

DFAIT in the Kitchen



MAECI dans la cuisine

2009

DOC
CA1
EA539
2009D13
EXF

Created by DFAIT/MFM Branch

Créé par le secteur MAECI/ MFM

.64235939 (E)
.64235976 (F)

Cookbook 2009

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 sell it, we could not have done it without you!

June Shinagawa - MER

Deborah Gowling - MER

Erika Mallett - PFM

Livre de recettes 2009

Nous voulons remercier toutes les personnes ayant participé à la réalisation de ce livre de recettes. Merci à tous ceux ayant donné des recettes. Merci également à tous ceux qui ont donné de leur temps afin d'aider à le vendre, cela n'aurait pas été possible sans vous!

June Shinagawa - MER

Deborah Gowling - MER

Erika Mallett - PFM

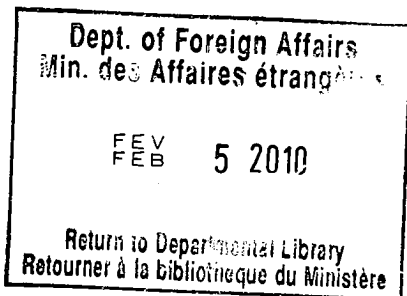


Table of Contents - Table des matières

| | |
|--|----|
| Cola de Mono | 1 |
| White Sangria | 2 |
| Just Peachy White Wine Sangria | 3 |
| Four-Juice Holiday Punch | 4 |
| Baked Brie or Camembert with Pecans | 5 |
| Trempepette aux Épinards en miche | 6 |
| Trempepette mexicaine | 7 |
| Pâtes au chèvre, tomates séchées et olives | 8 |
| Cheese Ball | 9 |
| Salmon Ball Appetizer | 10 |
| Spinach Dip | 11 |
| Taco Dip | 12 |
| Micheline's Devil Dip | 13 |
| Buffalo Wing-Ding Chicken Dip | 14 |
| Baked Ricotta and Red Pepper Paté with Pesto | 15 |
| Guacamole Tapatio | 16 |
| Anchoiade | 17 |
| Lángos (Hungarian Fried Bread) | 18 |
| Cream Biscuits | 19 |
| Spiced Biscuits | 20 |
| Sauteed Brussels Sprouts | 21 |
| Tortilla Soup | 22 |
| Bisque de poivrons rouges grillés aux crevettes | 23 |
| Caramelized Pancetta and Fennel Salad | 25 |
| Cold Tomato-Thyme Soup | 26 |
| Papa rellena (stuffed potato) Peruvian dish | 26 |
| Apple Squash Soup | 28 |
| Baked Pumpkin or Squash | 29 |
| Gaspacho d'asperges | 30 |
| Aunt Donna's Creamed Beans | 31 |
| ZBD Pot Luck Potatoes | 32 |
| Greek (Lemon) Potatoes | 33 |
| Spinach, Avocado and Apple Salad | 34 |
| Salade d'asperges et d'orange | 35 |
| Ma soupe Thai | 36 |
| Corn And Black Bean Salad | 37 |
| Artichoke Salad | 38 |
| Chickpea-Artichoke Salad | 39 |

19-119-513 (F)

19-119-510 (E)

Table of Contents - Table des matières

| | |
|---|----|
| Cobb Salad | 40 |
| Sunshine Corn Soup | 41 |
| Young Mango Salad | 42 |
| Sweet potato fries | 43 |
| Healthy Chicken and Bean Sprout Soup with Roasted Garlic | 44 |
| Spinach Salad | 45 |
| Couscous with Raisins and Chickpeas Salad | 46 |
| Roasted Cauliflower Soup | 47 |
| Mango Sticky Rice | 48 |
| Quinoa Salad | 50 |
| Chicken Dijonnaise | 51 |
| What Could Be Simpler Pancakes | 52 |
| Stuffed spinach and goat cheese pork tenderloin | 53 |
| Penne with Pistachio Nuts | 54 |
| Chicken Wrapped in Jamon | 55 |
| Thai Red Chicken Curry | 56 |
| Chef Edward's Chao Mian | 57 |
| Easy Stroganoff | 58 |
| Corn and Mushroom Pie | 59 |
| Hungarian Goulash | 60 |
| Saumon érable et coriandre | 61 |
| GLO's Spaghetti Sauce | 62 |
| Newfoundland Fish Cakes | 63 |
| Beef Rendang | 64 |
| French Canadian Meat Pie | 66 |
| Jamaican Turn Cornmeal with Shrimp | 67 |
| Shanghai Chef Edward's Fried Dumplings | 68 |
| Bob's Tastiest Jerk Chicken | 69 |
| Chimirurri | 70 |
| Old South Pulled Pork | 71 |
| B.B.Q. Spareribs | 72 |
| Chicken with Sun-Dried Tomato Cream Sauce | 73 |
| Grilled Chicken with Tomato-Avocado Salsa | 74 |
| Côtes levées miel et ail | 76 |
| Pastitsio | 77 |
| Dr. Ziggy's St. Louis Style Ribs | 78 |
| Poached salmon with piquant sauce and veggies | 79 |

Table of Contents - Table des matières

| | |
|--|-----|
| Impossible Salmon Pie | 80 |
| Savoury Pork Toast | 81 |
| Ghanaian Groundnut Stew | 82 |
| Lemon Crepes | 83 |
| PMS Cake | 84 |
| Mystery Mocha Cake | 85 |
| Oat Cakes | 86 |
| What Could Be Simpler Oatmeal Cookies | 87 |
| Nutty Chocolate Fudge | 87 |
| Cinnamon Rolls | 89 |
| Chocolate(mint) Zucchini Cake | 91 |
| Gâteau à la carotte et à la citrouille | 92 |
| Peach Cobbler | 93 |
| Best Ever Chocolate Chip cookies | 94 |
| Fool-Proof Chocolate Cake and Icing | 95 |
| Coconut Cream Pie | 96 |
| Canadian Berry Muffins | 97 |
| Salted Nut Cookies | 98 |
| Sugar Pie | 99 |
| Skor Squares | 100 |
| Gâteau super simple | 101 |
| Raspberry Lemon Cheesecake | 102 |
| Quick and Easy Eggless/Dairyless Chocolate Cake .. | 103 |
| Gluten-Free Chocolate Garbanzo Bean Cake | 104 |
| Gluten-Free Carrot Cake | 105 |
| Overnight Carmel Strata | 106 |
| Triple Chocolate Cake | 107 |
| Slice and bake shortbread | 108 |
| Tarte à la sauterelle | 109 |
| Double Layer Pumpkin Pie | 110 |
| Coconut Rum and Raisin Bread Pudding | 111 |
| Creamy Banana Rum Pudding | 112 |
| Fabulous Beverly Hills Pumpkin Chocolate Chip Cookies | 113 |
| Transkei Mud | 114 |
| Panellets (Catalan All Saints Cookies) | 115 |
| Fudgey Brownies | 116 |
| Melting Moments Cookies | 117 |

Table of Contents - Table des matières

| | |
|--|-----|
| Extra Fibre Bran Muffins | 118 |
| Pumpkin Cheesecake | 119 |
| Carré au Caramel | 120 |
| Tiramisu | 121 |
| Chocolate Truffle Turtle Cake | 122 |
| Candied Nuts | 124 |
| French Chocolate Chili Bites | 125 |
| Maple Syrup Crème Brulée | 126 |
| Butterscotch Brownies | 127 |
| Halloween White Chocolate Eyeballs | 128 |
| Voluptueuse Mousse au Chocolat | 129 |
| Nanaimo Bars | 130 |
| Aunt Carmen's Squares | 131 |
| Not-for-the-faint-of-heart Chocolate Layer Cake | 132 |
| Fruit Pizza | 134 |
| Cookies à l'orange | 135 |
| Palacinky a Johodova pena | 136 |

Cola de Mono
“Bailey’s with a Latin twist”

Ximena Suarez

AICP

1 year of service in DFAIT

Ingredients

- 1.5 litre of milk
- can sweetened & condensed milk
- cloves
- cinnamon sticks
- nutmeg, to taste
- teaspoon vanilla
- tablespoons of instant coffee mix
- ½ litre of spiced rum, brandy or aguardiente

Instructions

- On low heat, simmer sweetened & condensed milk and .5 litre of milk with cloves, cinnamon stick and nutmeg. Stir often so as to not burn the milk.
- Remove from heat and dissolve the coffee and vanilla.
- Let cool before adding alcohol and the rest of the milk.
- Keep refrigerated until ready to serve.

* to make it frothy, mix in a blender. Drink may served cold or hot.

My favourite food memory:

Relaxing on the beach on the South coast of Brazil while being served fresh prawns and fish with local beer to wash it down. Sun + Fun + Food & Drink = a good time!

White Sangria

Joanne Minns

Demographic Analysis Unit (HSP)

1 years of service in DFAIT

Ingredients / Ingrédients

- 2 cups (500 ml) white wine
- 1 oz (30 ml) Triple Sec
- ½ cup (125 ml) apple juice
- 1 cup (250 ml) ginger ale
- Juice of 1 lime
- Juice of 1 lemon
- Sliced fruit and/or berries, fresh or frozen (e.g. lime/lemon slices, kumquat, star fruit, raspberries, strawberries, blueberries, melon balls, etc) – try to add a mix of colours
- 8 mint leaves
- Ice cubes

Instructions

- Combine wine, Triple Sec, apple juice, ginger ale, and lime and lemon juices in a pitcher or punch bowl
- Add fruit and ice cubes
- Stir and serve

My favourite food memory:

An alfresco meal in Upaipur, India. Ambrai is an open-air restaurant set in a sprawling garden on the banks of Lake Pichola. Lit with candles in the evening and with an exquisite view of the Lake Palace reflecting off the water, the ambiance is bested only by the mouth-watering curriesthat make you weak at the knees (for all the right reasons).

Just Peachy White Wine Sangria

Jimena Guild

TMGI

7 years of service

Ingredients

- 1 bottle of white wine (Riesling, Chablis, Pinot Gris, Chardonnay, Sauvignon Blanc)
- ½ cup of Peach Schnapps
- ¼ to ½ cup of sugar (depending on how sweet you prefer your sangria)
- 2 sliced peaches (frozen peach slices work well)
- 1 sliced orange
- ½ mango peeled and sliced
- ½ litre of ginger ale

Instructions

- Pour wine and Schnapps in the pitcher and add sliced peach, orange and mango. Next add sugar and stir gently. Chill mixture for at least one hour. Add ginger ale or club soda just before serving.
- If you'd like to serve your Sangria right away, use chilled white wine and ginger ale and serve over lots of ice.
- **Additional ideas:** sliced strawberries, a handful of fresh raspberries, kiwi slices, a shot or two of triple sec, a cup of citrus soda pop

Four-Juice Holiday Punch

Linda Dennis

CHLTN

3 years of service in DFAIT

Ingredients

- 1 12-ounce can frozen cranberry-juice cocktail concentrate
- 1 12-ounce can frozen raspberry-cranberry-juice cocktail concentrate
- 1 12-ounce can frozen apple-juice concentrate
- 1 12-ounce can frozen lemonade concentrate
- 1 litre bottle chilled ginger ale
- 2 litre bottles of chilled club soda
- 2 cups cold water
- 3 cups chilled vodka (optional)

Instructions

- Combine frozen concentrates in a punch bowl. (A large soup tureen makes a good substitute).
- Thaw, mix well and refrigerate until needed.
- At serving time, add ginger ale, club soda, water and vodka, if using. Serve with plenty of ice.

My favourite food memory:

I enjoy making this punch for our annual Christmas Cheer. I usually make a non-alcoholic version as the children really enjoy this refreshing blend of juices. I also use frozen berries instead of ice cubes.

Baked Brie or Camembert with Pecans

Nadine Nixon

TIS

3 years of service in DFAIT

Ingredients / Ingrédients

- 1 small wheel of brie or camembert(9oz.)
- 1/2c. pecans
- 3TBSP brown sugar
- 3TBSP pure maple syrup
- crackers or sliced baguette, for serving

Instructions

- Preheat oven to 350 degrees. Place cheese on rimmed baking sheet, bake until softened; 15-20 mins. Transfer to serving plate; cool about 20 mins.
- While cheese cools, place nuts on separate baking sheet; bake until toasted and fragrant, 7-10 mins. Sprinkle nuts over cheese.
- In a small saucepan, combine sugar and maple syrup. Bring to a boil over medium heat; simmer until foamy, 1-2 mins. Drizzle warm sauce over slightly cooled cheese and nuts; serve with crackers or baguette.

Trempelette aux Épinards en miche

Adèle Roy

TMGI

10 years of service in DFAIT

Ingredients

- 2 Tasses de crème sûre
- 1 Tasse de mayonnaise Hellman's
- 1 Enveloppe de mélange à soupe aux légumes Knorr
- 1 Paquet d'épinard blanchi
- Échalotes, ail au goût
- 1 Miche de pain de seigle noir.

Instructions

- Mélanger tous les ingrédients, sauf le pain. Évider le pain et couper en cube de 1 pouce le pain extrait.
- Y verser le mélange, couvrir de papier d'aluminium et réfrigérer 2 heures. Servir avec les cubes de pain.

Trempepette mexicaine

Lucie Malette

SMFQ

6 ans

Ingredients / Ingrédients

- 1 tasse de crème sure
- 125g de fromage à la crème Philadelphia
- ½ poivron rouge
- ½ poivron vert
- 3 c. à table de mayonnaise
- environ ¼ de laitue Iceberg
- 1 échalotte
- environ 1 tasse de fromage râpé
- 1 sachet d'assaisonnement à Taco
- 1 sac de chips à nachos (Tortillas)

Instructions

- Couper les poivrons en petits morceaux fins ainsi que l'échalotte
- Mélanger ensuite dans un bol le fromage à la crème, la crème sure, la mayonnaise et le sachet d'assaisonnement à Taco
- Ajouter à ce mélange les poivrons coupés fins ainsi que l'échalotte
- Couper en morceaux un peu de laitue Iceberg, suffisamment pour couvrir le fond d'un plat rond d'environ 9 pouces de diamètre
- Mettre la laitue Iceberg coupée en morceaux dans le fond d'un plat rond de 9 pouces, couvrir ensuite la laitue avec le mélange au fromage à la crème et parsemer le tout de fromage râpé de votre choix (cheddar ou mexicain). Déguster ensuite avec des chips à nachos.

My favourite food memory:

C'est toujours plaisant de voir mes neveux et nièces se ruer vers le plat et manger le tout de bon cœur.

Pâtes au chèvre, tomates séchées et olives

Catherine de Margerie-Leclair

BRU

6 years of service in DFAIT

Ingredients / Ingrédients

- Une gousse d'ail
- 2 cubes de bouillon de boeuf
- Huile d'olive
- 1 boîte de tomates séchées dans leur huile
- 1 canne d'olives noires dénoyautées
- Fromage de chèvre frais mou (style Chavroux)
- 500g de farfalle

Durée : 20 à 30 minutes de préparation et cuisson. Très rapide et très facile

Instructions

- Dans une poêle assez profonde, faites chauffer un peu d'huile olive, puis faites-y sauter une gousse d'ail écrasée. Attention de ne pas faire brûler l'ail.
- Rajouter ensuite dans la poêle les 2 cubes de bouillon de bœuf dans 500ml d'eau bouillante et mélanger le tout jusqu'à dissolution des cubes de bouillon. Puis laissez réduire un peu.
- Entre temps, coupez les tomates séchées en petits morceaux en prenant soin de conserver un peu de leur huile. Et puis coupez les olives noires en rondelles.
- Rajoutez les tomates et un peu de leur huile, ainsi que les olives dans la poêle. Laissez réduire jusqu'à que vous obteniez la quantité de sauce désirée.
- Faire cuire vos farfalle
- Lorsque la sauce a réduit selon votre goût et que les farfalle sont prêtes, mélanger le tout ensemble, puis rajouter le bloc de fromage de chèvre par petite quantité. Mélanger bien le tout pour que le fromage se répartisse bien partout.
- Bon appétit!

Cheese Ball

Gisele Bernier

AITC Engineering

2.5 years of service in DFAIT

Ingredients / Ingrédients

- 8 oz Cream cheese
- 4 oz Old Cheddar cheese, grated
- 2 tbsp Sour cream
- 2 tbsp Minced onion (dried)
- Dash of Worchester sauce
- Dash of Tabasco sauce
- 4 oz Chopped pecans

Instructions

- Blend first six ingredients together. Form into a ball. Roll in chopped pecans. Wrap in plastic wrap and refrigerate. (Keeps for about 2 days.) Serve with crackers.

My favourite food memory:

Our family fine spirit of cooperation made it possible to prepare potlucks for 30+ peoples every years for the traditional Christmas and New Year dinner.

Salmon Ball Appetizer

Deborah Scott

CFSD

11 years

Ingredients

- 1 tin red salmon
- 2 tsp. Horse radish
- 1 tsp lemon juice
- 1 8 oz. Package cream cheese
- crush walnuts
- 2 tblsp. minced parsley
- 2 drops tobassco sauce

Instructions

- Leave cream cheese out to soften
- Mix salmon, horse radish, lemon juice & tobassco
- Once cream cheese has soften, mix all ingredients
- On a small plate with seran wrap - form into a ball
- Leave in refrigerator overnight
- Mix crushed walnuts and parsley
- Roll salmon ball so that it is covered completely in walnuts and parsley and form into ball again
- Serve with crackers on tray! Always a hit!

Spinach Dip

Linda Clement

AIMI

25 years of service in DFAIT

Ingredients / Ingrédients

- 1 250 g sour cream
- 1 cup of mayonaise
- 1 package of Knorr Vegetable Soup (dehydrated soup)
- 1 package of frozen chopped spinach
- 1 round Pumpernickel Bread

Instructions

- Make a hole in the middle of the Pumpernickel Bread – use the bread from the middle for dipping
- **TIP - Frozen spinach – thaw and squeeze out all the moisture before adding to the other ingredients**
- Blend all ingredients into a bowl – **TIP - should sit for at least a half hour before serving.**
- Put aside until ready to serve.
- Just before serving fill the centre of the Pumpernickel Bread
- Can also serve with fresh cut veggies

My favourite food memory:

One of the ways I get my kids to eat veggies – they even take this to school. My kids now make it on their own.

Taco Dip

Linda Clement

AIMI

25 of service in DFAIT

Ingredients / Ingrédients

- 1 can of Refried Beans
- 1 lb of lean ground beef
- 1 package of taco seasoning mix
- 1 500 g sour cream
- 1 brick of cream cheese
- 1 cup shredded Cheddar Cheese
- 1 cup shredded Monterey jack cheese
- Olives (optional – black and / or green)
- Jalapenos (optional)

Instructions

- In an 11 inch serving dish (plastic – glass – metal)
- Spread the refried beans on the bottom
- Cook the lean ground beef with the taco seasoning mix according to instructions on the package – drain
- Spread on top of the refried beans
- In a separate mixing bowl blend Sour Cream and Cream cheese
- Spread on top of the refried bean mixture
- If using the Jalapenos and / or olives place onto of this mixture
- Top with the shredded chesses (both or just the one you prefer) – If you prefer melted cheese – if in a glass or metal pan you can put it under a broiler for a few minutes to melt the cheese.
- **If you want a lighter or faster version as a movie night snack or simple party snack omit the beans and ground beef layer.**

My favourite food memory:

I bring this to all my pot luck get togethers – It's always a big hit and I have to give my recipe.

Micheline's Devil Dip

Micheline Seguin

TIS

Ingredients / Ingrédients

- 8oz package of cream cheese
- ½ cup of sour cream
- ½ cup of mayonnaise
- Salsa
- Mozzarella
- Cheddar
- Monterey Jack
- Nacho Chips

Instructions

1st Stage

- mix together till creamy
- extend on bottom of dish

2nd stage

- Extend 1 cup of salsa over 1st stage

3rd stage

- mix cheeses together
- extend over salsa

4th stage:

- Place in refrigerator.
- Serve with nacho chips and enjoy!

My favourite food memory:

Bet you can't eat just one...that's why I named it Devil's dip.

Buffalo Wing-Ding Chicken Dip

Kandice Zeman

WSHDC

6 months

Ingredients / Ingrédients

- 1.5 lbs of chicken breast (pre-poached & diced / shredded)
- 16 oz cream cheese (generic brands are fine)
- 16 oz bleu cheese salad dressing (or 8 oz of Ranch & 8 oz bleu cheese) (generic is fine)
- 3 cups shredded mozzarella (generic is fine)
- 1 12 oz bottle of Frank's original hot sauce (no substitutions, it needs to be Frank's brand)

Instructions

- Preheat oven to 350. In a large bowl, mix liquids & cream cheese; add chicken & cheese and mix fully. Put mixture into a pan that can be used for cooking and serving. Cook uncovered 45 to 50 mins. Watch to make sure that it doesn't get brown on top. If it's looking dark on top, turn the temperature down slightly but make sure it gets to at least 45 mins so that all of the cheese gets melted into the mixture.
- Be careful about "light" ingredient substitutions (cream cheese, dressing & cheese) in an effort to make it "low fat" because it will become runny in this recipe. If desired, it's possible to substitute up to 50% of each ingredient for a "low fat" variety. To make it less spicy, use less Frank's – but I always use the whole bottle.
- Serve with tortilla chips and / or celery stalks. Can be served hot or cold. Once fully constituted in the oven as directed, it can be briefly reheated in the microwave to warm it up.

