



TASTES LIKE HOME

Around the World in Huron County



A celebration of comfort, connection & creativity through food

Tastes Like Home, Around the World in Huron County is a community cookbook that celebrates comfort, connection and creative expression through food.

Multicultural and social conversations were ignited through the love of art and food in Huron County, ON, in the fall of 2023. Professional artists Autumn Ducharme, Bethany Ann Davidson and Pam Lobb asked participants to reflect on family traditions and their culture through storytelling. Then participants sketched ideas their stories inspired before completing the whimsical masterpieces shown in this cookbook.

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Artwork by Jamie Scrimgeour

Lumpia (Filipino Spring Roll)

Country: Philippines

Recipe provided by: Jamie Scrimgeour

Ingredients:

- 1 1/2 pounds ground pork (or ground chicken/turkey)
- 1 cup water chestnuts
- 1 cup carrots, finely chopped
- 1/2 cup celery, finely chopped
- 1/2 cup onion, finely chopped
- 3 cloves of garlic, minced
- Lumpia wrappers (spring roll wrappers)
- Vegetable oil for frying
- Salt and pepper to taste
- 2 teaspoon chicken soup mix or 1 chicken boullion cube
- 1 large egg
- Sweet and sour sauce for dipping (optional)

Instructions:

In a large skillet, heat some oil over medium-high heat. Add garlic and onions, and saute until onions become translucent. Add the ground pork, breaking it apart with a spatula until it's fully cooked. Season with salt, pepper, and boullion cube to taste.

Add the carrots, celery and water chestnuts. Stir fry the mixture until the vegetables are tender. Remove the skillet from the heat and let the mixture cool completely. Once cool, add the egg and mix together.

To assemble the lumpia, place wrapper on counter with one corner pointing towards you. Spoon a portion of filling into the centre of the wrapper. Fold the bottom corner over the filling, tucking in the sides, and roll it up tightly like a burrito. Seal the edge with a bit of water.

Heat vegetable oil in a deep fryer or large skillet to about 350F. Carefully place the rolls into the oil and fry for 3-5 minutes, until golden brown. Be cautious not to overcrowd the fryer. Fry in batches if necessary. Remove the cooked rolls and place on paper towels to drain excess oil. Serve hot with the dipping sauce.



Artwork by Pam Lobb

Hot Cheese Dip

Country: Canada

Recipe provided by: Pam Lobb

Ingredients:

- 2 cups grated mozzarella cheese
- 2 cups grated old cheddar cheese
- 2 cups Miracle Whip (or mayonnaise)
- 1/2 cup finely chopped onion
- 1/4 cup chopped jalapeno peppers (or more)
- 1 cup sliced green olives (optional)

Instructions:

Mix the first 5 ingredients well in a casserole dish and top with olives.

Bake at 325F for 25 minutes. Serve with tortilla chips.



Artwork by Karen Stewart

Crabapple Catsup

Country: Canada

Recipe provided by: Karen Stewart

Notes from Karen: Crabapples make a beautiful red sauce. A half bushel crabapples makes 3 batches. My grandmother also used Snow Apples, a tart heritage apple found on her farm. Delicious served with pork.

Ingredients:

- 8 pounds crabapples
- 2 cups of sugar (original recipe calls for 4 cups, so sweeten to your taste)
- 2 cups of vinegar
- 2 teaspoons ground cloves
- 1 teaspoon cinnamon
- 2 teaspoons white pepper
- 1 teaspoon salt

Instructions:

Scald the fruit, press it through a sieve or chinois to remove skins, cores and seeds. Reduce if necessary, before adding sugar. Sometimes I've had to add a little water because the fruit itself was too thick. It should be the consistency of apple sauce or a thick jam.

Add remaining ingredients and boil until thick. Bottle. Makes about 4 quarts.



Artwork by Janna Dodds

Pesto

Country: Italy

Recipe provided by: Janna Dodds

Notes from Janna: This is one of my favourite summer recipes, taught to me by my dear friend Joan from St Michael's Line.

Ingredients:

- 6 cloves of garlic
- 1/2 cup almonds, walnuts or pine nuts
- 4 cups basil leaves
- 1/2 cup parmesan cheese
- 2/3 cup olive oil

Instructions:

Purée garlic and nuts in food processor.

Add basil and parmesan. Continue to blend while pouring in olive oil until smooth.

Store in small containers and freeze. Serve with pasta or crackers.



Artwork by Lance Lickfold

Bobotie

Country: South Africa

Recipe provided by: Lance Lickfold

Ingredients:

- 2.5 tablespoons butter
- 1 tablespoon oil
- 2 medium onions, coarsely chopped
- 1 garlic clove, finely chopped
- 2 tablespoons curry powder
- 2 ounces (1/2 cup) shredded almonds
- 4 ounces (2/3 cup) sultanas or raisins
- 1 teaspoon mixed herbs
- Juice of 1/2 lemon
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon red wine vinegar
- 1/8 teaspoon black pepper
- 2 pounds (800 g) lean ground beef
- 3 thick slices white bread (omit if gluten intolerant)
- 10 fluid ounces (1 1/4 cups) milk
- 2 eggs

Instructions:

Grease a large, deep pie dish with 1/2 tablespoon of butter.

In a frying pan, melt remaining butter and oil. Fry onions and garlic until light brown. Add meat and cook until done. Place in a large bowl to cool. Once cool, add curry, almonds, sultanas, mixed herbs, lemon juice, salt, sugar, vinegar, and pepper. Mix well.

Meanwhile, soak bread in the milk. Squeeze out excess milk from the bread and add to the meat mixture, along with one egg. Turn into pie dish. If necessary, add more milk to make 3/4 cup. Beat other egg into the milk. Pour over the meat.

Stand dish in a pan of water and bake at 350F for one hour or until light golden brown and firm to touch. Serve with ketchup or chutney.



Artwork by Kinjal Patel

Dosa with Sambar & Coconut Chutney

Country: India

Recipe provided by: Kinjal Patel

Ingredients for Dosa:

- 3 cups of rice (all uncooked rice is fine)
- 1 cup skinned urad dal
- 1 teaspoon methi (fenugreek)
- Salt to taste

Instructions for Dosa:

Add the rice into a bowl and wash 2 to 3 times then let it soak in water for 4-5 hours.

Follow the same steps with the urad dal and fenugreek, ensure they are placed in a separate bowl than the rice.

After 4-5 hours, drain the excess water from the rice and the urad dal. Add the urad dal into a blender and add as little water as you can to ensure the consistency remains smooth (not too thick and not too thin). Blend the rice in this same manner.

