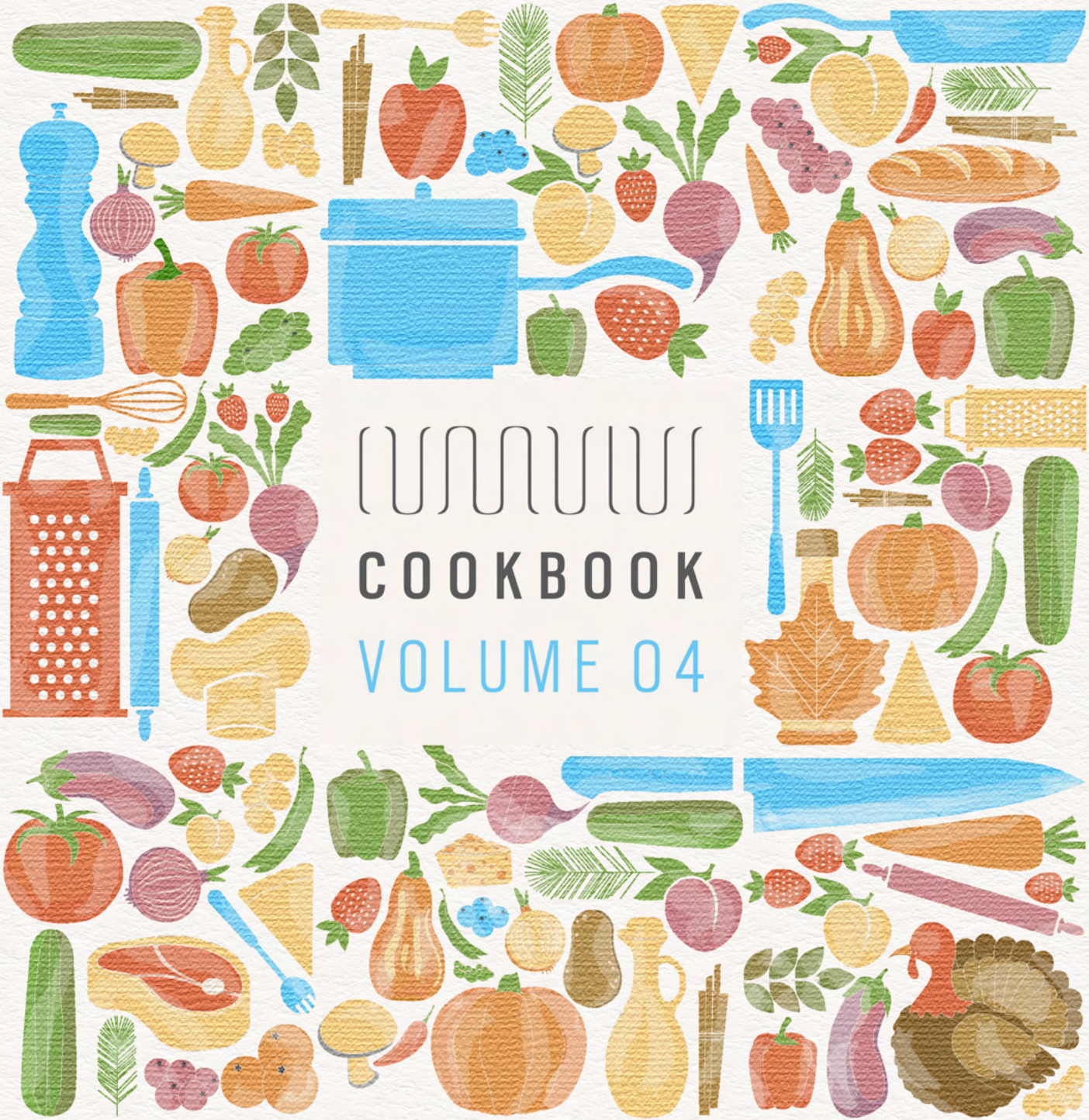


COOKBOOK

VOLUME 04

CUMULUS

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2023

CUMULUS ARCHITECTS INC.

FARM TO TABLE

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FARM TO TABLE

It's just as the slogan coined in the late nineteen-seventies says, good things grow in Ontario! This year we share recipes inspired by the bounty that grows around us.

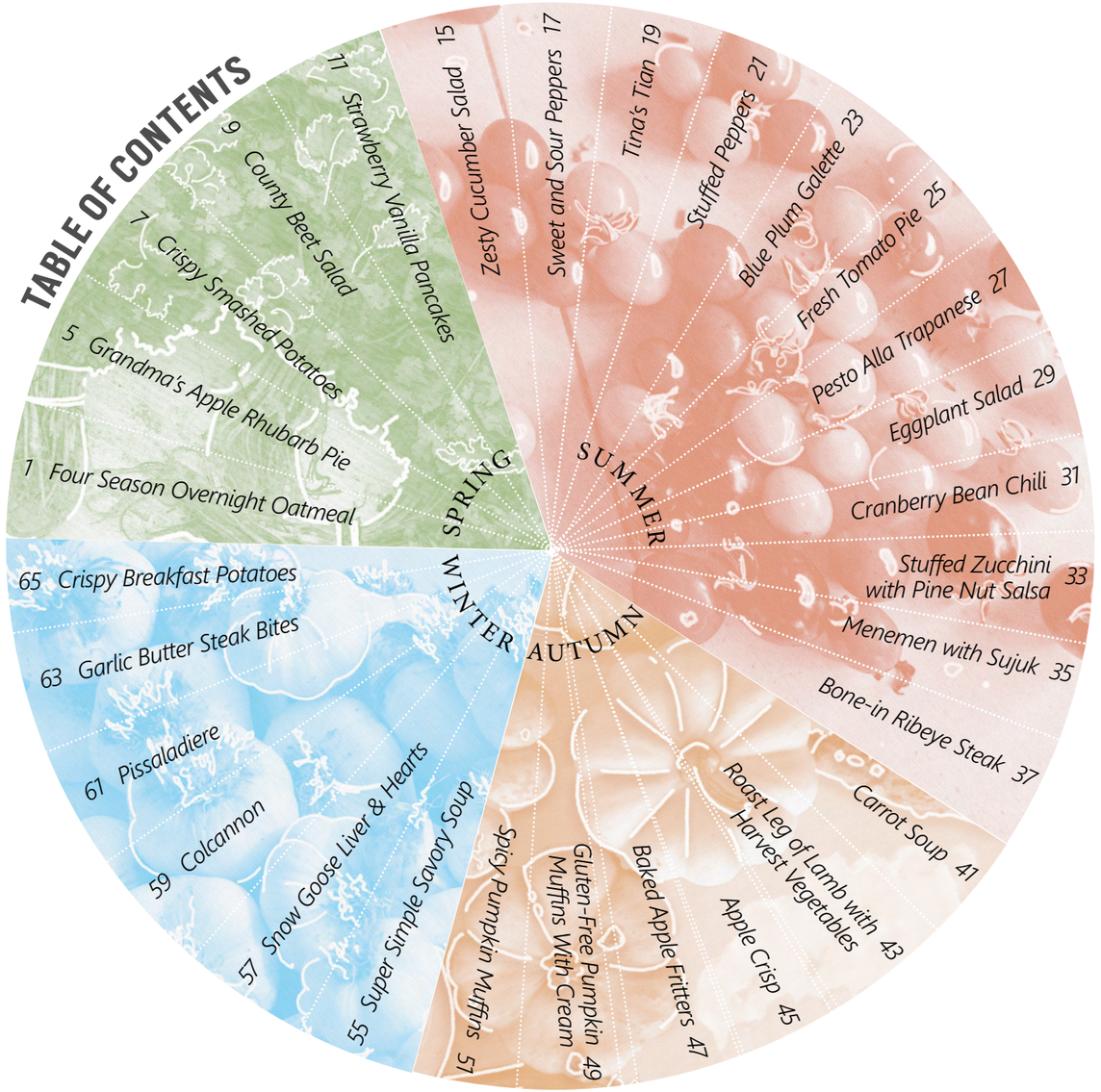
At its heart, farm to table is about savouring each season's bounty and celebrating the connection between food, heritage, and the land.

Farm to table fosters sustainability, health, efficient use of resources, and a community-based approach to production and consumption; values aligned with our ethos here at Cumulus Architects.

"Let things taste the way they are."

