

**Field food
and Potluck recipes:
Lab~member legacies
...2011**



“There’s something about north,” he said, “something that sets it apart from all other directions. A person who is heading north is not making any mistake, in my opinion. That’s the way I look at it,” said Stuart. “I rather expect that from now on I shall be traveling north until the end of my days.”

~ E.B. White (from *Stuart Little*)

How do you get up north?

From U of S to Whitehorse and Fairbanks

– see driving distances on following page

Day one- Saskatoon to Saskatoon Island Provincial Park (1,005 km, 12 hrs)

- Take Trans-Canada Hwy/Yellowhead Hwy W/SK-16 W to Edmonton
- Merge onto AB-43 N via the ramp to Whitecourt/Grande Prairie/Peace River
- Stay on the 43 through the jogs and follow signs for Alaska
- Pass Grande Prairie, around Wembley AB turn right onto Range Road 81 for Saskatoon Island Provincial Park. There are a few Provincial parks in the area so take your pick.

Day two- Saskatoon Provincial Park to Liard River Hot Springs Provincial Park (874 km, 11 hrs)

- Get back on the 43 heading into BC
- Before Tuper, get on 2 north heading to Dawson Creek
- At Dawson Creek hop on Alaska Ave and get on BC-97 N
- Stop at Liard Hot Springs for a soak and rest.

Day three- Liard River Hot Springs Provincial Park to Whitehorse (646 km, 9 hrs)

- Hop back on the 97 north.
- The 97 changes to the 1 when you enter the Yukon.
- Stay on the 1 until you hit Whitehorse.

Day four- Whitehorse to Fairbanks (948 km, 12 hrs)

- Take Alaska Hwy/Klondike Hwy/YT-1 W/YT-2 N to Alaska.
- Continue to follow Alaska Hwy W to Fairbanks.

Field Food.

When you are tired and hungry, let your labmates give you dinner ideas...

Carissa Brown's field grocery list:

- buns or bread for sandwiches (from a bakery if possible)
- pitas
- tortillas
- apples and other fruit that keeps
- cabbage for sandwiches
- tomatoes – firm GMO ones, not beautiful vine ripened – they won't last!
- cucumbers
- broccoli
- potatoes
- onions
- garlic
- peppers and other pizza toppings
- PICKLES. I would not survive without my pickles.
- salsa
- sauces for ricey beany!
- pasta sauce – make it a good one. You'll be sick of it by the end of the summer. (Please be advised of JJ's pasta sauce food poisoning story and don't keep the jar around for too long.)
- good cheeses – gouda, havarti, extra old white cheddar...mmmm!
- plain yogurt
- cream cheese
- butter (to keep JV happy)
- saltine and Wasa crackers
- pasta
- gorp (trail mix) + M&Ms for enhancement
- granola for breakfast
- Ritter sport chocolate bars! 1-2 squares a night keeps the cranky away and keeps you regular...
- emergency canned soup – the good kinds that will actually fill you
- canned mixed beans (pinto, black, black-eyed peas, kidney)

Emily Tissier's additions:

- goat cheese. It's all wrapped up in a sealed package.
- mustard
- vinegar
- oatmeal
- boil in a bag meals – a bunch of them
- couscous
- cookies and chocolate bars. The good stuff.

CB's Ricey Beany!



- Rice (I often use the Uncle Ben's flavoured packages because you get to add butter and it has all sort of terrible preservatives)
- 1 can of mixed beans (not the kind in vinegar!)

Ricey beany = cooked rice + warmed beans + *Ci*
(where *i* is one of the many variations listed below)

1. Mexican ricey beany! Add salsa, a dab of plain yogurt (from your breakfast groceries) or sour cream, and grated cheese on top. Rip up some tortillas and mix them in for extra carbs.

2. Asian ricey beany! Add water chestnuts to your warming bean mixture and stir in an Asian sauce (sweet Thai, sweet and sour, satay....)

3. Ricey beany wrap! Not to be confused with burritos....take Mexican ricey beany and roll up in tortilla.

4. Indian ricey beany! Add a curry sauce to the cooking beans. Top with plain yogurt or put all of it in a pita.

5. You get the idea.

CB's Smashed potatoes!

Boil potatoes with two cloves of garlic in the water. When they are almost done, add some broccoli pieces. Drain when tender.

Smash up potatoes, garlic, and broccoli with butter, a bit of plain yogurt. Stir in chunks of cheddar cheese while it is still hot and they turn into gooey cheesy goodness.

