

Dalkeith Bicentennial Heritage Cookbook



Proudly presented by
Dalkeith Historical Society

Taken from the Household Guide Published
by J. L. Nichols & Co.
23th Edition, 1893.

Woman

“They say that man is mighty
He governs land & sea
Wields a mighty sceptre
O'er lesser powers that be
But a mightier power & stronger
Man from his home has hurled
And the hand that rocks the cradle
Is the hand that rules the world”

Poem first written by William Ross Wallace, 1881



Dalkeith Community Heritage Cookbook

Proudly Published Locally By

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Green Valley, Ontario**

Many people contributed to making this cookbook a reality.
Some are listed along with the recipe(s) they provided. Other people
helped in various ways. We thank those who collected the recipes, those
who typed them up, those who supplied photos, those who helped
organize the collection, the proofreaders & the printers- we thank you all
for taking the time
to get involved and making a difference.

A special thank you for use of "Family Favourites Cookbook"
presented & printed by the Ladies of St. Paul's Catholic Church circa
1960's

such recipes are marked with a *

Enjoy the cookbook !

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Legend

tsp for teaspoon

tbsp for tablespoon

°F for degrees Fahrenheit

pkg for package

c for cup

oz for ounce

po pour ponce

c. à thé pour cuillère à thé

c. à table pour cuillère à

table

g pour gramme

There are others you may want to add to the above list.

Note: Donated handwritten recipes were typed up as given. Some recipes were given in memory of others & are marked with ++. St Paul's Ckbk entries are marked with an *. In some cases changes were made. We regret any errors. We hope we did not miss any recipes. We offer a big thank you to all our contributors.

Note: This heritage cookbook was created in part as a special way to keep the memories of our ancestors alive by preserving recipes that have a connection to them & their descendants.

Starter Recipes

(Includes appetizers, soups, & beverages)



**Mrs. Catherine Clark Robertson
was mother of 3 children, wife of William
Robertson, supported her father, (Rev Daniel Clark)
helped run the household, was involved in her
husband's businesses, cooked and organized
many meals & festivities.**

From The Art of Cooking - 1894 Style

"The number of inhabitants who may be supported in any country upon its internal produce depends about as much upon the state of the art of cooking as upon that of agriculture; but if cookery be of so much importance, it certainly deserves to be studied with the greatest of care. Cookery & agriculture are arts of the world" (quote from Count Rumford's works vol. 1-1894)

The importance of the art of cooking is very great; indeed from the richest to the poorest the selection & preparation of food often becomes the chief object in life. The rich man's table is luxuriously spread; no amount of money is spared in procuring the rarest delicacies of the season. Art & nature alike contribute to his necessities. The less wealthy have, indeed fewer resources; yet these may be greatly increased by the knowledge of what may be called trifling details & refinement in the art of cookery, which depends much more on the manner of doing a thing than on the cost attending it. To cook well, therefore, is immensely more important to the middle & working classes than to the rich, for they who live by the "sweat of their brow" whether mentally or physically must have the requisite strength to support their labor. Even to the poor, whose very life depends upon the produce of the hard earned dollar, cookery is of greatest importance. Every man, woman & child should learn to be a good cook. We venture to give a few hints. In the selection of provisions, the best is generally the cheapest. Half a lb of good meat is more nutritious than 3 times the amount of inferior. As to vegetables, use fresh. Above all, where an income is small be careful that all nourishment is retained by careful cooking. Let all cooking utensils be clean & in order as to not waste time & money

.

Cucumber Aspic Dolores Lefebvre Archer

| | |
|----------------------------|-----------------------------------|
| <i>1 pkg. Lime Jello</i> | <i>1 tbsp. vinegar</i> |
| <i>1 c hot water</i> | <i>1 green onion, chopped</i> |
| <i>when partly set add</i> | <i>1 medium carrot, chopped</i> |
| <i>1 c cottage cheese</i> | <i>1 medium cucumber, chopped</i> |
| <i>½ c mayonnaise</i> | <i>parsley</i> |

Refrigerate for a few hours. Delicious with cold meat etc. Good Luck.

Shrimp Dip Thérèse L'Ecuyer

| | |
|--------------------------------------|---|
| <i>1 small can tomato soup</i> | <i>1 c miracle whip</i> |
| <i>1 c onion, finely chopped</i> | <i>16 oz. Philadelphia cream cheese</i> |
| <i>1 c celery, finely chopped</i> | <i>2 envelopes unflavoured gelatin(Knox)</i> |
| <i>2 small cans shrimp (cleaned)</i> | <i>see pkg instruction plus warm water</i> |

Mix onion, celery and shrimp together with tomato soup and miracle whip. In top of double boiler melt cream cheese. In warm water soften gelatin. Add melted cheese and gelatin to shrimp mixture. Store in fridge one day before serving.

Toast Cups Cathy MacNaughton

| | |
|---|--------------------------------------|
| <i>8 slices bread, buttered on both sides</i> | <i>3 tbsp flour</i> |
| <i>1 c milk</i> | <i>1 small onion, finely chopped</i> |
| <i>¼ c butter</i> | <i>several mushrooms, chopped</i> |
| <i>dash black pepper</i> | <i>1 small can flaked turkey,</i> |
| <i>pinch cayenne pepper</i> | <i>chicken, ham or salmon</i> |
| <i>1 tbsp lemon juice</i> | |

Trim crusts from bread slices. Place in muffin tins and brown in oven. Make cream sauce with milk, butter, black & cayenne pepper, lemon juice and flour. Brown onion & mushrooms. Add your choice of meats. Heat mixture on top of stove until bubbly. Put in pre-browned toast cups and place in oven until hot (about 8 minutes).

Elaine's Salmon Pâté Eileen (MacLeod) Hamre

| | |
|-----------------------------|--------------------------|
| <i>1 tin Sockeye salmon</i> | <i>3 tsp horseradish</i> |
| <i>8 oz cream cheese</i> | <i>2 tsp lemon juice</i> |

Mix together. Good on crackers.

Tomato Aspic Jean MacLennan

| | |
|---------------------------------|---|
| <i>3 ½ c tomato juice</i> | <i>1 pkg Lipton tomato soup</i> |
| <i>2 pkg (85 g) lemon jello</i> | <i>Opt. ingredients: celery, cooked peas,</i> |
| <i>1 tbsp vinegar</i> | <i>¼ c green onion,</i> |
| <i>1/8 tsp pepper</i> | <i>¼ c green peppers,</i> |
| | <i>1 can drained shrimp</i> |

Boil soup mix and tomato juice for 10 minutes. Remove from heat and add jello, vinegar and pepper. Add one or several of the options and pour into mould. Chill. Delicious with or without extras.

Baked Glengarry Eggs Anne McKenna

| | |
|------------------------------------|-------------------------------|
| <i>3 tbsp chopped onion</i> | <i>¼ c breadcrumbs</i> |
| <i>3 tbsp chopped green pepper</i> | <i>½ c grated cheese</i> |
| <i>4 tbsp butter</i> | <i>2 tbsp beer (optional)</i> |
| <i>6 eggs</i> | |

Fry chopped onion and chopped green pepper in butter until slightly brown, and then pour into a baking dish. Break eggs into this dish, being careful not to break the yolks. Mix breadcrumbs with grated cheese and sprinkle over eggs. Cover each egg with beer (optional). Bake in a moderate oven until eggs are set but not hard. Serve in baking dish.

Anneaux aux Oignons Croustillants Andr  a Berry*

| | |
|--|-------------------------------------|
| <i>½ tasse farine</i> | <i>½ tasse farine bl   d'inde</i> |
| <i>1 c.    th   sel</i> | <i>1 c.    th   poudre    p  te</i> |
| <i>1 c.    th   d'huile v  g  tale</i> | <i>2 oeufs, battus</i> |
| <i>½ tasse lait</i> | <i>1 lb gros oignons</i> |

Trancher les oignons et s  parer en anneaux. Tamiser ensemble la farine, la farine au bl   d'inde, le sel et la poudre    p  te. Ajouter l'huile v  g  tale, les oeufs et le lait. M  langer tr  s bien. Cuire dans l'huile chaude (375  F) pour 2-3 minutes sur chaque c  t   jusqu'au temps qu'ils soient dor  s. Egoutter sur les papiers absorbants. Saler et servir chaud.

Macaroni Salad Ann MacDonell

| | |
|--|---|
| <i>2 c macaroni, cooked & cooled</i> | <i>Mix together the following and pour</i> |
| <i>2 ripe tomatoes, chopped</i> | <i>over ingredients listed on the left:</i> |
| <i>1 green onion, chopped</i> | <i>2/3 c sugar, 1/2 c oil, 1/3 c ketchup,</i> |
| <i>1/2 green pepper, chopped</i> | <i>1 tsp salt</i> |
| <i>1/4 c cucumber, chopped</i> | <i>1/4 tsp pepper, 1 tsp paprika</i> |

Spinach Dip Eileen MacGillivray

| | |
|--|---|
| <i>1/2 pkg spinach (fresh or frozen)</i> | <i>1 1/2-2 cups of sour cream</i> |
| <i>1 can water chestnuts</i> | <i>1 cup mayonnaise</i> |
| <i>3 shallots or green onions</i> | <i>1 pkg Knorr's vegetable soup mix</i> |
| <i>dash of Worcestershire sauce</i> | |

Cook spinach having drained well (overnight is good). Chop very fine. Drain chestnuts and chop very fine. Chop shallots very fine. Crush soup mix large pieces with rolling pin. Combine all ingredients. Pour the dip into a loaf of round pumpernickel or dark rye bread which has been hollowed out, leaving about 1 inch thickness of bread. Tear the bread which has been removed into bite-sized chunks and use for dipping. For extra bread to dip, a loaf of French bread may be cut into cubes and arranged on the tray.

Spinach-Cheese Mushroom Caps Eileen Gauthier

| | |
|---|--|
| <i>24 large fresh mushrooms</i> | <i>thawed and well drained</i> |
| <i>1/4 c chopped onion</i> | <i>1/2 c plus 2 tbsp shredded</i> |
| <i>2 garlic cloves, minced</i> | <i>parmesan cheese, divided</i> |
| <i>1 tbsp olive oil or vegetable oil</i> | <i>1/2 c crumbled feta cheese</i> |
| <i>1pkg (8 oz)cream cheese, softened</i> | <i>1 bacon strip,cooked & crumbled</i> |
| <i>1pkg (10 oz)frozen chopped spinach</i> | <i>1/2 tsp salt</i> |

Remove stems from mushrooms: set caps aside. Finely chop the stems. In a skillet, sauté the chopped mushrooms, onion and garlic in oil until tender. In a mixing bowl beat cream cheese until smooth. Add the spinach, 1/2 cup parmesan cheese, feta cheese, bacon, salt and mushroom mixture. Spoon into mushroom caps. Sprinkle with remaining parmesan. Place on a baking sheet. Bake at 400° F for 15 minutes until golden brown. N.B. stuffing mixture may be frozen. Thaw & follow directions above

Smashed Peas Dip Frances Fraser

| | |
|-----------------------------------|---------------------------------------|
| <i>¼ c finely chopped onion</i> | <i>3 sprigs of thyme, leaves only</i> |
| <i>1 ¼ c blanched frozen peas</i> | <i>2 tsp lemon juice</i> |
| <i>¼ c grated cheese</i> | <i>2 tbsp olive oil</i> |

In a small skillet, over medium heat, add olive oil & onion. Cook stirring often, until onion is soft & translucent, about 4 min. Transfer mixture to food processor. Add peas, cheese, and thyme & lemon juice. Process until just blended-you want it on the chunky side. Season to taste with salt & pepper. Cover & let sit in fridge 2 hrs before serving on baguette slices.

1915 Anchovy Toast with White Sauce Mary MacDonald++

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|------------------------------|---|
| <i>New milk</i> | <i>1 gill fresh cream (-old scotch- ½ pt)</i> |
| <i>1 ea-bay, laurel leaf</i> | <i>10 anchovies</i> |
| <i>6 eggs</i> | <i>2 rounds (slices) of bread</i> |

Boil half a pint of new milk with a bay & a laurel leaf. Beat 6 eggs leaving out 2 of the whites. Take out the leaves & mix the eggs & milk together. Add a gill of thick fresh cream & stir over a gentle fire till it begins to thicken; let it stand to get cold, stir it frequently while cooking. Scald 10 anchovies, scrape them & remove the bones, pound the fish to a smooth paste. Cut 2 rounds of bread, without crust, off a small loaf, 1 day old, toast it on both sides & well butter it with fresh butter. Spread ea piece of toast with anchovy paste, lay one on the other & cut them into 6 pieces, pour over the white sauce & serve. The bread to be ½" thick.

Broccoli Salad Flora (MacLeod) Poulton

| | |
|--|-----------------------|
| <i>2 or 3 bunches of broccoli (chopped)</i> | <i>Dressing</i> |
| <i>1 cup of cranraisins, or just raisins</i> | <i>3-4-tbsp sugar</i> |
| <i>¼- ½ c chopped red onion</i> | <i>½ c mayonnaise</i> |
| <i>1 c chopped walnuts</i> | <i>1 tbsp vinegar</i> |

Mix into broccoli mixture. Let sit in fridge 6-8 hrs. Add 1 cup of shredded cheese just before serving

Joan's Mozzarella, Tomato and Basil Salad

Joan MacSweyn MacMillan

| | |
|--|---------------------------------|
| <i>4 medium tomatoes, sliced</i> | <i>1 garlic clove, crushed</i> |
| <i>1/2 lb mozzarella cheese, thinly sliced</i> | <i>1/2 tsp dried basil leaf</i> |
| <i>1/3 c olive oil</i> | <i>1/8 tsp salt</i> |
| <i>2 tbsp red wine vinegar</i> | <i>ground pepper</i> |

Overlap alternate slices of cheese and tomato on a platter or in a wide salad bowl. Then whisk together until blended olive oil, vinegar, garlic, basil leaf, salt and pepper. Drizzle dressing over tomato and cheese. Let marinate at room temperature one hour before serving. Serves 6-8.

Beef and Broccoli Salad Anne MacGillivray

| | |
|-------------------------------------|--|
| <i>1 lb sirloin steak</i> | <i>1/4 c soya sauce</i> |
| <i>8 c fresh broccoli florets</i> | <i>1 tbsp honey</i> |
| <i>8 oz fresh mushrooms, sliced</i> | <i>1 garlic clove, minced</i> |
| <i>1/4 c sesame oil</i> | <i>1 8 oz can drained & sliced water chestnuts</i> |
| <i>1/4 c white wine vinegar</i> | <i>1 1/2 tbsp sesame seeds, toasted</i> |

Broil steak until desired doneness. Cool. Thinly slice into bite sized pieces. Set aside. In a large skillet stir fry broccoli & mushrooms in oil for 3 minutes or until crisp-tender. Transfer to a large bowl. In a jar with a tight fitting lid combine vinegar, soy sauce, honey & garlic. Shake well. Pour over vegetables. Stir in the beef and water chestnuts. Chill for at least 1 hour. Sprinkle with sesame seeds before serving. 6-8 servings.

Lime Jellied Cabbage Salad Lorna MacLeod

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|------------------------------------|--|
| <i>1 c boiling water</i> | <i>3 tbsp chopped green pepper</i> |
| <i>1 pkg lime jello</i> | <i>3/4 c cold water</i> |
| <i>2 c shredded cabbage</i> | <i>2/3 c Hellman's mayonnaise</i> |
| <i>3 tbsp finely chopped onion</i> | <i>1 tsp celery seed or finely chopped stalk</i> |

Add boiling water to jello. Let stand 1/2 hour. Stir until jello dissolves. Mix in a separate bowl the remaining ingredients. Add to jello. Refrigerate until set.

Marinated Carrot Salad Cathy MacNaughton

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|---|--|
| <i>Cook until tender</i> | <i>½ c vegetable oil</i> |
| <i>5 c sliced carrots</i> | <i>¾ c white vinegar</i> |
| <i>Drain & let cool.</i> | <i>1 tsp prepared mustard</i> |
| <i>Chop finely</i> | <i>1 c white sugar</i> |
| <i>1 medium onion</i> | <i>1 tsp Worcestershire sauce or soy sauce</i> |
| <i>1 small green pepper</i> | <i>1 tsp salt</i> |
| <i>Mix with carrots</i> | <i>¼-1/2 tsp pepper</i> |
| <i>Make a sauce using the following 8 ingredients</i> | <i>Mix all together & pour over carrots.</i> |
| <i>1 can tomato soup</i> | <i>Stir to blend. Chill.</i> |

Jellied Cranberry Beet Relish Salad Anne MacGillivray

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|--|---------------------------------|
| <i>2 c cranberries</i> | <i>1 c diced cooked beets</i> |
| <i>1 c water</i> | <i>1 c diced celery</i> |
| <i>½ c orange juice, divided</i> | <i>½ c chopped onion</i> |
| <i>1- 7 g. pkg unflavoured gelatin</i> | <i>1 tbsp horse radish</i> |
| <i>¾ c granulated sugar</i> | <i>2 tsp grated orange rind</i> |

In saucepan combine cranberries, water & ¼ c orange juice. Bring to a boil. Reduce heat to medium & cook for about 4 minutes or until cranberries pop & soften. In the meantime sprinkle gelatin over remaining orange juice. Let stand for 1 minute to soften. Add to cranberry mixture with sugar stirring until gelatin dissolves. Remove from heat. Stir in beets, celery, onions, horseradish & orange rind. Pour into rinsed but not dried 4 c mould or deep bowl. Cover & refrigerate for at least 2 hours or until set. Unmould. Serves 6-8.

Refrigerator Coleslaw Linda LeRoy

| | |
|--------------------------------------|---|
| <i>Makes 3 quarts</i> | <i>Dressing</i> |
| <i>2 large or 3 medium</i> | <i>Combine in a saucepan</i> |
| <i>cabbage</i> | <i>2 c sugar</i> |
| <i>3-4 carrots</i> | <i>1 c vinegar</i> |
| <i>2 stalks celery</i> | <i>1-2 tsp celery seed</i> |
| <i>1 onion</i> | <i>1 tsp salt</i> |
| <i>Sprinkle generously with salt</i> | <i>1/8 tsp pepper</i> |
| <i>and set aside while making</i> | <i>Bring to a boil. Remove from heat, cool,</i> |
| <i>dressing. Before adding</i> | <i>& add to cabbage. Mix well. Store in</i> |
| <i>dressing, squeeze dry</i> | <i>tightly covered container. Keeps well.</i> |

Louise's Cheater Caesar Louise V. Séguin

| | |
|-----------------------------------|---------------------------------|
| <i>1 c plain yogurt</i> | <i>1 minced garlic clove</i> |
| <i>½ c mayonnaise</i> | <i>1 tbsp fresh lemon juice</i> |
| <i>½ c grated parmesan cheese</i> | <i>black pepper</i> |

Mix all ingredients in a jar. Refrigerate for at least one hour or overnight. Use on Crispy Romaine lettuce to make Caesar salad.

Orange & Romaine Salad Eileen (Macleod) Hamre

| | |
|---|------------------------|
| <i>Romaine lettuce</i> | <i>Dressing</i> |
| <i>¼ c green onions</i> | <i>¼ c vinegar</i> |
| <i>¼ c slivered almonds</i> | <i>¼ c white sugar</i> |
| <i>10 oz can mandarin orange sections</i> | <i>¼ c oil</i> |

Toast slivered almonds in oven @ 350° for 5 minutes. Mix pieces of romaine, orange sections, onions and toasted almonds in serving bowl
Drizzle dressing mixture over all.

Orange Salad Linda leRoy

| | |
|--|--|
| <i>Dissolve</i> | <i>Dissolve 1pkg lemon Jell-O in</i> |
| <i>1 pkg orange Jell-O in</i> | <i>1 cup of boiling water</i> |
| <i>1 c boiling water and add</i> | <i>Let partly set. Prepare dream whip</i> |
| <i>1 c frozen concentrated O.J.</i> | <i>according to pkg. Beat 125g cream</i> |
| <i>(half a can).</i> | <i>cheese until smooth and slowly add</i> |
| <i>Stir until well blended.</i> | <i>dream whip to cheese mixture. Pour in</i> |
| <i>Let partly set & add 1 can of</i> | <i>lemon Jell-o and beat well. Pour on top</i> |
| <i>drained mandarin oranges.</i> | <i>of orange mixture. Refrigerate until set.</i> |
| <i>Pour into mould & let set.</i> | <i>ENJOY.</i> |

Golden Glow Salad Dorothy Irvine++

| | |
|------------------------------|--------------------------------|
| <i>Bring to a boil</i> | <i>Add to</i> |
| <i>7/8 c water</i> | <i>1- 3 oz pkg lemon jello</i> |
| <i>7/8 c pineapple juice</i> | |
| <i>1 tsp salt</i> | |

Add 2 c grated carrots, 1 can drained fruit tidbits or drained crushed pineapple to partially set jello. Chill at least 1 hr. Serve on bed of lettuce.

Salade de Pomme de Terre De Luxe Murielle Duchesne*

| | |
|---------------------------------------|------------------------------------|
| <i>12 pommes de terre moyennes</i> | <i>1 c. à table de beurre</i> |
| <i>1/3 tasse d'oignons, émincés</i> | <i>1 c. à thé de sel</i> |
| <i>2/3 tasse de céleri en dés</i> | <i>½ tasse de crème à fouetter</i> |
| <i>3 c. à table de vinaigre chaud</i> | <i>½ tasse de mayonnaise</i> |
| <i>1 jaune d'oeuf</i> | |

Brosser les pommes de terre, les faire bouillir sans les peler et sans trop les faire cuire. Peler et couper en tranches pendant qu'elles sont encore chaudes. Battre le jaune d'oeuf, ajouter le vinaigre. Mélanger et faire cuire à feu lent en brassant sans arrêt. Lorsque crémeux, retirer du feu et refroidir. Mettre le beurre en crème et mélanger avec le sucre, le sel, les oignons et le céleri. Ajouter le mélange de l'oeuf. Fouetter la crème et incorporer au mélange ainsi que la mayonnaise. Tout ceci peut être préparé à l'avance. Mettre la sauce dans un plat couvert au réfrigérateur. Verser 1 ou 2 c. à table d'huile sur les pommes de terre, les brasser sans les briser et envelopper dans un papier ciré. Garder au réfrigérateur. Mélanger les deux au moment de servir.

Lentil & Bean Salad Helen Kaufman

| | |
|--------------------------------|---------------------------|
| <i>1 red pepper</i> | <i>3 tbsp red vinegar</i> |
| <i>½ c cooked white beans</i> | <i>4 tbsp olive oil</i> |
| <i>½ c cooked lentils</i> | <i>fresh tarragon</i> |
| <i>½ red onion sliced thin</i> | <i>salt & pepper</i> |

Cut the red pepper in half, oil the skin, dice the remains & place in a bowl. Add the beans, the lentils & onion. Mix well. Add the remaining ingredients. Let rest @ room temperature for at least 30 min. Add more oil, vinegar, salt, pepper & tarragon to taste. Serve with warm baguette.

Tomato Salad

Arrange red & yellow sliced tomatoes in a glass dish. pour cream salad dressing over them & dust a little pepper on top.

Cream Salad Dressing

Mix the yolks of 2 eggs smooth with 1 tsp ea of prepared mustard & salt, ¼ tsp ea of pepper & sugar, 1 tbsp melted butter & vinegar. Add ½ c sweet cream, & beat well with egg-beater.

Tomato Aspic Jean MacLennan

| | |
|---------------------------------|---|
| <i>3 ½ c tomato juice</i> | <i>1 pkg Lipton tomato soup</i> |
| <i>2 pkg (85 g) lemon jello</i> | <i>Opt. ingredients: celery, cooked peas,</i> |
| <i>1 tbsp vinegar</i> | <i>¼ c green onion,</i> |
| <i>1/8 tsp pepper</i> | <i>¼ c green peppers,</i> |
| | <i>1 can drained shrimp</i> |

Boil soup mix and tomato juice for 10 minutes. Remove from heat and add jello, vinegar and pepper. Add one or several of the options and pour into mould. Chill. Delicious with or without extras.

Baked Glengarry Eggs Anne McKenna

| | |
|------------------------------------|-------------------------------|
| <i>3 tbsp chopped onion</i> | <i>¼ c breadcrumbs</i> |
| <i>3 tbsp chopped green pepper</i> | <i>½ c grated cheese</i> |
| <i>4 tbsp butter</i> | <i>2 tbsp beer (optional)</i> |
| <i>6 eggs</i> | |

Fry chopped onion and chopped green pepper in butter until slightly brown, and then pour into a baking dish. Break eggs into this dish, being careful not to break the yolks. Mix breadcrumbs with grated cheese and sprinkle over eggs. Cover each egg with beer (optional). Bake in a moderate oven until eggs are set but not hard. Serve in baking dish.

Anneaux aux Oignons Croustillants Andr  a Berry*

| | |
|--|-------------------------------------|
| <i>½ tasse farine</i> | <i>½ tasse farine bl   d'inde</i> |
| <i>1 c.    th   sel</i> | <i>1 c.    th   poudre    p  te</i> |
| <i>1 c.    th   d'huile v  g  tale</i> | <i>2 oeufs, battus</i> |
| <i>½ tasse lait</i> | <i>1 lb gros oignons</i> |

Trancher les oignons et s  parer en anneaux. Tamiser ensemble la farine, la farine au bl   d'inde, le sel et la poudre    p  te. Ajouter l'huile v  g  tale, les oeufs et le lait. M  langer tr  s bien. Cuire dans l'huile chaude (375  F) pour 2-3 minutes sur chaque c  t   jusqu'au temps qu'ils soient dor  s. Egoutter sur les papiers absorbants. Saler et servir chaud.

Macaroni Salad Ann MacDonell

| | |
|--|---|
| <i>2 c macaroni, cooked & cooled</i> | <i>Mix together the following and pour</i> |
| <i>2 ripe tomatoes, chopped</i> | <i>over ingredients listed on the left:</i> |
| <i>1 green onion, chopped</i> | <i>2/3 c sugar, 1/2 c oil, 1/3 c ketchup,</i> |
| <i>1/2 green pepper, chopped</i> | <i>1 tsp salt</i> |
| <i>1/4 c cucumber, chopped</i> | <i>1/4 tsp pepper, 1 tsp paprika</i> |

Spinach Dip Eileen MacGillivray

| | |
|--|---|
| <i>1/2 pkg spinach (fresh or frozen)</i> | <i>1 1/2-2 cups of sour cream</i> |
| <i>1 can water chestnuts</i> | <i>1 cup mayonnaise</i> |
| <i>3 shallots or green onions</i> | <i>1 pkg Knorr's vegetable soup mix</i> |
| <i>dash of Worcestershire sauce</i> | |

Cook spinach having drained well (overnight is good). Chop very fine. Drain chestnuts and chop very fine. Chop shallots very fine. Crush soup mix large pieces with rolling pin. Combine all ingredients. Pour the dip into a loaf of round pumpernickel or dark rye bread which has been hollowed out, leaving about 1 inch thickness of bread. Tear the bread which has been removed into bite-sized chunks and use for dipping. For extra bread to dip, a loaf of French bread may be cut into cubes and arranged on the tray.

Spinach-Cheese Mushroom Caps Eileen Gauthier

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|---|--|
| <i>24 large fresh mushrooms</i> | <i>thawed and well drained</i> |
| <i>1/4 c chopped onion</i> | <i>1/2 c plus 2 tbsp shredded</i> |
| <i>2 garlic cloves, minced</i> | <i>parmesan cheese, divided</i> |
| <i>1 tbsp olive oil or vegetable oil</i> | <i>1/2 c crumbled feta cheese</i> |
| <i>1pkg (8 oz)cream cheese, softened</i> | <i>1 bacon strip,cooked & crumbled</i> |
| <i>1pkg (10 oz)frozen chopped spinach</i> | <i>1/2 tsp salt</i> |

Remove stems from mushrooms: set caps aside. Finely chop the stems. In a skillet, sauté the chopped mushrooms, onion and garlic in oil until tender. In a mixing bowl beat cream cheese until smooth. Add the spinach, 1/2 cup parmesan cheese, feta cheese, bacon, salt and mushroom mixture. Spoon into mushroom caps. Sprinkle with remaining parmesan. Place on a baking sheet. Bake at 400° F for 15 minutes until golden brown. N.B. stuffing mixture may be frozen. Thaw & follow directions above.

Smashed Peas Dip Frances Fraser

| | |
|-----------------------------------|---------------------------------------|
| <i>¼ c finely chopped onion</i> | <i>3 sprigs of thyme, leaves only</i> |
| <i>1 ¼ c blanched frozen peas</i> | <i>2 tsp lemon juice</i> |
| <i>¼ c grated cheese</i> | <i>2 tbsp olive oil</i> |

In a small skillet, over medium heat, add olive oil & onion. Cook stirring often, until onion is soft & translucent, about 4 min. Transfer mixture to food processor. Add peas, cheese, and thyme & lemon juice. Process until just blended-you want it on the chunky side. Season to taste with salt & pepper. Cover & let sit in fridge 2 hrs before serving on baguette slices.

1915 Anchovy Toast with White Sauce Mary MacDonald++

| | |
|------------------------------|---|
| <i>New milk</i> | <i>1 gill fresh cream (-old scotch- ½ pt)</i> |
| <i>1 ea-bay, laurel leaf</i> | <i>10 anchovies</i> |
| <i>6 eggs</i> | <i>2 rounds (slices) of bread</i> |

Boil half a pint of new milk with a bay & a laurel leaf. Beat 6 eggs leaving out 2 of the whites. Take out the leaves & mix the eggs & milk together. Add a gill of thick fresh cream & stir over a gentle fire till it begins to thicken; let it stand to get cold, stir it frequently while cooking. Scald 10 anchovies, scrape them & remove the bones, pound the fish to a smooth paste. Cut 2 rounds of bread, without crust, off a small loaf, 1 day old, toast it on both sides & well butter it with fresh butter. Spread ea piece of toast with anchovy paste, lay one on the other & cut them into 6 pieces, pour over the white sauce & serve. The bread to be ½" thick.

Broccoli Salad Flora (MacLeod) Poulton

| | |
|--|-----------------------|
| <i>2 or 3 bunches of broccoli (chopped)</i> | <i>Dressing</i> |
| <i>1 cup of cranraisins, or just raisins</i> | <i>3-4-tbsp sugar</i> |
| <i>¼- ½ c chopped red onion</i> | <i>½ c mayonnaise</i> |
| <i>1 c chopped walnuts</i> | <i>1 tbsp vinegar</i> |

Mix into broccoli mixture. Let sit in fridge 6-8 hrs. Add 1 cup of shredded cheese just before serving

Joan's Mozzarella, Tomato and Basil Salad

Joan MacSweyn MacMillan

| | |
|--|---------------------------------|
| <i>4 medium tomatoes, sliced</i> | <i>1 garlic clove, crushed</i> |
| <i>1/2 lb mozzarella cheese, thinly sliced</i> | <i>1/2 tsp dried basil leaf</i> |
| <i>1/3 c olive oil</i> | <i>1/8 tsp salt</i> |
| <i>2 tbsp red wine vinegar</i> | <i>ground pepper</i> |

Overlap alternate slices of cheese and tomato on a platter or in a wide salad bowl. Then whisk together until blended olive oil, vinegar, garlic, basil leaf, salt and pepper. Drizzle dressing over tomato and cheese. Let marinate at room temperature one hour before serving. Serves 6-8.

