

The background of the book cover is a light-colored wood grain. In the top right corner, there is a bunch of fresh green herbs. In the bottom left corner, there are green onions and a portion of a red carrot. On the right side, a wooden spoon is partially visible. A large, faint, circular watermark is centered on the page.

Dinner by the Minute

Culinary creations that are simple, healthy and frugal

By: Seraphina P. King & Rachel Maskowitz



"Never meddle in the affairs of dragons,
for you are crunchy and taste good with
ketchup."

~ *Suzanna McMinn* ~

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Dinner by the Minute by Seraphina King, Rachel Maskowitz

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Dinner by the Minute's

philosophy and guide to great cooking

Most people don't understand that a recipe is not set in stone and a cookbook is not a rulebook, but more of a guide to creating great tasting dishes. *Dinner by the Minute's* main goal is to show how you can substitute nearly all types of ingredients to create dishes that are simple, healthy and frugal to make.

Each dish provides the ability to switch out ingredients you don't like, might be allergic too or sometimes found to be too expensive. Whether you want to use yogurt instead of sour cream, or your favourite cheese instead of a basic cheese, our recipes are fully changeable with almost any ingredient. We believe food shouldn't be a chore to make but to have fun while making it.

Although the majority of our recipes are create from scratch, provided from family and friends, some of our recipes in our book come directly from ideas from some of our favourite television shows and episodes, as well as a favourite chef, inspired recipes created by family, friends and our own minds. All our recipes can fit any diet, any taste and an appetite for great food.

If you want to know what type of recipe is great for a meal, whether it be for someone on a Ketogenic diet, hosting a sports party or simple gathering to a simple family meal, check out our guide that denotes what the flavour of a recipe it is, if it's safe for Keto or gluten-free individuals, or if your looking to spice it up for those who enjoy eating lava.

So, Bon Appetite and Enjoy!



Rachel Maskowitz

Host, Co-producer

Welcome everyone to our **Dinner by the Minute** cookbook.

"Here's how to cook simple, healthy and frugal meals without losing your mind. Learn how to swap out ingredients you don't have, don't like, are allergic to or simply find too expensive. You don't need specific ingredients, just a pinch of FUN!"

Master Chef, mom to three and her hubby's insatiable appetite, Rachel is a creative whiz when it comes to feeding a large family. With a vast knowledge of healthy cooking and culinary prowess, yet having never formally studied, Rachel can create meals that are simple, healthy, frugal and best of all, completely from scratch!

This former homemaker, and now a hospitality and service professional in Jasper, Alberta, she still manages to create simple, healthy and frugal meals at home and for her closest friends and co-workers using the most basic of ingredients and making it fun in the process.

In her spare time, Rachel loves to knit, hike in the majestic wilderness of Canada's mountain parks, spend time with her family and on occasion will raid Sarah's fridge for cheesecake and other goodies when she goes over to visit. She is also an avid Edmonton Eskimo's fan with dreams of maybe cooking for the team. Our *Dinner by the Minute* cookbook features some of Rachel's own, most favourite recipes as well as recipes from our TV show and webseries, collected recipes from family, and close friends. So if you're looking for a great meal idea, then check out her selection of great recipes listed in the book.



Sarah Mallory Piper King

Executive Producer, Dir. of Photography and Creative Content Artist

Sarah (who goes by the pen name "Seraphina") is a writer/author, creative artist, producer and story developer in film and television with a professional culinary arts background.

With a history of over twenty years in theatre, film and television working in the shadows of the industry, as well as a shorter career in the culinary arts, Sarah brings her expertise for both television and food to her community, YouTube videos and online content production. Sarah formerly produced local community access stories for former Shaw TV Edmonton

As the creative genius of Tachyon Creative and Production Studios, Sarah partnered with her best friend and sister Rachel to produce mini-episodes of their show *Dinner by the Minute* and have, for a while been working on this unique cookbook.

In her spare time, she enjoys playing D&D (by pen and paper), online gaming with the Myztek Mystics, writing books of all genres, knitting and of course, creative cooking. Her gourmet dishes are something to behold and are the main feature at many parties she hosts.

General Storage and Cooking Tips

Safety tips on creating great healthy food.

Our recipes contain information on spiciness, whether it is Keto or gluten free, may contain an ingredient that could be a food allergy or type of food (vegan vs vegetarian, or fictional food vs fancy and not so frugal), to serving sizes. We recommend when preparing any dish, that you use care and attention during the preparation of every meal. This is to both prevent food-borne illness as well as provide an unforgettable and healthy meal.

Hazard Analysis Critical Control Point (**HACCP**) is an approach to food safety that is systematic and preventive. It is recommended by the Codex Alimentarius Commission, and the United Nations international standards organization for food safety. HACCP is used by most countries around the world. It has been in use since the 1960s. Although primarily used in food processing producers, restaurants and any place that sells food products, you can utilize HACCP right at your own home.

To maintain safe and healthy food, all food should not be in the temperature "**Danger Zone**". This is the zone at which harmful bacteria can rapidly grow and contaminate food. Bacteria grow most rapidly in the range of temperatures between 40°F and 140°F, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone." Never leave food out of refrigeration over 2 hours.

Ideal temperature of your fridge at or below:	4°C (40°F)
Ideal temperature for freezing at or below:	-18°C (0°F)
DANGER ZONE (for food):	4°C (40°F) to 74°C (165°F)

All cooked and refrigerated potentially hazardous food which is to be reheated must be reheated to 165°F or above within two hours, and held above 140°F until served. This procedure destroys the bacteria that can cause food poisoning and prevents the bacteria from growing in the food.

We also recommend using a colour-coded cutting board system to prevent the cross contamination of food. Always use a clean surface and bleach your surfaces after using fish and chicken especially. As well, clean all utensils after each use if using on a different ingredient (i.e. knife being used to cut chicken then beef).

Even at home, we also recommend following the FIFO (first in, first out) rule and proper storage of food items.

Top:	Ready-to-eat and prepared foods Fruits and Vegetables (unless in a crisper drawer) Fish and Seafood Beef and Pork Any "ground" meats
Bottom:	Poultry

To prevent additional cross-contamination, the use of food grade gloves is also recommended, especially when handling fish, seafood and poultry. Most importantly,

ALWAYS WASH YOUR HANDS!

before handling any food when preparing meals.

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Appetizers

ap·pe·tiz·er

'apə,tīzər/

noun

plural noun: **appetizers**

1. a small dish of food or a drink taken before a meal or the main course of a meal to stimulate one's appetite.

"appie"

- *slang* for appetizer. I.e: "delicious appie".

Appetizers make the best pre-meal dish. Whether you are hosting a dinner party for many or wowing your family, appetizers are a great starter to any main course.

RACHEL'S GAME DAY LAYER DIP

Serves: 8 people, or a handful of sports fans at a tailgate party

Whether you are rooting for your favourite sports team or feeding the hungry masses at your next social gathering, Rachel's layer dip will be a big win with everyone.

1 tbsp olive oil
2 tbsp garlic
1 tbsp chili powder
1 tsp oregano
1 tsp cumin
5 cups beans
2 tsp pepper
2 cups plain yogurt
2-3 cups cheese
¼ cup chopped green onion

**optional*

add ½ cup of diced red peppers for added taste and color

SPICE IT UP!

If you are a fan of spice and enjoy a little heat, you can add copious amounts of cayenne pepper, ghost peppers, and your favorite hot sauce to the mix.

Mix it up a bit and use jalapeño or jack cheese

Instead of using sour cream, try it with yogurt!



Origin | Mexico, Spain, South U.S.A.

1. In a large heated frying/sauce pan, put in oil, beans, garlic, chili powder, oregano and cumin and bring to a low rolling boil to turn into a paste.
2. Put in pepper while reducing. Remove from heat and let cool. Beans will thicken as they cool.
3. Place bean paste into casserole dish, if you don't own this size, spread the beans in an even layer. Spread an even layer of yogurt over bean layer, then spread an even layer of salsa over yogurt layer. Next, spread an even layer of your favorite cheese over salsa layer, and add chopped green onion onto top of cheese layer.

Note: You can make this layer dip up to 12 hours ahead and refrigerate it until ready to serve.

Diet Friendly | Ketogenic, Paleo, Gluten-Free, Vegetarian

SARAH'S FAMOUS STUFFED MUSHROOMS

Serves: 2 to 3 people, or a very hungry Sarah

One of Sarah's favourite food is mushrooms. Here is her easy stuffed mushroom recipe, but remember you can substitute or add whatever you'd like to the filling.



12 large mushrooms
1, 6 oz. can of clam meat
1 tbsp chopped green onion
1 egg, beaten
½ tsp minced garlic
½ cup Italian bread crumbs
1 tsp oregano
1 tbsp melted butter (cooled)
2 tbsp grated Parmesan cheese
1 tbsp grated Romano cheese
2 tbsp grated mozza cheese
¼ cup of melted butter

**optional*

you can sub in portabello mushroom caps

Origin | Italy (Pompeii, Naples), Greece (Athens), Izmir

1. Wash mushrooms and remove stems, pat dry. Save stems for another recipe. In a mixing bowl, place clams, onions, garlic salt, minced garlic, soft butter and oregano. Mix thoroughly. Add Italian bread crumbs, egg, and clam juice and blend. Stir cheeses in clam stuffing and mix well.

2. Place clam mixture inside mushroom cavity and slightly mound clam mixture. You should be able to stuff between 8 and 12 mushrooms depending on the size of mushrooms.

3. Place mushrooms in lightly oiled baking dish. Pour melted butter over mushrooms. Cover and place in a preheated oven at 350°F for about 35 and 40 minutes.

4. Remove cover, sprinkle freshly grated mozzarella cheese on top of the mushrooms and pop them back in the oven just until the cheese melts slightly.

Garnish with freshly diced parsley or basil.

Vegetarian Alternative

This recipe can also be adapted to meet many dietary restrictions.

If you prefer a more vegetarian friendly alternative, substitute the clams with chopped broccoli or cauliflower.

For a heartier appetite, try it with portabello mushroom caps.

Diet Friendly | Mediterranean, Western, Paleo, Low-Carb

DID YOU KNOW: Egg yolks are one of the few foods that naturally contain vitamin D

SAVORY CUCUMBER BITES

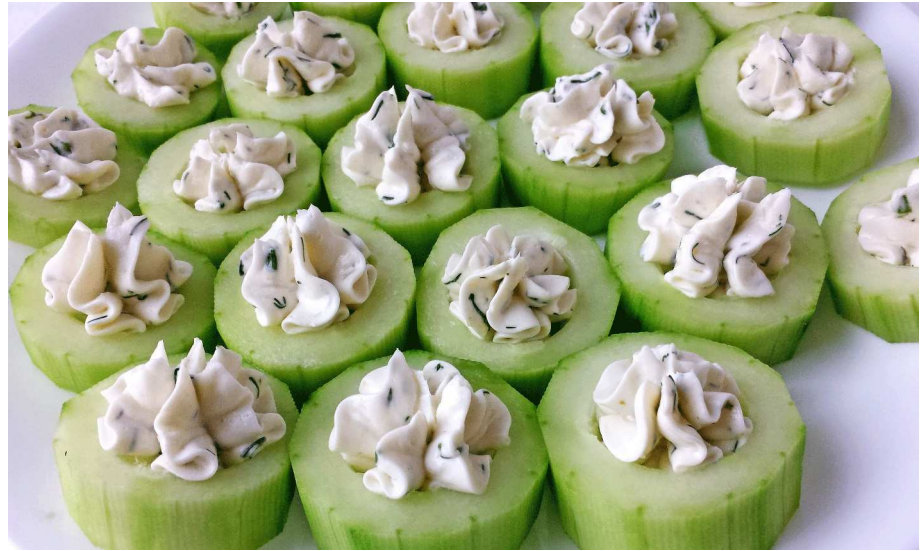
Serves: 6 to 8 people and goes well with Earl Grey tea or even some flavoured Kombucha

These impressive little appetizers are fantastic for a number of reasons. They come together quickly, making them perfect for entertaining.

2 large cucumbers
4 oz. soft cream cheese
1 tbsp mayonnaise
3 tbsp light ranch dressing
1 tbsp fresh dill
½ tsp minced garlic
Black pepper and Paprika
for garnish

**optional*

You can try different toppings for this dish. Spice it up and add in **cayenne** or **Tabasco** to the mix.



Origin | European, China, England

1. Wash, peel and slice cucumber into half inch slices. Remove little of insides of the cucumber with a half tea spoon measurement.
2. Combine softened cream cheese, mayo, and ranch. Mix it well until smooth in texture. Add dill and garlic salt. Mix just until combined
3. Place all the topping into a piping bag with a star attachment and pipe out about a ¾ of a tbsp. into each prepared cucumber. If the topping has hard time to stick to cucumber pat dry the cucumber juice before piping.
4. Sprinkle with black pepper and paprika, serve and enjoy. This appetizer can be prepared several hours before serving, so make sure to refrigerate until ready to serve.

Note: You can make this layer dip up to 12 hours ahead and refrigerate it until ready to serve.

Diet Friendly | Ketogenic, Paleo, Gluten-Free, Vegetarian

SPICE IT UP!

Many recipes we have can be spiced up with a variety of flavors. Substitute cayenne for paprika, and chili flakes for dill.

Throw in a bit of hot sauce into the mix and devil the heck out of these cucumber bites.

BASIL TORTELLINI CAPRESE SKEWERS

Serves: 6 to 10 people, many hungry kids or feed a family army

We all love quick and simple recipes when on the go, or entertaining guests. These skewers add both colour and flavour to any meal and are great to devour on hot summer days.



- 1 package of tortellini
- 3 cups cherry tomatoes
- 24 oz. Bocconcini
- Fresh basil leaves
- 6 inch wooden skewers
- Basil Vinaigrette
- ½ cup white balsamic vinegar
- 1 tsp Kosher salt
- ¾ cup extra-virgin olive oil
- 6 tbsp julienned fresh basil
- ½ tsp cracked black pepper

Origin | Italy (Rome, Florence, Milan)

Preparing the skewers

1. Prepare the tortellini according to package directions, leaving it al dente. Drain and chill for 1 hour.
2. Beginning with a grape tomato, thread a mozzarella ball, cherry tomato and a tortellini. Stick in a basil leaf occasionally, if desired. Place the skewers in a large baking dish and pour over with the vinaigrette, turning to coat. Cover and chill at least 2 hours.

Basil Vinaigrette

3. Whisk the vinegar and salt together until well blended. Slowly add in the olive oil, continuing to whisk all of the time. Stir in the basil and freshly cracked pepper.
4. Drizzle and coat the skewers..

Note: These can be made a day ahead and kept in the refrigerator; turn occasionally. You can also grill them on a BBQ for added flavour.

Diet Friendly | Mediterranean, Western, Paleo, Low-Carb

The GF Alternative

For those who cannot eat tortellini due to gluten allergies, you can substitute them with *Cavatelli DePuma's* Gluten-free friendly tortellini which can be picked up at your local grocer or health food store. Alternatively, you can also substitute the pasta for hard-boiled eggs.

DID YOU KNOW: Tomatoes can be red, orange, yellow, pink, purple, black and even white.

TWISTED SISTERS DEVEILED EGGS

Makes: 2 dozen demons with a bit of a kick or feeds a family of four a good appetizer

These deviled eggs include bacon and shredded cheddar cheese but also a kick of spicy Sriracha for a bolder taste. Better than your ordinary deviled eggs, these are quite sinful.

1 dozen large eggs
½ cup mayonnaise
4-6 slices of maple bacon
2 tbsp grated cheddar
1 tbsp mustard
1 green onion chopped
1 tsp Sriracha
1 tsp ground Pepper
Smoked Paprika for garnish



Origin | Italy (Rome)

1. Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. To cool more quickly, rinse eggs under cold running water.
2. Meanwhile, place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Alternatively, wrap bacon in paper towels and cook in the microwave for about 1 minute per slice. Crumble and set aside.
3. Peel the hard-boiled eggs, and cut in half lengthwise. Remove yolks to a small bowl. Mash egg yolks with mayonnaise, crumbled bacon and cheese. Stir in mustard. Fill egg white halves with the yolk mixture and refrigerate until serving.

Note: A trick to peeling hard boiled eggs the easy way is after they are done cooking, place ¼ cup of vinegar into the water for 5 minutes and add ice. This makes the shell easier to peel off...or so they say.

Bacon is Good!

There are different types of bacon you can use for these little devils. Maple flavoured bacon is great for any Canadian lover and Cracked Peppercorn is the American style. Try it with both. Believe it or not, bacon actually is good for you. Bacon is also great in helping to maintain and lose weight, believe it or not.

Diet Friendly | Ketogenic, Paleo, Gluten-Free, FODMAP

CANADIAN BEER CHEESE DIP

Serves: 6 to 8 people, or a lot of drunk friends.

Canadians love their beer, bacon and cheese, so this seemed like a natural fit for our current obsession with watching our three favourite pastimes: hockey, curling and American politics.



- ½ lbs cheddar cheese
- ½ lbs smoked mozza
- 4 - 6 cloves garlic
- 2 tsp Dijon mustard
- 1 tsp Tabasco sauce
- 1 tbsp Worcestershire sauce
- ½ tsp sea salt
- 1 scallions (chopped)
- 1 bottle Canadian Craft beer*
- 8 slices bacon (cooked)
- 1 scallion stalk (chopped)

***Note: USE A BLENDER
(not a mixer)**

Origin | Canada (Alberta)

Preparing the skewers

1. Finely shred all the cheese, and mix it all together in a blender.
2. Cook the bacon so that it's crispy, but not burnt.
3. Add all of the rest of the ingredients in the blender in the order listed, and blend on high until creamy. Don't forget to taste the beer as well, eh!
4. Top with additional bacon or bacon bits and scallions.

Serve with either bread, tortilla chips, wedge fries, chicken, fritos, onion rings, or even celery and carrots.

Note: Use only real Canadian or American Craft Beer, ya hoser! Best craft beer types: *Alexander Keiths (Red)*, *Kokanee*, *Moosehead*, *Town Square* or *Big Rock Traditional Ale*. You can also use Molson which is quite good. Also if you cannot find any Canadian craft beer because you're not from Canada, then use any other kind of Craft beer. Actually, just kidding. All craft beer is great to use.

SUPPORT YOUR LOCAL CRAFT BREWERS! EH!

Diet Friendly | Ketogenic, Paleo, Canadian

Cheesy, ain't it, eh!

Everyone loves cheese, and this recipe is no exception. You can change out the cheese for almost any other kind of cheese whether it's Gouda, Jack, Provolone or even Swiss. Just don't use American cheese, it's too processed and tastes gross. Also processed cheese doesn't go good with Canadian Beer eh!?

DID YOU KNOW: Canadians drink more beer per capita than Americans, spending \$9.14 billion per year.

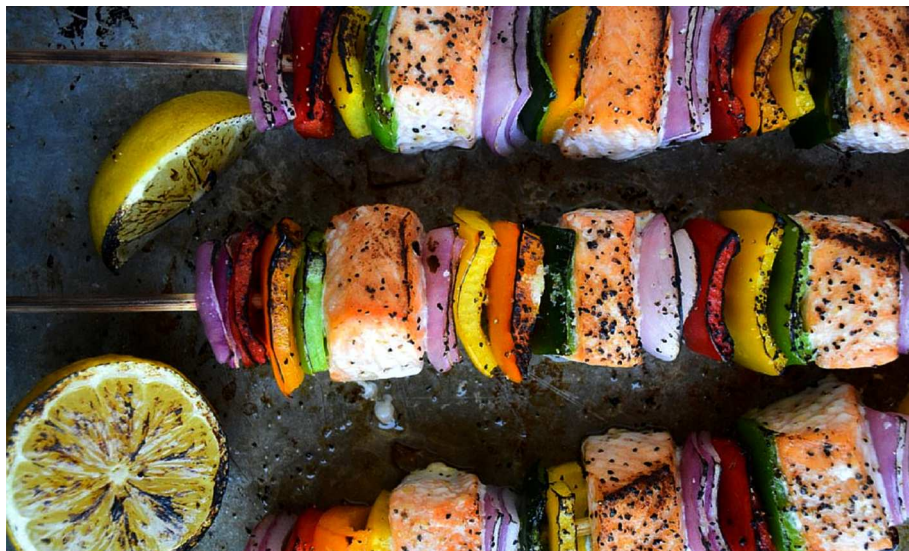
RAINBOW SALMON & VEGGIE SKEWERS

Serves: 2 to 4 people, or the vikings of Valhalla!

Rainbow Salmon Skewers are easy, healthy, and so fun to make ~ these colourful fish kabobs are absolutely gorgeous, too ~ have you tasted the rainbow today?

12 oz salmon fillet
½ each of a red, green yellow, and orange bell pepper
¼ large red onion
olive oil
sea salt and fresh cracked black pepper
1 lemon

***optional**
sprinkle paprika to garnish



Origin | Canada (British Columbia, Nova Scotia), Middle East

1. Cut the salmon into 1½ inch chunks. You are going to need approximately 12 pieces.
2. Cut the peppers into 1½ inch square pieces
3. Cut the red onion into similar sized chunks and separate the layers.
4. Thread your skewers alternately with the onions and peppers, and then the salmon. Leave some room at the base so you can handle them easily. Brush the skewers liberally on both sides with olive oil, and sprinkle with salt and fresh ground black pepper.
5. Cook on a hot grill, turning once, until the fish is cooked through and the veggies are softened a bit. Don't overcook!

Serve with a squeeze of lemon.

Note: These skewers would be equally amazing made with any firm fish like halibut, mahi mahi, swordfish, catfish, snapper, tilapia...the list is endless!

Diet Friendly | Ketogenic, Paleo, Gluten-Free, Vegetarian (optional)

Good ole Surf n' Turf!
Flavour can be everything but for those landlocked individuals, enjoy adding beef flank, sirloin tip or even a nice pork loin to the skewer to truly make this a great surf n' turf combination. You can add mushroom, tomatoes, and even zucchini to bring more vegetarian flavours to life.

STRAWBERRY BRUSCHETTA BITES

Serves: 4 to 6 people or a bunch of random house guests.

First comes tangy, then comes sweet, then comes the perfect marriage of goat and cheese. This classic bruschetta has a great twist to satisfy any hungry fan of summer fruit.



Origin | Italy (Milan, Pisa)

1. Preheat oven to 375°F. Stir together strawberries, nectarine, grape tomatoes, basil, minced shallot, olive oil, balsamic vinegar, sugar, freshly ground pepper, and salt.
2. Split baguette in half; cut each half crosswise into 4 equal pieces. Spread cut sides of bread with goat cheese. Place bread pieces on a baking sheet, and bake 13 to 15 minutes or until thoroughly heated. Remove from oven, and top with strawberry mixture. Cut into 2-inch slices.

Note: You can also use Breton crackers, or flat bread to make this dish into a new taste experience.

1½ cup strawberries
1 nectarine, diced
1 cup grape tomatoes
3 tbsp fresh basil
1 shallot, minced
2 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp sugar
1 tsp pepper
¼ tsp salt
1 French baguette
1 goat cheese log

**optional*

instead of basil, try mint and even thyme

Fruit Medley

If you don't like or are allergic to strawberries, you can substitute blueberries, raspberries, peaches, saskatoons, apple and even starfruit to this recipe.

Change it up with a pesto aioli as a base and add bacon bits. You can never go wrong with bacon.

Diet Friendly | Atkins, Paleo, Mediterranean, Kosher, FODMAP

DID YOU KNOW: Meat eaters consume more than 7000 animals or approx. 21,000 lbs in their lifetime

SAVAGELY SAUCY SAUSAGE BALLS

Makes: 6 to 8 dozen and can feed an army of hungry PETA protesters or a family of 10

Freshly shredded cheese is a must for these sausage balls, which have become a traditional favorite during the holiday. A simple, yet basic ingredient recipe couldn't get any easier.

3 cups all-purpose baking mix
1 lbs. ground pork sausage
10 oz. shredded cheddar cheese
1 cup BBQ sauce (basting)
parsley for garnish



Origin | China (Shandong), Italy (Rome)

1. Combine or mix flour, pork and cheese in a large bowl, pressing mixture together with hands. Shape into $\frac{3}{4}$ inch balls, and place on lightly greased baking sheets.
2. Bake at 400°F for 15 to 18 minutes or until lightly browned.
3. Freeze uncooked Sausage Balls, if desired.
4. Bake frozen balls at 400°F for 18 to 20 minutes or until lightly browned.

Note: You can mix using a stand mixer with a paddle attachment. For a more controlled portion of balls, use a 1 oz scoop to help with sizing.

Not just pork you know

These sausage balls can be made with ground turkey, chicken and even the traditional ground beef to make meatballs. Add these sausage balls to your next dish of pasta, on it's own with gravy or chilled and served at a party with many kinds of dips.

Diet Friendly | Paleo, Carnivore

BELL PEPPER SPINACH DIP

Serves: 4 to 6 people or the entire production crew on Dinner by the Minute.

Inspired by the wonderful chef at the Olive Bistro in Jasper, Alberta, this dip goes great with any appetizer. Simple to make and easily devoured with tortilla chips, baguettes, or veggies.



- 1 tbsp olive oil
- 1 cup diced Onion
- 1 cup fresh Spinach
- 1 cup red peppers
- 1 cup mayonnaise
- 1 cup cream cheese
- ¼ cup honey
- ¼ cup hot sauce

Origin | Mediterranean, Crete, Southwest Asia

1. Sauté onions in a well oiled pan and caramelize
2. Drain thawed spinach well, pressing between paper towels
3. Place all ingredients into a food processor and blend together.

Note: Light mayonnaise and sour cream may be substituted

*If you do not have a food processor, dice all ingredients and mix into a bowl by hand or with a stand mixer on low for 2 minutes.

Spice it UP!

For those looking for that extra kick and flavour, add in the juice of a Carolina Reaper. It's only 2.2 million Scovilles.

You can also substitute onion and add in garlic or shallots as well as use green, yellow or orange peppers instead of red or combine all of them for more color.

Diet Friendly | Ketogenic, Paleo, Vegetarian, Atkins. Kosher

DID YOU KNOW: A Castoreum (vanilla flavouring) is taken from the anal glands of beavers. Yep!

GINGER SHRIMP SALAD BITES

Serves: 8 people. If you quintquagintuple the recipe you can feed the Terracotta armies of Qin Shi Huang

A simple Chinese appetizer with a healthier twist. A perfect starter to any meal, a quick snack or late night craving.

2 tsp **sesame oil**
1 lb. **peeled and deveined medium to large shrimp**
2 tsp **minced ginger**
¼ tsp **kosher salt**
2 **tbsp light mayonnaise**
1 tsp **Sriracha**
32 **chive pieces (optional)**
Sesame seeds (garnish)

**optional*

You can use small **lettuce leaves of Chinese soup spoons to plate on.**



Origin | Canada (P.E.I., New Brunswick), Scandinavia

1. Heat a skillet over medium-high heat. Add 1 ½ teaspoons oil; swirl. Add shrimp; sauté 2 minutes (make sure shrimp is pink)
2. Add ginger and salt; sauté 2 minutes or until done. Cool slightly, and then coarsely chop shrimp into small chucks. Do not dice.
3. Combine mayonnaise, Sriracha, and remaining ½ teaspoon oil. Add shrimp; toss to coat thoroughly.
4. Spoon about 1 tablespoon of shrimp mixture into small lettuce leaves each with 2 chive pieces, if desired.

Note: Plating of these bites can be done in a variety of ways. Change it up for your next party and they will become the main feature to your appetizers.

Adventurous?

Replace the shrimp with **Tako pieces (Octopus)** or even **cooked salmon or tuna** for that traditional salmon/tuna salads flavour.

Still feeling adventurous, **spice it up with wasabi, Carolina reaper sauce or even, yakitori sauce.**

Diet Friendly | Ketogenic, Paleo, Gluten-Free, Vegetarian

GOAT CHEESE STUFFED APRICOTS

Serves: 4 to 6 people or a bunch of random house guests.

Who said you can't combine a goat, cheese and fruit. This delicious party appetizer will be a winner at any dinner table or for a special party.



12 apricots

6 to 8 ounces goat cheese

3 tbs raw honey

1/4 cup chopped pecans

**optional*

Substitute peaches, nectarines or even apples for apricots.

You can also use walnuts, cashews, Brazil nuts or even peanuts for a different unique flavour

Origin | Canada (Alberta)

1. Cut the apricots in half and remove the pits.
2. Grab a small piece of goat cheese, about the size of the pit you just removed and roll it into a ball.
3. Place it in the center of the apricot. Drizzle with honey, sprinkle with pecans.
4. **optional*: if using bacon to wrap, it is best to fry in a pan with olive oil or unsalted butter until crispy. The cheese will melt but goes well on Breton crackers.

Note: There are many different kinds of goat cheese out there. Change it up with your favorite type and even try it with Sarah's favorite, Feta!

Fruit alternatives:

apples, peaches, nectarines, plums, dragonfruit and pears

Diet Friendly | Ketogenic, Atkins, DASH, Gluten-Free

Bacon's a blessing

Like most of our recipes, add some delicious bacon to this dish for a crispier taste. Be bold and add peach smoked bourbon BBQ sauce or honey strawberry reduction.

DID YOU KNOW: There's no such thing as "healthy" sugar unless it's from the raw source and not refined.

ASIAN HONEY BBQ CHICKEN DRUMMETTES

Servers 1 to 2 people. Multiply the recipe to feed carnivorous sports fans at tailgate parties.

Fire up the grill for your next summer party or winter cookout. This grilled Asian style chicken drummettes in a ginger-soy BBQ sauce are finger-licking good.

1 cup BBQ Sauce
½ cup honey
2 cloves garlic, minced
1 tbsp grated ginger root
2 tsp low-sodium soy sauce
1 tbsp parsley
16 chicken drumettes
(1½ lb./675 g)

***optional**

Try having these wings with blue cheese dressing, cucumber to even Caesar to create a tangy taste.



Origin | U.S.A. (Boston)

- 1.** Heat greased barbecue to medium heat.
- 2.** Mix all ingredients except chicken.
- 3.** Grill chicken 15 to 17 min. or until done, turning occasionally and brushing with barbecue sauce mixture for the last 5 min.

Note: If you don't have a BBQ, you can broil them in the oven at 400°F or you can also slow cook them for 3 to 4 hours on medium. When slow cooking, use slow cook bags or line with foil to make clean up easier.

Try them with different flavors: Salt and Pepper, Teriyaki, Hot, Lava Hot, Ginger, Honey Mustard, Sriracha, Jerk, Pineapple, Cherry, Malaysian, Miso, Curried, Buttered, Battered, Korean, Traditional Buffalo, Blue cheese, Moroccan, Chili-Lime, Old Bay, Italian, Cajun, Kimchi, Wasabi, Maple, Thai Chili, Carolina Reaper, Traditional Carolina, Hawaiian, Samoan, Root Beer, Tandoori and Tequila.

Wings Galore!

Although this recipes is for a specific flavour, you can create a variety of wing flavours for your next party of one or party of many. From salt and pepper, BBQ, teriyaki, honey mustard and even sesame ginger the possibilities are endless.

Diet Friendly | Ketogenic, Paleo, Gluten-Free, Carnivore

CHICKEN MANGO SPRING ROLLS

Serves: 4 to 6 people or a bunch of random house guests.

If you think it's hard to make homemade spring rolls, think again. Just follow the steps in our Chicken & Mango Spring Rolls recipe and you'll be munching in no time.



Origin | Vietnamese, Southeast Asia

1. Cook the chicken with olive oil, salt and pepper. Once cooked let it cool. Once cooled slice the chicken into julienne strips.
2. Thinly slice red peppers, dice onions and chop cilantro into individual small bowls and set aside.
3. Soak rice paper sheets, 1 at a time, in warm water 1 min. or until softened. Place in single layer on a cutting board or clean surface for rolling.
4. Place cooked chicken on one short end of each sheet; top with mangos, peppers, onions, cilantro and arugula.
- 5.. Roll up each sheet, starting at topped end and folding in both sides of sheet as you roll it up to enclose filling.
6. Mix remaining ingredients until blended. Serve with spring rolls.
7. blend sesame sauce and peanut butter together to make a great dipping sauce.

Note: Blend the sesame sauce and peanut butter to make a great satay sauce for dipping.

Diet Friendly | Asian, Paleo, Kosher, Vegan, Vegetarian

- 12 rice paper sheets
- ½ lb. chicken breasts,
- 1 mango, thinly sliced
- 1 cup red or green pepper
- 2 green onions, chopped
- ½ cup chopped fresh cilantro
- 4 cups arugula or spinach
- ½ cup sesame sauce
- ¼ cup smooth peanut butter
- 1 tsp. low-sodium soy sauce
- 1 tbsp. water
- 1 tbsp sesame oil

**optional*

check our sauces for our [sesame sauce recipe](#)

Expand your buds

Spring rolls are a great appetizer or even a meal to themselves. Add shrimp, cheese, bean sprouts, cucumber, carrots and more to create a fresh taste. You can spice it up with Sriracha and or your favourite hot sauce.

Make it even tangier by using BBQ chicken instead of plain.

DID YOU KNOW: Peanuts can be used to make dynamite. Just don't blow up your appetite

GARIBALDI'S BAGNA CAÔDA (Cauda)

Serves: 8 to 10 people or the medical staff and cardiologists watching others eat it.

"Caôda" The name means "hot bath," and the dish is so-called because the mixture of garlic and anchovies is traditionally kept warm in a chafing dish or fondue pot.

2¾ cup extra virgin olive oil

¾ cups minced garlic

12 anchovy fillets

¾ cups unsalted butter

veggies & breads (dipping)

- asparagus
- cauliflower
- Belgian endives
- sweet peppers
- zucchini
- broccoli
- country style bread
- French baguettes
- Italian pan bread



Origin | Italy (Piedmont, Cardoon)

1. In a small saucepan over low heat, combine the olive oil, garlic and anchovies. Cook, mashing the anchovies with the back of a wooden spoon, until smooth, about 5 minutes.

2. Remove from the heat and stir in the butter. Pour the mixture into a warmed chafing dish or fondue pot set over a warming candle or spirit lamp.

Serve immediately with vegetables for dipping.

Note: Some cooks prefer to simmer the garlic first in a little milk to tame the flavour. The cloves are then mashed to a paste and mixed with the anchovies, olive oil and butter. Think of it as a deliciously savory umami fondue!

*Medical note: Check with your doctor before making this dish. It is extreme high in monounsaturated fat (olive oil) and sodium content (anchovies). So unless you like really greasy food, we suggest take it easy on this one.

Diet Friendly | Ketogenic, Eat-Clean, Mediterranean, Omni, MIND

BAKED ARKANSAS CHEESE STICKS

Serves: 4 to 6 people with a bunch of random house guests and truckers on the long haul.

We know you can't always eat healthy and so we created a homemade unhealthy recipe on a great appetizer we all love to have. Goes great with Marinara or Piña Colada sauce.



12 sticks of cheese
2 large egg
4 tbsp flour
½ cup herb seasoned breadcrumbs
¾ cup panko crumbs
4 tsp Parmesan cheese
1 tbsp dried parsley
olive oil cooking spray

Origin | U.S.A. (Little Rock, Arkansas)

1. Cut cheese in half to give you 24 pieces. Place cheese in the freezer until cheese is frozen.
2. In small bowl, whisk the egg. Place the flour on another small dish.
3. In separate bowl, combine bread crumbs, panko, Parmesan cheese and dried parsley.
4. Dip the frozen sticks in flour, shaking off excess, then into the egg, then coat with the crumbs. Repeat this process with the remaining cheese placing them on a tray with wax paper.
5. Place cheese back into the freezer at least 1 hour until ready to bake (this is a MUST or they will melt before the crumbs get golden).

When ready to bake preheat over to 400°F

6. Line a baking sheet with foil and lightly spray with oil. Place frozen cheese sticks on baking sheet. Spray the tops of the cheese sticks with a little more oil and bake in the bottom third of your oven until crisp, about 4 to 5 minutes.
7. Turn and bake an additional 4 to 5 minutes watching them closely so they don't melt.

Diet Friendly | Not really! but still great to eat.

Don't be a dip, be a DIP!

Cheese sticks are a favourite of many. Add some great dipping sauces to create bold and tangier tastes. Try them with blue cheese, marinara, ranch, BBQ, spicy mayo, pesto aioli or even a bacon aioli.

DID YOU KNOW: Most if not all cheese currently processed, contains less than 51% actual cheese.

HUTCH'S CREAMY CHEESE POOFS

Makes: 10 to 12 poofs, and a staple at the Remmler Array's social party by Commander Calvin Hutchinson.

A favorite appetizer for any Star Trek delicatessens out there. When renegades steal your ship and you misplace your saddle, you can at least be comforted by these great poofs.

4 oz **butter**
8.4 fl oz **water**
½ teaspoon **salt**
4 ounces **plain flour**
4 **large eggs**
2 oz **grated cheddar**
2 oz **grated Parmesan**
2 tsp **chopped fresh thyme**
(or **rosemary**)
Freshly ground **pepper**



Origin | The planet "Arkaria" (United Federation of Planets)

1. Preheat oven to 220°C / 425°F (warp plasma also works)
2. Add butter, water and salt to a medium saucepan, bring to a boil. Add flour (all of it), and stir vigorously until it forms a ball and pulls away from the sides of the saucepan. Remove from the heat and let cool for a few minutes.
3. Once it is cool enough for the eggs to not cook, beginning adding the eggs one at a time, stirring well for each egg. Stir in the grated cheese, thyme and pepper.
4. Line a baking tray with parchment and spoon small spoonfuls onto the tray, leave room between them as they will puff up. Cook for about 10 minutes, then lower the oven temperature to 180°C / 350°F and cook for a further 15 minutes, until they begin to brown on top.

Serve immediately to passing dignitaries, those who always know where their saddles are, and androids proficient in small talk, including Klingons. Klingons love small talk.

Note: You can add in additional spices such as paprika, cardammon and marjoram to add additional flavour.

Diet Friendly | Nope!

Common Pastry

Puff pastry, also known as **pâte feuilletée**, is a flaky light pastry containing several layers of butter which is in solid state at 20°C (68°F). In raw form, puff pastry is a laminated dough composed of two elements: a "dough packet", the détrempe, and a "butter packet" or other solid fat, the beurrage.

MINBARI FLARN

Serves: 4 to 6 acolytes of the Third Fane of Chudomo or at least 4 to 6 people with adventurous tastes.

Flarn is an appetizer and dinner dish served by many Minbari religious caste members to honour special guests through special sanctification rituals.



2 tbsp **temple oil**
(**sunflower**)
2 ½ oz diced **onion**
2 tbsp minced **Jenn bulbs**
(**garlic**)
1 ½ chopped **zassa**
(**red chilies**)
2 tsp **garam masala**
14 oz **protein blocks (tofu)**
15 oz **rylla pods (peas)**
2 **lemshwee eggs (eggs)**
3 oz **plain breadcrumbs**
2 oz **blanched wysa nuts**
(**almonds**)
½ tsp **salt and pepper**

Origin | The planet "Minbar" (Tuzenor Province)

1. Preheat oven to 180°C / 350°F or heat from a fusion reactor.
2. Heat the oil in a large saucepan, add onion Jenn bulbs and zassa and sauté for 2 minutes. Stir in the garam masala, salt and pepper; sauté for 1 minute.
3. Add tofu to the pan. Carefully turn the cubes in order to cook on all sides while chanting the sacred texts. Add the rylla pods, cover pan and cook for another 4 minutes until pods are tender. Remove from heat and allow to cool. Don't stick them in the vacuum of space, may be cold, but you can't breath.
4. Place protein mixture in a food processor and add temshwee egg. Pulse on and off several times to blend, scraping sides. Transfer to bowl and add crumbs and wysa nuts. Mix with wooden spoon to combine and don't forget to sing the chants of Valen or at least watch a few episodes of *Babylon 5*
5. Grease a 8x8 inch oven proof dish, line with parchment paper and grease the paper. Place mixture in dish and spread out evenly.
6. Bake for 20 minutes until firm. Allow to cool and then cut into 1 inch cubes and serve to honoured guests at your house. Enjoy!

Diet Friendly | Ketogenic, High Protein, Atkins, FODMAP

What is Flarn?

Flarn is a soft very light green food from the planet Minbar, traditionally served in small cube portions to honor visiting guests. Members of the Third Fane of Chudomo also have a tradition of setting aside one piece of flarn (a recipe Valen himself is credited with) before their meals, in the memory of Valen, in the place that is set aside for his return.

DID YOU KNOW: Eating or drinking beetroot in copious amounts will turn your pee "pink"

Salads

sal·ad

/'sæləd/

noun

1. a cold dish of various mixtures of raw or cooked vegetables, usually seasoned with oil, vinegar, or other dressing and sometimes accompanied by meat, fish, or other ingredients.

"a green salad"

- a mixture containing a specified ingredient served with a dressing.

"a red pepper filled with tuna salad"

- a vegetable suitable for eating raw.

Salads are more than your basic '*rabbit food*'. They provide a great source of vitamins and can be easy to make in a hurry. Great as both a starter or on it's own, salads provide a nice bouquet of color to your meal and can be highly nutritious when made properly.



FRESCO ENSALADA DEL TACO

Serves: 4 to 6 people doing the La Cucaracha around a sombrero on the dia de los Muertos

This taco salad contains traditional ingredients such as lettuce, tomatoes, beans, ground beef and corn chips. Serve this salad on a hot summer day.

2 heads romaine lettuce

2 chicken breasts

1 cup beans

(increase if making it meatless)

1 cup salsa

½ cup shredded cheese

½ cup plain yogurt

2 cups tortilla chips, crushed

Origin | U.S.A. (Texas)

1. Heat frying pan over medium heat. Drizzle a little oil to prevent sticking.
2. Add chopped chicken and cook until no pink is left. Do not overcook or it will become tough!
3. Wash and chop lettuce into medium sized bites (about 1 inch)
4. Throw in a large bowl and toss.
5. Add remaining ingredients (including chicken!) and toss thoroughly.

Devour and enjoy!

Note: Taco salads can have a wide selection of substitutions and alternatives. Don't want chicken, use ground beef or even ground turkey. Instead of salsa, try with fresh chopped veggies. Add corn and peppers to spice it up. You can also mix it up with different kinds of cheeses, and main greens. Try it with kale or even spinach.

Spice it UP!

Add red chili peppers, haberneros and even ghost peppers.

Instead of tortilla chip crumble in the salad, put the salad into a taco bowl and serve with your favourite garnishes.

Diet Friendly | Paleo, Gluten-Free, Vegetarian



CREOLE GREEN SALAD

Serves: 2 to 3 people and maybe a few Llamas, drama llamas, super llamas and a llama named Cusco.

A wonderful salad bouquet with a wonderful seasoned taste and that added spice to taste. This salad is great for those who enjoy that extra kick.

2 oz dried **cranberries**
2 oz **ruby port wine**
1 oz **olive oil**
2 oz **water**
2 oz **raspberry vinegar**
¼ tsp **tabasco sauce**
1 tsp **ground cinnamon**
1 tsp **sugar**
1 pkg package **baby lettuce**
¼ tsp **salt and pepper**
2 oz **Stilton cheese**
crumbled (or blue cheese)
2 oz **almonds, sliced & toasted**



Origin | U.S.A. (Louisiana), France, Spain, Amerindian, Haitian

1. Soak cranberries overnight in the port wine.
2. The next morning, in a large mixing bowl, add oil, water, vinegar
3. Tabasco, cinnamon & sugar, & whisk until emulsified.
4. Add the lettuces & toss, then season with salt & pepper.

