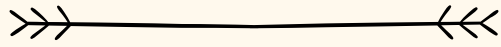


RECIPES

# PMSS Favourites



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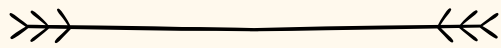
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# Introduction



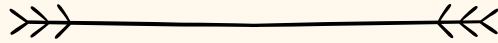
Hi PMSS,

Welcome to our cookbook! This is a compilation of delicious recipes submitted by the PMSS community and put together by students who love to cook. In an age of take-out and delivery, cooking is not as popular, however our recipes are not overly complicated and we encourage you to adapt and adjust them for a personal spin! We believe everyone should know how to cook, because it brings people together and every success feels like an amazing (and delicious) accomplishment, and having a general cookbook makes it that much easier to discover new tastes and flavours. This cookbook is available as a pdf online, however feel free to print it out and save your favourites! We've got a great assortment of recipes, from basic breads to pasta sauces to cupcakes, there's something for everyone! We're also happy to showcase some tried-and-true favourites alongside traditional family recipes, including some of our personal Romanian classics. Staying true to our PMSS roots, you may notice we've even incorporated the iconic rainbow locker color scheme our school is known for! Thank you so much to everyone who submitted a recipe, we're excited to try out some of these new dishes and we hope you enjoy!

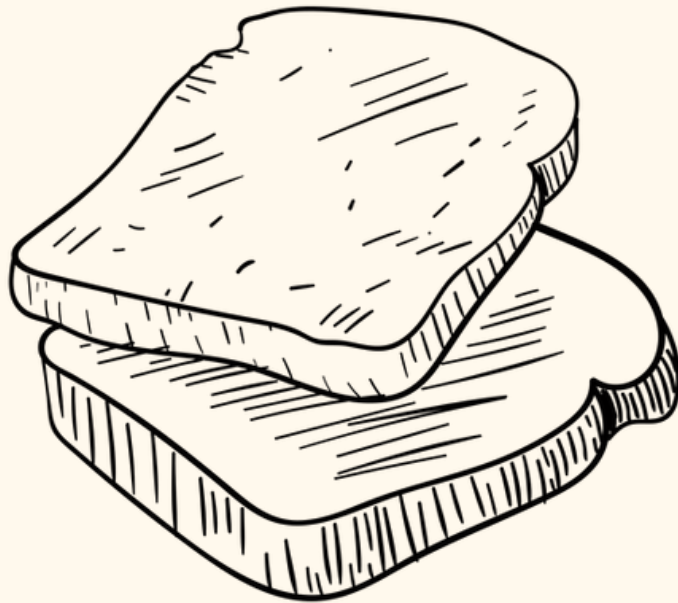
Monica and Maria

2020

# Breads and Muffins



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# QUICK CRUSTY LOAF

## INGREDIENTS

- 1 ½ cups warm water (from tap-  
approx 125-135°F)
- 1 tbsp honey
- 1 ½ tsp salt
- 1 ½ tbsp yeast
- 3 ½ - 4 ½ cups of flour (we added 4  
the first time we made it)

## DIRECTIONS

- 1. Combine the first 4 ingredients in a glass bowl (or metal if using Kitchen Aid stand mixer). Let sit for 5-10 minutes until there is foam on top (bubbling).*
- 2. Add flour and knead (for about 7 minutes), adding flour until dough doesn't stick (to your fingers/dough hook).*
- 3. Shape into a loaf and cover with a tea towel. Let rise until doubled (approx 15-30 minutes).*
- 4. Preheat oven to 425°F.*
- 5. Cut slits diagonally in the top and bake for approx. 15-20 minutes.*

**YIELD: 1 LOAF**



# IRISH SODA BREAD

## INGREDIENTS

- 4 cups all-purpose flour
- 4 tbsp white sugar
- 1 tsp baking soda
- 1 tbsp baking powder
- ½ tsp salt
- ½ cup margarine, softened
- 1 cup buttermilk
- 1 egg
- ¼ cup butter, melted
- ¼ cup buttermilk

**YIELD: 1**

**PREP TIME: 15 MINS**

**COOK TIME: 50 MINS**

**TOTAL TIME: 1HR 5 MINS**

## DIRECTIONS

**1. Preheat oven to 375°F. Lightly grease a large baking sheet.**

**2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine.**

**3. Stir in 1 cup of buttermilk and egg.**

**4. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.**

**5. In a small bowl, combine melted butter with ¼ cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.**

**6. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.**



# FOCACCIA BREAD

## INGREDIENTS

- 2  $\frac{3}{4}$  cups all-purpose flour
- 1 tsp salt
- 1 tsp white sugar
- 1 tbsp active dry yeast
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried thyme
- $\frac{1}{2}$  tsp dried basil
- 1 pinch ground black pepper
- 1 tbsp vegetable oil
- 1 cup water
- 2 tbsp olive oil
- 1 tbsp grated Parmesan cheese
- 1 cup mozzarella

**YIELD: 1 FOCACCIA**  
**TIME: 1 HOUR**

## DIRECTIONS

- 1. In a large bowl, stir together the flour, salt, sugar, yeast, garlic powder, oregano, thyme, basil and black pepper. Mix in the vegetable oil and water.*
- 2. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warm place for 20 minutes.*
- 3. Preheat oven to 450°F. Punch dough down; place on greased baking sheet. Pat into a  $\frac{1}{2}$  inch thick rectangle. Brush top with olive oil. Sprinkle with Parmesan cheese and mozzarella cheese.*
- 4. Bake in preheated oven for 15 minutes, or until golden brown. Serve warm.*



