



McQuay

COCCOONING
COOKBOOK

RECIPES
FROM OUR
WORK FAMILY

BOURBON AND BLOOD

CRAIG McOUAT, *PRESIDENT*

“ Class never goes out of style, neither does whiskey. ”

Prep Time: 3 Mins

INGREDIENTS

- 1 ounce blood orange liqueur
- 1 ounce sweet vermouth
- 1 ounce bourbon whiskey
- 1-2 dashes orange bitters
- 6 small leaves tarragon
- Garnish: orange peel

INSTRUCTIONS

1. Combine all ingredients in a cocktail shaker with ice.
2. Shake briskly 15 times.
3. Double strain into a chilled cocktail glass.
4. Garnish with the zest of a fresh orange swath before lightly placing it into the cocktail.

SHRIMP NIGIRI



ANTHONY ZARIFA, *GRAPHIC DESIGNER*

“ The mediocrity is all in the preparation. Personally, I'd call this an app. ”

Prep Time: 20 Mins

INGREDIENTS

12 PIECES

- 225g of cooked sushi rice
- vinegar water (for shaping)
- 12 cooked shrimp
- 1 teaspoon wasabi

INSTRUCTIONS

1. Divide the sushi rice into 12 portions and shape each portion into quenelles or oblong balls with hands moistened in water. Peel the shrimp, leaving the tails on. Butterfly the shrimp (cut in half lengthwise without cutting all the way through), and unfold the shrimp so that it lays flat. Brush the shrimp with wasabi and place on the rice balls.
2. Shape the shrimp around the rice with the tail hanging over the edges. Press with your thumb so the rice retains its shape. Place the nigiri sushi, rice sides down on a plate and serve.



KALE CAESAR SALAD

NATALIE CHAPMAN, SR. ACCOUNT EXECUTIVE

“ Mix everything into a big bowl and enjoy! ”

Prep Time: 15 Mins

INGREDIENTS

- Bunch of kale - washed and chopped into bite-size pieces
- 1 can of lentils, drained and rinsed
- Parmesan cheese - large flakes
- 1 quarter of a red onion - chopped into fine pieces
- Sourdough or any large croutons
- Caesar dressing. My fave is the Sensations brand from Sobey's. It's a caesar vinaigrette.

INSTRUCTIONS

Mix everything in a big bowl and serve immediately.

JOY'S POTSTICKERS



INGREDIENTS

FOR THE WRAPPERS

- 2 1/2 cups all-purpose flour 300 gr plus more for dusting
- 1/4 teaspoon salt
- 2/3 cup just-boiled hot water
- 1/3 cup ice cold water

FOR THE FILLING

- 8 ounces minced or finely shredded cabbage Napa or regular
- 8 ounces ground pork or ground meat of your choice
- 1/2 teaspoon soy sauce
- freshly ground white pepper or black
- 1/2 teaspoon cornstarch
- 1/2 teaspoon Chinese rice wine optional
- 1/2 teaspoon Asian sesame oil
- 2 tablespoons minced chives Chinese or regular
- 4 ounces diced water chestnuts canned is fine
- 3-4 large fresh shiitake mushrooms finely diced
- 1/2 teaspoon grated fresh ginger

FOR THE DIPPING SAUCE

- 3 tablespoons soy sauce
- 3 teaspoons rice vinegar, cider vinegar or white vinegar
- 1 teaspoon sugar
- 2 cloves garlic very finely minced
- 1 teaspoon Asian sesame oil
- minced fresh chili peppers optional

JOY ZHOU, OFFICE ADMINISTRATOR

“ This may sound difficult but making potsticker (*dumpling*) is like an entry cuisine in Chinese cooking. When we don't know what to eat, we'll make a few dumplings and call it a meal. You know what is a lot of work? Making a cake! ”

Prep Time: 1 Hr Cook Time: 20 Mins Total Time: 1 Hr 20 Mins

INSTRUCTIONS

PREPARE THE WRAPPER DOUGH

1. To a large bowl, measure in the flour and the salt. Pour in the boiled water and stir the flour immediately and vigorously with a large wooden spoon until the flour resembles loose crumbles (about 30 seconds). Pour in the ice-cold water (discard the ice first, but make sure you have correct measurement of water). Stir vigorously again for 30 seconds or until a shaggy dough begins to form. Use your hands to knead the dough in the bowl, while picking up flour/dough on the sides of the bowl. Knead for 2 minutes in the bowl. Turn out the dough onto a clean work surface. No need to dust the work surface with flour - unless the dough really sticks). Continue to knead your dough for another 3-5 minutes, until smooth. In a medium sized bowl, plop in the dough ball, cover dough loosely with a barely damp paper towel and then cover bowl tightly with plastic wrap. Let rest for 20 minutes while you prepare the filling and the dipping sauce.

PREPARE THE FILLING

1. In a bowl, mix the shredded cabbage with 1/4 teaspoon of salt.
2. In a separate bowl, mix the ground pork with soy sauce, ground pepper, cornstarch, rice wine (if using) and sesame oil. Add in the chives, water chestnuts and mushrooms.
3. Grab a handful of cabbage from the bowl, squeeze hard to expel the water into the sink. Add the dry cabbage into the bowl with the rest of the filling ingredients. Mix well.

