

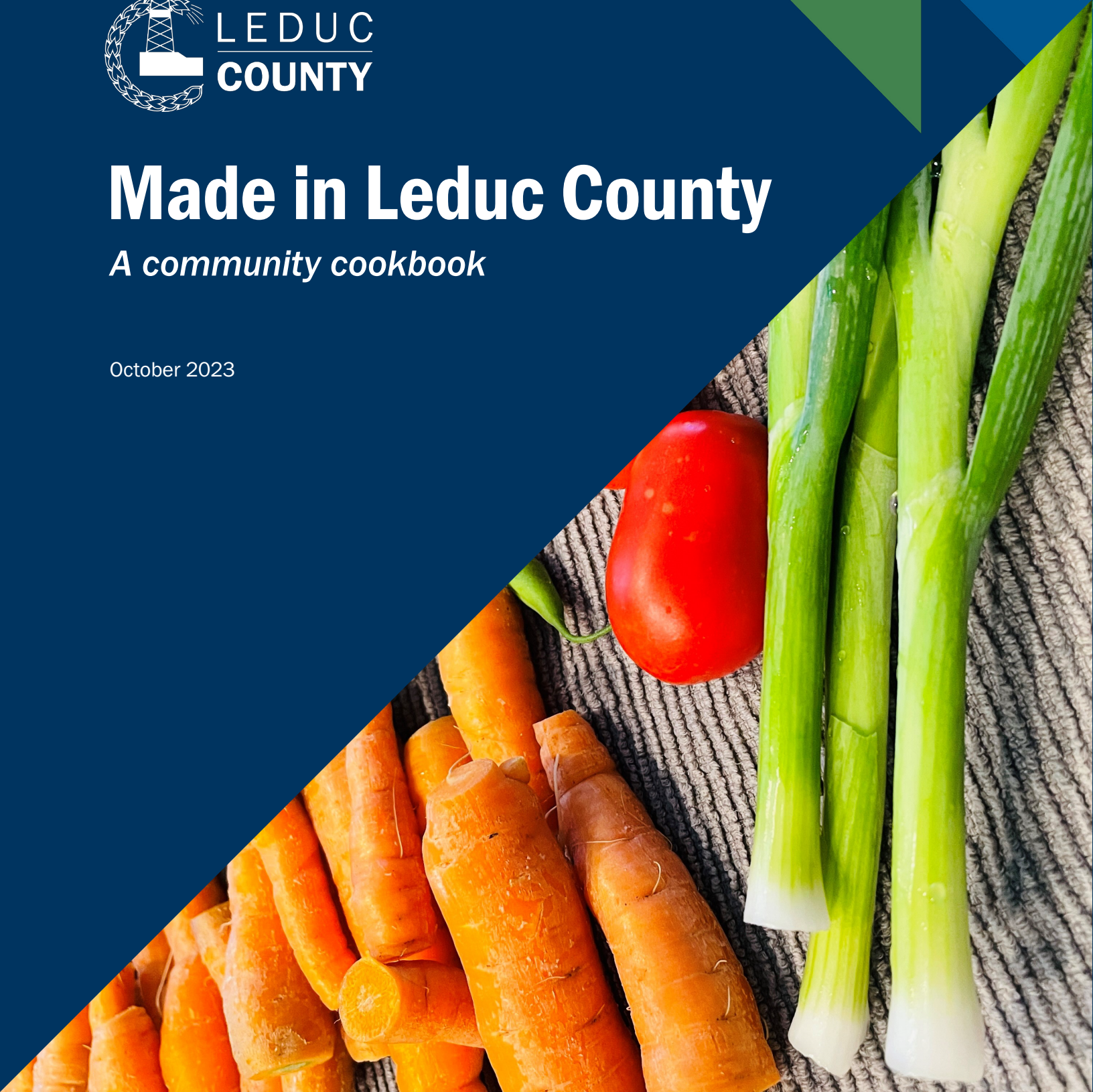


LEDUC
COUNTY

Made in Leduc County

A community cookbook

October 2023



Acknowledgements

Leduc County is a proud agricultural community. We have large agricultural producers, smaller local food operations and everything in between!

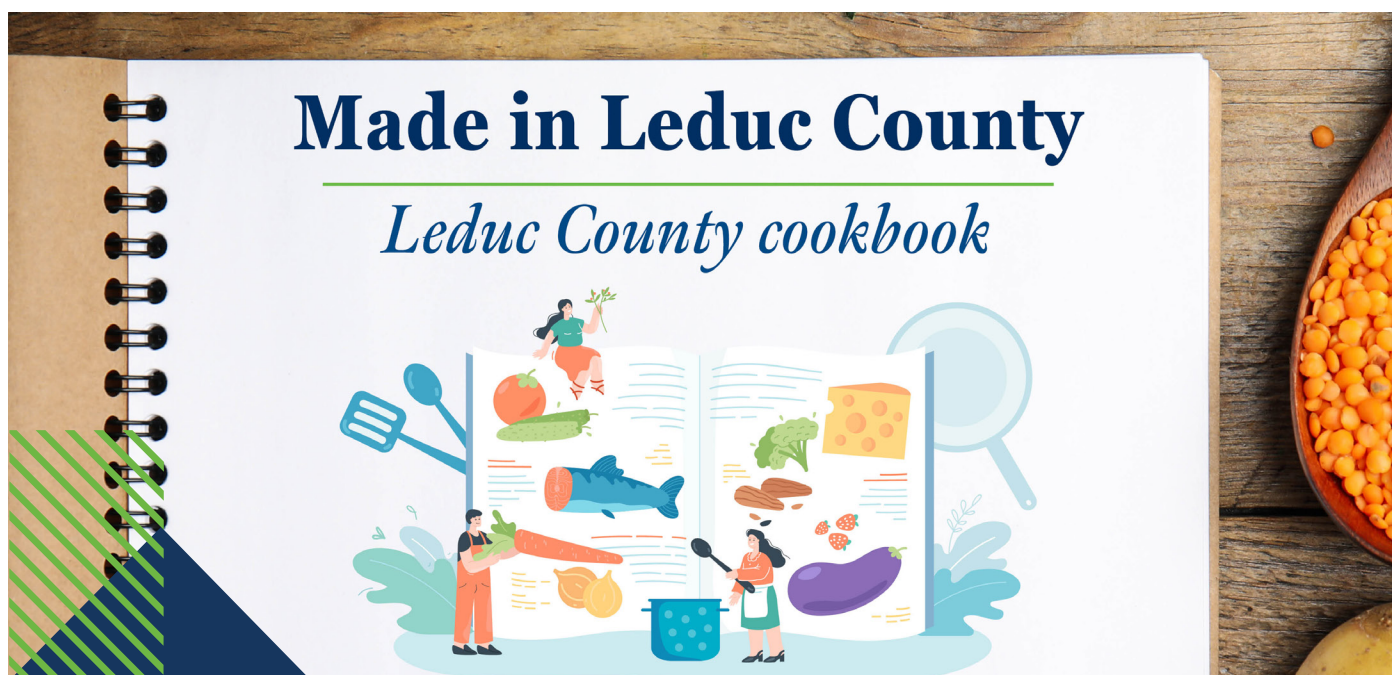
With our strong agricultural roots and a growing focus on local food, an idea was born to create a community-inspired cookbook that would showcase Leduc County residents' favourite recipes.

