



Well-loved Recipes from the Reimer-Shaver Connection



In celebration of Lies
Christmas 2009

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Dear Lies,

This book was inspired by Daegan's suggestion soon after you were married. She proposed we prepare a cookbook for you with some of the recipes that have been part of our family tradition over the years. It was a wonderful suggestion since gathering around a table (real and metaphorically) has been a basic feature of our family time together — whether that “table” is in a living room, at the side of a lake, or out of a paper bag on the trail.

Of course, every meal and every recipe has its story to tell, so this cookbook is as much about the memories and good times that go with each of the entries. This means that kneading the dough, stirring the batter, and melting the shortening is not just about preparing the food — it is also a celebration of family and friends across generations.

We have produced this book as a work in progress. We look forward to the additions and modifications that you will bring to these recipes, the stories, and the memories. Like food, our lives are enhanced, new flavours are added, and whole new banquets are being prepared as you join us at the table.

With much Love,

Well-loved Recipes from the Reimer-Shaver Connection.

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Breads



Homemaker's Bread (4 loaves)

Mix and let stand 10 min:

2 T yeast

½ c lukewarm water

1 t sugar

Add: 4 c water (boiled, then cooled)

¼ c powdered milk

5 t sugar

1 T salt

4 T (¼ c) lard or shortening

12 c flour

Let rise 2 hr. Knead and punch down

Let rise 2 more hrs. Knead

Shape into 4 loaves, let rise 1 hr in pans

Bake at 375°F for 50 min.

This is a recipe I got from Barbara Warren — the minister's wife at West Point Grey United — when we were CGIT leaders. It is the first bread recipe I tried out as a young married woman. Lucky for me, my first try was a great success.

When you and I made this together at your first home in Langley, we made one regular loaf but did something different with the other three. The background photo shows some of the breads we baked together that day.

Chelsea Buns

We just used the spices and instructions from the Chelsea Bun recipe to turn this Homemaker's Bread into 'pretend' Chelsea Buns.

Cheese bread

Grate a cup of cheese, mix in 1 T. flour, knead the cheese & flour into ¼ of the dough before shaping it into a loaf.

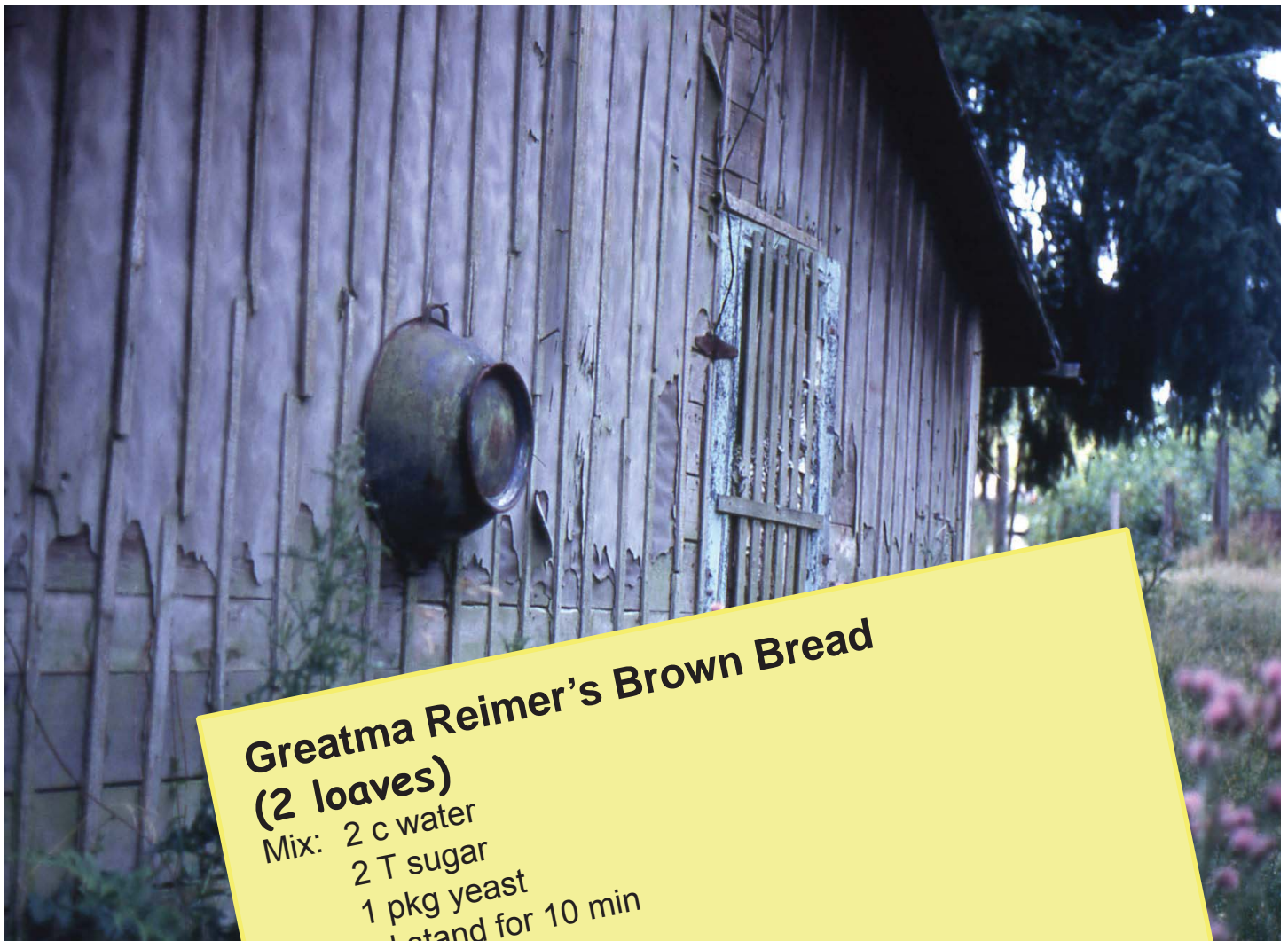
If you decide to glaze the loaf, save some of the grated cheese to sprinkle on the top.

Glaze options

Brush with oil or use an egg wash (1 egg beaten with 1 T cold water).

All grain bread

Just knead in ½ c of any grains (e.g., sunflower seeds, sesame seeds, flax) to the dough before shaping it into a loaf. If you decide to glaze the loaf, save some of the grains to sprinkle on the top.



Greatma Reimer's Brown Bread (2 loaves)

Mix: 2 c water
2 T sugar
1 pkg yeast

Stir and stand for 10 min

Mix in: 2 c white flour
2 t salt

Add graham flour (fat)
Knead and let rise.

When double in size make loaves.
Let loaves rise.

Bake 350°F - 1 hr

This is a recipe from Greatma Reimer (Bill's grandmother).

I believe that we tried this recipe out together as well. It is a good basic brown bread recipe. Try modifying it to meet your tastes (and available flours). Greatma also made rye bread using 3 c white, 3 c rye flour, and 1 t anise.

The photo was taken in 1972 on the Reimer's 'farm' in Newton (now Surrey) BC. The pan hanging on the turkey house wall is like the one we got from Greatma to mix our bread. It now sits in our cupboard waiting for another bread-making opportunity.

Cinnamon Pull-Apart Bread

5 to 5½ c (1.25 to 1.375 mL) all-purpose flour
½ c (125 mL) granulated sugar
2 packets (¼ oz / 7 g each) rapid-rise yeast
1½ t (7 mL) salt
1¾ c (425 mL) milk
10 T (150 mL) margarine or butter
1 large egg, at room temperature
¼ c (60 mL) firmly packed light brown sugar
1 t (5 mL) cinnamon



- Mix 1¼ c (300 mL) flour, ¼ c (60 mL) granulated sugar, yeast, and salt with a wooden spoon in large bowl. Heat milk and 4 T (60 mL) margarine in small saucepan over medium heat until very warm (120° to 130°F / 48° to 53°C).
- Add to flour mixture. Stir in egg. Add enough remaining flour (at least 3½ c / 875 mL) to form soft dough.
- Dust work surface lightly with flour. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes, adding remaining flour to keep dough from sticking.
- Coat 9-inch (25 cm) tube pan with nonstick cooking spray. Melt remaining margarine (I've been using butter at this point).
- Combine brown and remaining granulated sugars and cinnamon in a small bowl.
- Pull off golfball-sized pieces of dough and arrange in single layer in pan. Brush dough with half of melted butter and sprinkle with half of sugar mixture. Repeat to make second layer. Cover with damp tea towel. Let rise in a warm place until doubled, about 30 minutes.
- Meanwhile, preheat oven to 375°F (190°C).
- Bake bread until browned on top, about 35 minutes.
- Cool in pan on wire rack 10 minutes. Unmould and serve warm.
- Makes 24 servings.

I found this in *Reader's Digest* (Dec 2005) during a visit with my mother. It has become a favourite with the kids (Zachary, Samantha, and Thomas) and they like to make it.

Because it uses fast rising yeast it can be baked and eaten all in a very short space of time.

This picture shows Thomas during his first visit on his own to Ile Bigras in the summer of 2007.





Bubbat is a traditional Mennonite recipe that was used for chicken stuffing. However, Greatma Reimer (Bill's grandmother) always made it as biscuits. It was one of his favourites as a young boy.

Whoops! He says it still is a favourite.

Bubbat – 8 large muffins or chicken stuffing

Sift 2 c flour
 3 t baking powder
 ½ t salt
 1 T of sugar
 Cut in ¼ c of shortening
 Add 1 c of milk
 1 egg
 Mix to blend
 Add 2 c of raisins
 Bake at 375°F for about 20 minutes or use as stuffing in a chicken.

I've tried this as a stuffing and it is good!

Refrigerator Rolls (Lilian Reimer)

Combine:

2¼ c flour
 ½ c sugar
 2 t salt
 2 T yeast
 ½ c marg

Mix in at low speed: 2 c hot water

Add 1 egg, Beat for 2 min

Beat in ¾ c flour for 2 min

Stir in about 2½ c flour

Knead and let rise

Brush with oil

May be kept in the fridge for a week at this stage.

Takes about 2 hrs from fridge to rise and bake (makes about 30 rolls).

Bake at 425°F for 15-20 min

I remember watching Bill's Mum making these refrigerator rolls. She often had a batch of dough stored in the fridge so she could whip up fresh buns in no time at all!! All she had to do was shape them, let them rise, and then bake them to a golden sheen.

Anadama Bread

Put in bowl:

2½ c wh flour
2½ t salt
1 c yellow corn meal
2 T dry yeast
¼ c margarine

Gradually add:

2 c hot tap water

½ c molasses

Beat 2 min & add ½ c flour & beat again

Stir in 2½-3½ c flour

Knead 8-10 min – let rise

Shape into 2 loaves – let rise

Bake 350° 2-3 loaves about 35 min

Anadama is a good dense bread with a slightly different flavour and texture due to the corn meal. I forget where I found the recipe but it was probably in the *Province* weekend section back when Bill and I still lived in Vancouver. Or, maybe it was from a Montreal newspaper during our early years here when I made all our bread. It was certainly in our repertoire before Bill took over baking the bread.

Holiday Breakfast Scones

Mix:

1 c whole wheat flour

1 c all purpose flour

½ c sugar or splenda

4 t baking powder

½ t salt (optional)

1½ t cinnamon

¼ t ground cloves

¼ t ground nutmeg

Grate in ½ c cold butter, lightly tossing at intervals. Add ½ c chopped cranberries.

Add 1 c buttermilk until dough is just starting to combine. Turn onto counter and knead until forms smooth ball.

Form into flat disc ~¾" thick

Brush with 1½ T buttermilk

Sprinkle with 2 T Splenda and ½ t cinnamon

Cut into 8 wedges but do not separate.

Bake at 425°F for 20 min,

(from the *Times Colonist* - Victoria Christmas 2008)

Chelsea buns

4 c all-purpose flour

½ t salt

3 T sugar

3 T butter

2 T warm water

1 envelope dry granulated yeast

1¼ c milk

4 eggs

3 T butter

3 T sugar

¼ t cloves

½ t allspice

1 t cinnamon

½ t coriander (optional)

5 T currants

1 egg beaten with 1 T cold water

I found the Chelsea Bun recipe in the weekend magazine of *The Province* Newspaper back when Bill & I were first married. The eggs make the dough soft and light and kneading it feels different that regular bread dough. It is a great treat.

Stir the first 4 ingredients

together with your fingers or a fork to make a mealy mixture. In another bowl, stir 1 t of sugar into the warm water, add yeast and let stand 10 minutes. Scald the milk and let cool to tepid.

Beat the 4 eggs and stir with milk and yeast. Gradually add flour, just enough to make a smooth, soft dough. Knead 5 minutes, cover and let rise in a warm place until double in bulk.

Punch down dough and knead 3-5 minutes. Roll into a square for large buns; for small ones divide dough in half, roll each into a square and use half of the following quantities for each piece.

Cream butter with sugar and spread over dough. Fold dough in half and roll again into a square. Mix spices, sprinkle over dough, then sprinkle with currants. Roll tightly like a jelly roll and cut into 1 ½" slices.

Lay slices side by side on a greased baking sheet and let stand 30 minutes. Brush with beaten egg wash, then sprinkle generously with sugar. Bake in a 375°F oven 20-30 minutes, or until top is brown, and let cool on a rack. Yield: 12 large or 24 small buns.

Desserts and Cookies



Holiday Fruit Cake

Combine and mix well the following with $\frac{1}{2}$ to 1 c brandy in a large bowl:

- 2 c (1 lb) diced candied pineapple
- $1\frac{1}{2}$ c ($\frac{3}{4}$ lb) diced mixed citron
- 2 c (1 lb) whole candied cherries
- 1 c ($\frac{1}{2}$ lb) dried apricots cut in halves
- $1\frac{1}{4}$ c ($\frac{1}{2}$ lb) light raisins
- 1 c ($\frac{1}{4}$ lb) whole brazil nuts
- 1 c ($\frac{1}{4}$ lb) pecan halves
- $\frac{3}{4}$ c ($\frac{1}{4}$ lb) blanched slivered almonds

Cover and let stand at room temperature at least overnight. Preheat the oven to 275°F. Line 1 8"x8"x3" pan with two layers of greased brown paper cut to fit the pan.

Sift together:

- 2 c sifted all purpose flour
- $\frac{1}{2}$ t salt
- 1 t baking powder

Cream $\frac{3}{4}$ c soft butter. Gradually beat in 1 c sugar. Add 3 eggs, 1 at a time, beating well after each addition. Add 1 t almond extract.

Add sifted ingredients in 3rds, combining lightly after each addition. Add batter to fruit and nuts and mix well. Turn in to prepared pan and spread evenly.

Bake at 275°F about $3\frac{1}{2}$ hours. Cool in pan on wire rack 20 to 30 min. Remove cake. Peel off paper. Cool completely then cut in half. Wrap in cloth moistened in brandy, then plastic wrap, then aluminum foil. Store cake in airtight container in cool dry place and let ripen 4-5 weeks. The cloth may be remoistened with brandy. Makes 2 cakes weighing about $2\frac{1}{2}$ lbs each.

Daegan's Cheesecake

Use a 9" or 10" springform pan

Mix together and press in the bottom:

- $\frac{3}{4}$ c graham crumbs
- 1 T white sugar
- 1 T melted butter

Filling:

- 3 packages (8 oz) cream cheese

Cream the cheese and add 4 eggs, 1 at a time

Add and beat well:

- 1t vanilla
- 1 c white sugar (in thirds)

Pour into the pan and bake at 375°F for 45 mins

Topping:

- 2 c sour cream
- 1 T white sugar
- 1 t vanilla

Bake at 375°F for 10 min



Daegan came home from a trip with her choir — to Nova Scotia (I think) where she was staying at a billet. She had this recipe with her and was excited about how good it was. Since then we have always referred to it as Daegan's cheese cake. Depending upon the glaze and fruit used, it can be made to look quite spectacular. I remember it was a favourite at a cheese cake party we once hosted.