Combine both batters into a large bowl, add salt to taste and mix well. Cover the bowl and allow the batter to ferment in a warm place for 8-9 hours or overnight. This will also depend on what time of year it is and the temperature. For example, in the winter it might take longer to ferment as it's cold rather than the summer when it's hot.

You'll know when the batter is properly fermented as it will be double or triple in volume. It will also have many tiny air pockets. Once your batter looks like this, cover the bowl, refrigerate and take out when ready to use.

Ingredients for Sambar:

- 1 cup toovar dal
- 1 tablespoon oil
- 1/4 teaspoon asafoetida
- 1 teaspoon black mustard seeds
- 1 tablespoon urad dal
- 2 onions
- 2 tomatoes
- 1/2 cup chopped carrots
- 1/2 cup eggplant
- 1/2 bottle gourd (can substitute 1/2 cup pumpkin)
- 1 drumstick cut into 2 inch pieces
- 1 tablespoon tamarind paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 tablespoon sambar masala
- 10 - 12 fresh curry leaves
- Salt to taste

Instructions for Sambar:

Wash and soak toovar dal in a bowl for half an hour. Take a pressure cooker and add in the soaked toovar dal, drumstick, bottle gourd, eggplant, carrots, and salt to taste. Add 2 cups of water and pressure cook for 4 - 5 whistles on a medium heat.

In a pot, heat oil on medium heat. Add in black mustard seeds and urad dal. Once the mustard seeds start to pop and make a crackle sound, add some asafoetida and curry leaves. Add onions and once they turn translucent, add tomatoes and let them cook for 5 minutes.

Add all of the dry spices. Mix and let it cook for another 5 minutes. Add the contents of the pressure cooker into the pot, stir until mixed thoroughly. Once mixed, add tamarind paste. Let the sambar cook for 15-20 minutes, while making sure you stir occasionally.

Sambar is now ready to serve. Reheat on medium when ready to eat.

Ingredients for Coconut Chutney:

- 1 cup fresh shredded coconut
- 2 tablespoon of sev or peanuts
- 1-2 green chillies
- 1/2 teaspoon cumin seeds
- 1/4 cup chopped coriander
- 2 tablespoon plain yogurt
- Salt to taste

Ingredients for Tadka:

- 2 teaspoons oil
- 2 teaspoons mustard seeds
- 1 teaspoon urad dal
- 4-5 curry leaves

Instructions for Coconut Chutney & Tadka:

Add all of the ingredients for coconut chutney into a blender with ½ of water and blend until consistency is smooth.

Take a small saucepan, add oil, once the oil is hot, add mustard seeds and urad dal.

Once the mustard seeds and urad dal start to pop and make a crackle sound, add the curry leaves. Now quickly pour the mixture into the coconut chutney and mix well.

How to prepare Dosa:

Heat up cast iron pan on a medium-high heat. Take about a cup of dosa batter and add it into a small bowl. You might have to add some water in the dosa batter to make sure it's a pouring consistency. Make sure the pan is heated well before making dosa.

Lower the heat a little while spreading the batter. Take a ladle full of batter and pour at the centre of the pan and immediately start to spread the batter out into circular motion in one direction. Try to spread the batter as thin as possible. Right after spreading the batter turn the heat up to high. Drizzle some oil around the edges of the dosa and also some at the centre. Let it cook until the dosa is golden brown.

Use a flat spatula to remove the dosa from edges and roll or fold the dosa. Serve immediately with sambar and coconut chutney.



Poland

Gołąbki



rice



garlic



tomatoe



onion



lemon



kapusta

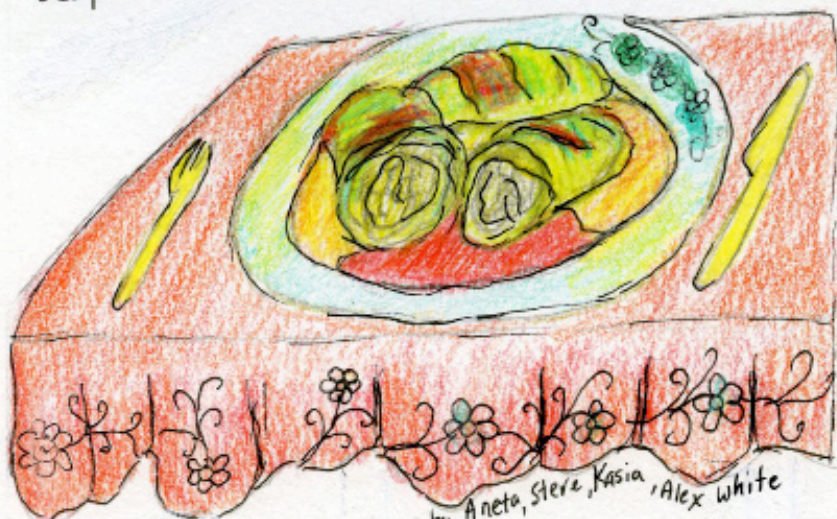


egg



beef - pork

INGREDIENTS:



Tools:



pot



skillet



chefs
knife



cutting board



zester



large
bowl



bamboo spatula

by Aneta, Steve, Kasia, Alex white

Artwork by Aneta White

Golabki (Polish cabbage rolls)

Country: Poland

Recipe provided by: Aneta White

Ingredients:

- Large cabbage head, green or Savoy
- 1 package of beef or pork, ground
- 1 onion, medium, white or yellow
- 3 cloves of garlic, minced
- 1/2 cup of cooked rice, Basmati or brown
- 1 teaspoon each of salt, pepper, Italian herb, parsley and rosemary
- 1/2 to 1 cup of broth, vegetable or beef
- 2 cans of crushed tomato sauce

Instructions:

Cook the rice, then chop onion and garlic and gently fry it on a pan. Once it's all ready wait for it to cool down.

Brown the beef or pork, add seasoning and broth and cook for 10 minutes, stir occasionally.

Meanwhile, hollow the cabbage, then transfer to a big pot and boil for 10-15 minutes.

Remove the cooked cabbage, separate the leaves and cut out thick ribs out of each big leaf. Place small leaves and those that ripped in the process at the bottom of your casserole dish.

In a large bowl, mix meat, cooked onion and garlic, rice, with seasonings. Put the stuffing on each cabbage leaf and roll the cabbage rolls. Make sure they are tightly compressed. Then place the rolls in your casserole dish.

Cover your rolls with 1-2 cabbage leaves and pour the crushed tomatoes over top. Cover with aluminum foil and bake for 40-45 minutes on 425F.

