

GOOD COOKS

STORYTELLING THROUGH DM

recipes from

The Good Works Team

↑
(Delicious
Meals)





INTRODUCTION

In these pages you'll find the hearty fare that keep the Good Works team and our families going. You'll find dishes for celebration, for comfort, and for the love of sharing something special. These recipes come from our homes and lives, and each tells a story to us - and now to you. We hope you enjoy these warm favourites from our team and find surprising connections - even if it's as simple as the love of a comfort food.

Enjoy the delicious meals!

TABLE OF CONTENTS

Soups & Such	1
Dinner Time	8
Sweet Treats	15

Soups & Such

Chicken Soup for the Soul...from Seoul!

Okay, so I don't know if this recipe actually is officially a "Seoul" dish, but it's a staple in every Korean household I've known. You need something comforting and nourishing? Well, get some chicken, onion, ginger, and garlic to hang out and simmer in a pot and you've got comfort in a bowl. Let's begin! - Cindy

Ingredients

- 1 whole small/medium chicken – use kitchen scissors to remove extra fatty bits and cut off any butcher twine
- 3 small/medium yellow onions – remove skin but keep intact
- 1 inch of ginger – peel/scrape off the skin (*you can use a spoon to scrape off the skin*)
- 8 cloves of garlic – skin removed but keep whole
- 2-3 green onions or scallions – finely chopped and set aside for garnish

Directions *(it's easy, but it takes time)*

1. Put everything except the scallions and gochugaru in a large stock pot.
2. Add enough water to cover the chicken by 4 inches.
3. Cover, bring to a low boil then immediately reduce to simmer.
4. Occasionally skim off any fatty/icky bits that float to the top.
5. After the chicken is cooked (1 hour or so), add salt and pepper to taste.
6. After 2 hours total simmering time, take off heat.
7. Decision time! If you're going to serve this soup with rice in it, this is a good time to make the rice! If you're going to serve this soup with udon noodles (*my kids love it that way*), make those closer to serving time. This is also a good time to finely chop some green onions to sprinkle on top of each bowl of soup, if you didn't already.
8. Allow the soup to cool enough so you can remove the chicken and put it in a big bowl on its own (this gets tricky so big slotted spoon/tongs/whatever you have that will do the job safely) before removing and discarding the onion, ginger, and garlic bits with a slotted spoon. If you used daechu, put aside.
9. You can either separate the chicken into big chunks or remove the meat from the bones and shred it.
10. While you're separating the chicken, heat up that soup again! (*And this might be a good time to cook udon noodles if you're going that route!*)
11. Time to serve! In each large soup bowl, place a serving of rice or udon noodles, add a daechu or two, chicken, a sprinkle of green onions, and gently ladle that rich, yummy broth. Add salt, pepper, and gachugaru to your liking. Sip, slurp, and enjoy! (*Kimchi is a pretty great side dish if you have any, by the way*)

Bonus Ingredients!

- Korean red chili flakes (gochugaru) *for guests to season their soup to their individual preference*
- 6-8 Korean dates (daechu) *for sweetness (but look out for the pits)*
- Rice or udon noodles *to make this a meal*



Bonus tip! Want to reduce the portions and save time? Try halving the recipe in terms of ingredient amounts and cook time – try using two bone-in chicken breasts instead of a whole chicken. - Cindy

Joan's Minestrone Soup

"Who is Joan?", you might ask. Well, she's my aunt. She lived in Toronto and I didn't see her that often growing up in Nova Scotia. But when I was in my third year of university, I did a co-op placement on the communications team at Sunnybrook Health Sciences Centre. I was TERRIFIED of the big city and horribly, unbearably homesick. I reached out to my aunt, who immediately arranged to have me come visit. I walked into her home and was greeted with the smell of this soup simmering on the stove top. As I sat down with her for lunch, I didn't feel so far away from home. I still make this soup pretty regularly. Not only is it delicious and healthy, but it reminds me of family, of home, and a time in my life when I tried something new and scary – and succeeded. - Melanie

Ingredients



1 1/3 cup olive oil
1 large onion
2 large carrots, chopped
2 stalks celery, chopped
2 med potatoes, chopped
1/2 lb green beans, fresh or frozen
6 cups beef broth
28 oz can tomatoes
1/2 small cabbage, chopped
2 medium zucchini, unpeeled and chopped
16 oz can white kidney beans
16 oz can red kidney beans
Oregano, basil, salt and pepper to taste

Directions

1. Sauté onions, celery, and potatoes in oil.
2. Add carrots and green beans.
3. Stir in can of tomatoes, broth, cabbage, zucchini, beans, and spices.
4. Simmer for 40 minutes.
5. Enjoy!