Chocolate Chip Cookies

Turn oven to 375°F

Beat together until fluffy:

1 c butter or marg.

1 c white sugar

½ c brown sugar (packed)

Beat in:

2 eggs (one at a time), and

1½ t vanilla

Gradually stir in:

2¼ c flour

1 t baking soda

½ t salt

Drop from a spoon onto a cookie sheet

Add 300 g (1 pkg) chocolate chips

Bake 10 min.

I think this is the actual recipe our 3 oldest grandkids like to use. Even if it isn't — the cookies still taste great!

Ginger Cookies

Mix well:

2 c sugar

1½ shortening

Add and mix:

½ molasses

2 beaten eggs

Add:

4 c sifted flour

4 t soda

2 t ginger

½ t salt

2 t cinnamon

¼ t cloves

Chill overnight. Form balls. Dip in white sugar. Bake 350°F, 10 min. Makes 5 doz 2" cookies.

This is another recipe from Barbara Warren. She made these cookies for a CGIT party and they were a great hit! So I took it home to try on my family.

Nanaimo Bar (New York Special)

[Amounts for 1 ½ recipe are in square brackets]

Set in pan and melt over hot water and stir until melted

½ c butter (margarine) [¾]

5 T white sugar [7½]

5 T cocoa [7½]

1 t vanilla [1½]

2 eggs [3]

Add to above and mix:

2 c graham wafers [3] (½ pkg 400 g crumbs)

1 c coconut [1 ½]

½ c chopped nuts [¾]

Press mixture in a 9" x 13" greased pan.

Cream 4 [6] T margarine

Combine 3 [4½] T milk and 2 [3] T vanilla custard powder

Mix in 2 [3] c of icing sugar and spread on base.

Melt 4 [6] squares of semi-sweet chocolate and 1 T butter. Spread on top

Cool before cutting into squares. Store in fridge.

The recipe in my file still says New York Special. I think it was my mother and father's friend Mrs. Gutteridge, the Avon lady (not the door-to-door kind — the managing a territory kind) who gave it to us back when we lived in Winnipeg. It has always been a family treat associated with Christmas. When we moved to Vancouver in 1959, we learned that people out west called it Nanaimo Bar. It still tastes the same and still tastes better than any Nanaimo Bar to be found in a bakery.



Sour Cream Apple Pie

1 unbaked pie shell

Peeled and sliced apples (5-6 c)

$\frac{1}{2}$ c brown sugar

1 egg

2 c sour cream

$\frac{1}{2}$ c brown sugar

2 T flour

$\frac{1}{2}$ t cinnamon

1 pinch nutmeg, ground cloves, and salt

Line a 9" pie plate with the pastry of your choice.

In a bowl, slice enough peeled apples to fill the pie plate (5-6 c apples). Add $\frac{1}{2}$ c brown sugar. Stir with a fork. Beat together the egg sour cream, the second $\frac{1}{2}$ c brown sugar, flour cinnamon, nutmeg, ground cloves and salt.

Pour $\frac{1}{3}$ to $\frac{1}{2}$ the mixture into the pastry. Cover with the apples and top with remaining mixture. Bake in a 400°F oven for 1 hour. Cool and serve.

Bobby and Jane (Wilma's hippy friends who lived in a great old house down near Stanley Park) showed up at one of our pot-luck meals with this pie for dessert. It is fantastic and tastes even better on the second day — if there is any left over!

On another note — Bobbie and Jane's dog, Missie mothered Samwise's son, Jordie who lived with Wilma for a while.



This is a photo of the rhubarb pie you made during your May 2009 visit with us on Ile Bigras.

Toffee Almond Wafers

Grease jelly roll pan (10" x 14")
Line bottom of pan with Graham Wafer biscuits

Cover with ½ c sliced almonds

Boil together for 3 min.:

1 c butter (not margarine)

¾ c brown sugar

Pour over almonds (slowly)

Bake 8 min. at 350°F

Slice while warm.

For more sauce:

1½ c of butter

1 c brown sugar

From Grant and Anita Caverly — Bill's students. It was one of JP's favourites. This recipe also arrived at our home from Bob & Linda Jemus.

Sour Cream Coffee Cake

Combine:

1 c sour cream

1 t baking soda

Blend until creamy:

½ c butter

1 c white sugar

Add:

1 t vanilla

2 well-beaten eggs

Add to above alternately with sour cream mixture:

1¾ c sifted flour

2 t baking powder

Topping:

¼ c brown sugar

1 T cinnamon

2 T finely chopped nuts

Put in pan (I like to use a tube pan):

Half batter

Half topping

Half batter

Half topping

Bake at 350°F for 45-50 min.

This was a favourite back in the days when friends dropped in unannounced for coffee.



We associate reunion jello with the gatherings of the Reimer-Dumville-Rudd clan. The annual reunion at Maple Grove Park was a tradition among this group for many years. The picture at the left is from the 1977 gathering.

Reunion Jello

(the amounts in parenthesis are for a double recipe)

(4) 2 small boxes of raspberry jello

(3) 1½ c hot water

(2) 1 c cold water

(2) 1 c raspberries (when making a double recipe I use a 15oz frozen package)

(4) 2 diced bananas

(10) 5 ozs sour cream

Dissolve jello in hot water. Add raspberries and juice. If raspberries are frozen, wait until they are thawed before adding the cold water and bananas.

Pour half of the mixture into a 9" x 13" cake pan or mold. Chill. (Leave the rest of mixture on the counter while the first half is setting in the fridge.)

When mixture in the fridge is set, spread with sour cream and top with remaining (partially set) jello. Return to fridge until fully set. Cut in squares to serve.

Crushed pineapple (1 small tin) can be added along with bananas if desired. But, I have never made this variation.

From Lilian Reimer

Gingerbread for Village House

1 c solid white vegetable shortening
2 c old-fashioned molasses
8 c all-purpose flour (sifted)
¼ c sugar
1 t baking soda
3 t baking powder
3 t ginger
1¼ t salt

“Glue” for the Ginger Bread House

The frosting used to decorate the house can be used to glue it together. However, I prefer to use melted sugar.

Put several T of white granulated sugar in a heavy fry pan over medium heat. Stir the sugar until it begins to caramelize. When it has melted, dip the house edges in the caramel one at a time and then stick together one edge at a time.

Melt shortening and add molasses and ½ c warm water. Mix in dry ingredients until smooth. Chill several hours, then roll small amounts of dough at a time to 1/8” thickness. Cut out patterns and bake in preheated 350°F oven about 12 minutes. JP noted that this makes 1 big house or up to 9 small ones. One year I made a house and crèche using ⅔ of the recipe. Use left over dough to make cookies to hang on the tree. The creche was for the children of friends who had been given an Advent calendar stocked with small nativity figures.

This is one of many ginger bread houses we made over the years. JP even made them on his own.



Melting Shortbread

3 c flour
½ c cornstarch
1 c icing sugar
1 lb butter

Cream butter – add sugar – work together thoroughly until creamy

Sift flour and cornstarch and add to butter mixture

Whip together until fluffy and until mixture breaks

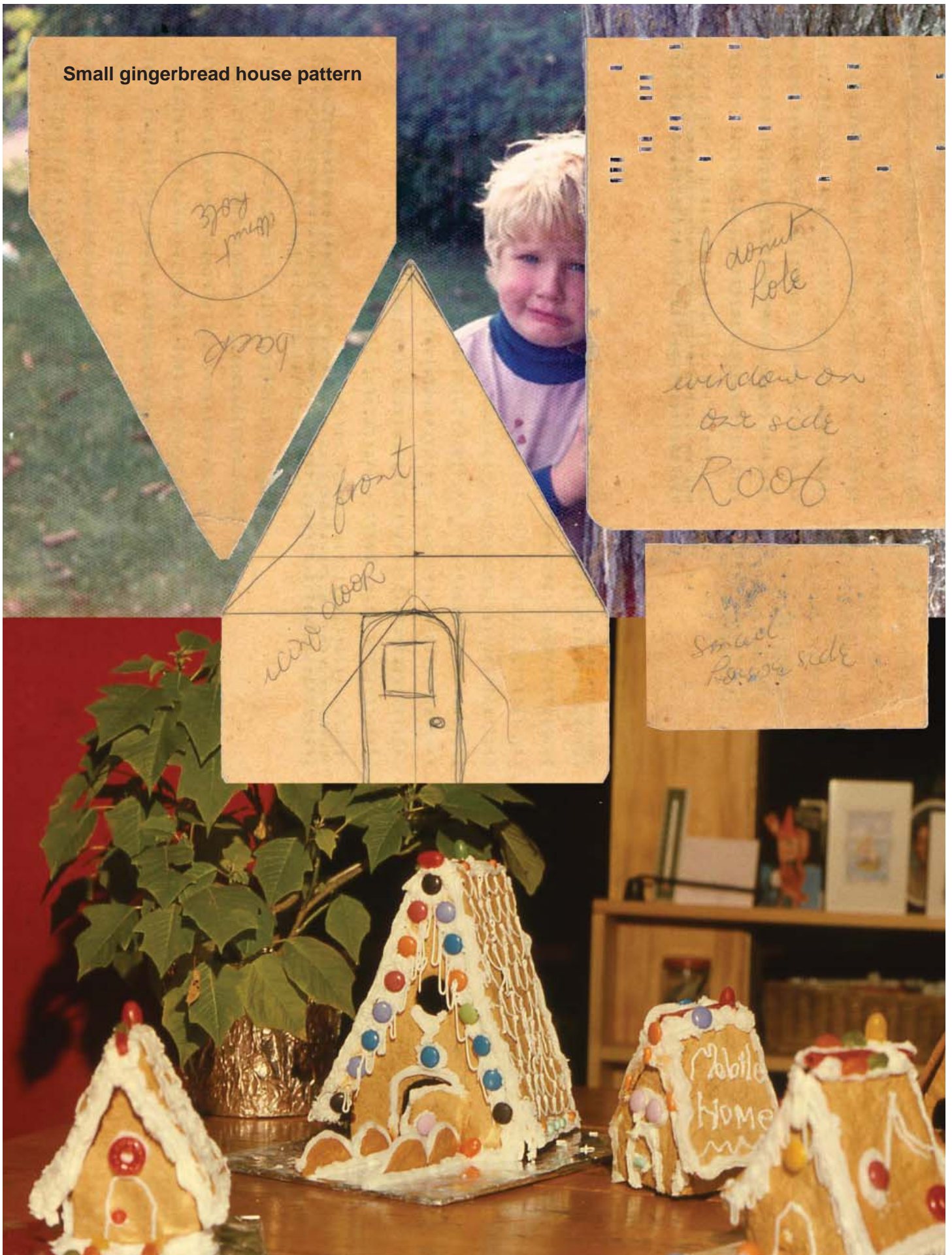
Either drop from a T or add a little more flour and knead until it can be rolled. I have always rolled out the dough and used cookie cutters to make my favourite shapes.

Bake at 325°F until light brown.

This is one of my favourite Christmas recipes. It is especially good after it has aged for several days. Bill's mother gave it to me.

Big house: Cut out 2 peaked pieces with a door in only 1 of them. Cut out 2 rectangles for the roof. The windows can be near the peak or the bottom, as you wish. You will need to cut 2 rectangle pieces for the sides (pattern not provided). The height of the short side is the same distance as the vertical part of the peaked pieces. The width is $\frac{1}{2}$ " smaller than the small side of the roof.

Small gingerbread house pattern



Pumpkin Pie

(I double the recipe and make 2 pies)

Mix together in a bowl:

- 1½ c cooked pumpkin or squash
- 1½ c undiluted evaporated milk or rich cream
- 6 T brown sugar
- 2 T white sugar
- ½ t salt
- 1 t cinnamon
- 1/8 t cloves
- ½ c dark corn syrup or light molasses
- 3 slightly beaten eggs

Cool slightly and add:

- 1 t vanilla or 2 T brandy or rum
- ¾ c black walnut meats

Pour the mixture in an unbaked pie shell and bake at 425°F for 15 min then 360°F for 45 min.

Serve with Ginger Cream (see below).



Always a favourite! This is a variation on one I found in the *Joy of Cooking*. Recently I have taken to decorating the edge near the crust with pecans or ground almonds. I put the nuts on just before the pies go in the oven.



Ginger Cream

Put 2-3 T chopped candied ginger into 1 c of whipped cream. Place in the fridge about 3 or 4 hours before serving for flavour to develop.

We often used these cookies to decorate our Christmas tree. When a cookie was removed it was replaced with a regular decoration from a nearby basket.

Christmas Sugar Cookies

A crispy vanilla cookie to cut out and decorate

- 2½ c sifted all-purpose flour
- ½ t salt
- ¾ c (1½ sticks) butter or margarine
- 1¼ c sugar
- 1 egg
- 2 t vanilla
- Coloured decorating sugars

Sift flour and salt onto wax paper.

Beat butter or margarine, sugar, and egg in large bowl of electric mixer at high speed 3 minutes or until fluffy; blend in vanilla.

Stir in flour mixture to make a stiff dough; wrap in wax paper; chill 3 hours or until firm enough to roll.

Roll dough, one quarter at a time, to a ¼" thickness on a lightly floured pastry board.

Cut into rounds with a 3" cutter.

Place, 1" apart, on ungreased cookie sheets. Sprinkle with coloured sugars.

Bake at 350°F for 8 min. or until cookies are lightly browned at edges.

Remove to wire racks with spatula; cool.

Devil's Food Cake

Sift together:

- 1½ c flour
- 1¼ c sugar
- ½ c cocoa
- 1 t soda
- ½ t cream of tartar
- pinch salt

Add and mix lightly:

- 1 c milk
- ½ c shortening
- vanilla
- 2 eggs

Bake at 350°F for 20-30 min.

This cake recipe came from a kid's recipe book and cooking set I received as a Christmas present when I was a child.

Heavenly Fluff Frosting

Combine in top of double boiler over boiling water:

- 2 egg whites
- ¾ c sugar
- ⅓ c light corn syrup
- 2 T water
- ¼ t cream of tartar
- ¼ t salt

Beat until stiff

Remove and add 1 t vanilla

Beat until thick enough to spread.

This makes a very dramatic birthday cake icing. The corn syrup keeps it from crystalizing.

Pastry Crumbs

5 c all-purpose flour (pre-sifted)

1 t salt

Cut in 1 lb of lard (use a pastry blender or two knives) until mixture resembles coarse oatmeal, with a few larger pieces.

Mixture can be stored in the fridge at this point.

For a two-crust pie mix in a bowl:

2 c crumbs (chilled crumbs are best)

2 T flour

6 T cold water (more or less)

Stir with a fork just enough for the dough to cling together.

Shape into 2 balls. Roll one into a well formed circle and transfer to pie plate, add the filling, and top with the second crust.

Trim overhang or fold under and flute.

Tip: To transfer the dough, wrap it loosely around the rolling pin then unwrap it over the pie plate.



Menu: Xmas Eve 1990

Menu:

Apr
Oct 10 84

turkey & gravy
stuffing

Potatoes (new & small)

- green beans + red pepper - must
yellow

- Raw carrots (tomato salad) (onion)

- Pumpkin pie & ginger cream

- cloves spig

- cranberry sauce

dip } Tomatillo, cauliflower, gr. & ra
celery, carrots



Pumpkin Cheese Cake

Mix together and press on the bottom of a 10" spring form pan:

1½ c ginger cookie crumbs

6 T butter

2-4 T sugar (to taste)

Beat until light and fluffy:

2 lbs cream cheese at room temperature

Beat in:

1½ c sugar

⅓ c flour

1½ t cinnamon

1 t nutmeg

¼ t cloves

½ t ginger

Pinch of salt

Beat in 6 large eggs one at a time, beating after each addition.

Fold in 2 c tinned pumpkin purée.