– Alice Waters

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FOUR SEASONS OVERNIGHT OATS

vegan | GF gluten-free | prep time: 2-3 mins + overnight | cook time: 10 mins | serves: 1



Dylan Freeman-Grist

For those who are too busy for an elaborate breakfast and suffer from decision fatigue, this recipe is a solid and quick way to start your day off well while avoiding a crash before lunch. Very little prep and – if you get bored easily – just adapt it with local ingredients through the seasons for some variety. I've presented four options (one for each season) to get you started. Once you're comfortable, make it your own and experiment with your favorite flavor combinations. Key to the recipe – and your experimentation – is to typically combine a fresh fruit (in-season) with a dried fruit (good year-round). Mixing something tart with something sweet is a good rule of thumb. This adds a good flavor balance, and you will find yourself enjoying one specific iteration a lot longer before needing a change.

what

Base
¼ cup rolled oats
¾ cup oat milk
1 tsp coconut oil
vanilla extract (to taste)
maple syrup or brown sugar (to taste)

Fall (Apple Cinnamon)
1 fresh honey crisp apple
2 tbsp apple sauce
¼ tsp cinnamon

Winter (Raisin – Rubarb)
2 fresh rhubarb stalks
1 handful raisins
¼ tsp nutmeg

Spring (Double Berry)
1 cup fresh strawberries
1 handful dried blueberries
¼ tsp honey

Summer (Peach Cherry)
1 fresh peach
¼ cup dried cherries
¼ tsp honey

how

1. Place oats in a smal stove-top pot (preferbaly one with a lid) add coconut oil. If your seasonal variation includes an additional spice or sweetner such as cinnamon, apple sauce, nutmeg, or honey put it in the pan as well. Stir until oats are evenly coated and then heat on middle heat until fragrant. This should only take a minute or so, keep your eye on the oats to avoid burning.
2. Add in oat milk and immedietly stir to cool down and mix oats. Add in any dried fruit at this point such as raisins, dried blueberries, or dried cherries. Add in a dash of vanilla extract, as well as a dash of maple syryup and/ or a pinch of brown sugar. Heat pan to a boil, as soon as it begins to bubble, drop it down to a low simmer for 5 minutes before turning off heat
3. Store pot in the fridge overnight with a lid and/or plastic covering.
4. In the morning chop any fresh produce you intend to add to the oatmeal into bite-size pieces
5. Heat pan on medium until it returns to a porridge consistency. Add more milk if mixure is too dry even after heating. Add fresh fruit and mix evenly. Let mixture simmer for 2-3 minutes so that it warms slightly and flavours absorb.
6. Add additional maple syrup and/ or brown sugar to taste. Serve hot and eat immediately or store in a thermos to bring on the go.





SPRING

GRANDMA NORAH'S APPLE RHUBARB PIE

vegetarian | prep time: 30 mins + 60 mins | cook time: 60 mins | serves: 6-8



Jeffery Hanning

Leafy rhubarb would shoot up every spring despite the poor soil behind the garage of our house. We would cut the stalks and eat them, only after dipping the ends in a bowl filled with white sugar. They are mouth puckering sour! My mother loved Northern Spy apples as they too are somewhat tart but firm. Grandma Norah pie blends these complimentary flavours. Try reducing the sugar quantity, if you are brave enough!

what

Dough

3 cups all-purpose flour
½ tsp salt
¼ lb unsalted butter
½ lb shortening
¾ cup (max.) very cold water

Filling

5 Northern Spy apples (Gala acceptable) peeled and sliced
(drizzle with lemon juice as you slice)
1 ½ cups freshly cut rhubarb stalks
½ cup sugar / brown sugar
½ tsp salt
½ tsp ground clove
¼ tsp cinnamon
1 lemon, zested
4 tbsp cold salted butter (cubed)

how

1 To make the dough, sift the dry ingredients together in a large bowl (bigger bowl = less cleanup afterwards!)

2 Crumble in cold butter and shortening. Chop with two knives spread between your index finger until dough resembles a mealy mixture.

3 Pour water into dry ingredients slowly. Mix together to form a doughy ball until all dry ingredients contained.

4 Knead gently on floured cold surface for 1 minute.

5 Divide dough almost in half and shape into two balls. Wrap and seal for at least 1 hour, or overnight.

6 Preheat oven to 425°F.

7 Remove dough from refrigerator and sit at room temperature for 10 minutes minimum.

8 Roll dough into two circles 11" and 13" diameter to suit your pie plate.

9 Grease the pie plate with the foil liner from the butter and sprinkle a dusting of flour in the plate.

10 Line a 10" pie plate with the 13" circle and return to the fridge.



11 Mix the apples, rhubarb mixture, sugar, salt, lemon zest, and spices together in a large bowl.

12 Place the apple/rhubarb mixture in the pie plate and dot with butter.

13 Brush around the top edge of the dough with an egg wash.

14 Place the 11" top on the pie and seal by crimping the edges together to contain the pie mixture within.

15 Cut decorative incisions in the dough to allow moisture to escape during baking.

16 Brush top with egg whites and decorate with dough scrap cutouts of your favorite building silhouettes or favorite cloud types.

17 Bake for 15 minutes at 425°F, reduce to 350°F for another 30 minutes Let Grandma Norah's pie cool completely on a window sill until you are ready to slice and enjoy.

18 Serve! Best served with a generous slice of Ontario Cheddar Cheese and Chapman's Vanilla ice cream.

CRISPY SMASHED POTATOES

vegetarian | GF gluten-free | prep time: 5 mins | cook time: 30 mins + 60 mins | serves: 2-3



Saman Deilamani

I interpreted "Farm to Table" as a recipe that is simple, with no-frills preparation, and delicious. I took inspiration from food that could be made on the farm. These recipes often have one to two main ingredients and do not require extensive preparation (because there is no reason to overcomplicate a delicious meal). This recipe hits the mark on both criteria: it has one main ingredient and requires almost no preparation. The cooking time is a bit long, but it requires minimum supervision, the steps are simple, and they can be synched with everyday chores.

what

700g (12 - 14) mini potatoes
1 tbsp salt
¾ tbsp butter
2-3 tbsp olive oil
Finely chopped fresh parsley

how

1. In a medium pot, bring water to the boil, add salt, and cook potatoes for about 30 minutes. (They should be soft.)
2. Drain potatoes and let them dry in the colander for about 5 minutes.
3. Preheat the oven to 390°F. Place potatoes on a tray and smash them. You can use a large fork or back of a spatula. Try to keep them in one piece.
4. Cover the smashed pototes with the butter.
5. Leave on the tray to dry for another 5 minutes. Drying will make the potatoes crispier.
6. Cover them with olive oil and add salt and pepper to taste.
7. Bake for 45 minutes to 1 hour, or until they are golden and crispy. No need to flip them during this time.
8. Garnish with parsley. Serve hot.



COUNTY BEET SALAD

vegetarian | prep time: 1 hour | cook time: 30 mins | serves: 6



Ulrika Catarino

This beet salad came to me during a weekend away in Prince Edward County. Flipping through the pages of The Wellington Times left on the kitchen table in the farmhouse where we were staying, I found a recipe for roasted beets. This beet salad recipe is an adaptation.

what

2 ½ lbs red and yellow beets, peeled
6 tbs olive oil, divided
Kosher salt and black pepper
2 tbs apple cider vinegar
1 tsp honey
½ tsp Dijon mustard
2 cloves garlic, minced
Handfuls of arugula
6 oz chevre, crumbled
⅓ cup pumpkin seed

how

1. Preheat oven to 350°F. Cut the beets into bite sized pieces. Place in a bowl and toss with 2 tablespoons of olive oil, salt and pepper. Spread on a baking sheet and roast for 30 minutes or until tender. Remove beets from oven and let cool.

2. Whisk together in a bowl: vinegar, honey, Dijon and garlic. Slowly whisk in remaining oil and season dressing with salt and pepper.

3. Add beets to dressing and toss to coat, lay the arugula on a plate, and using a rubber spatula scrape the dressed beets on top. Sprinkle chevre and pumpkin seeds on top, and finish with some freshly ground pepper.







STRAWBERRY VANILLA PANCAKES

prep time: 10 mins

cook time: 10 mins

serves: 2-3



Chanel Wase

As someone who used to work for a market where we could take home a quart of freshly picked strawberries every shift – strawberry season has always been my favorite! These light and fluffy strawberry pancakes are the perfect easy way to use up some strawberries, making a breakfast that seems like dessert!