Beef Bourguignon

This recipe brings a little bit of “je ne sais quoi” into your home after skiing all day in the “French Alps”. Cozy up around a warm fire with a nice bottle of red burgundy (Pinot Noir) and enjoy watching the snow fall outside while you dream and fill your belly for of another day of adventures outdoors. Bon appétit! - Megan

Ingredients

1 tablespoons extra-virgin olive oil	3 cups red wine like Merlot, Pinot Noir, or a Chianti (2 cups for a milder sauce)
6 ounces (170g) bacon, roughly chopped	2-3 cups beef stock (if using 2 cups of wine, use 3 cups beef stock)
3 pounds (1 1/2 kg) beef brisket (chuck or stewing beef), trimmed of fat, cut into 2-inch chunks	1 beef bullion cube, crushed
1 large carrot sliced 1/2-inch thick	1 teaspoon fresh thyme, finely chopped
1 large white onion, diced	2 tablespoons fresh parsley, finely chopped (divided)
6 cloves garlic, minced (divided)	2 bay leaves
1 pinch coarse salt & freshly ground pepper	1 pound fresh small white or brown mushrooms, quartered
2 tablespoons flour	2 tablespoons butter
2 tablespoons tomato paste	
12 small pearl onions (optional)	

Directions

1. In a large dutch oven or heavy-based pot, sauté the bacon over medium heat in 1 tablespoon of oil for about 3 minutes, until crisp and browned. Transfer with a slotted spoon to a large dish and set aside.
2. Pat beef dry with paper towel; sear in batches in the hot oil/bacon fat until browned on all sides. Remove to the dish with the bacon.
3. In the remaining oil/bacon fat, sauté the carrots and diced onions until softened (about 3 minutes), then add 4 cloves minced garlic and cook for 1 minute. Drain excess fat and return the bacon and beef to the pot; season with 1/2 teaspoon coarse salt and 1/4 teaspoon ground pepper. Sprinkle with flour, toss well, and cook for 4-5 minutes to brown.
4. Add the pearl onions, wine, and enough stock so that the meat is barely covered. Then add the tomato paste, bullion, and herbs. Cover and bring to a boil, then reduce heat to low and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is falling apart.
5. In the last 5 minutes of cooking time, prepare your mushrooms: Heat the butter in a medium-sized skillet/pan. When the foam subsides, add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms. Cook for about 5 minutes, shaking the pan occasionally to coat the mushrooms with the butter. Season with salt and pepper, if desired.
6. Add browned mushrooms to the pot, let simmer for an additional 3 to 5 minutes, stirring occasionally.
7. Garnish with parsley and serve with mashed potatoes.

B.C. Russian Borscht

This recipe comes from a Doukhobor neighbourhood around Kootenay Bay, B.C. where my mom grew up. - Greg

Ingredients

2 quarts water
1 1/2 tbsp salt
1 cup carrot, chopped finely
1 stalk celery
1 whole beet
1 cup canned tomatoes, mashed
6 medium potatoes, diced
1/2 cup green peppers, chopped finely
1/3 lb butter plus 2 tbsp
1 cup onion, chopped finely
3 cups canned tomatoes
6 cups finely chopped cabbage
1/2 cup sweet cream
1 1/2 cup diced potatoes
1/3 cup chopped green pepper
2 tbsp fresh or dried dill
Pepper to taste

Directions

1. Boil first 8 ingredients until potatoes are tender
2. In a frying pan, melt 1/3 lb butter, add onions, and cook until tender. Do not brown.
3. Add 3 cups of tomatoes and simmer with onions and butter until it thickens.
4. Take out 1 cup of sauce and set aside.
5. Add 3 cups of shredded cabbage to sauce and fry.
6. Discard beet from boiling mixture.
7. Remove potatoes from pot - mash and add 2 tbsp butter and 1/2 cup cream.
8. Add reserved 1 cup tomato-onion sauce to stock.
9. Add 1 1/2 cups diced potatoes.
10. When potatoes are tender, add remaining cabbage and bring to boiling point but Do Not Boil!
11. Put tomato sauce mixture from frying pan into pot.
12. Add mashed potato mixture.
13. Add green pepper, dill, and pepper.



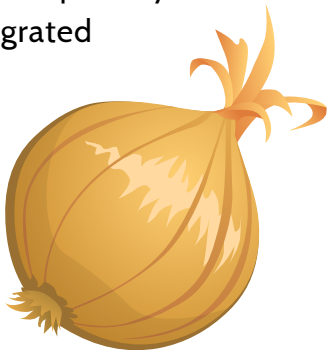
Note: use more butter and cream if richer borscht is desired. You may also add other vegetables such as peas, green beans or cauliflower to potato water. For a spring borscht, substitute part of the cabbage for spinach, lettuce or beet greens.

