



CON-ED COOKBOOK

2022-2023

RECIPES MADE WITH CON-ED LOVE

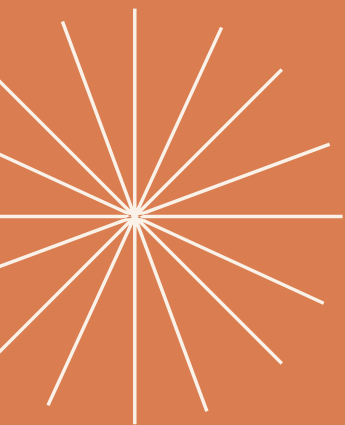


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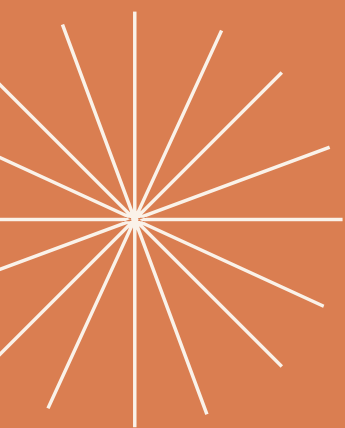


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WELCOME TO OUR FACULTY'S DIVERSE TASTEBUDS

Hello reader,

**Thank you for your interest in
the Con-Ed Cookbook!**

**We hope that these recipes
inspire you in the kitchen.**

This is a collection of student-submitted recipes
from Con-Eddies of all years and backgrounds.

It includes fun recipes that students may
associate themselves with, such as their:

- favourite food
- most-loved homecooked meal
- emotional comfort food
- family generational heirloom recipe
- any other feel-good recipe!

Many of these recipes are very special to the
students in our faculty, and we are grateful to be
able to share them with you all.



**We hope that some of these recipes catch
your eye and you try them out yourself!**

If you submitted a recipe, thank you.

Bon Appétit :)



delicious entrées

CURRY SQUASH & APPLE SOUP

"I like extra curry powder in mine, and plain greek yogurt or sour cream added at the end. Freezes well."

Ingredients

- 1 Onion
- 3 cloves of Garlic
- Curry Powder
- 1 Butternut Squash
- 2 Apples
- 2 cups of Chicken Broth
- 2 cups of Milk
- salt & pepper

Directions

- 1 In a large pot, melt 1 tbsp (15mL) butter over medium heat.

Add 1 onion and 3 minced cloves of garlic; sauté for about 5 min or until softened.

- 2 Stir in 2 tsp curry powder, 1 medium butternut squash OR 1 large acorn squash and 2 peeled and chopped apples; sauté for 2 min.

- 3 Add 2 cups (500mL) reduced-sodium chicken broth, cover and bring to a boil. Reduce heat to medium-low and simmer, covered, for 15 to 20 min or until squash and apples are soft.

- 4 Using an immersion blender in the pot or transferring soup in batches to an upright blender, purée until smooth. Return to pot, if necessary.

- 5 Stir in 2 cups warm milk and reheat soup over medium heat, stirring, until steaming (do not let boil). Season to taste with salt and pepper.

Ladle into warmed bowls.



SCOTTISH MINCE AND TATTIES

Submitted by Sam Brown

"My family also recommends HP sauce as a topping! :p "

Ingredients

- 1 lb extra lean ground beef
- 1 onion
- 2 carrots
- Beef bovril
- Worcestershire sauce
- Potatoes and whatever you personally make mashed potatoes with (i.e. butter, milk, etc.)

Directions

- 1 Dice onions and cut carrots into 1/3 inch thickness, or however thick you want. Set vegetables aside.
- 2 Squish and break up ground beef with your hands in a pot.

Fill pot with water just enough to cover the meat, but squish the meat with your hands as you add the water to get it to absorb.
- 3 Squeeze about "two circles" of liquid beef bovril (as per my mom's instructions...). Add 10 shakes of Worcestershire sauce. Add your diced onions and carrots and mix.
- 4 Turn stove onto high and bring pot to a boil. When boiled, cover pot and lower heat to a simmer. Let mince simmer for 2 hours. Stir occasionally if you see fit.

While mince is simmering, prepare mashed potatoes however you prefer to do so.
- 5 At the 2 hour mark, turn the heat off. Scoop however many potatoes you want into your bowl/dish and then scoop however much of the mince you want. I recommend a slotted spoon to avoid excess liquid. Now, serve and enjoy!



FISH FILLET

Directions

- 1 Cut the onion crosswise.
- 2 Add 2 tbsp of olive oil to a frying pan and turn the heat to medium.
- 3 Add the onions and while they turn light brown, add cumin powder, salt and a bit of pepper to the fish.
- 4 When the onions have turned golden brown, add the fish and cover the pan for about 15–20 minutes, or until the fish has clearly cooked all the way through, flipping the fish mid-way.

Ingredients

- 2 fish fillets
- 1 large onion
- 2 tbsp olive oil
- cumin powder
- salt
- pepper



VEGAN CHICKPEA CAULIFLOWER CURRY

Submitted by Ciaran Allman

"I personally do cook the curry for 30 minutes in total, but you can do for 15 minutes if you want there to be more crunch in the cauliflower and chickpeas."

