



# Dr. Martha Cohen School Cookbook

Dear DMC families;

Humans have connected through food for centuries. Whether it's celebrating a special occasion or just an excuse to get together it gives us a reason to come together. We are grateful to those who contributed and hope you enjoy learning more about our community members through these recipes.

Sincerely,

The staff and students of Dr. Martha Cohen School  
December 2021







# Family Friendly Punch

## Ingredients

1/2 Bottle Fresca  
1/2 Bottle Sprite  
1/2 Bottle Ginger Ale  
2 or 3 lemons sliced  
2 cans frozen orange juice  
2 cans frozen pineapple juice  
1/2 bottle of pina colada mix

**Why this recipe:** My family loves to offer this at special events like Christmas and New Year's Eve. It's a big hit with the younger children as they feel like they're having 'adult drinks.'





# Delicious Chip Dip

## Ingredients

1 - 500g Sour Cream or Unflavored Greek Yogurt Container or Mayo  
1 package Knorr Vegetable Soup Mix  
1 tsp Clubhouse Italian Powder Dressing  
1 large Bag of Ruffle Chips.

## Directions

Mix all ingredients together in a bowl and enjoy!

**Why this recipe:** Who doesn't love a fantastic chip dip while watching Sunday football?





# Fresh Biscuits

## Ingredients

2 cups Flour  
1 tbsp Baking Powder  
1/2 tsp. Salt  
1/3 Cup Vegetable or Coconut oil

## Directions

Hand whisk ingredients together well until oil is no longer visible.  
Stir in 3/4 cup warm water  
Knead in the bowl a couple times, lay on a floured surface with about 1/2 inch thickness to the dough  
Use a small cup or cookie cutter to cut out a round shape.

Bake on an ungreased cookie sheet at 425F degrees on convection for best even cooking for 12 - 14 min.  
Place in a bowl, cover with towel and serve with butter &/or jam.

**Why this recipe:** Biscuits are a delicious side dish for special occasions and Sunday dinners with the whole family.





# Bannock

## Ingredients

3 cups flour  
2 tbsp baking soda  
1 tbsp sugar  
½ tsp salt  
½ cup shortening  
1 cup milk

Raisins are optional

## Directions

Preheat the oven to 425F.  
In a bowl, mix all the ingredients until combined  
Shape dough into a ball and then flatten to 1 inch thick  
Bake for 25 minutes

**Why this recipe:** We are metis, (Slavey) from the First Nations Dene group. There are different variations and names for Bannock depending on what region but this is the type that we grew up eating.





# Wheat Salad

## Ingredients

1 ½ cups of wheat  
1 8oz package of cream cheese  
2 tbsp lemon juice  
1 large package of vanilla instant pudding  
1 large carton of cool whip  
1 small can of crushed pineapple (juice included)

## Directions

Cook the wheat slowly over 2-4 hours until wheat kernels start to split (you'll likely need to add water to the pot)

Drain, rinse and cool wheat

Once the wheat is cool add the cream cheese, vanilla pudding, lemon juice, cool whip and can of pineapple

Mix well and chill before serving

**Why this recipe:** Our family farm has been around for 102 years, giving it heritage status. In that time we have grown cereal crops and continue to do so to this day. Wheat salad is usually prepared at Thanksgiving- traditionally when harvest time is in full swing and there is an abundance of wheat in the grain bins. We literally will get the wheat out of the bin to make this salad which, I guess, is the literal meaning of farm to table.





# Bubby Tobi and Zaidda Ben's Potato Latkes

## Ingredients

5 potatoes cooked & mashed  
5 potatoes grated and drained  
1 onion grated  
3 eggs  
2 tbsp oil  
2 tbsp matza meal, breadcrumbs or flour  
Salt and pepper to taste

## Directions

Mix all the ingredients in a bowl  
Heat additional oil in the pan (enough to cover the bottom of the pan)  
Flatten into mini pancakes and fry until golden brown.  
Blot with paper towels (optional)  
Eat plain or top with applesauce, sour cream or sugar.

**Why this recipe:** This recipe reminds us of happy family memories around the table. It is a classic recipe that Jews around the world eat on one of our favourite holidays, Chanukah, that takes place every December. Bubby (grandma) Tobi was a Romanian Jew and her family used to mash the potatoes and eat the latkes topped with applesauce. Zaidda (grandpa) Ben, a Russian Jew, made them grated and ate them with sour cream, so when they got married they combined their family recipes to make this delicious combination. My husband's family were Jews from Poland and Tunisia and ate them topped with sour cream and sugar, so in our house we use all 3 toppings.

\*For a non fried option put it in a casserole dish and bake it. That version is called Potato Kugel. Bake at 400F for about 1.5 hours or until cooked through and golden brown on top. We hope you enjoy them as much as our family does. We eat these year round for Jewish holidays and on Fridays for our Sabbath meal.





# Feagan Family Cornbread

## Ingredients

½ cup butter  
2/3 cup sugar  
2 eggs  
1 cup buttermilk  
½ tsp baking soda  
1 cup cornmeal  
1 cup all-purpose flour  
½ tsp salt

## Directions

Preheat oven to 375F and grease 8-inch square pan  
Melt butter in large skillet. Remove from heat and stir in sugar  
Quickly add eggs and beat until well-blended  
Combine buttermilk and baking soda and stir into the pan  
Stir in cornmeal, flour, and salt until well-blended and few lumps remain  
Pour batter into prepared pan  
Baked in oven for 30-40 minutes or until toothpick inserted into the centre comes out clean

**Why this recipe:** We wanted to share this recipe because it is something that reminds us of good times, full bellies and full hearts. When our family moved here from the Northwest Territories we hadn't really had access to fresh dairy before, and the buttermilk in this recipe made it something special and delicious. It started out as something that we only had on rare occasions and as a way my grandmother showed her love through food (buttermilk was a big deal at the time), and now we make it any time we want to extend that same warm, loving feeling to friends and family. Pro-tip: melt butter and honey on top before serving for extra deliciousness.