FOLD THE POTSTICKERS

1. Turn out the rested dough onto a lightly floured surface. Cut the dough in half, keep unused half under the damp paper towel to prevent from drying out. Roll out the other half

into a long snake, about 1-1/4 inches in diameter. Cut into approximately 20 even pieces. Take 1 piece, gather up the edges and pinch together, forming a taut, round surface. Roll between palms to form ball. Squash between flat palms to flatten into disk. Use rolling pin to roll out to 3-1/2 inch diameter. Try to make the edges of wrapper thinner than the center. Fill and fold potstickers according to the instructions and photos above in the post. Place folded potstickers on a floured piece of parchment or tin foil-lined baking sheet to prevent sticking.

MAKE DIPPING SAUCE

1. Mix together dipping sauce ingredients. Set aside until ready to serve.

COOK THE POTSTICKERS

1. Have 1/4 cup water and a tight-fitting lid for your pan at the ready. Heat a large, nonstick frying pan over medium heat. When hot, pour in a little cooking oil, just enough to swirl around. Carefully lay potstickers into the pan, they can touch a little, but do not overcrowd. Cook for 1-2 minutes until bottoms are lightly browned.
2. When lightly browned, it's time for the steaming. In one hand, have the lid ready. In the other, carefully pour in 1/4 cup of water into the pan. It will splatter, so please be careful. Immediately cover pan with the lid to trap the steam. Let cook for 2 minutes, then open the lid. Continue cooking for another 2 minutes, until all of the water has evaporated. Take a peek under the potsticker. You can add a little more cooking oil if it has trouble browning (but only after all the water has evaporated, otherwise it will splatter.) Shake the pan to loosen the potstickers, swirl in the oil and tilt pan to distribute the oil. When bottoms are nicely browned, plate and serve with dipping sauce.

STUFFED GRAPE LEAVES WITH MEAT & RICE



INGREDIENTS

GRAPE LEAVES:

- 8 cups water
- 1/2 lemon (juice only)
- 1 teaspoon sea salt
- 1 jar (16-ounce) grape leaves in brine (about 70 leaves)

FILLING:

- 1 cup short-grain rice (uncooked)
- 2 medium-large onions (finely chopped)
- 5 tablespoons olive oil (divided)
- 2 pounds lean ground beef (or lamb, or a mixture of both)
- 1 bunch fresh dill (chopped)
- 1 tablespoon mint leaves (chopped)
- 2 1/2 lemons (juiced, divided)
- 1/4 teaspoon pepper
- 2 cups of water

GEA KOLEVA, *PR SPECIALIST*

“ These are one of my faves. They’re a pain to roll, but taste so yummy! I add a bit of Balkan style yogurt on top (they can be a bit dry, so it really adds to the flavour). ”

Prep Time: 40 Mins Cook Time: 70 Mins Total Time: 1 Hr 50 Mins

INSTRUCTIONS

1. Bring 8 cups of water to a boil in a large pot, and add the juice of 1/2 lemon and the salt. Carefully unroll the leaves (do not separate them). Turn off the heat and place the leaves in the hot water for 3 minutes.
2. Remove the leaves and place them in a bowl and cover with cold water. When cooled, drain in a colander. It is not unusual for many of the outer leaves in the jar to be damaged or to tear while using. Set these aside to use later in the recipe.
3. To prepare the filling, start by soaking the rice for 10 minutes in hot water and drain. (Alternatively, sauté the rice with the onion.)
4. Sauté the onions in 1 tablespoon of olive oil until translucent, not browned.
5. In a bowl, combine the onion, ground beef, rice, remaining olive oil, dill, mint, juice of 1 lemon, and pepper. Mix well by hand.
6. To fill and roll the leaves, gently separate one leaf and place it shiny-side down on a work surface. Place a pinch (up to a teaspoon) of the filling on the leaf at the point where the stem joins the leaf.
7. Fold up the bottom of the leaf over the filling, then each side inward in parallel folds, and roll up the leaf. The roll should be firm, not tight, as the filling will expand during cooking. Repeat until all the filling has been used.
8. Because the leaves on the bottom can burn while the filling cooks, put a plate or wooden souvlaki skewers in the bottom of a heavy-bottomed pot (see tip below). The plate should fit snugly in the pot.
9. If there are unused leaves or leaves that were torn and not used during the filling process, put them on the plate or on top of the skewers. Place the dolmathakia on top, packing them closely together (not squashed), seam side down, so they don't unroll during cooking. Layer them until all are in the pot (two to three layers are best, but no more than four layers). Place several unused leaves over the top.
10. Take another plate and place it upside down on top of the dolmathakia, using something to weigh it down (a second plate works well). Add the 2 cups of water to the pot and cover. Bring the water to a gentle boil, add the remaining juice from the 1 1/2 lemons, reduce heat to low and simmer for approximately 50 to 70 minutes. Check to see if done—if the rice has cooked, they are done. If not, continue cooking for another 10 minutes and check again. Cooking time depends both on the type of pot used and the particular stovetop heating element.
11. If preferred, you can use a pressure cooker. No plates are needed but do use the skewers in the bottom. Pack the dolmathakia into the pressure cooker, add the 2 cups of water, close and cook for 15 to 20 minutes at the first pressure mark.
12. If you don't have skewers or a plate that fits the bottom of the pot, line the bottom of the pan with unused or torn leaves.
13. Leftover filling can be used to make stuffed vegetables like tomatoes, peppers, zucchini, and eggplant.
14. To make stuffed grape leaves as a main course, use larger grape leaves and increase the amount of filling in each leaf to 1 tablespoon.