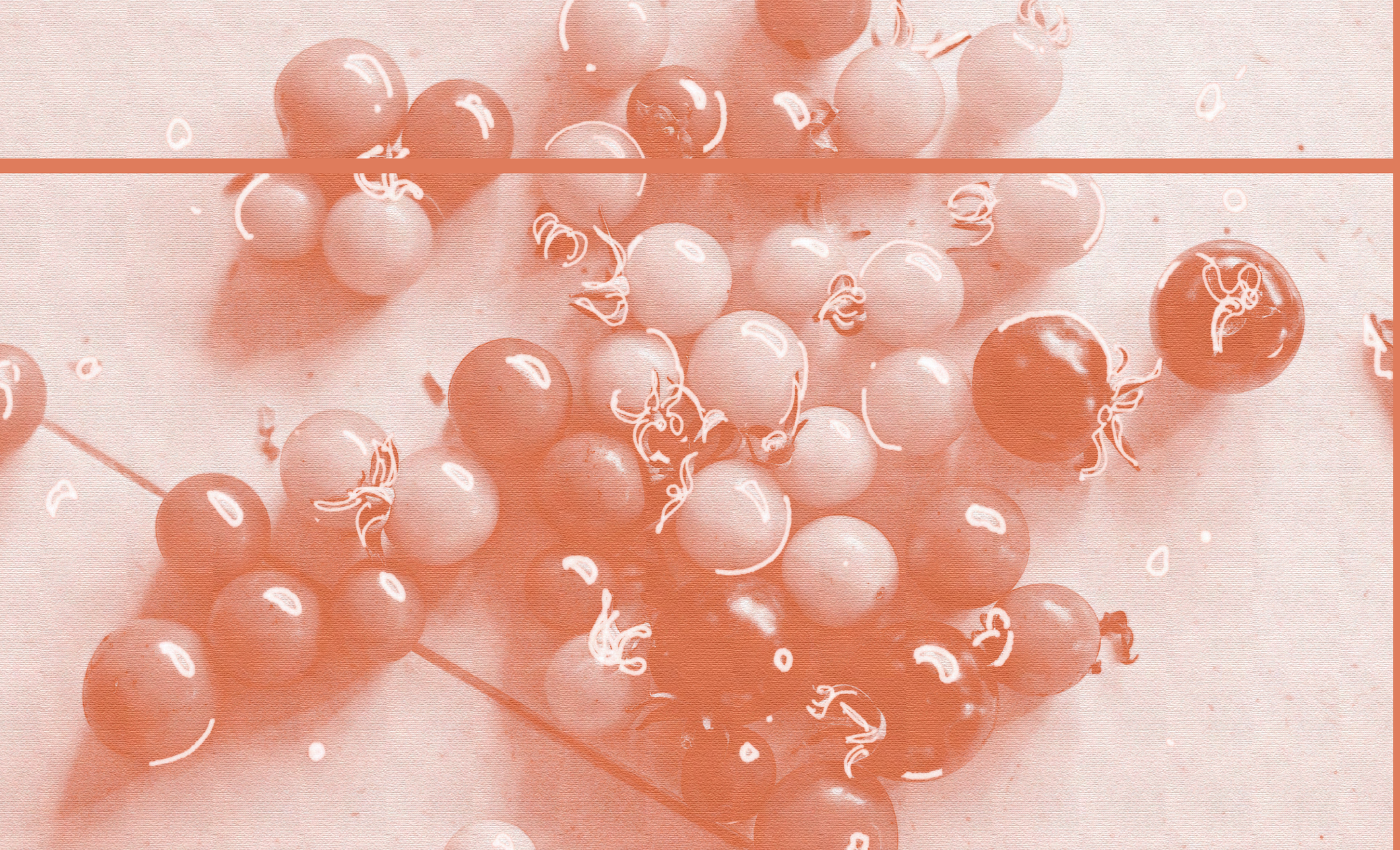
what

1 tbsp all purpose flour
2 tbsp brown sugar
2 tsp baking powder
1 tsp salt
1 egg
1 cup milk
2 tbsp vegetable oil
2 tbsp vanilla extract
1 cup fresh strawberries

how

1. In a medium bowl, stir together the flour, brown sugar, baking powder and salt.
2. Pour in the milk, oil, egg and vanilla, and mix until well blended. Stir in the strawberries.
3. Heat a large skillet or griddle over medium heat, and coat with butter or cooking spray. Pour batter into desired size of pancakes.
4. Flip with a spatula when bubbles appear in the center. Cook until golden brown on the other side.
5. Serve with butter and real maple syrup – enjoy!





SUMMER

ZESTY CUCUMBER SALAD

vegetarian | GF gluten-free | prep time: 10-15 mins | cook time: n/a | serves: 4



Sheldon Catarino

A summertime classic at our house as it transforms farm fresh cool cucumbers into a tangy summer side dish with just a little heat. A kitchen hack - a mandolin makes this recipe happen in less than 10 minutes from start to finish as almost all the ingredients can be sliced. This dish can be made ahead and stored in an airtight container for a couple of days.

what

2 english cucumbers, sliced thinly
¼ cup red onion or shallots
1 bird's eye red pepper, sliced thinly
¼ cup cilantro, chopped
(optional if you hate cilantro!)

Dressing

1 tbsp vegetable oil
1 tbsp sesame oil
2 tbsp lime juice
1 tbsp fish sauce
2 tsp granualted sugar
1 clove garlic, minced
¼ tsp salt/pepper

how

1. In a small bowl, whisk together the dressing ingredients.
2. In a large bowl, combine the cucumbers, onion, bird's eye pepper and cilantro, if using.
3. Pour in dressing ingredients and toss gently to coat
4. Yeah, it's that easy.



SWEET AND SOUR PEPPERS

vegetarian | GF gluten-free | prep time: 10 mins | cook time: 25 mins | serves: 3



Sonia Xu

Sweet, simple, and colourful: this is a dish that I've always loved! It's always my first thought when I have good peppers.

what

3 bell peppers
2 tsp sugar
2 tsp soy sauce
1-2 tsp black vinegar

how

1. Chop peppers into large flat pieces.
2. Pan fry skin side down on medium heat with a small amount of oil, until the skin darkens. (About 5 minutes).
3. Flip and pan fry the other side for an equivalent amount of time.
4. Add 2 tsp sugar and 2 tsp soy sauce.
5. Stir fry and simmer till softened.
6. Add vinegar and stir again.
7. Serve.



TINA'S TIAN

vegetarian | GF gluten-free | prep time: 20 mins | cook time: 1 hour | serves: 4



Tina S. Pari

This side dish is perfect for making use of bits and bobs of vegetables left over from other dishes. You can get very creative with which vegetables you use and can also top it with any cheese you so wish, but gruyere and parmesan are two of my personal favourites.

what

1-2 tbsp peanut oil
(I like to use peanut oil instead of olive oil, but you can use any oil you have)
½ medium red onion, sliced
2 cloves garlic, minced
1 large zucchini (cut into ¼" slices)
1 small eggplant (cut into ¼" slices)
2 small tomatoes (cut into ¼" slices)
2 medium white potatoes
(cut into ¼" slices)
1 tsp coarse salt, divided
½ tsp freshly ground black pepper
¼ tsp italian seasoning
¼ cup freshly grated gruyere or parmesan cheese

how

1. Preheat the oven to 400°F.
2. Prep the vegetables by slicing them to be not too thin, and not too thick. If they are too thin the dish will become very mushy. If too thick, the vegetables will not cook through in a reasonable timeframe. Sprinkle with seasoning, salt and pepper. Stack the vegetables so that you can easily arrange them in the dish later.
3. Saute garlic and sliced onion until fragrant.
4. Now for the next step you're supposed to use a tian dish, but I don't have one so I just use any baking dish I have. Spread garlic and onion on bottom of dish and use the oil to prime the dish for baking.
5. Arrange the vegetable slices on their sides and follow the shape of your baking dish.
6. Drizzle a tiny bit of oil over the vegetables. Cover with foil and bake for 50 minutes.
7. After 50 minutes I like to set the oven to broil and allow the vegetable to brown a bit. After browning, sprinkle your parmesan or gruyere over top and put it back in the oven for a few minutes.