# Deconstructed Pot Stickers

## Ingredients

1 pound ground pork  
2 cups coleslaw  
4 stalks green onions  
2 tbsp ginger root, fresh  
2 tsp sesame oil  
2 tbsp low sodium soy sauce  
4 ounces dry rice noodles  
Serve with 2 cups chopped pineapple (optional)

## Directions

Add pork, coleslaw, green onions, ginger root, sesame oil, soya sauce to a pan and cook until pork is no longer pink.

Meanwhile cook the rice noodles according to package and drain

Add noodles to pork mixture and mix together

Serve immediately with pineapple (if desired)

**Why this recipe:** Deconstructed pot stickers have become one of Haven's favourites since we found the recipe online. It's easy to make, healthy and quick so everyone is happy. We don't have an exciting story about this recipe but we hope this will be a staple in your house like ours.





# Porcupine Meatballs

## Ingredients

2 lbs of Ground Beef  
1/3 cup uncooked rice  
1/3 cup milk  
1 tsp baking powder  
Half a chopped onion  
1 tsp worcestershire sauce  
Salt, Pepper, Italian Seasoning, Garlic Powder, Chili Powder, Paprika, Parsley Flakes and other seasonings you enjoy for meatballs.  
2 cans mushroom soup (do not use the 'add water or milk' kind)

## Directions

Mix all above ingredients together and form good sized meatballs. Lay in a dish and pour two cans of mushroom soup over raw meatballs (don't use the 'add milk or water' kind)

Cook in the oven at 350F degrees convection for approx 1hr & 30 min.

**Why this recipe:** This is a recipe handed down from my mother. She used to make it all the time in the 80's especially if we had activities in the evenings.



# Easy Homemade Ramen

## Ingredients

2 large eggs  
1 tbsp olive oil  
4 cloves garlic, minced  
1 tbsp freshly grated ginger  
4 cups reduced sodium chicken broth  
4 ounces shiitake mushrooms (if you don't like mushrooms, add for flavor and then remove them)  
1 tablespoon reduced sodium soy sauce  
3 (5.6-ounce) packages refrigerated Yaki-Soba, seasoning sauce packets discarded\* (any dried noodle also works)  
3 cups baby spinach  
8 slices Narutomaki, \*optional  
1 carrot, grated  
2 tbsp chopped chives

## Directions

Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and halving.

Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and ginger, and cook, stirring frequently, until fragrant, about 1-2 minutes.

Whisk in chicken broth, mushrooms, soy sauce and 3 cups water.

Bring to a boil; reduce heat and simmer until mushrooms have softened, about 10 minutes. Stir in Yaki-Soba until loosened and cooked through, about 2-3 minutes.

Stir in spinach, Narutomaki, carrot and chives until the spinach begins to wilt, about 2 minutes.

Serve immediately, garnished with eggs.

## Notes

\*Yaki-Soba is ramen-style noodles and can be found in the refrigerated aisle of your local grocery store.

\*Narutomaki is a type of kamaboko fish cake and is mainly used as a garnish in noodle soups such as ramen or soba.

**Why this recipe:** Coral has a love for all things Japanese, and Ramen has become a favourite of hers. She loves making Ramen herself and this particular recipe is an easy and quick one she can put together herself and often cooks for her family.



# Chicken Tikka

## Ingredients

Marinade (whole chicken cut into pieces or boneless)

1 ½ tbsp Lemon juice  
2 tsp salt (or to taste)  
1 ½ tsp crushed red pepper  
¾ tsp garam masala (mixture of ground spices)  
1 tbsp green chillies chopped  
1 tbsp garlic chopped  
1 tbsp Ginger chopped  
3 tbsp yogurt

Marinate for at least 4 hours or overnight and grill it.

**Why this recipe:** Chicken tikka is a dish originating from South Asia. It is prepared by marinating pieces of chicken in various spices and then grilling over charcoal. Traditionally served with mint chutney, onions and lemon, It is very popular in Pakistan and found on everyday home and special occasions menu.





# Turkey Meatball Soup

## Ingredients

For the broth:

Olive Oil  
1/2 chopped onion  
4 sticks celery  
4 sticks carrots  
2 cloves crushed garlic

## Directions for Broth

Stir all up until warmed in pot until and onions glossy

### Add the following ingredients

Parm Rind  
2 cans crushed tomatoes  
2 containers of vegetable broth  
1 or 2 cubes of chicken stock  
2 or 3 cans of water, judging by thickness and pot levels.  
Add seasoning: salt, pepper, parsley flakes, vegetable seasoning, basil, rosemary, bay leaf (remember to remove before serving)  
Simmer broth mix for about 40 min, then remove parm rind and bay leaf  
While broth is cooking, prepare and cook meatballs as follows:

## Meatball Ingredients

3 packs ground turkey  
1/4 cup or so breadcrumbs  
1 egg  
parsley  
chopped onion  
crushed garlic  
parmesan from rind block freshly grated  
Salt / Pepper  
Any other seasoning to taste.

