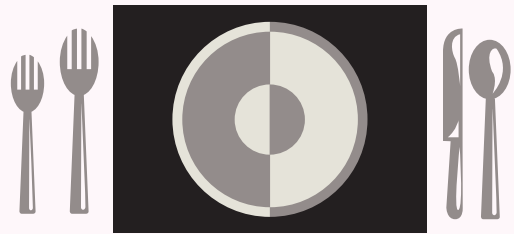
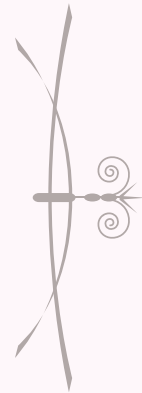


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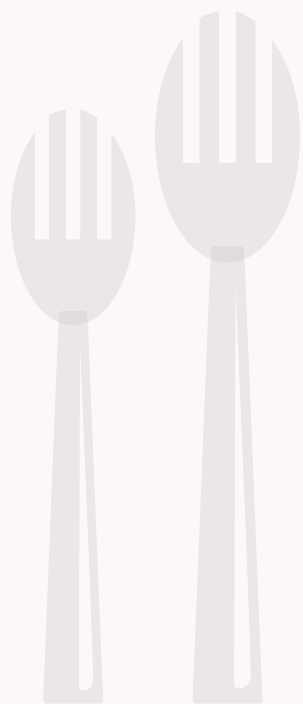


**Recipes from
members
2009-10**





APPETIZERS & DIPS



Artichoke Dip
Chipotle White Bean Dip
Chuck's Salsa
Fast and Easy Artichoke Dip
Focaccia Bread with Mediterranean Toppings
Mom's Spinach Dip
No Fry Chicken Wings
Pesto Sauce
Spinach & Water Chestnut Dip
Stinging Nettle Pesto
Super Quick Spinach Dip
Tortilla Pizza
Yam Fries with Chipotle Mayo Dip





Artichoke Dip

- 1 can (14 oz.) artichoke hearts, drained, chopped
- ¼ cup mayonnaise (light mayo optional)
- ½ cup grated Parmesan cheese
- 1 clove garlic, minced
- dash of salt
- dash of pepper
- 1 French baguette

Hand mix in a bowl, artichoke hearts, mayonnaise, Parmesan cheese, garlic, salt and pepper. Place mixture in 5½" diameter round casserole dish. Sprinkle Parmesan cheese on top to cover. Bake at 350° F for 5-10 minutes, until cheese turns golden brown. Let cool. Spread artichoke dip onto baguette slices and enjoy!

*Joan Schembri
Surgery*

Chipotle White Bean Dip

- 1 can white kidney beans (well-rinsed)
- ½ cup cashews
- 1 large lemon—juice AND zest (grate the outside of well-washed lemon)
- 1 chipotle pepper (from the can)
- 1 large clove fresh garlic
- couple tablespoons water, if needed
- salt & pepper to taste

Blend in food processor until really smooth, and serve with your best rice crackers. Double up for company.

Don't like it hot? Substitute chipotle peppers with one whole roasted red pepper.

*Carolyn Mill
Pathology*





Chuck's Salsa

- 4 cans whole tomatoes, drained and seeds removed
- 2 bunches of fresh cilantro, coarsely chopped (remove stems)
- 20 chopped fresh Jalapeno peppers (remove stems—for milder salsa remove seeds as well)
- 2-4 Serrano chilies, chopped fine
- 2 small to medium white onions, chopped fine to medium
- 2 ripe mangos, cleaned and chopped coarse
- 2 ripe papayas, cleaned and chopped coarse
- corn chips

Put tomatoes (either 1 tomato or 1 can at a time) in a blender for a “nanosecond” (you want chunks NOT sauce). Mix all above in a glass bowl. Seal TIGHTLY with Saran Wrap. Leave in fridge for a few hours. Just before serving it “flick” the Saran Wrap to let the condensation fall back into the salsa. Condensation contains some flavour from the chilies. Stir before serving. Serve with corn chips (heated in the oven) with a bit of coarse sea salt for texture.

Buy the highest quality canned tomatoes you can find—it DOES make a difference. Or use fresh vine-ripened tomatoes, prepared in the same way. I never had a complaint about this recipe... hope you enjoy.

Chuck Erickson
Finance/Accounts Payable

Fast and Easy Artichoke Dip

- 1 can artichoke hearts
- 1 cup freshly-grated Parmesan cheese (or Asiago or other cheese)
- $\frac{3}{4}$ cup mayonnaise (full-fat tastes best)
- 1-2 cloves garlic (depending on size, and garlic-taste preference)

Drain artichoke hearts and chop loosely into chunks. Put them in a bowl and add pressed garlic, mayonnaise and Parmesan cheese. Stir until well-mixed. Place in an oven-proof bowl and bake for approximately 30 minutes, or until the top of the dip is a nice golden brown.

Perfect for taking to a party, or when you're having guests over. It's easy, and can be prepared the night before so that you can socialize. Only heat up the dip once—don't reheat. If you just want to heat a small amount, the rest of the dip will keep in a Tupperware container in the fridge for about 3 days.

Jessica MacDonald
Housing





Focaccia Bread with Mediterranean Toppings

- 1 loaf Focaccia bread
- 1 can sliced black olives
- 1 jar (6 oz.) marinated artichokes, cut into small squares
- 2 large tomatoes, cut into small squares
- ½-¾ cup crumbled feta cheese
- 2 cloves garlic, crushed
- ½ cup olive oil
- ½ teaspoon oregano

To make toppings: in a small bowl, combine olive oil, garlic, and oregano. Set aside. In a separate bowl, combine olives, tomatoes, and artichokes. Add half of the olive oil mixture and toss well. *To cook:* slice off the top part of the Focaccia bread to get an even surface (this will help the toppings stay in place). Brush with the remaining olive oil mixture. Top Focaccia bread with toppings and crumbled feta and heat in a 350° F oven for 10 minutes or until bread is warm.

Alternately, you can choose to slice the Focaccia bread and serve the toppings on the side.

*Melissa Reyes
Engineering Co-Op*

Mom's Spinach Dip

- 2 round sourdough loaves
- 1 package frozen chopped spinach
- 1 cup mayonnaise
- 1 cup sour cream
- 1 package Knorr's dried soup mix, vegetable (not cream of vegetable!)
- 1 can sliced water chestnuts

Defrost and drain the spinach. Dice the water chestnuts. Mix mayonnaise, sour cream, spinach, soup mix, and water chestnuts. Cut one of the sourdough loaves into bowl shape, and put spinach mix inside. Cut the remaining bread into bite-size pieces. Refrigerate overnight, for flavour enhancement.

*Angela Charron
Neurology*





No Fry Chicken Wings

12 uncooked chicken wings, split
2 tablespoons butter or margarine, melted
garlic salt
Frank's Red Hot Buffalo Wing Sauce
blue cheese

Preheat oven to 350° F. Brush a non-stick baking dish with melted butter. Place chicken wings on baking dish and baste wings with remaining melted butter. Sprinkle chicken wings with garlic salt. Bake in the oven for 50-75 minutes or until skin is crispy. Place cooked wings in a plastic container that has a tight lid. Add buffalo wing sauce (as much or as little as you want). Put lid on and shake to coat wings with sauce. Serve with blue cheese.

Melissa Reyes

Pesto Sauce

2 cups fresh basil leaves*
½ cup Parmesan cheese
½ cup pine nuts (raw)
as much garlic as you can stand
virgin olive oil

You must have a food processor for this one! Put some olive oil in the bottom of the processor. Add basil, Parmesan, pine nuts and garlic, and while "chopping" it all up add olive oil until the consistency you desire. Serve as sauce mixed into drained boiled pasta of your choice. Or thin out with more oil and use it for a salad dressing. The sauce freezes quite well for future use—cover in some olive oil (so it won't oxidize and turn black on exposure to air), and freeze immediately.

I always find this a fast "carb" additive to a meal or a meal all on its own...for the busy woman (or man) with a family or single!!
ENJOY!!

Clarice McCord
ARES

continued...





*Clarice's basil tips:

You must have a garden or the basil to buy becomes cost prohibitive...unless you live in a Greek or Persian neighbourhood where their specialty grocery stores bring it in by the bucket loads at harvest time. Plant your basil plants no sooner than June. Sweet basil is the most common but you may try Lemon or Licorice...get inventive! With the summer we had this year the plants have been producing like crazy!! Always bottom water the plants as they don't like water on their leaves (they go black). Nip off the top of the stems to the small buds forming down at the bottom of the basil stems and they will keep on growing right up until frost.



Basil plant leaves by Fastily

Spinach Dip

- 1 cup mayonnaise (any brand, light is OK)
- 1 cup sour cream (light is OK)
- 1 package Knorr's vegetable soup mix
- ½ -1 can sliced water chestnuts, drained and diced/
chopped
- 10 oz. frozen spinach, thawed and drained (I prefer Delnor brand from IGA)
- 1 round sour dough loaf
- 1 baguette, French loaf and/or fresh vegetables.

Mix first three ingredients; set aside in fridge for a day or at least a couple of hours until veggies re-hydrate and flavour the mayo/sour cream mixture. Add water chestnuts. I dice them right in the can vs. chopping on a board. Stir in drained and thawed spinach, chill dip in refrigerator. Carve a circle an inch from the edge of the bread and hollow out interior. Cut what you've scooped out into cubes to use for "dippers"; cut the second loaf of bread for dippers too, or use carrots, celery sticks, crackers etc. Enjoy!

I have a dish which I serve this in. I use the lid as a guide for cutting the bread, and keep the dip in the bowl placed in the loaf for serving. Helpful to have spoon to serve dip.

*Jennifer Martin
Woodward Library*





Stinging Nettle Pesto

Yields five cups.

- 1 large bunch of stinging nettles (or 3 cups nettles, cooked and drained)
- 2 large cloves garlic minced
- 1½ cups pine nuts (one friend uses walnuts instead)
- 2 lemons, juiced
- 2 cups olive oil
- ½ cup grated Parmesan cheese
- salt and pepper to taste

Clean nettles: fill the sink or a large bowl with cold water. Using gloves or tongs, submerge the nettles in the water and let them sit for 5 minutes. Using tongs or gloves, remove the nettles and discard water. Using gloves, strip leaves away from the stems and discard stems. Fill a large pot ¾ full with water. Place over high heat and stir in ½ cup of salt. Cover and bring to a boil. Throw in cleaned nettles and boil for one minute. Strain out water and spread nettles on a pan or plate to cool. The cooking water has a lot of flavour and nutrients, and can be saved and used as stock. When the nettles are cooled, squeeze as much excess water from nettles as possible, and then thoroughly chop. Place chopped nettles in a food processor with minced garlic, pine nuts, lemon juice, olive oil, and a dash of salt and pepper. Process for 30 seconds, stop and scrape down the sides of the food processor, and repeat as many times as needed until nettles are broken down and the mixture has formed a paste. Scrape into a bowl and fold in the grated cheese. Salt

and pepper to taste. Serve pesto tossed with raw or cooked vegetables, pasta, risotto, or stirred into soup. Garnish with freshly ground black pepper. Pesto can be refrigerated for 5 days, or frozen for up to 6 months.

Thomas wonders if it will taste like pesto without basil. Another way would be to freeze or dry nettles in the spring, and use half and half with basil when it ripens in late summer. Keep your eyes open for this powerful spring tonic, it's one of the best sources of iron around.

Maureen Shirley
BCCH/Paediatrics



Urtica dioica from Thomé, *Flora von Deutschland, Österreich und der Schweiz*, 1885.