Transfer batter to prepared pan.

Bake 325°F oven for 1 ½ hours.

Turn off the heat, open oven door, and let cake stand in oven for 30 minutes. This helps prevent cake from cracking in the centre.

Refrigerate at least two hours or overnight. Remove sides of pan and transfer to serving plate.

Decorate with mounds of Ginger Cream.

Note: If this is too large, make a half recipe using an 8" spring form pan.

Note that this crust doesn't require cooking before the filling is added.

cheese platter
Blue / brie /
cheddar Jarlsberg ap

cheese cake (1)

mince tarts

- fruit cake & cheese

- Gladys Bars

- Nanaimo Bars

- short bread & ginger cook

- BROWNIE

spoons

bowl

serviettes

Cranberry Cheese Cake

Mix together and press in a 9" spring form pan:

- 1 c graham cracker crumbs
- 3 T melted butter

Bake for 10 minutes at 325°F.

Remove and raise oven temperature to 450°F.

Beat together:

- 3 packages (250g) cream cheese
- $\frac{3}{4}$ c sugar
- 2 T flour

Add 4 eggs (one at a time) and then add:

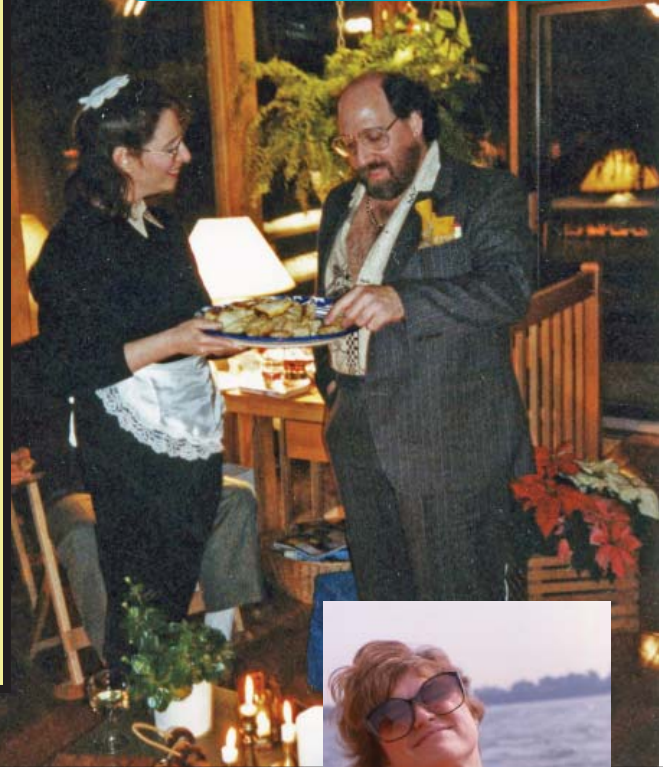
- $\frac{3}{4}$ c sour cream
- 1 t vanilla
- $\frac{1}{2}$ t almond extract
- 1 c chopped cranberries

Pour in the pan and bake at 450°F for 10 minutes.

Reduce heat to 250°F and bake for another 40 minutes.

Let cool, garnish with cranberry topping (see Toppings and Touches), and refrigerate for several hours before serving.

Cheese cakes were always a hit at the Ile Bigras Murder Mysteries.



Frozen Lime Cheese Cake

Combine and press into bottom and sides of a 9" pie plate.

1 $\frac{1}{4}$ c chocolate cookie crumbs (graham crumbs are OK too)

- $\frac{1}{4}$ c sugar
- $\frac{1}{2}$ c melted butter

Bake for 8 minutes at 375°F.

Beat together:

- 1 c (250 g) cream cheese
- $\frac{1}{2}$ c icing sugar

Add and beat until smooth:

- 2 egg yolks
- $\frac{1}{2}$ c lime juice
- 1 t grated lime peel

Beat 1 c (250 g) whipping cream and fold into cheese mixture.

Beat two egg whites and fold into creamy mixture.

Mix in a drop or two of green food colouring if desired.

Pour into prepared crumb crust. Freeze until firm.

Thaw slightly before serving.

Gladys Bars

$\frac{1}{2}$ c butter

1 $\frac{1}{2}$ c graham wafer crumbs (1 pkg = 4 c)

1 tin condensed milk

1 c chocolate chips (semi-sweet)

1 $\frac{1}{4}$ c coconut (unsweetened)

1 c chopped nuts

$\frac{1}{2}$ c dried chopped cranberries (optional)

Procedure: Melt butter in a 9" x 13" pan, sprinkle with graham crumbs and press evenly into the butter, pour the condensed milk evenly over the crumbs, sprinkle with the chips, coconut, nuts, and press down firmly.

Bake at 350°F for 20-30 minutes.

Cool well before cutting.

This is a great little recipe that is mixed and baked in the same pan. It came from our friend Gladys Symons. I don't know the actual name but we have always called it Gladys Bars in honour of Gladys!

Rolled Oats Cookies

Mix:

- 1 c white sugar
- 1 c brown sugar

Add and mix:

- 1½ c melted fat (use some butter & some shortening)
- 3 well-beaten eggs
- 2 c sifted flour
- 1 t salt
- 2 t baking soda

Add:

- 4 c rolled oats
- 1 c coconut (optional)

Shape into balls and press down with a fork.

Bake at 350°F until golden (about 10 minutes)

Bill's favourite as long as raisins are added! I like to add chocolate chips as well or to divide the dough and make two kinds of cookies.

Sour Cream Chocolate Cake

- 6 T soft butter or margarine
- 1 c sugar
- 2 eggs, at room temperature
- 1⅓ c all-purpose flour
- 1½ t baking powder
- 1 t each soda and cinnamon
- 1 c commercial sour cream
- 6-oz package semi-sweet chocolate chips

Quick and easy — doesn't need icing.

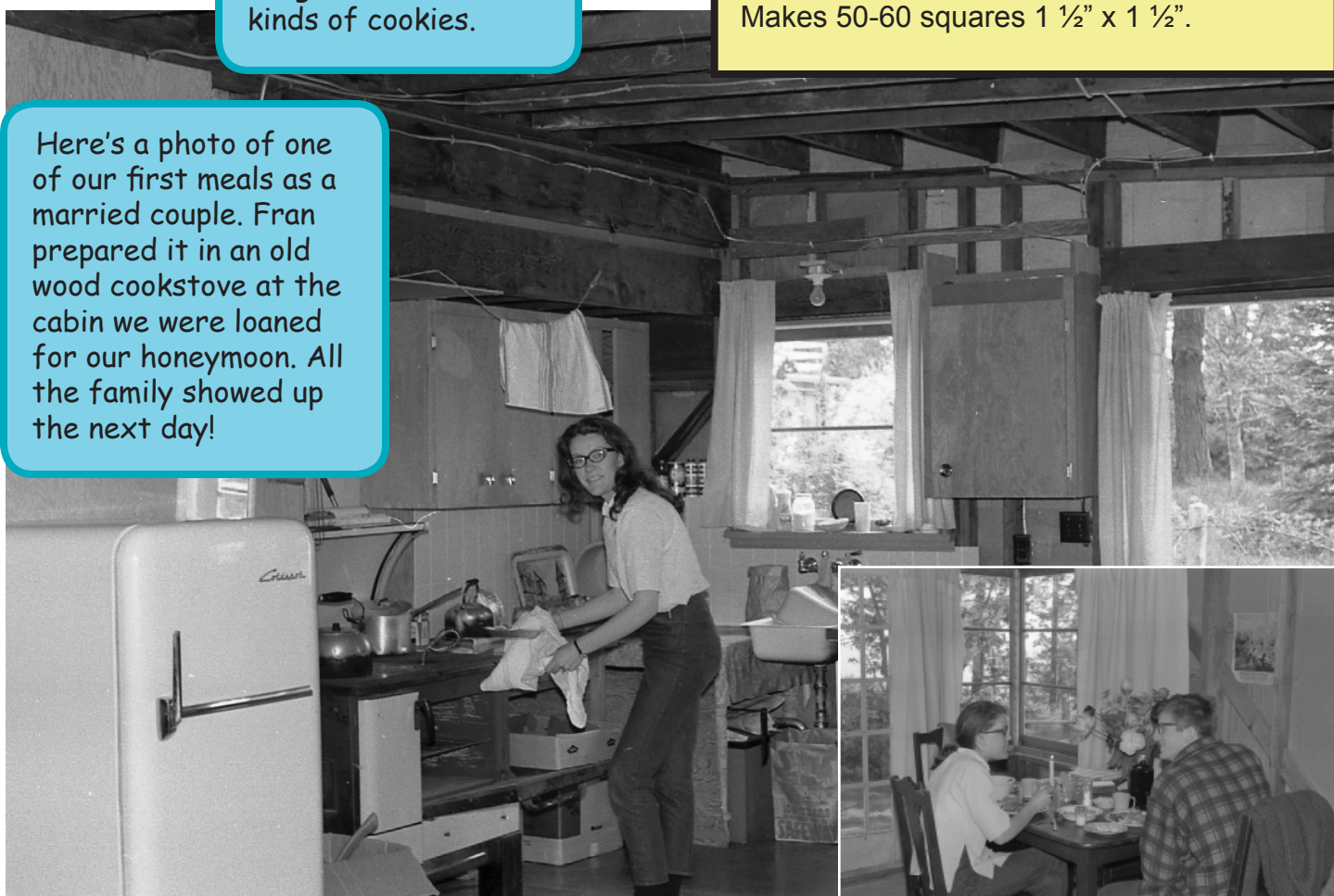
Place the butter, sugar, and eggs in the bowl of an electric mixer and beat at medium speed 10 min. Sift dry ingredients together and blend by hand into creamed mixture. Mix sour cream in well.

Pour batter into a greased and flour-dusted 9" x 13" baking pan. Scatter the chocolate chips evenly over top, then sprinkle with 1 T sugar.

Bake in a 350°F oven 35 min. or until cake just begins to pull away from the sides of the pan. Let cool in the pan on a cake rack and keep at room temperature. To serve, cut into small rectangles or squares.

Makes 50-60 squares 1 ½" x 1 ½".

Here's a photo of one of our first meals as a married couple. Fran prepared it in an old wood cookstove at the cabin we were loaned for our honeymoon. All the family showed up the next day!



Carrot Cake

Sift together in a bowl and set aside:

2¼ c all-purpose flour (Madeleine uses whole wheat)

2 t baking soda

1 t baking powder

2 t ground cinnamon

1 t salt

Beat together at high speed until thickened and pale yellow:

1½ c white sugar

3 eggs

Beat in:

1 t vanilla

Add in a thin stream until well combined:

1 c vegetable oil

Stir dry ingredients into egg mixture along with:

2 c finely grated carrots

1 can crushed pineapple (drained)

1 cup shredded coconut

1 c chopped walnuts

Spoon into greased 9" x 13" baking pan.

Bake at 350°F for 40-50 minutes.

Let cool in pan on a wire rack for 15 minutes; remove from pan and let cool completely.

Frost with cream cheese icing (see Toppings and Touches).

This recipe is from Madeleine Yates. She says it is the one Bill prefers and she may be right!

I like them both but this one makes a more elaborate cake, especially when baked in a 9" tube pan.

Lunchbox Carrot Cake

1 c. sugar

1 c. salad oil

4 eggs

1 c. all-purpose flour

1 c. whole-wheat flour

1½ t. baking soda

1 t. salt

2 t. cinnamon

2 c. grated raw carrot

1½ c. grated apple

1 c. golden raisins

½ c. chopped walnuts

Blend together sugar, salad oil, and eggs. Beat until slightly thickened. Sift together dry ingredients, and combine with egg mixture. Add carrot, apple, raisins, and nuts, and blend. Turn into greased and floured 9x13x2-inch pan. Bake for 35-40 minutes at 350°F. Frost with cream cheese icing (see Toppings & Touches).

This is our family favourite



HUNGARIAN CHEESE-FILLED COFFEE CAKE

Here's a unique creation: a tender, sour cream-yeast bread ring with a center filling of sweetened cream cheese. It is topped with an apricot jam glaze and a fine dusting of powdered sugar.

Unlike many other bread doughs, this one has the egg and yeast mixture added to premeasured dry ingredients. The dough appears soft but is not sticky to handle and knead. Being rich, it develops a fine cakelike texture without lengthy kneading.

The most critical point is the baking. The pastry must bake long enough to set the cheese filling firmly and seal it to the adjacent bread. If underbaked, the center may run or pull away from the bread, leaving a hole. During baking, if the outside crust becomes golden brown too soon, lay a piece of foil loosely on top to keep it from darkening further.

A large 3-quart ring mold is ideal for baking this bread. Lacking such a pan, you may divide the dough in half and shape it into two 9-inch ring molds. Or use a spring form pan with a tube center (place a custard cup upside down in its center if it has a flat bottom).

- 2 packages yeast, active dry or compressed
- $\frac{1}{2}$ cup warm water (lukewarm for compressed yeast)
- 1 cup ($\frac{1}{2}$ lb.) butter or margarine
- 5 cups regular all-purpose flour (sift before measuring)
- $1\frac{1}{4}$ cups sugar ($\frac{3}{4}$ & $\frac{1}{2}$)
- $\frac{1}{2}$ teaspoon salt
- 6 egg yolks
- 1 cup ($\frac{1}{2}$ pt.) sour cream
- 1 large package (8 oz.) cream cheese
- 2 whole eggs
- 1 teaspoon vanilla
- 1 jar (10 oz.) apricot jam
- Powdered sugar

Dissolve yeast in the warm water. Melt butter. Sift flour again with $\frac{3}{4}$ cup of the sugar and the salt into a large bowl. Beat egg yolks until thick and light; blend in sour cream and melted butter; stir in dissolved yeast. Gradually stir the egg yolk

mixture into the dry ingredients, mixing to make a soft, smooth dough. Turn out on a lightly floured board and knead for 5 minutes, or until the dough is smooth. Turn into a bowl, cover, and let rise until almost doubled in bulk.

Meanwhile, prepare cheese filling. Cream the cheese until light and blend in the remaining $\frac{1}{2}$ cup sugar. Add the whole eggs, one at a time, and beat until smooth. Blend in vanilla.

Punch down dough and knead a few minutes. Lightly flour a board; roll out dough into a large circle, about 18 inches in diameter, and lay it over a greased 3-quart ring mold. (If you are using two 9-inch ring molds instead, divide dough in half, and roll each into a circle about 13 inches in diameter.) Fit the dough down into the bottom and sides of the ring mold, being careful not to poke holes in it, and let it hang over the outside. Pour in the cheese filling.

Lift outside edges of dough, and lap over filling; seal to inside ring of dough. Cut a cross in the dough which covers the center of the ring mold and fold each triangle formed back over the ring. Let rise until doubled in bulk (until dough comes up to the top of the pan).