## Directions

Mix all ingredients in a bowl prior to rolling into balls  
Makeup meatballs on a cooking sheet (I prefer small ones so there are lots in the soup)  
Bake at 350F degrees convection for 12 to 20 min depending on size (they don't take long)

When you remove the rind and bay leaf, add meatballs, chopped spinach and chopped zucchini, simmer for another 10 to 20 min and serve.

**Why this recipe:** This is a recipe our family has loved for years.



# Chicken Chunks

## Ingredients

4 boneless skinless chicken breasts cubed  
oil (coconut or olive)  
Italian Shake n Bake  
1 cup uncooked rice

## Directions

Prepare the oven to 400F.  
In a bowl, add the cubed chicken.  
Drizzle with oil and stir to coat the cubes  
Sprinkle Shake n Bake over the chicken, stir and add more as needed until all the chicken is coated.  
Place the chicken chunks onto a non-stick pan and fry until crispy brown.  
Serve on a bed of rice with soya sauce.

**Why this recipe:** We love this recipe because it's quick, simple, tasty and the perfect comfort meal when you're in a mood for something cozy.



# Cheeseburger Gnocchi

## Ingredients

1 tbsp butter  
1 package of potato gnocchi  
1 tsp each of salt and pepper  
½ tsp smoked paprika  
1 tsp mustard powder  
1 tsp cumin  
1 diced onion  
3-4 minced garlic cloves  
1 can Rio-Tel diced tomatoes and chilies  
1 cup beef broth  
¼ cup heavy cream  
1 cup sharp cheddar cheese (grated)  
1/3 cup chopped scallions

## Directions

Melt butter in skillet on medium heat and place gnocchi in single layer cooking for 2-3 minutes until golden brown. Flip and do the other side. Remove gnocchi and set aside

Turn heat to high and cook ground beef plus the spices. Add in garlic and onion and cook until no longer pink and onions are golden. Drain if necessary.

Add tomatoes, broth and gnocchi back to the skillet. Stir, bring to a boil then turn down the heat and let simmer for 5 minutes and the gnocchi is soft.

Turn off the heat and add cream and ½ cup of cheese stirring to combine. Top with remaining cheese and scallions and place under the broiler until cheese is brown and bubbly.

**Why this recipe:** This is one of our family's favourite recipe. Even my son will eat it!



# Baked Salmon

## Ingredients

Salmon

Juice of ½ lemon

4 finely minced garlic cloves

4 tbsp olive oil

Spices: ¼ tsp ginger, ¼ tsp paprika, ¼ tsp black pepper, ½ tsp kosher salt, ¼ tsp cumin, ¼ tsp coriander

## Directions

Preheat oven to 350 F and prepare baking sheet lined with parchment paper or foil

Pat salmon dry and place on prepared pan.

Pour lemon juice, minced garlic and olive oil over salmon then season it with salt and other spices (spread evenly)

Bake salmon uncovered in the preheated oven for 20-25 minutes and then broil for 5 minutes on low

Garnish with chopped parsley or cilantro

Serve with hot rice or mashed potatoes.

**Why this recipe:** This recipe is important for our family as we used to prepare it for special occasions like birthdays or Christmas parties.





# Creamy Chicken and Shrimp

## Ingredients

2 large chicken breasts  
½ tsp garlic powder  
Salt and pepper  
1/2 cup flour  
¼ cup butter  
½ chopped celery  
1 ½ cup mushrooms  
½ diced onions  
¾ cup dry white wine  
1 ½ cups of shrimp  
2 tbsp fresh parsley (less if using dried)  
½ cup sour cream

## Directions

Cut chicken into bit sized pieces. Sprinkle chicken with garlic powder, salt, and pepper. Dredge chicken in the flour. In a frying pan melt butter and brown chicken breasts until crisp and golden on the outside. Add celery, mushrooms, onion and wine and simmer for 30 minutes. Saute shrimp and add remaining ingredients. Bring to just a boil. Serve over rice or noodles.

**Why this recipe:** This is an easy recipe that children can help with. We feel it tastes fancy even though it's easy. This was our child's grandpa's favourite recipe that their mom made for them.





# Gnocchi

## Ingredients

1 container of fresh ricotta  
1 egg  
2 cups of flour  
 $\frac{3}{4}$  tsp salt  
1 tbsp parmesan cheese

## Directions

Whisk together ricotta, egg, parmesan and salt  
Add flour  $\frac{1}{2}$  cup at a time to form a stick dough  
While the pot is boiling roll out the dough on the surface covered with  $\frac{1}{2}$  flour  
Cut the dough into 6 pieces and cut each rope into 1 inch pieces  
Once the water is boiled place the gnocchi into the pot. Once they have risen to the surface let it cook for 30 seconds longer  
Strain them in the colander and dress with your favourite toppings.

**Why this recipe:** We enjoy making the gnocchi recipe as a family first because it's an easy recipe for the kids to follow and second because they love rolling out the dough and using a fork to make the ridges.





