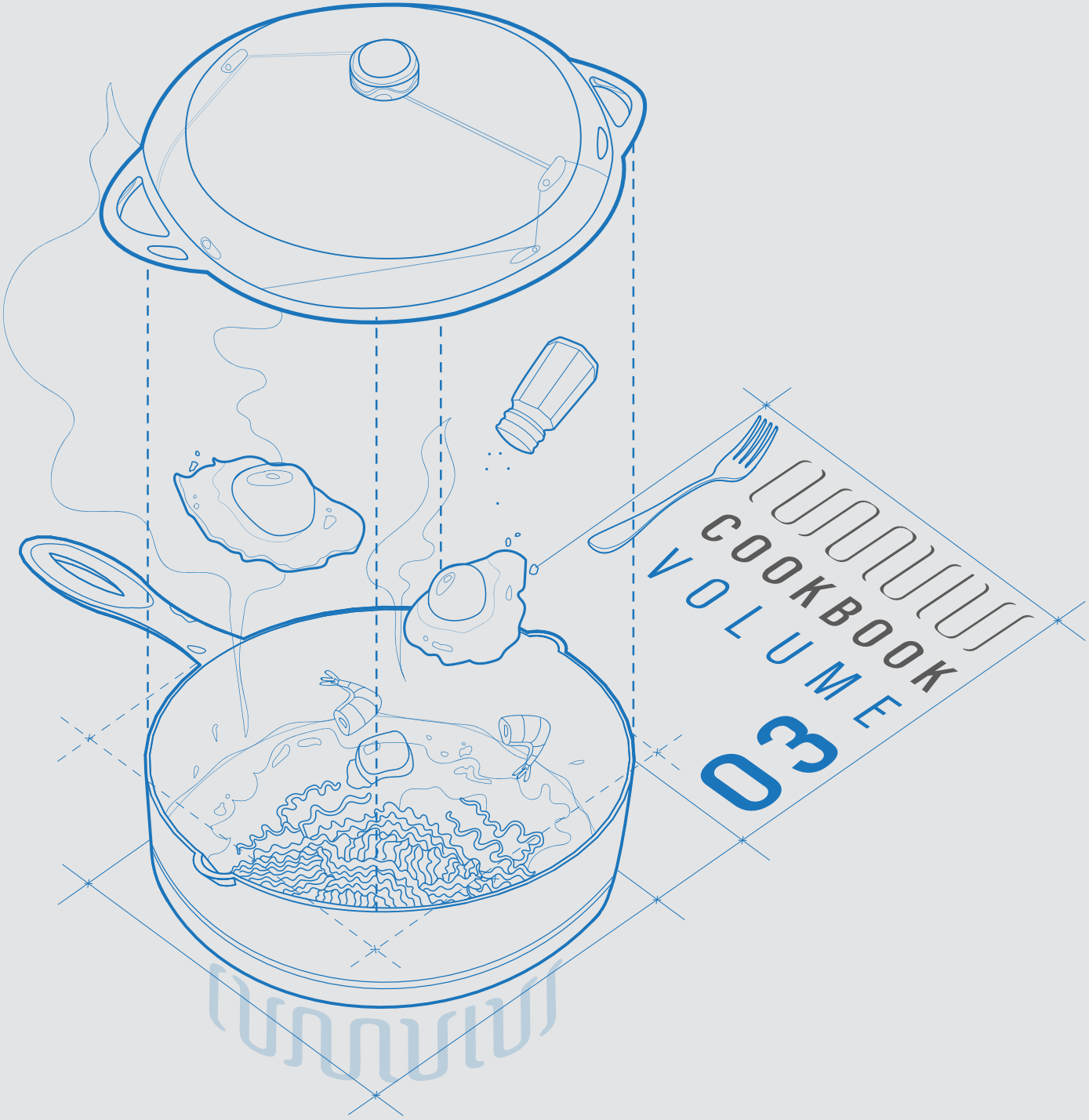

COOKBOOK
VOLUME
03

QUICK & EASY

CUMULUS

COOKBOOK

VOLUME 03

2022

CUMULUS ARCHITECTS INC.

www.cumulusarch.com

ABOUT

"Cooking well doesn't mean cooking fancy."
- Julia Child

It's been a busy year at Cumulus, full of exciting projects and partnerships! At the same time, many social events are back off-line, conspiring to make our lives fuller and our evenings out happily more frequent.

Far from the sourdough starters and long-simmering sauces that graced our home kitchens in recent years, the meals we share with you in this edition of the cookbook are quick and easy: our go-to recipes to fuel a late night deadline, a hearty breakfast on the go, or a delicious lunch you'll actually be excited to bring to the office.
From our kitchens to yours!

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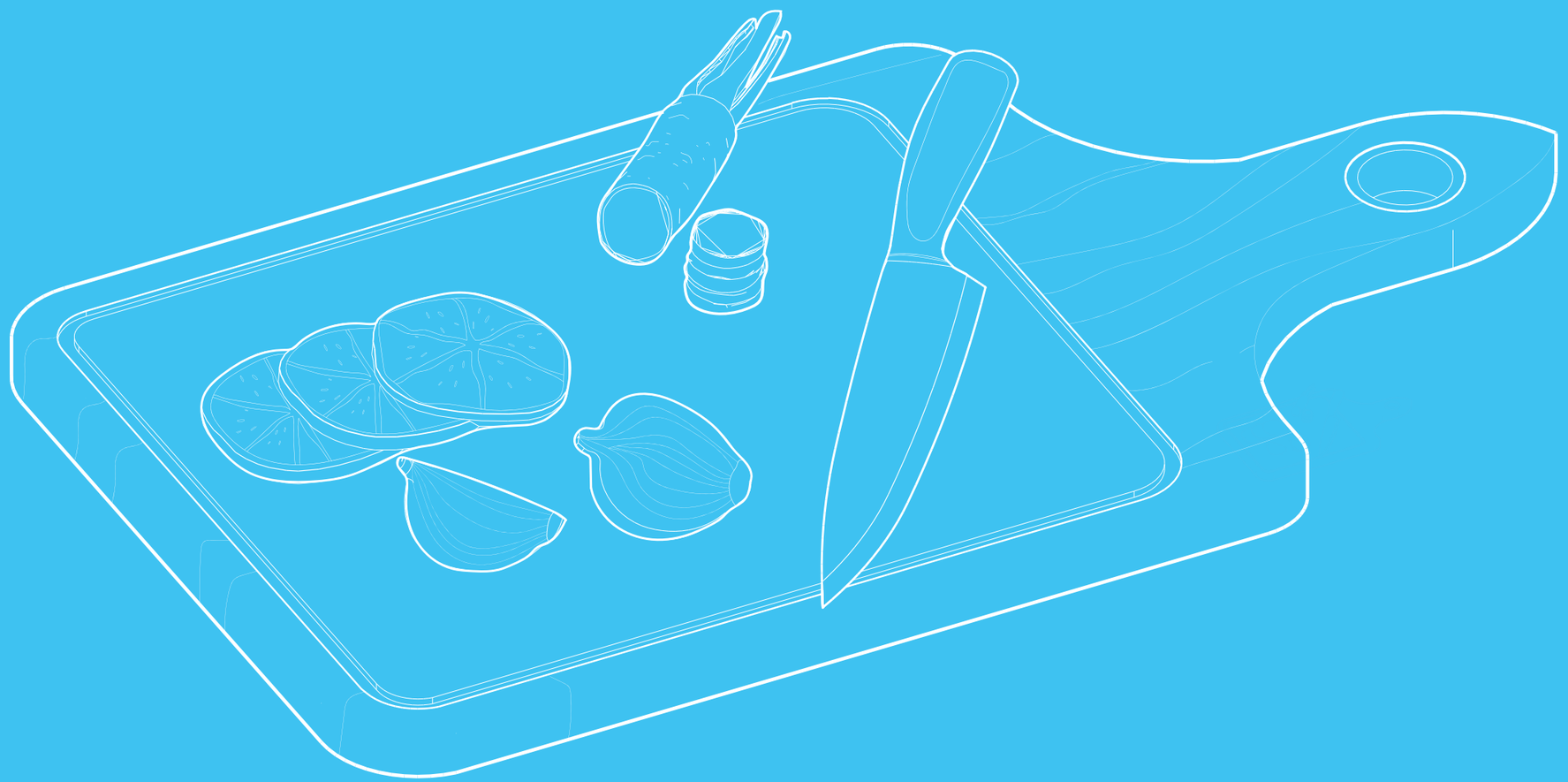
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BANANA PANCAKE BITES

special tags: vegetarian

prep time: 5 min

cook time: 20 min

serves: 2



A new transplant to Toronto, Montana joins us from the nation's capital, Ottawa! We like her already.

My childhood was filled with mornings spent next door at my Nanoo's (grandma) house where she would spoil me with breakfast before I headed off to school. My favorite was her classic, thin pancake recipe passed down from my great grandma, Nanny Nelly. I would always rave to my Nanoo how amazing her pancakes were and she eventually gave me a copy of the recipe. At first glance, it doesn't seem like any special recipe, but no matter how hard I tried, I could not manage to perfect it.

