

# Cooking with the Stars



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## Des étoiles dans la cuisine

# 2008

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# Cookbook 2008

We would like to say thank you to everyone who helped make this Cookbook a reality. Thank you to everyone who donated recipes. A big thank you to all of you who donated your time helping us put this book together and selling it, we could not have done it without you! *You are all stars!*

Erika Mallett – PFM

Danuta Tardif - PFM

Louis Desmeulles – PPTC

Martine Menard - PPTC

\*\*\*Special thanks to Chantal Payer in DFM for all her hard work in designing the Cookbook!\*\*\*

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## Livre de recettes 2008

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*Vous êtes tous et toutes des étoiles!*

Erika Mallett – PFM

Danuta Tardif - PFM

Louis Desmeulles – PPTC

Martine Menard – PPTC

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**Baba Ghanouj (With an Indian twist)**

Saloni Negi - DFAIT/MAECI

**Ingredients**

- 1 large eggplant
  - 1 onion
  - 2 cloves of garlic
  - 1 T lemon juice (freshly squeezed a must)
  - 2 T tahini
  - 1/2 t cumin seeds , roasted and ground
- (Put cumin seeds in a heavy pan and heat over medium heat until seeds are brown and fragrant. Remove to mortar and pestle, or spice mill, and grind. )
- 1/2 t cayenne pepper (or to taste)
  - 1/2 t salt (or to taste)
  - Garnish: chopped fresh cilantro or parley, a drizzle of olive oil (if desired)

**Instructions**

- Preheat oven to 350. Peel onion, cut in half, lengthwise. Remove stem and cap from eggplant. Do not peel. Eggplant in half lengthwise
- Place both vegetables, cut side down on lightly oiled baking sheet. Bake for 40 or 45 minutes, until completely softened. The cut side of the vegetables will be quite brown, but this is good
- Scoop out the eggplant pulp from the peel
- Place garlic cloves, with skin on, in microware for 15 seconds: garlic flavour will mellow, and cloves will slip right out of their skins
- Combine eggplant pulp, onion, skinned cloves of softened garlic, lemon juice, tahini, salt, cumin, and cayenne pepper in food processor and purée until smooth. Taste to adjust seasoning
- Pour into bowl, garnish with fresh herbs, and a bit of very good olive oil, if desired
- Serve with crackers, flat breads, sliced tomatoes, roasted red peppers, olives, or other good things, as desired. Add a mildly flavoured cheese and wine (a Riesling would go well with the spice of the eggplant), and you've got a fantastic light meal

## **Baked Brie with Roasted Garlic and Sundried Tomatoes**

Rachel McCormick - DFAIT/MAECI

### **Ingredients:**

- 1 whole head garlic
- 1 sprig fresh rosemary
- 1 teaspoon olive oil
- 1 12oz round of brie cheese
- ¾ cup sundried tomatoes packed in oil, drained, cut into thin strips
- 1/3 cup pine nuts
- 3 tablespoons finely shredded basil
- Crostini and apple slices
- Optional garnish: rosemary and green and black olives

### **Directions:**

- Preheat oven to 375°F (190°C)
- Cut off 1/4 inch of pointed end of head of garlic (save small pieces for another recipe). Place cut side up in a piece of aluminium foil. Place rosemary on top. Bring sides of foil up to make a deep bowl, but do not enclose garlic completely. Pour olive oil over top of garlic. Bake for 40-45 minutes in preheated oven. Cool.
- Squeeze garlic so that the cloves pop out of their papery jackets. They should be creamy. Smash them and spread on top of brie (including some of the rosemary). Place brie in ovenproof dish. Top with tomatoes and pine nuts. Increase oven temperature to 400°F (205°C)
- Bake brie until warm and softened, about 13 to 18 minutes. If topping is getting too browned, cover loosely with aluminium foil during last portion of baking
- Sprinkle slivers of fresh basil on top. Surround with crostini and/or apple slices. Garnish with sprigs of fresh herbs and, if using, drained imported olives. Provide a spreading knife

### **Zucchini Bread**

Nancy Segal - DFAIT/MAECI

#### **Ingredients:**

- 3 Eggs
- 1 Cup of oil
- 2 Cups sugar
- 1 Teaspoon of vanilla
- 2 Heaping cups of shredded zucchini
- 1 1/2 Cups of pastry flour
- ½ Cup of wheat germ
- 1 Cup of whole wheat flour
- 1 Teaspoon of salt
- 2 Teaspoon of nutmeg
- 1 Teaspoon of baking soda
- 1 Teaspoon of baking powder
- 1/2 Cup of chopped nuts (optional)

#### **Instructions:**

- Mix dry ingredients together
- Mix wet ingredients together
- Combine and add zucchini and nuts
- Bake at 325 F for 1 hour in 2 loaf pans, 2/3 full, double lined with wax paper

### **Celeriac Mash**

(From the Official Residence in The Hague)

Colleen Swords - DFAIT/MAECI

#### **Ingredients:**

- 1 Celeriac (1 to 1.5 kg)
- 1 Chopped onion
- 1 Clove of chopped garlic
- 1 Cup of chicken stock
- 1 Tablespoon of butter
- Salt and pepper

#### **Instructions:**

- Peel the celeriac and cut into one inch pieces
- Lightly fry the onions in the butter with the garlic than add the celeriac and stir for 5 minutes
- Add the chicken stock, cover and cook slowly for 25 minutes
- Take the lid off and continue cooking until the juice reduces
- Mash or use a blender
- Add salt and pepper

### **Cheeseball**

Brianne Leach - DFAIT/MAECI

#### **Ingredients:**

- 250g of cream cheese
- 250g of coarsely grated orange (cheddar) cheese
- 1/4 of diced red pepper
- 1/4 of diced green pepper
- 3 slices red onion slices, diced
- 3 dashes Worcestershire sauce
- 3 dashes cayenne or to taste
- Capful of lemon juice
- Walnuts

#### **Instructions:**

- Mix together entirely (except walnuts)
- Look for a tacky consistency to attract the walnuts
- Layout walnuts on saran wrap and roll cheese ball in the nuts looking for full coverage. Ensure ball shape and wrap in saran
- Keep cool until 30 minutes before serving
- Can be frozen for 3 to 6 months.
- Serve with medium-sized cracker with minimum flavour.

### **Crevettes - Aspik**

Julie Chenier - PPTC

#### **Ingrédients**

##### **Mélange 1:**

- 1 Boîte (250 gram) de fromage à la crème Philadelphia
- Boîte (284 millilitre) de soupe aux tomates

##### **Mélange 2:**

- 1 Tasse (250 millilitre) de sauce à salade ou mayonnaise
- 1/2 Tasse (125 millilitre) d'oignon
- 1 Tasse (250 millilitre) de céleri
- 1 Boîte (113 gram) de crevettes, égouttées

##### **Mélange 3:**

- 2 enveloppes (2x 28 g) de gélatine neutre
- 1/2 tasse (125 ml) d'eau froide

#### **Instructions :**

- Mélange 1: Faire fondre les deux ingrédients ensemble
- Mélange 2: Ajouter au 1er mélange et mélanger dans robot culinaire
- Mélange 3: Ajouter ce mélange aux deux précédents
- Verser dans un moule et laisser prendre au réfrigérateur



## **Crevettes – Mousse**

Carole Boudreau-Henri - PPTC

### **Ingrédients:**

- 8 Onces de fromage Philadelphia (régulier ou léger)
- ½ Canne de soupe aux tomates (Aylmer)
- 1 Enveloppe de gélatine sans saveur.
- 1/4 Tasse d'eau
- ½ Tasse d'oignon en petits morceaux
- ½ tasse de céleri en petits morceaux
- ½ Tasse de mayonnaise (régulière ou légère)
- 1 Petit sac de crevettes, égoutté

### **Instructions:**

- Faire fondre le fromage Philadelphia et la soupe tomate dans une casserole à feu bas, brasser
- Ajouter l'enveloppe de gélatine au fromage et refroidir
- Mélanger les autres ingrédients
- Incorporer le tout et mettre dans un moule à mousse
- Faire prendre au frigidaire toute la nuit
- Servir avec des craquelins

## **Hummus**

Peggy Assad - PPTC

### **Ingredients:**

- 2 or 3 cloves of garlic with
- 1 can of chick peas (19 oz)
- ¼ cup of juice from the canned chick peas
- ½ cup of tahini (sesame seed paste)
- ½ cup of lemon juice
- 1/3 cup of olive juice
- 1 teaspoon of salt &
- ½ teaspoon of cayenne pepper

### **Instructions:**

- In a food processor add: garlic and chick peas juice.
- With the motor running, slowly add:
  - drained chick peas
  - Tahini
  - Lemon juice
  - Olive juice
  - Salt
  - Cayenne pepper
- Blend until smooth

**Loaf - Antipasto**

Beyan Al-Ghosen - DFAIT/MAECI

**Ingredients:**

- 1 French bread baguette (350 grams) cut in ½ horizontally
- 1 Tub (250 grams) of Philadelphia Cream Cheese Spread
- 3 Tablespoon of pesto
- 1/2 Cup of chopped sundried tomatoes packed in oil and drained
- 1/2 Cup of chopped marinated artichoke hearts and drained
- 2 Tablespoons of Kraft 100% parmesan grated cheese
- 2 Cups of baby spinach leaves, coarsely chopped

**Instructions:**

- Remove bread from centre of each baguette ½, leaving 1 inch-thick shells
- Mix cream cheese and pesto. Spread on bottom of both baguette 1/2
- Top bottom ½ with tomatoes, artichokes, parmesan cheese and spinach
- Cover with second baguette ½; press together firmly.
- Wrap tightly in plastic wrap. Refrigerate until ready to serve or up to 24 hours. Cut into 25 slices to serve.