STUFFED PEPPER

prep time: 15 mins

cook time: 20 mins

serves: 2



Vicki Zeng

Stuffed Peppers are a very traditional and popular dim sum dish. They often come along with stuffed tofu or stuffed eggplant. It could be spicy or mild depending on the type of pepper you use.

what

5 peppers
300 g ground Pork
(25g for half pepper)
10 g (about 1 tsp) green onion, chopped
5g ginger, minced
2 tbsp water
1 tbsp soy sauce
¼ tsp salt, sugar, white ground pepper

Pork Marinade

10g chopped green onion (about 1 tsp)
5g minced ginger
2 tbsp water
1 tbsp soy sauce
¼ tsp salt, sugar, white ground pepper powder

how

1. Slice pepper to half and clean the seed.
2. Stuff the meat into the pepper, dusted with corn flour.
3. Heat a tablespoon of oil in a wok or skillet over medium high heat and place the peppers in the oil, stuffing side down.
4. The pepper is fried on both sides in a semi-frying manner (tiger skin).
5. Wipe the oil from the wok and add water, sugar, and soy sauce.
6. Cook for 10 minutes without cover on medium-high heat (turn the pepper every 5 minutes).
7. Cook until there is a little soup left, turn to medium-low heat and slowly thicken, take out the pepper and drizzle with the sauce to finish.



BLUE PLUM GALETTE

prep time: 30 mins

cook time: 1 hour

serves: 8



Maighdlyn Hadley

Sometimes, perfect is the enemy of delicious. I love to eat my farmer's market bounty with a healthy dose of pastry, but the exacting nature of a pie or tart feels too laborious and fussy for a late summer's afternoon. When I just want to whip something up for a dinner or picnic with friends, it's always going to be a galette. This one is made with sweet and tangy blue plums, but it works beautifully with apples too. The pâte brisée comes together in less than a minute with a food processor and yields a crisp and flaky foundation for this decadent yet low-key treat.

what

Pâte Brisée

1 ½ cup all purpose flour
1 ½ sticks cold unsalted butter
(cut into ½" pieces)
¼ tsp kosher salt
⅓ cup ice water

Filling

¼ cup plus ⅓ cup sugar, divided
3 tbsp ground almonds
3 tbsp all purpose flour
2 ½ lbs large plums, halved, pitted
(cut into ½" wedges)
3 tbsp unsalted butter, cut into small bits
½ cup jam or preserves
(plum, apricot, raspberry, lingonberry...
whatever's in the fridge!)

how

Make the Pâte Brisée `

1 Put the flour, butter an salt in a food processor and process for 5 seconds; the butter should still be in pieces. Add the ice water and process for 5 seconds longer, just until the dough comes together; flecks of butter should still be visible. This is what will make the dough flaky and crisp!

2 Remove the dough from the processor and gather it into a ball. On a lightly floured surface, roll out the dough into a large oval (16-inch by 18-inch). 1⁄16" to ⅛" thick. Drape the dough over the rolling pin and transfer it to a large, heavy baking sheet. Chill the dough until firm, about 20 minutes. Preheat the oven to 400°F.

Make the Filling

3 While the dough is chilling, and the oven is pre-heating, slice your fruit. In a small bowl, combine ¼ cup of the sugar with the ground almonds and flour. Spread this mixture evenly over the dough to within 2 inches of the edge. Arrange the plum wedges on top and dot with the butter. Sprinkle all but 1 teaspoon of the remaining ⅓ cup sugar over the fruit.

4 Fold the edge of the dough up over the plums to create a 2-inch border. (If the dough feels like it might crack, wait for a few minutes until it softens.) Sprinkle the border with another 1 teaspoon of sugar.

5 Bake the galette in the middle of the oven for about 1 hour, until the fruit is very soft and the crust looks toasty. Evenly brush the preserves over the hot fruit. Let the galette cool to room temperature before serving. A dollop of cream on top never hurts.









FRESH TOMATO PIE W/ GARDEN HERBS

GF
can be made gluten-free

prep time: 45 mins

cook time: 35 mins

serves: 6



Abraham Galway

This colorful pie is a great way to use up some of the abundance of tomatoes coming out of our garden in late summer. The pie gets its creamy texture and savory flavor from adding herb-speckled ricotta and Parmigiano-Reggiano cheese. Using a store-bought crust rather than homemade is perfectly acceptable, and the crust can be gluten-free if desired. Select heirloom tomatoes in a variety of colors and sizes for the prettiest and tastiest pie. Serve this tart with a simple green salad for brunch, lunch or light dinner.

what

Crust

¾ cup whole wheat pastry flour
¾ cup all purpose flour
¼ tsp salt
¼ tsp ground pepper
¼ cup extra virgin olive oil
2 ½ tbsp ice water, plus more if needed

Filling

2 ¼ lbs multicolored heirloom tomatoes, cored
1 cup ricotta cheese
¾ tsp salt, divided
¼ cup grated Parmigiano-Reggiano Cheese
¼ cup fresh basil, chopped
(and any other fresh garden herbs)
3 tbsp chives, thinly sliced
¼ tsp ground pepper
1 large egg, lightly beaten
1 clove garlic, grated

how

Prepare homemade crust:

1 Preheat oven to 375°F. Coat a 9-inch removable-bottom tart pan or foil pie tin with cooking spray.

2 Combine pastry flour, all-purpose flour, salt and pepper in a large bowl.

3 Combine oil and ice water in a small bowl; drizzle over the flour mixture. Toss with a fork until the dough is crumbly and sandy. Add another 1 to 2 teaspoons ice water if the dough is too dry; it should hold together when you pinch a small piece between your fingers.

4 Press the dough into the bottom and up the sides of the prepared pan.

5 Blind bake the crust until golden, about 20 minutes. Remove from oven and let cool completely on a wire rack. Reduce oven temperature to 350°F.

Prepare filling:

6 Cut tomatoes in half crosswise; remove and discard seeds. Cut the tomato halves into ¼-inch-thick slices.

7 Arrange the slices in a single layer on a double layer of paper towels. Sprinkle with ½ teaspoon salt; let stand for 20 minutes. Pat the tomato slices dry with paper towels.

8 Combine ricotta, Parmigiano-Reggiano, basil & other fresh herbs, chives, pepper, egg, garlic and the remaining ¼ teaspoon salt in a medium bowl.

9 Spread half of the cheese mixture in the cooled crust. Layer with half of the tomato slices in slightly overlapping rows. Repeat the layers once.



10 Bake the pie until browned on top, about 35 minutes. Let stand for at least 30 minutes before serving. Garnish with cracked pepper if desired.

hot tip

When you pull the finished pie from the oven, you might see a little bit of standing liquid; it will disappear as you let the pie stand.

PESTO ALLA TRAPANESE

vegetarian | prep time: 15 mins | cook time: 15 mins | serves: 4



Pardis Borghei

This Sicilian tomato pesto is an alternative to her world-famous sister, pesto alla Genovese. It's a great way to use up the abundance of tomatoes you might have on your hands in the summertime. The sauce is so refreshing, and it requires almost no cooking so it's the perfect dish to make on hot summer days when it's too hot to turn on the oven. It is also great as a sandwich spread or a dip for crudites.

what

1 lb cherry tomatoes
½ cup roasted almonds
½ cup basil
a few mint leaves
½ cup extra virgin olive oil
1 clove garlic, crushed
1 cup Parmegiano Reggiano, grated
(Pecorino Romano or
Grana Padano work well too)
½ tbsp gochujang (optional)
1 lb pasta
(Busiate is the traditional pasta served with Trapanese, but any pasta shape with curves and crevices to hold lots of sauce works well)

how

1. Bring 2 cups of water to boil, remove from the heat and stir in the almonds. Let sit for 5 minutes. Drain and once cooled enough to touch, peel the skin.

2. Add the cheese and the almonds to a food processor or mortar and pestle and pulse a few times. Then add the basil, mint, garlic, gochujang, olive oil, and tomatoes to the mixture. Blend until all ingredients are well incorporated.

3. Bring a large pot of salted water to boil and cook your pasta according to instructions. Reserve some of the starchy pasta water.

4. Toss the pesto and cooked pasta together. Add the starchy liquid, If you desire a thinner consistency. Start with ¼ cup and add more as needed.