My favourite food memory:

Tailgating, watching the big game or feeding a hungry crowd -- this recipe is a doozy. It's everything that I love about buffalo wings (spicy, creamy, zesty) minus everything I hate about wings (bones, sticky fingers & a big mess).

Baked Ricotta and Red Pepper Paté with Pesto

Cheryl Clark

CCG-Detroit

19 ½ years of Service for DFAIT-MAECI

Ingredients / Ingrédients

- 3 eggs
- 2 cups (500 ml) ricotta (I use 1 tub)
- 1 cup (250 ml) freshly grated parmesan cheese
- 2 tbsp. (25 ml) olive oil
- Salt and freshly ground pepper
- 1/4 cup (50 ml) pesto
- 3/4 cup (175 ml) slivered grilled peppers
- 1/2 tsp. (2 ml) paprika

Instructions

- Preheat oven to 350 F (180 C). Grease a 9 x 5-inch (2-L) loaf pan and line base with parchment paper or waxed paper. (I use an oval glass dish - for looks)
- Beat eggs in a bowl. Stir in ricotta, parmesan and 1 tbsp olive oil. Beat together until well mixed. Season with salt and pepper. Pour half the mixture into the loaf pan. Cover with pesto and peppers. Pour remaining cheese mixture on top.
- Sprinkle with paprika and pour over the remaining 1 tbsp oil. Bake for 1 hour or until puffed and golden.
- Cool then turn out on to a plate. Remove paper and flip over onto decorative serving plate so golden side is up.

My favourite food memory:

My favourite food memory must include the sipping of the perfectly paired Canadian wine with dinner. An absolute favourite wine is Cabernet Franc from Pelee Island Winery.

Guacamole Tapatio

Linda Hernández-Deslauriers
Climate Change (MDC)
Four years of service in DFAIT

Ingredients

- 3 ripe avocados peeled and seeded (save the seed of one of them)
- 1 onion, finely minced (small to medium sized)
- 3 roma tomatoes, finely diced (or 2 reg. ones)
- 1 juice of fresh lemon
- 1 clove garlic, minced and mashed
- 1 t. cracked sea salt or to taste
- 1 t. cracked black peppercorns
- 1 or 2 chili / fresh jalapeño peppers: seeds removed and diced (optional)
- 1 T. fresh cilantro, chopped (fresh coriander leaf)
- 1 level teaspoon sugar
- 1 bag of unflavoured tortilla chips or tostadas

Instructions

- Cut avocados in halve. With a sharp knife hit seed in center lift seed out, no mess.
- With a spoon, scoop out flesh into a bowl.
- Mash avocados using a fork. (Please do not use blender or food processor, the flavour changes, believe me!)
- Stir in lemon juice, onion, cilantro, black pepper, sugar and salt.
- Add chilli / jalapeño peppers if you want it to have some kick.
- Adjust seasoning to taste and the seed to the mix.
- Cover and leave in the fridge for 1-2 hours.
- Add remaining tomatoes and stir till well combined before serving.

TIP:

The sugar balances the lemon juice and the seed helps to preserve and maintain a good colour.

When in season I like the rough black skin avocados. They should be soft when squeezed, same with the green avocados.

It is Excellent with "tostadas" a very Mexican way to eat guacamole.

Tostada is a whole tortilla chip. (I buy them at Food Shoppers – Macarthur Street -, or in Latin speciality grocery stores)

My favourite food memory:

Guacamole is a very healthy and delicious Mexican dip. It is also a great topping or even a side dish. The real trick to delicious guacamole is to use ripe and good quality avocados. Basically the main ingredients that you need to make a fresh batch of guacamole are avocados, lemon juice and rough sea salt. Lemon is added to the final dish for both the flavour and also to prevent discolouring of avocados. You can add chili or jalapeno pepper if you want your guacamole to have some kick.

Every time I used to prepare this dip in our divisional get-togethers, my good colleague and friend Charles used to say: Linda, this is the best "Guacamole" I have ever tried. And I thank my mother in Guadalajara, Mexico, for passing the recipe from my grand-mother.

Anchoiade

Paulette Berube

COPEN

2 years of service in DFAIT

Ingredients / Ingrédients

- 4 cloves garlic
- 2 shallots
- 60 g anchovies
- lots of parsley (eg. 2 handfuls)
- tablespoon red wine vinegar
- lots of freshly milled black pepper
- good olive oil

Instructions

- Blitz all ingredients together while drizzling in some good olive oil until you get a nice dipping consistency.
- Serve as a dip for cubes of warm bread as well as vegetables.

Lángos (Hungarian Fried Bread)

Katalin Csoma
BPEST
3 years at DFAIT

Ingredients / Ingrédients

- 50 g (2 tablespoons) yeast (or 1 package dried yeast)
- 0.1 l milk
- 1 tablespoon sugar
- 1kg flour
- 400g kefir (or sour cream and milk)
- 3 eggs
- 1 teaspoon salt

Instructions

- Slightly warm a little milk with sugar and crumble 50 g yeast into it.
- Wait until yeast rises (or alternatively use instant yeast).
- In a bowl, knead flour, kefir, eggs, yeast mixture and some salt together well until it is smooth.
- Cover dough with tea-towel and wait until it rises (30-60 min).
- Stretch small pieces of dough into flat pancake-like pieces with wet hands.
- Deep-fry in hot oil, turning pieces over.
- Use salt, garlic, sour-cream or/and grated cheese as topping.

- Variation: fold and fill dough with steamed cabbage (seasoned with salt and pepper) before frying.
- Traditionally, lángos is made with potatoes and milk instead of kefir.

My favourite food memory:

Hungarians typically eat lángos at fresh-food markets and on the beach/by the pool. Although not very healthy, all seem to like this very filling dish. When I was in primary school, a lángos-maker would always come during lunch break and sell his fresh pieces. I can still see him in his white uniform with a smile, and smell the garlic-scent lingering in the school...

Cream Biscuits

E. Que

ISIF

31 years of service in DFAIT

Ingredients / Ingrédients

- 2 cups all purpose flour
- tsp. baking powder
- tsp. sugar
- tsp. salt
- 1/4 cup heavy cream
- 2 cups all purpose flour
- tsp. baking powder
- tsp. sugar
- tsp. salt
- 1/4 cup heavy cream

Instructions

- Preheat oven to 425 degrees F.
- Whisk together the flour, baking powder, sugar and salt.
- Add in about half the heavy cream and mix with a spatula. Slowly add in rest of heavy cream and mix until it resembles pastry dough.
- Knead for 20-30 seconds (it will feel like bread dough).
- Pat into an eight inch cake pan until it is even. Tip out onto board and using a biscuit cutter, cut out biscuits and place on a baking sheet. Re-roll scraps into more biscuits.
- Bake for 15 minutes until bottoms are nicely browned.
- TIP Do not overbake. As biscuits will continue to cook once they are taken out of the oven, you may wish to take them out a minute early.

My favourite food memory:

These easy to make, An o roll, no cutting in fat@ biscuits are delicious with baked ham.

Spiced Biscuits

Vanessa Hynes

Nairobi, Kenya

(Spouse of Ross Hynes, 34 years in DFAIT as a spouse, 3 as an employee)

Ingredients / Ingrédients

Blend thoroughly:

- 100 gm salted butter
- 75 gm Crisco
- 175 gm brown sugar
- 1 egg
- 2 Tbsp dark rum

Sift together:

- 250 gm flour
- ½ Tsp salt
- ½ Tsp baking soda
- 1 Tsp cinnamon
- ½ Tsp coriander
- ½ Tsp nutmeg
- ½ Tsp cloves

Instructions

- Add to wet mixture. Mix thoroughly.
- A half a cup of raisins or chocolate chips or chopped nuts can be added now.
- Form into balls, approx heaping teaspoon size. Roll in white sugar then press down slightly onto greased baking sheets.
- Bake no more than 12 minutes for a chewy delicious cookie.

My favourite food memory:

Whenever I can I take the recipe from the Sunday Nairobi paper and give it a try. This one was fantastic. I would never have thought about putting coriander in a cookie mix.

Sauteed Brussels Sprouts

Larissa Blavatska

Kyiv

35 years in the Foreign Service

Ingredients

- 1 to 1.5 lbs fresh Brussels sprouts, cleaned
- butter and/or olive oil (about 2 tbsps total)
- salt and pepper to taste
- 1 lime (not lemon!)

Instructions

- cut off the stem end of each sprout, cut each sprout in half lengthwise and julienne each half
- heat enough olive oil or butter (or a mixture of the two) in a pan large enough to hold the sprouts without overcrowding – the sprouts should be very lightly coated with the oil and/or butter
- sauté Brussels sprouts over medium to medium-high heat until they are cooked through but not overly browned (5-7 minutes)
- lightly salt and pepper to taste (these don't need much seasoning)
- just before serving, squeeze juice from 1 lime over sprouts
- This will serve 4 to 6 people
- You can make ahead up to the point of shredding the sprouts; cover and then cook just before serving

My favourite food memory:

Many people don't like Brussels sprouts because they've only had them boiled, which makes the sprouts turn grey and mushy. These are delicious and have a nice, nutty flavour – everyone who's tried them, loves them.

Tortilla Soup

Thomas Gillon

IDA

2.5 Years at DFAIT

Ingredients:

- 1 onion-small dice
- 2 garlic cloves-minced
- 2 Tablespoons oil
- 1 cup tomatoes-peeled and chopped
- 1 green pepper-small dice
- 2 cups beef stock
- 2 cups chicken stock
- 1 ½ cups water
- 1 ½ cups tomato juice
- 1-teaspoon cumin
- 2 teaspoons chilli powder
- 1-teaspoon cilantro
- 1-teaspoon salt
- 1 teaspoon freshly ground pepper
- 2 teaspoons Worcestershire
- 6 corn tortillas, cut into ½ inch strips
- 1 cup grated Cheddar cheese

Instructions:

- Sauté onion and garlic in oil until soft.
- Add tomatoes, green pepper, stocks, tomato juice, cumin, chilli powder, cilantro, salt, pepper and Worcestershire
- Bring soup to a boil; lower heat and simmer covered for 1 hour
- Just before ready to serve, add tortillas and cheese and simmer for 10 minutes.
- Serve hot
- NB-To make a main meal dish, add 2 cups chopped cooked chicken when you add the tortillas and cheese. Serve with a salad and crisp tortilla chips

My Favourite Food Memory:

I first discovered tortilla soup in Yuma, Arizona while visiting my parents. It was incredible – this soup simply bursts with flavour.

Bisque de poivrons rouges grillés aux crevettes

Sirine Hijal

BRU

8 years of service in DFAIT

Ingredients / Ingrédients

- 10 gros poivrons rouges
- 5 tasses de bouillon de poulet
- 2 cuillerées à thé de paprika doux
- 1 cuillerée à thé de sucre brun ou cassonade
- ¾ tasse de crème
- ½ tasse de fromage pecorino romano rapé (peut être également remplacé par du parmiggiano reggiano).
- Une cuillerée à soupe d'huile d'olive
- 32 crevettes crues de taille moyennes (décortiquée, avec ou sans la queue selon votre préférence)
- Du basilic ciselé pour garnir

Instructions

- Éépiner les poivrons et les couper en quatre quarts
- Griller les quarts de poivrons rouges sur du papier sulfurisé sous le broiler jusqu'à ce que leur peau noircisse
- Mettre les poivrons rouges grillés dans un sac un papier pendant une dizaine de minutes. Lorsque les poivrons se seront refroidis, en ôter la peau.
- Entre temps, faire chauffer le bouillon de poulet dans une grosse casserole sur feux moyen
- Couper l'équivalent de 2 poivrons en julienne et les mettre de côté
- Mettre le reste des quarts de poivrons dans la casserole avec le bouillon de poulet
- Porter à ébullition et ensuite réduire le feu (feux moyen/doux)
- Pêcher les morceaux de poivrons, et les mettre, avec un peu de bouillon dans le « mixer » et réduire le tout en purée
- Remettre la purée de poivrons dans la casserole de bouillon.
- Ajouter la paprika et le sucre.
- Laisser cuire une dizaine de minutes sur feux moyen, ensuite ajouter la crème et le pécorino romano
- Entre temps, réchauffer l'huile d'olive dans une poêle
- Y ajouter les juliennes de poivrons et les crevettes. Cuire les crevettes jusqu'à ce qu'elles rosissent.

- Servir les assiettes en y mettant la soupe, 4 crevettes accompagnées de julienne de poivrons et du basilic ciselé au goût.

My favourite food memory:

Le poulet grillé de ma grand-mère. Elle le faisait cuire lentement sur un tout petit barbecue au charbon de bois sur son balcon. Il fallait ventiler les braises pendant ce qui me semblait une éternité, pendant qu'émanaient les délicieuses effluves du poulet qui grillait. Son poulet était divin. D'autant plus que nous avions la permission de nous y attaquer avec les mains, sans avoir à utiliser fourchette et couteau, contrairement au reste de nos repas. Je regretterai toujours de ne pas lui avoir demandé de me donner la recette du mélange dans lequel elle badigeonnait son poulet.

Caramelized Pancetta and Fennel Salad

Jennifer Ellis

ARDZ

< 1 year of service in DFAIT

Ingredients

Salad Ingredients

- 1 bulb fennel, halved and cut into 1/2-inch wedges
- 5 slices pancetta
- 2 cloves garlic, minced
- 2 tablespoons brown sugar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 5 ounces (about 6 to 7 cups) mixed salad greens

Red Wine Vinaigrette Ingredients

- 2 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon honey
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

Instructions

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
- In a medium bowl, toss together fennel, pancetta, garlic, brown sugar, olive oil, salt, and pepper. Place the ingredients on the baking sheet in a single layer. Cook until the pancetta is crisp and the fennel is caramelized, about 20 minutes. Remove from the oven and let cool for 5 minutes.
- Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.
- In a large bowl, place the salad greens, crumbled pancetta, and caramelized fennel. Toss the salad with the Red Wine Vinaigrette and serve immediately.

Cold Tomato-Thyme Soup

Sharon Kessel

BTR

13 years of service in DFAIT

Ingredients / Ingrédients

- 5 tablespoons olive oil (preferably extra-virgin)
- 2 cups finely chopped onions
- 3/4 cup finely chopped peeled carrots
- 2 1/2 teaspoons finely chopped garlic
- 1 bay leaf
- 3 pounds ripe tomatoes, halved, seeded, chopped (about 5 cups)
- 3 cups canned low-salt chicken broth
- 3 tablespoons finely chopped fresh thyme or 1 tablespoon dried
- 1 cup hickory smoke chips, soaked in water 30 minutes, drained
- 3 3/4-inch-thick slices sourdough bread
- 1 garlic clove, halved
- Fresh thyme sprigs (optional)

Instructions

- Heat 4 tablespoons oil in heavy large pot over medium heat.
- Add onions, carrots, finely chopped garlic and bay leaf.
- Cover; cook until carrots are tender, stirring occasionally, about 10 minutes.
- Add tomatoes.
- Cover; cook until tomatoes release juices, about 10 minutes.
- Uncover; cook until juices evaporate, stirring often, about 20 minutes.
- Add broth and chopped thyme.
- Partially cover pot and simmer until mixture is reduced to 6 cups, stirring occasionally, about 10 minutes longer.
- Cool soup slightly.
- Discard bay leaf.
- Puree half of soup in blender.
- Stir into soup in pot. Season with salt and pepper.
- Chill uncovered until cold, then cover. (Can be made 1 day ahead. Keep chilled.)

Papa rellena (stuffed potato) Peruvian dish

Jimena Guild

TMGI

7 years of service

Ingredients

- 2 ¼ lbs white potatoes
- salt to taste
- 4 eggs (1 fresh, 3 hardboiled)
- 6 tablespoons oil
- ½ kg ground beef
- 1 cup chopped onion
- 1 garlic clove, minced
- 1 teaspoon paprika
- 6 seeded black olives, cut in 4
- ½ cup tomato, diced, peeled and seeded
- 1 teaspoon minced parsley
- 1 teaspoon minced cilantro
- ¼ cup of raisins

Instructions

- Wash potatoes and place them in a medium sized pan with salted water. Bring to a boil. Cook until soft. Remove from heat and peel.
- Force potatoes through a strainer or a potato masher. Cool. Add 1 egg and knead dough until smooth and soft.
- Pour 2 of 3 tablespoons of oil in a large size skillet. Cook onion and garlic until golden.
- Add ground beef. Add tomatoes and cook for 5 minutes. Add parsley, cilantro, olives, hardboiled eggs and raisins. Season with salt, pepper and paprika.
- Flour hands and take a portion (about ½ cup) of potato mixture. Place it in the palm of your hand. Flatten it and place 1 tablespoon of filling (approx.) in the center.
- Fold it and close by pressing ends. It must have an oval shape. Flour croquettes and set them aside. Repeat this process with the rest of potato.
- Heat oil in a medium sized pan and fry the stuffed potato until golden.
- "Papa rellena" is served with white rice and onion sauce.

Apple Squash Soup

Barbara Power

TMGI

12 years of service in DFAIT

Ingredients / Ingrédients

- 1 Butternut Squash (Pitted diced)
- 2 cloves of garlic (chopped)
- 1 Leek sliced
- 1 onion chopped
- 1 Tbs butter
- 1 Tbs olive oil
- 1Tbs curry powder
- 4 medium carrots sliced
- 3 diced apples peeled & pared
- 6 ½ Cups Chicken broth
- ¾ Cup cream
- Salt & Pepper to taste

Instructions

- In a large skillet, sauté onions, leeks, garlic and curry in butter and oil.
- Add the squash and carrots, mix well. Stir in broth and bring to boiling point. Add apples and let simmer 25 minutes.
- Blend soup in blender. When ready to serve, add the cream and reheat if need be.
- Slurp!!!

Baked Pumpkin or Squash

Elizabeth Heatherington

Canadian Embassy, Riga, Latvia

Length of DFAIT service: Almost 15 years professionally, 38 years as a spouse of a Foreign Service Officer

Ingredients / Ingrédients

- 1 acorn squash or small pumpkin about 15 inch circumference
- 1 teaspoon of butter or low-fat substitute
- 1 tablespoon of grated Parmesan cheese

Instructions

- Pre-heat oven to 425 degrees Fahrenheit
- Cut the squash or pumpkin into 8 sections and clean each piece of pulp
- Place vegetable on lightly oiled (vegetable oil) cookie sheet
- Place 1 teaspoon of butter or low-fat substitute in centre of each piece
- Sprinkle 1 tablespoon of grated Parmesan cheese on to butter or substitute
- Place the cookie sheet into the centre of the oven for 30 minutes; during the last 15 minutes place the sheet on the top tray of the oven so that the cheese browns nicely

This is a very simple recipe that compliments any meal with poultry or game. I have used this in many countries with vegetables similar to squash or pumpkin (in Britain – vegetable marrow, in Asia – zucchini-style large vegetables; in Latvia we have not found the usual acorn squash that we see in North America, so we are using small pumpkins which have a similar flavour

My favourite food memory:

We were posted to Moscow from 1979-81. One year the international community sponsored a 'Most original recipe contest for cabbage, using local ingredients'. The results were amazing – besides cabbage soup, meat rolls and more traditional items, entries included 'Sweet Cabbage Crisp' (cabbage, oatmeal cereal and unrefined brown sugar-) served with a very good local vanilla ice cream – it was outstanding!

Gaspacho d'asperges

Violette Talbot

Mission permanente de Genève

2001-2006 + depuis le 7 octobre 2009

Ingrédients

- 1 botte d'asperges vertes fraîches **ou** 1 sac d'asperges surgelées
- 1 poignée de pousses ou de feuilles d'épinards fraîches
- Bouillon de poulet refroidi (environ 150 ml par convive)
- 1 petit contenant de yaourt bulgare ou à la grecque (épais) nature
- Sel et poivre
- Croûtons de pain de campagne faits maison

Instructions

- Mettre des verres à scotch ou autre type pouvant servir de verrine dans le congélateur pendant au moins trois heures pour les faire givrer.
- Faire cuire les pousses ou les feuilles d'épinard à l'eau bouillante salée environ 1 minute. Retirer à la cueillère trouée et plonger immédiatement dans de l'eau glacée. Une fois bien refroidies, les égoutter et les mettre dans un mélangeur ou robot.
- Éplucher les asperges fraîches du bas vers la tête mais sans toucher à cette dernière (inutile d'éplucher les asperges décongelées). Retirer la partie dure du bas et couper le reste en tronçons en ayant soin de garder quelques têtes avec un bout de tige suffisamment long pour pouvoir s'en servir comme garniture. Réserver (sans les faire cuire) 1 tête moyenne ou 3 petites têtes par convive.
- Faire cuire les tronçons d'asperge à l'eau bouillante très salée dans une casserole non couverte. Lorsqu'ils sont cuits (pas plus de 5 minutes pour les fraîches ou 2 minutes et demie pour les décongelées pour ne pas perdre trop de couleur), les égoutter et les plonger immédiatement dans l'eau glacée. Égoutter de nouveau et mettre dans le mélangeur avec les feuilles d'épinard.
- Ajouter du bouillon de poulet refroidi (environ 300-400 ml pour commencer) et mixer en ajoutant du bouillon au fur et à mesure pour en arriver à une texture bien lisse (ni trop

épaisse, ni trop liquide). Le gaspacho doit être d'un beau vert foncé avec une consistance parfaitement veloutée.

