
1/2 an English cucumber
340 g frozen uncooked shrimp
1 Tbsp vegetable oil
1 tsp coriander
1 tsp garlic salt

Soak skewers in water 20 min. Pour coconut milk into a large measuring cup. Add water to make 2 1/2 cups (625 ml). Pour into a large saucepan. Stir in rice, cardamom, cinnamon stick, salt and chilli flakes. Cover and bring to a boil over high heat. Stir and reduce heat to low. Simmer, covered, 10 min. Trim beans and slice in half. After rice has cooked 10 min, scatter beans overtop. Cover and cook, until liquid is absorbed, 10 min. Turn into a large bowl. Discard cinnamon stick. Stir in onion. Set aside.

Slice mango into thin bite-size strips. Slice cucumber in half lengthwise. Scrape out and discard seeds. Coarsely chop. Stir both into rice mixture. Oil grill and preheat barbecue to medium. Place shrimp in a colander and rinse under cold running water to melt ice. Pat dry. Place in a bowl. Add oil, coriander and garlic salt. Toss to coat. Thread 4 to 5 shrimp per skewer. Grill until shrimp are pink, about 2 min per side. Serve over coconut rice salad.

-Katarina Stojkovic
Max’s Mini Tofu Burgers

Ingredients

Marinade
1/2 cup tamari or light soya sauce
2 Tbsp white vinegar
2 tsp sugar

Burgers
1/2 block tofu
1 Tbsp olive oil
1 baguette or ciabatta
1/2 red onion
1-2 tomatoes
1/4 cup baby spinach
mayo, dijon mustard

Makes 6-8 burgers
Combine marinade ingredients in a small fry pan at medium heat. Reduce for ~10 minutes, or until it starts to thicken. Slice tofu into 1/2-inch burgers. Pour marinade over tofu in a bowl, let sit for 10 minutes on each side.

While the tofu is marinating, slice the red onion, heat some oil in the same fry pan used for the marinade, and fry the onion over med-low heat. When the tofu is done marinating, heat some olive oil in a medium fry pan, add the marinated patties. Cook for 5 minutes on each side or until brown.

Lightly toast your bread of choice, spread mayo and mustard on opposite sides, then add a slice of tomato, some baby spinach, the fried onions and the tofu. You can also add your favourite cheese. Try some old cheddar melted over the tofu.

-Max Halparin
Turkey Burgers

Ingredients
1 lb of ground turkey
1/2 cup of feta cheese in largish chunks
1 Tbsp of fresh basil chopped
1 large clove of garlic, minced
1/3 cup pine nuts, toasted or plain
1/4 cup dry bread crumbs
salt and pepper to taste

Preheat barbeque or oven grill to medium high.

In a large mixing bowl, combine all ingredients. Mix until well combined.

Divide mixture into four and, using your hands, make four patties, about 4 inches wide.

Lightly grease grill and patties.

Grill 6 minutes per side or until patties are no longer pink inside.

-Victoria Appleby
Fennel Braised Chicken

Ingredients
4 large chicken breasts
1 fennel bulb, cubed, with core removed
2 cups cherry tomatoes, halved
1 cup white wine
1 Tbsp whole grain mustard

Rinse and trim the chicken breasts and pat dry. Salt and pepper each side.

In a large, hot sauté pan, sear the chicken breasts until the first side is golden brown.

At this point, add the chopped fennel and cherry tomatoes and turn the chicken, searing the other side. When the vegetables have softened and the chicken is browned on both sides, add the wine and mustard, stir, and cover. Reduce the heat and allow the mixture to simmer until the chicken is cooked through (roughly ten minutes).

Serve over rice or pasta.

-Adam Harris Levine
Honey Chicken Pan Fry

Heat the oil in a large frying pan. Cut one lemon into slices and heat in the pan with the sweet potato. Cook for about 15 minutes on low-medium heat until the potato is tender.

Add the garlic and chicken. Increase the heat and season. Cook for 10 minutes or until the chicken is well cooked and browned.

Squeeze the juice out of the second lemon and stir in the honey. Simmer for 1-2 minutes.