SIMPLE CROCKPOT MEATBALLS

LIANNE McOUAT, VP STRATEGY

“ BBQ Meatballs... Easy to make in the crockpot. This recipe only takes 3 ingredients and 5 minutes to prep! Doesn't get simpler than that for a dish to bring to a potluck! Guaranteed to please! ”

Prep Time: 5 Mins Cook Time: 3 Hr Total Time: 3 Hr 5 Mins

INGREDIENTS

- **MEATBALLS:** Buy a bag of frozen meatballs.
- **1 JAR OF GRAPE JELLY:** I keep it simple and use Smucker's Grape Jelly.
- **1 BOTTLE OF BBQ SAUCE:** Diana's BBQ sauce is my personal favorite. :) You can also make a homemade BBQ sauce if preferred.

INSTRUCTIONS

1. **Add ingredients to crockpot.** Pour grape jelly and BBQ sauce in the bottom of your crockpot. Add in the meatballs and stir until fully coated.
2. **Cook meatballs in crockpot.** Cook frozen meatballs in crockpot for 2 to 3 hours on high, or until warm. Make sure to stir a few times throughout.
3. **Serve and enjoy!** Garnish with sliced green onions and bring your crockpot to the party!

CHEDDAR CHIVE POPOVERS

VICKY NG, *GRAPHIC DESIGNER*

“ I’ve never actually made these before, so I’m not sure if they’re good. But the pictures sure do haha! ”

Prep Time: 10 Mins Cook Time: 20 Mins Total Time: 30 Mins

INGREDIENTS

- 2 tbsp - (30 ml), butter, melted and divided
- 1 cup - (250 ml), milk, at room temperature
- 2 eggs, at room temperature
- 1 cup - (250 ml), all-purpose flour
- 2 tbsp - (30 ml), finely minced chives or green onion
- 1/2 tsp - (2 ml), salt
- 1/2 cup - (125 ml), finely grated aged Canadian cheddar cheese

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Brush 1 tbsp (15 ml) butter into all tins of a 12 tin muffin tray; set aside.
3. Just before oven is preheated, place milk, eggs, and remaining 1 tbsp (15 ml) butter in a blender. Blend until frothy, about 1 minute.
4. Add flour, chives, and salt; blend until well mixed.
5. For popovers to reach maximum height, place empty buttered muffin pan in preheated 400°F (200°C) oven for 3 minutes just before filling.
6. Pulse mixture in blender once or twice. Remove muffin pan from oven. Immediately pour batter into hot muffin tins, filling each one a bit more than half full. Sprinkle with cheddar cheese.
7. Bake for 20 minutes until very puffy. Serve immediately.

TWICE-BAKED SHRIMP STUFFED POTATOES

LILA McOUAT, *MOM McOUAT*

“ Excellent side dish, or a light meal! ”

Prep Time: 20 Mins Cook Time: 1 Hr 25 Mins Total Time: 1 Hr 45 Mins

INGREDIENTS

- 6 large Idaho potatoes
- Olive oil for coating potatoes
- 1 stick (1/2 cup) butter, at room temperature
- 1 cup sour cream
- Salt and ground black pepper
- 1 pound sauteed peeled shrimp
- 8 ounces grated cheddar
- 4 tbsp parsley plus more for sprinkling
- Paprika, for sprinkling

INSTRUCTIONS

Preheat the oven to 350° F

1. Cover a baking sheet or pan with parchment paper. Begin by washing the potatoes, drying them and gently pricking them with a fork on the sides. Coat each potato with olive oil, place on the prepared baking sheet and bake for about 1 hour.
2. Remove the potatoes from the oven and slice the top third off of each potato. Gently scoop out the potato and place in a large bowl. Place the butter in the bowl. Using a mixer on high, mix together, and then add the sour cream, parsley and salt and pepper to taste. Chop the shrimp into large pieces. Fold in the shrimp and cheese into the mixture.
3. Gently stuff the mixture back into the potato shells, making sure not to break them. Pile the mixture as high as you can on top of the potato shells. Sprinkle each potato with more cheese and some paprika and chopped chives for color.
4. Bake in the oven until browned on top, 20 to 25 minutes.

GRILLED CHEESE SANDWICH



LOU CANNAVICCI, *ART DIRECTOR*

“ Mmm and maybe just a little ketchup for dipping. ”

Prep Time: 5 Mins Cook Time: 5 Mins Total Time: 10 Mins

INGREDIENTS

- 2 slices whole wheat bread (preferably fresh)
- Sliced Monterey Jack, Muenster, Cheddar, or Mozzarella Cheese (enough to cover bread)
- 2 tsp olive oil

INSTRUCTIONS

1. Preheat a small nonstick fry pan over medium low heat. Place cheese slices (enough to cover bread) between 2 slices of whole wheat bread.
2. Once fry pan is warm drizzle with 1 teaspoon extra virgin olive oil, slightly tilt pan back and forth to evenly spread oil.
3. Place sandwich in oil, cover with a lid and cook until bottom is golden, about 2 minutes.
4. Then lift sandwich with a spatula and add remaining 1 tsp olive oil to fry pan. Flip sandwich and cook opposite side until golden. Serve immediately.



Mordecai and Rigby enjoy Benson's grilled cheese deluxe...