Ingredients

- Quinoa
- Olive Oil
- Salt
- Ground Turmeric (2tsp)
- Green Curry Paste (1.5tbs)
- 1 Tin of Coconut Milk
- 1 Head of Cauliflower
- 1 can of Chickpeas
- lemon juice or lemon
- 1 Yellow Onion
- Ginger (1tsp)
- Soy Sauce (1tbs)

Directions

- 1 Cut cauliflower into small florets, dice the yellow onion, and rinse chickpeas.
- 2 Heat large pot. Add oil, onion and ginger, stirring until onion is golden and softened. Add the curry paste and turmeric and cook for another 2 minutes. Add the coconut milk and soy sauce, letting the flavors blend for about 5 minutes.
- 3 Add the chopped cauliflower and chickpeas. Cover and bring to a boil, lower heat and simmer for 30 minutes. Stir once every 10 minutes, adding in pepper if you'd like.
- 4 After the first stir of the curry, place quinoa, water and salt in a saucepan and bring it to a boil. Simmer, covered for 15 minutes. Rest covered for 5 minutes then fluff with a fork to serve.
- 5 Serve quinoa and curry in a bowl, top with black sesame seeds and fresh cilantro as a garnish if you want to be super fancy.

"Make sure to scrape the bottom of pan when stirring in the coconut milk to ensure nothing sticks to the bottom!"



INSTANT POT CHICKEN AND RICE

Ingredients

- 2 pounds boneless skinless chicken thighs or chicken breasts (cut into 1" pieces)
- 1 large onion, finely chopped
- 2 large garlic, cloves minced
- 3 large carrots, shredded
- 2 tbsp extra virgin olive oil
- 2 tsp thyme, dried
- 2 tsp oregano, dried
- 2 tsp cumin
- 1 1/4 tsp salt
- Ground black pepper, to taste
- 3 bay leaves
- 3 cups white rice or brown rice (rinsed & drained)
- 3 3/4 cups water
- 3 tablespoons fresh dill or parsley, finely chopped (optional)



Directions

- 1 On an Instant Pot, press Sauté and let appliance preheat a few minutes until display says Hot.
- 2 Add olive oil, onion and garlic; sauté for 3–4 minutes, stirring occasionally. Press Cancel and add thyme, oregano and cumin; cook another 30 seconds, stirring constantly.
- 3 Add remaining ingredients in the following order: chicken, carrots, rice, water, salt, pepper and bay leaves. Do not stir.

Close the lid, set pressure vent to Sealing and press Pressure Cook on High or Manual: white rice – 10 minutes, brown rice – 22 minutes.

- 4 Display will say ON, Instant Pot will take about 15–20 minutes to come to pressure, you will see a bit of steam coming out from a valve, then float valve will rise and countdown will begin.

When display says OFF, release the pressure using Quick Release method by turning pressure valve to Venting position, which takes 2–3 minutes. Then open the lid.

- 5 Add dill or parsley, gently stir and serve hot.

website: <https://ifoodreal.com/instant-pot-chicken-and-rice/>

"This website is amazing! Has such tasty and healthy recipes."

ALFREDO UDON

Submitted by Viv

"I recommend tasting the sauce every time you add seasoning to make sure you know it's good"

Ingredients

- 1 red onion
- 2 packets of udon
- 2 chicken breasts
- 1 head of broccoli
- 1 carton of heavy cream
- 2 cloves of garlic
- garlic powder (optional)
- Italian seasoning
- butter
- salt
- pepper
- paprika



Directions

- To prepare the chicken breasts:
Step 1: cut the chicken breasts into strips
Step 2: season it with whatever seasoning you like - I usually go with salt, pepper, and garlic powder
Step 3: set to the side
- To prepare the broccoli:
Step 1: cut up the broccoli to smaller pieces (the size is up to personal preference)
Step 2: boil the broccoli in salted water until it is almost ready
Step 3: transfer the broccoli to a clean bowl
- To prepare the udon:
Step 1: in the same pot you boiled broccoli in, throw in both packets of udon
Step 2: let the udon boil in salted water until it is almost ready then take the pot off the stove and set aside
- To prepare the sauce:
Step 1: dice the red onion and garlic cloves
Step 2: heat up a pan with high sides and throw in some vegetable oil
Step 3: when the pan is hot enough, throw in the onion
Step 4: once the onions become somewhat translucent, throw in the garlic
- Step 5: once fragrant, throw in the chicken breasts
Step 6: cook the chicken
Step 7: pour half the carton of heavy cream into the pan
Step 8: let the cream boil until it begins to thicken and starts to taste somewhat cheesy
Step 9: throw in salt, pepper, garlic powder, Italian seasoning, and paprika to preference
Step 10: once satisfied with the sauce, throw in your udon and broccoli
Step 11: throw in any seasoning until you are satisfied
Step 12: done!