Nana's Classic French Onion Soup with a Twist

Once upon a time there lived a remarkable woman. She was strong-willed and opinionated. Cooking was her love language, and she spoke it with an accent of butter – and lots of it. That woman is my Nana. She's 93 now and living proof of the power of good food and the joy of sharing it. Many of my childhood memories are in her house, and most are of cooking with her. Every winter, we would make batches of French Onion Soup together. I can still remember the smell of the onions cooking and her kitchen windows fogged up with the steam of the broth. I now find myself in my own kitchen, making that same soul-warming French Onion Soup. The only difference? I've added my own twist – a generous glug of red wine. So, here's to Nana, who gifted us more than just a recipe. As you chop the onions, I hope you'll share a laugh and carry on her legacy—one bowl of soup at a time. - Lindsay

Ingredients

4 large onions, thinly sliced
3 tablespoons unsalted butter
1 tablespoon olive oil
1 teaspoon sugar
2 cloves garlic, minced
1/2 cup dry red wine
8 cups beef or vegetable broth
2 bay leaves
1 teaspoon dried thyme
Salt and black pepper to taste
Baguette slices
2 cups Gruyere cheese, grated



Directions

1. In a large pot, melt the butter and olive oil over medium heat. Add the sliced onions and cook, stirring occasionally, until the onions are caramelized and golden brown. This may take about 25-30 minutes.
2. Sprinkle sugar over the caramelized onions and continue cooking for an additional 5 minutes, allowing the sugar to help deepen the caramelization.
3. Add minced garlic to the pot and cook for 1-2 minutes until fragrant.
4. Pour in the red wine to deglaze the pot, scraping up any browned bits from the bottom.
5. Add the beef or vegetable broth, bay leaves, dried thyme, salt, and black pepper. Bring the soup to a simmer and let it cook for an additional 15-20 minutes to allow the flavors to meld.
6. While the soup is simmering, preheat your oven's broiler.
7. Remove the bay leaves from the soup and discard them.
8. Ladle the soup into oven-safe bowls. Place a few slices of baguette on top of each bowl, then generously sprinkle grated Gruyere cheese over the bread.
9. Place the bowls on a baking sheet and broil until the cheese is melted and bubbly, with a golden-brown crust.
10. Carefully remove the bowls from the oven (they will be hot!), let them cool for a few minutes, and serve the French Onion Soup hot.

Smoked Sausage Cassoulet

For me, winter cooking is all about comfort food in the crock pot. I was thrilled to get one from my in-laws one year under the Christmas tree - and my wife was devastated. One of us loves practical gifts that we'd never buy for ourselves, and the other wants magical gifts not connected to mundane domestic tasks. Regardless of its origins, for our family pulling out the crock pot means that winter is truly here. I love to prep this meal in the morning because I can anticipate returning home exhausted after a day of cross-country skiing – the house smells amazing, and I don't have to lift a finger to feed the crew. This is a delightful soupy stew made even better if you serve it with freshly baked bread with butter. - Holly

Ingredients

- 2 bacon slices
- 2 cups chopped onion
- 1 teaspoon dried thyme
- ½ teaspoon dried rosemary
- 3 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 (14.5-ounce) cans diced tomatoes, drained
- 2 (15-ounce) cans Great Northern beans, rinsed and drained
- 1 lb lean boneless pork loin roast, trimmed and cut into 1-inch cubes
- ½ lb reduced-fat smoked sausage, cut into 1/2-inch cubes
- 8 teaspoons finely shredded fresh Parmesan cheese
- 8 teaspoons chopped fresh flat-leaf parsley



Directions

1. Cook bacon in a large skillet over medium-high heat until crisp. Remove bacon from pan; crumble. Add onion, thyme, rosemary, and garlic to drippings in pan; sauté 3 minutes or until tender. Stir in crumbled bacon, salt, pepper, and tomatoes; bring to a boil. Remove from heat.
2. Place half of beans in a large bowl; mash with a potato masher until chunky. Add remaining half of beans, pork, and sausage; stir well. Place half of bean mixture in a 3 1/2-quart electric slow cooker; top with half of tomato mixture. Repeat layers. Cover and cook on LOW for 5 hours. Ladle into bowls. Sprinkle with Parmesan cheese and parsley.

Dinner Time

Spinach Stuffed Portobello Mushrooms

As a vegetarian, while everyone else's holiday feast might centre around a turkey or ham, I'm going to make this as the main on my plate. A marinated or grilled portobello is a go-to replacement for me, but this recipe gives it that little something special. Lesson learned – you have to make enough for the table, because the meat eaters aren't going to be able to resist trying it too. - Maureen

Ingredients

4 large Portobello mushrooms, stems and gills removed
1 tablespoon Italian salad dressing (substitute olive oil)
1 egg
1 clove garlic, minced
Salt and pepper to taste
10 ounces of fresh spinach, chopped
¼ cup parmesan cheese
¼ cup shredded mozzarella cheese
4 tablespoons seasoned bread crumbs