One day while scrolling through TikTok, I came across a recipe that dipped banana slices into pancake batter. I immediately went to the kitchen, pulled out my Nanoo's recipe, and got cooking. Finally, I can say this is the next best thing to her glorious pancakes!

what

- 1 ½ cups all-purpose flour
- 3 ½ tsp baking powder
- 1 tbsp white sugar
- 1 tsp salt
- 1 ¼ cups milk
- 3 tbsp butter, melted
- 1 egg (large)
- 1 tbsp vanilla extract or vanilla bean
- 2 ripe bananas
- 1 handful sliced almonds (optional)
- maple syrup (optional)
- chocolate sauce (optional)
- cooking spray

how

1. Sift together flour, baking powder, sugar, and salt in a large bowl.
2. Whisk in milk, melted butter, egg, and vanilla extract, until combined. Let batter rest for 5 minutes (very important).
3. Preheat a large skillet over medium-high heat. Spray with cooking spray.
4. Slice bananas and dip into batter.
5. Cook until bubbles appear on the sides, (aprox. 2-3 minutes). Flip and cook until the bottom is golden (aprox. 1-2 minutes).
6. Top with maple syrup, sliced walnuts, and chocolate sauce (optional).



AN ODE TO THE OMELETTE

special tags: vegetarian

prep time: 2 min

cook time: 2 min

serves: 1



Paul is one of Cumulus' fearless founding partners, but around here he's known as Chief Bottle Washer / "eggspert".

Fried, scrambled, poached
Fates reserved for martyred eggs.
The lazy frittata sopping up left over bits from Friday's fridge.
And then the omelette.
Borne like Venus from the singing golden froth of the orange creuset pan!

what

deux œuf

cuillère de lait

beurre chantant (see heated pan below)

sel et poivre

ciboulette, persil, parmesan (if you must)

note: food tastes better in french

how

1 Set stove top to medium and heat up an 8 » pan - preferably one you bought in Paris and hauled across Europe in your backpack only to find they are readily available here in Canada.

2 Crack two eggs into a bowl, add a splash of milk, salt & pepper. Whisk with a fork only. Too much mixing and your omelette is a fail. Put any over whisked mixture back in the fridge for next week's frittata, and start again with new eggs and a fork.

3 Now, as my friend Pierre says, 'chive it up' along with the parsley and, for those who like to go 'hors piste', add little Parmesan (left over from last week's frittata).

4 Check your pan. It's ready when the butter 'sings'. If it goes 'noisette' it's burnt. Ruined. Do not pass go, and start again. The butter should be babbling like a hot tub after a day of skiing.

5 Pour in the eggs and push in the sides while gently tipping the pan in a circular motion so the liquid bits fill in. This takes all of 30 seconds.

6 Sprinkle the chopped herbs and cheese over the omelette before finally folding it over like a half moon.

7 Slide this golden beauty onto a plate and enjoy with a baguette from your favorite boulangerie. If you are lucky enough to live in Edmonton, my brother Charles recommends Eleanor and Laurent.









STEAMED SHRIMP AND YUZI TOFU

steamer temp: > 100 °F

prep time: 5 min

cook time: 5 min

serves: 3



As the organizer of our weekly Lunch & Learn, Vicki makes sure everybody at Cumulus gets their brain food.

This quick and easy steamed dish has only 3 common ingredients, takes very little time to prepare, and it's healthy too: low-fat, no oil, very little salt, and rich in high-quality protein. It looks very delicate and tastes fresh and sweet.

what

2 tubes of yuzi tofu

12 pieces shelled raw shrimp

1 carrot

1 green onion, chopped

1 pinch salt

1 pinch white pepper

light soy sauce

TIP: *Yuzi tofu, a japanese egg curd that comes in a tube, is a good soy-free protein source.*

how

1. Prepare the layers: clean shelled shrimp, cut Yuzi Tofu 1 cm thick, and chop green onion. Peel carrot and cut into 0.5cm thick rounds.
2. Prepare a flat plate, put a piece of carrots, then a piece of yuzi tofu, and finally shrimp on the top. Put the plate in a large steamer heated in advance, and steam for 5 minutes.
3. After being out of the pot, drip the light soy sauce on the shrimps and let them flow naturally into the plate. Add a little chopped green onion on the shrimps. The red, yellow and green colors are fresh and beautiful.





SIMPLE BIBIMBAP

special tags: vegetarian

prep time: 3 min

cook time: 12 min

serves: 1



Office manager Ulrika, who has a long background working in fashion, keeps Cumulus running in style.

This is a super quick and easy recipe that is more delicious than it looks! It's so versatile that you could easily eat it for breakfast, lunch or dinner.

what

1 egg

1 tsp ssamjam (korean soybean paste)

2 tbsp butter

1 bowl sticky rice

dried seaweed

how

1. Boil the rice
2. Mix in a bit of butter with the cooked rice while it is still hot
3. Fry an egg sunny side up
4. Slice the seaweed
5. Assembly: put rice in the serving bowl and add the fried rice on top. Sprinkle with the seaweed and add a bit of ssamjam on the side.
6. Enjoy!



JOHNNY CAKES

prep time: 5 min

cook time: 5 min

serves: 3



Marketing magician Gretchen is Cumulus' token American, but she's put in so many hours canoeing the Canadian wilderness that we grant her honorary Canuck status.

Recipes don't get much simpler than this. Originating in Rhode Island, a true johnny cake is a simple mix of white cornmeal, sugar, salt, and water. Sweet, spicy, soft, crunchy, salty - all rolled into one little cake. You'll find variations of this recipe all over the Atlantic coast from Newfoundland to Jamaica. Growing up in New England, we had these often for weekend breakfast slathered in maple syrup.

what

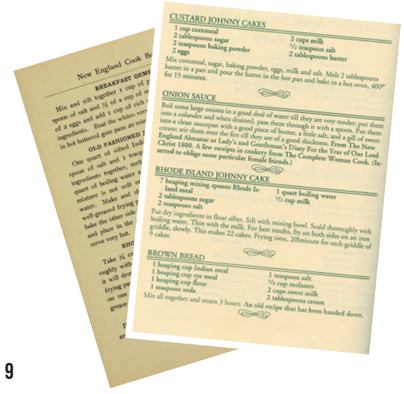
1 cup white or yellow stoneground cornmeal

1 tsp sugar

½ teaspoon salt

2 cups boiling water (can use milk instead or a combo)

butter, oil, or bacon grease for frying



CUSTARD JOHNNY CAKES

1 cup cornmeal
2 tablespoons sugar
2 teaspoons baking powder
2 eggs
2 cups milk
½ teaspoon salt
2 tablespoons butter

Mix cornmeal, sugar, baking powder, eggs, milk and salt. Melt 2 tablespoons butter in a pan and pour the batter in the hot pan and bake in a hot oven, 400° for 15 minutes.

ONION SAUCE

Boil some large onions in a good deal of water till they are very tender; put them into a colander and when drained, pass them through it with a spoon. Put them into a clean saucepan with a good piece of butter, a little salt, and a gill of sweet cream; stir them over the fire till they are of a good thickness. From The New England Almanac or Lady's and Gentleman's Diary For the Year of Our Lord Christ 1800. A few receipts in cookery from The Complete Woman Cook. (Inserted to oblige some particular female friends.)

RHODE ISLAND JOHNNY CAKE

2 heaping mixing spoons Rhode Island meal
2 tablespoons sugar
2 teaspoons salt
1 quart boiling water
½ cup milk.

Put dry ingredients in flour sifter. Sift with mixing bowl. Scald thoroughly with boiling water. Thin with the milk. For best results, fry on both sides on an iron griddle, slowly. This makes 22 cakes. Frying time, 20minute for each griddle of 9 cakes.

BROWN BREAD

1 heaping cup Indian meal
1 heaping cup rye meal
1 heaping cup flour
1 teaspoon soda
1 teaspoon salt
½ cup molasses
2 cups sweet milk.
2 tablespoons cream

Mix all together and steam 3 hours. An old recipe that has been handed down.

how

1 Combine dry ingredients in a bowl and mix thoroughly.

2 Gradually add boiling water to the cornmeal mixture, whisking constantly. Continue whisking until the mixture is smooth so that it will drop off the end of a spoon.
Let sit for 5-10 minutes if you prefer a softer cake)

3 By the spoonful, drop onto a well-greased medium-hot griddle.

4 Let the cakes fry undisturbed for several minutes until the edges are browned (about 6 minutes).

5 Flip and cook an for additional 5 to 6 minutes. Don't be afraid to press them down.

6 Serve with butter and pure maple syrup.

TIP: *These are great as a sweet breakfast but also work well with savory toppings like avocado and pico de gallo or smoked trout, crème fraiche and red onion.*



RAMYUN?
RAM-YUM!

special tags:
vegetarian

prep time:
5 min

cook time:
10 min

serves:
1
if you're hungry



Tina is a cat person, but she makes an exception for office dog, Finn.

The first most difficult part of this meal is going out and buying some Korean ramen soup packets. The second most difficult part is feeling like your mouth has been set on fire while your body feels like it's receiving a warm hug. So it's worth it.

what

½ cup green onion, chopped

1 cup mushrooms, sliced

½ cup kimchi

1 egg

1 package korean ramen soup

2 ½ cup water

a pinch of sesame seeds

how

1 Set the 2 ½ cups of water to boil in a small pot on the stove. If you think it's too much water you should pour some out because I always go by visuals and not measurements - don't trust me.

2 When the water has boiled, toss in the ramen noodles and seasoning mix and cook for 1 minute.

3 Add the green onions, mushrooms and kimchi to the pot. Boil for 2 more minutes.Things will be smelling very good at this point. If things are smelling bad, you somehow did it wrong.