- Réserver au frigo au moins deux heures (ou toute la journée) dans un contenant en verre.
- Au moment de servir, préparer des croûtons avec du pain de campagne en les faisant dorer à la poêle dans beaucoup de beurre, puis en les faisant sécher au four pour qu'ils soient bien croustillants.
- Assaisonner généreusement le yaourt de sel et de poivre du moulin.
- Verser le gaspacho dans les verres givrés, ajouter une grosse cuillerée de yaourt assaisonné et décorer avec la ou les têtes d'asperges et un gros croûton par verrine. Servir immédiatement. Cette recette, à la fois simple et sophistiquée, est un succès assuré!

Aunt Donna's Creamed Beans

E. Que

ISIF

31 years of service in DFAIT

Ingredients / Ingrédients

- 1 can drained beans
- 1 can cream of mushroom soup
- 1 can mushrooms drained
- 2 heaping tbsps cheese whiz

Instructions

- Mix all ingredients in saucepan except for beans
- Once warm, add 1 can drained beans and heat through.

My favourite food memory:

Aunt Donna served this at Thanksgiving dinner and it is a good way to serve to people who don't normally enjoy green beans. Interesting to hear these people comment on how delicious the dish is.

ZBD Pot Luck Potatoes

Lorraine England

ZBD

1 year of service in DFAIT

Ingredients / Ingrédients

- 1 kg package of frozen hash brown potatoes
- 2 cups grated sharp cheddar cheese
- 1 medium chopped onion
- ½ cup melted butter
- 2 tins of condensed mushroom soup
- 2 cups sour cream
- grated parmesan cheese (about 1 cup)

Instructions

- Set the oven to 350 degrees F
- Grease a 9 x 13 pan
- Toss together in a big bowl:
 - 1 kg package of frozen hash browns.
 - 2 cups of sharp cheddar cheese
 - 1 medium onion- chopped
- Combine the following and pour into the big bowl on top of the potatoes and mix well:
 - 2 tins of condensed mushroom soup.
 - 2 cups of sour cream
 - 1/2 cup melted butter
- Place the mixture in your 9 x 13 pan
- Cover with the grated parmesan cheese.
- Bake for 1.5 hours.

My favourite food memory:

My favourite food memory must be the first that has come to mind. I volunteered briefly at an Elephant rescue farm in Northern Thailand. It was a lot easier to take the elephants to the feed than the feed to the elephants so we rode them way up in the hills in a National Park so they could graze. That night Pong made the most fantastic Thai food on a clay stove with extremely basic utensils. I don't think I have ever tasted better in any restaurant around the world.

Greek (Lemon) Potatoes

Linda Clement

AIMI

25 of service in DFAIT

Ingredients / Ingrédients

- 8 large potatoes (peeled – personal choice), cut into large wedges (about 6-7 wedges per potato)
- 4 garlic cloves, minced (more garlic is a good thing, less garlic is a no-no for this recipe)
- 1/2 cup olive oil
- 1 cup of water
- 1 tablespoon oregano
- 1/2 juice of lemon,
- sea salt and ground black pepper to taste

Instructions

- Preheat oven to 440°F - spray the baking pan with Pam
- Put all the ingredients into a baking pan large enough to hold them.
- Season generously with sea salt and black pepper.
- Make sure your hands are clean and put them in the pan and give everything a toss to distribute.
- The garlic will drop into the water/oil solution but its flavour will permeate the potatoes, and this way, it won't burn.
- Bake for 40 minutes.
- When a nice golden-brown crust has formed on the potatoes, give them a stir to bring the white underside up, season lightly with a bit more sea salt and pepper and just a light sprinkling of oregano.
- Add 1/2 cup more water if pan appears to be getting dry and pop back into oven to brown other side of potatoes.
- This will take about another 40 minutes.
- Do not be afraid of overcooking the potatoes- they will be delicious

My favourite food memory:

My kids make this dish when they are looking for a hot snack – better than French Fries.

Spinach, Avocado and Apple Salad

Sharon Kessel

BTR

13 years of service in DFAIT

Ingredients / Ingrédients

Salad:

- 1/2 cup sliced almonds
- 8 cups baby spinach
- 1 avocado, peeled and quartered
- 1/2 green apple, thinly sliced
- 4 green onions, chopped

Dressing:

- 1 tablespoon soy sauce
- 2 tablespoons vegetable oil
- 1/4 cup lime juice
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil

Instructions

- Preheat oven to 350.
- Spread almonds on a baking sheet and bake for 10 minutes or until browned.
- Divide spinach leaves among four plates. Cut each avocado quarter into four slices and arrange on the bed of spinach.
- Place apple slices over avocado and sprinkle with green onions. Scatter toasted almonds over salad.
- Whisk together soy sauce, vegetable oil, lime juice, brown sugar and sesame oil. Pour dressing over salad.
- Serves 4.

Salade d'asperges et d'orange

Francine Côté-Renaud

TPX

36 années de service au MAECI

Donne 6 portions.

Ingredients

Salade

- 1 kg (2 lb) d'asperges parées
- 25 ml (2 c à soupe) d'huile d'olive
- Sel et poivre du moulin

Vinaigrette à l'orange

- 2 ml (½ c à thé) d'écorce d'orange râpée
- 25 ml (2 c à soupe) de jus d'orange
- 25 ml (2 c à soupe) de jus de citron
- 5 ml (1 c à thé) de miel
- 5 ml (1 c à thé) de moutarde de Dijon
- 25 ml (2 c à soupe) d'huile d'olive
- Sel et poivre du moulin

- 25 ml (2 à soupe) de ciboulette hachée
- 1 orange navel

Instructions

- Préchauffer le four à 230C (450F). Remuer les asperges avec l'huile. Saler et poivrer, et mettre sur une plaque à pâtisserie.
- Mettre les asperges au four de 3 à 7 minutes selon leur épaisseur ou jusqu'à ce qu'elle soient bien cuites.
- Fouetter l'écorce d'orange, les jus d'orange et de citron, le miel et la moutarde de Dijon. Incorporer l'huile d'olive. Saler et poivrer. Combiner la vinaigrette et les asperges, et parsemer de ciboulette.
- Enlever avec un couteau la peau et la partie blanche et amère de l'orange navel. Extraire les quartiers d'orange de leurs membranes. Couper les quartiers en deux pour créer des triangles si désiré. Disposer les morceaux d'orange sur les asperges.

Ma soupe Thai

Ginette Martin

Relations avec le Mexique et l'Amérique du Nord

27 ans

Ingredients / Ingrédients

- 1 c à table huile végétale
- 1 courgette (acorn ou butternut), pelée et coupée en gros (« bite-sized ») morceaux
- 1 c. à thé pâte de cari Thai rouge (plus au goût)
- 4 tasses de bouillon de poulet
- 1 paquet de grosses crevettes congelées
- 1 paquet d'oignons verts, coupés en morceaux de 2 pouces
- 1 boîte de lait de coco
- 2 c à table coriandre frais haché
- 1 paquet de nouilles de riz larges

Instructions

- Faire chauffer l'huile végétale, puis y faire revenir les morceaux de courgette et la pâte de cari pendant quelques minutes
- Ajouter le bouillon de poulet, amener à ébullition puis cuire à feu réduit jusqu'à ce que la courgette soit presque tendre (éviter de trop cuire!)
- Préparer les nouilles selon les instructions sur l'emballage
- Au bouillon, ajouter les crevettes, les oignons verts et la coriandre
- Lorsque les crevettes sont prêtes (quelques minutes au plus), ajouter le lait de coco au goût
- Servir dans un bol à soupe sur les nouilles

My favourite food memory:

Funniest actually - on my first posting and with a hankering for a full-blown Greek salad, waiting for months and successive Peter Justesen ("PJ") orders to get all the ingredients, as the Kalamata olives, capers, and finally the Feta, arrived separately with 'out of stock' notices... While I did enjoy my salad eventually, I finally resorted to a simpler Cesar salad as the main dish for many 'single' meals.

Corn And Black Bean Salad

Shirley Cameron

AIMG

Ingredients:

- 1 3/4 cups (425 mL) *Green Giant* Frozen Peaches & Cream Corn* or *Niblets* Whole Kernel Corn* or 1 can (12 oz/341 mL) *Green Giant* Niblets* Whole Kernel Corn*, drained
- 1 can (28 oz/796 mL) diced tomatoes, drained
- 1/2 cup (125 mL) black beans, rinsed, drained
- 1/4 cup (50 mL) chopped red onion
- 3 tbsp (45 mL) chopped fresh cilantro
- 2 tbsp (25 mL) fresh lime juice
- 1 tbsp (15 mL) vegetable oil
- 1/2 tsp (2 mL) cumin
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 clove garlic, minced
- 1 avocado, pitted, peeled, chopped

Instructions:

- Mix together and enjoy!

My favourite memory of food:

Just happening to be in the kitchen when my Ukraine friend pulled homemade buns out of the oven. Her husband came in with fresh cow's milk at the same time...Oh My Lord...delicious.

Artichoke Salad

Wendy Clarke

MER

17 years of service in DFAIT

Ingredients / Ingrédients

- 1 14 oz can of artichokes (or hearts of palm)
- 2 Tbsp chopped parsley
- 2 shallots, chopped
- romain lettuce

Dressing

- 2 Tbsp lemon juice
- 2 Tbsp white wine
- 2 Tbsp Dijon mustard
- 3 Tbsp extra virgin olive oil

Instructions

- Cut artichokes or hearts of palm in quarters
- Add parsley and shallots
- Wisk together dressing ingredients and pour on top. Refrigerate for 2 or more hours.
- Add to lettuce just before serving.

Chickpea-Artichoke Salad

Wendy Clarke

MER

17 years of service in DFAIT

Ingredients / Ingrédients

- 1 14 oz can artichokes – chopped into quarters
- 1/3 cup drained, oil-packed sundried tomatoes (optional)
- 1 can chickpeas, drained and rinsed
- 2 cups sliced celery
- 1 yellow or green pepper – chopped
- 1 red pepper – chopped

Dressing

- 1/3 cup olive oil
- 2 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- ½ tsp Italian herb seasoning (or oregano)
- salt and pepper

Instructions

- Chop and mix salad ingredients together
- Wisk together dressing ingredients – pour on top.
- Can be made ahead – cover and refrigerate.
- Can add 2 cans of tuna or chopped chicken if desired.

Cobb Salad

Erika Mallett

DSME

1.5 years with DFAIT

Ingredients / Ingrédients

- 3 hard-boiled eggs, chopped
- 6 slices bacon, cooked and chopped
- 4 cups diced turkey breast meat
- 2 diced tomatoes
- ½ cup shredded carrot
- 1 head romaine lettuce, torn into bite-size pieces
- 1 cup shredded cheddar and mozzarella blend
- 3 tbsp ranch dressing (optional)

Instructions

- In a large bowl place the romaine lettuce in a flat layer covering the bottom of the bowl
- On top of the lettuce, arrange in neat rows the eggs, bacon,, tomatoes, turkey-breast, carrots and cheese
- If desired, pour Ranch dressing on top

My favourite food memory:

In 1985 I went to Slovakia to spend the summer with my grandfather, and the food was amazing! For breakfast we would eat warm, salty buns baked fresh across the street with hot-dogs that we bought in long strings. For dinner we had linguini noodles with poppy seed (called ``mak`) and warm melted butter.

Sunshine Corn Soup

Angela MacGeoch

Consular Section, Bridgetown

8 years of service in DFAIT

Ingredients / Ingrédients

- 1 Can, Whole Kernel Corn
- 1 Can, Cream Style Corn
- 1 Stalk of Celery
- 1 Cup of Evaporated Milk
- 1 Medium Sized Onion
- 1 Tablespoon of Butter / Margerine
- 1 Cup of Stock
- 1 Tablespoon of Flour
- Parsley (to taste)
- Worcestershire Sauce (to taste)
- Pepper & Salt (to taste)
- 3 Strips of Chopped Bacon (Optional)

Instructions

- Sauté celery, onion, parsley, (bacon). Blend with stock, milk, flour.
- Beat to creamy texture and add ½ can of cream style corn. In a large saucepan, place rest of the cans of corn, including the water from the can.
- Add blended mixture and season to taste.
- Cook on low heat for a few minutes, adding more water (or stock), if you prefer a thinner soup. Enjoy!

My favourite food memory:

Sometimes we add a drop of yellow food colouring to this soup to make it more sunny! After all, we're in the Sunny Caribbean!!!!

Young Mango Salad

Anand Kumar

Chef at the Official Residence-High Commission of Canada in
Singapore

Ingredients

- 2 firm green mangoes
- 1/4 cup dry shredded unsweetened coconut (the kind you use for baking)
- 2 cups bean sprouts
- 1/2 cup chopped fresh coriander
- 3-4 spring onions, sliced
- handful of peanuts or cashews, left whole or roughly chopped
- 1/3 cup fresh basil
- Optional: 1 cup cooked chicken (sliced), cooked shrimp, or fried tofu if vegetarian (cut into small cubes)
- Optional: 1 fresh-cut red chilli

Salad Dressing:

- 3 Tbsp. fish sauce, OR vegetarian fish sauce, OR 4 Tbsp. soy sauce
- 3-4 Tbsp. freshly-squeezed lime juice
- 2 Tbsp. (or more) brown sugar (to taste)
- 1-2 Tsp. Thai chili sauce

Instructions

- Place the coconut in a frying pan or wok (no oil required). "Dry-fry" the coconut (as if you were stir-frying it) for 2-3 minutes over medium heat, or until it turns a light golden-brown and is fragrant. Set aside. **Tip:** Once the coconut is toasted, remove it from the pan right away and place it in a bowl, otherwise it will keep on toasting.
- Peel the mangoes and discard the skin. The flesh of the mango should be firm and light yellow-orange (note that the color in my photo above has been enhanced).
- Using a medium to large-size grater (the kind you would use for cabbage salad), grate the flesh of the mangoes into a mixing bowl. (Note that there is a large flat stone at the mango's center.)
- Prepare the dressing by mixing together all the salad dressing ingredients in a bowl or cup. The dressing should be a mingling of sweet, sour, spicy and salty, but more sweet than sour. Set aside.

- To the bowl of shredded mango, add the bean sprouts, coriander, spring onions, cooked chicken, shrimp or tofu (if using), the fresh-cut chilli (if using) plus half the toasted coconut. Toss well to combine.
- Add the dressing and toss again. Do a taste-test. Add more fish sauce or soy sauce instead of salt. If you prefer it sweeter, add a little more sugar (honey works too). If you prefer more spice, add more chilli sauce. If too salty or sweet, add more lime juice.
- Place on a serving platter. Sprinkle the nuts over top plus the basil and remaining toasted coconut. Enjoy!

My favourite food memory:

This dish consists of four different tastes – sweet, sour, bitter, and spicy. A rare combination but a great combination, and a milestone in appetizers.

Sweet potato fries

Marie-Eve Bérubé

BSL

3 years

Ingredients / Ingrédients:

- Sweet potatoes
- Chili oil
- Olive oil
- Chinese 5 spices
- salt

Instructions:

- Cut the potatoes in slices (to make fries)
- Spread them on a cookie sheet
- Lightly drizzle olive oil and chilli oil over them
- Shake the potatoes lightly to ensure they are evenly covered in oil
- Season the fries with Chinese 5 spices and salt
- Cook the fries at 450°C for about 40 minutes – turning them after 20 minutes

Healthy Chicken and Bean Sprout Soup with Roasted Garlic

Louise Simard

JKRTA

8 years of service in DFAIT

Ingredients / Ingrédients

- 10 cups of water
- 2 whole chicken breasts
- 3 garlic cloves
- 1 tablespoon of salt
- ½ teaspoon of tumeric powder
- 1 tablespoon of chopped fresh ginger
- 2 lemon grass
- 5 lime leaves
- 3 tablespoons of oil

Instructions

- In a large pot with the 10 cups of water, bring the chicken breasts to boil. Skim off any foam until the liquid is clear.
- To make the spice paste: in a blender, combine the garlic, salt, pepper, tumeric and ginger and process to a smooth paste.
- Heat the oil in a frying pan over medium heat, add the spice paste and stir for 1 minute. Add the lime leaves and lemon grass, stir for 2-3 minutes and pour into a large pot of liquid. Reduce the heat to medium low and simmer for 30 minutes.
- Remove the pan from the heat. Using a slotted spoon, transfer the chicken to a plate. Pour the stock through a fine mesh sieve placed over a clean saucepan. Using a large spoon, scoop off and discard any fat from the surface.
- Meanwhile, hand shred the chicken meat, discarding the skin and bones, and set the meat aside.

Accompaniments:

- 1 cup of short bean sprout
- 2 cups of shredded cabbage
- ¼ cup of chopped chives
- 6 wedges of limes
- Tabasco chili sauce
- Sprinkle with fried onion

Spinach Salad

Gisele Bernier

AITC Engineering

2.5 years of service in DFAIT

Ingredients / Ingrédients

- 1 pkg fresh spinach
- 2 med green onions, chopped
- ¾ cup grated Mozzarella cheese
- 1 cup sliced fresh bacon rinds, chopped (optional)
- Croutons (optional)
- ¼ cup lemon juice
- ½ cup vegetable oil (not corn oil)
- 2 cloves garlic, finely minced
- 2 egg yolks
- Dash salt and pepper
- 1/8 tsp dry mustard

Instructions

- For body of salad, toss spinach, onions, cheese, mushrooms, bacon and croutons together.
- For dressing, stir lemon juice, vegetable oil, garlic, egg yolks, salt and pepper and dry mustard together well with a fork, then pour over salad. Toss well. Allow salad to stand in refrigerator for approximately 1 hour before serving.

My favourite food memory:

When I was growing up, my mom cooked dinner nearly every night accompanied by at least one green vegetable. Sunday was spinach day.

Couscous with Raisins and Chickpeas Salad

Louise Simard

JKRTA

8 years of service in DFAIT

Ingredients / Ingrédients

- 4 green onions chopped
- 1 medium red pepper (bell pepper, diced)
- ½ cup of raisins
- ½ cup of golden raisins
- ½ cup of canned chickpeas drained
- ½ cup of fresh lemon juice
- ½ cup of olive oil
- ½ teaspoon of salt
- ½ teaspoon of all spice
- 2 ½ teaspoons of curry powder
- ½ teaspoon of freshly ground black pepper
- ½ teaspoon of ground cumin powder
- 2 cups of couscous prepared according to package directions, cooled

Instructions

- In a large bowl, whisk together the lemon juice, oil, salt, all spice, curry powder, black pepper, cumin powder. Whisk well.
- Add chopped green onions, red pepper, raisin, chickpeas. With a fork, stir and fluff the cooled couscous, add it to the raisins mixture. Stir well. Chill before serving.

Roasted Cauliflower Soup

Yvonne Chin

GPC

10 years with DFAIT

Ingredients / Ingrédients

- 1 large head of cauliflower
- 3 cloves of garlic
- 4 cups of chicken stock
- ½ cup heavy cream (optional)
- chives (optional)
- olive oil
- salt and pepper to taste

Instructions

- Pre-heat oven to 425 degrees
- Cut up the cauliflower into small chunks, removing the leaves and breaking up the florets. The middle core can be cut up into cubes.
- Toss the garlic and cauliflower with olive oil to coat, sprinkle with salt and pepper.
- Roast all in over until browned – approx. 20-25 minutes.
- Bring stock and roasted cauliflower and garlic to a boil and simmer 10 minutes.
- Blend (carefully) in a blender or use an immersion blender to puree.
- Add cream if using.
- Season with salt and pepper to taste.
- Garnish with snipped chives.
- Feeds 5 people with second servings for all.