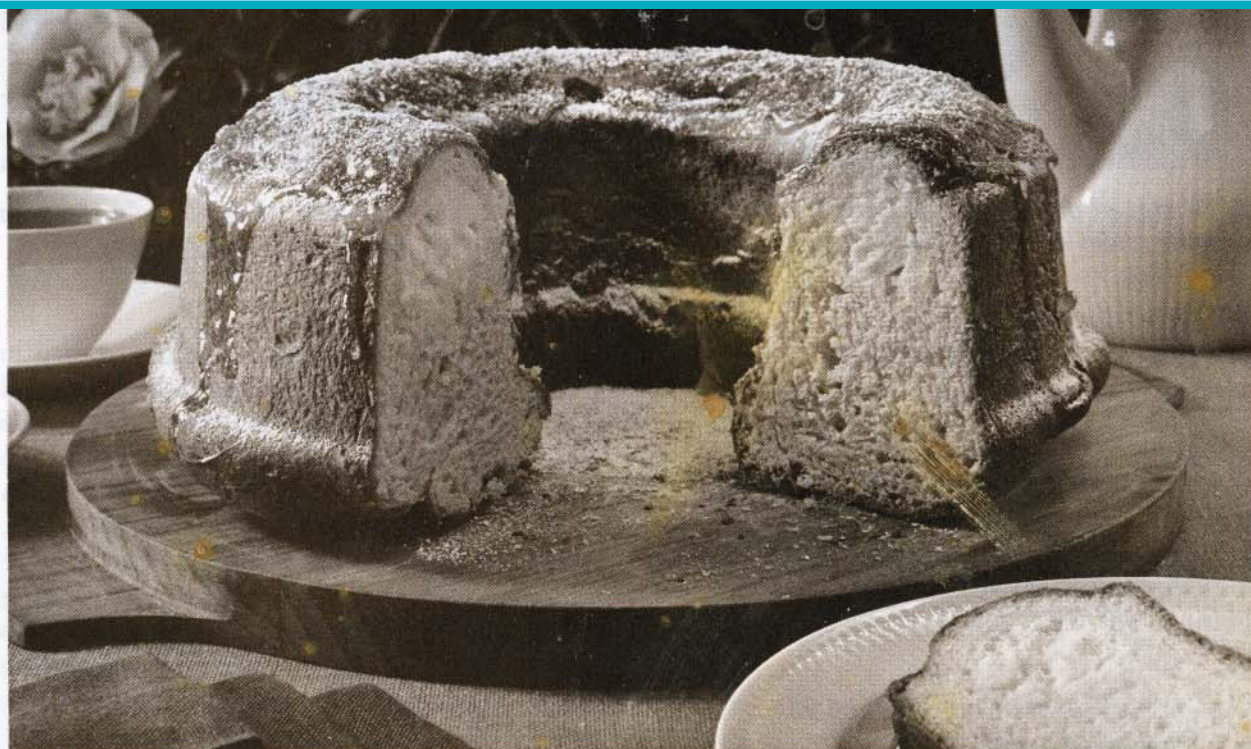
Bake in a moderate oven (350°) for 40 minutes, or until golden brown and a toothpick inserted comes out clean. (If you use two 9-inch ring molds, bake at 350° for 30 minutes.) Let cool for 10 minutes, then turn out with top side down onto a rack.

When bread ring is cool, heat jam until it runs easily; carefully spoon jam over the ring. When set, dust lightly with powdered sugar by shaking about 2 tablespoons sugar through a sieve. To serve, slice the ring in 1-inch wedges. Makes about 2 dozen slices.

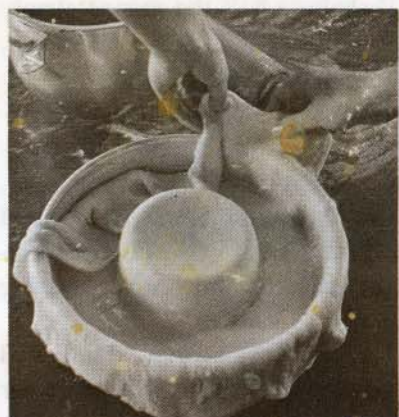


Although it looks complicated, this is not difficult to make. The trickiest part is getting the filling into the dough and sealing it up. However, the photos help with the process. The final result was always a great success with family and friends — I even had several requests to bake it for birthday parties as the main cake. Madeleine Yates gave me the book (*Sunset Cook Book of Breads*, 1972) because she figured I was the only one of her friends who would actually bake this recipe. Since then, she has made it as well and her daughter Rachel made it for her birthday this year.

Tips: I use a 10" spring-form pan with a hole in the centre. There is a Lady Cake in the *Joy of Cooking* that uses 6 egg whites.



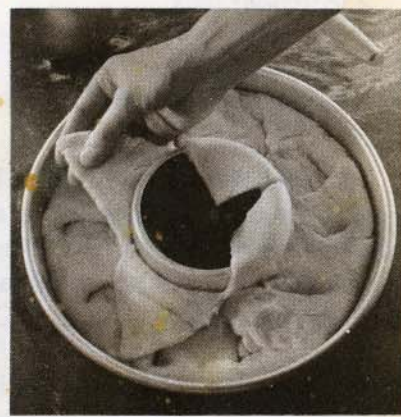
Each delicious slice of this tender yeast coffee cake ring has a large center area of cream cheese filling.



Fold dough over filling in mold; seal edges against inner ring.



Cut cross in center, cutting just to rim of the center tube.



Fold back triangles; pinch points securely to dough in pan.

Meats and Main Dishes



Minestrone Meatball Soup

1 lb lean ground beef
1 egg
¼ c cracker crumbs
¼ c finely chopped onion
1 t salt
¼ t pepper
1 (14 oz) can tomato sauce (you can add chopped stewed tomatoes)
2½ c water (if you didn't add stewed tomatoes)
1 (14 oz) can red kidney beans, undrained
1 c sliced celery
¼ c uncooked elbow macaroni
½ t oregano
¼ t thyme

Combine beef, egg, crumbs, onion, salt, and pepper: shape into 16 meatballs*. In large saucepan brown meatballs; pour off fat (alternatively, brown the beef and onions). Add remaining ingredients. Bring to boil: simmer, covered, 25 to 30 minutes or until macaroni is tender. Makes 4 generous servings.

This was one of our standard soups on Christmas eve when we returned from Caroling.

*We never make the meatballs (that's why Steve calls this 'fake meatball soup'). Instead we brown the ground beef (in the same saucepan as we make the soup), pour off much of the grease, make room in the saucepan to brown the onions, then proceed adding the rest of the ingredients.

Tourtière

1 lb minced pork
1 small onion, chopped
½ t salt
1 small garlic clove, minced
½ t crumbled dried savory
¼ t ground cloves
½ c water
¼ - ½ c bread crumbs

Pastry crumbs for a 2 crust pie

Bring pork, onion, salt, garlic, savory, cloves, and water to a boil and cook uncovered over medium heat 20 min.

Remove from heat, add a few spoonfuls of bread crumbs and let mixture stand uncovered 10 min. If the fat isn't sufficiently absorbed by the crumbs, add more of them. Let cool.

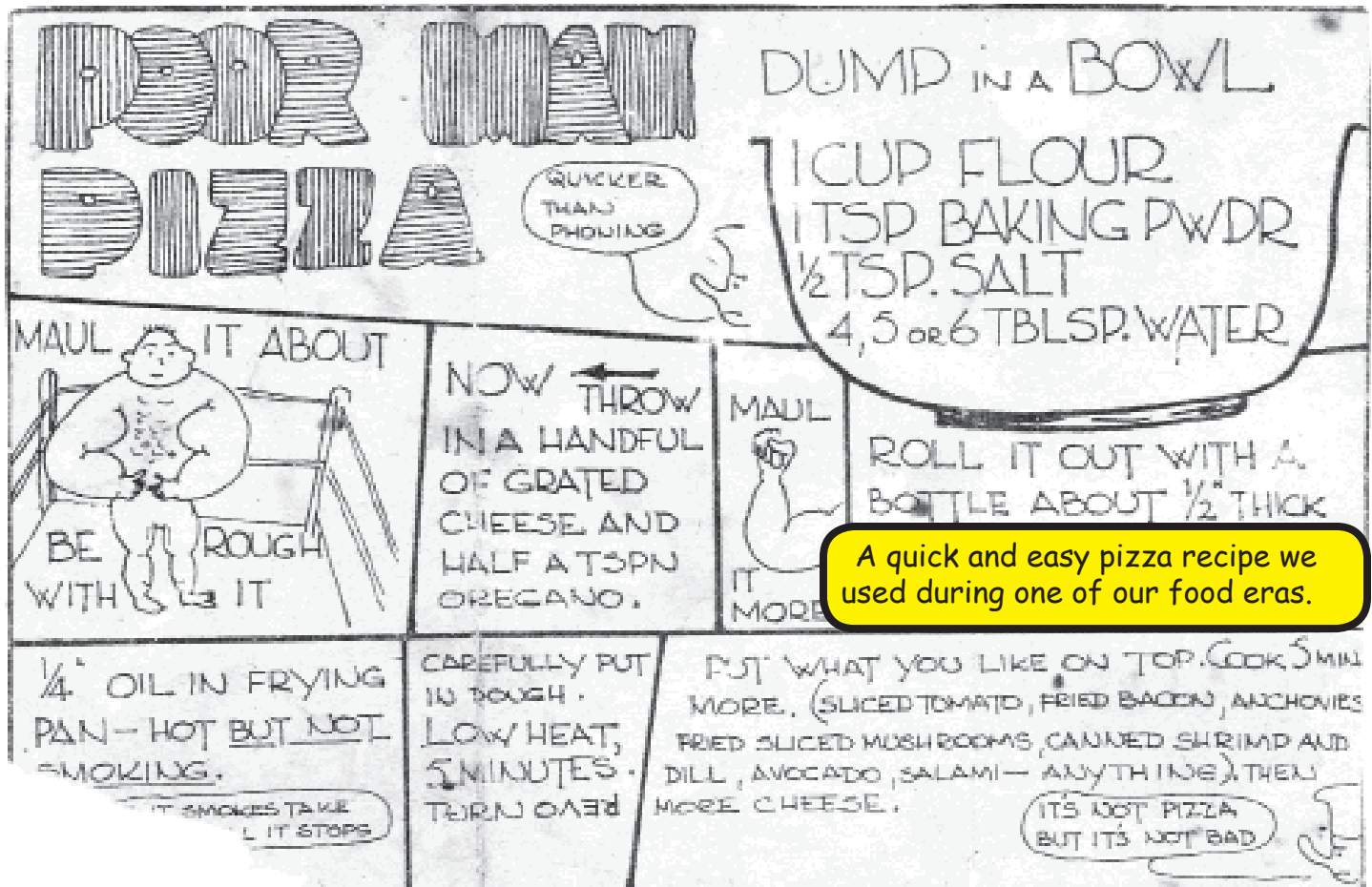
Use half of the pastry to line eight 3 ½" tart pans (or up to 16 of the 1½" to 2" size, or make a 9" pie).

Pour in cooled pork mixture and cover with remaining pastry. Bake in a 400°F oven 20-25 min., or until the tops are browned. Freeze if you wish, and put frozen into a 350°F oven at least 45 min.

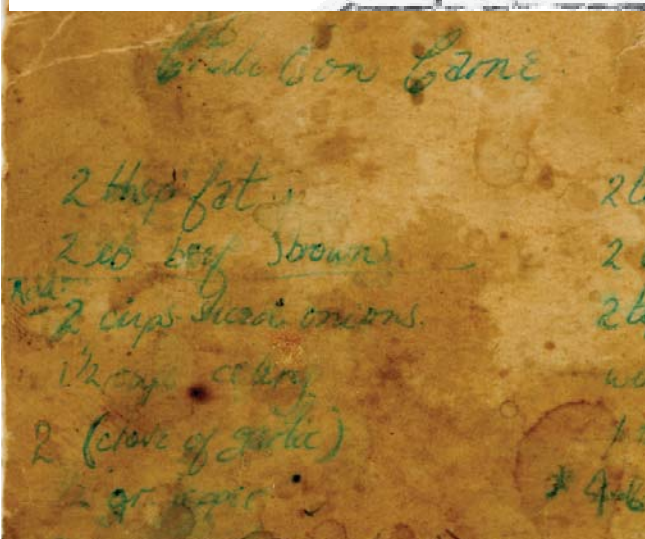
Served with sour cream and salsa sauce.

From Madame Benoit. Discovered and used in time for a traditional French Canadian revellion at a CGIT party. It has turned into an all-time Christmas favourite.





A quick and easy pizza recipe we used during one of our food eras.



Chili Con Carni

Brown:

- 2 T fat
- 2 lb beef

Add:

- 2 c sliced onions
- 1 ½ c celery
- clove of garlic
- ½ green pepper
- 2 tins of tomato sauce

Mix together and add:

- 2 T chili powder
- 2 T cold water
- 2 t salt
- worchestershire sauce
- 1 t sugar

Simmer about 2 or 3 hours.

Add 4-6 c kidney beans (4 tins) at last.

We do not remember a time when we did not have this recipe around. Perhaps we got it from Mum and Dad Shaver. Anyway, it is a great hit for a big party. As you can see from the scanned image on the left, the recipe card got lots of use!

The most memorable chili was made for my PhD party. Bill used 2 T of ground hot red pepper instead of chili powder. We kept finding bowls of chili deposited around the house with only a couple of spoonfuls missing. On the other hand, Pieter deVries and Bob Jemus complimented Bill for the "spicy chili" as they wiped the sweat off their brows.

2000 Christmas - San Ramon

Menu

Dessert:

- cranberry sauce
- gravy
- turkey & stuffing (spinach & ricotta)
- POTATOES
- green beans & red peppers
- poached pears
- cream
- gingersnaps

Sun Dec 30 5:30pm
2001

Menu - Open House '68 (Dec 28)

- Punch
- Coffee
- (olives - cheese - pineapple)
- celery
- french bread & salami
- ham & rye
- cheese - crackers - sausage
- mince tarts
- apple sauce cakes
- weenie willie
- cranberry bread
- refug. cookies
- thumbtack cookies
- nuttles
- oranges
- peppermints

inspired
dip
dough
puffs

- TO: zake
- ✓ salemi kabobs p. 11
- ✓ mushroom nibbles p. 32
- ✓ bacon bites p. 50
- ✓ pineapple pickups p. 55
- ✓ pineapple dip my recipe
- ✓ latapple balls & dip
- ⇒ [sour cream dip] = seen prior forego
- ⇒ [put out apple cider] " " "
- ✓ carrot cake & icing
- (cut vegetables)

& Christmas 1988
snacks after concert
at St. Angeles

1988



Sausage Stuffing (for body)

6 medium-sized onions,
chopped
¼ lb butter
6 slices bread torn into ½"
pieces
¾ t salt
½ t freshly ground black pepper
2 t each poultry seasoning,
savory, oregano leaves (not
powder), and sage
¾ lb sausage meat

Sauté onions in butter, then
mix with remaining ingredients.
Makes enough to stuff a 10-12 lb
bird.

Apple Stuffing (for gullet)

4 t bacon fat
1½ c diced, unpeeled tart
apples
2 t sugar
2 c fine, dry bread crumbs
salt, nutmeg, cinnamon
Cook fat, apples and sugar over
medium-low heat for 5 min.
Mix in crumbs and dashes of
seasoning.
Makes about 3 cups.



Turkey Stuffed Crêpes

Filling:

Combine:

3 c diced cooked turkey
1 can (10 ½ oz) condensed cream of mushroom
soup
¼ c cream

Heat, stirring often.

Crêpes: Whirl in blender

3 eggs
1 c milk
1 c pancake mix
2 T melted butter to texture of cream

Let stand overnight.

Butter, preheat a 9" skillet

Add ¼ c batter, tilting pan to spread

Turn when bottom browns.

Stack and keep warm.

Makes 14 large (7"-8") or 22 small (5") crêpes

Spoon ½ c turkey filling on centre of each crêpe and roll. Place in
casserole and cover with turkey gravy. Heat in oven until ready to
serve.

A Boxing Day treat!

Any crêpe recipe will
do. I use the one on p. 34.

Turkey Gravy

While the turkey is roasting, make your
gravy. Wash and chop the giblets and
neck. Drop them into a saucepan with:

an onion cut in four
a stalk of celery
sprig of parsley
a bay leaf
a dash each of salt and pepper
3 c of water

Let all this simmer uncovered for an hour,
then strain and let cool.

Remove the cooked turkey from its pan,
then put the pan over direct heat. Add
one can of undiluted consommé to the
strained giblet mixture and pour all of this
into the roasting pan, which will now con-
tain hot drippings from the turkey. Stir until
the whole thing is blended and piping hot.
Thicken with 2-3 T flour mixed in ½ c cold
water if necessary. Makes 3 to 3 ½ cups.