Super Quick Spinach Dip

- 1 cup mayonnaise (not Miracle Whip)
- 1 cup (small container) sour cream
- 1 package frozen chopped spinach
- 1 pouch of onion or leek soup mix (Lipton Soup & Dip Mix works well)
- 1 sourdough round loaf (bread bowl)

Put enough water in a pot to cover the block of frozen spinach (don't actually add the spinach yet). Put the pot on the stove to boil. While you are waiting for the water to boil, start to mix the mayonnaise, sour cream, and soup mix in a large bowl. Stir until the soup mix is completely dissolved. Cut a circular hole in the top of the sour dough loaf, and pull out the inside bits. Keep the bits for dipping. Once the water on the stove starts to boil, add the block of frozen chopped spinach, and mash it until all of the chopped leaves are separated. Strain the spinach and squeeze it to remove as much water as possible. Add the strained spinach to the dip mix and stir. Pour the dip into the bread bowl and chill until ready for serving.

There are many spinach dips out there, but this recipe is designed for busy people. It takes only about 15 minutes to prepare.

Joseph Liau
Biomedical Research Centre



Spinacia oleracea from
Thomé, *Flora von Deutschland, Österreich und der Schweiz* 1885.





Tortilla Pizza

- 2 large tortilla bread
- 2 teaspoons olive oil
- 2 cloves garlic, peeled
- 4 medium tomatoes
- 12 olives, pitted
- 6 walnut halves
- ½ teaspoon rosemary
- ½ teaspoon thyme
- 1 teaspoon basil
- 1 tablespoon Parmesan cheese (optional)
- 1 cup shredded cheese (pizza or Mozzarella)
- salt and pepper (to taste)

Preheat oven to 350° F. Cut each tortilla into 6 pieces. Peel and thinly dice the garlic. Cut each tomato into 6 slices. Slice olives. Cut walnut halves into a few pieces. Brush the tortillas with olive oil and sprinkle over with diced garlic. Top each piece with two slices of tomato, sliced olives and some walnut pieces. Sprinkle over with dried rosemary, thyme, basil and pepper. If using Parmesan cheese, sprinkle it on top. Otherwise you may add some salt (Parmesan is salty so I don't recommend adding both Parmesan and salt). Top each piece with some shredded cheese. Bake for about 10-15 minutes or until the cheese is melted and tortillas and cheese are both slightly golden brown. Check the tortillas frequently after 10 minutes to avoid burning them. Remove tortillas from oven and wait 1-2 minutes before serving.

Here is a simple version of that recipe which adds the toppings to tortilla bread: very quick way of baking an extraordinary, delicious appetizer for your afternoon snack, small friends' gathering or large parties with many guests.

*Debra Locke
SLAIS*

Yam Fries with Chipotle Mayo Dip

- 2 medium to large yams, peeled and cut in even strips
- ½ cup mayonnaise
- 1 tablespoon chipotle peppers in adobo sauce
- 1 egg
- 1 cup flour
- 1 cup cold water
- oil for frying
- water and 1T of salt for soaking

Soak yams in salt water for about half hour. For batter, mix flour, cold water, and egg. It will be lumpy and a bit watery, but this is OK. Set aside. For the dipping sauce, combine mayonnaise and chipotle peppers (make sure you also include some of the adobo sauce). Adjust to desired spiciness. Set aside. To make yam fries: heat oil in frypan. Dip yams into batter. The batter will not fully coat the yams, which is fine. You do not want a thick coating, but rather a really thin coating. Fry until yams are soft. Serve with dipping sauce.

Alternately, you can choose to not dip the yams in batter and fry them as is.

Melissa Reyes





MAIN DISHES

Arroz Con Pollo: Peruvian Chicken Rice

Bacon and Egg Pie

Cabbage Rolls

Cajun Rice and Beans

Chicken Parmigiano

Chicken Quiche

Chicken with Yogurt

Cornish Pasty

Dijon Chicken

Dutch Meat Loaf

Fish In Batter

Julie's Butter Chicken & Garlic Naan

Meat Balls Milano

Mexican-Style Shepherd's Pie

Miso-Honey Marinade Chicken

Moroccan Chickpea Stew

Moroccan Stew

Quickie Fried Rice

Shashlyk

Some Like it Hot! – Jalapeño Chicken/
Mexi Rice

Spaghetti with Fresh Tomatoes, Feta,
Basil & Prawns

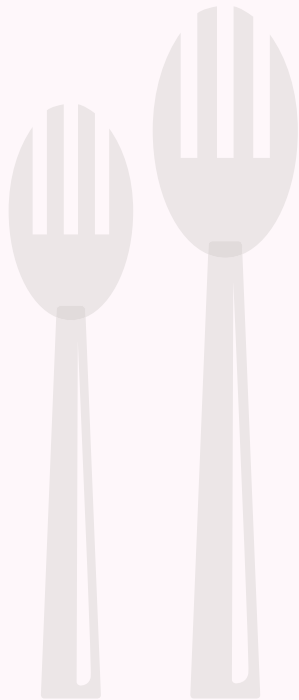
Spareribs in Black Pepper Sauce

Spinach & Broccoli Enchiladas

Swedish Meatballs

Thai Honey Glazed Chicken

Vegetarian Meatloaf





Arroz Con Pollo: Peruvian Chicken Rice

Serves six to eight people.

juice of one lime
1 teaspoon vegetable oil
ground fresh garlic
1 teaspoon cumin
salt
pepper
corn starch
1 whole chicken, cut up
1 large onion, chopped
2 carrots, shredded
1 tomato, cut in wedges
1 sweet red pepper, cut in wedges
2 bunches Chinese parsley, chopped
1 tablespoon hot Peruvian yellow pepper
1 cup peas
1 can beer
chicken stock
4-5 cups of rice

The night before, or at least 4 hours before cooking the chicken, marinate it in a combination of the lime juice, vegetable oil, grated fresh garlic, cumin, salt and pepper and corn starch. To cook the chicken, first sauté the onion, then brown the chicken. Add carrots, tomato, red pepper, parsley, yellow pepper, 1½ cups of chicken broth and enough beer so chicken is not quite covered, simmer for 1 hour or until chicken is cooked. Before serving, add parsley and peas and heat. To serve with rice, for each cup of uncooked rice, add 1¼ cups chicken stock and beer mixed and cook as per package instructions, adding the chicken and its liquid 10 minutes before the rice is fully cooked. Salt and pepper to taste. Enjoy!

*Maria L. Miu
Museum of Anthropology*





Bacon and Egg Pie

Makes one 10" round or 8" square pie.

puff pastry (Scott buys frozen and thaws)

12 eggs

6 slices bacon (trim a bit of the fat off, but not all)

chopped onion to taste, or ½ cup frozen peas

Preheat oven to 350° F. You'll need a pan of any shape. Roll the pastry out and throw half over your desired pie plate shape. Crack eggs directly into the pie plate on top of the pastry bottom. Poke the egg yolks so they mingle with the whites (some Kiwis use their fingers!). Cut the trimmed bacon into pieces or leave them long. Place the bacon on top of eggs. You can add a bit of onion or frozen peas, but remember it's called bacon and egg pie—don't get carried away! Close the pie with the other half of the pastry that you have rolled out to make the lid. Prick the top with a fork. Brush it with a little egg white wash, and pop it in a moderate oven for about 45 minutes.

Serve with your favourite salad. And don't forget the tomato sauce (ketchup)!

Bev Galbraith
ARES

Cabbage Rolls

½ lb. ground pork

½ lb. ground beef

1 cup rice

2 cloves garlic

1 onion, finely chopped

salt & pepper to taste

1 new cabbage

1 large tin tomato juice

½ teaspoon dill seed

Mix first six ingredients together. Cook cabbage until it is pliable. Working with one leaf at a time, fill with rice mixture and roll up, bringing sides together. Place cabbage rolls in casserole dish and cover with tomato juice; add dill seeds. Cook slowly for 3 hours in 325° F oven.

The best cabbage roll recipe I've ever tried. I got this from my husband's grandmother many years ago.

Julie Nichols
Sauder





Cajun Rice and Beans

Makes about four servings.

- 2 teaspoons vegetable oil
- 2 cloves garlic (or more depending on your taste for garlic)
- 1 red onion, chopped
- $\frac{3}{4}$ cup diced, seeded, peeled tomato
- half of a green or red sweet pepper, chopped
- $\frac{3}{4}$ cup corn niblets
- 1 bay leaf
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon hot pepper flakes
- $\frac{1}{4}$ teaspoon pepper
- 1 cup water
- 2 cups canned red kidney beans which have been washed and drained (important)
- 2 cups cooked long grain brown rice
- $\frac{1}{4}$ cup chopped green onion as garnish

In saucepan, heat oil and add garlic and red onion, stirring for 5 minutes. Add tomato, green pepper, corn, bay leaf, parsley, salt, hot pepper flakes, pepper. Stir in water and bring to boil. Reduce heat and cook for 2 minutes. Crush half of the beans, stir crushed and whole beans into pan. Cook, stirring often, for 10 minutes. Discard bay leaf. Serve over rice or put in tortilla and wrap and roll as burrito. Garnish with green onions.

The lusty spices and robust tastes of Louisiana cooking add zest to this recipe.

*Julie Baron
Paediatrics*



Laurus nobilis from Thomé,
*Flora von Deutschland,
Österreich und der Schweiz,*
1885.





Chicken Parmigiano

Makes four generous servings.

- 1 lb. boneless skinless chicken (your choice of cut)
- 3 tablespoons olive or salad oil
- 3 cloves (or more) garlic, minced
- 1 onion, minced
- 2½ cups (large tin) canned (diced) tomatoes
- 1¼ teaspoons salt
- ¼ teaspoon pepper
- 1 can (8 oz.) tomato sauce
- ¼ teaspoon dried thyme
- 1 egg
- ¼ cup dried bread crumbs
- ½ cup grated Parmesan cheese
- 3 tablespoons olive or salad oil
- ½ lb. Mozzarella or Muenster cheese, sliced or grated

Cut chicken in small portions. Heat olive oil in saucepan and sauté garlic and onion until golden. Add tomatoes, salt and pepper. Simmer uncovered for 10 minutes. Add tomato sauce, and thyme; simmer uncovered for 20 minutes. Beat egg. Combine bread crumbs and ¼ cup Parmesan cheese. Dip each chicken piece into egg, then into crumb mixture. Sauté in oil until browned on both sides. Set slices side-by-side in 12" x 8" x 2" baking dish. Start heating oven to 350° F. Thinly grate or slice mozzarella. Pour $\frac{2}{3}$ of tomato mixture over chicken pieces. Sprinkle or arrange cheese over chicken. Spoon rest of tomato mixture and sprinkle ¼ cup Parmesan on top. Bake uncovered for 30 minutes.

*Judy (Juliana) Heyes
Department of Botany*





Chicken Quiche

- 1 cup chopped chicken
- 9" unbaked pie shell
- 1 cup grated Muenster (or Havarti) cheese
- 2 large eggs (fork-beaten)
- 1 can (10 oz.) of condensed cream of chicken soup
- ¼ teaspoon onion powder
- 1 tablespoon chopped fresh chives (or 1½ teaspoons dried)
- 1 teaspoon parsley flakes
- ½ teaspoon dill weed
- ¾ cup milk
- ⅛ teaspoon pepper

Scatter chicken over bottom of pie shell. Sprinkle cheese over top. Stir remaining eight ingredients together in medium bowl until well mixed. Pour over cheese. Bake in 350° F oven for about 55 minutes until knife inserted near center comes out clean. Let stand for 10 minutes before cutting.

*Linda Wensveen
Koerner Library*

Chicken with Yogurt

- 1 whole chicken, skinned and cut into small pieces
- 1½ cups plain yogurt
- 4 tomatoes
- 2 medium-size onions
- 4 tablespoons tomato puree
- 4 green chillies (optional)
- ½ bunch cilantro
- a few cumin seeds
- ½ teaspoon salt
- 1 teaspoon garlic (crushed)

Liquidize all the ingredients except chicken in the blender to form a thick liquid. Place liquid and chicken in a baking dish, marinate in fridge for 30 minutes or longer. Cover baking dish and bake in 350° F oven for 45-60 minutes or until chicken is done. You may add peeled potatoes in the pan after halftime, as potatoes cook fast.