My favourite food memory:

Sashimi for breakfast in Toyko after spending the morning at the Tokyo fish market; Sichuan fish lunches in Beijing during my assignment there; late night snacks in open markets in South-East Asia; any experience cooking for family or friends

Mango Sticky Rice

Anand Kumar

Chef at the Official Residence-High Commission of Canada in
Singapore

Ingredients

- 1 cup Thai Sweet Rice (also called "sticky rice", available at Asian food stores)
- 1 3/4 cups water
- 1-2 ripe mangoes cut into bite-size pieces (look for mangoes that are fragrant and easily bruised) or 1 package frozen mango
- 1/4 cup + 1 Tbsp. brown sugar (for a natural sweetener substitute maple syrup)
- 1 can good-quality coconut milk
- 1/4 tsp. + pinch of salt
- 2 tsp. coconut flavouring
- 1 tsp. vanilla
- 2 tsp. cornstarch or arrowroot powder dissolved in 2 Tbsp. water

Instructions

- Soak the sweet rice in 1 cup water for 20 minutes, or up to 1 hour.
- The sticky rice can be steamed or made in a pot. To make it in a pot, do not drain. Add 3/4 cup (more) water to the rice, plus 1/4 can coconut milk, 1/4 tsp. salt, 1 tsp. coconut flavouring, and 1 Tbsp. brown sugar. Stir this into the rice, lifting any rice grains that have stuck to the bottom of the pot.
- Bring to a gentle boil, and then partially cover with a lid (leaving some room for steam to escape). Turn the heat down to medium-low (#2.5 to 3 on the dial).
- Allow to simmer for 20 minutes, or until the water has been absorbed by the rice. Remove the pot from the heat, place the lid on tight, and leave to "steam" cook for 5-10 minutes.
- Make sauce and serve the dessert right away, or store the rice (covered) in the refrigerator until you're ready to use it.
- To make the sauce, warm the rest of the can of coconut milk together with 1/4 cup sugar, a pinch of salt, 1 tsp. coconut flavouring (optional) and 1 tsp. vanilla flavouring over medium heat (5 minutes).

- Add cornstarch (dissolved in the water) to the sauce and stir to thicken it slightly. As it thickens, turn down heat to low. When thickened, remove from heat. **Tip: Try not to boil the sauce, or you will lose that wonderful coconut flavour.**
- Before serving, taste-test the sauce for sweetness, adding more sugar if desired. If too sweet for your taste, add a little more coconut milk

Additional

- Serves 2-4 people
- There are 2 ways to serve this dessert:
 1. Place scoops of the sticky rice in bowls (Note that sticky rice can be served cold, warm, or at room temperature, as desired). Ladle a generous amount of warm coconut sauce over the rice (creating an "island" of sticky rice). Add slices/pieces of ripe fresh mango. (If using frozen mango, be sure to give it enough time to thaw before serving.)
 2. For "saucier" rice: Add rice (portion out 1 scoop per person) directly to the sauce pot and stir over low heat, gently breaking apart the larger lumps, but leaving smaller lumps/chunks). Now add the mango pieces and gently stir until everything is warmed through. Portion out into serving bowls, making sure everyone has equal amounts of rice, mango, and sauce. Enjoy!

My favourite food memory:

This is one of my favourite desserts, which goes back to the 1920's. Created with minimal ingredients, this dish has become the national dish of Thailand.

Quinoa Salad

Christina Préfontaine

Emergency Management Bureau (CED)

12 years of service in DFAIT

Ingredients / Ingrédients

- 1 cup quinoa
- 2 cups water
- 1 cup (approx. 6 medium) shiitake mushrooms
- ½ cup black beans
- ½ cup corn
- ½ cup chopped green onion
- ½ cup chopped tomatoes
- ¼ cup fresh cilantro

Dressing:

- 2 tbs lime juice
- 1 tbs rice wine vinegar
- 2 tbs grape seed oil
- ½ teaspoon garlic
- ¼ teaspoon garam masala (or cumin according to preference)
- Salt and pepper to taste

Instructions

- Rinse quinoa for 3 minutes, and then add to boiling water. Simmer uncovered until tender (approx. 15 minutes), stirring occasionally.
- Roast whole mushrooms 5-10 minutes.
- Meanwhile, mix dressing ingredients in a bowl.
- Finely chop green onions, tomatoes and cilantro and thinly slice roasted mushrooms.
- Once quinoa has cooled slightly, toss with vegetables and dressing, combining well. Adjust seasonings to taste and chill before serving.

My favourite food memory:

In keeping with the main ingredient of the salad, a favourite memory was eating gigantic white corn on the cob and drinking chicha at the Sunday market in Pisac, Peru. This was fortitude for the next day's start of a three day hike up the Inca Trail to see the sunrise over Machu Pichu.

Chicken Dijonnaise

Adèle Roy

TMGI

10 years of service in DFAIT

Ingredients / Ingrédients

- 2 Pounds boneless chicken sliced
- 2 Cups of milk
- 2 Tbsp. Dijon Mustard (Maille)
- 2 Tbsp. Flour
- 2 Tbsp. Lemon juice
- 2 Tbsp. Butter
- Parsley, salt and pepper (To taste)

Instructions

- Sauté chicken with butter in a hot skillet.
- Add flour (cook 2-3 minutes).
- Add Salt and Pepper.
- Add milk and mustard...Cook till it thicken
- Add lemon juice and parsley at the very end.... VOILÀ!!!

What Could Be Simpler Pancakes

Stephen Campbell
AITS

Ingredients / Ingrédients

- ½ cup flour
- 1 tsp baking powder
- 2 tsp sugar
- 1 egg
- 2/3 cup milk
- 1 tsp vegetable oil
- [Optional] 1/4cup of your favourite stuff – diced strawberries, fresh or frozen blueberries, chocolate chips, chopped nuts

Instructions

- In a bowl mix all the dry ingredients thoroughly
- Add the egg, milk, oil and stir until fully incorporated and bubbles begin to form
- Stir in your favourite stuff
- Spoon onto a hot, buttered griddle or frying pan (375 degrees).
- Flip pancakes as soon as bubbles forming on the top of the pancakes do not collapse
- Cook another two minutes or when the bottom is brown
- Serve immediately or can be kept warm in the oven.
- Serve with lots of butter and maple syrup, yoghurt, cinnamon sugar, nutella, etc.

My favourite food memory:

I used to pay a fortune for pancake mix, then came across this simple recipe. It is a favourite in our extended family at home or at the cottage, and is different every time.

Stuffed spinach and goat cheese pork tenderloin

Jimena Guild

TMGI

7 years of service

Ingredients

- 1 pound of pork tenderloin, butterflied
- 2 tablespoons of butter
- 2 tablespoons of olive oil
- 1 medium leek, chopped
- 3 cups of baby spinach, chopped
- 6 scallions, chopped
- 1 tablespoon of fresh thyme
- 1 tablespoon of fresh dill, chopped
- salt and pepper to taste

Instructions

- Preheat oven to 400 degrees fahrenheit
- Melt butter with 1 tablespoon of the oil in a large skillet over medium heat. Sauté leek until tender, then add the spinach and scallions, stirring until spinach has wilted. Remove from heat.
- Add goat cheese, thyme and dill to the spinach mixture and season with salt and pepper.
- Pound the pork flat with a mallet. Spread the spinach mixture over the surface of the pork, leaving about a ½ inch edge.
- Tightly roll the pork up to form a cylinder, enclosing the spinach. Tie to secure with twine.
- Heat a separate skillet over medium-high heat and add the remaining tablespoon of oil. Brown the pork on all sides and transfer to the oven to finish cooking for about 30 minutes.
- Allow to rest for at least 10 minutes before slicing.

Penne with Pistachio Nuts (Variation: Penne with Walnuts)

Laurie Federgreen

ROME

5 years in DFAIT

(currently on LwoP in ROME with FS spouse)

Ingredients / Ingrédients

- 350 grams of penne (or any pasta shape)
- 200 ml of kitchen cream (approximately 22%)
- Half a cup of pistachio nuts (crushed)
- 1 tablespoon of butter
- Pinch of nutmeg and/or mace
- Salt & white pepper to taste

Instructions

- Prepare the pasta. Cook until it is "al dente" (i.e. the core of the pasta is slightly hard). While the pasta is boiling, prepare the sauce.
- Sauce:
- Melt the butter in a saucepan. Keep the heat on low. When the butter is melted, add the cream. Do not let the cream boil. Add nutmeg (and/or mace), salt and white pepper to taste. When the cream is heated, add the crushed pistachio nuts.
- Remove the sauce from the heat when ingredients are well amalgamated.

Variations:

- 1) To thicken the sauce, add more nuts.
- 2) Use walnuts (crushed) instead of pistachio nuts.

Chicken Wrapped in Jamon

Russell Stubbert
GUA

Ingredients / Ingrédients

- 2 boneless chicken breasts
- 4 slices of jamon serrano (or proscuitto)
- 2 slices Swiss cheese
- 4 medium potatoes
- 8 asparagus spears
- 12 grape tomatoes
- 1 cup dry white wine.
- 1 glass of dry white wine

Instructions

- Start drinking the glass of wine.
- Place one slice of cheese on each chicken breast and wrap each breast in two slices of jamon serrano.
- Wash the vegetables and put in a baking dish surrounding the chicken, adding the cup of white wine.
- Bake for 45 minutes at 400F.
- Serves 4. Half a wrapped breast to each person with vegetables.

My favourite food memory:

Tasting jamon at the famous Museo de Jamon in Madrid.

Thai Red Chicken Curry

Nicole Lemieux

HRB

29 years of service in DFAIT

Ingredients

- 2 tablespoons canola or peanut oil
- 1 onion—finely chopped
- 2 teaspoons Thai red curry paste (or 3 teaspoons for a hotter curry)
- 3 cloves garlic—finely chopped
- 1 cup coconut milk
- 1 cup chicken of low fat stock
- 1 tablespoon (depends if you are making your batch double) fish sauce
- 1 tablespoon brown sugar
- ½ teaspoon salt
- 1 zucchini (courgette)—sliced into thin rounds
- 1 red pepper (capsicum)—julienned
- 1 cup Jasmine rice
- 12 oz (360g) uncooked skinless chicken breast fillets—cut into bite-sized pieces
- 2 tablespoons cornstarch (cornflour) mixed to a paste with 2 tablespoons water
- 2 tablespoons lemon juice
- 4 large fresh basil leaves—finely sliced
- Bamboo shoots (as you like)

Instructions

- HEAT the oil in a large saucepan over a medium heat and cook the onion for 5 minutes, stirring occasionally.
- ADD the curry paste and garlic and cook, stirring, for a minute.
- ADD the coconut milk, stock, fish sauce, sugar and salt, then bring to a boil. ADD the red pepper and zucchini, cover with a lid, then reduce the heat to medium and simmer for 12 minutes. WHILE the curry simmers, cook the rice.
- ADD the chicken to the curry and simmer, covered, for a further 8 minutes.
- ADD the cornstarch paste and stir continuously until the curry thickens, then stir in the lemon juice and basil.
- SERVE on a bed of rice. Sprinkle cashews on top.

Chef Edward's Chao Mian (Shanghai-style Fried Noodles)

Susan Gregson

HFD

28 years of service in DFAIT

Ingredients / Ingrédients

- 1lb dried Chinese wheat noodles (rough guide only) – boiled, rinse with cold water and let cool, best in the fridge overnight (this is so the noodles won't end up being sticky) or min. of 5 hours
- Oil
- Chopped garlic
- Dried chilli
- Soya sauces (two kinds – 3 tbsp of □□ & 2 tbsp of □□ – “sheng zhou” & “lao zhou”
- 2 tbsp oyster sauce
- ½ tsp chicken essence
- Desired vegetables (greens, bokchoy, etc.)

Instructions

- Sauté garlic and chilli in oil in a wok until fragrant.
- Add in the cold noodles. Stir.
- Add in the soya sauces, oyster sauce and the chicken essence.
- Over high heat, keep stir-frying. When almost done, add in the green vegetables.
- Please note that if the vegetables have thick stems, you can quickly blanch them in boiling first to soften first before stir-frying them in the wok.

My favourite food memory:

This is another highly popular dish cooked by Edward Zhao, the chef at the Official Residence in Shanghai. Canada-based and Locally-Engaged staff alike ask for this dish every chance they get. Bon appétit!

Easy Strognoff

Stacy McLaren

AITC

10th year in DFAIT

Ingredients / Ingrédients

- 1 lb Ground Beef
- 2 ½ cups Rotini or fusili pasta or large egg noodles
- 1 cup sliced mushrooms (fresh or canned)
- 2 cans Campbell's soup (Choose any two creamed soup – Mushroom, tomato, chicken, celery or potato)
- 1 large Sweet onion, chopped.
- 1 container Sour cream
- 1 cup Frozen peas

Instructions

- Cook beef, onions and mushrooms together while boiling pasta separately.
- Add peas to pasta water for the last few minutes.
- Drain pasta and peas and add to beef and veggies.
- Add soups and sour cream and stir together.
- Place in casserole dish and cook in 350 degree oven for about 20 minutes til hot.
- Add optional toppings if desired before serving.

My favourite food memory:

My favourite food memory is my daughter's first time eating « grown up » food of macaroni and spaghetti sauce. She was reddish orange from the top of her head to her feet believe it or not. I still can't explain how she got some on her back.

Corn and Mushroom Pie

Deborah Spiess

Prague

28 years of service in DFAIT

Ingredients / Ingrédients

- 1 tbsp butter
- 1 medium onion, chopped
- 1 ½ cups sliced mushrooms
- 4 eggs
- 1 can (14 oz/398 ml) cream style corn
- ½ cup milk
- 2 tbsp all-purpose flour
- ¼ tsp dried thyme leaves
- 1 cup grated Cheddar cheese, divided
- 1 unbaked 9-inch (1L/23 cm) pie crust

Instructions

- Heat oven to 400 F (200 C).
- In skillet, melt butter over medium-high heat.
- Sauté onion and mushrooms for 3 minutes.
- Remove from heat.
- Whisk eggs slightly.
- Stir in corn, milk, flour and thyme, mixing well.
- Add sautéed vegetables and ½ cup cheese.
- Pour into pie crust.
- Sprinkle with remaining cheese.
- Bake for 40 to 45 minutes or until set and golden brown.
- Makes 6 to 8 servings.

My favourite food memory:

Lobster Thermidor in Johannesburg, South Africa in the early 80s!!

Hungarian Goulash

Thérèse Barnabé

HAS

5 months

Ingredients / Ingrédients

- Four pounds of beef stew (cut in 1 inch cubes)
- 2 green peppers
- 1 medium chopped onion
- 1 can of diced Aylmer tomatoes
- 3 or 4 whole chillies
- Crushed chillies
- Salt and pepper to taste

Instructions

- In a large pot, brown onions in oil
- Add beef stew
- Brown the beef stew
- Add the diced tomatoes, then the chopped green peppers whole and crushed chillies
- Cover with water and let simmer for 3 to 3 ½ hours stirring often

To make gravy:

In a container add cold water and Bisto, then stir with Goulash

My favourite food memory:

I learned to make Hungarian Goulash when I was 15 years old while I was babysitting. I've made this recipe for my kids and my granddaughter. Hope you enjoy it as much as I have.

Saumon érable et coriandre

Natalie Leblanc

HSC

1 an

Ingredients / Ingrédients

- Filet de saumon sans peau
- Sirop d'érable
- Graines de coriandre
- Moutarde de Dijon
- Oignon vert en tranches

Instructions

- Couper le filet de saumon en portion;
- Mettre les morceaux dans un plat hermétique et ajouter du sirop d'érable pour mariner les filets. Laisser reposer dans le réfrigérateur quelques heures.
- Sortir les filets du sirop, badigeonner avec la moutarde de Dijon.
- Ajouter des graines de coriandre sur le dessus. (au goût)
- Ajouter les oignons verts sur les filets.
- Mettre un filet de sirop d'érable sur le saumon.
- Cuire au four à 375o F pour environ 25 minutes.

GLO's Spaghetti Sauce

Shana Glastonbury
Walk-In Centre (AISS)
7 years of service in DFAIT-MAECI

Ingredients

- 2 Cans Catelli Meat Sause
- 3 Cans Hunts Tomato Paste
- 3 Cans Hunts Tomato Sause
- 1 Can of Diced Tomatoes
- 1 or 2 Sticks of Celery (diced)
- Mushrooms
- 1 Green Pepper
- 2 lbs of Lean Ground Beef (browned)
- 1 Onion
- Garlic Powder
- Salt and Pepper
- Hot Red Peppers
- Basil and Oregano

Instructions

- Cook meat in pan until not pink, drain off excess fat, put into large pot
- Chop vegetables and throw in pot
- Open cans and pour into pot
- Add spices to taste
- Stir
- Let simmer for four hours. Stir, stir, stir.....

My favourite Food Memory

Coming in, after playing outside in the cold, to my mom's home-made chocolate chip cookies and hot chocolate.

Newfoundland Fish Cakes

Evan Burt

GGC

0.5 years of service in DFAIT

Ingredients / Ingrédients

- 1 small onion, chopped
- 8 sprigs parsley, chopped
- 2 cups potatoes, mashed
- 2 eggs, beaten
- 3 tablespoons butter, melted
- 1 lb cod, steamed until flakey
- 3/4 cup seasoned bread crumbs
- 1/3 cup light olive oil
- salt and pepper

Instructions

- Mix potatoes, onion, parsley, butter & eggs.
- Stir until thoroughly mixed.
- Add cod, breaking it apart with a fork, mix well.
- Shape mixture into 3" patties.
- Coat with seasoned crumbs.
- In a skillet fry the patties in the oil, 4-5 minutes each side or until they are golden brown.

My favourite food memory:

As a child I remember eating fish cakes at a restaurant in Bay Bulls, Newfoundland and Labrador. My parents and I had just returned from an afternoon boat tour in the Atlantic. We were absolutely amazed by the landscapes and wildlife that we had just seen on the tour and spent the entire meal discussing it. To this day, whenever I smell or taste fish cakes I am immediately brought back to memories of whales, puffins and ice bergs off the coast of Newfoundland.

Beef Rendang

Anand Kumar

Chef at the Official Residence-High Commission of Canada in
Singapore

Ingredients

- 1 1/2 pound boneless beef short ribs (cut into cubes)
- 5 tablespoons cooking oil
- 1 cinnamon stick (about 2-inch long)
- 3 cloves
- 3 star anise
- 3 cardamom pods
- 1 lemongrass (cut into 4-inch length and pounded)
- 1 cup thick coconut milk
- 1 cup water
- 2 teaspoons tamarind pulp (soaked in some warm water for the juice and discard the seeds)
- 6 kefir lime leaves (very finely sliced)
- 6 tablespoons (toasted coconut)
- 1 tablespoon sugar/palm sugar or to taste
- Salt to taste

Spice Paste:

- 5 shallots
- 1 inch galangal (from the ginger family, also known as Blue Ginger or Langkus)
- 3 lemongrass (white part only)
- 5 cloves garlic
- 1 inch ginger
- 10-12 dried chillies (soaked in warm water and seeded)

Instructions

- Chop the spice paste ingredients and then blend it in a food processor until fine.
- Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, and cardamom and stir-fry them until aromatic.
- Add the beef and the pounded lemongrass and stir for 1 minute.

- Add the coconut milk, tamarind juice, water, and simmer on medium heat, stirring frequently until the meat is almost cooked.
- Add the kaffir lime leaves, (toasted coconut), sugar/palm sugar, stirring to blend well with the meat.
- Lower the heat to low, cover the lid, and simmer for 1 - 1 1/2 hours or until the meat is really tender and the gravy has dried up.
- Add salt to taste. If not sweet enough, add more sugar to taste.
- Serve immediately with steamed rice and save some for overnight.

My favourite food memory:

This is a traditional Malay dish which takes three hours to cook. A lot of time and effort is put into this dish, but when the final product is done it is surely satisfying

French Canadian Meat Pie

Gisele Bernier
AITC Engineering
2.5 years of service in DFAIT

Ingredients / Ingrédients

- Double crust pastry
- 1 lb ground pork
- 1 cup water
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp dry mustard
- ½ tsp parsley
- ½ tsp marjoram
- ¼ tsp cloves
- 2 cups bread crumbs
1 onion, finely chopped

Instructions

- Combine pork and water; bring to boil. Add all remaining ingredients, except bread crumbs. Simmer gently for 20 minutes. Add bread crumbs, a little at a time, until mixture becomes thick. Remove from heat.
- Line pie plate with pastry, fill meat mixture and top with pastry. Flute edges and prick top. Bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and bake for another 20 minutes, until golden brown. Pies can also be frozen before or after cooking and flavour is improved after 3 to 4 days.

My favourite food memory:

Our family made dozens of these pies as Christmas gifts for our neighbours. It was a smash hit!

Jamaican Turn Cornmeal with Shrimp

Joan Mcleish

Immigration, Kingston

17 years of service in DFAIT

Ingredients

- 3 cups Cornmeal
- 2 cups Grace Coconut Milk
- 4 cups Water
- 2 lb Cod Fish
- 1 lb pre-cooked Shrimp
- 6 Tbsp Margarine
- 1 tsp All Purpose Seasoning
- 2 pack Grace Chicken Noodle Soup
- 1 tin Grace Mixed Vegetable
- Stalk Escallion, chopped
- large Onion, chopped
- cloves Garlic, chopped
- Sweet Pepper - deseeded and chopped
- Sprig of Thyme
- Scotch Bonnett Pepper - deseeded and chopped

Instruction

- Place cod fish in a pot with water and boil for 20 mins (to remove excess salt), drained and mince cod fish in small pieces.
- In a heavy bottom pot saute shrimp in butter, all purpose seasoning, onion, escallion, garlic, and pepper for 5 minutes, add cod fish.
- Add coconut milk, 2 cups water, chicken noodle soup, mixed vegetable, thyme and allow to come boil.
- Add 2 cups water to cornmeal in a bowl and mix to soften. Scrape cornmeal mixture into boiling coconut milk mixture and stir constantly to avoid lumping. Cook for 1 hour on a low flame, stirring constantly.