Serve with mashed potatoes and roasted vegetables.



Artwork by Sonia Almassad

Kibbeh

Country: Syria

Recipe provided by: Sonia Almassad

Notes from Sonia: Syrian fried kibbeh, also known as “kibbeh krass”, is a delicious dish made from ground meat, bulgur wheat, and aromatic spices.

Ingredients for the Kibbeh dough:

- 2 1/2 cups fine-ground bulgur wheat
- 500 grams of ground beef or lamb (or a mix of both)
- 1 large onion
- 1 teaspoon black pepper
- 2 teaspoon salt
- 2 teaspoons marjoram
- 1 teaspoon paprika
- Cold water
- Vegetable oil for frying

Instructions for the dough:

Wash the bulgur several times and leave it to soak at a cold temperature for about half an hour. Squeeze out excess water from the bulgur. You want it to be as dry as possible.

Add the salt, black pepper, paprika, and marjoram to the bulgur and mix it well.

Grind the bulgur, meat, and onions in a meat grinder. Add a little cold water or ice blocks while grinding if it's too dry, as they contribute to each other and give softness to the kibbeh. It is important to grind it twice to make the kibbeh.

Ingredients for the Kibbeh filling:

- 500 grams of ground beef or lamb
- 2 medium onions, finely chopped
- 1/2 teaspoon black pepper
- 2 teaspoon salt
- 1/2 teaspoon paprika
- 1 teaspoon allspice
- 2 tablespoons ghee
- 1/2 teaspoon cardamom (optional)
- 2 tablespoons pine nuts (optional)

Preparing the filling:

Put the ghee in a medium-sized pot and place the pot on medium heat.

Add the meat and stir until its water dries and turns brown.

Add the onions and stir for 2 minutes then add the salt, black pepper, allspice, paprika, and cardamom and pine nuts. Continue stirring for another one or two minutes or until the meat is fully cooked.

Remove from heat and let it cool.

Shaping and filling the Kibbeh:

Prepare a small pot and put a little water and ice so that you have cold water to form the kibbeh.

Wet your hands with a little cold water and take small handful of the kibbeh dough. Shape the kibbeh into a small ball and start by placing your finger in the center of the ball and wrapping the dough around the finger to form a hole in the ball of kibbeh dough.

Place a teaspoon of the filling inside the kibbeh ball. Close the dough well over the filling and shape the kibbeh into an oval shape with pointed ends and place it in a wide tray. Complete the formation of the rest of the kibbeh dough. Wet your hands with a little water whenever necessary while you are shaping the kibbeh.

You can shape the kibbeh into ovals, or you can shape them into small round discs. The choice is yours.

Frying the Kibbeh:

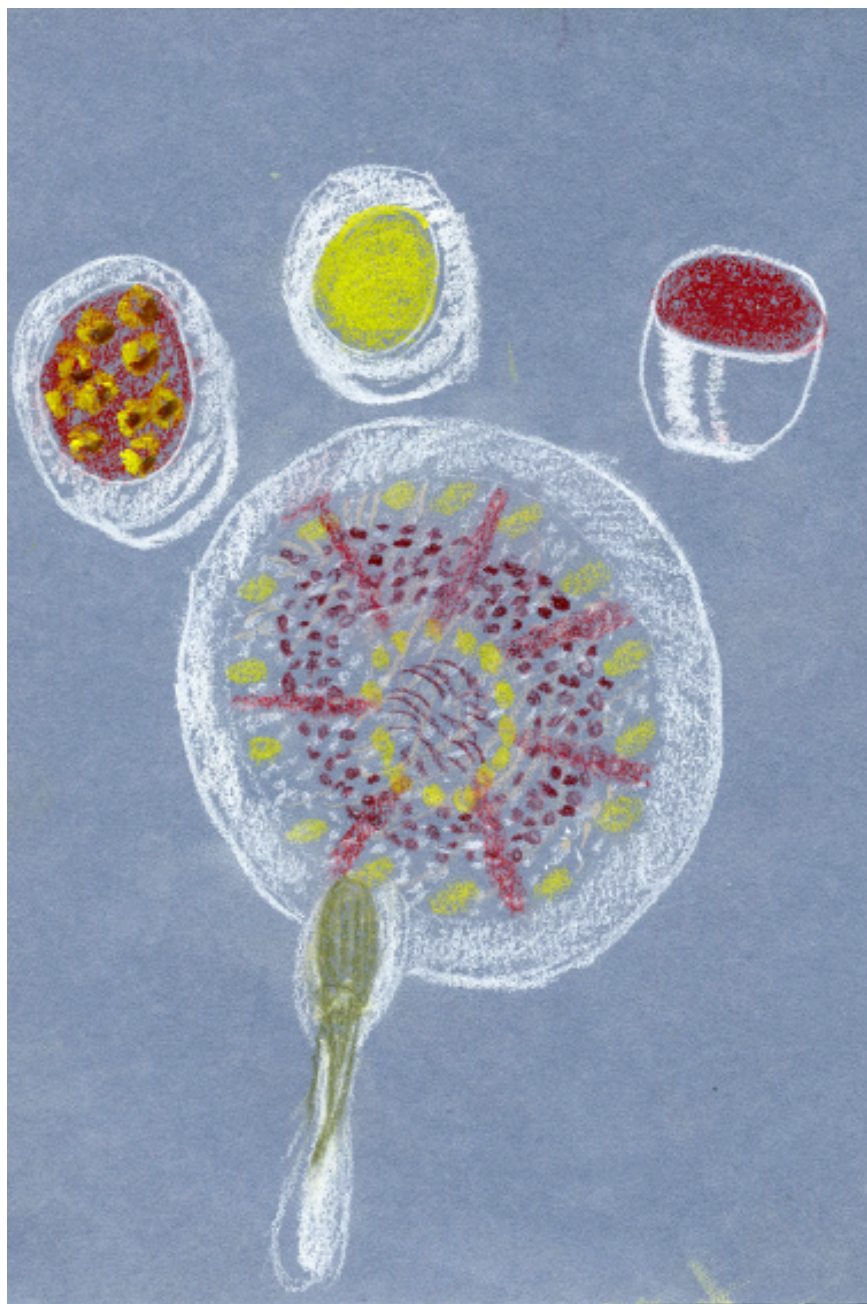
Heat vegetable oil in a deep-frying pan or pot to about 350°F (175°C).

Carefully place the kibbeh in the hot oil, a few at a time, and fry until they turn golden brown and crispy, which should take about 5-7 minutes.