Serve with rice and boiled vegetables – awesome!

*Tara Rajwani
Faculty of Law*





Cornish Pasty

Makes two large or three to four smaller pasties.

Pastry:

2 cups flour

$\frac{2}{3}$ cup of lard (Crisco or Tenderflake)

pinch of salt

chilled water

Filling:

1 large potato, peeled and diced about 1" square

1 large onion, peeled and chopped

$\frac{1}{2}$ lb. lean ground beef

salt and pepper to taste

Put flour in large bowl, add salt and cut in lard until it is the size of small peas. Add chilled water gradually until pastry comes together in a ball. Chill in fridge while preparing filling. Prepare potato and onion and mix together with salt and pepper. You will need about $\frac{1}{2}$ teaspoon of salt for good flavour. Roll out pastry and cut into circles using a plate to cut around. A dinner plate will make large pasties, a side (tea) plate is good for smaller ones. Divide vegetable filling between pastry circles and divide ground beef among each. Wet outside of circle with water and fold into half moon shape. They should be very full. Press edges together and press with fork to seal. Make one or two holes in each pasty for steam to escape. Place on cookie sheet and bake 15 minutes at 425° F, then turn oven down to 325° F and continue baking for one more hour. Serve hot or cold. Pasties are ideal picnic food as they are easy to carry and can be eaten in the hands like pizza. Serve with a green salad on the side.

This is the traditional recipe that I grew up with. No other vegetables or seasonings were ever added (although nowadays anything goes). Pasties were the lunch food of working men and were eaten on the job, in the fishing boat, in the tin mine, etc. and were often marked with a pastry initial to indicate whose pasty was whose.

Shelagh Penty
Department of Curriculum and Pedagogy





Dijon Chicken

- 4 chicken breasts
- flour, salt & pepper (to coat the chicken)
- butter (to brown chicken)
- 3-4 tablespoons brandy
- 2-3 shallots or green onions, chopped
- 2 cloves garlic, chopped finely
- ¼ lb. fresh mushrooms
- ½ cup heavy cream (whipping cream)
- 2 tablespoons Dijon mustard

Coat the chicken breasts in the flour, salt and pepper (use a plastic bag). Heat butter and brown the chicken until it's lightly browned (it won't be cooked). Remove and put in a baking dish. To the remaining butter in the pan, add the brandy and heat until it's reduced. Add onion, garlic and mushrooms. Simmer until mushrooms are almost cooked. Add the cream and Dijon mustard. Heat until it's all blended. Pour the sauce over the chicken, and bake at 325° F for about 45 minutes.

This is a very elegant and delicious dish when you want to entertain someone special.

Frances Tadman

Dutch Meat Loaf

Serves six to eight.

- 1½ lbs lean ground beef
- 1 cup dried bread crumbs
- 1 medium onion, diced
- 1 egg
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 can (7½ oz.) tomato sauce, divided
- 1 can mushrooms (drained)
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1 tablespoon vinegar
- ¾ cup water

Preheat oven to 350° F. Mix ground beef, bread crumbs, onion, egg, salt and pepper and half of tomato sauce. Shape ground beef mixture into a loaf shape and place into a baking dish. Pour mushrooms on top. Mix other half of tomato sauce with brown sugar, mustard, vinegar and water. Pour over meat loaf. Bake for 1¼ hours.

*Susan Van Bruggen
Anesthesia*





Julie's Butter Chicken

- 1 very large onion, chopped fine
- 1 tablespoon fresh ginger, chopped fine
- 4-5 cloves garlic, chopped fine (more if you want or if cloves are small)
- 1 tablespoon garam masala (found in any East Indian spice department)
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon cardamom
- ¼ teaspoon cloves
- salt and pepper to taste
- ½ teaspoon tumeric (this is optional, as it is quite strong tasting to some)
- 1 large can of any spiced thick tomato sauce; you may need to add more if you like lots of sauce for dipping naan
- juice of 1 lemon
- 4 chicken breasts, deboned and skinless
- ½ cup plain yogurt

Brush chicken pieces with lemon juice and set aside to marinate for about 30 minutes. Sauté onion, ginger, garlic, and spices in butter (as much as you want) until tender (not brown). Add can of tomato sauce and mix well. Add chicken breasts and cook, covered, on medium heat for about 20 minutes. Add yogurt for last few minutes and blend well.

Serve with Garlic Naan; recipe follows.

Garlic Naan

- 2 tablespoons vegetable or mustard seed oil
- 2 tablespoons melted butter
- 1-3 cloves crushed garlic
- 4 ready-made naan breads

Preheat oven to 350° F. Combine all in small bowl. Brush each side of naan with oil mixture. Line baking tray with foil. Place naan bread on tray and cover tightly with more foil. Bake 5-10 minutes or until heated through. Serve hot, sprinkled with salt and sesame oil, if desired.

Julie Baron





Meat Balls Milano

- 1/3 cup Italian dressing
- 1 cup soft bread crumbs
- 1 lb. ground beef
- 1 egg, beaten
- 1 tablespoon onion (grated)
- 1 1/2 teaspoons salt
- dash of pepper

Combine the dressing and crumbs and let stand 15 minutes. Mix together beef, egg, onion, salt and pepper. Add dressing mixture and mix lightly. Form into balls, using 1 tablespoon for each. Brown on all sides in frying pan; pour off fat. Bake meatballs, uncovered in moderate oven, 350° F for 15-20 minutes. Garnish with parsley.

Julie Nichols

Mexican-Style Shepherd's Pie

- 1 package Yves meatless ground (Mexican Style)
- 1/2 large red pepper
- 1/2 green pepper
- 1/2 yellow onion
- 3 medium russet potatoes
- 2 tablespoons vegetable oil

- 1/4 cup ketchup
- 1 tablespoon butter or margarine
- 1/4 cup milk
- 1 cup grated Mozza/cheddar cheese blend
- 1 cup lightly crushed tortilla chips
- 1 tablespoon cumin
- 1 tablespoon paprika
- salt and pepper to taste

Chop peppers and onions and sauté with vegetable oil until onions lightly browned over medium heat. Add cumin, paprika and Yves meatless ground and continue to cook until meatless ground is heated throughout. Add ketchup and then salt and pepper to taste. Cut potatoes into large chunks and boil until tender. Mash potatoes when fully cooked and add milk, butter and salt/pepper to taste. Preheat oven to 375° F. In a large baking or roasting dish put in all the Yves meatless mixture. Layer the mashed potatoes over. Sprinkle the lightly crushed tortilla chips on top next. Finally finish with a layer of grated Mozza/cheddar cheese on top. Bake in the oven for 12-15 minutes or until cheese is melted and lightly browned.

This is a great dish for the whole family! Kids love it, it's fun to make and fun to look at too!

*Deanna Shew
Applied Science*





Miso-Honey Marinade Chicken

- 1 lb. chicken thighs (I prefer boneless/skinless)
- 3 tablespoons Miso paste (I usually use lighter colour one)
- 3 tablespoons honey
- ½ teaspoon ginger, grated
- ½ teaspoon garlic, grated

Mix Miso, honey, ginger and garlic well, and marinate chicken for over 1 hour. Grill at 200° C (400° F) for about 10-15 minutes each side.

It's very good for BBQ as well.

*Yuko Takemoto
Education Library*

Moroccan Chickpea Stew

Makes six servings.

- 2 teaspoons olive oil
- 1 cup chopped onions
- ½ cup each diced celery, chopped red pepper
- 1 cup diced zucchini and/or diced eggplant
- 1 clove garlic, minced
- 3 cups cubed sweet potatoes

- 3 cups vegetable broth (low sodium, preferably)
- 1 can (19 oz.) tomatoes, drained and cut up
- 1 can (19 oz.) chickpeas, drained and rinsed
- 1 tablespoon lemon juice
- 2 teaspoons grated ginger root
- 1 teaspoon each ground cumin, curry powder, ground coriander, and chili powder
- ¼ teaspoon black pepper
- ¼ cup raisins
- 2 tablespoons each natural peanut butter and chopped, fresh cilantro

Heat olive oil in a large, non-stick saucepan over medium-high heat. Add onions, celery, red pepper, zucchini, eggplant, sweet potatoes and garlic. Cook and stir until vegetables begin to soften, about 3 minutes. Add remaining ingredients, except raisins, peanut butter, and cilantro. Bring to a boil. Reduce heat to low and simmer, covered, for 20 minutes. Stir in raisins, peanut butter, and cilantro. Mix well. Simmer for 5 minutes. Serve hot.

*Amber Todd
Staff Finders*





Moroccan Stew

- 4 tablespoons oil
- 2 cups chopped onion
- 2 cups chopped celery
- 2 cups chopped pepper (green, red or any other colour you like)
- 2 teaspoons minced garlic
- 6 cups veggie broth
- 6 cups cubed yam
- 2 cans (19 oz. each) of diced tomatoes
- 2 tablespoons lemon juice
- 4 teaspoons ground cumin
- 4 teaspoons curry powder
- 4 teaspoons ground coriander
- 4 teaspoons chilli powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 cups raisins
- 1 cup peanut butter
- 2 cans chick peas

Combine all ingredients except raisins, peanut butter and chickpeas in a large stock pot. Bring to a boil. Lower heat, cover and simmer for 20 minutes. Add last three ingredients. Cook for 5 more minutes then serve.

Laura Kirk
Dentistry



Leguminosae. in
Engelmann (ed.): *Natürliche Pflanzenfamilien.* Vol. III, 3.





Quickie Fried Rice

2-3 cups day-old cooked rice

1-2 eggs

½-1 cup cooked peaches & cream corn (or any other form of vegetables)

2-3 links Chinese sausages (or any other form of meat, though a little oil might be needed)

sugar

salt

pepper

Quantity for ingredients is subjective. If you like more you add more, if you like less, add less. Fried rice is a dish usually made up of items that are left over in the kitchen. Therefore, if you have ham, use that. If you have carrots, use that. If you like a stronger flavour, use Asian fish sauce instead of salt.

To prepare: dice up the Chinese sausages into small pieces. Scramble the egg in a bowl. Cook the sausages in a wok (or frying pan or pot). Chinese sausages are fatty, so no oil is added. Remove cooked sausages from wok. Add rice to same wok. Sausage fat in the wok should be good enough to keep things from sticking. Mix the rice around a bit. After the rice is warm, slowly pour the scrambled egg evenly over the rice. Coat the rice completely with the scrambled egg. Mix the egg-coated rice around in the wok to avoid burning. A little crispy rice is okay and actually yummy. Continue mixing in the wok to prevent

burning. Add the corn. Add the sausage. Add sugar to taste. Add salt and pepper to taste.

Change the ingredients for variety – try different combinations. Just remember to have a balance in terms of salty, sweet, and refreshing.

*Sue Hoang
Wood Science*



Shashlyk (see next page)





Shashlyk

Skewers:

- 1 - 1½ lb. lean/tender beef or pork, cut in 1" cubes
- fresh, colourful vegetables: cherry tomatoes, small mushrooms, 1 red onion, 2 or 3 bell peppers, 1 zucchini, etc., whole or cut in large chunks
- 10-20 skewers, bamboo or metal type
- 1 broiler pan or any wide metal pan with deep sides

Marinade:

- ¼ cup dry red wine
- ¼ cup lemon juice (1 lemon)
- ½ cup oil (olive or canola work well)
- 1 or 2 cloves garlic (chopped or whole)
- 1-2 tablespoons finely chopped onion
- 3 tablespoons prepared horseradish
- 1 teaspoon salt
- ½-1 teaspoon marjoram
- ½ teaspoon pepper or cayenne
- 1 teaspoon sugar

Rice:

- 2-3 cups cooked rice, your favourite type

At least two hours in advance, combine marinade ingredients and marinate the cubed meat in the sauce in the fridge. Once the meat has been marinated and you are ready to construct your *shashlyk*, it all takes about a half hour.