## **Pétoncles et fraises au citron vert et au gingembre**

Alice Rodrigue - PPTC

### **Ingrédients :**

- 8 Grosses pétoncles (chacune coupés en trois rondelles)
- 12 Fraises (8 mûres en tranches et 4 entières, non équeutées)
- 1c.à thé de graines de sésame, grillées
- 1 Avocat assez ferme
- 4 Brins de menthe fraîche
- 4 Rondelles de citron vert, torsadées

### **Marinade**

- 2 c. à soupe de jus de citron vert, fraîchement pressé
- 3 c. à soupe d'huile de sésame
- 1 c. à thé de gingembre frais, haché finement
- Poivre du moulin

### **Instructions :**

- Battre légèrement les ingrédients de la marinade dans un bol
- Mettre les pétoncles dans la marinade
- Couvrir et laisser mariner 30 minutes dans le réfrigérateur
- Dans 4 assiettes, mélanger  $\frac{1}{4}$  des rondelles de pétoncles et fraises tranchés. Pour former une rosace dans chaque assiette.
- Verser un peu de marinade et parsemer de graines de sésame
- Dans chaque assiette, disposer  $\frac{1}{4}$  de l'avocat en éventail à côté de la rosace ainsi qu'un brin de menthe, une fraise non équeutée et une rondelle de citron vert

**Salmon - Smoked**  
Macelle Lapointe – DFAIT/MAECI

**Ingredients:**

- 3/4 to 1 Pound of good Pacific Coho or sockeye sliced smoked salmon
- (I always use Pacific salmon for colour and more flavour)
- 1 Large red onion
- 1 Lemon or 2 small limes
- 1 Small jar of small capers (reserve some of the caper liquid)
- Olive oil: good olive oil but not virgin as it tends to be too heavy for this dish

**Instructions:**

- Slice salmon into 3/4 " small squares and spread on a large plate
- Sprinkle with lemon juice, olive oil and black pepper (then transfer to a container with a tight lid)
- Repeat until all salmon is in container
- Mince onion and add to salmon mixture
- Add almost the whole jar of capers and sprinkle some of the caper juice
- Add some small bits of lemon or lime to the mixture
- Shake well once fitted with lid
- (\*Note that mixture should be wet and not dry - if too dry, add bit of olive oil and lemon juice)
- Refrigerate overnight and shake container from time to time to mix well
- Serve chilled with rounds of black bread, small biscotti or water crackers
- (I have used rounds of pumpernickel bagels which works very well with this)
- You can spread a little cream cheese on the rounds of bread or bagel or serve it on the side as well

**Trempelette - épinards**

Sylvie Simard - PPTC

**Ingrédients:**

- 1 paquet d'épinards coupés et congelés (bien égouttés)
- 1 tasse de crème sûre
- 1 tasse de mayonnaise
- 1 boîte de champignons hachés
- 1 tasse de cheddar fort râpé
- 1 oignon haché finement
- 1 enveloppe de soupe Knorr au potage de légumes

**Instructions:**

- Mélanger tous les ingrédients sauf les épinards
- Ajouter les épinards au mélange et servir dans un pain pumpnickel (ou autre) préalablement découpé sur le dessus
- Servir avec crudités.

**Trempelette - nachos**

Martine Ménard - PPTC

**Ingrédients:**

- 1+ Tasse de brocoli
- ½ Tasse de mayo
- ½ Tasse de crème sure
- 1 Oignon haché fin
- 1 Brique de fromage en crème
- 1 Tasse de fromage rapé

**Instructions:**

- Mélangé les ingrédients dans un plat en pyrex
- Mettre au four pendant 20 minutes à 350 degré
- Servir avec nachos

### **Salad - Bean**

Deborah Brownlee - DFAIT/MAECI

#### **Ingredients:**

- 14oz can green beans
- 14oz can yellow beans
- 14oz can kidney beans - rinsed well
- 14oz can mixed beans - rinsed well
- 1/2 cup chopped green pepper
- 3/4 cup white sugar
- 2/3 cup vinegar
- 1/3 cup corn or vegetable oil
- 2 medium onions (thinly sliced and separated into rings)
- 1 tsp. salt
- 1/4 tsp. pepper

#### **Instructions:**

- Drain liquid from beans. In a large bowl combine all ingredients and toss well
- Let stand overnight
- Will keep for several days in the fridge
- Makes enough for 6-8 servings

### **Salad - Chinese**

Chantal Payer - DFAIT/MAECI

#### **Ingredients:**

- 1 Bag of baby spinach
- Optional: celery, red and green peppers, Mushrooms, Bean sprouts, Cashews, Raisins, Green onions, Fresh parsley, 1 Pack of dried Chinese noodles (square package)
- 1 Cup of vegetable oil
- 1 Cup of Soya sauce
- 2 Cloves of crushed garlic

#### **Instructions:**

- Mix vegetable oil, soya sauce and garlic (dressing)
- Crush and fry dried Chinese noodles in a pan with 2-3 tablespoons of dressing
- Let noodles cool to room temperature
- Mix all ingredients together
- Pour dressing 10 minutes before serving

## **Salad - Couscous**

Candace Sampson - PPTC

### **Ingredients:**

#### **Dressing:**

- ½ - ¾ cup of olive oil
- ½ cup white wine or white balsamic vinegar
- zest of one lime or dash of lime juice
- 2 chopped cloves of garlic
- 1 large handful of fresh mixed herbs
- salt & pepper to taste

#### **Salad:**

- 2 cups of water
- 2 gloves garlic, crushed
- 2 envelopes Oxo chicken bouillon (25 % less salt)
- 2 Tablespoon margarine
- 2 cups of couscous
- 6 chopped green onions
- 1 chopped red pepper
- ½ pkg dried orange/cranberries
- ¾ cup slivered almonds, roasted

### **Instructions:**

- Prepare dressing and roast almonds ahead of time
- Bring to boil water with garlic, chicken bouillon and margarine
- Remove from heat, add couscous, stir, cover and set aside
- In a large bowl, mix together onions, red pepper, cranberries and roasted almonds; add to couscous
- Add dressing; toss well

**Salad - Lime Cilantro Sweet Potatoes**

Juudy Scrimger - DFAIT/MAECI

**Ingredients:**

- 2 lb sweet potatoes, peeled and cut into bite-sized chunks
- 4 T olive oil
- ¾ t salt
- 1 t cayenne pepper
- zest of one lime – minced
- 2 T lime juice
- ¼ to ½ cup chopped cilantro

**Instructions:**

- Toss sweet potatoes with 2 T oil and ¼ t salt, spread in one layer on a cookie sheet and roast, stirring (shaking) halfway through, until tender, about 25 minutes total
- Stir together cayenne, zest and remaining ½ t salt in a small bowl
- Whisk together 2T lime juice and remaining 2 T oil in a larger bowl, then add potatoes
- Sprinkle with the cayenne mixture and cilantro, stir gently to combine
- Serve as a cold salad

**Salad - Radicchio, Spinach & Pear**

Louise Belisle - DFAIT/MAECI

**Ingredients:**

- ¼ cup extra-virgin olive oil
- 2 Tablespoons good balsamic vinegar
- 1 clove garlic, minced
- pinch each salt & pepper
- baby spinach and radicchio, about 4-6 cups worth
- 1 bosc pear, thinly sliced
- 1 cup parmesan shavings (not shredded or grated)

**Instructions:**

- Whisk together the dressing ingredients, let stand 10 minutes
- Tear radicchio into bite-sized pieces and toss with spinach and dressing
- Arrange in large shallow bowl or individual plates, top with pear slices and cheese



**Salad - Shrimp and Avocado**  
Jasmine Rokolj - DFAIT/MAECI

**Ingredients:**

**Salad:**

- 1 pound peeled and deveined shrimp
- 2 tablespoons vegetable oil or olive oil
- 2 garlic cloves minced or pressed
- 2 avocados
- 2 tomatoes
- 6 cups baby greens or torn lettuce

**Dressing:**

- juice and zest of 1 lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped fresh tarragon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup olive oil

**Instructions:**

- If you're using frozen shrimp, begin to thaw it by placing it in cold water about 15 minutes before cooking
- Warm the oil in a skillet, add the garlic and shrimp, and sauté until the shrimp turn pink, 2 to 4 minutes. Set aside
- Whisk together the dressing ingredients
- Toss the cooked shrimp with 1/4 cup of the dressing
- Peel and pit the avocados and cut into wedges
- Cut the tomatoes into wedges
- Arrange the shrimp, avocados, and tomatoes on the greens and drizzle on more of the dressing

## **Salad - Spinach**

Rachel McCormick - DFAIT/MAECI

### **Ingredients:**

- 1 red onion
- Olive oil
- Sea salt
- Spinach
- 2/3 cup feta cheese – crumbled using a food processor
- 2/3 cup dried cranberries
- Toasted pecans or pine nuts.
- 1 tsp. lemon zest
- 2 Tablespoons lemon juice
- 2/3 Cup orange juice
- 1 Tablespoon dijon mustard
- 1 Teaspoon honey fresh thyme (or dried)
- 1/3 cup olive oil

### **Instructions:**

- Slice red onion, toss in olive oil and sea salt, and roast at 300 about 20 minutes
- Combine lemon juice, orange juice, dijon mustard, thyme, and olive oil
- Combine spinach, onion, crumbled feta, dried cranberries and either toasted pecans or pine nuts
- Cover and toss with dressing

## **Salade - fraises et épinards**

Sylvie Simard - PPTC

### **Ingrédients:**

#### **Salade:**

- 1 chopine de fraises
- 1 lb de jeunes épinards
- ½ tasse d'amandes en lamelles

#### **Vinaigrette:**

- ¼ tasse d'huile
- ¼ tasse de vinaigre de vin
- ¼ tasse de sucre
- 1 ½ c. thé d'oignons hachés finement
- ¼ c. thé de sauce Worcestershire
- 1 c. thé de paprika
- 2 c. soupe de graines de pavot
- 2 c. soupe de graines de sésame

### **Instructions:**

- Laver, équeuter et assécher les épinards.
- Couper les fraises en tranches
- Mélanger les épinards, les fraises et les amandes doucement.
- Mélanger les ingrédients de la vinaigrette en gardant les graines de pavot et de sésame pour la décoration

**Salade - lentilles au cari**  
Marieve Dubois – DFAIT/MAECI

**Ingrédients:**

**Salade:**

- 1 tasse de riz (brun, sauvage ou basmati)
- ½ tasse de lentilles
- ½ tasse de raisins
- 1 petit oignon rouge émincé
- ¼ tasse d'amandes rôties, effilées

**Vinaigrette:**

- ¼ tasse de vin blanc
- 2 cuil. à table d'eau
- 1 cuil. à thé de cumin
- 1 cuil. à thé de moutarde de Dijon
- ½ cuil. à thé de sucre, sel et coriandre moulue
- ¼ cuil. à thé de curcuma, paprika, muscade et cardamone moulu
- Pincées de cannelle, clous et poivre de Cayenne
- ¼ tasse d'huile d'olive

**Instructions:**

- Dans des casseroles d'eau bouillante, cuire le riz pendant 40 minutes, les lentilles pendant 25-30 minutes et l'orzo pendant 5 minutes
- Rincer et transférer dans un grand bol avec les raisins et les oignons
- Mélanger tous les ingrédients de la vinaigrette, ajouter à la salade
- Laisser refroidir complètement avant de placer au froid pendant au moins 4 heures
- Parsemer d'amandes avant de servir

## **Soup - Onion**

Louise Belisle - DFAIT/MAECI

### **Ingredients:**

- 1 large Spanish onion
- 1 large Vidalia onion
- 1 large silver onion
- 3 shallots
- 2 litres rich meat stock
- sea salt, white pepper
- dried marjoram (lightly)
- Maggi
- Bovril Beef concentrate
- Sherry Rum pepper sauce

### **Instructions:**

- Chop and slice the onions and gently fry in 2 tablespoons garlic butter until softened and just beginning to brown (20-30 minutes)
- Stir in the stock and add seasonings to taste
- Bring to a boil, then simmer about 20 minutes
- In one gratin dish per person, ladle soup over a slice of day-old Italian bread, top with grated cheese and bake @ 400 about 10 minutes or until cheese melts and begins to brown

**Beef - Afghani Eggplant**  
Allison Stewart - DFAIT/MAECI

**Ingredients:**

- 1 med eggplant, ½ inch slices
- (½ - 1 lb. ground beef or lamb, depending on taste)
- 1 med onion, sliced
- 1 cup yoghurt
- Dash paprika
- 2 cloves garlic, chopped
- ½ tsp salt
- dash pepper
- ¼ cup olive oil (or vegetable oil) (this is never enough)
- 1½ tsp dried parsley