Turkey tips

Knowing basics of buying, cooking big bird will help keep holiday meal trauma-free

Thanksgiving coming up means there's a potential for Turkey Trauma, that anxiety that sets in when you consider handling this big bird. Here are the basics of buying and cooking turkey for a safe and satisfying holiday meal:

Size: Calculate from one to 1½ pounds (500 to 750 g) per person; you'll get some leftovers.

Frozen: Fresh turkeys are juicier and usually more flavourful. For frozen, thaw in the refrigerator, estimating five hours per pound (10 hours per kilogram). A big bird will take about three days. If you're in more of a hurry, immerse the turkey in a sink of cold water and keep adding more fresh, cold water. Estimate one hour per pound (two hours per kilogram) to thaw.

Safety: Your turkey may have salmonella bacteria on its skin. Place it in the sink, wash it under lukewarm water, pat dry, and stuff it in the sink before transferring it to a roasting pan. Wash your hands before you touch anything else.

Stuffing: You will need about 12 cups (1.5 L) fresh bread crumbs,

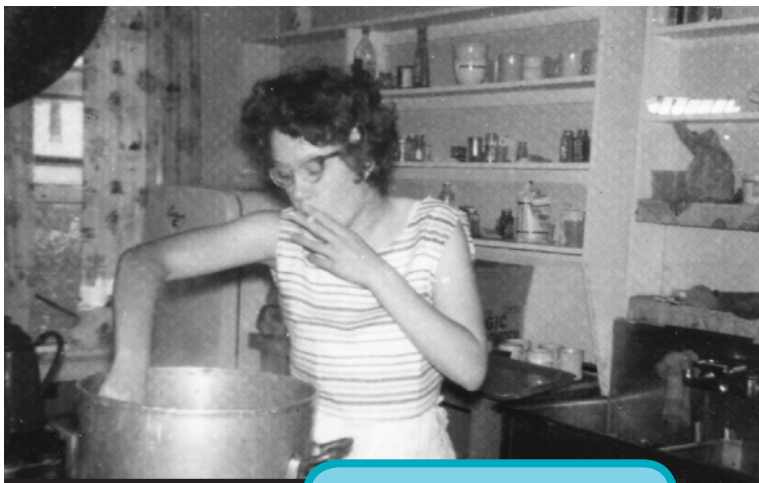
plus chopped onions, celery, and seasonings, to stuff a 12- to 14-pound (6- to 7-kilogram) turkey. If you make too much, bake it in a casserole during the last hour of turkey roasting. Or you can bake all the stuffing that way.

Roasting: Preheat oven to 325 degrees F (180C). Brush skin with melted butter or oil. Roast turkey uncovered from 3 to 4½ hours, depending on size, until a meat thermometer, inserted through thigh into centre, registers 170F (77C) for an unstuffed bird, 180F (82C) for a stuffed bird. Cover breast once it starts to brown with a loose tent of oiled brown paper or heavy aluminum foil shiny side down for the final hour or so.

The Food Safety Information Society offers turkey advice at www.foodsafetyline.org online. Click on Resources, then Fact Sheets, and consult buying, handling, thawing and cooking turkey. Or call 1-(800)-892-8333. The Butterball turkey company's Web site contains more information at www.butterball.ca.

JULIAN ARMSTRONG





Crêpes

Beat together:

3 eggs

½ t salt

Add to the egg mixture and beat :

1 c sifted flour

1½ t milk

3 T butter

Cover with saran wrap & let rest in the fridge for at least 1 hour before cooking. Makes 14 large (7-8") crêpes or 22 small ones (5").

To cook take ¼ c of the mix and pour it into a lightly greased small frying pan. Tilt the mixture around until it flows to the sides. When edges begin to set flip and cook on the second side.

We use this recipe when making Turkey Crêpes.

Quebec-style Baked Beans

Soak overnight: 2 c navy beans in 6 c cold water

Add 1 t salt: bring to a boil and simmer until skins split (about ½ hr)

Drain and save liquid

Place in 2 qt bean pot:

½ beans, then layers of:

1 c chopped onion

½ lb salt pork, cubed

the remaining beans.

Mix together and add:

¼ c br. sugar

½ c molasses

1 t dry mustard

¼ t pepper

1½ t salt

2 c. bean liquid (and/or beer)

Bake 6-7 hours: 250°F with the lid off for the last 30 min.

(From Madame Benoit)



Chicken Divine

2 packages frozen chopped broccoli (fresh is OK as well)

2 c cooked sliced chicken

Layer broccoli and chicken in a greased 9x13" cake pan

Mix together with salt and pepper to taste:

2 tins cream of chicken soup

½ c mayonnaise

½ c sour cream

1 t lemon juice

2 c cooked rice

A great casserole recipe from Daegan Reimer. Great for a family party!

Pour mixture over the broccoli and chicken. Top with 1 c grated sharp cheddar cheese. Bake 30 minutes at 350°F. Makes 8+ servings.

Chinese Chicken Wings

3 lbs chicken wings; remove tips and cut remainder into two pieces. Arrange in a 9x13" cake pan. Salt and pepper to taste.

Combine and pour over the wings:

2 T cooking oil

1 c honey

½ c soya sauce

1 clove crushed garlic

2 T ketchup

Bake at 350°F for 45-60 minutes.

The sauce is 'richer' with the longer baking.

Another recipe from Jack Shaver. This is great finger food at a party but can also be served with rice and stir fried snow peas as a main meal.

Broccoli Casserole

(A great alternative to Spinach Egg Pie)

5 or 6 slices soft white bread, torn into bite-sized pieces

3 large eggs

¼ c milk

4 T butter, melted

1 c grated cheddar cheese

1 t salt

3 T granulated sugar

1 small bunch broccoli, florets only (1 ½ to 2 c) chopped

Spread bread evenly in bottom of buttered 8" square ovenproof glass baking dish. In a bowl, combine the eggs, milk, melted butter, cheese, salt and sugar, mixing well. Stir in the broccoli and pour mixture over the bread. Cover with aluminum foil and bake in oven preheated to 350°F for 35 minutes. Remove foil for the last 10 min of baking for a chewier surface. Put under a broiler for a couple of minutes for a crisper surface.

(Mtl Gazette, Wed Sept 2, 2009)



Spicy Shrimp with Ginger

(Serves 3-4)

In a bowl combine the following and stir to coat:

1 lb (450 g) large fresh shrimp (I use frozen)

½ t paprika

½ Cajun seasoning

¼ t chili powder

⅛ t cayenne pepper

Pinch onion powder

In a pan or wok over medium-high heat, heat 1 T olive oil and cook shrimp for 2 minutes.

Add and cook 1-2 minutes longer or until the shrimp turn pink:

1 large crushed garlic clove

1 t grated fresh ginger

Salt and pepper to taste

Juice of 1 fresh lime (2-3 T)

Serve with basmati rice and sautéed (or stir fried) green beans, red peppers and mushrooms.

(A favourite Montignac recipe.)

Shrimp Bowl

In a large bowl combine:

12 oz. cooked shrimp

3 c baby spinach, rinsed and patted dry

2 oranges, sectioned

1 large fennel bulb, trimmed & sliced very thinly

½ c thinly sliced red onion

Whisk together in a small bowl:

6 T olive oil

2 T orange juice

1 t Dijon mustard

Salt and freshly ground pepper to taste

Just before serving pour dressing over salad and toss.

Sprinkle with ¼ c goat cheese.

Serve with French bread (serves four).

(Diane, *The Curves Magazine*)



Spinach Egg Pie

Place in the bottom of a lightly greased 9" pie plate:

6-8 oz spinach steamed just until limp

Cover the spinach with:

1 c (or more) grated cheddar cheese

½ c (or more) sliced mushrooms

4 slightly beaten eggs thinned with a little milk

Sprinkle with parmesan cheese

Bake in 400°F oven until set (30-40 minutes).

Serve with lettuce-tomato salad and pita bread that has been brushed with olive oil, sprinkled with oregano and/or parmesan cheese, and broiled just until browned.

This is a quick and easy recipe we made up that became one of our favourites. The exact proportions are not set in stone—we usually just 'wing it'!

Zucchini and Bell Pepper Frittata (for 2)

Cook with salt and pepper to taste in 1T olive oil (10 min)

- 1/3 c finely chopped onion
- 1 c thinly sliced zucchini
- 1/2 c finely chopped red pepper
- 1/2 c finely chopped green pepper

Wisk together:

- 4 large eggs
- 1/3 c parmesan cheese
- 2 T mixed fresh parsley

Then add onion and pepper mixture

Heat 1/2 T oil and pour in egg mixture

Cook in a small frying pan without stirring 8-10 min

Sprinkle 1/3 c parmesan cheese on top and broil 3-4 min.

I came across this when I was searching the Internet for something interesting for Mum Shaver during one of my visits.

Chinese Beef and Greens

Heat wok and add 1-2 T cooking oil

Add to wok and heat until partially cooked:

- 1/2 lb beef (or chicken) sliced thinly
- 1 c sliced mushrooms (shitake are the best!)
- 1-2 T soya sauce (sometimes I also add Fish Sauce)

- 1 1/2 T corn starch

1-2 crushed garlic cloves, chopped candied ginger & a pinch of red pepper flakes

Add in the following order cooking slightly and covering after each addition:

Chopped Broccoli

Red and yellow peppers in 1 inch chunks or diagonal slices

Sliced green onions (the white parts)

Zucchini sliced on the diagonal (or snow peas)

The green part of the green onions & a handful of spinach (optional).

Stir fry until vegetables and tender and brightly coloured. Serve over rice.

Vichyssoise

Can be served hot in winter, cold in summer

- 2 to 6 leeks, washed and chopped
- 1/2 c soft butter
- 4 to 6 raw potatoes, peeled and sliced
- 1 quart chicken stock
- Salt and white pepper
- 1 to 2 c light cream
- Chives

Procedure: Melt butter in a heavy pot and add leeks. Stir them in with a wooden spoon until they are soft and yellow; watch that they don't burn.

Add potatoes and pour in the hot chicken stock. Bring to the boil, then reduce heat and cook for 30 min. Add salt and pepper to taste.

Pour soup through a fine sieve, food mill, or blender while warm.

Return soup to pot, heat again, and add cream. Do not boil after cream has been added. Serve from a good-looking tureen and sprinkle chives on top. For summer serving, chill soup thoroughly and thin with cream or whole milk.

You can freeze leeks in September, to use when they're not in season.

A favourite soup at our caroling parties on Christmas eve.

These are just basic guidelines for a stir fry. All sorts of variations can be prepared with a little imagination (e.g., water chestnuts, bamboo shoots, snow peas, green beans, fresh or candied chopped ginger, oyster sauce, peanut sauce etc.). Actual amounts are not important just cook up as much as you are likely to eat.

Curry Chicken Soup with Hard-boiled Egg

Sauté in a soup pan until soft:

1-2 T Patak's Curry Paste in 1 T olive oil.

Chopped onions and apple bits (optional)

Add 2 tins low fat chicken soup and heat (I add 1 tin of water but never 2)

Boil 2 eggs (hard boiled) and place in the bottom of two large soup bowls.

Cover with the hot curry soup.

Serve with croutons and olives and carrots on the side.

Note: I prefer to use 2 tins of soup but if we are not hungry 1 tin can be enough.

Mushroom Soup

Sauté in a soup pan until soft:

1 T olive oil with 1 c 2-3 types sliced mushrooms

Half a red onion, thinly sliced

Seasonings to taste (I use red pepper flakes, herbes de province, lemon zest, and gratings of black pepper)

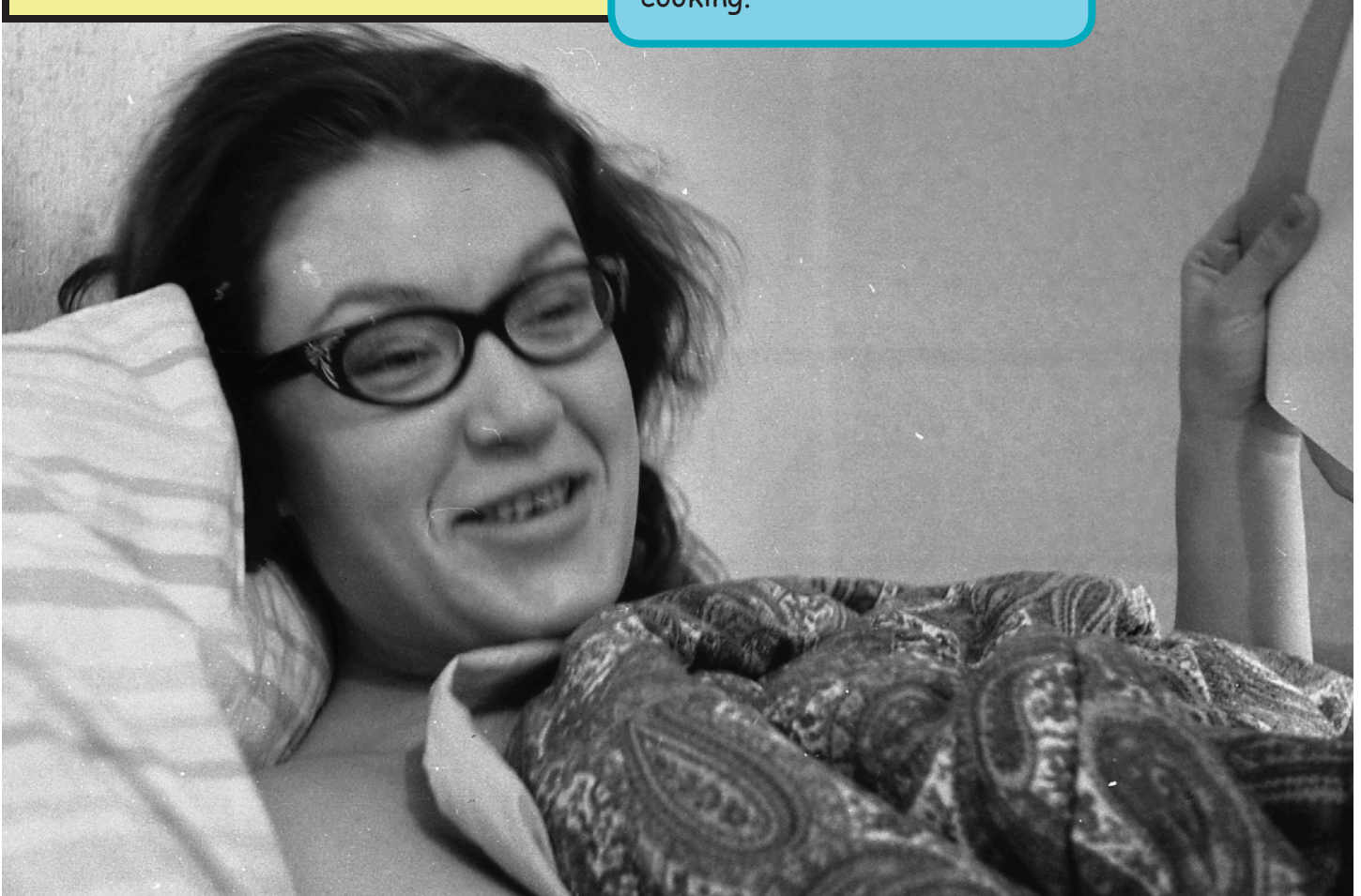
Add 2 tins low fat mushroom soup and heat (I add 1 tin of water but never 2)


Serve with croutons and olives and carrots on the side.

Note: I prefer to use 2 tins of soup but if we are not hungry 1 tin can be enough.

Another comfort soup!

This is one of our favourite comfort foods. It is great when you can't be bothered cooking.





Creamy Tarragon Chicken

Melt 1 t butter in a large, non-stick frying pan over medium heat.

Add 4 skinless, boneless chicken breasts. Cook until golden, 5-6 min per side

Remove to a plate

Add ½ c chicken broth and 8-oz container spreadable cream cheese, at room temperature, to pan.