# Pillsbury Veggie Pizza

## Ingredients

2 cans refrigerated Pillsbury Original Crescent Rolls  
1 8oz package of cream cheese softened  
½ cup sour cream  
2 tsp dried dill  
1/8 tsp garlic powder  
½ cup broccoli florets  
1/3 cup quartered cucumber slices  
1 roma tomato chopped  
¼ cup shredded carrot

## Directions

Heat oven to 375F  
Unroll both cans of dough and spread into 9 x 14 pan  
Press along seams of dough to form a crust  
Bake crust 13-17 minutes until golden brown  
Cool completely (roughly 30 minutes)

In a small bowl mix cream cheese, sour cream and spices until smooth  
Spread over cool crust  
Top with vegetables  
Serve immediately or cover and store in the fridge for 1-2 hours

**Why this recipe:** We love to include lots of dill and usually double the amount or omit garlic powder. You can also use any veggies you have on hand. Experiment with flavours and have fun!



# Shipwreck

## Ingredients

1 ½ lbs ground beef  
1 tin Campbell's tomato soup  
3-4 carrots  
3 potatoes  
¼ cup instant rice  
1 small onion finely chopped  
grated cheese

## Directions

Preheat oven to 350 F  
Brown meat and onions. Remove fat.  
Peel carrots, potatoes and slice  
In casserole dish, layer ½ of each: meat, rice, carrots, potatoes, pinch of salt and pepper.  
Repeat layers ending with the potatoes  
Mix tomato soup with ½ tin of water  
Pour soup over casserole  
Top with grated cheese  
Cover and bake for 1 ½ hours

**Why this recipe:** Shipwreck is one we love making and eating as a family comfort meal.





# Cheater chicken pot pie

## Ingredients

Half a rotisserie chicken shredded  
1 can cream of chicken soup  
1 cup diced Celery  
1 cup diced carrots  
1/2 cup diced onion  
1 cup frozen peas  
Package of clubhouse chicken/turkey gravy  
salt and pepper to taste  
2 tbsp concentrated chicken bouillon liquid  
Tenderflake pie shells

## Directions

Place all ingredients (except pie shells) into slow cooker and cook on low for 6-8 hours  
thaw pie crusts  
put one empty pie crust into pie pan  
bake at 350 for 5 minutes  
take out  
put filling in pie shell  
cover with remaining crust  
poke holes in top and pinch sides closed.  
Bake at 350F for 20 minutes or until golden brown

**Why this recipe:** This Cheater Chicken Pot Pie will taste better than from scratch and no one will know the difference! Serve with a green salad for an easy weeknight meal or cozy Sunday dinner with family. Also great for a night entertaining friends!

**\*Cheater hack-** use a frozen bag of mixed veggies instead of chopping, save your energy for entertaining and having fun! Or you could take a nap and watch Netflix, depending on your mood. Let the slow cooker do all the work for you!!

This comfort food is best enjoyed with people you love!



# Anise Seed Biscuits

## Ingredients

2 eggs  
1/2 cup anise seeds  
1/2 tsp vanilla  
1 cup canola or any mild taste oil  
1 cup powdered sugar  
3 cups flour  
1 tbsp baking powder  
A pinch of salt

## Directions

Whisk the eggs, anise seeds, and vanilla. Add the oil and the sugar and mix them well. Add the flour and baking powder gradually, continue mixing by your hands until you have a soft dough. stretch and smooth the dough over a medium baking sheet ( or lined with parchment paper). Cut the smoothed dough into rectangles (as if you are cutting a rectangle cake into small rectangles) and then bake in a preheated oven on 350F for around 20 mins and broil it for around 5 mins until the top is golden. Set aside to cool down before serving. Enjoy with a cup of hot tea or milk.

**\*Pro tip:** You can add 2 tbsp of toasted sesame seeds, pinch of ground cardamom or a pinch of ground cinnamon. However, the original recipe is made without the additions.

**Why this recipe:** We would like to share one of our family recipes that is very old and inherited from our Palestinian (middle eastern/ Arab) grandmothers who used to bake for us when we were kids and I learnt it from my own mother. It is “Anise Seeds Biscuits”. It is an easy recipe, even beginners can make it. I remember as a kid, waking up smelling fresh baked anise seeds biscuits on weekends and days before celebrating “Eid”. I used to eat them hot out of the oven. This recipe remind us of happy occasions and our family morning gatherings, especially second day of celebrating Eid. The cookies have a very sweet and soft taste that would stay in your mouth. You’ll eat 10 cookies in 5 minutes without you realizing that!



# Healthy Chocolate Chip Banana Muffins

## Ingredients

In a blender mix:

3 ripe bananas

1 tbsp almond milk

1 egg

1/4 cup honey

1 tbsp coconut oil

1/2 cup greek yogurt

1 tbsp vanilla extract

## Directions

In a bowl mix:

1 cup flour

1/2 cup almond or coconut flour

1 tsp baking powder

1/4 tsp salt

Dry whisk ingredients to mix

Add blended ingredients to dry and whisk

Add 1/2 cup chocolate chips & whisk

Scoop into muffin tin and bake at 350F degrees convection is best for 20 to 25 min testing with a toothpick to make sure they are done. Makes 12 muffins.

**Why this recipe:** Our family wanted to contribute a healthy favourite!



# Gluten-Free Tahini Cookies

## Ingredients

½ cup sesame seeds  
1 1/3 cup almond meal (blitz almonds in a food processor, this is chunkier than almond flour)  
1/2 tsp baking soda  
pinch of salt  
¼ cup honey, up to 1/3 cup if you have a sweet tooth  
1/3 cup tahini  
1 1/2 tsp vanilla extract

## Directions

Preheat to 350F  
Line two baking trays with parchment paper or a similar liner

Cream together honey, tahini, and vanilla. If creaming by hand, you can soften the honey and tahini a bit in the microwave to help out.