Divide the greens among 4 plates & garnish each with crumbled cheese, cranberries & almonds.

Note: This salad can be tailored to your taste buds. Replace Tabasco with scotch bonnet sauce, or Carolina Reaper sauce. If port wine is on the pricey side, you can substitute with your favourite red wine instead. Got an almond allergy? Try substituting cashews or walnuts instead.

Diet Friendly | Vegetarian, Ketogenic, Paleo, Kosher, Gluten-Free

Scotch on the Salad!

Most Scotch bonnets have a heat rating of 100,000–350,000 Scoville units. For comparison, most jalapeño peppers have a heat rating of 2,500 to 8,000 on the Scoville scale. However, completely sweet varieties of Scotch bonnet are grown on some of the Caribbean islands, called cachucha peppers.

SALMON NIÇOISE FRÜVOUS

Serves: 2 to 4 people depending on serving size or a very hungry oil field worker in B.C.

This flaky salmon and quartered hard-boiled eggs pack a punch in protein where seafood meets chicken. This cobb-style salad makes a great starter



Origin | France (Calais, Nice)

1. Heat grill to medium-high. In a large bowl, whisk together the vinegar, mustard, 2 tablespoon oil, and ¼ teaspoon pepper. Add the olives, capers, and tarragon and mix to combine.
2. In a separate large bowl, toss the potatoes and green beans with remaining tablespoon oil and ¼ teaspoon each salt and pepper.
3. Season the salmon with ¼ teaspoon each salt and pepper, and grill, skin side down, covered, until opaque throughout, 10 to 12 minutes; transfer to a cutting board. While the salmon is grilling, add the potatoes to the grill and cook, covered, until tender, 5 to 6 minutes per side, then add to the bowl with the dressing and toss. Grill the green beans until lightly charred, turning occasionally, 2 to 3 minutes.
4. Using a fork, flake the salmon into pieces, discarding the skin. Divide the lettuce, eggs, potatoes, green beans, and salmon among the plates, spooning over any remaining dressing.

Note: Salmon can be substituted for tilapia, whitefish, perch, trout, and battered haddock.

Diet Friendly | Ketogenic, High Protein, Atkins, Gluten-Free

2 tbsp red wine vinegar
1 tsp Dijon mustard
3 tbsp olive oil
Kosher salt and pepper
¼ cup pitted Kalamata olives, finely chopped
1 tbsp capers, rinsed
¼ cup Fresh Tarragon chopped
1 lb fingerling potatoes halved lengthwise
8 oz green beans
11¼ lb. center-cut salmon fillet (skin on),
1 head butter lettuce
4 large hard-boiled eggs

What is Nicoise?

Nicoise is the French word for "in the style of Nice." So, any dish that is labeled Nicoise would be in the cooking style of Nice, France. Usually these are recipes that have black olives, tomatoes and anchovies. The predominant flavoring is often garlic. The most typical dish seen in America is Salade Nicoise

DID YOU KNOW: All humans are born craving sugar, and most humans cannot process lactose.

DARREN'S GYRO SALAD with TZATZIKI

Servers: 2 to 3 people and a very hungry Darren on "guys night" at Sarah's place.

A quick and healthy gyro-inspired salad with Souvlaki spiced chicken and tzatziki dressing to bring the flavours of mediterranean cuisine to taste.

2 round pita breads
6-8 cups chopped romaine lettuce
2 large chicken breasts,
3 tsp mediterranean seasoning
salt and pepper to taste
1 red bell pepper, thinly sliced
½ red onion, thinly sliced
⅓ cup crumbled feta



Origin | U.S.A. (Louisiana), France, Spain, Amerindian, Haitian

1. Preheat oven to 400°F degrees. Brush pita breads with olive oil and cut into triangles. Lay in a single layer on a lightly greased baking sheet. Bake for 5-7 minutes until lightly browned. Allow to cool.
2. Combine all dressing ingredients in a food processor or blender and puree until smooth. Cover and chill until ready to use.
4. Season chicken with Mediterranean seasoning, and salt and pepper to taste. Cook over medium heat in a large skillet for 4-6 minutes on each side until cooked through. Cut into strips.
4. Distribute lettuce, chicken, peppers, onions, feta cheese and pita croutons between 4 bowls. Serve with tzatziki dressing.

You can find our Tzatziki recipe in our sauces section.

Note: You can add in additional spices such as paprika, cardammon and marjoram to add additional flavour.

Diet Friendly | Vegetarian, Mediterranean

The Maszkowitz Paradox

Darren, husband to our former host Rachel, can eat so many donairs we wonder where he puts it all. (record: 5 donairs)

Check our entree section for Darren's Favourite homemade Donair recipe, as well as our recipes for gyro donairs and Tzatziki sauce located in our dips, sauces and seasoning section.

THE GREEK MEDITERRANEAN

Serves: 2 to 4 people and maybe the cast of "Mamma Mia!"

When a traditional Mediterranean greek salad just won't cut it. This version of a popular combination enhances those exotic tastes, and goes great with white wine,



1 cup herry tomatoes, halved
1 cucumber,
1 cup halved kalamata olives
½ red onion, thinly sliced
¾ cup crumbled feta
1 cup water
½ cup distilled white vinegar
¼ cup olive oil
2 tsp salt
1 tbsp ground black pepper

Origin | Greece (Athens, Kalamata)

1. Thinly slice cucumbers into half moons, and slice onions into thin pieces.
2. In a large bowl, stir together tomatoes, cucumber, olives, and red onion.
3. Gently fold in feta.
4. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.
5. Drizzle dressing over salad.

Note: Similar to a cucumber, tomato and onion salad, this recipe can be customized to add in regular sliced tomatoes, or replace the red onion with white or yellow. Add roasted garlic for added flavour and if your into the spice, slice in some ghost or hot peppers to liven things up.

Olives are best!

Most people forget to add olives to their salads. Olives are a great source of fibre, high in vitamin E, contains more antioxidants than wine, and are a source of many healthy fats our body needs to maintain our digestive and metabolic systems. The neat thing about olives is the average lifespan of an olive tree is between 300 to 600 years.

Diet Friendly | Ketogenic, Mediterranean, FODMAP

DID YOU KNOW: *The average calories consumed while eating out is about 2000; a buffet is about 4500.*



CLASSICAL CAESAR SALAD

Serves 2 to 3 people and tastes better than what you would get at a restaurant.

Caesar salads are a common staple on many menus in restaurants and still provide a great starter to your meals. This traditional salad can accompany many pasta and meat dishes.

Origin | Mexico, U.S.A.

The Dressing

1. Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, 2 tbsp of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice.
2. Season to taste with salt and black pepper, then chill for 1 hour.

The Salad

1. Heat oil in a large skillet over medium heat. Cut the remaining 3 cloves of garlic into quarters, and add to hot oil.
2. Cook and stir until brown, and then remove garlic from pan.
3. Add bread cubes to the hot oil. Cook, turning frequently, until lightly browned. Remove bread cubes from oil, and season with salt and pepper.
4. Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, and seasoned bread cubes.
5. *Adding Chicken:* you can add diced chicken, cooking thoroughly. Add oil, chicken, garlic, salt and pepper to pan and cook until firm.
6. *Adding anchovies:* you can add anchovy fillets, mashing them with a fork and whisk into the dressing for a more traditional taste.

Note: You can add cooked bacon bits and shaved Parmesan to garnish instead of faked bacon bits and grated Parmesan.

We at *Dinner by the Minute* normally and only use the best yet least expensive items we can. We only make fresh, unprocessed, and locally sourced ingredients. Our rule: "If it's processed, your poisoning your body with crap."

As such, we use locally bought romaine lettuce, garlic and chicken.

Diet Friendly | Ketogenic, Mediterranean, Vegetarian, Gluten-Free

6 cloves garlic, peeled, divided
¾ cup mayonnaise
6 tbsp grated Parmesan cheese,
1 tsp Worcestershire sauce
1 tsp Dijon mustard
1 tbsp lemon juice,
salt to taste ground black pepper to taste
¼ cup olive oil
1 head romaine lettuce,
1 cup croutons (optional)
5 oz chicken (optional)
1-2 anchovy fillets (optional)

"HAIL, MEXICO?"

Caesar salad as you know it was not invented until 1924. Italian-American restaurateur Caesar Cardini invented this delicious dish in Tijuana, Mexico to attract Americans frustrated by prohibition.

But this is just one recorded fact on this dish.

DID YOU KNOW: The largest wholesale purchaser of 'Kale', before it became a craze, was Pizza Hut, as a garnish.

ASIAN CHICKEN & AVOCADO SALAD

Serves: 2 to 4 people. Many avocados were massacred to bring flavour to this dish.

If you love the great taste of Asian cooking but want to eat healthy, this delicious recipe will keep your tastebuds on edge. A healthy alternative for any meal.

2 tbsp **lemon juice**
1 tsp **soy sauce**
½ tsp **Sriracha**
2, 5 oz **boneless, skinless chicken breasts**
1 head **napa cabbage**, thinly sliced
1 cup chopped **snap peas** or **snow peas**
1 large **carrot**, sliced thin diagonally
3 **Clementine oranges**
¼ cup **cashew pieces**
1 **avocado**, sliced or diced
**optional: add Peking duck for a more authentic taste*



Origin | Northeast Asia, Pan-Asian

1. In a small bowl, stir together lemon juice, soy sauce, and sriracha. Add chicken, and flip to coat evenly. Allow to marinate for at least 5 minutes or up to 8 hours.
2. Spray a medium skillet with cooking spray, and heat over medium high heat. Add seasoned chicken breast, and cook about 7 minutes per side, until cooked through. Remove to cutting board.
3. In a small container with tight fitting lid, add sesame oil, vinegar, soy sauce, garlic powder, sugar, and sesame seeds. Cover tightly, and shake well to combine. Set aside.
4. In a large salad bowl, add cabbage, snap peas, carrots, oranges, and cashews.
5. Shred chicken with two forks, and add to salad bowl. Pour dressing over the salad, and toss well to combine. Arrange avocado slices or cubes over the top of the salad, and sprinkle lightly with sesame seeds before serving. (You can add the avocado to the entire salad or to individual portions depending on your preference.)

*No Peking!,
so Duck OFF!*

Peking duck is a dish from China that has been prepared since the imperial era. The meat is characterized by its thin, crisp skin, with authentic versions of the dish serving mostly the skin and little meat. Ducks bred specially for the dish are slaughtered after 65 days and seasoned before being roasted in a closed or hung oven.

Diet Friendly | Mediterranean, Low-Carb, Gluten-Free, FODMAP

SPICY CHORIZO SHRIMP SALAD

Serves: 2 to 3 people, many Italians, and the odd TV producer craving a snack

Ever thought of adding a unique taste to your salad? Try it with Italian Chorizo and a variety of nuts with a touch of devein shrimp on a bed of butter lettuce.



4 oz Italian Chorizo, chopped
¼ cup roasted unsalted almonds, chopped
30 large peeled and deveined shrimp
kosher salt and pepper
2 tbsp olive oil
2 tbsp red wine vinegar
2 scallions, thinly sliced
1 cup grape tomatoes
½ seedless cucumber, sliced into half-moons
1 head of butter lettuce or mixed arugula
½ cup feta cheese

Origin | Mexico, South America, Portuguese, Iberia, Italy, Peru

1. Heat a large skillet over medium heat. Add Chorizo and cook until it releases its oils and is crisp, about 5 minutes. Using a slotted spoon, transfer to a bowl (leaving the oil behind) and toss with almonds.
2. Season the shrimp with ¼ teaspoon each salt and pepper. Increase heat to medium-high, add shrimp to skillet and cook, turning once, until opaque throughout, 2 to 3 minutes per side. Transfer to a plate.
3. In a large bowl, whisk together the oil, vinegar, and ¼ teaspoon each salt and pepper.
4. Add scallions, tomatoes, and cucumber and toss to coat. Gently toss with the greens.

Serve shrimp over salad and sprinkle with Chorizo-almond crumbs.

Note: Substitute walnuts, cashews or pecans instead of almonds cooking the same way.

Diet Friendly | Ketogenic, Mediterranean, Gluten-Free

Chorizo, ole!

Spanish Chorizo is made from coarsely chopped pork and pork fat, seasoned with pimento – a smoked paprika – and salt. It is generally classed as either picante (spicy) or Dulce (sweet), depending upon the type of pimento used. For example, *Chorizo de Pamplona* is a thicker sausage with the meat more finely ground.

DID YOU KNOW: Coconut water is healthier than you think, it can be used as blood plasma!

ZUKO AZULA BUTTER SALAD

Serves: 2 to 3 hungry hungry hippos or your special significant other on a special date at home.

A simple yet elegant salad with a ton of flavour, full of a variety of lettuce heads, squash and cheese gives this creation lots of room for added spices and substitutions.

1 bunch green onions
1 5 oz chicken breast
1 tsp extra-virgin olive oil
½ cup olive oil
¼ cup rice vinegar
1 tbsp Dijon mustard
1 tbsp honey
1 lb. yellow squash
1 cup grape tomatoes
1 can black-eyed peas
2 cups arugula
3 cup butter lettuce
2 cups romaine
1 cup ricotta cheese
Coarse Sea Salt



Origin | Fire Nation, Egypt, Middle East, Greece, Scandanavia

1. Heat large grill pan on high. Toss green onions whole with 1 tsp oil. Grill 5 to 6 minutes or until very tender and starting to char, turning occasionally. Transfer to cutting board and thinly slice. Dice chicken and fry in same pan as onions until fully cooked and tender and set aside to cool.
2. In medium bowl, whisk vinegar, mustard, and honey; stir in green onions, ½ tsp salt and ¼ tsp black pepper. While whisking, drizzle in remaining ½ cup oil; set aside.
3. With mandolin, vegetable peeler or sharp chef's knife, very thinly slice squash into ribbons. In large bowl, toss squash with tomatoes, peas, and half of vinaigrette until well-coated. Taste and add more vinaigrette, if desired.
4. Divide arugula among 6 serving plates; top with squash mixture and large dollop of ricotta. Add in chicken.
5. Drizzle with olive oil and garnish with coarse salt and black pepper, if desired.

Note: There are many substitutions for this dish, add in artichoke, hemp hearts, roasted garlic or replace the ricotta cheese with your favorite cheese finely grated.

Diet Friendly | Vegetarian, Vegan, Ketogenic, Gluten-Free

Many kinds of Lettuce

There are many different kinds and variations of lettuce in the world but these can be categorized into four main types: butterhead, crisphead, looseleaf and romaine. Because of its high water content (95%), lettuce cannot be frozen, but makes for a much greater tasting snack.

SOUTH ASIAN GINGER TURKEY NOODLE

Makes: 2 medium bowls and many memories for your palette

Sarah enjoys Vietnamese cuisine and this is one of her favorite salads that offers a variety of flavors and textures, simple to make, healthy to eat and can be made on a tight budget.



1 pkg vermicelli noodles
¼ cup rice vinegar
2 tsp monkfruit sweetener
1 tbsp grated ginger
1 tsp grated ginger
kosher salt
1 red pepper
1 red chile pepper
3 oz snow peas
½ seedless cucumber
1 tbsp canola oil
2 5oz turkey breast (diced)
¼ cup hoisin sauce
2 scallions

Origin | South Asia, Thailand, Vietnam

- 1.** Cook the noodles according to package directions. Drain and rinse under cold water to cool.
- 2.** Meanwhile, in a large bowl, stir together the vinegar, sugar, 1 tsp ginger, and ¼ tsp salt. Add the peppers, snow peas, and cucumber and toss to combine.
- 3.** Heat the oil in a large nonstick skillet over medium heat. Add the turkey and cook, breaking it up with a spoon until no longer pink, 5 to 6 minutes.
- 4.** Stir in the hoisin sauce, the remaining ginger, and 2 tablespoons water and cook 1 minute; fold in the scallions.

Serve the noodles with the cucumber salad and turkey.

Note: Vermicelli noodles can become sticky once cooled. Add ¼ sesame oil to help separate the noodles. You can also add extra protein into the sauce by adding in ¼ tbsp of peanut butter. Add chopped peanuts as well to make it even more authentic.

*Save the Turkey,
Save the World*

You can substitute the turkey with chicken, pheasant, duck, goose, or even sliced pork. Most Vietnamese salads and soups contain less than 500 calories per serving and meat adds the essential protein to the meals. Also great for a New Years resolution meal idea.

Diet Friendly | Ketogenic, Mediterranean, Vegetarian

DID YOU KNOW: More than 100 million North Americans skip breakfast, the most vital meal of the day.

SOUTHWEST SPICED COBB

Serves: 2 to 4 people, Lava Girl, and anyone who enjoys a variety of spice

It's a salad, side dish, and dinner all in one – depends on how hungry you are! This salad will give you a nice spice kick for those who enjoy a little heat.

1 tbsp olive oil
1 large chicken breast
1-2 large eggs (hard boiled)
2 tsp ground cumin
2 tsp chili powder
Kosher salt and pepper
1 head Romaine lettuce
1 large bell pepper
2 medium tomatoes
1 avocado, diced
4 green onions (diced)
15 oz. can black beans
1 cup kernal corn
1 cup crumbled tortillas
**optional:*
6 Carolina Ghost Peppers

Spice it UP! with Lava!

As most of our viewers and readers know, we get a lot of questions about spicing dishes. Pretty much anything can be spiced up. This dish is no exception. For those who love heat, add a good dose of lava to your next meal. Goes great with many things carbon too!.

Origin | U.S.A. (California, Arizona)

Cooking chicken:

1. Generously season the chicken breasts with salt, on both sides. Also, season both sides of chicken breast with ½ tsp of ground cumin and ½ tsp of chili powder (reserve the remaining 1 ½ tsp of each cumin and chili powder for later).
2. Heat a large skillet on medium-high heat until hot, add 1 tablespoon of olive oil – it should sizzle immediately. Add the chicken breast, and cook for about 2 minutes on each side, on medium-high heat.
3. Remove the skillet from the heat, cover with lid, and let the chicken sit, off heat (it will continue cooking off heat) until the chicken is completely cooked through and no longer pink in the center, about 10-15 minutes. Slice the cooked chicken into stripes or cubes. Set aside.

Assembling the salad:

1. Make sure lettuce, bell pepper, tomatoes, avocado, and green onions are all finely chopped. Rinse and drain canned black beans and canned corn. Add all salad ingredients, 1 ½ tsp of ground cumin, and 1 ½ tsp of chili powder to a large bowl and toss
2. Top each salad serving with cooked chicken (cubed or sliced into stripes).

Note: Drinking milk is the best way to cool down an extra hot burn. This is because a protein in milk (Casein) breaks down the bonds between capsaicin-the stuff that makes hot sauce hot-and the body's pain receptors. This is why "Milk of Magnesia" helps to relieve heart burn and acid reflux.

Also don't actually drink lava. No one's ever tasted lava, if you do let us know!.

Diet Friendly | Vegetarian, Ketogenic, Gluten-Free, FODMAP



B.C. SALMON AVO BLT SALAD

Serves: 2 people riding the early waves on the coast of BC, or someone looking for a quick snack

Straight from coast of British Columbia, Canada comes a salad of crisp romaine mixed with B.C. salmon, bacon, tomatoes and avocado. Inspired by my parents, David and Clare.

2, 6 oz. **salmon fillets**
¼ tsp **kosher salt**
¼ tsp **ground black pepper**
10 cups **chopped romaine**
2 cup **cherry tomatoes**,
2 cup **croutons**
1 **avocado**, halved, peeled,
and diced
8-10 slices cooked
bacon, chopped

**optional*

Feel free to **bacon** the heck out of this dish. Add a **spritz** of **lemon** for a citrus flavor.



Origin | Canada (British Columbia, Alberta)

1. Preheat oven to 400°F. Place salmon on a lined baking sheet and sprinkle evenly with salt and pepper.
2. Bake until browned and crispy on the edges, 18 to 20 minutes. Remove from the oven and let cool.
3. Toss lettuce, tomatoes, croutons, avocado, and bacon together.
4. Chop up salmon and toss into salad along with the dressing. Serve immediately.

Note: If you enjoy surf and turf but cannot eat pork, substitute the bacon for thin slices of steak or strips of grilled chicken.

Avocadolicious!

Avocados are extremely healthy. With more potassium than a banana, do not contain any cholesterol or sodium, low in saturated fats, high in healthy monounsaturated fatty acids and loaded with fibre, these "alligator pears" can be used in virtually any type of meal.

Diet Friendly | Vegetarian, Mediterranean, Ketogenic, FODMAP

PINA COLADA HEI HEI

Serves: a few people, or the village of Motu Nui, Tēnā koe e hoa

For those who love Polynesian and cuisine from the South Pacific, this "Moana" inspired dish from one of my favorite films is a great pleaser to any meal served any time of the year.



1 lb. boneless skinless chicken breasts
1 cup all-purpose flour
2 large eggs, beaten
1 cup shredded coconut
½ tsp kosher salt
½ tsp ground black pepper
10 cups romaine
1 red bell pepper, thinly sliced
2 cups pineapple, chopped
½ cup coconut milk
Juice of 2 limes
pinch of crushed red pepper flakes

Origin | Samoan, Polynesian, Hawaiian, South Pacific

1. Preheat oven to 400°F. Dredge chicken in flour, egg and coconut and transfer to a baking sheet. Season generously with salt and pepper.
2. Bake until cooked through and coconut is golden, 12 minutes. Meanwhile, arrange salad: In a large bowl combine romaine, red pepper, pineapple and chicken.
3. In a small bowl, whisk together coconut milk, lime juice and zest, and red pepper flakes and season with salt.
4. Drizzle with dressing and serve.

Dressing for this recipe can be found on page:

Note: "Hei Hei" (*Te heiehi*) means chicken in Maori and to add flavor to this dish, you can combine the pineapple, chicken and our Maori spice to bring out traditional Maori cuisine.

Diet Friendly | Carnivore, Low Fat, DASH, Inuit, Tribal

The Maori Haka!

Out of many cultures on the planet, Sarah has always had respect for the Maori people and their vibrant culture. Their *Haka* dance is something to behold. The Haka is a traditional war cry, war dance, or challenge in Māori culture. It is a posture dance performed by a group, with vigorous movements and stamping of the feet.

DID YOU KNOW: Maori usually cook under the ground in ovens called "hangi" with meats and veggies

SIMPLE CUCUMBER TOMATO SALAD

Serves: 2 to 3 people soaking in the summer sun drinking sangria on a beach.

A quick and easy summer staple, this cucumber and tomato salad goes well with fish, chicken, pork, or a plate filled with veggies!

- 2 large cucumbers, sliced
- 2 cups cherry tomatoes
- 1 medium onion diced
- 1 cup water
- ½ cup apple cider vinegar
- ¼ cup olive oil
- 2 tsp salt
- 3 tbsp sugar
- ½ tbsp black pepper



Origin | England, Ireland, Scotland, Northern Europe

1. Thinly slice cucumbers, cut tomatoes into halves and slice onions and combine in a large bowl.
2. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.

Note: You can have this salad any time of year. This salad provides a multitude of healthy meal options, or for a quick midday snack at work.

**Additions and Substitutions*

You can add, avocados, lemon zest or juice, orange zest, chilies (for an extra kick) and even garlic. You can't go wrong with garlic.

Cucumber Cleanse

Cucumbers possess vitamins, such as Vitamin A, Vitamin B6, Vitamin C, Vitamin E, Vitamin K, and more. Vitamin A ensures good sight. Vitamin B6 ensures a healthy hemoglobin count. Vitamin K helps promote bone metabolism and blood coagulation So eating cucumber or drinking its juice boosts your immunity.

Diet Friendly | Vegan, Vegetarian, Ketogenic, Detox, FODMAP

THE "KITTY" FELTHAM SALAD

Serves: 2 to 4 people and my roommate Alexis, if she doesn't eat all of it first.

Who doesn't like watermelon? In honor of a great friend, this delicious summertime salad filled with mint, watermelon, jalapeños, feta and fres lime gives a refreshing taste



8 cups seedless watermelon
½ cup mint, sliced
1 jalapeno chilies, diced
½ cup feta cheese
½ cup lime juice
¼ tsp kosher salt
¼ tsp black pepper

Origin | Greece (Athens, Kalamata)

1. Cut watermelon into cubes 1"x1", place in colander and let drain. Drain into another bowl and reserve the juice.
2. Slice mint into thin julienne strips and set aside.
3. Cut and remove jalapeño's seeds and veins and dice into small pieces,
4. In a large bowl combine watermelon cubes, mint, jalapeño, and crumble feta cheese. Pour over the lime juice and sprinkle with salt and pepper. Stir well.

Serve cold.

Note: The salt in this salad will draw out the liquid in the watermelon making a rather soupy broth. If you are not going to serve the salad immediately hold the feta and salt until right before serving. You may also serve the feta on the side.

The Watermelon Cleanse

Take the juice of a watermelon (or about 2 cups worth), add a leaf of mint or basil, 2 cups water, ¼ cup lime juice ice cubes and you have a great watermelon drink that is both loaded with vitamins and will keep you cool and refreshed. Stay quenched!

Diet Friendly | Vegan, Vegetarian, Detox, FODMAP, Ketogenic

DID YOU KNOW: Watermelon is grown in over 100 countries and has over 1200 varieties worldwide



NIGHTSHADE SALAD

Servers: 2 to 4 people and goes well at potluck dinners, weddings or even on special holidays

This classic favorite with a twist. Inspired by a friend in Missouri, and created in honour of their friendship. This fabulous classic goes great on it's own or with a meal.

Origin | Germany, Northern Europe, Ireland

The Dressing

1. In a large pot, cover potatoes with water and season generously with salt. Bring water to a boil and cook until potatoes are easily pierced with a knife, 12 to 15 minutes. Drain and let cool slightly.
2. In a large bowl, combine mayonnaise, red onion, Dijon mustard, lemon juice, pickles and paprika. Stir until well combined. Fold in the cooked potatoes, eggs, and chives, then season with salt and pepper. Refrigerate until ready to serve.
3. Serve cold or at room temperature over butterhead lettuce in a large serving bowl.

Note: Do not cream your potatoes after cooking them. You want to be able to fold the potatoes into the ingredients as carefully as possible. Most people keep breaking them down. To cool the potatoes faster you can run them under cold water to stop the cooking process after removing from the burner.

Potato salad can be made with different variations, and substitutions. Check out these alternative choices.

Carnivore Potato Salad

- add: *bacon bits or steak shavings with a hint of liquid smoke*

Spiced like lava Potato salad

- add in *carolina reaper sauce or peppers, tabasco, or your favorite hot sauce*

Tandoori Potato Salad

- add in a few pinches of *tandoori spice, garam masala, turmeric, fenugreek and or cardamom.*

The Great Canadian Potato Salad

- add in *maple flakes, yukon gold instead of red potatoes, dill, or coriander*

3 lbs red potatoes, chopped
kosher salt
1½ cup mayonnaise
1 small red onion, finely chopped
1 tbsp Dijon mustard
1 tbsp lemon juice
¼ cup chopped pickles
½ tsp paprika
4 hard boiled eggs, chopped
¼ cup finely chopped chives
Freshly ground black pepper
Butterhead lettuce, for serving

Vodka anyone?

During the 16th century, Spanish explorers discovered the potato in South America and brought the vegetable back to their homeland; from there the potato was introduced to Europe by farmers and merchants.

Later it was discovered you could use a potato to make vodka. There are over 500 kinds now.

Diet Friendly | FODMAP, Vegetarian, Atkins, High-Protein

DID YOU KNOW: About one billion "Escargot" (snails) are served each year in Canada and the U.S. alone.



Soups

soup

sōōp/

noun

plural noun: **soups**

1. a liquid dish, typically made by boiling meat, fish, or vegetables, etc., in stock or water.
"a bowl of tomato soup"

synonyms:

broth, potage, consommé, bouillon, chowder, bisque
"a cup of homemade soup"

Soups are a great choice whether for lunch, or dinner, in the middle of summer or in front of a nice fire in winter to warm you up. Soups can be quite versatile, hearty and the choices for ingredients endless.





MIDWEST AMERICAN VEGGIE BEEF STEW

Servers: A family of 5, a group of hungry truckers or your sick spouse needing a warm meal.

Vegetable beef stew is a must have favourite on cold snowy winter days while cuddling up to a roaring fire. Great on it's own or accompanied with warm french bread.

Origin | U.S.A. (Little Rock, Arkansas)

1. Cut meat into small, bite-size (½") pieces.
2. In a large pot or dutch oven, saute meat in 1 tbsp oil on medium-high heat until all sides are brown. Set aside on a plate.
3. Chop celery, onion, potatoes, and carrots into bite-size pieces. Saute celery and onion in remaining 1 tbsp oil until onion is golden (about 10 minutes).
4. Add browned beef, water, broth, tomatoes with juices, carrots, potatoes, corn, bay leaves and garlic. Bring to a boil.
5. Reduce heat and simmer uncovered until beef is almost tender, about an hour.
6. Add peas and hot sauce to soup.
7. Cover and simmer until beef is tender, about 30 minutes longer.

Serve and season with freshly ground black pepper, hot sauce, or crumbled saltines, if desired.

- 1 lb beef stew meat
- 1 onion
- 3 celery ribs
- 10 baby carrots (or a couple regular carrots)
- 2 potatoes
- 1 cup frozen corn
- 1 cup frozen peas
- 2, 14 oz.cans diced tomatoes
- 3 ½ cups beef broth
- 2 small bay leaves
- 2 tsp garlic
- 2 tbsp olive oil
- 4 cups water
- 2 tsp hot pepper sauce

Chicken or Beef?

Stews have been made since ancient times. Herodotus said that the Scythians "put the flesh into an animal's paunch, mixed water with it, and boiled it like that over the bone fire. The bones burn very well, and the paunch easily contains all the meat once it has been stripped off. In this way an ox, or another animal, is ingeniously made to boil itself."

Diet Friendly | Carnivore, FODMAP, Ketogenic, Atkins

DID YOU KNOW: Most "extra virgin" olive oils are fake. Make sure you get the good stuff i.e.: Colavita

SERAPHINA'S CLAM CHOWDER (Nova Scotia)

Serves: 4 to 6 people, and a bunch of rowdy Newfie's from Gander!

Sarah is well known for making some of the best clam chowder around. Her recipe has become a staple during her social parties and potluck dinners.

2 tbsp rendered **bacon fat**
2 cups **chopped onion**
2 lbs **red potatoes** peeled and diced ½ inch
1 tsp **sea salt**
¼ tsp **black pepper**
2 cups **clam juice**
2 cups **heavy cream**
½ tsp **dried thyme**
2½ cups **milk**
1-3 cups (8-16 oz) of **drained canned clams**,
1 cup **Atlantic lobster**
1 cup **corn**,
2 cups **baby shrimp**
Garnish with 1 tsp **parsley**



Origin | Canada (Nova Scotia), U.S.A. (New England, Maine)

1. Heat the bacon fat in a wide, heavy-bottomed pot, 4 quarts or larger, over medium-low heat. Add the onion and cook until it turns translucent, about 6 minutes. Add the potatoes, salt and pepper and stir to coat the potatoes in fat. Add the clam juice, bring it to a simmer and cook uncovered until the potatoes are tender to the bite, about 12 minutes.

2. Scoop out 1½ cups of the potatoes and purée in a blender with the cream until very smooth. Stir the cream mixture back into the pot with the thyme. This makes a very thick soup base that you can prepare 1-2 days in advance and even freeze.

3. Add the milk to thin to the chowder to your desired consistency and rewarm the pot over medium heat, stirring occasionally, just until it is steaming but does not fully simmer. Add the clams, shrimp and lobster or other ingredients of your choice to flavor the chowder, using as much as little as you like or have on hand. Stir until heated through and taste for salt and pepper before serving.

You can thicken by adding in extra heavy cream.

Diet Friendly | Only if you like seafood. ***Allergy**: contains shellfish

Which lobster is better, Canada or U.S.?

Maine has warmer waters than Canada which results in Maine Lobsters being a little softer than Canadians. With the water being a bit warmer this allows for a saltier tasting lobster and the meat being more tender. Canadian Lobsters live in colder waters allowing their shells to get much harder than Maine Lobsters, but is better tasting in quality.

SERAPHINA'S CLAM CHOWDER (Boston)

Serves: 4 to 6 people and is the chowder of choice in Massachusetts

This red wine, tomato and clam based chowder is another of Sarah's famous soup recipe collections. This alternative to the traditional white clam provides a more robust taste.



- 2 strips bacon, diced**
- 2 tbsp olive oil**
- 1½ cup onion, finely diced**
- ¾ cup diced carrot**
- ½ cup leek, thinly sliced**
- 1 cup bell pepper, diced**
- 1 tbsp minced garlic**
- 1 cup diced tomatoes**
- 12 oz tomato purée**
- 1 bay leaf**
- ½ tsp chopped fresh thyme**
- 1 lb red potatoes, diced**
- 2, ½ cups Fish Stock**
- 1 can clam juice**
- 2 cans baby clams in juice**
- 4 dashes Tabasco sauce**

Origin | Canada (New Brunswick), U.S.A. (Boston, Manhattan)

- 1.** Place a large heavy soup pot over medium-high heat. When hot, add the bacon. When it starts to brown in spots, lower the heat to medium and continue to cook until most of the fat has been rendered and the bacon is almost crisp, about 4 minutes.
- 2.** Add the vegetable oil, onions, carrots, celery, leeks, and bell peppers. Sauté, stirring occasionally, until very soft, 10 to 15 minutes. Add the garlic and sauté for another 2 minutes.
- 3.** Add the diced and puréed tomatoes, bay leaf, thyme, and potatoes.
- 4.** Add the stock or clam juice to the pot. Stir to mix well. Bring to a boil over high heat, and then lower the heat to a simmer and cook for 30 minutes, stirring occasionally, or until the potatoes are fork-tender.
- 5.** Add the clams with their juice and season with salt and pepper. Add the Tabasco. Bring back to a simmer for several minutes.

Ladle into bowls and serve with crusty bread or crackers.

Diet Friendly | Vegetarian, Ketogenic, Gluten-Free, Diabetic

Chowder vs Bisque

Unlike bisque which is smooth, chowder is thick and chunky. Traditionally it's filled with pieces of vegetables, seafood and/or meat. It also usually includes milk or cream, and gets its thick texture from hearty vegetables, like potatoes

ALBERTA COUNTRY STYLE MINESTRONE

Serves: 4 to 6 people, and maybe a hungry farmer after the fall harvest.

This country style Alberta made Minestrone soup is hearty yet healthy. Great in the fall on cold days or during summer on a rainy day. Even good for a midday snack.

½ onion, diced
1½ tbsp minced garlic
2 carrots, sliced thin
1½ cups green beans
¼ tsp sea salt & pepper
1 cup zucchini, sliced
1½ cup diced tomatoes
6 cups vegetable broth
2 tsp dried basil
2 tsp dried oregano
1 tbsp nutritional yeast
1 tbsp coconut sugar
1½ cup chickpeas, rinsed
2 cups pasta noodles*
1 cup spinach, roughly chopped



Origin | Italy (Rome), Canada (Alberta)

1. Heat a large pot over medium heat. Add water, onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
 2. Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
 3. Add zucchini, tomatoes, vegetable broth, basil, oregano, yeast, coconut sugar, and beans. Stir to coat. Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir.
 4. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer. Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Add coconut sugar to balance flavors. Add spinach and stir. Cook for another 3-4 minutes to wilt. Turn off heat and let rest for a few minutes.
- Garnish with fresh herbs and parmesan cheese (*optional*).

Minestrone Secret Recipe

There is no set recipe for minestrone, since it is usually made out of whatever vegetables are in season. It can be vegetarian, contain meat, or contain a meat-based broth. Angelo Pellegrini, however, argued that the base of minestrone is bean broth, and that borlotti beans (also called Roman beans) are the beans to use for genuine minestrone".

Diet Friendly | DASH, MIND, Gluten-Free, Ketogenic, Low-Fat

JAPANESE STYLE TAMAGO SUPU

Serves: 2 to 3 Samurai after celebrating after a lengthy battle with mystic demons and many rebellions. .

This traditional Chinese egg drop soup is made with a Japanese twist is great when you are feeling under the weather, or during cold rainy days. A favorite of one of my friends.



4 cups **chicken or vegetable stock or broth**
1 **tblsp + 1 tsp cornstarch**
2 to 4 **large eggs**
Salt or soy sauce
 $\frac{1}{2}$ **inch piece fresh ginger**, peeled and cut into rounds
1 **stem lemongrass**, bruised
 $\frac{1}{2}$ **tsp peppercorns**
1 **tblsp soy sauce**
2 **tblsp miso**

**optional*

Flavouring Extras
(use one or all)

Origin | China (Shanghai), Japan (Beika)

1. Pour stock into a saucepan and place over medium-high heat. Put the smaller flavouring extras you're using into a tea ball or spice bag. Add your flavouring extras to the saucepan with the stock. Turn down the heat to medium-low and simmer for 15 minutes. Scoop out all the flavouring extras with a slotted spoon. Taste and add salt or soy sauce as needed.

2. Add any soup extras to the stock and simmer for five minutes. Save some scallions for sprinkling on top of the soup at the end.

Whisk cornstarch into the broth: Scoop out $\frac{1}{4}$ cup of the stock and whisk it with 1 tsp of cornstarch in a small bowl. Whisk this back into the stock and let it simmer for a minute or two until the broth no longer tastes starchy.

3. Whisk together the eggs in a small bowl with the remaining teaspoon of cornstarch. Make sure your soup is at a bare simmer. Drizzle the eggs into the hot broth: Holding a fork over the bowl, pour the eggs slowly through the tines. Whisk the broth gently with your other hand as you pour. Let the soup stand for a few seconds to finish cooking the eggs.

Flavouring extras: Hot sauce, wasabi, Hoisin, green onions, miso, Daishi

Diet Friendly | Diabetic, Ketogenic, DASH, FODMAP, Okinawa

Flavouring Egg Drop Soup

Egg drop soup can be tasty on its own or you can add extra flavoring to the soup. Use extra-firm tofu cut into bite sized pieces, mushrooms, baby bok choy or even spring onions to bring out the aroma and flavors of this simple soup. For a twist, use this recipe as a base for homemade ramen noodles as well.

DID YOU KNOW: *There are more than 1000 species of bananas in the world. We only eat one of them.*

TURKEY RICE VEGETABLE (Saskatchewan Style)

Serves: 1 hungry family and a pack of rabid Roughrider fans at a rival game.

Deep in the heart of Saskatchewan Canada, lies a small place where the turkeys can roam, and become a healthy meal. We call this place "Rider Nation". This soup is a must for them.

½ cup **bacon**, cut into ½" pieces
1 lb. ground **turkey**
2 tbsp **minced garlic**
1 cup **red onion**, chopped
½ cup **carrots**, chopped
3 tsp **kosher salt**
1 tbsp **ground black pepper**
1 **bell pepper**, chopped
¼ cup **dry white wine**
3 cups **chicken stock**
1 cup **cooked whole grain, brown rice**
¼ cup **chopped parsley**
¼ tsp **poultry seasoning**



Origin | Canada (Saskatchewan)

1. In a large pot over medium heat brown bacon until crispy and fat is rendered. Transfer bacon to a paper towel-lined plate. Drain all but 1 tablespoon bacon fat.
2. Increase heat to medium-high and brown ground turkey in bacon fat, about 3 minutes. Stir in garlic, red onion, and carrots and season with 1 teaspoon salt and 1/2 teaspoon black pepper; sauté for 1 minute.
3. Add bell pepper, white wine, and stock; bring to a boil and simmer for 5 minutes
4. Stir in cooked rice and parsley until warmed through and serve immediately with crispy bacon.

Note: Keep your bones! Turkey bones make a great stock for soups and packs a lot of additional nutrients. Just don't forget to strain.

Gobble Gobble!

Turkey is considered one of the most feasted up foods during the Thanksgiving holiday in the U.S.

Consuming about 50 million on Thanksgiving, 25 million on Christmas and another 20 million at Easter. Canada consumes roughly half of that at each holiday but Canadians prefer ham over turkey.

Diet Friendly | DASH, FODMAP, Low Carb, Ketogenic, Diabetic

PORCO ROSSO CHOWDER

Serves: 2 to 3 people and maybe the odd man turned into a swine.

Based on a beloved anime character, this hearty mix of bacon and cauliflower creates a new type of taste for adventure seekers. Simple, healthy and frugal to make with a touch of fun.



8 slices bacon, diced
1 yellow onion, diced
2 medium carrots,
2 stalks celery, sliced thin
kosher salt
Freshly ground black pepper
2 tbsp minced garlic
2 tbsp coconut flour
2 sprigs thyme,
1 cauliflower, (florets)
6 cups vegetable broth
1 cup 3% whole milk

**optional*

switch out thyme for rosemary, sage or basil

Origin | Western Europe (France), Italy (Florence)

- 1.** Dice bacon, onion into small bits; slice carrots and celery into small pieces and set aside.
- 2.** In a large pot over medium heat, cook bacon until crispy. Transfer to paper towels and drain all but 2 tablespoons of fat.
- 3.** To pot, add onion, carrots, and celery. Season with salt and pepper. Cook until slightly softened, about 5 minutes. Add garlic and cook until fragrant, 1 minute. Sprinkle in flour and cook 2 minutes. Add thyme (or herbs) and cauliflower.
- 4.** Pour in broth and milk and bring to a low boil. Immediately reduce to a simmer and let go until cauliflower is fork tender, about 15 minutes.
- 5.** Garnish with bacon, and additional chives if desired.

Note: replace coconut flour with psyllium husk for a gluten free alternative

Soup vs. Medicine

A warm bowl of soup can hit the spot on a cold day. It can also be a healthy way to start off a meal because it tends to be high in vegetables, filling and low in energy density. Homemade soup is a better choice than canned soup, however, because canned soup often contains the chemical BPA and is high in sodium.

Diet Friendly | Diabetic, Low Carb, Gluten-Free, FODMAP

DID YOU KNOW: Canada is considered the largest locally created craft beer markets in the world.

RACHEL'S CHICKEN NOODLE

Serves: 3 to 4 people, including being medicinal for when Rachel feels under the weather.

Rachel enjoys a great bowl of soup, especially during flu and cold season. Her recipe is more than just a classic, it's great for warming up cold, rainy, or snowy days.

For the chicken

1 lb. skinless, boneless

chicken breasts

2 tbsp olive oil

1 tsp garlic powder

1 tsp ground cumin

½ tsp chili powder

½ tsp cayenne pepper

½ tsp dried oregano

¾ tsp salt

¾ tsp ground black pepper

Origin | Canada (Alberta), Birch Bay Ranch (Cooking Lake)

For the soup:

3 tbsp olive oil

1 tbsp dill

3 large carrots, diced

1 tbsp parsley

3 stalks celery, diced

1 bay leaf

1 very large onion, diced

2 cups water

8 cloves garlic, minced

4 cups chicken or turkey stock

1. Preheat oven to 375°F. Place chicken breasts in a large baking dish lined with parchment paper. Drizzle with 2 tablespoons of oil and sprinkle with spices.