Constructing & Cooking *Shashlyk*: If you use wood (bamboo) skewers, soak them in water for a while. Put on the rice, and start your oven (about 400° F). Rinse and chop the vegetables and have the meat handy. Give yourself a lot of space, and get out a broiler pan or any wide metal pan with deep sides. Putting *shashlyk* together can be a little messy, so cover up well.

This is more fun to do with someone. But whether you are alone or together, be sure at this point to test the wine (1 glass for each *shashlyk* maker) to ensure that it is dry enough and red enough. *Shashlyk* needs very dry red wine. (The more wine, the easier it is to pronounce.)

Jump in with the skewers, alternating meat and vegetables, leaving some space at the ends. Line these up on the broiler pan surface, then brush or pour some sauce over each *shashlyk* skewer. Roast uncovered in the upper-centre of the hot oven. Check and turn them once or twice, and baste them with a little more sauce. Keep your eye on them as they cook, as oil can splash and spit a bit, if it gets too hot. If they don't seem to be cooked enough, broil for the last 2 minutes. (Don't forget the rice!) If you end up with extra, they're also good stir-fried. (I think barbecuing would probably also work well, but I've never tried it.)

Shashlyk is great over plain rice, garnished with anything cold and fresh (e.g., sliced cucumber, tomato, etc.) and, of course, a very good very dry red wine. Follow with lots of fresh fruit.

Barbara Wakal
Food, Nutrition & Health





Some Like it Hot! - Jalapeño Chicken/Mexi Rice

Chicken:

- 1 large jar Jalapeño peppers (save 6-8 slices for the rice)
- 1 large bottle Italian dressing (clear)
- ½ lb. butter (optional)
- 4-8 large chicken breasts (skinless/bone-in)

Rice:

- 2 tablespoons oil
- 1 onion, finely chopped
- 4 cloves garlic, chopped
- 1 sweet red pepper, finely chopped
- 1 cup rice
- 2 cups boiling water
- pinch of cayenne
- 2 tablespoons chicken-in-a-mug
- 6-8 slices Jalapeño peppers, finely chopped
- 1 cup frozen mixed vegetables (thawed)
- 1 large tomato

To prepare chicken: Mix together most of the Jalapeño peppers (retain 6-8 slices for the rice), the Italian dressing, and the butter, if desired. Add chicken. Bake for 1 hour at 350° F. *To prepare rice:* heat oil in skillet, add onion, cook until tender. Add garlic, red pepper, Jalapeño peppers and rice. Cook until rice is opaque. Add boiling water, cayenne and chicken flavouring. Cover and cook for at least 20 minutes on low heat. Add vegetables and finely-chopped tomato. Let stand for at least 5 minutes. Serve topped with Jalapeño chicken and sauce.

Leslie Hodson
CUPE 2950



Capsicum annuum
from Köhler's
Medizinal-Pflanzen
in naturgetreuen
Abbildungen mit kurz
erläuterndem Texte,
1887.





Spaghetti with Fresh Tomatoes, Feta, Basil & Prawns

Makes two large or four small servings.

8 oz. spaghetti or rotini noodles

1½ teaspoons vegetable oil

3 cloves of garlic, finely chopped

½ cup chopped onions

2 cups ripe tomatoes, chopped (or cherry tomatoes, halved)

prawns (fresh or frozen), about 10 per person

½ cup crumbled feta cheese

¼ cup chopped fresh basil

2 tablespoons grated parmesan cheese

¼ cup black olives, pitted and sliced

pepper to taste

Cook pasta according to package directions or until firm to the bite. Drain and place in serving bowl. Meanwhile, in nonstick skillet, heat oil on medium to medium-high heat and sauté garlic and onions for 2 minutes. Add prawns and cook until almost pink throughout. Add tomatoes and cook for 2 minutes or until prawns are cooked through and tomatoes are starting to melt, stirring occasionally. Add feta, basil, Parmesan, olives and pepper to taste. Mix well.

This recipe can also be made without the prawns and is still very tasty.

*Katherine Ransom
Chan FOH Attendant*



Tomato slices by Scott Bauer.





Spareribs in Black Pepper Sauce

- 1 lb. spareribs
- 2 teaspoons chopped garlic
- 1 tablespoon chopped celery

Marinade:

- 1 tablespoon light soy sauce
- 1/8 teaspoon salt
- 1/2 teaspoon sugar
- 1 egg, beaten
- 1 teaspoon corn/tapioca starch
- 1 teaspoon plain flour
- 1/2 teaspoon sesame oil

Sauce:

- 1 tablespoon oyster sauce (use Lee Kam Kee's premium brand)
- 1 tablespoon Hoisin sauce (use Lee Kam Kee's brand)
- 3 tablespoons black pepper sauce (use Lee Kam Kee's brand)
- 2 tablespoons ketchup
- 1/2 cup water

Wash spareribs and trim off excess fat. Cut into 1 1/2" pieces. Dry with paper towel and rub with chopped garlic and celery. Mix soy sauce, salt, sugar, egg, corn or tapioca starch, flour and oil together and marinate spareribs in the mixture in the fridge, for several hours or preferably overnight. Heat oil in a wok and deep-fry marinated spareribs for 3-4 minutes and drain. Combine oyster, Hoisin and black pepper sauces with ketchup and water in a saucepan and add pre-fried spareribs; bring to the boil. Reduce the heat and simmer covered for 40-45 minutes or until meat is tender and sauce reduced. Serve immediately with hot, steaming Jasmine rice.

*Jennifer Kho
History Dept.*



Piper nigrum from
Franz Eugen Köhler,
*Köhler's Medicinal-
Pflanzen*, 1897.





Spinach & Broccoli Enchiladas

Makes about four servings.

- 2 teaspoons vegetable oil
- 2 cloves garlic (or more depending on your taste for garlic)
- 1 red onion, chopped
- ¾ cup diced, seeded, peeled tomato
- half of a green or red sweet pepper, chopped
- ¾ cup corn niblets
- 1 bay leaf
- ½ cup chopped parsley
- ½ teaspoon salt
- ½ teaspoon hot pepper flakes
- ¼ teaspoon pepper
- 1 cup water
- 2 cups canned red kidney beans which have been washed and drained (important)
- 2 cups cooked long grain brown rice
- ¼ cup chopped green onion as garnish

In saucepan, heat oil and add garlic and red onion, stirring for 5 minutes. Add tomato, green pepper, corn, bay leaf, parsley, salt, hot pepper flakes, pepper. Stir in water and bring to boil. Reduce heat and cook for 2 minutes. Crush half of the beans, stir crushed

and whole beans into pan. Cook, stirring often, for 10 minutes. Discard bay leaf. Serve over rice or put in tortilla and wrap and roll as burrito. Garnish with green onions.

The lusty spices and robust tastes of Louisiana cooking add zest to this recipe.

Julie Baron

Swedish Meatballs

- 1 can tomato soup
- 1 can cranberry jelly
- pinch of salt and pepper to taste
- 3 minced cloves of garlic
- 1 box (2 kg.) of cooked meatballs (beef, chicken or turkey)

Combine soup, jelly, salt, pepper and garlic in large pot. Over medium heat, stir sauce until jelly is dissolved. Simmer on low heat. Pre-heat meatballs by baking in oven at 350° F for 15-20 minutes (longer if meatballs are frozen) or placing in microwave for 2-4 minutes on high heat. Add meatballs to sauce and simmer on low or place in a dish or roasting pan in the oven at 350° F for 15-30 minutes. Serve on steamed rice or with your favorite side dish.

Natalie Lisik





Thai Honey Glazed Chicken

- 12 whole chicken wings
- 8 garlic cloves, crushed or finely minced
- 1 tablespoon minced fresh ginger root
- 2 tablespoons hot sauce (any kind)
- 3 tablespoons sweet soy sauce*
- 3 tablespoons liquid honey
- 2 whole limes, juiced
- 1 tablespoon ground coriander
- 1 teaspoon cinnamon

Mix ingredients and marinate the chicken for 4 hours or overnight. Transfer the chicken and marinade to a cookie sheet that is lined with parchment paper or tin foil. Bake at 350° F 50-60 minutes, turning the chicken over once or twice. If you have any uncooked marinade, throw it out. Leftover marinade used with raw meat/fish should always be discarded so you don't get sick. Enjoy with cooked rice.

*I prefer Kecap manis, a sweet Indonesian soy sauce bought at Asian stores or South China Seas Trading on Granville Island.

*Pat Rose
Creative Writing*

Vegetarian Meatloaf

Loaf:

- 1 cup soybeans (canned or cooked)
- 1 cup old fashioned oats

- ½ cup walnuts (ground)
- 3 eggs
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1¼ cups chopped onion
- 2 tablespoons chopped parsley
- ½ cup ketchup
- 1 can (14 oz.) mushroom pieces (drained)
- 1½ teaspoon Italian spice
- Sauce:*
- 1 small onion, finely chopped
- ½ green pepper, finely chopped
- 1 tablespoon oil
- 1 can (8 oz.) tomato sauce

Mash soybeans with a fork. Add oatmeal, nuts, and eggs and mix well. Blend in remaining loaf ingredients. Place mixture in a greased 9" x 5" x 3" loaf pan. Top with ketchup or the following sauce and bake at 350° F for 50 minutes. Sauce: sauté onion and green pepper in oil until lightly browned, add tomato sauce and bring to a boil. Boil for 2-3 minutes.

I have made this a number of times for company as well and everyone liked it – even the meat eaters!

*Rowan Hougham
Koerner Library*





SOUPS, SALADS & SIDE DISHES

Asparagus with Parmesan: *Asparagi con Parmeggiano*

Candied Ginger Rice

Chickpea Salad

Fat Free Split Pea Soup

Florence's Peppers

Italian Wedding Soup (Meatball Soup)

Mashed Potato and Celery Root

Orange Soup

Refreshing Pineapple and Cucumber Salad

Salad with Carrot and Ginger Dressing

Santa Fe Fiesta Coleslaw

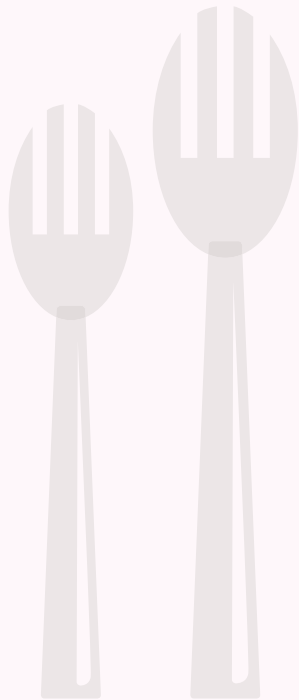
Scallion Mashed Potatoes

Spinach and Strawberry Salad

Stewed Okra

Summer Shrimp Pasta Salad

Szechuan Green Beans





Asparagus with Parmesan: *Asparagi con Parmeggiano*

2 small bundles asparagus
¼ cup butter
2 tablespoons olive oil
¼ cup white wine
1 cup grated Parmesan cheese
salt and pepper

Preheat oven to 350° F. Wash asparagus, cut off 2 inches from stems, and lay in a glass lasagna pan sprayed with olive oil. Add butter, olive oil, white wine, Parmesan cheese and salt and pepper. Place in oven for 15-25 minutes (depending on how crunchy you'd like asparagus).

A very easy and delicious side dish. If in a hurry, you can also use frozen asparagus and do this same recipe in a frypan: asparagus should be turned while frying and done to liking ie very crisp to well done.

Elide Volpiana
Pacific Parkinson's Centre

Candied Ginger Rice

Serves four to six.