5. Top with more grated cheese and serve.



EGGPLANT SALAD

vegetarian | prep time: 15 mins | cook time: 5 mins | serves: 3



Irene Tadeo

"Eggplant that drives everyone crazy - easy, delicious and no frying".

what

3 Chinese eggplants
1 cup diced mango
1 cup diced tomato
½ cup chopped green onion
1 tsp of vinegar
1 tsp of fish sauce
salt (to taste)
pepper (to taste)

how

1. Broil eggplant in the oven or grill in the bbq. Peel off skin once the eggplant is cooked. Flatten with the use of fork.
2. Cut mango, green onion and tomatoes into small pieces or cubes and mix together.
3. Combine 1 tsp of fish sauce, 1 tsp of vinegar and salt & pepper to taste plus a pinch of white sugar
4. Mix all the ingredients together and spread it onto the eggplant.







CRANBERRY BEANS CHILI & ROASTED VEGGIES

vegan | prep time: 10 mins | cook time: 1.5 hours | serves: 4



Narges Nasr

In the waning weeks of summer, my farmers market haul becomes wonderfully eclectic. I delight in experimenting with a multitude of fresh flavors and novel combinations. Among my all-time favorite comforts is chili, a dish I find myself preparing every week during those rare days when I stumble upon fresh cranberry beans at the market. It effortlessly transforms into a vegetarian delight by substituting meat with an assortment of vibrant vegetables, resulting in a dish that's both scrumptious and nutritious.

what

1 lb cranberry beans
1 Cup diced onions
1 tbsp minced arlic
1 tbsp tomato paste
1 medium potatoes
Spices: tumeric, cayenne pepper, cumin powder, cinnamon powder

Roasted Veggies

A variety of your favorite vegetables (e.g., bell peppers, zucchini, carrots, and cherry tomatoes)

hot tip

Garnish with your choice of fresh herbs or sprouts for added flavor and freshness.

how

Prepare the Chili

1 In a large pot, heat 2 tablespoons of olive oil over medium heat. Sauté the finely chopped onion and minced garlic until they become tender.
Add the salt, spices, and tomato paste. Stir for about a minute until the spices are fragrant.
Add the beans to the pot and pour in 5 cups of water. Cover the pot and let it come to a boil.
Once boiling, reduce the heat to medium-low and let the chili simmer for about an hour or until the beans are completely tender.

Roast the Veggies

2 While the chili is simmering, preheat your oven to 400°F.
Chop your favorite vegetables into bite-sized pieces and place them on a baking tray.
Drizzle 2 tablespoons of olive oil over the veggies and season with salt and pepper to taste.
Roast the veggies in the preheated oven for about 20-25 minutes or until they are nicely caramelized and tender.

3 Create a Creamy Sauce
Once the beans are soft and cooked, remove the potato from the pot and place it in a blender.
Add a cup of the cooked beans and some of the stock from the pot to the blender.
Blend until you achieve a smooth and creamy consistency. This will thicken the chili and give it a silky texture.
Pour the blended mixture back into the pot, stirring well to combine. Let it simmer until heated through.

4 Ladle the creamy vegan chili into bowls with the veggies on the side.









BONE-IN RIBEYE STEAK

vegetarian | GF gluten-free | prep time: 10 mins | cook time: 30-45 mins | serves: 4



Sheldon Catarino

This is the Fred Flintstone of steaks (I'm dating myself) and one of my favorite cuts of meat to barbecue. The best way to grill this glorious piece of meat is the reverse sear. This involves cooking on indirect heat in your grill and then searing at the end once you've got it almost up to temperature. Pro tip: get a digital meat thermometer. You'll never undercook—or even worse, overcook—another thing ever again.

what

2-3 lbs bone-in rib-eye steak, 1 ¾" thick
(also called Tomohawk or Cowboy steak)
2 tbsp favourite steak seasoning
(mine is coarse salt)
2 tbsp olive oil
2 sprigs fresh rosemary, garnish
3 tbsp butter
(optional -not needed in my opinion)

how

1 Pat meat dry with a paper towel and rub lightly with olive oil. Season steak (i.e. coarse salt or steak season if you must).

2 Store in refrgerator uncovered 3-4 hours with rosemary.

3 Allow steak to sit out at room temperature for one hour before grilling. Cover the bone portion of the steak with aluminum foil.

4 Light one half of the grill, close lid and get the temperature up to 225° F.

5 Place meat over the unlit portion of the grill and close the lid. Allow the steak to reach an internal temp of 110°F. Remove steak from the grill. This where the digital thermometer comes in handy.

6 Turn on all the burners to the max for 10 minutes, heat soaking the grill grates.

7 Place the steak on the grill over direct heat. Flip the steak every 30-60 seconds on a new spot of the grill every time you flip it. Continue flipping and repositioning for 4-5 minutes or until the desired crust has been achieved. Check internal temp is 125°F for rare and please no more that 135°F because that's just wrong.

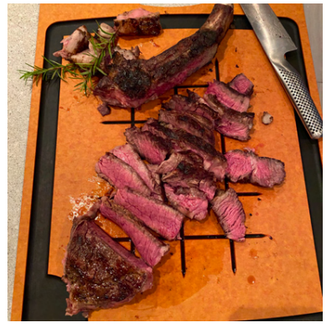
8 Remove and rest meet before slicing. This is where you can top with butter but it really doesn't need it. Rest is very important before slicing or juices will just run out.

9 Slice against the grain and serve. Is your mouth watering? Mine is.









STUFFED ZUCCHINI WITH PINE NUT SALSA

vegetarian | prep time: 15 mins | cook time: 20 mins | serves: 2 as a main, 4 as a side



Gretchen Overholtzer

Summer provides a non stop supply of large happy zucchinis, which means you can never have too many zucchini-focused recipes. This is the best use of overgrown squash I've come across so far. This dish has become a go-to for me: it comes together fast, impresses guests and it's flexible. Need it vegetarian? Tastes great without the sausage. Adapted from Ottolenghi's Simple.

what

Zucchini

2 large zucchini
2 italian sausage, sweet or hot
1 clove garlic, minced
1 large egg, beaten
½ cup parmesan cheese, grated
½ cup fresh sourdough breadcrumbs*
½ cup tomato, finely diced
Salt and pepper
Olive oil
Feta cheese, crumbled

Pine Nut Salsa

¼ cup toasted pine nuts
¼ cup chopped fresh oregano (cannot skip this)
2 tsp finely grated lemon zest
1 tbsp lemon juice
2 tbsp olive oil
Pinch of salt

how

1. Preheat the oven to 475°F.
2. Slice the zucchinis in half lengthwise. Scoop out the inside, leaving ½ inch of the zucchini around the edge.
3. Put the scooped zucchini flesh in a clean dish towel and squeeze out the excess moisture. You should have about 1 cup left. Roughly chop it.
4. Put zucchini flesh In a medium bowl and add the garlic, egg, Parmesan, breadcrumbs or panko and ¼ teaspoon salt. Add tomatoes. Stir to combine and set aside.
5. Arrange the zucchini in a large casserole – hollow side facing up. Drizzle with 1 tbsp of olive oil and lightly season with salt. Stuff each of the cavities with the stuffing mixture, pressing down to get as much in as possible.
6. Bake for 15-20 minutes until until the filling is set and golden brown.
7. Roast the pine nuts - heat them in a skillet for several minutes, stirring constantly until they turn golden
8. In a small bowl, mix the lemon zest, chopped oregano and pine nuts. Salt as needed. Set aside.
9. Serve the zucchini with the salsa spooned over the top.

*The original recipe calls for fresh sourdough breadcrumbs. I have used both store-bought breadcrumbs and panko - which have both tasted great.



MENEMEN WITH SUJUK (SAUSAGE)

prep time: 10 mins

cook time: 15 mins

serves: 2



Devrim Alan

Menemen is a traditional breakfast or lunch dish from Turkey with several variations. It is such a popular dish country-wide because it is delicious, easy to prepare, and makes the most of fresh and simple ingredients. If you are looking for a guilty treat, the addition of sujuk sausage, while high in cholesterol, makes this variation a delicious addition to a healthier diet.

what

100g sujuk sausage
2 tomatoes
½ onion, diced
2-4 green hot peppers, seeds removed
1 tbsp olive oil
1 tsp salt
3-4 eggs

how

1. Heat olive oil in a pan.
2. Add sliced peppers and diced onion.
3. Add sliced sujuk shortly after into the pan and start stirring.
4. Add peeled and grated (or diced very small) tomatoes once sujuk is slightly cooked.
5. Add salt and stir.
6. Cook at medium heat until the tomatoes juices are just starting to evaporate.
7. Add eggs on top and wait them to be cooked. Your food is ready in a few minutes.