Made in Leduc County wouldn't have been possible without participation from our community, and if you're reading this — that includes you!

The pages that follow include 42 recipes directly from our community. Thank you to everyone who submitted a recipe, shared their stories and brought this book to life.

We look forward to growing our cookbook each year and sharing more delicious dishes with friends and family.

Bon appetite!



If you didn't have a chance to submit a recipe, but would like to submit one for a future edition of the cookbook, please email communications@leduc-county.com.

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Breads, muffins and loaves

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Homemade bread

Submitted by: Natalie Dvorski

Ingredients

(makes one loaf)

- 3 cups flour
- 2 3/4 tsp active yeast
- 1 1/2 cup water
- 1 1/2 tsp salt

Variations

Topping your bread dough with seeds or grains is an easy way to increase the nutrition and enhance the crunchy texture of your loaf.

Try topping Natalie's Homemade Bread recipe with some of the following seeds or grains:

- ▶ Black sesame seeds
- ▶ Rolled oats
- ▶ Flaxseed
- ▶ Raw wheat bran
- ▶ Pepitas

Keep in mind that your topping will be toasted in the oven as the dough bakes, so there's no need to toast the toppings ahead of time!

I learned to make this bread during COVID and it has been a family favourite since.

Instructions

In a large bowl or in your mixer fitted with the dough hook, place the water and yeast, give it a quick mix and leave it to sit for around 5-10 minutes to let the yeast activate.

Once you notice bubbles forming, add your 3 cups of flour and salt.

Mix for 3-4 minutes. Let the dough come together.

Shape into a ball and place in a bowl with a little olive oil on top. Cover bowl with wrap or cloth and let sit for 3-4 hours.

Once dough has risen, punch it down to release the air.

On a very lightly floured surface shape it into a ball and place it on a piece of parchment paper that will fit into your pot. I like to sprinkle Himalayan pink salt and pepper on top.

Place your pot in the oven and turn it on to 350°F. Bake for 50 minutes to one hour.

Watch as your bread will get golden on top.

Let it sit out for 30 minutes before cutting.



Blueberry muffins

Submitted by: Maria Lis

Ingredients

- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup butter or margarine
- 3/4 cup sugar
- 2 eggs
- 1/2 cup milk
- 1 tsp vanilla
- 1 cup blueberries (fresh or frozen)

Notes

This recipe makes one dozen muffins.



Instructions

Preheat oven to 375°F.

Mix flour, baking powder and salt in a large bowl.

In another bowl, cream butter and sugar.

Beat in eggs one at a time, then add milk and vanilla.

Mix into dry ingredients and stir just enough to moisten.

Fold in blueberries with 1 teaspoon of flour over the blueberries.

Mix lightly.

Grease muffin cups and fill 3/4 full.

Bake for 20 to 25 minutes until brown. Test with a toothpick. If the toothpick comes out clean, they are cooked.

'Up the Protein' breakfast muffins

Submitted by: Suzanne Stubbs

Ingredients

(makes 12 muffins)

- 2 cups flour
- 1 1/2 tsp baking powder
- dash of salt
- 1/2 cup unsalted margarine
- 1/2 to 3/4 cup sugar (to taste)
- 2 eggs
- 1 cup red lentil puree*
- 3/4 cup of your favourite sugar-free fruit juice
- 1 1/4 cup coarsely chopped fruit
- up to 1/2 cup coarsely chopped nuts (optional)

Notes

* To make lentil puree:

Wash and cook 1 cup red lentils in water (no salt added) for 10 to 15 minutes until soft.

Do not drain. Once cool, puree and blend until smooth adding a little water if needed.

Lentil puree can be kept in an airtight bag or container for up to 6 months.

Most store bought muffins are very high in sugar and fat. I wanted to incorporate a plant based protein in the mix to create a more balanced breakfast muffin. I use whatever fruit (and sometimes nuts) I have on hand which makes this recipe very flexible and seasonal. In my photo I have used fresh garden rhubarb. An excellent make ahead solution for parents with children to have a breakfast on the go. Thank you for allowing me the opportunity to share this recipe with the community. Cheers!



Instructions

Preheat your oven to 375°F. Prepare muffin tins with liners or lightly grease bottom and sides.

In a bowl, stir together flour, baking powder and salt.

In a mixing bowl, blend margarine, sugar and eggs. Add lentil puree and fruit juice.

Fold in the flour mixture until just blended; then add your fruit.

Fill muffin tins 3/4 full. Bake 20 to 25 minutes, or until you can insert a toothpick in the centre of muffins and it comes out clean.

Enjoy!

Cinnamon buns

Submitted by: Ron Patrick

Ingredients

- 12 cups flour
- 1 tbsp salt
- 1 tbsp yeast
- 8 tbsp sugar
- 3 tbsp olive oil
- 1 tbsp lemon juice
- 5 cups lukewarm water

Topping

- 1 cup butter
- 8 cups brown sugar
- 2 tbsp cinnamon

Optional

- d iced apples, raisins or pecans

Cinnamon Buns have been my calling card throughout the County. They have been shared at the Glen Park Hall, Thorsby pickleball and County office meetings as well as with many friends and County neighbours.