4 Gently crack open the egg on the edge of the counter and not on the side of the pot, you menace. Poach the egg.

5 Turn off the heat and allow egg to finish cooking in the broth. This will take about 2 minutes.

6 Find a bowl large enough to hold the contents of this magnificent soup. Pour it all in that large bowl. The egg will have surfaced at which point it is encouraged to pop the egg yolk and let it mix with the broth.

7 Sprinkle sesame seeds on top and enjoy!



DAN DAN NOODLES

special tags: vegetarian

prep time: 5 min

cook time: N/A

serves: 1



A new transplant to Toronto, Montana joins us from the nation's capital, Ottawa! We like her already.

The days where I would hibernate in my studio space at school with little sleep and a diet that consisted of coffee....and Dan Dan Noodles. This dish got me through those all nighters. It's quick to make, extremely affordable, and an upgrade from Mr. Noodles. You can top it with anything you like, but I add avocado slices and chili flakes, sesame seeds, and minced green onions.

what

sauce

4 cloves garlic, minced

2 tbsp chili flakes

2 tbsp sesame seeds

4 tbsp oil (extra virigin, avocado, etc.)

2 tbsp soy sauce

2 tbsp brown sugar

2 tbsp black vinegar (white works too)

2 tbsp peanut butter (or other alternatives)

noodles

1 serving 3-minute ramen noodles

(or noodles of choice)

1 egg, scambled (or protein of choice)

toppings: avocado, sesame seeds, green onions

how

1. Heat up oil in a pan over medium-high heat.
2. In a separate pot, bring 2 cups of water to a boil over medium-high heat. Once boiling, add noodles and cook for desired time.
3. In a heat proof bowl, add garlic, chili flakes, and sesame seeds.
4. Prepare green onion and avocado. Set aside.
5. Once oil is hot, pour into mixed ingredients and quickly whisk. Set aside.
6. Scramble an egg on leftover oil on hot pan over low to medium heat.
7. Add soy sauce, brown sugar, black vinegar, and peanut butter. Whisk until smooth. Set aside.
8. Once noodles are done, add 2 tbsp of hot noodle water to sauce and whisk.
9. Transfer cooked noodles to pan with egg. Pour sauce over noodles and mix well.
10. Top with avocado, green onion, chili flakes, sesame seeds, and enjoy!



WEEKNIGHT CARBONARA

prep time: 5 min

cook time: 10

serves: 4



Patsy is the founding partner who heads up everything healthcare at Cumulus, and thinks we all ought to get out for a good hike.

This glorious recipe was inherited many decades ago from a former friend who had an Italian flatmate. Their version often had a few crushed red chillies thrown in just for added interest, which is not necessary but equally good. It's fast, delicious, and ingredients are always readily available. It's excellent comfort food, but so rich in carbs and calories that I tend to save it as a special treat.

what

4 eggs, room temperature

2 cups freshly grated parmigiano or pecorino cheese, grated

coarsely ground black pepper

1 lb pancetta

1 lb pasta of choice

how

1. Place a large pot of salted water (no more than 2 tablespoon salt per 500g pasta) over high heat, and bring to a boil.
2. In a mixing bowl, whisk together the eggs until very well combined and smooth. Add the cheese and mix to incorporate.
3. Meanwhile, fry pancetta in a pan til barely crisp. Remove from pan and set aside. Leave a couple tablespoons of pancetta drippings in pan and set aside, you'll be using it later.
4. Add pasta to the water and boil until al dente. Reserve ¼ cup of pasta water (just in case), then drain pasta.
5. Add hot pasta to pan with pancetta drippings. Then, a little at a time, add the egg mixture, adding some reserved pasta water if needed for added creaminess. Once creamy add the pancetta and incorporate into the pasta and sauce. Save a little pancetta for garnish.
6. Serve immediately, dressing it with a bit of additional grated cheese and fresh ground pepper.



TWO–PAN PESTO + MUSHROOM GNOCCHI

special tags: gluten free

prep time: 5 min

cook time: 10 min

serves: 2



Mark is indispensible around here for his good humour. Generous with his time and expertise, he's our go-to guy for complex project management and heritage conservation.

How to give a 15-minute go-to that little 'zing' that inspires you to turn on the stove? Mushrooms. Chilies. And who doesn't like pesto? Boom.

I've been enjoying this one for years with various pastas, but have settled on gnocchi after my son's suggestion to get a little less wheat in my diet! I rely on any jarred pesto base (don't need to picky about price point) to hold together experiments with different ingredients. Great next to simple green salad and a slice of bread from Blackbird with olive oil and balsamic vinegar. A glass of red is an almost mandatory accompaniment – a nice pinot noir will do just fine.

what

400g packaged gluten-free gnocchi

1–2 tbsp olive oil

1 large clove garlic, fine chop (to taste)

1 cup mushrooms (cremini, shitaake & king oyster used here)

red chili* (serrano or scotch bonnet) to taste

2 ½ tbsp basil pesto

1–2 tbsp parsley

1 tbsp grated grana padano, pecorini or reggiano

½ tsp freshly ground black pepper

salt, as needed

TIP: Substitute finely-chopped red pepper rings if you don't want the heat.

how

1 Bring salted water to boil.

2 Pour oil into a skillet over medium-high heat.

3 Prep the sauce: Clean and thinly slice mushrooms. Chop chillies and parsley finely.

4 Place mushrooms into the skillet and toss to coat. Add pepper and salt till aromatic. Saute for 3 mins.

5 Turn heat down to medium and add garlic and chillies. Don't let garlic brown and cook for 1 -2 minutes.

6 At the same time, put gnocchi in water and cook until they float, 2 to 4 minutes max. Drain well. Add drained gnocchi to the skillet, and toss well to coat.

7 Add pesto to the pan, turn heat down, mix with spoon & work bottom of pan to prevent sticking – 1 min +/-.

8 Serve into bowls. Add cheese. Garnish generously with parsley.

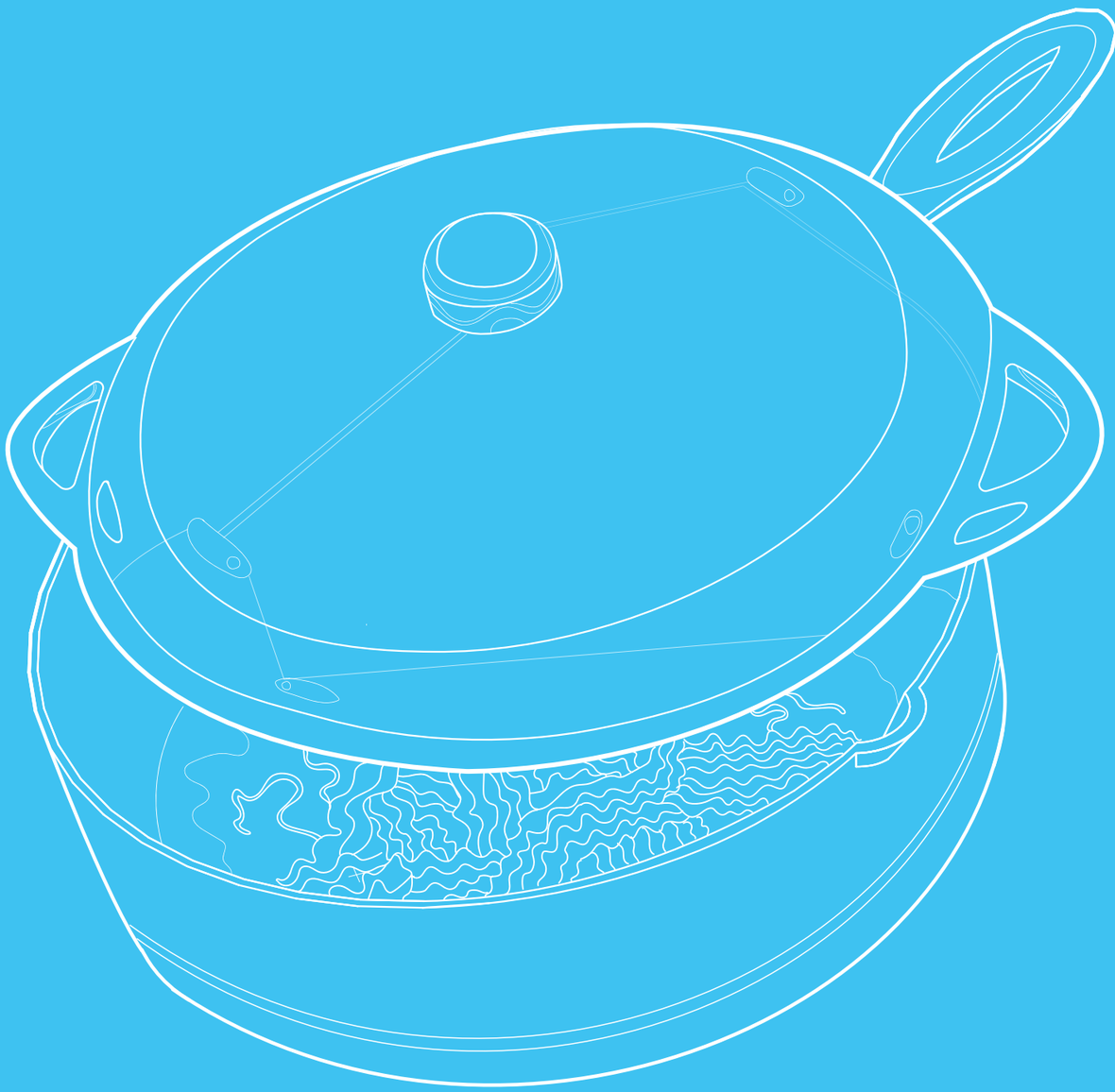
9 Prep your side salad/greens to your preference. Side of green beans seen here.