Washing a pot after mashing potatoes is a pain, but the melted cheese is worth it.

Jayne Viglas' favourite pita pizza



Spread pizza sauce on pitas. Top with your favourite pizza toppings. Sprinkle cheese on top. Cook in frying pan with pot lid or foil on top to melt the cheese.

This one takes patience, and you can only cook one pizza at a time so it's best to share each one as they finish, otherwise one person gets extra hungry (i.e., cranky).

Alternative: put the pizza toppings in the pita and then cook. Pita calzone!

The sandwich CB ate every day for four summers:



Must be made on the tailgate. Use a good Kaiser bun or a good quality bread with some structural integrity. Spread with hummus or spicy mustard (or baba ganoush, or a tasty dip from the grocery store). Add cabbage (it keeps way better than lettuce), fancy cheese, cucumber, tomato, and pickle. YUM. Warning: cabbage burps.

ET's goat cheese salad wrap

- Make a vinaigrette and keep it in a jar before you head out.
 - for the vinaigrette: mix a spoon of mustard, same amount of vinegar (balsamic, red wine), and triple that amount of olive oil. Shake it up.
- In a pita (or tortilla or bread if it's all you have) add:
 - Goat cheese chunks
 - Herbs (Herbs de Provence or some Italian mix you can get at the store)
 - Lettuce
 - Vinaigrette

Field food doesn't have to mean slumin' it.

Xanthe Walker's Bean Extravaganza!

Serves 4

Ingredients:

- Olive Oil (2 tablespoons)
- Red onion (1)
- Garlic (to taste)
- Red pepper (1)
- Orange pepper (1)
- Black beans (1 can)
- Yellow corn niblets (1)
- Tomatoes (2)
- Avocado (1)
- Jalapenos
- Lettuce (1)
- Salsa
- Plain Yoghurt
- Spices (whatever is in the food box!)
- Tortillas (optional)



Directions:

Chop the onions, garlic, and peppers. Heat oil in skillet over medium heat. Add the onions and fry until soft. Add garlic and peppers and continue to fry over medium to high heat until tender. Drain liquid from beans and corn and add to pan. At this stage, I also like to add a little salsa and whatever spices I can find (ex. cayenne, chili flakes, paprika, pepper). Continue to stir and heat until warm. Meanwhile, dice the tomatoes, slice the avocado, and set out the lettuce, jalapenos, yoghurt, and salsa. To assemble, one can start with either the tortillas or the lettuce leaves (my preference). Next, pile on the bean mixture and toppings (tomatoes, avocado, jalapenos, salsa, and yoghurt) to taste. Enjoy ☺

Jill Johnstone's Ramen noodle surprise

(serves 4 reasonably, 3 people heartily)

Ingredients:

- 2 packages of ramen (ichiban) noodles with “flavour” packets
- 1 can of tuna
- 1 whole tomato, if you have it, cut into chunks
- 1 head of broccoli, if you have it, cut into chunks
- 2-3 green onions, if you have them, diced
- mozzarella, grated, a fair amount
- hot sauce, if you have it (I like Louisiana or red hot, rather than tobasco)
- soya sauce, if you have it
- 1-2 cloves of garlic, diced (if you have it)

Directions:

Boil some water in a pot. Add the ramen flavour packets (or use bouillon if you have it). Break up the ramen and add it once the water is boiling. Add the broccoli chunks immediately after the ramen. Add the garlic. Cook this for about 2 minutes. Add the tuna fish (juice and all). Add the tomato and bring it just back to a boil. Turn off the heat. Season with hot & soya sauce and ladle into bowls. Sprinkle on green onion and then grated cheese. Pass the hot sauce around again once everyone has their bowls. Don't burn your mouth – it's hot!!

As you can see, this recipe is highly flexible in terms of ingredients. The main basis is a ramen noodle soup with cheese. Tomatoes add a pleasant acidity and fresh broccoli give some welcome greens. The flavour of the soup can be adjusted with hot sauce, soya sauce, and garlic. This cooks in minutes and is a good, one-pot meal for a cold day.

JJ's Bean burritos

Serves 3-4 if you go light on the beans, 2 if you have a good appetite and each have your own tent.

SK says: helps keep you warm in your sleeping bag on those cold summer nights – oh refried beans!

Ingredients:

- 1 can refried beans (vegetarian black beans are really good if you can get them)
- 1 jar of salsa
- 1 package of flour tortillas (2 per person, usually)
- cheddar cheese, grated or diced
- 1 green pepper, cut up into small chunks
- 1 tomato, also cut up into small chunks
 - Alternatively, you can sauté up some onion and mushrooms for a different veggie combo.
 - For the deluxe version, fry up an egg for each tortilla (or make a big batch of scrambled ones)

Directions:

Empty the refried beans into a small pot. Add some salsa and/or water to liquefy them a bit. Heat over moderate heat and stir frequently to avoid burning to the bottom. Once it is bubbly, add in the veggies to warm them up (unless you've sautéed them already on the side) and maybe a bit of cheese to melt it. Place the pot in a central location and then each person can ladle some bean filling into their tortilla, top with more cheese (and maybe some hot sauce) plus some egg if you have it. Roll up the tortilla and secure the bottom flap. Eat with both hands.

This recipe has the distinct advantage of not even requiring plates or cutlery!

JJ's Lentil surprise (aka, daal with rice)
(easily expandable from 1 to many people)

Ingredients:

- Rice, preferably basmati (1/3 to ½ C per person)
- Dried brown lentils (1/4 C per person)
- Salt
- Onion, diced
- Butter or olive oil
- Curry powder
- Raisins

Directions:

Mix the dry rice and lentils and put them into an appropriately sized pot. Add water equal to double the volume. Yellow split peas or orange lentils can be substituted for brown lentils, but will be mushier at the end. Bring the rice and lentil mixture to a boil (add some salt) and then cover and simmer gently until all the water has been absorbed. Check that the lentils and rice are cooked through; you may need to add more water.

Sauté the onions in a pan with butter or oil until they are nicely brown. The more onions, the merrier. If you have a tomato you can also cut it up and add it. Once things are mostly done cooking, add a bunch of curry powder to the onions and also the raisins. Mix the contents of the pan with the contents of the pot. Adjust seasoning to taste. Serve in bowls and pass the hot sauce. Raisins can be reserved to be added into individual bowls if someone doesn't like them.

This recipe requires both a pot and a pan but if you only have one pot just skip the onions or add dried onions to the rice pot when it is half-way through cooking. Takes about 20 minutes to make.

JJ's Bannock

(makes 1 large or 2 small bannocks – which will disappear regardless of the number of people present).

This recipe goes well with soup or stew. The recipe is based on the one in the Northern Cookbook (an excellent reference).

Ingredients:

- 2.5 C flour
- 4 tsp baking powder
- ½ tsp salt
- ¼ C skim milk powder (optional) Note – these dry ingredients can be mixed up ahead of time –
- Oil or butter to coat the pan
- Butter, cheese, and/or jam for the bannock when it is cooked

Directions:

Put the dry ingredients in a bowl. Add about ¾ C of water, just enough to moisten all of the flour.

For dry bannock: Heat enough oil in a pan to make it well-greased. When the pan is hot, gloop the blob of wet dough into the pan. Mould it into the shape of the pan with a wet spoon or oily fingers. If you have a lid for the pan, put this on. Keep the heat low but warm enough to slowly cook the dough. If you smell burning, turn down the heat. When the bottom is brown and the top looks slightly cooked (~10 min), use a spatula to flip the whole thing over. Putting some oil on the top first will help keep it from sticking when it is flipped. Cook for a bit longer, maybe ~5 min depending on the dough. Remove from the heat, cut into wedges, and enjoy.

For fry-bannock: Heat a lot of oil in the pan until it is hot enough to spit and sizzle when you drop a small piece of dough in. Drop in the dough in small blobs (these can be stretched out into fat pancakes to cook evenly). Don't crowd them. Flip them over when they are brown on one side to cook the other side. If you are in Ottawa, dust them with sugar when they come out of the pan and call them beaver tails. If you are in the bush, put jam on them and eat them with caribou (or bunny) stew. The truth is, bannock is good with pretty much anything, especially after several days of stale bread or pilot biscuits.

Kirsten Allen's Chili (eat with JJ's bannock)

Chili:

- chopped peppers
- chopped onions
- chopped garlic
- chopped mushrooms
- canned beans
- caned diced tomatoes
- chili powder to taste

Sauté vegetables

Add canned goods and spices

Let simmer for as long as you want (the longer the better!)

ET's Lentil Yum

- Cook a pot of lentils
- adding cumin, turmeric, curry, salt.
- Once lentils are mostly cooked, add a can of diced tomatoes, some frozen or fresh veggies.
- I always add a few squirts of hot sauce to heat it up, but it's good any ole way!
- Eat with Bannock or crackers.
- Put it in a thermos and eat it for lunch (preferably on the beach ☺)



Cheddar and garlic sandwiches (JJ + ET)

These are good for when you are in a remote camp and can't keep a lot of fresh veggies. They are remarkably good. Come on guys, it's *garlic and cheese*, can you really go wrong? The garlic also keeps bugs and vampires away.

JJ's version:

- Take 2 pieces of bread and butter each.
- Slice a clove of garlic thinly and arrange the slices on the buttered bread.
- Lay on a few slices of cheddar cheese.
- Add a layer of cabbage leaf.
- Top with the remaining slice of bread.
- Flavour improves if you let this sit in your backpack for a few hours before eating.

ET's version:

- Put mustard and/or hummus on each piece of bread (or pita) instead of butter.
- Use thinly sliced elephant garlic instead of regular.
- Add slices of cheddar cheese or whatever you have kicking around in the cooler.
- Top with the other slice of bread that has been mustarded. Voila! Mmm...

JJ's Russian tea

Very good for winter camping or field work in the cold. Mix orange ("tang") juice crystals with some instant tea crystals. This is best if you can get unsweetened tea, but iced-tea mix will work if you don't mind things really sweet. Add in some ground cinnamon. Mix with boiling water and put in a thermos for when you can't feel your toes.

ET's Couscous Yum (akin to the many Ricey Beany! varieties)

Make a pot of couscous: the ratio of couscous is about 1.5 cups of water to 1 cup couscous. Just pour boiling water over couscous and cover, let stand 5 minutes. (It doesn't look like rice or pasta so don't cook it like it is!)

Stuff you can add to make a sauce over the couscous:

- Onion
- Turmeric
- Cayenne
- vegetable stock
- black pepper
- salt
- curry
- chick-peas, pinto beans, kidney beans, etc...
- 1 small can tomato paste
- garlic
- zucchini, yellow squash or yellow zucchini
- large carrots
- yellow or red potatoes, skins on!
- red or green bell pepper
- Rooster sauce!
- Veggie chili mix
- or meat stuffs but I can't speak to this.

Sara Kuleza's Orgasmic chili

Prep time: 10 mins

Enjoyment time: All night (oooh lala!)

Directions:

Pour into big pot:

- 1 can of diced tomatoes
- 1 can of bean medley (or melody, whichever you prefer)
- 1 can of corn nibblets

Add onions and **GARLIC** – don't forget the garlic!

Add whatever fresh veggies you might have (some favourites are peppers of all colours, carrots, mushrooms, etc.)

(It is beneficial to lightly sauté the onions, garlic, and veggies prior to adding to the pot. Quick'ins the prep time, so you can get to the enjoyment.)

Add Chili powder to taste (how hot do you like it?)

Let the flavours blend, or once the veggies are cooked, or if you're just so freakin' hungry you can't wait any longer, **DIG IN.**

Also, sprinkling cheese on top is a nice touch.

(although, some might feel it is essential ☺)

Love-makingly good with field (deep fried in butter) Bannock!

ENJOY!



ET's Rainy Evening Plan



- Talk all the waterproof stuff out of the back of the truck
- Crawl in, all of you!
- Put the stove on the tailgate and make boil in a bag dinner.
 - This consists of some Indian sauce in a bag that you heat in boiling water.
 - Pour it over couscous.
 - Warm your innards with your field crew.
- Dessert is a must so it's OK to eat the whole box of cookies if you deserve it.
- Crack a beer or make a tropical cocktail.
- Don't forget to treat your field dog if you have one. He worked hard all day too and doesn't have a rain-coat ☹
- Repack the back of the truck and do the dishes before crawling in your tent.
- Remember, it *could* be sunny tomorrow! ☺

Other meal ideas:

- Boil in a bag over rice or couscous
- Canned soup and grilled cheese sandwiches
- Pasta with tomato sauce or pesto or alfredo
- Wraps with just about anything in them



Snacks:

- Granola bars in any variety
- Fruit leathers
- Chocolate bars
- Trail mix
- E T's deluxe version: walnuts, dark chocolate chips, and dried cherries.
- If you get a variety of trail mixes to maintain variety, don't let Jonathan get to them. He will consolidate them into one mondo-bag and ruin everything!
- MF likes to carry around beef jerky and Oreo's in his pockets
- Apples

General productivity tip:

- ★ Live music helps the cooking process!



Wait! Wait! Doesn't anybody eat **breakfast** in the field? It's a **MUST** to be productive and not get cranky until morning snack-time ☺

ET's thoughts:

Let's start with the essential:

- Coffee/tea
Some people can't bring their "A game" without it.

- Oatmeal. Not the starchy instant crap, get the real rolled oats. Add:
 - Almonds
 - Dried fruits
 - Cinnamon
 - Milk / yogurt
 - Brown sugar

- Cream of wheat

- Red River – JJ sautés the grains in butter before cooking it up. Deeeelish! If you do this the night before, then add boiling water and sit overnight. You have an instant breakfast that is way better than instant!

- If you are in America, there's Malt-o-Meal. They have a chocolate variety. Mmmm....

- Granola/cereal
 - Milk
 - Yogurt
 - Apple sauce (don't sneer until you try it)
 - Fruit

- Bread with peanut butter and or jelly and or nutella and or a fried apple.

- If you have time and you are fancy – bacon and pancakes.
 - Fry a half bagel in the bacon fat or give it to your field dog.

End of field season toast CB style:



Ingredients:

1 air horn

1 bottle of sumpin' sumpin'

After your last measurement of the season, have a nip from the bottle and blow the air horn. It's very satisfying.



I'm a sur-VI-vor
I'm a lodge-POLE pine
I like the FI-re
I live at TREE line!

Let's not forget the importance of the writing-group/potluck dish.

Make it special with labmate recipes!

We are not just pretty faces in this lab. We do exciting field work, analyze data like machines, write like it's going out of style, and yes, we can cook. There's a reputation to uphold so do us proud.

Sara Pieper's famous (infamous) noodle cookies

Impress your supervisor and lab mates early in your relationships with them with these unique cookies. Your colleagues will be talking about them for years to come...

- 2 (6 oz.) pkg. chocolate chips
- 2 (6 oz.) pkg. butterscotch chips
- 1 (5 1/2 oz.) **can** (or 2, 3 oz. cans) chow mien noodles
- 1/2 c. cashews or peanuts (I recommend peanuts)

In a heavy saucepan combine chocolate and butterscotch chips.

Melt stirring constantly over low heat.

Remove from heat and stir in chow mien noodles.

Add nuts if desired.

Mix quickly to coat each noodle, spoon with tablespoon onto waxed paper.

Cool.

Henkelstone Boreal cranberry brownies

- 1 cup cranberries, fresh or frozen
- 1 1/3 cup flour
- 1 tsp. baking powder
- 1/2 tsp. Salt
- 1 cup butter
- 1 cup cocoa
- 2 cups white sugar
- 4 eggs
- 1 1/2 tsp. Vanilla
- 1 tsp. almond extract
- 1/2 cup chopped walnuts

If using frozen cranberries, measure first, then thaw completely. Pour 1/4 cup hot water over the berries, then drain. If using fresh berries, simmer berries for a few minutes in 1/4 cup water.

Combine the flour, baking powder and salt in a bowl.

Melt butter in a large saucepan. Remove it from the heat. Stir in the cocoa. Add sugar, eggs, vanilla and almond extract, and stir until blended. Sit this mixture into the dry ingredients. Add the cranberries and nuts and mix just until blended.

Pour the batter into a greased 9x13 pan.

Bake at 350F, 30-35 minutes.

Cool completely.

ET's Chocolate and pear tarte

Here's the quick and dirty version
(sidestepping micro-management in the kitchen!)

OK, you *can* make this in a pie plate but why would you want to? ☺

- oven temp 420F
- melt dark chocolate in a double boiler (about 230g)
- pour it in the bottom of a shortbread crust*
- place peeled pears in a fancy way on top of the melted chocolate
- mix in a separate bowl :
 - 200 ml of cream
 - 1 Tbsp of sugar
 - 1 egg
 - whatever flavour goodness you desire (almond powder, vanilla...)
- Pour this mixture on top of the pears in the crust
- Bake until custard top is solid and getting golden (about 20 mins)

*Shortbread crust recipe:

- 1 cup flour
- 1/3 cup powdered sugar
- 1/8 teaspoon salt
- 1/2 cup butter
-

Mix this all up. If you melt the butter you get a nice crumbly dough. I dump it into the bottom of the tarte pan and smooch it with my fingers. Prick the bottom and don't precook it!

Mulled wine

JJ's version:

My recipe is pretty general, as I pretty much go by taste and adjust to what ingredients I have available. The key ingredients are:

- Red wine, usually something relatively sweet or without a lot of strong tannins. Usually a pretty mediocre bottle of red can make a very nice mulled wine. Sangria is a traditional wine to use, but we have been using a batch of home-brewed merlot that ended up too sweet to be a very good table wine.
- Some sort of citrus (usually lemon or orange).
- Spices: cloves and cinnamon
- Sugar (or honey if you prefer)

I heat the wine slowly and keep it just below a simmer (note the alcohol has a lower boiling point than water so if you boil it, you're losing all the good stuff).

Simmer the citrus fruit (sliced lemon or orange) and spices with the wine for at least a half hour and maybe longer. You get less sediment if you use whole cloves (~5) and cinnamon (1 big stick or 2 small) but I've also used ground spices, especially when I'm in a rush. Careful not to over-do it with the cloves.

Add a few tablespoons of sugar and then taste it again after a little while and add more if needed. I generally like it fairly sweet, and add 4-6 T for a bottle of wine. I also frequently add in some raisins and maybe some orange juice or apple cider, if I have any on hand. Brandy can also be added at the end to give it a more "robust" flavour. Some people add water but I consider that blasphemy, even (especially?) with cheap wine...

ET's version:

- Heat red wine as Jill said, but then add 1 part whiskey, rum OR vodka to 2 parts red wine.
- Maple syrup to sweeten or brown sugar
- Spices: nutmeg, cinnamon, cloves
- Citrus: lemon or orange slices in the hot mix.
- Just let it simmer and not a rolling boil!

Nicole Wunderlich's Apple crisp (from mama Wunderlich)

I use a large pyrex or metal pan 9 x 13 for this recipe

Cut up apples and put in pan, then sprinkle the following on the apples:

1/4 cup to 1/2 cup sugar (depends on how sweet the apples and how many you use - probably 1/2 cup with a large pan)

1 heaping teaspoon of cinnamon (stir the cinnamon into the sugar and make a mixture) then sprinkle on the apples

Crumbs:

1 cup flour (you can use 1/2 cup white and 1/2 cup brown flour)

1 cup brown sugar

1 1/4 cup of rolled oats

1/4 cup of wheat germ (or less)

1 cup melted butter (sometimes I use 1/2 or sometimes I use 3/4 of a cup)

1 tsp cinnamon

Rub into crumbs and pile on top of apples.

Bake at 350 degrees for 45 minutes to an hour.

Enjoy!

Jam Jam Veeglash's Hungarian Nut Cake

- 1/2 cup butter
- 3/4 cup brown sugar
- 2 egg yolks
- 1 teaspoon vanilla
- 1 1/4 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup walnuts
- 2 egg whites
- 1 cup brown sugar

Cream butter and 3/4 cup brown sugar together.

Add egg yolks and vanilla. Beat.

Sift flour, baking powder, and salt and add to creamed mixture.

Mix into crumbs and press into 8 x 8 pan. Sprinkle walnuts over crumb mixture in pan.

Beat egg whites until stiff and add 1 cup brown sugar.

Spread this carefully over the nuts and bake at 350 F for 30 minutes.

Looks kind of weird, but ET will tell you otherwise! 😊

ET says- it's so good, you might want to roll in it.

Matt Frey's Favourite peanut butter cookies

This is my favourite recipe for peanut butter cookies. For a superior cookie, use butter rather than margarine, and use 100% pure chunky peanut butter (not the sugary Kraft or Jiffy stuff).

Preheat oven to 375

Beat until soft

- ½ cup of butter or margarine
- Add gradually and blend until creamy:
- ½ cup of firmly packed brown sugar
- ½ cup granulated sugar

Beat in

- 1 egg
- 1 cup peanut butter
- ½ tsp salt
- ½ tsp baking soda
- ½ tsp vanilla

Sift before measuring and add

- 1 to 1 ½ cups all-purpose flour

Optional: Add ½ to 1 cup of dark chocolate chips, depending on how much chocolate you want 😊

Roll the dough into small balls. Place them on a greased cookie sheet and press flat with fork. Bake about 10-12 minutes.

SK's Peanut butter-oatmeal chocolate chip (and other stuff) cookies

Prep time: 15 mins

Cook time: 10-12 mins

Makes: cookies (duh!) how many? Depends on how big you make them.

Ingredients:

- 1 1/2 cups Peanut Butter
- 1/2 cup butter, softened
- 3/4 cups granulated sugar (I use honey instead, some equivalent amount...kinda. Maple syrup works too.)
- 2/3 cups brown sugar
- 2 eggs
- 1 1/2 tsp of vanilla
- 1 cup oats
- 3/4 cup flour
- 1/2 tsp baking soda
- Chocolate chips, Craisins, Sunflower seeds = delicious things to also add

Instructions:

Heat oven to 350F. Beat peanut butter and butter in large bowl.

Add sugars; beat until light and fluffy. Blend in eggs and vanilla.

Mix oats, flour, and baking soda. Add to peanut butter mixture; beat until blended. Stir in other delicious ingredients.

Put on cookie sheet in whatever size you want. They only expand a wee bit, so cram them in there!

Bake 10-12 minutes. Don't burn the bottoms (cause I NEVER do!).

The actual recipe says "cool completely", but that also NEVER happens, not before I've eaten half of them.

Phone Sara and let her know you just made cookies (so she can come over and help eat them, of course!).

DONE! Enjoy!

KA's Almond biscotti

(this is ET's fav-our-rite!)

- 1 3/4 cup all purpose flour
- 2 tsp baking powder
- 3/4 cup whole unblanched almonds
- 2 eggs
- 3/4 cup granulated sugar
- 1/3 cup melted butter
- 2 tsp vanilla
- 1/2 tsp almond extract
- 1 egg white, lightly beaten

Combine flour, baking powder, and almonds in large bowl.

Wisk eggs, sugar, butter, vanilla, and almond extract separately, then stir into flour mixture.

On lightly floured surface form ball, divide in 1/2

Roll each 1/2 into 12inch long

Put on ungreased baking sheet

Brush tops with egg white

Bake at 350F for 20 min

Remove, let cool for 5 min, cut diagonally into 3/4inch thick slices

Bake for 20-25 min until golden

Remove and let cool before serving

MF's Old world chocolate spice cake

This is by far my favourite cake recipe. While the preparation time is quite high (and often frustrating) for zesting the oranges and grating the chocolate, the results are well worth it. If you want to spruce up the cake you can make a cream cheese icing with citrus zest.

Preheat oven to 350

***Have all ingredients at room temperature.

Sift before measuring

- 2 and 1/3 cups flour

Resift with

- 1 ½ tsp double-acting baking powder
- ½ tsp cloves
- 1 tsp cinnamon
- ½ teaspoon nutmeg (freshly grated if possible)

Cream until soft

- ½ cup butter or margarine

Add gradually and cream until light

- 1 ½ cups sugar

Beat in one at a time

- 4 eggs

Stir in

- 4 oz. grated semi-sweet chocolate
- ½ cup citrus zest (grated citrus rind) or candied citrus rind

Stir the flour mixture into the butter mixture in about 3 parts, alternating with

- 7/8 cup milk

Stir the batter after each addition until smooth. Most European

cakes are stirred a long time. This gives them a close, sandy

texture. Bake the cake in a greased tube pan or in a loaf pan about 1 hour.

ET's Sweet potato cake with brown sugar-cream cheese frosting

Cake

- 2 1/4 cups cake flour, sifted
- 1/2 tsp cinnamon
- 3/4 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 small sweet potatoes, baked or steamed
- 1/4 cup plain yogurt
- 1 tsp vanilla extract
- 1 stick (8 tb) unsalted butter, softened
- 1 cup sugar
- 2 large eggs, room temperature

Frosting

- 1 stick (8 tb) unsalted butter, softened
- 1 package (8 ounces) cream cheese, softened
- 1 tsp vanilla extract
- 3/4 cup light brown sugar
- 4 cups confectioner's sugar

Preheat oven to 350 degrees F. Butter and flour two 9-inch cake pans.

Make cake: whisk together flour, cinnamon, baking soda, baking powder, and salt. Peel off the skins of the potatoes, and mash them up in a bowl; whisk in yogurt and vanilla extract, and set aside. Cream butter and sugar on medium-high speed until light and fluffy. Add eggs one at a time, add dry ingredients. Mix just until combined. Divide batter equally among the two prepared pans, and bake 18 to 20 minutes, or until edges begin to pull away from pan and inserted cake tester comes out clean.

Make frosting: beat butter and cream cheese on medium-high speed for 2 to 3 minutes, until fluffy; add vanilla extract. Sift through the brown sugar with your fingers to make sure there are no hard lumps, then add to the butter and cream cheese, mixing until light and fluffy. Reduce mixer speed to medium, and add the confectioner's sugar gradually, beating until the frosting is very thick and smooth.

SP's Artichoke cheese dip (in the crock pot)

- 1 lb of mozzarella cheese, shredded (about 4 cups)
- 1 cup Parmesan cheese, grated
- 1 cup mayonnaise
- 1 cup artichoke hearts, drained and chopped
- 1 red pepper, seeded and finely chopped
- 2 cloves of garlic, minced

Add all ingredients to the crock pot slow cooker and mix thoroughly. Cover, cook on High about 1 hour. Makes enough dip for 15 people.

KA's Creamy guacamole

- 2 avocados
- lime juice
- 1 tbsp sour cream
- 1 tbsp mayo
- garlic to taste
- chili and cumin powder to taste
- 2 Roma tomatoes, chopped
- small purple onion (chopped into tiny pieces)
cilantro, chopped

(change ingredient amounts as desired)

Mash up avocados to desired consistency.

Add next 5 ingredients, stir well.

Add last 3 ingredients, mix and serve

JV's Pumpkin Muffins

- 4 eggs
- 2 cups sugar
- 1 1/2 cups canola oil
- 2 cups fresh cooked pumpkin or 14 ounce can pumpkin
- 3 cups flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon cloves
- 2 teaspoons soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup chocolate chips

Beat eggs.

Add sugar, oil, and pumpkin.

Mix well.

Add rest of ingredients and blend until smooth.

Add chocolate chips last.

Fill greased muffin tins.

Bake 350 F for about 20 minutes. Delicious!!

KA's Jalapeno dip

- 2 large tomatoes
- 1 can black olives
- 6 Jalapeno peppers
- 1 bundle green onions
- 1 pkg Monterrey Jack cheese
- 1 bottle golden (or zesty) Italian dressing

Chop all ingredients into tiny pieces (a food processor works great, if you have one!)

If you like your dip spicy leave in some of the white center part (and seeds) of the jalapeno peppers, otherwise the dip is not spicy.

Pour on the dressing.

Let sit for a few hours.

Serve with favourite tortilla chip/cracker.

SK's Scrumptious cold veggie pizza

Crust: Pillsbury Crescent dough – don't break up the squares, just lay flat and bake till golden. Let cool.

Sauce: Spreadable cream cheese and sour cream. I go with the garlic and herb cream cheese, then you don't have to add your own!

Spread on crust when it has cooled.

Toppings: Add whatever you like! Cauliflower, broccoli, carrots, cucumbers, mushrooms, and peppers are a good combo to make it colourful.

Dill is also a nice addition to spread on top. Mmmm.

SP's Greek with envy (Greek pasta salad)

Dressing:

- 1/3 cup fat-free Italian salad dressing
- 1 tbsp each balsamic vinegar and freshly squeezed lemon juice
- 1 tsp each Dijon mustard and liquid honey

- 1lb (454g) cheese filled tortellini
- 1 ½ cups peeled, diced English cucumber
- 10 cherry tomatoes, halved
- ¾ cup chopped bottled roasted red peppers
- ¾ cup crumbled light feta cheese (3 oz/85g)
- ½ cup chopped green onions
- 1/3 cup minced red onions
- 2 tbsp minced fresh oregano leaves
- ¼ tsp freshly ground black pepper

To make dressing, whisk together all dressing ingredients in a small bowl. Refrigerate until ready to use.

Cook tortellini according to package directions until tender but firm. Drain and rinse under cold running water. Drain again. Transfer tortellini to a large bowl.

Add cucumber, tomatoes, red peppers, feta cheese, green and red onions, oregano, and pepper. Mix well. Add dressing and toss again. Cover and refrigerate for 1 hour before serving.

KA's Strawberry-poppy seed salad

Salad:

- romaine lettuce
- sliced strawberries
- thin sliced red onion

Dressing:

- 1/2 cup mayo
- 1/4 cup sugar
- 1/4 cup cream (can use milk, but very runny)
- 2 tbsp poppyseed 2 tbsp white vinegar
-

Mix together dressing ingredients.

Pour dressing on salad right before serving (for best results let the dressing sit).

This recipe book was conceived of and created by Emily Tissier with essential contributions from:

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- Carissa Brown
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- Sara Pieper
- Kirsten Allen
- Xanthe Walker
- Matt Frey
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- Guest appearances by:
- Nathan Young
 - Bertrand Charry
 - Winton



“You have to eat to cook. You can’t be a good cook and be a non-eater. I think eating is the secret to good cooking.”
- Julia Child