Remove the fried kibbeh with a slotted spoon and place them on paper towels to drain any excess oil.

Syrian fried kibbeh is often served hot with yogurt, tahini sauce, or a simple salad.

Enjoy your homemade Syrian kibbeh!



Artwork by Sally Mohamed

Koshari

Country: Egypt

Recipe provided by: Sally Mohamed

Notes from Sally: Koshari is Egypt's national dish and a widely popular street food. It is often served with sprinklings of garlic vinegar and hot sauce.

Ingredients for the crispy onion topping:

- 1 large onion, sliced into thin rings
- 1/4 tsp salt
- 1/3 cup all-purpose flour
- 1/3 cup cooking oil

Instructions for topping:

Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.

In a large skillet, heat the cooking oil over medium-high heat. Cook the onion rings, stirring often, until crispy but not burned (15-20 minutes).

Ingredients for the tomato sauce:

- 1 tablespoon cooking oil
- 1 small onion, grated
- 2-4 garlic cloves, minced
- 1 teaspoon ground coriander
- 1/2 -1 teaspoon crushed red pepper flakes (optional)
- 1 can tomato sauce
- Salt and pepper, to taste
- 1-2 tablespoon white vinegar

Instructions for sauce:

In a saucepan, heat the cooking oil on medium-high. Fry the grated onion to a translucent gold (do not brown). Add the garlic, coriander, and red pepper flakes and saute until fragrant (30-45 seconds or so).

Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so). Stir in the vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

Ingredients for Koshari:

- 1 1/2 cup brown lentils, picked over and well-rinsed
- 1 1/2 cup medium-grain rice - rinsed, soaked in water for 15 minutes, drained
- 1/2 teaspoon each salt and pepper
- 1/2 teaspoon coriander
- 2 cups spaghetti noodles or other pasta
- Cooking oil
- Water
- 1 can chickpeas -- rinsed, drained and warmed

Instructions for Koshari:

Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).

Drain the rice from its soaking water. Combine the par-cooked lentils and rice in the saucepan over medium-high heat with 1 Tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 1/2 inches (about 3 cups). Bring to a boil, then cover and cook until all the liquid has been absorbed and both the rice and lentils are well-cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.

While the rice and lentils are cooking, make the pasta according to package instructions by adding the pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.

Cover the chickpeas and warm in the microwave briefly before serving.

To serve: Fluff the rice and lentils with a fork and transfer to a serving platter. Top with the pasta and 1/2 of the tomato sauce, then the chickpeas, and finally 1/2 of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

Auntie Patty's Mac & Cheese

Country: Canada

Recipe provided by: Pam Bieman

Ingredients:

- 1 750g package of elbow/marcaroni noodles
- 1 litre half and half cream
- 1 large block of cheddar or marble cheese
- 2 tablespoons butter
- Salt & pepper to taste

Instructions:

Boil noodles in salted water until almost done.

Strain water, put noodles in large bowl, then add 1/4 cup of cream, shredded cheese and butter, mixing until cheese melts. Add salt and pepper to taste.

Put into large baking dish. Leave 1 1/2 inches from the top.

Pour in remaining cream until it covers the noodles.

Put in oven at 365F for an hour or a little bit longer. You know what it should look like. After 30 minutes, add more cream if you like.

Mutton Pulao

Country: Pakistan

Recipe provided by: Humaira Hashmi

Ingredients:

- 3 lbs (1.5 kg) mutton, washed and cut in medium pieces
- 3 medium onions, sliced
- 5 cloves
- 12-15 whole black peppers
- 3 black cardamom pods
- 1.5 tablespoons garlic paste
- 1-inch piece of fresh ginger
- 1 tablespoon cumin seeds
- 1-2 pieces nutmeg
- Mace - 3 coverings
- 8-10 green chilli
- 1/2 cup yogurt
- Salt to taste
- 1/2 cup vegetable oil
- 3 cups basmati rice (washed and soaked for 30 minutes).

Instructions:

Put meat in a large pot of water. Add cloves, black peppers, 2 cardamon, nutmeg, mace, half cumin seeds, piece of ginger, 1 spoon of salt and half of the garlic paste. Bring to boil then let it simmer for one and a half hours or until meat is tender. Remove the meat and set aside.

Strain the broth and discard all spices.

Put oil in a large pan, let the oil shimmer then put sliced onions and fry it on medium heat until it turns golden brown. Add garlic paste, fry for a minute and add half cup of water and cover the pan with lid.

Add the mutton and fry it until oil gets separated. (on high heat). Add 6 cups of mutton broth, bring it to boil and add salt to taste. It's a right time to add green chillies.



Artwork by Humaira Hashmi

Add soaked rice and boil it for 10-12 minutes. Let rice soak all broth, When liquid is evaporated, wrap the lid with a clean kitchen towel and place the lid on pan. Let the rice get cooked in the steam on low flame. Remove the pan from stove when rice is perfectly cooked.

Mutton Pulao is traditionally served with mint raita (yogurt), fresh salad and kebab of choice.



Artwork by Karen Terpstra

Pancit (Filipino noodles)

Country: Philippines

Recipe provided by: Karen Terpstra

Ingredients:

- 250 grams rice noodles or cornstarch sticks (Bihon)
- 1 pound chicken thighs or ground pork or protein of choice
- 5 cups of water or chicken broth
- Oil for cooking
- 1 large carrot, sliced into matchsticks
- 1 cup celery, thinly sliced
- 1 onion, diced
- Garlic, minced
- 1 cup cabbage, shredded or sliced thinly
- 100 grams of snow peas (more if you desire)
- 1 tablespoon oyster sauce
- 1 Knorr chicken cube
- Lemon wedges and green onions for garnish
- 1.5 tablespoon soy sauce, or more to taste
- Salt and pepper to taste

Instructions:

Brown the meat in a wok or large pan. Once cooked, remove meat and set aside. If using chicken, place chicken in a pot and add 6 cups of water. Bring to a boil and simmer until chicken is cooked. Take chicken out, debone and cut into small pieces. Strain the liquid and set aside.

In the same wok, heat oil. Saute garlic and onions until fragrant. Add carrots, snow peas, celery and cabbage. Fry until slightly soft. Add cooked meat and a tablespoon of soy sauce. Set aside on a plate.

In the same wok, add 5 cups of broth from the chicken, if using. If you aren't using chicken, add 5 cups of water. Add 1/2 tablespoon soy sauce and chicken cube. Bring to a boil and stir until chicken cube is dissolved.