Combine the dry ingredients: almond meal, baking soda, and salt. Mix with the wet ingredients until combined. Don't worry about overworking it, using your hands is the easiest way.

Pour the sesame seeds out onto a small flat plate. Roll a heaping teaspoon of dough into a ball, roll it in the seeds, and flatten slightly onto your baking tray.

Bake for 8 minutes and keep an eye out, these darken quickly! They won't look done but will keep browning after they come out of the oven. Cool completely.

**Why this recipe:** It is a healthy, gluten-free option for our family members who are allergic to gluten.



# Amish Glazed Donuts

## Ingredients

### Milk Mixture

1 1/2 cups whole milk, heated  
1/2 cups sugar  
1 tsp salt  
1/2 cups unsalted butter

### Water Mixture

1 1/2 cups warm water  
2 tsp sugar  
4 1/2 tsp yeast

### Dough Base

2 large eggs, room temperature  
9 cups all-purpose flour

## Directions

**Donut Dough:** In a medium saucepan over medium-high heat add milk. When the milk is hot but not boiling add sugar, salt and butter. Set aside to cool down (about 5-10 minutes). Add yeast and 2 tsp sugar to warm water. Let sit for 5 minutes, allowing the mixture to grow and bubble.

In the bowl of a stand mixer (using the dough hook) add the milk and water mixture. Add the eggs and mix for a couple of minutes.

Add in the flour 1 cup at a time with the mixer on low. After the last flour has been added knead for 10 minutes.

Drop the dough into a greased bowl and let rise for 1 hour (it should double in size). After an hour punch down the dough and allow to rise for 1 more hour.

Gently roll out the dough and cut out into rounds with a cookie or biscuit cutter. Cut out the centre with a small cookie to make 'Timbits.' Allow dough to rise another 30-45 minutes.

## GLAZE

1/3 cup butter  
2 cups powdered sugar  
1 1/2 tsp vanilla  
4-6 tbsp hot water

Heat butter until melted, whisk in sugar and vanilla. Add water 1 tbsp at a time until desired consistency is reached.

Heat oil in heavy pot until 250 degrees. Gently drop the donuts in the hot oil. Flip and remove once the dough is golden brown.

Allow donuts to cool slightly on a cooling rack then dip in glaze. Double dip for an extra decadent treat!

**Why this recipe:** Over "The Summer of Covid" (June-August 2020), Asher and I started searching out new recipes to try like many other families. We were on a mission to find the best donuts that taste like Krispy Kreme and tested over a dozen different recipes. Every recipe we tested, we dropped off "care packages" on our family members' door steps for their opinions. We all decided this was the recipe that tastes most like Krispy Kreme, and since then we have made it several times on special occasions and joke that they are the "Covid Donuts". The donut is delicate and fluffy, and the glaze is buttery and light.



# Booter Halwa

## Ingredients

1 cup chickpea lentils  
3 cups of milk  
2 cardamom  
1 cinnamon stick  
1 cup sugar  
1 ½ tbsp of ghee (clarified butter)

## Directions

Soak chickpea lentils for 6 hours  
Bring milk and soaked chickpea lentils to a boil and stir continuously  
Add cardamom and cinnamon stick  
Cook for approximately 30 minute until soft then remove the cinnamon and cardamom  
Blend chickpea lentils into a smooth paste using milk as needed for consistency  
Transfer chickpea paste into a pan and add sugar and a pinch of salt  
Stir as sugar dissolves  
Cook until it gets thick on low heat  
Mix in ghee  
Let cool and shape up the chickpea paste into any desired shape or design

**Why this recipe:** We mostly prepare this dish during any celebration such as ‘Pohela Baishak’ which is Bengali new year or Eid.



# Cocoa Energy Bars

## Ingredients

¾ cup peanut butter  
¾ cup honey  
¾ cup brown sugar  
½ cocoa  
1 ½ cup oatmeal  
1 ¼ cup of Rice Krispies  
1 cup dried fruit  
1 cup crush nuts

## Directions

In a pot on medium heat combine peanut butter, honey, brown sugar and cocoa until melted. Add the rest of the ingredients and mix well. Spray 9 x 13 inch pan and press batter into the pan. Cool before cutting squares.

**Why this recipe:** This recipe won the prize for best energy bars in the Peanut Bureau of Canada contest.





# Mars Landers

## Ingredients

4 Mars bars  
½ cup of margarine and ¼ cup of margarine separated  
3 cups of Rice Krispies  
1 cup of chocolate chips

## Directions

Roughly chop Mars bars  
Melt pot with ½ C margarine.  
Once melted remove from heat and stir in Rice Krispies  
Press into 9 x 13 greased baking pan and let set while you melt the chocolate  
Melt ½ cup margarine with 1 cup chocolate chips  
Spread on base and let set in fridge or freezer

**Why this recipe:** When my husband left his last job more than one person asked ‘how am I supposed to get my Mars Landers for Christmas?’