Directions

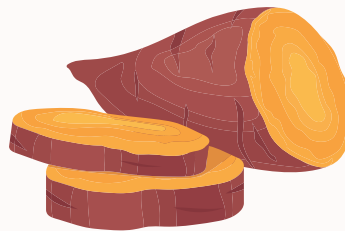
1. Preheat oven to 350 degrees F.
2. Brush both sides of each Portobello cap with Italian dressing. Arrange on baking sheet, gill sides up.
3. Bake mushrooms in oven until tender, about 8 minutes. Drain any juices formed in the mushrooms.
4. Beat egg, garlic, salt, and pepper together in a large bowl.
5. Stir spinach, parmesan, 3 tablespoons mozzarella, and 3 tablespoons bread crumbs into eggs until evenly mixed.
6. Divide spinach mixture over mushroom caps, sprinkle mushrooms with remaining 1 tablespoon mozzarella and 1 tablespoon bread crumbs (or enough to get that crisp top).
7. Return to oven. Bake until top is golden brown and cheese is melted, about 10 more minutes.

Sweet Potato Mac and Cheese

For those of you with kids, you may remember those first few weeks of new parenthood as...how shall I put this delicately? A hell like no other. It was during this magical time that fellow Good Worker, Charlotte Field, graciously showed up at my doorstep with a hot meal and an offer to throw on a load of laundry (#workfamily). At first, I thought the extreme deliciousness could be chalked up to it being the first real meal I'd eaten in days, but having made it myself in a less sleep-deprived state, and watched as both my 2- and 4-year-old cleared their plates, I can confidently say it's just freaking awesome. Fun fact: this recipe is also how I learned that 1lb of sweet potatoes is like, one large potato, not seven. - Alison

Ingredients

1 lb sweet potatoes
10 ounces pennette (or other small, short pasta)
4 tablespoons soft unsalted butter
3 tablespoons all-purpose flour
2 cups whole milk
1 teaspoon English mustard



¼ teaspoon paprika
3 ounces feta cheese
1¼ cups mature cheddar (plus ¼ cup to sprinkle on top)
4 fresh sage leaves (I never put these in 'cause I ain't fancy)
Salt and pepper to taste

Directions

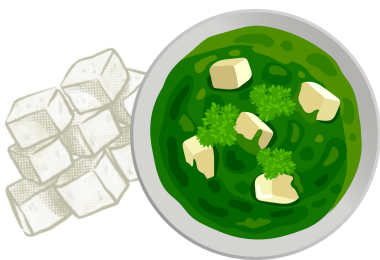
1. Preheat the oven to 400 degrees F. Put on a large-ish pot of water to boil.
2. Peel the sweet potatoes and cut them roughly into 1-inch pieces. When the water's boiling, add salt and then the sweet potato pieces, cooking them for about 10 minutes or until they are soft. Scoop them out of the water into a bowl using a "spider" or slotted spoon and lightly mash with a fork, without turning them into a purée. Don't get rid of this water as you will need it to cook your pasta in later.
3. In a saucepan, gently melt the butter and add the flour, whisking to form a roux. Then, take the pan off the heat, slowly whisk in the milk and, when it's all combined and smooth, put back on the heat. Exchange your whisk for a wooden spoon and continue to stir until your gently bubbling sauce has lost any floury taste and has thickened. Add mustard & paprika.
4. Cook the pennette in the sweet-potato water until al dente. Drain and then add the pennette to the mashed sweet potato and fold in to combine.
5. Add the feta cheese to the sweet potato and pasta mixture, crumbling it in so that it disperses evenly, then fold in the white sauce, adding the ¼ cups grated Cheddar as you go.
6. Season to taste. When you're happy (*which I always am when taste-testing mac and cheese*), spoon the sauced macaroni cheese into 1 large rectangular dish (approx. 12" x 8" x 2").
7. Sprinkle the remaining cheddar on top then shred the sage leaves and scatter the skinny green ribbons on top, too.
8. Pop the dish into the oven and bake for 30–35 minutes.

Post-Holidays Palak Paneer

It all began when I was starting out as a political organizer. The Sterling Hotel on Barrington Street in Halifax was six blocks from the Nova Scotia NDP office. It became our Friday after work go-to place for spicy food. It was in that restaurant that I discovered palak paneer. Fast forward a decade and I began to experiment with cooking Indian food myself. Now, it's always this palak paneer that gets the compliments. I recommend making a big batch and freezing it in containers for a change of taste throughout the winter months. - Fraser

Ingredients

500 grams of fresh paneer, which you can buy in the refrigerator section of any Indian grocery store (*if you can't find paneer where you are, you can substitute firm tofu*)
750 grams of frozen chopped spinach
1/2 cup ghee (clarified butter) (*you can substitute almost any cooking oil you prefer*)
2-3 large onions
6 cloves of minced garlic
1 heaping tablespoon of grated ginger
A large can of diced tomatoes
500 mg of rich, plain yogurt
1-2 packets of palak paneer seasoning (*available at Indian grocery stores or online*).



Directions

(you make this dish separately, combining at the end)

Paneer

1. Cut your block of paneer into bite-sized cubes.
2. Put a large skillet with 8 tbsps ghee on medium heat.
3. Place the paneer cubes in the ghee and begin cooking them until they're brown on at least four sides. When the paneer is golden brown, remove from the heat and set aside on paper towel.