10 Yum.









ONE-POT WONDERS

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Amanda Fics

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Gretchen Overholtzer

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Dan Voicu

31 *Roasted Tofu And Broccoli Salad*
Narges Nasr

33 *No-Bake Chocolate Macaroons*
Meredith Davis

CHIA PUDDING PARFAIT

prep time:
5 min+
chill overnight

cook time:
n/a

serves:
1



Amanda for president!
When she isn't busy juggling project timelines, she loves to tap dance and never misses a Bayern Munich game.

This super quick and easy, tweak-to-your-liking breakfast recipe is great on the go. I got this little number from a friend and have catered it to my tastebud preferences. It's great on its own but best when you pair with granola and your favorite fruits!

what

the pudding

1 cup black chia seeds

1 ¼ cup almond milk

1 tsp cinnamon

½ tsp cocoa (optional)

¼ cup shredded coconut

optional extras

your favourite fruits

3 - 4 leaves fresh mint (highly recommended)

1 cup granola

1 tsp liquid honey

1 tbsp dark chocolate chips

how

1. Whisk chia seeds, cinnamon and cocoa and to combine.
2. Stir in the shredded coconut.
3. Add almond milk and whisk well to ensure all ingredients are soaked
4. Cover and chill in the fridge over night and voila, done!
5. When your pudding is ready, grab a cup and layer it up with granola, chia pudding and fruits. Drizzle with liquid honey and top with dark chocolate chips and mint. For an on-the-go option, layer up a mason jar and you're off.
6. Enjoy!

TIP: If you prefer a less dense pudding, add more almond milk.







SHEET PAN ROAST CHICKEN & CABBAGE

oven temp: 425°F

prep time: 5 min

cook time: 20 min

serves: 4



Sheldon is one of Cumulus' founding partners. He brings full-tilt energy to everything he does, from the boardroom pitch to the soccer pitch.

I love recipes that are cooked in one pan. Nothing better than combining your proteins with vegetable side dishes requiring a lot less clean up. There is some flexibility with the dressing, type of cabbage, or even the type of chicken (breasts, thighs, whole chicken) depending on your taste and what you have available.

what

1 tbsp sesame oil

¼ cup olive oil

3 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp sriracha (optional)

1 tbsp seasoning of choice to sprinkle on chicken–I prefer keg spice

4 bone-in chicken breasts (or double recipe for bone-in chicken thighs)

1 head cabbage (I prefer savoy (purple one) for its sweetness when roasted)

1 pinch salt and pepper to taste (fresh ground always tastes better)

TIP: Get an instant meat thermometer, you'll never undercook—or more importantly, overcook—meat again.

how

1 Preheat oven to 425°F and prepare sheet pan with parchment paper (I hate scrubbing!) or oil a sheet pan.

2 In a small bowl, whisk together the sesame oil, soy sauce, rice vinegar, seasoning and the olive oil to make the dressing.

3 In a large bowl, add the chicken and salt and pepper to taste. Pour ¼ of the dressing over the chicken.

4 Chop cabbage in half. Cut again though each core. Chop again so that you end up with no more than 1" wide strips. Salt and pepper and toss in the remaining 3/4 of the dressing.

5 Place chicken on the sheet pan spreading them out evenly so that there is space around them to brown. Roast chicken for 10 minutes. Remove chicken from sheet pan and set aside. In the same sheet pan layer on the cabbage and create a good bed. It will will feel like there is a lot of cabbage! Place the partially roasted chicken on the cabbage and roast for another 25-30 minutes or until chicken in golden brown and cooked through.

6 Remove chicken to a platter to rest. Toss cabbage a little and return to oven for 10-15 minutes to abosrb the juices and carmelize the edges a little. I like to serve the chicken on the cabbage.



SESAME GARLIC TOFU STIR-FRY

special tags: vegetarian

prep time: 15-20 min

cook time: 15 min

serves: 6



Chanel is a woman of many talents: a designer by day, she also models, rides horses, draws portraits, takes photos and has climbed the CN Tower twice for charity!

No one said that an easy meal can't also be healthy! Don't let the ingredient list seem daunting, this is my go-to easy vegetarian recipe when in need of a hearty one-pot meal with leftovers. The most effort is put into simple chopping and measuring out of ingredients, making this a great fool-proof meal for someone who is less skilled in the kitchen. Originally found as an online tofu recipe when I was a student and in desperate need of vegetables, new ingredients were added over time to create a full stir-fry meal that can make anyone feel like a five star chef, while also requiring zero cooking skills. Enjoy!

what

stir-fry

350g (or more) extra firm tofu

4 tbsp cornstarch

1 tbsp sesame oil

2 tbsp vegetable oil

2 - 3 heads of broccoli

1 large onion

sauce

1/2 cup low-sodium soy sauce

1/2 cup water

4 tsp honey

3 tsp chili miso oil, korean kalbi marinade sauce, or sambal oelek*

2 tsp garlic paste

1 tsp rice wine vinegar

2 tbsp cornstarch

how

1. Press the tofu with paper towel to squeeze out the liquid as much as possible
2. Once drained, cut the tofu into cubes and place into a large bowl. Sprinkle cornstarch on top and gently toss with your hands to ensure all tofu pieces are covered.
3. In a large skillet, add sesame oil and vegetable oil then bring up to medium-high heat.
4. Once oil is heated up, add the tofu to the skillet
5. While the tofu begins cooking, dice the onion and add to the skillet to continue cooking together with the tofu until the tofu is brown on all sides.
6. In the meantime, whisk together all of the ingredients for the sauce, and chop the broccoli into florets.
7. Once the tofu has browned and crisped up on all sides, add the broccoli and sauce to the same skillet. Toss all of the ingredients around to coat with the sauce, then let cook while covered until the broccoli is soft. Stir occasionally.
8. Remove from heat and serve over rice/millet, or with naan.

TIP: The original recipe calls for Sambal Oelek, but I usually use Okazu Chili Miso sauce (very tasty!), or Korean Kalbi Marinade Sauce. Substitute with anything that has a similar flavour!



MOM'S KALE SOUP

prep time: 15 min

cook time: 30 min

serves: 8



Marketing magician Gretchen is Cumulus' token American, but she's put in so many hours canoeing the Canadian wilderness that we grant her honorary Canuck status.

This one-pot soup comes together quickly for an easy weeknight meal. My mom grew up near New Bedford which has a large Portuguese community and adopted this soup as one of her go-to recipes. It's a hearty meal perfect for cold days. In Toronto we have our pick of Portuguese chorizo options – making this an easy recipe to shop for.

what

- 2 tbsp olive oil
- 3 medium potatoes, peeled and diced (russets, red, or yukon gold)
- 1-2 medium onions,chopped
- 6 cloves garlic, chopped
- 2 bay leaves
- 1 lb kale – stems removed + coarsely cut
- 1 can navy or cannellini beans, drained and rinsed
- 1 can diced tomato or fire roasted tomatoes (don't drain)
- 1 lb linguica or portuguese chorizo - casing removed + sliced
- 1 tbsp dried chili pepper flakes
- 4 cups broth
- 2 cups water
- salt and pepper
- 2 tbsp apple cider vinegar (optional)

how

1. Heat oil in a large pot over medium heat.
2. Sauté onions and cook for 5 minutes or until translucent. Stir occasionally.
3. Add garlic, potatoes and kale to the pot. Cover pot and wilt greens 2 minutes.
4. Season with salt and pepper.
5. Add bay leaves, chili pepper, beans, tomatoes, chourico, and broth. Add water as needed to cover. Bring soup to a full boil.
6. Reduce heat back to medium and cook 5 to 10 minutes longer or until potatoes and kale are tender.
7. Season with salt and pepper. Add vinegar (optional) to taste.
8. Remove from heat & serve with crusty bread.

TIP: *If you are making this to save for later it's best to omit the potato and add in when you reheat. They just don't freeze well.*



KOHLRABI STUFFED WITH MEAT & VEG

prep time: 5 min

cook time: 20 min

serves: 6



Dan is a natural storyteller: he shares hard-won widsom and other anecdotes of a career that has taken him all over the world, from Romania to Austria, Qatar to Canada.

I love to cook, but rarely get the opportunity to do so. This recipe takes a lot of time, but it is so enjoyable to eat, and doesn't make a lot of mess. If I weren't an architect, I would probably be a chef, running a hotel restaurant in Thailand.

what

6 fresh kohlrabis or hungarian peppers

250g ground meat (pork, veal, chicken, or turkey)

fresh dill, chopped

1 egg

two spoons of steamed rice

salt and pepper

1 small onion, chopped

2 fresh celery stalks + leaves

400g bottle tomato passata

fresh peeled plum tomatoes

2 small carrots

1/2 red pepper

one spoon of sunflower oil

chicken stock (or boiled water mixed with tomato juice)

smoked bacon (optional)

1 jalapeno pepper (optional)

how

1 Peel the outer leaves from the kohlrabis and scoop out their interiors, saving the contents. The remaining kohlrabi shells should be around 5 mm thick.