When the broth is boiling, add the noodles. Stir to break the noodles apart. Once noodles are cooked, add the stir fried meat and vegetables. Stir until evenly distributed. Add salt and pepper or soy sauce to taste. Garnish with green onions and serve with a drizzle of lemon.



Artwork by Kathleen Binns

Spaghetti Sauce

Country: Canada (Quebec)

Recipe provided by: Kathleen Binns

Ingredients:

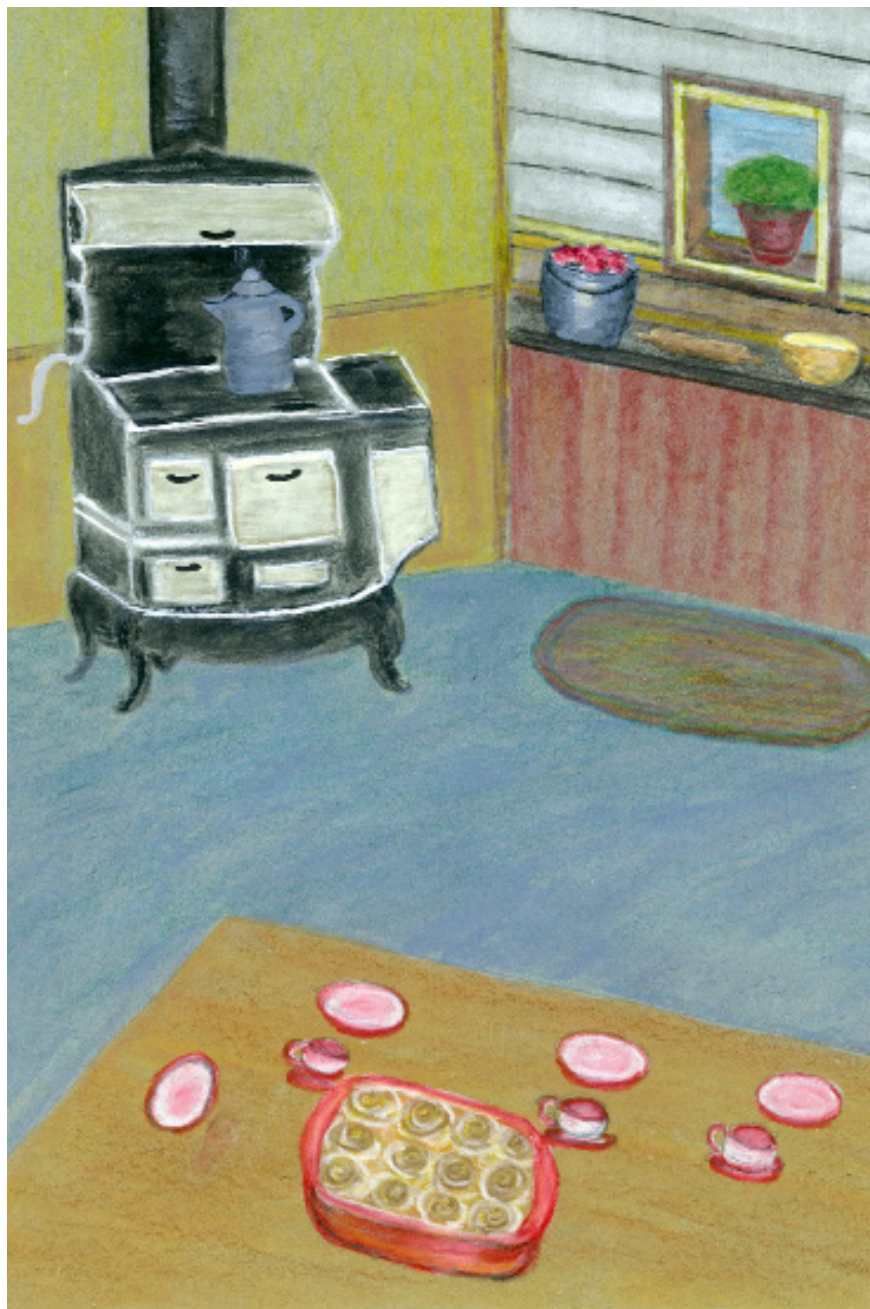
- 2 pounds ground beef
- 2 stalks of celery
- 1 onion
- 1 clove of garlic to taste
- 1 red pepper
- 1 green pepper
- 1 can of tomatoes
- 1 can of tomato soup
- 1 can of tomato paste
- 1 can of tomato sauce
- 1 bottle of chili sauce
- Soy sauce
- 1 Pepperoni sausage cut into rounds and if desired cut the rounds in half or quarters
- El Ma Mia spaghetti spices (full jar)
- Salt and pepper to taste

Instructions:

Start by cooking a little bit the celery, garlic, peppers, onion in a little oil. Add the ground beef.

When the meat is almost cooked, add the other ingredients. Leave to simmer for about 1 hour over low heat.

Serve over your favourite pasta.



Artwork by Lois Huyder

Apple Dumplings

Country: United States

Recipe provided by: Lois Huyder

Ingredients:

- 6 apples
- 1/4 C sugar
- Shake of cinnamon
- Pie pastry for a double crust pie

Syrup:

- 2 cups water
- 1 cup white sugar

Instructions:

Roll out pie pastry.

Cover with apples that have been peeled, then sliced or shredded (about 6 apples).