Optional – Once you add eggs, scramble everything in the pan.

Optional – Serve with black tea, olives, cheese and toasted bread.









AUTUMN

HOMEGROWN CARROT SOUP

vegetarian, heart healthy

prep time: 10 mins

cook time: 45 mins

serves: 4-6



John Williamson

We grow lots of carrots in the garden every summer. They can be harvested late, and stay fresh well into the early winter. This soup is a great way to eat them: its warm and comforting, but also bright and flavourful. It freezes well, so its ready any time you need a little colour in the winter.

what

2 lbs. carrots
2 tbsp. olive oil
½ tsp. salt
1 onion
3 cloves garlic
1 tsp. cumin
½ tsp. dried thyme
2 cups veg. broth or water
¼ cup apple cider
2 tbsp. butter
¼ cup lemon juice

how

1. Clean and peel carrots, cut into 10mm thickness.
2. Coat with oil and salt, and arrange on a baking tray in a single layer.
3. Roast at 400°F for about 25-30 mins until you see a little colour on them.
4. Before they are done, add oil and diced onion to a pot and cook on medium for 10-15 mins until brown. Add garlic, cumin, and dried thyme, and cook for another minute.
5. Remove carrots from oven and add to pot. Add enough water or vegetable broth to just cover. Simmer on low heat for about 10-15 minutes.
6. Use immersion blender to blend, then add butter (unless vegan), lemon juice, and apple cider. Cook on medium for a few minutes more.
7. If you have carrot leaves, you can fry them in oil for a couple minutes until crispy.
8. Serve with carrot leaf garnish, or fresh thyme.









ROAST LEG OF LAMB WITH HARVEST VEGETABLES

prep time: 30 mins, 24 hrs in advance

cook time: 2 hrs 15 mins

serves: 4-6



Greg Haist

Growing up, fall holiday meals at home usually rotated between delicious dinners of roast ham, turkey or lamb. Although my Mom still make a fantastic turkey with sausage stuffing, I love the roast lamb most. It's pretty simple, but the results never disappoint. I know the anchovies might raise some eyebrows but don't be dissuaded, they add a great richness to the flavour.

what

one 5 to 7 lbs fresh bone-in leg of lamb
10-12 cloves fresh garlic
3 tsp onion powder
3 tsp paprika
I bunch fresh rosemary
1 can anchovy fillets or anchovy paste
2 tsp kosher salt
fresh ground black pepper
olive oil
3 lb bag unpeeled carrots
3 lb parsnips
1 lb brussel sprouts
fresh greek tzatziki
1 large lemon

how

1. 24 hours before cooking, place leg of lamb on large roasting tray (fatty meat side up) and and make a dozen or so equally spaced 25mm (1 in) wide incisions with large knife, to depth of centre of leg.
2. Take peeled garlic cloves, anchovies, paprika, onion powder, 1 tsp of kosher salt , black pepper, and mince togther into coarse paste by hand or in small blender.
3. Remove ¼ cup of rosemary leaves from sprigs. Add to paste.
4. Fully stuff incisions in meat with about ¾ of paste.
5. Lightly drizzle top of roast with olive oil. Spread remainder of paste overtop meat. Cover and refrigerate overnight.
6. Preheat oven to 350°F.
7. Cut parsnips and carrots to halve or quartered sections along length. Place in bottom of pan around roast along with with brussel spouts, leaving some room around meat. Drizzle with olive oil. Season with remaining salt and black pepper.
8. Tightly cover vegetables in a surround of aluminum foil. Leave meat uncovered.
9. Place in oven. At 1 hour, remove foil and continue to cook for approx. 1 more hour. For medium-rare meat, check internal temperature of meat (in centre at depth of bone) until 140°F reached. Cook to 150°F for well-done meat.
10. Remove from oven and let rest for 20 minutes. Squeeze lemon juice over meat. Carve and serve with vegetables and side of tzatziki.

hot tip

Keep on the lookout for the occasional great deal on fresh lamb leg to plan a spontaneous event around.

Oh, and get your tzatziki fresh from a proper Greek deli (I think this probably goes without saying)!





APPLE CRISP

vegetarian

prep time:
15 mins

cook time:
45 mins

serves:
6



Aseel Sadat

I chose the apple crisp recipe because it's easy to make, and it holds a special place in my heart. My mother used to prepare a similar dessert when I was a child. It brings back fond memories of her delicious apple creations, and I wanted to recreate that warmth and nostalgia. At the same time using Ontario-grown apples makes it even more special.

what

Filling

6-8 Ontario apples , peeled, cored, sliced
¼ cup granulated sugar
1 tsp ground cinnamon
1 tbsp all purpose flour

Crisp Topping

1 cup rolled oats
½ cup all purpose flour
½ cup brown sugar
½ cup unsalted butter, cold and diced
Pinch of salt

how

1. Preheat your oven to 350°F.
2. In a mixing bowl, combine the sliced Ontario apples, granulated sugar, ground cinnamon, and 1 tablespoon of all-purpose flour.
3. Toss until the apples are evenly coated, then transfer them to a greased baking dish.
4. In another bowl, make the crisp topping by combining the rolled oats, all-purpose flour, brown sugar, and a pinch of salt. Mix well.
5. Add the cold, diced butter to the crisp topping mixture.
6. Using a pastry cutter or your fingers, work the butter into the dry ingredients until it resembles coarse crumbs.
7. Sprinkle the crisp topping evenly over the apple mixture in the baking dish.
8. Bake in the preheated oven for 40-45 minutes or until the topping is golden brown, and the apple filling is bubbling.
9. Remove from the oven and let it cool slightly before serving. Serve warm with a scoop of vanilla ice cream.



BAKED APPLE FRITTERS

healthy

prep time: 20 mins

cook time: 15 mins

serves: 8 large fritters or 16 mini



Ila D'Cruz

Who doesn't love a sweet treat for breakfast? My latest obsession has been to find healthier, home-made alternatives to fried sugary foods. Et voila! This recipe. At about 10g of sugar for a large fritter, there's less guilt and the little broil and icing step at the end makes for a crunchy and delicious "donut" with heaps of apple flavor. They also refrigerate well to ensure your access to sweet treats throughout the week.

what

For the Fritters

¾ cup all purpose flour
¾ cup white whole wheat flour
½ cup brown sugar
2 tsp baking powder
1 tsp cinnamon
½ tsp nutmeg
¼ tsp salt
6 tbsp butter, cold and cut into pieces
½ cup milk or cream
1 Egg
1 tsp vanilla extract
1 cup apple, diced small (Granny Smith or Pink Lady)

For the Glaze

1 cup confectioner's sugar
2 tbsp milk or cream
1 tsp vanilla extract

how

1. Preheat oven to 400°F. Line a baking sheet with a silicone baking mat. (Make sure that the mat you are using can be used under a broiler. If not, these fritters will work without a mat. The pan will just be a littler dirtier.)
2. In a large bowl, whisk together all-purpose flour, white whole wheat flour, brown sugar, baking powder, cinnamon, nutmeg, and salt. Cut in cold butter using two forks until mixture resembles coarse crumbs.
3. In a small bowl, whisk together milk, egg, and vanilla extract. Add to flour mixture and stir until just combined. Gently stir in chopped apple. Batter should resemble a cookie dough texture.
4. Drop by ¼ Cup-full onto prepared baking sheet. (If you want to make small fritters, use a heaping tablespoon-full.) Flatten slightly with back of spoon.
5. Bake for 13 minutes, or until bottoms are golden brown and center is set. (If you are making small fritters, start checking for doneness at 8 minutes.) Remove to a wire rack and turn oven to broil.
6. After turning oven to broil, prepare glaze. Whisk together confectioner's sugar, milk, and vanilla extract until smooth. Brush a thin layer of glaze over fritters. Place under broiler. Broil for 2-4 minutes, or until tops start to turn golden and the glaze bubbles.
7. Carefully remove baking sheet to a wire rack. Brush remaining glaze over the warm fritters.
8. Allow glaze to harden and serve.