-Amy Spooner

Ingredients

1 Tbsp olive oil
2 lemons
2 large sweet potatoes, peeled and diced
2 cloves garlic, crushed
4 chicken breast fillets, cubed
1 tsp rosemary
1 Tbsp honey
Sesame Seed Tofu

Ingredients
1/2 brick tofu (sliced 1/2 inch thick)
1/2 cup soya sauce
1 egg
1/2 cup flour
1/2 cup sesame seeds
1 cup of water
2 Tbsp miso paste
1/2 tsp Sriracha (or any Asian hot sauce)
1/2 tsp soy sauce
2 Tbsp vegetable oil.
scallions marinated in soy sauce

Soak tofu in soya sauce for between two hours and two days.

Beat egg in a bowl. Dip tofu in flour then egg then sesame seeds. Bring water to a boil and stir in miso paste until it dissolves. Add the hot sauce and soy sauce to the miso sauce. Let it cook down until it becomes a paste. If it isn't thickening you can dissolve 1/2 Tbsp of cornstarch. Continue cooking over low heat.

Heat oil in frying pan. Fry tofu until golden on both sides on medium heat.

Serve tofu in miso sauce and garnished with scallions.

-Mikael Rubin
Gourmet Pita Pizzas

To Make the pizzas:
Spread goat cheese liberally over pitas.
Arrange wilted spinach over goat cheese.
Arrange tomato slices over spinach.
Top pitas with sautéed onions and mushrooms, arranged so that they lie mostly flat over the tomatoes.
Bake the pitas for 12 minutes, remove from oven, let cool.

Pour three times your desired yield Balsamic Vinegar into a small saucepan (i.e. 3 cups for 1 cup yield).
Bring vinegar to a low boil and then reduce to a low simmer, stirring often, until the vinegar has reduced by two thirds and becomes thick and syrupy (wooden spoon leaves a trail on the bottom of the pan). Add brown sugar and stir until dissolved. Remove from heat, let cool completely, and store in an air-tight container.
Preheat oven to 200 degrees F.
Lightly brush pitas with olive oil and bake in oven until golden and slightly crispy (10 – 15 mins).
Raise the oven temperature to 375 degrees F.
In a saucepan over medium-low heat, melt butter or heat oil. Add spinach, cook, stirring constantly, until very slightly wilted (2 mins). Remove spinach from heat, set aside. Add mushrooms and onions, cook until onions are golden brown (10 – 12 mins) and mushrooms are wilted and reduce in size.
To finish, season with salt and pepper and drizzle with reduced balsamic and olive oil.

-Hannah Wilson

Ingredients
1 bottle Good Quality Balsamic Vinegar
1 Tbsp brown sugar
2 whole wheat pita pockets
1 medium tomato, thinly sliced
2 cups fresh spinach, washed and de-stemmed
1 medium onion, halved and sliced into thin crescents
3 mushrooms, thinly sliced
1 Tbsp olive oil or butter

-goat cheese
Ingredients

1 to 2 lbs stew meat
4 stalks celery, chopped
5 medium potatoes, cut into 1 1/2 inch cubes
3 medium onions, halved and quartered
6 big carrots, chopped
4-6 Tbsp Worcestershire sauce
5 cups of stock (veggie or chicken)
scant 1/4 cup flour
2 tsp pepper (plus more to taste)
3 Tbsp oil
3 cloves minced garlic
1/4 cup red wine
salt
spice suggestions- dill, garlic salt, thyme, sage, rosemary

Cut the beef into two-bite chunks. Toss it in a bowl with the pepper and flour until every piece is coated. Heat the oil in a very large pot on medium and brown the meat. Add garlic and onions. Add the stock, wine and Worcestershire. Spice to your liking. Bring this mixture to a boil and then turn down the heat and simmer for about an hour.

Add the veggies and simmer for another half hour (longer is fine). Depending on whether the pot is covered while the meat simmers, you may need to add a bit of extra water to keep everything moist.

Serve with a salad or over egg noodles or rice.

-Zoe Daniels
Preheat oven to 325 F. Add vegetable oil to large, wide heavy bottomed pot (make sure it is oven safe) and bring to high heat. Season ribs with salt and pepper. Sear on all sides until dark golden brown. Transfer seared ribs to a plate or tray.