Palak

1. In a large stock pot, cook down your roughly diced onions until soft. Add the garlic and ginger when the onions are translucent.
2. Add diced tomatoes to the pot and let them start to cook down.
3. Add frozen spinach and heat it for about 10 minutes.
4. Add a packet or two of paneer spice – tasting as you go! And remember my mother's seasoning wisdom: *'You can always add more spice, but you can't take it out once it's in!'*
5. Let your pot simmer to let moisture evaporate and flavours concentrate. A couple of hours is enough but all afternoon or all day is even better.
6. When you're ready to serve up, mix in yogurt and stir.
7. Add your paneer and let them reheat for 5-10 minutes.

Roasted Chicken

There are very few things from my childhood I have kept with me. But even so, my father's roasted chicken was a traditional meal that always brought me comfort. Over the years, I modified it - by stuffing the cavity of the chicken, something my father never did, the delicate balance of flavours and herbs permeate through it as it roasts. To my father's astonishment, it has evolved into a new tradition. Today he insists, "Angie should make the chicken," as if he, too, is grateful to move past old sights and smells that carry so much heaviness and no longer serve us. - Angie

Ingredients

- 1 Whole chicken (1.8-2 kg)
- 1/2 Lemon, quartered
- 1 Onion, small, quartered
- 1 clove Garlic, peeled
- 2 sprigs Thyme or rosemary, fresh
- 1 tbsp Olive oil
- Salt and pepper to taste
- 1/8 tsp Herbes de Provence or dried thyme (optional)



Directions

1. Rinse the chicken inside and out with cold water and pat dry.
2. Sprinkle the cavity liberally with salt and pepper. Stuff 2 quarters of lemon, the onion quarters, the garlic clove, and the sprigs of fresh herbs.
3. Truss the chicken to close.
4. Spray wire base of roasting pan with non-stick spray and place the chicken on the base. Rub the skin of the chicken with olive oil. Sprinkle with salt and pepper to taste (approximately 1/8 tsp). Sprinkle with Herbes de Provence if desired.
5. Put the chicken in the oven at 425 degrees F. Roast for 1.5 hours, basting at least once.

Classic Tourtière

I grew up in an English-speaking family in a corner of Eastern Ontario that has a significant French-speaking community. We always had a frozen store-bought tourtière ready to be tossed into the oven for a quick meal, but after spending my first holiday with my husband's family I discovered that, like so many things, store-bought just can't hold a candle to the real deal. Tourtière is a meat pie from Quebec, the province where my father-in-law grew up. Although he's lived in Ontario for most of his adult life, he still makes two of these hearty dishes every year and enjoying them for dinner on Boxing Day is a family tradition. My father-in-law's recipe is for the filling only. He spent years making his own pie crusts, but these days he prefers to relax a bit more during the holidays and just uses frozen ones instead. - Andrew



Ingredients

2 lbs lean ground beef	1 tsp ground cinnamon
1 lb lean ground pork	1 tsp ground cloves
2 large white onions, diced	1 tsp salt
1 cup diced celery stalks, with leaves	1 tsp freshly ground black pepper
1 cup chopped flat-leaf parsley	½ tsp ground nutmeg
1 ½ cups cold water	2 tbsp corn starch
1 tsp dried summer savory	2 tbsp cold water
1 tsp dried thyme	

Directions

1. In a large, heavy pot, or Dutch oven, combine the beef, pork, onions, celery, parsley, 1 ½ cups of water, summer savory, thyme, cinnamon, cloves, salt, pepper, and nutmeg. Bring to a boil over medium-high heat, breaking up the meat and stirring frequently, until the meat has lost its pinkness and is crumbly (around 10-15 minutes).
2. Reduce heat to medium-low and simmer, covered but stirring occasionally, for 30 minutes. Remove the lid and continue simmering, stirring occasionally, until the liquid has mostly evaporated (about 20 minutes).
3. Mix the cornstarch and 2 tbsp cold water in a small bowl until it's smooth. Stir this into the meat mixture and simmer, uncovered, stirring occasionally for an additional 10 minutes. Let cool at least 30 minutes.
4. Scoop into your favourite frozen pie shell, top with another shell, and cook according to the package instructions.