Shanghai Chef Edward's Fried Dumplings

Susan Gregson

HFD

28 years of service in DFAIT

Ingredients / Ingrédients

- Approx. ½ lb Chives – 韭菜 – finely chopped
- pcs dried beancurd (豆干) - boiled briefly in hot water to soften – then finely chopped
- egg – whipped
- ½ oz vermicelli noodles – soaked in water to soften
- Chopped garlic (one whole clove)
- tbsps 生抽 (sheng zhou) soya sauce
- tbsps oil (should be enough to soak up all the other items)
- Dash of sugar
- Chilli oil
- Sesame oil
- Chicken essence
- Salt
- Chopped green onions – a handful

Instructions

- In a wok, pour in oil and heat. Sauté garlic until fragrant. Add in the chopped dried bean curd along with soya sauce. Stir fry.
- After about 30 seconds, pour in the whipped egg and stir **rigorously** (so it will mix in nicely with the other mixture).
- To this sprinkle dashes of sugar, chilli and sesame oils, chicken essence and salt.
- Once these are thoroughly mixed in, turn off heat and let cool.
- Next step is to add in the chives and mix well. Use dumpling wrappers to make the "jiao zi" or dumplings.
- Add oil into a pan and once oil is hot, fry the dumplings in low heat until golden (approximately 2-3 minutes), turning occasionally. When these look about ready, drop in a few tbsps of water and use a lid to cover pan.
- When the water has evaporated, add in some chopped green onions and serve.

Bob's Tastiest Jerk Chicken

Bob Paquin

Middle East Bureau (GMD)

10 years

Ingredients / Ingrédients

- Skinless/boneless chicken thighs (one small package/8-10 pieces)
- 2-inch piece of fresh ginger, very finely chopped
- 6-8 garlic cloves, very finely chopped
- 2 tbsp dark soya sauce
- 1 tbsp of dried thyme
- 1 heaping tsp (or more...) of Grace's Jerk Sauce
- 2-3 freshly ground allspice berries
- Juice of 1 lemon

Instructions

- Prepare and mix the various marinade ingredients
- Toss with the chicken, evenly coating all surfaces
- For ease of use, store in a ziplock freezer bag, preferably overnight
- Winter: grill under a broiler (350F), turning once; lift rack close to grill towards end for yummy charred effect; cut for doneness - ready if juices run clear
- Summer (or for the daredevil Snow BBQer): grill on medium-high heat, turning occasionally, checking for flare-ups; ready when the pieces less limp and juices run clear.
- Tip: extra points for this – put a handful of allspice berries and/or water-soaked mesquite woodchips into a folded-up foil packet, pierce with a knife, and place on the coals/lava rocks just before putting the chicken on the grill.
- Best served with a cooling potato salad made with small new potatoes, fresh chives, and home-made mayonnaise, and a light green salad including avocado and red pepper.

My favourite food memory:

During the winter of 2006-07, at the very height of our crazy, snowy winter, and in the middle of a huge family gathering, I decided that the moment called for a full-on BBQ. As our outdoor BBQ sits behind a fence beside our driveway, the beast was completely buried in hard-packed snow in a mound over seven feet high. On this bright sunny day, I dug a path through our backyard to the BBQ area, dug down and

around, excavating and revealing my long forgotten summertime friend. I prepared three lots of chicken, one in a Thai marinade, another more Mediterranean, and the third, the family hit, using the above well-honed recipe. While it took a little longer than usual to cook, and made for some extremely memorable photos (cooking in a snowfort bunker!), not to say some slightly slushy beer, my guests were absolutely delighted to have this taste of summer on this snowy day. And I have to say that I also loved the smoky smell on my winter coat which lingered a few days more.

Chimirrurri

Kathleen E. Gittins
TD BAIRS – Argentina
16+ years of service in DFAIT

Ingredients / Ingrédients

- 50 grams ground chilli
- 2 handfuls oregano
- 1 head of garlic finely chopped
- 2 laurel leaves
- 1 teaspoon pepper corns (black)
- cayenne pepper a pinch or more if you wish it to be hotter
- plenty table salt
- 2 cups vegetable oil
- 1/2 litre vinegar (*aceto* or wine vinegar)

Instructions

- Mix all of the ingredients very well with the 2 cups of oil
- Let the preparation stand for a couple of hours
- Add vinegar
- Mix well
- Put into a glass jar, close lid and leave in fridge for a day or two.
- If you use fresh garlic and/or oregano, keep the mixture in the jar topped with oil to avoid fermentation.
- Keeps well in fridge for 6+ months.
- This sauce/relish is ideal to serve with beef, chicken and/or barbecues.
- **Garlic haters abstain!**

My favourite food memory:

As a child, I would spread it on freshly baked crusty bread. Delicious!!

Old South Pulled Pork

Linda Hernández-Deslauriers

Climate Change (MDC)

Four years of service in DFAIT

Ingredients / Ingrédients

- 1 T. vegetable oil
- 2 onions, finely chopped
- 6 cloves garlic, minced
- 1 T. chilli powder
- 1 t. cracked black peppercorns
- 1 C. tomato-based chilli sauce
- 1/4 C. packed brown sugar
- 1/4 C. cider vinegar
- 1 T. Worcestershire sauce
- 1 t. liquid smoke
- 1 boneless pork butt, trimmed of excess fat, about 3 pounds
- Kaiser or onion buns, halved and warmed

Instructions

- In a skillet, heat oil over medium heat. Add onions; cook until soft.
- Add garlic, chilli powder and peppercorns; cook, stirring, for 1 minute.
- Add chilli sauce, brown sugar, vinegar, Worcestershire sauce and liquid smoke. Stir to combine; bring to a boil.
- Place pork in slow cooker; pour sauce over pork.
- Cover and cook on LOW for 10 to 12 hours or on HIGH for 6 hours, until pork is falling apart.
- Transfer pork to a cutting board; pull the meat apart in shreds, using two forks. Return to sauce and keep warm.
- When ready to serve, spoon shredded pork and sauce over warm buns.
- Yield: 6 to 8 servings.

My favourite food memory:

One of my colleagues prepared this dish for a potluck reunion at our bureau and it was a total success. Thanks Sean!

B.B.Q. Spareribs

Danielle Cusson

PRS

14 months

Ingredients

- 2 gousses d'ail
- 2 c. à soupe d'huile d'olive
- 4 lbs. De gros spareribs au porc
- ¾ de tasse de sauce chili vendu en bouteille
- 3 c. à soupe de cassonade
- 1 c. à soupe de moutarde sèche
- 1 c. à soupe de sauce Worcestershire
- 1 c. à soupe d'assaisonnement au chili
- 1 tasse de ketchup
- 1 tasse d'eau
- ½ oignon coupé en tranches
- 1 citron coupé en tranches
- sel / poivre

Préparation

- Préchauffer le four à 400 degré F
- À feu moyen, mettre l'huile dans une poêle à frire
- Dès que huile est chaude, ajouter une gousse d'ail écrasée et hachée et faire cuire pendant 2 minutes
- Badigeonner les côtes levées de porc avec le mélange huile/ail
- Placer les côtes dans un plat à rôti; saler, poivrer et faire cuire le tout au four à 400 pendant 40 minutes
- Mélanger tous les autres ingrédients en suivant la technique
- Après 40 minutes de cuisson, retirer les côtes et mettre la sauce sur les côtes avec les rondelles d'oignon et les rondelles de citron
- Continuer la cuisson à 350 degré F pendant 1 heure. Servir
- NB-Vous devez retourner les côtes levées un fois pendant la cuisson

Chicken with Sun-Dried Tomato Cream Sauce

Sharon Landry

Mumbai

25 years of service in DFAIT

Ingredients

- 3 tablespoons unsalted butter
- 1 tablespoon olive oil
- 4 skinless boneless chicken breast halves, cut crosswise into 1/2-inch strips
- All purpose flour
- 2 shallots, minced (about 1/4 cup)
- 2 cloves garlic minced finely
- 1/3 cup chopped artichokes
- 1/2 cup sliced mushrooms
- 2/3 cup whipping cream (or milk with cornstarch to thicken)
- 1/2 cup dry white wine
- 1/2 cup chopped drained oil-packed sun-dried tomatoes
- 3 tablespoons chopped fresh basil

Instructions

- Melt butter with olive oil in heavy large skillet over medium-high heat.
- Season chicken with salt and pepper. Dust chicken with flour; shake off excess
- Add chicken to skillet and sauté until light brown and just cooked through, about 3 minutes.
- Using slotted spoon, transfer chicken to plate.
- Add minced shallots to skillet; sauté 1 minute
- Add whipping cream, white wine, chopped sun-dried tomatoes and basil
- Bring to boil; cook until sauce thickens, stirring occasionally, about 4 minutes.
- Return chicken to pan; cook until just heated through, about 2 minutes.
- Season to taste with salt and pepper and serve.

Grilled Chicken with Tomato-Avocado Salsa

Joumana Dassouki
Consulate General of Canada in Dubai
5 years with DFAIT-MAECI

Ingredients / Ingrédients

For the Salsa

- 4 ripe plum tomatoes, chopped or 12 cherry tomatoes, halved
- ½ small red onion, finely chopped
- 1 jalapeno chilli pepper, seeded and diced
- 2 tablespoons chopped fresh cilantro
- ¼ cup fresh lime juice
- ½ avocado

For the chicken

- ½ cup non-fat, plain yogurt
- ½ small red onion
- ¼ cup fresh lime juice
- ¼ cup fresh cilantro
- 4 boneless, skinless chicken breasts, about 4 to 6 ounces each
- salt to taste
- freshly ground black pepper

Instructions

For the Salsa:

- In a small bowl, combine the tomatoes, red onion, pepper and cilantro.
- Chop the avocado and sprinkle it with 2 tablespoons of lime juice to keep it from browning. Add the avocado and remaining lime juice to the bowl and toss to combine. (This can be done in advance and stored in the refrigerator for up to 1 day.)

For the chicken:

- In a small food processor, puree the yogurt, red onion, lime juice and cilantro to make a yogurt marinade.
- Transfer the marinade to a shallow bowl or a plastic bag. Add the chicken and coat well with the marinade. Refrigerate for 1 hour or up to 8 hours.
- Preheat the grill to medium-high.
- Remove the chicken from the marinade, discard the remaining marinade and season the chicken with salt and pepper. Grill the chicken on both sides until it is cooked through, about 6 minutes per side.

- Serve the chicken with tomato-avocado salsa

My favourite food memory:

I was preparing a cake for my husband, and forgot to put the main ingredient, Flour. It was chew and resembled a brownie (without flour). He loved it, he still asks me to bake one and forget the flour.

Bon Appétit

Côtes levées miel et ail

Renée Grégoire
Consultations et Liaison-BSL
9 mois en service au MAECI

Temps de préparation: 20 minutes pour 4 personnes.

Ingrédients :

Côtes

- 1,5 kg ou 3 lbs de côtes levées de flanc ou de dos*

Pour la sauce

- ½ tasse de sauce soya
- ¼ tasse de miel
- 1 c. à soupe de moutarde de Dijon
- ¼ tasse de vinaigre de riz
- 2 oignons hachés
- ½ tasse de ketchup
- 1 c. à soupe d'ail haché
- 2 c. à soupe d'huile d'olive

Instructions

- Dans une petite casserole, VERSEZ tous les ingrédients de la sauce. PORTEZ à ébullition et retirez du feu. RÉSERVEZ.
- Dans un chaudron d'eau bouillante, faite CUIRE les côtes levées à couvert de 30 à 45 minutes. ÉGOUTTEZ les côtes et DISPOSEZ-LES dans un plat de cuisson.
- PRÉCHAUFFEZ le four à 180C (350F). Avec la sauce réservée, BADIGEONNEZ généreusement les côtes de chaque côté. Faites CUIRE au four 15 minutes.
- TERMINEZ la cuisson la position grill (broil) jusqu'à ce que les côtes levées soient bien grillées de chaque côté.

NOTE : De dos ou de flanc ?

À ne pas confondre ! Oui, il s'agit bien de côtes levées dans les deux cas. Toutefois, les côtes de dos sont plus petites et plus charnues. Pour cette recette, le chef a utilisé les côtes de flanc qui sont plus longues et présentent de la viande seulement entre les os.

Pastitsio

Thomas Gillon

IDA

2.5 years at DFAIT

Ingredients:

- 2 tablespoons olive oil
- 1 large onion-diced
- 4 garlic cloves-minced
- 1 pound lean ground beef
- 4 spicy Italian sausages-casing removed
- 2 cans Italian tomatoes
- 28 oz can chicken broth
- 1 can chick peas-drained
- 1-½ cups chopped fresh basil or 1 tablespoon dried
- 2 tablespoons oregano.
- Dry red pepper to taste
- 1-6 oz bag of spinach
- 1/3 cup grated Romano cheese
- ½ cup pasta noodles (rotini, penne or farfel)

Instructions

- Sauté onion and garlic; add beef and sausage and brown.
- Add tomato, broth, chickpeas, basil, oregano, and chili pepper and simmer 15 minutes.
- Add pasta and cook until almost done.
- Add spinach and cheese. Simmer 2 minutes and serve.
- Serve with a crusty bread and fresh green salad.

My favourite food memory:

Eating pastitsio on a cold winter day with a nice glass of Italian red wine – this recipe will warm you from your toes to your nose.

Dr. Ziggy's St. Louis Style Ribs

Thomas Gillon

IDA

2.5 Years at DFAIT

Ingredients

- About 4 pounds of ribs
- 2 bay leaves
- 1 teaspoon peppercorns
- 5 sprigs of parsley
- 1 onion- roughly chopped
- Montreal Steak Spice or your favourite BBQ seasoning rub

Sauce

- 1 cup BBQ sauce
- 1/3 cup lager beer
- 2 tablespoons soy sauce
- 2 teaspoons Frank's Red Hot Sauce (or more if desired)
- 1 tablespoon honey

Instructions

- Cut each full rib in half. In a large roasting pan, place in the ribs. Fill the pan with water and add the onion and all the spices except the Montreal Steak Spice. Bake in the oven at 375 degrees for 1 hour.
- Remove from water, scrape off debris and let cool on a baking pan for 10 minutes or until cool to the touch. Rub on the Steak Spice or BBQ rub on both sides of the ribs. Let sit for 10 minutes or more (no more than 30 minutes).
- Combine the sauce ingredients. Brush the sauce onto both sides of the ribs and BBQ on medium, turning occasionally. Be sure not to add too much sauce because the sauce may burn. BBQ for about 15 minutes (7 ½ half minutes on each side). The ribs can also be baked in the oven for 20 minutes (10 minutes each side).
- Serve hot.

Favourite Food Memory:

Eating these ribs with fresh coleslaw and roasted potatoes fresh off of the BBQ on a hot summers day.

Poached salmon with piquant sauce and veggies

Francine Côté-Renaud

TPX

36 years of service in DFAIT

Ingredients

Piquant Sauce

- 3 tbsp low-fat mayonnaise (45ml)
- 1 tbsp chopped fresh dill (15ml) or 1 tsp (5ml) dry dill
- 1 tbsp capers (15ml)
- 2 tsp juice from capers (10ml)
- 1 tsp Dijon mustard (7ml)
- 1 tsp grated lemon rind (1ml)

Salmon

- 1 lb salmon fillet (500g)
- 3 cups water (750ml)
- 1 small lemon, thinly sliced
- 2 tsp instant chicken bouillon power (10ml)

Vegetables

- 1 cup water (375ml)
- 1 tsp instant chicken bouillon power (5ml)
- medium carrots, sliced into matchsticks
- 1 medium zucchini (unpeeled), sliced into matchsticks
- chopped fresh dill for garnish

Instructions

- **To prepare piquant sauce:** Combine all ingredients in small bowl and set aside.
- **To poach salmon:** remove any small bones with tweezers and cut salmon into 4 pieces. In large frying pan, bring 3 cups (750ml) water to a boil. Add lemon slices and chicken bouillon powder. Cover and simmer for 5 minutes. Add salmon and heat to boiling. Reduce heat to low; cover and simmer 8-10 minutes, until fish flakes easily when tested with fork.
- **To prepare veggies:** While fish is poaching, heat water and bouillon to boiling. Add carrots; reduce heat to low; cover and simmer 2 minutes. Add zucchini; heat to boiling; cover and simmer 2 minutes longer, or until vegetables are tender-crisp. Drain. Arrange salmon, steamed rice and vegetables on a warm platter. Garnish with dill.

Impossible Salmon Pie

Nancy Enright
CER

Ingredients

- 1 lb. asparagus, cut into 1" pieces
- 3 green onions, sliced
- 1-1/2 cups shredded Swiss cheese
- 6 oz. can salmon, drained and flaked
- 1-1/4 cups milk
- 3 eggs
- 1 cup Bisquick mix
- 1/2 tsp. dried basil leaves
- 1/8 tsp. pepper

Instructions

- Preheat oven to 400 degrees. Grease a 10" pie plate.
- Layer asparagus, onions, 3/4 cup Swiss cheese, and the salmon into the pie plate. In medium bowl, combine milk, eggs, baking mix, basil, and pepper and beat with wire whisk until smooth. Pour over salmon.
- Bake at 400 degrees for 40-45 minutes until a knife inserted in the center of the pie comes out clean.
- Sprinkle with remaining 3/4 cup Swiss cheese and bake 2-3 minutes longer until cheese is melted.
- Let stand 5-10 minutes before serving. 6-8 servings

Savoury Pork Toast (Kanom Pang Naa Moo – Thai)

Maureen McGovern

ARAK

(Mostly Retired- 33 Years Service)

Ingredients

- 1 cup ground pork
- 10 slices day old bread
- 1 beaten egg
- ½ tsp ground black pepper
- 1 TBS chopped green onions
- 1 TBS chopped fresh coriander (cilantro)
- 1 tsp garlic salt
- oil for frying

SAUCE

- Prepared sweet chilli sauce (PC Memories of Bangkok is a good choice if buying)
- Shredded carrots
- Garnish

Instructions

- Mix ground pork with the spices, onion, coriander and the beaten egg. Heat the oil until quite hot. Cut the bread slices into squares and spoon the pork mixture onto the bread squares. Deep fry the pork toasts until golden brown, turning over in the oil part way through the cooking process.
- Add shredded carrot to the chilli sauce
- Serve the pork toasts on a platter with a bowl of the chilli sauce for spooning over the toasts.

Ghanaian Groundnut Stew

Karolee Stevens

BTM

10 years

Ingredients / Ingrédients

- 1-1.5 cups natural peanut butter
- can (6 oz.) tomato paste
- cups chicken broth
- cup stewed tomatoes
- Chilli pepper to taste
- 1 cup chopped onions
- 8 chicken thighs (bone-in) or drumsticks**
- Salt, black pepper to taste
- Vegetable oil for cooking
- White rice or potatoes

Instructions

- Mix peanut butter and tomato paste in saucepan. Heat on medium to melt peanut butter. Add chicken broth, stewed tomatoes and half of the chopped onions. Cook on medium heat, stirring occasionally, for about 15 minutes.
- Sauté chicken in a skillet with remaining onions on medium heat until nearly cooked. Add to peanut butter mixture, with chilli pepper, and continue cooking for another 10 minutes (approximately).
- Serve with rice, potatoes or other starch.
- **Can also be made with beef, pork, fish or other protein source (grasscutter/bush meat is particularly tasty!).

My favourite food memory:

Feasting on fresh groundnut stew and fufu (boiled/mashed plantain and cassava delicacy) sitting on a makeshift tin can dining chair in a small village outside of Takoradi, Ghana. Sipping sweet palm wine in the pitch black of an equatorial evening and remarking on the succulence of the unfamiliar meat served up with the stew (meat, a rarity in certain Ghanaian villages, was truly a treat). Thanks perhaps to my inability to see my meal -- and to the palm wine -- I cared little that the meat was, in fact, grasscutter, a type of rodent common to the area.