In same pot, sweat onion, bay leaves, garlic, cloves, rosemary, sage and thyme until lightly coloured, about 5 minutes. Add tomato paste and cook, about 2 minutes. Deglaze pan by adding vinegar; add brown sugar and bring to simmer. Add white wine (or water), stock and pepper; bring to simmer. Skim. Place pot, loosely covered, in oven and braise until ribs are tender, about 1 hour. Remove ribs, rosemary and thyme stems from braising liquid. Remove all but 3 cups and reduce volume by two thirds on low heat, skimming if necessary. Sauce should be glaze consistency. Adjust seasoning with salt and pepper; pour glaze over ribs and lightly toss to coat.

Ingredients
4 x 12 oz portions short ribs, each cut into 3 inch lengths
1 medium onion, roughly chopped
2 bay leaves
3 cloves garlic, smashed
2 sprigs each rosemary, thyme and sage
2 Tbsp tomato paste
1/4 cup white wine (can substitute with water)
3 Tbsp vegetable oil
Salt and pepper
3/4 cup apple cider vinegar (this ingredient is the key, don’t be shy)
3/4 cup brown sugar
4 cups beef stock or chicken stock
2 Tbsp black pepper

-Tangy Short Ribs
-Noah Leszcz
Roast Chicken

Ingredients
1 chicken (approx. 5 lbs)
pepper
salt
olive oil
3 carrots or a rack of some sort
and any of the following:
1 lemon
3 cloves of garlic
rosemary
thyme
herbes de Provence

Preheat oven to 350 degrees F.
Take whole chicken out of the package, make sure there’s nothing stuffed in the body cavity (if there is, take it out and save it for chicken stock).
Rinse the chicken, outside and in, with cold water and pat it dry with a towel.
Rub the chicken with oil all over, even the bottom.
Rub the chicken with salt and pepper all over, even the bottom. You really can’t have too much pepper. Too much salt will be more of a problem.
Cut the lemon into thin wedges or slices and clean and cut the garlic (if you choose to use it) in half. Stuff half of the lemon (and all of the garlic) of it inside the body cavity, squeezing a little bit as you get it in.
Make a few (4ish) small slits in the chicken skin using a sharp knife and push in lemon slices. They’ll ooze, but that’s what you want.
If you’re using fresh herbs, push them into the chicken skin as well. If you’re using dried ones, sprinkle them over the chicken.
Put a rack inside a roasting dish (a shallow metal pan larger than the chicken), or arrange the carrots in a triangle so that they keep the chicken off the bottom of the pan (this can be tricky).
Put the pan in the oven and bake for about 2 hours. A good way to figure out if the chicken is done is to wiggle the thighs - the looser the wiggle, the more cooked the chicken. Take the chicken out once you’re confident it’s done, put it on a serving plate and discard the carrots.

A 5lb chicken serves three hungry people if you’ve also got side dishes. A meat thermometer is probably a good idea if you’re worried about undercooking. The carcass of the chicken can be saved to make chicken stock for soup, so don’t throw it away immediately!

-Zoe Daniels
Beer Can Chicken

Preheat oven to 375 degrees F

Drink 1/2 of the can of beer.
Use a can opener to remove the top of the can
Peel 2-3 cloves of garlic, crush them, and throw them in to the can.

Rinse the whole chicken and pat it dry with paper towel. Wash your hands!
Coat the chicken lightly with olive oil and then coat the chicken with the spice rub (all over, including the inside).

Place the can of beer in the centre of a deep baking pan or roasting dish.
Place the chicken on top of the open can of beer, holding it by its two legs, so that it sits right on top of the can.
Bake chicken for approximately 1 - 1.5 hours (It’s done either when the juices in the thigh run clear when pierced with a knife OR when the internal temperature is 180 degrees F in the thigh)

Remove the chicken carefully and carve it up!