Stir until cheese melts and sauce is as smooth as possible, 2-3 min.

Return chicken to pan and sprinkle with generous pinches of dried tarragon, salt, and pepper. Reduce heat to medium-low and simmer, uncovered, stirring, and turning chicken occasionally, 6-8 min.

Excellent with roasted potatoes

Serves 4

Soy and Maple Salmon

Place 4 salmon fillets, skin side down, in a lightly oiled baking dish just large enough to hold them.

Sprinkle with pinches of salt and pepper.

In a small bowl, stir 2 t each soy sauce and maple syrup with ½ t ground ginger.

Spoon over fish.

Broil in top third of oven until a knife tip inserted into centre of fillet comes out warm – about 15 min.

Baste with pan juices halfway through.

Place on plates.

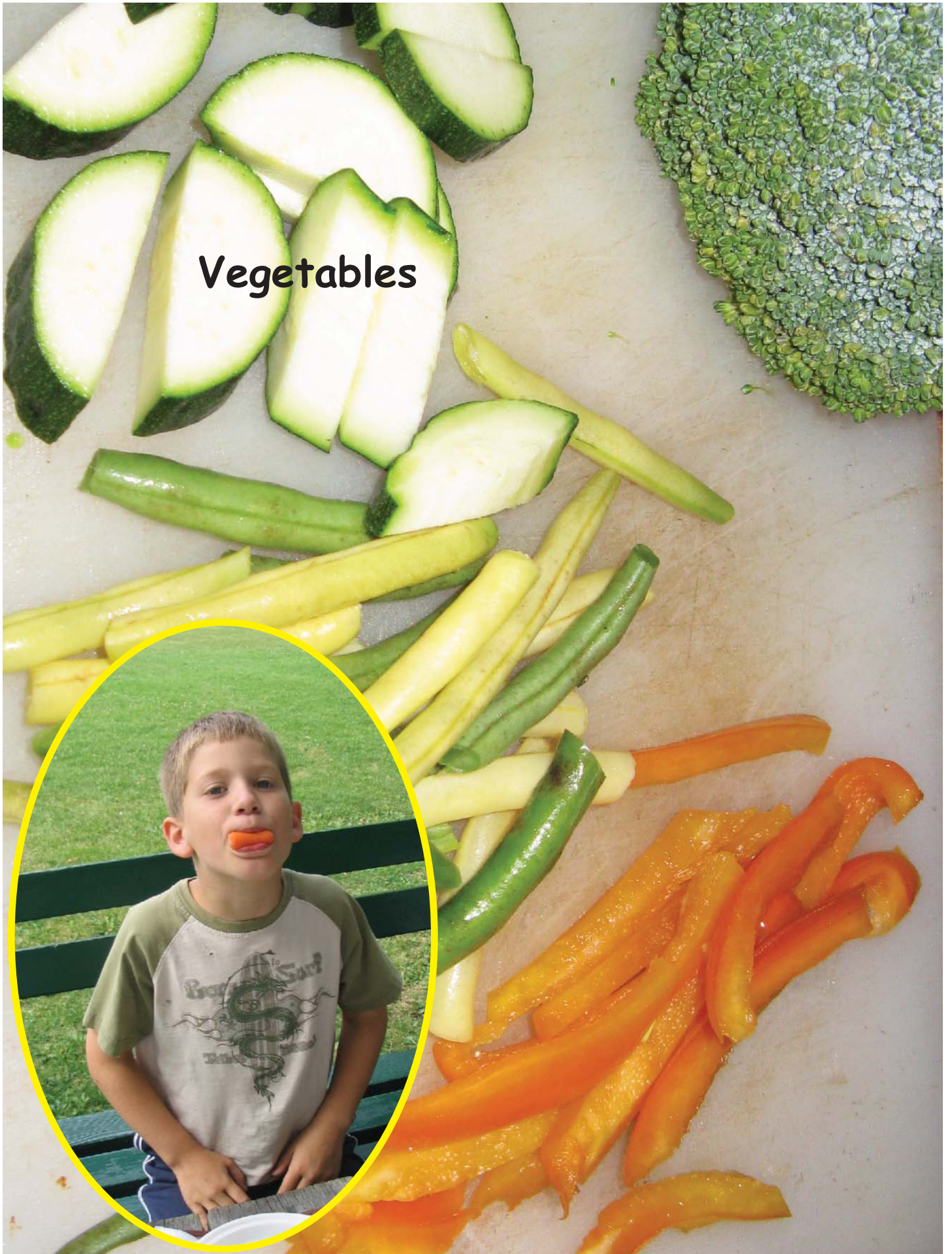
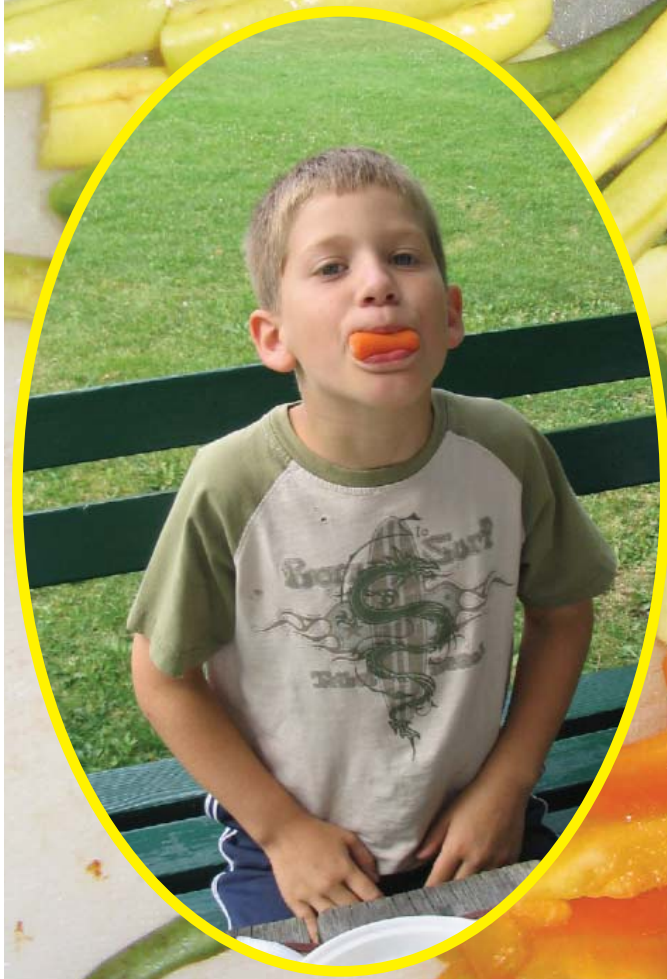
Pour pan juices over top.

Great with Basmati rice

Serves 4

These are two recipes that I found when reading *Reader's Digest* at Mum's a few years ago. They have both become family favourites — plus they are simple and quick to make.

Vegetables



Black Beans and Rice

1 can black beans
2 cloves garlic
1 bay leaf
1 onion chopped
Pepper
1 T grated coconut
1 hot pepper (fresh or dried)
½ cup apple juice or wine
1 c uncooked brown rice.
Chop and sauté onion in 1 t oil.
Add other ingredients. Simmer until liquid is gone (the longer, the better, ½ hour if not longer). Add juice if necessary.

I gave this to JP and Ben when they were living on their own. I got it from Concordia's *Health News* flyer

Roasted Yams

Preheat oven to 450°F
Wash 4 medium yams or sweet potatoes and pat dry
Cut each yam lengthwise and each half into 4 or more wedges
Place in a large bowl and toss with 1 T olive oil.
Mix together the seasonings:
½ t ground cumin
½ t paprika (I prefer Hungarian paprika)
½ t dried oregano
Ground black pepper to taste
Toss yams with the seasoning mix.
Place on cookie sheet and bake 20-25 minutes, turning after 10 minutes.
Makes 4 servings

Another find from *Readers Digest*.

Roasted Potatoes

Preheat oven to 400°F
Wash 3-4 potatoes, pat dry
Cut each potato lengthwise and each half into 4 or more wedges
Place in a large bowl and toss with 1 T olive oil.
Toss potatoes with 1-2 T roasted potato seasoning mix (see package to the right).
Place on cookie sheet and bake 30-40 minutes or until crisp and golden, turning after 15 minutes.
Makes 3-4 servings

We started out with a 'real' recipe for roasted potatoes, but then found these packages of seasoning so began to cheat!



Chow Broccoli

Prepare:

3 c chopped fresh broccoli (peel and use the stems too)
Fresh ginger (1" or so) cut into slivers
2 T cooking oil
½ t salt
½ t sugar
Dash of pepper

Procedure: Heat wok; add oil, salt and ginger. Add broccoli and stir. Cook, stirring over high heat until tender crisp. Stir in sugar and pepper. Serves 2-3.

Grilled Zucchini

Whisk together the marinade:

2 T olive oil
2 T lime juice
2 t tamari sauce
2 cloves garlic, peeled and crushed
½ T pesto
Salt and pepper to taste

2 medium zucchini cut in half lengthwise
Baste zucchini with marinade and transfer to hot skillet or grill.

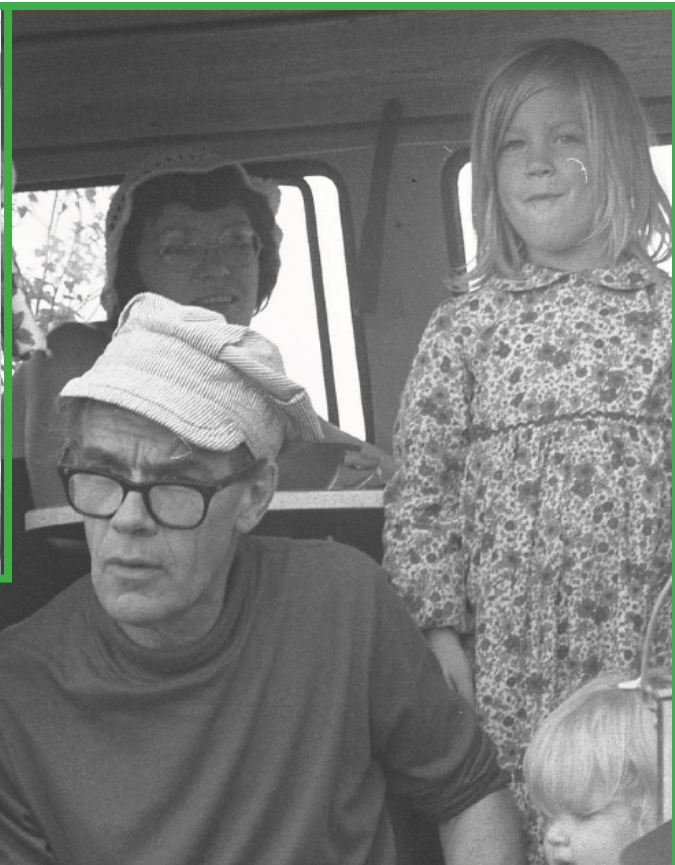
Cook over low heat until zucchini are tender.

For a more grilled effect, cook over medium heat another 1-2 minutes.

(A favourite Montignac recipe.)

We take this basic marinade and use it with all sorts of vegetables. My favourite combination is: red peppers & yellow peppers, (cut in quarters or eights), zucchini (cut on the diagonal), and shitake mushroom tops. Most often I use the wok to cook these but another trick is to grill them or cook them on a barbeque. They can even be roasted in the oven.





Stir-fried Green Beans with Feta

Sauté in a wok until soft (2-3 minutes) :

1 T olive oil (heat until hot)

1/3 c finely diced onion

1/3 c finely diced pepper

Add and sauté for 1 minute or so:

1 t crushed garlic

2 c fresh green beans (tipped & tailed)

Add and sauté until beans are tender

(about 2 minutes):

2-3 T rice wine vinegar

Sea salt and pepper to taste

Place in a serving dish and top with:

1 ½ c crumbled feta cheese

Toasted sesame seeds.

Serves 2-4 as a vegetable dish,

Can also be served over cooked rice or pasta as a main dish.



Sugar Snap Peas with Cashews

In a wok or skillet sauté for 3-4 minutes:

1 T olive oil

8 oz. (about 2 c) sugar snap peas

Stir in:

¼ c chopped cashews

Salt and pepper to taste

Serves four

Other veggie-nut combinations include:

Swiss Chard with toasted pine nuts.

Zucchini with chopped almonds.

Asparagus with pistachios.

(Diane, *The Curves Magazine*)

Green Beans with Pine Nuts and Lemon

Steam 1 lb (500 grams) fresh green beans until tender, drain well, cover and set aside.

In a pan or skillet sauté until lightly browned:

2 T unsalted butter

1 t lemon zest

2 t lemon juice

1/3 c pine nuts

Add the (tipped & tailed) green beans and stir

Salt and pepper to taste.

Serves 4-6

Salads



Asian Chicken Salad

- 1 t grated fresh ginger
- 3 t soy sauce
- 4 t rice or sherry vinegar
- ½ t each dark sesame oil and hot chilli-garlic sauce
- 3 t olive oil
- 2 large beefsteak tomatoes
- 1 barbecued deli chicken (I use ½)
- 8 oz can sliced water chestnuts, drained
- 5 oz bag mesclun greens or baby spinach

Peel ginger, then finely grate it to a small bowl. Whisk in soy, vinegar, sesame oil, and chilli-garlic sauce until evenly mixed. Gradually whisk in olive oil.

Coarsely chop tomatoes and place in a large bowl. Discard skin from chicken. Tear or cut meat into bite-sized strips. Add to tomatoes along with water chestnuts and greens. Drizzle with dressing and toss.

I found this a year or so ago while reading *Chatelaine* in the Dentist's office. Now that we are down to "two" we can get two very different meals out of a roast chicken.

Chicken Salad Supreme

- 1 sliced head of cabbage
- 8 chopped green onions
- 2 packages of Ramen (sesame or oriental)
- 4 T sesame seeds
- 1 c slivered almonds, toasted
- ¼ c sunflower seeds
- (canned mandarin orange slices)

Dressing

- 8 T sugar
- ⅔ c oil
- 12 T white vinegar
- 1 t salt
- 1 t pepper
- 2 Ramin flavour packets

Option: Add shredded chicken or 2 pkgs of Louis Rich grilled or oriental chicken and toss

From Daegan: This is yet another way to use the second half of a roast chicken.

Couscous Salad

(Serves 6-8; it also keeps well in the fridge & makes a great picnic lunch since it travels well in a plastic bag.)

- 1 ½ c couscous

Mix in the following vegetables:

- 1 red pepper & 1 orange coarsely chopped
- ½ c toasted slivered almonds (I use whole almonds and use more than ½ c)
- [Note: The recipe suggests roasting in a dry fry pan; I used the toaster oven]
- ½ c dried cranberries
- 1 19-oz can chickpeas (drained & rinsed)
- 3 green onions chopped
- 1 c chopped fresh parsley
- 1 c chopped fresh coriander (optional)

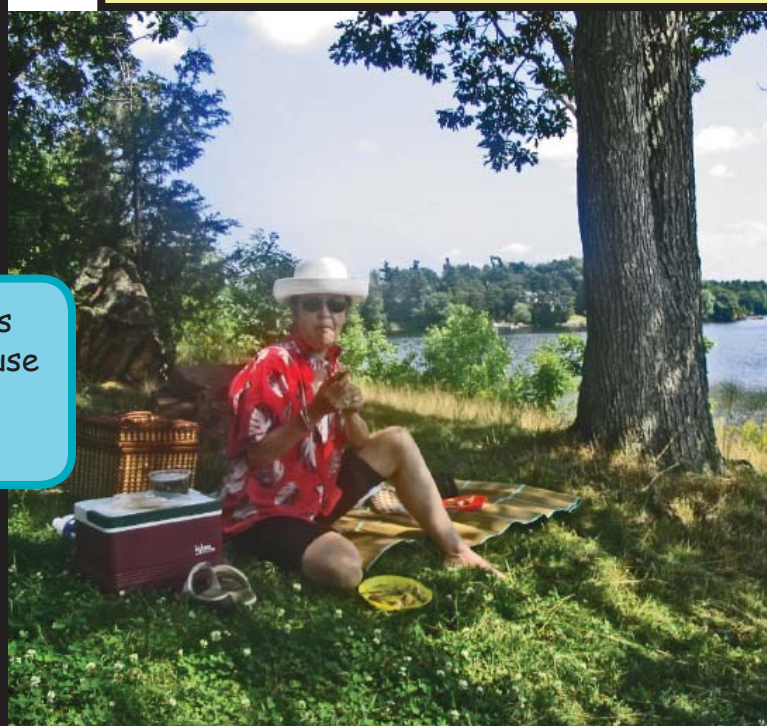
Once the vegetables are mixed add the vinaigrette.