Instructions

Preheat oven to 350°F.

Mix bun dough and let it rise (usually 60 to 90 minutes).

Roll out dough.

Spread on butter and brown sugar; sprinkle cinnamon and optional ingredients if you choose.

Roll up buns.

Cut into 1-inch pieces and layer in pre-buttered baking pans.

Bake for 25 to 30 minutes.

Remove buns from pans immediately after baking and use spatula to remove candy and spread on top of buns.

Notes

Optional ingredients include diced apples, raisins or pecans.



White chocolate raspberry scones

Submitted by: Jen Willson

Ingredients

- 1/2 cup butter, cold, grated or diced
- 1 1/2 cups fresh raspberries
- 1/2 cup milk
- 1/2 cup sour cream
- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 cup white chocolate chips
- 1 tbsp butter, melted

For the glaze

- 1 cup powdered sugar
- 3 to 4 tbsp milk or cream
- 1/4 tsp vanilla

Instructions

For the scones

Preheat oven to 400°F.

Line a baking sheet with parchment or lightly grease.

Mix milk and sour cream together in a small bowl and place in the fridge.

In a medium bowl, mix together sugar, baking powder, baking soda and salt.

Add the grated butter and mix with a pastry cutter or two forks until the size of small peas.

Drizzle the milk mixture in and fold until combined.

Dust work surface lightly with flour and dump out dough and roll into a large rectangle 1/2 inch thick, about 10in x 15in (be sure to rotate and flip the dough while rolling, adding flour as needed so it doesn't stick).

Sprinkle dough with the raspberries and white chocolate chips.

Roll dough up into a long log and then slightly press down so that the top isn't so rounded.

Cut dough into 4 equal squares and then cut each square diagonally to make a total of 8 triangles.

Place wedges of dough on prepared baking sheet, spacing them two inches apart.

Brush the tops of dough with the melted butter.

Bake for 18 to 22 minutes until tops are lightly golden. Allow to cool for a few minutes and then add the glaze.

Serve warm or at room temperature.

For the glaze

Whisk glaze ingredients together and drizzle on top of scones.

Notes

Store uncovered at room temperature.

Best if consumed within two days.

Dumplings

Submitted by: Maria Lis

Ingredients

- 2 cups cold mashed potatoes
- 3/4 to 1 cup of flour
- 1 egg, beaten
- 1/2 tsp salt

Instructions

Combine all ingredients and mix thoroughly.

Shape the mixture into finger lengths or small balls.

Drop them into rapidly boiling, salted water.

Stir gently and cook for 4 to 5 minutes.

Remove them to a colander and drain well.

Place the dumplings in a serving dish.

Sprinkle generously with melted or browned butter and toss gently.

Serve hot.

Egg dumplings

Submitted by: Maria Lis

Ingredients

- 1 1/2 cups flour
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp butter
- 2 eggs, well beaten
- 1/2 cup milk (about)

Notes

The cooking time will depend on the size of the dumplings.



Instructions

Sift the flour with dry ingredients.

Cut in the butter as for the pre-pastry.

Add eggs and enough milk to make a very thick batter.

Drop small portions of the batter from a spoon dipped in water into simmering, salted water.

Dip the spoon in water each time.

Cover and cook for 10 to 15 minutes without lifting the lid.

The cooking time will depend on the size of the dumplings.

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Potato soup

Submitted by: Doreen Deutschendorf

Ingredients

- 3 strips of bacon, cut into small pieces
- 1 1/2 tbsp butter
- 1/2 medium onion, chopped (approx. 3/4 cup)
- 2 large cloves garlic, chopped
- 3 tbsp flour
- 1 1/4 lbs gold potatoes, peeled and diced into roughly 1 inch pieces
- 2 cups chicken broth
- 1 cup milk
- 1/3 cup heavy cream
- 3/4 tsp salt
- 1/2 tsp pepper

Hearty yummy soup.



Instructions

Cook bacon, saving two tablespoons of the fat/drippings. Drain the remaining fat on paper towel.

Sauté onion and garlic in this fat.

Add broth and potatoes and cook potatoes until soft.

Heat butter. Add flour to create a **roux**.

Add milk gradually. Heat and add to soup with the cream, salt, pepper and bacon.

Heat and serve.

Notes

A **roux** is a mixture of equal parts flour and fat, cooked together, which is used to thicken sauces and soups.

Roux can be white, blonde or brown, depending on the depth of colour and flavour desired.

Borscht

Submitted by: John Soch

Ingredients

- 3 cups water
- 2 cups tomato juice
- 1 1/2 cups fully cooked ham or a meaty ham bone
- 1 cup diced beets
- 1 cup diced potatoes
- 1/2 cup sliced carrots
- 1 medium onion
- 1 cup shredded cabbage
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp instant chicken soup
- 1 tsp salt
- 1 cup whipping cream
- 3 tbsp vinegar

Instructions

In a Dutch oven, combine first 12 ingredients.

Bring to a boil.

Reduce heat; cover and simmer for one to two hours or until vegetables are tender.

Just before serving, stir in cream and vinegar. Heat through, but do not bring to a boil.



Notes

This recipe makes 6 to 8 servings.

Sauerkraut soup

Submitted by: Maria Lis

Ingredients

- 4 cups sauerkraut
- 3 cups mashed, cooked potatoes
- 1 cup onions
- 4 tbsp butter or margarine
- salt and pepper to taste
- fresh dill to taste

Notes

If the kraut is very sour, rinse it in hot water.

If you like, you could add 1/2 cup cream once soup is done.

Instructions

Cook the kraut with water just to cover.

Fry onions in butter and margarine until rosie.

When the kraut is cooked, add mashed potatoes and onions.

Mix together, add salt, pepper and fresh dill to taste.



Potato soup

Submitted by: Maria Lis

Ingredients

- 4 large potatoes
- 1 large onion
- 2 tbsp butter
- 1 tsp salt
- 2 cups milk
- pinch of ground pepper
- fresh dill to taste

Notes

Add fresh dill at the end.