Ingredients
1 whole chicken
1 can of beer
2-3 cloves of garlic
A few tablespoons of a dry spice rub = 2:1:1 basil:oregano:thyme + a bit of coarse salt

Try it with fresh herbs, a different spice mix or different liquids in the can (red wine?).
Braised Lamb

Ingredients

1/4 cup olive oil
2 1/2 pounds boneless lamb shoulder, trimmed and cut into 2-inch pieces
salt and pepper
bay leaf
2 garlic cloves, minced
1/2 cup finely chopped parsley
1 cup or 1 package white pearl onions
baby bella mushrooms (equal amount as onions)
2 cups milk
1/2 cup heavy cream
1 sprig rosemary
2 cups wild rice
ground nutmeg, fresh flat leaf parsley, thyme

In a large (5 to 6 quart) thick-bottomed Dutch oven, heat 2 Tbsp of olive oil on medium high. Pat dry the lamb pieces. Season well with salt and pepper. Working in batches, place lamb pieces in the pan (do not crowd). Do not stir. Turn only once a side has browned. Brown all sides. Remove from pan and set aside.

Reduce heat in pan to medium. Add remaining 2 Tbsp olive oil. Add the pearl onions and mushrooms cook for a few minutes. Add the garlic, parsley.

Add the meat back into the pot. Add the milk and cream. Bring to a simmer. Reduce heat to low, add the sprig of rosemary, bay leaf, and ground nutmeg. Cover. Cook for 1 1/2 to 2 hours until meat is tender. Remove the bay leaf and rosemary. Serve over wild rice.

-Erin Schilling
Desserts
Ingredients
1 cup of butter
3/4 cup sugar
3/4 cup brown sugar
2 tsp vanilla
2 eggs
1 1/2 to 2 cups of flour
1 tsp baking soda
salt to taste
1-3 cups of chocolate chips

Cream together butter and sugars. Mix in eggs, vanilla and salt.
Add dry ingredients and chocolate chips.
Place cookie-sized balls on a baking sheet and bake for about 10 minutes at 350.

Fun suggestions
- Dan Lametti suggests adding 1/2 cup of oatmeal and refrigerating your dough for thirty minutes before baking
- Sarah Olle suggests using 2-3 cups of flour and using chocolate chunks
- Maia Frieser suggests substituting your chocolate chips for butterscotch chips
- Rebecca Comerford suggests adding 2/3 cup of flax seed, 3/4 cup of oatmeal and only using 1 cup of flour.
Monster Cookies

Ingredients

- 1 stick of butter
- 1 cup white sugar
- 2 cup brown sugar
- 1 cup smooth peanut butter (Kraft is best)
- 3 eggs
- 1 Tbsp vanilla
- 2 tsp baking soda
- 1 1/2 cup of oats
- 3 cups oats (yes 3 MORE)
- 1 cup (I would say 2) chocolate chips
- 1 small/medium bag of M&M’s or Smarties

Mix the ingredients together in order, mixing well after the first 1 1/2 cup of oats. Add remaining oats, chocolate chips and M&M’s and mix until smooth.

We don’t measure the chocolate, we just DUMP. It’s better that way. When you bake them, put them in mounds on your cookie tray – don’t flatten them out...they spread. You can make them smaller (and you get about a billion) or make them BIG. I mean real monster cookies. And then you get about a million. You can even make a HUGE pizza monster cookie.

To get them off of the tray...put the tray in the freezer for a few minutes. If not they stick to the tray or they break into little bits.

They are great frozen, fresh but the best is warm, fresh out of the microwave. And vanilla icecream is a great addition.

I make these cookies ALL the time. They are my go-to potluck dessert, thank you and drool food. They are quick and easy!!

-Laura D’Angelo
Vegan Chocolate Chip Cookies

**Ingredients**
- 1/2 cup mashed fruit (banana is best, 1 banana = 1/2 cup)
- 1 tsp baking powder
- 2 cups unbleached flour, all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup light brown sugar
- 1/4 cup maple syrup
- 1/2 cup corn or olive oil
- 1 tsp vanilla extract
- as many chocolate chips as you want

Preheat the oven to 350 degrees F and oil your baking sheet. Find three mixing bowls, a small, medium and a large.

In the small bowl, mash the fruit and then mix in the baking powder. Set aside.

In a medium bowl, mix the flour, baking soda and salt. Set that aside.

Finally in a largest bowl mix the brown sugar, maple syrup and oil and the banana and baking powder mixture, and the vanilla. Mix well. Add half of the dry ingredients from the medium bowl and mix until just combined, then add the second half, and mix very well. Fold in the chocolate chips.

Arrange spoonfuls of dough on the baking sheet. Bake until golden brown, about 15-20 minutes.