2. Place in the oven and bake for 25 minutes, flipping the chicken at the half way point. Once cooked, pull into small chunks using two forks.

While the chicken is roasting, prepare the soup.

3. Heat olive oil in a large, heavy bottomed soup pan over a medium flame. Add carrots, celery, and onion, and cook - stirring occasionally - for 8-9 minutes. Add garlic and salt and cook for another minute before adding the bay leaf, water and chicken stock.

4. Increase heat to high, bring soup to a boil, then reduce heat to medium-low, stir in noodles, and simmer for 10 - 15 minutes, or until the vegetables are soft and the pasta al dente. Stir in cooked chicken, dill, and lemon juice.

Taste soup to adjust seasonings.

*Note: You can make and freeze for up to 3 to 4 months.

Most Common Soup

Chicken noodle soup is considered one of the most common soups in the world. With over countless variations, substitutable ingredients and consumed in over 200 countries, it's the main staple for most meal ideas on the planet. Healthy and frugal makes this soup a classic of it's own.

Diet Friendly | Vegetarian, Ketogenic, Gluten-Free, FODMAP

DID YOU KNOW: Chicken soup is better than most over the counter medicines and has a better cure rate.



ROASTED GARDEN SQUASH

Serves: Empty stomachs craving wholesome, healthy and hearty food. Sometimes 2 or 3 more people too.

Straight from the garden or your local fresh produce market, this soup is great for those fall days and even around Thanksgiving. Enjoy with family, a friend or a good book.

1 large butternut squash, peeled and cubed (seeds removed)
2 potatoes
3 tbsp extra-virgin olive oil
kosher salt
1 tbsp black pepper
1 tbsp unsalted butter
1 onion, chopped
1 stalk celery, thinly sliced
1 large carrot, chopped
1 tbsp. fresh thyme leaves, plus more for garnish
4 - 6 cups low-sodium chicken broth



Origin | Africa, Mozambique, Namibia and Haiti

1. Preheat oven to 400°F. On a large baking sheet, toss butternut squash and potatoes with 2 tbsp olive oil and season generously with salt and pepper. Roast until tender, 25 minutes.
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with salt, pepper, and thyme.
3. Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.)

Serve garnished with thyme.

Note: switch it up by replacing the butternut squash with pumpkin, acorn, spaghetti or even kabocha squash. Add in a pinch of coriander, cardamom or even Dukkah.

Diet Friendly | Diabetic, Atkins, African, Kosher

P.O.W. Food gone wild!

Pumpkin soups are one of the best fall type soups made in North America. First originating during the Vietnam war and served to POW's as food, this dish was later turned into a delicacy for those who enjoy a bit more of an adventurous taste. Easy to make, simple to spice and can be preserved for a long time.

BLACK BEAN TORTILLA SOUP

Serves: 2 to 3 people and maybe the odd man turned into a swine.

A soup to be enjoyed year round, whether in the middle of summer or the middle of winter, this hearty dish will warm you up with a little kick of sweet and spice and all things nice.



2 tbsp avocado oil
½ spanish onion, diced
4 tbsp minced garlic
½ orange pepper, diced
1½ tsp cumin
1 tsp chili powder
1½ cups Red Chipotle Salsa
(or any spicy salsa)
4 cups vegetable stock
1¾ cups black beans cooked
1½ cups whole kernel corn,

***optional: you can used**
canned corn or beans, as
long as they are whole and
not processed.

Origin | Spain (Madrid), Mexico (Central & South), Guatemala

- 1.** Heat a large pot over medium heat. Once hot, add oil, garlic, onion, pepper, an a pinch each salt and pepper and stir. Cook for 4-5 minutes, stirring frequently, until onions are translucent and the peppers have a bit of color.
- 2.** Add cumin and chili powder and stir to coat. Then add salsa, vegetable stock and coconut sugar. Stir to combine, then increase heat to medium heat and bring to a low boil.
- 3.** Once it's boiling, add black beans and corn and stir. Reduce heat to low and simmer, covered, for 30 minutes or more, stirring occasionally. The longer it simmers, the more the flavor will develop. It's even better the next day.

Serve with lime juice, fresh cilantro, red onion, tortilla chips, avocado slices or ven just straight up habanero hot sauce.

Note: If you have any leftovers, they will keep covered in the refridgerator for 5 to 6 days or 1 month in the freezer.

Diet Friendly | Diabetic, DASH, Low Carb, Vegan, Vegetarian

DID YOU KNOW: *Eating too much meat can accelerate your body's biological age.*

Save that Potlicker

Dried beans such as navy beans, red beans, pinto beans, black beans, and cannellini beans are delicious when cooked properly. Reading our simple tips in the back of the book will help you cook up a perfect pot of beans—and leave you wondering why you ever bothered with the canned versions!

AVOLIME TAHITIAN "HEI HEI" SUPA

Serves: 3 to 4 people near the land down under and into the uncharted waters of this Tahitian treat.

This Tahitian chicken avolime, provides a subtle taste of avocado and lime and is very keto friendly for those on a restrictive diet. Can be spiced up or even tempered to taste.

1½ lbs chicken breasts
1 tbsp olive oil
1 cup green onions, diced
2 jalapeños, minced
2 tbsp minced garlic
6½ cups chicken broth
2 Roma tomatoes , diced
½ tsp ground cumin
Salt and black pepper
¼ cup chopped cilantro
3 tbsp fresh lime juice
3 avocados , diced



Origin | Tahiti, Fiji, Samoan, South Pacific

1. In a large pot heat 1 tbsp olive oil over medium heat, add green onions and jalapenos and saute until tender, about 2 minutes, adding garlic during last 30 seconds of sauteing.
2. Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts. Bring mixture to a boil over medium-high heat. Then reduce heat to medium, cover with lid and allow to cook, stirring occasionally, until chicken has cooked through 10 - 15 minutes.
3. Reduce to warm heat, remove chicken from pan and let rest on a cutting board 5 minutes, then shred chicken and return to soup. Stir in cilantro and lime juice.
4. Add avocados to soup just before serving

Note: For thicker chicken breasts, butterfly chicken in half to cook faster.

Diet Friendly | Diabetic, Ketogenic, Low Carb

The Dark Ages of Food
During the middle ages, some spices became almost unobtainable in some areas. In some areas black pepper had become a luxury item, so expensive that it was used to pay rent, debts and taxes. Today, real black pepper still costs quite a bit to some but in North America, it's easier to get. Black pepper seasons well with virtually everything, including some fruit.

SAMOAN COCONUT SHRIMP

Serves: 3 to 4 people and people named "the ROCK", can you smell what the ROCK is cooking tonight?

If chicken soup is good for the body and the soul, then this Samoan Coconut Shrimp Soup takes the goodness to a whole new level with a bit of South Pacific flare!



1 cup basmati rice
2 tbsp unsalted butter
1 lb shrimp (peeled)
Kosher salt and freshly ground black pepper
2 tbsp minced garlic
1 onion, diced
1 red bell pepper, diced
1 tsp freshly grated ginger
2 tbsp red curry paste
1 can coconut milk
3 cups vegetable stock
Juice of 1 lime
2 tbsp chopped fresh cilantro

Origin | Samoan, South Pacific, Palau

1. In a large saucepan of 1½ cups water, cook rice according to package instructions; set aside.
2. Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
3. Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.
4. Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.
5. Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.
6. Stir in rice, shrimp, lime, and cilantro

Note: Make sure you use coconut milk and not water. This will become a lot more bitter with the coconut water.

Diet Friendly | Eat-clean, Hindu, Kosher, Pescetarian

Coconuts are crazy

Coconut milk is totally different from coconut water and is obtained by pressing grated coconut to extract a juice, which may be filtered with our without water. Once the milk has been extracted and left to settle in a cool place, the “coconut cream” will separate from the liquid and rise to the surface.

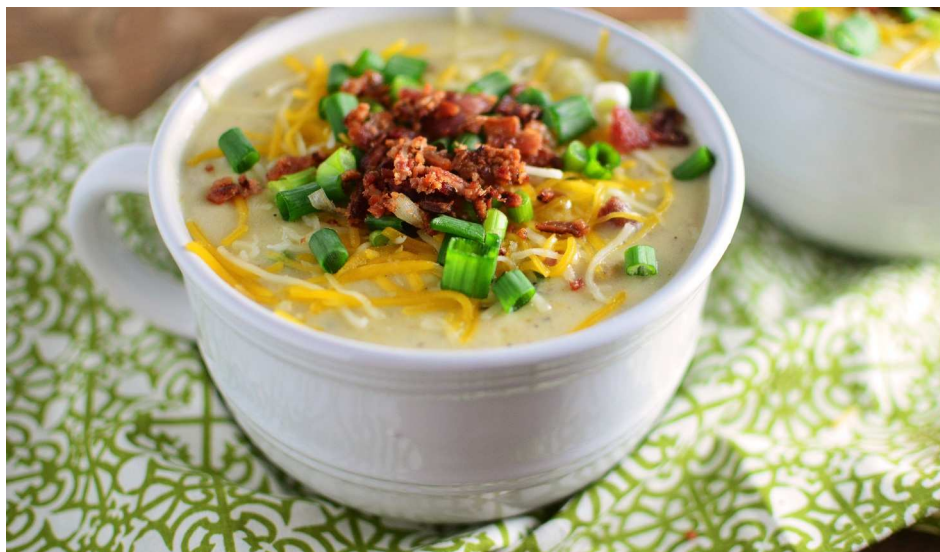
DID YOU KNOW: Kentucky Fried Chickens 11 herb and spices recipe isn't that much of a secret.

"TWISTED LOADED BAKED" POTATO

Serves: A rogue Irish mob or many sports fans cheering on a game. Also good for 5 to 6 people.

This slow cooker recipe is perfect for Saint Patrick's Day, but also any time you're wanting healthier comfort food! I love an easy crockpot soup for the busy days.

6 large potatoes,
4 cups chicken broth
1 tsp salt and pepper
¼ tsp red pepper flakes
6 carrots, peeled and sliced
½ spanish onion, diced
4 tbsp minced garlic
2-3 tbsp olive oil
1 tsp Parisien Bonnes Herb
1 tsp French tarragon, basil
& dill
1½ cups half n half cream
1½ cups low-fat cheese,
2 tbsp chives, chopped



Origin | Spain, South America, Peru

1. Spray the inside of slow cooker with cooking spray and set the temperature to HIGH. Put diced potatoes, chicken stock, salt, pepper and red pepper into the slow cooker.
2. Saute sliced carrots in 2-3 tablespoons olive oil 3 minutes. Add diced onion to the carrots and cook on medium-high until onion is translucent.
3. Add minced garlic and saute 30 seconds more. Add sauted carrots, onion and garlic to the potato broth mixture.
4. Cook on HIGH for 2-3 hours or until potatoes have softened. Using a potato masher, mash part of the cooked vegetables while they are still in the slow cooker. Only mash down on the vegetables 3-4 times.
5. Add herbs, half-and-half, cheese and chives. Mix well.
6. Once cheese has melted, ladle soup into bowls and garnish with sour cream, turkey bacon, extra cheese and chives (or green onions).

Garnish: Low-fat sour cream, 1 lb. turkey bacon, cooked and crumbled, green onions, chives and paprika (optional)

Diet Friendly | Diabetic, Low-Fat, Vegetarian, High Protein

Food is not just skin deep.

The skins from the potato contain a lot of nutrients primarily fibre. An ounce of potato skin delivers more than five times as much fiber as an ounce of potato flesh. Incorporate potato skins into your diet by roasting or baking whole potatoes. Serve them with fresh herbs, olive oil or plain yogurt, as butter and sour cream are generally less nutritious.

KETO DETOX DELUX

Serves: 2 to 4 people and a bunch of health nuts after a good workout.

We pack on a lot of extra pounds during winter, and with each new year, we make a few new year resolutions to eat healthier. This soup will help with any new diet, especially Ketogenic.



½ cup vegetable broth
½ of a red onion, diced
6 tbsp minced garlic
3 celery stalks, diced
3 medium carrots, diced
2 cups broccoli, florets
1 cup chopped tomatoes
1 tbsp fresh ginger, grated
1 tsp turmeric
¼ tsp cinnamon
½ tsp cayenne pepper
sea salt and black pepper
6 cups chicken broth
2 cups kale, chopped
1 cup purple cabbage,
¼ cup lemon juice

Origin | Greece (Athens), Crete, U.S.A. (NY), Canada (Ontario)

- 1.** In a large pot, add the water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another ¼ cup). Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.
- 2.** Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft. Add in the kale, chopped cabbage and lemon juice near the last 2-3 minutes of simmering.

This cleansing recipe is oil-free because avoiding the use of oil during a cleansing meal is important for the detoxification process.

Note: Make sure when on a detox diet that you are also incorporating sufficient exercising. Otherwise this diet would not be sustainable.

Ketogenic History

History of the ketogenic diet. Fasting and other dietary regimens have been used to treat epilepsy since at least 500 BC. To mimic the metabolism of fasting, the ketogenic diet (KD, and not the "Kraft" kind) was introduced by modern physicians as a treatment for epilepsy in the 1920s. Today it's used to treat obesity and gastrointestinal disorders.

Diet Friendly | Ketogenic, Vegan, Vegetarian, Kosher, Diabetic

DID YOU KNOW: McDonald's sells approximately 150 burgers every second, of every day globally.

PIVEN ZUPPA TOSCANA

Serves: Many at a BIG FAT GREEK WEDDING!!!, or youe lovable italian family in Hylo, Alberta.

This recipe was a favorite of mine when I was a teenager. Loaded with Italian sausage, peppers bacon and loads of garlic. In honor of my late grandma Piven, grazie!

6 slices center cut low sodium bacon, chopped
3 links spicy Italian turkey sausage, removed from casing
1 onion chopped
4 tbsp minced garlic
4 cups chicken broth
3 red potatoes
3 cups baby spinach
1½ cups fat-free Half & Half
Salt & Pepper to Taste



Origin | Italy (Tuscany), Canada (Hylo, AB)

1. Place chopped bacon into a large soup pot or dutch oven and cook over medium heat until cooked and crispy. Remove the bacon to a dry paper towel and set aside to use for garnish.
2. Place the sausage into the pot with the bacon grease and cook until nearly cooked through. Add in the onion and garlic and continue to cook until the sausage is browned and the onions are translucent.
3. Once the veggies are tender and the meat is cooked, add the chicken broth and potatoes and bring it all to a bowl. Reduce the heat down to medium and simmer to cook for about another 10 minutes or until the potatoes are tender.
4. Finally, toss in the spinach and pour the half and half. Simmer for a minute or two and season with salt and pepper to taste.

Garnish: Add chopped bacon on top or even add exrta garlic.

Note: Substitute bacon with tofu bacon for a vegan alternative.

Diet Friendly | Low-Fat, Ketogenic, Vegetarian,

Garlic Amore!

Garlic has been known as the seasoning for Italians for a long time, but garlic did not originate in Italy. Garlic is believed to be a native of central Asia, South Asia or southwestern Siberia. There is some debate over the origin of garlic. It is one of the world's oldest cultivated crops. Garlic lovers carried the pungent herb into Egypt, Pakistan, India and China.

CABBAGE PATCH KIDS SOUP

Serves: A hungry group of cabbage patch kids made from cabbage patch kids and also 2 to 4 people.

Some kids would have had this soup when growing up, especially a boy named "Charlie Bucket". Cabbage soup is loaded with vitamins and wholesome hearty goodness.



¾ lb ground beef
1 onion, diced
2½ cups beef stock
3 tbsp minced garlic
1 medium cabbage, sliced into thin strips then diced
2½ cups crushed tomatoes
1 tbsps worchestire sauce
1 tsp dried basil
¼ tsp cayenne pepper
¼ tsp pepper
½ tsp salt

**optional*

you can add 1 cup of wild rice for added fibre

Origin | Polish, Slovak, Ukraine, German and Sweden.

- 1.** In a large pot, add the ground beef and diced onion. Simmer over medium-heat until the ground beef is cooked through.
- 2.** Add in the beef stock, minced garlic, cabbage, tomatoes, worchestire sauce, basil, cayenne pepper, salt and pepper. Cover and simmer over medium-heat for at least 20 minutes.

Note: Think of this soup like an open cabbage roll. Add wild rice to provide beneficial fibre or omit the rice and add in any of the following to make it more nutritious:

- quinoa, chickpeas, cauliflower rice, barley, farro, couscous, freekeh, bulgur wheat.

You can also substitute the beef with ground pork, turkey or even TVP (textured vegetable protein). Traditional cabbage soup is prepared using pork stock.

Healthier than you think

Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6. Also a good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper. Additionally, cabbage is a good source of choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, protein and niacin.

Diet Friendly | Ketogenic, Vegan, Vegetarian, Detox, Diabetic

DID YOU KNOW: Cabbage soup was in the hit movie "Charlie and the Chocolate Factory"

VULCAN PLOMEEK SOUP *(Yar-kur sazh shur, Spock)*

Serves: The monks at P'Jem and the participants in the "Koon ut Kal if Fee" if they have had their "pon-farr"

Nash baik vuhlkansu shur nam-tor wuh ka-talupik tor "kahm shur" fi' terra. Lu James T. Kirk yaretau vuhlkansu heh stariben tor T'Pau, au ya'akash: "vi pustau Kermit wuh git'woa?". Tor if T'Pau kilko-tor: "ra svi' wuh ahm t' Sarek nam-tor wuh Kermit wuh git'woa?" *(vulcan language)*

4 tbsp avocado oil
2 cups chopped leeks
2 tbsp minced garlic
¼ tsp Salt
2 cups carrots, peeled and chopped into rounds
1 cup lima beans
1 cup cauliflower florets
2 cups fresh green beans,
8 cups vegetable broth
4 cups chopped tomatoes
2 cups kernal corn
½ tsp black pepper
2-3 leaves fresh basil
¼ cup chopped parsley
2 tsp lemon juice

Fictional Food Facts

Most if not all Science Fiction and Fantasy TV shows and films, have a special culinary chef on hand to help create many ficitional recipes that can be made in real life. From Babylon 5 to Star Trek™ and Star Wars™ and even Harry Potter and Lord of the Rings, have actual healthy and tasty foods. Can you say "NACO" anyone? *(Kim Possible, Disney©)*

Translation from Vulcan language:

This traditional Vulcan soup is the equivalent to "Chicken Soup" on Earth.

When James T. Kirk visited Vulcan and spoke to T'Pau, he asked: "Who killed Kermit the Frog?"

To which T'Pau replied: "What in the name of Sarek is a Kermit the frog?"

Origin | Planet: Vulcan, Member of the United Federation of Planets

1. Heat the avocado oil in a large stockpot on medium heat. Add leeks, garlic, and a bit of salt and cook until they begin to soften. Add the carrots, lima beans, cauliflower, and green beans and cook for about 5 more minutes, stirring occasionally.
2. Increase the heat to high and add the stock, simmer. Once it's simmering add the tomatoes, corn, and pepper. Bring heat to low and cook with pot covered until the vegetables are tender enough to pierce easily with a fork, about a half hour.
3. Don't overcook. Add salt to taste. Remove from heat and blend together in a food processor. Add the parsley, basil and lemon juice.
4. Some Vulcan crew members enjoy eating this with Parmesan cheese from Earth with a little lemon as well. Experiment with grated cheese.

*Note: This soup goes great with Andorian Ale, and what ever you do, do not use a warp core to heat the soup up after. It has been known to go critical. Add in pureed avocado for a more bolder and healthier taste.

Some additional dishes that compliment Plomeek soup are:

- Rillian teaberry melon
- Saffir and Shav-rot
- Farr-Kahli
- Favinit Butter Sauce on Vulcan Mollusk
- Yonsavas
- Andorian's who spy on sacred monestaries and irrational captains.

Diet Friendly | Vegan, Vegetarian, Ketogenic



Sandwiches, Subs and Burgers

sand·wich

'san,(d)wich/
noun

1. an item of food consisting of two pieces of bread with meat, cheese, or other filling between them, eaten as a light meal.
"a ham sandwich"

Sandwiches are a great quick meal idea that is great on the go. From wraps and burgers to your classic BLT and clubhouse, these delicious sandwich recipes are more than magically delicious. They can also be a great source of dietary balance and nutrition.

Just don't get them confused with witches made of sand.







LOS DEUS EX MACHINA "GRAVENMEIR CLUB

Serves: Hungry truckers on the road in the middle of the night fighting "El Diablo", or a guy named Chris

Named after a good friend of mine in Arkansas, this unique sub sandwich is a truckers breakfast, a gamers meal and a wholesome snack when binge watching "Supernatural".

Origin | U.S.A. (Little Rock, Arkansas)

1. (bottom layer) Place mayo on the bottom slice of the sandwich, then one lettuce leaf on bread, place 3 pieces of bacon on top, slices of turkey, avocado then followed by a piece of Swiss Cheese, 3 more strips of bacon (perpendicular to previously placed bacon), and finally onion slices.

2. Place 1 slice bread on top of bottom layer, putting mayon on both sides. Add salt and pepper.

3. (top layer) Put one leaf lettuce on middle bread slice followed by 3 slices each of ham, bacon and Gruyere on top of the toasted bread, followed by the avocado, tomato and then 3 more slices of bacon. Add hot peppers at this point (*optional*)

4. Spread mayo on the last piece of bread, then place on top.

5. Cut in half (or 4 pieces traditionally) and hold together with large toothpicks.

Note: You can use any kind of bread for this epic sandwich build. From whole grain to white, to rye and even gluten-free breads. White bread though is actually not considered the healthiest due to the bleaching process in the flour. For a healthy sandwich use homemade breads.

You can substitute any kind of cheese with your favorite cheese. Live it up with a bit of the taste of lava. Add Chilean Scorpion peppers or even Pepper X hot sauce.

3 slices bread*

12 slices cooked bacon

4 slices Black Forest Ham

4 slices smoked turkey meat

2 avocados, sliced

2 large pieces of lettuce

2 pieces Gruyere cheese

2 pieces Swiss cheese

4 tomato slices (top)

4 red onion slices (bottom)

2 - 3 tbsp mayo (bread)

salt and pepper ,to taste

***optional**

Add hot peppers, bell

peppers, cucumbers or even sliced zucchini.

Unhealthy Bread

In one study, people on a lower-calorie diet that included whole grains, such as whole wheat bread, lost more belly fat than those who ate only refined grains, such as white bread and white rice. Whole grains provide more vitamins, minerals, and fiber than refined. But overdoing whole wheat bread can add pounds, too.

Diet Friendly | FODMAP, Diabetic, Omnivore

DID YOU KNOW: May 4th is considered "National Hoagie Day", so May the 4th Sandwich be with you Jedi!

THANKSGIVING LEFTOVER PANINI

Serves: College students after eating their parents thanksgiving meal and maybe the odd 2 to 3 moochers.

Have you ever wondered what to do with your leftover thanksgiving meal? Why not turn it into a delicious sandwich with all the trimmings, and yes have the gravy also.

4 slices **ciabatta sourdough**
or good quality **white bread**
2 **tbsp butter**
1½ **cups leftover turkey**
1 **cup leftover stuffing**
½ **cup cranberry sauce**
4 **slices Muenster cheese**
1 **cup leftover turkey gravy**

**optional*

replace the **ciabatta bread**
with **whole grain, gluten-free**
or any other favorite **bread**.



Origin | Canada (Newfoundland, P.E.I.), U.S.A (Maine), Italy

1. Heat a panini press or large skillet over medium heat. Grease with non-stick spray.

To make 2 panini's

2. Butter one side of all 4 bread slices. Top 2 pieces of bread evenly with turkey. Spread cranberry sauce over turkey. Top turkey with stuffing/dressing. Place 2 slices of cheese over stuffing. Top with remaining two buttered bread slices.

3. Place both sandwiches in preheated panini press or skillet. Cook for 2 to 4 minutes or until cheese has melted and bread is golden-brown.

Serve immediately with warm gravy for dunking. Enjoy!

Diet Friendly | Low-Fat, Diabetic, Omnivore

RACHEL'S FAMOUS SLOPPY JOES

Serves: Many people named "Joe" who loves to get sloppy with a lot of meat and tomatoes.

"Sloppy Joes" are an American tradition for those in Sioux City, Iowa. At its most basic, the "JOE" is a sandwich made up of ground beef and a tomato base marinara like sauce.



Origin | U.S.A. (Sioux City, Iowa)

1. In a large skillet over medium heat, heat oil. Add bell pepper and onion and cook until tender, about 1 minute.
2. Stir in garlic and tomato paste and cook until fragrant, about 1 minute more.
3. Add ground beef and cook until no longer pink, about 6 minutes.
4. Add Worcestershire sauce, tomato sauce, ketchup, brown sugar and apple cider vinegar.
5. Season with salt and pepper and simmer until the mixture has thickened, about 15 minutes.

Serve on hamburger buns with onions

Note: Change it up with ground pork or ground turkey. Both have an incredible amount of additional protein.

Diet Friendly | Not really good for any diet! but still delicious

1 tbsp extra-virgin olive oil
1 bell pepper, chopped
1 onion, chopped
2 tbsp minced garlic
1 tbsp tomato paste
1 lb ground beef
1 tbsp Worcestershire sauce
1 cup tomato sauce
½ cup ketchup
1 tbsp brown sugar
1 tbsp apple cider vinegar
kosher salt
Freshly ground black pepper
6 Hamburger buns
1 thinly sliced red onion
(optional)

Birth of the "JOE"

According to legend, in the 1930's, a cook named Joe at Floyd Angell's café in Sioux City, Iowa, added tomato sauce to his "loose meat" sandwiches and the "sloppy joe" sandwich was born. And the rest, as they say, is "his"tory!

DID YOU KNOW: The state fruit of Oklahoma is the watermelon, which also is the most purchased.

UNCONVENTIONAL PHILLY CHEESESTEAK

Serves: 1 person, and usually only 1. Unless you are really that hungry.

One of the most sought after sub style sandwiches anywhere. This traditional sub-style roast beef sandwich with a mix of veggies brings the city of brotherly love right to your table.

2 tbsp extra-virgin olive oil,
2 green peppers, sliced
2 red peppers, thinly sliced
1 yellow onion, sliced
¾ tsp kosher salt
1½ lbs sirloin steak, sliced
½ tsp ground black pepper
10 slices provolone
4 hoagie rolls



Origin | U.S.A. (Philadelphia, Pennsylvania)

- 1.** In a large skillet over medium heat, heat 1 tsp oil. Add peppers and onions and season with salt. Cook, stirring often, until caramelized, about 8 to 10 minutes.
- 2.** Remove onions and peppers from skillet and set aside. Add the remaining oil and cook the steak until it has almost reached your preferred doneness. Season with salt and pepper.
- 3.** Return veggies to the skillet and toss to combine with steak. Blanket the mixture with provolone cheese and cook, covered, until the cheese is partially melted, and heat for about 3 minutes more. Divide the mixture amongst hoagie rolls and serve.

Note: You can replace the provolone with any kind of cheese. Add hot peppers, pickles, and even mushrooms to bring out the flavors of the beef.

Like a beef dip, try it with a side of au jus.

Diet Friendly | Gluten-Free, Omnivore, FODMAP, American

The American Hoagie

Hoagies, Grinders, Subs and torpedo sandwiches are considered the most consumed food at many American sporting events. From the famous ball park franks of Wrigley Field to the Food Trucks of Chicago, the hoagie will always be the sandwich of choice for many generations to come.

ANDREW'S "BRITISH INVASION" HOAGIE

Serves: A good few Americans with a spot of tea homeboy, Pip pip.

Philadelphia may have there traditional "Philly Cheesesteak" Sandwich, but a twisted friend created the ultimate hoagie in this American twist with a bit of "British" on the side of tea.



10 slices of honey ham
2 tbsp avocado oil
½ tbsp vinegar
2 green peppers, sliced
2 red peppers, thinly sliced
4 pepperocchini, sliced
¾ cup butter lettuce
6 slices roma tomato
½ red onion, sliced
¼ tbsp Dillweed
Sweet yum yum pickles
10 slices derby cheddar
4 hoagie rolls

***optional**

Andrew likes to use provolone on his hoagies

Origin | U.S.A. (Philadelphia, Pennsylvania)

1. In a large skillet over medium heat, heat 1 tsp oil. Add peppers and onions, dillweed and season with salt. Cook, stirring often, until caramelized, about 8 to 10 minutes.
2. Remove onions and peppers from skillet and set aside. Add the remaining oil, vinegar and cook the steak until it has almost reached your preferred doneness. Season with salt and pepper.
3. Return veggies to the skillet and toss to combine with steak. Blanket the mixture with Derby cheddar cheese, pepperocchini and cook, covered, until the cheese is partially melted, and heat for about 3 minutes more.
4. Place meat and veggies on bun with lettuce on bottom, tomatoes on top and covered with sweet yum yum pickles.

Divide the mixture amongst hoagie rolls and serve.

Note: You can replace the provolone with any kind of cheese. Add hot peppers, pickles, and even mushrooms to bring out the flavors of the beef. Use hoagie sauce to provide the sandwich with a sweet and tangy bite.

Diet Friendly | Only if your name is Andrew or the Queen of Crazy

The British Hoagie

Unlike it's American counterpart, the "British" Hoagie style is loaded with additional nutritional ingredients.

Pepperocchini's provide a nice heat while still staying mild. Dill is quite popular in England for it's rich taste and goes great with hoagie sauce.

Americans will use Ranch where as Englanders will use cucumber and dill.

DID YOU KNOW: Britain has the most "banana" related accidents than any other country in the world.

TRADITIONAL CHICKEN SALAD SANDWICH

Serves: *bawk, bawk bawk, BAWK!!!! bawcawk! *cluck cluck* and including 2 or 3 farmers.

Chicken salad is by far one of the most consumed salads in North America and Europe. Easy to make and a favourite at state fairs, weddings and even better as a delicious sandwich.

3 chicken breasts
6 slices lemon
6 sprigs dill
1 green apple, chopped
½ red onion, finely chopped
2 celery stalks, finely chopped
¾ cup mayonnaise
¼ cup Dijon mustard
2 tbsp red wine vinegar
kosher salt
¼ tsp black pepper
1 tsp chopped dill
Baguette, for serving
Butter lettuce, for serving



Origin | U.S.A. (Rhode Island)

1. *Poach chicken:* In a large pot, arrange the chicken breasts in a single layer. Place lemon slices and dill sprigs on chicken. Pour water over the chicken breasts, covering by at least an inch. Bring water to a boil, then reduce to simmer and cook for 10 minutes or until the center of the chicken reaches 165°F with an instant-read thermometer. If you don't have a thermometer, check that the thickest part of the chicken is opaque.
2. Slice chicken into bite-sized pieces. In a large bowl, combine chicken, apple, onion and celery.
3. In a medium bowl, combine mayonnaise, mustard and vinegar and season with salt and pepper. Whisk until combined.
4. Pour dressing over chicken mixture and toss.
5. Garnish with dill and serve on a baguette with lettuce.

Homemade vs. Store

Chicken salad made commercially and sold in stores, contain nearly 3 times more calories and carbs than making it at home. The main reason is because commercially prepared food have to use preservatives to make the food last longer so as such most premade salads in stores contain additional "chemicals" to make them last longer.

Diet Friendly | Low Carb, Keto, Diabetic

THE BLUNDERBUSS "BLAZIO" BOOM BOOM

Serves: many starving hungry starmadians in outerspace, or maybe 1 crazy Starmade Gamer named Scott

This sandwich is simple, healthy and for a good friend of mine frugal to make and can satisfy any appetite. This sandwich is a "go to" for a good friend of mine from Missouri.



2 slices regular ham
4 slices turkey breast
2 to 3 leaves iceberg lettuce
4 tbsp mayo (2 per side)
1 tbsp dijon mustard
2 to 4 tomato slices
2 to 3 pickles
4 slices of plain white bread
3 oz. cheddar cheese

**optional
add some seasoning with a
bit of salt and pepper,
paprika, or even a dash of
sage.*

Origin | U.S.A. (Saint Josph, Missouri)

1. Toast bread slices lightly until a light brown. Spread mayonnaise and mustard over 1 side of each of 4 bread slices. Top each slice of bread with 2 turkey slices, 1 ham slice, 1 slice of cheddar cheee, and 2 tomato slices. Do not put top of bread yet on.

(it should go: bread, mayo, mustard, turkey, cheese, turkey, cheese, ham, cheese, and tomato.

2. Lightly toast bottom sandwich bread in the over at 220°F for 5 minutes, or until cheese inbetween meats thas started to melt.

3. On the remaining bread, lightly toast the top and the put on mayo, mustard, and fresh lettuce.

Garnish with side pickle spears (garlic is best).

Note: You can add seasonings and dill to sandwich before placing the top layer on the sandwich.

How basic can you get?!

Sandwiches are more than just fillings on bread. With over a possible thousand plus combinations for sandwiches out there, even the most basic are now becoming a form of delicacy. A great basic sandwich that is loved by all is simply a tomato sandwich with mayo. Can't get any more basic than that.

Diet Friendly | Diabetc, Low Carb, Gluten-Free, FODMAP

DID YOU KNOW: In WWI and WWII, the PB&J was the main staple for military troops.

BACON APPLEWOOD GRILLED CHEESE

Makes: 4 sandwiches that are great for long road trips or with your special someone while camping

Bacon is always a main staple for camping out in the wilderness. So why not have the great taste of camping right at home with this delicious yet simple grilled cheese "campout edition".

8 slices sourdough
4 tbsp Dijon mustard
12 slices smoked cheddar
1 Gala apple, thinly sliced
1 Jazz apple, thinly sliced
12 slices maple bacon
3 tbsp mayonnaise
dash of Clubhouse®
*LaGrille Smoked
Applewood Seasoning*



Origin | England (Bristol), U.S.A. (New England)

1. On one slice of bread, spread 1 tablespoon mustard, then place three slices cheddar, 4 to 5 apple slices, sprinkle a dash of Clubhouse's® LaGrille Smoked Applewood seasoning and three pieces cooked maple bacon. Top with another piece of bread. Repeat to make three more sandwiches.
2. Spread the outsides of each sandwich with a thin layer of mayo.
3. Heat a large skillet over medium-low heat. Cook sandwiches until golden on both sides and cheese is melty, 3 to 4 minutes per side.

Note: You can substitute mayo for butter or a seasoned sauce to enhance the sandwich further. Substitute the cheese with your favorite cheese (except American) and also your favorite type of apple.

An apple a day

Recently, many studies have provided powerful scientific evidence that the saying "an apple a day keeps the doctor away" is in fact true. Apples seem particularly good at fending off various diseases, including cardiovascular disease and cancer. This old English proverb basically means that eating nutritious food will make you healthier.

Diet Friendly | Only if you love bacon and eating.

FRENCH TOASTED HAM AND CHEESE

Makes: many Frenchmen cry with joy and even little children. Can also feed up to 4 people.

What do you get when you combine the great taste of french toast with a grill cheese sandwich? Either a trip to the doctor, or complete marriage satisfaction of food.



3 large eggs

½ cup whole milk

1 tbsp sugar

pinch of kosher salt

Pinch of freshly ground

nutmeg

Clarified Butter, for the pan

4 thick slices brioche

FOR THE SANDWICHES

Dijon mustard

12 very thin ham slices

**1 cup finely grated Gruyère
cheese**

Origin | England (London), France (Calais)

- 1.** Make the French toast: In a medium, shallow bowl, whisk together eggs, milk, sugar, salt and nutmeg.
- 2.** In a nonstick skillet set over medium heat, melt enough clarified butter to coat the bottom of the pan. Dip a slice of brioche into the egg mixture, and let rest for about 15 seconds on each side before transferring to the hot pan. Cook until golden brown on both sides, about 2 minutes per side. Transfer to a wire rack, then repeat with remaining bread slices.
- 3.** Make the sandwiches: Heat broiler.
- 4.** Spread each slice of warm French toast with as much Dijon mustard as you'd like. Top each piece with three slices ham and sprinkle with Gruyère. Place on a baking sheet.
- 5.** Broil for about 2 minutes, until ham is toasted and cheese is bubbling and melted. (Keep an eye on the sandwiches; they burn quickly.) Serve warm.

You can use Gluten-free bread as a substitute for regular bread.

Diet Friendly | Gluten-Free

France, not Quebec!

The origin of *French Toast* didn't actually originate in Quebec where some believe. In fact, the term was first used in the 17th century and in England. In France, the dish is called "pain perdu" meaning "lost bread". Though despite this dish having interesting origins, it is though best swerved with Canadian maple syrup from Quebec. Bon Appetit!

DID YOU KNOW: Molasses is a tar-like syrup that comes from sugar cane put through a centrifuge.

FRENCHIE DIPPED SLIDERS (Quebec Style)

Serves: used to serve the Quebec Nordiques, now serve crazy people at a Montreal Canadiens game.

Les sliders français font fureur lors d'événements sportifs, de soirées à domicile et même d'une soirée romantique avec votre conjoint. Servir avec du jus ou du jus de bœuf.

12 slider buns, halved
2 large onions, thinly sliced
1/4 tsp. garlic powder
2 sprigs thyme
kosher salt
Freshly ground black pepper
1 lb deli roast beef
12 slices provolone cheese
2 tbsp. unsalted butter, melted
coarse sea salt
1 tbsp finely chopped parsley



Origin | Canada (Montreal, Quebec)

1. Preheat oven to 350°F. Place bottom halves of the slider buns in a large baking sheet.
2. Melt butter in a large skillet over medium-high heat. Stir in onion and thyme sprigs. Cook, stirring occasionally, until the onions begin to soften and turn slightly golden, about 5 minutes. Season with salt and pepper and reduce heat to medium. Continue cooking, stirring occasionally, until the onions are soft and caramelized, about 10 to 15 minutes more. Remove from heat.
3. Build the sliders. Top the slider buns with roast beef and cheese, then cover with caramelized onions. Place the remaining halves of the slider buns on top. Brush the tops of the slider buns with melted butter. Sprinkle with garlic powder, sea salt and parsley. Bake until the cheese is melted and the sandwiches are warmed through, 10 to 15 minutes.
4. Meanwhile, make au jus. Melt butter in a medium skillet over medium heat. Stir in garlic and cook until fragrant, about 1 minute. Add beef stock, worcestershire sauce and thyme. Season with salt and pepper. Simmer for 10 minutes or until reduced slightly. Serve sliders warm with au jus or beef gravy for dipping.

Que diable!

Although the French Dip Sandwich is not French, the inventor, Philippe Mathieu was. In 1918, Philippe owned the still existing delicatessen and sandwich shop called Philippe the Original in Los Angeles. It is considered one of Los Angeles' oldest restaurants still in business today. So take that France, maybe it should be called, The "American dip"

Diet Friendly | Not really, although it tastes so damn good!

RACHEL'S TERRIFIC TUNA MELT

Serves: Rachel's entire and extended family and the odd Aaron from time to time.

Rachel's tuna melt was one of our featured episodes on *Dinner by the Minute* and has been widely received as one of the best recipes. Simple and healthy as well as quick.



Origin | Canada (Alberta)

1. In a medium bowl, combine tuna, mayonnaise, onion and celery; mix well.
2. Top 4 of the slices of bread with 1 slice cheese each. Spread tuna mixture over cheese slices and top with remaining bread slices.
3. Spread each sandwich with additional mayonnaise; place in skillet. Cook on medium heat until lightly browned on both sides.

Note: You can add seasonings and dill to sandwich before placing the top layer on the sandwich.

1 to 2 cans - **Chunk Light** or **Albacore White Tuna**
2 tbsp dried chopped **onions**
2 tbsp **mayonnaise**
1 tbsp finely chopped **celery** or **pickle relish**
8 slices **bread**
4 slices **cheese** (**cheddar**, **pepper jack** or **mozzarella**)

**optional*

Feel free to substitute the **tuna** for **canned salmon**.
Just make sure to get it in **water**.

Here fishy, fishy, fishy...

Tuna is one of the most consumed fish on the planet. It's eyeballs are considered a delicacy in various Asian regions and countries that serve this colossal fish. During the spawning, one female can release 30 million eggs. Only 2 of those 30 millions will survive until the adulthood. Remaining eggs will be eaten by other marine creatures.

Diet Friendly | Diabetic, Low Carb, Gluten-Free, FODMAP

DID YOU KNOW: Tuna is quite a large fish, can weigh up to 1550 lbs. and swim as fast as 100km/h.

TAZ'S EGG SALAD TORNADO SANDWICH

Serves: 1 hungry Tasmanian devil hunting for wabbits and Daffy the Duck! Or a family on a picnic.

Egg Salad is one of those other more common sandwiches made for parties, picnics, summer days and weddings. Taz's version will leave your mouth "Lemony Fresh" *spit spit*. Also makes a great sandwich for any stormchaser from Alberta and beyond.

6 hard-boiled eggs
3 tbsp mayonnaise
1 tbsp mustard
1 tbsp relish
1 tsp cayenne pepper
1 tsp dill
1 tbsp lemon juice
2 tbsp green onion
½ cup sliced celery, thin
6 slices red onion
4 to 12 slices goat cheese
pepper (optional)
lettuce (optional)
6 slices of any bread



Origin | France (Normandy, Bretagne)

1. Bring eggs to a boil for about 20 minutes. After cooking, let cool in cold ice water for 5 minutes. Once cool, peel the eggs and set into a medium mixing bowl.
2. Lightly fold in and mix in mayo, cayenne, dill, lemon juice, celery and then the green onion.
3. Mix in mustard, relish and pepper.
4. Put egg salad mixture on bread (toasted is good as well), add on goat cheese and red onion rings. Top sandwich with lettuce.

Note: Although we recommend goat cheese, you can substitute any kind of cheese except, American. American cheese is and has been chemically processed and is not considered healthy cheese to use.

Those on Keto, or Low Carb can omit the bread and still enjoy this as a snack. Substitute regular bread with a Gluten-free bread alternative.

Diet Friendly | Low Carb, Keto, Diabetic, Gluten-Free

That lil' Devil Down Under

The Tasmanian devil is the largest surviving carnivorous marsupial. It has a squat, thick build, with a large head and a tail which is about half its body length. Unusually for a marsupial, its forelegs are slightly longer than its hind legs, and devils can run up to 13 km/h (8.1 mph) for short distances, unless your name is "Taz" and spin like a tornado hunting ducks and wabbits.

DEADMONTON (City of the dead) BEEF DIP

Serves: Zombies, brain dead politicians, carnivorous Oiler fans, and blood thirsty Eskimos after the cup that's grey

This sandwich, invented from the city I rotted up in (Edmonton), a city that sees some of the coldest hearts in winter and hottest restaurants in summer. Most of all, would be ground zero for the zombie-apocalypse, because of our notoriety for being the horror capital of Canada.



3 large red onions cut into 8 wedges, peeled
7 tbsp extra-virgin olive oil
¼ cup balsamic vinegar
1 cup mayonnaise
¼ cup chopped fresh basil
1½ tsp fresh lemon juice
2¼ tsp grated lemon peel
6 4x3-inch pieces ciabatta,* halved horizontally
16 oz. thinly sliced roast beef
2 cups arugula

**optional*

Mix roast beef with 1 tbsp BBQ for a tangier taste.