30 MINUTE THAI RED CURRY CHICKEN WITH VEGETABLES



SABRINA HYODO, ACCOUNT SUPERVISOR

“ Its sooooo good. There are a lot of ingredients, so it’s annoying when you don’t have them all. Taste the sauce as you’re cooking, sometimes I find I need to add more red curry than the recipe says. ”

Prep Time: 20 Mins Cook Time: 30 Mins Total Time: 50 Mins

INGREDIENTS

- 1 1/2 tablespoons olive oil or coconut oil
- 1 pound chicken breasts sliced into 1/4” slices then 2” pieces
- 1/2 large onion, chopped
- 2 tablespoons red curry paste
- 1 red bell pepper, thinly sliced then chopped into 2” pieces
- 1 orange bell pepper thinly sliced then chopped into 2” pieces
- 1 small zucchini, sliced
- 2 teaspoons freshly grated ginger
- 4 garlic cloves, minced
- 1 13.5 oz. can quality coconut milk
- 1 tablespoon cornstarch
- 1 tablespoon Asian/Thai Sweet Chili Sauce
- 2 tablespoons less sodium soy sauce
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 bay leaf
- 1 teaspoon dried basil
- 1/4 teaspoon salt more or less to taste
- 1/4 teaspoon pepper
- sriracha to taste/Asian chili sauce (optional)

Garnish

- lime zest to taste
- fresh cilantro
- fresh lime juice

INSTRUCTIONS

1. Heat oil over medium high heat in large nonstick skillet. Add chicken, onion and red curry paste and cook just until chicken is no longer pink. Add bell peppers, zucchini, ginger and garlic and saute 1 minute.
2. Add half of the coconut milk. Mix remaining coconut milk with 1 tablespoon cornstarch and add to skillet along with all remaining ingredients (Except garnishes).
3. Bring to a boil, then reduce to a simmer for 5 minutes or until the sauce thickens and the vegetables reach desired crisp-tenderness. If you would like a thinner sauce, thin with water. Discard bay leaf.
4. Garnish with cilantro, lime zest, lime juice and Sriracha to taste. Serve with rice.

COCONUT LIME CHICKEN



MELISSA HALFYARD, *MEDIA PLANNER*

“ This is a new recipe I tried during “Self-Isolation COVID-Time”. I never follow other recipes to the letter, as I always have to keep my family’s tastes in mind, and what is available in the pantry and vegetable drawer. ”

Prep Time: 20 Mins Cook Time: 30 Mins Total Time: 50 Mins

INGREDIENTS

- 4 Skinless, boneless chicken thighs
- 1 Can Coconut Milk (I used Grace’s)
- 2 Limes
- 1 Whole red pepper
- Half clove garlic
- Quarter white onion
- 1 Tablespoon chopped cilantro
- 3 Green scallion sticks
- Quarter teaspoon Mrs. Dash garlic seasoning
- Pinch of paprika
- Pinch of chilli flakes
- Salt & Pepper - Two tablespoons oil (OVO)

CHICKEN PREP: Wash and remove any unwanted fat/skin off the chicken thighs, place in a bowl to add seasoning to marinate while you chop your veggies. I leave the chopping of the chicken till after it is cooked, so leave them fully intact otherwise.

CHICKEN SEASONING:

- Quarter teaspoon Mrs. Dash garlic seasoning
- Pinch of paprika
- Pinch of Salt & Pepper

INSTRUCTIONS

1. Place washed chicken in a medium size bowl, add all seasoning to chicken in bowl and mix well, cover with saranwrap and place in the fridge until you are ready to add the chicken.
2. Heat up your OVO in a large skillet or pan, while this is heating up chop your garlic and quarter white onion. Add to your skillet on medium heat, season with a pinch of salt and pepper.
3. Continue to chop up your pepper, scallions, and cilantro, keep the green ends from your scallions and the cilantro aside till the end to finish garnishing along with your grated lime zest. I usually grind the lime and then cut up to squeeze fresh juice over the dish to use throughout the cooking process.
4. Once the onions are translucent, add your chicken thighs, cover, and let cook.
5. Cook each side of the chicken pieces for 5-7 minutes or until browned on each side. Once the chicken is almost cooked, add in the red pepper around the outside of the pan to add moisture to your chicken while you cook for an additional 3-5 minutes.
6. Remove the chicken from a skillet and set aside on a plate or cutting board. You will want the chicken to be fully cooked as you will be setting aside and cutting up for the final dish.
7. Add the coconut milk bring to a boil and then reduce down to a simmer. Add the lime juice, lime zest and some of the cilantro and chili flakes. Let simmer for about 5 minutes to let reduce down. Add your chicken to the sauce, once the sauce thickens reduce heat and it will be ready to serve!
8. Squeeze fresh lime juice over the dish and garnish with some fresh cilantro a few chopped scallions and some lime zest and enjoy!

ALLY'S BEEF BRACIOLE



ALLYSON McOUAT, *STORYTELLER*

“ This is my favorite thing ever. It’s dead simple to make because you can do it so many ways. Honestly the hardest thing about it, is pronouncing it. You can either do one big flank steak that makes a big, solid roast or a bunch of little thin steaks so you get individual servings. Some people put a layer of Prosciutto down on their steak before the stuffing/filing. Some people add toasted pine nuts or spinach to their filling. Basically you just roll up some beef with filling inside and cook it in a yummy sauce. Homemade sauce is the best but store bought will do.”