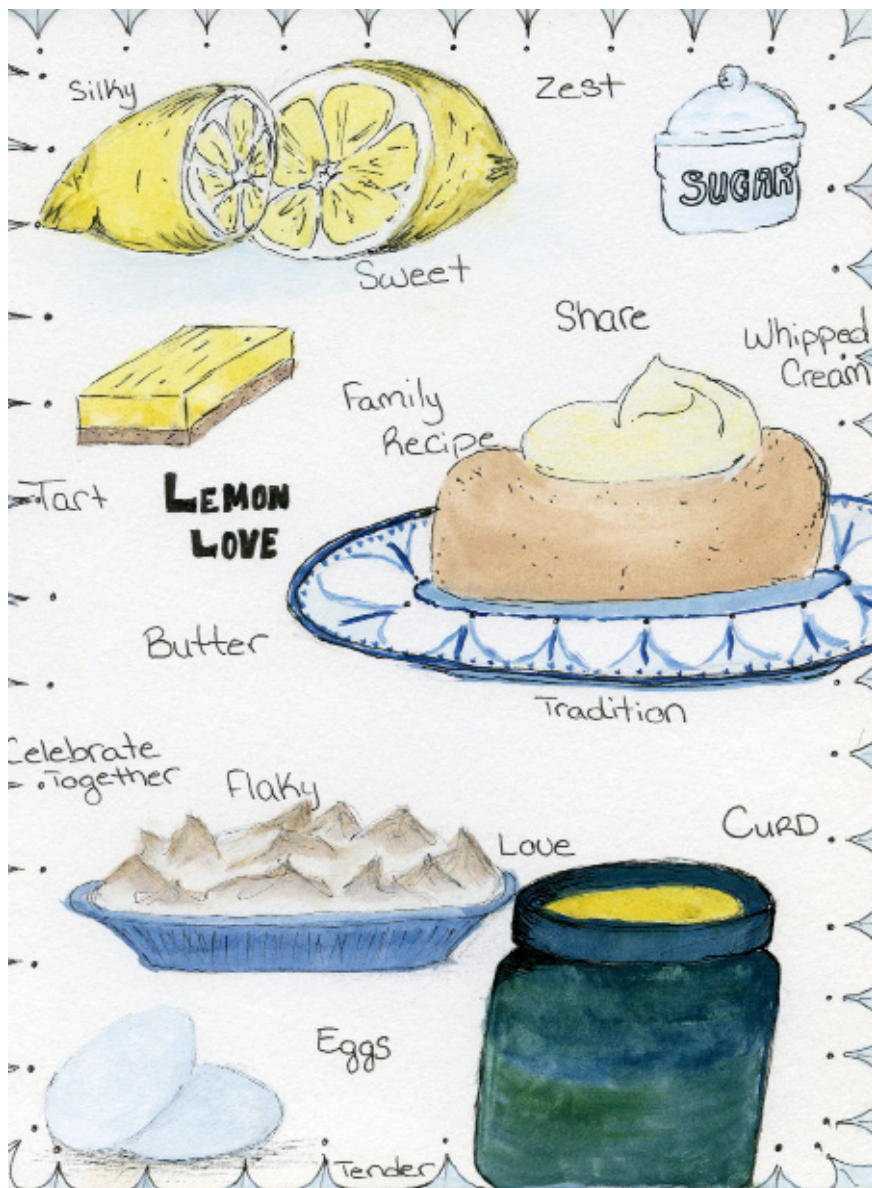
Sprinkle with white sugar (1/4 cup) and cinnamon.

Roll up and slice like you would a cinnamon roll. Cut sliced about 3/4 inches wide and place in a 9x13 baking dish. Leave a little space between the rolls.

Boil 2 cups of water with 1 cup of sugar to make a syrup. Pour over dumplings.

Bake at 425F for 15 minutes, then lower temperature to 375F, continue baking 40-45 minutes until lightly browned.

Serve warm or cold, great with a bit of cream.



Artwork by Gina Harris

Lemon Curd & Pie

Country: Canada

Recipe provided by: Gina Harris

Ingredients for Lemon Curd:

- 1 cup caster sugar
- 2 large lemons, juiced and zested
- 4 egg yolks, beaten (save the whites for meringue)
- 4 tablespoons butter

To make pie filling, add the following ingredients to the above:

- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1.5 cups water

Instructions:

Whisk together the curd ingredients, except the butter, in a heavy pot and bring to a gentle boil over medium heat. Stir constantly until the mixture thickens, about 10-15 minutes, then add in butter.

Pour into sterilized jars. Curd can be used on scones, in tarts, or mix with 2 cups freshly whipped cream to top individual sponge cakes.

If making pie filling, make the curd as instructed above, then whisk in flour, salt and water, boiling the mixture until thickened, adding in the butter at the end.

Once thickened, pour into a baked pie shell and top with meringue.

Ingredients for the Meringue:

- 4 egg whites
- 1/2 cup sugar

Instructions:

To make the meringue, beat the egg whites in a medium sized bowl until foamy. Gradually add the sugar, continuing to beat until stiff peaks form. Spread the stiff meringue over the pie filling and bake in a 325F oven until the meringue is golden brown, about 20 to 25 minutes.



Artwork by Kevin De Graaf

Oliebollen

Country: the Netherlands

Recipe provided by: Kevin De Graaf

Notes from Kevin: Oliebollen are enjoyed around New Year's celebrations. They are easy to make; a sweet and festive holiday treat.

Ingredients:

- 1/2 cup water (warm at 110F)
- 1/2 teaspoon granulated (white) sugar
- 3 teaspoons instant yeast
- 4 cups all-purpose flour
- 2 cups milk, at 110F
- 2 eggs
- 1/4 cups granulated sugar
- 1 teaspoon salt
- 4 cups vegetable oil
- 1/4 c powdered sugar

Instructions:

In a small bowl, add the warm water and mix with the sugar until the sugar has dissolved. Then mix in the yeast. Let it sit for 5-10 minutes until it starts bubbling and doubling in size.

Add the all-purpose flour, sugar, yeast mixture and eggs to a large mixing bowl. Mix with a whisk. Next, add in the warm milk in small increments and keep whisking until the dough is smooth. Cover the bowl with a damp towel and let the dough rise for 2 hours.

Add salt to the dough and carefully mix it in with a spatula. Then cover the bowl with the damp towel again and let it rest for another 2 hours.

Heat your oil in a medium-sized pan to 350F. Dip two spoons in oil and form a small dough ball with the spoons, no larger than 2 tablespoons. Now, let the dough ball drip into the hot oil. Do not overcrowd the pan. Fry the Oliebollen in small batches for about 1-1.5 minutes on each side (2-3 minutes total) or until golden brown. Let them rest on a baking tray for a few minutes. Repeat until all Oliebollen are fried. Sprinkle with powdered sugar.



Artwork by Yolanda Ritsema-Teeninga

Oliebollen (yum, yum)

Country: the Netherlands Recipe provided by: Yolanda Ritsema-Teeninga

Ingredients:

- 1 package dry yeast (2 1/4 teaspoon)
- 3 tablespoons sugar
- 1/2 cup lukewarm milk
- 2 eggs, well beaten
- 1/2 teaspoons vanilla
- 1 teaspoons salt
- 1 1/2 cups lukewarm milk
- 4 cups unsifted all-purpose flour
- 2 cups seedless raisins (some people use currants as well)
- 3 apples, peeled and diced
- Oil for frying

Instructions:

Soak together yeast, sugar, and 1/2 cup milk for 10 minutes.

Mix this with beaten eggs, remaining milk, vanilla and salt.

Beat in flour slowly (about 1 cup at a time slowly). Add raisins and apples.

Cover bowl and let rise 1 1/2 hours (or longer, if needed). Mixture should double in size.