# Gluten-Free Chocolate Cake

## Ingredients

1 cup banana flour  
1/3 cup rice flour  
1 ¾ cup sugar  
2 tbsp cornstarch  
1 tsp xanthan gum  
¾ cup cocoa powder  
1 ½ tsp baking powder and baking soda  
1 tsp salt  
Wet Ingredients: 2 eggs (lightly beaten), 1 cup milk, ½ cup vegetable oil, 2 tsp vanilla, 1 cup hot coffee

## Directions

Preheat oven to 350F  
Combine the 9 dry ingredients in a large bowl and the wet ingredients in a separate bowl  
Add wet ingredients to dry ingredients and beat until smooth  
Carefully whisk coffee into batter  
Grease two 8-inch round pans or line muffin tin for about 20 cupcakes  
Cook rounds 30- 35 minutes or cupcakes at 17-20 minutes  
Let cook 10 minutes before removing to cooling rack

**Why this recipe:** My mom found out she was celiac about 5 years ago. We've tried a lot of different recipes and changes to recipes, not all turned out that well. Everyone likes this one because it tastes like regular chocolate cake. This is the recipe we use for every birthday now.



# Lemon Loaf

## Ingredients

1 cup sugar  
2 eggs beaten  
¼ cup of butter softened  
½ cup milk  
½ tsp of salt  
1tsp baking powder  
1 ½ cups flour  
1 ½ tsp lemon juice and rind of lemon

## Directions

Mix dry ingredients in a separate bowl with a whisk  
Cream together butter and sugar until fluffy  
Add eggs and mix well  
Add dry ingredients in 2 batches alternating with milk. Mix together  
Add rind, juice and scoop into greased loaf pan  
Top with topping of ¼ cup sugar and juice of 1 lemon  
Bake for 40-45 minutes at 350F

**Why this recipe:** This is a friend's recipe that our whole family loves.



**Streusel Pflaumen Kuchen**



## (Streusel Plum Cake)

### Ingredients

20 g yeast or 1 packet of dry quick yeast  
1 tsp sugar  
¼ litres of lukewarm milk  
500 g all-purpose flour  
1 tsp vanilla  
50g softened, unsalted butter

### Directions for dough

\*Start with the streusel below and do the dough after the streusel is finished

Mix the yeast with 5 tbsp of lukewarm milk and tsp of sugar  
Sift 2/3 of the flour into the bowl and create an indent at the highest point of the flour so it looks like a volcano  
Pour the yeast mixture into the mouth of your volcano and cover it with 1cm of flour  
Gently add the rest of the sugar and vanilla around the slopes of the volcano (be careful that it doesn't touch the yeast mixture)  
When you notice cracks forming in the flour you covered the yeast mixture with you can start mixing the yeast mixture with the rest of the ingredients. It can be difficult to mix so you must add the rest of the lukewarm milk little by little  
Once that is all mixed in with a spoon then you can add the rest of the flour (little by little). At this point you'll need to knead it with your hands  
The dough should be warm, soft and squishy but not sticky  
Set the dough on top of the preheated oven in a bowl covered with a wet dish towel until the dough has doubled in size (roughly ½ to a full hour)  
Punch the dough down and knead it one last time then roll it out on a greased cookie sheet  
Lay pitted plums or sour cherries or cored and eighthed apples on the dough peel side down

### Streusel Method

Sift flour in bowl  
Add butter in little chunks (best to use room temperature)  
Mix in vanilla and sugar  
Squish it all together when you feel the mixture is pretty even pack the entire thing into one big tight ball, put in a large Ziploc bag and put it in the freezer for a good hour or more  
Crumble the frozen ball so it is in little chunks spread all over the top of the fruit you laid on the dough  
Put it in the oven for 30 minutes at 350F  
Refrigerate your plum cake as it tastes better after 1 day of sitting

**Why this recipe:** Holly's grandparents immigrated from Germany in 1962. They brought with them: \$10 and a 1961 VW bug in racing green. Eventually they settled in Kitchener, Ontario and when Holly's mom was 2 in 1972, Holly's grandmother started to feel homesick and went home for 6 weeks. When she returned she brought a baking book called 'Backen Macht Freude' which means 'Baking Brings Joy.' This recipe was made again and again every autumn when oblong plums were in season, every Christmas made with sour cherries or when guest came granny smith apples. Holly's uncles eventually inherited the book but not before her grandmother sent the recipe to Holly's Mom! Now Holly gets to eat it every fall. It freezes well too so she may even get a little bit at Christmas time if she behaves herself.



# Walton Family Favourite

## Ingredients

2 ½ cups white flour  
1 cup whole wheat flour  
3 cups sugar  
2 tsp baking soda  
2 tsp cinnamon  
1 tsp nutmeg  
1 tsp salt  
16 oz pumpkin puree  
1 cup oil  
4 eggs lightly beaten  
1 tsp vanilla  
2/3 cup water  
1 cup chocolate chips

## Directions

Preheat oven to 350 F  
Grease 2 9 x5 pans  
Mix flours, sugar, baking soda, cinnamon, nutmeg and salt  
In a separate bowl mix pumpkin puree, oil, eggs, water and vanilla  
Combine the 2 bowls and mix in chocolate chips  
Cook for 55-65 minutes  
Cool in pan for 20 minutes

**Why this recipe:** We like to make mini muffins or smaller loaves as it's the perfect fall treat!



# Secrets- A Family Recipe

## Ingredients

½ cup to ¾ cup of butter  
1 cup sugar (granulated)  
2 eggs well beaten  
2 cups graham cracker crumbs  
½ cup flaked unsweetened coconut  
1tsp vanilla  
2 ½ cups miniature marshmallows

## Directions

In medium-sized saucepan over medium-high heat combine butter, sugar, and eggs. Cook, stirring constantly, until the mixture comes just to a full boil then remove from heat and allow to cool  
When mixture is cool add the graham crackers, coconut, vanilla, and marshmallows. Stir until all ingredients are mixed  
Press into 9 x 9 inch pan  
Cut into small squares and serve

**Why this recipe:** Noah's Nana and now Noah's mom make these bars every Christmas. We call them Secrets and we add ½ cup of chopped peanuts to add a bit of salty to the sweet. They are a big hit!