1 cup raw rice
1½ cups water
½ teaspoon salt
1 tablespoon butter
2 tablespoons butter
¼ cup chopped candied ginger
¼ cup finely chopped green onion

Combine the rice, water, salt and 1 tablespoon butter in a very heavy pan with a tight-fitting lid. Cover, bring to a boil, and then simmer on lowest heat, still covered, for 15-18 minutes. Do not overcook. This should be *al dente*—that is, slightly underdone. Remove from heat and stir in the 2 tablespoons butter, the chopped ginger, and the green onions.

Great hot or cold! A wonderful complement to a summer BBQ or any fish dish.

Debra Dolan
UBC Library Human Resources





Chickpea Salad

- 2 handfuls parsley leaves
- ½ cup fresh mint
- ½ cup celery leaves
- 1 sprig oregano (fresh or dried)
- ¼ red onion, chopped into half moons
- ½ cucumber, diced
- 1 cup cherry tomatoes, cut in half
- 1 can (14 oz.) chickpeas (rinsed and drained)
- 1 tablespoon lemon juice
- 4 tablespoons olive oil
- Salt and pepper

Combine the mint, celery leaves, oregano in one bowl. In a separate bowl, combine onion, cucumber, tomatoes and chickpeas. Add lemon juice and olive oil and mix. Only when ready to serve, combine all and add salt and pepper to taste.

*Baran Emec
Financial Services*

Fat-Free Split Pea Soup

Serves six to eight, but is easily halved or doubled.

- 2 cups split peas
- 8 cups water or stock
- 1 medium onion, finely diced
- ½ cup carrots, finely diced
- 1 cup celery, finely diced
- 2-3 cloves of garlic, finely diced
- 1 bay leaf
- ½ teaspoon ground thyme
- 1 teaspoon salt
- pepper to taste

Rinse and pick over the peas, discarding any debris or discoloured peas. Put peas, water, onion, carrots, celery and garlic in a large pot and bring to a boil. Turn down heat to medium-low to low so that it is just boiling. Cover, but leave lid open slightly to allow steam to escape. Stir frequently for an hour or until the peas begin to soften. Add the remaining ingredients, turn down to low and simmer, partially covered, for 1-2 more hours until the peas have melted away. Stir occasionally to make sure peas do not stick to the bottom of the pot.

Variation: crumble crisply fried slices of smoked bacon or prosciutto on top before serving.

*Andrea Sutherland
Staff Finders/Physics and Astronomy*





Florence's Peppers

8 or more large orange, red, yellow peppers sliced in strips

3 or 4 garlic cloves, minced

½ teaspoon or so cumin seeds

1 teaspoon chilli powder

1 or 2 tablespoons tomato paste

salt and pepper to taste

a wee skite* of sherry

Sauté garlic, cumin and chilli in olive oil for a couple of minutes. Then cover and sauté the peppers until they are soft. Add the tomato paste. If necessary, add water to make a small amount of sauce. Season. Add sherry near the end of cooking. The peppers make a colourful and tasting side dish.

*An Irish expression for a small splash. It is my sister Florence's expression.

*Felicity Dunfield
Ike Barber Library*



Poivrons by Luc Viatour





Italian Wedding Soup (Meatball Soup)

Soup:

10 cups chicken broth, fresh or canned

2 cups water

1 bunch parsley, cleaned and chopped

1 bunch endive, cleaned and sliced

1 teaspoon poultry seasoning

2 eggs

Meatballs:

1 lb. extra lean ground beef

1 teaspoon pepper

½ teaspoon salt

½ cup bread crumbs

½ cup Parmesan cheese

½ cup grated fresh parmesan cheese

1 tablespoon oregano

If using fresh chicken broth, bring to boil in large pot and discard the fat collected at top of pot. To the fresh or canned broth, add the rest of the soup ingredients, except for the eggs, and bring to a rolling boil. Then simmer on low heat while you make meatballs. Combine the meatball ingredients together in a large bowl. Shape 1" diameter balls by rolling in your hands. Set aside on flat surface or on a baking sheet. In a medium bowl, crack the eggs and beat lightly until frothy. Add the egg mixture to the soup slowly and in a thin stream and stir while doing so. The egg will break up as the soup cooks; and it will appear like threads. Finally add the meatballs, and allow to simmer on low for at least 1 hour or more.

The longer the "marry" the better the flavor. Substitute your own meatball recipe, if you prefer.

*Maria Totsikas
Obstetrics & Gynaecology*





Mashed Potato and Celery Root

- 1 lb. fresh celery root, peeled and chopped (any size is fine)
- 1 lb. white or yellow potatoes, peeled and chopped
- ½ cup chicken stock (or cream to make it richer)
- 2 tablespoons butter
- coarse sea salt
- freshly ground pepper

Place the chopped celery root and potatoes in a pot with water. You can add salt to the water, if you like. Cover and cook over high heat until soft, about 20 minutes. You can also steam them, if you prefer. Drain and mash (you could also use a blender to smooth the mixture). Add chicken stock (or cream) and butter until it reaches the consistency you prefer. Add salt and pepper to your taste. This is a great way to make mashed potatoes exciting and there are many variations you can try. Sometimes I add a little nutmeg or parsley. Sour cream is nice on top. You can even add carrots or sweet potatoes. They go well with celery root too.

A friend from Germany made me some mashed potatoes and celery root and it's my absolute favourite winter potato dish. For those who've never tasted celery root, it tastes like celery with a hint of parsley. It's also called celeriac in some stores. Buy a firm celery root. Avoid soft ones or those with too many sprouts, this means they are a bit old. Celery root is in season in the fall and it lasts for quite a while in the fridge.

Lorra Ward

Sauder School of Business

Orange Soup

Serves four to six.

- 1 cup sweet potatoes or yams, peeled and diced
- 2 cups butternut or banana squash, peeled and diced
- 3 medium carrots, sliced
- 1 leek, sliced
- 1 medium onion, diced
- 1 tablespoon butter or olive oil
- ½-1 teaspoon salt
- 4 cups stock
- 1 teaspoon curry powder or to taste

Sauté leek and onion in butter or oil until soft. Add everything but curry. Depending on your stock, you may choose to add more or less salt. Bring to a boil, and then simmer for 30-60 minutes until vegetables are tender. Add curry to taste. If you prefer a thinner soup, add more stock. This soup may be run through the food processor.

Andrea Sutherland





Refreshing Pineapple and Cucumber Salad

Servings depend on size of pineapple and cucumbers – 10 to 15 regular salad portions.

1 fresh pineapple

2 cucumbers

Thai sweet red chili sauce (available in Safeway and T&T)

Peel and core the pineapple, cut into 1" cubes. Peel the cucumbers, cut into $\frac{3}{4}$ " cubes. Mix with Thai sweet red chili sauce.

Mix right before serving to avoid watery dish because of the juice from the pineapple. This takes only minutes to prepare.

*Wing Yee Au
Dentistry*

Salad with Carrot and Ginger Dressing

Preparation time: 5 minutes. The recipe makes enough dressing for two salads.

Dressing:

1 large carrot, peeled and roughly chopped

1 large shallot, peeled and roughly chopped

2 tablespoons roughly chopped fresh ginger

1 tablespoon sweet white miso

2 tablespoons rice wine vinegar

1 tablespoon roasted sesame seed oil

$\frac{1}{4}$ cup grapeseed oil

2 tablespoons water

Salad:

1 head of baby gem lettuce (or any greens), roughly cut

$\frac{1}{4}$ red onion, thinly sliced

$\frac{1}{4}$ avocado, diced

Pulse the carrot, shallot and ginger in a blender until finely chopped. Scrape down the sides, add the miso, vinegar and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the grapeseed oil and the water. Combine the lettuce, onion and avocado in a bowl, drizzle with plenty of dressing and serve.

This dressing is great on salad and also as a dip for vegetables.

*Linda Abbott
Sauder School of Business*





Santa Fe Fiesta Coleslaw

Serves 6.

Slaw:

- 1 lb. green cabbage, shredded
- 1 medium cucumber, cut in thin, diagonal slices
- 5 scallions, thinly sliced on diagonal
- 1 medium red pepper, cut into thin strips
- 1 medium yellow pepper, cut into thin strips
- 2 celery ribs, thinly sliced on the diagonal
- 1 large carrot, peeled and shredded

Dressing:

- ¼ cup freshly squeezed lime juice
- 2 tablespoons cider vinegar
- 1 teaspoon to 1 tablespoon hot pepper sauce, to taste
- ¼ cup sugar
- 1 teaspoon salt

In a large mixing bowl, combine all the cabbage, cucumber, scallions, red pepper, yellow pepper, celery, carrot. In a small bowl, combine all the dressing ingredients. Pour dressing over the vegetables and toss well. Let the mixture stand at room temperature for at least 30 minutes, tossing often before serving. For maximum color and flavour, serve within 3-4 hours.

Helen Ho
Sauder School of Business

Scallion Mashed Potatoes

- potatoes
- cream
- green onion
- butter
- salt and pepper (optional)

Skin and cut the potatoes to bite-sized pieces. Dice the green onions. Boil the potatoes until they are soft. While mashing the potatoes, gradually add the cream, butter and green onions. Add the salt and pepper to taste.

Aaron Khung
Requisition Processing





Spinach and Strawberry Salad

- Spinach – enough for your crew
- Strawberries – same as above
- 2 tablespoons poppy seeds
- 2 tablespoons sesame seeds, toasted under broiler, low setting
- 2 tablespoons slivered almonds, toasted under broiler, low setting
- 1/3 cup white sugar
- 1/2 cup oil (half olive/half canola is good)
- 1/4 cup white vinegar
- 1/4 teaspoon paprika
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon minced onion (optional)

Tear spinach into bite-sized pieces. Slice strawberries. Combine dressing in a jar and shake well until blended together. Toss all together just before serving.

Esther Shew
Library – Finance

Stewed Okra

- 1 1/2 pounds fresh okra
- 2 tablespoons butter
- 1 1/2 cups finely chopped onions
- 8 medium-sized firm ripe tomatoes, peeled, sliced and finely chopped or substitute 2 1/2 cups chopped drained canned tomatoes
- 2 teaspoons finely chopped fresh hot chilies
- 2 teaspoons finely chopped garlic
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

Wash the fresh okra under cold running water and, with a small sharp knife, scrape the skin lightly to remove any fuzz. Cut 1/8" off the stem at the narrow end of each pod. In a heavy 10 to 12 inch skillet, melt the butter over moderate heat. When the foam begins to subside, drop in the onions and, stirring frequently, cook for 5 minutes, until they are soft and transparent but not brown. Watch for any sign of burning and regulate heat accordingly. Stir in the tomatoes, chilies and garlic and cook, covered for 5 minutes. Add the okra, salt and pepper and turn the pods about with a spoon to cover them on all sides. Reduce the heat to low, cover tightly, and simmer for 15-20 minutes, or until the okra is tender. Serve at once.

Adrian Carney
IRES





Summer Shrimp Pasta Salad

- 1 red bell pepper
- 1 yellow bell pepper
- ½ English cucumber
- ½ red onion
- ½-¾ box pasta (radiatore, bows, fusilli, or rotini)
- ½ bag medium-sized frozen shrimp-tail off*
- Renée's sweet onion dressing

Take frozen shrimp out of freezer and thaw in cold water. Pat dry when thawed. Bring a pan of water to boil, cook pasta according to package. When done, rinse pasta in cold water and leave to cool in a colander. Meanwhile, cut up peppers into bite-size pieces, red onion into small pieces, and cucumber into quarters. In a large bowl, place pasta and all other ingredients, using about half the bottle of Renée's dressing. Place in refrigerator for several hours for the dressing to mix into the pasta. Just before you serve this salad, taste and, if you would like, add some more dressing to the salad to give it a zingy taste.