PEANUT CHICKEN ZOODLES

Submitted by Hanna Irish

"This recipe looks a little different every time I make it, it doesn't have to be perfect! Sometimes I substitute sriracha for chili powder or maple syrup for honey. I've also tried various different vegetables."

Ingredients

For the Sauce:

- 1/3 cup Crunchy/Smooth Peanut Butter (Natural if you like!)
- 1 tablespoon Soy Sauce
- 1 tablespoon Rice Vinegar
- 1 tablespoon Maple Syrup
- 1 teaspoon Grated Ginger
- 1 clove Crushed Garlic
- 1 teaspoon Sriracha
- Water, as needed to adjust consistency

Other Ingredients:

- Bit of Oil for the Pan (Avocado Oil, Olive Oil, or My Fav, Sesame Oil)
- Two chicken breasts
- 1 tablespoon Soy Sauce (for the chicken)
- Couple Carrots and/or Bell Peppers and/or Purple Cabbage and/or Broccoli
- 3 Zucchini, spiralized
- Crushed Peanuts (or Seeds/Other Nuts)
- Lime wedges



Directions

- 1 Start by chopping your chicken into bite sized pieces. Place the pieces into a frying pan with a bit of oil and 1 tablespoon of soy sauce. Fry until the chicken pieces are cooked and are golden brown. Remove from heat and set aside.
- 2 Spiral your zucchini using a spiralizer, unless you purchased already spiralized zucchini. In this step, you can also spiralize your carrots or chop them up for a quicker method. Now, you'll also want to chop all the other vegetables you've chosen to use into long thin strips.
- 3 In a bowl, whisk together all of the sauce ingredients until well combined. Slowly add water to your sauce to adjust for the consistency you would prefer. Feel free to add more sriracha for spice or anything else you'd like. I like to add extra ginger! Then, set the sauce aside.
- 4 Heat a bit of oil in a large frying pan or wok and then add your vegetables (NOT the spiralized zucchini yet) and sauté them for a few minutes until tender. (You can also add a bit of water in this step to help the vegetables soften. Once soft, you must drain the access water.)
- 5 Now add in the precooked chicken and the spiralized zucchini. Cook for about 2 minutes (not long!) until the zoodles start to soften. Turn off the heat and gently fold in your premade sauce.
- 6 Spoon peanut chicken zoodles into a bowl. I like to use kitchen scissors to cut the really long zoodles as I pull them out of the frying pan. Top with crushed peanuts, seeds, other nuts. Place a lime wedge on the side. This can be served hot or cold. Can store in the fridge for a couple of days.

"You can exclude the chicken to make this recipe vegan/vegetarian. You can substitute the Zucchini for Rice Noodles and incorporate them the same way."

TVP TACOS FILLER (VEGETARIAN/VEGAN)

Submitted by Mike Fenn

"This is cheap, easy, and quick. For the best TVP prices, go to Bulk Barn, No Name Veggie broth is cheap and works perfect."

Ingredients

- Equal Parts Textured Vegetable Protein and Vegetable Broth (Depends on the size of tacos/burritos; I often do 1 cup of each)
- Olive Oil
- Garlic Clove
- Taco Seasoning
- Garlic Powder

Directions

- 1 Smash and chop the garlic clove, peeled, and then sauté in a pot with Olive Oil.
- 2 After oil and garlic mix, create a strong fragrance, and begin to brown, add the vegetable broth. Be careful, as the impact of adding broth with the frying olive oil can cause splatter and steam kick back.
- 3 After the broth has started to warm up, add in the TVP and mix.

Reduce heat, and allow it to simmer and a low heat until all of the oil and broth are absorbed by the TVP.

- 4 Once absorbed, add some taco seasoning, and garlic powder. Add as much or as little as your heart desires – cooking is an art form. I prefer about 1-2 tbsps of Taco seasoning and ½ Tsp of Garlic powder.
- 5 Then, serve on tortilla with some sour cream, cheese (omit if vegan), taco sauce and any other veggies you want (I prefer none, because why ruin a good meal with vegetables?)

This will last until the next day, refrigerated.

"I've mastered this recipe after many trials and errors of different TVP recipes. It's super simple but makes superb Tacos. I encourage you to experiment with them to make your meal more interesting.

Given this uses textured vegetable protein and vegetable broth, you can substitute any of the taco add-ons to make them vegan. Unless you forego the point of using TVP and add ground beef, this recipe will be Vegetarian automatically."



VEGAN CAULIFLOWER TACOS

Submitted by Brianna Pereira

"Make homemade guacamole and use a full lettuce leaf inside of tortilla for more support for the toppings."