2 In a large pot, heat some oil and add chopped tomatoes, celery, chopped carrots and some smoked bacon if you would like a smoky taste. Season with salt and a little bit of pepper.

3 Add chopped onion, two spoons of steamed rice, ground meat, chopped dill, egg, salt, pepper and a bit of tomato paste to a bowl.

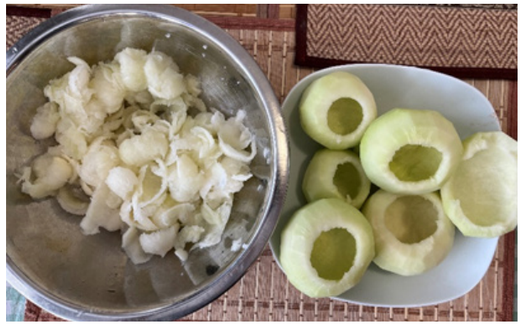
4 Mix together well and fill kolrabis, capping each with a plum tomato.

5 Arrange stuffed kohlrabis in the bottom of the large pot, filling in the gaps with celery, red pepper, and scooped kohlrabi pieces.

6 Add tomato mixture or chicken stock and cook over medium heat for at least one hour.

7 Leftover meat mixture can be shaped into meatballs and cooked in the boiling mixture.

8 Enjoy a sweet, light meal.













ROASTED TOFU AND BROCCOLI SALAD

special tags: vegetarian

prep time: 5 min

cook time: 15 min

serves: 2



Narges' creativity shines in her work, her outfits, and especially in the lunchroom; her packed lunches are inspirational.

As a nice refreshing quick meal, I always like to try new salads with the stuff that I already have in my fridge. So, the result comes out surprisingly nice! This recipe is very simple, and very nutritious at the same time.

what

salad

1 pack extra firm tofu

2 cups chopped broccoli

½ cup shredded carrots

3 cups baby spinach (or any other)

½ cup chopped spring onions

1 sliced avocado

2 tbsp vegetable oil (sesame prefered)

¼ cup soy sauce

salt & black pepper

dressing

¼ cup tahini

½ cup lemon juice

1 clove pressed garlic

1 tsp honey

½ tsp cumin powder

¼ cup vegetable oil

salt & black pepper

how

1. Preheat the oven on 380 F. Cut the tofu with the size of your preference. Mix in a bowl, tofu, broccoli, soy sauce, oil, a pinch of salt and black pepper. Lay them on an oven sheet and roast for 15 minutes.
2. While the broccoli and tofu are getting ready, add all the dressing ingredients to a jar and shake well to mix them all together.
3. In your salad bowl, add the green leaves, and carrot.
4. Once the broccoli and tofu are nice and brown, take them out of the oven and give them a minute to cool down a bit.
5. Add the tofu and broccoli to the salad bowl with sliced avocado on the side, top it with the spring onions and your dressing and enjoy!



NO-BAKE CHOCOLATE MACAROONS

special tags: gluten free

prep time: N/A

cook time: 15 min

serves: 3 dozen



Meredith has joined Cumulus twice, most recently working in marketing part-time as she completes her Master of Architecture Degree at Toronto Metropolitan University. She is known for her fantastic baking!

These macaroons are one of my go-to easy desserts because they involve limited clean up and no need to turn on the oven. I've also learned that they keep quite well – when COVID first started, my partner and I were living in different cities, and he mailed me a batch through express mail. Surprisingly, they held up very well and gave me a good laugh when I opened the package!

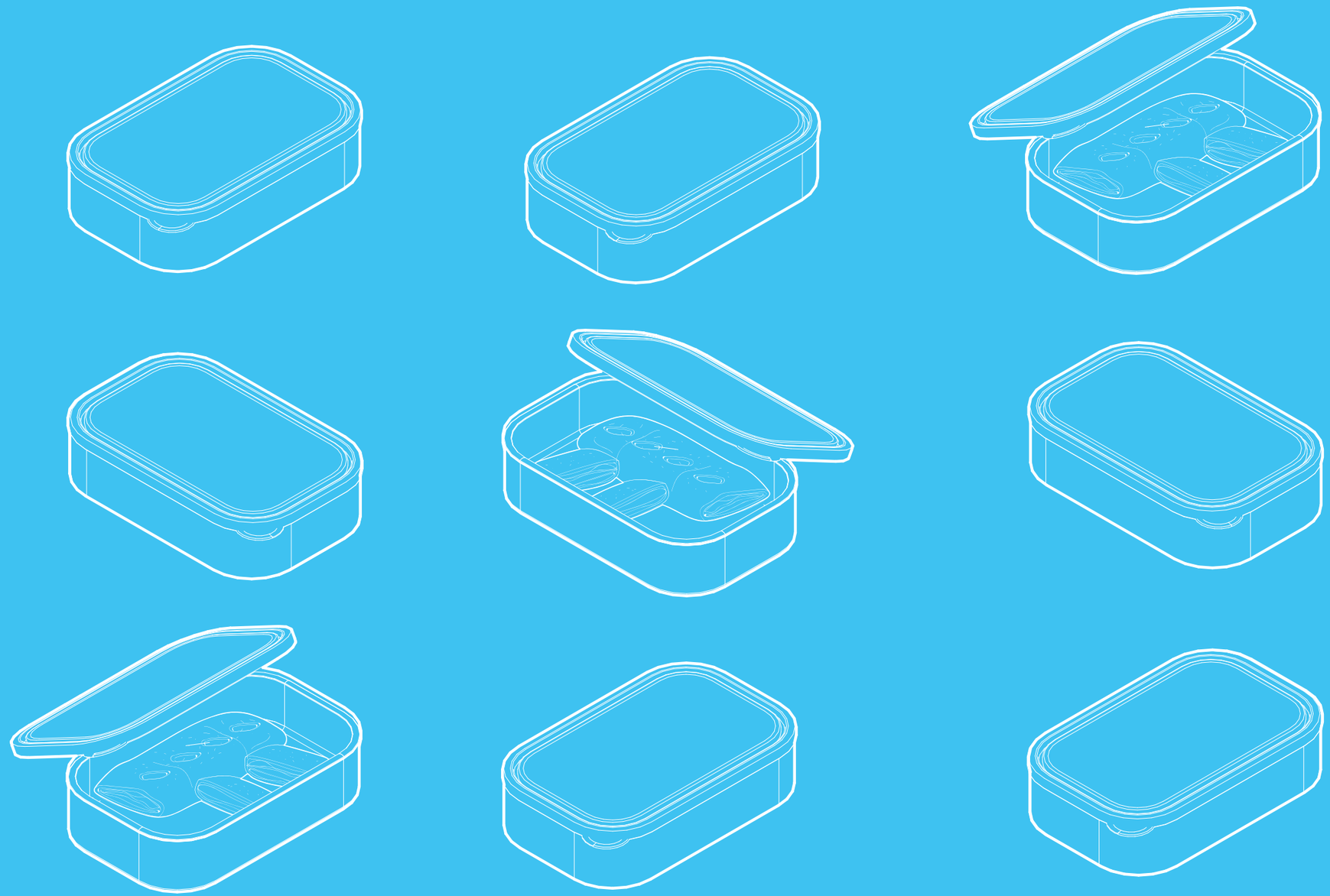
what

- 2 cups white sugar
- ½ cup milk
- ½ cup margarine or butter
- 3 cups quick oats
- 1 cup coconut
- 6 tbsp cocoa powder
- 1 tsp vanilla
- 1 pinch salt

how

1. In a large pot over medium heat, melt margarine/butter.
2. Stir in milk and sugar.
3. Bring to a boil and remove from heat.
4. Add quick oats, coconut, cocoa, vanilla, and a pinch of salt and stir.
5. Using two spoons, form the mixture into balls and place on a parchment lined sheet or plate. If the mixture is too dry to form balls, additional milk can be added.
6. Refrigerate until firm and enjoy.





DESIGNED FOR LEFT-OVERS

37 *Fruity Nutty Baked Oatmeal*
Maighdlyn Hadley

39 *Creamy Broccoli Chicken Pasta*
Saman Deilamani

41 *Ham And Cheddar Loaf*
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45 *The Everyday Chicken Pasta*
Victoria Rozewska

47 *Italian Sausage Pesto Soup*
Kendra Spanton

FRUITY NUTTY BAKED OATMEAL

oven temp: 375°F

prep time: 10 min

cook time: 40 min

serves: 6-8



Maighdlyn is an intern architect, amateur soccer goalie, karaoke lover and queen of the cookbook, two years running.

I'm a breakfast person, but not a morning person. In the early days of Cumulus' post-pandemic return to the office I could either get to work on time or eat a proper breakfast, but not both. This baked oatmeal recipe saved me!
I bake this most Sunday evenings and sleep like a baby knowing I have breakfast set for the whole week. Portions can be easily reheated and enjoyed with a hot tea or coffee. Take the fruits / nuts / spices as a guidance only, feel free to swap with whatever you have seasonally available.

what

2/3 cup roughly chopped nuts

2 cups old-fashioned oats

2 tsp ground cinnamon

1 tsp baking powder

¾ tsp fine sea salt

1 ¾ cups milk of choice

1/3 cup liquid sweetener of choice (honey, maple syrup, agave syrup if you're fancy)

2 large eggs

3 tbsp melted unsalted butter or coconut oil

2 tsp vanilla extract

2 ½ cups fresh or frozen* berries or chopped fruit

2 tsp sugar (optional)

* no need to defrost!

how

1 Preheat oven to 375°F. Grease a 9-inch square baking dish. Toast the chopped nuts as the oven heats.

2 In a medium mixing bowl, combine the oats, toasted nuts or seeds, cinnamon, baking powder, and salt. Whisk to combine.

3 In a smaller mixing bowl, combine milk, liquid sweetener, egg, melted butter/coconut oil, and vanilla. This works best if the ingredients are room temperature so the fat doesn't resolidify in the mixing.