## **Cinnamon Buns**

### **Ingredients**

Yeast- 1 cup milk warmed to touch, ¼ cup melted butter, 5 tbsp granulated sugar, 2 ½ tsp quick-rise yeast (or instant/rapid yeast)

Rolls- 1 large egg whisked, 3 ½ cups all-purpose flour, ¼ tsp salt, cooking oil spray

Filling- ¾ cup loosely packed brown sugar, 3 tbsp ground cinnamon, 4 TBSP melted butter

Icing- 4oz cream cheese room temperature, 2 tbsp melted butter, 2 tbsp milk, 1 tsp vanilla, 1 cup powdered sugar

### **Directions**

Heat oven to 200F

#### **For the Yeast**

Combine the warm milk together with the melted butter, sugar, yeast in a large bowl. Allow stand for 10 minutes until frothy.

#### **For the Rolls**

Add the whisked egg to the milk mixture. Add exactly 3 ½ cups of flour and salt and mix until a soft dough forms (the dough will be sticky). Turn out onto a lightly floured surface. Knead until smooth and elastic (about 2 minutes of kneading), occasionally rolling into the flour on your bench to stop the dough from sticking.

Lightly coat a large bowl with cooking spray and transfer ball of dough to the bowl, turning once to coat the oil. Cover with a damp towel. Turn oven off and transfer bowl of dough to the warm oven. All to rise for 30 minutes. When ready, punch dough down; cover and let rest for an additional 30 minutes or until it's doubled in size.

Roll out dough on lightly floured surface into a 19 inch by 13 inch rectangle. Brush the melted butter over the dough and sprinkle evening with brown sugar and cinnamon. Gently rub the cinnamon mixture over the butter.

Beginning at one long side, roll the dough up tightly like a jelly-roll then gently pinch the seam down the middle to seal. Trim the ends for even slices and cut dough into 12-15 slices.

Arrange the rolls in a lightly greased 9 x 13 inch baking dish. Cover with a damp towel and allow to rise for 30 minutes or it has doubled in size.

Preheat oven to 350 F

Uncover rolls; bake for 25 minutes or until lightly golden. Cool slightly before glazing.

### **Icing**

Prepare icing while the rolls are baking. Beat together the cream cheese, butter and vanilla until smooth and creamy. Beat in powdered sugar until lump free. Spread icing over rolls. Serve warm.

**Why this recipe:** For 2 generations we have had the tradition of eating cinnamon buns for breakfast on Christmas morning. This is our go-to recipe for soft, fluffy rolls.



# Double Chocolate Chippers

## Ingredients

1 cup butter/margarine  
1 cup white sugar  
½ cup packed brown sugar  
2 eggs  
2 tsp vanilla  
1 tsp baking soda  
1 ½ salt  
2 cups flour  
½ cup cocoa powder  
2 cups chocolate chips (either semi-sweet or half white chocolate chips)

## Directions

Cream together butter and sugars  
Add eggs, mixing after each egg  
Add vanilla and mix  
Add salt, soda and cocoa powder and mix  
Add flour and mix  
Add chocolate chips and stir in

Drop by tablespoons onto parchment paper lined cookie sheet  
Bake for 8-10 minutes at 375 F

**Why this recipe:** This recipe was the beginning of Adam changing recipes through experimentation. He wanted to have a chocolate cookie with chocolate chips. The recipe we had been using had no cocoa and was just regular vanilla cookie dough. We experimented with amounts of cocoa to use for the best flavor. We found ½ cup was perfect. To keep the cookie dough the right mixture, we substituted the ½ cup cocoa for ½ cup of flour in the original recipe.





# Old Fashion Chocolate Cake

## Ingredients

2 cups white sugar  
2 2/3 cups flour  
2/3 cup cocoa powder  
1 tsp baking powder  
1 tsp salt  
2 tsp baking soda  
2/3 cup vegetable oil  
2 eggs  
2 tsp vanilla

## Directions

Mix all dry ingredients in a mixing bowl.  
Add oil, eggs, and vanilla and mix well  
Slowly add 2 cups of boiling water and mix for 4 minutes  
Bake at 325 F for 50 minutes in an 8 x 12 inch pan, less time for cupcakes

## Cream Cheese Icing

½ softened unsalted butter  
1 brick softened cream cheese  
2 tsp vanilla  
3-4 cups powdered sugar

Using an electric mixer, beat butter and cream cheese. Slowly blend in powdered sugar and vanilla, then beat on high until well-combined, smooth and creamy.

**Why this recipe:** My son, Hartley, asked to be included in the cookbook. I have been baking since I was a kid and it's my go-to for any celebration!



# Easy Cheesecake

## Ingredients

1 ½ cups graham crumbs  
¼ cup butter  
1 tbsp sugar  
1 package of cool whip (1 large tub)  
1 brick cream cheese  
½ cup icing sugar  
1 tsp vanilla  
1 tin pie filling (we love blueberry pie filling the most but you can use any!)