Instructions

Pare, wash and dice potatoes.

Cover with hot water and add salt and a little pepper.

Saute finely chopped onions in butter; add to potatoes.

Cook long enough then add milk.

Do not cover, let it boil.



Butternut squash soup with carrot, tomato and ginger

Submitted by: Allison Tryhuba

Ingredients

Makes 750 ml

- 60 grams flour
- 60 grams clarified butter
- 750 ml chicken stock
- 70 grams onion, small dice
- 120 grams carrot, small dice
- 100 ml stewed tomatoes
- 300 grams butternut squash, medium dice
- 2 tsp ginger, minced
- 1 clove garlic, minced
- 1 tbsp brown sugar
- 1 tbsp honey
- 1/4 tsp crushed red pepper flakes
- 1 bay leaf
- 1 sprig of thyme
- salt to taste
- pepper to taste

Garnish

- 1 tbsp heavy cream
- 1 tbsp ginger, julienne



Instructions

In a medium saucepot, sweat the onions, carrots, garlic and ginger in a minimum amount of fat until translucent. Do not let them brown.

Add the butter and stir in the flour to make a roux.

Once the roux is slightly cooked, slowly add the chicken stock, squash and stewed tomatoes and bring to a boil.

Turn down to a simmer and add the bay leaf and thyme.

Simmer until the vegetables are tender.

Remove from heat and take out the bay leaf and thyme.

Using an immersion blender, buzz the soup until smooth.

Return the soup to the heat and add the brown sugar, honey and crushed red pepper flakes.

Taste and adjust the seasoning with salt and pepper.

On the side in a small saute pa, fry the julienned ginger until pale gold.

Just before serving, heat the heavy cream in a small saucepot until heated.

For each portion, ladle the soup into a broad soup plate and swirl the cream into the soup as a garnish.

Carefully place a small amount of fried ginger on the surface of the soup. Serve immediately.

Macaroni salad

Submitted by: Connie Kelto

Ingredients

- 500 grams uncooked elbow macaroni
- 4 medium carrots, shredded
- 1/2 red onion, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 2 sticks celery, diced
- 2 cups mayo
- 300 ml sweetened condensed milk
- 1/2 cup white vinegar
- 1/4 cup heavy cream
- 1 tbsp prepared mustard
- 1/4 tsp pepper
- 1/8 tsp sea salt

Notes

Cover and refrigerate for at least 8 hours or overnight.



Instructions

Add macaroni to a large pot of boiling water. Cook according to box directions or for approximately 8 minutes.

Rinse until cool under cold water and drain.

In a large bowl, stir together the prepared veggies.

In a separate bowl, stir together the rest of the ingredients; mix with veggies.

Add macaroni, toss gently until combined.

High protein lemon dill chickpea salad

Submitted by: *Miranda Anderson*

Ingredients

- 1 can peas, drained
- 1 can corn, drained
- 1 can chickpeas, drained
- 2 large carrots, chopped into medallions
- 1 orange pepper, chopped
- 1/2 red onion, diced
- lemon pepper (to taste)
- dill (to taste)
- salt (to taste)
- pepper (to taste)
- parsley (to taste)
- chives (to taste)
- 1/2 to 1 cup mayo or vegannaise (use more for a creamier salad)
- 3 to 4 cups cooked pasta
- cooked shrimp, if desired, tails removed

A versatile favourite that can be a main or side, and adjusted for vegan, vegetarian and meat eaters alike.



Instructions

Mix peas, corn, chickpeas, carrots, orange pepper and red onion together in a large bowl.

If using pasta, cook to package directions and run it under cool water before adding to the veggies.

Add cooked shrimp if desired.

Add the spices and mayo/vegannaise, toss and refrigerate.

Notes

I like to use bow tie pasta for this dish.

Hearty enough to enjoy as a main dish or can serve as a side.

Macaroni salad

Submitted by: Dianne Bablitz

Ingredients

- 2 ripe tomatoes, diced
- 2 green onions
- 1 cup macaroni
- 2/3 cup sugar
- 1/2 cup oil
- 1/2 cup ketchup
- 1/4 cup vinegar
- 1 tsp salt
- 1/4 tsp pepper
- 3/4 tsp paprika

Notes

Mix well and keep in fridge.

Favourite at family gatherings.

Instructions

Boil macaroni.

While macaroni is boiling, mix together the sugar, oil, ketchup, vinegar, salt, pepper and paprika.

Drain macaroni and mix with dressing, tomatoes and green onions. Mix well.

Keep in fridge.



Side and vegetable dishes

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Beets in cream

Submitted by: Alice Bulten

Ingredients

- 1/4 cup sour cream
- 1 tbsp vinegar
- 1 tsp green onion, finely chopped
- 3/4 tsp sugar or honey
- 1/2 tsp salt
- dash of cayenne pepper

Notes

Serve warm.

Makes 4 to 5 servings.

A delicious way to serve beets.



Instructions

Combine all ingredients and add to 2 1/2 cups of cooked beets.

Quick snack

Submitted by: Maria Lis

Ingredients

- 3 tbsp butter
- 1 large slice of italian bread
- 1 slice cheese
- 1 egg
- salt and pepper to taste

Notes

This snack takes about 10 minutes to make.

When you flip the bread over to brown the top side, you may want to add more butter to the pan.

Makes one serving.

Instructions

Melt about 2 tbsp butter or margarine.

While it comes to a bubble, tear a small hole about the size of a 50-cent piece out of the bread center. Discard this piece.

Spread butter on both sides of the bread.

Top one side of the bread with cheese torn into pieces to fit around the hole in the bread.

Place cheese side up in skillet.

Break egg into hole in the bread.

Saute over medium heat until bread is browned.

Turn over to brown the top side.



Crazy corn (Elote loco)

Submitted by: Emilia Argueta

Ingredients

- Corn on the cob
- wooden skewers
- 1 tbsp mayo
- 1 tsp mustard
- 1.5 tbsp ketchup
- 1/3 cup of cheese (this can be hard and soft cheese or cotija cheese, which can be found at any Latin store or you can also use feta cheese)
- 1 tsp worcestershire sauce (optional)

Instructions

Boil your corn until cooked, or you can grill it to get a smoky and crunchy taste.