4 Scatter 2 cups of fruit evenly in the bottom of the baking dish. Cover the fruit with the dry oat mixture, then slowly drizzle the wet ingredients over the oats. Gently shake the baking dish to ensure the liquid penetrates to the bottom of the baking dish.

5 Scatter the remaining ½ cup of fruit on top of the oats and sprinkle a few pinches of sugar, if you'd like some extra sweetness and crunch.

6 Bake for 40 minutes (if using frozen berries, more like 45 minutes) until the top is golden brown.

7 Slice into 6-8 slabs and enjoy with toppings of choice. This can be refrigerated, covered, for up to 5 days. When reheating a portion in the microwave, add a splash of milk first.





TIP: *This works well as a double recipe in a 9x13 pan if baking family-style.*



CREAMY BROCCOLI CHICKEN PASTA

prep time: 5 min

cook time: 20 min

serves: 3-4



Saman is a film buff who spent time working as a photographer. We credit this background for his impeccable visual sense and comedic timing.

A couple of years ago, when looking for a quick but hearty meal, I found this recipe online and liked the mix of broccoli, pesto and cream cheese. When preparing to make it for the first time, I made some minor changes and conversions, because the original recipe was in imperial and few of the ingredients are sold with metric measurements on the packaging. In the years since, I have made this recipe with different ratios of chicken, cream cheese, or pesto and it still tasted good. In winter it can be fortified with a thicker chicken broth or more meat.

what

225g bow-tie pasta (farfalle)

225g frozen broccoli florets

½ lbs. (225g) boneless, skinless chicken breast

1 tbsp. vegetable or olive oil

5-6 tbsp. basil pesto

7-8 tbsp. cream cheese

3/4 cup chicken broth (from 1 sachet of bouillon powder)

salt and pepper

how

1. Bring a large pot of water to boil for the pasta. While waiting for the water, cut the chicken into 1/2" cubes and heat a medium skillet over medium heat and add the oil.
2. Once the skillet is hot, add the chicken and cook until the outside of the chicken cubes is white but not fully cooked. Salt and pepper to taste and lower the heat.
3. By now, the pot of water is probably boiling. If so, add the pasta and continue to boil with the lid off.
4. Back at the skillet, add the chicken broth. Wait until the mix comes to a gentle boil.
5. Then, add the pesto and cream cheese (in small chunks) to the skillet and stir until cream cheese has melted and the sauce is smooth. Stir occasionally until the chicken cubes are completely cooked.
6. Keeping an eye on the skillet, check the pasta which by now is probably cooked but still tender. Add frozen broccoli to the pot. Continue to boil until the broccolis are cooked and tender.
7. Turn off the skillet and remove the pot from heat, drain the pasta and broccoli in a colander.
8. Mix everything in the pot. Add salt and pepper to taste. Serve hot.



HAM AND CHEDDAR LOAF

oven temp: 350°F

prep time: 15 min

cook time: 35-40 min

serves: 4-6



Lisa is a healthcare planner extraordinaire, an avid hockey mom, and dog-parent to office french bulldog, Thor.

This is a modified version of a Kraft recipe that I ripped out of a magazine a long time ago. It's easy enough to have your kids help (also an approach to save time ... unless they make a mess you then have to clean!). We often make this recipe on the weekend and then send it to work/school for everyone's lunch.

what how

500g frozen pizza dough (whole wheat or white), thawed

300g thinly sliced black forest ham or honey ham

1-2/3 cup grated cheddar cheese

2/3 cup mayonnaise

1 egg, beaten

3 tbsp grated parmesan or parmigiano-reggiano

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or lightly grease the pan.
2. Place pizza dough on a lightly floured surface. Flatten slightly with your hands then roll into a 16" x 9" rectangle with a rolling pin. (If the dough is difficult to work with, cover
3. with plastic wrap and let sit at room temperature for up to 30 minutes before rolling out.)
4. Top the dough evenly with ham, overlapping slices slightly and leaving a ½" border arouns all sides.
5. Mix together cheddar cheese and mayonnaise in a small bowl. Spread evenly over ham.
6. Starting with one of the long sides of the dough fold it over a third of the filling. Repeat with the other long side to create a log aproximately 16" x 3". Firmly pinch the ends and the seam closed. Transfer to prepared baking sheet. (An extra pair of hands for this step is very helpful!)
7. Cut diagonal slits in the top of the dough. Brush evenly with egg wash. Sprinkle the top with parmesan.
8. Bake for 35 to 40 minutes or until golden brown. Let cool 10 minutes before slicing.







BRUSSEL SPROUTS & ZA'ATAR CHICKPEA

oven temp: 400°F

prep time: 15 min

cook time: 25 min

serves: 2



When Tracy isn't planning our weekly office-wide Blue Sky brainstorming sessions with Chanel, you can catch her zipping around the city on her bike.

Roasted vegetables are an easy go-to for weeknight meals to get my vitamins in a tasty format. Pantry staples like canned chickpeas give me a protein boost – you can also sub this for other legumes that you might have on hand.
The star of this whole thing is the anchovy tahini dressing. We are making a batch of it and do not let the anchovies scare you. Think of it as a Caesar dressing but better. I will use this dressing for other quick meals into the week be it a grain bowl, eggs, other salads – whatever you want. Happy warm salad season.

what

1 can of chickpea (15oz)

1 tbsp za'atar seasoning

1 & ¼ lbs brussel sprouts

olive oil, as needed

salt & pepper, as needed

1 tin of anchovies

2 garlic cloves grated or minced

½ cup tahini

1 lemon, juiced

½ cup flat leaf parsley

¼ cup water

parmesan (optional)

* Use a fork to crush the chickpeas up if you don't have a food processor.

**Optional step to blend it all together for a smoother green sauce.

how

1 Preheat oven at 400°F. Drain and rinse chickpeas, pat to dry and pulse in a food processor until crumblike*. Spread evenly onto a baking sheet.

2 Drizzle olive oil and toss in za'atar seasoning with a bit of salt. Toss with your hands until everything is coated.

3 Slice up brussel sprouts and add them to a separate baking sheet. Don't overcrowd or else you will end up with steamed vegetables rather than roasted. Drizzle olive oil and season with salt and pepper.

4 Roast the chickpeas on the top rack and the brussel sprouts on the bottom rack. Bake for 20-22 minutes for the brussel sprouts and 25 -30 mins for the chickpeas (or until they are dry and crispy)

5 Meanwhile, the sauce: put a small saucepan on medium-low heat. Heat the oil from the anchovy tin, then add the anchovies; they should immediately sizzle and begin to "melt" into the oil. Add grated garlic and cook for another 2-3 minutes. This will look like a thick paste.

6 Add paste, tahini, lemon juice and parsley into a bowl. Stir to combine. It will get thick, so add water to your desired consistency**.

7 Remove brussel sprouts and chickpeas form the oven, drizzle a good amount of the dressing onto brussel sprouts, toss it and add the chickpea crumb on top. Sprinkle parmesan on top if desired.

8 Bon appetit!



THE EVERYDAY CHICKEN PASTA

oven temp: 350°F

prep time: 5 min

cook time: 20 min

serves: 5



Victoria is a student intern joining us from Strathclyde University in Glasgow! A talented artist, she is responsible for this cookbook's fantastic cover art.

Being a student in a workplace of what seems to be all professional cooks is not easy. Making a ham sandwich every day just didn't cut it anymore, when all around me are gorgeous salads and main courses with roasted vegetables I have never heard of (celeriac? don't be fooled... it's not a type of celery). I knew I had to kick it up a notch. I scrolled endlessly through recipes online to try and find the perfect lunchtime meal that I would be able to both cook quickly and impress my coworkers. The result? A tasty and simple creamy chicken pasta that works great for batch cooking. Adding additional ingredients like frozen broccoli, cauliflower, and even bacon is a great way to remix this simple recipe. The recipe was also approved by my fellow student roommates!

what

10 ounces pasta
(any type: rigatoni, fusilli etc.)
1 pound chicken breast
3 tablespoons olive oil
1 teaspoon paprika powder
1 teaspoon garlic powder
2 teaspoon italian seasoning
to taste salt & pepper
3 clove minced garlic
¼ cup tomato paste
2 cups spinach
1 cup heavy cream
¼ cup parmesan cheese

how

1 First cook the pasta. Bring water to boil in a large pot, cook the pasta until al dente. Keep some pasta water aside for the sauce. Drain the rest of the pasta.

2 Slice your chicken breasts into bite size pieces, and season using salt, pepper, garlic power, Italian seasoning, and paprika.

3 Heat 2 tablespoons of olive oil in a large pan over medium-high heat. Cook chicken breasts on both sides, each side roughly 5 minutes. Once fully cooked through, remove from heat and set aside.