Lemon Crepes

Jimena Guild

TMGI

7 years of service

Ingredients

- 1 ½ cups of milk
- 3 eggs
- 1 cup of flour
- 2 tablespoons of melted butter/margarine
- 2 tablespoons of granulated sugar
- 1 teaspoon of grated lemon zest
- confectioners' sugar for serving (optional)

Instructions

- Put all ingredients except confectioners' sugar into the blender container in order given above.
- Cover and blend on low speed until thoroughly mixed.
- For each crepe, pour 2 to 3 tablespoons of batter on to a preheated, lightly buttered 6 or 7 inch crepe pan or skillet. Cook for about 1 minute or until top is set. Loosen edge with heat-proof spatula, and then gently turn crepe over. Cook until lightly golden.
- Fold each crepe into quarters and sprinkle with confectioners' sugar to serve

PMS Cake

Manon Sabourin

Accommodation & Domestic Security (HAD)

3 years of service in DFAIT

Ingredients / Ingrédients

- PACKAGE DUNCAN HINES CHOCOLATE CAKE
- ONE CAN OF EAGLE BRAND MILK
- ONE JAR OF BUTTERSCOTCH CARAMEL
- ONE LARGE CONTAINER OF COOL WHIP.
- THREE SKOR BARS

Instructions

- MIX AS PER PACKAGE INSTRUCTIONS AND BAKE IN A 13 x 9 x 2 BAKING DISH.
- ONCE COOKED, PUNCH HOLES IN CAKE WITH HANDLE OF WOODEN SPOON - (YOU SHOULD HAVE ABOUT ONE HOLE EVERY INCH FOR A TOTAL OF ABOUT 96 HOLES-- WHILE CAKE IS STILL HOT
- SPREAD ONE CAN OF EAGLE BRAND MILK OVER CAKE WHILE STILL HOT.
- ADD ONE JAR OF BUTTERSCOTCH CARAMEL SAUCE ON TOP, AGAIN WHILE CAKE IS STILL HOT
- LET COOL.
- BEFORE SERVING SPREAD TOP WITH ONE LARGE CONTAINER OF COOL WHIP
- SPRINKLE THREE SKOR BARS WHICH HAVE BEEN BROKEN INTO PIECES

Mystery Mocha Cake

Judith M. Costello
Canadian Consulate General (ATNTA)
22 years of service in DFAIT

Ingredients

- ¾ cup granulated sugar
- 1 cup sifted flour
- 2 teaspoons baking powder
- ⅛ teaspoon (pinch) salt
- 1 square unsweetened chocolate
- 2 tablespoons butter
- ½ cup milk
- 1 teaspoon vanilla
- ½ cup brown sugar
- ½ cup granulated sugar
- 4 tablespoons unsweetened cocoa
- 1 cup cold, double-strength coffee

Instructions

- Mix and sift first four ingredients in a large bowl.
- Melt unsweetened chocolate and butter together over hot water; add to dry ingredients; blend well.
- Combine milk and vanilla; add and mix well. Batter may be slightly lumpy.
- Grease an 8" or 9" square pan (Pyrex or similar); pour batter into greased pan.
- In separate bowl, combine brown sugar and granulated sugar (½ cup each), and unsweetened cocoa. Sprinkle this mixture evenly over batter in square baking pan. DO NOT MIX. Pour coffee gently and evenly over top of ingredients in baking pan. DO NOT MIX.
- Bake in 350° F oven for 40 minutes
- Serve warm or cold. Delicious as is or topped with whipped cream.

My favourite food memory:

My grandmother (who lived most of her life in the Midwestern US, but spent her final years as a landed immigrant in Owen Sound, ON) found this recipe in the *Parade Magazine* supplement of the *Chicago Daily News* dated October 5, 1947. The description began: "We've waited a

Desserts

long time to give you one of our most treasured recipes – waited impatiently until sugar was plentiful and ration-free.”

I was a small child at the time, but I still remember those WWII ration stamps, and how happy everyone was when rationing was lifted. What a great treat my grandmother's Mystery Mocha Cake was on special family occasions! It remains a favourite of the third and fourth generations of our family, and we expect to pass it along to the fifth generation soon.

Oat Cakes

Diane Hammond (Transplant from Bank of Canada)

Ingredients / Ingrédients

- 3 cups of oats
- 3 cups of flour
- 1 cup of sugar
- 1 ¼ tsp of salt
- 1 tsp of soda

Mix dry ingredients and then cut in 1 ½ cup of margarine or butter

In a separate bowl, mix together ½ cup o water with 2 tsp o vanilla. Add to above.

Instructions

- Knead until smooth
- Roll out and cut to desired shape
- Bake at 375 degrees F. until golden
- Can be used as a cookie
- Option – drizzle with chocolate, caramel or add a dab of jam before serving.

What Could Be Simpler Oatmeal Cookies

Stephen Campbell
AITS

Ingredients / Ingrédients

- ½ cup butter (room temperature)
- ½ cup white sugar
- ½ cup brown sugar
- 1 egg
- 1 tbsp water
- 1 tsp vanilla
- 1 cup flour
- 1 tsp baking soda
- ½ tsp salt
- 1½ cup oats
- [Optional] 2/3 cup total of your favourite dry stuff (combination of spanish peanuts, currants, raisins, chopped nuts, chocolate chips, candied ginger, craisins, etc)

Instructions

- Preheat oven to 375 degrees
- With a mixer and a large bowl, beat the butter until fluffy (about a minute)
- Add the two sugars and beat until fluffy (about a minute)
- Add the liquid ingredients and beat until fluffy (about a minute)
- Sprinkle the flour over the mixture in the bowl
- Sprinkle the soda and salt evenly over the flour
- Sprinkle the oats evenly over the flour
- Stir the batter on low speed until all the ingredients are fully incorporated (about 2 minutes)
- Add the favourite stuff and stir until incorporated
- Use two cereal spoons to drop and roughly shape 12 cookies on a greased cookie sheet, and bake in a 375 degree oven until golden brown. About 10 minutes.

My favourite food memory:

This is my mother's recipe for cookies at her house, and it is now a staple at our house. My mother always made it with the Spanish peanuts with the red skins which added a nice salty crunchy flavour. I've since expanded out and my current favourite combination is currants and chopped pecans, although you can't really go wrong with chocolate chips, can you?

Nutty Chocolate Fudge

Mia Raic

HASP

2 years of service in DFAIT

Ingredients / Ingrédients

- 1 jar (7 ounces) marshmallow cream
- 2/3 cup fat-free evaporated milk
- 1/2 cup butter, cubed
- 2 teaspoons vanilla extract
- 3 cups (18 ounces) semi-sweet chocolate chips
- 2 cups chopped pecans *or* walnuts

Instructions

- Line a 9-in. square pan with foil and coat foil with cooking spray; set aside.
- In a large saucepan, combine the marshmallow cream, evaporated milk and butter. Cook and stir over medium heat until smooth. Bring to a boil; boil for 5 minutes, stirring constantly. Remove from the heat; add vanilla. Stir in chocolate chips until melted. Add pecans. Pour into prepared pan. Refrigerate for 2 hours or until firm.
- Using foil, remove fudge from pan; carefully remove foil. Cut into 1-in. squares. Store in the refrigerator. **Yield:** 2-2/3 pounds (81 pieces).

My favourite food memory:

My favourite memories consist of sharing food with great company, whether it was sharing a slice of my grandmother's freshly baked bread or a meal with the whole family. With good food comes great company; stories, laughter and unforgettable memories that last a lifetime.

Cinnamon Rolls

Shervin Nazari

ZBD

1 year of service in DFAIT

Ingredients:

Dough

- 1 cup milk
- 1/2 cup butter
- 1/2 cup brown sugar
- 1 tbsp vanilla
- 1 tsp salt
- 5 cups flour
- 1 pkg yeast
- 4 x eggs

Filling

- 1/2 cup butter, room temperature
- 1 cup brown sugar
- 2 tbsp cinnamon

Glaze

- 1 tbsp vanilla
- 4 tbsp cream
- 1 cup powdered sugar

Instructions

Dough

- In a small pot gently warm the milk along with 1 stick of butter, 1/2 cup of brown sugar, the vanilla and the salt. Don't bring to a simmer, warm just enough to melt the butter. Meanwhile measure half the flour into the bowl of a stand mixer along with the yeast. Add the warm melted milk butter mixture to the flour, beat with a paddle attachment until smooth. Add the eggs one at a time, beating until smooth before proceeding. Switch to a dough hook and add the remaining flour. Knead until a soft dough forms that is no longer sticky to the touch, about five minutes. Rest the dough in a warm place, covered in a lightly oiled bowl until it doubles in size, about one to two hours.
- Knock the dough down and let rest for a few minutes. Meanwhile thoroughly mix together the room temperature butter with 1 cup of brown sugar and the cinnamon. Flour your work surface, the dough, your hands and a rolling pin. Roll out the dough into a long rectangle shape, about 18x12-inches.

Desserts

Evenly spread the cinnamon butter over the top of the dough leaving an inch or two uncovered along one long edge. This will help a seal form. Roll tightly into a long cigar shape from the covered long edge to the uncovered long edge. Brush the outside of the log with oil or melted butter.

- Slice the dough log into 12 or 16 sections. Turn each on its side and position evenly in an appropriately sized lightly oiled baking pan. Rest, uncovered, until the dough doubles in size again and the rolls swell into each other.
- Meanwhile preheat your oven to 350°. When the dough is ready, bake for 40 to 45 minutes.
- When the cinnamon rolls have cooled enough to handle stir together the glaze ingredients and drizzle all over them. Serve immediately!

Filling

- Mix all ingredients together.

Glaze

- Stir together the glaze ingredients and drizzle all over the cinnamon rolls after they have cooled.

Chocolate(mint) Zucchini Cake

Nadia Vassos

TBL

1 year of service in DFAIT

Ingredients

- 1/4 cup butter
- 1/2 cup oil
- 1 3/4 cups sugar
- 2 eggs
- 1 tsp. vanilla
- 1/2 cup sour milk
- 2 1/2 cups flour
- 4 tbsp. cocoa
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 tsp. ground cloves
- 2 cups shredded zucchini
- 1/4 cup chocolate chips(I use mint chocolate chips when I can find them)

Instructions

- Cream together butter, sugar, eggs, oil, vanilla & sour milk
- Bolt dry ingredients & add to the first preparation
- Add zucchini & chocolate chips.
- Put in a greased & floured pan (a bundt pan works best)
- Bake @ 325 F for 1 hour.

My favourite food memory:

This was the cake I always got on my birthday. It is delicious and moist and best while its still a little warm. Feel free to drizzle icing over the cake and/or serve warm with French vanilla ice cream. It's a fool proof way to trick children into eating vegetables without even knowing it.

Gâteau à la carotte et à la citrouille

Sylvie Blais

DCL

28 years of service in DFAIT

Ingredients / Ingrédients

- ½ tasses de sucre blanc
- ½ tasses de cassonade
- ¾ tasse d'huile végétale (olive ou canola)
- œufs
- tasses de farine
- cuil. à thé de poudre à pâte
- cuil. à thé de soda
- cuil. à thé de cannelle moulue
- ½ cuil. à thé de muscade moulue
- ½ tasses de purée de citrouille
- ½ tasses de carottes râpées

Instructions

- Mélanger le sucre, la cassonade, l'huile végétale et les œufs et battre 3 minutes.
- Combiner la farine, la poudre à pâte, le soda, la cannelle, et la muscade. Tamiser et ajouter au mélange précédent.
- Ajouter la purée de citrouille, les carottes râpées et la vanille.
- Verser dans un moule huilé.
- Cuire au four à 350 °F environ 45 minutes.

Glaçage suggéré

- ½ tasses de sucre glace
- ½ tasse de beurre ou de fromage à la crème
- ½ tasse de crème 35%
- vanille ou zeste de citron

My favourite food memory:

Je me souviens très bien de mes débuts de cuisinière. Debout sur une chaise, à préparer avec ma mère des tartes aux pommes. J'avais alors 6 ans. Ma passion pour la cuisine n'a fait que progresser depuis.

Peach Cobbler

Adèle Roy

TMGI

10 years of service in DFAIT

Ingredients

Fruits

- 5 Cups of sliced peeled peaches

Dough

- 1 Cup of sifted Flour
- 2 Tbsp of Flour
- ½ Cup white sugar
- ½ tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- ¼ tsp Salt
- 2 Tbsp of butte
- ¼ Cup soften butter
- ½ Cup of Sugar
- 1 egg lightly beatten
- 1 Tbsp lemon juice
- ¼ tsp Almond extract
- ¼ Cup of water

Instructions

Fruit mixture

- In a 9 "x 9" dish (I use a corning 2 or 3 liter dish), combine peaches, sugar, flour, lemon juice, almond and vanilla extract, salt and water.
- Dot with the butter.

Dough

- Combine all ingredients and mix with a spoon until smooth.
- Deposit by tablespoonful on top of the peach mixture
- Cook at 350° approx 35 to 40 minutes or till dough is golden
- Serve warm with ice cream or whipped cream

Best Ever Chocolate Chip cookies

Sharon McGovern

TMG

Years of Service: Many

Ingredients / Ingrédients

- 2 ¼ cups flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup butter (unsalted room temperature)
- 1 ¼ cups lightly packed brown sugar
- 1 egg
- 1 ½ tsp vanilla
- 2 cups chocolate chips

Instructions

- Preheat oven to 350 F
- Sift together flour, baking soda and salt and put aside.
- Cream butter.
- Beat in brown sugar until fluffy
- Add egg and stir until smooth.
- Stir in flour, baking soda and salt mixture.
- Stir in chocolate chips.
- On a well greased cookie sheet, place spoonfuls of dough two inches apart.
- Bake 8 to 10 minutes.
- Let cool.

My favourite food memory:

Eating caviar from a jar on Amilcar beach!

Fool-Proof Chocolate Cake and Icing

Gisele Bernier

AITC Engineering

2.5 years of service in DFAIT

Ingredients / Ingrédients

- 3 cups flour
- 6 tbsp. cocoa
- 2 cups white sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- ½ cup oil (or melted shortening)
- 2 tbsp vinegar
- 2 tsp vanilla
- 2 cups warm water

ICING:

- ½ cup butter / margarine
- egg
- ¼ cup cocoa
- cups icing sugar

Instructions

- Sift dry ingredients together in large bowl. Make 3 indentations into which you put oil, vinegar and vanilla. Pour warm water over all. Mix well with spoon. Bake for 35 minutes in 350 degree F. oven. Use one 13x9 inch oblong pan or three 8x8 inch square pans or two 8x8 inch round pans. Note: Recipe may be cut in half.
- Cream butter and cocoa. Add egg, blend well. Mix in icing sugar. Add a drop of milk if icing is too thick.

My favourite food memory:

When I grew up, my mom and four older sisters taught me all their secrets about cooking for a large family because there was no restaurant nearby. We had a lot of fun working as a team in a small kitchen.

Coconut Cream Pie

Annmarie Prendergast
High Commission of Canada Kingston Jamaica.
15 years of service with DFAIT

Ingredients / Ingrédients

Shortcrust Pastry

- 1 lb flour
- 2 lb fat (shortening or butter)

Filling

- 4 oz butter/margarine
- 6 oz granulated sugar
- 2 tsp. Nutmeg
- 1 tsp vanilla
- 1/3 cup evaporated milk
- 6 egg yolks
- 2 oz flour
- 1 grated coconut
- cherries for garnishing

Instructions

- Mix both together as per any pie crust recipe first two ingredients. After it is of a dough consistency, roll out with rolling pin and line pie tin.
- Mix butter & sugar until slightly fluffy.
- Add egg yolks
- Add dry ingredients alternately with liquids (milk and vanilla) until creamy.
- Sprinkle pie shell with half of the grated coconut
- pour in filling
- Top with remaining grated coconut.
- Bake at 350 degrees. Test with skewer. It is done if skewer comes out clean. Remove from oven and cool. Top with cherries for garnish.
- Serve hot or cold with the beverage of your choice (hot or cold)

My favourite food memory:

I prepared this pie and entered it in a Culinary competition almost 20 years ago. It had the judges drooling for more. When I prepare it for family or church events it serves as the favourite dessert both because of its creamy and lingering flavourful taste and it can serve at least 12 persons. It is my sons favourite pie, and this is warming to any mother's heart.

Canadian Berry Muffins

Sarah Bernier

TBI

1 year

Ingredients / Ingrédients

- 1 cup rolled oats
- 1 cup yogurt (any type)
- ½ cup vegetable or canola oil
- ¾ cup brown sugar
- 1 egg
- 1 cup all-purpose flour
- 1 tsp salt
- ½ tsp baking soda
- 1 tsp baking powder
- 1 cup berries (You can use blueberries, raspberries, strawberries, cranberries, dried fruit, peeled apple chunks or a mixture of the above. Just make sure the fruit is chopped into small chunks before mixing into batter).

Instructions

- Soak oats in yogurt
- Add oil, sugar and egg. Beat well.
- In a separate bowl, combine flour, salt, soda, baking powder. Mix. Sprinkle berries into flour mixture and mix.
- Add dry mixture to wet mixture.
- Stir wet and dry ingredients together and ensure they are well blended.
- Fill muffin cups
- Bake at 400 degrees Fahrenheit for 20 minutes. When cooked, muffins should be golden brown on the outside and a skewer inserted into the middle of the muffin should come out clean.
- Makes: 12 large muffins

Salted Nut Cookies

Kandice Zeman

WSHDC

6 months

Ingredients / Ingrédients

- cups brown sugar
- 1 1/2 cups shortening
- 2 eggs
- 2 1/2 cups flour
- 2 cups salted peanuts
- 1 tsp. soda
- 2 tsp. baking powder
- 3 cups oatmeal
- 1 cup cornflakes

Instructions

- Cream sugar and shortening. Add beaten eggs. Add remaining. Bake @ 400-10 min.

My favourite food memory:

These are my Great Grandmother Mallin's famous Salted Nut Cookies. This year she is celebrating 97 years of life. These cookies are the delicious all year round but perfect for fall and winter. They are salty, sweet, crunchy and delicious! From my family to yours, enjoy!

Sugar Pie

Danielle Cusson

PRS

14 months

Ingredients

- 5 LBS OF BROWN SUGAR
- 4 CANS OF EVAPORATED MILK (4X 16 ONCES)
- 6 ONCES OF FLOUR
- 9 EGGS
- ½ TEA SPOON OF SALT
- ½ OF VANILLA
- 4 ONCES OF MELTED BUTTER

PRÉPARATION

- MIX BROWN SUGAR AND FLOUR TOGETHER
- POUR IN THE 4 CANS OF EVAPORATED MILK, 9 EGGS BUTTER AND VANILLA MIX WELL BY HAND
- POUR IN YOUR CRUST / TAKES 3 BIG SOUP SPOON PER PIE
- COOK AT 325 F FOR 25 MIN.

Skor Squares

Anne Maffre

BBI

3.5 years

Ingredients / Ingrédients

- 1 cups brown sugar (preferably light)
- 1 cup butter, softened
- 2 cups flour
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1 bag milk chocolate chips
- 1 bag skor chips

Instructions

- Pre-heat oven to 350 degrees.
- Cream together sugar and butter.
- Add flour, egg yolk, vanilla extract and mix together.
- Pat mixture into a 9x13 pan.
- Bake for 15-18 minutes or until the edges are starting to brown.
- While the base is in the oven, combine the bag of milk chocolate chips and about half the bag of skor chips.
- When base is done, remove from oven and sprinkle chocolate chip and skor mixture evenly over the base. Place back in the oven so chocolate melts (about 3 minutes).
- Remove from oven and smooth the chocolate / skor mixture over the entire base with an offset spatula.
- Sprinkle remaining skor bits over the top of the melted chocolate. Cool before cutting.

Gâteau super simple

Marie-Chantal Théberge
Centre d'apprentissage interculturel
5 mois au MAECI

Ingredients / Ingrédients

- 1 $\frac{3}{4}$ tasse de farine
- $\frac{1}{2}$ tasse de sucre
- $\frac{1}{2}$ tasse de cassonade
- 1 cuil à thé de poudre à pâte
- 1 cuil à thé de bicarbonate de soude
- 1 tasse d'ananas broyé dans le jus
- $\frac{1}{3}$ tasse de bananes mûres, en purée
- 2 oeufs
- $\frac{3}{4}$ de cuil à thé de vanille
- $\frac{1}{2}$ tasse de brisures de chocolat
- 1 cuil à table de farine

Instructions

- Préchauffer le four à 350 F
- Combiner dans un bol la farine, le sucre, la cassonade, la poudre à pâte et le bicarbonate de soude. Bien mélanger et mettre de côté.
- Dans un grand bol, mélanger à faible vitesse l'ananas (et son jus), banane, les œufs et la vanille. Ne pas trop mélanger. Graduellement ajouter le mélange de farine et mélanger à la vitesse moyenne jusqu'à ce que toute la farine soit incorporée.
- Dans un petit bol, mélanger les brisures de chocolat, les noix et 1 cuil à table de farine. Ensuite incorporer au mélange.
- Graisser un moule 8x8. Verser le mélange.
- Cuire 40-45 minutes. Laisser le gâteau complètement refroidir dans le moule.
- Donne 12 portions

Raspberry Lemon Cheesecake

Kim Reid

IGX

2 years of service in DFAIT

Ingredients / Ingrédients

Crust:

- 1 cup graham crumbs
- ¼ cup butter
- 2 tbsp sugar

Filling:

- 3 pkgs cream cheese
- 1 cup sugar
- 3 tbsp flour
- 1 tbsp grated lemon peel
- 3 tbsp lemon juice
- 4 eggs

Raspberry topping:

- 1 pkg (300g) raspberries
- 1/3 cup sugar
- 2 tbsp cornstarch
- 1 tbsp lemon juice

Instructions

- Heat oven to 325 F (160 C)
- In medium bowl, combine crust ingredients, press into bottom of a 9" spring form pan. Bake for 10 mins; cool.
- Heat oven to 425 F (220 C).
- In a large bowl, combine cream cheese, sugar, flour, lemon peel and juice using electric mixer; beat until light & fluffy.
- Add eggs, one at a time, beating well after each addition.
- Pour into crust. Bake for 10 mins; reduce heat to 275F(140 C).
- Bake 1 hour. Remove from oven and immediately run a sharp knife around the edge of the pan. Set pan on rack to cool completely before removing sides. Chill.
- Drain raspberries, reserving the juice.
- In a small saucepan, combine sugar and cornstarch.
- Stir in lemon and raspberry juice.
- Cook and stir over medium heat until mixture boils; simmer for 1 minute. Remove from heat, stir in raspberries. Chill.
- Just before serving, spread topping over cheesecake.