Drop by heaping spoonful into hot frying oil. Turn if necessary, but balls may turn on their own as well. Remove from oil and place on paper towel to drain some of the oil. Let cool slightly and then enjoy dipping with icing sugar. Etsmaaklek!

Gelukkig Nieuw Jaar!



Halina
Zaleski

Artwork by Halina M. Zaleski

Peach Cobbler

Country: United States (Hawaii) Recipe provided by: Halina M. Zaleski

Notes from Halina: This cobbler was created in Hawaii using mango, but has been reinvented here using peaches.

Ingredients:

- 8 ounces cream cheese
- 1 1/4 cup brown sugar
- 3 eggs
- 1 1/2 cups whole wheat flour
- 1 1/4 teaspoon baking soda
- 6 peaches, diced (about 4 cups)
- 1 tablespoon lemon or lime juice

Instructions:

Cream cream cheese. Add sugar and continue to cream ingredients together. Beat in eggs.

Stir and beat in dry ingredients. Fold in peaches and lemon juice.

Pour into greased 28 x 18 cm greased pan. Bake at 350 F for 45 - 50 minutes.

peach season Family
farmers' market love
comfort food home
potluck nostalgia
the best!



Artwork by Kathryn Wettlaufer

Peach Kuchen

Country: Germany

*Recipe provided by: Kathryn Wettlaufer
Original recipe by Mrs. Mabel Silke*

Notes from Kathryn: This recipe was my grandmother's and she learned to bake on a Kitchener-area farm as a teenager. It definitely has German roots.

Ingredients:

- 2 cups sifted all purpose flour
- 1/2 teaspoon salt
- 1/2 cup butter or margarine
- 1 teaspoon cinnamon
- 2 egg yolks
- 1/4 teaspoon baking powder
- 1 cup sugar
- 12 peach halves (fresh, frozen or canned)
- 1/2 cup heavy or sour cream

Instructions:

Preheat oven to 375F.

Sift flour, baking powder, salt and 2 tablespoons sugar together. Work in butter with pastry blender until mixture looks like cornmeal.

Pile into a 9-inch pie pan and pat layer on bottom and sides of pan. Place peach halves over pastry, sprinkle mixture of cinnamon and sugar over and bake for 15 minutes.

Mix egg yolks and cream together and pour over kuchen and bake for 15 minutes longer at 350F.



Artwork by Bethany Ann Davidson

Plant-based Deep Dark Chocolate Cake

Country: Canada

Recipe provided by: Bethany Ann Davidson

Notes from Bethany: Mom and I modified this recipe from our dark moist and oh-so-chocolatey family favourite. This version uses less sugar, no eggs and no dairy...but it is still a delectable treat!

Ingredients:

In a cup, combine and let sit for 5 minutes:

- 1/3 cup cold water
- 2 tablespoons milled flax seed

Into a large bowl with steep sides, sift and combine dry ingredients:

- 1 cup sugar
- 1 3/4 cup flour
- 3/4 cup cocoa, well packed
- 2 teaspoons baking soda
- 1 teaspoon baking power
- 1/2 teaspoon salt

In a medium bowl, combine:

- Flax and water mixture
- 1 cup non-dairy milk (your preference or follow my 'vilk' recipe below)
- 1 cup strong coffee
- 1/4 cup coconut oil, melted
- 1/4 cup sunflower or other mild-tasting oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla

Instructions:

Pour wet ingredients into bowl with sifted dry ingredients. Use hand mixer or whisk to blend all ingredients together, making sure no lumps remain.

Grease and flour a 9x13" pan. Bake at 350F for 45 minutes or until toothpick inserted in the middle comes out clean.

Cool completely, top with your favourite icing (to make it stick to the roof of your mouth, follow my icing recipe below) and keep refrigerated if you plan not to enjoy it all in one go.

Sticky Peanut Butter Icing:

- 1 1/4 cups natural peanut butter
- 1/4 cup peanut oil (use oil separated from peanut butter, or use any other mild-tasting oil)
- 1 cup icing sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt

Stir icing ingredients together and spread on top of cooled cake.

Vilk:

To a high-powered blender, add:

- 3 cups of cold water
- 6-8 pitted dates, depending on size
- 12-16 raw almonds (about 2 tablespoons)
- 1 tablespoon hemp hearts
- 1 tablespoon oats (rolled, or quick, but not steel-cut)

Blend about a minute, until no chunks remain visible.

Pour concentrated milk out of blender, into a container that has a tight lid, with 3-6 more cups of cold water. Refrigerate immediately and keep cold. Separation is natural, so give your chilled milk a gentle swirl in the container before you enjoy it. This will keep any little bits on the bottom from getting into your cup.



Artwork by Sherry Richmond

Pumpkin Roll

Country: Canada

Recipe provided by: Sherry Richmond

Ingredients for Pumpkin Cake:

- 3 eggs
- 2/3 cup pumpkin puree. Note: 1 small can of pumpkin makes 2 cakes
- 1 cup white sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon baking soda
- 3/4 cup all-purpose flour

Instructions:

Cover a cookie sheet or jelly roll pan (pan must have sides) with parchment paper. Pour the mixture over the parchment paper. Optional: sprinkle with chopped walnuts or pecans

Bake 350F for 15 minutes. Remove from the pan and cool completely.