Prep Time: 30 Mins Cook Time: 1 Hr Total Time: 1 Hr 30 Mins

INGREDIENTS

- 1/2 cup dried Italian-style bread crumbs
- 1 garlic clove, minced
- 2/3 cup grated Pecorino Romano
- 1/3 cup grated provolone
- 2 tablespoons chopped fresh Italian parsley leaves
- 4 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 (1 1/2-pound) flank steak
- 1 cup wine (Dry White or even red is fine)
- 3 1/4 cups marinara sauce

**Stuffing add-ons: Spinach, pine nuts, mushrooms, prosciutto, pancetta, onion, basil*

INSTRUCTIONS

Heat Oven to 350° F

1. **Make your stuffing:** Mix your bread crumbs, parsley, garlic and cheese together in a bowl. Then stir in the oil salt and pepper and put it to the side. (Add pine nuts if you like).
2. Flatten your flank steak out so it’s thin.
3. Put your stuffing on top of the flank steak. (You can layer this with prosciutto first and then spinach and then the stuffing if you want).
4. Roll it up like a jelly roll and either use twine or toothpicks (but remember where you put them!) in to keep it closed.
5. Salt and pepper the top.
6. Get out your oven proof skillet or a fry pan and brown the outside so it looks nice (like 5-10 min). Put some wine in the skillet and let it boil. Drink some yourself!
7. Now if you are going to bake it in something else move it to that and pour the tomato sauce overtop. Lotsa sauce.
8. Cover with foil and bake it at 350 for 30 min. Stop. Turn your braciole so it ALL gets nice and saucy. Bake it again (still covered) for another 30 min. After 1 hour, turn it again. Then uncover it and keep baking and basting until it’s super tender and saucy. About 1.5 hours total cooking time.
9. Remove from sauce and onto a cutting board. Slice the roast into 1/2 inch thick slices. Plate it. Cover with sauce, some more parm maybe and a little sprinkling of italian parsley and serve. Goes nice with a heavy tube pasta like penne. I like it on polenta.

SPAGHETTI SAUCE A LA CALABRAISE



TONY NACCARATO, ASSOC. CREATIVE DIRECTOR

“ At the end of the cooking time you should have a lovely thick sauce. The meat will peel off the bone and it should be the best experience you have ever had. The sausage will be the best you have ever eaten. ”

Prep Time: 1 Hr Cook Time: 2 Hr 30 Mins Total Time: 3 Hr 30 Mins

INGREDIENTS

- 1 white onion
- 1 or 2 green peppers
- 3 or 4 cloves of garlic
- Fresh basil from the garden or store.
- Fresh parsley from the garden or store.
- Salt and pepper
- Chilli pepper if desired.
- Vegetable oil
- 4 bottles of **PAESE MIO** strained tomatoes.
(very important you don't substitute the tomatoes)
- 1 small can of tomato paste
- 3 racks of pork back rib (not too fatty not too lean, just the right marbling)
- 3 packs of mild or spicy Italian Sausage. (usually 4 sausages to a pack, must be Italian)

INSTRUCTIONS

1ST - PREPARING SAUSAGE:

Place sausage in pan and cook in oven for an hour at 400° Turn over once in a while so you get an even colouring. After one hour remove from oven and cut up each sausage into 3 pieces. Set aside.

2ND - PREPARING PORK BACK RIB:

Cut up pork back, cutting each bone individually. Rinse each piece under cold water eliminating any blood and any hanging fat. Place in a pot and cover with water. Place on stove at high and bring to a boil for 1 to 2 minutes. Remove from pot and rinse each piece lightly under warm water and place on plate. Set aside.

3RD - MAKING SAUCE:

Place deep pot on stove at high temperature, pour in vegetable oil to cover bottom. Heat up, add diced garlic and diced white onion. Cook for 2-3 minutes, add chopped up green pepper. Cook for 2 more minutes. Turn down heat to medium and add the bottles of tomato (stirring the sauce often to avoid sticking and burning). Pour a little water into the bottles and shake in order to get all that lovely tomato juice out. Add 2 table spoons of tomato paste. Add basil & parsley as desired. Salt and pepper and chilli pepper if you want it a little spicy. Cover pot and bring the sauce to a boil then turn heat down to low, always stirring or it will stick and burn. Let it boil for about half an hour, taste it for saltiness and flavour. Then add the rib and sausage. The tomato sauce should cover all the meat. Keep heat at low so the sauce is boiling very lightly. Cook the sauce for two hours. Stiring the sauce occassionly.

LEMON SHRIMP LINGUINE WITH ROASTED CHERRY TOMATOES



KIM STOCKTON, *ACCOUNTING*

“ It is really easy to make & yes it’s very yummy. It’s good either warm or cold ”

Prep Time: 15 Mins Cook Time: 30 Mins Total Time: 45 Mins

INGREDIENTS

Serves 4 to 6

- 3 cups cherry tomatoes-halved
- 1 lemon -quartered
- 3 cloves garlic-sliced
- 1/3 cup olive oil
- 1/2 tsp salt
- 1/4 tsp hot pepper flakes
- 1lb of medium or large shrimp, peeled & halved lengthwise
- 1 package of linguine (or any flat pasta)
- Fresh parsley

INSTRUCTIONS

1. In a medium size glass or ceramic baking dish, mix together tomatoes, lemon, garlic, oil, salt & hot pepper flakes.
2. Bake in a 425°F oven, stirring once halfway through until tomatoes are roasted & saucy, about 30 minutes.
3. With tongs press down on the lemon quarters to release juices into the pan, discard lemon rinds. Stir in shrimp, bake, stirring once, for 5 to 7 minutes until shrimp is pink.
4. Meanwhile, in large pot of salted water cook pasta according to directions until al dente. Drain & place in a large warmed bowl. Spoon tomato mixture over pasta, add parsley & mix well.