4 To the same pan add another tablespoon of olive oil and minced garlic, cook until fragrant (be careful not to burn). Add the tomato paste, and spinach and cook for 2-3 minutes until spinach is wilted.

5 Reduce the heat and add heavy cream and parmesan. Season with salt, pepper, and paprika to taste. Whisk until sauce is fully incorportated.

6 Add a couple tablespoons of pasta water to the sauce and stir until the right consistency.

7 Return the pasta and chicken to the pan and enjoy! Sprinkle more parmesan cheese when serving.







ITALIAN SAUSAGE PESTO SOUP

prep time: 15 min

cook time: 45 min

serves: 5-6



When Kendra isn't at work, you can often find her on her racing bike, going very fast through the countryside.

What's better than a nice warm home cooked soup after work when it's cold and dark out? One habit I do miss from the work-from-home days was being able to do longer meals; put on a stew between calls and let it simmer all afternoon while you work away, appreciating the aromas. This soup is quick yet full of flavour, and most importantly doesn't need hours to simmer. I stick to a store-bought pesto to keep it quick but can imagine a homemade pesto would be great. Make a big pot and enjoy the leftovers!

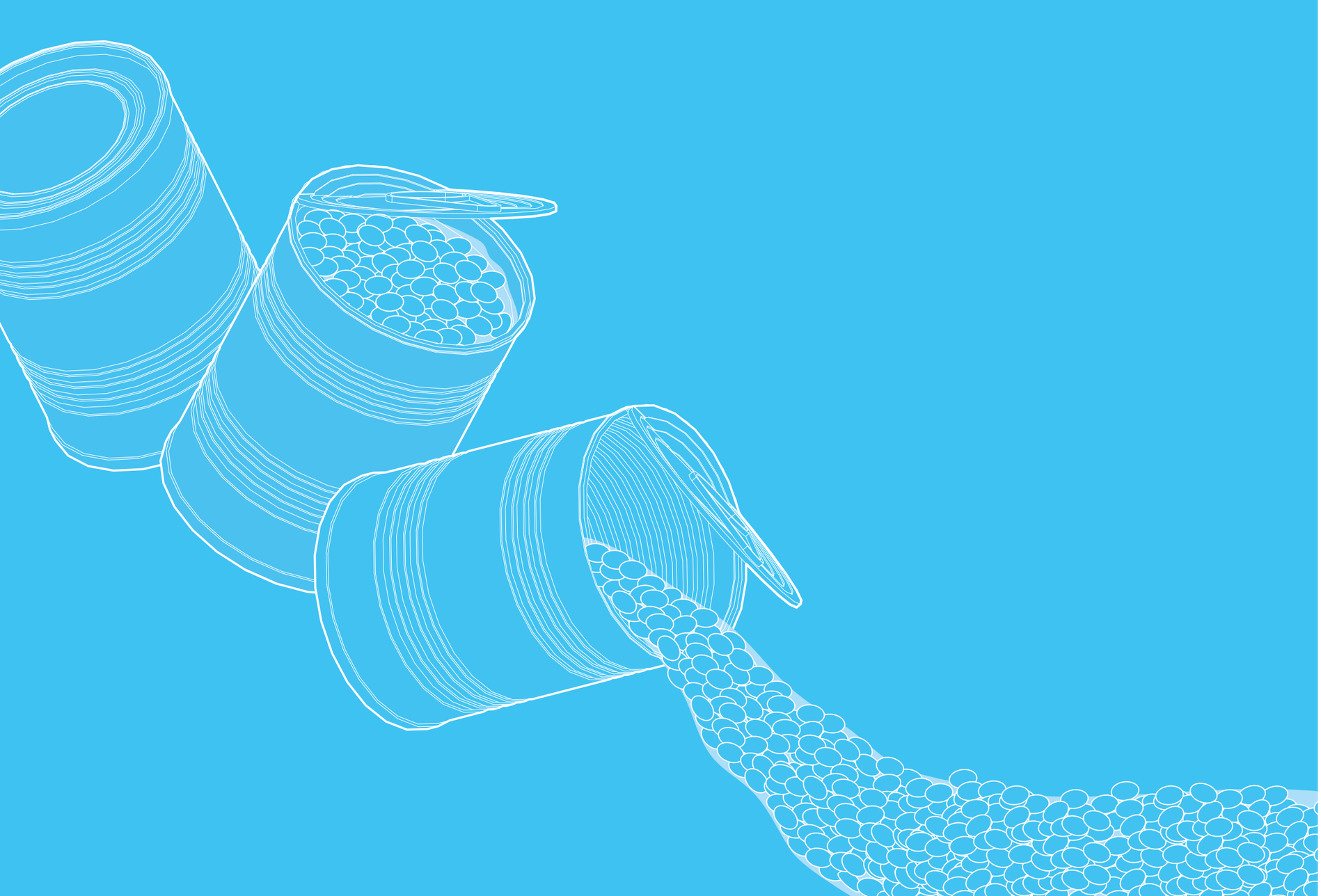
what

- olive oil
- 500 g italian sausages (spicy or mild)
- 1 onion
- 4-5 carrots
- 3-4 yellow potatos
- ½ tbsp sage
- ½ tbsp thyme
- 6 cups chicken stock
- 1/3 cup pesto
- 1 lemon
- 1 bunch tuscan kale
- parmesan

how

1. Heat some olive oil in a large pot on high. Brown the sausage meat and chopped onions. Reduce heat and add carrots, sage, and thyme. Cook another few minutes.
2. Add broth, pesto, lemon juice, salt and peper, bring to a boil.
3. Add diced potatos and let simmer for 15-20 minutes until they are soft.
4. Throw in the kale, roughly chopped, cooking another 5 minutes.
5. Serve into bowl and top with some grated parmesan. Buon appetito!





NOT FROM SCRATCH

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Greg Haist

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Finn Szaszkiewicz and Thor Tobin

PANKO-CRUSTED SALMON

oven temp: 375°F

prep time: 5 min

cook time: 25 min

serves: 2



Greg's extensive architectural knowledge is useful on the job and off! He's an avid home handyman with power tools to spare.

I'm constantly being reminded to eat a more Mediterranean diet. I guess this translates as more fish and less starches. This recipe one is a favorite for me as it balances a sweet spot between time expended and reward. Plus, it presents pretty good when you have last minute dinner guests and already spent most of your available time cleaning up the house. The pre-seasoned panko and pre-sliced mushrooms make cooking a breeze, and chili flakes give the salmon a little zip.

what

400g fresh atlantic salmon fillet (3/4" thick)

1/2 cup seasoned panko breadcrumbs

1 tbsp crushed pepper chili flakes

1 cup grape or cherry tomatoes (sliced)

olive oil

salt and pepper

2 cups cremini mushrooms (sliced)

1 pad (1 tsp) butter

3/4 cup grape or cherry tomatoes (sliced)

2 fistfuls fresh baby spinich

4-5 garlic cloves (crushed)

how

1. Preheat oven to 375°F.
2. Slice salmon fillet into approx 1 ½" x 4"(200 gram) sized pieces. Place salmon skin side down, side by side in baking pan lined with olive oiled parchment.
3. Drizzle top of salmon with additonal olive oil. Sprinkle with chili peppers. Add salt and pepper to suit.
4. Thoroughly coat top of fillets with Panko.
5. Throw in oven for 20 minutes.
6. At 10 minutes into cooking time, saute sliced mushrooms and butter in skillet at medium high heat for 5 minutes. Remove to bowl.
7. Add olive oil and crushed garlic to skillet and saute for 2 minutes until garlic lightly browned. Remove from heat, add spinach and cover skillet.
8. At 20 minutes, add sliced tomatoes to top of salmon fillets in oven and raise oven to broil for 2-3 more minutes.



ELEVATED STORE-BOUGHT TORTELLONI

prep time: 10 min

cook time: 10 min

serves: 3-4



When Abe isn't diving into detail drawings at his desk, you can find him taking his dog for a walk, biking or hitting the ski slopes.

Here's a quick and easy recipe that became a go-to weeknight dinner during my student days. The great thing is that all these ingredients are typically available on the shelves at your local grocery store, no matter if it's a Metro, Freshco, Tesco's, or even the mercato—depending on where you might be living at the time.

what

1 package store-bought tortelloni pasta

1/2 tsp olive oil

1/2 tsp salt

2 hot or mild italian sausages (de-cased)

1 red bell pepper (chopped)

4-6 cremini mushrooms (chopped)

2 green onions (sliced)

2 tbsp prepared genovese pesto

handful of sundried black olives (greek style)

grated parmesan cheese

cracked black pepper

how

1. Bring a pot of water to a boil with olive oil and salt. Add the packaged tortellini to boiling water, ensuring the pasta is fully covered. Stir immediately to prevent sticking.
2. Heat a large skillet and add the de-cased sausage meat. Using your spatula, smash the sausage into smaller chunks as it begins to cook.
3. Once the sausage meat is no longer pink, add chopped red bell pepper and chopped mushrooms and continue cooking for a few more minutes.
4. Once tortellini pasta is cooked (per package instructions), drain water and combine the pasta into the skillet.
5. Add the pesto, sliced green onions and black olives in the skillet and toss until everything is warm and coated.
6. Transfer to your eating bowl (or not) and garnish with grated parmesan cheese and cracked black pepper.