Origin | Canada (Edmonton, city of brainless people)

1. Preheat oven to 425°F. Line large rimmed baking sheet with foil. Gently toss red onions, 5 tbsp's of oil and vinegar in large bowl. Sprinkle with salt and pepper. Arrange onions in single layer on prepared sheet. Bake onions until brown at edges and just tender, about 40 minutes. Cool. *Don't over bake*
2. Mix mayonnaise, basil, lemon juice, lemon peel and 2 tablespoons oil in small bowl. (Onions and mayonnaise can be made 2 days ahead. Cover separately and chill.)
3. Spread mayonnaise over cut sides of bread. Place bottom halves on plates. Top with either warm or cold cut roast beef, onions and arugula. Cover with top halves of bread.

Note: Ciabatta is an oval-shaped flat Italian bread available at many bakeries and supermarkets nationwide. Those who are Gluten intolerant can substitute with gluten-free bread.

*Some brains, not included. Ask zombies first.

Diet Friendly | Diabetic, Low Carb, Gluten-Free, FODMAP

Horror Galore!!

Believe it or not, "brains" of some animals are considered a delicacy. Like most other internal organs, or offal, brains can serve as nourishment. Some, edible brains used for nourishment include those of pigs, squirrels, horses, cattle, monkeys, chickens, fish, lamb and goats. In our case...

NOPE! We draw the line there.

DID YOU KNOW: Propylene Glycerol (i.e. Antifreeze) is used in almost 65% of foods including Astroglide.

THE RAVENOUS "ICEBURGER"

Makes: 1 delicious burger wrapped up in leaves of iceberg lettuce.

Forget about sinking the "Titanic", sink your teeth into this very healthy burger alternative that replaces the bun with an even better taste of a garden salad.

1 large head iceberg lettuce
4 slices bacon
1 red onion, sliced
1 lb. ground beef
1 tsp kosher salt
1 tsp ground black pepper
4 slices cheddar
1 tomato, sliced
1 tbsp BBQ sauce
1 tbsp Blue cheese dressing



Origin | U.S.A. (California), Not Iceland

1. Slice 8 large rounds from the edges of the head of iceberg to create buns.
2. In a large skillet over medium heat, cook bacon until crispy. Transfer bacon to a paper towel-lined plate to drain, reserving bacon fat in pan.
3. Add onion slices and cook until tender, about 3 minutes per side. Set aside red onions and wipe skillet clean.
4. Reheat skillet over medium-high heat. Shape ground beef into 4 large burger patties. Season both sides of patties with salt and pepper and add to skillet. Cook until seared on both sides and cooked to your liking, about 4 minutes per side for medium. Top each burger with a slice of cheese then cover skillet with a lid and cook until the cheese has melted, about 1 minute. Remove from heat.
5. To build each burger, top one iceberg round with the cooked cheeseburger, a slice of bacon, and a tomato slice, then drizzle with ranch. Top with second iceberg round. Repeat with remaining ingredients and serve.

Diet Friendly | Keto, Diabetic, Gluten-Free, FODMAP, DASH

The Meat Mountain!
Arby's is known for their famous "Meat Mountain" burger/sandwich. Stacked ridiculously high with almost all the meats. Two chicken tenders, slices of roast turkey, smoked ham, corned beef, smoked brisket, Angus steak, roast beef, and pepper bacon. There's also cheddar and swiss cheese somewhere in there. Has over 1300 calories and 3500mg sodium.

THE GREAT SAMOAN PINEAPPLE BURGER!

Serves: Kamikaze pilots and Samoan Warriors going tinto battle, and maybe a hungry Jason Momoa

This burger comes with many name; "The Banzai", the "Hawaiian Reaper", the "Teriyaki Pineapple express", but what ever you call it, we just simply call it "DAMN GOOD!"



½ lb ground beef
2 cups teriyaki "banzai" sauce (divided into 2 separate bowls)
1-2 pineapple rings
2 slices cheddar cheese
1 hamburger bun with sesame seeds
1 tbsp BBQ mayonnaise
2 slices tomatoes
¼ cup shredded lettuce

***optional**

½ tbsp ketchup
½ tbsp mustard
2-3 yum yum pickles

Origin | Japan (Tokyo), Samoa, U.S.A. (Hawaii)

1. Shape ground beef into a round burger patty. Marinate the burger patty in bowl #1 of teriyaki sauce for 30 minutes.
2. Marinate pineapple ring in bowl #2 of teriyaki sauce for 30 minutes.
3. Remove burger patty and grill on high heat to desired doneness. Melt cheese on top of patty while still on grill pan by covering with lid.
4. Grill pineapple ring on medium heat for 1 minute on each side. Spread mayo on both halves of the bun.
5. On bottom bun, place tomato slices, followed by the broiled hamburger patty with cheese (tomato on the bottom!).
6. On top of burger patty, stack the pineapple ring and shredded lettuce. Put the burger together and enjoy.

Note: you can replace the bun with large leafs of romain lettuce.

Kobe Beef, not B-Ball!

In Japan, Kobe beef, although expensive, is still a main source for most of their gourmet burgers. In Japan they have been able to create countless of unique burger options, from squid, tuna, eel, dolphin, sea urchin, pork, and even snake. Next time your in Japan, try their more "unique" cuisines.

Diet Friendly | Keto, Gluten-Free, FODMAP

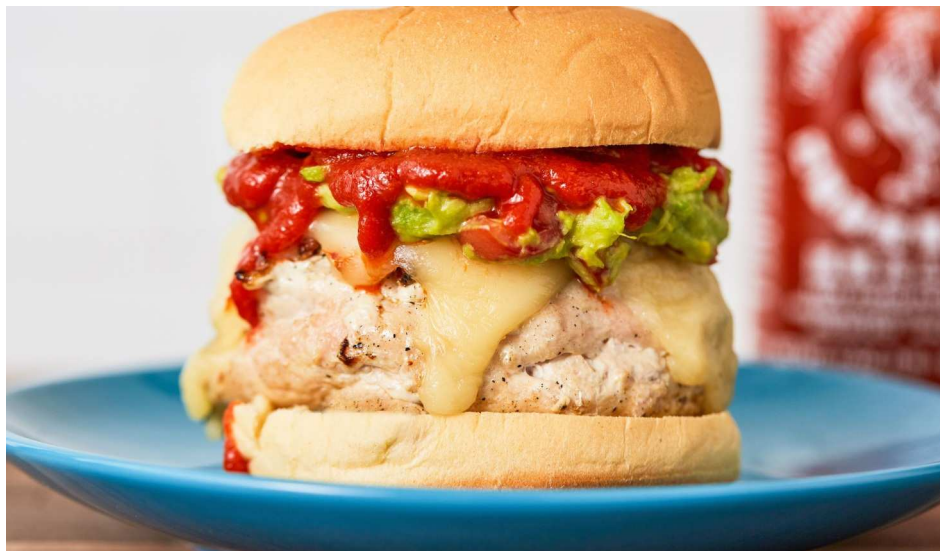
DID YOU KNOW: Pineapple contains Bromelain. An enzyne that can help with arthritic pain relief.

"HOLY CRAP" VOLCANO LAVA BURGER

Makes: 1 burger to end all burgers, 1 to rule all burgers and possibly Alexis when she's really hungry.

CAUTION This burger isn't for the faint of heart. Eat with caution or at least with a milking cow beside you. We have created the spiciest and hottest burger around, without the lava.

1 lb. ground chicken
2 tbsp minced garlic
1 tbsp cayenne pepper
¼ cup chopped parsley
¼ cup grated Parmesan
½ cup Italian bread crumbs
1 tsp salt and white pepper
1 tbsp hot chili oil
2 cups spicy marinara
4 Carolina reaper peppers
4 tbsp Pepper X sauce
4 tbsp peach ghost scorpion pepper sauce
1 tbsp lime juice
4 slices fresh mozzarella
Torn fresh basil, for serving
4 hamburger buns, toasted



Origin | Hell (The burning pits of Tartarus), Earth's Core

1. In a medium bowl, combine ground chicken, garlic, cayenne pepper, parsley, Parmesan and bread crumbs. Season with salt and pepper and stir with a wooden spoon until evenly mixed. Form the mixture into 4 patties.
2. In a large skillet over medium-high heat, heat hot chili oil. Place patties in the skillet and cook until golden brown on one side, 4 to 5 minutes.
3. Blend in PepperX peppersauce, peach ghost scorpion peppersauce, and lime juice into the spicy marinara.
4. Turn patties, then immediately pour marinara around them in the pan. Bring marinara to a simmer, reducing the heat to medium if the sauce is bubbling too rapidly. Top each patty with mozzarella and Carolina Reaper peppers, then cover pan and cook until cheese melts and chicken burger is cooked through, 8 to 10 minutes more.
5. Spoon extra sauce from the skillet onto the bottom halves of the burger buns and place burgers on top. Garnish with basil and top with remaining bun halves.

Serve immediately, with a side of milk, Pepto-bismal, and have 911 handy.

Diet Friendly | Keto, Diabetic, FODMAP

THE BIRCH BAY RANCH MUSHROOM BURGER

Makes: 1 burger. 1 really damn good burger to enjoy and devour.

This burger recipe is a favorite of Sarah's. One of the dishes she makes when spending the day out at the ranch writing books, cutting grass and soaking in God's natural wonders.



Origin | Canada (Birch Bay Ranch, Cooking Lake, Alberta)

1. Blend the mushrooms in a food processor.
2. In a large bowl, gently mix together the meat, salt, blended mushrooms, black pepper and worcestershire sauce. Do not overwork the meat mixture or it will become tough and meatloaf-like. Shape the meat into 3 to 4 patties, using about a quarter to a third of a pound per patty, creating a slight indentation at the centers of the patties
3. Turn on grill to medium to high heat. While the grill is heating up, heat a large sauté pan over medium heat for 1 minute. Add the mushrooms and dry-sauté them, about 2-3 minutes. Add the onions and the olive oil, toss to combine and continue to sauté add salt to taste and cook until the onions soften and begin to brown. Turn off the heat and place in a bowl.
4. Grill the burgers between 5-8 minutes per side. When the burgers are almost done, put swiss cheese over them and allow the cheese to melt. To assemble, put a burger on the bottom bun and top with onions and mushroom, lightly pour some of the mushroom cream sauce on top and put the top bun on and serve.

Diet Friendly | Keto, Gluten-Free, FODMAP

1 lb ground beef
2 cups sliced mushrooms
2 tsp worcestershire sauce
½ tsp sea salt
½ tsp white pepper
½ lb. shiitake mushrooms
1 red onion, sliced thin
2 tbsp avocado oil
½ tsp pink salt
4-6 slices of Swiss cheese
½ to ¾ white mushroom butter herb sauce*
2 Sesame buns
***optional**
you can find our white mushroom sauce recipe in our sauces section.

Birch Bay Ranch

Birch Bay Ranch is a christian summer camp and year-round public group rental facility located just a quick drive from Edmonton. Situated on over 100 acres of mixed forest, meadow and lakefront terrain, Birch Bay Ranch provides nurturing environment for youth and adults with unforgettable experiences.

www.birchbayranch.com

DID YOU KNOW: *There are over 38,000 varieties of mushrooms but only about 5% are actually edible.*

GARLIC BUTTER ITALIAN SAUSAGE

Makes: 2 sandwiches not even a vampire would eat.

These sandwiches are a serious football game dinner! These garlicky, cheesy, Italian sausage sandwiches will easily win over the pickiest of eaters. Loaded with hot Italian sausage, spicy tomato sauce, tons of cheese and garlic butter in a toasted bun to make the ultimate game day food!

Garlic butter:

½ cup unsalted butter, room temperature

¼ cup finely chopped basil

¼ cup finely chopped

parsley

2 tsp garlic paste

Italian Sausage Mixture:

1 lb ground italian sausage

1, 14 oz can of plain tomato sauce

¼ cup red wine

salt to taste

1 tbsp chopped basil

Sandwiches:

4 sub style or hot dog buns

4 slices of Gruyere cheese

8 slices of provolone cheese

½ cup chopped red onion

basil for garnish

Origin | U.S.A. (New York, The Bronx)

1. For the butter, combine the ingredients in a bowl and mix until fully incorporated. Set aside until ready to use
2. For the sausage mixture: brown the sausage in a large pan then add the tomato sauce and red wine. Let it simmer for 15 mins over medium low heat.
3. Remove from heat and stir in chopped basil and salt to taste.
4. When ready to serve, slather the butter over the inside and tops of buns. Toast in the oven until slightly browned and butter has melted. Remove from the oven and place 1 slice of mozzarella cheese into each bun followed by the italian sausage mixture. Then top each sandwich with 2 slices of provolone cheese and place under the broiler under cheese starts to bubble. Remove from oven.
5. Top with chopped onions and basil, and serve!

Garlic is quite good.

Garlic originally got its good reputation from ancient Egypt. Back then it was believed that garlic held incredible healing powers. From Egypt it spread and developed more uses and powers. It was known not only for healing but also protection against the plague and supernatural evils. In Slavic regions it was used to protect oneself from demonic forces, witches and sorcerers.

Diet Friendly | Carnivore, FODMAP, Medeterranean

DID YOU KNOW: Shredded cheese has cellulose, which is a wood product (aka sawdust) so that it doesn't stick





Entrées

en·trée

'än ,trā , ,än 'trā/
noun

1. North American, primary dish, the main course of a meal.

synonyms:

main course, main dish

"there are a dozen entrées on the menu"

Entrees are the main course to any meal. They are the highlight to multiple course meals, or can be great on their own. Our entrees provide a wide selection of variety and substitutions to your palette, for simplicity, frugality and scrumdiddlyumptious tastes.



CHICKEN SOUVLAKI with TZATZIKI

Serves: A big fat greek wedding and all the greek gods and goddesses at dinner.

One of our featured dishes on *Dinner by the Minute* that is mouthwatering, quick and simple to make. For those who love greek food, this is definitely a dish to experience.

For The Tzatziki Sauce:

1 cup greek yogurt

2 tbsp chopped cucumber

½ tbsp chopped red onion

½ tbsp chopped fresh dill

1 tbsp lemon juice

1 tbsp olive oil

salt to taste

1 tbsp water - or more to thin out the sauce

Chicken

3 boneless chicken breasts

½ tbsp greek seasoning

2 tbsp olive oil

1 tbsp lemon juice

Gyro build

1 pita, warmed

1/4 cup chopped lettuce

2 tbsp prepared tzatziki

3 grilled chicken breasts

2 tbsp chopped tomato

½ tbsp. chopped red onion

a few sprigs of dill

Origin | Greece (Athens)

Chicken Preparation

1. Place boneless chicken in an airtight container and add chicken, greek seasoning, olive oil and lemon juice. Let the chicken marinate for at least 1 hour. You can marinate up to 24 hours for a bolder taste.
2. After marination, remove them from the container and add the marinated chicken to a medium-hot grill.
3. Cook until the center is no longer pink and the exterior is golden brown. Remove from heat and set aside.

Tzatziki Sauce

1. In a small bowl add greek yogurt, chopped cucumber, red onion, fresh dill, and the juice from half lemon. Add in 1 tablespoon olive oil and salt. If the sauce is too thick, add ½ tablespoon of water at a time until desired thinness is reached.

Making the Sandwich

1. Warm pita bread for 15 seconds in a microwave or 5 minutes in oven at 220°F. Add chopped lettuce, tzatziki sauce, chicken, tomato, red onion and dill. Gently lift the sides of the pita up to create a taco-like shape to your chicken gyro.
2. You can use parchment paper or tinfoil to wrap yours or leave it open for some messy fun.

Unhealthy Bread

Greek cuisine has a culinary tradition of some 4,000 years and is a part of the history and the culture of Greece. Its flavors change with the season and its geography. Greek cookery, historically a forerunner of Western cuisine, spread its culinary influence - via ancient Rome - throughout Europe and beyond. Olives are a main staple in greek cuisine.

Diet Friendly | Diabetic, Low-Cal, Mediterranean, Greek

DID YOU KNOW: Canada produces 71% of the worlds Maple syrup supply. 91% of that comes from Quebec.

CHEESEBURGER PIE

Serves: 4 to 6 people or hungry fans at a superbowl party or watching Canada at the Olympics!

This delicious pie is a meal and a side dish all in one. Family tested, kid approved that will satisfy even the pickiest of eaters. Makes great leftovers for lunches as well.

1 uncooked pie crust
1 medium onion, chopped
5 slices of bacon, chopped
½ cup panko bread crumbs
1 tsp yellow mustard
3 tbsp barbecue sauce
1 tbsp ketchup
2 tsp Worcestershire sauce
½ tsp black pepper
2 cups shredded cheddar cheese
1 egg
¼ cup whole milk



Origin | Canada (Alberta)

1. Preheat oven to 400 degrees.
2. Brown ground beef, onion and bacon until no pink remains. Drain well. Remove from heat and stir in bread crumbs, mustard, barbecue sauce, ketchup, Worcestershire and pepper. Place mixture in prepared pie crust.
3. In a small bowl, combine cheese, milk and egg. Spread over meat mixture.
4. Cover the edges of the pie crust with foil or a pie shield to prevent over browning. Bake 15 minutes, remove foil and bake an additional 15 minutes.

Note: If you enjoy a spicier alternative, feel free to add in Carolina Reaper peppers or Ghost pepper hot sauce.

For a Gluten-free alternative, use or make gluten-free pie crust.

Diet Friendly | Gluten-free, Ketogenic, Low-Carb, Atkins

Cheeseburgers and more
While the inspiration for the hamburger did come from Hamburg, the sandwich concept was invented much later. Lionel Sternberger is reputed to have introduced the cheeseburger in 1926 at the age of 16 when he was working as a fry cook at his father's Pasadena, California sandwich shop, "The Rite Spot", and "experimentally dropped a slab of American cheese on a sizzling hamburger."

SARAH'S FAMOUS ALBERTA STYLE BBQ RIBS

Serves: Anyone! If there are any ribs left but roughly about 10 people

Sarah is known for her culinary creations and her ribs are no different. These ribs are both sweet, sour and with a salivating kick. The meat slides off the bones and retains its flavour.



Origin | Canada (Alberta)

Prepare Ribs

1. Heat oven to 275°F.
2. Season both sides of the ribs with salt and pepper then place, meat-side up, into a large roasting pan or rimmed baking sheet. Cover tightly with aluminum foil, and then bake until the meat falls easily from the bones, 3 to 4 hours.

Making the sauce

3. While the ribs bake, make the barbecue sauce. Heat the oil in a saucepan over medium heat. Add the onions and cook until translucent. Add the cumin and stir. Next, add the ketchup, hot chili sauce, brown sugar, and apple cider vinegar. Stir to combine, season with salt then cook for 2 minutes. Set aside in preparation for the ribs to finish roasting.

Finishing the ribs

4. Remove the ribs from the oven, discard the aluminum foil and generously brush both sides with barbecue sauce. Move an oven rack near to the top of the oven. Turn broiler to high and broil the ribs for 3-4 minutes, just until the sauce begins to caramelize.

Diet Friendly | Ketogenic, Diabetic, Low-Carb, FODMAP

4½ lbs. baby back pork ribs
½ tbsp salt and black pepper

1 cup barbecue Sauce
1 tbsp olive oil
¼ cup finely diced onion
½ tsp ground cumin

Homemade sauce

½ cup ketchup,
1 tbsp hot chili sauce
(suggestion Sriracha)
2 tbsp light brown sugar
1 tbsp apple cider vinegar

***optional**

substitute olive oil for avocado oil and for a richer taste add in 1 tbsp of cayenne

The "Spare" Rib

In an effort to prove the Bible story of Eve as wrought from Adam's rib "true," the bible states that women have more ribs than men. It's not true Gender plays no part in the number of ribs you have: It's 12 ribs for everyone. However, women's ribs are about 10 percent smaller in volume on average than men's ribs.

DID YOU KNOW: Alberta still has the world best quality of beef, constantly being graded as triple "A"

CANADIAN PRAIRIE CROCK POT ROAST

Serves: A family of 5 and don't forget to invite a few friends over too.

Crockpot roast beef is a very simple "set and forget" type dish. Prep it early in the morning and slow cook during the day so that it's ready when you get home.

1 **roast** (about 5 lbs)
½ cup **water** or **wine**
2 medium **onions**
4 medium **carrots**
6 medium **potatoes**
1-2 tsp of **sage** (or **rosemary** or some green thing you find in the spice rack)
2 tbsp **minced garlic**
1 tsp **salt**
½ tsp **pepper**
1 tsp **hot sauce**
(*optional-but come on!*)



Origin | Canada (Alberta), Germany (Berlin)

1. Line your crock pot with foil for easy clean up. Next, grease with oil to avoid sticking. Pour water into bottom of crockpot.
2. Quarter veggies and place them into the crockpot. Dig out a well so you have room for the roast.
3. Rub lean meats with oil to avoid drying. If you are using a fattier cut of meat, don't bother. Mix your spices and hot sauce together and rub thoroughly all over meat.
4. Place roast in crockpot. Cover with lid and cook on high for 6 hours or low for 8-10 hours.
5. Cut cooked roast across the grain for most tender tastiness!

Note: substitute potatoes with another root vegetable. You can also use either white wine, red wine, champagne, or even your favourite Canadian beer.

Diet Friendly | Gluten-Free, Ketogenic, Low-Cal, FODMAP

Americanized Pot Roast

French immigrants to North America are known for a cooking method called *à l'étouffée* for tenderizing meats. Their influence through Upper Canada, New Hampshire and Maine can be seen as reasonable evidence for this origin. Later immigrants from Germany to Pennsylvania cooked sauerbraten and marinated roasts, larded and slow cooked for taste and tenderness.

CHICKEN ALFREDO with BROCCOLI

Makes: 2 servings of pasta and enough to feed your significant other on a romantic date

This classic dish is a must have for any special dinner with your special someone. Full of hearty goodness and loaded with vitamins and goes well with white wine.



4½ cups pasta
4 cups broccoli (or any veggie)
2 tbsp oil or butter
2 tbsp minced garlic
2 cups of sliced mushroom
2¾ cups raw meat
2 tbsp flour
¾ cup broth
¾ cup whole milk
2 tsp parsley (or one tsp of random green herb)
1 tsp salt
½ tsp pepper
¾ cup parmesan cheese (or any cheese)

Origin | Canada (Alberta), Italy (Rome)

- 1.** Cook pasta in lots of boiling water until it is very al dente, add chopped broccoli (or other veggie) to pot with pasta and cook for one more minute. Drain. If you are using spinach instead of broccoli, simply add raw spinach to finished meal and toss.
- 2.** Meanwhile, warm oil or butter in pan over medium heat. Add garlic, mushrooms and chicken. Cook until chicken is no longer pink. Sprinkle with 2 tablespoons flour and stir for one minute. Slowly add broth and milk and stir until thick.
- 3.** Add parsley, salt, pepper and parmesan cheese and stir until completely melted. Toss into pasta or serve over rice or bread and enjoy!

SPEED TIP: microwave milk and broth before adding to pan. Since milk burns easily it must be heated in the pan slowly. **THIS TAKES FOREVER!** Microwaving these liquids takes about two minutes and the sauce will begin to thicken almost instantly.

Diet Friendly | Low-Cal, Low-Carb, Gluten-free

It's All Amore!

The story goes that in 1914, a man named Alfredo di Lelio was trying to cook something that would please his pregnant wife. He created a sauce from parmesan cheese and butter and poured it over fettuccine. Di Lelio opened up a restaurant in Italy and served this fettuccine dish to his guests to welcome his new baby. That's Amore!

DID YOU KNOW: Purple garlic, a cool-season crop, grows only in Canada and are rare in Ontario & B.C.

SALSA PORCUPINE MEATBALLS

Serves: Hungry humans only. No porcupines were harmed in the process of preparing this dish.

This fantastic Mexican style dish is great for those who love a little more heat but also likes the bite of a good casserole.

1 lb ground beef
½ cup milk or tasty liquid
½ cup rice or other grain
1 tbsp minced onions or 1/4 cup chopped onions, green onions, chives, etc.
½ cup water
2 cups salsa or juicy chopped veggies and fruits. Seriously, peaches and mangos are amazing in here. Add extra water if needed to make a canned salsa-like consistency.
1 cup shredded cheese
½ cup hot sauce



Origin | U.S.A. (New Mexico), Mexico

1. Mix beef, milk, rice and onions together in a bowl. Place in a lined or greased 9 x 9 pan and flatten. Use a lifter to cut meat into squares (or make meatballs if you prefer).
2. In a small bowl, combine salsa and water. Pour over meat squares. Cover pan with tin foil and place in preheated oven at 400°F for 1¼ hours.
3. Meanwhile, make salad. Wash and shred, tear or chop lettuce. Add remaining ingredients and stir. Tada!
4. Remove Porcupines from oven and sprinkle with cheese. Enjoy!

Please note that Porcupines can be prepared ahead of time, such as in the morning before work or the night before, and then baked when desired.

Diet Friendly | Low-Carb, Ketogenic, FODMAP, Diabetic

Porcupines are yummy!

It may not be venison back strap, but you can eat porcupine raw. Their diet consists of plants, twigs, leaves and tree bark, which means the meat is safe even if it's not cooked. The liver is especially delicious when chilled in snow and eaten fresh. Many recipes call for baking it in a clay coat after gutting it. When done, breaking off the clay pulls the spines from the skin.

THE HOLY MOTHER OF PIEROGI BAKES

Serves: The Pope, many Cardinals and maybe a hungry Ukranian family of 10.

What do you get when you mix the great taste of pierogies and ground beef? One incredible dish filled with the great taste of potatoes, beef, sour cream and bacon.



1 package frozen potato and onion pierogies
10 bacon slices, chopped
3 tbsp minced garlic
½ cup cream cheese
½ cup chicken broth
¾ cup (2 ounces) shredded sharp cheddar cheese
¼ cup thinly sliced green onions
¼ cup chopped plum tomato
½ tsp ground black pepper

Origin | Poland, Central Europe

1. Preheat oven to 400°F.
2. Arrange the frozen pierogies in an 11x7-inch glass baking dish coated with cooking spray or parchment paper for easier cleanup.
3. Cook bacon in a saucepan over medium heat until crisp; remove from pan. Set aside. Add garlic to drippings in pan, and cook for 30 seconds, stirring constantly. Add ½ cup cream cheese to pan, and cook for 1 minute or until cream cheese begins to melt, stirring frequently. Gradually add chicken broth to pan, stirring with a whisk until smooth.
4. Pour the cream cheese mixture evenly over pierogies. Top evenly with ½ cup cheddar cheese. Bake at 400°F for 20 minutes or until bubbly and thoroughly heated. Remove from oven, and sprinkle with bacon, green onions, tomato, and pepper.

Note: For a gluten free alternative use gluten-free pre-packaged pierogies.

Diet Friendly | Russian/Polski, Gluten-free

Not Russian at all.

In many regions of Poland the so-called ruskie pierogi are well known (in English: potato & cheese pierogi or ruthenian pierogi; 'Russian' is incorrect!). The name does not indicate any Russian origin, since such food is unknown in Russia. The United States consumes the most at about 230 million pierogies annually.

DID YOU KNOW: The largest edible pierogi was made in Whiting, Indiana. It weighed in at 92 lbs.

THE KING FAMILY CHRISTMAS BAKE *(Wifesaver)*

Makes: 12 pieces and enough to feed the hungry family of the Kings.

A special shout-out to Sarah's mother Clare King who created this alternative to a similar dish. This recipe has become a tradition in the King household and served at Christmas.

slices of **bread** – crusts removed.
12 slices of **ham** or **bacon**
12 slices of sharp **cheddar**.
5-6 **eggs**
½ tsp **pepper**
½ tsp **salt**
¼ cup of chopped **onion**
4 tbsp of chopped **peppers**
2 tsp of **Worcestershire**
1 tsp of dried **mustard**
3 cups of **milk**
dash of **hot sauce**
½ cup of unsalted **butter**
crushed corn flakes



Origin | Canada (Alberta - Calgary, Edmonton)

1. Butter a 9x13 baking dish and place the slices of the bread down layer the cheese and ham on top and then cover with the remaining bread
2. Beat the eggs with all of the remaining ingredients except the butter and Corn Flakes in a medium bowl
3. Pour the egg mixture evenly over the bread cover the dish with saran wrap and put in the fridge overnight
4. In the morning melt the butter and drizzle over the casserole and then top with crushed Corn Flakes
5. Cook it at 350°F for an hour or until the top turns a nice golden brown once cooked let it sit for 10 minutes and then serve

Note: You can make many substitutions for this dish. Instead of milk, use eggnog (when available), switch out white bread with your favourite bread, even gluten-free. Try it with different cheeses, add in some of your favourite vegetables to bring out additional flavours. For the cereal topping try it with Special K®, Frosted Flakes®, and even Raisin Bran.

Diet Friendly | Vegetarian, Carnivorian, Diabetic, Paleo

The Real Wifesavers!

If you lived in Calgary in the 1980s, you're likely familiar with Christmas Morning Wife Saver, that the real housewives of Calgary mixed up on Christmas Eve to pop in the oven the next morning while the kids tore open presents. The traditional Christmas Morning Wifesaver was the creation of Linda Jacobson, one of the eight original Best of Bridge authors, who died in 2007.

SALISBURY STEAK and MUSHROOMS

Makes: 1 to 2 meals for the lonely, single person binge watching Netflix, or the odd hungry dictator.

Salisbury steak is a dish made from a blend of ground beef and other ingredients and is usually served with a beef gravy or brown sauce topped with mushrooms and peppercorns.



Beef patties

- 5 lbs. ground **chuck**
- 2 medium **eggs**
- 1 tbsp **worcestershire** sauce
- 1 tbsp **onion** powder
- 2 tsp **sea salt**
- 2 tsp crushed **peppercorns**
- 1 cup Italian **breadcrumbs**

Sauce

- 1 oz. **mushrooms**, sliced
- 1 medium **onion**, sliced
- ½ each **yellow/red peppers**
- 2 tsp **sea salt**
- ¼ **all purpose flour**
- 2 cups **water**

Origin | U.S.A. (New York)

1. Combine meat ingredients in a large mixing bowl and use your hands to mix into a uniform mixture.
2. Form into patties that are approximately ¼ to ½ pound each. recipe will make approximately 15 to 18 patties
3. Brown in a skillet on medium high heat, removing each batch to drain. Saute the onions and bell peppers in the oil from the lean ground chuck until the onions start to become clear.
4. Add the other sauce ingredients, including the fresh mushrooms. Stir until the flour is thick and rich. You can make a roux before adding to thicken faster.
5. Add a layer of meat patties and continue to cook each batch for 5 to 10 minutes.

The top will speed cooking time. Collect the fully cooked patties and prepare to serve.

Healthier than you think.

Salisbury steak was invented by an American physician, Dr. J. H. Salisbury (1823–1905), an early proponent of a low-carbohydrate diet for weight loss; the term "Salisbury steak" has been in use in the United States since 1897. Because of the nutritional value it has become a staple dish for prison food in Canada and the U.S.

Diet Friendly | Gluten-Free, Ketogenic, Low-Carb, FODMAP

DID YOU KNOW: Saskatchewan is the worlds largest exporter of green lentils, exporting over 6.6mil lbs.

THE "MEGA" MOUNTAIN MEAT LOG

Serves: A ravenous group of Orcs, Goblins and Hobbits on an adventure to the lonely mountain.

"What rolls down stairs, alone or in pairs, rolls over your neighbor's dog? What's great for a snack, and fits on your back? It's log, log, log it's better than bad, it's good. ~ from BLAMO!"

2 tbsp butter
2 tbsp olive oil
1 yellow onion
1½ lbs ground beef, lamb, chicken or pork
4 tbsp heavy cream
½ cup shredded cheese
1 egg
1 tbsp dried basil
1 tsp sea salt
½ tsp ground black pepper
10-12 pcs. sliced bacon
¼ cups heavy whipping cream, for the gravy
½ tbsp tamari soy sauce (optional)



Origin | Canada (British Columbia)

1. Preheat the oven to 400°F.
2. Fry the onion until soft but not browned.
3. Mix the ground meat in a bowl. Add all other ingredients, except the bacon. Mix well, but avoid overworking it because this can make the end result too dense.
4. Form into a loaf and place in a baking dish. Wrap the loaf in bacon.
5. Bake in the middle of the oven for about 45 minutes. If the bacon begins to overcook before the meat is done, cover with aluminum foil and lower the heat a bit.
6. Save the juices that have accumulated in the baking dish, and use to make the gravy. Mix the juices and the cream in a smaller sauce pan.
7. Bring to a boil and lower the heat and let simmer for 10–15 minutes until it has the right consistency. If you want, use a little tamari soy sauce to taste. Serve with freshly boiled broccoli or cauliflower with butter,

Note: you can add fresh basil leaves around the loaf to give it a nice aroma flavour

Diet Friendly | Ketogenic, Atkins, Low-Carb, FODMAP, DASH

What is Keto?

The ketogenic diet is a low carb, moderate protein, and high fat diet which puts the body into a metabolic state known as ketosis.

When your body is in a state of ketosis, the liver produces ketones which become the main energy source for the body.

Keto completely reverses how your body functions and in a good way.

THE ULTIMATE QUESADILLA QUAKE BAKE

Serves: 4 to 6 mexicans and the odd starving friend who enjoys some variety.

The idea for this dish came from a great friend who enjoys the combination cake and quesadillas. This stacked dish is a lover for those who enjoy that spicy mexican cuisine.



3 or 4, 10" fajita wraps
3 cups shredded chicken
1 cup salsa, drained
1 can green chilies
1 cup cheddar cheese
1 cup monteray jack cheese

Topping options

Sour cream
Lettuce , chopped
Tomatoes , chopped
Green onions
Black olives
Pickled jalapeños

Origin | Spain (Madrid), Mexico

1. Preheat the oven to 350°F.
2. Lightly spray a 10" spring form pan with cooking spray. Lay a fajita wrap on the bottom of the spring form pan. Spoon some of the green chilies onto the fajita, spreading it with the back of the spoon. Place your salsa in a sieve to drain most of the liquid out of the salsa. Add a layer of salsa on top of the fajita then a layer of shredded chicken, about 1 cup. Sprinkle some shredded cheese otop of all this yumminess. Lay another fajita wrap down and repeat the process with the chilies, salsa, chicken and cheese until your run out of chicken.
3. Reserve enough cheese (or use additional cheese) for the top fajita wrap. You will only be putting cheese on top of your tower of quesadilla.
4. Bake in the oven for about 20 minutes until the cheese is melted and bubbly. Place under the broiler for a few minutes if you would like a crispy top. Remove the quesadilla from the spring form pan, transferring it to a cutting board or other cutting surface and cut into wedges to serve. Top with desired toppings: chopped lettuce, tomatoes, green onions, black olives, and jalapenos.

Diet Friendly | Paleo, Mayan, Gluten-free, Montignac, DASH

Yo Quero Mucha Lava

Mexican cuisine is more ancient than you might think; many of Mexico's more traditional recipes hail straight from the Aztecs and Mayans. However, it is the Spaniards who influenced Mexican food as we know it today. Traditional Mexican foods were changed as the Spanish colonized Mexico, bringing their own methods, and ingredients.

DID YOU KNOW: Mexico consumes more corn than anywhere else but imports it from the U.S.

BUTTER CHICKEN BHANGRA

Serves: A troupe of Bhangra dancers and the additional "Kat" on a hot tin roof.

Butter chicken is by far one of the more aromatic and bolder tastes from India. A great meal idea for any fancier of ethnic cuisine. Prepare these with many variations from mild to spicy.

2.2 lbs (1 kg) boneless,
skinless **chicken** breast
2 tbsp **lemon** juice
2 cloves **garlic** minced
1 tbsp **garam masala**
1 tsp **kosher salt**

**optional*

you can use chicken
wings, thighs, breasts and
even drumsticks. Add
some **Sriracha** to the
sauce to add some
authentic spice.

For sauce:

¼ cup **vegetable** oil
2 ½ cups **chopped onion** about 2
medium-large
2 tbsp **coarsely chopped garlic**
2 tbsp **garam masala**
2 tsp **paprika**

¼ tsp **cinnamon**

2 tsp **kosher salt** or to taste

2 cups **diced no-salt-added canned**
tomatoes

¾ cup **heavy 35% or whipping cream**

2 tsp **butter**

Chopped cilantro to garnish (optional)

Origin | India (New Delhi)

For marinade

1. Combine all ingredients in a zip-top bag or shallow baking dish, massaging the marinade into the chicken. Let stand at room temperature while you prepare the sauce, or marinate in the fridge overnight.

For sauce

2. Heat oil over medium heat in a large saucepan or dutch oven. Add onions and slowly cook until golden, about 20 minutes, reducing heat if they are getting crispy or browning quickly.

3. Add garlic and cook until fragrant, about 1 minute. Stir in garam masala, paprika, cinnamon and salt; cook 1 minute more. Add tomatoes; cook 2 minutes, then add cream and carefully puree using an immersion blender (or standing blender, but do it in batches or the steam will blow the top off).

4. Return sauce to saucepan and bring to a simmer. Add chicken to the sauce, cover, and simmer over medium-low heat until cooked through, about 12 minutes (remove a couple of pieces to make sure they are no longer pink inside). A gentle simmer is required to gently cook the breasts so they don't become tough, and you don't want to overcook them.

5. Stir in butter, taste and add more salt to taste. Serve sprinkled with cilantro, if desired.

East Indian Affairs

Indian cuisine comprises a wide variety of regional and traditional cuisines native to the Indian subcontinent. Given the range of diversity in soil type, climate, culture, ethnic groups, and occupations, these cuisines vary substantially from each other and use locally available spices, herbs, vegetables, and fruits. Tandoori is the main spice in many dishes.

Diet Friendly | Ketogenic, Diabetic, Atkins, Low-Carb, Hi-Fat

DID YOU KNOW: India produces more spices by volume than anywhere else. They produce over 10,000 varieties



RATATOUILLE PUTTANESCA

Serves: 3 to 4 people, a rat named Remy and many French connoisseurs

Nothing says high summer than a batch of fragrant simmering ratatouille on the stove. Labeled as food for the poor in France with a gourmet touch, this still bring out great taste.

1 lb. pasta noodles
1 small onion
2 cloves garlic
1 tbsp olive oil
1 small courgette
1 red pepper
2 tbsp olives
1 tsp capers
2 tinned anchovies
2" piece of chorizo sausage
4 ripe tomatoes
2 tbsp antipasto aubergines
from jar
1 tbsp tomato paste
1 tbsp red wine
1 tbsp fresh thyme
1 tbsp fresh basil



Origin | France (Normandy, Bretagne)

1. Finely chop the onion and garlic and add them to the pan with the oil and cook for about 4 minutes, you don't want them to burn.
2. Slice the pepper and chop all the other ingredients and add them to the pan and stir to combine. If all pieces are of similar size they will cook evenly.
3. Season with salt and pepper and add the chopped fresh herbs.
4. Continue cooking at a low simmer for about 30 minutes so that everything is soft and all the flavours have really come together. You can pour into a dish and cook in the oven if you like instead.
5. To present in little towers as I have either use presentation rings or just grease a cookie cutter and fill with the hot mixture, pat down so it is quite solid and then slide off the ring carefully.
6. Cook pasta and once cooked, shock pasta with cold water to stop the cooking process. Add to a round plate and cover with ratatouille
7. Serve with a scattering of the herbs and some crunch fresh bread.

Lemony Snicket

In "Lemony Snicket: Series of Unfortunate Events", the Bodelaire children whip up a batch of Puttanesca. "'Puttanesca.' It's an Italian sauce for pasta. All we need to do is sauté olives, capers, anchovies, garlic, chopped parsley, and tomatoes together in a pot, and prepare spaghetti to go with it."

Diet Friendly | Low Carb, Keto, Diabetic, Gluten-Free

JAMAICAN JERK CHICKEN and LIME

Serves: The Island of Jamaica, many rastafarians and most of all, crazy Orleanians.

There are things in life you must try and most of all never insult; jerk chicken and Jamaicans. Jamaica makes the world's best jerk chicken which goes great with lime, and lots of rum.



- 3 lbs chicken
- 1 onion
- 2 cloves garlic
- 1 jalapeno chile
- 2 tsp allspice
- 2 tsp black pepper
- 1 tsp nutmeg
- ½ tsp cinnamon
- 1 tbsp fresh thyme
- 2 tsp salt
- 3 tbsp coconut oil
- 3 tbsp lime juice
- 3 tbsp soy sauce

Origin | Jamaica, Barbados

1. In a food processor, mix all ingredients except chicken and process into a paste. Smear this all over the chicken pieces, put the chicken into a plastic bag and refrigerate from 6 to 24 hours.
2. To cook, remove chicken from refrigerator while grill heats. Grill medium-hot, until chicken is browned on all sides (10 - 15 minutes). When nicely browned, reduce heat (gas) or rake coals to one side (charcoal), cover, and continue to cook, turning as needed to prevent burning, until done (20 - 30 minutes).
3. You can use the remaining jerk sauce as baste for the chicken.

TIP: Can also be cooked in an oven: preheat to 400° F, put chicken on a rack in a shallow pan, and roast until brown and tender, 30 - 40 minutes.

How to be a Jerk!

Jerk refers to a way that a meat, be it chicken, beef, pork, goat, fish, vegetables or fruit is seasoned and cooked. This style comes from Jamaica. The typical cooking style uses a marinade or paste that includes at least pimento, which is often called allspice, and scotch bonnet peppers, also known as habenero.

Diet Friendly | Diabetic, Low Carb, Gluten-Free, FODMAP

DID YOU KNOW: Food normally has no taste. It only has taste and flavours because of saliva.

B.C. MUSSELS in TOMATO WINE SAUCE

Serves: 2 people on a romantic date or the bachelor at home binging "Stranger Things"

Straight from the great province of British Columbia, this recipe has always been a favourite when visiting family in Victoria. Serve with a side of great B.C. Merlot or Chardonnay.

2 tbsp **butter**
1 cup **onion**, finely
chopped
½ tsp **sea salt**
½ tsp **white ground pepper**
2 tbsp **minced garlic**
1 large **tomatoes**, chopped
1 cup **white wine**
2 tbsp **chopped parsley**
scrubbed and debearded
crusty **French bread**

**optional*

*bake with 2 ears of **corn** to
make a great **mussel bake**.*



Origin | Canada (British Columbia, Bella Coola)

1. In a large saute pan, melt the butter.
2. Add the onions, salt, and pepper, and cook, stirring, for 4 minutes.
3. Add the garlic and tomatoes, and cook, stirring, for 1 minute.
4. Add the wine, parsley, and bring to a boil.
5. Add the mussels, cover, and cook until the shells have opened, about 4 minutes.
6. Remove from the heat and discard any shells that do not open.
7. Transfer to a large deep bowl and serve immediately. Make sure to have spoons available as this broth is good!
8. Use your nice crusty french bread for dipping.

Bella Coola Cuisine

The Nuxalk people lived in Bella Coola Valley, a steep sided valley within the coastal temperate rainforest ecosystem of the central coast of British Columbia. The geography of the region in which they lived dictated the lifestyle and culture of the Bella Coola tribe. Their staple diet of fish, seal and salmon, supplemented by wapato (Indian Potato) greens, seeds and berries.

Diet Friendly | Pseudo-Pescetarian, FODMAP, Diabetic

TETRAZZINI À LA KING STYLE

Serves: a family of 4 or one fat POTUS with an attitude.

Tetrazzini is an American dish made with diced poultry or seafood and mushroom in a buttercream and parmesan sauce flavored with wine or sherry and goes well with bread.