**Instructions:**

- Sauté onion till tender; remove from pan
- Cook 1/2 of eggplant on medium high turn once till tender and golden for 10 minutes
- Cook the rest of the eggplant with more oil as needed
- Arrange onion and eggplant on baking dish (add ground beef or lamb on top of the eggplant and onions if desired)
- Mix the rest of the ingredients without paprika and pour over
- Sprinkle with paprika
- Bake at 350 for ten to fifteen minutes till hot and bubbly

**Beef - Mutton (Babootie) -South African Meat Dish**

Nancy Segal – DFAIT/MAECI

**Ingredients:**

- 1 thick slice white bread
  - 2 eggs
  - 1 lb (500g) minced beef or mutton
  - 2 cups rice (uncooked)
  - 1 1/4 cup milk
  - 1 apple
  - 1 onion
  - 1 tablespoon butter
  - 1 teaspoon ginger
  - 1/2 teaspoon nutmeg
  - 1 teaspoon tumeric
  - 1 tablespoon curry powder
  - 1 tablespoon apricot jam
  - 4 tablespoons vinegar
  - 2 tablespoons raisins
- 12 split almonds

**Instructions:**

- Soak 1 thick slice white bread in 1 cup milk
- Chop 1 apple and 1 onion. Fry in 1 tbsp butter, add 1tsp ginger, 1/2 tsp nutmeg, 1 tsp tumeric, 1 tbsp curry powder, 1 tbsp apricot jam, 4 tbsp vinegar, salt and pepper to taste
- Squeeze bread and mix with 500 g (1lb) minced beef or mutton. Add to curry mixture. Add 1/4 cup milk, 2 tbsp raisins and 12 split almonds. Put in greased dish. Add bay leaves and almonds on top. Press mixture down will
- Bake at 350 F for 1/2 hour. Beat rest of milk with 2 eggs and pour over cooked meat. Bake another 20 minutes. Serve with yellow raisin rice (add 4 tbsp raisins and 1/2 tsp tumeric to rice while it cooks)

## **Black Beans and Rice (Cuban Dish)**

Louise Crosby –DFAIT/MAECI

### **Ingredients:**

- 1½ cups of dried black beans, washed, picked over and soaked for 8 hours
- 4 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large green, red or yellow bell pepper, peeled if desired, cored, seeded, and chopped
- 2 heaping tablespoons minced garlic
- 1 cup chopped fresh or canned tomato
- Salt and freshly ground black pepper
- 1 1/2 cups long-grain rice

Garnishes (optional): lime wedges, chopped fresh cilantro, roasted sweet potato slices, cubed avocado

### **Instructions:**

- Drain beans, put in pot, and cover with water. Bring to a boil, reduce the heat, partially cover and simmer for 1 hour
- Meanwhile, put oil in a large pot over medium heat. Add the onion, bell pepper, and garlic, and cook, stirring, until the onion is soft, about 5 minutes. Add to the beans along with the tomato. Continue cooking, uncovered, stirring occasionally, for another hour or more, adding water if necessary, until the beans are done, soft but still firm in the middle. Add salt and pepper to taste. (The mixture should be thick and soupy. If it is too dry, add a little more water.)
- Use an immersion blender or a potato masher to semi-purée the beans in the pot (leave at least half un-puréeed)
- To cook the rice, bring 2 cups water and a generous pinch of salt to a boil. Add rice, reduce heat to low, cover and cook until the water is absorbed and the rice is tender and fluffy. (Or cook according to package instructions). Remove pot from heat and let sit, covered, for 10 minutes
- Serve beans over rice, with garnishes if desired
- If you like your beans spicy, add a dash of Tabasco sauce or a pinch of cayenne pepper

*Serves 4 to 6*



## Casserole - d'Aubergine

Carmelle Lafontant - DFAIT/MAECI

### Ingrédients:

- 2 aubergines moyens (ajouter au choix, des cubes de carotte cuites à la vapeur, épinards)
- Environ ½ à 1 livre de bœuf en cubes pour ragoût
- Ail, poivre, sel, thym, poivron (rouge, vert etc.), oignon (et/ou d'autres assaisonnements au goût)
- 1 cuil. à table de farine ou 2 cuil. à table de pâte de tomate
- 2 à 3 cuil. à table d'huile végétale
- Jus d'un citron ou du vinaigre

### Instructions:

- Éplucher et faire cuire l'aubergine en morceaux à feu moyen à la vapeur ou dans une marmite avec très peu d'eau, jusqu'à ce qu'elle soit tendre (ajouter les carottes et épinard si vous voulez, de préférence au milieu de la cuisson). Égoutter et mettre de côté
- Assaisonner le bœuf avec l'ail, le sel, le poivre et le thym et/ou autres assaisonnements au goût
- Dans une casserole à feu moyen, mettre l'huile, ajouter le bœuf et le jus de citron ou le vinaigre avec ½ tasse d'eau, recouvrir le tout et laisser mijoter. Remuer de temps à autre et surveiller la cuisson selon votre goût (tendre, moyen, etc.) Si l'eau sèche, ajouter un peu d'eau ou arroser de temps à autre jusqu'à la cuisson voulue. Laisser réduire l'eau de cuisson pour avoir une sauce épaisse de préférence
- Lorsque la viande est prête, écraser l'aubergine (carotte en cubes, épinard comme voulu) avec les cubes de poivrons et les cubes/tranches d'oignon et ajouter dans la casserole en mélangeant le tout. Laisser mijoter à feu moyen à doux pour environ 10 à 15 minutes en surveillant et mélangeant chaque 5 minutes, ajouter d'autres assaisonnements si voulu. Épaissir avec la pâte de tomate ou de la farine diluée dans un peu d'eau (la pâte de tomate ajoute aussi un peu de couleur)
- Servir sur un lit de riz

*Pour 4 à 6 personnes:*

**Casserole - Broccoli and Cheese**

Carol Anne Diguer - DFAIT/MAECI

**Ingredients:**

- Butter a 9X 12 pan. For smaller yield 4 x 5 pan use 2 quantities below
- Fresh broccoli - 1 bunch (can substitute for frozen-2 packages)
- Fresh asparagus -1 bunch
- Brussels sprout - 1 lb. or 10-12 units
- Fresh brie 100-120 grams
- Fresh blue cheese (danish/german/potent) 100-120 or so grams
- Ementhal cheese 100-120 grams
- Baking powder or flour - 1 tbsp
- Cream or milk- 10 oz. Cream is better
- Garlic, sea salt (or regular), pepper, oregano and anything else you enjoy.
- Gold fish cheese crackers (cheddar or other cheese choice-I use cheddar)

**Instructions:**

- Cook broccoli, asparagus and Brussels sprout in a steamer pot -15-20 minutes
- Drain and set aside
- Add milk or cream and baking powder or flour and bring to a bowl and simmer to thicken
- Butter casserole dish. Sprinkle bottom of the dish with third of milk/cream mixture
- Layer pan with third of vegetable mix
- Break up and add a thin layer of fresh blue, emmenthal and brie
- Pour another third of the milk/cream mixture
- Add garlic (fresh or puree), oregano, sea salt. Hum, or regular, and pepper
- Layer with another third of veggies
- Break up and sprinkle balance of fresh cheeses
- Add balance of milk/cream mixture
- Crumble cheddar crackers using a rolling pin or break up in a large Ziploc bag
- Spread cheddar crackers evenly over top of the dish.
- Bake at 375 for about 20-30 minutes until lightly browned

*For 4-6 people*

**Casserole - Wild Rice**  
Stewart, Nancy – DFAIT/MAECI

**Ingredients:**

- 1 Cup of Wild Rice
- 3 Strips of Crisp Crumbled Bacon
- 1/4 pound of fresh mushrooms, sliced
- 1/2 cup of chopped onions, chives or shallots
- 1 stalk of celery, chopped
- some green pepper
- Butter
- 1 can of cream of mushroom soup
- 1/2 cup of toasted almonds

**Instructions:**

- Wash and drain rice. Spread evenly in a large low pan. Fill with salted water to triple the depth of the rice and cook covered for approximately one hour in 350 F oven until rice is nearly tender
- Remove cover for the last 20 minutes. Drain if necessary
- This can be prepared the day before and baked together with other ingredients just before serving
- Fry bacon. Remove from skillet and set aside. Sauté mushrooms, onions, green peppers and celery in butter. Combine all ingredients and season with salt and pepper
- Bake in covered casserole at 350 F until heated through and serve
- Leftovers freeze well

**Chicken and Rice - Herbed Tomato**  
Beyan Al-Ghosen - DFAIT/MAECI

**Ingredients:**

- 1/4 cup Kraft Calorie-Wise Zesty Italian Dressing
- 4 small boneless skinless chicken breasts (1 lb./450 g)
- 2 cloves garlic, minced
- 1 can (28 fl oz/796mL) diced tomatoes, undrained
- 1-1/2 cups instant white rice, uncooked
- 1 cup water
- 1 cup Kraft Part Skim Mozzarella Shredded Cheese
- fresh tomato, chopped
- Tbsp. chopped cilantro

**Instructions:**

- Heat dressing in large skillet on medium heat. Add chicken and garlic; cover. Cook 5 min. on each side or until chicken is evenly browned. Remove from skillet
- Add canned tomatoes, rice and water to skillet; stir. Bring to boil. Reduce heat to low; simmer, uncovered, 10 min., stirring occasionally. Return chicken to skillet; top with cheese. Cook, covered, 5 min.
- Top with fresh tomatoes and cilantro

## **Chicken and Asparagus Bundles**

Juudy Scrimger - DFAIT/MAECI

### **Ingredients:**

- 4 boneless chicken breast halves
- 24 fresh slender asparagus spears, trimmed (fewer if asparagus is thick)
- 2 Tablespoons olive oil
- 2 teaspoons fresh lemon juice
- 2 small (or 1 large) garlic clove
- ½ teaspoon dried basil
- ½ teaspoon thyme
- salt and pepper
- ¼ cup sliced green onions
- 2 teaspoons cornstarch
- 1 cup chicken broth

### **Instructions:**

- Flatten chicken breasts enough to roll up easily
- Wrap each breast piece around 6 asparagus spears; secure with toothpicks
- Place in 13x9" baking dish coated with non-stick cooking spray
- Combine oil, lemon juice and seasonings; spoon over the bundles
- Cover asparagus tips with foil, and bake at 350 for 15 minutes
- Uncover; sprinkle with sliced onion and bake 12-15 minutes longer
- Remove bundles to serving platter and keep warm
- In a saucepan over medium heat, whisk cornstarch and broth until smooth, then stir in pan juices
- Bring to a boil; cook and stir for 2 minutes until thickened
- Remove toothpicks from bundles, top with sauce and serve

## Chicken and Corriander Meatballs

Lise Marshall - DFAIT/MAECI

### Ingredients:

- 1 kilo minced chicken
- 1 egg (can be left out, binds better with though)
- 2 slices bread, preferably wholegrain
- 2 TB minced or grated fresh ginger
- 2 garlic cloves, crushed
- 1 bunch coriander
- Salt and pepper to taste
- 1 TB mild mustard OR small chopped red chilli
- Milk (around 1/4 cup)

### Instructions:

- I do all this in my blender (For a rougher consistency, or for those not in a hurry like I always am, chop and mix by hand)
- Put roughly torn bread and enough milk to just cover in blender, soak for 1-2 minutes and then blend. Add egg, ginger, garlic, salt, pepper, mustard or chilli and blend again
- When you have a nice mush, add the chicken mince and coriander, and blend just enough so mixture is well combined
- Roll into small balls and fry - I do this in my non stick pan but you could do in a small amount of oil
- Makes about 30 balls - Serve with tzatsiki and/or sweet chilli sauce.