PUMPKIN MUFFINS WITH CREAM CHEESE

prep time: 20 mins

cook time: 20 mins

serves: 12 muffins



Kendra Spanton

Mmm muffins...an excellent autumn treat for all those pumpkin spice fans out there.

what

½ cup Melted Coconut Oil
½ cup + 1 tbsp maple syrup
1 tbsp vanilla extract
2 Eggs
1 ¼ cups pumpkin puree
1 ½ cups gluten-free 1-to-1 flour mix
(sub equal parts regular flour if preferred)
1 ½ tsp baking powder
½ tsp baking soda
1 tsp cinnamon
½ tsp ginger
⅛ tsp cardamom
⅛ tsp ground nutmeg
⅛ tsp ground cloves
1 tsp salt
8 oz cream cheese

Toppings

¼ cup candied ginger pieces
½ tbsp cinnamon
½ tbsp sugar

how

1. Preheat the oven to 350°F. Grease 12 muffin pan.
2. In a bowl, stir together the coconut oil, ½ cup maple/honey, vanilla, eggs, and pumpkin puree.
3. In a separate bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, cardamom, nutmeg, cloves, and salt.
4. Add the dry mix to the wet ingredients. Mix until just combined. Divide the batter evenly among the prepared pan.
5. In a bowl, whip together the room-temperature cream cheese and 1 tablespoon of maple. Dollop 1 rounded teaspoon into the center of each muffin, pushing the cream into the muffin, but not fully.
6. Mix cinnamon and sugar together, and sprinkle over each muffin. Top with candied ginger pieces.
7. Bake 18-20 minutes, until the tops are just set. Enjoy warm!



SPICY PUMPKIN MUFFINS

prep time: 15 mins

cook time: 20 mins

serves: 18 large muffins



Lisa Tobin

This is an old family recipe that tastes like my grandma's pumpkin pie but is easier to make for those of us that haven't perfected pastry crust! Over the years I've tried to make the recipe a bit healthier by reducing the amount of oil and sugar (it was originally 1 1/8 C of sugar!) to something that's a bit healthier but still tastes amazing.

what

2 ¼ cup all purpose flour
1 ½ tsp baking powder
1 ½ tsp baking soda
¾ tsp salt
1 ½ tsp cinnamon
¾ tsp cloves
1 ⅛ tsp ginger
¾ tsp nutmeg
3 eggs
½ cup sugar
½ cup apple sauce
⅓ cup corn syrup
(or substitute with ⅓ cup sugar)
½ cup vegetable oil
398ml (14oz) canned pumpkin

how

1. Preheat oven to 350°F.
2. In a large bowl sift together flour, baking powder, baking soda, salt and spices.
3. In a medium bowl beat eggs until light. Add sugar, apple sauce, corn syrup, oil and pumpkin.
4. Made a well in the dry ingredients. Add the liquid ingredients all at once and stir until combined. Don't overmix.
5. Pour batter into well oiled muffin tins.
6. Bake 15-20 minutes or until cake tester comes out clean.





WINTER

SUPER-SIMPLE SAVORY SOUP

healthy
vegetarian-ish

prep time:
5 mins

cook time:
5 mins

serves:
1



Amanda Fics

If you're in need of a quick, effortless meal and don't want to compromise on flavor or quality, this simple soup has you covered. I love recipes that call for vegetables or herbs that are easy to grow yourself, and green onions are so simple: first save the ends of the green onion bulbs from this recipe and place them in a jar filled with water to cover the roots. Keep them on a windowsill and change the water weekly. When the roots are a few inches long, transplant into a pot filled with soil. Voila, your lifelong supply!

what

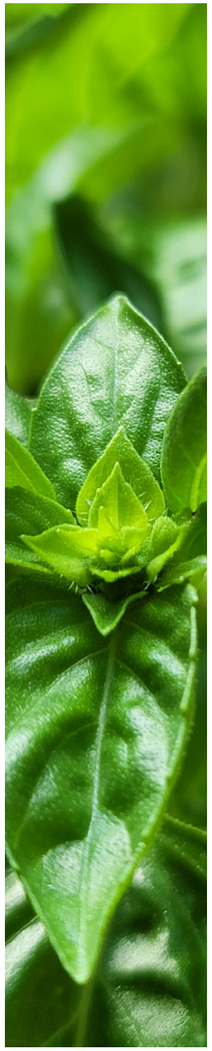
2 tbsp green onion, chopped
1 tbsp cilantro, finely chopped
1 head bok choy
1 tsp powdered vegetable stock
(or stock of your choosing)
1 tsp sesame oil
1 tbsp soy sauce (add extra to taste)
1 tsp Frank's Red Hot Sauce
(add extra to taste)
1 bundle egg noodles
salt & pepper (as desired)
Roasted seasame seeds (optional)

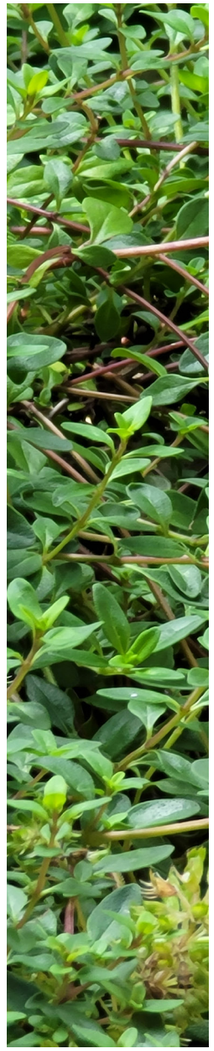
hot tip

You can mix it up by adding celery or leftover chicken meat to the pot.

how

1. Boil 3-4 cups of water.
2. Rinse and chop bok choy. On a stove top, place bok choy in a cooking pot and scoop 2 tbsps of the water you've set to boil into the bok choy pot. Cook on medium heat, stirring often, until soft.
3. In a large soup bowl add green onions, cilantro, sesame oil, powdered vegetable stock, soy sauce, hot sauce, salt and pepper.
4. Boil egg noodles for 3 minutes (or as directed on the package).
5. Transfer the cooked bok choy, with any remaining water, to your soup bowl.
6. Transfer egg noodles to the bowl along with 2 cups of the boiled water and top with roasted sesame seeds.
7. Mix and enjoy!







HOMAGE TO SNOW GEESE— LIVERS & HEARTS

prep time: 1 hunt

cook time: 10 mins

serves: 4



Paul Szaszkiewicz

Back in the good old 1970's I had no choice but to join my family duck hunting in northern Alberta where I grew up lying down motionless on swaths of barley freezing my arse off waiting impatiently for the sun to come up and the ducks to arrive.

Fast forward 40 years and I am back in Alberta at my brother's cabin cleaning snow geese on his porch, assembly line style, with a family friend whose family owned the local butcher shop in the town where I grew up. So many geese now with the warming tundra provide an extended seasonal feeding grounds for what seems like swarms of migratory 'snows'. We work quickly to harvest the breasts, organs, even legs and thighs. Andy smokes the meat and makes a mean jerky and goose tacos, George is a breast man, and Andre knows a guy who helps convert the goose meat into deliciously seasoned sausages then given to the farmers.

what

4 September snow geese: hearts and livers
¼ lb butter
½ white onion and garlic finely chopped
1 handful coarsely chopped parsley
salt and pepper, to taste
(add dry mustard, if you lean that way)

how

1 Clean the geese carefully, cutting the breasts and thighs away from the bone and put aside in cold water.

2 Split the carcass, find and remove the liver and heart. Put out the carcasses at least 50 meters away from the cabin for the fox to collect overnight.

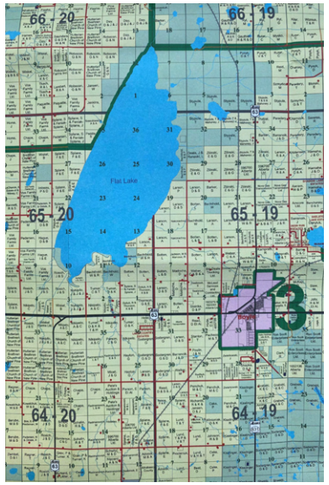
3 Wash the gizzards in cold water. Set on a paper towel to dry.

4 Trim away the white casing and slice hearts and livers into halves.

5 Heat up the frying pan on medium heat, add the butter, onion, garlic, livers and hearts, season with salt and pepper, and cook for a 6 to 8 minutes until done. Garnish with parsley.

6 The bits are plated and passed around for tasting before anything else is consumed.

Some prefer to pair the livers and hearts with Potocki Vodka (direct from the freezer) while others prefer the company of an old fashion Lethbridge Pilsner.





We are in the kitchen now and Ray is busy now educating my friend Will and I about the ritual of preparing the liver and hearts. They are eaten the same night as the hunt, giving a different meaning to the saying "eat what you kill". In this case it's an acknowledgement of the cycle of life we have the privilege to be part of.