16 oz **spaghetti** pasta
1 **tblsp** **olive oil**
1 **cup** **mushrooms**, sliced
3 **garlic** cloves, minced
1 **cup** **frozen peas**
2 **tblsp** **flour**
2 **tblsp** **Better than Boullion**,
Chicken concentrate
2 **cups** **half and half**
salt and pepper
2 **cups** **chicken**, cooked and
cubed
½ **cup** **parmesan** cheese
½ **cup** **italian** seasoned
bread crumbs
¼ **cup** **melted butter**

Origin | Italy, U.S.A. (Bronx)

1. Preheat oven to 350°F. Spray a 9x13 inch casserole dish with cooking spray. Set aside.
2. In a large pot cook the pasta according to directions and cook until al dente.
3. Drain. In a medium sized saucepan add the olive oil, mushrooms, garlic, and peas. Cook until tender. Add the flour and cook for an additional minute.
4. Add the simply better chicken gravy and half and half. Salt and pepper to taste. Let simmer until it starts to thicken. Add the sauce to the spaghetti and toss with chicken until coated. Spread in your 9x13 inch pan. Top with shredded parmesan cheese and bread crumbs. Drizzle melted butter on top.
5. Bake for 30-40 minutes until heated through and the bread crumbs are brown on top.

Just a little *DASH!*

A recommendation that those with high blood pressure consume large quantities of fruits, vegetables, whole-grains and low fat dairy foods as part of their diet, and avoid sugar sweetened foods, red meat and fats. Promoted by the US Department of Health and Human Services, a United States government organisation.

Diet Friendly | Diabetic, Mediterranean

DID YOU KNOW: Some people cook with cannabis which is actually very dangerous as it contains, THC.

PACIFIC BBQ SALMON with WILD RICE

Serves: 2 to 3 hungry adventurers walking the wilderness trails of British Columbia, and the Great Rockies.

Everyone loves salmon and this dish is no exception. B.C. Sockeye salmon provides a richer taste in comparison to other fish, and can be made in a variety of ways.

4, 5oz pieces **wild salmon**
1½ tsp **coriander**
1½ tsp **brown sugar**
1½ tsp **chili powder**
kosher salt
6 tbsp **extra-virgin olive oil**,
divided
½ **shallot**, thinly sliced
3 tbsp **red wine vinegar**
2 cups **kernal corn**
½ cup **grape tomatoes**,
halved
½ cup **yellow table**
tomatoes, halved
1½ **avocados**, diced
¼ cup **chopped cilantro**
½ tsp **white pepper**



Origin | Canada (British Columbia)

1. Preheat oven to 400°F. Arrange salmon skin-side down on plate.
2. In a small bowl, whisk together coriander, brown sugar, and chili powder and season with salt. Rub mixture into salmon.
3. Place shallots and red wine vinegar in small bowl and let sit. In large bowl, stir together corn, tomatoes, avocados, and cilantro.
4. Heat 3 tablespoons olive oil in large non-stick ovenproof skillet over medium-high heat until nearly smoking. Sear salmon fillets skin-side up 2 minutes. Flip, then transfer skillet to oven and cook 3 minutes more or until salmon is just cooked through.
5. Add red wine vinegar and shallots to corn mixture, along with remaining 3 tablespoons olive oil. Season with salt and pepper. To make Ketogenic friendly, omit the rice and corn.

To make Gluten-free friendly, omit glutenous rice.

Diet Friendly | Ketogenic, Diabetic, FODMAP, Low-Carb

JOE'S PERFECT PAD THAI

Makes: 2 servings to feast on while spending one night in Bangkok or at home with friends.

This recipe was based off of a close friend, Joe and his love for Pad Thai. What people don't know is that Pad Thai is healthier than it looks, sounds and tastes just as good.



10 oz Thai rice noodles
1 lb. chicken breasts
2 tbsp sesame oil
¼ cup demerara sugar
¼ cup soy sauce
2 tbsp rice vinegar
1 tbsp lime juice
1 tbsp fish sauce
1 red bell pepper , julienned
1½ cups matchstick carrots
2 tbsp minced garlic
4 green onions
2 cups bean sprouts
3 large eggs
½ cup unsalted peanuts
⅓ cup cilantro , chopped
Red pepper flakes and sesame seeds (optional)

Origin | Thailand, Cambodia

1. Prepare rice noodles according to directions listed on package. In a mixing bowl, whisk together brown sugar, soy sauce, rice vinegar, lime juice and fish sauce, set aside.
2. While noodles are cooking, heat oil in a wok or large and deep non-stick skillet over medium-high heat. Once hot add chicken and saute until cooked through, about 4 - 6 minutes. Transfer to a plate, leaving oil in pan. Add bell pepper and carrots and saute 1 - 2 minutes then add garlic, green onions and bean sprouts saute 1 minute longer.
3. Push veggies to edges of pan and crack eggs into center. Cook and scramble until eggs have cooked through. Add in chicken, noodles and sauce and toss everything together and cook 1 - 2 minutes.
4. Serve warm topped with cilantro, peanuts and optional red pepper flakes and sesame seeds.

Never eat alone!

Eating a meal is treated as a celebration, therefore, it's quite common to see large groups of individuals eating together. Thai culture treats eating alone as a bad luck gesture hence, all dishes have to be shared and enjoyed together. Thai cuisine is a perfect blend of flavours – salty, sweet, sour, bitter and spicy. Almost every Thai dish combines all these five tastes.

Diet Friendly | South Asian, Eat-Clean

DID YOU KNOW: Drinking up to 6 cups of coffee per day reduces all mortality causes by 15% in women

JAMBALAYA À LA IEESHA

Serves: 1 person, and her name is leesha. Ok maybe also 2 to 3 people

Named after a great friend, this spicy jambalaya pasta is the perfect meal for those craving some heat. Throw everything in a pot & dinner is done in twenty minutes.

2 tbsp hot chili oil
1½ lbs. chicken (diced)
1 red bell pepper (diced)
1 yellow onion, diced
1 lb. andouille sausage
4 cups chicken broth
1½ cups tomato sauce
1 can rotelle, diced
1 tbsp cajun seasoning
1 tbsp garlic powder
1 tbsp paprika
1 tbsp onion powder
½ tsp sea salt and pepper
1 lb pasta noodles
1 lb shrimp (optional)

Creole Seasoning:

¼ cup paprika
3 tbsp dried oregano
3 tbsp ground black pepper
2 tbsp dried basil

2 tbsp sea salt

1 tbsp cayenne pepper
1 tbsp granulated onion
4 tbsp dried thyme
4 tbsp granulated garlic

Origin | U.S.A. (New Orleans), Canada (Edmonton)

1. In a large stockpot or large, deep-walled skillet heat oil over medium heat. Add chicken and cook until white (don't completely cook). Once chicken is almost cooked, add in sliced andouille sausage, and saute for 1 minute then add remaining ingredients (*except for shrimp and cilantro at moment*).

2. Bring to a low boil, stirring often. Once boiling, reduce heat and simmer* for about 20 - 25 minutes or until noodles become soft, stirring often. Add more chicken broth if necessary to thin out.

3. *If adding shrimp, add about 15 minutes into the simmering process.

4. Garnish with cilantro, lime, basil and or any of your favourite herbs before serving.

Note: If you really, and we mean really like the "heat" in your cooking, by all means add in scotch peppers, Carolina Reaper peppers and or sauce, cayenne pepper, or any kind of your favourite hot sauce. Add in a little at a time until it gives you the desired kick.

For a cheesier option, add in 1 cup of shredded cheese and bake for 5 minutes.

For a Gluten-free alternative use GF pasta or leave out the pasta and add in more shrimp or even crayfish!

Diet Friendly | Hi-Fat, MIND, Gluten-free, Low-Carb

Jambalaya Creole!
Creole jambalaya originates from the French Quarter of New Orleans, in the original European sector. It was an attempt by the Spanish to make paella in the New World, where saffron was not readily available due to import costs. Tomatoes became the substitute for saffron. The recipe cooking times are geared towards long-grain brown rice, which takes longer to cook than white rice.

DID YOU KNOW: Studies have shown that those who eat spicy food can live longer. So start eating lava!!



HULI HULI, HEI HEI,...with Pineapple

Serves: The tribe of Motu Nui and the seafarers of long ago, or a Hungry Maui with a hook!

For those who love Polynesian and Hawaiian cuisine, this *Moana* inspired salad from one of my favotire movies is a great pleaser to any dish that served any time of the year

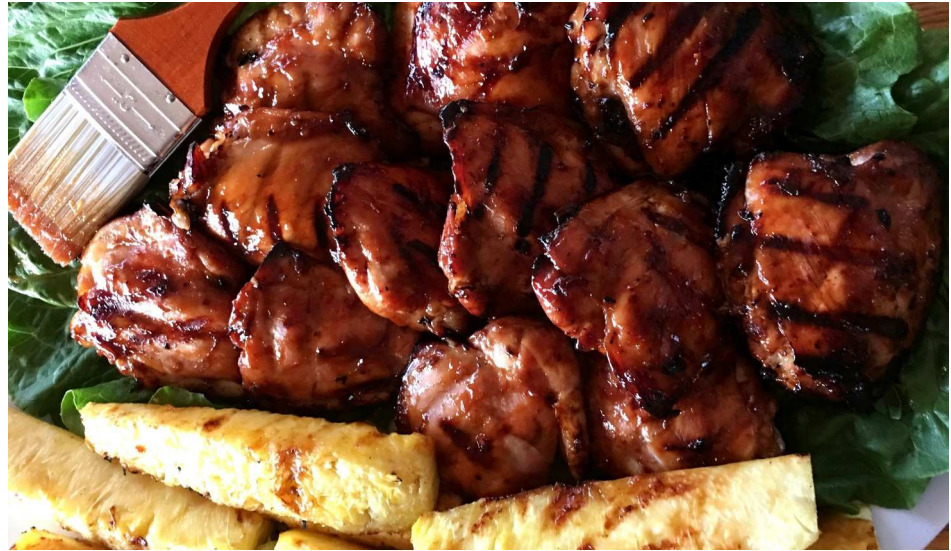
4 lbs. boneless skinless
chicken breasts
1 cup unsweetened
pineapple juice
½ cup soy sauce
½ cup brown sugar
⅓ cup Huli Huli sauce*
¼ cup chicken broth
2 tsp ginger root, grated
1½ tsp minced garlic
green onions, sliced for
garnish

**optional*

You can also use teriyaki or
your favourite BBQ sauce

The Real Motu Nui

Motunui looks like a typical Polynesian island, with a hot tropical climate, white-sand beaches, crystal clear waters, many trees including coconut palms, houses made of wood and straw (fales), and high earth elevations (mountains). About 40 different kinds of plants and trees grow on the island. These include taro and breadfruit. Villagers use coconut palms for practically everything.



Origin | Canada (British Columbia)

1. In a medium sized bowl, whisk together pineapple juice, soy sauce, brown sugar, Huli Huli (or BBQ sauce, chicken broth, ginger and garlic. Reserve 1 cup sauce for basting.
2. Add the chicken thighs and sauce to a ziplock bag and marinate at least 3 hours or overnight.
3. Grill chicken, covered, over medium heat for 6 - 8 minutes on each side or until no longer pink. Baste occasionally with reserved marinade during the last 5 minutes. Garnish with green onions if desired

Note: You can add this chicken to sandwiches, soups and even salads to bring out other great dinner ideas.

Although this dish traditionally is cooked in a special pit, it tastes great cooked over a BBQ or even broiled in the oven. Add pineapple rings during the grilling process to enhance the aroma of this polynesian dish.

*Check our sauces section for Huli Huli sauce.

Diet Friendly | Ketogenic, Diabetic, Gluten-free, Low-Carb

DEATH BY MAC & CHEESE & CHEESE & CHEESE

Serves: 3 to 4 people, Mickey Mouse and anyone who wants cheese.

The name says it all. This great dish is loaded with so much delicious cheese that you will just die. This great Canadian invention is loved by millions all over the world.



1 lb dried elbow pasta
½ cup unsalted butter
½ cup all purpose flour*
1½ cups whole milk
2½ cups half and half
½ cup cream cheese
1 cup sharp cheddar cheese
1 cup mozzarella cheese
1 cup havarti cheese
2 cups grated Gruyere cheese
½ tbsps salt
½ tsp white pepper
¼ tsp paprika

Origin | Canada (New Brunswick, Nova Scotia)

1. Preheat oven to 325°F and grease a 9x13 baking dish. Bring a large pot of water to a boil, add pasta and cook until al dente. Drain and drizzle with a little bit of olive oil to keep from sticking.
2. Shred/grate cheeses and divide into three sections. Approx. 3 cups for the sauce, 1½ cups for the layer, and 1½ cups for the topping. Melt butter in a large saucepan over medium-low heat. Sprinkle in flour and whisk to combine. Cook for approximately 1 minute, whisking often.
3. Slowly pour in about 2 cups or so of the half & half, while whisking until smooth. Pour in the remaining half & half, while whisking constantly, until smooth and a thick consistency. Stir in spices and the cheeses stirring to melt and combine and stir until completely melted and smooth.
4. In a large mixing bowl, combine drained pasta with cheese sauce, stirring to combine fully. Pour half of the pasta mixture into the prepared baking dish. Top with reserved layer grated cheese, then top that with the remaining pasta mixture. Sprinkle the top with the topping grated cheese and bake for 15 minutes, until cheesy is bubbly and lightly golden brown.

Diet Friendly | Yeah right!...far from healthy but so good!

Now that's just Cheesy

There is no exact information regarding the origin of cheese, but archaeological studies have shown the origin of cheese dates as far back as 6000 BC. There are more than 2000 varieties of cheese available worldwide. Mozzarella is the favourite cheese and the most consumed. It is used in pizza and many other recipes.

DID YOU KNOW: Although Mac and Cheese originated from Italy, "Kraft Dinner" was invented in Canada.

CREAMY BALSAMIC CHICKEN PASTA

Serves: 1 lone bachelor or bachelorette on valentines day or throughout the year.

Our producer, Sarah, of *Dinner by the Minute*, loves all things balsamic, especially with a great taste of basil, spinach, balsamic, cream and chicken with some cheese thrown on top.

- ½ cup butter
- 2 tsp roasted garlic puree
- 4 red onion ring
- 1 oz julienned red pepper
- 1 julienned chicken breast
- 2 fl. oz balsamic vinigrette
- 3 fl. oz (5 fl. oz heavy cream)
- 2 tsp basil puree
- 2 oz whole spinach leaves
- 10 oz cooked pasta
- ½ oz swiss cheese
- 1 tsp fresh chopped parsley

*optional

Add hot sauce, dill or your favourite spices to liven it up.



Origin | Canada (Manitoba), Italy

1. Grill or bake chicken until no longer pink.
2. Cook pasta until almost tender. Once pre-cooked, remove from heat and run under cold water to stop the cooking process. Set aside.
3. Saute medium heat, garlic, butter, onions, roasted red peppers, pre-cooked chicken breast for 1 minute.
4. Add balsamic vinigrette, cream. Reduce heat. Add basil puree, spinach.
5. Take cooked pasta and add to skillet. Toss, coat well.
6. Garnish with various things. Mainly chopped parsley, or dill.

Note: For a gluten free alternative use rice based pasta and cook accordingly.

Diet Friendly | Mediterranean, Eat-Clean, Gluten-free

Balsamic Health

The digestive system benefits from balsamic vinegar. The vinegar boosts the activity of pepsin, an enzyme that breaks protein down into smaller amino acids that can be more easily absorbed by the body. Pepsin helps to improve the body's metabolism as well and can also improve insulin sensitivity for diabetic allowing for an easier regulation of blood sugar

DIJON SPICED PORK LOIN

Makes: 4 to 6 servings or can feed a really hungry person.

This recipe was based off of a close friend, Joe and his love for Pad Thai. What people don't know is that Pad Thai is healthier than it looks and sounds and tastes just as good.



3 lb pork tenderloins
3 tbsp minced garlic
2 tbsp rosemary
2 tbsp grated lemon zest
2 tbsp olive oil, separated
1 tsp sea salt
1 tsp white pepper
½ cup beef stock
½ cup balsamic vinegar
2 tbsp butter
2 tbsp capers

Origin | Canada (Alberta, Saskatchewan)

1. Preheat the oven to 450°F.
2. Combine the garlic, rosemary, lemon zest, one tablespoon oil, salt and pepper. Press this mixture onto the tenderloins. In a large skillet with an oven proof handle, heat 1 tablespoons of oil over medium heat. Add the tenderloins and cook, turning frequently, until brown on all sides, about 8-10 minutes.
3. Transfer to the oven and roast for 12 minutes. Remove pork from the pan and keep warm.
4. Set the pan over high heat and stir in the beef stock and vinegar, scraping up the cooked bits. Bring this to a boil and cook until reduced by half. Turn the heat off, whisk in the butter, 1 tablespoon at a time until. Stir in the capers and spoon over pork. Cut the tenderloin into thick 1" slices and serve with balsamic caper sauce over the top. Great with scalloped potatoes, roasted vegetables or a fresh salad.
5. Don't overcook your pork, keep it nice and moist, not dried out. Internal temp should be between 145°F-160°F and allow meat to rest at least 3 minutes.

Diet Friendly | Ketogenic, Diabetic, Low-Carb, DASH, MIND

DID YOU KNOW: Alberta produces more pork monthly than the United States does annually. Go ALBERTA!

Long Live MUSTARD!

Mustard is one of the most commonly used condiments. Some people use it rarely so they wonder whether mustard goes bad. Mustard is very unlikely to go bad, because it doesn't contain any ingredients that spoil. However, shelf life of open mustard isn't indefinite. If you store mustard properly it maintains its quality for longer.

CRAWFISH LOBSTER COBB BAKE

Serves: 2 people and possible a very hungry mermaid, under the sea.

Nothing else symbolizes the French-Canadian cajun culture of Louisiana like crawfish. Crawfish have become synonymous with the hardy French pioneers who settled in the area after being forced by British troops to leave their homes in Nova Scotia.

10 lbs sack live **crawfish**
3 lbs **lobster** meat (tails)
1 lb **Shrimp** shells on
1 lb **Andouille** sausage sliced
28 oz mixed **baby Potatoes**
quartered (I used a mix of
red, yukon, and purple)
2 ears **corn** cut into 8 pieces
2 tbsp **coconut** oil
3 tbsp **Old Bay** seasoning
2 tbsp minced **garlic**
1 tbsp **cajun** seasoning
Sea Salt and **Pepper** to taste
Parsley to garnish
non-stick cooking spray



Origin | Canada (Quebec, Nova Scotia), U.S.A. (Louisiana)

**If you're using frozen shrimp you can thaw them quickly by putting them in a bowl of cold water. Change the water every 5-10 minutes until shrimp are thawed.*

1. Preheat oven to 425°F
2. Using 2 baking sheets, line each one with 2, 12 inch sheets of aluminum foil.
3. Spray each with non-stick cooking spray. Add crawfish, lobster, potatoes, sausage, corn, garlic and shrimp evenly to the center of each foil. Drizzle coconut oil over each foil packet. Sprinkle Old Bay Seasoning and cajun seasoning evenly over each foil packet.
4. Add Sea Salt and Pepper. Seal foil on all 4 sides.
5. Bake 20 minutes.
6. Garnish with Parsley.

Note: you can also use a large casserole dish to bake in.

Diet Friendly | Dabetic, Mediterranean, Eat-Clean, Gluten-free

Watch the Claw!

Crawfish (or crayfish) resemble tiny lobsters. They are more tender than lobsters and have a unique flavor. Today crawfish are raised commercially and are an important Louisiana industry. On July 14, 1983, Louisiana's governor approved a law designating the crawfish as the state crustacean. Louisiana thus became the first state to adopt an official crustacean.

EGGROLL IN A BOWL

Makes: 2 bowls or the equivalent of 6 eggrolls.

Everybody loves egg rolls. This dish is a perfect finger-food-ready appetizer, but also filling enough to be a meal all on its own. We can't get enough of them, but we know those stuffed-and fried rollups come with a price, a healthy one, that is.



- 1 lb ground **pork**
- 1, 16 oz bag **coleslaw mix** (shredded **carrots** and **cabbage**)
- 5 cloves **garlic**, minced
- 1 tsp **ginger**, minced
- 1/3 cup **soy sauce**
- 2 tbsp **sesame oil**
- Green onions**, for garnish

Origin | China (Guizhou, Yunnan)

1. In a small bowl, combine the garlic, ginger, soy sauce and sesame oil. Set aside.
2. In a large skillet, brown the pork over medium-high heat.
3. Add the shredded cabbage and carrots, and stir to combine.
4. Add the sauce mixture to the meat and veggies. Stir and cook for about 3 to 5 minutes, until the cabbage has just begun to wilt but is still crunchy.
6. Serve over rice, garnished with green onions if desired.

Note: Although eggrolls aren't that "healthy" to eat, this recipe is as close as you can to getting healthy with an eggroll.

Diet Friendly | Depends on how hungry you are!

To roll or not to eggroll!

The origins of this dish are unclear and remain disputed. Egg rolls are closely related to, but distinct from, the spring rolls served in mainland China, and were first seen in the early 20th century in the United States. An early reference to egg rolls appeared in a 1917 Chinese recipe published in the United States, but the dish does not resemble the modern egg roll.

DID YOU KNOW: Chop Suey although Chinese was invented in the US & Americanized by Chinese immigrants.

VIETNAMESE NOODLE BOWLS

Serves: a great many wonderful people from Vietnam.

Spring forward with this bright and cheery *Vietnamese* rice *noodle* salad that's bursting with a rainbow of fresh flavours and textures.

Meat and Marinade

1.6 lb **chicken thigh fillets**, skinless and boneless or (or **pork**, **beef** or any **seafood**)
2 tbsp minced **garlic**
2 tbsp **lime juice**
2 tbsp **fish sauce**
1 tbsp **soy sauce**
2 tbsp **brown sugar**
1 tbsp **vegetable oil**
1 stalk **lemongrass**, white part only, bruised them sliced into pieces easy to pick out later

Garlic is quite good.

Vietnamese cuisine always has the combination between fragrant, taste, and colour. Vietnamese cuisine always has five elements which are known for its balance in each of these features. Many Vietnamese dishes include five fundamental taste senses (*ngũ vị*): spicy (metal), sour (wood), bitter (fire), salty (water) and sweet (earth),

Nuoc Cham

¼ cup **fish sauce**
4 tbsp **rice vinegar**
2 tbsp **white sugar**
¼ cup **water**
2 tbsp minced **garlic**
1 red birdseye **chili** , finely chopped
3 tbsp **lime juice**

½ tbsp **sesame oil**

7 oz **vermicelli** noodles

2 **carrots** , julienned

2 **cucumbers** julienned

5 cups **iceberg** lettuce , finely sliced

3 cups **bean sprouts**

Handful of **cilantro/coriander**

Sliced **chili** (*optional*)

Lime wedges (*optional*)

Origin | Vietnam, Cambodia

1. Combine Meat and Marinade ingredients and set aside for at least 2 hours, up to 12 hours.
2. Combine the Nuoc Cham ingredients and mix well to dissolve the sugar. Adjust to your taste (spiciness, lime, sweetness) and set aside.
3. Soak the vermicelli noodles in hot water for 3 minutes then drain and rinse under cold water to stop the noodles from sticking together.
4. Heat ½ tbsp oil in a fry pan over medium heat (or heat the BBQ). Remove chicken from marinade, shaking off large bits of lemongrass (small bits should fall off during cooking).
5. Place chicken in the pan and cook each side until dark golden brown and chicken is just cooked through - about 6 to 8 minutes in total. Remove from pan, shaking off any remaining bits of visible lemongrass and set aside to rest for 5 minutes. Then slice into thin pieces.
6. Pile all the components on a large platter or separate bowls and let guests serve themselves. That's how I typically serve this.

Notes: Make this kid friendly by just serving the chilli on the side. To make it Gluten-free, ensure you use GF tamari. Fish sauce is a key ingredient in a lot of Asian cooking. It doesn't taste fishy when combined with other ingredients! It's an incredible flavour enhancer that has more depth than salt or soy sauce.

Diet Friendly | Atkins, FODMAP, Diabetic, DASH, Gluten-Free

DID YOU KNOW: You burn more calories eating 1 stick of celery than it actually contains.





SERAPHINA'S SECRET CHRISTMAS TURKEY

Serves: One big family, many friends, and makes many memories around the holidays.

Sarah is well known from her friends and family about her secret recipe for making her holiday turkey. This recipe will make your mouth water while she reveals her secret to this recipe.

Brine	2 cups cold 12yo Glenfiddich
1 cup Himalayan pink salt	2 cups cold 15yo Century Reserve
1 cup Canadian maple syrup	1½ gallons cold water
½ cup brown sugar	1, 15-22 lbs turkey
¼ cup whole black peppercorns	1 tbsp sugar

3 tbsp brown sugar
1½ tsp smoked paprika
1½ tsp chipotle chili powder
3 tbsp minced garlic
1½ tsp sea salt
1½ tsp white pepper
1 tsp onion powder
¼ tsp ground cumin
6 tbsp unsalted butter, melted
2 cups soaked applewood or cherrywood chips
¾ cup Canadian bourbon
1 cup chicken broth
2 tbsp olive oil
½ cup shallots
1 apple, sliced and diced
½ cup flour

Origin | Canada (Alberta)

1. Before beginning, make sure your bourbon, water and chicken stock are COLD, really cold but not frozen. To make the brine, combine the the salt, syrup, sugar, peppercorns, bourbon, scotch and water in a large bucket. Remove any pieces from the turkey, like giblets or the neck, reserving to the neck for the gravy. Make sure to refrigerate it in a resealable bag. Once the turkey is cleaned up, place in the liquid and refrigerate it for 8 to 12 hours.
2. Remove the turkey from the brine and pat it completely dry with paper towels. Preheat oven to 325°F, adding your wood chips to small tray and place on bottom rack.
3. In a bowl, combine the sugar, paprika, chili powder, garlic powder, salt, pepper, onion powder and cumin, mixing well to combine. Gently lift the skin of the turkey and rub the melted butter all over the meat. Take the spice rub and rub it all over the meat as well, underneath the skin. Rub the rest of it all over the outside of the skin, covering the turkey.
4. Combine the water and bourbon in a glass and pour it into the pan with chips under the rack with turkey. Place the turkey in a large broiler pan with a drip tray under the turkey. Pop in the oven and cook for 4 hours. Check doneness of turkey and broil at 425°F for 5 minutes then shut oven off.
5. About 30 minutes before the turkey is finished, begin the gravy. Heat the olive oil in a large saucepan over medium heat. Add the shallots and the apple with the salt and pepper, stirring to coat. Cook for 5 minutes, stirring occasionally until the shallots and apple are soft. Add in the garlic and the turkey neck and brown it on all sides, cooking for about 5 minutes per side. Increase the heat to medium-high and pour in the bourbon. Stir continuously, scraping any brown bits from the pan and cook until almost all of the bourbon evaporates – you just want a thin layer of it left in the pan. Add in the cider and bring it to a simmer.
6. Pour the cold broth into a shaker bottle or jar. Add the flour on top, place the lid on the shaker and shake continuously for at least 30 seconds until the flour is incorporated. Remove the neck from the pan and begin to whisk the cider continuously. Slowly pour in the stock and flour while whisking and continue to stir for at least 10 to 15 minutes while the gravy thickens. Don't stop stirring!
7. Carve your turkey as desired and serve it with the gravy. I find that this gravy reheats well also – simply add it to a saucepan over low heat with a drop of water or stock and heat it, stirring occasionally, until it liquifies again.

Merry Christmas!

Prior to the turkey tradition Christmas fare included roast swan, pheasants and peacocks. A special treat was a roast boars head decorated with holly and fruit. Henry VIII was the first English king to enjoy turkey, although Edward VII made eating turkey fashionable at Christmas. Today more than 30 million are eaten at Christmas alone. Double that of ham.

Diet Friendly | Ketogenic, Diabetic, Low-Carb

DID YOU KNOW: Twinkies originally were filled with banana cream until WW2 then switched to vanilla.

DESSERTS

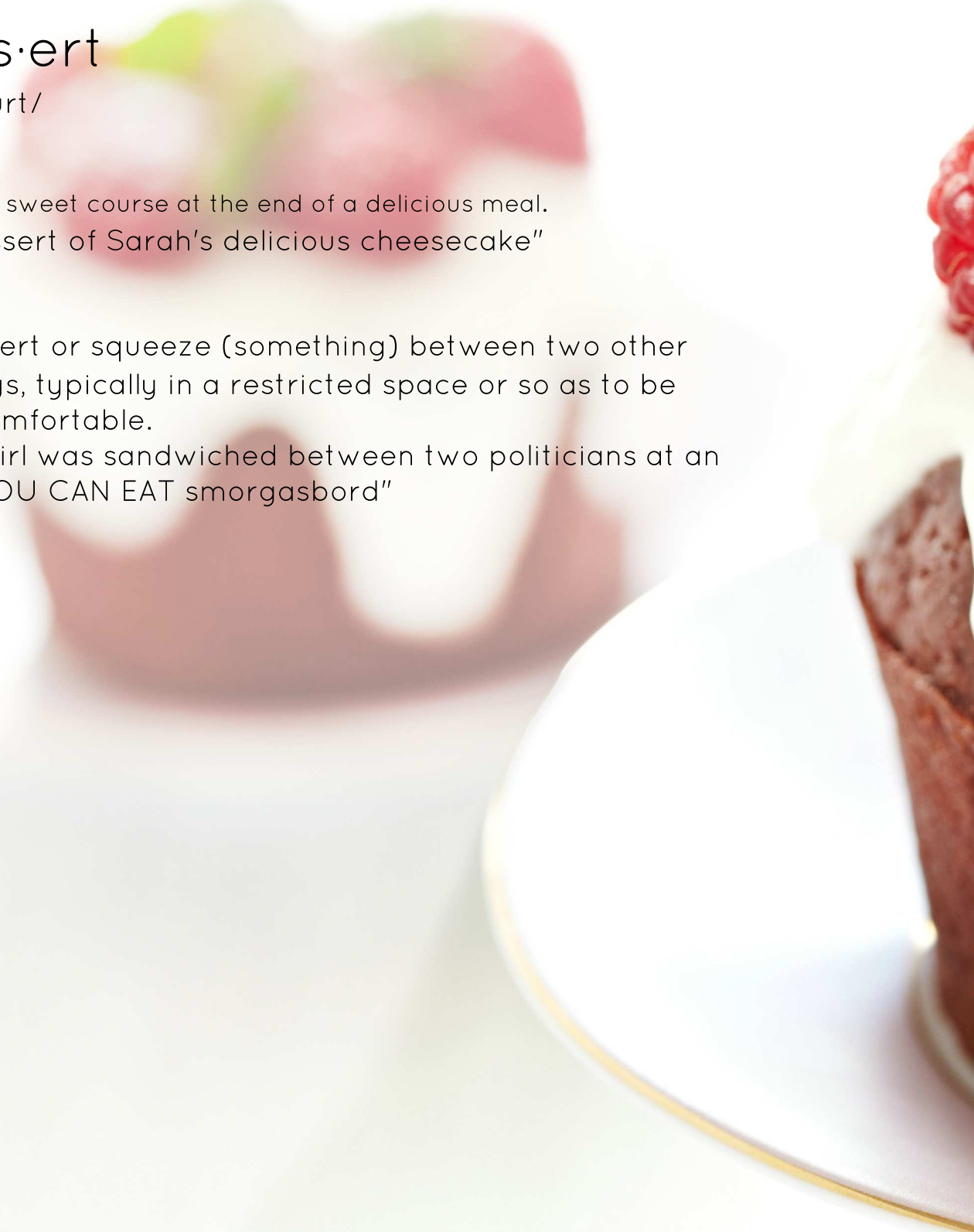
dess·ert

'dih ,zurt/
noun

1. the sweet course at the end of a delicious meal.
"a dessert of Sarah's delicious cheesecake"

verb

1. insert or squeeze (something) between two other things, typically in a restricted space or so as to be uncomfortable.
"the girl was sandwiched between two politicians at an ALL YOU CAN EAT smorgasbord"







BOB & DOUG MACKENZIE'S EGGNOG CAKE

Serves: 10 to 12 people, a large wedding party, or two drunk Canadian comedians from the great white north.

Merry Christmas ya hooser!. This Eggnog spiked cake is a great dessert for any after party or after eating that wonderful Christmas turkey. Try it with added spiced rum for a buzz.

½ cup butter , room temperature	2 cups all-purpose flour
1¼ cups white sugar	2 tsp baking powder
3 eggs , room temperature	1 tsp salt
1 tsp vanilla extract	1 cup prepared eggnog
¼ tsp finely grated lemon peel	2 tbsp bourbon whiskey

¼ cup all-purpose flour
¼ tsp salt
1½ cups prepared eggnog
1 cup butter, room temp
1½ cups white sugar
1½ tsp vanilla extract
¼ tsp rum-flavored extract
¼ tsp finely grated lemon peel
½ cup finely chopped toasted pecans (optional)

Origin | Canada (Yukon, NWT), England (Dorchester)

1. Preheat oven to 350°F. Grease and flour two 9-inch round baking pans.
2. Beat ½ cup butter and 1¼ cups sugar with an electric mixer in a large bowl until light and fluffy. Mixture should be noticeably lighter in color. Add eggs, one at a time, allowing each egg to blend into butter mixture before adding the next. Stir in 1 teaspoon vanilla extract and ¼ teaspoon lemon peel, mixing well.
3. Combine 2 cups flour, baking powder, and 1 teaspoon salt in a bowl. Pour flour mixture into the batter alternately with 1 cup eggnog, mixing until just incorporated. Stir in bourbon. Divide batter evenly between prepared pans.
4. Bake in preheated oven until cake springs back when touched lightly with a fingertip or a toothpick inserted in the centers comes out clean, 30 to 35 minutes (test both cake layers). Cool in pans for 10 minutes before inverting on a wire rack to cool completely.
5. To make frosting, combine ¼ cup flour and ¼ teaspoon salt in a saucepan. Gradually whisk in 1½ cups eggnog, whisking until smooth.
6. Bring to a boil over medium heat, stirring frequently. When mixture boils, cook for 2 minutes, whisking constantly, until thickened. Remove from heat and let cool completely to room temperature.
7. Beat 1 cup butter and 1½ cups sugar in a bowl until light and fluffy. Mix in cooled eggnog mixture, 1½ teaspoon vanilla extract, rum extract, and ¼ teaspoon grated lemon peel. Beat on high speed until mixture is fully incorporated and frosting is fluffy.
8. Spread cake with plain frosting between cake layers, over the top and on the sides. Coat the sides with toasted pecans, pressing the nuts onto sides in small handfuls. Refrigerate until serving time.

DA NOG!

Eggnog's origins can be traced back to sack posset, an Elizabethan-era drink made with spices, milk, eggs and fortified wine like Madeira. It was served thick, hot and somewhat chunky (the milk was curdled by the hot spiced wine). The word nog comes from noggin, which is a small wooden mug typically used to drink ale.

Diet Friendly | Nope. Not a chance! except the Eggnog Diet.

DID YOU KNOW: Drinking 1 cup of eggnog once a day, each week will make you gain 2.2lbs each week.

SARAH'S FAMOUS HOMEMADE CHEESECAKE

Serves: 1 very hungry squishy sister, Rachel, or portioned into 3 to 4 small dessert bowls

Sarah is known for her cheesecakes. Many have wondered how she makes them until now. Her recipe for this delectable dessert can be modified to fit and cheesecake flavours.

8 graham crackers, finely crushed (about 1¼ cups)
6 tbsp. monkfruit sugar
3 tbsp margarine, melted
1 pkg. (8 oz) cream cheese, softened
¾ cup 35% whipping cream

**optional*

Make any flavour you want by adding your desired flavour in with the cream mix. Sarah prefers strawberries or peaches to her cheesecakes.



Origin | Canada (Alberta), Greece (Samos)

1. Combine graham crumbs, 2 tbsp monkfruit sweetener and margarine; press onto bottom and up side of 9-inch pie plate. Bake 8 to 10 min. or until lightly browned; cool completely.
2. Mix cream cheese, whipping cream and remaining monkfruit sweetener in medium bowl and mix in high until thick and well blended; spoon into crust.
3. Refrigerate 3 hours.
4. Top with desired fruit or sauce before serving.

Note: You can also use regular sugar instead of monkfruit.

Cheesecake and the Olympics

Cheesecakes supposedly originated in ancient Greece where it was served first at the Olympic Games. Early cheesecakes can be linked to the Greek island of Samos, far back as 2,000 B.C., though the oldest written recipe is credited to Roman politician Marcus Cato This version was also called "*placenta*" because of its resemblance to . . . well, you know.

Diet Friendly | Ketogenic, Low-Fat, Atkins, MIND

CLARE'S SIMPLE MINI-CHERRY CHEESECAKES

Makes: about 24 miniature cheesecakes to devour or self-loath too while watching Netflix

Sarah's mom Clare, makes a great miniturized verison of Sarah's cheesecake, but Sarah got her recipe idea from her mom. Guess cheesecake runs in the family.



Origin | Canada (Alberta)

1. Preheat oven to 375°F
2. Beat cream cheese, sugar, eggs, lemon juice and vanilla until light and fluffy.
3. Line regular sized muffin pans or cupcake tins with paper baking cups and place a vanilla wafer in the bottom of each cup.
4. Fill the cups $\frac{2}{3}$ full of cream cheese mixture.
5. Bake for 15 to 20 minutes or until set.
6. When warm, top each with a tablespoon of cherry filling.
7. Chill in refrigerator.

Note: Use "Nilla™" Waffers under the cheesecakes.

Diet Friendly | Ketogenic, Low-Fat, Atkins, MIND

2 (8 oz) pkgs. **cream cheese**, softened
 $\frac{1}{4}$ cup **sugar**
2 large **eggs**
1 **tbsp** **lemon juice**
2 **tsp** **vanilla extract**
24 **vanilla wafers**
1 (21 oz) can **cherry pie filling**

**optional*

You can use cherry, pumpkin or any other type of canned pie filling or make your own and add on top.

Waste not, Want not!

1.3 billion tons of food are wasted every year. This amounts to \$1 trillion US of wasted or lost food. If wasted food was a country, it would be the third largest producer of carbon dioxide in the world, after the U.S.A and China. Just $\frac{1}{4}$ of all wasted food could feed the 795 million undernourished people around the world who suffer from hunger.

DID YOU KNOW: North Americans eat more than 900% more broccoli each year than 20 years ago

FRUIT BRULEE (Strawberry)

Makes: 4 servings unless your name is Strawberry Shortcake, then it feeds just her.

This delicious summer fruit brulée recipe is based on the classic Crème Brulée but with the added delight of summer fruits.

2 cups sliced strawberries
8 tsp demarara or turbinado sugar (raw sugar), divided
½ cup whipping cream
⅓ cup low-fat vanilla yogurt

**optional*

Make any flavour you want by adding your desired fruit with this mix. Try it with blueberries, blackberries, raspberries or even peaches.



Origin | France, Catalonia

1. Divide strawberries among four 8 oz dessert dishes. Sprinkle 1 teaspoon demarara sugar over strawberries in each dish.
2. With electric mixer, whip cream to soft peaks. Fold in yogurt and spread evenly over strawberries.
3. Sprinkle 1 teaspoon of the remaining demerara sugar over each. Cover and chill for 2 to 6 hours.

Crème Brulée Style

The earliest known recipe for *crème brûlée* (burnt cream) appears in François Massialot's 1691 cookbook *Cuisinier royal et bourgeois*. The name "burnt cream" was used in the 1702 English translation. Confusingly, in 1740 Massialot referred to a similar recipe as *crème à l'Angloise*; 'English cream'.

Diet Friendly | High-Fat Low-Carb, Atkins, MIND

ROCKY MOUNTAIN ROAD PARFAIT

Makes: 4 servings before being devoured by kids, pregnant women and single people after a breakup.

These rocky road parfaits are absolutely divine and reminiscent of your childhood. For those who enjoyed this sweet dessert, we all remember our fondest love for chocolate.



1, 4-serving-size package
chocolate or **chocolate fudge** instant pudding mix
2 cups **milk**
 $\frac{1}{2}$ cup **whipped cream**
 $\frac{1}{4}$ cup **unsalted peanuts**,
coarsely chopped
 $\frac{1}{4}$ cup **tiny marshmallows**
Chocolate curls (optional)

Origin | Canada (Jasper), U.S.A. (Oakland)

1. Prepare pudding mix according to package directions using the milk.
2. Remove $\frac{3}{4}$ cup of the pudding and place in a small bowl; fold in whipped topping until combined.
3. Divide remaining plain chocolate pudding among four 6 oz glasses or dessert dishes. Top with dessert topping mixture. Let stand for 5 to 10 minutes or until set.
4. Sprinkle with peanuts and marshmallows. If desired, garnish with chocolate curls.

Note: for alternative health solutions, replace with no-sugar added pudding, and homemade marshmallows.

King Marshmallow Tuten!

Ancient Egyptians were the first to enjoy a gooey treat now called marshmallow as early as 2000 BC. The treat was considered very special and it was reserved for gods and royalty. Marshmallow was made from the mallow plant (*Athaea officinalis*) that grows wild in marshes.

Diet Friendly | Diabetic, Ketogenic, Atkins

DID YOU KNOW: *Never give your pets chocolate, it contains an ingredient to damage their systems.*

AFFOGATO TRIFLES

Makes: 4 servings, or one larger one for parties.

Layer crushed biscotti or amaretti with softened vanilla ice cream, a cloud of whipped cream and strong, hot espresso. A light dusting of cinnamon adds a hint of sharpness.

2 cups coarsely crushed
biscotti, amaretti, or other
favourite cookie
2 cups vanilla ice cream,
1 cup whipped cream
1 tsp ground cinnamon
4 shots hot brewed
espresso or strong coffee
(about $\frac{3}{4}$ cup total)



Origin | Italy (Saronno)

1. In each of four parfait or dessert glasses layer $\frac{1}{2}$ cup of the crushed biscotti and $\frac{1}{4}$ cup of the ice cream. Repeat with the remaining biscotti and the remaining ice cream.
2. Top with whipped cream and sprinkle with cinnamon. Accompany with shots of espresso to drizzle over the ice cream before eating.

Variations: Just love s'mores? Layer coarsely crushed graham crackers, tiny marshmallows, and chocolate ice cream in place of the cookies and vanilla ice cream and serve with shots of hot chocolate instead of espresso. Want a spiked version? Drizzle each layer of cookies with coffee liqueur. Lean to the traditional? Try ladyfingers instead of cookies.

To Make Ahead: Prepare as directed in Step 1. Cover and freeze for up to 48 hours. Serve as directed.

Diet Friendly | Nope. Unless you include a coffee diet!

Italian desserts

Italy has some of the most diverse desserts in the cuisine than many other countries. From the Italian perspective, cookies and candy belong to the same category of sweets.

Traditional candies include candied fruits, torrone, and nut brittles, all of which are still popular in the modern era

CHARLIE BROWN'S PUMPKIN COBBLER

Makes: 3 to 4 people, Pigpen, Linus, Lucy, Sally, Peppermint Patty, Schroeder Marcie and maybe Charlie Brown

Pumpkin Pecan Cobbler is the ultimate fall dessert with cake on the top and hot caramel sauce on the bottom! I think I've found pumpkin dessert mecca.