*I use Costco frozen shrimp (approximately 50 per bag) – or use fresh shrimp if you do not like frozen. Use as much shrimp as you would like. Renée's is the only dressing that gives this pasta salad a sweet tangy flavour. This is a great salad to eat with chicken as a side dish.

*Janice Austin
Education Library*

Szechuan Green Beans

- 1 lb. fresh green beans
- 1 teaspoon vegetable oil
- 1 clove garlic, peeled and minced
- 1 teaspoon ginger, grated
- 2 tablespoons dark soy sauce
- 1-2 teaspoons garlic chili paste
- ½ teaspoon sugar
- 1 teaspoon sesame oil

Wash, dry and remove ends from green beans. Cut longer beans in half. Dry fry green beans: heat vegetable oil in a nonstick wok or large frying pan. Add green beans and fry over medium-high heat, stirring frequently, until tender and partially charred but still crisp (approximately 10 minutes). Reserve beans. Combine garlic, ginger, soy sauce, chili paste and sugar in pan, stirring until fragrant. Add reserved beans, and mix until coated. Sprinkle with sesame oil and stir again. Serve immediately.

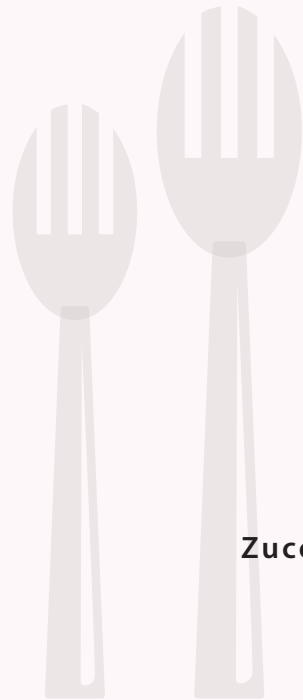
If you wish to make this a main course, you can slice one package firm tofu into ¼" (1 cm.) thick pieces the size of your thumb and fry them after removing the beans. Double the sauce quantities, and combine with the reserved tofu and beans.

*Jennifer Pelletier
Mechanical Engineering*

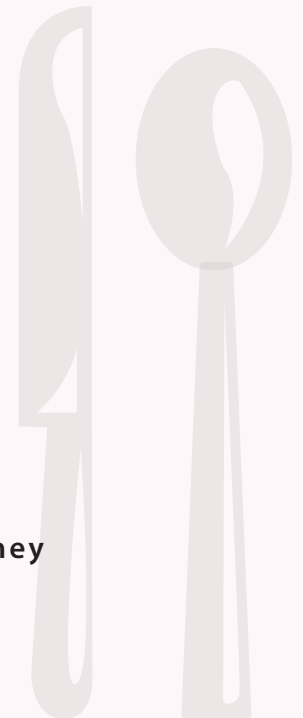




BREADS, MUFFINS & PANCAKES



Banana Bread
Banana Oat Muffins
French Toast
Julie's Bran Muffins
Mrs. Pearson's Banana Bread
"No Fail" Crepe Recipe
Sunshine Muffins (*aka* UBC Rise and Shine Muffins)
Zucchini Dosa (South Indian Spicy Pancakes) with Tomato-Zucchini-Onion Chutney





Banana Bread

- ½ cup butter or margarine
- 1 cup granulated sugar
- 2 eggs
- 1 cup mashed very ripe banana (3 medium)
- 2 cups all purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 cup chopped walnuts

Cream butter and sugar together. Add eggs one at a time, beating until smooth. Add mashed bananas and blend in. In second bowl, stir flour with baking soda, powder, salt and nuts. Add banana mixture, stirring only to moisten. Transfer to greased 9" x 5" x 3" loaf pan. Bake in 350° F oven for about 50 minutes until inserted toothpick comes out clean. Let stand 10 minutes. Remove from pan and place on cake rack to cool. Wrap to store.

*Bessy Wong
Hematology*

Banana Oat Muffins

Makes 12 large muffins.

- 1¼ cups oats
- 1 cup flour
- ²/₃ cup sugar
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ¹/₄ teaspoon salt
- 1 egg
- 2 cups mashed bananas (4-6)
- ¹/₃ cup melted butter
- ¹/₂ cup chopped nuts (optional)

Preheat oven to 375° F. In large bowl, combine oats, flour, sugar, baking powder, baking soda and salt, mixing well. In small bowl, beat egg, banana and melted butter until smooth. Add banana mixture to dry. Stir just until moistened. Mix in nuts, if desired. Fill greased muffin cups almost full. Bake for 20-25 minutes, or until top springs back when lightly touched.

*Laura Selander
Language Education*





French Toast

Serves four.

- 1 dozen eggs
- ½ cup cream
- ½ teaspoon vanilla
- zest of one orange
- 2 tablespoons orange liquor or orange juice
- 1 loaf fresh French bread, cut thickly

Place bread in baking dish after dipping in all the ingredients already mixed. Pour remaining liquid over the bread. Cover with plastic wrap and refrigerate. Place slices on well-greased cookie sheet or boiler pain. Bake at 375° F for 20-25 minutes.

Make the night before for entertaining guests. This fabulous recipe is delicious and lets everyone eat at the same time. When served with a side dish of yogurt and fruit, fresh juice (maybe some champagne), this is a great way to start the day.

Debra Dolan

Julie's Bran Muffins

- ¼ cup vegetable oil
- ½ cup brown sugar
- ¼ cup molasses
- 2 eggs
- 1 cup buttermilk
- 1 cup all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1½ cups natural bran
- ½ cup raisins (optional)

Preheat oven to 400° F. Cream oil, sugar and molasses together. Add eggs and beat well. Add milk and then bran. Mix well. In separate bowl, mix well flour, baking power, soda and salt . Add to wet mixture and mix loosely. Add raisins if desired. Place in greased muffin cup and bake for about 20 minutes.

A very moist and tender muffin—the best!

Julie Baron





Mrs. Pearson's Banana Bread

- 1/3 cup butter or safflower oil**
- 2/3 cup sugar**
- 2 eggs**
- 2 teaspoons baking powder**
- 1/2 teaspoon baking soda**
- 1/4 teaspoon salt**
- 1 teaspoon vanilla (not extract)**
- 3-4 well-ripened bananas (any size)**
- 1 3/4 cup unbleached white flour (or 1/2 cup whole wheat flour and 1 1/4 cups white flour)**

Spray Pyrex pan with oil; preheat oven to 320° F. Using a mixmaster, blend butter or oil, sugar, eggs, baking powder and soda, salt and vanilla until well blended but not smooth. Add bananas and flour and mix briefly to just blend. Pour into loaf pan. Top with raw sunflower seeds and flax seeds or slivered almonds and press them in with a spoon so they don't fall off. Bake for about one hour. Insert bamboo skewer until it comes out clean—might take more than one hour. If you don't use Pyrex pan, put oven setting at 350° F; if browning too fast, lower heat to 325° F. Wait until it has cooled down for about 1/2 hour or more before inverting onto cooling rack or it could fall apart.

This recipe is about 50 years old. A Pyrex pan seems to brown better for all round baking of loaf.

Julie Baron

"No Fail" Crepe Recipe

Makes 12 crepes.

- 1 1/2 cups flour**
- 2 teaspoons sugar**
- 3/4 teaspoon salt**
- 3 eggs**
- 3 tablespoons margarine/butter**
- 2 cups milk (add a little more milk for a thinner crepe)**

Mix all together and blend in blender for smooth batter. Cook in crepe pan or Teflon coated pan with a rounded bottom. Serve with fresh or frozen berries, cooked or canned fruit, apple sauce, sour cream, whipped cream, icing sugar.

These are also good with savory fillings as a main dish.

*Lynn Dyck
Neurology*





Sunshine Muffins (aka UBC Rise and Shine Muffins)

2 cups flour
1¼ cups sugar
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoon salt
2 cups carrots
2 cups chopped apple
½ cup raisins
½ cup walnuts
½ cup coconut
3 large eggs
1 cup oil
2 teaspoon vanilla

Preheat oven to 350° F; grease 12 muffin cups or use paper liners. In a large bowl, combine flour, sugar, baking soda, cinnamon and salt. Stir in grated carrots, apple, raisins, walnuts, and coconut. In a smaller second bowl, beat together eggs, oil and vanilla. Stir wet ingredients into dry just until combined. Do not over-mix. Divide mixture evenly into muffin cups. Bake for 20-25 minutes. These muffins freeze well.

Over 25 years ago, I discovered and fell in love with the best muffin I had ever tasted—UBC’s Rise & Shine Muffins, and even went so far as to purchase a little UBC Food Services Cook Book hoping to duplicate this wonderful treat at home. I failed—they were a flop! In more recent years I’ve looked forward to the selected days they are available for sale, but far too often I miss it. Much to my surprise and sheer delight, a year ago in a little Comox Valley/Campbell River Scouting fundraiser cook book in my sister’s collection, I discovered this recipe, tried it and “voila”—success at last, they were a perfect duplicate.

*Jean Driscoll-Bell
Dept. of Theatre & Film*





Zucchini Dosa (South Indian Spicy Pancakes)

- 1 cup rice flour
- ½ cup wheat flour
- ½ small red onion, finely chopped
- 2 green chillies, finely chopped
- 1 small zucchini, grated with skin
- 5-6 curry leaves, chopped (optional)
- handful of coriander leaves, finely chopped
- ¼ cup plain yogurt (optional but I like it)
- 1 tablespoon ginger, grated or finely chopped
- salt to taste

Mix all ingredients except salt together. If I add yogurt to a batter, I like to set it aside for about 15 minutes, adding just a little water because the zucchini will let out water as it rests. When ready to make the dosas, add enough water to allow the dosa to spread on the pan and salt to taste. Pour onto a hot pan sprinkled with oil. Cover the dosa for a little while (the rice flour needs to cook), then turn it and let it brown a bit on the other side.

Serve hot with chutney; recipe follows.

Tomato-Zucchini-Onion Chutney

- a pinch of asafoetida (hing)
- 2 red chillies (adjust to taste)
- half small red onion, chopped
- 2 small tomatoes, chopped
- half small zucchini, chopped
- 1 teaspoon urad dal (White small lentils)
- 1 teaspoon chana dal (yellow half lentils looks like split pea)
- 1 teaspoon mustard seeds (optional, see note)

Add a little oil to a hot pan and roast the red chillies with hing. Set them aside, then roast the urad dal and chana dal separately and set aside. Add the onion, tomatoes and zucchini to the pan, cover and let cook on medium heat until the tomatoes and zucchini are soft. Add all the ingredients used so far into a mixer and grind to a fine paste with salt added to taste.

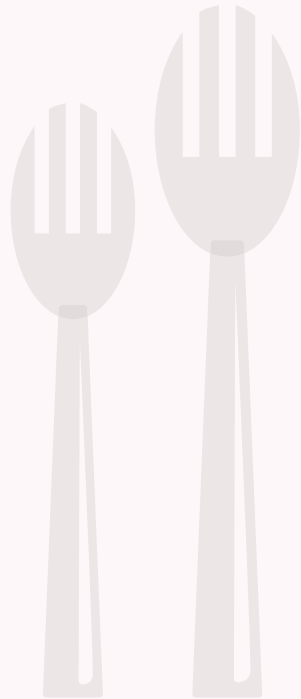
NOTE: In a vessel heat ½ teaspoon oil, add the mustard seeds to it and let pop. Add the mustard and oil to the chutney and serve. (Optional)

*Alamelu Sundaram
Cataloguing, LPC*





DESSERTS, COOKIES & CANDIES



- Almond Bark
- Butterscotch Confetti
- Cherry Cheesecake
- Chewy Cookies
- Choco Toffee Dream Bars
- Coconut Squares
- Coveted Carrot Cake
- Creepy Witches' Fingers
- Deluxe Apple Pie
- Easy-Breezy Strawberry Pie
- Ginger Cookie Recipe
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- Hazelnut Chocolate Truffles
- Jam Jam Cookies
- Julianne's Whole Wheat Shortbread
- Julie's Ex-Mother-In-Law's Quick Oatmeal Cookies
- Kahlua Cake
- Mango Pudding
- My Mother's Butter Tart Recipe
- My Mum's Jelly Foam
- One-Bowl Chocolate Cake
- Peanut Butter Cookies
- Pecan Pie Caramel Squares
- Scotch Shortbread
- Semifrado Ice Cream
- Small & Easy Cheesecake
- Strawberries
- Walnut Angel Food Cake
- Whistler Mountain Chewy Bars





Almond Bark

- 4 cups white chocolate
- 4 cups Honey Graham cereal
- 2 cups slivered almonds (roasted)

Melt the chocolate in the microwave, stirring part way through. Add the cereal and roasted almonds, and mix well. Spread onto a cookie sheet, refrigerate and when it's cooled, break into pieces. Makes quite a bit, and freezes very well.