CREAMY TUSCAN CHICKEN PASTA



HAYLEY PHILLIPS, ART DIRECTOR

“ This is Delicious!!! ”

Prep Time: 15 Mins Cook Time: 15 Mins Total Time: 30 Mins

INGREDIENTS

For the Pasta:

- 1 pound penne or other pasta (454g)
- 1 tablespoon butter (.5oz, 14g)

For the Chicken and Sauce:

- 2 tablespoons olive or vegetable oil
- 1 1/2 pounds chicken breasts (454g)
- 1 medium onion diced
- 1 red bell pepper diced
- 8.5 ounce jar (241g) sundried tomatoes in oil, drained (yields about 6oz, 170g)
- 5 cloves garlic finely minced
- 1 teaspoon dried Italian seasoning (or oregano)
- 3/4 cup chicken broth (6oz, 170g)
- 1 1/2 cup cream or half and half (12oz, 340g)
- 3/4 cup parmesan cheese (3oz, 85g)
- 6 ounce bag of baby spinach leaves whole or roughly chopped (170g)
- Red pepper flakes, salt, and pepper to taste

INSTRUCTIONS

For the Pasta:

1. Cook pasta until done, drain and toss with butter

For the Chicken and Sauce:

1. Optional: For quicker, more even cooking, slightly flatten breasts with a kitchen mallet. If they are very thick, slice them in half horizontally before flattening.
2. Season with salt and pepper.
3. Heat a skillet over high heat. When pan is hot, add 1 tablespoon oil.
4. When oil is hot, put chicken breasts in pan and cook until golden brown on both sides and cooked through. Remove chicken from pan.
5. Let chicken cool for a few minutes, then slice. Set aside.
6. Add remaining tablespoon oil to pan. Add onions and cook until softened.
7. Add red bell pepper and cook until almost softened.
8. Add the garlic, sundried tomatoes, and Italian seasoning. Stir, and cook for about 1 minute.
9. Deglaze pan with broth, scraping bottom to release any bits sticking to the bottom of the pan.
10. Add cream and bring to a simmer. Allow to simmer for 2 minutes. Add parmesan and cook until melted.
11. When cheese is melted turn off the heat and stir in baby spinach.
12. Salt and pepper to taste.
13. Combine pasta, chicken, and sauce.
14. Serve.

ARTISAN MAC N' CHEESE

VICKY NG, *GRAPHIC DESIGNER*

“ This is the best mac n’ cheese I’ve ever had! ”

Prep Time: 1 Hr Cook Time: 30 Mins Total Time: 1 Hr 30 Mins

INGREDIENTS

- 1 lb (454 g) pork belly with skin, patted dry
- 2 cups (500 mL) kosher salt
- 1 cup (250 mL) local craft beer
- 1 cup (250 mL) low-sodium soy sauce
- 2 Tbsp. (30 mL) butter, divided
- 2 cups (500 mL) sliced oyster mushrooms
- 1-1/4 cup (300 mL) 35% whipping cream
- 2 tsp. (10 mL) chili powder
- 1 tsp. (5 mL) Dijon mustard
- 1 tsp. (5 mL) dried thyme leaves
- pepper, to taste
- 1-1/2 cups (375 mL) old cheddar cheese, divided
- 1 cup (250 mL) EACH shredded smoked gouda, shredded firm cheese, shredded Asiago cheese
- Half a 500 g pkg. short, dry pasta (gemelli or similar), pre-cooked

Place pork belly, skin side up, in a baking dish. Refrigerate a minimum of 8 hours (overnight).

INSTRUCTIONS

Serves 6

1. Preheat oven to 400°F (200C).
2. Spread salt on top of pork belly skin in a thick layer.
3. Add beer and soy sauce to pan, avoiding salt layer.
4. Roast pork for about 1 hour or until tender and skin has shrunk. Set aside.
5. Melt 1 Tbsp. (15 mL) of butter in a large saucepan over medium heat and saute mushrooms until golden and tender.
6. Remove to a plate and set aside. Return pan to medium-low heat and add remaining butter to melt.
7. Add cream, Dijon, chili powder, thyme and pepper, whisking to combine. Increase heat to medium and bring cream to a boil, stirring constantly. Reduce heat to low and simmer for 5-7 minutes or until cream starts to thicken.
8. Stir in half of cheddar, and all of gouda, firm and Asiago cheeses as well as mushrooms, stirring until cheese is smooth. Add cooked pasta and stir to coat.
9. Remove salt layer from pork and place under broiler for about 5 minutes or until skin puffs up. (Careful not to burn skin here, keep a close eye on the pork belly.)
10. Remove pork belly from dish and slice thinly. Discard salt and liquid mixture.
11. Scrape pasta and cheese mixture into a large baking dish and top with remaining cheddar cheese and pork slices.
12. Broil for about 3 minutes or until cheese is golden brown and bubbly.

CHOCOLATE BARK



SAMANTHA ROGERS, SR. ACCOUNT EXECUTIVE

“ I call it bark, but people in the office like to call it my chocolate crack! ”

Prep Time: 15 Mins Cook Time: 1 Hr 8 Mins Total Time: 1 Hr 23 Mins

INGREDIENTS

- Approx. 20-30 graham crackers (depending on your baking sheet size)
- 1 cup brown sugar
- 1 cup salted butter
- 2 cups chocolate chips (you may need more depending on the size of your baking sheet)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a baking sheet with aluminum foil and spray with non-stick spray.
3. Break graham crackers into squares and line the entire pan.
4. In a large saucepan over medium heat, bring butter and brown sugar to a boil. When mixture begins to boil allow it to continue boiling without stirring for 4 mins. When it is bubbly and beginning to darken pour over the graham crackers. Place in the oven for 8 mins.
5. Remove from oven and pour the chocolate chips over the top. Allow to sit for a minute or two until the chips start to melt and then spread the chips evenly with a spoon.
6. Put in the freezer for 1 hour. Once set break into pieces. **ITS ADDICTIVE!!!**