Ingredients

For the cauliflower:

- ½ head cauliflower. cut in bite-sized pieces
- 4 teaspoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- ¾ cup buffalo sauce, separated
- pepper, to taste

For the tacos:

- 8 taco-sized flour tortillas
- 1 head romaine lettuce, chopped
- 1 avocado, pitted and diced
- vegan ranch, to taste
- cilantro or green onion, diced (optional)

Directions

- 1 Preheat oven to 425 degrees and line a baking sheet with parchment paper.
- 2 In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, pepper and ¼ cup of buffalo sauce. Stir to combine. Spread evenly on baking sheet and cook for 20 minutes, flipping halfway.
- 3 Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan or in the microwave.
- 4 Remove cauliflower from the oven and place it back in the bowl. Add remaining heated buffalo sauce and stir to combine.
- 5 To assemble tacos, load each tortilla with romaine, avocado and cauliflower. Drizzle with ranch and top with cilantro or green onions.

website: <https://www.thissavoryvegan.com/vegan-buffalo-cauliflower-tacos/>



SOUR CREAM NOODLE BAKE

Directions

- 1 Preheat the oven to 350 degrees F.
- 2 Brown the ground chuck in a large skillet. Drain the fat, and then add the tomato sauce, 1/2 teaspoon salt and plenty of freshly ground black pepper. Stir, and then simmer while you prepare the other ingredients.
- 3 Cook the egg noodles until al dente. Drain and set aside.
- 4 In a medium bowl, combine the sour cream and cottage cheese. Add plenty of freshly ground black pepper and a pinch of red pepper flakes. Add to the noodles and stir. Add the green onions and stir.
- 5 To assemble, add half of the noodles to a baking dish. Top with half the meat mixture, and then sprinkle on half the grated Cheddar. Repeat with noodles, meat and then a final layer of cheese. Bake until all the cheese is melted, about 20 minutes.
- 6 Serve with crusty French bread.

Ingredients

- 1 1/4 pounds ground chuck
- 15-ounce can tomato sauce
- 1/2 tsp salt
- freshly ground black pepper
- 8 ounces egg noodles
- 1/2 cup sour cream
- 1 1/4 cups small curd cottage cheese
- pinch red pepper flakes
- 1/2 cup sliced green onions (less to taste)
- 1 cup grated sharp Cheddar
- crusty French bread, for serving



Website: <https://www.foodnetwork.com/recipes/sour-cream-noodle-bake0-2145182>

"It's delicious!"

GROUND BEEF PASTA CASSEROLE

Submitted by Elizabeth Li

"So delicious! You could also just eat it after combining the pasta and sauce, without baking it, but I think it's more fun and makes the meal fancier!"

Ingredients

- 1 pound uncooked penne
- 1/2 medium onion, chopped
- 1 pound extra lean ground beef
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1.5 cups marinara sauce
- Salt & pepper, to taste
- 1.5 cups shredded cheddar cheese

Directions

- 1 Preheat your oven to 400F and move the rack to the middle position. Grease a 9x13 baking dish.
- 2 Boil a large, salted pot of water for the penne. Cook it for 10 minutes (it should be slightly underdone so it doesn't get mushy).
- 3 Add the oil, beef, and onion to a skillet. Sauté over medium-high heat, breaking the meat up as you go along, for 10 minutes. Once it gets going, stir in the garlic. Spoon out excess fat if needed.
- 4 Stir in the marinara sauce and warm through. Give it a taste and season with salt & pepper as needed.
- 5 Drain the pasta and pour it into the baking dish. Pour the beef mixture over top and then toss until it's combined with the pasta. Top with an even layer of the cheese. If you want it extra cheesy, you can stir in an additional half cup of cheese prior to topping it with the rest of the cheese.
- 6 Bake for 10 minutes, uncovered, until the cheese is nicely melted. I then broil it for a few minutes (optional) to brown the cheese up a bit. Serve immediately.

Website: <https://www.saltandlavender.com/ground-beef-casserole/>





dessert *goodies*

STRAWBERRY JELLO DESSERT

Submitted by Megan Box

“Don’t let the fibre one cereal fool you, it tastes really good.” -My mom”

Ingredients

Crust:

- 2 cup original Fibre One cereal
- 6 tbsp Splenda or sugar
- 1 cup hot water
- pinch of salt

Cream cheese filling:

- 8oz cream cheese, softened
- 1 cup Splenda or sugar
- 2 cups of Cool Whip

Fruit Jello filling:

- 2 6-ounce package sugar free strawberry gelatin
- 2 cups boiling water
- 2 cups rinsed and sliced strawberries

Directions

- 1 Combine crust ingredients and pat into the bottom of a greased 9x13 pan.

Bake for 8-10 minutes in a preheated 375 oven. Let cool completely

- 2 Combine Splenda and cream cheese with electric mixture for 3 minutes or until thick. Gradually add in Cool Whip.

Pour mixture over cooled crust. Cover and chill for 1 hour

- 3 Combine Jello and boiling water until completely dissolved. Gradually add berries, stirring every few minutes until mixture has slightly cooled. Carefully pour over cream cheese mixture

- 4 Cover and chill at least 3 hours before serving. Try not to eat all in one sitting.



ANN'S PINK CHEW

Submitted by Destinee Joly

"I have my late Grammas recipe which I made with her every Christmas!"