I buy the small white chocolate wafers at Superstore bulk foods. You can also use regular milk or dark chocolate.

Frances Tadman



Prunus dulcis
from Franz Eugen
Köhler, *Köhler's
Medizinal-
Pflanzen*, 1897.

Butterscotch Confetti

- ¼ cup butter
- ½ cup peanut butter
- 1 cup butterscotch chips
- 1 bag (8 oz.) of multicoloured miniature marshmallows
(or 5 cups corn flakes)

Melt the butter and peanut butter over low heat. Stir in the butterscotch chips until melted. Let the mixture cool down enough that you hold the bottom of the saucepan with your hand (otherwise the marshmallows will melt!). Add marshmallows and stir. Spoon into cupcake paper liners or pour mixture in a waxed paper lined baking dish and refrigerate. Enjoy!

*Roxana del Rio-Gastelum
Institute for European Studies*





Cherry Cheesecake

- 1¼ cups graham cracker crumbs (approximately 18 singles)
- ¾ cup white sugar (divided)
- ¼ cup butter (soft)
- 1 envelope Dream Whip
- 1 package (8 oz.) cream cheese (at room temperature)
- 1 can E.D. Smith Cherry Pie Filling

Mix well graham cracker crumbs with ¼ cup sugar and butter. Press into 9" pie plate. Cool 1 hour or bake 8 minutes at 375° F. Mix Dream Whip as instructed on package. Beat cream cheese with ½ cup sugar. Blend in Dream Whip with sugar-cream cheese mixture. Pour into prepared crust and cool about an hour. Cover with one can of E.D. Smith cherry pie filling.

Patty Gullivan
Liu Institute for Global Issues

Chewy Cookies

- 1 cup butter
- 1 cup sugar
- 1 egg
- ½ cup molasses
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon allspice
- ½ teaspoon nutmeg
- 1 cup raisins
- 1 cup walnuts

Cream the butter and sugar together. Add the egg, then the molasses. Mix the flour, salt, soda, allspice and nutmeg together and add to the butter mixture. Add raisins and walnuts or coconut. Bake on greased cookie sheets for about 10 minutes in a 350° F oven.

I once ran out of raisins and walnuts so I put in about 1½ cups of coconut.

Nicky Dorken
VGH/Surgery





Choco Toffee Dream Bars

Pastry:

- 2 cups flour
- ½ cup brown sugar
- ¼ teaspoon salt
- ¾ cup soft margarine

Topping:

- ¼ cup flour
- ½ teaspoon baking powder
- 1½ cups brown sugar
- ¼ teaspoon salt
- 1 cup coconut
- 1 cup raisins, steamed
- 1 teaspoon vanilla
- 2 eggs, beaten
- ¾ cup chopped nuts
- 1 cup chocolate chips

Preheat oven to 350° F. Steam raisins. Mix pastry ingredients with a fork or pastry blender. Press into 9" x 13" pan. Bake for 10 minutes. For topping, mix the flour, baking powder, sugar, salt, coconut, steamed raisins, vanilla and eggs. Add the chopped nuts and chocolate chips. Spread over pastry. Bake for 25 minutes. Cool and cut into squares.

Heather Shand
SLAIS

Coconut Squares

- 1⅓ cups crushed graham cracker crumbs
- ⅓ cup unsweetened dessicated coconut
- ⅓ cup chopped pecans and walnuts (optional)
- ¾ cup chocolate chips
- 1 can sweetened condensed milk
- ⅓ cup melted butter
- 1 teaspoon vanilla essence
- ¼ teaspoon salt

Preheat oven to 375° F. Mix dry ingredients. Add milk, butter, vanilla, salt and mix well. Pour into 9" square pan lined with parchment paper. Bake for 25 minutes until medium brown. Cut squares while still warm. Enjoy!

Selma D'silva
Payroll





Coveted Carrot Cake

- 2 eggs
- ¾ cup vegetable oil
- 1 cup sugar
- 1 cup flour
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup coconut shreds
- 1½-2 cups finely grated carrots
- ½ cup raisins

Preheat oven to 325° F. Beat the eggs, add the vegetable oil, and beat again. In separate large mixing bowl, combine remaining ingredients. Add the liquid to the dry and mix together. Line an 8" x 8" baking pan with parchment paper and pour the mixture into the pan. Bake for 40-50 minutes. The cake is done when a toothpick/skewer comes out clean. Allow the cake to cool a bit and enjoy!!

Sue Wong
IT Services



Navadni koren. (*Daucus carota*.)
Illustration #351 in: Martin Cilenšek:
Naše škodljive rastline, Celovec (1892)





Creepy Witches' Fingers

Yield: 5 dozen.

- 1 cup butter, softened
- 1 cup icing sugar (powdered sugar)
- 1 egg
- 1 teaspoon almond extract
- 1 teaspoon vanilla
- 2²/₃ cups flour
- 1 teaspoon salt
- ¾ cup almonds, whole blanched
- 1 tube red decorator gel

Preheat oven to 325° F. In bowl, beat together butter, sugar, egg, almond extract and vanilla. Beat in flour and salt. Cover and refrigerate 30 minutes. Working with one quarter of the dough at a time and keeping remainder refrigerated, roll heaping teaspoonful of dough into finger shape for each cookie. Press almond firmly into one end for nail. Squeeze in centre to create knuckle shape. (Accompanying picture showed long rolled shape with bulge at centre for knuckle; you puff it out rather than squeeze it in.) Using paring knife, make slashes in several places to form knuckle. Place on lightly greased baking sheets; bake for 20-25 minutes or until pale golden. Let cool for 3 minutes. Lift up almond, squeeze red decorator gel onto nail bed and press almond back in place, so gel oozes out from underneath. You can also make slashes in the finger and fill them with "blood".

Remove from baking sheets and let cool on racks. Repeat with remaining dough.

Gross everyone out with these creepy cookies.

*Sandra Niven
Medicine – VGH*





Deluxe Apple Pie

Pastry:

- 1½ cups of flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup shortening
- ⅓ cup ice-cold water

Filling:

- 6 cups thinly sliced apples
- 6 tablespoons granulated sugar
- 6 tablespoons brown sugar
- ⅓ cup Five Roses all-purpose flour
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ cup butter
- ½ teaspoon grated lemon rind
- 6 tablespoons whipping cream

Prepare pastry: mix flour, salt and baking powder together. Cut in shortening with a knife or pastry blender. Add water a little at a time using just enough to bind mixture so that dough can be patted lightly to form a ball. Handle as little as possible. Roll out enough to line a 9" pie plate (approximately $\frac{2}{3}$ of ball), roll out remaining pastry for top crust.

Prepare pie: preheat oven to 450° F. Core, peel and slice apples. Combine sugars, flour, cinnamon and salt, then mix with apples. Spread apple mixture into unbaked pastry shell. Dot with butter, sprinkle with lemon rind. Pour whipping cream over top, then cover with top crust, sealing carefully and making slits to allow steam to escape. Bake at 450° F for 10 minutes. Reduce heat to 350° F and continue baking 20-30 minutes or until apples are cooked. Enjoy!

You can substitute your own crust recipes. Hard green cooking apples will keep their shape better than other varieties of apples.

*Catherine Hogan
Supply Management*





Easy-Breezy Strawberry Pie

Makes two pies.

2 small packages cherry, raspberry or strawberry Jello

2 ready-to-serve graham cracker pie crusts

3-4 cups strawberries

1 cup whipping cream

2 teaspoon sugar

1-2 packages Dr. Oetker Whip-it (optional)

Bake graham cracker pie crusts for 3-5 minutes to brown, let cool. Prepare strawberries: clean, cut off leaves, halve the larger ones. Follow directions for Jello on back of package, or use this quick-set method: add 2 cups boiling water to powder, stir until completely dissolved; add 4 cups ice cubes, stir until Jello begins to thicken. Place in fridge. Stir in strawberries while Jello is partially set, but not firm. Pour into pie crusts, refrigerate another 30-60 minutes. Pour cold whipped cream into bowl, mix until firm, add sugar. If you prefer, substitute vanilla ice cream for whipped cream.

To keep whipped cream firm for a day or two, mix in 1-2 packages of Dr. Oetker's Whip-it, available at most delis.



Eva Brink

Library at Robson Square





Ginger Cookie Recipe

- 2 cups unsalted butter
- 1½ cups white sugar
- 1½ cups brown sugar
- 1 cup molasses
- 3 eggs
- 1 teaspoon salt (omit if using salted butter)
- 8 cups flour
- 1½ tablespoons baking soda
- 1 tablespoon ground cloves
- 1 tablespoon ginger
- 1 tablespoon cinnamon

Preheat oven to 350° F. Cream butter with sugar and beat in molasses. Add in 3 eggs individually and 1 teaspoon salt if desired. Sift flour, soda, cloves, ginger and cinnamon together in a separate large bowl. Stir dry into wet mixture. Mix well and roll into 1½" balls and coat in white sugar. Place 2" apart on a cookie sheet. Press lightly with a fork if you wish to do so. Bake for 13 minutes (surface will be cracked).

Although rather large, this recipe is definitely worth the time. It is simple enough; and you'll find the cookies wildly popular! They freeze well.

*Lee Bryant
Sociology*

Grandma's Peanut Butter Cookies

- ½ cup butter
- ½ cup brown sugar
- ½ cup white granulated sugar
- 1 egg
- ½ cup smooth or crunchy peanut butter
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup all-purpose flour
- ½ teaspoon vanilla

Soften butter, beat in sugar, egg and vanilla, then peanut butter, until smooth. Sift together flour, salt and baking soda and mix into wet ingredients. Gently roll dough into small balls and place on greased cookie sheet. Press with a floured fork and bake in a preheated 350° F oven for about 10 minutes. Cool and store (if you have any left).

To vary, add nuts, coconut or chocolate bits with the dry ingredients. My favourite is plain cookies with a big glass of cold milk on the side!

*Adrian Carney
IRES*





Hazelnut Chocolate Truffles

1 can regular sweetened condensed milk (not evaporated)

1 cup chocolate hazelnut spread

8 squares semi-sweet baking chocolate

1½ cups chopped or sliced roasted hazelnuts/filberts (optional)

Optional Coatings (use a mixture if you like):

finely chopped roasted hazelnuts or other nuts

unsweetened cocoa powder

coloured decorating sugar

icing sugar

Heat sweetened condensed milk, chocolate hazelnut spread and semi-sweet chocolate in heavy-bottomed saucepan over low heat, stirring continuously until chocolate is melted. Remove from heat and stir in nuts, if desired. Chill until firm enough to handle, about 2-3 hours. Shape into 1" balls (a melon baller is helpful). Roll in any of the coatings, and place on parchment-lined cookie sheet. Chill again until firm.