Origin | Canada (Victoria), Mexico, U.S.A.

1. Preheat oven to 375°F. Grease a medium skillet with cooking spray. In a large bowl, whisk together eggs and sugar. When smooth and fully combined, add pumpkin, cream, vanilla, pumpkin pie spice and ½ teaspoon kosher salt. Whisk until smooth and blended. Pour into prepared skillet.
2. In a large bowl, combine pecans, oats, flour, brown sugar, cinnamon and remaining kosher salt. Mix until all ingredients are evenly distributed. Add butter and mix until mixture comes together and varied crumbs form.
3. Top pumpkin mixture with pecan topping and bake until golden, about 45 minutes. Top with ice cream and serve.

Note: You can make this cobbler with any other kind of fruit such as apple, peach, strawberry and more. Substitute the pumpkin for your favourite fruit. The options are almost endless.

Diet Friendly | high-fat, high fiber

3 eggs
1 cup sugar
1, 15 oz can pumpkin puree
2/3 cup heavy cream
2 tsp pumpkin pie spice
1 tsp vanilla extract
1 tsp kosher salt, divided

Topping

1/2 cup toasted pecans,
1/2 cup rolled oats
1/2 cup flour
1/3 cup brown sugar
1 tsp cinnamon
5 tbsp butter, melted

Mexican Pumpkins

The quintessential symbol of autumn, pumpkin can be found in six continents around the world – but its true home is Mexico. Calabaza is a pre-Hispanic crop that dates back more than 7,500 years. These pumpkins were small, hard and bitter, but their durable exterior was ideal for surviving harsh weather which made them an integral part of the ancient Mexican diet.

DID YOU KNOW: Pumpkin seeds are high in zinc, which is good for the prostate and immune system



KEYLIME COCONUT DONUTS

Makes: 6 to 8 donuts, just make sure to keep them away from Homer Simpson

Donuts are a favourite for anyone. With a touch of keylime and coconut, this recipe will make your mouth water and wanting more. Who doesn't love keylime? That's a mystery.

For the donuts

1¼ cups all purpose flour

1 tsp baking powder

½ tsp salt

½ cup granulated sugar

2 tsp fresh lime zest

2½ tbsp coconut oil, melted

1 large egg, at room temperature

½ cup coconut milk

Origin | U.S.A. (Florida)

Key Lime Coconut Donuts

1. Preheat oven to 350 degrees (F). Generously grease a doughnut pan; set aside.
2. In a small bowl whisk together flour, baking powder and salt; set aside.
3. In a large bowl combine the granulated sugar and lime zest; mix together with your fingers until zest is evenly distributed in the sugar. Add in the melted coconut oil and, using a whisk, mix until combined. Beat in the egg, then stir in coconut milk.
4. Add in the dry ingredients and gently fold the mixture together using a rubber spatula, stirring only until mixture is evenly combined. Divide the thick batter evenly among the molds of your prepared pan, filling each mold up ½ of the way. Bake for 10-11 minutes, or until firm and lightly golden on the tops.
5. Remove pan from oven and allow doughnuts to cool for at least 10 minutes in the tray before transferring to a cooling wrack to cool completely.
6. Once cool, dip each doughnut in glaze and serve! The glaze does take a few minutes to set, so you may want to wait about 5 minutes after glazing to dig in... but it's hard!

Key Lime Glaze

1. In a wide, shallow dish combine juice and sugar, and whisk to combine. If the glaze appears too thick, add a little more lime juice until desired consistency is achieved; if glaze appears too thin, add a little more confectioners' sugar until desired consistency is achieved. Carefully dip cooled doughnuts in the glaze, and let rest for 5 minutes - if you can wait - before serving. If you'd like your donuts to look exactly like mine do in the photos, top each glazed donut toasted coconut and extra lime zest

For the Key Lime Glaze:

1 cup confectioners' sugar

1½ tbsp key lime juice

1 tsp lime zest

¼ tsp sea salt

*optional: Decoration

½ cup shredded coconut,

toasted or plain

2 tsp lime zest

Coconutastic!

Because of their water resistance, coconuts are able to stay afloat over the ocean. They can be found all over the Pacific, the Indian Ocean regions and Africa. Sailors aboard Vasco de Gama's ships gave the coconut its name. Coconuts are a delicious and nutritious source of fiber, vitamins, minerals, and amino acids.

Diet Friendly | Ketogenic, Diabetic, Low-Carb, High-fiber

DID YOU KNOW: A Coconut palm tree can take up to 15 to 20 years to produce up to 75 per year.

RACHEL'S FAMOUS BUTTER TARTS

Makes: 12 to 16 pieces or 24 small pre-made tart shells.

Who doesn't love butter tarts? This gooey recipe filled with sweet sultana raisins, and brown sugar is enough to make anyone hyper for hours on end. Have it as a snack or dessert.

Crust

2 cups all-purpose flour
¼ cup powdered sugar
1 cup butter, cubed

Topping

2 eggs
½ cup butter, melted (or coconut oil or canola oil)
2 tbsp lemon juice
1 tbsp vanilla (or rum flavouring)
3 cups brown sugar



Origin | Canada (Barrie, ON)

Crust

1. Put these ingredients in a bowl and blend with two knives or a pastry blender until they resemble course crumbs. Press into a 9 x 13 pan. Make sure pan is greased or lined with parchment paper. Bake at 350F for 10 minutes.

Topping

2. Mix all these ingredients together in a bowl until smooth. Pour ovetop of prepared crust and spread right to the corners with a spatula or by tipping pan-remember that pan will be really hot!! Put back in the oven for 20-25 minutes. Slice when completely cool.

Alternatives

Simply blend 1 cup sugar-like organic cane sugar with 1 tablespoon starch until ultra fine. Coconut oil is a great butter substitute.

Dietary Note: Use Gluten-Free flour for a gluten free alternative.

Diet Friendly | Gluten-free

"Buttered" Barrie, Ontario

The earliest published Canadian recipe is from Barrie, Ontario, dating back to 1900 and can be found in The Women's Auxiliary of the Royal Victoria Hospital Cookbook, which is housed at the Simcoe County Archives. Another early publication of a butter tart recipe was found in a 1915 pie cookbook. The food was an integral part of early Canadian cuisine and often viewed as a source of pride.

LEMON TART SQUARES

Makes: 9 to 12 puckered lemon squares more sour than warheads.

Pucker up with these incredible square from one of the most healthy fruits in the world. Lemon tarts are a great finger food over a spot of earl grey tea and good company.



Origin | France (Menton)

Crust

1. Mix together with your hands until completely combined. Press firmly into an 8 x 8 pan, greased or lined with parchment paper. Bake in oven at 350°F for 20 min.

Topping

2. Combine thoroughly. Pour over baked crust. Place back in oven for another 25 min. Cool completely

Sprinkle squares with 2 tablespoons of powdered sugar, slice and enjoy.

Alternatives

Switch out lemon juice with another fruit juice to make a different tart flavour.

Dietary Note: Use Gluten-Free flour for a gluten free alternative.

Diet Friendly | Gluten-free

Crust

1 cup all-purpose flour
¼ cup powdered sugar
½ cup butter, cubed

Topping

2 eggs
3 tbsp lemon juice
1 cup sugar cane
½ tsp baking powder
¼ tsp kosher salt

Let them pucker up!

A classic lemon tart has a wonderful balance of lemons and a crispy sweet base. Tart enough to tingle on the tongue and delight your senses! Originating from Menton, it's tradition with lemons dates back to the 18th century but it's true origin remains unknown. The lemon tart was rumored to have been created by Marie Antoinette in 1770, but has since been proven false.

DID YOU KNOW: Over 1 billion snails (escargot) are served every year. 65% of them in Canada alone.

CANADIAN MAPLE BUTTER PECAN PIE

Makes: 1 beautifully crafted Canadian pie, divide into 6 pieces to share with friends.

Pecan pie is pretty much candy with a crust. It's sweet, crunchy, gooey, and contains just as many calories per slice as a plate piled high with turkey, stuffing, and sweet potatoes.

1 cup large oats
¼ tsp ground cinnamon
6 tbsp melted butter
1 cup grade "C", Quebec maple syrup
2 tbsp grade "D" Quebec maple syrup
1½ cup pecan pieces
½ cup flaked coconut
½ package pie crusts
½ cup brown sugar
2 tsp all-purpose flour
¼ tsp sea salt
3 large eggs
2 tsp vanilla extract

Vermont Maple Syrup

The state of Vermont, which produces 5 percent of the world's maple syrup, actually has its own separate grading system that utilizes slightly higher standards of product density than Canada.

Vermont inspectors enforce strict syrup grading regulations, and can fine producers for falsely advertising their product as "Canadian" maple syrup.



Origin | Quebec (Laval)

1. Heat oven to 350°F. In a small bowl, stir together oats, cinnamon, 2 tablespoons melted butter, and 2 tablespoons maple syrup until blended. Spread oat mixture on a lightly greased baking sheet. Bake 20 minutes or until oats begin to turn golden; remove from oven and stir in pecans and coconut. Bake 10 to 12 more minutes or until pecans and coconut are lightly toasted. Remove from oven and cool completely on a wire rack (about 15 minutes).
2. Fit pie crust into a 9 inch pie plate according to package directions; fold edges under and crimp as desired.
3. Whisk together brown sugar and next 2 ingredients until blended. Add eggs, vanilla, remaining 4 tablespoons melted butter, and remaining 1 cup maple syrup, whisking until blended. Spoon pecan mixture into prepared pie crust; carefully pour maple syrup mixture over pecan mixture.
4. Bake at 350°F on lower oven rack for 35 to 40 minutes or until set. Remove from oven and cool completely on a wire rack (about 1 hour).

To make this pie gluten free, use GF flour instead.

Diet Friendly | Gluten-free

KEYLIME BLUEBERRY PIE...in a JAR!

Makes: 8 jars of yummy desserts, without the "Jar Jar Binks" kind.

What happens when you put pie in a jar? Sour and sweet with a bit of a beat. This keylime blueberry pie makes a great dessert idea to portion for a weeks worth of meals.



12 graham crackers
2 tbsp sugar cane
6 tbsp unsalted butter,
melted
1, 14oz can sweetened
condensed milk
4 large egg yolks
½ cup lime juice
½ cup heavy cream
1 cup blueberries
Grated lime zest, for
serving

Origin | U.S.A. (Florida, Alabama)

- 1.** Heat oven to 375°F. Line an 8½ X 4½ inch loaf pan with parchment paper, leaving a 3-inch overhang on the two long sides.
- 2.** Crush the graham crackers and sugar to form fine crumbs. Add the butter and mix to combine.
- 3.** Spoon 1 tablespoon each into eight 4oz jars, pressing them into the bottom. Transfer the jars to a large rimmed baking sheet. Press the remaining graham mixture into the bottom of the prepared loaf pan and transfer the pan to the baking sheet. Bake until the crusts are golden brown. Transfer to a wire rack to cool. Reduce oven temperature to 350°F.
- 4.** In a large bowl, whisk together the milk and egg yolks. Add the lime juice and whisk to combine. Divide the mixture among the cooled jars (3 tbsp per jar) and bake until just set, 10 to 12 minutes. Transfer to a wire rack and let cool, then refrigerate until ready to serve (or up to 2 days).
- 5.** Using a mixer, beat heavy cream in a medium bowl until stiff peaks form. Break up the remaining graham cracker crust and form layers in the jars using the cream, blueberries, lime zest, and broken graham.

Diet Friendly | Gluten-free, Ketogenic, DASH

Black and Blue!

Due to widely publicized research on red wine, many are familiar with a phytonutrient called resveratrol. This antioxidant and anti-inflammatory nutrient belongs to a group of substances called stilbenoids. While resveratrol is especially concentrated in red wine, it is also found in other foods, including blueberries, acai berries and cranberries.

DID YOU KNOW: Only 4 out of 20,000 plus species of bees produce honey and 85% are from the U.S.



GINGER'S CREAMY CARROT CAKE

Serves: Ginger, our beloved Dinner by the Minute mascot in heaven and all his friends and family.

Dinner by the Minute adopted a mascot and a new family member who was dear to everyone's hearts. This recipe is in memory of our beloved furry family member.

Cake Ingredients

2 cups granulated sugar

1 cup brown sugar

1¼ cup coconut oil

3 large eggs, room temp

1 tsp pure vanilla extract

2¾ cup all-purpose flour

2 tsp ground cinnamon

¼ tsp nutmeg

2 tsp baking soda

2 tsp baking powder

1½ tsp salt

3 cups fine grated carrots

¾ cup chopped kale

Cream Cheese Icing

½ cup unsalted butter, soft

1, 8 oz cream cheese

1 tsp pure vanilla

3 cups powdered sugar

**optional:*

Substitute the vanilla for banana flavouring, or even add in some mint flavouring for added taste. Sprinkle some finely diced kale on top as garnish.

Origin | Canada (Edmonton, Alberta)

1. Preheat oven to 350°F (175°C). Grease and flour a 9x13 inch pan.
2. In a large bowl, beat together eggs, oil, sugar and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots and kale. Pour into prepared pan.
3. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
4. To Make Frosting: In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla. Beat until the mixture is smooth and creamy. Once cooled, frost cake and sprinkle on finely diced kale.

Note: you can also add in your favourite nuts such as pecans, walnuts or even, almonds to your cake version. Some traditional carrot cakes also contain raisins.

For the icing, you can also add in different flavourings to change the taste up a bit.

This recipe is dedicated in memory of "**Ginger**".
Our beloved furry family member, mascot and cuddlebug.
July 2, 2017 - April 25th, 2018

Bunnies a plenty

The University of Victoria in British Columbia has some of the largest bunny-rabbit populations in Canada. Almost 25,000 rabbits live on campus and have become more of a pest so the University has offered free rabbits to anyone who wishes to adopt these lovable animals.

Diet Friendly | Yes, and approved by Ginger the bun bun lop.

DID YOU KNOW: Rabbits reproduced as fast as mosquitos. They are almost constantly pregnant.

GINGER'S SWISS BANANA ROLL

Serves: The great Ginger in the sky hopping through the fields in Heaven and all his friends and family.

Another great recipe we are dedicating to our beloved furry family member **Ginger**. This delicious recipe is not just good for you bun bun, but also for your tum tum.

1 large rainbow swiss chard leaf, rinsed and dried
1½ tbsp smooth peanut butter or crunchy
1 ripe banana
1-2 tbsp basil ribbons
¼ cup chopped kale
1 tbsp raspberry vinegarette
1 tsp berry sugar, sprinkled

**optional:*

You can also add 1 tbsp hemp hearts, 1 tsp flaxseed or 2 tsp chia seeds for additional health benefits.
You can also add in dried strawberries and or cranberries.

Origin | Canada (Edmonton, Alberta)

- 1.** Flatten your rainbow chard and, with a knife, shave the stem down so it's easier to roll up. Alternatively, cut out the bottom portion that tends to be more rigid.
- 2.** Starting at the bottom about ¼ of the way up, spread on peanut butter, add your choice of flaxseed, hemp hearts, or chia seeds or all three, chopped kale, sliced or whole banana and sprinkle on the basil and roll the whole thing up like a regular wrap, tucking the sides in as you near the top. If your banana isn't ripe/sweet enough, add a drizzle of honey or agave to sweeten.

Note: Alternatively for a sweeter taste, drizzle lightly some chocolate, strawberry or banana syrup on top before rolling.

- 3.** Secure with a tooth pick and cut in half. You can also simply grasp the roll in your hands and enjoy immediately!

Makes a great dessert or a breakfast starter to your day.!

Basil and Bunnies

Bunny rabbits love fresh herbs, especially basil. Basil provides a great many vitamins for rabbits to maintain their health. In addition to basil, you can feed them a green herb medley with mint, chives, kale, chard, beetroot and especially bok choy. You can also introduce bell peppers and brussel sprouts to your bunny rabbits diet just watch out for gassy farts.

Diet Friendly | ANY diet, especially recommended by Ginger.

DID YOU KNOW: Pet rabbits can group up to 4 ft in length and when happy can sound (purr) like a cat.





BEVERAGES and SPECIALTY DRINKS

beve-rage

'bev-er-ij/bev-rij

noun

plural noun: **beverages; drinks**

1. any potable liquid, especially one other than water, as tea, coffee, beer, or milk.

synonyms:

drink, liquid refreshment; *humorous* Libation; *archaic* potation, potion, "soda and other beverages"

From archaic times when specific drinks were classified as potions, elixers and tonics ended up becoming what we today see as refreshments and specialty cocktails both alcoholic and non-alcoholic. Beverages come in all shapes, sizes, hot and cold, sweet and sour, and are not just delicious but healthy as well.



CHERRY INFUSED DR. PEPPER PUNCH

The great taste of Dr. Pepper, cherry and ginger all mixed up with the great taste of carbonation!

INGREDIENTS

2 liters Dr. Pepper™
1 bottle (32 oz) cherry juice
1 liter Ginger Ale
1 lb. pitted black cherries
1 cup pomegranate arils
Crushed ice

DIRECTIONS

In a large punch bowl, combine soda, cherry juice, ginger ale and cherries.

Add enough ice to fill punch bowl. Sprinkle pomegranate arils on top for garnish.



PINEAPPLE GINGER FIZZER

A mix of pineapple and ginger provides a refreshing, sparkling taste.

Gingerific!

Ginger was used in ancient times as a food preservative and to help treat digestive problems. To treat digestive problems, Greeks would eat ginger wrapped in bread. Eventually ginger was added to the bread dough creating that wonderful treat many around the globe love today gingerbread. You can also add ginger to teas, soups, and almost any food for added health benefits.

INGREDIENTS

4 cups ginger ale, chilled
4 cups pineapple juice, chilled
1 piece ginger, sliced thin
1 orange, thinly sliced
½ cup fresh basil leaves, destemmed

DIRECTIONS

In a 64 ounce pitcher, combine the ginger ale and pineapple juice.

Top with oranges, ginger and basil.

VIRGIN CITRUS SANGRIA

This great drink is fabulous to have on those hot summer days with friends and family.

DIRECTIONS

Fill a large pitcher with ice. Add the juice and sparkling water or ginger ale.

Toss in the fruit slices.

Store in the fridge until ready to serve, or serve immediately.

INGREDIENTS

4 cups passion fruit juice

8 cups sparkling water or ginger ale

1 fresh kiwi, sliced

1 orange, sliced

1 starfruit, sliced

1 lime, sliced

½ cup fresh cranberries



PEACH BELLINI MOCKTAIL

From peach pie, to peach cake, this southern drink is wonderfully refreshing.

INGREDIENTS

¼ cup peach nectar, chilled

¾ cup ginger ale, chilled

¼ cup fresh berries

(blueberries, raspberries and sliced strawberries)

DIRECTIONS

Pour peach nectar evenly between two champagne glasses.

Top with ginger ale and fresh berries. Serve immediately and enjoy.

Mocktails Galore!

Due to the amount of beverage combinations you can have, there are currently over 1 million possible cocktail and mocktail beverages that have been invented. The most expensive is called the "Diamond is Forever" from the Ritz-Carlton in Tokyo and is sold for over \$22,000

PALOMA FIZZER

A refreshing mix of herbs and sparkling fruit provide this drink with a cool taste.

INGREDIENTS

Rosemary Simple Syrup:

¼ cup sugar

¼ cup water

1 sprig fresh rosemary,
coarsely chopped

For the Drink:

¼ cup pink grapefruit juice

2 tbsp rosemary simple syrup

⅔ cup seltzer water or
grapefruit soda

Rosemary sprig for garnish

Grapefruit slice for garnish

Crushed ice

DIRECTIONS

To make Rosemary Simple Syrup: Add ¼ cup of water and ¼ cup sugar to a pot. Add rosemary. Bring to a simmer and cook until all sugar is dissolved, about 3 minutes. Strain into a small resealable container. Let cool completely.

To make the drink: Pour grapefruit juice and simple syrup in a Tom Collins glass. Stir to mix. Fill glass with ice and top off with seltzer water. Garnish with a sprig of rosemary and a slice of grapefruit.

BLUEBERRY MOSCOW MOCKTAIL

Hey comrades. This drink will make any Siberian winter seem warm.

Something Wicca this way comes

Wiccans can use herbs not just for their medicinal properties, but for their magical use, because herbs hold the Earth's energy in them. This energy can be drawn upon when herbs are used in spells. Most natural and "good witches" use these herbs not just for teas but also for baking, cooking and in incense burners to keep evil away.

INGREDIENTS

¼ cup fresh blueberries

½ lime, juice only

1 tsp sugar

1 (9 oz.) ginger beer

Crushed ice

DIRECTIONS

Add washed blueberries to a large glass with lime wedges and sugar. Muddle ingredients together well.

Transfer blueberry mixture to a copper mug and add crushed ice.

Pour In ginger beer and stir.
Serve immediately!



MINT LIME ICED TEA

This drink will make all things minty fresh and a refresher on hot summer nights.

DIRECTIONS

Bring 4 cups of water to a boil. Remove from heat and add 4 bags of mint tea. Allow to steep for 10 minutes. Discard tea bags and pour tea into a small pitcher. Refrigerate for at least 3 hours or until well chilled.

Chill tall glasses in fridge or shortly in freezer, if desired. Add crushed ice, 1 cup of tea, sweetener (if desired) and 1 or 2 tsp lime juice, depending on how tart you like your tea. Stir. Add ½ cup sparkling water. Squeeze mint sprig and add to glass. Garnish with half a lime slice, if desired.

INGREDIENTS

4 cups water
4 mint tea bags
8 tsp lime juice
4 half slices of lime for garnish,
4 sprigs fresh mint, if desired
Vanilla coffee syrup, agave syrup or honey to sweeten drink, if desired
Crushed ice, if desired
2 cups sparkling water

ORANGE CREAMSICLE SHIRLEY TEMPLE

Mix the taste of orange and cherries into this sparkling drink that's great all year.

INGREDIENTS

½ cup crushed ice
½ cup orange soda
½ cup cream soda
1 tbsp grenadine
2-3 cherries with stem
Sliced oranges to garnish
1 tbsp orange sparkling sugar



DIRECTIONS

Rim a double rock glass with sparkling sugar.

Fill glass with ice. Top with orange soda, cream sodas and grenadine.

Garnish with cherry and orange slice.

Something Wicca this way goes

Aside from their medicinal properties, some herbs if not used correctly and properly can also kill you. Natural wiccans, know and understand the properties over countless thousands of herbs and spices from around the world. The most common herbs wiccans use are; mint, basil, rosemary, rosehips, sage, and cinnamon sticks.

DID YOU KNOW: The "Shirley Temple" drink was not named after the actress. She hated them in fact.

LET IT GLOW! WATER

Whether you're a snow queen, her sister or a walking talking snowman, these three drinks are great in summer.

INGREDIENTS

3 cans **seltzer water** or **tonic water**

ELSA'S CUCUMBER MINT:

1 **cucumber**, cut into ½" rounds

3 sprigs **mint**

1 **lemon**, thinly sliced

ANNA'S PEACHY GINGER:

1 **peach**, sliced

Ginger, skin removed and sliced into rounds

1 **cinnamon stick**

OLAF'S STRAWBERRY LIME:

3 **strawberries**, halved

1 **lime**, thinly sliced

DIRECTIONS

Combine seltzer water with the ingredients of your choice. Stir (and muddle, if desired) your ingredients to release more flavor. Serve immediately or chill in the refrigerator until ready to drink.



RHUBARB LEMONADE

For those who like tart drinks, this will make you surely pucker up!

Rhubarbarella!

Rhubarb is a herbaceous plant that belongs to the buckwheat family. It originates from Asia, but it can be found all over the world today thanks to Marco Polo who brought this plant to Europe and Ben Franklin, who sent the seed of rhubarb to America. Rhubarb was used in folk medicine much before it became part of human diet.

INGREDIENTS

2 stalk **rhubarb**

1½ cup **berry sugar**

5 cup **water**

1½ lb. **strawberries**

1 cup **lemon juice**

DIRECTIONS

Bring rhubarb, sugar, and water to a boil. Remove from heat and stir in strawberries. Let steep and cool for 30 minutes.

Strain mixture through a fine sieve, discarding solids, and refrigerate to chill. Stir in lemon juice. Serve rhubarb lemonade over ice.

PINEAPPLE MOJITO

From being minty fresh to the sweet taste of pineapple, serve this drink for all your friends.

DIRECTIONS

In a small mixing bowl, add pineapple pieces and muddle them using the back of a wooden spatula for a couple of mins or until all pineapple pieces have broken into small pieces. Then, add mint leaves and again muddle for a few seconds to just bruise the leaves and release the essential flavors.

Transfer the muddled mixture into a serving glass. Add ice cubes followed by grape juice, lime juice, sparkling water or soda.

Adjust sweetener if necessary. Give it a gentle mix, add couple of lime slices to garnish.

INGREDIENTS

4-5 pieces of 1-2" pineapple

4-5 leaves fresh mint

1 tbsp lime juice

½ cup chilled grape juice

½ cup chilled sparkling

water

1 tsp agave

ice cubes to serve

few lime slices to garnish



FIREBALL PINK LEMONADE

Take a step on the wildside with this spiced up beverage. Take a deep breath and let it loose.

INGREDIENTS

24 oz. Lemonade

1 cup Fireball cinnamon

whisky

1-2 tbsp grenadine

2 cup ice

1 lemon, sliced

DIRECTIONS

Rim a double rock glass with sparkling sugar.

Fill glass with ice. Top with orange soda, cream sodas and grenadine.

Garnish with cherry and orange slice.

The Pink Lady

Pink lemonade is a rose-tinted beverage made from lemon juice, sugar, water, and some sort of red or pink dye (natural or artificial) for coloring. Natural food colorings typically used include cranberry juice, grenadine, and crushed strawberries. Real pink lemons, called variegated pink-fleshed Eureka lemons, do exist. But pink lemonade usually isn't made with their juice.

DID YOU KNOW: "Firenog" is an actual drink. 1 part "Fireball whisky to 2 parts eggnog.

GRAPEFRUIT AND ROSEMARY MOCKTAIL

Rosemary is a great addition to the citrus taste of this tart fruit.

INGREDIENTS

Rosemary Simple Syrup

1 cup water

1 cup granulated sugar

3 sprigs of rosemary

Mocktail per 4 glasses:

2 cups fresh pink grapefruit juice

¼ cup of the rosemary simple

syrup

4 cups sparkling water

DIRECTIONS

Rosemary Simple Syrup: In a small sauce pan on the stove, add 1 cup of water and 1 cup of granulated sugar over medium heat. Dissolve the sugar for about 5 minutes. Do not let the mixture boil or crystals will form. Once the sugar has dissolved, pour the simple syrup into a heat safe container. Add 3 sprigs of rosemary and let steep for at least one hour. The syrup will keep in the refrigerator for ten days.
Mocktail per glass

Add ½ cup fresh pink grapefruit into a serving glass. Add 1 Tablespoon (½ oz) of rosemary simple syrup. Stir. Fill the remainder of the glass with sparkling water (about 1 cup)
Garnish with rosemary sprig

Served chilled

WHITE ORGANIC TARRAGON ICED TEA

This aromatic steeped tea is a favourite among my friends. Simple yet flavourable.

Mamma Mia!

Though today Italy is famous for its delicious tomato sauces, Italian chefs didn't start experimenting with the tomato until the 16th century. Imported from the Americas starting in the early 1500s, tomatoes were originally thought to be poisonous and were used solely as decorations. Tomato sauce didn't start to catch on in Italy until the late 17th century.

INGREDIENTS

4 white tea bags

4 cups water

½ cups sugar

**Fresh tarragon sprigs,
to taste**

DIRECTIONS

Steep 4 white tea bags in 4 cups boiling water, then chill.

Bring 1 cup water and ½ cup sugar to a boil, add tarragon, and steep until cool.

Sweeten to taste with the resulting tarragon syrup, which will add a licorice note to the tea.

THAI TEA

A simple yet delicious type of tea from the south pacific and Asiatic seas.

DIRECTIONS

Bring water to boil and add tea bags, sugar, anise stars, cardamom pod and cloves. Stir until all the sugar dissolves. Gently boil tea for about 3 minutes. Remove from heat. Allow tea to steep for at least 30 minutes and allow it to cool. The more concentrated the tea flavor, the better the Thai tea tastes.

Remove the tea bags and spoon out the anise stars, cardamom pod and cloves. If tea is still warm, refrigerate it so it can be chilled.

Fill glasses with ice and pour in organic Thai tea leaving enough room to fill in your half and half (or other creamer). For an 8 oz. glass add about 2-3 tablespoons of half and half or coconut milk for a creamier flavor.

INGREDIENTS

4 cups water
4 organic black tea bags
¾ cup granulated sugar
2 anise stars
1 green cardamom pod, smashed
2 whole cloves
½ cup half and half
½ cup coconut milk
ice

APPLE SPICE ICED TEA

Sit right back, I'll tell you a tale, a tale of a favourite tea. Apple Tea that is.

INGREDIENTS

8 bags white, green, or hibiscus tea
4 cup Apple Juice
2 crisp apples (such as Granny Smith and Braeburn)

DIRECTIONS

Bring 4 cups water to a boil in a medium saucepan. Remove from heat and add the tea bags. Let steep, stirring twice, for 4 minutes. Discard the tea bags and let the tea cool.

Once the iced tea concentrate is cool, core and thinly slice the apples. Stir the apples and apple juice into the iced tea concentrate. Serve over ice.

Cassavas

Cassava might not be the most popular dish in the United States, but after rice and wheat, the starchy root veggie is the third most important source of carbohydrates globally. A staple food in many African nations, cassava (also known as manioc, tapioca, and yuca) can be eaten like a potato, ground into flour, or used to make the tapioca balls found in many puddings and teas.

DID YOU KNOW: "Bubble Tea" does not refer to the tapioca pearls but the foam on top after mixing.

S'MORED FRAPPY

What do you get when you mix a blended coffee with camping? You get this awesome drink.

INGREDIENTS

4 cups ice

½ cup black coffee, cooled

¼ cup whole milk

1 tsp vanilla

3 tbsp marshmallow topping

2 tbsp chocolate sauce or syrup

Garnish: whipped cream, graham cracker crumbs and chocolate syrup

DIRECTIONS

Process all ingredients in a blender until smooth. Pour into two large glasses.

Top with whipped cream and graham cracker crumbs and drizzle with extra chocolate syrup, if desired.

SPARKLING KIWI LEMONADE

Lemonade is a must have anytime of year, better yet, with kiwi.

Don't die now!

Many nations serve up delicacies that, if prepared incorrectly, can be deadly. In Japan, a puffer fish dinner can paralyze and asphyxiate diners when prepared wrong, while the brain mushroom, which is popular throughout Scandinavia, Eastern Europe, and the Great Lakes region of North America can be fatal if eaten raw.

INGREDIENTS

¾ cup monkfruit sweetener

6 kiwis

2 cup lemon juice

1 cup water

**1 ltr bottle seltzer water
lemon and/or kiwi
wedges**

DIRECTIONS

Purée the monkfruit sweetener and kiwi in a blender until smooth.

In a 1-quart container, stir together the lemon juice and water. Add the kiwi purée and stir. Chill until very cold.

To serve, pour ½ cup of the kiwi mixture into each of 8 tall glasses. Fill with ice and add roughly ½ cup seltzer water to fill the glass. If you like, spike a lemon and/or kiwi wedge on the rim of each glass.

HOMEMADE BUBBLE TEA

The great taste of tapioca pearls and your own flavours in this brilliant tea concoction.

DIRECTIONS

In a small pan, bring water to boil; add 1 teaspoon sugar and stir until dissolved. Reduce heat, add pearl tapioca, and cook 20 minutes. Drain the mixture through a strainer and rinse the tapioca. Refrigerate for 15 minutes or until set.

In a cocktail shaker, combine tea, milk, and remaining 4 teaspoons of sugar. Stir until combined, then add ice cubes and shake. Add prepared tapioca to bottom of a tall glass and strain tea over tapioca.

INGREDIENTS

2 cups water
5 tsp sugar, divided
1/3 cup pearl tapioca (not granulated)
1 cup brewed black tea
2 tbsp milk
1/2 cup ice, about 4 cubes

TRADITIONAL SHIRLEY TEMPLE

This classic drink is a favourite to many children at formal parties.

INGREDIENTS

1/2 cup orange juice
1/2 cup ginger ale
1/2 cup lime soda
2 tbsp of grenadine
slices of lime for garnish
maraschino cherries with stems for garnish

DIRECTIONS

Fill a large glass half full with ice cubes.

Layer the drink with orange juice first, pop then grenadine.

Add 2 slices of lime and a maraschino cherry to the beverage, serve un-stirred.

Stir before drinking.

McDonald's Fake Shakes

As you know, actual real strawberries are expensive. So fast food companies like McDonald's choose to use a ridiculous concoction of 50 artificial chemicals to effectively imitate the flavor of one real-world food. Some of these chemicals include ethyl acetate (nail polish remover), phenylthyl alcohol (shampoo), polyethylene glycol (anti-freeze), benzaldehyde (perfume) and solvents.



COCONUT LAVENDER LEMONADE SPRITZER

Makes: 2 to 3 litres of refreshing organic lemonade and comes in a nice shade of purple.

Origin | U.S.A. (Louisiana)

Preparation

1. Place lemon juice, sugar, coconut water, and water into a pitcher and shake or stir vigorously until all the sugar is dissolved. I prefer to shake because it aerates the lemonade and makes a nice head on top.
2. Pour 1/2 of the lavender syrup into the pitcher and stir. You can add more or less lavender syrup to your personal taste. I personally find that 1/2 of the lavender syrup recipe is a good balance.

Lavender Syrup preparation

1. Combine the sugar, water, and lavender in a medium, heavy bottomed saucepan. Bring to a boil on high heat, and boil for 1 minute.
2. Remove from the heat, cover, and let the lavender steep in the syrup for 20 minutes.
3. Strain through a fine mesh sieve to remove the lavender, add the food coloring (food coloring is optional and is just used for presentation purposes).
4. Set syrup aside to cool.

Once cooled, place in an air-tight container and refrigerate for up to 1 week.

*optional: add cut up chunks of coconut to pitcher. You can also add 1 oz per drink of white rum for a more adult version.

1½ cups fresh squeezed lemon juice
½ cup lime juice
1¾ cups monkfruit sweetener
8 cups coconut water
4 cups water
½ cup shredded coconut
½ recipe Lavender Simple Syrup

Lavender Simple Syrup

2 cups sugar
1½ cups water
3 tbsp dried lavender
a few drops of violet food colouring (optional)

Sweet smell of flowers

The health benefits of lavender essential oil include its ability to eliminate nervous tension, relieve pain, disinfect the scalp and skin, enhance blood circulation, and treat respiratory problems. The Latin name of lavender is Lavare, which means “to wash”, due to its particularly pleasant aroma

BANANA BRUNCH BANSHEE

Whether your hosting brunch for family, friends, or a sports game this punch will knock you out.

INGREDIENTS

6 medium ripe bananas
1 can frozen orange juice concentrate, thawed
1 can frozen lemonade concentrate, thawed
3 cups warm water, divided
2 cups monkfruit, divided
1 can pineapple juice
3 bottles (2 liters each) lemon-lime soda
Orange slices, optional

DIRECTIONS

In a blender or food processor, blend bananas, orange juice and lemonade until smooth.

Remove half of the mixture and set aside. Add 11½ cups of warm water and 1 cup sugar to mixture in blender; blend until smooth. Place in a large freezer container.

Repeat with remaining banana mixture, water and sugar; add to container. Cover and freeze until solid. One hour before serving, take punch base out of freezer.

Just before serving, place in a large punch bowl. Add pineapple juice and soda; stir until well blended. Garnish with orange slices if desired.

HONEYDEW SPRITZERS

This citrus and honeydew beverage will quench any insatiable thirst.

Orange Flower Water

If you are using the orange flower water in recipes then very finely grated orange zest or 2-3 of drops of orange oil can be used as an alternative. The water is quite delicate so the zest of ½ to 1 full orange should be enough. You may need to taste and add a little extra sugar if the mixture is too sharp. Orange flower water makes a great natural flavouring to any citrus drinks.

INGREDIENTS

1 honeydew melon (4 lbs)
¼ cup sugar
¼ cup lemon juice
¾ teaspoon orange-flower water*
1 ltr. sparkling water
8 large mint sprigs

DIRECTIONS

Remove rind, chop into chunks and chill.

In a blender, purée chilled honeydew chunks, half at a time, with ⅔ cup water. Strain.

In a bowl, combine purée, ¼ cup sugar, ¼ cup lemon juice, and the orange-flower water. Add more sugar and lemon juice to taste. Fill 8 glasses with ice and add equal parts melon purée and sparkling water; stir. Crush mint sprigs in your hands and add to drinks.

CUCUMBER CLEANSE SMOOTHIE

The great taste of tapioca pearls and your own flavours in this brilliant tea concoction.

DIRECTIONS

Whirl yogurt, chopped cucumbers, herbs, lemon juice, $\frac{3}{4}$ cup ice cubes, and the salt in a blender until smooth.

Pour cucumber purée into 4 tall glasses (12-oz. size). Fill glasses with club soda and stir. Add more ice if you like, and garnish with cucumber slices.

Make ahead: Through step 1, up to 4 hours, chilled airtight; stir before using.

INGREDIENTS

2 cups cold plain yogurt
2½ cups chopped cold cucumbers, plus 4 slices
2½ tbsp chopped fresh dill
2½ tbsp chopped fresh basil
2½ tbsp chopped mint leaves
2½ tbsp lemon juice
 $\frac{3}{4}$ tsp fine sea salt
About 1½ cups cold club soda or sparkling water

MAUI MAI TAI

This smooth and classic alcoholic beverage is a popular drink for many.

INGREDIENTS

1 oz white rum
½ oz creme de almond
½ oz orange liqueur
½ oz sweet and sour mix
½ oz apple juice
½ oz dark rum

DIRECTIONS

Pour light rum, creme de almond and triple sec, in order, into a collins glass.

Almost fill with equal parts of sweet and sour mix and pineapple juice. Add dark rum, a large straw, and serve unstirred.

Tiki Tiki

In the mythology of some Polynesian peoples, Tiki was the first man on earth. There are several versions of Tiki's story. According to the Maori, the god Tumatauenga created Tiki.

One day Tiki saw a woman swimming in a lake and was overcome by her beauty. The woman seduced Tiki and the two eventually married.

HOLIDAY WASSAIL PUNCH

Warm up to this soothing beverage on cold fall and winter days, and watch your favourite flick.

INGREDIENTS

- 4 cups hot brewed tea**
- 4 cups cranberry juice**
- 4 cups unsweetened apple juice**
- 2 cups orange juice**
- 1 cup sugar**
- ½ cup lemon juice**
- 3 cinnamon sticks (3 inches)**
- 12 whole cloves**

DIRECTIONS

In a 5-qt. slow cooker, combine the first six ingredients. Place the cinnamon sticks and cloves on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to slow cooker.

Cover and cook on high for 1 hour or until punch begins to boil. Discard spice bag. Serve warm.

COLD & FLU SPICED LEMON CLEANSE

This remedy will alleviate the symptoms of that dreaded cold or flu.

Orange Flower Water

If you are using the orange flower water in recipes then very finely grated orange zest or 2-3 of drops of orange oil can be used as an alternative. The water is quite delicate so the zest of ½ to 1 full orange should be enough. You may need to taste and add a little extra sugar if the mixture is too sharp. Orange flower water makes a great natural flavouring to any citrus drinks.

INGREDIENTS

- 2½ quarts water**
- 2 cups sugar**
- 1½ cups orange juice**
- ½ cup plus 2 tbsp lemon juice**
- ¼ cup pineapple juice**
- 1 cinnamon stick (3")**
- ½ tsp whole cloves**

DIRECTIONS

In a 5 qt. slow cooker, combine the water, sugar and juices.

Place cinnamon stick and cloves on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string to form a bag.

Place in slow cooker. Cover and cook on low for 2-3 hours or until heated through. Discard spice bag.

PAN GALACTIC GARGLE BLASTER

For the intrepid adventurer: "Don't PANIC". But we thank you for all the fish!

DIRECTIONS

Combine the gin, rum, vodka, tequila, creme de menthe, Galliano and ice in the container of a blender.

Cover, and blend until slushy.

Add enough blue food coloring to make the mixture a very light sky blue.

Pour into a glass and garnish with a slice of lemon or olive.

Oh and don't forget to drink this while listening to Vogon poetry.

INGREDIENTS

1 tbsp gin

1 tbsp light rum

1 tbsp vodka

1 tbsp tequila

**2 tbsp creme de menthe
liqueur**

2 tbsp Galliano

1 cup ice cubes

1 slice lemon or olive

Blue food coloring

THE TWELVE COLONIES AMBROSIA

For all fleet captains from Caprica and beyond. So say we all!

INGREDIENTS

3 oz Midori

1 oz Southern Comfort

1 oz Chambord

1 oz Sour Apple Schnapps

4 oz Blue Curacao

2 oz lime juice

2 cups crushed ice

DIRECTIONS

Add all ingredients to a blender.

Add ice.

Get sloshed with a group of Cyclons and keep away from Starbuck, lest you know what's good for you.

What was the question?

If the answer to the ultimate question was 42, then what was the question that tiny mice wearing tin foil hats asked the great machine?

This question was answered when a dolphin solved the question of life with the fact that we are all particles on a grill cheese sandwich.

Thanks for all the fish.

MIRUVÓRĚ, FEAST OF STARLIGHT

"One drink to rule them all; One drink to find them; One drink to bring them all and in the darkness get drunk!"

INGREDIENTS

2 cups Elderflower nectar
½ cup Elvish white honey
½ cup water of Lothlorien
Peel of ½ lemon from the shire
peel of 1 orange from Frodo
1 vanilla bean, split amongst the dwarves
Pinch salt from the Rivermark
2-3 cups vodka from Minas Tirith

DIRECTIONS

In a large pot, combine Elderflower syrup, honey, water, citrus peels, vanilla bean, and salt, whisking until well combined. Bring to a small boil, reduce heat, and simmer for 10 minutes. Remove from heat and allow to cool to room temperature.

Stir about 2 cups of vodka into the cooled syrup mixture, and taste. Continue adding vodka, to taste, until desired flavour / alcohol level is reached.

Strain through fine cheesecloth or a coffee filter, discarding peels. Funnel into clean wine or liqueur bottles. After bottling, you should let it age for about a week in a cool place or the dwarven mins of Moria before drinking it.

SISKO'S RAK'TAJINO

Whether your a Starfleet Captain or the Chancellor of the Empire. WAKE UP ALREADY!!

Nector of the Elves

The name Miruvor refers to a reviving cordial of the Elves in Rivendell, a liquor with the power to grant renewed vigour and strength.

Elrond gave a flask of the "Cordial of Imladris" to Gandalf before the Company of the Ring departed on their southward journey. Gandalf used this drink to revitalize themselves on Caradhras.

INGREDIENTS

½ cup Death Wish Coffee
1 oz Kahlua Coffee Liqueur
1 oz Godiva Chocolate Liqueur
1 oz Butterscotch Schnapps
2 oz Half & Half
½ oz Hershey's Chocolate Syrup

DIRECTIONS

In a shaker cup, combine the coffee, alcohol and chocolate syrup, then shake vigorously.

Last, add the Half & Half and shake gently (if you shake too hard, it gets very frothy).