Beef and Broccoli Salad Anne MacGillivray

| | |
|-------------------------------------|--|
| <i>1 lb sirloin steak</i> | <i>1/4 c soya sauce</i> |
| <i>8 c fresh broccoli florets</i> | <i>1 tbsp honey</i> |
| <i>8 oz fresh mushrooms, sliced</i> | <i>1 garlic clove, minced</i> |
| <i>1/4 c sesame oil</i> | <i>1 8 oz can drained & sliced water chestnuts</i> |
| <i>1/4 c white wine vinegar</i> | <i>1 1/2 tbsp sesame seeds, toasted</i> |

Broil steak until desired doneness. Cool. Thinly slice into bite sized pieces. Set aside. In a large skillet stir fry broccoli & mushrooms in oil for 3 minutes or until crisp-tender. Transfer to a large bowl. In a jar with a tight fitting lid combine vinegar, soy sauce, honey & garlic. Shake well. Pour over vegetables. Stir in the beef and water chestnuts. Chill for at least 1 hour. Sprinkle with sesame seeds before serving. 6-8 servings.

Lime Jellied Cabbage Salad Lorna MacLeod

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|------------------------------------|--|
| <i>1 c boiling water</i> | <i>3 tbsp chopped green pepper</i> |
| <i>1 pkg lime jello</i> | <i>3/4 c cold water</i> |
| <i>2 c shredded cabbage</i> | <i>2/3 c Hellman's mayonnaise</i> |
| <i>3 tbsp finely chopped onion</i> | <i>1 tsp celery seed or finely chopped stalk</i> |

Add boiling water to jello. Let stand 1/2 hour. Stir until jello dissolves. Mix in a separate bowl the remaining ingredients. Add to jello. Refrigerate until set.

Marinated Carrot Salad Cathy MacNaughton

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|---|--|
| <i>Cook until tender</i> | <i>½ c vegetable oil</i> |
| <i>5 c sliced carrots</i> | <i>¾ c white vinegar</i> |
| <i>Drain & let cool.</i> | <i>1 tsp prepared mustard</i> |
| <i>Chop finely</i> | <i>1 c white sugar</i> |
| <i>1 medium onion</i> | <i>1 tsp Worcestershire sauce or soy sauce</i> |
| <i>1 small green pepper</i> | <i>1 tsp salt</i> |
| <i>Mix with carrots</i> | <i>¼-1/2 tsp pepper</i> |
| <i>Make a sauce using the following 8 ingredients</i> | <i>Mix all together & pour over carrots.</i> |
| <i>1 can tomato soup</i> | <i>Stir to blend. Chill.</i> |

Jellied Cranberry Beet Relish Salad Anne MacGillivray

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|--|---------------------------------|
| <i>2 c cranberries</i> | <i>1 c diced cooked beets</i> |
| <i>1 c water</i> | <i>1 c diced celery</i> |
| <i>½ c orange juice, divided</i> | <i>½ c chopped onion</i> |
| <i>1- 7 g. pkg unflavoured gelatin</i> | <i>1 tbsp horse radish</i> |
| <i>¾ c granulated sugar</i> | <i>2 tsp grated orange rind</i> |

In saucepan combine cranberries, water & ¼ c orange juice. Bring to a boil. Reduce heat to medium & cook for about 4 minutes or until cranberries pop & soften. In the meantime sprinkle gelatin over remaining orange juice. Let stand for 1 minute to soften. Add to cranberry mixture with sugar stirring until gelatin dissolves. Remove from heat. Stir in beets, celery, onions, horseradish & orange rind. Pour into rinsed but not dried 4 c mould or deep bowl. Cover & refrigerate for at least 2 hours or until set. Unmould. Serves 6-8.

Refrigerator Coleslaw Linda LeRoy

| | |
|--------------------------------------|---|
| <i>Makes 3 quarts</i> | <i>Dressing</i> |
| <i>2 large or 3 medium</i> | <i>Combine in a saucepan</i> |
| <i>cabbage</i> | <i>2 c sugar</i> |
| <i>3-4 carrots</i> | <i>1 c vinegar</i> |
| <i>2 stalks celery</i> | <i>1-2 tsp celery seed</i> |
| <i>1 onion</i> | <i>1 tsp salt</i> |
| <i>Sprinkle generously with salt</i> | <i>1/8 tsp pepper</i> |
| <i>and set aside while making</i> | <i>Bring to a boil. Remove from heat, cool,</i> |
| <i>dressing. Before adding</i> | <i>& add to cabbage. Mix well. Store in</i> |
| <i>dressing, squeeze dry</i> | <i>tightly covered container. Keeps well.</i> |

Louise's Cheater Caesar Louise V. Séguin

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|-----------------------------------|---------------------------------|
| <i>1 c plain yogurt</i> | <i>1 minced garlic clove</i> |
| <i>½ c mayonnaise</i> | <i>1 tbsp fresh lemon juice</i> |
| <i>½ c grated parmesan cheese</i> | <i>black pepper</i> |

Mix all ingredients in a jar. Refrigerate for at least one hour or overnight. Use on Crispy Romaine lettuce to make Caesar salad.

Orange & Romaine Salad Eileen (Macleod) Hamre

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|---|------------------------|
| <i>Romaine lettuce</i> | <i>Dressing</i> |
| <i>¼ c green onions</i> | <i>¼ c vinegar</i> |
| <i>¼ c slivered almonds</i> | <i>¼ c white sugar</i> |
| <i>10 oz can mandarin orange sections</i> | <i>¼ c oil</i> |

Toast slivered almonds in oven @ 350° for 5 minutes. Mix pieces of romaine, orange sections, onions and toasted almonds in serving bowl
Drizzle dressing mixture over all.

Orange Salad Linda leRoy

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|--|--|
| <i>Dissolve</i> | <i>Dissolve 1pkg lemon Jell-O in</i> |
| <i>1 pkg orange Jell-O in</i> | <i>1 cup of boiling water</i> |
| <i>1 c boiling water and add</i> | <i>Let partly set. Prepare dream whip</i> |
| <i>1 c frozen concentrated O.J.</i> | <i>according to pkg. Beat 125g cream</i> |
| <i>(half a can).</i> | <i>cheese until smooth and slowly add</i> |
| <i>Stir until well blended.</i> | <i>dream whip to cheese mixture. Pour in</i> |
| <i>Let partly set & add 1 can of</i> | <i>lemon Jell-o and beat well. Pour on top</i> |
| <i>drained mandarin oranges.</i> | <i>of orange mixture. Refrigerate until set.</i> |
| <i>Pour into mould & let set.</i> | <i>ENJOY.</i> |

Golden Glow Salad Dorothy Irvine++

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|------------------------------|--------------------------------|
| <i>Bring to a boil</i> | <i>Add to</i> |
| <i>7/8 c water</i> | <i>1- 3 oz pkg lemon jello</i> |
| <i>7/8 c pineapple juice</i> | |
| <i>1 tsp salt</i> | |

Add 2 c grated carrots, 1 can drained fruit tidbits or drained crushed pineapple to partially set jello. Chill at least 1 hr. Serve on bed of lettuce.

Salade de Pomme de Terre De Luxe Murielle Duchesne*

*12 pommes de terre moyennes 1 c. à table de beurre
1/3 tasse d'oignons, émincés 1 c. à thé de sel
2/3 tasse de céleri en dés 1/2 tasse de crème à fouetter
3 c. à table de vinaigre chaud 1/2 tasse de mayonnaise
1 jaune d'oeuf*

Brosser les pommes de terre, les faire bouillir sans les peler et sans trop les faire cuire. Peler et couper en tranches pendant qu'elles sont encore chaudes. Battre le jaune d'oeuf, ajouter le vinaigre. Mélanger et faire cuire à feu lent en brassant sans arrêt. Lorsque crémeux, retirer du feu et refroidir. Mettre le beurre en crème et mélanger avec le sucre, le sel, les oignons et le céleri. Ajouter le mélange de l'oeuf. Fouetter la crème et incorporer au mélange ainsi que la mayonnaise. Tout ceci peut être préparé à l'avance. Mettre la sauce dans un plat couvert au réfrigérateur. Verser 1 ou 2 c. à table d'huile sur les pommes de terre, les brasser sans les briser et envelopper dans un papier ciré. Garder au réfrigérateur. Mélanger les deux au moment de servir.

Lentil & Bean Salad Helen Kaufman

*1 red pepper 3 tbsp red vinegar
1/2 c cooked white beans 4 tbsp olive oil
1/2 c cooked lentils fresh tarragon
1/2 red onion sliced thin salt & pepper*

Cut the red pepper in half, oil the skin, dice the remains & place in a bowl. Add the beans, the lentils & onion. Mix well. Add the remaining ingredients. Let rest @ room temperature for at least 30 min. Add more oil, vinegar, salt, pepper & tarragon to taste. Serve with warm baguette.

Tomato Salad

Arrange red & yellow sliced tomatoes in a glass dish. pour cream salad dressing over them & dust a little pepper on top.

Cream Salad Dressing

Mix the yolks of 2 eggs smooth with 1 tsp ea of prepared mustard & salt, 1/4 tsp ea of pepper & sugar, 1 tbsp melted butter & vinegar. Add 1/2 c sweet cream, & beat well with egg-beater.

1920 Stock for Soup Johannah McGillis MacDonald++

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|---|---|
| <i>6 lbs shin of beef or</i> | <i>1 turnip</i> |
| <i>6 lbs knuckle of veal</i> | <i>3 carrots</i> |
| <i>Any bones, trimmings of poultry,</i> | <i>1 head of celery</i> |
| <i>or fresh meat</i> | <i>2 oz salt</i> |
| <i>¼ lb of lean bacon or ham</i> | <i>½ tsp peppercorns</i> |
| <i>2 oz butter</i> | <i>1 large blade of mace</i> |
| <i>2 large onions, pricked with</i> | <i>1 bunch of savory herbs(no sage)</i> |
| <i>cloves</i> | <i>4 qts & ½ pt cold water</i> |

Cut up meat & bacon, or ham, into pieces about 3 " square, break the bones into small pieces, rub butter on the bottom of stewpan. Put in ½ pt water, the broken bones, then meat & all other ingredients. Cover the stewpan, & place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add the 4 qts of cold water, & let simmer very gently for 5 or 6 hrs. Do not let it boil quickly. When nearly cooked, throw a tbsp of salt to assist the scum to rise, remove every particle of scum whilst it is boiling, & strain it through a fine hair sieve. When cool remove all grease. This stock will keep many days in cold weather. Stock is the basis of many soups. Keep it in small jars in a cool place. It makes a good gravy for hashed meats. 1 tbsp of it is sufficient to impart a fine flavour to a dish of macaroni, & various other dishes. Good soups of various kinds are made from it at short notice: slice off a portion of the jelly, add water & whatever vegetables or thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavouring of the soup. Season & simmer a few min & serve hot.

To Clarify Above Stock:

Place the stock in a clean saucepan & set it over a brisk fire. When simmering, add the white of 1 egg to ea qt of stock, proceeding as follows: Beat up well the whites of the eggs in a little water, and then add a little hot stock. Beat to a froth & pour gradually into the pot, then beat the whole mixture hard & long, allowing it to boil up once. Then immediately remove & strain through a thin flannel cloth.

Pea Soup a la Canadienne Denis Ethier *

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|--|---------------------------------------|
| <i>1 shank salty pork-1/2 lb or so</i> | <i>1 chopped onion & 1 carrot</i> |
| <i>3 qts water</i> | <i>1 tsp pepper-when soup is done</i> |
| <i>2 ½ c peas</i> | <i>½ c minute rice</i> |

Soak peas overnight. Drain in morning. Add water, onion, carrot & salty pork. Bring to a boil & let simmer gently for 3 hours. Add vegetables & rice. Simmer for ½ hour more.

Clam Chowder Manhattan Style Andrew Deley

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|--|-----------------------------|
| <i>24 clams or mussels (canned or fresh)</i> | <i>3 c crushed tomatoes</i> |
| <i>3 c clam or mussel juice</i> | <i>1 c diced celery</i> |
| <i>6 strips bacon diced</i> | <i>3 c diced potatoes</i> |
| <i>1 ½ c chopped onions</i> | <i>1 bay leaf</i> |
| <i>1 c chopped pepper, red or green</i> | <i>4 sprigs thyme</i> |
| <i>1 ½ c chopped carrots</i> | <i>½ c chopped parsley</i> |

Open clams. Remove & put in strainer. Cook bacon. Add onions, peppers, celery, carrots, and tomatoes. Stir. Add potatoes, clams, thyme, bay leaf, clam juice, 3 cups of water. Bring to a boil. Simmer 25 min. Sprinkle with parsley. Serve.

Spicy Prawn Soup Suree Murphy

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|-------------------------------|-----------------------------------|
| <i>5-7 prawns</i> | <i>1 tbsp roasted chili paste</i> |
| <i>4 oz straw mushrooms</i> | <i>2 tbsp fish sauce</i> |
| <i>1-2 lemon grass</i> | <i>3 tbsp lime juice</i> |
| <i>3-4 kaffir lime leaves</i> | <i>3-4 fresh chilies</i> |
| | <i>4 c water or milk</i> |

Clean & devein prawns. Cut lengthwise down the center of prawns but do not cut all the way through. Rinse the mushrooms & trim base off. Dry well & cut in halves. Bring water to boil. Add lemon grass & kaffir lime leaves. Then add prawns and mushrooms. Cook for 3-5 min. Remove from heat. Season with chili paste, fish sauce, lime juice & chilies. Garnish with red chilies, kaffir lime leaves & coriander leaves if desired.

Barley Soup (Crockpot) Alise Calvank

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|--------------------------|------------------------------|
| <i>½ lb stew meat</i> | <i>1 celery stick</i> |
| <i>4 tbsp soya sauce</i> | <i>1 can of tomato paste</i> |
| <i>1 onion</i> | <i>½ c barley</i> |
| <i>1 carrot</i> | |

Fill crockpot ½ up with water. Chop stew meat into cubes & add to crockpot. Dice 1 onion, 1 carrot, & 1 celery stick. Add to crockpot. Next add 2 tbsp soya sauce & cook until meat & vegetables are tender. Add tomato paste & stir until blended into mixture. Add 2 more tbsp soya sauce. Soak barley in cold water for about 1 hour. Drain & rinse with cold water at least twice. Add rinsed barley to crockpot & cook until tender.

Vienna Goulash Soup Rochelle Anderson

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|-------------------------------------|------------------------------------|
| <i>1 lb ground beef</i> | <i>2 cloves crushed garlic</i> |
| <i>1 lb ground pork</i> | <i>3 tbsp paprika</i> |
| <i>2 large onions, chopped fine</i> | <i>2 tbsp curry</i> |
| <i>½ tsp salt</i> | <i>1 large bay leaf</i> |
| <i>½ tsp pepper</i> | <i>½ tsp tabasco sauce</i> |
| <i>1 c ketchup</i> | <i>2 tbsp worcestershire sauce</i> |
| <i>2- 5 oz cans tomato paste</i> | <i>2 tbsp beef bouillon powder</i> |
| <i>2 c dry red wine</i> | <i>2 pinches marjoram</i> |
| <i>pinch caraway seed</i> | <i>2 pints water</i> |

In a roasting pan, braise pork, beef, & onions, about 15 min. Add peppers, salt, pepper, ketchup, tomato paste & wine. Let boil stirring constantly. Add rest of spices & water & bring to boil. Remove from stove top & bake in hot oven at 350° F for 2-3 hours. Serve with fresh buns or baguette.

Hamburger Soup Cathy MacNaughton

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|-------------------------------------|--------------------------------|
| <i>1½ lbs ground beef</i> | <i>1 can tomato soup</i> |
| <i>1 medium onion, chopped fine</i> | <i>4 carrots chopped</i> |
| <i>1 can -28 oz tomatoes</i> | <i>3 sticks celery chopped</i> |
| <i>2 c water</i> | <i>pepper to taste</i> |
| <i>3 cans consommé</i> | <i>8 tbsp pot barley</i> |

Brown meat & onion. Combine all ingredients in a large pot. Simmer covered at least 2 hours. Serves 10. Freezes well.

Beef Barley Soup Yvonne Mcdonell

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|--------------------------------------|---|
| <i>6 c water</i> | <i>½ c chopped celery</i> |
| <i>½ c barley</i> | <i>½ c chopped carrots</i> |
| <i>3 tbsp Knorr's beef bouillon</i> | <i>½ c corn</i> |
| <i>or Bovril</i> | <i>1 small zucchini, peeled & chopped</i> |
| <i>1 tsp salt</i> | <i>1 c stewed or fresh tomatoes</i> |
| <i>1 tsp pepper</i> | <i>(mixed with ½ tsp sugar)</i> |
| <i>1 tsp crushed basil</i> | <i>1 c shredded cabbage</i> |
| <i>1 large onion, finely chopped</i> | <i>½ c chopped beef (steak-if required)</i> |

Place all ingredients in a large pot, bring to a boil then simmer for 3 hours. Keep adding water. Taste... More salt, pepper & basil might be added if too flat. Could be done in crockpot.

Black Currant Cordial Mamie McMillan++

Whiskey *1 tsp ground cloves, 1/2 tsp ginger*
Black currants *1 lemon rind, sugar.*

For every qt. of whiskey, use a lb of bruised currants, 1 tsp ginger, ¼ oz cloves & the rind of 1 lemon. Let it stand 24 hrs then strain & add 1 lb of sugar for every lb of fruit. When the sugar is quite dissolved, it is ready for bottling.

Fruit- Ginger Ale Punch Kassi MacDonald

1-12 oz can frozen orange juice *3-2 litre bottles ginger ale*
1-12 oz can frozen pink lemonade *1 orange, lemon sliced*
1 19 oz can grape or any fruit juice *1 bottle cherries drained*

Mix juices in punch bowl . Cool 5 min . Add ginger ale & fruit. Do not stir.

Pousse-Café*

1/6 oz de grenadine, 1/6 oz de crème de menthe verte
1/6 oz de Cherry Brandy, 1/6 oz de triple sec, 1/6 oz de brandy

Verser, dans l'ordre, lentement et avec soin, les ingrédients ci-dessus dans un verre d'une once. Eviter qu'ils se mélangent: ils doivent demeurer en "couches". On y parvient plus facilement en inclinant le verre et en versant le long de la paroi.

Chokecherry Wine

4 qts chokecherries *Cinnamon*
Water, sugar *Ground cloves*

Pour 2 qts boiling water over 4 qts berries. Let stand 12 hrs, stirring occasionally. To 2 qts of juice add 1 ½ lbs sugar, ½ oz cinnamon, 1/4 oz cloves. Boil 5 min & turn into a crock & set away to ferment. Cover with a piece of cheesecloth. When fermentation ceases, strain, bottle & seal.

Whiskey Ginger Tea

7 oz hot steeped ginger tea *1 slice lemon*
1 tsp honey *1 tsp orange. juice*

Combine ginger tea, honey, lemon & orange juice in a warmed mug. Add a dash of whiskey. Stir to combine. Enjoy.

1938 Rhubarb Wine Isabella Roell Fraser++

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|------------------------|--|
| <i>10 lbs rhubarb</i> | <i>rind & juice of 1 orange, 1 lemon</i> |
| <i>2 gallons water</i> | <i>½ ounce ginger root</i> |
| <i>sugar</i> | <i>¼ ounce isinglass-to clarify</i> |

Wipe rhubarb. Cut in small pieces & place in a large crock. Add cold water. Cover closely & leave 5 days. After this time, strain liquid off through a sieve or linen jelly bag. Press the liquid out of the pulp without allowing the latter to pass through the mesh of sieve or cloth. Measure liquid. Allow 3 ½ to 3 ¾ lbs of sugar to ea gallon of liquid. Stir well & leave for 5 days, stirring it twice daily. On the 5th day pour the liquid into a clean cask. Dissolve the isinglass in a little warm water; add this, the root ginger & the orange & lemon rinds. Cover the bung hole tightly with a cloth. When liquid ceases to work or bubble, remove the ginger & lemon & orange rinds. Bung the cask securely or pour off the wine & bottle it. Leave for 6-12 months before drinking

Dandelion Wine Arlington Fraser++

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|--|--|
| <i>1 gallon fresh dandelion petals</i> | <i>sugar</i> |
| <i>water</i> | <i>juice & rind of 1 lemon, 1 orange</i> |
| <i>ginger root</i> | |

Fresh dandelion petals are required for this wine. Pick enough petals from flowers to make 1 gallon. Place them in a vessel & pour over them 1 gallon of boiling water. Cover, let stand 12 days stirring occasionally. Strain off the liquid, pour it into a preserving pan, and add 3 ½ lbs sugar & the thinly shaved rind & the juice of 1 orange & 1 lemon. If desired, add a little whole ginger root. Boil gently for 20 min. Let stand until lukewarm. Spread ¼ ounce yeast on a piece of toast & lay this on top of the liquid, Cover & let stand 2 days. Remove bread. Strain, put wine into a cask, bung down & leave for 2 months. Then bottle & keep for at least 6 months before drinking.

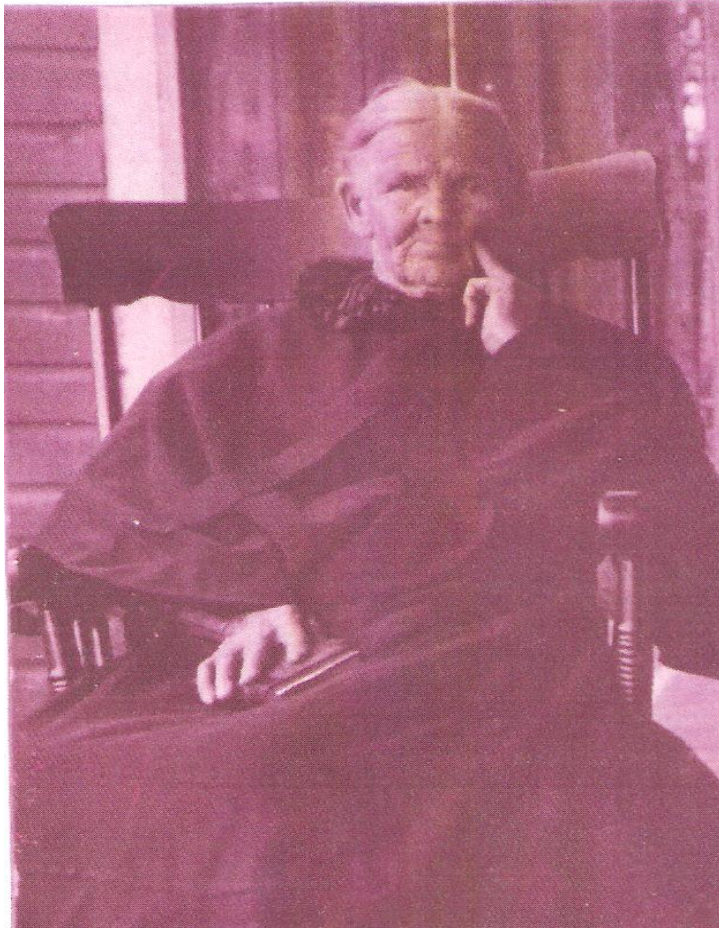
Ginger Ale Fruit Punch

| | |
|--|---|
| <i>2 qts unsweetened pineapple juice</i> | <i>1 c mint leaves</i> |
| <i>Juice of 8 lemons</i> | <i>1 pt fresh strawberries, quartered</i> |
| <i>Juice of 8 oranges</i> | <i>12 bottles ginger ale</i> |
| <i>½ c sugar</i> | |

Combine fruit juices & mint leaves; chill thoroughly. Just before serving add ginger ale & strawberries. Pour over large cake of ice in punch bowl. Float thin slices of lemon on top. Serves 65.

Main Dish Recipes

(Includes Wild, Casseroles, Chicken, Beef, Pork,
Eggs, Seafood & Vegetables)



Mrs. Henrietta McDonell McDonald. As a young woman she worked as a housekeeper & cook at Fitzhenry's Mills. Later as the wife of the mill manager & mother of several children (her pockets were full of peppermints) she would have prepared countless meals & tended many a garden patch.

NOTES

Recipe for a Happy Day . Shirley MacDonald

1 c of friendly words

4 heaping tbsp of time & patience

2 heaping c of understanding

Pinch of warm personality

Dash of humour

Measure words carefully. Add heaping c of understanding. Use generous amts of time & patience. Cook on the front burner, but keep temperature low. Do not boil. Add generous dash of humour & a pinch of warm personality. Season to taste with spice of life. Serve in individual molds

Spicy Moose Chili Bobby Macnab

*3 lbs moose burger
3 medium onions
3 peppers red/green
handful of mushrooms
4 cloves garlic
2 tbsp bacon fat*

*28 ounces undrained tomatoes
2 tbsp parsley flakes
3 tbsp chili powder
1 tsp salt/pepper
1 can each: kidney, pinto beans
1 can chick peas*

Cook and stir onions, peppers, garlic, mushrooms in fat until tender. Add moose meat and brown. Place in crock pot with remaining ingredients and cook on low 5-6 hours. Add shredded old cheese to each plate before serving.

Venison Stroganoff Brent Macnab

*2 lbs deer, elk, moose or caribou
2 tbsp flour
1 tsp salt/pepper
2 tbsp butter
2 c sliced mushrooms
1 c chopped onion*

*4 cloves garlic
¼ c flour
1 ¾ c venison or beef stock
2 tbsp tomato paste
3 tbsp sherry
2 c sour cream*

Cut venison into thin strips. Place in plastic bag with 2 tbsp flour, salt and pepper, shake to coat. In large skillet, melt butter. Add venison strips. Cook over med/high until brown, stirring constantly. Remove meat and add mushrooms, onion, garlic and cook until tender. Stir in ¼ cup flour. Blend in stock, sherry and tomato paste. Heat until bubbly. Stir in sour cream and venison strips. Serve over noodles.

Cranberry Coon Lynn Macnab

*3 lbs raccoon meat chopped
1 c finely chopped cranberries
1 c apple cider
¼ c honey*

*2 tsp grated orange peel
1 tsp salt
¼ tsp ground cloves
¼ tsp ground nutmeg*

Place raccoon pieces in large saucepan. In small bowl combine remaining ingredients. Mix well. Pour over raccoon meat and cook until tender, about 3 - 4 hours.

Lapin en Sauce Angèle Claudon

*1 lapin coupé en morceaux
1 c. à soupe d'huile
50 g beurre ou de margarine
1 oignon émincé
1 c. à soupe de farine (bombée)
1 verre de vin blanc sec (mémère
Aline mettait du vin rouge)
3 verres d'eau*

*1 bouquet garni (persil, feuille de
laurier piquée d'un clou de
girofle, thym)
2 gousses d'ail
concentré de tomates ou 2 tomates
fraîches pelées
1 boîte de champignons de Paris
sel et poivre*

Dans une cocotte mettre huile et beurre. Lorsque cette graisse est chaude y faire revenir les morceaux de lapin, bien les retourner. Lorsqu'ils sont dorés, les retirer dans un plat. Mettre à leur place l'oignon émincé, lorsqu'il est frit le retirer sur le plat de viande. Mettre alors dans la cocotte une bonne cuillère de farine. S'il n'y a pas assez de graisse ajouter vite un peu d'huile et de beurre. Bien tourner jusqu'à ce que la farine soit bien brune. Baisser le feu et en tournant toujours, verser de l'eau chaude (environ 3 verres) et 1 verre de vin blanc sec. Éviter les grumeaux en tournant, et utiliser éventuellement pour cela un fouet. Ajouter ensuite la viande et l'oignon. Il faut que la sauce recouvre les morceaux. Saler, poivrer, ajouter le bouquet garni, l'ail écrasé (et une cuillère à soupe de concentré de tomates si on le désire – c'est facultatif). Couvrir et laisser cuire 1 heure environ à feu doux. Tourner la sauce de temps en temps et si elle réduisait, ajouter alors un peu d'eau chaude. Ajouter un quart d'heure avant la fin de la cuisson une boîte de champignons de Paris égouttés. Servir avec des pommes de terre vapeur, des pâtes ou du riz en accompagnement.

Tourtière Du Lac St Jean Murielle Duchesne*

*1 lièvre (pas nécessaire)
1 lb de porc hâché
1 lb de boeuf hâché
5 lb de patates coupées en dés
1 oignon
2 branches de céleri*

*1 c. à thé de cannelle
½ c. à thé de sarriette
3 tasses d'eau
Sel et poivre
pâte à tarte*

Faire de la pâte à tarte. Mettre une pâte dans le fond d'un chaudron et ajouter les oignons, le céleri, et les assaisonnements. Ajouter l'eau jusqu'à la viande et y mettre une autre pâte à tarte assez épaisse sur le dessus. Cuire à 300° F pendant environ 6 hrs ou jusqu'à ce que la pâte soit dorée. N'oublier pas de mettre le couvercle sur le tout.

Out West Jambalaya Iris Ann Porter

| | |
|--|--|
| <i>8 slices of bacon</i> | <i>14 oz can chicken broth</i> |
| <i>1 lb raw chicken breasts, chopped</i> | <i>2 c raw rice</i> |
| <i>1 lb chorizo sausage, crumbled</i> | <i>2 tsp salt</i> |
| <i>1 lb ham, chopped up</i> | <i>1 tsp chili pepper</i> |
| <i>1 lb raw shrimp</i> | <i>½ c fresh parsley</i> |
| <i>2 ½ c chopped onions</i> | <i>2 tbsp Louisiana Hot Sauce</i> |
| <i>½ c celery</i> | <i>2 – 3 tbsp jambalaya/creole seasoning</i> |
| <i>2 c red, green or yellow peppers</i> | <i>mix</i> |
| <i>½ c sliced carrots</i> | <i>OR</i> |
| <i>5 cloves garlic, crushed</i> | <i>2 tsp cayenne, 2 tsp pepper, 1 tsp</i> |
| <i>2 15 oz cans tomato sauce</i> | <i>oregano, 2 tsp thyme and 2 bay leaves</i> |
| <i>1 14 oz can tomatoes</i> | |

Fry or sauté bacon, chorizo and chicken pieces (separately) until cooked. Set aside. In a large heavy-bottomed Dutch oven/pot, combine bacon, chicken, chopped vegetables, garlic, tomatoes, chicken broth and spices. Let simmer 45-50 minutes. Add ham, cooked chorizo and rice. Simmer until rice soft and mixture thickens. Remove bay leaves if used. Add shrimp last and cook further until shrimp done. Serve with cornbread.

Lasagna Timballo Ginette Duchesne*

| | |
|---|--|
| <i>5 morceaux de lasagne</i> | <i>3 oz fromage Mozzarella</i> |
| <i>1 boîte de soupe aux champignons</i> | <i>½ tasse de fromage râpé parmesan ou</i> |
| <i>1 boîte de champignons tranchés</i> | <i>Romano Bravo</i> |
| <i>5 oeufs cuits dur</i> | |

Cuire les lasagnes dans beaucoup d'eau salée. Amener à une forte ébullition. Cuire les oeufs à la coque. Préparer la soupe aux champignons comme indiqué sur la boîte. Beurrer le fond d'un plat à cuisson 5" x 9". Verser une mince couche de sauce aux tomates. Ajouter un rang de lasagne. Etendre sur les lasagnes une mince couche de soupe aux champignons. Ajouter un rang de fromage Mozzarella, quelques tranches d'oeufs, des tranches de champignons et couvrir le tout de sauce aux tomates et de fromage Parmesan râpé. Répéter.....Les oeufs durs peuvent être remplacés par toutes viandes cuites (i.e. poulet cuit en cubes, veau, jambon, porc, ou boeuf). Cuire au four à 375°F pendant 15-20 minutes

Rochelle's Butter Chicken (spicy) Rochelle Anderson

| | |
|--|---------------------------------|
| <i>6 chicken breasts, cut into 1" pieces</i> | <i>1 tbsp paprika</i> |
| <i>3-4 tbsp curry powder</i> | <i>1 can tomato soup</i> |
| <i>1 tbsp chili powder</i> | <i>½ soup can milk or cream</i> |

Rub onto chicken pieces a mixture of curry powder, chili powder and paprika. Fry in skillet until golden brown. Put in baking dish. Cover with sauce made from tomato soup and milk. Bake 350° for 45-60 minutes.

Serve over rice.

Skillet Chicken and Rice Pilaf Yvonne McDonell

| | |
|---|---------------------------------------|
| <i>1 lb boneless, skinless chicken</i> | <i>½ tsp pepper</i> |
| <i>1 tbsp olive oil</i> | <i>1 c long grained rice</i> |
| <i>2 stalks of celery, chopped fine</i> | <i>1 can of cream of chicken soup</i> |
| <i>2 carrots, chopped</i> | <i>½ c milk</i> |
| <i>1 clove of garlic, minced</i> | <i>1 c chicken stock</i> |
| <i>1 medium onion, chopped fine</i> | <i>1 large tomato, chopped</i> |
| <i>1 tsp salt</i> | <i>1 c frozen peas</i> |
| <i>1 tsp oregano</i> | <i>¾ c shredded Mozzarella cheese</i> |
| <i>½ tsp thyme</i> | |

Cut chicken into chunks. In a large skillet, heat oil, then brown chicken on all sides. Transfer to a bowl. Strain to leave oil in pan. To the skillet, add onions, carrots, garlic, celery, oregano, thyme, salt and pepper. Cook on medium heat for 3 minutes, stirring frequently. Stir in rice. Cook for 1 minute. In a medium bowl whisk soup, milk and chicken stock and pour in skillet, mixing well. Bring to a boil. Stir in chicken and tomato. Reduce heat to low. Cover and simmer for 20 minutes or till rice is tender. Stir in peas. Pour into a serving baking dish. Spread mozzarella cheese over mixture. Place under broiler for 1 minute or until golden brown. Remove from oven. Let stand for 5 minutes. You can use leftover chicken or turkey, just omit the frying.

Ida's Cauliflower Lorne MacDonald

Take 1 large head of cauliflower, cooked & well-drained along with 1 little bag small carrots, partially cooked & place both vegetables in a large casserole dish. Make a white sauce using 2 or 3 tbsp flour, ½ c butter, 2 c milk & 2 ½ c cheese: Blend flour & butter together in skillet on stovetop under medium heat. Add milk & stir until thick. Add cheese. Pour sauce over vegetables that are in large casserole dish. Bake @ 400° for 20-30 min-uncover for last 10 min to brown.

Chicken Casserole Elsie MacLeod

| | |
|------------------------------------|----------------------------------|
| <i>4 c diced chicken</i> | <i>½ c water</i> |
| <i>1 ½ c diced celery</i> | <i>2 tbsp lemon juice</i> |
| <i>6 hard boiled eggs, chopped</i> | <i>salt and pepper, to taste</i> |
| <i>1 medium onion, chopped</i> | |
| <i>2 c cooked rice</i> | <i>Topping:</i> |
| <i>2 cans mushroom soup</i> | <i>1 c crushed corn flakes</i> |
| <i>1 ½ c Miracle Whip</i> | <i>½ c melted butter</i> |

Mix first six ingredients in order given. Mix Miracle Whip, water and lemon juice together, and then add to mixture. Put in large casserole or make ½ the recipe. Mix topping ingredients together and put on top of casserole. Cook 30 minutes at 350°F. Serves 12 or recipe can be halved.

Cranberry Chicken Breasts Betty MacLeod Crooks

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|--|------------------------------------|
| <i>1 c chopped onion</i> | <i>1 tbsp or less brown sugar</i> |
| <i>½ c chopped celery</i> | <i>2 tbsp Worcestershire sauce</i> |
| <i>1 can cranberry sauce, whole berry or jellied</i> | <i>2 tbsp mustard</i> |
| <i>1 c ketchup</i> | <i>2 tbsp vinegar</i> |
| <i>4 tbsp lemon or orange juice</i> | <i>chicken breasts</i> |

Brown chicken breasts in oil in frying pan. Set breasts aside. Sauté onion and celery until tender. Mix remaining ingredients in bowl and add to onion and celery. Heat thoroughly. Place chicken in baking pan and pour sauce over. Bake covered at 325° for 1 ¼ hours.

Chicken a La King Louise Perrier*

| | |
|--------------------------------------|-------------------------------------|
| <i>2 tbsp butter</i> | <i>2 tbsp flour</i> |
| <i>2 c chicken broth or bouillon</i> | <i>1 can cream of mushroom soup</i> |
| <i>2 tbsp chopped pimento</i> | <i>¼ tsp each salt and pepper</i> |
| <i>1 ½ c cooked chicken, chopped</i> | |

In preheated skillet at 225°F, melt butter. Stir in flour and combine well. Gradually add broth and heat until boiling, stirring constantly.

Add mushroom soup, chicken, pimento and seasonings. Cook until thoroughly heated. Serve hot in patty shells, biscuit rings or over toast points, noodles or fluffy rice.

Chicken Thighs Casserole Eileen (MacLeod) Hamre

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|---|---------------------------------------|
| <i>4 chicken thighs, skinned and washed</i> | <i>1 c milk</i> |
| <i>seasoned breadcrumbs</i> | <i>½ tsp garlic powder (optional)</i> |
| <i>1 can cream of mushroom soup</i> | <i>½ tsp thyme</i> |
| <i>1 soup can white wine or vermouth</i> | <i>parmesan cheese</i> |

Coat thighs with breadcrumbs and put in casserole dish. Mix soup, milk, white wine or vermouth, garlic powder and thyme. Spread over chicken thighs. Sprinkle Parmesan cheese on top. Bake, covered, 1 ½ hours in 350° oven.

Chicken/Turkey Divine Shirley MacDonald

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|--|---|
| <i>chicken or turkey, cooked and chopped</i> | <i>Head of broccoli, partially cooked</i> |
| <i>1 can mushrooms</i> | <i>fresh bread crumbs or moist bread pieces</i> |
| <i>1 can cream of mushroom soup</i> | <i>1 c mayonnaise</i> |
| <i>1 can cream of chicken soup</i> | <i>2 c medium cheddar cheese, grated</i> |

Layer broccoli, turkey/chicken and mushrooms in a casserole dish. Mix together mayonnaise and soup. Pour over meat and vegetable mixture, covering well. Top with grated cheese and bread crumbs. Bake at 325° for 45 – 60 minutes.

Chicken Marinade Ruth MacGillivray++

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|----------------------------|--|
| <i>chicken pieces</i> | <i>1 large tbsp grated ginger root</i> |
| <i>juice of one orange</i> | <i>1 tbsp soya sauce</i> |
| <i>3 cloves garlic</i> | <i>¼ c butter</i> |
| <i>1 large tbsp honey</i> | |

Marinate chicken ½ - 1 hour or longer. Saving the marinade, dredge the chicken pieces in flour. Fry in electric frying pan with the butter. When chicken is browned, add marinade and cook till meat is done.

Indian Style Roast Potatoes Gisela Henderson

Parboil desired amt of potatoes (cut up into small sections-keep skin on). In a large frying pan sauté ½ c chopped onions, 1 tbsp chopped ginger. Then stir in 1 tbsp coriander seeds. Add barboiled potatoes & continue cooking for about 10 more min or until potatoes are cooked. Sprinkle with salt & pepper. Serve hot.

Slow Cooker Chicken and Rice Joan MacGillivray

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|---|-------------------------------------|
| <i>1 ½ c minute rice</i> | <i>1 can cream of chicken soup</i> |
| <i>6 skinless, boneless chicken breast halves</i> | <i>1 can cream of mushroom soup</i> |
| <i>2 c shredded cheddar cheese</i> | <i>OR</i> |
| <i>½ bag of frozen vegetables</i> | <i>2 cans of the same kind</i> |
| | <i>1 ½ c water</i> |

Spray Crockpot with cooking spray. Place rice at bottom, the chicken, 1 cup of cheese, vegetables, and both cans of soup and top with 1 cup of cheese. Pour water around edges of the pot. Cover and cook on low for 6-8 hours.

Slow Cooker Chicken Sausage Gumbo Dorothy Read

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|---|--|
| <i>2 tbsp olive oil</i> | <i>¼ tsp each salt and pepper</i> |
| <i>4 boneless, skinless chicken thighs, cubed</i> | <i>½ c dry white wine</i> |
| <i>4 mild Italian sausage, sliced</i> | <i>1 can (28 oz) diced tomatoes</i> |
| <i>2 each onions and ribs of celery, diced</i> | <i>½ c chicken broth</i> |
| <i>1 sweet red pepper, diced</i> | <i>3 tbsp tomato paste</i> |
| <i>4 cloves garlic, minced</i> | <i>1 pkg frozen okra thawed and sliced or fresh okra</i> |
| <i>1 tsp each paprika and dried thyme</i> | <i>¼ c fresh parsley, chopped</i> |
| <i>2 bay leaves</i> | <i>8-12 shrimp (optional)</i> |

In a large fry pan, heat half of the oil over medium heat, brown sausage and chicken. Put in slow cooker. Drain fat from pan. Add remaining oil to fry pan: cook onions, celery, red pepper, garlic, paprika, thyme, bay leaves, salt and pepper until lightly golden, about 8-10 minutes. Add to slow cooker. Add wine to skillet. Bring to boil, scraping up any browned bits. Add to slow cooker. Add tomatoes, broth, tomato paste and ½ cup water. Cover and cook on low for 4-6 hours and chicken pieces are still whole. Discard bay leaves. Stir in okra and parsley, cover and cook on high for 15 minutes. I often add some shrimp at this stage to give it more of a southern flavour. Serve over rice in a bowl. Serves 4-6. This recipe is easy to double or triple for a party

Spanish Steaks Hélène Levac

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|----------------------------|-----------------------------------|
| <i>2 lbs steak (round)</i> | <i>1-28 oz can tomatoes</i> |
| <i>1/3 c flour</i> | <i>1/2 c celery</i> |
| <i>1 tsp salt</i> | <i>1/3 c sliced onion</i> |
| <i>dash of pepper</i> | <i>1/3 c chopped green pepper</i> |
| <i>3 tbsp butter</i> | |

Cut steak into serving pieces. Mix flour, salt and pepper. Roll steak in flour mixture. Melt butter in skillet and brown steak well on both sides. Arrange steak in roasting pan, cover with tomatoes, celery, onions and green pepper. Bake at 300°F for about 1½ hours.

Steak and Beans Cathy McNaughton

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|--|------------------------------------|
| <i>2 x 28 oz cans brown beans</i> | <i>Mix together to make sauce:</i> |
| <i>round steak, sliced into strips</i> | <i>1/2 c brown sugar</i> |
| <i>1 c stewed tomatoes (or more)</i> | <i>1 tsp dry mustard</i> |
| <i>1 onion, sliced thin</i> | <i>1/2 c molasses</i> |
| | <i>4 tbsp vinegar</i> |

Brown steak strips. In large roaster or casserole, layer beans, steak, tomatoes, onion and sauce. Bake at 350° for 1 ½ hours.

New England Corned Beef Boil Pat Martijn-Willems

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|---------------------------------|---------------------------|
| <i>3-4 lbs flat corned beef</i> | <i>2 bay leaves</i> |
| <i>2 garlic cloves</i> | <i>1/2 c diced onions</i> |

Cover ingredients with water and cook until tender, 3 or 4 hours.
Take corn beef out of pot. While warm, sprinkle brown sugar and ground cloves over the top. Cover with aluminum foil. Prepare and boil potatoes, cabbage and carrots in beef water. When ready to serve, allow 25 minutes to heat meat on a cookie sheet in a 350°F oven. Slice beef diagonally very thin. Serve with the vegetables.

Cauliflower au Gratin Ruth MacGillivray++

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|------------------------------------|------------------------------|
| <i>1 Large Cauliflower</i> | <i>1/2 c light cream</i> |
| <i>250 g grated gruyere cheese</i> | <i>Salt, pepper to taste</i> |

Cut up cauliflower; cook in salted water 5-7 min or until tender. Mix well the cream & cheese. Add pepper. Oil a saucepan, place the cauliflower in it & cover with cream/cheese sauce... Place pan under a preheated grill to brown (about 10 min). Goes good with fried fish

Beef Stroganoff Pat Martijn-Willems

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|---|--------------------------------------|
| <i>1 ½ lb boneless beef top sirloin, trimmed and thinly sliced across the grain</i> | <i>1 c dry white wine</i> |
| <i>1 small onion, chopped</i> | <i>1/8 tsp white pepper</i> |
| <i>1 can condensed cream of mushroom soup</i> | <i>1 lb egg noodles</i> |
| | <i>½ c sour cream</i> |
| | <i>2 tbsp fresh parsley, chopped</i> |

Coat a large nonstick skillet with nonstick cooking spray. Brown beef and onions over medium heat for 5 to 7 minutes, stirring occasionally until beef is no longer pink and onions are tender. Add mushrooms, cook 3 minutes until tender. Transfer to a pot over medium low heat. Stir in soup, wine and pepper. Simmer until tender. Meanwhile, cook noodles according to package directions. Drain, rinse and drain again. Cover noodles to keep warm and set aside. Just before serving, add sour cream and parley to meat and cook 1 more minute until heated through. Serve over warm noodles.

Slow Cooker Beef Stew Linda LeRoy and Joan MacGillivray

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|-------------------------------------|--|
| <i>2 lb beef cubes or stew meat</i> | <i>1 bay leaf</i> |
| <i>¼ c flour</i> | <i>1 tsp paprika</i> |
| <i>1 tsp salt, ½ tsp pepper</i> | <i>4 carrots, sliced</i> |
| <i>1 ½ c beef broth</i> | <i>3 potatoes, diced</i> |
| <i>1 tsp Worcestershire sauce</i> | <i>1 onion, 1 celery stalk, sliced</i> |
| <i>1 clove garlic, minced</i> | |

Put meat in slow cooker. Mix flour, salt and pepper. Pour over meat and stir to coat meat with the flour. Add remaining ingredients, mix well. Cover, cook for 10-12 hours on low or 4-6 hours on high. Stir thoroughly before serving. Serve with salad and fresh bread.

Lazy Cabbage Rolls Barb Smith

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|---------------------------------------|--------------------------------------|
| <i>4 c finely chopped cabbage</i> | <i>1 ¾ c water</i> |
| <i>½ c long grain rice</i> | <i>¼ c butter</i> |
| <i>1 tsp salt, sprinkle of pepper</i> | <i>1 ½ tbsp finely chopped onion</i> |

Put cabbage into 1 ½ qt casserole. Pour rice over top. Poke fork here and there to allow some of rice into the cabbage. Sprinkle salt and pepper over all then pour water over all. Bake covered in 350°F oven 1 hour until rice is cooked and cabbage is tender. Remove from oven. Sauté onion in butter until golden. Add to cabbage. Stir to combine.

Chili Con Carne Barb Smith

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|----------------------------------|--------------------------------|
| <i>1 lb ground beef</i> | <i>1 8oz can tomato sauce</i> |
| <i>1 c chopped onion</i> | <i>1 tsp salt</i> |
| <i>¾ c chopped green pepper</i> | <i>1 to 2 tsp chili powder</i> |
| <i>1 can (2c) diced tomatoes</i> | <i>1 bay leaf</i> |

In a heavy skillet, cook meat, onion and green pepper till meat is lightly browned and vegetables are tender. Stir in remaining ingredients.

Cover and simmer for 1 hour. Remove bay leaf before serving.

French Oven Stew Rhoda Ross

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|---|----------------------------------|
| <i>2 ½ lbs lean stew meat</i> | <i>½ c red wine or water</i> |
| <i>1 ½ c chopped onions</i> | <i>¼ c quick cooking tapioca</i> |
| <i>4 large carrots quartered</i> | <i>1 tbsp sugar</i> |
| <i>1 ½ c sliced mushrooms</i> | <i>lots of garlic</i> |
| <i>3 large ribs celery, 1 inch pieces</i> | <i>salt and pepper to taste</i> |
| <i>1 ½ c tomato juice</i> | <i>1 bay leaf</i> |

Preheat oven to 300 degrees. Mix all ingredients in a heavy 3 quart ovenproof pot Cover and bake @ 300°F for 3 hours, stirring 3 times during cooking, or until meat is tender and sauce thickened. Discard bay leaf. Serve over mashed potatoes. This stew is really good made with wild meat You can vary the vegetables to anything you want.

Boeuf à la Mode Micheline Duchesne Ouellette

| | |
|------------------------------|--|
| <i>2 to 3 lbs beef cubes</i> | <i>Pasta:</i> |
| <i>1 medium onion</i> | <i>1 egg</i> |
| <i>water</i> | <i>½ c milk</i> |
| | <i>¾ c flour</i> |
| | <i>pinch salt</i> |
| | <i>butter size of egg yolk(+/- 1 tbsp)</i> |

In large saucepan, brown the meat and onion. Add water to cover.

Mix the ingredients of pasta, until you form a ball. Roll the dough and cut into little cubes. Add them 3 or 4 at a time to the cooked meat. Salt and pepper to taste This beef stew with homemade pasta was my mother, Geneviève Duchesne's, way of stretching a meat meal. It was a family favorite.

Pepper Steak Caballero Marjorie Campbell

| | |
|--|----------------------------|
| <i>1 ½ lbs sirloin steak</i> | <i>2 tomatoes, diced</i> |
| <i>1 tbsp paprika</i> | <i>1 c beef broth</i> |
| <i>2 cloves garlic, crushed</i> | <i>¼ c water</i> |
| <i>2 tbsp butter</i> | <i>2 tbsp cornstarch</i> |
| <i>1 c sliced green onions</i> | <i>2 tbsp soya sauce</i> |
| <i>2 medium green peppers, in strips</i> | <i>3 c hot cooked rice</i> |

Sprinkle steak with paprika. Cut across the grain in ¼ inch slices. It is easy to get fine strips if the meat is partially frozen Sauté steak and garlic in butter to brown meat. Add onions and green pepper, then tomatoes and broth. Cover and simmer 15 minutes. Blend water, cornstarch, soya sauce and stir into steak cooking until sauce is thick. Serve on bed of hot rice.

Shepherd's Pie Eileen Lobb

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|-----------------------|------------------------------------|
| <i>1 lb hamburger</i> | <i>1 can kernel corn</i> |
| <i>1 large onion</i> | <i>Potatoes, cooked and mashed</i> |

Cook hamburger and onion in frying pan. Cook and mash enough potatoes to cover meat. Put cooked meat in bottom of casserole. Cover with corn, then potatoes, mashed with milk and butter. Cover with crushed corn flakes if desired. Bake at 350° until bubbly.

Meat Balls Winston Brodie

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|---|--|
| <i>1/3 c water</i> | <i>1/3 c grated parmesan cheese</i> |
| <i>2 tbsp milk</i> | <i>(optional)</i> |
| <i>½ c bread crumbs</i> | <i>1 large egg, beaten</i> |
| <i>¾ lb lean ground beef</i> | <i>1 to 2 cloves of garlic, minced</i> |
| <i>½ lb ground pork</i> | <i>2 tbsp fresh chopped parsley</i> |
| <i>1 small onion grated or finely diced</i> | <i>½ tsp salt or more to taste</i> |
| | <i>fresh ground pepper to taste</i> |

Preheat oven to 375°. Line baking sheets with parchment paper, using baking sheets with sides. Place water and milk in medium bowl. Stir in bread crumbs, and let them absorb moisture for a few moments. Add ground meat, onion, cheese, egg, garlic, parsley, salt pepper and mix until just combined. Moisten hands with cold water and roll mixture into 2 inch balls, and set on baking sheet. Roast 20 to 30 minutes, turning once, until thoroughly cooked.

Pain de Viande Geneviève Duchesne*++

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|---|-------------------------------------|
| <i>1 ½ lb de boeuf maigre haché</i> | <i>1 c. à thé de sel</i> |
| <i>½ tasse chapelure de mie de pain</i> | <i>¼ c. à thé de poivre</i> |
| <i>2 oeufs</i> | <i>1 boîte (14 oz) de sauce aux</i> |
| <i>½ tasse d'oignons hachés</i> | <i>tomates en morceaux (Hunts)</i> |

Mélanger le boeuf, chapelure, les oignons, les oeufs, le sel, le poivre et 1/3 de tasse sauce Hunts. Façonner un pain dans un plat à four peu profond. Cuire au four à 350° F pendant une heure. Dégraisser. Verser le reste de la sauce Hunt sur le pain de viande. Cuire encore 10 minutes (Portion pour 6).

Sweet and Sour Meat Balls Phyllis Terry

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|-----------------------------|----------------------------|
| <i>1 lb hamburger</i> | <i>Sauce</i> |
| <i>1 c bread crumbs</i> | <i>½ c brown sugar</i> |
| <i>½ c milk</i> | <i>½ c vinegar</i> |
| <i>1 egg</i> | <i>½ c water</i> |
| <i>1 tbsp ketchup</i> | <i>1 ½ tsp dry mustard</i> |
| <i>1 small onion, diced</i> | |

Mix together the first six ingredients. Make into 1 inch balls and put in shallow pan. Mix ingredients for sauce and pour over the meatballs. Bake uncovered at 350° F for 45 minutes.

Light Meat Loaf Liliias MacLaurin

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|---------------------------------------|-------------------------------------|
| <i>1 lb ground beef</i> | <i>1 tbsp chopped parsley</i> |
| <i>1 6oz can tomato sauce</i> | <i>1 small onion finely chopped</i> |
| <i>½ c oatmeal</i> | <i>1 egg lightly beaten</i> |
| <i>3 tbsp chopped green pepper or</i> | <i>¼ tsp finely chopped garlic</i> |
| <i>celery</i> | <i>½ tsp salt</i> |
| <i>2 tbsp bran</i> | <i>¼ tsp pepper</i> |
| <i>2 tbsp wheat germ</i> | <i>chili sauce</i> |

Preheat oven to 350°. Combine all the ingredients. Form into a loaf and place in 9x5x3 pan, Cover with a layer of chili sauce and bake for 50 – 60 minutes. Don't over bake as part of the secret of fluffiness is a short cooking time.

“More” Meat Dish Muriel McCaskill

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|--|--|
| <i>½ lb hamburger</i> | <i>1 small can tomatoes or tomato</i> |
| <i>1 medium onion, chopped</i> | <i>sauce</i> |
| <i>1 small clove garlic, crushed</i> | <i>1 small can pimentos (optional)</i> |
| <i>½ lb spaghetti</i> | <i>1 tsp salt</i> |
| <i>boiling salt water</i> | <i>pepper to taste</i> |
| <i>1 small can kernel corn (about 1 c)</i> | <i>1 c ripe olives</i> |
| <i>1 small can peas</i> | <i>½ lb grated cheese</i> |

Brown meat, onion and garlic in frying pan. Continue stirring while cooking 15 to 20 minutes. Cook spaghetti in water until soft. Drain. Add corn, peas, tomatoes or sauce, pimentos, salt and pepper to meat mixture. Add spaghetti. Add olives. Mix well. Sprinkle with cheese. Bake at 350° for 40 minutes.

Sweet and Sour Pork Joan (MacSweyn) MacMillan

| | |
|--|---------------------------------------|
| <i>1 tbsp oil</i> | <i>1 green pepper, cut in squares</i> |
| <i>1 lb pork shoulder, trimmed and</i> | <i>1 c diced celery</i> |
| <i>cut into bite sized cubes</i> | <i>½ c brown sugar</i> |
| <i>½ c water</i> | <i>1 14oz can pineapple chunks,</i> |
| <i>¼ c vinegar</i> | <i>drained, reserve juice</i> |
| <i>1 tbsp soy sauce, ¼ c ketchup</i> | <i>2 tbsp cornstarch</i> |

Brown pork pieces in oil. Mix together water, vinegar, soy sauce, ketchup, pepper, celery and brown sugar. Pour over pork and bring to boil. Reduce heat, cover and simmer for 30 minutes. Combine ½ c juice with cornstarch and stir into pork mixture. Simmer, stirring until thickened. Add pineapple chunks. Heat thoroughly and serve on bed of rice.

Petites Côtes À L’Ail (Spareribs) Gabrielle Meloche

| | |
|--|---------------------------------------|
| <i>2 livres de petites côtes de porc</i> | <i>2 c. à soupe de catsup</i> |
| <i>¼ tasse d’eau bouillante</i> | <i>¼ c à thé de clou girofle</i> |
| <i>1 cube d’OXO au boeuf</i> | <i>½ c à thé de poivre</i> |
| <i>1 ½ c. à thé de sel d’ail</i> | <i>2 c. à soupe d’huile à cuisson</i> |

Découper les petites côtes en morceaux. Deposer dans une cocotte peu profonde. Dissoudre le cube OXO au boeuf dans l’eau bouillante et ajouter à ce mélange tous les autres ingrédients. Bien enrober les petites côtes avec ce mélange. Cuire au four à 325°F pendant 1 ¾ hr ou jusqu’à tendreté. Retourner les petites côtes plusieurs fois au cours de la cuisson et arroser de la sauce qui reste. Pour 4 personnes.

Rolled Ham and Endives Rose-Marie Deley

| | |
|--|-------------------------------|
| <i>8 slices Black Forest ham</i> | <i>2 tbsp unsalted butter</i> |
| <i>8 endives</i> | <i>2 tbsp flour</i> |
| <i>1 garlic clove (pressed)</i> | <i>¾ c milk</i> |
| <i>¾ c grated cheese (cheddar & gruyère mix)</i> | <i>pepper to taste</i> |

Place 1 tbsp butter in frying pan over medium heat. Add garlic, and then add endives and pepper. If endives are big, cut in half. Cover and let cook until endives are tender and slightly brown. Preheat oven to 350°

Roll one endive in slice of ham. Place in a pan that can go in the oven. On the stove in a pot, melt the butter; add milk, pepper and flour using a whisk to keep stirring until the mixture becomes smooth and creamy. Then stir in the cheese. Once it is all smooth and creamy, pour over the ham and endive rolls. Place in the oven and when almost ready to serve, put the oven on broil until the tops brown. Goes well with homemade french fries.

Macaroni, Ham and Cheese Casserole Andrew Deley

| | |
|---------------------------|--|
| <i>3 quarts water</i> | <i>2 c cooked ham</i> |
| <i>2 c elbow macaroni</i> | <i>1 ¾ c grated cheese</i> |
| <i>4 tbsp butter</i> | <i>(Gruyère/cheddar/Emmentaler) your</i> |
| <i>4 tbsp flour</i> | <i>choice or a mix of each</i> |
| <i>2 c milk</i> | <i>1 tbsp grated onion</i> |
| <i>¼ tsp cayenne</i> | <i>1 tbsp bread crumbs</i> |
| | <i>2 tbsp melted butter</i> |

Cook macaroni in boiling water 20 min or until tender. Drain in colander.

Melt butter over moderate heat in saucepan, add flour and cook, stirring until mixture froths and foams, add milk all at once and wire whisk until creamy. Add cayenne and simmer 2 minutes. Pour sauce into mixing bowl and stir in macaroni, ham, 1 ½ c cheese and onion. Taste for seasoning. Pre-heat oven to 375°. Lightly butter casserole dish. Spoon in macaroni mix and spread bread crumbs mixed with remaining cheese and melted butter evenly over the top. Bake in middle of oven for 30 to 40 minutes or until cheese and bread crumb topping is lightly brown. Serve direct from casserole. Serves 4 to 6

Cotelettes de Porc Sauce à l'Érable et aux Pommes Francis Mac Dougall

| | |
|--|----------------------------------|
| <i>8 cotelettes de porc ¾ po d'épaisseur</i> | <i>sel et poivre au goût</i> |
| <i>1 c. à table huile canola</i> | <i>1 sachet sauce demi glace</i> |
| <i>½ tasse d'eau</i> | <i>½ tasse jus de pommes</i> |
| <i>2 c. à table sirop d'érable</i> | <i>2 pommes en morceaux</i> |

Salier et poivrer les cotelettes. Dans un grand poelon chauffer l'huile à feu moyen vif. Dorer les cotelettes de chaque côté environ 2 à 3 minutes. Arroser de jus de pommes. Réduire la chaleur, couvrir et cuire 10 minutes. Dans un petit bol combiner l'eau et le mélange de sauce et le sirop d'érable. Verser lentement sur les cotelettes sans arrêt. Porter à ébullition. Réduire la chaleur. Ajouter les pommes et laisser mijoter environ 10 minutes en remuant.

Rolled Ham and Asparagus Rose-Marie Deley

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|---|---|
| <i>8 slices Black Forest ham</i> | <i>2 tbsp flour</i> |
| <i>32 asparagus sprigs</i> | <i>½ c water from asparagus cooking</i> |
| <i>¾ c grated cheese (cheddar & Gruyere mix)</i> | <i>½ c milk</i> |
| <i>1 tbsp unsalted butter</i> | <i>pepper to taste</i> |

Place asparagus in pot of water, bring to boil. Once asparagus is tender, put side ½ C liquid from pot. Preheat oven to 350° Roll 4 asparagus in each slice of ham. Place in ovenproof dish. Melt butter in pot; add water from the asparagus, milk, pepper and flour. Using whisk, keep stirring until mixture becomes smooth and creamy, and then stir in cheese. Once it is all smooth and creamy, pour over the ham and asparagus rolls. Place in oven and when almost ready to serve, put oven on broil until the top browns. Goes well with homemade french fries.

Latkes Andrew Deley

| | |
|--------------------------------|--------------------------------------|
| <i>3 or 4 large potatoes</i> | <i>1 tsp baking powder</i> |
| <i>1 small to medium onion</i> | <i>sprinkle of salt & pepper</i> |
| <i>2 or 3 beaten eggs</i> | <i>½ tsp lemon juice</i> |
| <i>1 tbsp flour</i> | |

Grate potatoes & onion. Squeeze out as much liquid as possible before mixing with all other ingredients. Pat into pancakes. Fry in oil @ 385°(turning once) until golden brown. Drain on paper towels. Serve with applesauce & sour cream

Stir-Fried Sweet and Sour Pork Suree Murphy

| | |
|---|--------------------------------|
| <i>400 g lean pork, sliced into thin strips</i> | <i>½ c chicken stock</i> |
| <i>½ c cucumber, cut into bite-sized pieces</i> | <i>1 tbsp vinegar</i> |
| <i>1 tsp chopped garlic</i> | <i>2 tbsp tomato sauce</i> |
| <i>100 g straw mushrooms, sliced</i> | <i>2 tbsp sugar</i> |
| <i>1 large tomato, sliced</i> | <i>1 tbsp fish sauce</i> |
| <i>1 c spring onion, sliced fine</i> | <i>1 tsp soy sauce</i> |
| <i>2 spur chilies, sliced</i> | <i>1 tbsp tapioca flour</i> |
| <i>1/3 c sliced onion</i> | <i>¼ tbsp pepper</i> |
| | <i>1 tbsp coriander leaves</i> |
| | <i>1 tbsp vegetable oil</i> |

Heat oil in wok over medium-high heat and brown the garlic. Add the pork and cook for 5 min, stirring constantly. Then add cucumber, mushrooms, tomato, spring onion, onion, chilies, vinegar, tomato sauce, sugar, fish sauce, soy sauce and half the chicken stock. Stir well. Mix the remaining chicken stock with the tapioca flour. Blend well and slowly pour into the wok and cook until the sauce thickens. Remove from heat and season with pepper. Garnish with coriander.

Baked Ham Slices Linda LeRoy

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|---|--------------------------------|
| <i>1 slice uncooked ham, 1 inch thick (about 1 ½ lbs)</i> | <i>2 tsp vinegar</i> |
| <i>2 tbsp dry mustard</i> | <i>10 – 12 whole cloves</i> |
| <i>¼ c brown sugar</i> | <i>1 c milk or fruit juice</i> |

Trim the rind off the ham and place in shallow baking dish. Mix mustard, sugar and vinegar together and spread over ham. Stick with cloves. Pour milk or fruit juice around meat. Bake uncovered 325° until tender, about 1 hour. Makes six servings.

Spareribs Evelyn (MacGillivray) Dudley-Ward

| | |
|------------------------------|--------------------------------------|
| <i>spareribs</i> | <i>3 cloves garlic, minced</i> |
| <i>1 large onion, cut up</i> | <i>4 tsp soy sauce (or to taste)</i> |

Dredge spareribs in flour. Oil frying pan and brown spareribs. Add onion and garlic and cover with water. Add soy sauce and let simmer until liquid is fairly thick. Water and soy sauce can be added if necessary.

Pork Tenderloin Eileen (MacLeod) Hamre

| | |
|-----------------------------|------------------------------|
| <i>1 pork tenderloin</i> | <i>2 tbsp liquid honey</i> |
| <i>1 tbsp vegetable oil</i> | <i>½ tsp powdered garlic</i> |
| <i>1 tbsp soy sauce</i> | |

Heat oil in skillet. Brown pork all over. Remove from heat. In bowl, mix honey, oil, soy and garlic. Brush over pork. Roast in 350° oven until done, ½ hour. Transfer to cutting board, slice thinly on diagonal.

Garlic Spare Ribs Gabrielle Meloche

| | |
|------------------------------------|-----------------------------|
| <i>2 lbs small pork spare ribs</i> | <i>2 tbsp ketchup</i> |
| <i>¼ c boiling water</i> | <i>¼ tsp ground cloves</i> |
| <i>1 OXO cube (beef)</i> | <i>½ tsp black pepper</i> |
| <i>1 ½ tsp garlic salt</i> | <i>2 tbsp vegetable oil</i> |

Cut spare ribs into individual serving pieces. Place in shallow baking dish. In small bowl, dissolve OXO cube in boiling water and add all other ingredients. Coat ribs completely with this mixture. Bake at 325° for 1 ¾ hours. Braise and turn ribs often during cooking. Serves 4.

Tuna Casserole Sidney Mac Donald

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|-----------------------------------|--|
| <i>2 cans tuna (flaked)</i> | <i>1 can mushrooms (drained)</i> |
| <i>1 can cream of celery soup</i> | <i>1 to 1 ½ c frozen peas</i> |
| <i>1 can cream mushroom soup</i> | <i>2 small(190g) bags of regular chips</i> |
| <i>2 cans milk</i> | |

Cream soups together with milk and add to tuna in casserole dish (8 liter baking dish or 4 if recipe is halved.). Add mushrooms and mix well. Add in peas, mixing again. Crush potato chips in bag. Put first bag into tuna, soup, mushroom and peas mixture and mix together. Then second crushed bag of chips gets spread on top. Bake, covered, at 325° for 45 min to 1 hour. Serve with salad.

Curried Prawns Suree Murphy

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|---------------------------------------|---|
| <i>500 g shelled, deveined prawns</i> | <i>2 fresh chilies (deseeded and half sliced)</i> |
| <i>1 tbsp yellow curry paste</i> | <i>1 tbsp fish sauce</i> |
| <i>2 ½ c coconut milk</i> | <i>½ tsp salt</i> |
| <i>1 ½ tsp sugar</i> | |
| <i>½ c cherry tomatoes</i> | |

Heat deep-sided fry pan and put in $\frac{3}{4}$ c coconut milk. Stir milk regularly until boiling over medium heat. Then continue boiling milk for 5 minutes or until milk surface has oily sheen. Add curry paste into pan and mix well together. Simmer the mixture for about 10 to 12 minutes. Add sugar, salt, fish sauce and remaining coconut milk and simmer once again for 10 minutes more. Stir the mixture constantly Add in prawns, cherry tomatoes and chilies into pan and bring to boil Remove from heat and serve hot over rice.

Salmon Loaf Marilyn MacSweyn

| | |
|-------------------------------------|--------------------------------|
| <i>2 cans salmon (213 g each)</i> | <i>1 tbsp lemon juice</i> |
| <i>3 tbsp finely chopped onion</i> | <i>1 c soda biscuit crumbs</i> |
| <i>3 tbsp finely chopped celery</i> | <i>2 eggs</i> |
| <i>½ tsp salt</i> | <i>2 tbsp melted butter</i> |
| <i>pinch of pepper</i> | <i>1 c milk</i> |

Remove skin and bones from salmon and crumble a bit. Add onion, celery, salt, pepper and lemon juice. Mix well. Place soda biscuits (about $\frac{3}{4}$ of one long package) into large freezer zip bag, lock and roll and crush until you have 1 c soda biscuit crumbs. Add crumbs to fish mix. Beat 2 eggs slightly and add to milk, then pour into fish mixture and mix altogether. Melt 2 tbsp butter and mix into mixture. Pour into 1 liter/1 quart (9" x 5") loaf pan. Bake at 350° about 45 min or until it puffs up and looks done. Don't overcook as it will end up being a bit dry. I always make a basic white sauce to drizzle over each serving.

Spinach Squares Eileen (MacLeod) Hamre

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|-----------------------------------|---|
| <i>1 c flour</i> | <i>½ onion chopped finely</i> |
| <i>½ tsp ea salt & pepper</i> | <i>1-1 ½ c grated cheddar cheese</i> |
| <i>1 c milk</i> | <i>1-2 2 eggs</i> |
| <i>¼ c melted butter</i> | <i>1-3 1 pkg frozen chopped & drained spinach</i> |

Mix flour, salt & pepper together. Add beaten egg slowly, milk & melted butter. Add remaining ingredients. Pour into 9" x 13" pan. Bake @ 350° for 30-35 min. Cool. Cut into squares. May be frozen. for 30-35 min. Cool. Cut into squares. May be frozen.

Louie's Dalkeith Style Mussels Marinières Louis Loczy

| | |
|--|--|
| <i>100 g butter</i> | <i>2 tbsp fresh (or freeze dried) finely</i> |
| <i>2 green onions finely chopped</i> | <i>chopped chives</i> |
| <i>100 ml dry white wine</i> | <i>2 garlic cloves finely chopped</i> |
| <i>2 tbsp fresh chopped parsley</i> | <i>juice of 1 lemon</i> |
| <i>2 sprigs fresh thyme (optional)</i> | <i>50 ml 35% cream</i> |

2 lbs cleaned and drained mussels (must be fresh, not older than 10 days after harvest day) Rinse mussels under cold water (pull out beard) discard mussels which do not close after 1 minute. In large pot, melt half the butter and lightly brown green onions, garlic, chives (garlic can be added later with wine). Add wine and bring to boil, and then add parsley. Add mussels and carrots and cook on high heat for 4 to 7 minutes or until all mussels are open (discard mussels which do not open). As soon as meat falls off the shells, remove from heat and add other half of butter and sprinkle with lemon juice. Discard shells. Stir back mussels into pot, add cream, stir gently and serve in soup dish. Bon appétit.

Margie's Breakfast Joyce MacLennan

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|-------------------------------------|---|
| <i>Bread slices (crust removed)</i> | <i>¼ c minced onion</i> |
| <i>ham slices</i> | <i>¼ c finely chopped green pepper</i> |
| <i>cheddar cheese</i> | <i>1 – 2 tsp Worcestershire sauce</i> |
| <i>6 eggs</i> | <i>3 c milk</i> |
| <i>½ tsp salt</i> | <i>¼ c butter</i> |
| <i>½ tsp pepper</i> | <i>dash Tabasco</i> |
| <i>½ tsp dry mustard</i> | <i>crushed corn flakes or Special K</i> |

In buttered 9x13 glass cake pan, put slices of bread to cover bottom. Add ham to cover bread. Next layer is the cheese. Cover with another layer of bread. In bowl, mix eggs, milk and remaining ingredients. Pour over bread layers. Cover with plastic wrap and refrigerate over night. In the morning, melt ¼ c butter and dash of Tabasco sauce. Pour over bread layers, then add crushed corn flakes or Special K. Bake at 350° uncovered for 1 hour. Let stand for 10 minutes to cool. This feeds a large group and is handy for overnight guests.

1915 Peas in Potato Cases Mable Hall

Mould mashed potatoes into very firm balls; scoop out the centers & fill with hot buttered peas or with cream peas according to taste; garnish with parsley.

Quiche Lorraine Shirley MacDonald

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|--|----------------------------------|
| <i>8 slices well cooked & crumbled bacon</i> | <i>2 tbsp minced onion (red)</i> |
| <i>9 inch unbaked pie shell</i> | <i>1 ½ tsp. Worcester sauce</i> |
| <i>2 c.(8 oz.) shredded Swiss cheese</i> | <i>½ tsp. salt</i> |
| <i>6 eggs beaten</i> | <i>1 tbsp. parmesan cheese</i> |
| <i>1 can Carnation evaporated milk-large</i> | |

Sprinkle bacon over bottom of unbaked pie shell. Cover with Swiss cheese. Combine eggs, milk, onions, Worcester sauce and salt. Mix well. Pour into pie shell. Sprinkle with parmesan cheese. Bake at 350° for 30-35 minutes. Let stand 5-10 minutes before serving.

Country Omelet Andrew Deley

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|---|-----------------------------------|
| <i>2 tbsp. butter, 2 tsp. olive oil</i> | <i>6 eggs lightly beaten</i> |
| <i>1 slice smoked ham (1/4 lb.) diced</i> | <i>1 tbsp parsley, minced</i> |
| <i>1 sausage diced or 1 pepperoni diced</i> | <i>1 tbsp. scallions, minced</i> |
| <i>1 potato diced</i> | <i>salt & pepper to taste</i> |

Heat 1 tbsp butter & the olive oil in a skillet. Add ham, sausage, or pepperoni & sauté for 2 min. until lightly browned. Remove ham and sausage. Set aside. Add potato to pan. Sauté until soft and golden brown. Combine eggs with parsley and scallions. Season with salt & pepper. Stir in ham & sausage. Pour egg mixture into pan. Blend quickly with the potato and cook over moderate heat, shaking the pan to avoid sticking... When the edge of the omelet starts to set put remaining butter on edge of omelet. Tilt pan to let butter flow around. After about 2 minutes put pan under medium broiler to brown top. Makes 2-4 servings

Buttermilk Pancakes Cathy McNaughton

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|---------------------------------|---|
| Sift together: | Combine: |
| <i>1 ½ cup flour</i> | <i>1 egg, beaten</i> |
| <i>2 tbsp. granulated sugar</i> | <i>1 ¾ c. buttermilk</i> |
| <i>1 tsp. baking powder</i> | <i>2 tbsp. vegetable oil or melted shortening</i> |
| <i>½ tsp. baking soda</i> | |
| <i>½ tsp. salt</i> | |

Add liquid ingredients to dry ingredients. Beat only until combined. Heat griddle or frying pan to 380° F (drops of cold water will dance across it). Grease lightly with unsalted fat. Use ¼ c. batter for each pancake. Bake pancakes until surface is covered with bubbles and edges lose their gloss. Turn and cook until golden brown. Serve hot with maple syrup. Makes about 12 (4 inch) pancakes.

Brunch Egg Casserole Lillian Howes

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|------------------------------------|---|
| <i>2 c seasoned croutons</i> | <i>½ tsp prepared mustard</i> |
| <i>1 c shredded cheddar cheese</i> | <i>½ tsp chopped green onion</i> |
| <i>4 eggs, slightly beaten</i> | <i>dash pepper</i> |
| <i>2 c milk</i> | <i>few slices bacon, cooked crisp and</i> |
| <i>½ tsp salt</i> | <i>crumbled (optional)</i> |

In bottom of greased 10"x6"x2" baking pan, combine croutons and cheese. In 4 cup container, combine eggs, milk, salt, pepper, mustard and onion. Mix until blended. Pour over crouton mixture in casserole. Bake uncovered at 325°F 55 - 60 minutes. Sprinkle crumbled bacon over top during last 10 minutes of baking. Serves 6.

Lemon Ricotta Pancakes

Anne MacGillivray (from 4 Seasons Hotel Toronto)

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|---------------------------|----------------------------------|
| <i>1 ½ c flour</i> | <i>2 tbsp sugar</i> |
| <i>3 eggs</i> | <i>2 tbsp melted butter</i> |
| <i>1 c ricotta cheese</i> | <i>1 tsp finely grated lemon</i> |
| <i>yogourt if needed</i> | |

Separate eggs. Mix together egg yolks, flour, sugar, butter and yogourt if needed. Beat egg whites till stiff. Fold into mixture and add lemon. Fry pancakes in pan with canola oil. Top with lightly cooked apple slices, poached pears or cranberries cooked in orange juice. Top with icing sugar.

Raspberry Sauce Linda LeRoy

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| <i>1 package (300ml) thawed frozen raspberries</i> | <i>1 tbsp cornstarch</i> |
| | <i>½ c heated raspberry or red currant jelly</i> |

Drain raspberries, reserving juice. Place berries in sieve, crush to extract additional juice. Discard seeds. Whisk cornstarch into heated jelly, and whisk into juice. Cook sauce in microwave on high until thickened (1 to 2 min). Refrigerate until cool. Makes 1 ¼ cups.

LP's Meatball Sauce Janet Brodie

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|----------------------|--------------------------------------|
| <i>¾ c water</i> | <i>1 extra large tbsp soya sauce</i> |
| <i>¾ c sugar</i> | <i>2 tbsp cornstarch</i> |
| <i>1/3 c vinegar</i> | <i>3 tbsp water</i> |
| <i>1/3 c ketchup</i> | |

Mix water, sugar, vinegar, ketchup and soya sauce together. Add cornstarch mixed with 3 tbsp water. Pour over 1" cooked meatballs. Simmer or bake covered at low temperature until meat balls are hot and sauce is thick. Should be served with rice.

Fresh Cranberry Sauce Cameron Mac Donald

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|------------------------|-------------------------|
| <i>4 c cranberries</i> | <i>1 to 1 ½ c water</i> |
| <i>2 c sugar</i> | |

Bring to a boil and let boil 5 minutes until cranberries have popped. Let cool and bottle.

Cran-Apple Orange Conserve Jean MacGillivray

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|---|---------------------------------|
| <i>2 medium oranges</i> | <i>2 c sugar</i> |
| <i>5 large tart apples, peeled, cored and chopped</i> | <i>1 ½ c fresh cranberries</i> |
| | <i>1 tbsp grated lemon peel</i> |

Remove thin slices from both ends of oranges for easier chopping. Finely chop unpeeled oranges and remove any seeds. You should have about 2 c chopped oranges. Combine chopped oranges, apples, sugar, cranberries and lemon peel in slow cooker. Cover and cook on low 4 hours or on high for 2 hours. Slightly crush fruit with potato masher. Cook again, uncovered, on low heat for 2 hours or on high for 1 to 1 ½ hours or until very thick, stirring occasionally to prevent sticking. Cool at least 2 hours. Serve with pork, chicken, pancakes or tea biscuits.

Cranberry Relish Gavin Scott

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|--|------------------|
| <i>1 pkg fresh cranberries, 1 orange</i> | <i>1 c sugar</i> |
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The secret to this recipe is picking a really good orange which should be washed, peeled, sectioned, & all pith removed. Grind the peel & sections in the blender. Wash & pick over cranberries before adding to blender mix. Grind until mixed. Add 1 c sugar & blend. Excellent served
With turkey/chicken on toast.

Green Cucumber Relish Janet Brodie

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|--|----------------------------|
| <i>12 large cucumbers, leave peel on, slice lengthwise, remove seeds</i> | <i>4 c white vinegar</i> |
| <i>8 medium onions</i> | <i>2 tsp celery seeds</i> |
| <i>2 medium red peppers</i> | <i>2 tsp mustard seeds</i> |
| <i>1 medium green pepper</i> | <i>2 tbsp flour</i> |
| <i>¼ c coarse salt</i> | <i>2 tbsp turmeric</i> |
| <i>5 c water</i> | <i>2 tsp dry mustard</i> |
| <i>6 c sugar</i> | <i>½ c vinegar</i> |

Put cucumbers, onions, red and green peppers through meat grinder. Sprinkle coarse salt and water over vegetables and let stand 1 hour. Drain and add sugar, vinegar, celery and mustard seeds.

Bring to boil and let slowly boil or simmer (stirring occasionally) for about 40 to 60 minutes once vegetables are tender and sauce is thick, add paste of flour, turmeric, dry mustard and vinegar to mixture. Boil for 5 minutes. Bottle when hot. Makes 8 pints.

Tomato Coconut Sauce Gisela Henderson

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|---|--|
| <i>Coconut oil</i> | <i>1 tsp mustard seeds (yellow or black)</i> |
| <i>1 tbsp chopped fresh ginger (skin on)</i> | <i>2 c chopped tomatoes (fresh, frozen or canned)</i> |
| <i>1 tsp fennel seeds</i> | <i>1 tin coconut milk</i> |
| <i>1 tsp cardamom seeds</i> | |

In oil, sauté ginger, fennel, cardamom and mustard seeds. Add chopped tomatoes and coconut milk. Let simmer 15 minutes. Serve and enjoy.

Sauce Aux Champignons Geneviève Duchesne*

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|---|---------------------------|
| <i>½ tasse sherry sec</i> | <i>1 tasse lait frais</i> |
| <i>1 boîte crème champignons non diluée</i> | <i>1 c à table beurre</i> |
| <i>½ c à thé Worcestershire Sauce</i> | <i>1 c à table farine</i> |

Dans la partie supérieure d'un bain-marie, délayer le beurre, la farine et ajouter le lait. Mijoter jusqu'à ce que la sauce épaississe. Ajouter les autres ingrédients à mesure et servir chaud sur de la viande ou du poisson.

Corn Fritters Eileen Lobb

*250 ml all purpose flour
125 ml milk
2 beaten eggs*

*1 can kernel corn , drained
15 ml melted butter*

Combine eggs & milk. Stir dry ingredients together, add to egg mixture. While stirring fold in corn & butter. Deep fat fry in small amts @ 190° Celsius for one or two min each side.

Scalloped Potatoes Rhoda Ross

*2 tbsp snipped parsley
1 ½ c thinly sliced onions
4 ½ c thinly sliced white potatoes
1 tsp salt*

*3 tbsp butter
7 tsp flour
1/8 tsp ea pepper, paprika
1 ¾ c milk*

Start heating oven to 400° F. Bring 1" water to boil in covered saucepan. Grease ½ qt casserole. Prepare parsley, onion & potatoes. To boiling water add onions, potatoes, 2 tsp salt. Boil 5 min. Drain. Meanwhile in double boiler or skillet, over very low heat, melt butter, stir in flour, salt, pepper, paprika, then milk. Cool, stirring constantly until smooth & thickened. In a casserole, arrange 1/3 of potatoes & onions. Sprinkle with ½ of the parsley. Pour on 1/3 of sauce. Repeat with another 1/3 of potatoes & onions, rest of the parsley & ½ of remaining sauce. Now add rest of potatoes & sauce. Bake uncovered 35 min or until tender & brown. Makes 4 or 5 servings.

Bourbon Yams with Pecan Topping Pat Martijn-Willems

*5-6 yams/sweet potatoes
3 eggs
¼ c sugar
½ c whipping cream
2 tbsp bourbon
1 tsp vanilla*

*pecan topping:
½ c butter, melted
1 c chopped pecans
1 c brown sugar
1 c flour
Whole pecans for garnish*

Preheat oven to 375°. Butter a shallow 2 qt dish. Bake the yams on oven rack until soft (about 55 min). Halve & scoop out pulp. Mash pulp, and then add eggs, granulated sugar, butter, cream, bourbon, & vanilla. Stir well to combine. Pour into prepared casserole. Reduce oven to 350°. To prepare topping, combine all ingredients (except whole pecans) & sprinkle over yams. Decorate with pecans. Bake uncovered 40 min until heated through & browned. Best regards.

Seven Minute Cabbage Mary MacDonald++

Remove the outer leaves of cabbage, cut it in quarters & shave it as finely as possible, using a cutting board. Have ready a large kettle of boiling water, to which 1 tsp of salt has been added. When water is boiling hard, drop in the cabbage a little at a time so the water will not stop boiling. Boil uncovered for exactly 7 min. Drain well through a colander, return to saucepan, add a generous tbsp butter for ea ¼ cabbage, and, if desired, a little thick cream. Shake over heat only long enough to make very hot; place in serving dish & serve at once.

Sweet Potato Topsy Jill Moll Hampson

| | |
|-----------------------------|----------------------------|
| <i>8 med sweet potatoes</i> | <i>½ c half & half</i> |
| <i>2 pinches of salt</i> | <i>¼ c dry sherry</i> |
| <i>7 tbsp butter</i> | <i>3 tbsp brown sugar</i> |

Preheat oven to 350°. Put 8 med sweet potatoes into a large pot, cover with cold water, & add 2 generous pinches of salt. Bring to boil over high heat, reduce heat to medium, & cook until soft-about 30 to 40 min. drain & set aside to cool. Peel potatoes & transfer to a large bowl. Coarsely mash potatoes with the tines of a fork, and then add 5 tbsp softened butter, ½ c half & half, ¼ c dry sherry, & 3 tbsp brown sugar. Beat with an electric mixer on medium speed until light & fluffy, about 2 min. transfer sweet potato mixture to a buttered medium baking dish, dot with 2 tbsp butter, & bake until top is golden brown-about 20 min..Optional: add a layer of miniature marshmallows on top.

Yvette's Homemade Waffles Brenda Noble

| | |
|------------------------------|-----------------------|
| <i>1 ¾ c flour</i> | <i>½ tsp cinnamon</i> |
| <i>1 tsp baking soda</i> | <i>2 eggs</i> |
| <i>1 tsp baking powder</i> | <i>2 c milk</i> |
| <i>½ tsp salt (optional)</i> | <i>½ c salad oil</i> |

Mix eggs & oil & then add all dry ingredients into that except flour. Blend into that mixture alternating amts of milk & flour. Resulting batter will be gooey. TO COOK: preheat waffle iron, spray with pam. Use ¾ c batter for a 2-waffle iron. Serve with bananas or berries with whipped cream.

Dessert Recipes

(Includes Squares, Candy, Cakes, Cookies, Pies, Puddings)



This lady is from the Kirkhill area an ancestor of a local family. She is representative of the women in the area who helped in the home in the field & in the garden.

NOTES

A HAPPY HOME RECIPE Shirley MacDonald

| | |
|------------------------|--------------------------|
| <i>4 c love</i> | <i>5 tbsp of hope</i> |
| <i>2 c loyalty</i> | <i>2 tbsp tenderness</i> |
| <i>3 c forgiveness</i> | <i>4 qts faith</i> |
| <i>1 c friendship</i> | <i>1 barrel laughter</i> |

Take love & loyalty, mix it thoroughly with faith. Blend it with tenderness, kindness & understanding. Add friendship & hope. Sprinkle abundantly with laughter. Bake it with sunshine. Serve daily in generous helpings

Joyce's Peanut Butter Squares Joyce MacLennan

| | |
|---|-----------------------------|
| <i>1 cup corn syrup</i> | <i>4 cups corn flakes</i> |
| <i>1 cup brown sugar</i> | <i>4 cups Rice Krispies</i> |
| <i>2 cups peanut butter (use regular peanut butter not light)</i> | |

Melt corn syrup, brown sugar and peanut butter in a large pot, on top of stove at medium heat and stir often. Mix in 4 cups of Corn Flakes and 4 cups of Rice Krispies. Pack into a greased cookie sheet or large pan 8"x13". May top with chocolate icing. Let cool then cut into squares.

Barry's Squares Joyce MacLennan

| | |
|------------------------------|---|
| <i>1 pkg white Cake mix</i> | <i>2 eggs</i> |
| <i>1 1/3 c butter</i> | <i>1 tsp vanilla</i> |
| <i>1 egg</i> | <i>1 1/2 cup lightly packed brown sugar</i> |
| <i>1/4 cup flour</i> | <i>1 1/2 flaked coconut</i> |
| <i>1/2 tsp baking powder</i> | <i>1 cup chopped walnuts</i> |
| <i>1/2 tsp salt</i> | <i>1 cup chocolate chips</i> |

Preheat oven to 350°F. Lightly grease a 9"x13" cake pan. Cut the butter into the dry cake mix, and then add the beaten egg. Press into the cake pan. Bake in oven for 15 minutes. Cool for 10 minutes. Blend flour, baking powder and salt. Beat eggs until foamy and add the vanilla and the brown sugar, then add the dry ingredients. Add the chopped nuts, and coconut and chocolate chips. Spread over the baked pastry. Return to the oven and bake for 25-30 minutes more. Cool and cut into bars. Makes 48 bars.

Christmas Squares Grace Perkins

| | |
|--------------------------|---|
| <i>1/2 c butter</i> | <i>4 oz slivered almonds, pecans or walnuts</i> |
| <i>3/4 c brown sugar</i> | <i>8 oz red and green maraschino cherries</i> |
| <i>2 c flour</i> | <i>1/2 tin Eagle Brand milk</i> |
| <i>1 c raisins</i> | |

Mix butter, brown sugar and flour. Pat into 8"x8" pan. Chop cherries. In bowl, mix raisins, almonds and cherries. Put on top of base. Pour milk on top of fruit. Bake in 275°F to 300°F oven. Freezes well.

Pink Fruit Bars Thérèse Bélanger-Dunsmore

| | |
|----------------------------|--|
| <i>¾ c white sugar</i> | <i>20 chopped red maraschino cherries</i> |
| <i>½ c flour</i> | <i>2 eggs</i> |
| <i>1 tsp baking powder</i> | <i>Pinch of salt</i> |
| <i>1 ½ c chopped dates</i> | <i>Small marshmallows or sliced large ones</i> |
| <i>1 c chopped walnuts</i> | |

Mix all ingredients except marshmallows and spread in a 7"x12" or 8"x8" greased pan. Bake at 350°F for 25 to 30 minutes. Lower heat to 325 Remove from oven. Cover with marshmallows. Cover with foil until marshmallows are melted then spread evenly with knife. When cool cover with pink icing.

Pink icing: Soften 1/3 cup butter. Add 1/8 tsp salt. Add alternately 2 cups of icing sugar and 3 tbsp of maraschino cherry juice. I don't use all the icing. Cut into bars. Freezes well.

Pumpkin Pie Squares Lorna MacLeod

| | |
|----------------------------|----------------------------------|
| <i>¾ c. flour</i> | <i>1 can pumpkin pie filling</i> |
| <i>½ c. rolled oats</i> | <i>2 eggs beaten</i> |
| <i>¼ c. brown sugar</i> | <i>1 tsp ginger</i> |
| <i>½ c. butter</i> | <i>1 tsp cinnamon</i> |
| <i>½ c. chopped pecans</i> | <i>½ c. coconut</i> |

Combine flour, oats, and sugar. Cut in butter until crumbly, add chopped pecans. Press evenly in 8"x8" dish (glass). Bake at 350°F for 15 minutes. Combine remaining ingredients except coconut. Pour over base in dish, sprinkle ½ cup coconut. Bake in oven 25 to 30 minutes or until set. Serve cold or warm. Freezes well.

Sheila's Squares Linda LeRoy

| | |
|----------------------------------|--|
| <i>1 ½ c graham wafer crumbs</i> | <i>1- 6 oz pkg chocolate chips</i> |
| <i>3 tbsp white sugar</i> | <i>1- 6 oz pkg butterscotch chips</i> |
| <i>½ c melted butter</i> | <i>1 ½ c peanuts or almonds or walnuts</i> |
| | <i>(broken)</i> |
| | <i>1 handful of mini marshmallows</i> |

Mix first 3 ingredients and pat into a greased 8" Square pan. Add next 4 ingredients in layers. Pour 1 can of condensed milk on top. Bake at 350°F for 20 minutes.

Asenath's Dream Squares Nancy MacLeod

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|--------------------------|--|
| <i>1 ½ cup flour</i> | <i>1 tbsp flour</i> |
| <i>¼ cup brown sugar</i> | <i>½ tsp baking powder</i> |
| <i>½ cup butter</i> | <i>1 cup coconut or ½ cup walnuts,</i> |
| <i>1 cup brown sugar</i> | <i>raisins or chopped cherries</i> |
| <i>2 eggs</i> | |

Mix 1 ½ cup flour and ¼ cup brown sugar. Cut in butter (I use food processor). Press into 7"x11" baking pan and bake for 10 minutes at 350°F. Mix together 1 cup brown sugar and eggs. Add flour, baking powder, and then add coconut or walnuts, raisins or cherries. Pour on top and bake for ½ hour at 350°F. Delicious and quick.

Triple-Layered Delight Squares Phyllis Terry

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|-------------------------------|----------------------------------|
| <u><i>Base:</i></u> | <i>½ cup fine coconut</i> |
| <i>1 cup flour</i> | <i>½ cup maraschino cherries</i> |
| <i>¼ cup granulated sugar</i> | <i>2 tbsp flour</i> |
| <i>½ cup softened butter</i> | <i>1 tsp baking powder</i> |
| <u><i>Filling:</i></u> | <u><i>Frosting:</i></u> |
| <i>2 eggs beaten</i> | <i>¼ cup butter or margarine</i> |
| <i>1 cup granulated sugar</i> | <i>2 cups icing sugar</i> |
| <i>½ tsp vanilla</i> | <i>1 tbsp milk</i> |
| <i>½ cup nuts (if wanted)</i> | <i>1 tbsp lemon juice</i> |
| <i>½ cup raisins or dates</i> | <i>1 tsp lemon rind</i> |

For the base of the squares mix flour, ¼ c. sugar, and butter until crumbly. Pat into pan and bake. For the filling mix together eggs, sugar, vanilla, nuts, raisins or dates, coconut, maraschino cherries, flour and baking powder. Pour onto base and put back into oven. Bake until golden brown on top. Cream together butter, icing sugar, milk, lemon rind and juice to make an icing.

Swedish Brownies Lorne MacDonald

Combine 1 c. white sugar and 3 rounded tbsp cocoa. Melt ½ c. butter and add to sugar and cocoa, mix. Add 2 eggs, beat thoroughly, add ¾ c. flour and 1 tsp vanilla. Stir in ⅔ c. coconut or chopped nuts or chocolate chips. Put in a 9"x9" greased pan. Bake at 325°F for 25-30 minutes. Do not over cook – should be soft on edges but not wet in middle (toothpick should come out clean when testing).

Walnut Slices Linda LeRoy

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|----------------------------|------------------------------|
| <u>Bottom layer</u> | <i>2 beaten eggs</i> |
| <i>1 cup flour</i> | <i>2 tbsp flour</i> |
| <i>½ cup butter</i> | <i>½ tsp baking powder</i> |
| <u>Filling:</u> | <i>½ cup coconut</i> |
| <i>1 ¼ cup brown sugar</i> | <i>1 cup chopped walnuts</i> |

Combine 1 cup flour with butter well with a pastry blender. Spread on bottom of cake pan (8"x8" or 9"x9"). Bake at 350°F for 5 minutes. Mix all Filling ingredients together and pour over baked crust. Bake at 350°F for about 20 minutes. Do not over bake. Ice with butter frosting.

Puffed Squares Marc Lefevre

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|---|---|
| <i>½ cup butter or margarine</i> | <i>1 tsp baking powder</i> |
| <i>½ cup finely packed brown sugar</i> | <i>½ tsp salt</i> |
| <i>2 eggs, separated</i> | <i>1 cup firmly packed brown sugar</i> |
| <i>1 tsp vanilla extract</i> | <i>1 cup chopped walnuts (optional)</i> |
| <i>1 1/3 cup sifted all purpose flour</i> | |

Cream butter, blend in half cup sugar. Add egg yolks & vanilla & beat well. Sift flour, baking powder & salt together & stir in. Spread mixture evenly in a 9" greased cake tin. Bake at 350°F until lightly browned about 25 minutes. Beat egg whites until stiff, beat one cup sugar in slowly, and then add nuts. Spread over baked mixture, return to oven & bake at 325°F until lightly browned & almost firm to the touch, about 30 minutes. Cut in squares when cool.

Coconut Squares Dolores Lefebvre Archer

Crush 1 1/3 c of Graham Wafers. Mix with 1/3 c butter & ¼ c white sugar
Pack in 8" square pan & bake for 10 minutes @ 350°. Remove from oven & cool thoroughly.
Then add (spread) 1 tin Borden's sweetened condensed milk, ½ lb very fine coconut & 1 tsp vanilla. Return to oven
& bake until golden brown then frost with butter icing.
Good Luck & enjoy.

Marshmallows Squares Nancy McCaskill

| | |
|---------------------------------------|--|
| <i>¾ c butter</i> | <i>½ c hot water</i> |
| <i>1/3 c brown sugar</i> | <i>½ c well drained, chopped red maraschino cherries</i> |
| <i>1 ½ c sifted all purpose flour</i> | <i>½ c toasted chopped almonds</i> |
| <i>2 tbsp unflavored gelatin</i> | <i>¼ to ½ tsp almond extract</i> |
| <i>½ c cold water</i> | <i>1 to 2 drops red food coloring</i> |
| <i>2 c granulated sugar</i> | |

Beat butter until it is creamy. Gradually add brown sugar, beating all the time. Stir in flour. When the mixture forms a ball of dough, press it into a 9"x12" pan. Thoroughly prick surface of dough with a fork dipped in flour.

Bake in a preheated slow oven, 325°F for about 30 minutes or until golden brown. Remove from oven and cool on wire cake rack.

Sprinkle gelatin over a cup of cold water & allow to soften. Combine granulated sugar & hot water in a saucepan. Place over high heat & bring to a boil. Boil for 2 minutes. Remove saucepan from heat & add softened gelatin to hot syrup. Stir until dissolved. Then beat mixture with rotary or electric beater until it is very stiff. Fold in cherries, chopped almonds, almond extract & red food coloring. Spoon cherry mixture over cooked shortbread layer in pan. Allow to cool for several hours or until surface gloss disappears. Then cut into squares with a sharp knife. Makes 6 dozen squares.

Mother's Doughnuts Mary Jane Lajoie Chabot

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|------------------------------|---------------------------------------|
| <i>4 c flour(Robin Hood)</i> | <i>¼ tsp baking soda</i> |
| <i>4 tsp baking powder</i> | <i>2 eggs beaten</i> |
| <i>¼ tsp nutmeg</i> | <i>4 ½ tbsp margarine, vegetable)</i> |
| <i>¼ tsp ginger</i> | <i>1 c sugar</i> |
| <i>½ tsp salt</i> | <i>1 c milk</i> |

Add together dry ingredients, mix egg, margarine & sugar. Alternate with milk. Knead dough, add flour so dough is not sticky (Otherwise donuts might be hard & dry.) Make sure oil is hot before cooking. Takes about 3 lbs of Tenderflake or oil.

Chipits Milk Chocolate Oat Bars Gladys McCormick

Base

¼ c Blue Bonnet Margarine
½ c firmly packed brown sugar
1 egg
2 c quick cooking rolled oats
½ c chopped walnuts

Filling

¼ c Blue Bonnets margarine, softened
2 c sifted icing sugar
2 tbsp custard powder
3 tbsp milk

Glaze

1c Milk Chocolate Chipits
2 tbsp milk

Combine ¼ c margarine, brown sugar and egg in medium sized heavy saucepan. Cook & stir over medium heat until mixture comes to a boil. Remove from heat. Stir in oats & nuts. Press firmly and evenly into aluminum foil-lined 9-inch (2.5L/28cm) square pan. Chill. Cream ¼ c. margarine and icing sugar. Dissolve custard powder in milk; blend into mixture until smooth. Spread over base & chill 15 minutes. Melt chipits with milk over hot water. Spread chocolate glaze over filling. Chill at least 2 hours before serving. Lift bar from pan removing aluminum foil. Cut into bars. Store in airtight container in refrigerator. Makes about 2 dozen bars.

Rhubarb Rosettes Cathy McNaughton

¾ c sugar

1c water

2-3 c rhubarb, chopped fine

1 box strawberry jello (for 4)

2c flour

1 tbsp sugar

3 tsp baking powder

Pinch salt

1/3 c butter

1 egg (beaten)

2/3 c milk

Simmer sugar & water together for 5 minutes. Mix Rhubarb with jello & set aside. Sift together flour, 1 tbsp sugar, baking powder & salt. Cut butter into sifted dry ingredients until crumbly. Beat egg with milk & stir into flour mixture to make a soft dough. Turn out onto floured surface & roll to approx 13x 8, brush with some melted butter. Add any juice from rhubarb mixture to sugar/water syrup. Spread rhubarb over the dough & roll up like a jelly roll. Cut into approx 12 pieces & place into buttered 9x12 baking dish. Pour syrup over top & bake at 350° for 30 minutes.

Best Sucre a Crème Marielle (Binette) Carriere

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|--------------------------------|-----------------------------|
| <i>2/3 c butter</i> | <i>2 c icing sugar</i> |
| <i>2 c brown sugar, packed</i> | <i>1 tsp vanilla</i> |
| <i>¾ c carnation milk</i> | <i>½ c pecans (optimal)</i> |

Melt butter with sugar & milk & blend well. Cook on high 10 minutes, stirring 3 to 4 times. Let stand 5 minutes, and then add icing sugar, vanilla, pecans. Mix well & pour into 8" x 8" pan. Refrigerate.

Chipits Cherry Jewel Bars Shirley MacDonald

| | |
|--|-------------------------------|
| <i>1 ¼ c flour</i> | <i>½ tsp salt</i> |
| <i>2/3 c firmly packed brown sugar</i> | <i>1 ½ c mixed nuts</i> |
| <i>¾ c butter, softened</i> | <i>1 ½ c candied cherries</i> |
| <i>2 eggs</i> | <i>1 cup chocolate chips</i> |

Combine flour with 1/3 c brown sugar. Cut in butter until mixture resembles coarse crumbs. Press mixture evenly & firmly into bottom of ungreased 9"x13" pan. Bake @ 350° for 15 mins. Beat eggs slightly in large bowl. Stir in 1/3 c brown sugar & salt. Add nuts, cherries & chocolate chips. Mix together. Spread evenly over baked layer. Press firmly. Bake for 20 mins more. Cool, cut into bars.

Meringue Scones Frances Fraser

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|----------------------|-------------------------------|
| <i>6 egg whites</i> | <i>1 tbsp vinegar</i> |
| <i>Pinch of salt</i> | <i>2 c cream for whipping</i> |
| <i>1 ¼ c sugar</i> | |

Preheat oven to 275°. Line cookie sheet with parchment paper. Beat egg whites & salt until foamy. Slowly beat in sugar. Beat until mixture is thick & glossy & holds stiff peaks. Beat in vinegar. Spoon meringue mixture onto lined cookie tray. Use a tablespoon to make a "dollop" for each meringue. Bake for 1 hr or until crisp on the outside but soft in the middle. Turn off oven & leave 30 minutes longer. Remove from oven & cool on rack. Peel off parchment paper. Makes about 2 doz

Molasses Candy Joyce MacLennan

1 c molasses
1 c brown sugar
½ c butter

Add these ingredients to a saucepan & boil until it threads. Flavour with vanilla if desired. Pour mixture onto buttered cookie sheet & put in refrigerator to harden. In about 15-20 minutes score the hardening candy so it is easier to cut. Candy may be cut & wrapped in wax paper.

Microwave Fudge Eileen MacGillivray

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|---------------------|----------------------|
| 2/3 c butter | 2 c icing sugar |
| 2 c brown sugar | 1 tsp vanilla |
| 3/4c Carnation Milk | Walnuts , if desired |

In a 2-quart bowl melt butter on high for 30 sec. or until melted. Add brown sugar & milk. Cook on high for 8 min. Remove from microwave & let stand 5 min without stirring. Add 2 c icing sugar & 1 tsp vanilla. Add walnuts. Beat until smooth & pour into 8" x 8" buttered pan.

Dream Bars Flora (MacLeod) Poulton

1 c flour
2 tbsp icing sugar
½ c butter
Stir above items then add butter-cut in until fine with a pastry blender. Press firmly in greased 8" pan. Bake at 300° for 20 min.

Topping
2 eggs & 1 c brown sugar, beat eggs & add sugar
¼ c flour
1 tsp baking powder
1/8 tsp salt
Measure flour, add salt & baking powder & blend. Add to 1st mixture. Add 1 tsp vanilla, 1 c chopped walnuts. 1 c coconut. Spread over base. Bake in 300° oven for 30-35 min. Cut when cold.

Little Grandma's Fudge Garry MacGillivray

2 c brown sugar *1 tbsp flour, 1 tbsp corn syrup*
Or 1 c white + 1 c brown *½ c milk or carnation milk*

Boil to soft ball stage. When cool add 3 tbsp butter, 1 tsp vanilla, nuts if desired

Muriel's Pumpkin Pie Crunch Shirley MacDonald

1 can (28 oz/796ml) pumpkin puree *½ pkg yellow or butter pecan*
1 ½ c half & half cream *cake mix (1 ¾ c)*
3 eggs, *1 c chopped pecans*
1 ½ c white sugar *1 c butter or margarine (melted)*
4 tsp pumpkin pie spice blend *whipped topping & garnish*

Preheat oven to 350°. Grease bottom of 9x13 baking pan. Combine pumpkin, half & half, eggs, sugar, pumpkin pie spice in large bowl. Pour into prepared pans. Sprinkle dry cake mixture over pumpkin mixture. Sprinkle with pecans. Drizzle with melted butter. Bake 50 to 60 mins until golden. Cool completely. Serve with whipped topping.
Makes 16-20 servings.

Snowdrift Bars/Lemon Butter Icing Gladys McCormick

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|---|--|
| <i>Bars</i> | <i>Icing</i> |
| <i>½ c butter</i> | <i>¼ c butter</i> |
| <i>2 eggs, beaten</i> | <i>Dash salt</i> |
| <i>1 c sugar</i> | <i>2 c sifted icing sugar</i> |
| <i>½ c desiccated coconut</i> | <i>1 tbsp cream</i> |
| <i>1 tsp vanilla</i> | <i>1 tbsp lemon juice</i> |
| <i>2 c graham wafer crumbs(15 double wafers)</i> | <i>Cream butter & salt. Add 2/3 c icing sugar & beat until fluffy.</i> |
| <i>½ c chopped walnuts</i> | <i>Beat in remaining sugar alternately with cream. Add lemon juice</i> |
| <i>1 ½ c cut up marshmallows (I use miniature ones)</i> | |

Melt butter. Add eggs, sugar & coconut. Cook over low heat until thickened .Cool. Add remaining ingredients. Spread in 9" square pan. Chill until firm. Ice with lemon butter icing. Cut in squares.
Makes 3 doz.

Blueberry Coffee Cake /Topping Joan MacGillivray

2c flour
½ c sugar
3 tsp baking powder
½ tsp salt
2 eggs
¼ c cooking oil
¾ c milk
1 c blueberries

Topping
1/3 c flour
1/3 cup brown sugar
¼ c butter
1 tsp cinnamon
Mix together. Sprinkle over top of batter. Bake 350° 50-60 min. Cool 30 min before serving

Mix flour, sugar, baking powder & salt together in mixing bowl. In another bowl beat eggs until frothy. Mix in cooking oil & milk. Pour into dry ingredients. Mix. Fold in blueberries. Scrape into greased 9" (23 cm) tube pan. Add topping then bake in 350° (180°) oven for 50 to 60 min. Cool about 30 min before removing from pan.

Little Grandma's Chocolate Cake with Date Filling

Anne MacGillivray

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|---|-----------------------------------|
| 3 egg yolks | 1 ¾ c cake flour or 1 ½ reg flour |
| 3 egg whites | ½ pkg dates |
| 1 ½ c white sugar | Water |
| 1 c thick sour cream | 1 c brown sugar |
| 2 ½ oz. bakers unsweetened chocolate | 1 tbsp melted butter |
| or ½ c fry's cocoa | cocoa |
| 1 tsp vanilla | 2 c icing sugar |
| ¼ c cold water (or cold perked coffee) | 1 tsp instant coffee |
| 1 tsp baking soda | 1 .tbsp hot water |

Beat yolks of 3 eggs. Add white sugar, sour cream, chocolate or cocoa. Add water or coffee with vanilla & baking soda mixed in. blend in flour. Add the 3 egg whites, beaten. Pour into a 2-9" layer pans. Bake @ 350° 25-30min. For filling put dates in pot with enough water. Boil until tender & add brown sugar. For icing mix melted butter, cocoa & icing together. Add cooled water in which coffee was dissolved.

Mayonnaise Cake Mary Jane Lajoie Chabot

2 c flour, 1 c sugar, 2 tsp soda, 4 tbsp cocoa,
½ tsp salt, 1 c miracle whip
Sift together dry ingredients. Add 1 c Miracle whip, 1 c water, 1 tsp vanilla. Bake @ 350° F for 50 min in an ungreased pan

Gluten Free/Lactose Free Quinoa Chocolate Cake

Joan Moll Kellett

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|--|------------------------------------|
| <i>2/3 c white or golden quinoa</i> | <i>1 ½ c sugar(or sucanat)</i> |
| <i>1 1/3 c water</i> | <i>1c unsweetened cocoa powder</i> |
| <i>1/3 c milk(or soya milk or rice milk if lactose intolerant)</i> | <i>½ tsp GF baking powder</i> |
| <i>4 large eggs</i> | <i>½ tsp GF baking soda</i> |
| <i>1 tsp vanilla extract</i> | <i>½ tsp salt</i> |
| <i>¾ c butter, melted & cooled (or use GFDF margarine if lactose intolerant)</i> | |

Use paper liners for cupcakes or parchment for a cake

1 Combine the water & the quinoa in a medium saucepan & bring to a boil. Reduce heat & simmer, covered for 10 min. Fluff with a fork & cool. 2. Preheat oven to 350° F lightly grease two 8 " round cake pans. Line the bottom of the pans with parchment paper

3. Combine milk, eggs & vanilla in a blender. Add the 2 c of cooked quinoa & the butter or margarine. Blend until smooth.

4 Whisk together sugar, cocoa, baking powder, baking soda in a medium bowl. Add the contents of the blender & mix well. Divide the batter b/w the 2 pans & bake on center rack of oven for 40-45 minutes (until a knife inserted comes out clean). Remove from oven & cool completely in the pans before serving. You could make a 2 layer cake & frost it at this point. Or just serve each cake as is (my preference) 5. Eat for dinner, lunch or breakfast until the cake is gone.

100 Dollar Cake Cathy McNaughton

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|--|---------------------------|
| <i>Out of eggs & need to make a cake??</i> | <i>1 c lukewarm water</i> |
| <i>2 c flour</i> | <i>1 c miracle whip</i> |
| <i>4 tbsp cocoa</i> | <i>1 tsp vanilla</i> |
| <i>1 tsp salt</i> | |
| <i>1 tsp soda</i> | |
| <i>1 c white sugar</i> | |

Sift together dry ingredients. Add 1 c lukewarm water, 1 c miracle whip & 1 tsp vanilla. Mix well & bake in a greased 9x9 pan @ 350° for 30 min.

Real Fudge Cake Phyllis Noble

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|----------------------|----------------------------|
| <i>½ c butter</i> | <i>1 tsp salt</i> |
| <i>1 2/3 c sugar</i> | <i>1 ¼ tsp baking soda</i> |
| <i>3 eggs</i> | <i>½ tsp baking powder</i> |
| <i>1 tsp vanilla</i> | <i>½ c powdered cocoa</i> |
| <i>2 c flour</i> | <i>1 1/3 c cold water</i> |

Cream together butter, sugar, eggs, & vanilla. Sift together flour, salt, baking powder & baking soda. Mix cocoa in water until well blended. Then add flour mixture & cocoa mixture alternately into creamed mixture. Use pan size that you wish: 2 9" round, 1 9"x 13" or a bundt pan. Bake 30-40 min depending on pan size @ 350°.

Jane Walker's Raisin Cake Stewart Irvine

| | |
|---------------------------------------|-----------------------|
| <i>1 c raisins</i> | <i>¼ tsp salt</i> |
| <i>1 c water</i> | <i>1 ¾ c flour</i> |
| <i>Bring to a boil</i> | <i>1 tsp soda</i> |
| <i>½ c salad oil</i> | <i>1 tsp soda</i> |
| <i>1 c sugar</i> | <i>1 tsp cinnamon</i> |
| <i>Add to raisins & water</i> | <i>1 tsp nutmeg</i> |
| <i>Then cool to lukewarm, no more</i> | <i>1 tsp allspice</i> |
| <i>1 egg beaten</i> | <i>½ tsp cloves</i> |

Sift together dry ingredients, then add to wet mixture along with beaten egg. Optional; add ½ c nuts. Bake in 13"x 9"x 2" pan @ 350° Cook until tester comes out clean.

Pumpkin Cake Ann MacDonell

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|--|-----------------------------------|
| <i>4 eggs</i> | <i>2 tbsp baking powder</i> |
| <i>1 ½ c sugar</i> | <i>1 tsp baking soda</i> |
| <i>1 c vegetable oil or melted margarine</i> | <i>2 tbsp cinnamon</i> |
| <i>1 ¾ c mashed, cooked & cooled pumpkin</i> | <i>½ tsp mace(my preference)</i> |
| <i>2 c flour</i> | <i>or nutmeg</i> |

Beat eggs & sugar. Add oil & pumpkin. Sift dry ingredients together & add to pumpkin mixture & blend well. Pour into a 13" x 9" x 1 ½" pan. Bake @ 350° for 30 minutes. Ice with maple walnut or vanilla icing. Sprinkle nuts on top if desired.

Crumb Cake Jean MacLennan, Cathy McNaughton

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|------------------------|---------------------------------------|
| <i>2 c flour</i> | <i>1 tsp baking soda</i> |
| <i>1 c white sugar</i> | <i>1 tsp ea cinnamon & cloves</i> |
| <i>¾ c butter</i> | <i>1 egg</i> |
| <i>1c sour milk</i> | <i>1 c ea raisins, currants</i> |

Mix first 3 ingredients & rub into crumbs. Remove 1 c crumbs. Mix remaining crumbs with remaining ingredients. Pour into baking dish & bake @ 350° for 30 min until done. Top will be golden.

Elizabeth Cake Isabelle L'Ecuyer

| | |
|--------------------------|----------------------------|
| <i>1 c boiling water</i> | <i>1 tsp vanilla</i> |
| <i>1 c chopped dates</i> | <i>½ c walnuts</i> |
| <i>1 tsp soda</i> | <i>1 ½ c pastry flour</i> |
| <i>¼ c shortening</i> | <i>1 tsp baking powder</i> |
| <i>1 c white sugar</i> | <i>¼ tsp salt</i> |
| <i>1 egg, beaten</i> | |

First add soda to dates. Pour boiling water over them. Let cool.

Cream shortening. Add sugar. Cream well. Beat in egg, vanilla & salt. Add flour, baking powder & nuts alternately with the date mixture. Bake in 350° oven for 45 min in 8"x12" pan.

ICING; 5 tbsp brown sugar, 3 tbsp butter, 2 tbsp milk, ½ c coconut. Boil previous ingredients in pot for 3 minutes. Then pour on hot cake & brown in oven.

Chocolate Cake Dorothy Perrier++

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|-----------------------------|--------------------------------|
| <i>½ c butter</i> | <i>1 ¾ c flour</i> |
| <i>1 c dark brown sugar</i> | <i>1 tsp baking soda</i> |
| <i>2 eggs</i> | <i>1 ½ tsp cream of tartar</i> |
| <i>1 tsp vanilla</i> | <i>½ c milk</i> |
| <i>½ c dark cocoa</i> | <i>¾ c water</i> |

Beat butter, sugar, eggs, & vanilla till light & fluffy. Sift dry ingredients & add alternately with milk & water beginning & ending with dry ingredients. Pour into 9"x 9" greased cake pan & bake @ 350° for 30 min. Do not over bake. Test with a toothpick as all ovens are different.

Banana Cake Joyce MacLennan

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|--------------------------------|---|
| <i>½ c butter/ margarine</i> | <i>¼ c sour milk(milk + 1 tbsp vinegar)</i> |
| <i>2 eggs well beaten</i> | <i>1 tsp baking soda</i> |
| <i>1 c white sugar</i> | <i>2 c flour</i> |
| <i>1 c mashed bananas</i> | <i>2 tbsp baking powder</i> |
| <i>1 tsp vanilla -optional</i> | <i>¼ tsp salt (optional)</i> |

Cream white sugar & butter/ margarine together. Add eggs & beat for 2 minutes. Mix all dry ingredients together & add to the butter/ egg mixture. Add sour milk and do not mix vigorously. Turn into greased pan, either 8"x 8" or 9" x 13". Bake @ 350° for 30-40 min Set out of pan to chill. Apply icing to taste.

Douglas' Favourite a la Nigella Earl Dalkeith

| | |
|----------------------------|-------------------------|
| <i>1 ½ c flour</i> | <i>1 c butter</i> |
| <i>1 c sugar</i> | <i>2 eggs</i> |
| <i>1 tsp baking powder</i> | <i>2 tsp vanilla</i> |
| <i>½ tsp baking soda</i> | <i>2/3 c sour cream</i> |
| <i>1/3 c cocoa</i> | |

Measure & mix all dry ingredients. Set aside. Cream butter. Add sugar & continue mixing. Add eggs. Blend in dry ingredients adding sour cream to keep mixture moist. Spread batter onto parchment layered cake pans (two 8" round). Bake @ 350° until cake tester comes out clean- about 30 min. Remove cakes from oven & from their pans. Let cool. Ice as desired.

Zucchini Cake Ginette Duchesne

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|----------------------------|----------------------------|
| <i>2 c grated zucchini</i> | <i>1 tsp vanilla</i> |
| <i>1 ¼ c vegetable oil</i> | <i>1 tsp baking powder</i> |
| <i>3 eggs</i> | <i>1 tsp baking soda</i> |
| <i>3 c flour</i> | <i>1 tsp ground cloves</i> |
| <i>1 ¼ c sugar</i> | <i>1 tsp cinnamon</i> |

Mix together sugar, oil & eggs. Add zucchini. Mix together dry ingredients & add to previous mixture. Blend well. Pour into 2 prepared loaf pans. Bake @ 350° for 1 hour. For muffins, bake @ 350° for 20 min.

1960's White Christmas Cake Cathy McNaughton

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|--|---------------------------------|
| <i>1 ½ c sultana or other light coloured raisins (washed & dried)</i> | <i>2 tsp baking powder</i> |
| <i>¾ c chopped pitted dates</i> | <i>1 tsp salt</i> |
| <i>1 c mixed red & green cherries or well drained maraschino cherries halved</i> | <i>¼ tsp ground mace</i> |
| <i>¾ c broken pecans</i> | <i>1 c butter</i> |
| <i>½ c flaked or shredded coconut</i> | <i>1 ¼ c white sugar</i> |
| <i>3 ½ c once sifted pastry flour or 3 c once sifted all purpose flour</i> | <i>4 eggs</i> |
| | <i>1 tbsp grated lemon rind</i> |
| | <i>2 tbsp lemon juice</i> |
| | <i>2 tbsp corn syrup</i> |
| | <i>1 tbsp brandy or water</i> |

In a large bowl sift together flour, baking powder, salt & mace. Add prepared fruits & nuts a few at a time mixing until all fruits are coated with flour. Cream butter, sugar, eggs one at a time, beating well after each addition. Add in lemon rind & juice. Turn batter into straight-sided 9" ring pan lined with one layer of foil or 3 layers of heavy brown paper, the top layer greased. When cake is baked, brush on top the hot corn syrup mixed with brandy. Cook completely. Store in a covered cake tin.

Dark Fruit Cake Eileen Lobb

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|-------------------------------|------------------------------|
| <i>1 lb butter</i> | <i>1 c strawberry jam</i> |
| <i>1 lb brown sugar</i> | <i>½ c lemon juice</i> |
| <i>12 eggs</i> | <i>1 tbsp cinnamon</i> |
| <i>1 lb flour</i> | <i>1 tsp baking soda</i> |
| <i>4 lbs seeded raisins</i> | <i>1 lb mixed fruit</i> |
| <i>2 lbs currants</i> | <i>1 tbsp nutmeg</i> |
| <i>1 lb cherries(glazed)</i> | <i>1 tbsp almond extract</i> |
| <i>2 lbs seedless raisins</i> | <i>walnuts</i> |
| <i>1 c molasses</i> | <i>almonds</i> |
| | <i>salt</i> |

Put flour on all fruit-just enough to make fruit not sticky.

Mix butter, brown sugar & eggs. Add molasses, jam, and Lemon juice with baking soda mixed in. Stir well; add flour & fruit a little at a time mixing well each time. Add nuts, spices & salt. This is a large recipe making 4 or 5 loaf pans. I put 1 pan of water in oven to keep cake moist. Cook in slow oven @ 250°-300° until done or tester comes out clean.

Lemon Poppy Seed Cake Marielle (Binette) Carriere

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|--------------------------------------|--|
| <i>3 c all purpose flour</i> | <i>4 eggs</i> |
| <i>1 tbsp baking powder</i> | <i>½ tsp vanilla</i> |
| <i>1 tsp salt</i> | <i>1 ½ c milk with tbsp lemon juice to</i> |
| <i>1 (1.25 oz) jar poppy seeds</i> | <i>make milk curdle</i> |
| <i>1 c unsalted butter, softened</i> | <i>2 tsp grated fresh lemon peel</i> |
| <i>2 c sugar</i> | |

Whisk together flour, baking powder, salt, & poppy seeds. Set aside. In a large bowl beat butter & sugar for 2 min. Add eggs one at a time until mixture is smooth. Add vanilla, flour & milk with lemon juice. At the end add lemon peel. Cook @ 350° in a tube pan for 65 min.

Gateau aux Carottes Gabrielle Meloche

| | |
|---------------------------------|---|
| <i>1 tasse de sucre</i> | <i>1 ½ c à thé de poudre à pâte</i> |
| <i>3 oeufs</i> | <i>1 ½ c à thé de cannelle</i> |
| <i>¾ tasse d'huile végétale</i> | <i>½ tasse de noix</i> |
| <i>2 tasses de carottes</i> | <i>Ajouter au mélange</i> |
| <i>bien melangé</i> | <i>Faire cuire au four à 300° 1 heure</i> |
| | <i>glaçage</i> |
| <i>1 ½ tasse de farine</i> | <i>4 oz de fromage Philadelphia</i> |
| <i>1c à thé de sel</i> | <i>½ tasse de beurre</i> |
| <i>1 c à thé de soda</i> | <i>2 tasses de sucre à glacer</i> |

Christmas Nut Wreath Lynn Macnab

| | |
|-----------------------------|------------------------------|
| <i>1 c granulated sugar</i> | <i>¼ c corn syrup</i> |
| <i>¼ c butter</i> | <i>4 c salted mixed nuts</i> |

In large heavy skillet, melt together sugar, butter & corn syrup. Add nuts. Cook over medium heat, stirring for 10-15 min or until nuts are caramel coloured. Spoon layer of mixture onto greased foil in wreath shape. Spoon remaining mixture on top to make wreath higher & rounder. Let cool slightly & adjust shape with back of spoon. Let cool completely. Peel off foil. Place wreath on tray & decorate. To serve break into pieces with hammer.

Joan's Sweet Maries Joan (MacSweyn) MacMillan

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|--------------------------|--|
| <i>¾ c brown sugar</i> | <i>1c salted peanuts</i> |
| <i>¾ c corn syrup</i> | <i>1 c chocolate chipits (or more)</i> |
| <i>¾ c peanut butter</i> | <i>1 square parowax</i> |
| <i>2 c rice crispies</i> | |

Heat sugar, corn syrup & peanut butter over medium heat. Do not boil. Add rice crispies & peanuts. Put in a greased pan & place in refrigerator to harden. Cut into squares. Melt chipits & parowax together at low temperature. Roll squares in melted chocolate mixture. This takes time. Be patient.

Chocolate Snowballs Baille Macnab

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|----------------------------|--|
| <i>¾ c softened butter</i> | <i>2c flour</i> |
| <i>½ c sugar</i> | <i>½ tsp salt</i> |
| <i>1 egg</i> | <i>1c chopped nuts</i> |
| <i>2 tsp vanilla</i> | <i>1c chocolate chips, icing sugar</i> |

Cream butter & sugar. Add egg & vanilla. Mix well. Fold in flour & salt then nuts & chips. Roll in 1" balls & place on cookie sheet 1" apart. Bake 350° oven for 15-20 min. Cool slightly before rolling in icing sugar.

Hello Dollies Sidney MacDonald

In 9" x 13" pan melt 1/4c butter; press 1 ¼ c graham crumbs level on bottom of pan then layer 1c sweetened coconut ,1 c chopped walnuts,1 2/3 c choc chips, marshmallows to suit. Pour over all 1 can eagle brand milk. Bake @ 325° for 25 mins (or until top turns golden).

Brandy Wafers Sarah Finlayson

| | |
|--------------------------|----------------------------|
| <i>2 oz golden syrup</i> | <i>2 oz sugar</i> |
| <i>2 oz butter</i> | <i>½ tsp brandy</i> |
| <i>2 oz flour</i> | <i>¼ tsp ground ginger</i> |

Set oven to 450°. Grease baking sheet. Melt the butter, syrup and sugar together in a saucepan over very gentle heat. Stir in flour, ground ginger & the brandy. Beat together for about 5 min. Drop tbps (full) onto baking sheet-spaced well apart. Bake for 5 min until pale golden brown in colour. Roll immediately (while still hot) around the greased handle of a large wooden spoon. Set aside to cool. Serve with fresh whipped cream.

Butter Tarts Sandra (MacLeod) Tubman

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|------------------------|--------------------------------|
| <i>¼ c butter</i> | <i>1 egg</i> |
| <i>¼ c corn syrup</i> | <i>½ c raisins or currants</i> |
| <i>½ c brown sugar</i> | <i>1 tsp lemon juice</i> |
| <i>½ c pecans</i> | <i>pinch of salt</i> |

Mix ingredients together & pour into tart shells. Bake @ 450° 8 min & turn oven down to 350° for 7 min more. Let cool & serve.

Apple Peanut Butter Cookies Chelsey MacPherson

| | |
|--------------------------------|-------------------------------|
| <i>¾ c peanut butter</i> | <i>1 c whole wheat flour</i> |
| <i>¼ c butter or margarine</i> | <i>2 tsp baking soda</i> |
| <i>2 c brown sugar, packed</i> | <i>¾ tsp salt</i> |
| <i>2 eggs</i> | <i>1 c quick cooking oats</i> |
| <i>1 tsp vanilla</i> | <i>1 medium apple, peeled</i> |
| <i>1 c all purpose flour</i> | <i>& chopped (1 c)</i> |

In large bowl, beat peanut butter & butter. Add brown sugar & beat until fluffy. Add eggs & vanilla. Mix together the 2 flours, baking soda & salt. Add to peanut butter mixture. Stir in rolled oats & apple. Using tbsp drop cookie dough mixture onto ungreased cookie sheet. Bake @ 350° for 10-12 min.

Ethel Hart's Famous Oatmeal Cookies Muriel McCaskill

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|-------------------------------------|---|
| <i>¾ c butter or margarine</i> | <i>½ c chopped raisins</i> |
| <i>1c firmly packed brown sugar</i> | <i>½ c semi-sweet chocolate morsels</i> |
| <i>½ c granulated sugar</i> | <i>1c sifted all purpose flour</i> |
| <i>1 egg (beat slightly)</i> | <i>½ tsp salt</i> |
| <i>¼ c cold water</i> | <i>½ tsp soda</i> |
| <i>1 tsp vanilla</i> | <i>½ tsp baking powder</i> |
| <i>½ c dates</i> | <i>3 (scant) c quick oats</i> |
| <i>½ c rolled walnuts</i> | |

Preheat oven to 350°. Cream shortening. Add sugar & cream more. Combine beaten egg, water, vanilla, sifted flour, baking powder, soda & salt. Add to creamed mixture. Add ½ c rolled walnuts, ½ c chopped raisins, ½ c chopped dates, ½ c semi-sweet chocolate morsels. Drop by large tbsp onto cookie sheet. Bake 12-15 min.

Canadian Shortbread Cookies Ruth (MacLennan) MacQueen

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|---------------------------------------|------------------------|
| <i>2 c butter</i> | <i>4 ½ c flour</i> |
| <i>1 ½ c packed light brown sugar</i> | <i>¼ c maple syrup</i> |

Preheat oven to 300°. Combine butter, sugar, flour & syrup. Blend until smooth. Roll to ½" thickness. Cut & place on ungreased sheet. Bake @ 300° for 20 min.

Sugar Cookies Keananne Lobb

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|----------------------------|-------------------------|
| <i>Dry Ingredients</i> | <i>Soft Ingredients</i> |
| <i>2 ½ c flour</i> | <i>1 c soft butter</i> |
| <i>1 tsp baking soda</i> | <i>1 ½ c sugar</i> |
| <i>½ tsp baking powder</i> | <i>1 egg</i> |
| | <i>1 tsp vanilla</i> |

Cream together soft ingredients. Add dry Ingredients slowly. Add vanilla to whole mix. Bake @ 375° for 8-10 min on ungreased cookie sheet.

Shortbread Cookies Mildred (Brodie) Collins

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|-----------------------|------------------------|
| <i>3 c flour</i> | <i>1 c icing sugar</i> |
| <i>¼ c cornstarch</i> | <i>1 lb butter</i> |

Put all ingredients in a bowl & blend with pastry blender until well mixed. Form into balls & place on a foil lined cookie sheet. Flatten with a floured fork & decorate with red & green cherries. Bake @ 275° 20 to 25 min.

Any Kind of Cookie Helen Kaufman

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|------------------------|-----------------------------|
| <i>1/3- ½ c butter</i> | <i>1 c unbleached flour</i> |
| <i>½ c sugar</i> | <i>½ tsp baking powder</i> |
| <i>¼ c brown sugar</i> | <i>½ tsp baking soda</i> |
| <i>1 tsp vanilla</i> | <i>½ tsp salt</i> |
| <i>1 egg</i> | <i>1 c quick oats</i> |

Mix together in order. You can add ½ c of raisins, nuts, chocolate chips, or whatever. Place rounded tbsp on cookie sheet about 3" apart & bake @ 350° for 7-8 min. Let stand 2 min before removing from cookie sheet. Enjoy.

Inez MacGillivray's White Cookie Recipe

Emerson MacGillivray

| | |
|---------------------------|---------------------------------|
| <i>1 c white sugar</i> | <i>2 ½ c flour , ¼ tsp soda</i> |
| <i>1 c butter</i> | <i>2 tsp cream of tartar</i> |
| <i>2 eggs well beaten</i> | <i>½ tsp salt or less</i> |

Cream sugar & butter well. Add beaten egg, salt, soda, cream of tartar & flour. Stir soda & cream of tartar in with flour. Roll thin & bake in a moderate oven.

Peanut butter Chocolate Chip Cookies Brenda Campbell

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|----------------------------------|-----------------------------------|
| <i>1 ½ c butter</i> | <i>1 tsp vanilla</i> |
| <i>1 c crunchy peanut butter</i> | <i>3 ½ c flour</i> |
| <i>1 c white sugar</i> | <i>1 ½ tsp baking soda</i> |
| <i>1 c brown sugar</i> | <i>½ tsp salt</i> |
| <i>2 eggs</i> | <i>1 bag milk chocolate chips</i> |

Cream together first 6 ingredients. Add flour, salt & baking soda. Stir in 1 bag milk chocolate chips. Form dough into 1" balls, roll in white sugar & flatten down with a fork. Bake on an ungreased cookie sheet @350° for 12 min. Rotate cookie sheets half way through baking.

Morgan's Chocolate Chip Cookies Morgan MacQueen

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|-------------------------------|------------------------------|
| <i>1 c butter</i> | <i>2 tsp vanilla</i> |
| <i>½ c white sugar</i> | <i>1 tsp baking soda</i> |
| <i>1 c packed brown sugar</i> | <i>1 tsp salt</i> |
| <i>1 c flour</i> | <i>1-2 c chocolate chips</i> |
| <i>2 eggs</i> | |

Cream butter, white & brown sugars until light & fluffy. Add egg & vanilla. Beat until smooth. Stir in flour, baking soda & salt. Stir in chocolate chips. Drop by tsp onto ungreased baking sheet. Bake @ 375° for 8 to 10 min. Enjoy.

Aunt Gretta's Ginger Cookies Cameron MacDonald

| | |
|---------------------------|--|
| <i>¾ c shortening</i> | <i>2 c flour</i> |
| <i>1c white sugar</i> | <i>1 ½ tsp baking soda</i> |
| <i>1 egg</i> | <i>1 ½ tsp baking powder</i> |
| <i>¼ c fancy molasses</i> | <i>1 tsp ea cloves, ginger, cinnamon</i> |

Blend wet ingredients together. Then add in the dry ingredients (mixing soda, cloves, ginger, cinnamon together with 1/2 c flour)

Roll into balls. Roll in white sugar. Bake on ungreased cookie sheet for 12 min @ 325°.

Toblerone & Cranberry Cookies Rochelle Anderson

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|--------------------------------|---|
| <i>Mix together</i> | <i>Add</i> |
| <i>½ c butter or margarine</i> | <i>3 c flour</i> |
| <i>1 c sugar</i> | <i>½ tsp baking soda, ¼ tsp salt</i> |
| <i>½ c sour cream</i> | <i>1 ½ c chopped frozen cranberries</i> |
| <i>2 large eggs</i> | <i>1 toblerone chocolate bar, chopped</i> |

Drop by tsp onto a no stick cookie sheet. Bake @ 350° for 10-13 min. These cookies stay soft & chewy.

Har's Chocolate Chip Cookies Kassi MacDonald

| | |
|---------------------------------------|--|
| <i>2/3 c shortening (part butter)</i> | <i>½ tsp baking soda</i> |
| <i>½ c white sugar</i> | <i>½ tsp salt optional</i> |
| <i>½ c brown sugar, packed</i> | <i>1 ¾ c flour</i> |
| <i>1 egg</i> | <i>¾ c choc.chips, or ½ c raisins or</i> |
| <i>1 tsp vanilla</i> | <i>chopped nuts</i> |

Mix first five ingredients together. Add dry ingredients to first mixture. Stir in by hand: ¾ c chocolate chips or 1/2 c raisins or chopped nuts. Bake on an ungreased cookie sheet for 10-13 min @ 325°-350°.

California Delight Kyre Lobb

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|--------------------------------|---|
| <i>500 ml sour cream</i> | <i>2 cans mandarin oranges, drained</i> |
| <i>250 g mini marshmallows</i> | <i>1 can pineapple tidbits</i> |

Mix all ingredients together in a bowl, cover & let chill overnight in the fridge.

Lemon Cake Pie Marlyn MacSweyn

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|--------------------------------|--|
| <i>1 c sugar</i> | <i>1 rind, zest & juice of lemon</i> |
| <i>2 tsp flour(heaping)</i> | <i>1 scant c milk</i> |
| <i>¼ tsp salt</i> | <i>2 egg whites, beaten</i> |
| <i>2 tbsp butter, melted</i> | <i>1 uncooked 8" or 9' pie shell</i> |
| <i>2 egg yolks beaten well</i> | |

Combine sugar, flour & salt. Beat egg yolks well with a fork. Beat egg whites until stiff but not dry. Fold all ingredients together in baking bowl as given. Be sure that the melted butter is added before the egg yolks. Pour mixture into an uncooked pie shell & bake @ 400° F for 10 min. then reduce heat to 350° for 30min.

Garden of Eden Pie Eileen Lobb

Mix first 1 c carnation milk, 1 tbsp lemon juice, 1 c brown sugar, 1/8 tsp mace, ¼ tsp ea cinnamon, nutmeg & salt all together. Add 2 c ea. finely chopped apples and ground raisins - stir. Pour into an unbaked pie shell. Cook in hot oven.

Apple Pie Rose-Marie Deley

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|--|----------------------------------|
| <i>7 or 8 apples (McIntosh)</i> | <i>1 ½ c flour</i> |
| <i>½ tsp vanilla extract</i> | <i>½ c unsalted butter(soft)</i> |
| <i>½ tsp almond extract</i> | <i>3 eggs</i> |
| <i>2 tbsp grated almond(like powder)</i> | <i>2 tbsp cool water</i> |
| | <i>2 tbsp brown sugar</i> |

To prepare dough: In a mixing bowl add the flour making a hole in the center & add 1 egg yolk & 2 tbsp of cool water. Add the softened butter. Combine the mixture, using a fork, until the ingredients are well combined & make a ball. Place in fridge for 30 min....While you are waiting peel the apples, cutting in four, core & cut into thin slices. After 30 min take dough out of fridge. Roll dough out & place in pie plate. Preheat oven to 375/400°. Lightly beat the remaining eggs & the white of egg used in the dough. Mix in the vanilla extract, almond extract, brown sugar, & grated almond & then pour mixture over the apples. Bake in the oven for 40 to 45 min or until the apples look cooked. Serve.

Maple Syrup Pie Sadie MacMillan

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|-----------------------|------------------------|
| <i>½ c cold water</i> | <i>2 egg yolks</i> |
| <i>2 tbsp flour</i> | <i>1 c maple syrup</i> |

In a shaker or glass jar shake together water & flour. Add egg yolks & shake again. Add maple syrup & pour into a glass bowl & microwave on high for 4 min or until mixture thickens. Pour into a baked 8" pie shell & top with meringue.

Cream Rhubarb Pie Anne MacGillivray

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|--|------------------------|
| <i>1 c sugar</i> | <i>1 tbsp butter</i> |
| <i>2 tbsp cornstarch</i> | <i>2 eggs, divided</i> |
| <i>1 c boiling water, ¼ c cold water</i> | <i>1 c rhubarb</i> |

Mix sugar, egg yolks in top of double boiler. Add cornstarch dissolved in cold water. Slowly add the boiling water, the butter then the rhubarb. Cook until thick & clear in double boiler. Pour into baked pie shell & top with meringue made from egg whites sweetened to taste. Brown in moderate oven.

Butterscotch Pie Evelyn MacQueen

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|---------------------------|------------------------|
| <i>2 c milk</i> | <i>1 ½ tsp vanilla</i> |
| <i>1 ¼ c brown sugar</i> | <i>3 egg yolks</i> |
| <i>6 tbsp flour-level</i> | <i>¼ c milk</i> |
| <i>½ tsp salt</i> | |

Heat the 2 c milk until it boils. Mix the next 6 items with a beater until smooth, stir into boiling milk until it boils & thickens. Pour into baked pie shell. For meringue: 3 egg whites, 1/2 tsp vinegar, 6 tbsp white sugar-beat until stiff.

Wartime Meatless Mincemeat Pie Phyllis Noble

| | |
|----------------------------------|----------------------------|
| <i>4 c cups chopped apples</i> | <i>3 c raisins</i> |
| <i>1 c currants</i> | <i>½ c butter</i> |
| <i>1 1/2 c white sugar</i> | <i>1 tsp ground cloves</i> |
| <i>6 tbsp lemon juice</i> | <i>1 tsp nutmeg</i> |
| <i>¼ c mixed peel (optional)</i> | <i>2 tsp cinnamon</i> |

Combine ingredients, put in jars & seal until ready to use. Keep in a cool place. This quantity makes 4 pies. Allow at least 2 days for flavours to blend.

Lorne's Chocolate Mousse Pie Lorne MacDonald

6 sq semi-sweet chocolate 1 ½ tsp vanilla
¼ c water 2/3 c white sugar
8 eggs –separated

Melt chocolate & water, set aside to cool for a few min. Separate eggs & stir the yolks & vanilla into the chocolate. Beat whites until they are soft & foamy. Gradually beat in the white sugar until the mixture stands in stiff peaks. Stir some of the beaten egg whites into the chocolate to lighten it. Then fold the chocolate mixture into the remaining whites. Butter a 9" pie plate & sprinkle with white sugar. Spread 4 cups of the chocolate mousse into the pie plate. Chill the remaining mixture. Bake @ 325° for 25 min or until just set. Cool lightly then refrigerate overnight or for 2 hrs. As the pie cools the centre will form the crust. Spread the remaining mousse into the crust & chill for at least 3 more hrs. Serves 8-10.

Country Pecan Pie Kamy Calvank

2 tbsp butter/margarine ¾ c light corn syrup
melted & slightly cooled 1 tsp salt
4 eggs 1 unbaked 9" pie shell
¾ c sugar 1 ½ c pecan halves

Beat eggs in a bowl until just blended. Stir in butter, sugar, corn syrup & salt. Pour mixture into an unbaked pie shell. Place pecan halves in a circle pattern over filling. Bake 45 min at 350 or until a knife is inserted in the center & comes out clean. Cool pie before serving.

Tarte à La Citrouille De Ma Mère Francis MacDougall

1 ½ t citrouille cuite ½ c thé sel
2/3 t cassonade peu tassée 2 oeufs bien battus
¾ c thé cannelle ½ t lait
½ c thé gingembre 2/3 t lait carnation
¼ c thé muscade

Préchauffer le four à 450°. Meler la citrouille cuite avec les épices & le sel & incorporer les oeufs battus, le lait & le lait carnation. Meler pour rendre bien lisse. Verser le mélange dans une croûte de tarte cuite. Cuire au four préchauffé à 450° 10 min. Pour vérifier la cuisson insérer la pointe d'un couteau au centre de la tarte & si le couteau en ressort propre c'est qu'elle est cuite. Servir tiède ou froide. N. B. moi ça me prend environ 50 à 55 min pour la cuisson. Résultat: très très bien.

French Apple Pie Yvonne McDonell

| | |
|-------------------------------|--|
| <i>2 slightly beaten eggs</i> | <i>1 tsp vanilla</i> |
| <i>1 c sour cream</i> | <i>¼ tsp salt</i> |
| <i>1 c white sugar</i> | <i>3 c chopped peeled cooking apples</i> |
| <i>2 tbsp flour</i> | <i>½ c dark raisins</i> |

Prepare & roll out pastry. Line a 9" pie plate. Do not prick or bake pastry. In a large mixing bowl combine first 6 ingredients. Mix well. Then add next 2 ingredients. Pour into pie shell. Bake @ 375° for 15 min. Meanwhile melt 3 tbsp butter. Stir in ¼ c brown sugar & ¼ c flour. Remove pie from the oven & sprinkle brown sugar mixture on top of pie. Return to oven & bake 20 min or till set. Store in refrigerator.

Maple Salted Pecans Ruth (MacLennan) MacQueen

| | |
|---------------------------|--------------------------------|
| <i>2 tbsp maple syrup</i> | <i>Pinch of cinnamon</i> |
| <i>1 tbsp white sugar</i> | <i>Pinch of cayenne pepper</i> |
| <i>½ tsp sea salt</i> | <i>2 c pecan halves</i> |

Mix sugar & spices in syrup. Toss in pecans. Spread on parchment paper & bake @ 325° for 8 min. Stir & bake another 10 min. Cool completely. Enjoy.

Sangkhaya Fahthong Suree Murphy

| | |
|-------------------------|--------------------------|
| <i>1 small pumpkin</i> | <i>Pinch of salt</i> |
| <i>5 chicken eggs</i> | <i>Cup coconut cream</i> |
| <i>1/3 c palm sugar</i> | |

Cut a slice off top of small pumpkin. Remove the seeds & most of the soft pulp. In a mixing bowl, lightly whisk the eggs. Add the sugar, salt & coconut cream. Stir until well blended. Pour the mixture into the pumpkin & cook in a steamer for approx 20 min until the custard is set. Makes 4 serving.

Chocolate Fudge Pudding Nancy MacLeod

| | |
|----------------------------|----------------------------|
| <i>1 c flour</i> | <i>2 tbsp butter</i> |
| <i>2 tsp baking powder</i> | <i>1 tsp vanilla</i> |
| <i>2/3 c sugar</i> | <i>1 c brown sugar</i> |
| <i>2 tbsp cocoa</i> | <i>2 tbsp cocoa</i> |
| <i>½ c milk</i> | <i>1 ½ c boiling water</i> |

Mix first 7 ingredients together & put in a greased 8" baking dish.

Mix & sprinkle next 2 ingredients on top. Pour 1½ c boiling water on top. DO NOT STIR. Bake @ 350° for 40 min.

Delicious with vanilla ice cream.

Washday Pudding Cathy MacNaughton

| | |
|------------------------|----------------------------|
| <i>Sauce:</i> | <i>½ c milk</i> |
| <i>2 c hot water</i> | <i>Pinch of salt</i> |
| <i>1 c brown sugar</i> | <i>1c raisins</i> |
| <i>1 tbsp butter</i> | <i>1 tsp baking powder</i> |
| <i>Batter:</i> | <i>½ tsp baking soda</i> |
| <i>1c brown sugar</i> | <i>vanilla</i> |
| <i>1c flour</i> | |

Mix first three ingredients (sauce) together in a 1½ qt casserole dish. Mix batter ingredients together. Drop batter into hot sauce. Bake for approx 30 min @ 350.

Plum Pudding Sauce Linda Le Roy

| | |
|--|--------------------------------|
| <i>6 tbsp butter</i> | <i>¼ tsp salt</i> |
| <i>1 c brown sugar</i> | <i>1 tbsp vinegar</i> |
| <i>2 ½ c boiling water, 1/2 c cold</i> | <i>2 tbsp corn syrup</i> |
| <i>5 tbsp flour</i> | <i>¼ tsp nutmeg (optional)</i> |

Melt butter & brown sugar over direct heat stirring until brown. Add slowly 2 ½ c boiling water to above. Simmer until sugar is dissolved. Add flour, salt & cold water to thicken. Add vinegar, corn syrup & nutmeg. Serve hot or cold.

Plum Pudding Linda Le Roy

| | |
|---|--|
| <i>½ c butter</i> | <i>¼ tsp ground mace</i> |
| <i>1 c plus 2 tbsp packed brown sugar</i> | <i>1 ½ c seeded raisins</i> |
| <i>½ c grated suet</i> | <i>1 c seedless raisins</i> |
| <i>3 eggs</i> | <i>1/3 c ea chopped candied</i> |
| <i>1 c sifted all purpose flour</i> | <i>orange ,citron & lemon peel</i> |
| <i>1 tsp soda</i> | <i>½ c halved glace cherries</i> |
| <i>1 tsp salt</i> | <i>½ c almond slivers</i> |
| <i>½ tsp freshly grated nutmeg</i> | <i>1 c fine, soft but stale bread</i> |
| <i>½ tsp ground cloves</i> | <i>crumbs</i> |
| <i>1 tsp ground cinnamon</i> | <i>½ c rum or brandy</i> |

Cream the butter & sugar until light & fluffy. Mix in the suet. Beat in the eggs one at a time. Sift together the flour, salt, & spices. Combine the fruits & nuts. Dredge with ½ c of the sifted dry ingredients. Add bread crumbs to the remaining dry ingredients. Add the dry ingredients in 3 parts alternately with the ½ c of rum in 2 parts to the creamed mixture. Begin & end with the dry ingredients. Mix in the fruit & nuts. Spoon into a greased 2 qt mould. Cover with a piece of aluminum foil that has a 1" pleat so the pudding can rise. Tie firmly around the rim with string. Place on a rack in a steamer. Fill the steamer 2/3 of the way up the mould with boiling water. Cover, bring to a boil, reduce heat, & boil moderately 2 ½ hrs. Add more boiling water as required to maintain the level. Remove & cool. Leave the original aluminum foil on the top, wrap in plastic wrap & keep refrigerated until it is to be eaten (3-4 wks in refrigerator/ 3 mths in freezer). Remove the plastic wrap before restearing & replace the aluminum foil on top.

Strawberry Angel Mousse Marc Lefevre

| | |
|---|--|
| <i>1pkg (170 g) Strawberry Jello</i> | <i>2 env Dream Whip topping Mix</i> |
| <i>Powder</i> | <i>1 prepared angel food cake(bought</i> |
| <i>2 c boiling water</i> | <i>or homemade)</i> |
| <i>1 pkg frozen sliced strawberries</i> | |

Dissolve jelly powder in boiling water. Add frozen strawberries. Stir gently until fruit thaws. Refrigerate jello about 10 min until it begins to thicken. Tear angel cake into 1" pieces. Prepare 1 env of dessert topping mix according to pkg directions. Blend into jelly. Then fold in cake cubes. Spoon into 6 c bowl lined with plastic wrap. Chill 4 hrs or overnight. Unmold onto serving plate. Prepare remaining env dessert topping mix according to pkg directions. Frost entire dessert with topping. Garnish with sliced fresh strawberries or toasted sliced almonds. Makes 10 servings.

Wacky Cake Cameron MacDonald

| | |
|----------------------------|-----------------------------|
| <i>1 ½ c flour</i> | <i>3 tbsp cocoa</i> |
| <i>1 tsp baking powder</i> | <i>½ tsp salt</i> |
| <i>1 c white sugar</i> | <i>½ tsp baking soda</i> |
| <i>1 tsp vanilla</i> | <i>1 tbsp vinegar</i> |
| <i>1 c lukewarm water</i> | <i>5 tbsp melted butter</i> |

Sift all dry ingredients together in ungreased 9"x 9" pan. Make 3 holes in mixture. Put 1 tsp vanilla in one. 1 tbsp vinegar in the second hole & 5 tbsp melted butter in third hole. Pour over all 1 c lukewarm water. Mix thoroughly. Bake @ 350° for 35 to 40 min.

Crazy Chocolate Cake Joyce MacLennan

| | |
|----------------------------|--------------------------|
| <i>1 egg</i> | <i>1 tsp baking soda</i> |
| <i>½ c cocoa</i> | <i>1 tsp vanilla</i> |
| <i>½ c shortening</i> | <i>1 c white sugar</i> |
| <i>1 ½ c sifted flour</i> | <i>¼ tsp salt</i> |
| <i>1 tsp baking powder</i> | <i>½ c boiling water</i> |
| <i>½ c sour milk</i> | |

Put ingredients in a large bowl in order given & beat well together. Bake @ 375° in an 8" x 8" greased pan for 25-30 min.

Cameron's Chocolate Surprise Pudding

Cameron MacDonald

| | |
|----------------------------|----------------------|
| <i>1 c flour</i> | <i>½ c milk</i> |
| <i>2 tsp baking powder</i> | <i>½ c coconut</i> |
| <i>½ tsp salt</i> | <i>2 tbsp butter</i> |
| <i>2 tbsp cocoa</i> | <i>1 tsp vanilla</i> |
| <i>2/3 c sugar</i> | |

Grease 4 ½ c casserole dish. Blend together flour, baking powder, cocoa, & sugar in bowl. Blend in milk, coconut, butter & vanilla. Pour into casserole dish (like a doughy pudding). ADD TOPPING Mix together; ½ c brown sugar(packed), 3 tbsp cocoa, ¼ c white sugar, 1 ½ c boiling water. Sprinkle over batter & pour boiling water over all. Do not stir. Bake @ 350° for 30-35 min. Serve hot or cold with whipping cream or ice cream.

Apple Crumb Pudding Eileen Lobb

Peel & slice 5-6 apples into a baking dish-enough to cover bottom of baking dish with 2 good layers of apples. Add brown sugar & spices. Add CRUM TOPPING MIXTURE: Mix 1 c sugar, 2 c flour salt & seasonings with enough butter for mixture to stick together. Spread over apple layers & bake @ 350° for about 30 min or until done.

Clementine Apple Bread Pudding Louise Beaulne

| | |
|--|---|
| <i>8 slices white sandwich bread, crusts trimmed</i> | <i>1 c whipping cream</i> |
| <i>5 tbsp unsalted butter, softened, divided</i> | <i>¾ c unsweetened apple juice</i> |
| <i>6 eggs</i> | <i>½ c apple jelly</i> |
| <i>¼ c white sugar</i> | <i>6-8 Granny Smith apples, peeled, & quartered</i> |
| <i>½ tsp ground cinnamon</i> | <i>¼ c maple syrup</i> |

Generously butter a shallow 6 c baking dish. Butter one dish of ea bread slice using 2 tbsp of the butter. Cut slices into triangles; layer the bread in baking dish overlapping the slices. In a large bowl, whisk eggs, sugar & cinnamon together. In medium saucepan, combine heavy cream, apple juice, & apple jelly. Simmer over medium heat, stirring until smooth. Whisk the warm liquid into egg mixture in a stream. Pour custard over bread slices & let stand for 10 min or until absorbed. Place baking dish in larger shallow roasting pan; add enough warm water to come halfway up sides of dish. Bake in oven preheated to 350° for 45-50 min or until custard is set. In a large skillet, melt remaining 3 tbsp butter. Add apple quarters & cook over medium heat, stirring occasionally, until softened. Add maple syrup; cook apple slices slowly until golden, about 20 min. To serve arrange apple slices on bread pudding. Accompany with ice cream, if desired. Makes 8 servings.

Chocolate Cake in a Mug Gail Hicks

| | |
|---------------------|--|
| <i>4 tbsp flour</i> | <i>3 tbsp milk or oil</i> |
| <i>4 tbsp sugar</i> | <i>1 small splash vanilla</i> |
| <i>2 tbsp cocoa</i> | <i>1 large mug</i> |
| <i>1 egg</i> | <i>Optional; 3tbsp chocolate chips</i> |

Mix dry ingredients. Mix wet ingredients. Mix wet & dry together in a large microwave safe mug. Microwave for 3 min @ 1000 watts. Enjoy.

NOTES

Yeast & Quick Bread Recipes

(Includes Bannock, Tea Biscuits, Shortbread, Oat Cakes,
Breads, Scones, Rolls, Buns, & Muffins)



**Mrs. Catherine McIntosh McGillivray lived on
Concession 6 of Lochiel Township. She was one of
the many late 19th century homemakers
being kept busy with family & farm life
& visiting & receiving visitors.**

NOTES

How To Preserve Children Shirley MacDonald

1 large grassy field

½ dozen children

2 or 3 small dogs

a pinch of brook

some small pebbles

Mix the children & dogs well together. Put them in the field stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers. Spread over all a deep blue sky and bake in a hot sun. When thoroughly browned remove from heat and set to cool in a bath tub.

Bannock Barb Smith

| | |
|-----------------------------|---|
| <i>5 cups flour</i> | <i>6 tbsp lard</i> |
| <i>10 tsp baking powder</i> | <i>2 eggs (optional)</i> |
| <i>1 tsp salt</i> | <i>2 cups water</i> |
| <i>3 tsp brown sugar</i> | <i>(eggs included in measuring water)</i> |

Combine first 4 ingredients. Add lard – rub in to form fine crumbs. Add eggs and water to flour. Stir to form soft dough. Knead until smooth – about 10 seconds. Lightly grease & flour pan. Bake in oven.

Cape Breton Tea Biscuits Marilyn Gillis

| | |
|----------------------------|---|
| <i>2 cups flour</i> | <i>½ cup shortening</i> |
| <i>4 tsp baking powder</i> | <i>1 egg beaten, plus enough milk</i> |
| <i>1 tsp sugar</i> | <i>to make a cup (I use buttermilk)</i> |
| <i>½ tsp salt</i> | |

Mix dry ingredients, cut in shortening then add liquid mixture last. Mix just enough to combine. Knead lightly. Bake at 425°F about 12 minutes

Grandma's Tea Biscuits Kassi MacDonald

| | |
|--------------------------|-------------------------------------|
| <i>5 cups flour</i> | <i>5 tsp baking powder (heaped)</i> |
| <i>½ cup white sugar</i> | <i>1 tsp salt</i> |
| <i>¾ cup butter</i> | <i>about 2 cups milk</i> |

Mix flour, baking powder, salt and sugar together. Cream in the butter until well mixed; add enough milk to make the dough (which should be like paste); then knead on floured surface for about 5-10 minutes. Roll out until about ½ - 2/3 inch thick, cut with floured cookie cutter. Put on ungreased cookie sheet and bake at 350°F for about 20-25 minutes. Makes about 30 biscuits.

Shortbread (classic) Gisela Henderson

| | |
|----------------------|----------------------|
| <i>1 cup sugar</i> | <i>4 cups flour</i> |
| <i>2 cups butter</i> | <i>Pinch of salt</i> |

Cream butter, add sugar (don't overbeat) add flour with wooden spoon then knead until dough come together (don't over knead). Press into a large tray and bake for 1 hour at 300°F or until golden. Let cool slightly and cut into squares.

Shortbread (“even better”) Gisela Henderson

22 tbsp butter (2 sticks + 6 tbsp) 3 cups flour – sifted
1 scant cup sugar 1 scant cup semolina (fine) flour

Beat butter until creamy. Add sugar, cream together. Add sifted flour and semolina flour. Work together and knead with hands. Press into ungreased tray, pierce with fork. Bake for 1 hour at 300°F or until golden. Let slightly cool and cut into bars.

The Best Tea Biscuits Dorothy Howes Read

2 cups flour 1/3 cup Crisco
3 tsp baking powder 1 egg
1 tsp salt 2/3 cup milk
1/4 cup sugar

Combine first four ingredients. Cut in Crisco and crumble. Add the egg slightly beaten and the milk. Roll dough on a lightly floured board and cut out biscuits. Bake for 15-20 minutes at 350°F. This recipe can be doubled and then freeze the extras.

Mary’s Oat Cakes Sidney MacDonald

1 cup shortening 3 tsp vanilla
1 cup white sugar 3 cups rolled oats (good cups)
1/4 cup water 3 cups flour
1 cup butter

Roll out between two sheets wax paper 1/2 to 2/3 inch thick. Cut into 1” to 1 1/2” square pieces. Bake on cookie sheets for 2 hours at 275°F

Hearty Oatmeal Bread Dorothy Read

1/2 cup very warm apple juice 2 2/3 cups white flour
3/4 cup water (Best for Bread White)
2 tbsp brown sugar 3/4 cup quick cooking oats
(packed and rounded) (packed and rounded)
3 tbsp extra virgin olive oil 1 5/8 tsp dry yeast (Bread Machine
1 1/2 tsp salt Yeast) - If you want to make rolls
use 1 7/8 tsp yeast.

Follow the instructions given in your breadmaker manual.

Old Fashion Scotch Scones Lillian Howes

| | |
|----------------------------------|-----------------------------------|
| <i>1 egg</i> | <i>1 tsp salt</i> |
| <i>3 cups flour</i> | <i>¾ cup butter or shortening</i> |
| <i>2 large tsp baking powder</i> | <i>Milk</i> |
| <i>½ cup white sugar</i> | |

Beat an egg in a cup and fill with milk. Stir together dry ingredients and cut in butter or shortening. Add milk and egg mixture to make dough soft. You can add raisins, roll out and cut or do the "jam". Flatten out to ½" thick and cut into 3" squares. Flatten out a little more and put 1 or 2 tbsp jam on a side (but not edges). Fold half over and press edges all around to seal. (jam may creep out easily). Bake in hot oven (425°F) 8-10 min.

Jiffy Cinnamon Rolls Yvonne McDonell

| | |
|----------------------------|--------------------------|
| <i>2 cups flour</i> | <i>1 cup milk</i> |
| <i>2 tbsp white sugar</i> | <i>1/3 cup butter</i> |
| <i>4 tsp baking powder</i> | <i>1 cup brown sugar</i> |
| <i>1 tsp salt</i> | <i>1 tbsp cinnamon</i> |
| <i>¼ cup butter</i> | <i>1/3 cup currants</i> |

In a large bowl combine flour, white sugar, baking powder and salt. Add first amount of butter and blend with a pastry blender till crumbly. Make a well in the center. Pour milk into well. Stir to form a soft dough adding more milk if required. Turn onto lightly floured board and knead 8-10 times. With a rolling pin, roll on a floured surface to form a rectangle about 9"x12" and 1/3 of an inch in thickness. Cream 2nd amount of butter, brown sugar and cinnamon together. Drop 1 measuring tsp into 12 greased muffin cups. Spread the remaining cinnamon mixture over dough rectangle. Sprinkle the currants over the top and press gently over currants. Roll up as a jelly roll. Cut into 12 equal pieces. Place cut side down into muffin cups. Bake at 375°F for 20-25 min. Turn out on a tray.

Lemon Bread Linda McDonald - makes 3 loaves

| | |
|---------------------------|----------------------------|
| <i>2 cups white sugar</i> | <i>1 cup butter</i> |
| <i>4 eggs</i> | <i>1 cup milk</i> |
| <i>½ tsp salt</i> | <i>1 lemon rind grated</i> |
| <i>3 cups flour</i> | <i>2 tsp baking powder</i> |

Mix all ingredients. Place in 3 loaf pans 8½"x4½". Bake 350°F for 45

Rolls Sandra (Mac Leod) Tubman

| | |
|----------------------------|-------------------------------------|
| <i>1 pkg yeast</i> | <i>1 tsp salt</i> |
| <i>1 tsp sugar</i> | <i>¼ cup plus 1 tbsp Crisco oil</i> |
| <i>½ cup warm water</i> | <i>2 cups lukewarm water</i> |
| <i>2 eggs, beaten well</i> | <i>7-8 cups flour</i> |
| <i>½ cup sugar</i> | |

Mix yeast and sugar in small bowl. Add ½ cup warm water. Let stand 10-15 minutes. Mix eggs, sugar, salt, oil and 2 cups warm water well then add yeast mixture. Add the flour. Set in two bowls and let rise. Then mould into buns and set in pans until they rise. Bake 10 minutes or until brown in 375°F oven.

Mom's Overnight Buns Janet Brodie (Courtesy Blair sisters- Nan, Isabel Janet)

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|---------------------|--------------------------|
| <i>Warm water</i> | <i>1 cup Crisco oil</i> |
| <i>1 tsp sugar</i> | <i>4 cups cold water</i> |
| <i>1 tbsp yeast</i> | <i>12 cups flour</i> |
| <i>2 eggs</i> | <i>1 tsp salt</i> |
| <i>1 cup sugar</i> | |

Fill a coffee mug half full of warm water and add 1 tsp of sugar – while stirring add in 1 tbsp of yeast. Set aside in a warm place or make as per instructions on 1 pkg of yeast. Beat 2 eggs, 1 cup sugar, 1 cup Crisco oil until light. Add 4 cups of cold water. Then put in 12 cups of flour as follows: Beat in 1 cup of flour at a time – up to 4 cups – then add 1 tsp salt. Pour in yeast – add 5th & 6th still beating then 7 & 8 & 9 with a wooden spoon. Knead in 10-11-12. Place in a large greased container and cover with a dish cloth set in a warm place. When risen double – if you start at 4 o'clock – you can pan about 10 pm – form buns - cut about size of golf balls on greased pans. Let rise until morning when they will be ready for baking at 350°F for 15 to 17 minutes. Makes about 60 buns.

Ruth's Feather Buns Ruth MacGillivray

| | |
|--------------------------------|---|
| <i>½ cup lukewarm water</i> | <i>2/3 cup sugar</i> |
| <i>1 tsp sugar</i> | <i>1 tbsp salt</i> |
| <i>1 pkg yeast set 10 min</i> | <i>1 egg beaten</i> |
| <i>1 ½ cups warm water</i> | |
| <i>½ cup veg. oil (Crisco)</i> | <i>5 ½ cups flour (6 cups – ½ cup kneading)</i> |

Dissolve yeast and sugar in first amount of water. Add to rest of ingredients except flour. Beat with whisk until light. Add flour (6 cups all – ½ cup kneading). Punch down at 7 or 8 o'clock. Put in pans around 10 o'clock, Leave rise overnite. Bake in 350°F oven 10 to 15 min (or till brown). Brush with melted butter

Golden Corn Bread

Phyllis Noble (from the Old Time Brand Name cookbook)

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|-------------------------------|----------------------------|
| <i>1 cup yellow corn meal</i> | <i>3 tsp baking powder</i> |
| <i>1 cup flour</i> | <i>1 cup milk</i> |
| <i>¼ cup sugar</i> | <i>1 egg</i> |
| <i>½ tsp salt</i> | <i>¼ cup melted butter</i> |

Preheat the oven at 400°F and butter a 8" square baking dish. Mix the corn meal, flour, sugar, salt and baking powder. Put the milk in a cup or bowl, add the egg and beat lightly. Add the melted butter and beat again. Pour the milk mixture into the flour mixture and combine, beating for about a minute. Don't overbeat. Pour the batter into the baking pan. Bake for 20-25 minutes until a tooth pick poked into center comes out clean. Cool.

Lemon Bread Grace Perkins

| | |
|----------------------------|----------------------------|
| <i>2 eggs</i> | <i>1 ½ cup flour</i> |
| <i>½ cup shortening</i> | <i>1 tsp baking powder</i> |
| <i>1 cup white sugar</i> | <i>¾ tsp salt</i> |
| <i>1 lemon rind grated</i> | <i>Juice of lemon</i> |
| <i>½ cup milk</i> | <i>1/3 cup sugar</i> |

Sift dry ingredients. Cream sugar & shortening. Beat eggs well. Add lemon rind and milk and add to cream mixture. Add dry ingredients and stir until well mixed. Do not beat. Bake 1 hour & 15 minutes at 325°F. Add lemon & sugar mixture about five minutes after loaf comes out of oven. Pour over top and let stand until cold.

Zucchini Bread Elsie MacLeod

| | |
|--------------------------------------|----------------------------|
| 3 eggs | <i>¼ tsp baking powder</i> |
| <i>¾ cup vegetable oil</i> | <i>2 tsp baking soda</i> |
| <i>2 cups peeled grated zucchini</i> | <i>1 tbsp cinnamon</i> |
| <i>2 tsp vanilla</i> | <i>1 tsp salt</i> |
| <i>1 ½ cups white sugar</i> | <i>1 cup raisins</i> |
| <i>2 cups flour</i> | <i>1 cup walnuts</i> |

Beat eggs in large bowl, add zucchini, oil, vanilla and sugar. Sift dry ingredients together and add to egg mixture, mix till well blended, add raisins and nuts. Use 2 small or 1 large loaf pan. Bake 375°F, for 45 min or until cooked.

Date Bread Joyce MacLennan

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|--|---|
| <i>½ pound dates chopped,</i> | <i>Add: 1 cup white sugar, 1 egg</i> |
| <i>remove any seeds</i> | <i>½ tsp salt</i> |
| <i>1 tsp baking soda,</i> | <i>1 tsp vanilla</i> |
| <i>sprinkle on dates</i> | <i>2 cups sifted flour</i> |
| <i>1 cup boiling water</i> | <i>2 tsp baking powder</i> |
| <i>Stir & set aside to cool (5-10 min)</i> | <i>½ cup chopped walnuts (optional)</i> |

Bake in a slow oven (300°F) for about 1 hour.

Fruit – Banana Loaf Shirley MacDonald

| | |
|--------------------------------------|-----------------------------------|
| <i>1 ¾ cup flour</i> | <i>1 cup cherries (red/green)</i> |
| <i>2 eggs</i> | <i>¼ cup raisins</i> |
| <i>1/3 cup shortening</i> | <i>½ tsp salt</i> |
| <i>2/3 cup white sugar</i> | <i>2 2/3 tsp baking powder</i> |
| <i>1 cup mashed bananas (3 or 4)</i> | |

Blend shortening & sugar, add eggs, add flour and bananas alternately fold in fruit. Turn into loaf pans. Bake at 350°F for 60 to 70 minutes.

Quick & Easy Banana Bread Mary Jane Lajoie Chabot

| | |
|-------------------------------|--------------------------------|
| <i>2 cups flour</i> | <i>1 egg</i> |
| <i>1 tsp baking soda</i> | <i>2 or 3 bananas (mashed)</i> |
| <i>½ tsp salt (together)</i> | <i>Mix ½ cup milk</i> |
| <i>1 cup sugar</i> | <i>1 tbsp vinegar</i> |
| <i>½ cup oil or margarine</i> | <i>Bake 325°F – 1 hr</i> |

.Cherry Bread Eileen (MacLeod) Hamre

| | |
|--|------------------------------|
| <i>¾ cup white sugar</i> | <i>2 tsp baking powder</i> |
| <i>1 egg, well beaten</i> | <i>Dash of salt</i> |
| <i>1 bottle maraschino cherries (6 oz)</i> | <i>½ cup nuts (optional)</i> |
| <i>½ - 2/3 cup milk (see below)</i> | <i>¼ cup butter</i> |
| <i>2 cups flour</i> | |

Beat egg, add sugar. Drain cherries and dust with ½ cup of the flour. To juice add enough milk to fill 1 cup. Mix all. Add melted butter. Bake 1 hr at 300-350°F.

Cranberry Apple Cinnamon Muffins Eileen MacGillivray

| | |
|--------------------------------|--|
| <i>1/3 cup butter softened</i> | <i>¾ diced apples</i> |
| <i>¾ cup sugar, divided</i> | <i>¾ cup cranberries sliced in half</i> |
| <i>2 eggs</i> | <i><u>For topping</u>, mix with your fingers</i> |
| <i>1 ½ cups flour</i> | <i>until crumbly: ¼ cup flour,</i> |
| <i>1 ½ tsp baking powder</i> | <i>2 tbsp brown sugar,</i> |
| <i>1 tsp cinnamon</i> | <i>½ tsp cinnamon and</i> |
| <i>1/3 cup milk</i> | <i>1 tbsp cold butter</i> |

Then cream butter and sugar until fluffy. Add eggs - one at a time. In another bowl, combine flour, baking powder and cinnamon. Add this to the first mixture, alternately with milk. Add the fruit and mix well. Spoon into well greased or paper-lined muffin pans, and sprinkle the topping mixture over top. Bake at 375°F for 25 or 30 minutes.

Banana Muffins Linda McDonald

| | |
|----------------------|---|
| <i>1 egg</i> | <i>1 cup mashed bananas</i> |
| <i>½ cup butter</i> | <i>1 cup white sugar</i> |
| <i>1 ½ cup flour</i> | <i>1 tsp soda dissolved in 1 tbsp hot water</i> |
| <i>½ tsp nutmeg</i> | <i>½ tsp vanilla</i> |

Cream butter and sugar. Add bananas and beaten egg. Add remaining ingredients and cook in muffin pan in 400°F oven for 15 to 20 minutes

Apple Muffins Dorothy Irvine++

| | |
|---------------------------------|-----------------------------------|
| <i>1 ¾ cup flour</i> | <i>¾ cup brown sugar</i> |
| <i>1 tsp baking powder</i> | <i>1 cup sweetened applesauce</i> |
| <i>½ tsp baking soda</i> | <i>1 egg</i> |
| <i>¼ tsp salt</i> | <i>¾ cup raisins</i> |
| <i>1 tsp cinnamon</i> | <i>¼ cup walnuts</i> |
| <i>1 tsp ground cloves</i> | <i>4 tbsp melted shortening</i> |
| <i>¼ tsp allspice or nutmeg</i> | |

Sift first 4 ingredients together. Line muffin cups with paper liners or grease. Mix ingredients together and fill cups with batter. Bake in 375°F oven for 25-30 min.

Rich Blueberry Muffins Madeleine McCrimmon

| | |
|----------------------------------|--|
| <i>¼ cup butter</i> | <i>1 tsp salt (I use less)</i> |
| <i>3 tbsp margarine</i> | <i>4 tsp baking powder</i> |
| <i>2/3 cup white sugar</i> | <i>1 cup milk</i> |
| <i>1 egg, beaten</i> | <i>1 cup frozen or fresh blueberries</i> |
| <i>2 ¼ cup all-purpose flour</i> | <i>(makes 12 medium muffins)</i> |

Cream butter and margarine with sugar. Add egg and beat until light. Add dry ingredients and mix until half-blended. Add milk. Blend slightly. Then fold in blueberries gently until just blended. Bake at 400°F for 25-30 mins or until done. Place in muffin tins lined with Baking cups.

Blueberry Muffins Dorothy Irvine++

| | |
|---|---------------------------------------|
| <i>1 ½ cup fresh washed & dried blueberries (or frozen)</i> | <i>2 cup sifted all-purpose flour</i> |
| <i>¼ cup soft butter or margarine</i> | <i>4 tsp baking powder</i> |
| <i>¼ cup sugar</i> | <i>¼ tsp salt</i> |
| <i>1 large egg, well beaten</i> | <i>1 cup milk</i> |

Sift the flour and measure it. Take out 2 tbsp and dredge the washed and dried blueberries with it in a small bowl. Sift the remaining flour with the baking powder and salt. Cream the butter with the sugar and stir in the beaten egg, but only barely stir in (Muffins should always be undermixed) Now to the creamed mixture, add the flour and milk, half of each at a time, stirring just enough to mix. Fold in the floured blueberries gently. Fill buttered muffin pans ¼ full, using individual cups to hold excess batter if necessary. Immediately put in oven and bake at 400°F for 14 to 15 minutes.

Pineapple Muffins (with carrot) Sandra (MacLeod) Tubman

| | |
|----------------------------------|---|
| <i>1 ½ cup all-purpose flour</i> | <i>2/3 cup vegetable oil</i> |
| <i>¾ cup white sugar</i> | <i>2 eggs</i> |
| <i>1 tsp baking powder</i> | <i>1 cup finely grated carrot</i> |
| <i>1 tsp baking soda</i> | <i>½ cup crushed pineapple (with juice)</i> |
| <i>1 tsp cinnamon</i> | <i>1 tsp vanilla</i> |
| <i>½ tsp salt</i> | |

Preheat oven to 400°F. Sift together first six ingredients. Add oil, eggs, carrot, pineapple and vanilla. Stir well before using. Mix until all ingredients are well combined. Bake 20 minutes until golden brown.

Chocolate Chip Pumpkin Muffins Alise Calvank

| | |
|----------------------------------|------------------------------|
| <i>1 2/3 cups flour</i> | <i>¼ tsp salt</i> |
| <i>1 cup sugar</i> | <i>2 large egg</i> |
| <i>1 tsp ea cinnamon ,ginger</i> | <i>1 cup pumpkin</i> |
| <i>1 tsp allspice</i> | <i>½ cup canola oil</i> |
| <i>1 tsp baking soda</i> | <i>½ cup cocoa</i> |
| <i>¼ tsp baking powder</i> | <i>1 cup chocolate chips</i> |

Mix flour, baking soda, baking powder, salt, cocoa and all the spices. In a separate bowl whisk eggs, pumpkin, sugar and oil. Pour dry ingredients slowly into wet. When half of the dry ingredients is mixed put the chocolate chips into the dry and stir. The flour will stop the chips from sinking to the bottom of your muffins. Continue mixing the dry ingredients into the wet. Pour into a greased muffin tin and bake at 350°F for 20-25 minutes or until springy to the touch.

Six Week Bran Muffins Linda LeRoy

| | |
|----------------------------------|------------------------------|
| <i>1 cup chopped dates</i> | <i>2 cups buttermilk</i> |
| <i>1 cup boiling water</i> | <i>2 ½ cups flour</i> |
| <i>2 ½ tsp baking soda</i> | <i>½ tsp salt</i> |
| <i>½ cup shortening (melted)</i> | <i>2 cups all-bran</i> |
| <i>1 cup sugar</i> | <i>1 cup 40% bran flakes</i> |
| <i>2 eggs</i> | <i>½ cup walnuts</i> |

Add dates to boiling water, let cool. Cream shortening and add sugar. Add eggs one at a time. Stir in buttermilk, then flour and salt. Add water and soda to mixture. Mix all-bran, bran flakes, dates and nuts in a large bowl. Stir into buttermilk mixture. Store in airtight container in fridge. Spoon into well greased muffin tins without stirring. Bake at 350°F about 20 minutes.

Chocolate Chip - Banana Muffins Kassi MacDonald

| | |
|------------------------------|---|
| <i>1 ¾ cup flour</i> | <i>1 egg</i> |
| <i>1 tbsp baking powder</i> | <i>¼ cup cooking oil</i> |
| <i>½ cup chocolate chips</i> | <i>¼ cup milk</i> |
| <i>½ cup white sugar</i> | <i>1 cup mashed bananas (3 or 4 med.)</i> |
| <i>½ tsp salt – optional</i> | |

Measure first 5 ingredients into a large bowl. Mix thoroughly and make a well in centre. Beat egg (in small bowl) until frothy. Mix in cooking oil, milk and bananas. Pour into well. Stir only to moisten all. Batter will be lumpy; fill greased or lined muffin cups ¾ full. Bake at 350°F for 20-25 mins.

White Bread

1 pkg active dry yeast (2 tsp)
1 tsp white sugar
½ c lukewarm water
2 tbsp butter
3 tbsp white sugar
1 tbsp salt
1 c boiling water
1 c milk
8 c flour

Dissolve yeast & 1 tsp sugar in lukewarm water. Let stand 10 min in a warm place. Combine butter, 3 tbsp white sugar, salt & boiling water in a large bowl. Stir to melt butter. Add milk & cool to lukewarm. Add yeast mixture to the mixture in the large bowl. Beat in 4 c of the flour using an electric mixer. The batter should be smooth. Beat in 2 more c by hand & turn out onto a well-floured board. Knead in as much of the last 2 c as necessary to make an unsticky dough. Continue kneading 10 min in all or until the dough is smooth & elastic. Put the dough in a greased bowl. Turn to grease all sides. Cover with a damp cloth & set in a warm place to rise until double in bulk, about 1 hr. A just warmed oven is ideal. Punch down the dough, divide in half, form into 2 loaves, & place in a greased 9"x 5".loaf tins. Cover pans loosely with a damp cloth. Let rise until double in bulk about 1 hr. Bake 45 min. @ 375°. Remove from tins & cool on a rack.

This, That & Another Recipe

(Includes early settlement era, depression, WW2, Modern & Ultra- modern recipes)



Mrs Christie McLeod MacMillan. This kind looking woman was mother of many children & was an active homemaker from Brodie Road West. The family lived on the farm & she would have been busy morn to night with meals, family, garden & farm chores.

Golden Rules for the Kitchen

1893

Without cleanliness & punctuality good cooking is impossible.

Leave nothing dirty: clean & clear as you go.

A time for everything & everything in time.

A good cook wastes nothing.

An hour lost in the morning has to be run after all day.

Haste without hurry saves worry, fuss & flurry.

Stew boiled is stew spoiled.

Strong fire for roasting.

Clear fire for broiling.

Wash vegetables in three waters.

Boil fish quickly, meat slowly.

Before WW1 - Glengarry Mystic****



*Mary Ann Danskine
MacLaurin
Breadalbane*



*Elizabeth Stewart
Irvine
Breadalbane*

*Johannah McGillis
MacDonald
Knoydart*



*Florrie McDonald
MacDonell
Dalkeith*



*Elizabeth Ross
MacGillivray
Lorne*

*Annie Robertson Lyttle
Dalkeith*



******Mentioned by author Royce MacGillivray in his
History of Glengarry**

Dalkeith Community Early Settlers & Food

The First "Canadian" cookbook did not come out until the 1830's & it would likely have been more useful to the more established households & communities rather than to the backwoods rural inhabitants living in the Dalkeith community. What did they eat, those late 18th, early 19th century arrivals from Glenelg & Knoydart & Breadalbane. All they had was what they could carry, what they could find in the nearby forest, fields & rivers. With shelters to build & families & livestock to care for & to feed & only rudimentary fireplaces & implements with which to cook with & on, the first few years could only relate to survival cooking-particularly during the winter months. But survive they did on oatmeal & on the indigenous plant & animal food... By the 1830's & 1840's things started to improve. The most important change for the ladies was the availability of the cook stove & all the comforts it offered. Compared to the fireplace it was easier & more reliable to operate with much less bending or heavy lifting. Also new & more readily available farm machinery increased the size & yield of the crops. Transportation (land, rail & water) opened up making transportation of foodstuffs easier. The arrival of sugar & molasses from the west Indies & the appearance of the mason jars(1858) added much to the pleasures of cooking & preserving & feasting. More cookbooks started to appear- a sure sign that women had worthwhile recipes they wished to share. Mrs Nourse's Modern Cookery was fundamentally an English-Scottish cookbook that was available in Montreal book stores for 6s 3d. Remember then that Glengarry Sleighs loaded high with the season's local produce made the annual harvest trip to Montreal (before bridges) to supply that market. On return, the sleighs would be loaded with supplies & gifts that could not be found in this area. By the later half of the 19th century there was a new stress on native Canadian vegetables with recipes available for squash, pumpkin, & especially tomato. There was an emphasis on seasonal food with recipes for strawberries, blueberries, apples, trout, & pork. All over the country bees, festivals & parties encouraged the accompaniment of well prepared foods. The Canadian Home Cook Book of 1877 has 50 recipes for pickles & relish, 36 for jams, jellies & preserves, 189 recipes of cakes, cookies & puddings. It was the pies, cakes, cookies & preserves the ladies brought to a church supper, a funeral, a bee, a fall fair or a wedding or a funeral that might make or break a woman's reputation as a cook. Before globalization & monopolization of the domestic & local food scene, there was a certain respect for the Canadian land & the fruits of it. Also there was a rhythm to it as rich & fluid as the seasonal cycle. There was a pride about it in the sheer savvy of excellence, manifested in a succulent roast, a crisp pickle, a made from scratch Christmas pudding or a mouth-watering strawberry shortcake. These strengths of our local people are showing a pleasant renewal of interest throughout the countryside.

Bannock Elizabeth Nourse

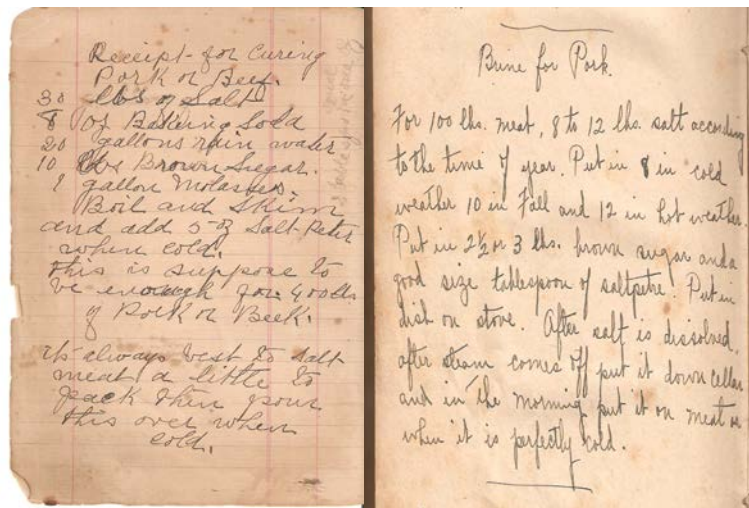
This type of bread recipe was very versatile for the early settler. It could be made with what was available. Using 2 ½ c oats, 6 tbsp of baking powder, ½ tsp salt, 2 tbsp of sugar, 1/3 c lard, 2 eggs & 1 c of water. This would be mixed & could be baked or fried in whatever utensil was available. Without the eggs or the baking powder it would be like a flat bread-still nourishing & quickly prepared for an upcoming meal. Raisins (dried wild grapes) apples or other bits of nourishment could be added as the season provided. Wild apples were prevalent to eat fresh, as juice or as cider-a pleasant accompaniment to the bannock.

Early settlers Substitute for Baking Powder

1 level tsp cream of tartar mixed with ½ tsp baking soda= 2 level tsp baking powder.

Early Recipes for preserving Pork for the long winter months

Hand written recipes found on the inside leaves of old local cookbooks. Note the use of rainwater in one. The recipe on the left is for 400 lbs while the one on the right is for 100 lbs.



Crock Pickles Jean & Ian MacLennan

(this current recipe could also have been used by our ancestors)

*4 qts smallish cucumbers cut to desired size
boiling water, 2/3 c coarse salt, 2 qts vinegar
6 tsp coarse salt, 1 tsp ground ginger
6 tsp dry mustard, 6 tsp white sugar*

In a butter crock with a tight fitting cover, place cut-up cucumber. Mix together boiling water & 2/3 c salt & pour over cucumbers. Next day drain, but first measure liquid as you drain (there should be about 2 qts). Save liquid. Mix together vinegar, 6 tsp salt, ginger, dry mustard, & sugar. Add to retained liquid & pour over cucumbers. Next day & for a total of 12 days add ½ c white sugar. Stir well each day.

1850's-1930's Sadie MacLauren (Breadalbane)

“Food was cheap and plentiful. Much of the food was a product of the farm. We always had a very good garden and when the carrots, turnips, and cabbage were all used up, about the end of December, we had no fresh vegetables until the next spring and summer. I used to gather the tender leaves of dandelions and ate them with a mustard dressing. For a treat for a Sunday night supper, we sometimes had the first lettuce leaves with cream and sugar. Someone told us that was the way French people ate lettuce. Even winter apples did not keep until spring so most people prepared dried apples which were used for pies. We peeled the apples sometimes by hand, and sometimes with a paring machine. The apple was stuck on spikes and when the handle was turned, the knife pared the apple. Next we cut the apples into eight or so pieces, according to its size. Then we strung the pieces on parcel cord and hung the string up to dry. To use the dried apples, one had to soak them for several hours. I never thought dried apple pie was very appetizing and was glad when fresh apples could be used. In summer, we had salt pork and in winter, fresh beef. Mother sometimes made a beef soup similar to Scotch broth except that beef was used instead of lamb. It was a meal in itself. It was the only type of soup we cared for. If there were some pieces of beef left over in the spring, mother would rub brown sugar, salt peter (for keeping purposes) and spices into the beef. She covered them with brown paper and hung them to dry. The dried beef was delicious and we were always sorry when the last of it was eaten. Mother never served big elaborate company meals but our everyday food was well prepared and well cooked. During the spring she preserved berries, peaches, cherries, plums etc. These preserves, as they were called, took the place of the canned fruit we buy in the stores today. She also made gallons of pickles, relishes and ketchup. It was a great deal of work for her but she enjoyed the pickle making and was always looking for new recipes.”

Making Maple Syrup “This seasonal activity marked the end of winter and the beginning of spring and was welcomed for that reason even if it meant much hard work. Generally two men did the tapping of the trees. One cut off a chip and bored a hole and then the other drove in the spile, and hung the bucket on the hook under the spile. If the days were warm and the nights cool, there would be a good run of sap. We had a wooden puncheon into which we dipped a pail, and then emptied it into a large tank from which it ran into the pans in which the sap was boiled. We did not have an evaporator but we used three pans which were fitted over a furnace. The first pan contained the cold sap, the second a brownish liquid from which the water was partly removed. The vents in the roof were opened so that the steam could escape. In the third pan, the liquid was reduced to syrup. Albert did most of the boiling and I used to go and spend the day with him. We had a basket of lunch and we put potatoes on the coals to bake. My father was an expert at making sugar. He had a small furnace fitted with a pan in which he boiled the syrup to consistency needed for sugar. I can see him yet, as he, with his spectacles perched on his nose, watched the syrup thermometer carefully so he would remove the pan at the right moment. When the syrup was thick enough, he carried the pan to packed snow outside. Now came the crucial moment. He had to work quickly when he stirred the syrup into sugar as it would harden before he could put it into loaf pans, but he always seemed to get everything just right. He sold sugar to a store in Vankleek Hill and it was in great demand. Every year mother would keep out several cakes of sugar and store it in a room upstairs which we used as a store room. Often on Sundays, Willie and I would each get a knife, bore holes in the cakes of sugar and lick the sugar off the knives. When mother discovered how we had riddled the cakes with holes, she pretended to be annoyed but she wasn't really annoyed with us. We often had taffy or “la tire” as the French people called it. The syrup was boiled down but not as much as for sugar making. We packed a large pan or two with snow. Snow was not polluted then. The liquid was spread in string-like portions on the snow. We ate it by gathering it around a fork. We always found that some of our neighbours wanted to pay us a visit at syrup making time as it was the custom to make taffy for visitors. Sometimes father would grumble a bit, but we always made taffy. Mother boiled spruce bows and strained the liquid which resulted and put it into a large crock. She sweetened it with syrup, put yeast into it and left it in a warm place to work. If left too long, it developed quite a kick but we always drank it before it became too strong. It was called spruce beer “

Maple Syrup Backwoods Pie

(this current recipe could also have been used by our ancestors)

Cream 2 tbsp butter & 1 c brown sugar. Add 3 egg yolks & beat well. Stir in ½ c milk, 1 c maple syrup, 1 ¼ tsp nutmeg. Beat the 3 egg whites until they are stiff but not dry. Fold the egg whites into the syrup mixture. Pour into an unbaked pie shell. Bake @ 450° for 10 min. reduce heat to 350° & bake 30-35 min more or until the crust is golden & the filling is set.

Butter Making “Our old house had an outside cellar way. Just inside this boards were hung from the cellar ceiling. On these boards mother placed shallow pans of milk. The cream rose to the top and she skimmed it off. When she had enough cream for churning, she put it in the old dash churn and worked the dash up and down until she had butter. The butter was then put into a large wooden bowl and worked with a wooden ladle to take out all the buttermilk. When all the buttermilk was taken out, she worked in the salt and the butter colour. Next she made the butter into pound prints by filling a wooden print and then pushed the butter out. We had a wooden print with a scotch thistle carved on it. The prints were wrapped in butter paper and put away in the cellar to be used as needed. When fall came mother did not print the butter but packed it in large crocks for use in winter time. All the cows but one were dry and it was therefore impossible to make butter in the winter. One cow was kept milking so we could have fresh milk. The ladle mother used was made of hard Maple and the Danskines brought it from Cushing when they moved to Breadalbane. Mary gave it to the museum in Carillon, Quebec and when I was there some years ago, I saw the ladle which brought back many memories to me.” (Sadie Edith MacLaurin)

Hot Cream Scones Kassi MacDonald

(this current recipe could also have been used by our ancestors)

Sift together 2 ¼ c flour, 1 tsp baking powder, 2 tbsp sugar & ½ tsp salt. Cut in ½ c butter & mix until crumbly. Combine 2 eggs & ½ c light cream. Add liquid ingredients to dry, stirring lightly with a fork to combine. Turn out on a floured board. Knead lightly. Roll out to ¾ “thickness. Cut to desired shape. Place on a lightly floured baking sheet. Brush tops with milk & sprinkle with a bit of sugar. Bake @ 450° for 12-15 min or until golden.

Note One recipe Cookbook from Montreal dated 1871, published by Dawson Brothers was entitled The Culinary Treasury: “The Turnpike Road to people’s hearts, I find, lies through their mouths or I mistake mankind”(subtitle). Then as now many publications printed recipes for the housewife. And she would cut & clip & add favourites to her own collection of recipe cut-outs. The earlier cookbooks were an admirable effort to keep all the recipes available in one place.

1930's-Depression Years Food

These clippings are from Montreal, Ottawa & Local papers printed during the depression years
There is no hint of doing without in any of them.

1934

THE MONTEAL DAILY STAR, THURSDAY, MARCH 12, 1934

THE CANADIAN COOKING SCHOOL

A complete Cookery Course in 12 Lessons for the beginner as well as to the experienced Cook who is interested in the newer, more economical methods.

Prepared by - - - Anna Lee Scott
Editor, Montreal Free Press

Lesson No. 9 - Fillings and Frostings

1932

TWELVE

EASTER DINNER SHOULD BE A VERY FESTIVE OCCASION

Here Are Menus and Recipes To Help You Plan Marketing and Cooking in Advance

IF many families Easter dinner is almost as much of an event as the Christmas feast and this year especially after our long, hard winter the prospect of spring time with the chance to celebrate with feasting.

You may choose such, such, chickens or ham for your main course. These meats are delicious and delicious for special occasions.

It is also a good idea to have a variety of side dishes. Some of these may be prepared in advance and some may be prepared on the day of the feast. Here are a few suggestions:

Women Throughout Ages Have Achieved Important Reforms

Calgary Women's Club Told Study and Ourselves for Peace

There is no value in study in peace without conviction. The peace is the goal to be achieved in the spirit of Bishop L. St. Laurent of Calgary. The question cannot be settled in other words, he told the Women's Club at a meeting called in connection with the League of Nations.

"If another war came, would you be strong enough to withstand it?" he asked. "I should think so," he said. "I should think so," he said. "I should think so," he said.

NO CREPE, BUT BLACK TIE, SAYS INVITATION

No Fash' But April Fool's Day Party Made Successful Marriage

WASHINGTON, March 22.—(A.P.)—After two years of marriage the United States Ambassador, Mr. C. G. Loring, and Mrs. C. G. Loring have decided that there is still a need to wear an April Fool's Day party. They made the announcement in the invitation they have sent out to an anniversary supper. The invitation reads: "No Crepe, but Black Tie, Says Invitation."

1932

"EATS" THAT MAY BE USEFUL FOR HALLOWE'E

If You're Planning a Party for October 31 We Hope You Will Like These Recipes

SUCH jolly and informal parties are planned for Halloween that the average hostess has come to look to October 31 as a day holding many happy possibilities easily carried out. The party itself is a time-honored "ceremonial" but refreshments may be always new. Tomorrow we give you some suggestions for decoration and entertainment, but today we are devoting our space to Halloween refreshments.

1938

Around the Festive Board

Grapefruit Cocktail, Beef Consommé, Celery, Omelette, Roast Turkey or Goose, Baked Ham, Sweet Potatoes, Cranberry or Apple Sauce, Creamed Potatoes, A Christmas Salad, Hot Rolls, Pineapple with Lemon Sauce, Charlotte Russe, Tea, Baked Apples.

This Christmas menu is from a 1938 local paper & again no sign of deprivation from the point of view of food. Yet the thirties were known as the Dirty Thirties, the years of Steinbeck's Grapes of Wrath, people losing all their possessions through mortgage & job failure. Many rode the "trains" and lived as hobos to survive or walked the backroads & worked for a meal or a bed at anyone's place who would be good to them. 1937 saw some 30,000 Canadian immigrants returned to their home country through illness & or unemployment. Some few Canadians managed to increase their riches during these years. WW2 ended the Depression.

Old Fashioned Hot Cheese Rolls

| | |
|-------------------------------|-------------------------------|
| <i>3 c flour, 1/2 c sugar</i> | <i>1/2 tsp salt</i> |
| <i>1 tsp cream of tartar</i> | <i>1-1 1/4 c heavy cream</i> |
| <i>1/2 tsp soda</i> | <i>1 c grated old cheddar</i> |

Sift the flour, sugar, cream of tartar, soda, & salt into a large mixing bowl. With a fork, gradually stir in the cream, up to 1 1/4 c if necessary to incorporate all the dry ingredients. Turn out onto a lightly floured board. Roll out into a rectangular shape about 1/3" thick. Spread with grated cheese. Roll up.. Moisten edges & press to seal. Cut into slices. Place flat on an ungreased lightly floured baking sheet. Bake @ 400° for 8-10 min or until golden. Remove from sheet immediately. Serve hot. Makes about 2 dozen.

Great Great Grandma's Chicken Pot Pie Janet Brodie

Great Great Grandma's Pie stepped from chicken coop to the oven to the table in fast order. Nothing was lost in flavour, delicacy of texture or tenderness of flesh in that short route between block & pot. What a chicken pie. First she selected 2 or more husky young roosters, corn-fed & ripe with oats from the fields & grasshoppers from the meadow, the flesh moistened & seasoned with a spot of buttermilk from the churn. They were killed but a day in advance & hung in the woodshed overnight to mellow. In the morning, they were rinsed, dried & cut up. The parts together with the giblets were put into the kettle & covered with boiling water. They cooked slowly until almost tender, when they were seasoned with salt & pepper. Now the cover was left off the kettle, to let the water evaporate a little & to let the remaining liquid absorb the flavour. When the meat was finally done, but not dropping from the bone, it was transferred from the kettle into a pan, which was set on the back of the stove while the gravy was made. There would not be more than 3 c of broth remaining-to which would be added a thickening made of 3 tbsp of flour mixed to a thin paste with milk, then added 2 c of sweet cream previously warmed along with a tsp butter. Further seasoning added as needed. Then the chicken meat pieces –both dark & light- would be laid piece by piece in the pan-having been cut into suitable sizes for serving. Gravy poured on. Over the top would be spread a rich crust of biscuit dough about 1/4" thick. This crust would be laid on as for a fruit pie, with a slit in the center to allow steam to escape. This would be cooked in a hot oven until the crust was golden. Variations would include adding peas, carrots & onions.

Supper Hamburger

| | |
|-------------------------|--------------------------|
| <i>2 onions, sliced</i> | <i>½ tsp celery salt</i> |
| <i>1 lb hamburger</i> | <i>2 c cooked rice</i> |
| <i>1 c water</i> | <i>1 can tomato soup</i> |

Into a fry pan slice 2 good sized onions with a little oil. Fry slightly & add 1 lb hamburger, & stir & fry till the hamburger is well browned. Then add 1 c water & celery salt. Briefly bring to a boil & stir in 2 c cooked rice, 1 can tomato soup & salt & pepper to taste. This dish should be served hot

1940's In the papers from this era there is much more mention of doing without & mention of ways to help the war effort from home.

1944-cost of this meal is listed as eighteen cents per person-



Fish & Vegetable Loaf from above

| | |
|--|--|
| <i>1 lb cooked or canned fish</i> | <i>1 c kernel corn</i> |
| <i>1 c spinach, chopped & cooked</i> | <i>1 tbsp chopped onion</i> |
| <i>Salt</i> | <i>2 eggs</i> |
| <i>Pepper</i> | <i>enough cracker crumbs for topping</i> |
| | <i>White sauce</i> |

Flake 2 c or 1 lb of canned or cooked fish & place in the bottom of a buttered mould. Cover with a layer of chopped, cooked spinach, seasoned with salt & pepper. Firmly pack a layer of whole kernel corn on top. Pour over this 2 c of medium white sauce which has been seasoned with salt & pepper, 1 tbsp chopped onion & blended with 2 slightly beaten eggs. Sprinkle the top of the mould with cracker crumbs. Place baking dish in a pan of hot water & bake in a moderate oven (350°) for 1 hr. Serve unmoulded & garnished with fresh parsley.

Buttermilk Pie Mamie MacMillan++

| | |
|---------------------------------|-----------------------------|
| <i>1 c sugar, pinch of salt</i> | <i>2 c buttermilk</i> |
| <i>2 tbsp flour</i> | <i>4 tbsp melted butter</i> |
| <i>3 eggs, separated</i> | |

Combine sugar, flour & salt & add beaten egg yolks, buttermilk & melted butter. Fold in stiffly beaten egg whites & pour into deep 9" pie pan lined with pastry. Place in a hot oven preheated to 450°. Reduce heat to 350° & bake for 45 min

1930's St Charles Corn Bread F. L Gillette

| | |
|-----------------------------|-----------------------------|
| <i>2 c sifted corn meal</i> | <i>½ c molasses</i> |
| <i>½ c flour</i> | <i>1 tsp salt</i> |
| <i>2 c sour milk</i> | <i>2 tbsp melted butter</i> |
| <i>2 well beaten eggs</i> | |

Mix the cornmeal & flour smoothly & gradually with the milk, then the butter, molasses & salt, then the beaten eggs, & lastly dissolve a level tsp of baking soda in a little milk & beat thoroughly together. Bake nearly an hour in well-buttered tins in a moderate to hot oven. This recipe can be made with sweet milk by using baking powder in place of soda

Pickles & Preserves & Beans

Nana's Cucumber Relish Ruth MacGillivray++

Put the 12 cucumbers through the mincer. Mix 1 cabbage & 4 onions together. Add salt. Leave overnight. Drain well. Make a sauce using 4 c vinegar, 4 c sugar to which ½ c flour, 4 tbsp dry mustard & 1 tsp celery seed is added. Pour sauce over first mixture & cook until clear.

Pickled Nasturtiums Mary MacDonald++

Pickled nasturtiums seeds are an excellent substitute for capers & they along with radish pods make a nice relish for meats. Select the seeds as soon as the flowers have fallen off; gather them on a dry day; let them be spread out in the sun for a few days, then transfer to a jar & cover with well spiced boiling vinegar. Radish pods should be soaked in salt & water for 3 days; drain & cover with spiced vinegar.

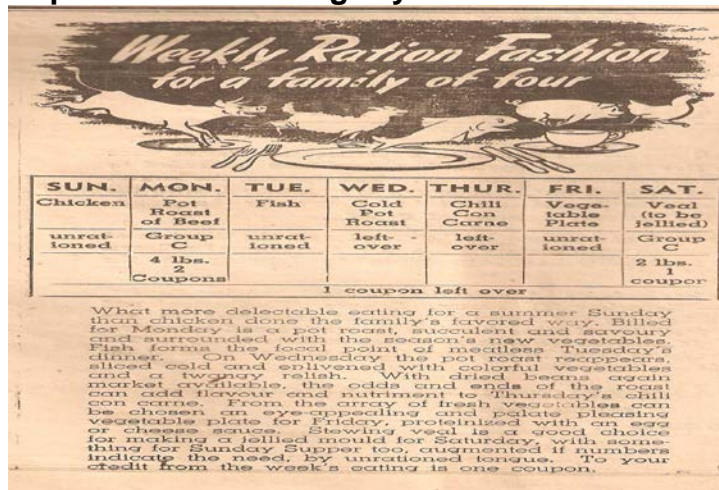
Bread & Butter Pickles Joan Parsons++

Place the 10 sliced young cucumbers in a 2 gallon crock. Slice the 10 small onions. Cut the sweet pepper into rings or strips. Place both in the crock, add the necessary salt, & cover with a thick layer of ice cubes. Let stand overnight. Drain thoroughly. Combine 2 ¼ c white wine vinegar, 4 c white sugar, 1 tbsp each of mustard seed, celery seed & ground pepper & add to the rest of the ingredients. Bring to the boil & add the vegetables. Simmer 2-5 min on low heat, just long enough to heat the vegetables through. Pack immediately into hot sterilized jars. Seal. Yield: about 6 pts

Dill Pickles Fred Parsons++

Slice 4 qts green tomatoes along with 4 onions . Remove membranes & seeds from 4 peppers. Cut the peppers into rings & strips. Sprinkle the necessary salt over the vegetables in layers. Let stand overnight. Drain the vegetables, rinse thoroughly in cold water & drain well again. Combine 1 tsp each of ground pepper, mustard seed, ground cloves, allspice & cinnamon together in a large preserving kettle. Bring to the boil. Add the vegetables. Return to the boil & cook 30 min, stirring frequently to prevent sticking. Pack into hot sterilized jars & seal. 6-8 pts.

Clip below from Glengarry News 1947



Weekly Ration Fashion
for a family of four

| SUN. | MON. | TUE. | WED. | THUR. | FRI. | SAT. |
|------------|-------------------|------------|--------------------|-----------------|-----------------|----------------------|
| Chicken | Pot Roast of Beef | Fish | Cold Pot Roast | Chili Con Carne | Vegetable Plate | Veal (to be jellied) |
| unrationed | Group C | unrationed | left over | left over | unrationed | Group C |
| | 4 lbs. | | | | | 2 lbs. |
| | Coupons | | | | | 1 coupon |
| | | | 1 coupon left over | | | |

What more delectable eating for a summer Sunday than chicken done the family's favored way. Billed for Monday is a pot roast, succulent and savory and surrounded with the season's new vegetables. Fish forms the focal point of meatless Tuesday's dinner. On Wednesday the pot roast reappears, sliced cold and enlivened with colorful vegetables and a twangy relish. With dried beans again market available, the odds and ends of the roast can add flavour and nutriment to Thursday's chili con carne. From the array of fresh vegetables can be chosen an eye-appealing and palate-pleasing vegetable plate for Friday, proteinized with an egg or cheese sauce. Stewing veal is a good choice for making a jellied mould for Saturday, with something for Sunday Supper too, augmented if numbers indicate the need, by unrationed tongue. To your credit from the week's eating is one coupon.

Black Currant Jelly Mary Big Norman++

2 qts stemmed black currants, water, 4 c white sugar

Measure currants into preserving kettle. Add an equal quantity of water. Cover & simmer until fruit is soft (10-15 min). Crush periodically with a potato masher. Pour into a jelly bag & let juice drain overnight. Measure out 4 c of the juice. Place in preserving kettle. Bring to the boil. Boil 3 min. Add 4 c sugar. Return to the boil & continue cooking over high heat until the jelly "sheets", about 5 min. Remove from the heat immediately. Rest 1 min. Skim with a metal spoon. Pour into sterilized jars. Seal. Makes about six 6 oz jars.

1940 Apple Butter

6 c apple cider

*5 lbs apples-McIntosh
sugar*

1 tsp ground cinnamon

¼ tsp ground cloves

¼ tsp freshly grated nutmeg

Pour the cider into a heavy-bottomed saucepan, place over high heat, & reduce the cider to half. Reduce heat to medium. Wash apples, quarter, remove blossom & stem ends. Slice & add to cider. Cook uncovered until the apples are soft. Stir & mash during the cooking period. Press through a sieve or put through a food mill. Measure the pulp. Taste. Add ¼ c sugar per c of pulp if the apples are very sweet, up to ½ c sugar per c of pulp for very sour apples. Add spices & cook over very low heat until thick & dark brown, stirring constantly to prevent scorching. This may take up to 4 or 5 hours for the dark rich apple butter. Pack into sterilized jars. Seal with melted paraffin wax-makes 5- 8 oz jars

1940's Savoury Dried Beans

1 lb dried white navy beans(2 c)

5 tsp salt

1 c onions, sliced

2 tbsp fat or salad oil

1 tbsp flour

1 tsp dry mustard

1 tbsp molasses

Dash of pepper

2 ½ c canned/cooked tomatoes

½ c grated cheese

Pick over, wash & soak dried beans overnight in cold water to cover. Drain, cover with boiling water & simmer with 3 tbsp salt, covered, until tender, about 2 hrs. Drain. Sauté the onions in fat until tender; blend in the flour. Add mustard, molasses, pepper & tomatoes & simmer uncovered for 5 min. Add the beans, the remaining 2 tsp salt & the cheese & cook 5 min longer. Makes 6 Servings.

From this era there are numerous sandwich, tea & coffee recipes; How to make boiled coffee using 2 lbs medium ground coffee & 5 gallons boiling water. Sandwich making for 100 people requires the following instructions -1 lb loaf of bread will make 18 sandwiches; one 23" square loaf will cut into 58 slices; ½ lb butter will spread 18 large sandwiches, while 1lb cooked ham or beef, ground & mixed with salad dressing will spread about 48 sandwiches. Tea for 50 people required ¼ lb tea along with 2 ½ gallons boiling water

Moving on to the Present Era

Marshmallow Squares Nancy MacCaskill

¾ c butter

1/3 c brown sugar

1 ½ c sifted flour

2 tbsp unflavoured gelatin

½ c cold water

2 c white sugar

½ c cold water

½ c well drained , chopped red maraschino cherries

½ c toasted chopped almonds

¼-½ tsp almond extract

1 or 2 drops red food colouring

Beat butter until it is creamy. Gradually add brown sugar beating all the time. Stir in flour. When mixture forms a ball of dough, press it into a 9"x12" pan. Prick the surface of this dough with a fork dipped in flour. Bake in preheated slow oven of 325° for about 30 min or until golden brown. Remove from oven & cool on wire cake rack. Sprinkle gelatin over cold water (in a cup) & allow to soften. Combine sugar & hot water in a saucepan. Place over high heat & bring to boil for 2 min. Remove saucepan from heat & add softened gelatin to hot syrup. Stir until dissolved. Then beat mixture with electric beater until it is very stiff, fold in cherries, chopped almonds, almond extract & red food colouring. Spoon cherry mixture over cooked shortbread layer in pan. Allow to cool for several hrs or until surface gloss disappears. Then cut into squares with a sharp knife. Makes 6 doz. Squares.

Curly & Belgian Endive with Pomegranate Winter Salad

5 heads of endive, cut or torn into pieces

1 small head romaine cut or torn into small bites

2 small McIntosh apples, quartered & cored & sliced

½ pomegranate,

seeded

1tbsp ea honey, fruit vinegar, olive oil

Place endive in a large salad bowl, add pomegranate & apple.

In a small bowl whisk all other ingredients to make a dressing.

Add salt & pepper to taste. Toss well. Serves 2

Oatmeal Porridge Eileen MacGillivray

In a microwave-safe cereal bowl, pour in $\frac{3}{4}$ c cold water. Add $\frac{1}{3}$ c rolled oats & a dash of salt. Place the bowl on a plate in case of boil over. Microwave for 2 min. Serve with brown sugar & cream or milk. Makes 1 serving.

Play Dough for the Children Keananne Lobb

Mix 1c flour & 1 tbsp salt in a bowl. Slowly add $\frac{1}{2}$ c water & mix until blended, but not sticky. Knead for 10 min. Add food colouring. Bake @ 325° for 30 min for ea $\frac{1}{4}$ " thickness.

Shiitake Mushroom, Fruit & Nut Turkey Stuffing

8 c dried bread cubes
 $\frac{1}{4}$ lb shiitake mushrooms
 $\frac{1}{2}$ c butter
1 lg onion, chopped
3 chopped finely garlic cloves
 $\frac{3}{4}$ c dried apricots, diced thin
2 McIntosh apples, sliced thin
1 pear, sliced thin

1c chopped prunes
1 c broken hazelnuts
2 tbsp slivered thyme & sage leaves
1 tsp rosemary
1 tsp salt
 $\frac{1}{2}$ tsp pepper
2 $\frac{1}{2}$ c chicken broth

Place bread in a large bowl. Thinly slice shiitake caps. Melt butter in a large wide pan over medium heat. Add mushrooms, onion & garlic. Stir occasionally until very tender. Mix sliced apricots, apples, & pear together. Add to bread along with prunes, hazelnuts, herbs, 1 tsp salt, pepper & chicken broth. Stuffing should be moist but not wet; drizzle in a bit more liquid if needed. Stir. Taste. Add more salt & pepper to taste. Just before roasting the turkey, stuff stuffing into cavity & back of turkey. Stuffing should rest loosely inside cavity. To bake as a casserole, preheat oven to 325°, cover baking dish & bake for about 40 min.

Roast Turkey with Seasoned Butter

To make seasoned butter, combine ½ c unsalted butter, 2 tsp finely chopped garlic, 1 tsp paprika, 2 tbsp parsley, 2 tbsp tarragon, 1 tsp lemon rind, & season with salt & pepper. Preheat oven to 400°. Loosen (14 lbs) turkey skin over breasts & legs using your fingertips. Reserve 2 tbsp seasoned butter. Stuff remaining butter under skin spreading it around as best you can. Stuff turkey cavity with stuffing. Skewer together turkey cavity & truss turkey. Rub reserved butter over skin. Roast turkey for 15 min to the lb up to 10 lbs then roast for 7 min to the lb for the remaining weight. Lower heat to 350° after 2 hours. A 14 lb turkey will take about 3 hrs to cook fully. Remove turkey from oven & let rest for 15 min. Spoon stuffing into baking dish. Carve & serve turkey & stuffing.

Turnip Gratin

1 med turnip, peeled & coarsely grated
2 tbsp butter
Salt & pepper
1 tbsp freshly chopped sage
1 tsp grated lemon rind

¾ c whipping cream
1 c grated cheddar
¼ c bread crumbs
1 tbsp softened butter

Place turnip, 1 tbsp butter & 1 c water in a large skillet over med heat & bring to a boil. Simmer about 10 min or until water has mostly evaporated. Turn heat to high & toss to remove excess moisture. Add remaining butter & cook 5 more min. Season well with salt, pepper, lemon rind & sage. Spoon mixture into a buttered gratin dish & pour over cream & top with cheese & bread crumbs. Bake 20 min in preheated 400° oven till turnip is tender & browned.

Ultra-Modern –Living Raw Food Recipes-

Stuffed Mushrooms Helen Kaufman

1/3 c pine nuts, 3 cloves garlic, minced
1/3 c fresh cilantro, packed leaves, chopped
1/3 c fresh basil, packed leaves, chopped
1 tbsp lemon juice, 1 c tomato, chopped

Put all ingredients into a food processor, except the tomatoes, and pulse chop several times. Stop to scrape down the sides and repeat. Add the tomatoes and continue to pulse chop until just blended. Keep a pesto texture. It should not be a puree. Remove stems from mushrooms and stuff the filling into the cap of the mushroom. Place on a dehydrator sheet and dehydrate at 105 degrees for 2-4 hours.

Apricot-Almond Honey Bread

2- 1/2 c soft wheat, sprouted 1 day old, 1/4 c dried apricots, soaked, chopped finely, 2 dried slices pineapple, soaked, chopped finely, 1 c raw honey, 1/2 c almonds, soaked, finely chopped, 1 tsp vanilla 1 tsp orange zest. Process wheat in mixer with solid plate. Add apricots, pineapple, honey, almonds, vanilla and orange zest to the wheat. Mix well.. Form into 3 loaves and dehydrate at 105 degrees for 5-6 hours. Turn bread over & continue dehydrating for 5-6 hours or until desired moisture is obtained.

Hearty Chili

1 medium zucchini, chopped into 1/2" cubes, 1 medium carrot, chopped into 1/4" cubes, 1/2 medium or 1 small eggplant, peeled and chopped into 1/2" cubes, 1 small Portobello mushroom or 5 shiitake mushrooms, chopped into cubes, 3 cloves crushed garlic, 1 medium roma tomato, chopped into 1/2" chunks, 1/4 medium red onion, chopped, 3 1/2 tsp sea salt, 1 tbs. lemon juice, 2 tbs. olive oil.

Mix above ingredients and place in a quart-sized jar. Press down hard to cover the vegetables completely with the salt, lemon, and oil. If necessary, put a small glass or jar inside to weight the vegetables down. Cover and let marinade preferably overnight, or at least 4-6 hours.

Hearty Chili Sauce:

1 large tomato, 1 cup sun-dried tomatoes, soaked with enough water to cover, 1/4 cup olive oil, 1 1/2 cups purified water, 1/8 tsp. cayenne pepper, 1/2 tsp. celery seed, 1/2 tsp. oregano, 1/2 tsp. cumin, 1 1/2 tsp. chili powder. Blend previous ingredients on high until smooth. Pour blender mixture over marinated vegetables. Or pulse together in food processor.



Old Dalkeith Photos



The Barn built in 1910

*The Barn of Mr. John Everett McIntosh,
Breadalbane 1910*



*Cows grazing in the summer fields
Dalkeith*



Egg Grading Station, Dalkeith



Johannah McGillis MacDonald, Dalkeith

Dalkeith Community Food Producers

We have food producers living & working in our community & we would like to thank them. It is an ever challenging & interesting task to get the raw & finished product to the various local & global markets. Local Restaurants & Grocery Outlets are also there to supply our food needs & let's thank them all for being part of our community.

About Us .We are a grass-roots group now in our fifth year of operation. We are presently registered as Not for Profit with the Township of North Glengarry. Our "home" is Counties Library, Dalkeith Branch. We maintain the local history room at this library... We participate in the adopt a road program taking care of a 3 kilometer stretch on County Rd 23. We provide the local Sat week-end paper at the library. We host a Robbie Burns Brunch in conjunction with the Dalkeith Carnival. We organize a Tartan Day Activity sometime in April; do a "Talk & Tour" event for History day in Oct. & a Remembrance Day Activity in Nov. We have a tree lighting activity early in Dec. We host various fundraising events one of our most popular being our "cookie sale" in Nov. Our latest project is in progress: acquiring the 1867 Old Robertson General Store & Post Office.

About Us In the Larger Sense. This area is rich in culture & diversity. The Dalkeith Recreation Association hosts 6 Brunches (usually the 3rd Sun Feb, Mar, Apr, Sept, Oct, Nov.) as well they maintain the very popular Thunderdome outdoor skating & hockey rink. DRA also organizes the Dalkeith Winter Carnival including a not to be missed exciting main street PARADE (last full week-end in Jan). The MacLeod School of Fiddling has regular concerts in this area (recital in June, St. Andrew's in Nov, Coffee House in March & more). Scherer Gardening hosts Santa Claus Fest every week-end in Dec. where Rudolph & Santa are the stars St. Columba's Church hosts a Mardi Gras meal in March, Kirkin of the Tartan in August. The Breadalbane Baptist Church hosts a Candlelight Christmas Eve Activity. Kirkhill United Church hosts the Coffee House & St. Andrew's Concert & more. Not to forget the annual McCrimmon Dance Hall Party. These events (& others) are open to all-often events are free or for a small donation or for a reasonable fee to cover maintenance & upkeep costs. Thank you for supporting our community activities.

Dalkeith-"a little town with a big heart"

Aunt Maggie's Sugar Cookies Marilyn MacSweyn

Aunt Maggie was really my grandaunt, Maggie Cameron, Johnny Dan Cameron's wife

| | |
|--|------------------------------|
| <i>1 c white sugar</i> | <i>1 tsp soda</i> |
| <i>1 c shortening or butter (or ½ of each)</i> | <i>2 tsp cream of tartar</i> |
| <i>2 eggs well beaten</i> | <i>½ tsp salt</i> |
| <i>2 1/2 c flour</i> | <i>1 tsp vanilla</i> |

Cream sugar and shortening/butter. Add eggs & vanilla. Combine flour, soda, cream of tartar & salt. Add dry ingredients to creamed mixture to make dough. Rollout & cut cookies. Aunt Maggie used a glass tumbler & always placed a Sunmaid raisin in the centre of each round cookie. Bake until done.

As a widow, Aunt Maggie (my Grandma MacIntosh's sister) spent late spring, summer, and early fall seasons in the original MacIntosh log home situated south of Mac's Corner. My family lived in the spacious house, built around 1902, with my Grandpa & Grandma MacIntosh. The task of taking a honey pail of milk to Aunt Maggie about every 2nd or 3rd day befell to me, Marilyn, age 5, and my brother, Lyle, age 7, across the backyard we'd go on a hot summer day, through the barnyard and down the lane behind the barn (the length of 2 long fields, carrying the little honey pail of milk (probably rich with cream). I don't know if Aunt Maggie kept checking to see if we were coming or if she had ESP but invariably she'd be waiting in the old south kitchen doorway to welcome us. We'd go into the kitchen where homemade braided mats were scattered here and there covering the worn parts of the blue patterned linoleum, and Aunt Maggie would treat us with her delicious sugar cookies with the dark raisin in the center. Needless to say, this is a treasured recipe.