Try using a roughly chopped up bar of dark chocolate or bakers chocolate instead of chips to have chunks.

-Amy Spooner
Beaver Dam Cookies

Ingredients
1 cup semi-sweet chocolate chips, 1 cup of butterscotch chips, 1/4 cup butter or margarine, 1/4 smooth peanut butter, 1 cup peanuts, 2 cups orange, dry Chinese noodles.

Melt first four ingredients in large saucepan over low heat, stir often, remove from heat when completely combined. Mix in the peanuts and noodles. Use a fork to make small piles on waxed paper. Allow to cool. They should look like tiny beaver dams. Delicious!

Soft and Crisp Chocolate Cookies

Ingredients
2 large eggs
1/4 cup of cooking oil
1 package of devil’s food cake mix
3 coarsely chopped Skor bars

Beat eggs and cooking oil in a medium bowl until combined. Add cake mix. Beat until just moistened. Add Skor pieces, Mix until the dough becomes stiff. Roll into balls and arrange about 2 inches apart on greased cookie sheets. Bake at 350F for about 10 minutes until tops are cracked and domed. Let stand for 5 minutes before removing to cool. Makes however many you really want it to. Usually between 3 - 4 dozen.

-Victoria Appleby
Rocky Road Candy

Ingredients
4 1/2 cups semi-sweet chocolate chips
1 can Eagle Brand condensed milk
2 Tbsp margarine
2 cups dry roasted peanuts
2 cups mini-marshmallows

In a saucepan on medium high heat, melt together chocolate, condensed milk and margarine; remove from heat.

Combine nuts and marshmallows in large bowl; fold in chocolate mixture.

Spread in wax paper-lined 13x9 inch pan.

Chill 2 hours.

Cut into squares.

-Zoe Forest-Cooter
Drumstick Squares

**Ingredients**
- 2 cups graham wafer crumbs
- 1/2 cup margarine, melted
- 1 cup chopped peanuts
- 2 Tbsp peanut butter
- 1 cup sugar
- 1 package cream cheese
- 1/2 cup peanut butter
- 4 eggs
- 2 Tbsp vanilla
- 1 container of Cool Whip
- chocolate syrup
- 1/2 cup chopped peanuts (according to taste)

Mix together graham crumbs, margarine, 1/2 cup of chopped peanuts and peanut butter! – put into 9 x 12 pan & press down

Cream sugar, cream cheese and peanut butter

Add: eggs, mixing well. Stir in vanilla, Fold in cool whip until creamy with no lumps. Pour filling over mixture.

Drizzle chocolate syrup over filling

Sprinkle remaining chopped peanuts over top

Place in Freezer until ready to serve.

-Crystal Conrad
Brownies

Ingredients
1 cup butter
1 cup brown sugar
3/4 cup white sugar
4 oz. unsweetened chocolate
1/2 cup semi sweet chocolate chips
1/2 cup cocoa powder
1 cup flour
1 1/2 tsp baking powder
1 tsp vanilla
4 eggs

Preheat oven to 350 degrees F and butter a 9”x13” pan. Melt the unsweetened and semi-sweet chocolate together, either in a double boiler or by 30-second intervals in microwave.

Meanwhile, cream together the butter, sugar, cocoa powder, and vanilla in a large bowl. Add the eggs one at a time. Mix the melted chocolate into butter. Add flour and baking powder. Finally, pour the batter into the buttered dish and stick it in the oven.

Start checking the brownies after 20 minutes and take them out when the top cracks and the batter no longer jiggles (too much) when you move it.

Sprinkle your finished brownies with icing sugar for a touch of sophistication. Enjoy!

Our philosophy is: the more undercooked the better, but feel free to cook your brownies fully – we don’t judge!

-Friends with Food
Lemon Squares

Ingredients
1 cup flour
1/2 cup soft butter
1/4 cup powdered sugar
2 eggs
1 cup white sugar
1/2 tsp baking powder
1/4 tsp salt
2 tsp grated lemon peel (from one medium lemon, I often add more)
2 Tbsp lemon juice

Heat oven to 350 degrees F. Mix flour, butter, and powdered sugar and press into an ungreased 9x9” pan, building up the edges and making sure to smoosh it into the corners (not just making a slope, really making a square corner). Bake 20 minutes.