Pour over ice into a tall glass and enjoy! Just make sure the Romulans aren't attacking first.

WARP CORE BREACH

Make sure you are off duty and not working on the warp systems when consuming.

DIRECTIONS

Go after the Borg, and cause an inter-galactic war with an unstoppable force.

Get attacked with transphasic torpedos while sitting in Ten Forward.

Order drink: "Warp Core Breach"

Mix the alcohol, pour into a bowl, add the 30 oz of fruit punch and food-grade dry ice, pour into a hi-ball glass and chug.

Wait a few minutes for the warp core to go critical and kiss your Starfleet butt goodbye!

INGREDIENTS

4½ oz white rum

3 oz lemon rum

1½ oz dark rum

½ oz spiced rum

½ oz Dekuyper Lucious

Raspberry Rush

¾ oz Bacardi 151

½ oz Blue Curacao

30 oz Fruit Punch

Dry ice

BORG QUEEN'S ASSIMILATOR

"We are Borg. Your culinary and dietary cuisines shall be assimilated. Resistance is Futile".

INGREDIENTS

1 oz Smirnoff Green Apple

Twist Vodka

1 oz Dekuyper Apple Pucker

Apple Schnapps

1 oz "99 Apples" Apple

Schnapps

splash Sweet & Sour Mix

DIRECTIONS

In a shaker cup, combine all ingredients with ice. Shake gently, then strain into a chilled Martini glass.

For garnish, you can add apple flavored sugar to the rim of the glass. The sugar can be found at most liquor stores.

Just don't share with species 8472. They don't know how to have a good time.

Schnapp-tastic!

Schnapps is a type of alcoholic beverage that may take several forms, including distilled fruit brandies, herbal liqueurs, infusions, and "flavored liqueurs" made by adding fruit syrups, spices, or flavourings to neutral grain spirits. The main kinds of fruit used for German schnapps are apples, pears, plums, cherries, and apricots. Fruits other than these five are rarely used.

Q'onoS Klingon Bloodwine

This Klingon alcoholic beverage is more than just a drink. It's a test of endurance and mental strength. Maybe, today is a good day to dine!

"Celebrate now, for tomorrow we may die!" ~ Worf, Song of Mogh

INGREDIENTS **1 oz. Rum, spiced (Captain Morgan's)**
1 oz. Tequila, gold (Jose Cuervo Especial)
Fill with Cranberry Juice
1 dash Grenadine
2 dashes Tabasco Sauce or PepperX sauce

DIRECTIONS

Add hot sauce to an ice-filled beer mug or glass.

Pour in the tequila, rum and grenadine, and fill with cranberry juice.

Shake twice and serve.

Tip: Sweeten to your own taste with Welch's pure dark grape juice. Blend up some strawberries or raspberries to give it a thicker consistency.

Once made, drink, celebrating your victories over your enemies while speaking of the honored dead in Stovokor!

Qa'pla!



Romulan Ale with Cloaking Device

A sure fire way to get you arrested in the United Federation of planets. This blue intoxicating drink will make you think your back on Vulcan and laughing up a "Kal-if-fee"

INGREDIENTS

½ cup Triple sec

1 cup clear rum

½ cup vodka

2 cup Blue Caracao

Lemonade

1 cup Absinthe

DIRECTIONS

Mix in a sealed bottle. Chill till ice cold like the Breen. Serve. Die.

Now that real Absinthe is legal within the Federation, you can test your liver like never before with the Cort and Aaron tested *Cloaking Device*. What is this cocktail? Simple. One-part Romulan Ale. One part Absinthe. Mix. Shoot. Why call it the Cloaking Device? Simple, after a drink or two, you will be absolutely convinced you're invisible!



SERAPHINA'S YEAR ROUND EGGNOG

Makes: 1 to 2 litres of delicious noggy goodness.

Whether you are a fan of this beverage, or not, Eggnog is great to have at those special parties with friends and family enjoying any type of holiday, and not just christmas.

8 eggs, separated
½ cup cane sugar
½ tsp salt
4 cups whole milk
2 cups heavy whipping cream
1 tsp freshly grated nutmeg
1 tsp pure vanilla extract
1 cup bourbon (optional)
½ cup amaretto (optional)

Origin | Canada (Alberta), England (Westminster)

1. Whisk the egg yolks and sugar together in a medium bowl until light and creamy.
2. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt.
3. Stir often until mixture reaches a bare simmer.
4. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously.
5. Repeat, adding a big spoonful at a time, to temper the eggs.
6. Once all of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
7. Whisk constantly, until the mixture is slightly thickened, just a few minutes (or until it reaches about 160°F on a thermometer).
8. Remove from heat and stir in the vanilla.
9. Pour the eggnog into a pitcher or other container and cover with plastic wrap.
10. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, I like to add the entire mixture to a blender with 1 or 2 tbsp of milk and blend until smooth.
11. Serve with a sprinkle of cinnamon, and fresh whipped cream, if desired.

Noggy Goodness!

While culinary historians debate its exact lineage, most agree eggnog originated from the early medieval Britain “posset,” a hot, milky, ale-like drink. By the 13th century, monks were known to drink a posset with eggs and figs. Milk, eggs, and sherry were foods of the wealthy, so eggnog was often used in toasts to prosperity and good health.

Note: This recipe is far healthier than that you normally buy at the store during the holidays. Most processed eggnog drinks your purchase are loaded with unnecessary preservatives.

Diet Friendly | Gluten-Free, FODMAP, Ketogenic

DID YOU KNOW: "Eggnog" is more healthier for you than anything from McDonalds! Including their milkshakes.



Ketogenic, Paleo and Gluten-Free

di-et

^ˈdīət/

noun

plural noun: **diets**

1. the kinds of food that a person, animal, or community habitually eats. "a vegetarian diet".
2. a special course of food to which one restricts oneself, either to lose weight or for medical reason or mental craziness. "I'm going to eat a diet of 1 grape day"

synonyms:

foodstuffs, bland substances; *informal* grub, nosh"

We all need to go on a diet. North America has the most obese people in the world due to poor food management, GMO's and no common sense on portions. Also, meat is a good thing.





CHILI ROASTED CHICKEN THIGHS

Makes: 6 to 8 thighs with a sweet and spicy taste.

Diets are a pain in the butt, fortunately this ketogenic recipe will spice things up with that great taste of chili and mexican heat.

2 pounds boneless chicken thighs
1 tbsp organic extra virgin olive oil
1 tbsp chili powder
sea salt to taste
fresh ground pepper
fresh cilantro for garnish
lime wedges for serving



Origin | U.S.A. (New Mexico)

1. Preheat oven to 375 degrees.
2. Place chicken on sheet pan. Drizzle with olive oil and turn to coat. Rub with chili powder, salt, and pepper.
3. Roast chicken thighs until cooked through, about 15 minutes.
4. Sprinkle with cilantro and serve with lime wedges.

Such a big waste!

The United States wastes more food per person than anywhere else in the world. Over 40% is wasted on a daily basis because of "visual quality". If Americans were not so picky with food, all that waste could feed third world countries indefinitely. The only reason it doesn't is due to the high cost of providing it for the poor.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins

COCONUT CHICKEN HASH

Makes: 2-4 servings that goes great with salads..

Chicken is a main staple of a proper ketogenic diet. By itself, chicken is way too lean to be keto, but with the added fat and some vegetables, you're able to make great dishes.



Origin | Malaysia

Chicken preparation

1. Add the diced chicken breast to the avocado oil and saute until cooked. Season with salt and pepper, to taste.
2. Add more avocado oil to the saute pan if necessary and cook the vegetables until tender. Add the chicken pieces back in.

Coconut Dijon Sauce

1. Heat up the ghee in a small sauce pan so that it's melted but not boiling. Stir in the mustard and then the chicken broth. Reduce the sauce for 5 minutes on a low heat and then stir in the coconut butter.
2. Once the coconut butter is all stirred in, whisk it lightly to combine. It might look lumpy at first, but if you keep whisking and reducing for another 5 minutes, it'll look smooth. Let cool (it'll thicken once you cool it) and serve with your favorite chicken dish.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins

4 **chicken breasts**, sliced into small slices
1 medium **onion**, sliced
2 **carrots**, grated
1 **leek**, sliced
4 **tbsp of coconut oil**
Salt and pepper, to taste

Coconut Dijon Sauce

½ cup of **ghee**
4 **tbsp of mustard**
¼ cup of **chicken broth**, add more if needed
¼ cup of **coconut butter**
Salt and pepper, to taste

Time to hash it out!

Hash is a dish consisting of diced or chopped meat, potatoes and spices that are mixed together and then cooked either alone or with other ingredients such as onions. The name is derived from the French verb hacher (to chop). Most hash dishes vary from country to country but most are common in Malaysia, Germany, United States and Sweden for their mix and nutrition.

DID YOU KNOW: Astronauts eat tortillas instead of bread in space because the crumbs can be an issue.

CHAYOTE CHICKEN NOODLE SOUP

Makes: 7 to 10 servings that can last a week if preserved properly.

Chayote squash, also known as a Cucurbitaceae, is filled with a lot of nutrients and is actually low in carbs which is great for many ketogenic friendly dishes.

1 tbsp ghee or butter
½ onion diced
6 cups chicken broth
1 cup water
1 lb chicken pre-cooked,
pulled, shredded, or
chopped
1 tsp basil dried
1 tsp oregano dried
1 tsp parsley dried
salt and pepper to taste
2 chayote squash



Origin | U.S.A. (New Mexico)

1. In a large stockpot, melt ghee over medium heat. Add onion and celery, cook for about 5 minutes or until the onion becomes translucent.
2. Add chicken broth, water, chicken, basil, oregano, parsley, salt, and pepper. Bring to a boil, then reduce heat to low-medium, cover, and simmer for 10 minutes.
3. Using a spiralizer, cut chayote squash into noodle shapes. Once the soup has simmered for 10 minutes, remove the lid and add in chayote noodles. Simmer without the lid for an additional 10 minutes. Remove from heat and serve.

Old Fashioned Goodness

Chicken soup has almost no effect on the common cold or other viral infections; however, eating lots of hot soup may temporarily lessen nasal symptoms, but certainly would not shorten the duration of infection. In fact, it may even lengthen the duration of illness via suppression of mucosal flow and white blood cell movement.

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ZUCCHINI NOODLE LASAGNA

Makes: 2-4 single serving lasagna meals loaded with lots of fruity goodness.

This ketogenic friendly lasagna dish is great to have with the family or by yourself as a quick lunch. Quick and easy to make and lasts a while as leftovers.



16 oz ground beef
1 cup marinara sauce
1 zucchini large
10 oz ricotta cheese
4 oz mozzarella cheese
shredded

Origin | U.S.A. (New York)

1. Preheat oven to 350°F. In a small bowl, make ricotta mixture: Stir together ricotta, Parmesan and eggs and season with salt and pepper.
2. Spread a thin layer of sauce in a baking dish and layer with two layers of zucchini noodles, ricotta mixture, and mozzarella.
3. For the final layer, make a zucchini lattice. Layer zucchini noodles side by side at a diagonal in the baking dish. Lift the bottom half of every other noodle and lay another zucchini noodle across diagonally. Repeat until top layer is full.
4. Sprinkle with more Parmesan and season with salt and pepper.
5. Bake until totally melty and zucchini is cooked through, 30 minutes.
6. Let rest 10 minutes before slicing.

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A New Method of Lasagna Madness

Boiling noodles used to be a requirement for making lasagna. No-boil noodles now exist. You can make lasagna in the dish washer. All you have to do is put the ingredients together in a dish (either boils noodles or use the no boil noodles), cover the dish tightly with aluminum foil, then use the heated dry and sanitize cycle on your dishwasher to cook the lasagna.

DID YOU KNOW: Fruit-flavoured snacks like "Fruit Rollups" are made from the same wax used on cars.

KETO KAI PAO

Makes: 4 to 5 servings and many from the Cobra Kai dojo. Are you the next Karate Kid?

Some people may not realize that Asian food can also be ketogenic friendly. This Kai Pao recipes will sure give your taste buds a kick in the ass.

The Broth

5-6 **beef soup bones** -
brown and roasted
½ **Onion** charred
1 **tbsp Fresh Ginger** sliced
3 **tbsp Fish Sauce**
2 **pods Star Anise**
1 **litre Water**
Low Carb Pho Fixings*
5 **pkgs Shirataki Noodles**
rinsed, 7 **oz bags**
1½ **pound Flank Steak** raw,
thinly sliced
1 **cup Bean Sprouts**
5 **sprigs Thai Basil**
½ **Jalapeno** sliced
½ **Scallion** chopped

Phở-bulous Cuisine

Phở was invented in Northern Vietnam during the mid-1880s. The dish was heavily influenced by both Chinese and French cooking. Rice noodle and spices were imported from China; the French popularized the eating of red meat. In fact, it is believed that "phở" is derived from "pot au feu" a French soup.

Origin | Thailand, Vietnam, Cambodia

1. Preheat oven to 425 degrees F.
2. Cover beef bones in water and boil for 15 minutes in a large stockpot on the stovetop while the oven preheats. Discard water.
3. Place parboiled beef bones and onion on baking sheet or casserole dish and roast for 45 -60 minutes, until bones are browned and onion is blackened.
4. Toss bones, onion, fresh ginger, salt, fish sauce, star anise and fresh water into pressure cooker. Set pressure cooker to high pressure for 2 hours. If you are using a stovetop, you will simmer for 6-8 hours instead.
5. Strain broth with fine colander.
6. Place shirataki noodles and meat of choice in bowl, pour broth over the top into bowl while it is still very hot. Stir and let sit until raw meat is no longer pink and noodles are cooked, 1 to 2 minutes.
7. Serve with condiments and veggies of choice on the side.

Pho fixings

Lime – A squirt from a lime wedge usually does the trick with minimal amount of carbs

Chili Garlic Paste – The brand I use is "Rooster" which is available at most grocers and has less than 1 gram of sugar and reads 0 total carbs on the nutrition label. Better option to make it spicy on a keto diet.

Thai Basil – Super aromatic, this is a lovely herb for any soup. Plus its low carb!

Cilantro – Have at it! This herb is keto compliant.

Hoisin Sauce – Not keto friendly! It's chalk full of sugar! Stay away.

Veggies – Bean Sprouts, Jalapeno, Mushrooms, Onion, Scallion, Broccoli are favorites for pho. Use what you like, just be sure to track the carbs for whatever you add.

Meat – Try it with chicken, beef, pork, tiger shrimp or even lamb.

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PALEO BEEF AND BROCCOLI

Makes: 2 to 4 servings, enough to feed those who like Chinese food.

This more popular Chinese dish is not just one of the most ordered from restaurants it is also easy to make right at home for friends and family.

8oz or 2 cups of **broccoli** florets
½ lb **beef**, sliced thin and precooked (you can saute it in some **coconut oil**)
3 cloves **garlic**, crushed or use **garlic powder**
1 tsp freshly grated **ginger** or use **ginger powder**
2 tbsp of **coconut aminos** or **tamari** sauce, or to taste
coconut oil to cook in



Origin | China, South Asian

1. Place 2 tbsp of coconut oil into a skillet or saucepan on medium heat. Add the broccoli florets into the skillet.
2. When the broccoli softens to the amount you want (I like it soft, but some people like it harder), add in the beef.
3. Saute for 2 minutes and then add in the garlic, ginger, and coconut aminos/ tamari sauce.

China's Five Secrets

Did you know that Chinese food has 5 Key Flavors that must be balanced according to Traditional Chinese Medicine — sweet, sour, salty, bitter, and spicy?

Flavors vary considerably across China. For example, Sichuan cuisine is famous for numbing spiciness, Hong Kong cuisine is sweet or savory, northern cuisine is salty, and southern minority cuisine is sour.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins

HEI HEI LAVA MEATBALLS

Makes: 12 to 16 meatballs and possible a trip to the emergency ward.

CAUTION : This recipe isn't for the faint at heart. For those who are on a Ketogenic diet but love to spice things up, this will make you think you are eating lava.



1lb ground **chicken** or turkey
¼ cup **almond flour**
2 oz **cream cheese**,
1 **egg**
2 tbsp chopped **celery**
3 tbsp crumbled **blue cheese**
¼ tsp **black pepper**

For the Sauce:

½ stick (4 oz) **unsalted butter**

½ cup **Carolina Reaper** or **PepperX sauce**

***optional:** For a significantly less spicier option, you can use **tabasco sauce** or **Franks Red Hot**.

Origin | Canada (Vancouver)

1. Combine all of the meatball ingredients in a medium bowl. DO NOT ADD SALT!!! The hot sauce is super salty, as is the blue cheese so trust me you don't need to add more. The mix will be sticky and goey but that's normal.
2. Form into about 1 inch balls – remember these are cocktail/bite sized so don't make them too big.
3. Place them on a greased cookie sheet (with sides) and bake at 350°F for 10 minutes.
4. To make the sauce, combine the hot sauce and butter in a small saucepan on medium heat, or place in a microwave safe bowl for 2 minutes on high. After 10 minutes, remove balls from oven and dunk carefully (they are tender from the cream cheese and could fall apart if you are too rough) in the hot sauce sauce.
5. Put back onto the cookie sheet and bake for another 12 minutes. If you have leftover sauce you could pour it over the meatballs and bake for another 3 to 4 minutes if you want them really saucy.

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Addictive like fire!!

Ever wondered why hot sauce is so addictive? Eating chilis and hot sauce causes your body to release endorphins (the brain's 'feel good' chemical). This is because capsaicin (the stuff that makes chilis hot) irritates the nose, mouth and stomach. Your body reacts by releasing endorphins, a natural painkiller that your body produces.

DID YOU KNOW: When eating and using chili's in recipes, the smaller the chili the hotter it is.

GARLIC SHRIMP ZUCCHINI PASTA

Makes: 2 servings of pasta thats both healthy and filling.

Although pasta itself didn't originate from Italy, it is still considered the most consumed pasta in the world next to lasagna. Enjoy our recipe with the great taste of garlic as well.

8 oz peeled and deveined
shrimp thawed if frozen
2 tbsp olive oil
2 tbsp ghee melted
3 cloves garlic minced
1 lemon zested and juiced
¼ tsp salt
fresh pepper to taste
2 medium zucchini
spiralized or sliced into thin
strips for zucchini pasta



Origin | U.S.A. (New York, Bronx), China, Italy

1. Preheat oven to 400°F.
2. Combine all ingredients except zucchini pasta in baking dish.
3. Bake for 8-10 minutes, turning once, until shrimp are pink and just cooked through.
4. Add the zucchini pasta, toss and serve.

Can't get any more simpler than that.

Ghee whiz!

Ghee, a pure butter fat made from cow milk. Similar to clarified butter, except that the butter is cooked a step further to remove a little more moisture and most of the milk solids. Browning these milk solids brings out the nutty and unmistakable aroma of ghee. East Indians discovered how to make ghee to preserve the butter or cream they had on hand, as they had no source of refrigeration.

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ANTIPASTO SALAD

Makes: 1 large bowl full to feed the hungry masses of friends or family.

Traditional antipasto is served at the beginning of any meal and contains cured meats, olives, pepperoncini, mushrooms, anchovies and more.



1 large head or 2 hearts
romaine chopped
4 oz **prosciutto** cut in strips
4 oz **salami** or **pepperoni**
cubed
½ cup **artichoke** hearts
sliced
½ cup **olives** mix of black
and green
½ cup **hot or sweet peppers**
pickled or roasted
Italian dressing to taste

Origin | Italy (Gorgonzole), (Canada (Vancouver))

1. Combine all ingredients in a large salad bowl. Toss with Italian dressing.

Now this is as simple, as simple gets.

Check your local Italian shops for specialty cured cold cuts and feel free to add additional variety of spices to enhance the taste.

That's a spicy pepper!

The peperoncino probably came to Italy in the early 16th century, after Columbus had taken samples from the New World to Europe in 1492. Like the tomato, the peperoncino was first considered a decorative and possibly poisonous plant before it was adopted into Italian cuisine. It might have become popular as a food long before the cookbooks attest to its use.

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DID YOU KNOW: Saffron, made from dried cultivated crocus flowers, is the most expensive spice.

MACAROON FAT BOMBS

Makes: 24 mini bombs or the mother of all fat bombs.

Contrary to popular belief, fat is actually good for you. Originally Ketogenic and low carb diets were to control epilepsy and diabetes. Now you can use them to help with weight loss.

¼ cup organic almond flour
½ cup shredded coconut
2 tbsp Swerve
1 tbsp vanilla extract
1 tbsp coconut oil
3 egg whites



Origin | France (Anjou)

1. In a bowl mix almond flour, coconut and swerve until well blended.
2. Melt the coconut oil in a small saucepan and add the vanilla extract to it.
3. In the meantime chill a medium bowl in the freezer for mounting the egg whites.
4. Add the melted coconut oil to the flour mix and blend really well.
5. Put the egg whites in the chilled bowl and whisk until stiff, (very foamy holding stiff peaks).
6. Gently incorporate the egg whites into the flour mix, trying to not overmix and to preserve some of the volume from the eggs whites.
7. Spoon the mixture onto a cookie sheet, or into muffin cups if you prefer. Makes 10 portions!
8. Bake at 400 for 8 minutes or until macaroons start to brown on top. Remove from oven and let cool before removing from the cookie sheet.

Mono el Mono!

There are three fats commonly found in most diets. These three are saturated, monounsaturated fat and polyunsaturated fat. It's important to understand the benefits of the three naturally occurring types of fats in order to include them in your diet properly, as low-fat diets have many risks, including decreased brain function, poor brain health and hormone imbalance.

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HULA BALOO TALESPIN CHICKEN

Serves: many aviators from Cape Suzette and a cloud-kicker named Kitt.

Created from a favourite cartoon, this recipe will have you flying high with Kit Cloudkicker and Baloo, while feasting with Shere Khan. Make sure King Louie doesn't steal any!



3 chicken breasts
8 oz chopped frozen spinach, cooked according to package directions and squeezed dry.
3 oz feta, crumbled (about $\frac{1}{2}$ cup)
4 oz cream cheese
1 clove garlic, diced
 $\frac{1}{4}$ tsp **salt**, divided
 $\frac{1}{8}$ tsp **pepper**
1 tbsp olive oil

Origin | Jungles of Africa, Cape Suzette

1. Preheat oven to 450°F.
2. Mix the chopped frozen spinach, feta, cream cheese, garlic and half of the salt in a medium sized bowl.
3. Cut a pocket into each chicken breast; you want a pocket not a flap.
4. Separate the spinach and cheese mixture into three parts, and roll into thick logs. Stuff each log into the pocket you made in the chicken breasts. Season with remaining salt and pepper.
5. Heat the olive oil in an ovenproof pan set over medium high heat, then add the stuffed chicken, "top" side down. Cook for 5 minutes, then flip the chicken over.
6. Place the pan into the oven, and bake for 10 minutes. If your chicken breasts are extraordinarily thick, cook for 2 to 5 minutes longer, or until juices run clear when you poke the chicken with a fork.

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Brine that chicken

A brine will bring extra flavors to your meal. Try using diluted fruit juice instead of water. Spice it up using crushed peppercorns, allspice berries, juniper berries, dried chiles, star anise, or whatever else sounds good. Make sure you've got the salt in there and that the flavorants are water-soluble. Osmosis will carry the flavored liquid into the meat..

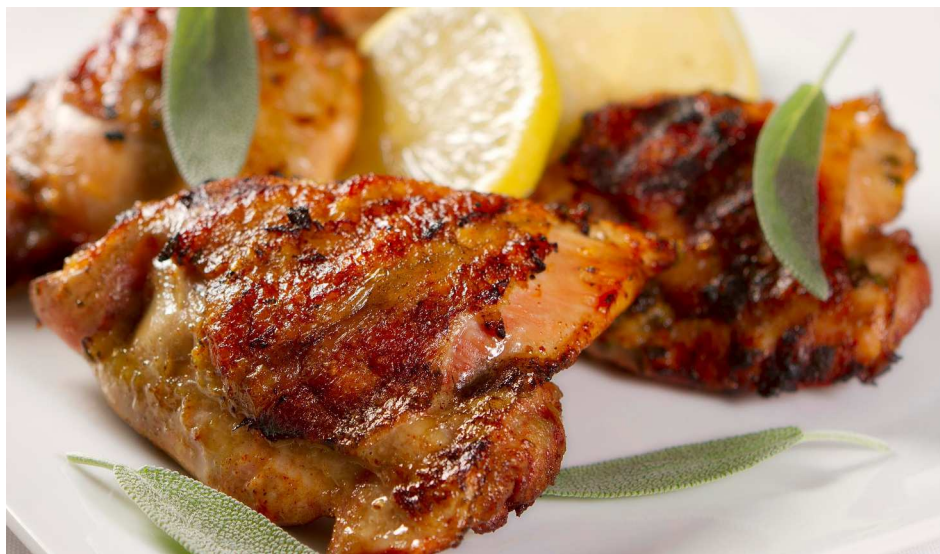
DID YOU KNOW: Bananas contain Tryptophan, which can influence our brain that influences mood.

HIMALAYAN SMOKED CHICKEN

Makes: 2 to 4 servings of seasoned chicken from the Himalayas.

For those who enjoy the taste of culture around the world, this fabulous chicken recipe from the free nation of Tibet and the Himalayan mountains of Nepal and Butan.

4 large chicken thighs
(bone in and skin on)
2 tbsp Hungarian Paprika
1 tsp onion powder
1 tsp kosher salt
¼ cup sour cream



Origin | Tibet, Nepal, Himalaya

1. Mix the paprika, onion powder and salt together in a small bowl.
2. Season the chicken thighs generously with the mixture. Place the thighs on a parchment lined (optional but helps with clean up) baking sheet. Roast at 400°F for about 40 minutes.
3. Remove the chicken from the pan and pour the juices into a small bowl. Whisk in the sour cream until smooth.

Serve the gravy warm alongside the chicken.

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Lemons vs Limes

If you put lemons and limes in water, lemons will float and limes will sink. Because lemons are usually bigger in size, making them typically heavier, it all comes down to density. Lemons have around the same density as water (0.99) and they have pores all over their rind, resulting in tiny air pockets on their surface causing them to float. Limes, on the other hand, are denser than water so naturally they sink.

CREAMY BUTTER CHICKEN

Makes: 7 meals for 1 or can feed a family of 5.

A great dish where east meets west. Enjoy this westernized version of a traditional butter chicken from the far reaches in India. Journey back along the silk road and enjoy!



2 tbsp **butter**
4-6 cloves **garlic**, minced
1 tsp **ginger**, grated
14 oz **coconut milk**
6 oz **tomato paste**
2 tbsp **almond flour**
1 tsp **garam masala**
½ tsp **smoked paprika**
1 tsp **turmeric**
3 lbs **boneless, skinless chicken breasts or thighs**
garnish with fresh **green onions**, or **cilantro**

Origin | India (New Dehli, Jakarta, Kolkata)

1. Heat butter in a large skillet over medium high.
2. Add onion when butter is sizzling, and cook 2-3 minutes.
3. Add garlic and ginger, and stir, cooking until fragrant.
4. Add coconut milk, tomato paste, thickener of choice, and spices, stirring until thickened and hot.
5. If you're going to use the slow cooker, add sauce, and stir in sliced chicken.
6. Cook on low heat for 5 hours. You can finish in the skillet, stirring in chicken chunks, and simmering until they're cooked through, about 15 minutes.
7. Serve over cauli rice for a low carb dish, garnishing with green onion or cilantro. Enjoy!

Diverse Cuisine

Indian food is incredibly diverse, with each of the 28 regions having its own particular ingredients, spices and cooking methods. In the north, the cuisine is less spicy, and commonly features red and green chillies, saffron, ghee and yoghurt. Types of Indian rice include basmati, ponni, which is often used in breakfast foods, and patna, a long-grain rice similar to basmati.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins

DID YOU KNOW: There are over 87,000 drink combinations at Starbucks and all just as bad for you.

TRADITIONAL COQ'AU CHARDONNAY

Serves: 4 to 6 people and the great taste of cooking with great wine.

Chardonnay is a main staple when cooking with white meats. Adding this to your sauces and bases brings out more flavours than your taste buds can handle.

1 **tblsp extra virgin olive oil**
1 **shallot**, finely chopped
5 strips of **bacon/pancetta**,
chopped
4 **tsp minced garlic**
8 **chicken pieces on the**
bone, thighs and legs
8 **oz.wt Cremini**
mushrooms, whole or
halved
 $\frac{3}{4}$ **bottle, B.C. Chardonnay**
1 **cup whipping cream**
salt & pepper to taste
1 **tblsp dill**
1 **tblsp parsley**
 $\frac{1}{2}$ **tblsp white pepper**



Origin | Canada (British Columbia, Salt Spring Island)

1. Cook bacon or pancetta in a tablespoon of olive oil. Skip oil if bacon is too fatty.
2. Remove the bacon to a paper towel-lined plate.
3. Salt and pepper the chicken pieces and brown them in bacon fat over medium-high heat. Remove to a paper towel-lined plate.
4. Cook chopped shallot over low heat for 5-7 minutes, add garlic when the shallot is tender and translucent and cook for 1 minute longer. Remove cooked shallot and garlic to the same plate as chicken and bacon.
5. Add mushrooms to the pan and brown them for 3-5 minutes over medium-high heat. Return chicken, shallot, garlic and bacon to the pan, pour wine all over, bring to a boil, then lower the heat to low and simmer for 40 minutes.
6. Add cream and simmer for 10 minutes longer. Add dill, parsley, and pepper.

Serve with crusty baguette or french bread to soak up the sauce for added taste.

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Cooking with Wine!
Whether you use a red or a white, cooking with wine brings additional flavours to your dish. White wines, Sherries, Chardonnays and Sauvignon Blancs enhance dishes such as chicken seafood, white sauces such as clam. Red wines such as Ports, Chianti and Pinot Noir and bring out flavours in beef, pork, and red sauces such as tomato and lobster bisques. Always start with small amounts.

KETO BREADSTICKS (low carb)

Makes: 10 to 12 sticks and taste great., even better than breadsticks made from regular flour.

Low carb meals can be difficult to prepare, especially when you love bread. This recipe allows you to have that great taste of bread thats also healthy.



Origin | Canada (Vancouver, White Rock)

1. Pre-heat oven to 400°F. Mix together egg and cream cheese until slightly combined. In another bowl, combine all the dry ingredients.
2. Measure out the mozzarella cheese and microwave in 20 second intervals until sizzling.
3. Add the egg, cream cheese, and dry ingredients into the mozzarella cheese and mix together.
4. Using your hands, knead the dough together and press flat on a silpat.
5. Transfer the dough to some foil so that you can use a pizza cutter on it, then season the dough with the flavorings you like.
6. Bake 13-15 minutes on top rack until crisp.

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Bread Stick Base

2 cups Mozzarella Cheese

¾ cup Almond Flour

1 tbsp Psyllium Husk

Powder

3 tbsp Cream Cheese oz.

1 large Egg

1 tsp Baking Powder

Italian Style

2 tbsp Italian Seasoning

1 tsp Salt

1 tsp Pepper

Extra Cheesy

1 tsp Garlic Powder

1 tsp Onion Powder

3 oz Cheddar Cheese

¼ cup Parmesan Cheese

Carbs are bad Mkay!

The main reason we have "fat" obese people in the world compared to other places is the refinement of food with too much carbs. Although some have glandular medical issues, our food in the western culture is so loaded with preservatives, high in carbs, and "bad" sugars that this increases overweight eating. Cutting sugar, carbs and having proper portions work best.

DID YOU KNOW: Over 80% of obese people live in North American than anywhere else in the world.

Sauces, Dips and Seasonings

sauce

'sôz/

noun

plural noun: sauces

1. thick liquid served with food, usually savory dishes, to add moisture and flavour. "tomato sauce".

2. *informal* alcoholic drink; "I'm planning to get so sauced out."

synonyms:

gravy; dips, seasonings, compotes, condiments, dressings, drunk"

Sauces add additional flavour to many dishes whether they are a dessert or for your favourite plate of pasta. Too much seasonings can throw your palette off and not enough will make things taste bland.



MEDITERRANEAN DRESSING

Great taste of the Mediterranean with a hint of citrus.

INGREDIENTS

2 tbsp red wine vinegar
¼ cup lemon juice
1 tsp dried oregano
kosher salt
Freshly ground black pepper
¼ cup extra-virgin olive oil

DIRECTIONS

In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.

B.C. SALMON AVO DRESSING

This creamy dressing is great over seafood, steak and even in sandwiches.

Franken-Salads

eyeball any salad-dressing label, and oil is one of the top ingredients.

Unfortunately, the bulk of oils used in nonorganic salad dressings today come from genetically engineered soy or canola, crops that have never been tested for their impact on human health. These crops are grown using massive amounts of pesticides, which can wind up inside of the food, too.

INGREDIENTS

⅓ cup mayonnaise
½ cup plain Greek yogurt
¼ cup lemon juice
2 cloves garlic, minced
1 tsp white wine vinegar
1 tsp honey

DIRECTIONS

Whisk all of the dressing ingredients together and season with salt and pepper.

CLASSIC HOMEMADE CAESAR DRESSING

This traditional dressing is a favourite for salad lovers.

DIRECTIONS

In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.

INGREDIENTS

2 tbsp minced garlic
1 tbsp Dijon mustard
1 tbsp vinegar
Kosher salt and freshly ground black pepper
2 tbsp mayonnaise
½ cup olive oil
Lemon juice, for seasoning

Optional:

Minced anchovy fillets

GREEK FETA DRESSING

Mamma Mia! Celebrate weddings with this great dressing to any Greek Salad.

INGREDIENTS

6 tbsp olive oil
2 tbsp fresh lemon juice
2 tbsp crumbled feta cheese
1 tbsp chopped fresh oregano
½ tsp minced garlic
Pinch of cinnamon (optional)
Salt and freshly ground pepper

DIRECTIONS

Whisk all of the dressing ingredients together. Mix in Feta softly and serve.

Dumb and getting dumber

Scientists recently discovered that ingesting high-fructose corn syrup for just 6 weeks made lab animals less smart. While you'd expect this processed, brain-draining sweetener in candy, you might be surprised to find it in many salad dressings sold under many popular and higher-end brands, like Girard's Blue Cheese.

BOURBON CIDER GRAVY

This ultra-simple gravy recipe is particularly good on turkey, beef and vegetables.

INGREDIENTS

- 2 tbsp olive oil**
- 1 turkey neck**
- 3 shallots, diced**
- 1 small apple, diced**
- ¼ tsp salt**
- ¼ tsp pepper**
- 2 garlic cloves, minced**
- ⅓ cup Kentucky Bourbon**
- ⅔ cup apple cider**
- 2 cups cold chicken stock**
- 3½ tsp all-purpose flour**

DIRECTIONS

Heat the olive oil in a large saucepan over medium heat. Add the shallots and the apple with the salt and pepper, stirring to coat. Cook for 5 minutes, stirring occasionally until the shallots and apple are soft. Add the garlic and the turkey neck and brown it on all sides, cooking for about 5 minutes per side. Increase the heat to medium-high and pour in the bourbon. Stir continuously, scraping any brown bits from the pan and cook until almost all of the bourbon evaporates. Add in the cider and bring it to a simmer.

Pour cold broth into a shaker bottle. Add the flour on top, place the lid on the shaker and shake continuously for at least 30 seconds until the flour is incorporated. Remove the neck from the pan and begin to whisk the cider continuously. Slowly pour in the stock and flour while whisking and continue to stir for at least 10 to 15 minutes while the gravy thickens. Don't stop stirring!

LOUISIANA CREOLE SEASONING

Add this seasoning to your creole dishes for that little kick.

Creol vs Cajun

A vastly simplified way to describe the two cuisines is to deem Creole cuisine as "city food" while Cajun cuisine is often referred to as "country food." While many of the ingredients in Cajun and Creole dishes are similar, the real difference between the two styles is the people behind these famous cuisines. Creole cuisine also uses tomatoes where as Cajun does not.

INGREDIENTS

- 3 tsp paprika**
- 1 tsp onion powder**
- 1 tsp garlic powder**
- 1 tsp oregano**
- 1 tsp basil**
- ½ tsp thyme**
- 1 tsp black pepper**
- ½ tsp Cayenne pepper**

DIRECTIONS

In a small bowl, blend all ingredients together.

Sprinkle a dash on your favourite Southern creole dish, crawfish or into your Jambalaya.

COCONUT DIJON SAUCE

This tangy sauce is a great addition to chicken and pork.

DIRECTIONS

Heat up the ghee in a small sauce pan so that it's melted but not boiling. Stir in the mustard and then the chicken broth. Reduce the sauce for 5 minutes on a low heat and then stir in the coconut butter.

Once the coconut butter is all stirred in, whisk it lightly to combine. It might look lumpy at first, but keep whisking and reducing for another 5 minutes, it'll look smooth. Let cool (it'll thicken once you cool it) and serve with your favorite chicken or pork dish. Add it on top of vegetables for a vegan dish.

INGREDIENTS

½ cup of ghee
4 tbsp of mustard
¼ cup of chicken broth
¼ cup of coconut butter
Salt and pepper, to taste

TIJUANA FAJITA SEASONING

Aye Carumba! This spice will give your mexican dish some pizzaz.

INGREDIENTS

¼ cup chili powder
2 tbsp salt
2 tbsp ground paprika
1 tbsp onion powder
2 tsp garlic powder
1 tsp cayenne powder
2 tbsp cumin powder

DIRECTIONS

Add all spices to a bowl or jar and mix well. Store in airtight container (I use a mason jar).

Use about 1 tsp per chicken breast or steak when making fajitas.

Udderly Interesting.

Though traditional Mexican food can involve what we may consider to be extreme cuts of meat, a typical Mexican diet involves much less red meat than a typical American diet. Most meals in Mexico that involve meat typically use chicken or pork. Although they will still use the entire cow in varying recipes including the uterus, testicles and the udder.

WEST VIRGINIA CHESAPEAKE SEASONING

This great seasoning goes well with many types of seafood bakes and soup bisques.

INGREDIENTS

- 2 tsp salt
- 1 tsp cayenne pepper
- 1 tsp celery seed (ground)
- 1 tsp paprika (sweet Hungarian)
- 1 tsp dry mustard
- 1 tsp ground black pepper
- 1 tsp ground bay leaf
- ¼ tsp ground allspice
- ¼ tsp ground ginger
- ¼ tsp grated nutmeg
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon

DIRECTIONS

In a small mixing bowl, stir together salt, cayenne pepper, celery seed, paprika, mustard, black pepper, bay leaf, allspice, ginger, nutmeg, cardamom, and cinnamon until well-combined.

Store this seasoning mix in a tightly covered container at cool room temperature in a cool, dark place. While it is best to use this Chesapeake Bay seasoning mix within a month to retain freshness, it will keep indefinitely if it is stored correctly.

SERAPHINA'S CAJUN SEASONING

This seasoning is one of Sarah's "go-to" seasonings to spicen things up.

Chesapeak vs Old Bay

These two seasonings are very similar in both taste and mix with some subtle differences. Although "Old Bay" in some areas of the east coast is referred to as "Chesapeak seasoning", Old Bay was first made and manufactured in east coast Canada and originating from Halifax, Nova Scotia. These seasonings are typically used in dishes consisting of lobster, mussels and corn.

INGREDIENTS

- 2 tbsp onion powder
- 2 tbsp garlic powder
- 2 tbsp dried oregano
- 2 tbsp dried basil
- 1 tbsp dried thyme
- 1 tbsp black pepper
- 1 tbsp white pepper
- 3 tsp cayenne pepper
- 5 tbsp paprika
- 4-5 tbsp seasoning salt

DIRECTIONS

In a small bowl, blend all ingredients together.

Sprinkle a dash on your favourite Southern creole dish, crawfish or into your Jambalaya.

OLD BAY SEASONING (East Coast Canada)

This east coast seasoning is similar to it's cousin but with different flavours.

DIRECTIONS

In a small mixing bowl combine all ingredients and blend thoroughly.

Store this seasoning mix in a tightly covered container at cool room temperature in a cool, dark place. While it is best to use this Old Bay seasoning mix within a month to retain freshness, it will keep indefinitely if it is stored correctly.

INGREDIENTS

2 tsp bay leaf powder
2 tsp celery salt
1 tsp dry mustard
2 tsp ground ginger
2 tsp smoked paprika
1 tsp white pepper
1 tsp ground cloves
1 tsp ground allspice
½ tsp crushed red pepper flakes
½ tsp ground mace
½ tsp ground cardamom
½ tsp ground cinnamon

SATAY PEANUT SAUCE

This tangy sauce mixes everyone's favourite flavours of peanuts, chilies and lime.

INGREDIENTS

1 cup dry roasted peanuts
⅓ cup water
2 cloves garlic (minced)
½ tsp dark soy sauce
2 tsp sesame oil
2 tbsp brown sugar
2 tbsp fish sauce
½ tsp tamarind paste
½ tsp lime juice
1 tsp chili sauce
½ tsp cayenne pepper
⅓ cup coconut milk

DIRECTIONS

Place all ingredients in a blender or food processor. Blend or process until sauce is smooth. If you prefer a runnier peanut sauce, add a little more water or coconut milk.

Do a taste-test, add more fish sauce (or soy sauce) if not salty enough, or more cayenne if not spicy enough. If too salty, add a squeeze of fresh lime juice. If you'd prefer it sweeter, add a little more sugar.

Culturally diverse flavours

Every single Mexican dish is a mix of Native American and European ingredients and flavors with hints of African and Middle Eastern influence. This makes for an explosion of flavors that is truly surprising. It definitely takes a lot more than chili powder and cheese to cook like a Mexican

DID YOU KNOW: Peanut (or Satay) Sauce is the equivalent of "ketchup" in South East Asia.

THE GREAT ALBERTAN BBQ SAUCE

This sauce is meant for the cowboys and cowgirls out there. This tangy sauce is great on ribs.

INGREDIENTS

- 1 cup all-natural ketchup**
- 1½ Cups brown sugar**
- ¾ cups pure pineapple juice**
- ½ cup crushed pineapple**
- ½ cup Bourbon**
- ⅓ cup molasses**
- ½ tsp ground black pepper**
- ½ tsp garlic powder**
- ½ tsp onion powder**
- ½ tsp chipotle chili powder**

DIRECTIONS

- Pour all ingredients into a medium sized sauce pan, and bring to a boil.
- Reduce heat and simmer on low for 30 minutes or until thick and reduced by about half.
- Serve immediately, or store in a sealed container in the refrigerator for up to a week.

MAUI ZAUI POLYNESIAN SAUCE

Kaweā atu nga reka Maori me tenei kawa reka me te kawa.

The Man's Grill

Thank stingy late-1800s cattle barons and resourceful cowboys for delicious, slow-cooked brisket: the barons didn't want to feed cowboys good meat, so threw them brisket instead. The cowboys soon figured out if they cooked it for a long time over a low heat, it wasn't just palatable, it was... awesome. Today, women can now grill just as good as men. Just make sure you use charcoal.

INGREDIENTS

- 4 blood orange juice**
- 1 naval orange juice**
- 2 cloves garlic (grated)**
- 1 tbsp diced shallots**
- 2 tsp olive oil**
- 1 dash salt**
- ½ tsp ground ginger**
- 4 tbsp brown sugar**
- ½ cup pineapple juice**
- ¼ cup sweet chili sauce**

DIRECTIONS

- Soften shallots & garlic in olive oil with a dash of salt, then mix in all ingredients.
- Cook over medium to medium-low heat for 20-30 minutes, or until reduced & thickened.
- Add as a dipping sauce to chicken or a base for pizza and bakes.