Ingredients

- 1 cup crushed graham wafers
- ½ cup brown sugar
- ½ cup melted butter
- 1 heaping tbsp of flour
- 2 cups of fine shredded coconut
- 1 can eagle brand condensed milk
- ½ cup of butter
- ½ cup icing sugar

Directions

- Base:
Mix the graham wafers, brown sugar, melted butter, and flour together and pour in an 8x11 pan with parchment paper. Bake for 15 mins at 275° and cool.
- Middle:
Mix the shredded coconut and condensed milk together and spread on top of base. Bake for 20 mins at 350°. Let it cool.
- Icing:
Beat the butter and icing sugar together for 2 mins with an electric beater. Add two tbsp of cream and a couple drops of red food colouring. Beat again for 2 mins. Add 2 tbsp boiling water. Beat again. Spread on top of middle and let cool. Cut into squares.



HEAVENLY CHOCOLATE CHIP COOKIES

Submitted by Grant Hurley

To make bread flour! (Really easy!!)

1. Measure out 1 cup all-purpose flour (4 1/2 ounces or 129 grams).
2. Remove 1 1/2 teaspoons (1/8 ounce or 4 grams).
3. Add 1 1/2 teaspoons of vital wheat gluten (1/8 ounce or 5 grams).
4. Whisk or sift to combine.

Ingredients

- 1 cup bread flour (125 g)
- 3/4 cup all-purpose flour (95 g)
- 2 teaspoons kosher salt
- 1 1/2 teaspoons table salt
- 1 teaspoon baking soda
- 1 cup unsalted butter (225 g), 2 sticks
- 2 tablespoons water, room temperature
- 1 cup dark brown sugar (220 g)
- 1/2 cup white sugar (100 g)
- 2 teaspoons vanilla extract
- 1 teaspoon espresso powder
- 1 large egg
- 1 large egg yolk
- 1/2 cup semi-sweet chocolate chips (85 g)
- 5 oz dark chocolate (130 g), chopped

Directions

- 1 In a medium or large saucepan, add the butter and melt over medium heat. The larger the pan you use, the quicker the process will be!
- 2 Bring the butter to a boil, stirring frequently. As the water begins to boil out of the butter, the milk solids in the butter will separate, sink to the bottom, and begin to toast and brown. As this begins to happen, make sure to stir constantly so the butter browns evenly. It may become quite foamy, splatter a bit, and be difficult to see, so keep a close eye on it, removing from heat and continuing to stir if it starts to foam over.
- 3 Once the butter has turned a nice nutty brown, remove from the heat and pour into a large liquid measuring cup to stop the cooking. Allow it to cool down for a minute or two, give it a stir, and carefully add 2-3 tablespoons of water to the butter to bring it back up to 1 cup (240 ml) of liquid. Set aside to cool to room temperature. (To help speed this process up, you can place in the fridge for 10-15 minutes. You want to make sure the butter is still liquid when you're adding it to the dough later on, so make sure to remove after 15 minutes.)
- 4 In a medium bowl, sift together the flours, salt, and baking soda. Set aside. (these are the dry ingredients)
- 5 In a large bowl, add the sugars, vanilla, espresso powder, and cooled brown butter. Cream together with an electric hand mixer until light and fluffy, 1-2 minutes.

continued on next page



HEAVENLY CHOCOLATE CHIP COOKIES

"This makes roughly 18-24 cookies.

Submitted by Grant Hurley

Browning the butter is key to this recipe -- to tell if it is done, it will smell like caramel and look like a nutty brown color. Sifting the ingredients is also important to the recipe otherwise you will get clumps."

Ingredients

- 1 cup bread flour (125 g)
- ¾ cup all-purpose flour (95 g)
- 2 teaspoons kosher salt
- 1½ teaspoons table salt
- 1 teaspoon baking soda
- 1 cup unsalted butter (225 g), 2 sticks
- 2 tablespoons water, room temperature
- 1 cup dark brown sugar (220 g)
- ½ cup white sugar (100 g)
- 2 teaspoons vanilla extract
- 1 teaspoon espresso powder
- 1 large egg
- 1 large egg yolk
- ½ cup semi-sweet chocolate chips (85 g)
- 5 oz dark chocolate (130 g), chopped

Directions

- 6 Add the egg and yolk and beat until incorporated.
- 7 Add the dry ingredients, about ⅓ of the mixture at a time, and beat between additions until just incorporated. It's okay for there to be a bit of unmixed flour on the edge of bowl, this will be incorporated in the next step.
- 8 Using a wooden spoon, (or anything like one, we're all students here) fold the chocolate chips and chunks into the dough.
- 9 Scoop the cookies onto a parchment paper-lined baking sheet in 3-tablespoon-sized mounds.

For the best possible flavor, cover with plastic wrap and refrigerate for 1 hour or, even better, overnight.
- 10 Preheat the oven to 350°F (180°C). Evenly space the dough 3 inches (8 cm) apart from one another on a parchment paper-lined baking sheet.

- 11 Bake in a preheated oven for 12-14 minutes.

Let the cookies cool on the baking sheet for 2-3 minutes before transferring to a cooling rack to cool completely.