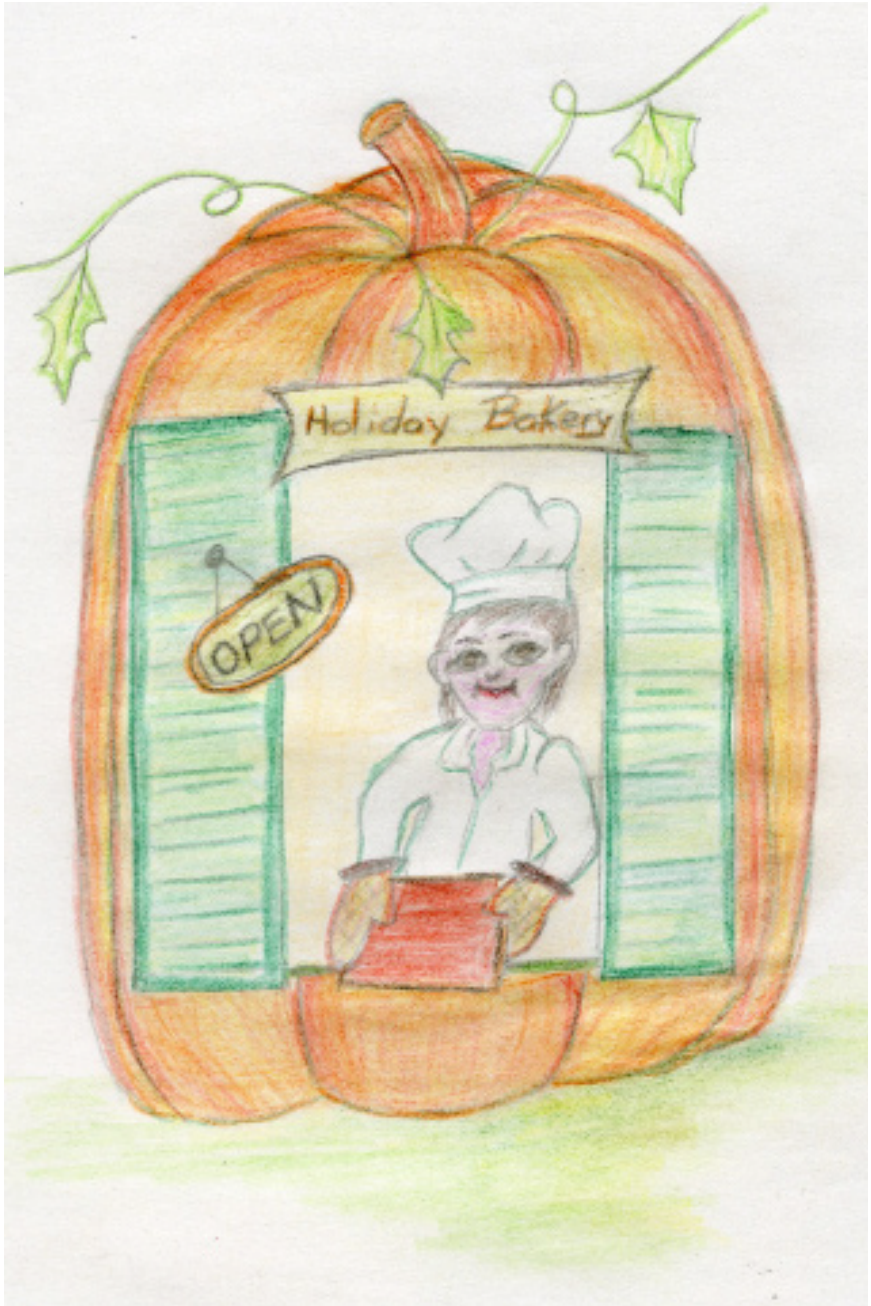
Ingredients for Filling:

- 2 tablespoons butter
- 3/4 teaspoon vanilla
- 8 ounces cream cheese
- 1 cup icing sugar

Instructions:

The filling recipe makes enough for two cakes.

Spread filling on the cake and roll the cake from the short side while pulling back the parchment paper. Wrap tightly in plastic wrap, then wrap again in foil. Cracks will heal as it cools. Best if allowed to sit overnight in the refrigerator before slicing.



Artwork by Sherry Richmond



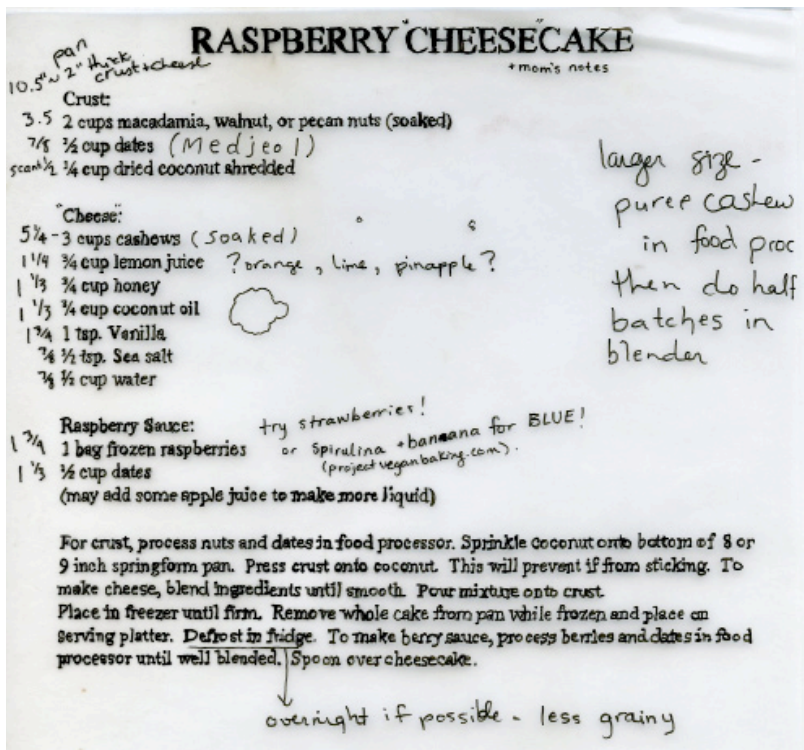
Artwork by Autumn Ducharme

Raspberry "Cheese" cake

Country: Canada

Recipe provided by: Autumn Ducharme

Notes from Autumn: This recipe was adapted from an original recipe from Angela Wisnoski. The recipe is shared below to show all the stains and the hand-written notes of a recipe handed down. The ingredients are also typed out below.



Ingredients:

Crust:

- 2 cups macademia, walnut or pecan nuts (soaked)
- 1/2 cup dates
- 1/4 shredded coconut

"Cheese":

- 3 cups cashews (soaked)
- 3/4 cup lemon juice
- 3/4 cup coconut oil
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 cup water

Raspberry sauce:

- 1 bag frozen raspberries
- 1/2 cup dates



Artwork by Lesley Zolob

Whiskey Pumpkin Pie

Country: Canada

Recipe provided by: Lesley Zolob

Ingredients:

- Roll out pastry for a large deep pie. (Your choice of recipe)
- 2 cups cooked pumpkin purée
- 4 eggs separated
- 1 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon grated nutmeg
- 1 tablespoon cornstarch
- 1/2 cup melted butter
- 1/3 cup 18% cream
- 1/3 cup whiskey

Instructions:

Beat together the pumpkin, sugar, egg yolks, and spices. Quickly add cream, melted butter, and whiskey and mix well.

Sprinkle corn starch over stiffly beaten egg whites and fold into the pumpkin mixture.

Pour into a pie shell and bake for 1 hour at 350F. Cool and serve with dollops of whipped cream.

Add a favourite recipe

Recipe title: _____

Country: _____ *Recipe source:* _____

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Instructions:

Add a favourite recipe

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Instructions:

