

Family Favorites



May 2020 Stay Safe Everyone!

Family Favorites

Contents

Recipe Title	Page
Amaretto Cheesecake	1
Basic White Sauce	3
Brian's Excellent Omelettes	4
Brian's Mushroom Sauce	6
Brian's Oil and Balsamic Vinegar Salad Dressing	8
Broccoli and Potato Cheddar Soup	9
Chicken Dressing / Turkey Dressing	10
Curry Base	11
Elaine's Quiche	12
Fluffy Basmati Rice	14
Gravy Base for Lamb, Chicken, Turkey, Beef or Pork	15
Maple Glazed Red Pepper and Spinach in Curry Cream with Penne	16
Quick Chicken Curry	18

Family Favorites

Contents

Recipe Title	Page
Tea Biscuits	20

Amaretto Cheesecake

Awesome

Cuisine: French

Source: Laurie S.

Graham Crumb Crust

1 1/2	cups	graham crumbs
3	tbsp	sugar
1/3	cup	melted butter

Filling

500	grams	cream cheese	softened
3/4	cup	brown sugar	
7	grams	gelatin, unflavoured	1 packet
1/2	cup	amaretto	or any almond liqueur
1	cup	whipping cream	
6	squares	semi-sweet chocolate	melted, then cooled

Crust:

Mix sugar and graham crumbs. Add melted butter and mix well. Press into deep dish pie plate. This amount could be increased by 1/2 for a deep dish pie in order to go all the way to the top. Bake at 325°F for 10 minutes. Cool for 1 hour before using.

Filling:

Melt 6 squares semi-sweetened chocolate and cool. This will stay soft for a long time.

Beat softened cream cheese, blend in brown sugar. Set aside.

In a saucepan combine 1 envelope gelatin and 1/2 cup liqueur. Let stand 5

Amaretto Cheesecake (cont'd)

minutes. Stir over low heat until gelatin dissolves, about 5 minutes. Stir constantly and do not overheat. Mixture should be smooth and clear, not lumpy. Remove from heat and let cool a bit.

Pour into amaretto and gelatin into cheese mixture.

Beat whipped cream. Fold into cheese mixture.

Set aside 1 cup of cheese mixture.

Fold chocolate into cheese mixture.

Spread all but 1/2 cup of the chocolate / cheese mixture into crumb crust. Pour the 1 cup cheese mixture over the chocolate layer. Take 1/2 cup of the chocolate mixture and swirl on top with a knife to give marbled effect. Chill 3 hours. Garnish with whole unblanched almonds dipped in chocolate.

Servings: 8

Yield: 1 deep dish pie

Basic White Sauce

This is the foundation for many recipes

Brian's dad was a great cook. He loved spending entire evenings in the kitchen and we often ate after 9. He shared this white sauce technique with me, and it has proven to be reliable.

Cuisine: British

Source: Brian K Sr.

2 tablespoons butter

2 tablespoons flour

1 cup milk

The secret to making a good white sauce is to cook the flour in the fat completely.

Melt butter in saucepan over medium heat.

Add flour. Mix well. Cook, stirring frequently for about 3 minutes. Flour will become a little frothy and the smell will change to a kind of toasted smell.

Add milk, 1/3 of a cup at a time. Each time you add the milk, stir the mixture until it becomes smooth. The mixture will get really thick the first, and maybe the second time. If you cooked the flour enough initially the lumps will eventually disappear.

To make a cheese sauce, add 1/3 of a cup or so of grated cheddar and serve over broccoli or cauliflower.

Many recipes will call for a white sauce, some thinner and some thicker depending upon the proportions of fat to flour. The technique will always be the same, cooking the flour in the fat and then adding liquid.

Brian's Excellent Omelettes

As good as any restaurant

In the early years of our marriage, Brian would lurk around the breakfast buffet chefs to see how they made their omelettes. This technique is the result.

Cuisine: French

Source: Brian

1	tbsp	vegetable oil	we use light tasting olive oil
1	rounded tsp	butter	
2	large	eggs	
1/3 to 1/2	cup	chopped veggies	can use onion, red pepper, tomatoes, mushrooms
1/4	cup	grated cheddar	or less, as desired
		seasoned salt	to taste
		seasoned pepper	to taste

Use an 8 inch non-stick frying pan with rounded sides.