Chicken Fried Rice

Growing up my Dad would often make his version of Chicken Fried Rice for us. Back then he mostly used baby shrimp though... and a whole lot of butter! So yummy! After my husband discovered he was highly intolerant of all things dairy, I had to change up our beloved recipe and I also made it a bit more child friendly (goodbye shrimp). So here is the latest version that we still enjoy and love. - Stephanie

Ingredients

3-4 cups rice
Becel Vegan butter (or any butter you use)
1 or 2 Boneless chicken breast – cut up into cubes
2 tbsp soya sauce
1 tbsp sesame oil
¼ tsp sugar
1 tbsp cornstarch
1 small onion
4-6 eggs
Salt and pepper to taste
2 tbsp Sweet Thai Chili



Directions

1. Prepare rice to your preference (*I use a slow cooker for this to make things go faster. I put 3-4 cups of rice into our rice cooker and add a good scoop of Becel Vegan butter and salt.*)
2. Prepare your vegetables. (*I like to use fresh carrots, boiling them until soft before incorporating them later.*)
3. Mince onion and garlic.
4. Cube chicken and add to a bowl with soya sauce, sesame oil, sugar, and cornstarch.
5. Pre-heat pan with your oil of choice (*I use vegetable or sesame oil, or bacon fat if I have it on hand (extra yummy).*)
6. Cook chicken until cooked through and beginning to brown, then add onion and garlic.
7. Mix eggs with salt and pepper (to taste) in a bowl. Scramble egg mixture in the pan.
8. When the rice is finished cooking, add it to the pan (*you can also use leftover rice.*)
9. Mix all ingredients to combine. Add soya sauce to taste and my secret ingredient: sweet thai chili sauce for a sweet kick.

Sweet Treats

Molasses Sugar Cookies

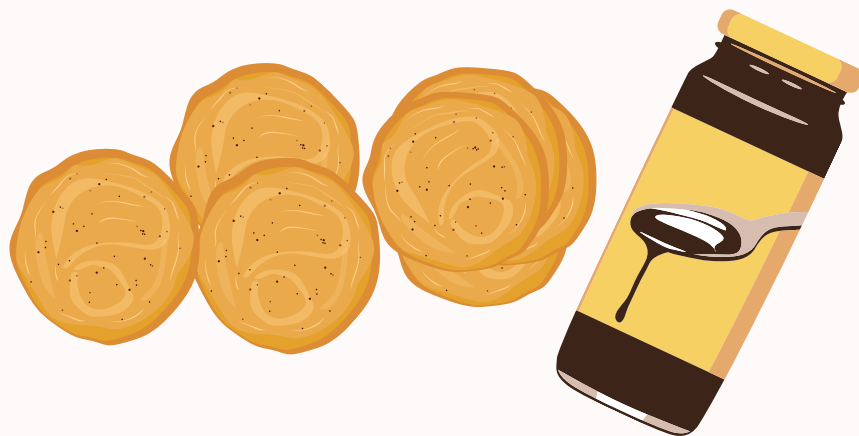
It has been a holiday season tradition in our house that my wife, Kathy, and child, Sam, bake together. Now that Sam is out of the house, Kathy has continued and expanded the tradition by having our friends' kids come over to bake. A kitchen full of kids from as young as 3 to as old as 16 spend a Saturday in December baking with my wife, and these ginger molasses cookies are always on the list. - Phil

Ingredients

1 ½ cup shortening
2 cups white sugar
½ cup molasses
2 eggs
4 cups all-purpose flour
4 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground ginger
1 teaspoon salt

Directions

1. Melt shortening in a large pan on the stove, then cool.
2. Add sugar, eggs, and molasses and beat well.
3. In a separate bowl, sift dry ingredients together and add to the pan. Mix well and chill for 3 hours or overnight.
4. Form into walnut-sized balls. Roll in granulated sugar. Place on greased cookie sheet about 2" apart.
5. Bake at 375 degrees F (190 Celsius) for 8 – 10 minutes.
6. Store in an airtight container to keep from getting overly crisp. If they lose their softness, an easy way to restore is to place one slice of fresh bread in the container with the cookies for a couple of hours or overnight.



Ricciarelli

My number one comfort food is my husband's spaghetti Bolognese. That's not the recipe you're about to read, because it's frankly an ordeal to make it: he makes the pasta, he grinds the meat, it's a whole thing. But one of the side bonuses of spag-bol is the leftover egg whites from the pasta-making, which I use to make yet another comfort food of mine: ricciarelli (ree-CHEE-ah-RELL-ee – really get those R's a-rolling for the full effect). We discovered these almond cookies on our honeymoon in Italy, in a tiny bakery off a side street, with mostly locals and not many tourists inside. They have paper-thin, crisp exterior and a chewy inside that just melts in your mouth in the most addictive way. And hey, if you're baking for a celiac or gluten intolerant person in your life, these are totally GF as an added bonus! - Charlotte

Ingredients

2 egg whites	1/4 tsp baking powder
1 dash lemon juice	1 tsp orange zest about half a large orange
2 ¼ cups almond flour	1 tbsp almond extract
1 ¾ cups powdered sugar	1 tsp vanilla extract
1 pinch salt	1/2 cup powdered sugar for coating cookies