*Regina Tsanas
Library Serials*

Jam Jam Cookies

½ cup butter or margarine

pinch of salt

1 cup brown sugar

6 tablespoons corn syrup

1 teaspoon vanilla

1½ teaspoons baking soda

2½-3 cups flour

2 eggs

jam

Combine butter or margarine and sugar, add eggs and mix thoroughly; add syrup and vanilla. In separate bowl, mix flour, soda and salt; add to first mixture. Roll out and bake in 350° F oven. Put together with jam while warm.

*Delores Nickel
Pathology & Laboratory Medicine*





Julianne's Whole Wheat Shortbread

- ½ cup cornstarch
- pinch of salt
- ½ cup icing sugar
- ½ cup whole wheat flour
- ½ cup unbleached all purpose flour
- ¾ cup butter

Preheat oven to 325° F. Put all into food processor and blend for a minute or so until it solidifies. Pat into 8" x 8" baking pan and prick all over with fork. Bake for about 40 minutes or until brown. Cut into squares carefully with a sharp knife while still hot. If you leave it until it is cooled, it crumbles too much.

You can use a hand mixer; it will take longer to solidify into one mass.

Julie Baron

Julie's Ex-Mother-In-Law's Quick Oatmeal Cookies

- ⅔ cup brown sugar
- ⅔ cup butter
- ½ teaspoon baking soda dissolved in 1 tablespoon hot water
- 1 teaspoon real vanilla
- 1 cup flour
- 1 cup oatmeal
- raisins, chocolate chips, chopped toasted walnuts (optional)

Preheat oven to 350° F. Cream together sugar, butter, baking soda mixture and vanilla. Add flour, oatmeal and, as desired, raisins, chocolate chips and walnuts. Depending on your taste and the texture of your flour, you may find a test cookie bakes up too "runny". You may wish to increase flour by up to 4 tablespoons. Form into rounds with your hands and press with a fork to flatten. Bake for about 15 minutes or until desired brownness is achieved.

I have baked these about 400 times I am sure, over the years.

Julie Baron





Kahlua Cake

- 4 cups whipping cream
- 1 large package Dad's Oatmeal Chocolate Chip cookies
- 1 cup Kahlua
- 1 cup milk

Whip the whipping cream until stiff. Mix the Kahlua and milk in a bowl. Dip cookies 1 at a time in the milk/Kahlua mixture. (Don't soak them—they become very soft and fall apart.) Layer the cookies on the bottom of a Springform pan, filling in as many holes as you can with pieces of cookies. Spread some whipped cream on top. Continue layering the dipped cookies/whipped cream. Freeze overnight (or for much longer). To serve, thaw for about 1 hour or slightly longer.

These are best just barely thawed.

Frances Tadman

Mango Pudding

- 1 tablespoon gelatin
- $\frac{3}{4}$ cup sugar
- 1 cup hot water
- 3 cups pureed fresh mangoes
- 1 cup evaporated milk

Mix gelatin and sugar in hot water until dissolved. Mix mango puree and evaporated milk. Pour gelatin mixture into mango mixture. Pour mixture into jelly mould and chill until set. Freeze for 3 hours.

*Jessica Man
IT*





My Mother's Butter Tart Recipe

- 1 egg
- 1 cup brown sugar
- 3 tablespoons butter
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 12 tart shells
- 2 cups raisins

Preheat oven to 400° F. Mix egg, sugar, butter, salt and vanilla until smooth. Line bottom of pastry shells with raisins. Pour mixture over top of raisins to $\frac{3}{4}$ full. Bake for 20 minutes or until pastry is browned and inside of tarts is set.

Julie Nichols

My Mum's Jelly Foam

- Jello
- whipping cream (or condensed milk)

Melt Jello powder in boiling water as described on the package then let sit to cool to room temperature (not set). Do not add cold water as directions indicate. Instead, measure the equivalent amount of whipping cream and whip it to stiff peaks. Gently incorporate the room temperature Jello into the whipped cream using a whisk or rubber spatula. Put in fridge to set. You can substitute condensed milk for the whipping cream if you prefer; that is what my mum used.

If you don't wait for the Jello to cool to room temperature, it will separate from the cream – still delicious but not as pretty.

*Margaret Ness
Mathematics*





One-Bowl Chocolate Cake

- 1½ cups all purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 tablespoons cocoa powder
- 1 tablespoon vanilla
- 1 tablespoon vinegar
- 5 tablespoons vegetable oil
- 1 egg
- 1 cup water

Preheat oven to 325° F. Combine flour, sugar, baking powder and soda, salt and cocoa powder. In separate bowl, mix oil, egg and water. Pour wet mixture into dry mixture and mix well. Pour into square pan and bake for about 1 hour.

Julie Baron

Peanut Butter Cookies

- 1 cup butter, softened
- ¾ cup brown sugar
- ¾ cup white sugar
- 1 cup peanut butter
- 2 eggs
- 1 teaspoon vanilla
- 2½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup chocolate chips (optional)

Preheat oven to 350° F. With mixer, beat butter at high speed until fluffy and light colored. Add brown sugar and white sugar, beat even fluffier. Beat in peanut butter. Break 1 egg into small bowl and add to batter; beat until blended. Break second egg into small bowl; add to batter along with vanilla and beat until smooth. In separate bowl, whisk flour, baking soda, baking powder and salt. Pour half over batter. With wooden spoon, mix until no streaks remain. Stir in remaining flour mixture until no streaks remain. Scoop dough by spoonful and roll into a ball. Place on prepared baking sheets. Use fork to press cookies flat. Bake for 10-12 minutes.

Millie Chong
Athletics & Sports Services





Pecan Pie Caramel Squares

- 1 cup all purpose flour
- ¼ cup icing sugar
- ½ cup cold butter, cut in pieces
- 2 tablespoons melted butter
- ¾ cup packed brown sugar
- 3 large eggs
- 1 cup corn syrup
- 1 teaspoon real vanilla
- ¼ teaspoon salt
- 2 tablespoons flour
- 1 cup toasted chopped pecans

Combine flour and icing sugar in food processor and pulse 2-3 times to mix. Add cold butter and process until mixture starts to cling together. Press into 8" square baking pan. Bake at 350° F for about 20 minutes or until firm and light brown. Place melted butter, brown sugar, eggs, corn syrup, vanilla and salt in bowl; beat with electric mixer until well blended. Add pecans and stir. Spread pecan mixture over crust. Bake for about 40 minutes.

I like the square to be a bit oozy when cut so the caramel runs a bit, but take out just before quite firm as it continues to cook while cooling. The top will crack when definitely done. Cool on wooden rack.

Julie Baron

Scotch Shortbread

- 1 cup (½ lb.) butter
- ⅓ cup white sugar
- 2¼ cups flour (sifted)

Cream butter and sugar, add flour gradually. Make 2 balls then roll in wax paper, making two long logs. Chill for half hour. Cut in circles. Bake 15-20 minutes at 300° F.

Julie Nichols

Semifrado Ice Cream

Makes six servings.

- 2 large eggs, separated
- ¾ cup sugar, divided into 3 parts
- 1 cup whipping cream
- ½ teaspoon vanilla
- grated zest of 1 orange
- 1 package sesame snaps, smashed

Beat egg yolks with ¼ cup sugar until soft peaks form. Beat egg whites with ¼ cup sugar until soft peaks form. Beat whipping cream with ¼ cup sugar until soft peaks form. Fold egg yolks and whites together. Fold in whipping cream. Fold in orange zest. Put in 8" x 8" pan and freeze for 6 hours.

Serve with wafers or sesame crisp.

Julie Baron





Small & Easy Cheesecake

Serves six.

- 1 cup graham or vanilla wafer crumbs
- 4 tablespoons butter
- 2 tablespoons sugar (omit if using vanilla wafers)
- 1 package (8 oz.) cream cheese, softened at room temperature
- ½ cup sugar
- 1 cup fat-free sour cream
- 2 eggs
- 3-4 tablespoons juice (mixture of lemon, lime or orange)
- 1-2 teaspoon zest from lemon, lime or orange

Pre-heat oven to 325° F. Melt butter in a 10" glass pie plate. Sprinkle crumbs and 2 tablespoons sugar into pie plate. Mix with a fork and press it into the pie plate and up the sides a ways. Set aside. Cream the cream cheese and ½ cup sugar, mix in sour cream. Add the eggs one at a time, beating a little after each addition. Add citrus juice to taste and stir in the zest. Pour this mixture into the prepared crust (if the filling comes above the crust line it means you should have pressed the crumbs further up the sides, but don't worry, it doesn't matter). Bake for about 30 minutes. Jiggle the pan to test. The filling should be rounded and set but is fine if it still has a little wobble in the centre. Don't over-bake. Let the cheesecake cool completely at room temperature. Then put it in the fridge overnight, covered loosely. Before cutting the cake, set the bottom of the pan in hot water.

The cake will loosen and come out more easily. Serve with fruit; raspberries or blueberries are nice. Or make a little fruit sauce topping if you wish.

This cheesecake keeps well in the fridge for several days, in fact it may improve; also freezes just fine.

*Pauline Willems
Koerner Library*

Strawberries

Makes three dozen.

- 1 package strawberry jelly powder
- 1 can Eagle condensed milk
- 1 package dessicated coconut
- few drops lemon juice
- red food coloring

Mix ½ jelly powder, condensed milk and coconut thoroughly. Add red food colouring and lemon juice. Blend well. Form mix into balls and shape like strawberries. Roll in remaining jelly powder. Make icing and add green colouring for stems. Refrigerate. You can also make other fruits by substituting other flavours of jelly powder. Make a basket of fruit cookies and take your bows.

I make these fabulous-looking cookies every Christmas and people always rave about them.

Julie Nichols





Walnut Angel Food Cake

- 10 extra-large or 12 large eggs
- 3 tablespoons olive oil
- 1½ cups sugar (½ cup for egg yolks and 1 cup for egg whites)
- 1 cup flour (sifted)
- ½ cup walnut pieces

Preheat oven to 400° F. Separate egg yolks and egg whites. Beat the egg yolks at medium speed for about 4 minutes, add olive oil and mix 1 more minute. Gradually add ½ cup sugar to the egg yolks, mixing until batter is light yellow and creamy. Place yolk mixture in another bowl. Wash the mixing bowl and beaters, dry very thoroughly, and place in the fridge for 5 minutes. Beat the egg whites at high speed for about 5 minutes. When soft peaks form, gradually add 1 cup sugar to the egg whites and beat until mixture won't fall off a spoon when turned upside down. With mixer at low speed, pour the egg yolks into the egg whites. Add flour and mix until batter is smooth. Pour batter into an angel food baking pan. Sprinkle walnut pieces on top of the cake and use a knife to stir a circle around the centre of the batter from top to bottom (this will make some of the walnuts pieces sink to the bottom). Bake at 400° F for 10 minutes, turn oven down to 350° F and bake for 10 minutes, then to 300° F for final 40 minutes.

The cake is done when you insert a toothpick and it comes out clean without any batter.

Kim Leong
Woodward Library

Whistler Mountain Chewy Bars

- 3 cups raisins
- ½ lb. dates, chopped
- 2½ cups shredded coconut
- 4 cups chocolate chips
- 2½ cups graham meal
- 1½ cups chopped walnuts
- 2 cups peanut butter
- 1¼ cups brown sugar
- 2 cups peanut butter
- 1¼ cups brown sugar
- 1½ tins evaporated milk

Combine all and mix well. You will have to use your hands or a wooden spoon as the mixture will be very stiff and thick. The recipe says to cook it on a cookie sheet, but I have put it in a roasting pan and it worked fine. Bake slowly at 300° F for 30 minutes or until lightly golden. It doesn't rise, so I usually just press it down into the pan to make thicker squares. The peanut butter and the chocolate keep it together, once it has cooled.

I have never found graham meal and so I have used a combination of wheat germ and oat bran.

Nicky Dorken



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CUPE 2950
Hut 4
6365 BioSciences Road
Vancouver, BC
V6T 1Z4