After cooking corn, let it rest for a few minutes so you can handle it more easily.

With a metal skewer or ice pick, push through the base of the cob, and then slide a wooden skewer in to hold the corn.

Hold the corn with the wooden skewer and spread the mayo over it, trying to cover as much as you can.

Toss with ketchup and mustard, then add worcestershire sauce (if desired).

Finally, cover your corn with cheese and enjoy!



Main dishes

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Baked chicken drumsticks

Submitted by: Doreen Deutschendorf

Ingredients

(makes five portions)

- 1/3 cup olive oil
- juice of one lemon
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp salt
- 1/4 cup soya or Worcestershire sauce
- 1/4 cup brown sugar
- 1/2 tsp black pepper
- 1 tsp paprika
- 10 chicken drumsticks

Simple and easy.

Instructions

In a medium bowl whisk together the olive oil, lemon juice, garlic powder, onion powder, salt, soy or Worcestershire sauce, brown sugar, pepper and paprika.

Add chicken drumsticks to a large zip-top bag and pour marinade over the chicken.

Close the bag and massage the marinade into the chicken.

Refrigerate the chicken in marinade for at least 30 minutes. For best flavour, leave for two to 12 hours.

Preheat the oven to 425°F.

Line a large baking sheet with foil and spray with cooking spray.

Arrange the chicken in an even layer on the foil and bake in oven for 25 minutes.

Flip the chicken and cook for additional five to 10 minutes until cooked through.

Notes

For thigh pieces, cook for 45 minutes in total.

Dutch goat meatballs

Submitted by: *Fenna Bredenhof*

Ingredients

(makes four to five portions)

- 1 lb ground goat
- 1 tsp Verstegen mix voor Gehakt (available at Dutch stores)
- 1/2 tsp seasoning salt
- 1/4 tsp black pepper
- 3 tbsp Panko bread crumbs
- fat of choice for frying
- 1/2 cup water

Notes

Goat meat is lean and sweet with less saturated fat, cholesterol and calories than beef, chicken or pork.

It is high in protein and iron and one of the most widely consumed meats in the world outside of North America.

Ground goat, like Fenna uses in her Dutch Goat Meatballs recipe, can be substituted anywhere that you would normally use ground beef.

A few years ago we started a commercial meat goat operation.

As farmers from Dutch descent, eating goat was not common. However, we have come to love eating goat meat and would like to share that love of goat meat with others!

This recipe combines our Dutch heritage with a more uncommon meat — goat.

Instructions

In a medium bowl stir together all ingredients except the fat and water.

Shape the mixture into meat balls (I like to shape a pound into about four or five larger meatballs.)

Heat fat in a pan that has a lid.

Fry meatballs on medium high heat, turning them to brown each side.

Once all the sides are browned, add 1/2 cup water, turn heat to low, and put the lid on the pan.

Let it simmer until meat is cooked through.

Butter-fried rabbit

Submitted by: Fenna Bredenhof

Ingredients

(makes four to five portions)

- 2 lb rabbit meat cut into bite sized pieces
- 1/4 cup flour
- 1 tsp salt
- 1/4 tsp black pepper
- 4 garlic cloves, minced
- splash of cooking sherry
- Lots of butter

This is our favourite way to eat our meat rabbits!

Instructions

Stir together the flour, salt and pepper.

Stir rabbit pieces into flour mixture.

Heat about 2 tbsp of butter in a frying pan that has a lid, on medium high heat.

Place a few pieces of the flour coated rabbit into pan and fry until golden.

Flip to fry the opposite side. Remove from pan and continue frying all the rabbit pieces in this way, adding more butter as needed.

Once the last rabbit pieces are fried, place all the rabbit in the pan.

Add the garlic. Add a good splash of cooking sherry, scraping the burnt bits off the bottom.

Place the lid on the pan and turn down the heat to low.

Let simmer until meat is cooked through.



Easy cowboy beans

Submitted by: Audrey Kelto

Ingredients

- 1 lb ground beef
- 1 lb bulk sausage
- 1 onion, diced
- two 28 oz cans of plain pork and beans
- 3/4 cup barbecue sauce
- 1/2 cup brown sugar
- 3/4 cup ketchup
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp pepper

Notes

Look for plain pork and beans, not the fancier varieties of baked beans that are already sauced/ flavoured.

For a kick, seed and dice a fresh jalapeno pepper then add with the onions.

Look for gluten-free sausage to make gluten-free dish.



Instructions

Season beef with salt and pepper.

Cook with sausage and onions – drain.

Combine barbecue sauce, ketchup, brown sugar and remaining spices. Mix well.

Pour sauce over meat then stir well. Reduce heat to low.

Open cans of beans and pour off any liquid that's settled at the top (there's typically quite a bit). Add beans to mixture.

For stovetop

Cook, uncovered, over low heat for 20 minutes or until simmering.

For slow cooker

Cook on low for four hours or high for two hours (or until simmering) then switch to “keep warm” setting.

Zucchini chicken bake

Submitted by: *Bernie Bredin*

Ingredients

- 6 oz boxed stuffing mix; keep 1/2 cup to the side
- 1/2 cup butter, melted
- 4 to 5 cups shredded zucchini
- 3 boneless skinless chicken breasts
- 1/2 cup mozzarella cheese, shredded
- 10.5 oz canned cream of chicken soup
- 1/2 onion, diced
- 1/2 cup sour cream
- 3 green onions, chopped

Delicious zucchini addition.

Instructions

Preheat oven to 350°F.

Mix stuffing mix (all but 1/2 cup), melted butter, zucchini, mozzarella cheese, cream of chicken soup, onion and sour cream.

Pour into a 9 x 11 pan.

Cover with remaining 1/2 cup of stuffing mix and green onions.

Bake for 40 minutes.



Meatballs in cream sauce

Submitted by: Alice Bulten

Ingredients

Meatballs

- 1 lb ground beef
- 1/3 cup bread crumbs
- 1/4 cup milk
- 1 large egg
- 1 large shallot, grated
- 2 cloves garlic, minced
- 1/8 tsp allspice
- 1/2 tsp salt

Gravy

- 1/2 cup water
- 1/2 cup cream
- salt and pepper to taste
- 3/4 cup sliced mushrooms
- 1 tbsp butter

The meatballs can be made ahead of time, and the gravy just before serving.