While that’s baking, beat everything else (eggs, white sugar, powder, salt, lemon juice and peel) with a mixer until fluffy (this is actually quite important. If you don’t have a mixer, use a whisk. A fork’s not enough.) about 3 minutes. Pour this over the hot crust and bake about 25 minutes, until “no indentation remains when touched lightly in the center”. I don’t touch it, I just take it out a little before the edges of the lemon middle start to brown. A weird measure, but you get the hang of it eventually.

Dust with powdered sugar and LET COOL FOR AT LEAST TWENTY MINUTES. They’re molten when they come out of the oven, and impossible to eat.

-Zoe Daniels
Ingredients
2/3 c white sugar
2 eggs
1 tsp vanilla extract
1 tsp baking powder
1/4 tsp salt
1 3/4 c all-purpose flour
1/2 c chopped almonds
1/2 cup dried cranberries
1 Tbsp butter
1 cup white chocolate chips
splash of milk
pinch of salt

Preheat oven to 350 degrees F, line baking sheet with parchment paper and set aside.
Beat sugar and eggs with electric mixer for approx. 5 minutes - the mixture should be thick and pale, and fall down in slow ribbons when you raise the beaters.
Beat in vanilla extract.
In separate bowl, whisk flour, baking powder and salt together. Add to wet mixture and beat until combined.
Fold in chopped almonds and dried cranberries.
Wet hands a bit with a small amount of water and form dough into a log on parchment lined baking sheet. It should be about 12 inches long and 3 1/2 inches wide.
Bake log for approx. 25 minutes or until firm. Cool for approx. 10 minutes.
Reduce heat to 325 degrees, cut log into 3/4 inch slices. Place slices, cut side down, on baking sheet and bake for about 10 minutes. Flip the slices over and bake again for 10 minutes. Biscotti should be golden, remove and cool.
Combine 1 Tbsp butter, white chocolate chips, milk and a pinch of salt in a saucepan, stir over medium low heat. Once combined, drizzle chocolate overbiscotti and let cool.

Makes about 16.

-Amanda McQueen
Oat Fudge Bars

Ingredients
1 cup butter
2 cups brown sugar
2 eggs
1 tsp vanilla
1 1/2 cup flour
1 tsp baking soda
1 tsp salt
4 cups oatmeal
1 package semi-sweet chocolate chips
1 Tbsp butter
1 tsp vanilla
1/4 tsp salt
3 Tbsp milk or cream

Cream together the butter and sugar, mix in eggs and vanilla. Add flour, baking soda and salt. Mix well. Stir in the oats.

Spread 3/4 of the dough in a 9x13 pan.

In a double boiler, melt the chocolate chips with the vanilla, butter, salt and milk.

Spread melted chocolate mixture over the dough.

Crumble large pieces of the remaining 1/4 of the dough over the chocolate.

Bake at 350 degrees F for approx 30 minutes, or until the top begins to brown.
Böter Koek  
(Butter Cake)

**Ingredients**
- 1 lb butter
- 1 3/4 cup sugar
- 3 3/4 cup flour
- 1 1/2 egg (beat the second egg in a small bowl and pour half into the batter you’ll need the rest to glaze the top at the end)
- 1-2 overflowing capfuls almond extract

Preheat oven 350 degrees F.

Cream together butter and sugar.

Add egg, almond extract.

Gradually add (this is where you need to get your hands dirty) flour.

Divide dough in half and pat firmly into two metal pie pans (or you can make 8 miniature ones). Make sure the tops are smooth and the dough is even. Brush with remaining egg and garnish with blanched almonds (we also usually drag a fork through to make pretty designs) before baking for 30-35 mins. Don’t let them get brown on the edges and serve in TINY slices, chilled. It will seem far too greasy if it’s served warm.

-The trick is to not be stingy on the almond extract, oh and to mix with your hands, it gets pretty messy.