AUTUMN PUMPKIN CRUNCH SQUARE



HEATHER MacGREGOR, *INTERIOR DESIGNER*

“ This is deliciously illegal and amazingly simple to assemble...a comforting hit with the dinner crowd, in any season! ”

Prep Time: 5 Mins Cook Time: 45 Mins Total Time: 50 Mins

INGREDIENTS

- 1 can 15oz (425g) solid pack pumpkin
- 1 can 12oz (340g) evaporated milk
- 3 large eggs
- 3/4 cup sugar (5.25oz, 149g)
- 1/4 teaspoon salt
- 1 tablespoon pumpkin pie spice
- 1 teaspoon vanilla
- 1 cup unsalted butter, melted (8oz, 227g)
- 1 cup pecans chopped (4oz, 113g)
- 1 package yellow cake mix

INSTRUCTIONS

Preheat oven to 350°

Butter or spray with nonstick baking spray a 9x13 inch baking pan.

1. In a large bowl, whisk together the pumpkin puree, evaporated milk, eggs, sugar, vanilla, pumpkin pie spice, and salt. Whisk until well combined and smooth.
2. Pour mixture into prepared pan and spread into an even layer.
3. Sprinkle dry cake mix gently and evenly over the pumpkin pie filling. Use your hands if necessary, to smooth and level.
4. Sprinkle the top of the cake with chopped pecans and evenly drizzle the melted butter over the entire cake.
5. Bake in the middle of a preheated oven until golden brown and a toothpick inserted into the middle comes out clean, about 45-50 minutes. The bottom pumpkin layer will remain custard-like.
6. If the top is becoming too brown, cover the cake with a piece of foil.
7. Remove pan to a wire rack to cool. Serve slightly warm, at room temperature, or chill for a few hours before serving. The cake will cut into neater slices when it is cooler.
8. Store cake in the refrigerator.
9. If desired, top with whipped cream and chopped pecans before serving.

MAGNOLIA BAKERY BANANA PUDDING



HEATHER MacGREGOR, *INTERIOR DESIGNER*

“ It remains the second most popular dessert (after the cupcakes) at the bakery. It is SOOOOO good and creamy with that vanilla cookie crunch. No bake time, great for a crowd and freezes well too. ”

Prep Time: 4 Hr 30 Mins Set Time: 4 Hr Total Time: 8 Hr 30 Mins

INGREDIENTS

- 1 (14-ounce) can sweetened condensed milk
- 1 1/2 cups ice cold water
- 1 (3.4-ounce) package instant vanilla pudding mix, Jell-O brand
- 3 cups heavy cream
- 1 (12-ounce) box substitute Nilla Wafers (wheat free!)
- 4 cups sliced ripe bananas

INSTRUCTIONS

1. In a small bowl, on the medium speed of an electric mixer, beat together the sweetened condensed milk and water until well combined, about 1 minute. Add the pudding mix and beat well, about 2 minutes more. Cover and refrigerate for 3-4 hours or overnight, before continuing. It is very important to allow the proper amount of time for the pudding mixture to set.
2. In a large bowl, on the medium speed of an electric mixer, whip the heavy cream until stiff peaks form. Gently fold the pudding mixture into the whipped cream until well blended and no streaks of pudding remain.
3. To assemble the dessert, select a large, wide bowl (preferably glass) with a 4-5-quart capacity. Arrange one-third of the wafers to cover the bottom of the bowl, overlapping if necessary, then one-third of the bananas and one-third of the pudding. Repeat the layering twice more, garnishing with additional wafers or wafer crumbs on the top layer of the pudding. Cover tightly with plastic wrap and allow to chill in the refrigerator for 4 hours - or up to 8 hours, but no longer! - before serving.

NO-BAKE KEY LIME PIE

NATALIE CHAPMAN, SR ACCOUNT EXECUTIVE

“ THIS IS DELICIOUS!!! It is SOOOOO good. No bake time - just needs to go in the freezer. The limes can be substituted for any fruit - peaches are delicious with it too. Or raspberries and dark chocolate flakes on top. ”

Total Time: 1 Hr 10 Mins

INGREDIENTS

CRUST:

- 2 cups raw unsalted cashews
- 1/2 cup unsweetened shredded coconut
- 1 cup pitted dates (raw or dried)
- 1/8 teaspoon Celtic sea salt

FILLING:

- 1 large avocado, pitted and peeled
- 1 1/2 cups raw unsalted cashews, soaked and drained
- 1/2 cup melted virgin coconut oil
- 1/2 cup pure maple syrup
- 1 tablespoon finely grated lime zest
- 1 teaspoon natural vanilla extract
- Pinch of Celtic sea salt

INSTRUCTIONS

1. To make the crust, add the cashews, coconut, pitted dates, and sea salt to your food processor, fitted with the S blade. Process until the ingredients are mixed and broken down well, and they stick together when you collect a small handful and squeeze.
2. Press the crust ingredients evenly into the bottom of an oiled, 9-inch springform pan.
3. To make the filling, throw the filling ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.
4. Pour the filling over the crust and use a spatula or inverted knife to shape the top.
5. Chill the pie in the freezer for an hour, then transfer it to the fridge and let it set for another 3 hours, or overnight. Cut into slices and serve.
6. Cover and store the pie in the fridge for up to 3 days, or in the freezer for up to 10. If you freeze the pie, defrost the slices in the fridge for several hours before serving.