## **Chicken on a bed of Mediterranean Rice**

Shawn Walker - PPTC

### **Ingredients:**

- Chicken breasts, skinless and boneless (4)
- Garlic (2-4 cloves)
- Mayonnaise (½ cup)
- Salt (to taste)
- Lemon (1)
- Lime (1)
- Chicken Stock (powder) (2 tbsp. +1 tbsp.)
- Extra-virgin olive oil (1 cup)
- white or brown rice (2 cups)
- celery (3-4 stalks)
- carrots (1-2)
- onion (1 medium)

### **Instructions:**

- Mix the chicken stock powder into the extra-virgin olive oil, beat briskly until the stock is not clumped
- Slice or fillet the chicken breasts. Brush the oil over the chicken, pour remainder of the oil into the container and refrigerate about 1 hour
- Dice the celery, carrots and onion. Pan fry the vegetables lightly until soft and then cook with the rice. Adding chicken stock (about 1 table spoon)
- Mince the garlic as finely as possible. Add the garlic as per your taste, mayonnaise, juice of ½ lemon, 1 lime and a pinch of salt in the mixing bowl
- To cook the chicken grill or pan fry it over medium-high heat. Don't worry about the olive oil getting into the pan it boils off very nicely. There is no need for greasing the pan or grill as the olive oil prevents sticking. Grill or fry the chicken until it is thoroughly cooked and browns nicely on the outside
- Serve the chicken on the bed of rice with a dollop of the white sauce and a side salad of your choice

## Chicken Catchatori

Ingrid Slatta – PPTC

### Ingredients:

- 6 - 8 Chicken Thighs (to lower the fat you can remove the skin)
- Hunts Thick and Rich Spaghetti Sauce Original
- 2 Tablespoon (or to your liking) Italian Spice/Herb Mix
- 1 Teaspoon Freshly grated black pepper
- 1 Teaspoon of Freshly grated Sea Salt
- 1 Bay Leaf
- Fresh Mushrooms - sliced (optional)
- 1 Yellow Onion - minced
- 2-3 tablespoons of oil
- 1 or 2 cloves of garlic crushed or finely minced (optional)
- 1 Cup of your favourite red wine (not optional)

### Instructions:

- Empty Spaghetti Sauce and add Italian Spice/Herb mix, pepper, salt and bay leaf into a large casserole dish with cover. Stir well
- In a skillet and using 1 tablespoon of oil, cook onions until just transparent, add mushrooms and continue cooking until onions are just barely golden and mushrooms are softened about 5 minutes. Add to sauce and stir
- Add remaining oil or enough to cover bottom of skillet and brown thighs until golden turn over and brown other side. Only cook a few to keep the pan hot. Remove to a plate while cooking the remaining thighs
- When all thighs have been browned remove all oil from skillet. Add minced garlic and gently cook just to soften and release the flavour. Add to sauce
- Deglaze the skillet with the wine, scraping up any brown bits and add to sauce. Stir to distribute evenly
- Add browned chicken thighs casserole dish and sauce, ensuring each thigh is covered with sauce. Cover and cook in a 350 F oven for about 45 - 60 minutes. Let cool a bit. Then remove chicken thighs and remove the meat from the bone and then add back into the sauce
- Serve over freshly cooked pasta sprinkled with Parmesan cheese, garlic bread, garden salad and of course the rest of the wine
- This is even better the next day. It freezes very well and is excellent to bring to work for lunch



## Chicken Satay Ayam

Juudy Scrimger - DFAIT/MAECI

### Ingredients:

- 2 T soft brown sugar
- ¼ cup molasses
- ½ cup dark soy sauce
- 2 garlic cloves, crushed
- juice of ½ lemon
- 2 T peanut oil
- 3 chicken Breasts

### Instructions:

- Mix the first 3 ingredients together in a small bowl, then stir in the remaining three, and set aside
- Skin and bone chicken breasts and cut the meat into ¾ inch cubes. Thread the cubes on to skewers and arrange in a shallow dish (*Remember to soak the wood skewers in water for 30 minutes prior to cooking*)
- Pour over the sauce and set aside to marinate at room temperature for an hour, turning and basting occasionally
- Grill or broil the chicken skewers for 5 minutes, turning occasionally, or until the cubes are cooked through and tender. Serve at once with the Peanut Sauce

### Peanut Sauce:

#### Ingredients:

- 1 cup peanut butter (chunky is best)
- 1 t sambal ulek or 2 chopped red chilis
- 3 garlic cloves, minced
- 1 t salt (to taste)
- 1 minced onion
- 2 T peanut oil

#### Instructions:

- Heat 2 T peanut oil in saucepan, and add the nut paste
- Reduce the heat to moderately low and fry the paste for 3 minutes, stirring constantly
- Add 1/3 to ½ cut water and simmer gently for 5 minutes, or until thick and smooth
- Remove from heat and stir in 1-2 T lemon juice and 1 T brown sugar mixed with 2 T dark soy sauce
- Taste and add more salt and/or lemon if necessary
- Keep hot while chicken is cooking

**Chicken with corn (Pollo Con Choclo - Brazilian recipe)**  
Concepcion Mattey - DFAIT/MAECI

**Ingredients:**

- 4 Boneless Chicken Breasts cut in half
- 2 Cans of nibbles corn (300ml. each) drained
- 500ml. Whipping Cream
- 680 ml. canned diced tomatoes
- 1 whole onion chopped
- 3 gloves of garlic mashed
- 1 cup of oil
- 6 whole potatoes, peeled and either boiled or fried in oil
- 2-3 cups of cooked rice
- Fresh, grated, Parmesan cheese

**Instructions:**

- Add salt and pepper to chicken breasts and fry in oiled pan
- When chicken is browned, add onion, garlic
- When garlic and onions are cooked, take out the chicken
- Add tomatoes to the garlic and onions, fry for 15-20 minutes
- Put chicken in a baking dish
- Blend garlic, onion and tomato mixture and pour on chicken breasts
- Blend two cans of corn, together with the whipping cream
- Add blended corn and cream on chicken, garlic, onion, tomato mixture
- Sprinkle lots parmesan cheese on top
- Bake at 350 degrees until top is golden brown
- Serve with potatoes and rice as side dishes

**Chicken Wrap - Balsamic Mozzarella**  
Beyan Al-Ghosen – DFAIT/MAECI

**Ingredients:**

- 1 cup each: sliced Roma and yellow tomatoes
- 1/2 cup Kraft Part Skim Mozzarella Shredded Cheese
- 1/4 cup chopped fresh basil
- 2 Tbsp. Kraft Signature Calorie-Wise Balsamic Vinaigrette Dressing
- 4 whole wheat tortillas (7 inch)
- 2 Tbsp. Miracle Whip Calorie-Wise Dressing
- 2 small boneless skinless chicken breasts (1/2 lb./250 g), cooked, cut into strips

**Instructions:**

- Mix tomatoes, cheese, basil and vinaigrette dressing; set aside
- Spread tortillas evenly with Miracle Whip; top with chicken and mixture
- Fold over sides of tortillas and roll up from bottom to top of tortillas

**Couscous aux saucisses à l'érable**  
Danyka Provencher - PPTC

**Ingrédients:**

- 4 saucisses européennes au choix
- 30 ml d'huile d'olive (2 c. à soupe)
- 2 gousses d'ail, hachées
- 1 oignon, haché
- 375 ml de céleri, émincé (1 1/2 tasse)
- 375 ml de carottes, coupées en dés (1 1/2 tasse)
- 375 ml de poivron, coupés en dés (1 1/2 tasse)
- 375 ml de bouquets de brocoli, blanchis (1 1/2 tasse)
- Sel et poivre du moulin au goût
- 30 ml de sirop d'érable (2 c. à soupe)
- 310 ml de bouillon de poulet (1 1/4 tasse)
- 310 ml de couscous, moyen (1 1/4 tasse)
- 30 ml d'origan frais, haché (2 c. à soupe) ou 10 ml d'origan séché (2 c. à thé)
- 60 ml de sirop d'érable (1/4 tasse)
- 60 ml de jus d'orange (1/4 tasse)
- 30 ml de moutarde de Dijon (2 c. à soupe)

**Instructions:**

- Dans une casserole, faire bouillir les saucisses durant une dizaine de minutes
- Dans une poêle, chauffer 15 ml d'huile à feu moyen-vif et y faire revenir les légumes. Cuire de 3 à 4 minutes et assaisonner
- Ajouter 30 ml (2 c. à soupe) de sirop d'érable et le bouillon, et porter à ébullition
- Retirer du feu, incorporer le couscous, remuer et parsemer d'origan
- Couvrir et laisser reposer 5 minutes ou jusqu'à ce que tout le liquide soit absorbé
- Égoutter les saucisses et les couper en deux sur la longueur.
- Chauffer le reste de l'huile dans une poêle à feu moyen-vif et faire dorer les saucisses
- Mélanger le reste de sirop d'érable avec la moutarde de Dijon et le jus d'orange, verser sur les saucisses. Cuire 2 à 3 minutes pour les caraméliser
- Servir immédiatement sur un lit de couscous.

## Escalope de porc à la Mariette

Anabelle Jiang-Mercier - PPTC

### Ingrédients:

- 8 escalopes de porc
- 24 tranches de jambon cuit tranché mince
- 1 brique de gruyère suisse, râpée, pour farcir les escalopes et pour épaissir la sauce
- 2 grosses boîtes de tomates étuvées.
- 2 grosses pincées de mélange d'épices italiennes
- sel et poivre
- ficelle pour cuisson
- 3 c. à coupe d'huile d'olive

### Préparation:

- Faire 8 pochettes de fromage hermétiques avec 3 tranches de jambon chacune (l'idée est que le fromage ne fuit pas à la cuisson). Mettre chaque pochette sur une escalope et plier en baluchon (haut, côté, côté puis bas). Attacher avec la ficelle pour garder en place
- Faire chauffer un poêlon sur feu vif. Ajouter l'huile et faire brunir les escalopes sur chaque côté (6 côtés par escalope). Une fois tous les côtés bien brunis, réduire le feu et verser les tomates par dessus. Saler, poivrer au goût et mettre les épices. Couvrir et cuire sur feu doux jusqu'à ce que les tomates se défassent (minimum 1h). Retirer du feu. Enlever les escalopes (garder au chaud) du poêlon. Épaissir la sauce avec le reste du fromage
- Enlever la ficelle. Servir sur lit de tagliatelle au beurre et graines de pavot (nouilles cuites, noix de beurre, graines de pavot)

## **Lasagne aux fruits de mer**

Suzanne Lepinay - PPTC

### **Ingrédients:**

- Lasagne (pâtes fraîches)
- Huile d'olive et beurre (moitié/moitié)
- Ail (2 ou 3 gousses)
- 1 Oignon
- Basilic frais
- 1 Piment rouge et vert
- Champignons frais (facultatif)
- 1 boîte de crème de champignon et une boîte de lait ou crème
- 1 tasse de vin blanc
- Crevettes, Pétoncles, Calamari, Filet de sole ou de morue, Crabe et Homard (si disponible)