Directions

1. Line a baking sheet with parchment.
2. Sieve together the almond flour, 1 ¾ cups powdered sugar, salt, and baking powder.
3. In a stand mixer or with a hand mixer, or by hand if you're feeling strong, whip egg whites and lemon juice together. You're looking for stiff peaks, meaning you can lift the whip out of the mixture and it holds its shape.
4. Add about 1/3 of the dry ingredients into the egg mixture, folding gently to keep in as much air as you can, but don't worry as things start to deflate. Repeat until you've used up all the almond flour mixture – the dough will be quite sticky, but trust the process!
5. Add orange zest, vanilla extract, and almond extract. No fear about over-working these cookies since there's no flour!
6. Use your hands to roll the dough into 1-inch balls. Roll each ball generously in powdered sugar, arrange on baking sheet with some space between them for spreading, and flatten slightly.
7. Leave the cookies at room temperature for about an hour, or until the tops have dried out and formed almost a little shell.
8. While cookies are drying, preheat oven to 300 degrees F.
9. Gently squeeze each dried cookie to 'crack' the shell, which gives you a super pretty cookie once baked.
10. When the cookies are ready, bake for about 20 minutes. Cool and store in an airtight container.

Gram's Gumdrops Cake

We lived with my grandparents for a time, when I was small enough to walk under a kitchen table without banging my head. Every Christmas, we three kids would be shooed out of the kitchen so we wouldn't get underfoot (or put our fingers into bowls) while Gram was baking up a storm. If we'd behaved - and were very lucky - we'd sometimes get to help in the easy prep work. Gram never used a measuring cup, but everything was always flaky, fluffy, and just amazingly delicious. Perhaps because it was all made with love. While being a super simple cake to make, just thinking about it immediately takes me back to the kitchen where that skinny, tow-headed, saucy girl knew whatever her Gram made would be magical. - Nadine

Ingredients

½ cup butter	1 tsp vanilla
1 cup sugar	¾ cup mil
2 eggs, well beaten	1 lb gumdrops, cut into ½" pieces (<i>eat all the black gumdrops while you're mixing stuff up – you don't want to leave them in here because they'll turn the cake batter grey</i>)
2 ¼ cups all-purpose flour	
¼ tsp salt	
2 tbsp baking powder	

Directions

1. Preheat oven to 275-300 degrees F.
2. Place the gumdrop pieces in a bowl.
3. Mix flour, salt, and baking powder together and add to the bowl with the gumdrop pieces.
4. Using your hands, dredge to coat and separate the gumdrop pieces (this keeps them from sinking to the bottom of the cake).
5. In a separate bowl, cream butter. Add sugar and beaten eggs, mixing well.
6. Add vanilla and milk, mix again.
7. Add wet mixture to dry and stir to combine.
8. Bake in loaf pan for 1 ½ hours.

Jam Roly Poly with Custard

This is a British classic that instantly brings back memories of my childhood when I get the first whiff of it baking in the oven. This was frequently served on Sunday nights after a family supper. I cut my teeth on this recipe when I first started to learn to cook and the results were... let's just say you needed a chisel to cut it at the time! I've since improved on my measuring and not overworking the pastry and it's a nice "not too sweet" end to supper. It's comfort in a bowl. - Jenn

Ingredients

50 g salted butter plus extra for greasing	100 g Jam of your choice - I prefer raspberry
250 g self-raising flour plus extra for rolling	Homemade custard to serve (<i>who am I kidding, just whip up a double batch of Bird's custard and call it a day!</i>)
½ teaspoon vanilla extract	
50 g shredded suet Beef or Vegetable	
150 ml milk (<i>plus a drop more if needed</i>)	

Directions

1. Put a deep roasting pan onto the bottom shelf of the oven and make sure that there's another shelf directly above it. Fill the roasting pan two-thirds with boiling water from the kettle. Heat oven to 325 F/160 C fan/gas 4. Tear off a large sheet of foil and parchment paper (about 30 x 40 cm). Sit the parchment on top of the foil and butter it.
2. Tip butter, flour, and vanilla extract into a food processor; pulse until the butter has disappeared. Tip into a mixing bowl. Stir through the suet, pour in the milk and work together with a pastry cutter or fork until you get a sticky dough. You may need a drop more milk, depending on your flour.
3. Tip the dough out onto a floured surface, quickly pat together to smooth, then roll out to a square roughly 25 x 25 cm. Spread the jam all over, leaving a gap along one edge, then roll up from the opposite edge. Pinch the jam-free edge into the dough where it meets and pinch the ends roughly, too. Carefully lift onto the greased parchment paper, join-side down (*you might find a flat baking sheet helpful for this*), loosely bring up the paper and foil around it, then scrunch together along the edges and ends to seal. The roly-poly will puff up during cooking so don't wrap tightly. Lift the parcel directly onto the rack above the tin and cook for 1 hr.
4. Let the pastry sit for 5 mins before unwrapping, then carefully open the foil and paper. Thickly slice to serve with a generous portion of warm custard.