CHICKPEA CAULIFLOWER CURRY

special tags: vegetarian

prep time: 5 min

cook time: 30 min

serves: 4



Narges' creativity shines in her work, her outfits, and especially in the lunchroom; her packed lunches are inspirational.

Short on time meal options could easily slip on the unhealthy side, Especially if your first go-to option is Uber Eats!! I came up with this recipe in one of my attempts to escape take-out while I was starving for nice homey food. It's quick, very nutritious, aromatic and it's VEGETARIAN! The original Indian recipe is definitely different but I tried to make it faster and added some of my touches to it. The ratio of the spices is totally up to your taste since what I am using here is mostly improvised.

what

2 cups brown rice
1 big onion
1 tbsp ginger garlic paste
3 cups diced tomato
1 can chickpeas
1 medium cauliflower
4 tbsp vegetable oil
2 tsp tumeric
1 tsp cumin/ or cumin powder
½ tsp corriander powder
½ tsp cayenne pepper
a lot of sumac powder
salt

TIP: For perfect stovetop rice, boil the rice until 95% of the water is gone and small holes form on the surface of the rice. Then put the heat to the lowest, cover it with lid and let it steam for at least 20 minutes.

how

1 Start with cooking the brown rice with 4 cups of water and a pinch of salt, in a rice cooker or on the stovetop*.

2 Cut the cauliflower into smaller pieces. in the big bowl, mix it with 1 tbsp of oil, 1 tsp of salt, and 1 tsp of tumeric. Transfer it to an oven sheet. Roast it for 15 minutes with 400 F.

3 Dice the onion finely.

4 In a big pot, saute the oninion with a 1 tbsp of oil for a minute, then add the spices along with the ginger garlic paste and saute for 30 seconds.

5 Add the diced tomatos to the pot and and let it simmer with medium-high heat.

6 Once the tomato starts simmering, rinse and drain the chickpea and add it to the pot.

Now take the roasted cauliflower out from the oven and gently add it to the mix.

7 Let the curry simmer for 15 minutes and it's all done!

Serve the curry on top or beside the rice, garnish it with your favourite fresh herbs and....

Don't forget my final touch with makes the dish very special, sprinkle LOTS of sumac powder. Enjoy!



NUTELLA PEAR PUDDING

oven temp: 400ºF

prep time: 15 min

cook time: 20 min

serves: 4



Ila is a boomerang Cumulus employee. After first joining the team in its earliest days, she returned to us in 2021 after spending time working in Asia and the US.

There were pears getting too ripe in my kitchen and a half jar of Nutella getting too old in my pantry (being a peanut butter gal myself.) Google came to the rescue with this easy recipe, and the result is warm, gooey and extremely chocolatey pudding with just enough fruit to feel healthy.

what

2 large ripe pears (or halved tinned pears)

50g soft unsalted butter (plus extra for greasing)

60g dark brown sugar

60g plain flour

50g nutella

1 large egg

2 tbsp cocoa powder

½ tsp baking powder

¼ tsp bicarbonate of soda

secret ingredient pinch of instant coffee or 1 tbsp of espresso

how

1. Preheat your oven – 200°C / 180°C Fan / gas mark 6 / 400ºF.
2. Find a 15cm-20cm (6-8in) round or square ovenproof dish and generously grease it with some butter.
3. Peel the pears and cut them in half, removing the pips and stalks. (You can obviously skip this step if using tinned pears!)
4. Arrange the pear halves, flat side down, on the base of the dish.
5. Put the remaining ingredients in a large bowl and mix vigorously with and electric whisk or wooden spoon until you have a smooth, thick cake batter.
6. Gently and evenly spread the cake batter over the pears, don't worry if their little round butts stick out the top a bit.
7. Bake in the oven for 20 minutes. When baked, the pudding should feel firm to the touch.
8. Allow the baked Nutella chocolate pear pudding to cool slightly for 10 minutes before scooping into bowls to serve.
9. Enjoy!



SHOES, FRESHLY CHEWED

prep time: n/a

cook time: n/a

serves: 1-2



Finn is a Wheaten Terrier with an attitude: he loves our accountant Irene and hates the mailman.

French bulldog Thor is a high energy couch potato and an instagram star: check out @thundersnort.

This recipe is a favourite we both grew up on—it's real comfort food. Leather is best, but it can be made vegetarian if you opt for canvas shoes. We recommend pairing with a bowl of fresh water, or local puddle water to enhance the terroir.

what

A shoe*
*one shoe is fine, but a pair is ideal

how

1. Chew.
2. Chew the shoe.
3. Chew some more. Really go for it!
4. Once you tire of chewing, pick up a shoe and drop it at random on the floor around the office.
5. Look away innocently as a human picks up the shoe and walks around the office, asking "whose shoe is this?"
6. Lie down for a nap, you deserve it.





Abe Galway



Amanda Fics



Anisha Kapoor



Devrim Alan



Greg Haist



Gretchen Overholtzer



Ila D'Cruz



Lisa Tobin



Maighdlyn Hadley



Mark Wronski



Narges Nasr



Patsy Poulin



Paul Szaszkiewicz



Saman Deilamani



Ulrika Catarino



Vicki Zeng



Victoria Rozewska



Chanel Wase



Dan Voicu



Irene Tadeo



John Williamson



Kendra Spanton



Meredith Davis



Montana McMurtry



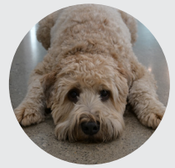
Sheldon Catarino



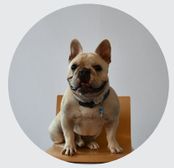
Tina Pari



Tracy Tse

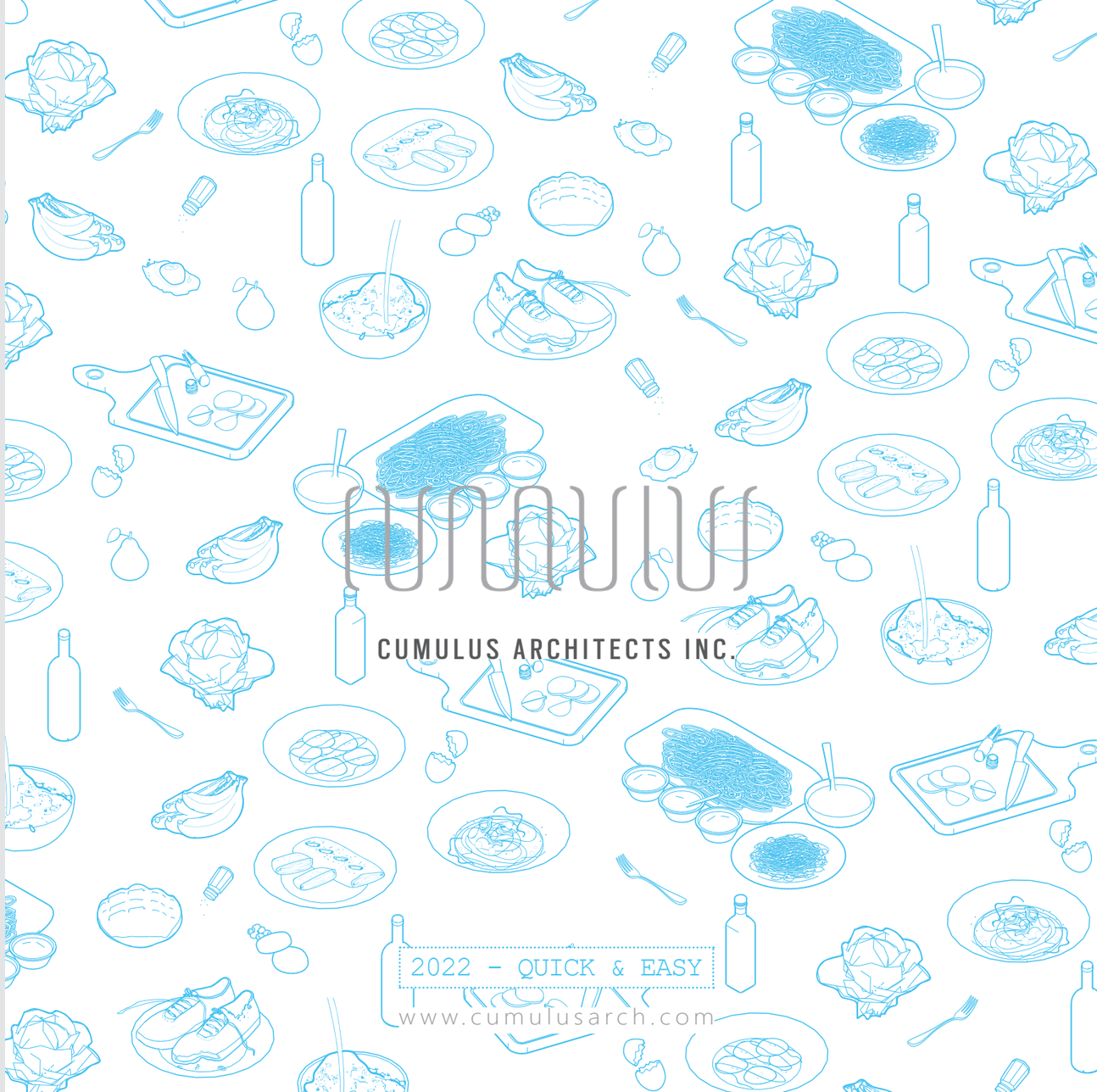


Finn



Thor

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