"Be very careful these are extremely and dangerously addictive! If you really want to have a sugar high, make ice cream sandwiches with them and thank me later ;)"



APPLE CRISP

Submitted by Maeve Stemp, Megan McDowell,
Brooke Hagerman, and Kait Bogdan

Ingredients

- 8 apples
- 1.5 cups of brown sugar
- 1 cup of butter
- 3 cups of granola

Directions

- 1 Preheat the oven to 350 degrees F.
- 2 Cut the apples thinly, so that each slice is about half a cm thick.
- 3 Arrange them in the bottom of a loaf pan (8.5" x 4.5"), and then in layers on top of each other.
- 4 Melt the butter in the microwave, and mix the melted butter, brown sugar, and oats together.
- 5 Spread this mixture over the top of the apples, and place in the oven for 15 minutes. Let cool and eat the whole thing!!



GOOEY CHEERIO DESSERT

Submitted by Megan Box

"This is very gooey, yet delicious, enjoy!"

Ingredients

- 1 cup white sugar
- 1 cup corn syrup
- 1 cup peanut butter
- 1 tsp vanilla
- 5 cups honey nut cheerios
- muffin tin liners

Directions

- 1 In large saucepan, combine sugar and corn syrup. Bring to a boil over medium heat. Stir often, it does not take long.

Allow mixture to boil for 1 minute and then remove from heat

- 2 Add peanut butter and vanilla to mixture and mix until smooth. Add cheerios, mixing until they are all coated

- 3 Drop mixture into lined muffin tins.

- 4 Place in fridge to cool for 30 minutes.

- 5 Remove from fridge and put into storage containers. Then, store in fridge.



CHOCOLATE CHIP COOKIES

Submitted by Carson Morrad (June Reid)

“The baking time will vary depending on the oven and the individual’s cookie texture preference.”

Ingredients

- 2 cups of butter
- 2 cups of sugar
- 2 cups of brown sugar
- 4 eggs
- 2 tsp. vanilla
- 4 cups of flour
- 5 cups of oatmeal
- 1 tsp. of salt
- 2 tsp. of baking powder
- 2 tsp. of baking soda
- 24 oz. bag of chocolate chips

Directions

1 Cream together: 2 cups of butter, 2 cups of sugar, and 2 cups of brown sugar.

2 Add 4 eggs and 2 tsp. vanilla into mixture and continue.

Adding to the mixture 4 cups of flour and 5 cups of oatmeal, continue to mix.

3 Take the 1 tsp. of salt, 2 tsp. of baking powder, and 2 tsp. of baking soda, and put small amounts into a blender until it turns into a powder. Measure first and blend.

4 Combine and mix all ingredients together, adding the 24 oz. bag of chocolate chips.

5 Place on un-greased cookie sheet, forming golf-ball sized cookies, approximately 2 inches apart from each other.

Bake at 375°F for approximately 6 minutes.



ICED PUMPKIN COOKIES

"I like to add a little extra cinnamon to the cookie dough and icing!"

Ingredients

Cookies:

- 2 ½ cups all-purpose flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ½ tsp salt
- 1 ½ cups white sugar
- ½ cup butter, softened
- 1 cup canned pumpkin puree
- 1 egg
- 1 tsp vanilla extract

Icing:

- 2 cups confectioners' sugar
- 3 tbsp milk
- 1 tbsp melted butter
- 1 tsp vanilla extract

Directions

- 1 Preheat the oven to 350 degrees F (175 degrees C). Grease two cookie sheets.
- 2 Make cookies: Combine flour, cinnamon, baking powder, baking soda, nutmeg, cloves, and salt in a medium bowl.
- 3 Cream together sugar and butter in a mixing bowl until fluffy, 2 to 3 minutes. Add pumpkin, egg, and vanilla; beat until creamy. Mix in flour mixture until combined. Drop tablespoonfuls of dough onto the prepared cookie sheets; flatten slightly.
- 4 Bake in the preheated oven until centers are set, 15 to 20 minutes, switching racks halfway through. Transfer cookies to a wire rack to cool to room temperature, about 30 minutes.
- 5 Meanwhile, make icing: Stir together confectioners' sugar, milk, butter, and vanilla in a bowl until smooth. Add milk as needed, to achieve drizzling consistency.
- 6 Drizzle icing over cooled cookies with a fork.

Website: <https://www.allrecipes.com/recipe/10033/iced-pumpkin-cookies/>



CARAMEL PEAR UPSIDE DOWN CAKE

Submitted by Lauren Smart

"I typically use fresh pears that are a bit squishy and it's totally fine to leave them unpeeled!"

Ingredients

Caramel Topping:

- ½ cup Dark Brown Sugar
- ¼ cup Unsalted Butter
- 150 grams Canned Pears, drained and thinly sliced (if using fresh pears, then peel, core, and thinly slice two dessert pears)

Cake:

- 1 cup Plain Flour
- 2 tsp Baking Powder
- A pinch of Salt
- 1 cup Granulated sugar
- 3 Medium size Eggs
- ½ cup Plain Yoghurt
- ¼ tsp Vanilla Extract
- ½ cup Flavourless Oil (I used vegetable oil)

Directions

1 Make the Caramel Topping: Butter and line a 9" cake pan and arrange the pears slices in a circle at the bottom of the pan, starting from the outer edge. Keep aside.