Instructions

Mix meatball ingredients together.

Shape into small meatballs.

Heat frying pan to medium/hot and add 1 tbsp butter.

Add meatballs.

Turn once.

When cooked, add water, cream, salt, pepper and mushrooms.

Cook for three minutes.

Notes

You may thicken the gravy with 2 tsp of cornstarch (in water) if desired.

Serve over egg noodles or mashed potatoes.

Quick stovetop supper

Submitted by: Maria Lis

Ingredients

- 1 tbsp butter or margarine
- 1/2 cup sliced mushrooms
- 1/4 cup onions, chopped
- 1 can cream of chicken or celery soup
- 1/2 cup milk
- 1/2 tsp dry mustard
- 1 cup cooked ham, cut in strips
- 1/2 cup cooked peas
- 4 baked potatoes

Instructions

Cook mushrooms and onions in one tablespoon butter or margarine until tender.

Stir occasionally, stir in cream of chicken or celery soup, milk and mustard until smooth.

Fold in the ham and peas.

Heat thoroughly.

Serve over baked potatoes.



Parm chicken breasts

Submitted by: Doreen Deutschendorf

Ingredients

(makes four portions)

- 1/2 cup parmesan cheese
- 1 cup mayonnaise
- 1 tsp garlic powder
- 1 1/2 tsp seasoning salt
- 1/4 tsp ground black pepper
- 4 boneless, skinless chicken breasts

My son and his girlfriend enjoy this when I made it. Easy to make.



Notes

*If you substitute the boneless, skinless chicken breasts in Doreen's recipe for bone-in or split chicken breasts, you'll need to cook them for about 60 minutes at 375°F.

Health Canada recommends cooking chicken to a minimum internal temperature of 165°F (or 180°F for a whole bird).

Instructions

Preheat oven to 375°F.

Place chicken breasts in a 9 x 13 " pan.

Mix the rest of the ingredients together and spread over the chicken breasts.

Bake for 45 minutes*.

Hawaiian pork chops

Submitted by: Maria Lis

Ingredients

- 6 pork chops (with fat trimmed off)
- 1 can pineapple (398 ml and diced into small cubes)
- 1/2 cup pineapple juice
- 1 tbsp brown sugar
- 1 tsp soy sauce
- 3 celery stalks (cut into 4 cm strips)
- Salt and pepper to taste

Instructions

Brown pork chops on both sides in a skillet with a little grease.

Remove pork chops from skillet.

Pour excess fat out.

Into the pan, add pineapple juice and stir in brown sugar and soy sauce.

Add a dash of salt and pepper.

Add celery and simmer for 15 minutes on lower heat.

Add pineapple chunks and pork chops.

Cover and cook until done.



Ground beef and rice casserole

Submitted by: Maria Lis

Ingredients

- 1 lb lean ground beef
- 2 tbsp oil
- 1 large onion, finely chopped
- 1 cup uncooked rice
- 1 can cream of mushroom soup
- 1 cup chopped celery
- 1/4 tsp ground pepper
- 1/2 tsp salt
- 3 tbsp soy sauce
- 2 1/2 cups hot water

Instructions

Preheat oven to 350°F.

Heat two tablespoons of oil in a large skillet. Add the ground beef and brown it.

Remove the beef with a slotted spoon.

Put beef in a casserole dish and add onion, rice, mushroom soup and celery.

Stir in pepper and soy sauce.

Pour hot water over all.

Cover and bake for an hour or until rice is tender.



Cheesy turkey, sausage and spinach meatballs

Submitted by: Katherine Degaust

Ingredients

- 1 large egg
- 3 oz baby spinach, chopped (about one small container)
- 3 scallions, white and green parts, finely sliced
- 3 garlic cloves, minced
- 1 lb ground turkey
- 1 lb italian sausage, removed from casings
- 1 cup shredded mozzarella cheese
- 1/3 cup grated Parmigiano Reggiano, plus more for serving
- 1/2 cup bread crumbs
- 1 tsp italian seasoning
- salt and pepper to taste
- 1 (24 oz) jar of marinara sauce; homemade or store bought

Instructions

Preheat oven to 375°F.

Line a baking sheet with heavy duty aluminum foil and then layer parchment paper on top of foil.

In a bowl large enough to hold all of the ingredients, beat the egg. Add the chopped spinach, scallions and garlic and stir until evenly combined.

Add the ground turkey, italian sausage, mozzarella, Parmigiano Reggiano and bread crumbs.

Using your hands, mix until everything is evenly combined. Shape the mixture into 1 1/2-inch balls and place on the prepared baking sheet.

Bake for approximately 30 to 35 minutes or until fully cooked.

Meanwhile, heat the tomato sauce in a large pan on the stovetop. Add the cooked meatballs and serve.



Notes

Meatballs can be made ahead and frozen for up to three months.

Crock pot chicken taco chili

Submitted by: Michelle Edgerly

Ingredients

- one 16-oz can black beans, drained
- one 16-oz can kidney beans, drained
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 1 jalapeno pepper, minced
- 1 green bell pepper, chopped
- one 10-oz package (1 1/4 cups) frozen corn kernels
- one 8-oz can tomato sauce
- one 28-oz can diced tomatoes, drained
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Kosher salt
- 1/2 tsp pepper, freshly ground
- 2 boneless, skinless chicken breasts, uncooked
- 1/4 cup fresh cilantro, chopped

Instructions

Combine the first 14 ingredients in a slow cooker (black beans, kidney beans, garlic, onion, jalapeno, green pepper, corn, tomato sauce, diced tomatoes, cumin, chili powder, oregano, salt and pepper).

Place uncooked chicken on top and cover.

Cook on low for six hours or on high for four hours, stirring occasionally.

Thirty minutes before serving, remove the chicken breasts and pull them apart using two forks.

Stir the chicken back into the chili and continue cooking.

Top with fresh cilantro or any other desired toppings and enjoy!