Heat oil and butter over medium high heat (4 to 5 on gas).

Add veggies and saute gently until softened.

Beat eggs with fork until uniform in colour and slightly frothy.

Pull veggies into center of pan and pour eggs over them. This will spread the veggies out again.

Gently pull edges of eggs toward the center of pan with spatula, lifting gently and tilting the pan so the uncooked eggs run underneath. Keep doing this until the omelette is about 2/3 cooked and firm enough to flip. The underside should be golden brown. Throughout the whole process, the eggs should move in the pan rather than sticking to it.

Flip the omelette and cook the other side until golden. Flip again, mainly to get the nice wavy side on the bottom of the pan so it becomes the outside. I have trouble flipping the eggs, so I slide them onto a plate and invert it to put them back.

Brian's Excellent Omelettes (cont'd)

Put the grated cheese on one half of the omelette. Leave in pan for a minute or so. Slide omelette onto a plate cheese edge first , allowing opposite side to fold over cheese side. The cheese will finish melting with the heat of the omelette covering.

Put in a warm oven until ready to serve.

Brian's Mushroom Sauce

This flavourful mushroom sauce is a nice vegetarian alternative concentrated for freezing

Cuisine: Italian

Source: Brian K. sr. based on
Crockery Cookery page 129

2	large	onions	chopped
3 1/2 to 4	lb	mushrooms	finely chopped to give a less runny texture
2	large cans	tomatoes	chopped
1	12 oz can	tomato sauce	
5	6 oz cans	tomato paste	
3	cloves	garlic	minced, more if you like
2	packages	vegetarian beef boullion	no liquid, just the seasoning mix that would be used for 2 cups
2	tbsp	brown sugar	
2	tbsp	dried parsley	
2	tsp	dried oregano	
2	tsp	dried basil	
2	tsp	Italian seasoning	
1	tbsp	crushed chili peppers	
2	tsp	salt	
1/2	tsp	black pepper	

Chop onion into medium sized chunks, stir fry until soft, place in pot. Slice mushrooms with a 4mm food processor blade, stir fry until soft, place in pot. Brown ground beef, drain fat and add to pot. Add remaining ingredients and mix well. Cook in a slow cooker on low for 8 hours. Place in containers and freeze. When ready for use add equal parts sauce with canned tomato sauce and reheat.

Brian's Mushroom Sauce (cont'd)

Enjoy!

Servings: 45

Brian's Oil and Balsamic Vinegar Salad Dressing

Simple and quick and great on greens with bell peppers and feta cheese

Cuisine: North American

Source: Brian

1/4	cup	oil, olive	
1/4	cup	balsamic vinegar	
1/4	tsp	garlic powder	or to taste
		salt and pepper	equal amounts
1	tsp	oregano, dried	or to taste

Mix oil and vinegar. You can change the ratio if you prefer it to have a stronger balsamic vinegar taste.

Add other ingredients and adjust to taste.

Broccoli and Potato Cheddar Soup

Limited dairy products yet still creamy and full flavoured

I like creamy soups, but I find they can be too rich if you use a white sauce or too much cheese. The potato seems to give the right texture that I'm looking for.

Cuisine: North American

Source: Elaine

1	head	broccoli	
3	cloves	garlic	
1	large	onion	
6	cups	vegetable boullion	
2-3	tablespoons	olive oil	
1	stalk	celery	
1	medium	potato	
1/2	cup	old cheddar	grated
		salt	
		pepper	

Fry onion, then garlic in olive oil. When soft, add cubed potato and a couple of cups of boullion and cook till potato starts to become tender.

Add broccoli, celery and rest of boullion and cook until broccoli is tender and potatoes are soft.

Puree using hand blender.

Add cheese, reheat and season with salt and pepper.

Chicken Dressing / Turkey Dressing

Smooth tasty dressing.

Cuisine: North American

Source: Jackie K.

2	cups	potatoes	mashed, about 3 large potatoes
1	cup	bread crumbs	
1/4	tsp	pepper	
1/2	tsp	salt	
1	tsp	rosemary	or sage
4	tbsp	butter	melted
1/2	medium	onion	chopped or just processed (not too runny)

I used to stuff the bird by lining the cavity with tinfoil, mixing the ingredients together and stuffing the bird. With a vegetarian in the family, I now prefer to cook it all in tinfoil outside the bird, which also speeds up the whole process.