2 Place a saucepan over medium low heat and melt the sugar and butter. Once the mix begins to bubble and caramelize, swirl the pan and if required, stir using a spatula and take it off the flame.

Gently pour it over the pear slices, without disturbing the pattern. Keep aside.

3 Make the Cake: Preheat the oven to 175C. Mix together the flour, baking powder and salt in a small bowl.

Into a separate mixing bowl throw in the sugar, eggs, yoghurt, and vanilla extract, and using an electric beater or whisk beat it all together till well combined.

4 Still whisking, add the dry ingredients bit by bit, making sure no traces of flour is seen once you are done.

Finally, pour the oil into the mixture and fold using a spatula. Don't mix too vigorously.

5 Pour the cake batter gently on top of the pear slices till about 3/4th full and even it out, if required. Bake for about 45-50 minutes or until a skewer inserted into the centre of the cake comes out clean.

Take it out of the oven and let it stay on a wire rack for about 5 minutes after which you can say a little prayer and turn it upside down onto a serving plate.

Website: <http://www.monsoonspice.com/2011/12/caramel-pear-upside-down-cake-guest.html>



CHOCOLATE-DIPPED CREAM CHEESE HAMANTASCHEN

Submitted by Ilea Segal

"These are traditionally enjoyed for the Jewish Holiday Purim!"

Ingredients

Hamantaschen:

- ⅓ cup sugar
- 2 tbsp. oil
- 2 tbsp. apple or orange juice
- 1 egg
- 1 tsp. vanilla
- 5 tbsp. cream cheese
- 1 tsp. baking powder
- 1½ cup flour
- Pinch of salt

Filling:

- Strawberry preserves
- Apricot preserves

Optional:

- A few squares of chocolate
- Colorful sprinkles
- Nut crunch

Directions

- 1 Cream sugar, oil, juice, egg and vanilla.
- 2 Add cream cheese, and mix until combined.

Add baking powder, salt and flour. Mix until the dough forms a ball which is not sticky.
- 3 Roll the dough out, about ⅛" thick. Using a circle cookie cutter, or the mouth of a glass, cut as many circles as possible.

Remove remaining dough, roll and repeat.
- 4 Place a teaspoon of filling in the center of each circle, and fold the cookies. (Folding instructions can be found on the website, linked at the bottom of the page)
- 5 Bake at 350° F for 15–20 minutes.

Allow to cool before eating or decorating.

Website: https://www.chabad.org/recipes/recipe_cdo/aid/2171456/jewish/Chocolate-Dipped-Cream-Cheese-Hamantaschen.htm



MICROWAVE CHOCOLATE CHIP COOKIE / MUG CAKE

Submitted by Elizabeth Li

"You can also add a splash of milk before microwaving!"

Ingredients

- 2 tbsp butter
- 1 tbsp brown sugar
- 1 tbsp sugar
- ¼ tsp baking powder
- ⅛ tsp salt
- ¼ tsp vanilla extract
- 3 tbsp flour
- 2 tbsp chocolate chips
- ½ cup ice cream(75 g), optional

Directions

- 1 Add 2 tbsp butter, 1 tbsp brown sugar, 1 tbsp sugar, ¼ tsp baking powder, ⅛ tsp salt and ¼ tsp vanilla in a bowl and mix.
- 2 Add 3 tbsp flour and 2 tbsp chocolate chips and mix thoroughly.
- 3 Transfer the mix to a microwave-friendly bowl and heat for 60 seconds.
- 4 Top with ice cream, and enjoy!



Website: <https://tasty.co/recipe/microwave-chocolate-chip-cookie>

CINNAMON BANANA BREAD MUFFINS

Submitted by Elizabeth Li

"I like to add a little more cinnamon into the muffin batter, and I find that I need more cinnamon sugar dip than the recipe uses!"

Ingredients

muffins:

- ¾ cup granulated sugar
- ½ cup vegetable or canola oil
- 2 large eggs
- ¾ cup mashed banana (about 2 small bananas)
- 1 tsp vanilla extract
- 1 ½ cup all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp ground cinnamon

topping:

- 3 tbsp butter, melted
- ¼ cup granulated sugar
- ½ tsp ground cinnamon

Directions

- 1 Heat oven to 375 degrees. Spray bottoms only of 12 regular-size muffin cups with cooking spray. Or you can also use liners.
- 2 In medium bowl combine the sugar, oil, eggs and stir with wire whisk. Add in bananas and vanilla, whisk until combined.

Add in flour, baking soda, salt, and cinnamon and stir together until just combined.
- 3 Divide batter evenly among muffin cups. Each muffin cup will be almost to the top (about ¾ full).
- 4 Bake 17 to 21 minutes or until toothpick inserted in center comes out clean and muffins are high and rounded on top. The tops of the muffins should not look wet (that means they're not fully cooked).