Optional toppings

Additional cilantro, shredded cheese, chopped scallions, red onion, sour cream, tortilla chips, avocado.



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White cake

Submitted by: Maria Lis

Ingredients

- 2 cups flour
- 3/4 cup of sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 1/2 cup shortening (softened)
- 1 tsp flavouring
- 1 cup milk
- 2 medium eggs

Instructions

Preheat oven to 350°F.

Sift flour then measure it.

Sift flour, sugar, baking powder and salt together.

Add shortening to dry mixture along with the flavouring and milk.

Beat together for two minutes.

Add two whole eggs (do not pre-beat).

Beat hard for two minutes.

Bake for about 30 to 35 minutes for a large pan and 20 to 25 minutes for a smaller, square pan.

Spiced spaghetti squash cake

Submitted by: Amanda Stepanick

Ingredients

- 2/3 cup white sugar
- 2/3 cup brown sugar
- 1/2 cup butter, room temperature
- 1/2 tsp ground ginger
- 1 tsp cinnamon
- dash of nutmeg
- dash of ground cloves
- 2 eggs
- 1/4 cup milk
- 2 tsp vanilla
- 2.5 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- pinch of salt
- 2 cups chopped, cooked and cooled spaghetti squash
- 1/4 cup sweetened flaked coconut (optional)

Notes

A double recipe will make three loaf pans, which are great for freezing, or make muffins!

Change the flavour by omitting the spices and adding chocolate chips.

While we have all heard about baking with zucchini and pumpkin, I have never seen a recipe for spaghetti squash cake. I always find myself with an abundance of squash in the cold room and this is a great way to use them up.



Instructions

Preheat oven to 350°F and grease a 9" round cake pan.

Beat together sugars, butter, and spices in a large bowl.

Stir in eggs, milk and vanilla and beat at low speed until combined.

Add flour, baking powder, baking soda and salt and stir until combined.

Stir in spaghetti squash.

Spoon into baking dish and spread evenly.

Sprinkle coconut on top if desired.

Bake for 30-35 mins until a wooden pick inserted in centre comes out clean.

Run a knife along the edge of the pan and remove cake after cooling for 5 mins. Cool completely on a wire rack.

Apple cake

Submitted by: Maria Lis

Ingredients

- 1 1/2 cups sifted flour
- 1/4 cup sugar
- 1/4 tsp salt
- 2 tsp baking powder
- 1/3 cup butter
- 1 egg
- 1/2 cup cream
- 4 apples
- 1 tsp cinnamon

Instructions

Preheat oven to 375°F.

Sift the flour with dry ingredients.

Cut in the butter until the mixture is crumbly.

Beat the egg and combine with cream.

Stir into the flour mixture lightly, handling the dough as little as possible.

Pat it into a buttered 8x10 inch baking pan.

Pare the apples, cut into thin slices and spread them over the dough.

Sprinkle the apples with a mixture of sugar and cinnamon and dot with butter.

Bake for about 25 minutes or until done.

Notes

Use this pastry base with pitted cherries or plums or sliced peaches.



Flakey pie crust

Submitted by: Audrey Kelto

Ingredients

- 5 cups all purpose flour
- 1 tsp baking powder
- 1 lb lard
- 1 whole egg
- 2 tbsp vinegar
- cold water

Notes

I personally always use Tenderflake lard.

More flakey if balls are chilled for several hours or even frozen and thawed before rolling out.



Instructions

Combine flour and baking powder.

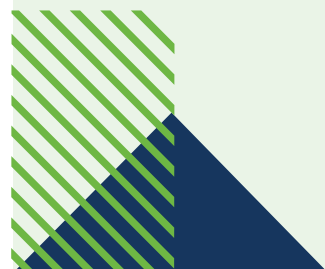
Cut lard into flour mixture until it looks like coarse crumbs.

Beat together 1 whole egg and 2 tablespoons vinegar.

Add water to beaten egg mixture to make 1 cup of liquid.

Add to flour mixture and stir until it comes together and can form a ball.

Divide into six equal parts.



Raspberry white chocolate cream pie

Submitted by: *Brittany Murphy*

Ingredients

- 1 1/2 cups chocolate crumbs
- 1/4 cup butter, melted
- 4 cups raspberries
- 1/2 cup sugar
- 1/2 cup corn starch
- 2/3 cup sugar
- 1/2 tsp salt
- 4 egg yolks
- 3 cups milk, room temperature
- 2 tbsp butter, softened
- 1 tsp vanilla
- 3/4 cup white chocolate chips

Notes

You can add whipped cream on top if desired!

This is one of the first pie recipes that I created! I used by Baba's raspberries, my love of white chocolate, and combined the two to make this treat!



Instructions

Preheat oven to 350°F.

Combine the melted butter and chocolate crumbs. Press into a 9-inch pie shell and bake for 10 minutes. Let cool.

In large pot, stir raspberries with sugar and 1/4 cup corn starch.

Continue stirring until thick and bubbly. Strain the seeds out to create raspberry syrup. This should make about one cup. Set aside.

In a large pot, combine sugar, remaining 1/4 cup of corn starch, and salt.

Add egg yolks and combine.

Add milk and continue whisking over medium low heat until thick and bubbly. Remember to continue whisking or the bottom will burn and create lumps.

In a medium bowl, add butter, vanilla, raspberry syrup, and white chocolate chips.

Place strainer over top and pour in hot filling.

Once strained, mix until the chocolate is melted and everything is combined.

Pour into the chocolate pie shell. Let the pie cool at room temperature and then refrigerate for several hours before serving.

Fresh raspberry pie

Submitted by: Maria Lis

Ingredients

- 1 baked pie shell
- 1 cup raspberry juice
- 1/2 cup sugar
- 2 tbsp cornstarch
- 1/2 tsp lemon juice
- 3 cups fresh raspberries

Instructions

Squeeze raspberries to make 1 cup of juice; you can add water to make 1 cup.

Mix sugar and cornstarch.

Add juice, bring to a boil.

Remove from heat and cool.

Add raspberry, stir lightly and pour into a baked pie shell.

Let cool and top with whipped cream.