For a good sized turkey I multiply by 3. I have multiplied by 4 but that makes a lot!.

To cook outside the bird, form into a square inside a large piece of tinfoil. Poke with fork a couple of times. Put in the oven for for the last hour or two with the turkey,

Servings: 6

Curry Base

Use this as a base for any curry, vegetable, chicken, etc.

We learned this recipe and a few other basic ones from a lovely man who used to own a local Indian restaurant called Samosa Plus. Steve had a few loyal customers, and one weekend in the fall many years ago - in the early 90s I think - we all gathered to learn how the magic was created. He taught us this base recipe and we have used it ever since - usually with chicken and sometimes with vegetables.

Cuisine: Indian

Source: Steve from Samosa Plus

2	large	onions	chopped
5	large	garlic beans	chopped (8-10 small)
1	inch square	ginger root	peeled
1	tsp	cumin seed	level
3	tbsp	vegetable oil	3-4 is ok

In food processor combine onions, garlic and ginger. In pot or wok over med/high heat add cumin seed to oil. When cumin seed is brown and floating on oil, add processed onion, garlic and ginger. This base can be used for all curries and rice. This amount of base is appropriate for one 2.5 to 3 lb chicken (bone in), 1 large head of cauliflower or 4 cups uncooked rice.

Servings: 8

Elaine's Quiche

This quiche calls for feta and spinach, but broccoli, ham and cheddar can substitute

Cuisine: French

Source: based on a TV Guide recipe

2	9 inch	unbaked pie shells	I use Tenderflake all vegetable deep dish
1	10 oz pkg	frozen spinach	chopped and squeezed to drain
1/3	cup	onion	chopped
1/2	cup	red pepper	diced
1+	cup	feta cheese	crumbled or a little more
2	tbsp	black olives	chopped, optional
6	medium	eggs	
2	cups	light cream	I use 5%
3/4	tsp	basil, dried	
1/2	tsp	sea salt	to taste
1/8 to 1/4	tsp	pepper	to taste

Preheat oven to 425°F. Drain and squeeze spinach dry. Spread evenly over bottom of pie shell. Sprinkle with onions, feta, red pepper and olives if you are using them. In a medium bowl, beat together eggs, cream, basil, salt and pepper. Pour over filling and bake 10 to 12 minutes, until pastry edges start to brown. Reduce oven temperature to 350°F and bake another 20 to 25 minutes, or until centre of quiche is set. Serves 4 to 6. Can substitute ham, broccoli and cheddar, bacon, etc.

If using fresh spinach, this can take 40-45 minutes to bake because more liquid is created. I will cover with foil after a while if it looks like it is going to brown too much..

Use pie protectors if you have them.

Elaine's Quiche (cont'd)

Servings: 6



Fluffy Basmati Rice

We cook a lot of our rice this way

1	cup	basmati rice	
5 or 6	cups	water	we don't usually measure, just lots of water in the pot
	pinch	sea salt	

Bring water to a boil on top of stove. Add salt.

Add basmati, return to boil and set timer for 11 minutes.

When done, drain in collander and rinse with cold water.

You can steam in collander on stovetop to reheat or microwave as needed.

Rice cooked this way stays light and fluffy which is the way we prefer it.

Gravy Base for Lamb, Chicken, Turkey, Beef or Pork

Our method for making the most fantastic gravy

Brian's dad was a great cook. Dishes that he cooked were never the same twice. Thankfully he shared all of his recipes with us and taught my husband how to cook.

Cuisine: British

Source: Brian K. Sr.

1	part	flour	
1	part	fat, drippings	
		cold water	to desired thickness of gravy
	splash	soy sauce, dark	to taste
1-2	tsp	brown sugar	
		seasoned salt and pepper	to taste
1/4 to 1/3	cup	red wine	to taste
1-2	tbsp	dried parsley	

Pour drippings into gravy pan. Add equal amount of flour. Cook the flour until the color changes (it actually smells different too), this is the secret to not having lumps. Add cold water, a bit at a time, stirring vigorously to keep a smooth paste. Once solution is fairly liquid you can add a fair bit of water.

Add dark soy, brown sugar, seasoned salt and pepper and red wine regardless of type of gravy you are making.. Add parsley last.