-Holly Brinkman
Strawberry Dumplings

Ingredients
1 pint of fresh strawberries (or 600 grams frozen). You can slice or serve whole.
1/4 cup brown sugar
1/4 cup lemon juice (about half a lemon)

1 cup all purpose flour
1 1/2 tsp baking powder
1/2 tsp salt
2 Tbsp sugar
1/2 c whole milk
2 Tbsp butter

In a heavy saucepan stir together strawberries, sugar and lemon over medium-high heat. Let simmer for about fifteen minutes stirring occasionally.

Meanwhile prepare the dumplings. In a small saucepan on low melt the butter in the milk. Stir together flour, baking powder, salt and sugar. Once the butter has melted stir into flour mixture until smooth. Gather dough into small balls and fry in butter until edges are slightly browned.

Then drop dumplings into strawberries. Cover and cook dumplings for about 15 minutes (they will double in size).

Serve drizzled with heavy cream.

-Jordana Weiss

This recipe has been pulled from a number of reliable sources. Originally published by Gourmet, Jordana found it on SmittenKitchen, one of our favourite food blogs. It is incredibly easy and fun to make in front of company. Maybe something about how it is a perfect summer dish with fresh strawberries, but a bag of frozen strawberries works perfectly in the winter.
Birthday Cake El Diablo

Ingredients
1/2 cup cocoa powder
2 1/2 tsp espresso or (easier) instant coffee
1 cup boiling water
3/4 cup well packed brown sugar (darker the better)
1/2 cup plain yoghurt
2 tsp vanilla extract
1/2 cup softened unsalted butter
1 1/4 cup sugar
2 large eggs, room temperature
1 1/4 cup flour
3/4 tsp baking soda
1/2 tsp salt

Put your oven rack in the centre and turn oven on to 350 degrees F.

Grease two 9x1/2-inch round cake pans and line the bottoms with (also greased) waxed or parchment paper. Dust with flour and tap out the excess.

Mix cocoa and coffee then add boiling water and stir smooth. Blend in brown sugar, yoghurt then vanilla.

Beat butter on medium-high for about 30 seconds (or just whoop it with a whisk if you’re strong as hell - I’m not.) Put the mixer to lowest speed and slowly beat in a third of the dry mix, then a third of the cocoa mix, alternating until it’s all in and satin-y.

Pour into pans and bake 23 to 30 minutes.

Try whipping cream for the icing, and put it with raspberries between the layers, then decorate the top with them too. So cute, and hands down the best chocolate cake you will ever ever eat.

This is the coziest and most delicious birthday cake, looks beautiful and is best with raspberries. Avoid baking it in humid weather-though, it won’t rise so well.

-Hilary Kitz
I made a little extra white chocolate ganache and drizzled it over the entire cake before setting it. It ended up looking really pretty!!!

-Holly Brinkman

The Cake- Preheat oven to 350. Butter and flour the insides of three 8-inch cake pans and set them aside. Combine sugar, flour cocoa, baking powder, soda and salt. Whisk on low speed so there are NO lumps. Add wet ingredients and mix on medium low for 2 minutes. Divide batter among pans and bake for 15 minutes. Let cakes cool slightly before taking them out of the pan and cool completely before assembling the cake.


Ganache: Heat cream and butter till just before boiling stirring consistently and watching closely you do not want it to boil! Pour cream over dark chocolate and let stand for 3 minutes. Whisk until melted (avoid bubbles) and smooth. Let cool slightly.

Assembling- Shave the tops off two of the cake layers to make them flat. Place one cake layer on a wire cooling rack with a baking sheet underneath. Spread half the cream cheese filling over the cake and place second layer on top do the same with this layer. Save a bit of filling to smooth out the sides of the cake after you’ve put all the layers together. Chill entire cake for 10 mins. Slowly pour the warm chocolate ganache and using a spatula smooth it out as you go. When the entire cake is covered slide it off the wire cooling rack and onto your serving plate. Let it set in the fridge before serving.
## Ingredients

### For the cheesecake
- 1 cup graham cracker crumbs
- 3 Tbsp sugar
- 3 Tbsp butter, melted
- 1/4 tsp ground cinnamon
- 3 8 oz. packages cream cheese, softened
- 2 tsp lemon juice
- 1 cup sugar
- 5 eggs
- 1/4 tsp salt

### For the topping
- 1 1/2 cups sour cream
- 2 Tbsp sugar
- 1/2 tsp vanilla extract

### For the coulis
- 4 or 5 clementines, or 2 large oranges
- 1 package raspberries
- ~1 cup sugar (or as much as needed)

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Preheat oven to 350 degrees F.