Bougie Hot Chocolate 3 Ways

I learned this incredibly decadent drink from a university roommate. One exam season, we were cramming into the wee hours and feeling more than a little punchy, so we took a break to whip this up. We were all giggles enjoying it on the kitchen floor, the studying brain-power rerouted to singing the praises of this - for us at the time - incredibly indulgent, bougie drink. - Tighearnán

Ingredients

All-out Drinking Chocolate

500mL heavy cream (room temp)
1 bar of nice dark chocolate
1/2 bar of nice milk chocolate
1 tbsp brown sugar
1 tsp of instant coffee
1/2 tsp vanilla
Pinch of salt



The Vegan One

500mL coconut cream (or your fave vegan cream alternative)
1 bar of vegan dark chocolate
1 tbsp vegan sugar
1/2 tsp vanilla
Pinch of salt



The Keto-friendly One

2 bars of the darkest/least carb-y chocolate you can find
500mL heavy or whipping cream
Pinch of salt
Optional: 1-2 drops of sweetener

Directions

1. Select a metal bowl and pot combination that allows the metal bowl to sit in the pot without touching the bottom. *(If you have a double boiler, skip this step).*
2. Heat the pot with 2 inches of water over medium high heat. Do not boil the water.
3. Chop your chocolate of choice and place in the metal bowl *(or double boiler, if you're fancy).*
4. When water is heated, place bowl of chocolate over the heated water. Reduce heat to medium.
5. Stir often as chocolate pieces melt.
6. When chocolate is melted, turn off heat and add desired mix-ins or flavouring.
7. Remove your metal bowl from the stove entirely and gradually mix in room-temperature cream, stirring constantly, until combined. *(Get your desired thickness by increasing or decreasing the amount of cream or adding a splash of milk)*
8. Ladle into mugs, enjoy warm!

Banana Chocolate Chip Muffins

This recipe was handed down to me by my aunt! She always had these muffins on hand when we visited...in fact, to this day they are still called "Auntie Farah's" muffins by my kids. Over the years, we have improved it to use healthier ingredients (coconut oil instead of seed oils, coconut sugar instead of refined), and it's very flexible if you would like to sneak in extra nutrients such as ground flax seed, psyllium husk powder, wheat germs etc. – just replace ¼ cup of the flour with that ingredient. - Sarah

Ingredients

- 3 Ripe Bananas – Mashed
- 6 tbsp of Oil (I use coconut oil- melted)
- ½ cup of Sugar (I use coconut sugar and barely & loosely fill the measuring cup)
- 1 tsp of Salt
- 1 Egg – Well Beaten
- 1 ½ tsp of Vanilla Extract
- 1 ½ cups of All Purpose Flour
- 2 tbsp of Cocoa Powder
- 1 tsp of Baking Powder
- 1 tsp of Baking Soda
- 1 cup Semi-Sweet Chocolate Chip
- ½ cup of crushed walnuts (optional)



Directions

1. Preheat oven to 400 degrees F.
2. Mash bananas in a large bowl. Add oil, sugar, and salt – beat for 2 min with a hand mixer until well mixed.
3. Add egg and vanilla and mix again.
4. Sift flour, cocoa powder, baking powder, and baking soda over the banana mixture and mix until well combined (*try not to over mix*).
5. Add the chocolate chips and crushed walnuts (if using). Mix with few strokes of a spatula, enough to incorporate the chocolate chips / walnuts.
6. Add mixture into muffin tins.
7. Bake for 20 minutes or until toothpick comes out clean (*I usually start checking around the 18 min mark as ovens vary in temperature*). Let cook down in the tin for 10 minute and move to cooking rack to cool completely.
8. Enjoy one while still warm with a cup of tea, store the rest in an air-tight container or freeze.

Bonus Brownies

I am more of a recipe collector than a recipe maker. I have bookmarked and pinned so many recipes that I have lost track of what I actually have saved. We do, however, have this recipe taped to the inside of our kitchen cabinet. We have teenagers in our house and when the stars and planets align and they feel like baking (usually late at night), we wake up to these in our kitchen. We call them Bonus Brownies. The kitchen is usually a mess and the sink full of dirty dishes but the bonus is... we have brownies. - Kelly

Ingredients

3 cups white sugar
1 cup butter, melted
1 tablespoon vanilla extract
4 eggs
1 1/2 cups all-purpose flour
1 cup unsweetened cocoa powder
1 teaspoon salt
1 cup semi-sweet chocolate chips



Directions

1. Preheat the oven to 350 degrees F.
2. Lightly grease a 9x13-inch baking dish.
3. Combine sugar, melted butter, and vanilla in a large bowl. Beat in eggs, one at a time, mixing well after each addition, until thoroughly blended.
4. Sift flour, cocoa powder, and salt into a separate large bowl. Gradually stir flour mixture into egg mixture until blended; stir in chocolate chips. Spread batter evenly into the prepared baking dish.
5. Bake in the preheated oven until top is dry and edges have started to pull away from the sides of the pan, about 35 to 40 minutes. Let cool completely before slicing.

Thank you for
being with us
in 2023!