Vinaigrette: combine in a small bowl

- 1 T ground cardamom
- 1 T ground cumin
- 1½ t cinnamon
- 1½ t coarse or kosher salt
- ⅓ c lemon juice
- ½ c olive oil

I've never used the full recipe of the vinaigrette — so we often have some left over for another day.

(*Montreal Gazette*, July 18, 2007)





Great with baked beans. It also keeps well for several days. We've bagged it and taken it on our hiking and canoe trips when the kids were young.

Verhoeff Broccoli Salad

- 4 c broccoli florets
- 1 c sunflower seeds
- 1 c raisins
- $\frac{1}{2}$ c chopped red onion
- 10 slices bacon, cooked and crumbled or use bacon bits

Cut the broccoli florets into bite size pieces and put in a large serving bowl. Add sunflower seeds, raisins, onion, and bacon.

Dressing:

- $\frac{2}{3}$ c mayonnaise
- 4 t vinegar
- 4 t sugar

Mix dressing ingredients together in a glass jar. Pour onto salad and toss to coat.

Coleslaw

- 1 cabbage (shredded)
- 3 carrots (grated)
- 1 onion (thinly sliced)

Bring to a boil and pour over the vegetables while still boiling:

- $\frac{3}{4}$ c oil
- $\frac{3}{4}$ c vinegar
- $\frac{1}{2}$ c white sugar
- 1 t salt

Refrigerate overnight.

We first tasted this at your parent's place just before your wedding. The wonderful taste of the salad goes very well with the warmth and friendship of your family so for us, this remains Verhoeff salad — in spite of the fact we have since seen the recipe elsewhere!

Bean Salad

Place in strainer:

$\frac{2}{3}$ tin red kidney
beans

Pour over the beans:

1 19-oz tin green beans

1 19-oz tin yellow beans

Combine the following and mix with the
beans:

$\frac{1}{4}$ c white vinegar

$\frac{1}{4}$ c salad oil

2 T sugar

$\frac{1}{8}$ t salt

$\frac{1}{8}$ t pepper

$\frac{1}{2}$ onion, chopped fine

$\frac{1}{2}$ small green pepper, chopped fine

Makes about 1 quart, keeps for a long time
in the refrigerator. Serves 4-6.

An old favourite that
travels well on picnics
and camping trips.

Green Bean Salad

1 lb. string beans (steam until tender crisp,
run under cold water, drain)

$\frac{1}{3}$ c diced plum tomatoes (I prefer to use
Italian tomatoes and to cut them in length-
wise slices)

1 thinly sliced red onion (optional)

Toss together with 2 T Italian parmesan &
Herb dressing.

This can be made with ordinary green beans
but is especially good when made with string
beans (sometimes called French beans). It is
great served up on a hot summer day.

Caesar Salad

Mix together the dressing:

1 crushed clove garlic

$\frac{1}{2}$ c olive oil

$1\frac{1}{2}$ t salt

$\frac{1}{4}$ t mustard

3 T vinegar

1 egg

Juice 1 lemon (2-3 T)

Black pepper to taste

Toss with:

2 heads of romaine let-
tuce

Add:

2-3 T parmesan cheese

1 c croutons

I forget
where I
found this
recipe
(perhaps
in the *Joy
of Cook-
ing*). In any
event, it
is a family
favourite!
On occa-
sion I only
use half
the dress-
ing recipe
on the
salad and
keep the
rest in the
fridge for
another
day.

Mandarin Chicken Salad

(Serves 6)

Dressing:

1 T soya sauce

2 T vegetable oil

3 T select seasoned rice

vinegar

$\frac{1}{2}$ t sesame oil

Salad fixings:

1 lb chicken breast (sliced and stir fried)

$\frac{1}{3}$ c silvered almonds

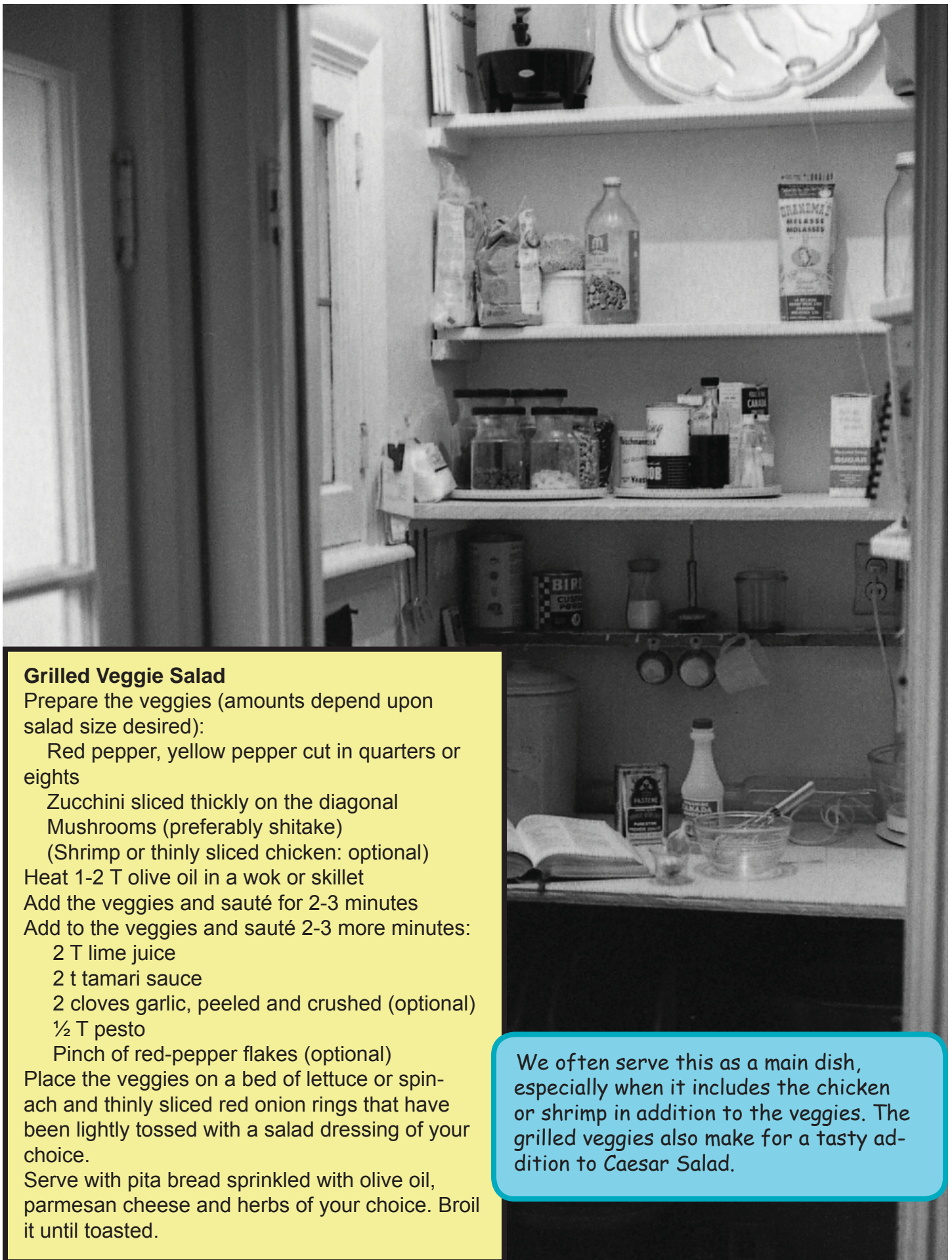
1 11-oz tin mandarin oranges (drained)

1 1-lb package of cole slaw mix

Toss together with the dressing.

Add 2 c chow mien noodles (the ready to
snack kind).





Grilled Veggie Salad

Prepare the veggies (amounts depend upon salad size desired):

Red pepper, yellow pepper cut in quarters or eights

Zucchini sliced thickly on the diagonal

Mushrooms (preferably shitake)

(Shrimp or thinly sliced chicken: optional)

Heat 1-2 T olive oil in a wok or skillet

Add the veggies and sauté for 2-3 minutes

Add to the veggies and sauté 2-3 more minutes:

2 T lime juice

2 t tamari sauce

2 cloves garlic, peeled and crushed (optional)

½ T pesto

Pinch of red-pepper flakes (optional)

Place the veggies on a bed of lettuce or spinach and thinly sliced red onion rings that have been lightly tossed with a salad dressing of your choice.

Serve with pita bread sprinkled with olive oil, parmesan cheese and herbs of your choice. Broil it until toasted.

We often serve this as a main dish, especially when it includes the chicken or shrimp in addition to the veggies. The grilled veggies also make for a tasty addition to Caesar Salad.

Dad Reimer went to visit his future in-laws and they put him to work on the harvest. Here he is enjoying lunch with the crew. Grandma Dumville is on the left, Dad is 2nd, and Clifford is 4th from the left. The others are part of the hired help.



We use this recipe (without the chicken) as a side salad to our maple salmon dish. I use zucchini instead of cucumber for Bill's sake.
(*The Province*)

Asian Spinach and Grape Salad

4 c washed fresh spinach — or packaged spinach to save time

2 skinless, boneless chicken breasts, grilled or boiled, then diced

1 c cucumber, peeled, seeded, and cut in ½" chunks

1 c green seedless grapes, halved

½ c frozen shelled soybeans (edamame), thawed
salt and freshly ground pepper (optional)

Sweet Ginger Dressing

½ c seasoned rice vinegar

1 clove fresh garlic, minced or pressed

1 t minced candied ginger

4 T vegetable oil

½ t toasted sesame oil

Combine vinegar, garlic, ginger, vegetable oil, and sesame oil in a blender and mix until smooth. For a more textured dressing, whisk ingredients together in a bowl.

In a large bowl, combine spinach, chicken, cucumber, grapes, and soybeans. Toss with dressing and season with salt and pepper if desired. Serve immediately. Makes 4 servings.



Toppings and Touches



Praline Crunch

- ½ c butter
- 1 c brown sugar packed
- ½ c broken pecans or walnuts
- 2¼ c corn, bran, or wheat flakes

Bring butter and sugar to a boil in a large pot and watch carefully 1-2 min. Add remaining ingredients and toss with a fork until coated. Let cool, then crumble and store in a covered jar. Makes 3½ cups.

This is great for sprinkling over ice cream, deep-dish fruit pies, puddings, custards, or cheesecake.

I forget where I found this recipe but it became a real hit the first time I made it. Dad Shaver loved it as well and asked for the recipe. It makes a great Christmas gift all wrapped up in a pretty bottle!

Honey Yogurt Cream

Beat 1 pkg (125 g) softened cream cheese until smooth.

Gradually beat in 3 T (45 ml) honey.

Stir in 1 c (250 ml) vanilla yogurt and ¼ to ½ t (1-2 ml) grated lemon zest.

Beat until well blended.

Makes about 2⅔ c (650 ml)

Great with fresh fruit!

Fruit Topping

(from the kitchen of Jack Shaver)

Mix together:

- ½ c yogurt (or sour cream)
- ½ c corn syrup

Jim Shaver likes to use maple syrup instead of corn syrup (but plays with the proportions to keep it thick).

Also great on fresh fruit salad.

Apricot Sauce for Cheese Cake

Decorate cheese cake with fresh fruit of your choice

Mix together and drizzle over the fruit:

- 1 c apricot jam
- 1/3 c dry white wine

This is a great topping for "Daegan's Cheese Cake".

Creamy Chocolate Frosting

Melt together in a bowl over hot water:

- 2 oz unsweetened chocolate
- 2 T butter

Remove from heat and add:

- 1 c icing sugar
- 1 egg unbeaten
- ¼ c milk (or even less)
- 1 t vanilla
- Pinch salt

Set in a bowl over ice water and beat 5 minutes or until stiff. Great on Devil's Food Chocolate Cake!

Cream Cheese Frosting

1 4-ounce package cream cheese at room temperature

¼ c butter

1 c icing sugar

½ t vanilla

Beat cream cheese and butter until fluffy. Beat in icing sugar and vanilla until well combined.



Cranberry Topping

Heat in a pan until thickened:

- 1 c cranberry juice
- 1 T corn starch

Using a spoon drizzle a thin layer on top and sides of the cheese cake.

Crunchy Granola

Toss together:

- 4 c rolled oats
- 1 c wheat germ
- $\frac{1}{4}$ c sunflower seeds
- $\frac{1}{4}$ c sesame seeds
- $\frac{1}{2}$ c coconut
- $\frac{1}{2}$ c almonds
- $\frac{1}{2}$ c bran
- 1 c oil
- $\frac{1}{2}$ liquid honey
- 1 T milk
- 1 t salt
- 1 t cinnamon

Spread on a cookie sheet
Bake 20+ minutes at 350°F
turning once or twice

We made
this on a
regular basis
for years.



60-second Seasoning for Steamed Veggies

Broccoli: Toss in Asian-style dressing; top with toasted sesame seeds.

Cauliflower: Toss with olive oil; sprinkle on paprika and parsley (or curry powder).

Green beans: Toss in walnut oil; sprinkle on crushed red-pepper flakes (or lemon-pepper seasoning).

Peas: Toss in garlic butter; top with fresh thyme

Spinach: Toss with olive or walnut oil; add crushed walnuts and crumbled blue cheese.

(Diane, *The Curves Magazine*)



Punch à Crème

Place together in a bowl and beat :

- 3 eggs
- 1 orange or lemon rind

Remove rind and add and stir well:

- $\frac{1}{2}$ tin (7 oz) evaporated milk
- 1 tin (12 oz) condensed milk

Add and mix thoroughly:

- 1 glass (7 oz) rum
- 1 t agostura bitters

Bottle and chill (tightly covered)

Shake well before serving.

Serve in small glasses (with an ice cube if desired).



This is a tasty drink we often made
for our Christmas Eve parties. The
recipe came from Madeleine Yates.



Orange Fluff

Place in a blender and blend:

- 1 egg
- $\frac{3}{4}$ c milk
- 3 T orange crystals (we use Tang)

Pour into a tall glass

Makes one serving.

Variations: Try instant chocolate or instant coffee crystals as a substitute for the orange crystals.

This is a yummy morning drink that feels like a full breakfast.

Party Punch

Mix well:

- 2 – 48 oz tins pineapple juice
- 1 – 48 oz tin blended juice
- 6 oz lemon juice
- 6 oz lime juice
- 1 c white sugar

Simmer 5 minutes, strain, and add to the above:

- 1 c boiling water
- $\frac{1}{2}$ c dried mint leaves

Chill in the fridge.

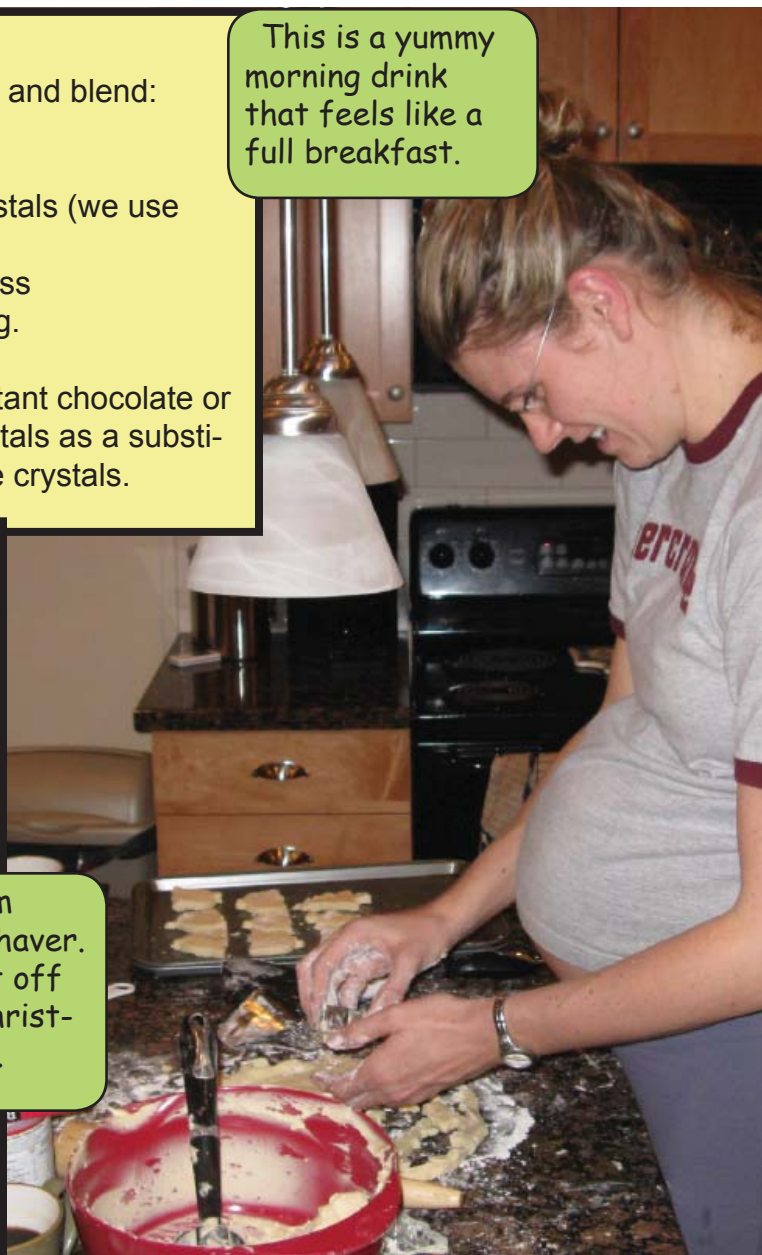
Add just before serving:

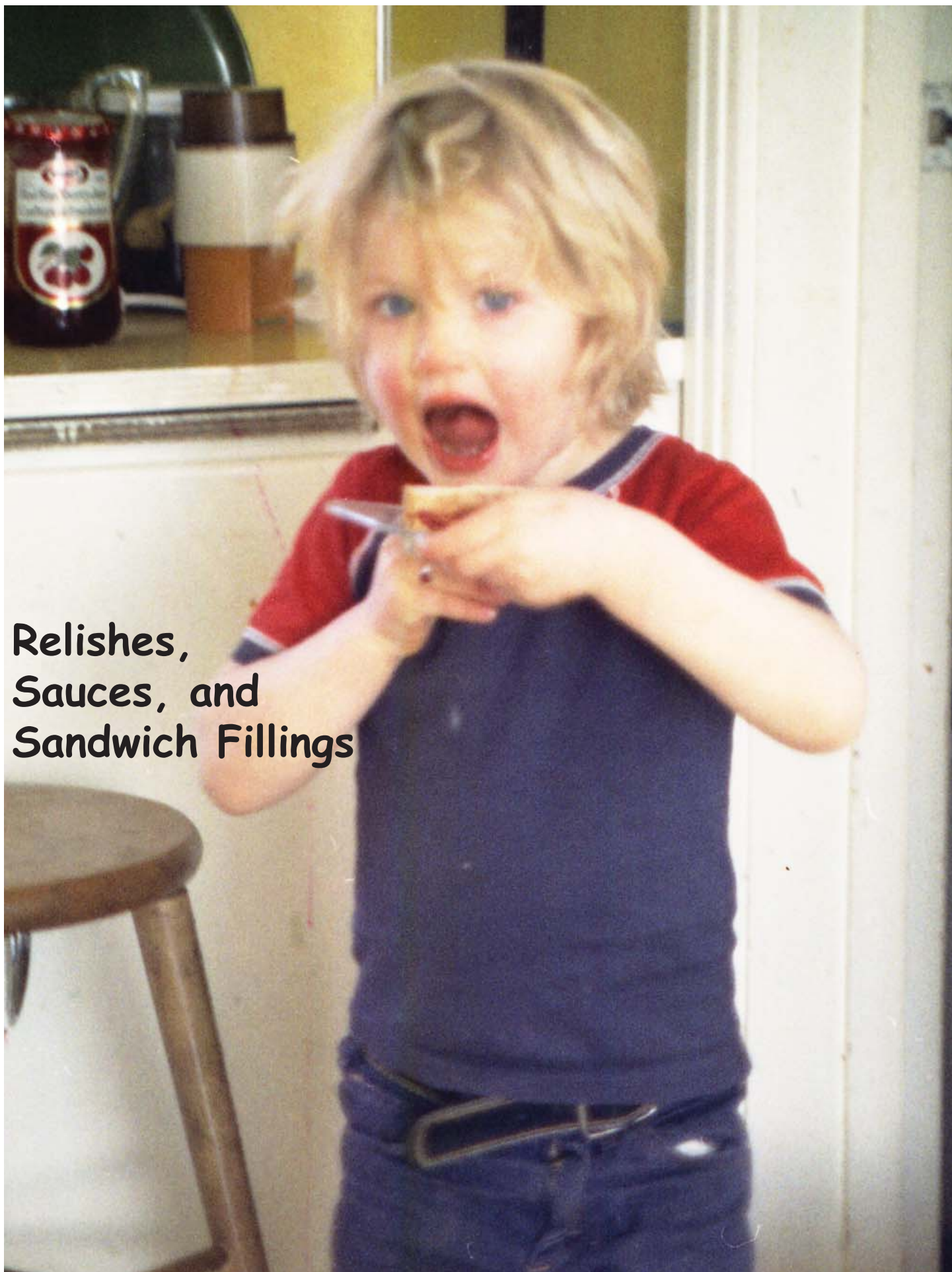
- 2 large ginger ale
- 1 small soda water

Garnish with cherries (or frozen raspberries) and orange slices.

Makes 50 4oz glasses.

This came from Mum and Dad Shaver. We have used it off and on at our Christmas eve parties.





**Relishes,
Sauces, and
Sandwich Fillings**

Mustard Sauce

Mix thoroughly:

1 c sugar

1 T flour

2 T dry mustard

Add and mix thoroughly:

3 eggs slightly beaten

Add and cook until thickened:

½ c vinegar

Add 1 T butter at the end

Serve warm or cold

This is a recipe Jack Shaver liked to serve with baked ham. He usually only made ⅓ of the recipe.

Tuna Sandwich Filling

1 tin water-based tuna

Mix in to taste:

Mayonnaise

Curry paste or curry powder

Raisins

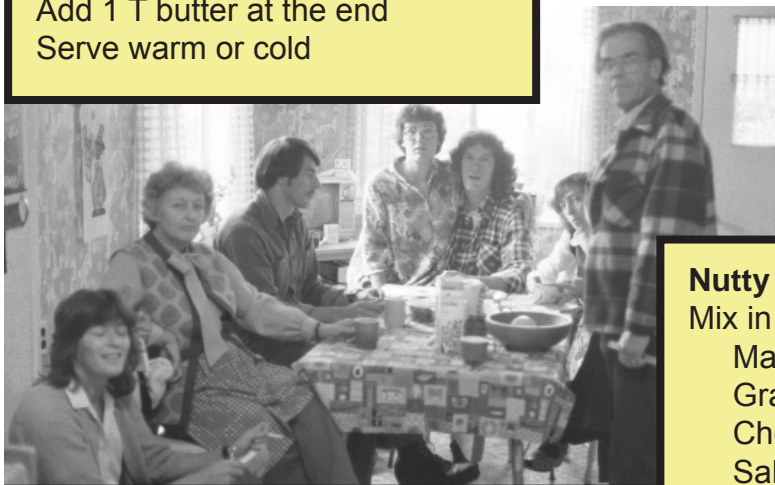
Salt and pepper

Spread very thickly on buttered whole wheat bread

Add lettuce and sliced onions (optional).

Makes two large sandwiches.

This certainly spices up the ordinary tuna sandwich.



Nutty Filling for Beef or Turkey Sandwich

Mix in to taste:

Mayonnaise

Grated carrots and apple

Chopped walnuts

Salt and pepper

Spread thickly on your roast beef or turkey sandwich.

This is great as well and makes for a very interesting sandwich.

Cranberry Orange Relish

4 c of cranberries

2 oranges (quartered)

Grind cranberries and oranges through a meat grinder

Stir in 1 c sugar

Cool in fridge before serving

JP & Bill used to prepare this and it has now become a tradition for Zachary and Bill and/or Steve. The only problem is that Zach then thinks he can eat it by the spoonful. Grandpa Shaver introduced it to us.

2005



2004



2003



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Glossary

" = inch
c = cup
doz = dozen
F = fahrenheit
g = grams
gr = ground
lb = pound
min = minutes
oz = ounce
pkg = package
t = teaspoon
T = Tablespoon
4T = $\frac{1}{4}$ c
wh = white
~ = about

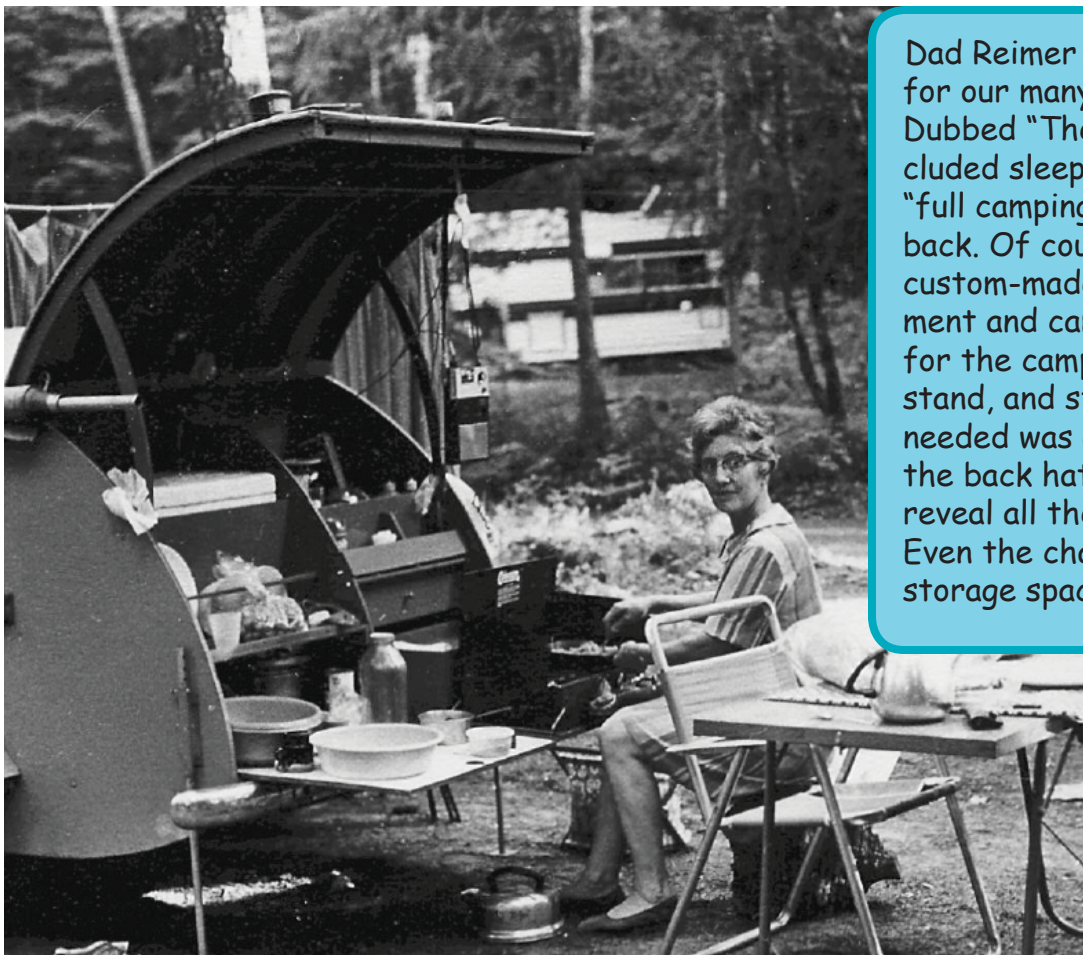
Definitions

Fold: To blend a light ingredient into a heavier mixture with a series of gentle turns (e.g. fold the beaten egg whites into the batter).

Scald: To heat a liquid (usually a dairy product) in a saucepan until it almost boils. It used to be an essential step in breadmaking, since heating would disable or denature some proteins in milk that interfered with yeast fermentation.

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Creamy Chocolate Frosting.....	49	Sour Cream Chocolate Cake	22
Creamy Tarragon Chicken	37	Sour Cream Coffee Cake	14
Crêpes	32	Soy and Maple Salmon	37
Crunchy Granola	50	Spicy Shrimp with Ginger.....	34
Curry Chicken Soup with Hard-boiled Egg.....	36	Spinach Egg Pie	34
Daegan's Cheesecake.....	11	Stir-fried Green Beans with Feta.....	41
Devil's Food Cake.....	19	Sugar Snap Peas with Cashews	41
Frozen Lime Cheese Cake	21	Toffee Almond Wafers	14
Fruit Topping.....	49	Tourtière	27
Gingerbread for Village House.....	15	Tuna Sandwich Filling	53
Ginger Cookies	12	Turkey Gravy.....	30
Ginger Cream.....	18	Turkey Stuffed Crêpes	30
Glady Bars.....	21	Turkey Tips.....	31
Glaze options	5	Verhoeff Broccoli Salad	44
"Glue" for the Ginger Bread House	15	Vichyssoise.....	35
Greatma Reimer's Brown Bread	6	Zucchini and Bell Pepper Frittata	35
Green Bean Salad.....	45		
Green Beans with Pine Nuts and Lemon	41		
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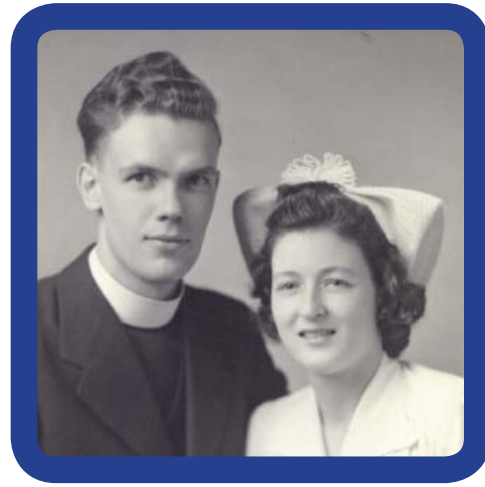
Dad Reimer made a small trailer for our many trips around BC. Dubbed "The Blue Angel" it included sleeping for two with a "full camping kitchen" at the back. Of course everything was custom-made to meet our equipment and camping style: a place for the camp stove, cooler, washstand, and storage. All that was needed was a welcome spot and the back hatch would lift up to reveal all the comforts of home. Even the chairs had their special storage space.

The job's not finished 'til the cleanup's done!



Notes

Notes



F 'n B Productions, Laval, QC
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