Combine graham cracker, butter, & cinnamon in a medium bowl. Mix well, and press into a 10-inch springform pan; set aside.

Beat cream cheese & lemon juice in a large mixing bowl until soft and creamy (this defines the texture of the entire cake, make sure it’s REALLY CREAMY). Add sugar, eggs, & salt, and beat at medium speed for 10 minutes. Pour mixture into pan, and bake for 45 minutes, remove to wire rack and let stand for 20 minutes.

Combine sour cream, sugar, and vanilla in a small bowl and mix well. Spread over cheesecake, and bake for another 10 minutes at 350 degrees F.

Chill the cheesecake before removing it from the springform.

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Optional Coulis Instructions

In a small pan over medium heat, juice the clementines and simmer. Add in raspberries, stirring constantly until they have disintegrated. Add sugar, and simmer until the mixture thickens. Thicker is better. Pour onto cheesecake.

-Alex Shapero
Vegan Chocolate Cake

### Ingredients
- 1 1/2 cups flour
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup sugar
- 1/2 cup vegetable oil
- 1 cup cold coffee
- 2 tsp vanilla
- 2 Tbsp cider vinegar

Preheat the oven to 375 degrees F. Sift together the flour, cocoa, soda, salt, and sugar directly into the cake pan. In the measuring cup, measure and mix together the oil, cold water or coffee, and vanilla. Pour the liquid ingredients into the baking pan and mix the batter with a fork or a small whisk. When the batter is smooth, add the vinegar and stir quickly. There will be pale swirls in the batter as the baking soda and vinegar react. Stir just until the vinegar is evenly distributed throughout the batter.

Bake for 25 to 30 minutes and set aside to cool.

### Vegan Chocolate Icing
- 1/4 cup peanut butter
- 3 Tbsp water
- 1/4 cup cocoa powder
- 1/2 tsp vanilla
- 1 cup powdered sugar.

Cream all ingredients except powdered sugar. Add sugar, stir until desire consistency.

-Avital Oretsky

-Leah Pires
Pie Crust

This recipe is very simple, which is why I like it. Lots of them call for really ridiculous proportions, but this one uses nice basic numbers and always comes out well. The most important thing is to chill your butter very thoroughly before hand and to make sure to touch the dough as little as possible. I usually just use two forks to cut in the butter…if it’s super hard, use knives. Of course, if you’re fancy an own a pastry cutter, by all means use that. Also, if making a savory pie (like quiche) you may want to double the salt.

Ingredients
1 1/4 cups all-purpose flour
1/4 tsp salt
1/2 cup butter, chilled and cut into cubes (roughly 1’x1’)
1/4 cup ice water

Combine flour and salt in a bowl. Cut in butter until mixture resembles coarse crumbs (this is where the forks come in handy). Stir in water (I’d stick with the forks for this, spoons aren’t that useful here), a tablespoon at a time, until mixture forms a ball. Once all water is added and moisture is evenly distributed throughout the dry ingredients, you may need to use your hands to form dough into two rounds (make sure they are both dry and NOT hot). DO NOT knead it. Touch it as little as possible while getting it to stay together. Wrap in plastic and refrigerate for 4 hours or overnight. Roll dough out to fit a 9-inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate. Alternatively, if you want to do a more ‘rustic’ style tart, roll dough out into a large circle about 1/2” thick on a non-stick baking sheet.

Note: when rolling out dough make sure to have enough flour on your surface and rolling pin so that the dough doesn’t stick; however, don’t go crazy because the more flour you add the tougher and less flaky your crust will be.

Put things in your pie!
-If you are making a pie with a syrupy or liquid filling (ie. cooked apples, berries, rhubarb, pumpkin etc.) you will need to be using a pie plate.
Note: you can also do a savory version of the rustic tart, it is great with rounds of tomatoes or thin slices of zucchini! Obviously don’t sprinkle with sugar, maybe a little parmesan or whatever cheese you have hanging around, and also some sage or oregano if you have. Also, you can substitute olive oil for butter to brush the dough if you would like.

-Adrienne Klasa
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