SOURDOUGH CINNAMON BUNS



INGREDIENTS

FOR THE DOUGH- OVERNIGHT

- 1 cup (8 oz, 224g) active sourdough starter (100% hydration)
- 1/4 cup (2 oz, 30ml) warm water
- 1 cup (8 oz, 240ml) warm milk (110°F)
- 4 cups (20 oz, 560g) unbleached all purpose flour
- 1/3 cup (3oz 84g) sugar
- 1/4 cup (2oz 56g) unsalted butter, melted
- 1 large egg
- 1 teaspoon salt

FOR ASSEMBLY:

- 1/4 cup (2 oz, 56g) unsalted butter, melted
- 1/2 cup (4 oz, 112g) granulated sugar
- 1/2 cup (4 oz, 112g) brown sugar
- 1 tablespoon ground cinnamon
- 1 egg for egg wash

FOR THE ICING

- 1/4 cup (2 oz, 56g) cream cheese, room temperature
- 1/2 stick (2 oz, 56g) softened butter, room temperature
- 3/4 cup (3 oz, 84g) confectioner's sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon lemon juice (optional)

JAMIE LOVE, *DIGITAL DIRECTOR*

“ It’s on my to do list but I need more supplies, so make them and share with me! ”

Total time: 13 Hr 10 Mins

INSTRUCTIONS

1. In a mixer bowl combine the starter, water, milk and 2 cups of the flour. Mix to form a thick batter. Cover the bowl and set aside to rise for 30 minutes.
2. Add the sugar, melted butter, egg and salt then mix to combine. Change to the dough hook if using a stand mixer. With mixer on low add the remaining flour, 1/2 cup at a time. The dough should be soft and elastic, will clear the sides of the bowl and gather on the hook. Knead for 2-3 minutes. If mixing by hand continue mixing and then kneading in the flour by hand. Dump the dough onto a lightly floured surface. Knead into a smooth ball.
3. Transfer the dough to a lightly oiled bowl, turning once to coat the dough. Cover the bowl and set it aside at room temperature. After 30 minutes uncover the bowl, lift one side of the dough over into the middle of the dough. Repeat with the other three sides of the dough then flip the dough over. Cover the bowl and after 30 minutes repeat the procedure. Cover the bowl and after 60 minutes repeat the procedure one last time. By now the dough should be lively, elastic and airy. If the dough is still sluggish give it another hour or two at room temperature.
4. Generously brush a 9" x 13" baking pan with some of the melted butter, reserve the rest. In a small bowl, combine the granulated sugar, brown sugar and cinnamon. Turn the dough onto a floured surface without kneading out the air. Roll the dough to a 18" x 16" (46cmx41cm) rectangle. Generously brush the surface of the dough with egg wash. You should use almost 1/2 the egg wash to get a good coating so the cinnamon sugar will stick. Sprinkle the cinnamon sugar over the egg washed dough. Use your hands to smooth out the cinnamon sugar to an even layer all the way to the edge of the dough.
5. Working from the long side, tightly roll the dough into a log, pinch the seam to seal. Straighten out the log so it's of even thickness and is 18" 46cm) long (see note 1).
6. Use a serrated knife to cut the log into twelve 1.5" (3.5cm) wide buns. Place the buns in the prepared pan. Generously brush the tops of the buns with the melted butter. Cover the buns with plastic wrap and refrigerate overnight (see note 2).
7. In the morning take the pan out of the refrigerator. You'll see some melted sugar in the bottom of the pan, this will form a sticky bottom as the buns bake. Allow the buns to proof at room temperature until they're puffy and almost filling the pan, about 1.5 - 2 hours. The exact time needed for proofing will vary depending how active your starter was and the temperature of your kitchen.
8. Preheat the oven to 375°F (190°C) Bake the buns until they're until golden brown and set in the center, 25-30 minutes.
9. While the buns are baking, make the icing. Combine the butter and sugar in a mixing bowl and cream until well combined. Add the cream cheese and whip until well aerated. Add the vanilla and optional lemon juice. The lemon juice will spark the flavor of the icing but it's ok to go without.
10. Remove the buns from the pan to a serving plate while they are still warm. Spread cream cheese icing generously over the buns and indulge.

NOTES

1. At this point you can wrap the log and freeze for up to 32 months. Defrost and then continue the recipe.
2. If you want to bake the buns the same day you can leave them at room temperature to rise at this point.

ONE-BOWL BLONDIES

DAVID MCOUAT, VP SALES

“Golden and Delicious. No apples required.”

Prep Time: 20 Mins Cook Time: 25 - 30 Mins Total Time: 50 Mins

INGREDIENTS

- 8 tablespoons (1 stick) unsalted butter, melted and cooled
- 1 cup packed light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 cup semisweet or bittersweet chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F and prepare an 8x8-inch baking pan. Arrange a rack in the middle of the oven and heat to 350°F. Line an 8x8-inch baking dish with parchment paper, leaving a 2-inch overhang on two opposite sides like a sling.
2. Place the butter, brown sugar, egg, and vanilla in a large bowl and use a sturdy whisk or electric hand mixer to mix until well-combined, about 1 minute. Add the flour, baking powder, and salt and use a large spatula to mix until just combined. Fold in the chocolate chips, reserving a few for the top if desired.
3. Pour the batter into the prepared pan and smooth into an even layer. Bake until the edges are browned and pulling away from the pan, and a tester inserted in the center comes out with just a few crumbs, 25 to 30 minutes.
4. Cool the blondies before cutting. Cool completely in the pan on a wire rack. Grasp the excess parchment and lift the blondie slab out of the pan and onto a cutting board. Cut into 16 squares.