COLCANNON (POTATOES)

prep time: 15-20 mins

cook time: 25 mins

serves: 4-6



Mark Wronski

Early visits to County Galway always included this staple at the dinner table with goose, lamb or heaven forbid – fried liver. Hearty folk didn't blink an eye, but I discreetly slipped the liver onto the floor. You can get away with that kind of thing when you're a 4-year-old grandson.

This one comes from my Irish mom and grandmother. Of course, it involves potatoes (two kinds!), with sauteed cabbage, and a simple, but so-very-satisfying, brown butter finish.

what

1 lb russet potatoes
(peeled and cut into ½ inch chunks)
1 lb red potatoes
(cut into ½ inch chunks)
1 tsp kosher salt
1 tsp baking powder (fluffs the potatoes)
6 tbsp butter minimum...
1 lb savoy cabbage, cored and shredded
4 medium scallions (white and green parts thinly sliced on the bias and separated)
(small leek will do – just cook longer)
½ + tsp freshly ground black pepper
½ cup whole milk
¼ cup low-sodium chicken broth

how

1. Place the russet and red potatoes and ½ teaspoon of the salt in a medium pot and cover with cool water. Bring to a simmer over high heat. Reduce the heat as needed to maintain a simmer and cook until the potatoes are tender, 10 to 12 minutes. At the ¾ mark add the 1 tsp of baking powder. Meanwhile, brown the butter.

2. Melt the butter in a 12-inch skillet (use pan with light coloured interior) over medium-high heat. Bring the butter to a simmer and cook until it browns and smells nutty, about 7 minutes. Pour off ¼ cup of the browned butter into a small heatproof bowl and set aside.

3. Return the pan with the remaining browned butter to medium heat and add the cabbage and the whites of the scallions. The pan will be quite full, but the cabbage will wilt, making stirring easier. Season with the remaining ½ + teaspoon salt and pepper. Cook until tender and lightly browned, about 8 minutes. Remember to cook long enough to get some carmelization of the cabbage.

4. Drain the potatoes and return them to the cooking pot. Add the milk and mash with a potato masher. The potatoes should retain a few small lumps for texture.

5. Add the chicken broth to the cabbage pan and scrape vigorously to remove any browned bits from the bottom of the pan. Cook until the broth is reduced, about 3 minutes more.

6. Add the warm cabbage and greens of the scallions to the mashed potatoes and fold to combine. Transfer the colcannon to a large serving bowl and make a well in the middle of the potatoes. Pour the reserved ¼+ cup brown butter into the well and serve immediately.



hot tips

- *Always in season, standard white cabbage is just fine, but an upgrade to Savoy will be noticed.*
- *Sauteing the cabbage in the brown butter is essential!*



PISSALADIERE (FRENCH ONION TART)

prep time: 40 mins

cook time: 40 mins

serves: 4-6



Patsy Poulin

Great warm or cold anytime friends are around. Everyone raves about this and it's simple. Good with a fresh tomato salad if served as a main course. Onions are inexpensive and available locally all year and so amazing when cooked down to almost a jam. You can double the anchovies if you like them (highly recommended).

what

4 tbsp olive oil
1 kg cooking onions
(halved and thinly sliced)
1x500g frozen puff pastry
1 egg, beaten
fresh thyme
50g anchovy fillets, halved lengthwise
salt
freshly ground pepper
12 black olives

how

1. Heat oil in a large saucepan, add onions and thyme, cook over low to medium heat for 30 mins without browning the onions.
2. Preheat oven to 425°F.
3. Roll out pastry on a lightly floured surface to a 12" square. Cut a ½" strip from each side and roll pastry back to 12" square.
4. Brush edges with egg and set strips on top to make a thin border. Score edge of border with a sharp knife then brush with more egg.
5. Remove thyme stalks from onions and season. Spread onions over pastry. Arrange anchovy strips over top in lattice pattern.
6. Cook at top of oven for 20 minutes then arrange olives in the centre of each lattice. Reduce oven temperature to 375°F and cook for 15- 20 minutes until pastry is golden.







behind the scenes

GARLIC BUTTER STEAK BITES

prep time: 10 mins

cook time: 25 mins

serves: 2



Preeti Cherian

This hearty, down to earth recipe from Grass Roots Farmers Co-op is an all-season favourite of mine. The garlic and butter accentuate the flavour of the farm fresh beefsteak. Try this recipe outdoors on a warm summer day or tuck into these earthy flavours on a cold wintery night. This dish is a bite-size, delicious and easy way to enjoy grass-fed steak, and it makes a great appetizer or main course. Bon apétit!

what

2 lbs top sirloin steak
(grass-fed preferred)
2 tsp kosher salt
1 tsp black pepper
2 tbsp olive oil
5 medium cloves garlic, minced
⅓ cup wine
(the recipe calls for white wine but I've used red wine and it was just as tasty)
4 tbsp butter cubed
3 tsp Worcestershire sauce

how

1. Heat a large cast-iron skillet over medium-high heat. Add oil to skillet, and heat until shimmering.
2. Cut steak into 1 x 1 inch pieces. Sprinkle with 1 ½ teaspoons of salt and ½ teaspoon of pepper.
3. Add half of the steak pieces to the skillet, keeping space between each piece. Cook, undisturbed, until browned and crispy on bottoms. Flip the steak pieces, and continue cooking until browned on the other side. Flip pieces again, and cook, turning occasionally, until most sides are browned and crispy and the steak is almost medium-rare.
4. Transfer the steak to a large bowl. Repeat the cooking process with the remaining steak pieces. Set aside. Do not wipe the skillet clean.
5. Reduce heat under skillet to medium; add garlic, and cook, stirring constantly, until golden brown.
6. Add the red/white wine, and scrape up browned bits from the bottom of the skillet. Cook, stirring occasionally, until liquid is reduced to about 3 tablespoons. Remove from heat.
7. Add butter, and stir until melted and creamy. Add Worcestershire sauce and remaining ½ teaspoon each salt and pepper.
8. Pour mixture over steak pieces in a bowl, and toss to coat. And enjoy!











CRISPY BREAKFAST POTATOES



Jeffrey Zee

prep time: 5 mins

cook time: 25-30 mins

serves: 1-2

For someone that always skips breakfast I love eating breakfast foods. Potatoes are one of the most flexible vegetables in the ways that they can be prepared and consumed—the crisp nature of potato chips or french fries, the soft and creamy nature of steamed or mashed potatoes. These breakfast potatoes are able to capture both delicious textures through a nice crisp surface layer with a soft interior. Crispy potato cubes are delicious at any time of the day and can be made fairly quickly with some eggs and bacon.

what

2 potatoes
3 tsp garlic powder
A lot of salt
3 tsp paprika
1 tsp pepper

how

1. Cut potato into medium sized cubes, roughly finger width. (Optional peel potato skin before cutting)
   Preheat oven to 425°F.
2. Boil potato cubes for roughly 5-8 minutes. Lightly salt the water. Make sure potatoes don't get overcooked and too soft.
3. Strain potatoes and dry with paper towel.
4. Season and mix potatoes in a bowl with garlic powder, salt, pepper, and paprika.
5. Heat up a pan of butter on medium heat. (Or any kind of cooking oil)
6. Cook the potato cubes in the pan, flip and stir every 4-5 minutes until every side is a nice brown.





Abe Galway



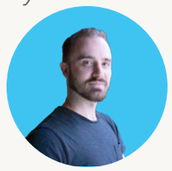
Amanda Fics



Aseel Sadat



Devrim Alan



Dylan Freeman-Grist



Greg Haist



Gretchen Overholtzer



John Williamson



Kendra Spanton



Narges Nasr



Pardis Borghei



Patsy Poulin



Paul Szaszkiewicz



Tina Pari



Ulrika Catarino



Vicki Zeng



Chanel Wase



Dan Voicu



Ila D'Cruz



Irene Tadeo



Jeffery Hanning



Jeffrey Zee



Lisa Tobin



Maighdlyn Hadley



Mark Wronski



Preeti Cherian



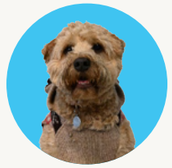
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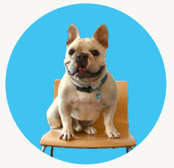
Sheldon Catarino



Sonia Xu



Finn



Thor







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