Remove muffins from pan to a cooling rack.
- 5 For the cinnamon & sugar topping: Combine the sugar and cinnamon in a small bowl. Put melted butter in a separate small bowl. Dip muffin tops into melted butter and then into cinnamon-sugar. Serve warm or let cool completely.

Website: <https://togetherasfamily.com/cinnamon-banana-bread-muffins/>





miscellaneous *munchies*

APPLE BROWN SUGAR OATMEAL

Submitted by Frankie

"This recipe makes enough for one person (one bowl of oatmeal), so if making it for more people just multiply the recipe."

Ingredients

- 1 medium to large red apple, sliced into cubes or small bite-sized pieces
- 1 cup old fashioned oats
- 2 tbsp brown sugar
- 1 tsp cinnamon
- 1 cup of water
- 1 cup of milk
- 1 tbsp butter

Directions

- 1 In a medium saucepan, add the tablespoon of butter and melt it on medium heat. Make sure that the butter evenly coats the bottom of the pan.
- 2 Add the cubed apples to the saucepan and the cinnamon. Cook them until they are slightly tender, or for about 6-7 minutes.

Add your water and milk to the saucepan and increase the heat to high.

- 3 Once the liquid is boiling, add the oats and decrease the heat to low so the liquid is at a simmer.
- 4 Stir the oats while simmering until the oatmeal thickens. The longer it simmers, the more thick it will be so how long you cook the oats is up to your personal taste.
- 5 Remove the saucepan from the heat, and stir in the brown sugar. Serve in a bowl with a sprinkle of cinnamon and enjoy!

"For a creamier oatmeal, use two cups of milk and no water. For a thinner oatmeal, use two cups of water and no milk. If you are making this oatmeal with a lighter plant-based milk, like almond milk, use 1 1/2 cups of milk instead of 1 to achieve the same consistency as regular milk. This isn't necessary if using 'thicker' plant based milk like oat milk or soy milk."



ROTISSERIE PINEAPPLE

Submitted by Ashley Dietrich

"For a crispier outside, cook on high after warming it."

Ingredients

- brown sugar
- cinnamon
- pineapple

Directions

- 1 Cut off the crown and skin the pineapple. Skewer the pineapple through the core.
- 2 Sprinkle the cinnamon and brown sugar onto the pineapple.
- 3 Cook on the rotisserie at about 350 until warm all the way through. When warm inside, take the pineapple off the barbecue and remove skewer.
- 4 Cut out the core of the pineapple. Cut the pineapple into desired serving size. Enjoy!



CHEESE TEA BISCUITS

"Serve with soup... jam... or
make into a breakfast
sandwich YUM"

Ingredients

- 3 cups flour
- 4 tsp baking powder
- 1 tbsp sugar
- 1 tsp salt
- 1 egg
- 3/4 cup cold butter
- 1 cup milk
- 3 cups cheese

Directions

- 1 Combine dry ingredients in a bowl.
Mix in the 1 egg with a fork.
- 2 Cut in the butter to the dry ingredients with
a fork or pastry blender.
Add the 1 cup of milk, mixing until
combined.
- 3 Add the 3 cups of cheese of choice
(balderson 3 year cheddar is my personal
fav) and fold in until combined.
- 4 Knead the dough on a floured surface,
folding over about 6 times or so. Roll out
with a rolling pin or with your hands until
about 1/4 inch thick. Cut out circular
biscuits with the rim of a round glass or
cookie cutter.
- 5 Bake on an oiled baking sheet at 425 for 12
minutes or so... or until golden brown and
bubbly :)



ENGLISH STYLE SCONES

“Be gentle with the dough and don’t overwork it! Highly recommend reading the recipe tips on the website.”

Ingredients

- 2 cups all-purpose flour (10 ounces by weight)
- 4 tsp baking powder
- 1/2 tsp salt
- 1/4 cup sugar
- 6 tbsp unsalted butter, at room temperature
- 2/3 cup whole milk
- 1 large egg

Directions

- 1 In a food processor, pulse the flour, baking powder, salt, and sugar a couple times to combine.

Add the butter and pulse 7-10 times until the butter is completely distributed. You shouldn’t see any chunks of butter, and the mixture should have a sandy texture to it. Transfer to a large mixing bowl.

- 2 In a small bowl, whisk to combine the milk and egg. Save 2 tbsp of it for the egg wash later, and pour the rest into the mixing bowl with the dry ingredients.

Stir to combine with a spatula, until a rough dough forms.

- 3 Transfer to a lightly floured countertop and knead about 10 times until the dough comes together into a relatively smooth ball. Take care not to knead too much, or the dough will be tougher and not rise as high.

- 4 Roll the dough about an inch thick and use a 2.5" cutter to cut about 7 circles. Re-roll the scraps and cut out another 2.

- 5 Place the scones onto a parchment or silicone mat lined baking sheet and brush the tops with the reserved egg wash.

- 6 Bake the scones for 13-15 minutes in a preheated oven at 425 degrees F, until about tripled in height, and golden brown on the tops and bottoms. Enjoy!

Website: <https://www.fifteenspatulas.com/english-style-scones/>



happy eating!

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