Beef: worcestershire sauce, dry mustard, parsley, 1 beef seasoning packet or cube (amount for 1 cup liquid)

Turkey savory, rosemary, parsley, chicken bouillion (1 to 1 per cup of water that you added). Remember to render the fat from the turkey drippings first by pouring off, chilling and letting the fat rise.

Lamb; oregano, lemon, beef bouillion

Maple Glazed Red Pepper and Spinach in Curry Cream with Penne

Mildly curried flavour, based on a chicken dish created for G8 summit in Halifax in 1995

Cuisine: North American

Source: Lainey

1	medium	onion	chopped fine
3	cloves	garlic	minced
1	tsp	chives, fresh	chopped
1	whole	red pepper	diced
2	cups	spinach	optional
2	tbsp	olive oil	
2	tbsp	butter	
1	tsp	sugar	
2	ounces	maple syrup	
0.75	cup(s)	vegetarian chicken stock	or 1 can
0.5	cup(s)	5% or 35% whipping cream	you can use up to 1 cup
2	tbsp	curry paste, mild	we use Patak's
	pinch	hot chilies	
	pinch	fennel seeds	optional
3	tbsp	cream cheese	softened
3	cup(s)	penne pasta	uncooked

Put pot on to boil for pasta. Chop onion and garlic. Saute garlic and onion in oil and butter in a large frying pan for about 5 minutes over medium heat until they turn golden brown. Add the sugar (which will caramelize the vegetables) and mix. Saute for another minute and add the maple syrup. Cook for a minute and add

Maple Glazed Red Pepper and Spinach in Curry Cream with Penne (cont'd)

curry paste. Mix thoroughly and cook for a minute more. Now add the chicken stock and cream and boil gently until reduced by half. If you like add the fennel seeds now. When the sauce is reduced, add diced peppers, chives and chillies and simmer for a minute or two. Add spinach. Add softened cream cheese (microwave if necessary) to the pan. Stir it in until it's well blended. Add the cooked pasta and toss to coat. Serve in soup plate with garlic bread. Enjoy!

Servings: 4

Yield: about 6 cups

Quick Chicken Curry

Uses curry base recipe to make a quick curry

Full disclosure - I am a so-so cook. When I make something it will be the same each time. Consistent and a little boring. Brian will take the same recipe and make it incredible! Must be because he loves cooking so much!

Cuisine: Indian

Source: Steve from Samosa Plus

1	regular	curry base recipe	
3	tblsp	Pataks curry paste	I use vindaloo, or hot. Madras would be milder
3	pieces	boneless chicken breast	about 3/4 lb, chopped into bite sized pieces
1 1/2 to 3	cups	chicken bouillion	enough to cover meat
1	cup	canned diced tomatoes	
1	tsp	garam masala	
1/4 to 1/2	tsp	cayenne	to taste, and especially if we have colds!
1	tblsp	tomato paste	
1/2	cup	plain yogurt	optional, we rarely use

Add Patak's paste to curry base in pot. Cut chicken into serving sized pieces and cook in the base/paste mixture for a few minutes until outside of chicken is cooked. Cover with water and/or bouillion and cook until chicken is done. I usually add a cup or so of canned diced tomatoes, maybe some peas. Brian gets fancier, adds a bit of garam masala and a couple of tablespoons of tomato paste as well. Adding the plain yogurt improves both flavour and texture but is not necessary. He often adds fresh cilantro just before serving. Enjoy!

PS This base/Patak's mixture works well with just veggies. I use cauliflower, potatoes, carrots and broccoli and often tomatoes and peas.

Servings: 3

Quick Chicken Curry (cont'd)



Tea Biscuits

My mom used to make these often, sometimes a sweetened version for Strawberry Shortcake

Cuisine: North American

Source: Mom J.

2	cups	flour	
1	tbsp	baking powder	
1/2	tsp	salt	
1/2	cup	shortening or butter	surprisingly, I like shortening is better
2/3 to 3/4	cups	milk	
1/4	cup	sugar	optional, for sweet biscuits

Stir dry ingredients. Cut in shortening. Add milk and mix just until moist and dough sticks together.

Roll or pat out until flat and 1 " thick. For shortcake add about 1/4 cup sugar.

Bake 10 to 12 minutes at 450°.