### **Préparation:**

- Faire revenir l'huile d'olive et beurre, l'ail, l'oignon, le piment, les champignons, la boîte de crème de champignon et la boîte de lait ou crème, et le vin blanc dans l'huile d'olive et le beurre
- ajouter le basilic frais à la fin seulement avec du sel et du poivre
- Utiliser de la farine pour épaissir si nécessaire
- Faire revenir les fruits de mer dans un peu d'huile avant de les transférer dans la sauce
- Monter la lasagne comme normal – ajouter du fromage feta émietté et du parmesan sur la deuxième couche, couvrir de fromage mozzarella et de chapelure pour gratiner

**Lasagna - Vegetable**  
Rachel McCormick - DFAIT/MAECI

**Ingredients:**

- 1 ¼ cups of Mozzarella,
- 1- 15 oz container of ricotta
- One Tablespoon of Parmesan
- 2 large cans/bottles tomato sauce
- 1 ½ packages of Oven Ready Lasagne noodles
- 2 Tsp Olive Oil
- 1 Cup chopped Onion
- 2 Cups Mushrooms
- 4 cloves of minced Garlic
- 1 Cup shredded carrot
- 1 Cup Zucchini
- 1 Cup Broccoli
- 1 Cup Red Pepper
- Basil and Oregano
- One 10 oz package of frozen Spinach

**Instructions:**

STEP 1: Prepare Cheese Mixture:

- Blend Mozzarella, ricotta, and Parmesan together

STEP 2: Prepare Veg Mixture:

- Heat oil in a large fry pan
- Cook Onions, Red Pepper, Carrots and Garlic for 3 minutes
- Add remaining veg, except Spinach, and cook for 5 minutes, stirring regularly
- Remove from Heat and add Spinach

STEP 3: Prepare Layers in glass Pyrex dish:

- Just cover bottom with Sauce
- Add layer of noodles, sauce
- Add layer of ½ of cheese mix
- Add layer of ½ of veg mixture
- Add layer of sauce
- Add layer of noodles
- Add layer of ½ of cheese mix
- Add layer of ½ of veg mixture
- Cover top with sauce

STEP 4: Cook and Serve:

- Cook Covered for 40 minutes at 350
- Cook Uncovered for 30 minutes
- Let stand 10 minutes and serve

## Lasagne Roulé

Anie Arsenault – PPTC

### Ingrédients :

- 10 pâtes à lasagne
- 2 pots de ricotta
- 1/2 tasse de fromage parmesan ou romano râper
- fine herbe, italienne et basilic au goût
- un peu de crème 15%
- 4 chairs à saucisse italienne douce
- base de poulet
- un pot de sauce béchamel
- sel poivre

### Instructions :

- Faire cuire 10 pâtes à lasagne
- Pendant ce temps préparer la farce
- Farce à Lasagne – tout mettre dans le robot culinaire (2 pots de ricotta, 1/2 tasse de fromage parmesan ou romano râpé, fine herbe, italienne et basilic au goût, crème 15% un peu pour pas que ça soit trop épais (plus facile à étendre sur les pâtes à lasagne), 4 chairs à saucisse italienne douce, sel poivre)
- Après faire une sauce béchamel (pas besoin de beaucoup) et ajouter un peu de fine herbe et base de poulet en poudre. Étendre dans le fond de ton plat avant de mettre les pâtes roulées. Vous pouvez mettre si vous aimez mieux de la sauce tomate (celle que vous préférez) dans le fond du plat
- Après que les pâtes soient cuites, étendre la farce sur la pâte à lasagne et la rouler. Faire le même procédé pour tous les pâtes et les déposer dans le plat à lasagne par dessus la sauce béchamel. Après prendre un pot de sauce tomate (celle que tu préfère) et verse la sauce tomate sur les pâtes roulées. Mettre au four à 400 pendant 1h environ. Vers la fin du 1h mettre du fromage mozzarella râpé sur les roulés et faire gratiner

**Paëlla Valencienne**  
Gilles Gauthier - DFAIT/MAECI

**Ingrédients :**

- 1 oignon espagnol
- 1 saucisson chorizo (piquant ou doux, au choix)
- 4 hauts de cuisse de poulet avec peau (enlever le surplus de peau et gras)
- 1 boîte de tomates, coupées en dé aux fines herbes (750ml)
- 1 bouteille de vin blanc sec
- 2 tasses de riz
- 500 grammes de crevettes
- 300 grammes de petits pétoncles
- 1 sac de moules
- Safran, feuille de laurier, sel, poivre, huile d'olives

**Préparation :**

- Faites revenir l'oignon dans l'huile d'olives. Ajoutez le chorizo coupé en rondelles. Mettez les hauts de cuisse pour les faire dorer à feu moyen quelques minutes. Une petite pincée de sel et poivre
- Ajoutez ensuite la boîte de tomates et la bouteille de vin. Faites mijoter le tout à feu doux pendant environ 20 minutes dans le poêlon avec le couvercle
- Ajoutez le safran (soit en poudre ou en filaments, évitez le safran américain qui ne goûte rien, mais plutôt le safran indien qui coûte un peu moins cher) et la feuille de laurier
- Ajoutez ensuite le riz, que vous allez bien répartir dans le poêlon. Couvrez et faites cuire à feu doux pendant environ 15 minutes.
- Ajoutez les crevettes (j'utilise des crevettes cuites, décortiquées de taille moyenne) et les pétoncles. Bien répartir dans le poêlon et laisser 5 minutes à feu doux. Vous pouvez ajouter d'autres fruits de mer, comme les calamars ou poulpes, au goût
- Séparément, dans un chaudron, faites cuire les moules dans un fond de vin blanc avec des herbes de Provence, à feu vif pendant 3-4 minutes. Lorsque les moules semblent toutes ouvertes, déposez-les sur le poêlon de riz (sans leur jus)
- Apportez le poêlon au milieu de la table et servir avec un bon Rioja. Un vrai régal pour 4 à 6 personnes. (Les restants réchauffés au four micro-ondes sont également fabuleux)



## **Pizza - Fig and Goat Cheese**

Nancy Smith - DFAIT/MAECI

### **Ingredients:**

- 1 16-inch readymade pizza crust
- 15-20 small fresh figs sliced (dried figs can also be used but should be reconstituted in warm water for about 5 minutes)
- 1 small roll of plain goat cheese
- 2 large Vidalia onions minced
- 4 tbsp balsamic vinegar
- 1 tsp chopped fresh rosemary
- 1 tsp extra virgin olive oil

### **Instructions:**

- In a saucepan over medium high heat the olive oil and gently sauté the onions
- When transparent turn heat to medium low and cover with a lid stirring frequently until onion begin to caramelize
- As onions begin to turn brown (if they are burning the heat is too high) pour in balsamic vinegar and allow to reduce while onions continue to brown and get very soft
- When thoroughly caramelized remove onions from heat, allow to cool for a couple of minutes and spread on pizza crust to form base of pizza
- Spread fig slices on top of onions
- Break goats cheese into small peanut-sized clumps and drop onto the figs
- Sprinkle the pizza with finely chopped rosemary
- Bake at 400F for 6-7 minutes or until cheese looks melted, then broil for 2 minutes until cheese is browned
- Remove from oven, cut and serve immediately

## **Polenta (Mamaliga) - Romanian Style**

Ioana Radulescu – PPTC

### **Ingredients:**

#### **Side Dish ingredients:**

- 1 cup Corn Meal Flour (coarse)
- 4 cups water
- pinch of salt - to taste (if preparing a main dish do not add salt)

#### **Main Dish additional ingredients:**

- 200 grams Fetta cheese or similar (should be salty and have a relatively high fat content and strong taste)
- 1 small onion (optional)
- Butter to taste (may be non salted)
- 1 table spoonful of Sour Cream

### **Instructions:**

#### **Preparation Side Dish:**

- Bring water and salt to boil, add the Corn Flour while stirring continuously with a whisk
- Once all the Corn Flour is incorporated let it simmer and stir very often, always use a whisk - to avoid it sticking to the pot.
- Towards the end when the consistency starts to thicken you should cover the pot since the Polenta will start bubbling and it may cause burns if it touches the skin
- It is ready when it's consistency is that of a very thick oatmeal. It can replace rice or mashed potatoes as a side dish

#### **Preparation Main Dish:**

- Same as above however the final consistency should be that of a very thin oatmeal - it will thicken in the oven
- Chop the onion
- Transfer the Polenta to an oven proof dish, stir in the onion and crumbled cheese. Bake until dark golden
- Serve hot with butter and sour cream on top

## **Pork Stir Fry - Sweet and Sour**

Yvonne Lane - PPTC

### **Ingredients:**

- 1 tsp. olive oil
- 1 ¼ lbs. (570 g) pork tenderloin, cut into strips
- 2 tsp. grated gingerroot
- 1 tsp. minced garlic
- 1 ½ cups each chopped green pepper and sliced carrots
- 1 cup chopped onions
- 1 can (14-oz/398 ml) pineapple chunks (not tidbits), undrained
- ¼ cup each ketchup and white vinegar
- 3 Tbsp. brown sugar
- 1 Tbsp. cornstarch
- ½ tsp. chili powder
- Hot cooked brown rice (optional)

### **Instructions:**

- Heat olive oil in a non-stick wok or skillet over medium-high heat. Add pork, gingerroot and garlic. Cook and stir for 6 to 7 minutes, until pork is cooked through and begins to brown
- Remove pork from wok and keep warm
- Add green pepper, carrots and onions to wok. Cook and stir for about 5 minutes, or until vegetables are tender
- Meanwhile, prepare sauce. Drain pineapple, reserving ½ cup juice
- In a small bowl, whisk together reserved pineapple juice, ketchup, vinegar, brown sugar, soy sauce, cornstarch and chili powder
- Add sauce to vegetables in wok, along with cooked pork and pineapple chunks. Cook until sauce is bubbly and has thickened, and pork and pineapple are heated through
- Serve over hot, cooked rice, if desired

**Poulet au Curry**  
Nancy Theberge - DFAIT/MAECI

**Ingrédients:**

- Poulet
- huile d'olive
- 1 c. soupe beurre
- 2 oignons
- 1 poireau
- 1 pomme
- 2 gousses d'ail
- 4 c. thé farine
- 2 tomates
- 1/4 tasse bouillon poulet
- 1 c. thé zeste de citron
- 2 c. thé origan
- 2 c. soupe curry
- sel & poivre
- 1/2 tasse crème sûre ou yogourt nature

**Instructions:**

- Allumer le four à 375F
- Faire dorer le poulet dans l'huile d'olive. Lorsque doré retirer le poulet
- Faire fondre beurre et y ajouter les oignons, poireaux, pomme, l'ail et faire cuire 5 minutes
- Ajouter les tomates, le bouillon, le zeste de citron, l'origan, le curry, sel & poivre et porter à ébullition
- Mettre ce mélange sur le poulet au mettre au four à 375F pendant 45 minutes (couvrir)

Ajouter le crème sûre ou le yogourt et servir sur du riz

## **Salmon – Whiskey Marinated**

Michael Munroe – PPTC

### **Ingredients:**

- 2 pounds salmon filet
- 3 tablespoons vegetable oil
- 1 1/2 tablespoons balsamic vinegar
- 1 1/2 teaspoons chopped garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup Scotch Whiskey
- 2 tablespoons maple syrup
- 1 untreated cedar plank

### **Instructions:**

- Soak cedar plank in water for at least 4 hours
- Place salmon filet in a long shallow dish. Mix together all remaining ingredients and pour over the salmon filet. Marinate for 2 hours
- Pre-heat barbecue to 400°F. Bake cedar plank in BBQ until surface is dry. Remove plank and rub surface with a thin coating of olive oil, while the plank is still hot. Place marinated salmon filet on oiled cedar plank (skin on plank). Pour some of remaining marinade on salmon. Return to barbecue and Roast salmon on the plank for about ten minutes, or until roasted to your liking

## Shrimp in Rice – Oriental Recipe

Hon. Donald H. Oliver, Q.C

### Ingredients:

- 2 cups long grain white rice
- ½ cup wild rice
- 7 cups chicken stock
- 9 large eggs
- ½ cup celery, thinly sliced
- ½ cup scallions, minced
- ½ cup Spanish onion, finely chopped
- 4 tsp cilantro
- ½ cup roasted almonds
- 1 tbsp ginger, (slivers)
- 1 cup button mushrooms, sliced
- 5 cloves garlic, minced
- ¼ cup olive oil
- ¼ cup butter
- ½ tsp nutmeg
- Ground pepper to taste
- 1 bunch parsley, mined finely
- 40 raw shrimp, peeled and devined
- 1 lemon
- Salt

### Instructions:

- In large saucepan, place 6 tbsp olive oil, 2 tbsp butter over medium heat. When butter melted, add onions, cook only until translucent (reserve)
- 2 tbsp olive oil, 1 tbsp butter, sauté almonds and ginger until starting to brown, remove instantly and reserve; add more olive oil and butter. Add garlic, scallions, celery, mushrooms - 2 minutes or until softened. Do not overcook. Remove and reserve
- Place chicken stock and white and wild rice in large pot. Add a teaspoon of butter and salt. Cook until rice done el dente. Sprinkle with ½ tsp of freshly ground nutmeg. Fold into cooked rice
- Heat saucepan with 2 tbsp oil and 1 tbsp butter. Beat 9 eggs in dish and place in sizzling fry pan. Stir constantly until nearly done and add onions, almonds, ginger and scallion mixture. Fold in, sprinkle with cilantro
- In saucepan place tsp of minced garlic, 2 tbsp of oil, and 1 tbsp of butter. Bring to sizzle and place in 40 shrimp, cook, tossing frequently until pink (about 2-3 minutes). Squeeze juice of lemon and the zest of lemon into sauce and immediately fold into rice dish. Garnish with minced parsley and serve immediately. Serves 12

**Steak Diane**  
Brienne Leach - DFAIT/MAECI

**Ingredients:**

**Meal:**

- 2 tsp chopped fresh thyme (or ½ tsp dried)
- 2 tsp vegetable oil
- ½ tsp dried mustard powder
- ½ tsp each salt and pepper
- 2 large cloves garlic, minced
- 1-1/2 lb boneless top sirloin or striploin steaks, ¾ to 1" thick

**Sauce:**

- 375 g fresh shiitake mushrooms
- 3 shallots, skins removed
- 3 tbsp butter
- ¼ cup brandy or cognac
- 1-1/2 cups beef broth
- ¼ cup whipping cream
- 1 tbsp Worcestershire sauce
- 2 tbsp Dijon mustard
- 1 tsp chopped fresh thyme or parsley

**Instructions:**

- Mix thyme, oil, dry mustard, salt, pepper and garlic to form a paste, in a dish large enough to hold steaks in one layer. Trim fat from steaks. If steaks are large, cut into 4 serving portions. Using hands, rub paste all over steak
- For sauce, remove stems from mushrooms and discard. Wash, pat dry and thinly slice caps. Halve shallots; thinly slice lengthwise
- In large non-stick skillet, heat 2 tbsp of butter over medium-high heat. Cook mushrooms and shallots, stirring often, for about 10 minutes or until tender and beginning to brown. Transfer to bowl
- Add butter to skillet, increase heat to high and fry steaks until browned but still raw inside. Add brandy and remove steak from pan. Keep warm
- Stir beef stock, cream, worcestershire sauce into pan and stir for 6-8 minutes. Reduce heat to medium, whisk in mustard, return steak and mushroom mix. Serve with mashed potatoes and your favourite cooked vegetable

## **Stew - Venison and Wild Mushroom**

Rachel McCormick - DFAIT/MAECI

### **Ingredients:**

- 6 strips bacon, cut into 1/2-inch pieces
- 1 large parsnip, peeled and diced
- 1 leek, white only, diced
- 2 teaspoons minced garlic
- 1 pound sliced wild mushrooms, (wood ear, chanterelle, morel, or shiitake)
- 1 12 ounce bottle amber beer
- 2½ quarts veal or beef stock
- 2 Pounds of venison shoulder cut into 1 inch cubes
- 2 tablespoons Worcestershire sauce
- 6 sprigs fresh thyme
- 1 teaspoon allspice
- 3 bay leaves
- 2 tablespoons tomato paste
- 2 baking potatoes, like russets, peeled and cubed
- 1 pound cooked egg noodles

### **Directions:**

- In a large stockpot cook the bacon over high heat until crispy
  - Remove the bacon from the pan and drain on paper towels
  - Season the venison with salt and pepper, and lightly dust with flour
  - Add the oil to the pot and sear the venison on all sides over medium high heat
  - Remove the meat from the pot and add any remaining flour, stirring constantly
  - Deglaze the pot with the red wine, scraping with a wooden spoon
  - Add the onions and cook over medium high heat until translucent, about 3 minutes
  - Add the carrots, celery and parsnips and sauté for 2 minutes, then add the leeks and garlic and cook for 2 minutes
  - Add the mushrooms to the pot and cook until they release their moisture, about 5 -- 7 minutes
  - Add the beer and scrape to remove any browned bits from the bottom of the pan
  - Add the veal stock, Worcestershire sauce, thyme, allspice, bay leaves and tomato paste
  - Bring the stew to a boil, then reduce heat to a simmer
  - Cook until the meat is tender and the stock is reduced, 1½ hours
  - Add the potatoes to the pot and continue cooking until they are cooked through, about 20-30 minutes.
- Season to taste and serve with egg noodles tossed with butter



**Stir Fry - Thai Noodles**  
Brienne Leach - DFAIT/MAECI

**Ingredients:**

- 12 ounces uncooked fettuccine or linguine
- 2 cups sliced sweet red pepper
- 1 cup snow peas, trimmed and halved
- 1/3 cup chopped green onion
- 1/3 cup low sodium chicken broth
- 2 tps sesame oil
- 2 tps peanut butter
- 1½ tps soy sauce
- 1 tsp white or rice vinegar
- 1 tsp grated ginger root
- 1 clove garlic, minced
- ½ tsp crushed red pepper flakes
- 1 lb cooked shrimp (thaw first if frozen)

**Instructions:**

- Cook pasta according to package directions. Drain and keep warm. While pasta is cooking, prepare sauce. In a large saucepan combine all ingredients except shrimp. Bring to a boil. Reduce heat to medium. Cook and stir for 3-4 minutes until vegetables are tender and crisp and sauce is bubbly and slightly thickened
- Stir in shrimp and cook just until heated through. Do not overcook shrimp or shrimp will be rubbery. Toss hot shrimp in sauce with pasta and serve immediately

**Angel Kiss - Blueberry**  
Leslie-Ann Boisselle -PSPAN -PA

**Ingredients:**

- 1 (8 ounce) package cream cheese, softened (can use fat free version if desired)
- 1-1 1/4 cup icing sugar
- 1 (8 ounce) tub of Cool Whip Whipped Cream (can use fat free version if desired)
- 1 prepared angel food cake, cut into 1 inch cubes (I use Angel Food Cake mix bought at the supermarket)
- 2 (21 ounce) cans blueberry pie filling

**Directions:**

- In a large mixing bowl, beat cream cheese and sugar; fold in whipped cream and cake cubes.
- Spread evenly into a 13x9 un-greased pan; top with pie filling.
- Cover and refrigerate for at least 2 hours before cutting into squares.

**Bars – Nut Goody**  
Gordon Thomas - PPTC

**Ingredients:**

- 1 Pkg. (6 oz) Butterscotch chipits
- 1 Pkg. (6 oz) Chocolate chipits
- 1 Cup Chunky (or smooth) peanut butter
- 1 Cup Walnut meats
- 3 Cups Miniature marshmallows (white or coloured)

**Instructions:**

- Melt chipits over hot water (not boiling). Add peanut butter and stir till smooth. Remove from heat. Add nuts and marshmallows, mix well
- Pour into medium size pan and chill. Cut in squares and keep refrigerated

## Beignes

Gisele Desjardins - PPTC

### Ingrédients:

Beignes:

- 3 Oeufs
- 2 Tasses de sucre blanc
- 4 cuil. table margarine fondu
- 2 Tasses de lait de beurre avec 2 cuil. à thé soda
- 5 Tasses de farine avec 4 cuil. à thé de poudre à pâte

Glaçage:

- 2 tasses de sucre glacé
- ½ tasse d'eau bouillante
- ½ cuil. à thé de vanille

### Instructions:

- Mélanger les ingrédients de beignes ensemble et brasser, ensuite faire une boule et étendre avec un rouleau à pâte
- Prendre un emporte pièce et mouler ensuite faire chauffer dans friteuse électrique
- Tremper dans le glaçage

*Donne environ 7 à 8 douzaines de beignes*

**Biscuits - Buttermilk**  
Shelley Francis - DFAIT/MAECI

**Ingredients:**

- 3 Cups self-rising flour
- 1/4 Teaspoon baking powder
- 1/8 Teaspoon baking soda
- 1 Teaspoon sugar
- 1 Cup vegetable shortening
- 1 Cup buttermilk

**Instructions:**

- Sift together dry ingredients
- Cut shortening into flour mixture with pastry blender until mixture resembles fine crumbs
- Stir in buttermilk and mix into a soft dough
- Turn dough on floured surface. Knead gently until smooth (1 minute)
- Roll dough into ¼ to ½ inch thick circle
- Cut with biscuit cutter dipped in flour and place dough on greased baking sheet
- Bake in 450° oven, 12 to 15 minutes

*Makes 12 to 14 biscuits*

## Brownies

Margaret Meurant - DFAIT/MAECI

### Ingredients:

- 1/2 Cup sifted all-purpose flour
- 1/3 - 1/2 Cup cocoa
- 1/3 Cup melted butter
- 1 Cup granulated white sugar
- 2 Eggs
- 1 Tsp vanilla
- 1/2 Cup chopped nuts (optional)
- 1 Cup semi-sweet chocolate chips