Quick and Easy Eggless/Dairyless Chocolate Cake

Ann Pollack
IXS

Ingredients

- ½ cups flour
- tsp baking powder
- tsp baking soda
- ½ tsp salt
- TBLSP cocoa
- cup sugar
- ½ tsp cinnamon
- 1 tsp vanilla
- 1 TBLSP white vinegar
- 5 TBLSPs oil

Instructions

- Preheat oven to 375 degrees.
- Mix dry ingredients well together in an 8" x 8" pan.
- Make three wells and add liquids.
- Pour over 1 cup hot water.
- Mix well. Bake for 30 minutes.
- Tastes better than it sounds! Can be iced. Freezes well. Easily transportable. Good for those with egg or dairy allergies and vegans.

Gluten-Free Chocolate Garbanzo Bean Cake

Sherry Nowlan
PDS

Ingredients / Ingrédients

- 1 ½ cup of GF semi sweet chocolate chips (PC and Hersey are safe) (I use Hersey's dark)
- 3 cups canned chick peas drained and rinsed
- 6 eggs (I use egg whites – 1 carton)
- 1 ½ cup sugar (or equivalent stevia – I use 3 tablespoons of maple syrup)
- 1 ½ tsp baking soda
- 1 ½ tbs powdered sugar (if you want to decorate top of cake after baking)

Instructions

- In a small bowl melt the chips in microwave – approx. 2 minutes on medium– stir midway.
- In a blender or food processor combine chick peas, eggs, sugar, baking powder – blend until smooth, approx 3 minutes, then add the melted chocolate and blend again until smooth.
- Pour into 2x9 inch non stick pan, prefloured.
- Bake at 350F for about 45 minutes – check readiness with knife.
- Cool 2-5 minutes and remove from pan.
- Decorate with powdered sugar if desired.
- Suggested toppings – coconut pudding, chocolate ganache, vanilla ice cream, whipped cream, rhubarb compote, fresh fruit.
- Cake comes out of pan much easier if rested for an hour. I have made layer cakes using this recipe putting a cream cheese layer in between and using a ganache cover.

Gluten-Free Carrot Cake

Sherry Nowlan
PDS

Ingredients / Ingrédients

- 2 ½ cups rice flour
- ½ cup tapioca
- Dash of salt
- 1 cup sugar (or equivalent stevia – I use 3 tablespoons maple syrup)
- 2 tsp baking powder
- 1 tsp baking soda
- 4 eggs (I use 1 carton egg whites)
- 2 cans of carrots (14 ½ oz) – drain and save juice
- (I also have roasted/boiled carrots for this recipe – necessary to buy some carrot juice)
- ¾ cup oil (I use ½ cup unsweetened apple sauce or strained prune baby food to make it oil free – if you are using oil recommend grapeseed oil)
- ¾ cup carrot juice
- 1 cup crushed and drained pineapple
- ½ cup walnuts (optional)

Instructions

- Put EVERYTHING in a food processor for 5 plus minutes – scrapping occasionally.
- Pour into prefloured pan – I have used regular, Bundt loaf and muffin tins – Bake for approx 1 ¼ hours (knife test). Let it rest at least 15 minutes before removing cake from pans – muffins no need to wait. Frost when cool with cream cheese icing or other. Cake is very good without icing.

Overnight Carmel Strata

Cheryl Clark

CCG-Detroit

19 ½ years of Service for DFAIT-MAECI

Ingredients / Ingrédients

- 1 cup packed dark brown sugar
- 1/2 cup (1 stick) unsalted butter
- 2 tbsp light corn syrup
- 12 white sandwich bread slices (I use Texas Toast) with crusts trimmed
- 1 1/2 cups whole milk
- 6 large eggs
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions

- Combine sugar, butter and corn syrup in heavy small saucepan. Stir mixture over medium-low heat until butter melts and sugar dissolves. Bring to boil. Pour into 13x9x2 inch glass baking dish. Tilt dish to coat bottom evenly; cool.
- Arrange 6 bread slices in single layer atop caramel, trimming bread to fit. Whisk milk, eggs, vanilla and salt in a bowl to blend. Pour over bread. Cover and chill overnight.
- Preheat oven to 350 F. Bake strata uncovered until bread is puffed and light golden brown, about 40 minutes. Let stand 5 minutes. Cut into 6 portions. Using spatula invert each portion onto plate so that caramel side faces up.
- Note: Can be prepared the night before and covered with saran wrap. In the morning, preheat oven and bake for 40 minutes.
- I usually serve this with a fruit salad.

My favourite food memory:

My favourite food memory has to be preparing a barbeque for my parent's 50th Wedding Anniversary. We had our butcher find us the largest prime rib roast with the bones taken off and applied a dry rub which was left on overnight. This was cooked to perfection the next day and it fed seventy guests with nothing more than a whiff of flavour left on the plate.

Triple Chocolate Cake

Christine Fauteux
Executive Resourcing (HFR)
3 years of service in DFAIT

Ingredients

Chocolate Cake:

- 1(18.25 ounce) package chocolate cake mix
- (3.9 ounce) package instant chocolate pudding mix
- 1 cup vegetable oil
- 4 eggs
- 1/2 cup hot water
- 1 cup sour cream
- 1 teaspoon vanilla extract
- 1 cup semi-sweet chocolate chips

Hershey's "Perfectly Chocolate" Chocolate Frosting:

- stick (1/2 cup) butter or margarine
- 2/3 cup Hershey's Cocoa
- 3 cups powdered sugar
- 1/3 cup milk
- 1 teaspoon vanilla extract

Instructions

Chocolate Cake:

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a Bundt pan or two 9-inch round cake pans.
- Combine cake mix, pudding mix, oil, eggs, water, sour cream, and vanilla. Beat until smooth. Stir in chocolate chips. Pour batter into prepared Bundt pan or pour evenly into the round cake pans.
- Bake for about 1 hour for the Bundt cake or 30 minutes for the round cake pans. Allow to cool.

Hershey's "Perfectly Chocolate" Chocolate Frosting:

- Melt butter. Stir in cocoa. Alternately add powdered sugar and milk, beating to spreading consistency.
- Add small amount additional milk, if needed. Stir in vanilla.

My favourite food memory:

My favourite food memory is family cooking traditions at Christmas. I do lots of baking at this time of year and I LOVE it. There are lots of family parties with lots of food. My mother, sisters and I take one day in December and make at least 10 different types of bake goods for family and friends.

Slice and bake shortbread

Sandra Freeman

HAP

Ingredients / Ingrédients

- 1 cup of room temperature butter
- 1 cup icing sugar
- 2 cups all-purpose flour
- 1 tsp vanilla

Instructions

- Using a wooden spoon, cream butter until softened. Stir in icing sugar. Gradually mix in all purpose flour, a little at a time.
- Pat into a round shape, making sure all flour is incorporated. Divide into two equal portions and then place onto 2 pieces of plastic wrap and shape into 2 logs (2 inches in diameter - about 6 to 8 inches long). Batter will be soft. Tuck ends of plastic wrap under, then place logs in fridge to chill for about 3 hours or so (at this point batter can also be frozen).
- Remove from fridge and slice into 1/4 inch rounds then bake at 300 degrees F. for about 16 to 18 minutes (they should be just slightly golden when finished). If using from freezer, allow to soften for 15-20 minutes at room temperature.
- I often dip one end of the cookies in melted bitter-sweet chocolate once they have baked and cooled. As well you can add chopped candied ginger to the recipe before mixing and baking.

Tarte à la sauterelle

Annie Toupin
HSI
5 ans de service

Ingredients / Ingrédients

Croûte:

- 2 tasses de chapelure de biscuits Oréo
- ¼ tasse de beurre fondu

Garniture:

- 32 guimauves fondues (1 à 2 minutes au micro-onde)
- ¼ tasse de lait
- ½ tasse de crème de menthe verte
- 2 tasses de crème 35% à fouetter
- Copeaux de chocolat mi-sucré ou quelques graines de chapelure de biscuits Oréo (afin de décorer le dessus des tartes)

Instructions

Croûte:

- Avec les mains, mélanger la chapelure et le beurre fondu.
- Presser dans deux assiettes à tarte.
- Cuire pendant 5 minutes à 400° F.

Garniture:

- Mélanger les guimauves, le lait et la crème de menthe et réfrigérer 15 minutes ou plus.
- Fouetter la crème et l'ajouter à ce mélange.
- Verser la garniture sur les 2 croûtes à tarte.
- Raper le chocolat mi-sucré ou mettre quelques graines de chapelure de biscuits Oréo afin de décorer le dessus des tartes.

Couvrir les tartes de papier aluminium et les laisser au congélateur. Servir à l'état congelé. Vous pouvez également les laisser au congélateur quelques semaines.

My favourite food memory:

Pour la visite imprévue, il suffit de sortir une tarte de votre congélateur et voilà, le tour est joué!

Cette tarte est particulièrement rafraîchissante pendant l'été.

Double Layer Pumpkin Pie

Rita Boisvenue

IRD

3 years of service in DFAIT

Ingredients / Ingrédients

- 4 oz. (1/2 of 8 Oz. pkg) Philadelphia Cream Cheese, softened
- 1 Tbsp. milk
- 1 Tbsp. sugar
- 1 Tub (8 oz.) Cool Whip whipped topping, thawed, divided
- 1 Honey Graham Pie Crust (6 oz.)

- 1 Cup milk
- 1 Can (15 oz.) pumpkin
- 2 pkgs (4-serving each) JELL-O Vanilla Flavour Instant Pudding
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground cloves

Instructions

- MIX cream cheese, 1 Tbsp milk and the sugar in large bowl with a wire whisk until well-blended. Gently stir in half of the whipped topping. Spread onto bottom of crust.
- POUR 1 cup milk into large bowl. Add pumpkin, dry pudding mixes and spices. Beat with wire whisk 2 minutes or until well blended. (Mixture will be thick) Spread over cream cheese layer.
- REFRIGERATE 4 hours or until set. Top with remaining whipped topping just before serving. Store leftover pie in refrigerator. Makes 10 servings.

My favourite food memory:

My father eating everything fiasco I ever made with a pretend smile and heart warming comment about how “delicious” it was. Poor guy had to keep a pocket full of Roloids when I was in the kitchen.

Coconut Rum and Raisin Bread Pudding

Joan Mcleish

Immigration, Kingston

17 years of service in DFAIT

Ingredients

- 18 slices Wheat Bread
- 6 tbsp Butter
- 2 tsp Cinnamon
- 1 tsp Mixed Spice
- 3 cups Coconut Milk
- Eggs
- 2 cup Sugar
- 2 cup Rum
- 2 cup Red Wine
- 2 tsp Salt
- 1 2 cup Raisin

Instructions

- Preheat oven to 350 F
- Combine butter and spices then butter the bread with the mixture on both sides.
- Stock the slices together and cut into 1 inch cubes
- Combine the coconut milk, eggs, sugar, rum, wine and salt
- Place the bread in a bowl and pour the milk mixture over the bread and leave to soak for 30 minutes. Stir in raisins.
- Pour mixture into baking pan and bake for 45 minutes or until done.

Creamy Banana Rum Pudding

Sophia Pauser

AIS

.5 years of service in DFAIT

Ingredients / Ingrédients

- 1 14ounce can of Eagle Brand sweetened condensed milk (not evaporated milk)
- 1 ½ cups of cold water
- 1 (4 serving size) packaged of instant vanilla flavour pudding mix
- 2 cups (1 pint) of Borden(or any brand) whipping cream (500ml)
- 36 Italian vanilla wafers cookies (one 250g package) found at Nicasstro's or other grocery stores
- 3 medium ripe bananas, sliced and dipped in lemon juice (freshly squeezed lemon juice)
- 1 shot (2 oz of Bacardi Rum) (alcohol is optional)

Instructions

- In a large bowl, combine sweetened condensed milk and water
- Add the pudding mix, beat with mixer on medium setting for a few minutes or until blended well
- Chill for 5 minutes in the refrigerator
- Beat the whipping cream until it turns into light and frothy whipped cream. Set aside.
- Take out the pudding mixture from refrigerator and add rum – or not. (optional)
- Fold the whipped cream into the pudding mixture by mixing with a large spoon about 4 or 5 times until they are slightly blended (not too much).
- Find a pretty decorative glass bowl(2 ½ quart bowl) and begin with spooning in 1 cup of the mixture
- Layer with about 6 – 10 vanilla wafer cookies (break the cookies into thirds)
- Layer with 1/3 of the bananas (dipped into the lemon juice already)
- Layer again with the pudding mixture
- Layer with the 6 – 10 vanilla cookies
- Layer with the rest of the bananas (keep layering into thirds until all ingredients are used)

- Top with the pudding mixture and then sprinkle with a few broken cookie pieces and a few raspberries or strawberries and banana slices. Chill and serve with a smile !

My favourite food memory:

Coming home from school on a cold winter's day and entering my mother's warm kitchen filled with aromas of fresh pastries baking in the oven.

Fabulous Beverly Hills Pumpkin Chocolate Chip Cookies

Helen Gurinow

Consulate General (Los Angeles)

28 years

Ingredients / Ingrédients

- ½ cup shortening
- 1 ½ cups sugar
- 1 egg
- 1 cup canned pumpkin puree
- 2 ½ cups flour
- 1 teaspoon soda
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 cups chocolate chips

Instructions

- Mix all ingredients together starting with shortening and ending with chocolate chips.
- Bake at 375 degrees for 8 – 12 minutes on ungreased cookie sheet.
- Invite some friends over for a nice cup of Kona Hawaiian Coffee and a couple of yummy cookies!

Transkei Mud

Gillian Levesque

XDV

41/2 years of service in DFAIT

Ingredients

- 1 x 405g can condensed milk
- 284ml carton whipping cream
- 200g digestive biscuits
- 100g mint or milk chocolate (e.g. Aero) grated
- Topping – 284ml carton whipping cream

Instructions

- Boil the can of condensed milk unopened, and completely covered with water at all times, for about 2 hours. Allow it to cool fully, or overnight.
- Whisk the first carton of cream until standing in soft peaks. Slowly add the caramelised milk, one spoonful at a time. Mix together thoroughly.
- Grate all the chocolate. Then reserving a little for decoration, add the remainder to the mixture and stir in.
- Layer the mixture into a glass serving dish, alternating with the digestive biscuits, making three layers of each. Refrigerate overnight.
- Whip the second carton of cream until standing in soft peaks. Spread over the top of the dish and then sprinkle over with the remaining chocolate.
- Serve in small portions only as this dessert is deliciously rich.

My favourite food memory:

Serving haggis as “meatballs” at receptions in foreign lands and only telling guests afterwards what’s in it!

Panellets (Catalan All Saints Cookies)

Lesley-Ann Reed

BCLNA

12 years of service in DFAIT

Ingredients / Ingrédients

- 1/3 pound potatoes, cubed
- 3 1/2 cups ground almonds
- 2 1/2 cups white sugar
- 1 tbsp lemon zest
- 3/4 cup pine nuts
- 1 egg white, beaten
- 3/4 cup cornstarch

Instructions

- Place the potatoes in a small saucepan; cover with water and bring to a boil. Cook until the potatoes are tender; drain. Mash the potatoes with a fork. Allow to cool.
- Preheat oven to 425 degrees F (220 degrees C). Lightly butter a baking sheet.
- Combine the cooled potatoes and almonds. Slowly add the sugar while stirring with a wooden spoon. Stir in the lemon zest; continue mixing with your hands. Refrigerate the dough for between one hour to up to one day.
- Form the dough into 1 inch balls. Roll the balls in the pine nuts (you may need to roll them in the egg yolk first to get the pine nuts to stick) and then brush with egg white.
- Bake in preheated oven until lightly golden, 10 to 12 minutes.

My favourite food memory:

Panellets are only available in Catalonia in the last two weeks of October leading up to All Saint's Day (Todos los Santos) on November 1st. People eat them accompanied by muscatel (a sweet wine) or cava (Catalan sparkling wine) but I prefer them with milk.

Fudgey Brownies

Sharon Landry

Mumbai

25 years of service in DFAIT

Ingredients

- 1 cup butter or margarine
- 4 squares unsweetened chocolate
- 2 cups sugar
- 4 eggs
- 1 cup all purpose flour
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 2 cups coarsely chopped nuts

Instructions

- Preheat oven to 350f. Grease 13 x 9 baking pan. In 3 quart saucepan over very low heat, melt butter or margarine and chocolate, stirring the mixture constantly.
- Remove pan from heat and with a spoon, stir the sugar into the chocolate. Allow the mixture to cool slightly.
- Add eggs, one at a time, beating until well blended after the addition of each egg.
- Add the flour, vanilla and salt to the mixture and stir in well.
- Add the chopped nuts to the mixture and stir to blend well.
- Pour chocolate-nut mixture into greased baking pan, scraping the side of saucepan with a rubber spatula; bake in oven 30 to 35 minutes.
- Brownies are done when tooth pick inserted in center comes out clean.
- Cool in pan on wire rack; with a sharp knife cut brownies into pieces.
- Be careful not to overbake them.

Melting Moments Cookies

Susan Elliot

BFALO

10 years in DFAIT

Ingredients / Ingrédients

- 1 cup butter
- 1 cup Crisco oil
- 1 cup white sugar
- 1 cup icing sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp cream of tartar
- 4 cups flour
- 1 tsp salt

Instructions

- Cream together oil, butter and sugars
- Fold in eggs and vanilla
- Add all dry ingredients
- Form mixture into small balls and press onto lightly greased cookie sheet with fork or spoon dipped in sugar
- Decorate with sprinkles or coloured sugar etc.
- Bake at 350 degrees Fahrenheit for 11-12 minutes or until edges appear done (not brown)

My favourite food memory:

These are a Christmas baking tradition – my mom has made them when visiting me at post on three different continents.

Extra Fibre Bran Muffins

Gisele Bernier
AITC Engineering
2.5 years of service in DFAIT

Ingredients / Ingrédients

- 5 cups flour
- 2 cups All-Bran cereal
- 1 litre buttermilk
- 3 tbsp baking soda
- 1 ½ cups Crisco oil
- 1 ½ cups white sugar
- 3 cups Quaker whole wheat bran
- 4 eggs (beat each one separately)
- ½ cups molasses
- 2 cups raisin or dates (optional)

Instructions

- Mix dry ingredients in very large bowl. Pour buttermilk into another large bowl.
- Add baking soda, oil, molasses and eggs to the wet mixtures.
- Add all other ingredients to dry ingredients; mix well.
- Bake at 350 degrees for 20 minutes. Grease muffin tins or use paper liners. Store unused batter covered in refrigerator. Keeps 4 to 6 weeks.
- YIELD: two and a half dozen muffins.

My favourite food memory:

I remember when my mom made these so good muffins. She said to the children: " Run to the kitchen the muffins are ready...Hmmm then keep running!..."

Pumpkin Cheesecake

Jean Hage

CFSD

Married to DFAIT for 32 years!

Ingredients

Ginger snap crust

- 1 cup crushed ginger snaps 250 ml (1 1/2 cups ginger snaps makes 1 cup crushed)
- 3 Tbsp. butter, melted 45 ml
- 1 tsp. cinnamon 5 ml
- 2 Tbsp. brown sugar 30 ml

Filling

- 4-8 oz. pkg. cream cheese, softened 4-250 g
- 1 1/2 cups sugar 375 ml
- 5 eggs
- 1/4 cup flour 60 ml
- 2 tsp. pumpkin pie spice or equal parts ginger, cinnamon and nutmeg 10 ml
- 1-14 oz. can pumpkin 398 ml
- 1 cup whipping cream, whipped 250 ml
- 2 Tbsp. rum (dark is best) 30 ml

Instructions

- Crust: combine ingredients. Lightly grease a 10 " (25 cm) springform pan and line bottom with crumb mixture. Pat firm and chill.
- Filling: preheat oven to 325 F (160 C). Beat softened cream cheese until fluffy. Slowly beat in sugar. Add eggs, 1 at a time, beating well after each addition. Gradually beat in flour, spices, pumpkin and rum. Pour batter over crust. Run knife through batter to eliminate air bubbles.
- Bake for 1 1/2 to 1 3/4 hours or until filling is set. Run knife around outside of pan. Turn off oven and leave to cool in oven with door ajar. Refrigerate several hours. Garnish with whipped cream and a sprinkle of cinnamon.

My favourite food memory:

My family prefers this to pumpkin pie. It's our Thanksgiving standard now but it's great anytime in the fall or winter months.

Carré au Caramel

Francine Geoffroy

CLPT

9 years of service in DFAIT

Ingredients / Ingrédients

Fond

- tasse de beurre ou margarine
- 1/2 tasse cassonade
- 1/2 tasse farine
- 3/4 tasse farine d'avoine
- 1 cuil thé soda mélanger avec un peut d'eau
- 1 cuil thé vanille

Caramel

- tasses cassonade
- cuil à soupe de farine
- 2 tasses crème 35 %
- c. thé féculé de maïs
- faire bouillir 5 minutes

Instructions

- Séparer en deux la recette de farine d'avoine
- étendre dans le fond la farine d'avoine (taponner le fond)
- ajouter le caramel
- étendre sur le dessus la 2^e moitié de farine d'avoine (ne pas taponner)
- Faire cuire au four 350o pour 20 minutes

Bon appétit.

Tiramisu

Emilie Carrier

Division des Relations commerciales avec l'Amérique Latine et les Caraïbes (GCC)

Stagiaire

Ingrédients

- 200 grammes de biscuits boudoir pour Tiramisu
- 4 jaunes d'œufs
- blancs d'œufs
- 100 grammes de sucre
- 500 grammes de Mascarpone (fromage blanc italien)
- cuillères d'Amaretto (liqueur italienne à saveur d'amandes, mais peut aussi être remplacée par d'autres types d'alcool)
- 100 ml de café fort
- Quelques cuillérées de poudre de cacao

Instructions

*** Faire la recette 24h à l'avance pour un meilleur goût.**

- Faites du café fort ou très fort
- Étaler les biscuits boudoir dans le fond d'un plat assez profond
- Verser le café sur les biscuits. N'imbibez pas trop les biscuits sinon ceux-ci auront une texture trop pâteuse
- Monter les blancs d'œufs en neige dans un bol à mélanger
- Dans un autre bol, mélanger les jaunes d'œufs avec le sucre
- Rajouter le Mascarpone et l'Amaretto au dernier mélange
- Finalement, ajouter les blancs d'œufs battus au mélange « jaunes d'œufs-sucre-Mascarpone-Amaretto »
- Déposer le mélange sur les biscuits
- Si désiré, alterner les étages de biscuits et de mélange pour avoir plusieurs étages, cependant, pour avoir plusieurs étages, il est conseillé de doubler la recette
- Saupoudrer le tout de poudre de cacao comme décoration
- Réfrigérer environ 12-24h

Chocolate Truffle Turtle Cake

Lee-Anne Hermann

DSMX

15 Years

Ingredients

For the base:

- 3 tablespoons unsalted butter
- 3 tablespoons unsweetened cocoa
- 1/4 cup firmly packed light brown sugar
- large egg, beaten lightly
- 3 tablespoons all purpose flour
- 1/3 cup pecans, finely chopped
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla

For the caramel:

- 3/4 cup firmly packed light brown sugar
- 3 tablespoons light corn syrup
- 3 tablespoons unsalted butter
- 1/4 teaspoon salt
- 1/4 cup whipping cream
- 1 teaspoon vanilla
- 1/2 teaspoon fresh lemon juice
- about 1 1/3 cups pecan halves

For the ganache:

- 1 cup whipping cream
- 12 ounces fine-quality bittersweet chocolate
- 1/4 teaspoon salt

Instructions

Make the base:

- Line the bottom of a buttered 8 1/2 inch springform pan, or tart pan with a removable fluted rim, with a round of wax paper and butter the paper.
- In a small heavy saucepan melt the butter over moderate heat and add the cocoa powder, stirring until the mixture is smooth.
- Remove the pan from the heat, stir in the brown sugar, and let the mixture cool completely.
- Beat in the egg and stir in the flour, the pecans, the salt, and the vanilla. Spread the batter in the prepared pan and bake the base in the middle of a preheated 350F oven for 8 to 10

minutes, or until it is just firm to the touch and pulls away slightly from the side.

- Let the base cool in the pan on a rack for 5 minutes, or until it is just cool enough to handle but still warm. Remove the side of the pan, invert the base onto the rack and discard the wax paper.
- While the base is still warm, fit gently into an 8 inch springform pan (the base will slope up the side of the pan slightly) and let it cool completely in the pan on the rack.
- NB. You may wish to double this part of the recipe, as I find often that the base is just a little too thin and spread out.

Make the caramel:

- In a small heavy saucepan combine the brown sugar, the corn syrup, the butter, and the salt.
- Cook the mixture over moderate heat, stirring and washing down any sugar crystals clinging to the side of the pan with a brush dipped in cold water, until the sugar is dissolved, and boil it, undisturbed for 8 to 10 minutes, or until a candy thermometer registers 280F.
- Remove the pan from the heat and add the cream, the vanilla, and the lemon juice, stirring until the mixture is smooth.
- Let the caramel cool until it is room temperature. The caramel will thicken as it cools.
- While the caramel is cooling, beginning with the outer edge of the base, arrange enough of the pecan halves end to end in concentric circles to cover the base completely. When the caramel is cool, pour it onto the centre of the pecan layer but do not try to spread it. The caramel will spread by itself to cover the pecans.

Make the ganache:

- In a small heavy saucepan, bring the whipping cream just to a boil and remove the pan from the heat.
- Whisk in the chocolate and the salt, whisking until the chocolate is completely melted and let the mixture cool to room temperature.
- With an electric mixer beat the ganache until it just holds soft peaks, but do not overbeat it or it will become granular.
- Spread the ganache evenly over the caramel layer and chill the cake for at least 2 hours or overnight.
- The cake can be made up to one week in advance and kept covered with plastic wrap and foil and chilled.
- Run a thick knife around the edge of the cake, remove the side of the pan and transfer the cake with a large spatula to a plate.
- The cake stand for 20 to 30 minutes, or until the ganache softens slightly, before serving.

My favourite food memory

This cake is to die for. Certainly not low in calories, but worth every bite. Tiny portions of this turtle cake is all that is needed, as it is sooooo rich and wonderful. I always get rave reviews. Despite the fact that it is made in three separate parts, the cake is really quite easy to make and will impress any guests you have who are fortunate enough to indulge in this special turtle treat.

Candied Nuts

Linda Dennis

CHLTN

3 years of service in DFAIT

Ingredients

- 6 Cups of mixed nuts
- ½ Cup honey
- 1/3 Cup margarine
- 1 tsp cinnamon
- 1 tsp salt (if using unsalted nuts)

Instructions

- Melt together honey and margarine. Pour over nuts and mix.
- Spread mixture on a cookie sheet and sprinkle nuts with seasonings.
- Bake at 350 degrees for 15-20 minutes, stirring every 5 minutes until golden.
- Spread mixture onto wax paper and cool completely.
- Break nuts apart and store in an airtight container.

My favourite food memory:

I have altered this original recipe a little. I use 6 cups of the following ingredients: pecans, unsalted peanuts, hazelnuts, almonds, cashews and pistachios. I also add dried apricots or mango. This is a favourite Christmas Eve snack in our home.

French Chocolate Chili Bites (Clotilde's Website)

Regine Zakaib
DSME

Ingredients

- 200g (2 sticks) butter
- 200g (7oz) good-quality dark chocolate
- 250g (1 1/4 C) sugar
- 5 eggs
- a rounded Tbsp all-purpose flour
- 1-1/2 tsp ground chili (I use *piment d'Espelette* -- adjust to your taste and to the strength of your chili)

Instructions

- Pre-heat your oven to 200°C (400°F).
- **Melt** the butter with the chocolate in a small saucepan or in a bowl in the microwave. If melting in the microwave, be sure to do it slowly, blending with a spoon between each pass.
- Transfer into a mixing bowl, add in the sugar, **mix** with a wooden spoon and let cool a little. Add the eggs one by one, mixing well with the spoon after each addition. Add a rounded tablespoon of flour and the chili and mix well.
- **Pour** the dough in the petit four (or mini muffin) molds, and put into the oven to bake for ten to twelve minutes. The top should look set, but the inside should still be on the soft side.
- Let the the mini bites **cool** down enough to unmold them, then turn them out on a rack to cool completely while you cook the other batches. Store in a plastic container, refrigerate, and take out about an hour prior to serving the next day.

Maple Syrup Crème Brulée

Louise Simard

JKRTA

8 years of service in DFAIT

Ingredients / Ingrédients

- 1 teaspoon of vanilla
- 2 cups (500 ml) of whipping cream
- 6 egg yolks
- ¼ cup of maple syrup
- ¼ cup of maple sugar
- Fresh seasonal fruit and mint leaves for garnish

Instructions

- Combine vanilla and cream in a small sauce pan. Heat gently until steaming, stirring frequently. Cool 10 minutes, strain.
- In a medium bowl, whisk egg yolks and maple syrup until thoroughly blend; stir in warm cream. Divide custard among 6 to 8 (1/2 cup) ramekins. Line a large baking pan with paper towel. Arrange ramekins on top and add enough very hot water to come half way up the sides of ramekins.
- Bake in preheated 300°F (150°C) oven for 35 minutes or until custard is set but still creamy. Do not let the water boil. Refrigerate custard until chilled.
- Up to 1 hour before serving, sprinkle custard with maple sugar, carefully broil or blow torch until sugar is melted and darkly. Garnish with fresh fruits and fresh mint leaves. Serve immediately on a napkin lined dessert plate.

Butterscotch Brownies

Jimena Guild

TMGI

7 years of service

Ingredients

- 1 cup of butterscotch chips
- ½ cup of butter
- 2 eggs
- 2/3 cup of packed brown sugar
- 1 teaspoon of vanilla extract
- 1-1/2 cups all purpose flour
- 2 teaspoons of baking powder
- ½ teaspoon of salt
- 2 cups of miniature marshmallows
- 2 cups of semisweet chocolate chips

Instructions

- In a small saucepan, melt butter over very low heat. Once butter is melted, add butterscotch chips and stir constantly until all melted.
- In a large bowl, beat the eggs, brown sugar and vanilla until blended. Beat in butterscotch mixture. Combine the flour, baking powder and salt; gradually add to batter and beat until mixed well. Stir in the chocolate chips then the marshmallows.
- Spread into a greased 13-in. x 9-in. baking pan. Bake at 325 degrees for 25-30 minutes or until a toothpick inserted near the centre comes out clean.

Halloween White Chocolate Eyeballs

Reah S. Reedy

DALAS

11 years of LES service in DFAIT

Ingredients / Ingrédients

- 1/2 cup butter
- 1-1/2 cup peanut butter
- 1 lb. powdered sugar
- 1 Tbs. vanilla extract
- 12 oz. white chocolate or coating
- 40 miniature chocolate chips
- red, blue, green food gel

- toothpicks
- wax paper

Instructions

- Cream the butter and peanut butter together, then add the powdered sugar and vanilla extract and blend thoroughly.
- Form one-inch balls and refrigerate until firm.
- Melt white chocolate in the microwave and with a toothpick, dip the eyeballs, covering all but a small circle about the size of a dime (will be the iris and pupil).
- Place on wax paper until cool and firm.
- Place a mini chocolate chip in the center of each eyeball
- Fill in iris area with blue and/or green gel, and and decorate sides with red food gel to simulate bloodshot veins.

My favourite food memory:

The last trip I took with my father before he passed away was a camping trip to Colorado and Wyoming. He wanted to catch a fish so bad, but he wanted me to catch one even more. When I finally caught a good-sized trout, he was so happy he almost rocked us out of the boat. It took about 8 hours of fishing and \$40.00 worth of supplies to catch, eat and cook that one fish, but it was worth every cent.

Voluptueuse Mousse au Chocolat

Francine Côté-Renaud

TPX

35 years of service in DFAIT

Ingrédients

- 250g chocolat noir 70%
- ½ crème 35%
- 6 blancs d'oeufs
- 4 c à soupe de sucre

Instructions

- Faire fondre 250g de chocolat noir 70% au bain-marie.
- Chauffer 125 ml (½ tasse de crème 35% et ajouter au chocolat hors du feu tout en fouettant.
- Monter 6 blancs d'oeufs en neige avec 4 c à soupe de sucre.
- Incorporer environ un quart des blancs d'oeufs montés à la préparation au chocolat et fouetter.
- Ajouter le reste des blancs d'oeufs en pliant la pâte délicatement avec une spatule. La mousse doit être homogène.
- Verser dans des coupes individuelles et laisser refroidir au moins 3 heures.
- Au moment de servir, décorer en déposant des copeaux de chocolat ou des petits fruits.

Nanaimo Bars

Mary Broderick
High Commission of Canada in Singapore

Ingredients

Bottom Layer (Base)

- ½ cup butter
- 5 tsp each brown sugar and cocoa
- 1 tsp vanilla
- 1 egg, unbeaten
- 2 cups crushed Graham wafers
- 1 cup unsweetened coconut
- ½ cup chopped walnuts

Middle Layer (Custard)

- 4 tsp melted butter
- 3 tsp milk
- 2 tsp custard powder
- 2 cups icing sugar

Top Layer (Chocolate)

- 4 oz semi-sweet baking chocolate
- 1 tsp butter

Instructions

- Put butter, brown sugar, cocoa, vanilla and egg in a bowl and set in warm water. Stir until butter melts. Add Graham cracker wafers, coconut and walnuts-mix well.
- Press into 9"x9" pan to form base.
- Mix middle layer ingredients and spread onto base.
- Melt butter and chocolate squares on top of double boiler and spread on top.
- Cover and refrigerate

My favourite food memory:

This is the recipe that my mother used for her Nanaimo Bars. They were a favourite treat when we were young and she usually only made them at Christmas time. As kids, we would sneak into the cold storage room to find the containers filled with Nanaimo Bars and I remember her being pretty upset to discover that there weren't very many left for the holiday dessert trays. The hiding spots became more inventive, but we usually managed to find them anyway!

Aunt Carmen's Squares

Katie Curran

HMO

2 years of service in DFAIT

Ingredients / Ingrédients

- 1 cup butter
- 1 cup brown sugar
- 4 oz. sliced almonds
- 2 tsp. sesame seeds
- Graham Crackers

Instructions

- Preheat oven to 350 - line a baking pan with tin foil.
- Cover the baking sheet with graham crackers.
- On the stove, melt butter and sugar over medium heat, bring to a boil.
- Remove from heat and add almonds and sesame seeds.
- Mix together and pour mixture evenly over graham crackers.
- Bake for 8 minutes.

Not-for-the-faint-of-heart Chocolate Layer Cake

Linda Polowin, DCP
Service at DFAIT: 2 years

Ingredients

Cake

- 3 cups granulated sugar
- 2 ½ cups all-purpose flour
- 1 cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 3 large eggs
- 1 ½ cups buttermilk
- 1 cup strong brewed coffee, cooled
- ¾ cup vegetable oil
- 1 tsp vanilla
- 4 oz (113 g) unsweetened chocolate squares, melted and cooled slightly

Frosting

- 1 ¼ cups granulated sugar
- 1/3 cup unsweetened cocoa powder
- 1 cup whipping (35%) cream
- 6 oz (170g) semi-sweet chocolate squares
- 2 tsp vanilla
- 1 pkg (8 oz/250 g) light cream cheese, softened
- 1 cup butter, softened

Instructions

CAKE

- Preheat oven to 350°F. Lightly grease bottom and sides of (three) 9-inch round cake pans. Cut circles of wax paper or parchment paper to fit bottom of pans and place in pans. Lightly grease paper. Set pans aside.
- Combine sugar, flour, cocoa powder, baking soda, baking powder, and salt in large bowl. Set aside.
- In another large bowl, beat eggs on high speed of electric mixer for about 3 minutes, until thickened slightly and are lemon coloured. Add buttermilk, coffee, oil, vanilla, and melted chocolate. Mix on low speed until well blended.
- Gradually add dry ingredients to wet ingredients and mix on medium speed until batter is smooth. Divide batter evenly

among pans. Bake for 25 to 30 minutes, until a toothpick inserted in center of cakes comes out clean. Cool in pans on a wire rack for 10 minutes. Remove cakes from pans, peel off paper, and cool completely before frosting.

FROSTING

- To make frosting, whisk together sugar, cocoa, and whipping cream in a medium saucepan. Cook slowly over medium heat, whisking constantly, until mixture comes to gentle boil. Cook 1 minute. Remove from heat and stir in chocolate until melted. Stir in vanilla. Let cool to room temperature.
- In a large bowl, beat cream cheese and butter on high speed of electric mixer until smooth. Add cooled chocolate mixture and beat on medium speed until well blended. Refrigerate frosting until desired spreading consistency is reached (about 1 hour). Important! Don't let it get too firm, or it will be difficult to spread.
- To frost cake, place one cake layer on a plate. Spread 1 cup frosting over top. Repeat with second layer. Place final layer on top. Ice top and sides of cake with remaining frosting. Decorate cake with chocolate curls (or) chocolate-covered strawberries, if desired. Cover and refrigerate. Let cake stand at room temperature for 30 minutes before serving.

This cake lives up to its name.

My favourite food memory:

I was blessed to be brought up in a home where my Mom's cooking was out of this world. Still is. So favourite food memories are too many to list, and thankfully I still get to enjoy those meals when I visit my parents.

Fruit Pizza

Gillian Levesque

XDV

4 years of service in DFAIT

(+ many years abroad as a Foreign Service spouse)

Ingredients

Base

- ½ cup butter
- ¼ cup icing sugar
- 1 cup flour

Cream

- 1 8oz package cream cheese
- 1/3 cup white sugar
- 1 tsp vanilla
- Fruit

Glaze

- 2 tbs cornstarch
- 1 cup pineapple juice
- ½ cup white sugar
- 1 tsp lemon juice

Instructions

- Base – mix all ingredients together and knead well. Press in pizza pan. Bake at 350F for 8 to 10 minutes. Allow to cool.
- Cream – mix together all ingredients. Spread onto cooled crust. Arrange sliced fruit on cream cheese (strawberries, pineapple, grapes, kiwi, orange slices etc).
- Glaze – cook all ingredients in pan until thick. Spoon over fruit. Use pastry brush to thin over fruit. Cover everything.
- Chill.

My favourite food memory:

Buying tomatoes in the market in Baghdad on our first hardship posting with another Embassy spouse. You couldn't see the tomatoes because of the huge flies covering them. Every time Marie would pick some up, the flies would rise up then settle once again once her hand moved away. I thought it was disgusting and I would never be able to do it! It took me less than a week!! And that was only the beginning.....

Cookies à l'orange

Danielle Cusson

PRS

14 months

Ingredients / Ingrédients

Cookies

- 1 CUP OF BUTTER OR MARGARINE
- ¾ CUP OF SUGAR
- 1-EGG
- 1-TEASPOON OF VANILLA
- 1-CUP OF COOKED MASHED CARROT
- 2 CUPS OF FLOUR
- 2-TEASPOON OF BAKING POWER

Icing

- 1-CUP OF ICING SUGAR
- TABLE SPOON OF BUTTER
- 4- TEASPOON OF ORANGE JUICE
- USE ALITTLE BIT OF ORANGE PEEL ZEST AND GRATE IT

Instructions

COOKIES

- IN A SEPERATE BOWL BEAT TOGETHER BUTTER/ MARGARINE AND SUGAR UNTIL IT'S CREAMY
- IN ANOTHER BOWL MIX TOGETHER EGG, VANILLA, CARROT
- THEN YOU ADD FLOUR AND BAKING POWDER
- MIX EVERYTHING TOGETHER WELL
- DROP SPOON-FULL ON A COOKIE SHEET AND BAKE AT 325 DEGREE FOR 15 MINUTES

ICING

- MIX TOGETHER ICING SUGAR, BUTTER, ORANGE JUICE AND A BIT OF ORANGE PEEL ZEST
- ONCE YOUR COOKIES ARE READY, BRUSH ORANGE ICING ON THEM

Palacinky a Johodova pena (Slovak Crepes with Strawberry Puree)

Erika Mallett

DSME

1.5 years with DFAIT

Ingredients / Ingrédients

Pena

- 200g strawberries
- 150g sugar
- 2 egg whites
- 2-3 drops lemon juice

Palacinky

- 1 litre milk
- 4 eggs
- 400g all-purpose flour
- pinch of salt
- 1 tbsp oil (for cooking)
- icing sugar (to dust onto finished palacinky)

Instructions

Pena

- Wash and mash strawberries, then mix with sugar, egg whites and lemon juice
- Using mixer, beat until thick
- Set aside in fridge

Palacinky

- Pre-heat oiled pan on med-low
- Mix together milk, eggs, and salt
- Slowly add flour while continuing to mix ingredients until well blended
- Using a ladle, pour mixture into pan and cook until firm. Palacinky should be thin and flat.
- Once cooked, place on plate. Place a large dollop of Pena on the Palacinka and roll.
- Dust with icing sugar.

Enjoy!

LIBRARY E A / BIBLIOTHÈQUE A E



3 5036 01019850 8

DOCS

CA1 EA539 2009D13 EXF

DFAIT in the kitchen 2009 = MAECI

dans la cuisine 2009

19119510(E) 19119513(F)

Bon appetit!