Rhubarb dessert

Submitted by: Treasa Nemeth

Ingredients

Filling

- 3 cups raw rhubarb
- 1/3 cup brown sugar
- 1/3 cup white sugar

Dough

- 1 cup flour
- 2/3 cup white sugar
- 2 tbsp canola oil
- 1 egg
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk
- 1/2 tsp vanilla

Topping

- 1 cup water
- 2/3 cup brown sugar
- 1 tbsp margarine

Instructions

Preheat oven to 350°F.

Mix rhubarb, 1/3 cup brown sugar and 1/3 cup white sugar.

Place in bottom of a lightly buttered 9 x 13 pan.

Mix flour, 2/3 cup white sugar, canola oil, egg, baking powder, salt, milk and vanilla.

Pour over rhubarb as evenly as you can.

Mix one cup of water, 2/3 cup brown sugar and 1 tbsp water.

Bring to a boil.

Pour over the dough (second layer).

Bake until rhubarb is soft – about 50 minutes to one hour.

Notes

Serve with whipping cream or ice cream.



Ice cream

Submitted by: Alice Bulten

Ingredients

- 3 cups cold milk
- 1 tbsp plain gelatin
- 1/2 cup honey
- 1/4 tsp salt
- 1 1/2 cup cream
- 1/2 tsp vanilla

We love ice cream, and this recipe is made with wholesome ingredients.

Instructions

Soften gelatin in 1 cup of cold milk.

Add honey and salt.

Warm on a low burner to dissolve.

Remove from heat.

Add cream, remaining 2 cups of milk and vanilla.

Chill, then freeze in an ice cream maker.

Notes

Serves 6 to 8 on its own or up to 12 if it is to accompany another dessert.



Molasses bars

Submitted by: Frances Sych

Ingredients

- 1 cup margarine
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1/4 cup molasses
- 1/2 tsp salt
- 3/4 cup chopped walnuts (optional)
- 2 tsp baking soda
- 1 1/2 tbsp cinnamon
- 1 tbsp ginger
- 1/2 tsp ground cloves
- 3 cups flour
- 2 cups raisins

A very long time ago these bars were sold at the Calmar Bakery. They were twenty five cents each and a real favourite for high school students. I was lucky enough to get this recipe from a friend who got it from the baker. Now I will share it with you.

Instructions

Preheat oven to 325°F.

Cream margarine. Add two sugars and continue to beat.

Add eggs and beat.

Add spices to flour and add to creamed mixture.

Add raisins and nuts.

After mixing the ingredients together, divide the dough in half. Place each half on a greased cookie sheet and form the dough into a log-shaped roll. The dough should not stick to your hands. Flour your fingers if it does.

Bake at 325 degrees for 20 minutes. Allow the rolls to cool for a bit and then cut into one-inch slices diagonally.

Take each slice and trim the hard ends off and cut into two diamond shapes.

Notes

Save what you have trimmed. The kids love to clean these up.

Dust with icing sugar just before serving.

Almond squares

Submitted by: Dianne Bablitz

Ingredients

- 1 cup flour
- 1/2 cup butter
- 1/2 cup cream
- 1 cup brown sugar
- 1 cup peeled almonds
- 1 tsp vanilla

Instructions

Preheat oven to 350°F.

Combine flour and butter to make a crumb base.

Place into an 8-inch pan and bake for 15 minutes.

Mix together cream, brown sugar, almonds and vanilla and boil until thick.

Pour over the crumb base.

Return to oven and bake for 20 minutes.

Notes

If you double the recipe
use a 9 x 13 inch pan.



Cinnamon streusel coffee cake

Submitted by: Susan Rowland

Ingredients

Streusel

- 1/3 cup brown sugar, lightly packed
- 2 tsp ground cinnamon

Cake

- 2 cups all purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 3/4 cup melted butter or margarine
- 1 cup granulated sugar
- 1 cup sour cream
- 2 eggs
- 1 tsp vanilla

Notes

If you don't have butter or margarine, you can use canola oil as a substitute.

When my children were growing up, all three of them loved this cake. Now I make it for their children – my nine grandchildren – and it is a family favourite!



Instructions

Yield: one 9-inch square cake

Preheat oven to 350°F.

In a bowl, stir together brown sugar and cinnamon for streusel. Set aside.

In a medium bowl, using an electric mixer, beat together butter or margarine, sugar, sour cream, eggs and vanilla.

Gradually add dry ingredients, mixing until batter is smooth.

Grease a 9-inch square cake pan. Spoon half the batter into the pan, spreading it evenly.

Sprinkle half the streusel mixture evenly over the batter.

Spoon the remaining cake batter on top, spreading evenly.

Sprinkle the remaining streusel mixture on top.

Bake for 40 to 50 minutes, or until a toothpick inserted in centre of cake comes out clean.

Serve warm or cold.

Beverages

Speaker's old fashion

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Speaker's old fashion

Submitted by: Geoff Stewart

Ingredients

- 2 oz Rocking R 100% Rye Whisky
- 1 ounce maple syrup
- 3 dashes chocolate bitters
- 1 large ice cube
- orange peel

Rig Hand Distillery's Rocking R 100% Rye Whisky was recently selected as the official whisky of the House of Commons in Ottawa in a blind tasting competition hosted by Speaker Rota. This marks the first time in history that a Canadian whisky has received this prestigious recognition. As further reward, Speaker Rota flew out to Leduc County to preside over the official ribbon cutting ceremony for Rig Hand Distillery's new facility.

This unique twist on a traditional old fashion cocktail incorporates the award winning whisky and maple syrup in a truly Canadian salute to Speaker Rota's selection.



Instructions

Pour 2 ounces of Rocking R 100% Rye Whisky over 1 large ice cube in a cocktail glass.

Add 1 ounce maple syrup and 3 dashes of chocolate bitters.

Stir 18 rotations.

Slice off a thin strip of orange peel. Try not to get much of the white pith portion just below the orange portion of the peel on your strip.

Curve the slice of peel into a convex curve with the out peel facing outward.



Pass a lighter flame back and forth across the outer peel 10 times to heat the oils within the peel and draw them to the surface.

Coat the edge of the glass with these oils by bending the peel over the rim of the glass and making a full circle.

Rub then drop the peel into the drink and enjoy. Cheers!



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