### Instructions:

- Sift together flour and cocoa; set aside
- In medium bowl, mix cooled melted butter, sugar, eggs and vanilla
- Stir in flour/cocoa mixture; blend thoroughly
- Add nuts (if using) and chocolate chips and mix well
- Spread in a GREASED 8 x 8" square pan and bake at 350 degrees F for 25 minutes, or until brownies "spring back" when lightly touched
- Serve plain or top with your favourite chocolate frosting

*Makes 12 - 15 brownies*

## **Brownies – Chocolate**

Gordon Thomas - PPTC

### **Ingredients:**

- 2 Eggs
- ¼ Cup of granulated sugar.
- ⅓ Cup of butter (melted)
- 1 Package of Shirriff chocolate pudding and pie filling mix
- ½ Cup of all-purpose flour
- ¾ Cup of semi-sweet chocolate chips
- ¼ Cup of chopped walnuts (optional)

### **Instructions:**

- In mixing bowl, beat eggs. Gradually add sugar, until well blended
- In a separate bowl combine melted butter and pudding mix. Gradually beat butter and pudding into egg mixture until well mixed
- Stir in flour, chocolate chips and walnuts (if desired). Spread evenly in a greased (8") square baking pan. Bake at 350°F for 22-25 minutes
- Brownies will be firm around edges and look slightly soft in centre (Do not over bake). Cool in pan on a wire rack. Spread frosting over the top and/or add sprinkles and cut into squares

*Makes 16 squares*

## **Brownies - White Chocolate with Fresh Raspberries**

Kim Reid - DFAIT/MAECI

- Cook in a 8" X 8" pan
- Line with aluminium foil
- Spray aluminium foil with Pam or grease with butter
- Pre-heat oven to 350 Degrees

### **Ingredients:**

- ½ Cup of butter
- 2 Once of White chocolate (you can use bakers chocolate – 2 squares) + 2 once (2 squares) for drizzling over brownies when baked = 4 once total of white chocolate
- 2 Eggs
- 2/3 Cup of sugar
- 1-Teaspoon vanilla
- 1-Cup flour
- ½ Teaspoon baking powder
- Dash of salt
- ½ Cup chopped toasted almonds (broil in oven until golden)

### **Instructions:**

- In a medium saucepan melt butter and white chocolate (2 squares only) in low heat while stirring constantly. Remove from heat
- Mix eggs, vanilla and sugar. Then stir in the flour, almonds, baking powder and salt. Fold in the butter and white chocolate mixture. Spread batter evenly into foiled pan. Sprinkle with fresh raspberries
- Bake in pre-heated oven at 350 degrees for approximately 35-40 minutes or until golden brown around edges
- In a saucepan, melt 2 once (2 squares) on low heat stirring constantly until melted. When cooled, lift foil with brownies out of pan and drizzle melted white chocolate on top. Cut into squares and serve

**Cake - Chocolate (for 2)**  
Shelley Wright - DFAIT/MAECI

**Ingredients:**

- 4 Tablespoons of flour
- 4 Tablespoons of sugar
- 2 Tablespoons of cocoa
- 1 Egg
- 3 Tablespoons of milk
- 3 Tablespoons of oil
- 3 Tablespoons of chocolate chips (optional)
- Dash of vanilla

**Instructions:**

- In a large coffee mug, mix flour, sugar and cocoa and add egg
- Add and mix milk, oil, chocolate chips (optional) and dash of vanilla
- Microwave on high (1000 watts) for 3 minutes and enjoy



**Cake – Carrot**  
Margaret Meurant - DFAIT/MAECI

**Ingredients:**

- 4 Eggs
- 1 Cup of liquid honey
- 1/2 Cup of lightly packed brown sugar
- 1 Cup of vegetable oil
- 2 1/4 Cups of all-purpose flour
- 1/2 Teaspoons of salt
- 2 Teaspoons of baking powder
- 1/2 Teaspoon of baking soda
- 1 Teaspoon cinnamon
- 1/2 Teaspoon nutmeg
- 3 Cups shredded raw carrots
- 1 Cup chopped walnuts
- 1 Cup raisins

**Instructions:**

**Cake:**

- In large mixing bowl, beat eggs. Beat in honey and sugar, beating until light. Gradually beat in oil. Sift together flour, salt, baking powder, soda, and spices. Stir into batter. Stir in carrots, nuts and raisins
- Pour into a greased 9 x 13" pan. Bake in 325 degrees F oven for 45 - 50 minutes. Cool, and then dust with icing sugar or frost with the following Cream Cheese Frosting

**Cream Cheese Frosting:**

- Blend 125 gram of cream cheese with 2 tablespoons of butter, 1 1/2- 2 cups of sifted icing sugar and 1 teaspoon of vanilla until smooth. (For a thicker frosting, make 1 1/2 - 2 times the recipe).

**Cake - Lemon**  
Concepcion Matthey - DFAIT/MAECI

**Ingredients:**

- 2 Baked round white cake layers (9 inch), cooled
- 2 Cups boiling water
- 2 (85 g each) packages of JELL-O Lemon Jelly Powder
- 1 Cup cold milk
- 1 Package of (4-serving size) JELL-O Lemon Instant Pudding
- 3 Cups of thawed COOL WHIP Whipped Topping

**Instructions:**

- PLACE cake layers, top-sides up, in two clean 9-inch round cake pans. Pierce cakes with large fork at 1/2-inch intervals.
- STIR boiling water into dry jelly powder in medium bowl until completely dissolved. Pour evenly over cake layers. Refrigerate for 3 hours
- POUR milk into large bowl. Add dry pudding mix. Beat with whisk 2 minutes or until well blended. Gently stir in whipped topping; set aside. Dip one cake pan in warm water for 10 seconds; un-mould onto serving plate. Spread with about 1 cup of the pudding mixture. Un-mould second cake layer; carefully place on first cake layer. Frost top and side of cake with remaining pudding mixture. Refrigerate at least 1 hour before serving. Store leftover cake in refrigerator

**Cake - Pineapple**  
Brianne Leach - DFAIT/MAECI

**Ingredients:**

**Cake:**

- 2 Cups of flour
- 2 Cups of pineapple with juice
- 2 Cups of sugar
- 2 Teaspoons of baking soda
- 2 eggs
- 1 of cup nuts

**Icing:**

- 8oz of cream cheese
- ½ of cup butter
- 1½-2 of cups icing sugar
- 1 Tablespoon of vanilla

**Instructions:**

- Mix cake ingredients together and pour into a 9x12 pan. Bake at 350 degrees for 40 minutes. While the cake is baking
- Mix icing ingredients together and spread over a cooled cake

**Cake - Rum Baba**  
Nancy Segal - DFAIT/MAECI

**Ingredients:**

- 1 Yellow cake mix (note - do not use one with pudding in the mix)
- ½ Cup of water
- 1/2 Cup of sugar
- 1/2 Cup of dark rum
- Whipping cream
- Icing sugar
- Strawberries

**Instructions:**

- Make yellow cake as per light directions. Bake in bundt pan
- Before cake is done, heat/stir water & sugar in saucepan until dissolved
- Take off heat and add rum
- Un-mould warm cake onto serving dish and spoon over rum mixture
- Let sit for 6 hours or overnight
- Before serving, whip the cream, add icing sugar and rum to taste
- Serve cake with flavoured whipped cream and strawberries

**Cake (White) with Coconut Topping**  
Concepcion Mattey - DFAIT/MAECI

**Ingredients:**

**Cake:**

- 2 Tablespoon of Butter
- ½ Cup of white sugar
- 1 egg
- ½ Teaspoon of vanilla
- ½ Cup of milk
- ½ Teaspoon of salt
- 2 Tablespoon of baking powder
- 1 Cup of flour

**Topping:**

- ¾ Cup of brown sugar
- 1 Tablespoon of brown sugar
- 3 Tablespoon of milk
- 1 Cup of fine coconut

**Instructions:**

- Mix cake ingredients and spread into greased 8" square pan
- Bake at 375 degrees F until top is light brown
- Mix topping ingredients, spread on cake, put in oven until top is golden brown and bubbling

**Carrés succulents**  
Marie-Claude Roy - PPTC

- Temps de préparation – 10 minutes
- Temps de cuisson – 30 minutes

**Ingrédients:**

- 1  $\frac{3}{4}$  de Biscuits Graham émiettés
- $\frac{1}{4}$  Tasse de beurre fondu
- 1 Tasse de noix de coco
- 1 Tasse de pépites de caramel
- 1 Tasse de pépites de chocolat
- 1 Boîte de lait Eagle Brand

**Instructions:**

Faire chauffer le four à 350°

Dans un plat 8x8 allant au four

- Mettre 1  $\frac{1}{2}$  tasse de biscuits Graham émiettés
- Mélanger avec  $\frac{1}{4}$  tasse de beurre fondu
- Étendre dans le fond du plat
- Mettre la noix de coco
- Mettre les pépites de caramel
- Mettre les pépites de chocolat
- Ajouter le lait Eagle-Brand
- Mettre le reste des biscuits sur le dessus pour la garniture

Cuire au four à 350° – pendant exactement 30 minutes

Laissez refroidir et garder au réfrigérateur. Faire des petits carrés après refroidissement

**Cheesecake – Henderson's Creamy Rich**  
(From the Official Residence in Bridgetown)  
Colleen Swords - IFM

**Ingredients:**

**Crust:**

- 1 ¼ cups of graham cracker crumbs (300 ml)
- ⅓ cup of melted sweet butter (unsalted) (75 ml)

**Filling:**

- 3 packages (each 8 oz/250 g) softened cream cheese
- 1 cup of granulated sugar ( 250 ml)
- 5 eggs
- 1 teaspoon of vanilla (5 ml)
- 1 cup of sour cream (250 ml)
- 2 tablespoons of rum (25 ml)
- 1 tablespoon of granulated sugar (15 ml)

**Instructions:**

**Crust:**

- In a small bowl combine crumbs and butter; mix well
- Press onto bottom and sides of a 9 inch (23 cm) springform pan.  
Refrigerate until needed

**Filling:**

- Preheat oven to 325 F (160 C). In a mixing bowl, beat cheese 2 to 3 minutes, until fluffy. Add sugar and beat 5 minutes longer, until smooth and creamy. Add eggs, 1 at a time, beating well after each addition. Add vanilla; beat 1 minute until well combined
- Pour filling into crust and bake for 1 hour, or until tester comes out clean. Remove from oven and let cool 5 minutes
- In a small bowl combine sour cream, rum, and sugar; mix well
- Spread over cheesecake. Return to oven and bake for 5 minutes longer. Remove and cool well

*Makes 12 servings.*

NOTE: Some people put fruit on top. Henderson never did because it spoils the special taste of rum mixed with sour cream.

**Cookies - Chocolate Chip**  
Johanne Chenier - DFAIT/MAECI

**Ingredients:**

(Recipe may be halved)

- 2 Cups of butter
- 4 Cups of flour
- 2 Teaspoons of soda
- 2 Cups of sugar
- 5 Cups of blended oatmeal
- 24 oz of chocolate chips
- 2 Cups of brown sugar
- 1 Teaspoon of salt
- 18 oz. of Hershey Bar (grated)
- 4 Eggs
- 2 Teaspoon of baking powder
- 2 Teaspoon of vanilla
- 3 Cups of chopped nuts (your choice)

*\*\* Measure oatmeal and blend in a blender to a fine powder*

**Instructions:**

- Cream the butter and both sugars
  - Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda
  - Add and mix chocolate chips, Hershey Bar and nuts
  - Roll into balls and place two inches apart on a cookie sheet
- Bake for 10 minutes at 375 degrees. Makes 112



**Dessert à l'érable**  
Silvie Arruda - PPTC

**Ingrédients :**

- 1 Tasse de sirop d'érable pur
- 1 Tasse de cassonade
- 1 Tasse de crème 35%
- 1 Rouleau de croissant régulier de M. Pillsbury
- 1 Rouleau de croissant grand de M. Pillsbury

**Instructions:**

- Mélanger le sirop, la cassonade et la crème dans un bol et verser dans un pyrex rectangulaire
- Couper les 2 rouleaux de croissant en rondelles et les déposer dans le pyrex sur le mélange de sirop, cassonade et crème
- Mettre le tout au four à 350C et cuire pendant environ 20 minutes
- Servir chaud avec préférentiellement de la crème glacée à la vanille

**Fruit Salad - Ambrosia**  
Maureen Francoeur - DFAIT/MAECI

**Ingredients:**

- 1 Cup of mandarin oranges, drained
- 1 Cup of coconut
- 1 Cup of miniature marshmallows
- 1 Cup of sour cream
- 1 Cup of crushed pineapples, drained

**Instructions:**

- Mix all five ingredients together
- Put in serving dish – Makes 5 cups
- Leave overnight in the refrigerator

**Fudge - Fantasy**  
Simone Gobeil - DFAIT/MAECI

**Ingredients:**

- 3 Cups of sugar
- ¾ Cup of margarine or butter
- 2/3 cup of carnation or 2% milk (small can)
- 1 package of flavoured chips (butterscotch or chocolate)
- 1 Jar of Kraft marshmallows (fluff)
- 1 to 2 – 1 teaspoon vanilla or Baileys
- Nuts (Optional)

**Instructions:**

- Boil hard for 5 minutes stirring constantly; sugar, margarine or butter, carnation or 2% milk
- Remove from heat
- Add flavoured chips, marshmallows, vanilla or Baileys and nuts (optional)
- Beat until smooth and pour into a 13" x 9" pan
- Let set overnight and serve in small squares

## Fudge – Super Chocolate

Gordon Thomas - PPTC

### Ingredients:

- 1 Package of semi-sweet chocolate chips
- 1 Can of eagle brand sweetened condensed milk
- 1¼ Cups of sifted icing sugar
- Pinch of salt
- 1 Teaspoon of vanilla
- ½ Cup of chopped walnut

### Instructions:

#### Microwave Method:

- In a 2-quart (2 litres) measure glass, combine chips with eagle brand milk
- Microwave on full power (high) for 2 minutes
- Stir until chips melt and mixture is smooth
- Stir in remaining ingredients
- Spread evenly in waxed paper lined 8 inch (20 cm) square pan
- Chill 2 to 3 hours or until firm
- Turn fudge onto cutting board; peel off paper\*; and cut into squares.
- Store loosely covered at room temperature

*\*Fudge may be well wrapped and frozen for up to six weeks. Thaw at room temperature before cutting.*

Gâteau - chocolat fondant  
Johanne Dufour - PPTC

**Ingrédients:**

- 4 Carrés de chocolat mi-sucrés
- 1/2 Tasse de beurre
- 1 Tasse de sucre à glacer
- 2 Oeufs
- 2 Jaunes d'oeufs
- 6 Cuillère à soupe de farine

**Préparation:**

- Chauffer le four à 425 degrés
- Beurrer 4 ramequins. Les déposer sur une plaque
- Fondre le chocolat et le beurre dans un bol allant au micro-  
onde a haute intensité pendant 1 minute ou jusqu'a ce que le  
beurre soit fondu
- Mélanger la préparation avec le fouet jusqu'à ce que le  
chocolat soit fondu
- Ajouter le sucre et bien mélanger
- Incorporer les œufs, et les jaunes d'œufs en battant bien
- Ajouter la farine et répartir dans 4 ramequins
- Cuire au four 14 minutes
- Décoller les bords avec un couteau et renverser dans une  
assiette juste au moment de servir
- Donne un gâteau avec l'intérieur coulant

## Hawaiian Dreams

Margaret Meurant - DFAIT/MAECI

### Ingredients:

- 1/2 Cup of butter
- 1/2 Cup of brown sugar
- 1/2 Teaspoon of vanilla
- 1 1/2 Cups of flour (sifted)
- 1 Cup of well-drained crushed pineapple
- 1/4 Cup of melted butter
- 3/4 Cup of white sugar
- 1 egg
- 1 Teaspoon of vanilla
- 1 Cup of cocoanut

### Instructions:

- Cream butter
- Blend in sugar and vanilla
- Mix in flour until crumbly
- Press this mixture firmly in the bottom of an 8" square pan and bake for 15 minutes at 375 degrees F
- Remove from oven and spread over with cup of well-drained crushed pineapple
- Combine the melted butter, sugar, egg, vanilla and cocoanut and spread this mixture over the pineapple
- Return to oven (at 375F) and bake for 30 minutes or until top is golden brown
- Let cool before cutting
- Keep refrigerated until ready to serve

**Melba - Blushing Peach**  
Beyan Al-Ghosen - DFAIT/MAECI

**Ingredients:**

- 2 Packages (10.1 gram each) of JELL-O Light Strawberry Jelly Powder
- 2 Cups unsweetened apple juice
- 2 Cups water
- 4 Large ripe peaches, halved, pitted
- 1 Cup fresh raspberries
- 1/2 Cup thawed Cool Whip Light Whipped Topping

**Instructions:**

- Mix dry jelly powder, apple juice and water in Dutch oven. Bring to boil on medium-high heat. Cook until jelly powder is completely dissolved, stirring frequently
- Add peaches; cover pan with lid. Reduce heat to medium-low; simmer 15 to 20 minutes or just until peaches are tender. Remove peaches from liquid; discard liquid
- Place 2 peach halves in each of 4 individual dessert dishes; top with 1/4 cup of raspberries and 2 tablespoon of the whipped topping

**Pie - Cheese**  
Gordon Thomas - PPTC

**Ingredients:**

**Crust:**

- 1/3 Cup of butter or margarine
- 1 1/3 Cup of graham crumbs
- 1/4 Cup of granulated sugar

**Filling:**

- 1 Package (8oz) of softened cream cheese
- 1 Can (14oz) of Eagle Brand sweetened condensed milk.  
(NOT evaporated milk)
- 1/3 Cup of ReaLemon lemon juice from concentrate
- 1 Teaspoon of vanilla extract

**Instructions:**

- Melt butter. Stir in crumbs and sugar. Press into bottom and sides of 9 inch pie plate
- Bake at 375°F for 8 minutes. Allow to cool before filling
- In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon and vanilla
- Pour into prepared crust and chill 3 hours until set
- Top with desired amount of fruit sauce or cherry pie filling
- Refrigerate leftovers

**Pie - Frozen Strawberry**  
Angela Dark - DFAIT/MAECI

**Ingredients:**

- 2 Egg whites
- 1 Cup of white sugar
- 1 Tablespoon of lemon juice
- 1/8 Teaspoon of salt
- 1 ¼ Cups (300g) of sliced strawberries (fresh or frozen)
- 1 Teaspoon of vanilla
- 500 Millilitres of whipping cream (heavy or light)
- 1 Package of graham cracker or chocolate cookie crumb

**Instructions:**

- Mix egg whites, sugar, lemon juice, salt and strawberries together, then whip until stiff (approximately for 10 minutes)
- Add vanilla
- Whip 500 ml of whipping cream (heavy or light). Fold into strawberry mixture
- Prepare graham cracker or chocolate cookie crumb into 9" pie shell
- Spoon the mixture into a prepared 9" graham cracker crumb or chocolate cookie crumb pie shell and freeze for at least 4 hours
- For a gluten-free recipe, omit the pie crust and freeze the filling directly in a pie plate or other container
- Remove from freezer 15 minutes before serving



## Shortbread - Whipped

Gordon Thomas - PPTC

### Ingredients:

- 2 Cups of butter (softened)
- 1 Cup of icing sugar (sifted)
- ½ Cup of cornstarch
- 1 Teaspoon of vanilla
- 3 Cups of all purpose flour
- 1 Cup of chopped pecans or cherries or chocolate chips

### Instructions:

- Cream butter and icing sugar until light and fluffy
- Beat in cornstarch and vanilla gradually
- Add flour beating until the mixture is light and fluffy (It will have the consistency of regular pastry but a bit stickier)
- Stir in pecans or cherries or chocolate chips
- Roll the shortbread into small balls or drop by teaspoonful onto lightly greased cookie sheet
- Bake at 325°F for 11-12 minutes or until light golden brown
- Let cookies cool a bit before removing from pan

Yield : 3-4 dozen cookies

**Tarts - Chocolate and apricot**  
Theresa Ladouceur - DFAIT/MAECI

**Ingredients:**

- 6 pastry tart shells
- 180 Grams of apricot paste (available at Lebanese or Turkish food stores) or dried apricots
- 4 Tablespoons of water
- 2 Tablespoons of lemon juice
- 135 Grams of unsalted butter
- 110 Grams of dark chocolate (70-90% cocoa), broken up
- 2 large eggs
- 60 Grams of sugar

**Instructions:**

- Preheat oven to 180°C or 350°F
- Cook pastry shell till golden brown (approximately 10 minutes)
- Remove and cool
- Place apricot paste in a saucepan over a low heat with water and lemon juice and stir until a smooth paste is formed
- If using dried apricots, chop them finely, then transfer to a saucepan and simmer for about 5 minutes with the same amount of water and lemon juice until soft
- Purée in blender. The mixture should taste slightly tart
- Spread the apricot on the base of the tart shell, and leave to cool for a short while until the apricot forms a slight skin
- Meanwhile, place butter and chocolate in a bain-marie or double boiler (water in bottom pan, chocolate and butter in upper pan) and heat
- In a separate bowl, whisk the eggs and sugar together until they are pale, light and fluffy
- Fold egg mixture into chocolate/butter mixture and stir until blended
- Pour this final mixture into the pastry shell and even out with a spatula
- Bake on the middle shelf of the preheated oven for about 25 minutes. The filling should still be a little wobbly when you take it out and have a very thin crust on top

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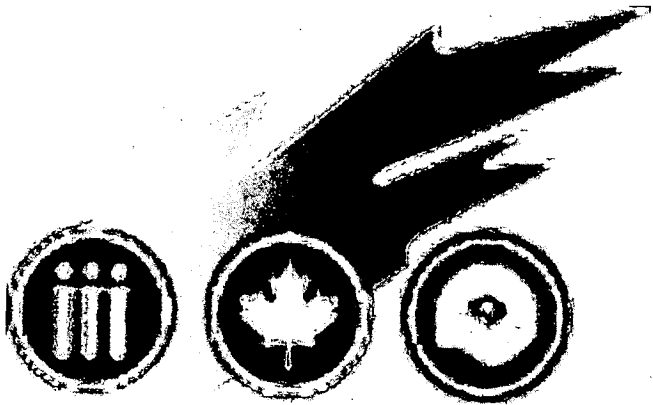
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*Enjoy!*

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*Bon appétit!*

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