HOMEMADE ALFREDO SAUCE

This tangy sauce is a great addition to chicken and pork.

DIRECTIONS

In a large saucepan, melt butter over medium heat. Increase the heat a bit to medium high and add 1 cup heavy whipping cream. Bring the sauce to a gentle boil, then reduce the heat to medium low and simmer for about 10 minutes.

As it simmers, the sauce will start to thicken. Stir in salt and pepper to taste, parsley, and grated garlic.

Reduce the heat to low, then stir in the finely grated parmesan cheese and continue stirring until all of the parmesan cheese has melted.

Remove from the heat. Adjust salt and pepper as needed and serve immediately with the pasta of your choice.

INGREDIENTS

2 tbsp unsalted butter
1 cup whipping cream
1 cup finely grated parmesan cheese
2 cloves garlic, finely grated
½ tsp salt
½ tsp black pepper
½ tsp dried parsley

ALABAMA WHITE BBQ SAUCE

This creamy sauce is great as a dipping sauce for fried chicken of all kinds.

INGREDIENTS

2 cups light-mayonnaise
1½ tbsp sea salt
2 tbsp black pepper
6 tbsp white vinegar
6 tbsp lemon juice
4 tbsp white sugar
1 tsp cayenne pepper
1 tsp cajun spice

DIRECTIONS

Mix all ingredients together using a wire whisk or high speed blender.

Store in the fridge for up to one month.

BBQ and Politics

Politics and BBQ tangled even earlier, when in 1800s Alabama a guy called "Barbecuensis" started talking smack about political barbecues. His 1829 petition to end the affairs totally sputtered out, because of barbecue rules. Today, the only rules that matter with barbecues are whether to use propane or charcoal. With each source you get a different flavour.

LEMON GARLIC BUTTER SAUCE

Great for many seafood dishes, especially lobster and even steak. A sauce you can surf and turf.

INGREDIENTS

- ½ cup clam juice**
- ½ cup dry sherry**
- ½ cup whole milk**
- 1 tbsp minced garlic**
- 1 tbsp minced shallots**
- 1 bay leaf**
- 1 tbsp unsalted butter**
- 1 tbsp flour**
- ½ lb (2 sticks) unsalted butter**
- ½ tsp salt**
- ½ tsp white pepper**
- 1 tbsp lemon juice**

DIRECTIONS

Place first six ingredients (clam juice, sherry, whole milk, garlic, shallots, bay leaf) in a small saucepan. Heat on medium high heat and let simmer until the liquids have reduced by about half.

In a separate saucepan (1-qt minimum) prepare the roux. Heat one tbsp of butter in the saucepan on medium heat until it is foamy. Sprinkle in the flour, stirring a couple of minutes with a metal whisk until well mixed (tan, but not browned).

Slowly add the reduced mixture to the roux, stirring quickly to incorporate. When you first add some of the mixture, the roux will bubble up. Just keep adding the mixture and keep whisking to incorporate.

Lower the heat to low. Slowly whisk in the butter, 2 tablespoons at a time. Add lemon juice, salt, and white pepper. Add some more clam stock or water if the sauce is too thick.

CRANBERRY RELISH

Whether you want to flavour up a holiday feast or a sandwich this tangy relish is a pleaser.

Not so much Italian

The dish "Spaghetti and meatballs" isn't so much Italian as it is American. In fact if you go to Italy, you won't find spaghetti and meatballs on most menus, because they don't put meatballs on their pasta, they also prefer to use "tagliatelle". A much wider noodle also used in Spaghetti Bolognese. In Bologna, they consider it a bastardization of traditional "Bolognese" as well.

INGREDIENTS

- 2 cups rinsed raw cranberries**
- 2 skinned and cored tart green apples, cut into thick slices**
- 1 large, whole seedless orange, cut into sections**
- 1 to 2 cups sugar**

DIRECTIONS

Add the cranberries, apples and orange to a food processor and pulse on high.

Stir in the sugar. (Start with less than a cup and keep adding ¼ cup until you reach your desired level of sweetness.) Let sit at room temperature until the sugar dissolves, about 45 minutes. Store in the refrigerator until ready to use.

CHUNKY CHERRY COMPOTE

This tangy sauce is a great addition to chicken and pork.

DIRECTIONS

Heat the olive oil in a pan in a frying pan on medium high heat. Add the shallots and sauté until they just begin to color on the edges, about 2-3 minutes. Stir a few times while they're cooking.

Add the walnuts, rosemary and cherries and stir everything to combine. Turn the heat down to medium and cook until the cherries are soft, about 4-5 minutes, stirring occasionally. Add a little black pepper and taste for salt.

Pour in the Port, wine, kirsch or cassis and the honey, and stir again. Boil this down slowly until the softening cherries and the liquid cook down to a syrupy texture.

INGREDIENTS

3 tbsp olive oil
2 tbsp minced shallots
2½ cups pitted sweet cherries, quartered
1 cup walnuts, chopped
1 tsp minced fresh rosemary
Salt and pepper to taste
¼ cup Port, red wine, kirsch, cassis, or cherry juice
1 tbsp honey

CARAMEL'S FRENCH ONION DIP

This sweet and savory dip is a pleaser to any party or gathering. Simple and tasty.

INGREDIENTS

1 tbsp extra-virgin olive oil
4 cups onions (chopped)
1½ cups mushroom broth
10 oz low sodium beef broth
2 tsp onion powder
2 tbsp white vinegar
1¾ cup 14% sour cream
⅓ cup non-fat yogurt plain

DIRECTIONS

Heat oil in a skillet over med-high heat. Add onions; stirring occasionally, until beginning to brown. Add broth, scrape any browned bits, and simmer until almost evaporated, about 10 minutes. Reduce heat to med-low and cook until onions are golden brown. Stir in onion powder, vinegar and cook until evaporated. Remove from heat and let cool for 20 minutes. Combine sour cream and yogurt in a bowl. Stir in the onion mixture. Chill for at least 30 minutes.

All you can eat?

In Buenos Aires, Argentina, there are some *allos* you can eat "meat" restaurants. You have a red and green coloured wooden block placed on the table. Green means more meat, red means stop. Waiters come around and literally chomp off large slabs of protein onto your plate until you've eaten so much meat, the meal sends you into a long hibernation. A vegetarian's worst nightmare.

HATTORI HEIJI TONKATSU

It doesn't take a sleuth to tell you that this traditional Japanese sauce is sweet and savory.

INGREDIENTS

- 1 tsp mustard powder**
- 1 cup ketchup**
- 1 tsp warm honey**
- ¼ cup worcestershire sauce**
- 4 tsp soy sauce**
- 2 tsp water**

DIRECTIONS

- Whisk together mustard and 2 tsp water in a bowl until smooth.
- Add ketchup, Worcestershire, sugar, and soy sauce, and whisk until smooth.
- Pour over your favourite sushi, fried rice or kobe beef.

KUDO SHINICHI'S YAKITORI

Whether you are big or small, or have a fancy bow tie, this recipe is simply irresistible.

**Detective Conan, a.k.a.
"Shinichi Kudo"**

This popular fictional Japanese detective is quite the food lover as well. Conan's favourite foods include: lemon merengue Pie, rice wraps and hot cocoa. "Case Closed" (Detective Conan), is one of Japanese longest running cartoons with over 800 episodes, but no where close to Sazae-San who has over 9000 episodes to date.

INGREDIENTS

- ½ cup wine (sake)**
- 1 cup wine (mirin)**
- 1 cup light soy sauce**
- 1 tbsp warm honey**
- 2 tbsp corn starch**
- ⅓ cup warm water**

DIRECTIONS

- Combine sake and mirin wines in a medium pan and bring to a boil. Add soy sauce and warm honey. Simmer, covered, for 30 minutes.
- Dissolve cornstarch in water, and add to boiling mixture. Cook and stir until mixture thickens.
- Serve hot over baked, broiled or roasted chicken.

MOURI KOGORO'S MUSHROOM SAUCE

A great sauce for all types of food, as long as you're not "sauced" yourself.

DIRECTIONS

Melt butter with the garlic in a pot.

Add mushrooms and cook until butter is a mushroom colour.

Add Japanese Koshu white wine, if using, and continue to simmer for 3-4 minutes.

Add basil or mixed herbs, cumin seeds, cream, and mustard.

Simmer until thickened.

INGREDIENTS

2 tbsp margarine

8 oz mushrooms

2 cloves garlic cloves

**½ cup Japanese white wine
(Koshu)**

8 oz cream

2 tsp dry mustard

1 tsp Thai basil

1 pinch cumin seed

1 tsp Wasabi

RAN-CHAN'S DUMPLING SAUCE

For all the dumpling fans out there, this sauce will make you fall in love all over again.

INGREDIENTS

⅓ cup soy sauce

½ cup rice vinegar

1 tbsp sesame oil

3 sriracha sauce

1 pinch sugar

fresh ginger (bit of minced)

DIRECTIONS

Mix all ingredients together and chill for 2 hours. Do not blend in a food processor or on high with a whisk.

Store for up to 2 months.

That's a lot of Dumplings

Japanese cuisine is one of the most diverse cuisines in the world with hundreds of varieties. The most popular "gyoza" are traditionally served with an citrus vinegarette called "Ponzu". Gyoza are a small Japanese dumpling filled with ingredients such as minced pork and vegetables. They can be eaten a number of ways including boiled and steamed, typically fried and eaten with a dipping sauce.

SARAH'S FAMOUS HOLLANDAISE SAUCE

Eggs Benedict is a popular dish served at many brunches and this sauce is just as traditional.

INGREDIENTS

- 4 egg yolks**
- ½ tsp dry mustard**
- 1 tbsp lemon juice**
- 1 dash hot pepper sauce**
- ½ cup butter (melted)**
- 1 tsp parsley**

DIRECTIONS

Put first four ingredients into blender container. Cover and process. Remove top and pour melted butter in a slow, steady stream until mixture is completely emulsified. Top with parsley.

Keep warm when ready to serve. Sauce will solidify when in fridge.

MANGO MUNGO SAUCE

This Jamaican sauce is great as a dip or marinade for jerk chicken or with fried vegetables.

Not all is Dutch!

Hollandaise got its name because it was thought to be like a Dutch sauce.

Larousse Gastronomique states that, in former times 'à la hollandaise' was served with melted butter (implying that at one time egg yolks were not a part of the designation). The sauce using egg yolks and butter appeared in the 19th century. Sources say it was first known as "sauce Isigny"

INGREDIENTS

- 1¼ cups mango puree**
- 1 tbsp fish sauce**
- 1½ tsp golden sugar**
- ½ tsp minced garlic**
- 1½ tsp chili sauce**
- 1½ tsp fresh lime juice**

DIRECTIONS

Place ingredients in a blender and process for 30 seconds until smooth.

Spoon into a small serving bowl or on your favourite dish.

SOLTY REI'S TERIYAKI SAUCE

Unlike your traditional teriyaki sauce this one provides a kick to your Asian dish.

DIRECTIONS

In a medium saucepan, combine sugar, soy sauce, vinegar, garlic, ginger, black pepper and PepperX sauce.

Combine ingredients in saucepan and bring to a boil over medium-high heat. While sauce is heating, combine cornstarch and cold water. When sauce comes to a full boil, add cornstarch mixture and stir until sauce is thickened and bubbly.

Remove from heat and use any way you darn well please.

You can store it in the fridge in an air-tight container for up to 2 weeks.

INGREDIENTS

1 tbsp corn starch

1 tbsp cold water

½ cup white sugar

½ cup soy sauce

½ cup cider vinegar

1 clove garlic (minced)

½ tsp ground ginger

¼ tsp black pepper

½ tsp PepperX sauce

MAIDO JAPANESE SALAD DRESSING

There is no other dressing like it. This addictive dressing goes great on all vegetable salads.

INGREDIENTS

1 Apple, peeled and chopped

¾ cup Safflower oil

⅔ cup Japanese rice

vinegar (unseasoned)

⅔ cup Japanese soy sauce

1 small clove garlic, minced

½ tsp Mustard (prepared)

¼ sea salt

½ tsp of white pepper

DIRECTIONS

Mix apple and oil in blender. Pour into a separate dish.

Combine remaining ingredients in blender, then add apple mixture.

Blend until thoroughly mixed.

Put on salad. Eat and enjoy.

Japanese Cuisine

UNESCO, the United Nation's cultural organization, added traditional Japanese cuisine, or washoku, into its Intangible Cultural Heritage list meaning that the preservation of this way of eating is vital to the survival of the traditional culture. It was only the second national traditional cuisine honored as such, after French food. (Mexican cuisine recently joined)

RICK AND MORTY'S SZECHUAN SAUCE

On many adventures with Rick and Morty, make sure you stop and smell the szechuan flowers.

INGREDIENTS

- 2 tbsp hoisin sauce**
- ½ tsp white vinegar**
- ½ tsp cracked black pepper**
- ¼ tsp lemon juice**
- ¼ tsp marmite**
- ¼ tsp sesame oil**

DIRECTIONS

- Mix ingredients listed in a blender on low.
- Cover and chill
- Serve as a BBQ'ing marinade on steak, chicken or pork and with a side of "Pickle Rick".

THE "PICKLE" RICK

The "Pickel" Rick is asmooth dressing to add to any dish of Rick and Morty and salad sides.

Food or Fiction?!

There are many different types of food in fictional television shows. Most of those recipes can be converted to something more real but not all foods can't be made. *Gagh*, a Klingon delicacy is nothing more than "fried worms" but eaten live. You can recreate this using jello and gelatin but if you want to eat fried worms, read the book instead.

INGREDIENTS

- ¼ cup dried parsley**
- 1 tbsp garlic powder**
- 1½ tbsp dill weed**
- ½ tsp onion powder**
- 1 tsp dried basil**
- ½ tsp black pepper**
- 1 cup 3% milk**
- 1 cup light-mayo**

DIRECTIONS

- Mix all of the spices together in a medium sized bowl with a whisk.
- To the spices, add the milk and light-mayo. Whisk well until fully incorporated then refrigerate until using.
- Add on top of a cucumber, tomato and onion salad as well as serve with a side of Rick and Morty.

THE GREAT MYZTEK MIDWEST FRY SAUCE

This fry sauce is a great accompaniment to any fried meal, and also makes a great "Blazio" spread.

DIRECTIONS

Combine all ingredients.

Serve as a dip for your fries or rings, or spread on your burger.

Also goes great with the "Blundering Blazio Boo Boo" sandwich in our cookbook.

INGREDIENTS

½ cup mayonnaise

¼ cup BBQ sauce

1 tbsp chipotles in adobo (minced)

1 tbsp green chile (roasted, minced)

KABAYAKI KABUKI SAUCE

This spicy shogun sauce will make your enemies quiver, or at least feed them as well.

INGREDIENTS

½ cup light soy sauce

½ tbsp hoisin

½ cup mirin (sweet rice wine)

¼ cup warm honey

¼ tsp garlic powder

½ tsp white pepper

½ tsp cayenne powder

DIRECTIONS

Pour all ingredients in a pan and then stir the mixture well. Put the pan on low heat and simmer for a few minutes. Remove from the heat and cool the mixture.

Campfire Mayo

Although we featured our "Myztek Fry Sauce" in this book, the recipe is a derivative from the traditional "Campfire Mayo" you can make with just BBQ sauce and mayo. This common sauce is great for those campfire cookouts as a dip, BBQ sauce, sandwich spread and more. Mix it up with a variety of spices to make your taste buds experience new tastes.

JOE'S PAD THAI SAUCE

A good friend of Sarah's loves Pad Thai, and this sauce is a tribute to him and all Thai food.

INGREDIENTS

- ½ tbsp tamarind paste (to taste)**
- ¼ cup chicken stock**
- 3 tbsp fish sauce**
- 1 tbsp light soy sauce**
- 1 tsp chili sauce**
- ¾ tsp cayenne pepper**
- ¼ tsp ground white pepper**
- 4 tbsp brown sugar**

DIRECTIONS

Place all ingredients in a cup and stir to dissolve both tamarind paste and sugar (you will need lots of sugar to balance out the sourness of the tamarind). When taste-testing, keep in mind the following tips: In order to achieve the best results, your pad Thai sauce should taste sweet first, followed by spicy-salty and sour last.

Add more sugar if it tastes too sour to you, or add more chili for more intense spiciness. Also note that the sauce will taste almost too strong at this point, but once distributed throughout the noodles, the flavor will be perfect.

Store it in the refrigerator in a sealed container for up to 3 weeks.

ADOBO SEASONING SPICE

This spicy spice brings the flavours out of many Mexican dishes. Not for the faint of heart.

Oregano seasons all

Name “oregano” originates from Greek language and it means “delight of the mountains”. It blooms during the summer and autumn. Flowers are purple and located on the top of erected stalks. It became popular in the U.S. after the World War Two when American soldiers returned from the battle fields in Italy. Besides bad war memories, they brought spice for pizza to their country.

INGREDIENTS

- 4 tbsp sweet paprika**
- 3 tbsp black pepper**
- 2 tbsp onion powder**
- 2 tbsp dried oregano**
- 2 tbsp ground cumin**
- 1 tbsp chipotle powder**
- 1 tbsp garlic powder**
- 1 tsp PepperX spice (not sauce)**

DIRECTIONS

Combine all of the ingredients in a bowl. Stir until fully mixed.

Add to meat rubs, stocks, bases and more.

TZATZIKI a'la MASKOWITZ

This sweet greek sauce is great to have with donairs, pitas, falafels, and more.

DIRECTIONS

Use a grater to grate the cucumber in a small bowl. Add the salt to it and mix, then let it sit for about 10 to 15 minutes. This will help draw out the water from the cucumber, so that we don't end up with a watery tzatziki sauce. I usually place it in a bowl over paper towels, then squeeze the liquid out of it, this way you don't end up with a watery tzatziki.

In another medium size bowl, combine the yogurt with the cayenne pepper, minced garlic, lemon juice and dill. Stir in the cucumber. Add additional salt and pepper, then taste and adjust as necessary.

Cover the bowl with plastic wrap and refrigerate for at least 4 hours before serving.

INGREDIENTS

- 1 English cucumber (peeled and grated)**
- 2 cups greek yogurt**
- ¼ tsp cayenne pepper**
- 2 cloves garlic (minced)**
- 2 tbsp lemon juice (freshly squeezed)**
- 2 tbsp fresh dill (chopped)**
- ½ tsp sea salt**
- ¼ tsp ground black pepper**

IEESHA'S JAMAICAN JERK

This Jamaican style jerk seasoning is a great addition to any Caribbean cuisine.

INGREDIENTS

- 2 tsp onion powder**
- 2 tsp cayenne pepper**
- 1 tsp paprika**
- ½ tsp crushed red pepper**
- 2 tsp dried thyme**
- 1 tbsp garlic powder**
- 2 tsp dried parsley**
- ½ tsp black pepper**
- 2 tsp salt**
- 2 tsp sugar**
- ¼ tsp ground cinnamon**
- 1 tsp ground allspice**

DIRECTIONS

Mix all ingredients thoroughly in a mixer.

Store for up to 6 months in a cool place.

You can substitute the sugar for cane sugar or sweetener.

Caribbean Party!

The Caribbean cuisine is a fusion of African, European, East Indian, Arab and Chinese cuisine. The indigenous population of the Caribbean added their own touch. When Columbus arrived in 1493, the Spaniards introduced other foods, notably coconut, cilantro, eggplant, onions, and garlic. European colonists, came later to the islands with their culinary trademarks.

DID YOU KNOW: Allspice is actually a fruit of *Pimenta Dioica*. A tree native to the Antilles.

FLUTTERSHY'S SOCIAL ANGEL DIP

When you need a dip for your social gathering with your forest friends, this dip will make them all happy.

INGREDIENTS

- 6 oz cream cheese**
- ¾ cup greek yogurt**
- 3 tbsp confectioners sugar**
- ½ tsp vanilla extract**
- ½ cup blueberries**
- 12 oz 14% sour cream**
- 5 oz herb and chive cream cheese**
- 2 cups shredded cheddar cheese**
- 1 cup bacon (finely chopped)**
- ¼ cup sliced green onions**

DIRECTIONS

- In a medium bowl, combine the first four ingredients. Beat until smooth for 30 seconds to a minute with a hand mixer or standing mixer.
- Top with fresh blueberries.
- Serve on bagels, ritz crackers, saltines and more.

PINKIE PIE'S HOLY CRAPPLE HOT SAUCE

Whether you use this on cupcakes or chicken wings, you'd be wishing to drink lava.

Pinke Pies Cupcakes

Although Pinkie Pie is a cartoon character from our favourite show "My Little Pony", her recipe for cupcakes is quite in fact real. Spiced cupcakes pre-date the show and were first introduced in the early 90's as "Hot Spiced Muffins" which contain chili flakes, tabasco sauce and paprika in a basic white cake mix. The only difference is that it is an acquired taaste in the end.

INGREDIENTS

- 1 tbsp olive oil**
- 1 cup chopped carrots**
- ½ cup chopped onions**
- 3 tbsp minced garlic**
- 6 whole habanero chile**
- ½ cup white vinegar**
- ¼ cup Ghost Pepper sauce**
- ¼ cup PepperX sauce**
- 1 tbsp minced Carolina Reaper peppers**

DIRECTIONS

- Heat olive oil over medium heat in a large skillet and saute the carrots, onions, and garlic until translucent, about 5 minutes, then let cool completely.
- Transfer mixture to a blender, add the Ghost Peppers, Carolina Reapers and PepperX and blend until smooth, gradually adding vinegar until you reach desired consistency.
- Pour into a clean jar or bottle. Store in the refrigerator for up to 6 months.

APPLEJACK'S FAMILY RANCH SEASONING

YEE HAW!. Those of the Apple family love sharing their great family recipes.

DIRECTIONS

Place all dried spices in a medium bowl, and whisk to combine.

Store seasoning in a small jar, spice container, or ziplock bag; tightly sealed, at room temperature for up to 1 year.

To use: add to mayonnaise, or as a shake/rub to chicken or beef.

INGREDIENTS

3 tbsp dried parsley

3 tsp garlic powder

3 tsp onion powder

3 tsp onion flakes (Dried)

2 tsp dill weed

2 tsp chives

1 tsp black pepper

1 tsp salt

1 tsp basil

KITTY'S LICKING LAVA SPICE

**CAUTION* This spice mix is not for the faint of heart. It's uber insane.*

INGREDIENTS

3 Carolina Reaper peppers

2 Trinidad Moruga Scorpion Peppers

1 Douglah Pepper

1½ tbsp hot paprika

1 tbsp garlic powder

1 tbsp onion powder

1 tbsp dried thyme (ground)

1 tsp black pepper

1 tsp cayenne pepper

1 tsp dried oregano

DIRECTIONS

Mix all ingredients together in a bowl.

Store in an air-tight container. Makes ¼ cup.

Combined SHU (Scoville Heat unit)
= **10 million +**

If it's too spicy for you, use less

Carolina Reaper peppers and then drink a few gallons of milk.

How hot is too hot?

Although currently the hottest pepper in the world is unofficially classified as the "PepperX" sauce, there still is not limit to the amount of "heat" peppers can get. With genetic modification to some peppers, food researchers are trying to create the hottest edible pepper out their. Currently the record is the "Dragons breath" chili sitting at almost 3 million Scoville units.

STRAWBERRY SHORTCAKE GARDEN SAUCE

Everyone loves strawberries, unless you are allergic to them but this is a great sauce for dipping.

INGREDIENTS

- 1/3 cup canola oil**
- 6 to 8 strawberries (chopped)**
- 1 tsp dill**
- 2 tbsp honey**
- 2 tbsp white wine vinegar**

DIRECTIONS

Blend all the ingredients together in a food processor or by hand until the dressing looks smooth.

Note: you can substitute avocado, peanut, grape seed or any other vegetable oil that has a neutral flavor instead of canola oil.

Great for dipping vegetables and fruit.

AVOCADO LIME DRESSING

Similar to guacamole but better for chips, breads and salads.

Strawberry "pound" cake

In 2012 Pasadena, CA, the Strawberry Festival featured the world's largest strawberry shortcake. The cake used 3,240 pounds of strawberries and 280 pounds of whipped cream icing. Strawberry shortcake parties became popular in the United States around 1850, as a celebration of the coming of summer. In 1980 the concept became a popular children's cartoon.

INGREDIENTS

- 2 avocados, smushed**
- 1/4 cup lime juice**
- 1 cup 3% milk**
- 1/4 cup light mayo**
- 1/2 cup plain yogurt**
- 1 cup ranch seasoning**

DIRECTIONS

In a small bowl mash the avocados with the lime juice.

In a jar or medium bowl mix the milk, mayo, yogurt, dressing mix, and avocado mixture until thoroughly mixed.

If using a jar put the top on and shake until mixed completely.

GINGER CARROT CHIA DRESSING

The great taste of ginger and carrot in a dressing that's also healthy.

DIRECTIONS

Pit and soak dates in hot water for 5 minutes

Place all ingredients into blender, and blend

Serve with a house salad and enjoy!

Dressing will keep in fridge for 3-5 days but not longer.

INGREDIENTS

1 tbsp chia seed

1 tbsp lime juice

1½ tbs minced garlic

1 tbsp minced ginger

½ cup diced carrots

2 dates

2 tbsp red onion, diced

¼ tsp salt

¾ cup water

HOT COCOA CHEESECAKE DIP

Grab some chocolate chip cookies, a good book and enjoy in front of a campfire.

INGREDIENTS

1 cup hot cocoa mix

8 oz cream cheese

4 oz cool whip

**2 tbsp vanilla mallow bits
(Kraft)**

DIRECTIONS

In a medium mixing bowl, add in the hot cocoa mix and cream cheese. Mix on medium with a hand mixer until thoroughly incorporated.

Add in the cool whip and continue to beat until combined.

Scoop into a serving bowl and top with vanilla mallow bits. Serve with cookies.

Store in the refrigerator.

Hot cocoa and the cookie

Traditionally the chocolate chip cookie was introduced to hot cocoa in the 1930's when the cookie was created by Ruth Graves Wakefield. People started dipping their cookies in this hot beverage to warm up at night during the winter and later became one of the most popular childhood snacks we grew up to love today.

SARAH'S ITALIAN SAUSAGE BOLOGNESE

Serves: 4 to 6 people, the Super Mario Bros. and possibly the Pope.

Mix up a classic bolognese recipe by adding spicy Italian sausage in place of beef. A hearty red wine with vegetable base pairs perfectly with a pile of al dente pasta noodles.

2 tbsp olive oil
1 lbs hot Italian sausage
4 tbsp minced garlic
1 carrot, finely chopped
1 celery, finely chopped
1 onion, finely chopped
1 cup dry red wine
1 cup chicken stock
32 oz can Italian crushed tomatoes
1 tsp Salt
1 tbsp basil, torn
4 oz cream cheese
½ cup heavy cream



Origin | Canada (Alberta), Italy (Bologna)

1. In a Dutch oven or medium pot heat the olive oil, 2 turns of the pan, over medium to medium-high heat. Add the sausage and brown and crumble. Add the garlic, carrots, celery and onions, and cook to soften, 10 minutes. Stir in the wine and let it absorb, then add the stock, tomatoes, cinnamon, clove and nutmeg. Bring the sauce to a bubble. Season with salt, and then stir in the basil. Simmer gently for about 15 minutes, stirring occasionally. Cool the sauce and store for a make-ahead meal.
2. Reheat over medium heat and stir in the milk, cooking until well incorporated.
3. Heat a large pot of salted water to boil, and then cook the 1 lbs of pasta noodles to al dente. Reserve a cup of the starchy cooking water just before draining the pasta.
4. Return the pasta to the drained pot and toss with half of the sauce and some starchy water. Serve the pasta in shallow bowls topped with extra sauce and some grated Pecorino-Romano.

To make this a Gluten-free alternative meal use gluten-free pasta. Add chili powder to make it into an Italian chili that is Ketogenic friendly.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins, FODMAP

Worlds Best Sausage!

The worlds best sausage is actually made in Mundare, Alberta Canada. Stawnichy's sausage is considered the most flavourful, and diverse types all over with more than 80 uniquely hand crafted sausages. From traditional Ukranian to Spicy Italian and Chorizo, they can make almost any flavour imaginable.

LOUISIANA REMOULADE

Makes: 1 to 2 cups of sauce to spicen up your meals with additional flavour.

Sauced in the deep cajun south of Louisiana, this spicy spread is great with dipping fries, veggies and even makes a great spread on sandwiches and steaks.



- 1 cup **light-mayo**
- 2 tbsp **Dijon mustard**
- 1 tbsp **lemon juice**
- 1 tbsp **chopped parsley**
- 1 tbsp **Louisiana-style hot sauce**
- 2 tsp **whole-grain mustard**
- 2 cloves **garlic**, minced
- 2 tsp **capers**, crushed
- 1 tsp **worcestershire sauce**
- 1 tsp **smoked paprika**
- 1 **scallion**, finely chopped
- ½ tsp **sea salt**
- ¾ tsp **cayenne pepper**

Origin | U.S.A. (Louisiana, Alabama)

1. In a small bowl, mix together mayonnaise, Dijon mustard, lemon juice, parsley, hot sauce, whole-grain mustard, garlic, capers, Worcestershire sauce, paprika, scallion, salt, and cayenne pepper.

Let sit for 1 hour for flavors to combine, then serve or cover and store in the refrigerator.

Genetically Modified Crap

GMO foods have been linked to the cause and increase of most known cancers and food related allergies. Most grown food in the U.S. come from and controlled by "Monsanto", which alters food such as wheat, soy and more to become cheaper at the expense of peoples health. Monsanto is second only to the NRA as the United States's largest lobbyist. So grow local, grow organic.

Diet Friendly | Gluten-free, Ketogenic, Paleo, Atkins

DID YOU KNOW: We waste more food through incorrect portioning than we actually consume.



Measurements and Substitutions

meas-ure

'meZHər/

noun

plural noun: **measures**

1. a standard unit used to express the size, amount, or degree of something.
2. a method to gauge the reaction or degree of a state of edibility. "I'm going to measure the temperature of this spicy sauce."

synonyms:

weigh, portion, amounts, size, range, capacity"

Like a carpenter, measure twice, use once. Unless you want more flavour, then go nuts!



MEASUREMENT CHARTS

US Dry Volume

1/16 tsp	dash
1/8 tsp	a pinch
3 tsp	1 tbsp
1/8 cup	2 tbsps
1/4 cup	4 tbsps
1/3 cup	5 tbsp plus 1 tsp
1/2 cup	8 tbsps
3/4 cup	12 tbsps
1 cup	16 tbsps
1 Pound	16 oz.

US Liquid Volume

8 Fluid oz	1 Cup
1 Pint	2 Cups (16 fl.oz)
1 Quart	2 Pints (4 cups)
1 Gallon	4 Quarts (16 cups)

US to Metric Conv.

1/5 teaspoon	1 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz.	30 ml
1/5 cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters
1 oz.	28 grams
1 pound	454 grams

Metric to US Conv.

100 ml	3.4 fluid oz.
240 ml	1 cup
1 liter	34 fluid oz.
1 liter	4.2 cups
1 liter	2.1 pints
1 liter	1.06 quarts
1 liter	.26 gallon
1 gram	.035 ounce
100 grams	3.5 ounces
500 grams	1.10 pounds
1 kilogram	2.205 pounds
1 kilogram	35 oz.

Pan Size Equivalents

9x13-inches	22x33 cm
8x8-inches	20x20 cm
9x5-inches loaf pan	23x12 cm loaf pan
10-inch tart or cake pan	25 cm tart / cake pan
9-inch cake pan	22 cm cake pan

Oven and Core cooking Temperature Conversions

<i>Farenheit</i>	<i>Celsius</i>	<i>Gas Mark</i>
275° F	140° C	gas mark 1-cool
300° F	150° C	gas mark 2
325° F	165° C	gas mark 3-very moderate
350° F	180° C	gas mark 4-moderate
375° F	190° C	gas mark 5
400° F	200° C	gas mark 6-moderately hot
425° F	220° C	gas mark 7- hot
450° F	230° C	gas mark 9
475° F	240° C	gas mark 10- very hot
2200° F	1200° C	Lava -really, really hot
3.5mil° F	2.12mil° C	Federation Warp Core

Ratios for selected foods

Measure

Equivalentents

Butter

1 stick	14 grams
4 oz (113 grams)	1 tbsp
8 tbsp	½ cup
4 sticks	16 ounces (452 grams)
32 tbsp	2 cups

Lemon

1 lemon	1 to 3 tbsp juice	1 to 1½ tsp grated zest
4 large lemons	1 cup juice	¼ cup grated zest

Chocolate

1 ounce	¼ cup grated	40 grams
6 ounces chips	1 cup chips	160 grams
cocoa powder	1 cup	115 grams

Creams

Half and half	10.5 to 18 % butterfat
Light cream	18 % butterfat
Light whipping cream	26-30 % butterfat
Heavy cream whipping cream	36 % or more butterfat
Double cream	extra-thick double cream,
Clotted or Devonshire	42 % butterfat

ALTERNATIVE and SUBSTITUTIONS

Ingredient specific alternatives and substitutions for replacing current ingredients in almost any recipes to fit most dietary needs and requirements.

The next time you're missing an ingredient for a recipe, here's a final tip on how to:

S-U-B-S-T-I-T-U-T-E

- S** eek out this cookbook and learn
- U** se a similar ingredient that you prefer and like
- B** e experimental with flavours
- S** earch the Internet if nother else works
- T** ry another recipe for alternative ingredients and ideas
- I** nvestigate other cookbooks by Dinner by the Minute
- T** ry calling a friend, family member or a professional
- U** se this as a learning experience for cooking
- T** ake time to go to the store for your ingredients
- E** njoy what you just made!

Remember to stay away from foods containing these listed ingredients below as they are not just unhealthy but can lead to diabetes, obesity and other serious health concerns.

Ingredient

Aspartame	High Glucose-Fructose	Silicone Dioxide
Sweetners ending in "tol"	Saccharin	BVO (Brominated)
Azodicarbonamide	Polypropylene Glycol	BVT and BPA
rBGH and rBST	Modified "oils"	Palm Oil
Artificial colors	Monosodium Glutamate	Methylcyclopropene
Artificial Flavourings	Partially-Hydrogenated Oils	Potassium Bromate

Foods to really avoid

Processed (American Cheese slices)	Processed foods in general
Twinkies, Hostess Cups and Swiss Rolls	Kraft Dinner (boxed)
Most "canned" proceed foods (ie Ravioli)	Pre-made dough
Semolina Durum and Durum Wheats	Most potato chips
pre-packaged meals (ie Lean Cuisine)	Store bought gravies and powders
Instant Mash potatoes and stuffings	Processed meats (like Spam)

Here is a basic list of substitutions for ingredients in our recipes as well as any other recipe out there. Use this as a guide to exploring and discovering new tastes.

Main ingredient

Alternative or Substitution

Cheese

use any kind of substitutable cheese like cheddar, mozza, edam, gouda, provolone and more, except processed cheese like "American sliced"

Milk, Dairy (cow)

Almond, Soy, Cashew, Hemo, Coconut, Rice, Pea

Milk, Dairy (goat)

Cow, Camel or non-dairy

Eggs

Applesauce, Flaxseed (1tbsp w/ 3 tbsp water), Banana

Meats

TVP (Textured Vegetable Protein), Tofu, Bean Curd

Durum (Wheat) Pasta

Brown Rice (GF), Corn (GF), Spiralized Zucchini

All-purpose Flour

Gluten-free Flour (Bob's Red Mill)

Reg. Flour

Brown Rice, Corn, Amaranth, Arrowroot, Chickpea, Buckwheat, Kuzu, Quinoa

Corn starch

Potato, Tapioca, Sweet Potato, Ground Chia Seed

Gums

Agar powder, Garrageenan, Gelatin, Guar, Locust Bean, Psyllium Husk, Xanthum

Pepper Sauce

Tabasco, Carolina Reader, Pepper X, Ghost Pepper, Louisiana hot sauce, Buffalo

Beer

We recommend using locally sourced craft beers in your area and region for a better flavour.

Sugar, refined (white)

Xylitol, Monkfruit, Stevia, Erythritol, Honey, Inulin

Vegetables

mix things up and try different veggies in your dish

Ricotta cheese

Cottage Cheese, Feta

Vegetable Oil

Avocado, Coconut, Grapeseed, Safflower, Sesame

Cooking wines

Use real wines for more robust flavours

Herbs

Try mixing things up with different herbs and spices

Bacon

Canadian Bacon, Maple, Butcher cut, turkey, tofurkey

Breads

Replace regular bread and buns for gluten-free, or low carb alternatives.



We come to the end!

...and hope in the meantime we filled you up with recipes and great meal ideas.

Like many people, we all have different tastes, and likings for food and whether you are on a diet or not, we all enjoy eating what we like, when we like and how we like. But for those out there on restrictive diets, or are allergic to certain foods or ingredients, we have compiled a list of ingredients and substitutions that you can alternate in our recipes.

Although the majority of our recipes are specific, the ingredients in our dishes can be substituted for almost anything with a similar item or made to be gluten-free, ketogenic, FODMAP friendly and also safe for those with restrictive dietary requirements.

Dinner by the Minute's primary motto is not just to make food simple, healthy and frugal to make but also having the ability to swap out ingredients, you don't like, are allergic too or find simply too expensive. Cooking shouldn't have to be a chore, and food shouldn't have to taste awful.

Although we don't list every possible combination, substitution, alternative and or modifications to our recipes, we have tried to include the most basic of ingredient substitutions and alternatives for changing up our recipes and others out there.

Food should be enjoyed. So the next time you are hosting a social gathering, a holiday meal or simply eating in and watching your favourite movie, enjoy the food and have FUN!.

Bon Appetite!

Acknowledgements and Special Thanks

We have now come to the end of our cookbook. We would like to thank all those who have contributed to our creation of *Dinner by the Minute* as well as this cookbook.

Most of all, thank you to all our friends, our family, loyal viewers, followers and more for your support of our show and this book.





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Minda Rox (2018)

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Bianca Jade

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From Rachel

Jesus Christ
My loving husband Darren,
my ever talented sister, Sarah King
My mom Deborah, for teaching me
how to cook at a young age and my
dad Gordon for always eating my
food, even my first pie!
My children (Annie, Vanessa, Theo)
John, Jacki, Josef and Phoebe
To all my extended family
and my closest friends
Birch Bay Ranch

From Sarah

God and Jesus Christ
My parents; David and Clare
Meghan, Devon and Clare
MaryLou, Glenn, Don, Val
Cathy and Ron
Rachel and Darren Maskowitz
Darryl and Sharon Fraess
David, Laurie and Athena Sutton
Troy King (Brother)
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Victoria Hoban
Jaie Le Jeune
The Maskowitz's
Tina Davies

The King and extended King family in B.C

All of Minda Rox's Family

...and all those we forgot to mention.

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Russell ▶ Hendrix
First in Foodservice Equipment & Supplies



Social Media



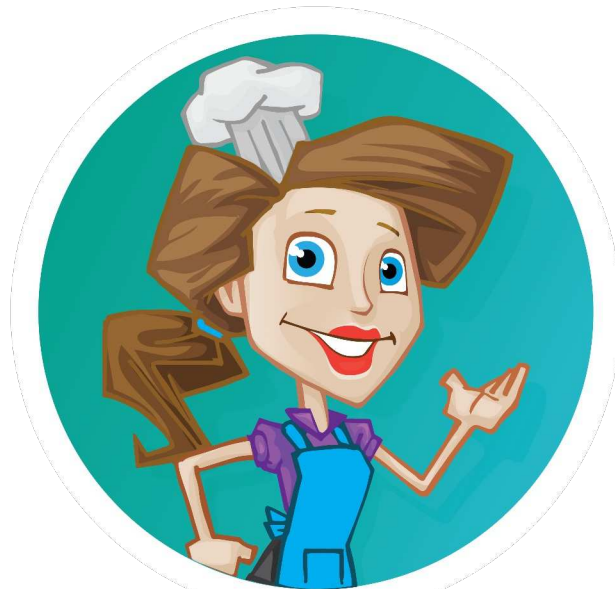
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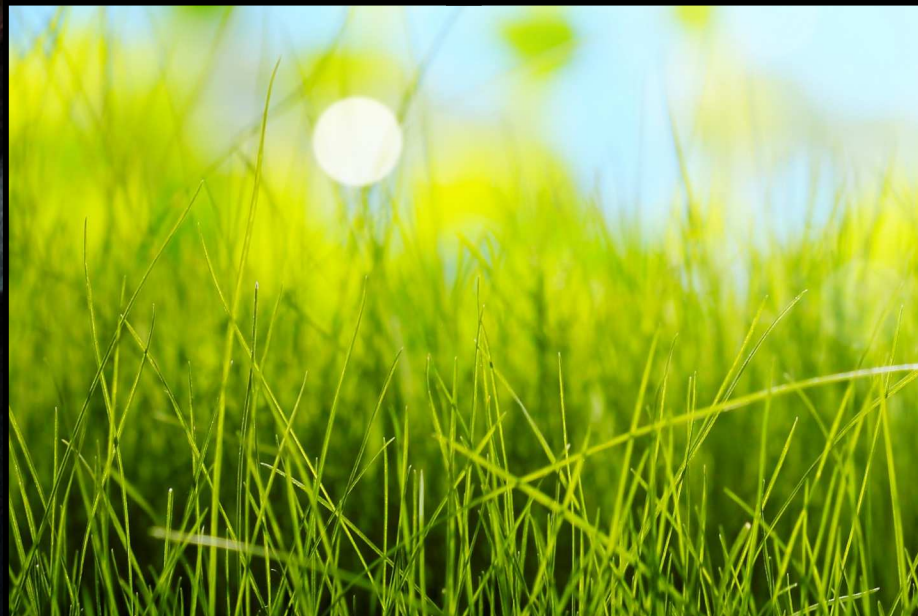
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DINNER BY THE MINUTE

"Cookery is not chemistry. It is an art.
It requires instinct and taste rather than exact measurements."

~ *Marcel Boulestin* ~



Last but not least...

We wish to remember our beloved *Dinner by the Minute* mascot "**Ginger**" who gave us lots of laughs, cuddles and support. To our precious bun bun "**Ginger**", may you hop in the fields of Heaven and with all the other bun buns of the heavenly warren.

July 2, 2017 - April 25, 2018







To my parents
David and Clare King

Thank you for your never ending support, love and blessings.
You have, and always will be, the only and best parents,
I have ever known. Thank you for teaching me about life.



About the book

* * * * *

Dinner by the Minute was created as a local culinary show on Shaw TV Edmonton. After much success and feedback from our viewers and fans, the creators and host of the show decided to create this delectable book filled with our favourite recipes from the show, our own creations and contributing recipes from our closest family and our friends.

We at *Dinner by the Minute* would like to thank our many fans for your support and we hope you enjoy these delicious recipes from our collection.

"Here's how to cook simple, healthy and frugal meals without losing your mind. Learn how to swap out ingredients you don't have, don't like, are allergic to or simply find too expensive. You don't need specific ingredients, just a pinch of FUN!"

- Rachel Maskowitz, Host and Co-Producer