## Directions

### Base:

Mix graham crumbs, ¼ cup butter and 1 tbsp sugar in a bowl  
Press base into 9 x 12' pan

### Filling:

Mix cool whip with 1 brick of cream cheese  
Whip icing sugar and little vanilla  
Put filling on crumbs  
Top with pie filling

**Why this recipe:** This is my son's favourite and my aunt makes it for all special occasions





# Great-Grandma's Butter Tarts

## Ingredients

1 egg  
¾-1 cup brown sugar  
1 tbsp honey or syrup  
1 tbsp margarine or butter  
½ tsp butter  
1 tbsp hot water or coffee  
1 cup raisins  
1 box of tenderflake tart shells

Optional: ¼ cup chopped walnuts

## Directions

Take tart shells out of box and place tins on a cookie sheet  
Preheat oven to 350 F  
Crack egg into bowl and whisk then add in all remaining ingredients  
Fill each tart shell with equal amounts and place in the preheated oven for 15-20 minutes  
Let cool and enjoy

**Why this recipe:** This recipe is important because it makes me think of my great-grandma. These butter tarts taste way better because they are homemade and I'm proud this recipe has been passed down to me!





# Quebec Sugar Pies/Tarts

## Ingredients

1 tbsp flour  
1 cup light brown sugar  
1 cup whipping cream  
Premade tarts shells or pie shells

## Directions

Preheat oven to 350  
Mix flour and sugar together  
Add the whipping cream and mix thoroughly with dry ingredients  
Pour into tart shells or pie shells (if using tart shells cook for 15 minutes)  
Bake for 25 minutes (if using tart shells bake for 15 minutes)  
Let rest for 30 minutes so the filling sets

**Why this recipe:** Being of Francophone heritage, sweet desserts like sugar pie and fudge always being served at family events. They are so rich that you'd only need one, however, you'll have a hard time just having one!





# Apple Cider Donuts

## Ingredients

1 cup flour  
1 tsp baking powder  
¼ tsp salt  
1/8 tsp ground nutmeg  
¾ tsp ground cinnamon  
3 tbsp softened butter  
1 egg  
1/3 cup brown sugar  
1/3 cup apple cider or juice  
½ tsp vanilla

## For topping

2 tbsp butter  
1/3 cup sugar  
1 tsp ground cinnamon

## Directions

Preheat oven to 350 F  
Set donut molds on cookie sheet and spray molds with cooking spray  
Combine flour, baking powder, salt, nutmeg, ¾ tsp cinnamon in medium bowl and set aside  
Heat 3 tbsp butter in microwave safe bowl until melted  
Whisk egg until smooth and add brown sugar, apple cider, vanilla and butter  
Add dry ingredients to wet ingredients and stir until combined  
Use spoon and divide batter into 6 molds evenly  
Bake until toothpick comes out clean (let cool 5 minutes)  
Heat butter for topping  
Combine sugar and cinnamon into another small bowl  
Take donuts out of molds and lightly dip in the melted butter. Let excess drip off and dip into sugar mixture

**Why this recipe:** I chose this recipe because these are the first donuts I've ever made and they are really simple. This recipe only makes 6 donuts which is good because you can eat them when they are still warm and taste delicious.



# ANZAC Biscuits

## Ingredients

2 cups all-purpose flour  
2 cups sugar  
2 cups rolled oats  
1 cup shredded coconut  
1 cup unsalted butter  
2 tbsp golden syrup (not to be confused with corn syrup)  
¾ tsp baking soda  
¼ cup boiling water

## Directions

Preheat oven to 350 F  
Prepare cookie sheet with parchment paper  
Combine flour, oats, sugar, and coconut and set aside  
Heat butter and syrup in a pan  
Combine boiling water and baking soda then slowly mix with butter/syrup mixture  
Add butter mixture to dry ingredients and mix well  
Use 1 ½ inch ice cream scoop to drop cookies onto cookie sheet about 2 inches apart  
Flatten cookies slightly with your hand  
Bake until golden brown and firm but not hard (roughly 15 minutes)

**Why this recipe:** ANZAC is an acronym for Australia New Zealand Army Corps. These biscuits (as they call them in New Zealand) became popular in WW1 when mothers, wives and daughters would send them in care packages to their loved ones who were fighting. Since they could be made without eggs they kept well on their journey to Europe. When my husband moved to Canada from New Zealand I tried to find recipes that he would enjoy and bring back memories for him. These cookies further connected with him as his grandfather bravely fought for New Zealand in the Royal New Zealand Air Force and his grandmother would lovingly have sent them in a care package.





# Oliebollen

## Ingredients

2 packages of active yeast  
½ cup of lukewarm water  
3 ½ cups of flour  
1 ½ cups of raisins  
1 tsp salt  
2 beaten eggs  
1 ½ cups lukewarm milk  
¼ cup sugar

## Directions

Add lukewarm water to yeast and let yeast stand for 10 minutes until it foams up  
Stir raisin and salt into flour  
Add risen yeast, eggs and sugar to flour mixture and then stir in milk until smooth  
Let mixture rise in large bowl covered with a towel for 30-45 minutes until light  
With spoons, shape batter into balls.  
Drop into deep hot fat (375 degrees)  
Fry until browned on all sides (6-8 minutes) drain on paper towels  
Serve with icing sugar

**Why this recipe:** This Dutch dessert is usually eaten on New Year's Eve with raisins/currants inside or powdered sugar on top. You can also add other ingredients into the batter such as cinnamon or apple



The Dutch Baker's Daughter