# BEST EVER BANANA MUFFINS

## INGREDIENTS

- 2 cups mashed bananas (4-5 medium bananas)
- $\frac{3}{4}$  cup white sugar
- 1 egg
- $\frac{1}{3}$  cup melted butter
- 1 tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{2}$  cup all purpose flour

## DIRECTIONS

- 1. Mash bananas.*
- 2. Add sugar and slightly beaten egg.*
- 3. Add the melted butter.*
- 4. Add the dry ingredients and bake at 375°F for 20 min.*

**YIELD: 12 MUFFINS**





# BLUEBERRY MUFFINS

## INGREDIENTS

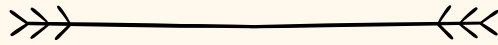
- 1  $\frac{3}{4}$  cup all purpose flour
- $\frac{1}{2}$  cup white sugar
- 3 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 cup blueberries
- 1 egg
- 1 cup milk
- $\frac{1}{2}$  cup melted butter

## DIRECTIONS

- 1. Stir together dry ingredients and add blueberries.*
- 2. Combine egg, milk, melted butter and stir into flour mixture and blueberries, stirring just to moisten. Do not beat.*
- 3. Bake at 375°F at 20 min.*

**YIELD: 12 MUFFINS**

# Main Dishes



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# SAUSAGE PENNE

## INGREDIENTS

- 375 g (12 oz) mild Italian sausages
- 2 large red peppers, cut into strips
- 1 tbsp olive oil
- 1 cup chopped onions
- 375 g (12 oz) penne
- 4 large garlic cloves, minced
- 1 can (28 oz) diced tomatoes
- 1 tsp dried basil
- 2 tbsp dried parsley
- ½ cup grated parmesan cheese

**SERVES: 4**

## DIRECTIONS

- 1. Cut sausages into bite-sized sections and grill in a greased frying pan.*
- 2. After cooked through, remove sausages and put on paper towel. Drain frying pan.*
- 3. Put olive oil in frying pan. Add chopped onion (low to medium heat), cook until transparent.*
- 4. Meanwhile, in a large pot of boiling water, cook penne until tender but firm, drain well.*
- 5. Add garlic and basil to onion, increase heat to medium high.*
- 6. Add tomatoes, cook, stirring occasionally for about 2 minutes until heated through.*
- 7. Add peppers and sausages. Cook together for approx. 5-10 minutes, until completely heated through.*
- 8. Mix entire tomato mixture with the penne. Add parsley, mix well. Sprinkle cheese on each served portion.*

# SUN DRIED TOMATO PASTA



## INGREDIENTS

### For the sun-dried cashew cream:

- ½ cup raw cashews
- ½ cup plus 1 tbsp water
- 2 or 3 medium cloves garlic, to taste
- ⅓ cup oil-packed sun-dried tomatoes, drained
- 1 tbsp fresh lemon juice
- ½ tsp fine sea salt
- splash of olive oil, if needed

### For the pasta:

- 16 oz dry pasta of choice (fusilli, penne, macaroni, etc.)
- 1 (5 oz/142g) package baby spinach
- ⅔ cup oil-packed sun-dried tomatoes, drained and chopped
- ¾ cup packed fresh basil leaves, chopped
- Splash of olive oil if needed
- Zest of 1 lemon
- 1-2 tsp white wine vinegar, to taste
- Red pepper flakes
- Freshly ground black pepper
- Vegan parmesan cheese (optional)
- Sliced cherry or grape tomatoes (optional)
- Fresh basil leaves, for garnish

**PREP TIME: 15-20 MINS**

**COOK TIME: 10 MINS**

**SERVES: 4**

## DIRECTIONS

- 1. Make the sun-dried cashew cream.** Put the cashews in a bowl and add water to cover by a couple of inches. Soak 8 to 12 hours or overnight. (For a quick-soak method, cover with boiling water and soak for 30-60 mins.) Drain and rinse.
- 2. In a high-speed blender, combine the cashews, water, garlic, sun-dried tomatoes, lemon juice, and salt.** Blend on high until super smooth. If your blender is having a hard time getting the mixture smooth, add a splash or two of olive oil and blend again. Set aside.
- 3. Make the pasta.** Bring a large pot of water to a boil. Cook the pasta according to the package directions.
- 4. Place the spinach in a large colander in the sink.** When the pasta is done cooking, carefully and slowly empty the pot over the spinach in the colander to drain. (This is a quick way to wilt the spinach.) Return the pasta and spinach to the pot and set over low-medium heat.
- 5. Stir in the sun-dried tomatoes, basil, and sun-dried cashew cream until combined.** Add a splash of olive oil if the sauce seems too thick.
- 6. Stir in the lemon zest and vinegar (use only if you like a tangy kick!) and season with red pepper flakes, salt, and black pepper.** Serve immediately garnished with parmesan, sliced tomatoes and basil, if desired. The sauce will thicken and dry out fairly quickly, so I recommend serving the pasta immediately and not letting it sit in the pot for long.





# CLASSIC MARINARA SAUCE

## INGREDIENTS

- 28 ounce can whole San Marzano tomatoes
- ¼ cup extra-virgin olive oil
- 7 garlic cloves, peeled and slivered
- Small dried whole chile, or pinch crushed red pepper flakes
- 1 tsp kosher salt
- 1 large fresh basil sprig, or ¼ tsp dried oregano

## DIRECTIONS

- 1. Pour tomatoes into a large bowl and crush with your hands. Pour 1 cup water into can and slosh it around to get tomato juices. Set aside.*
- 2. In a large skillet (do not use a deep pot) over medium heat, heat the oil. When it is hot, add garlic.*
- 3. As soon as garlic is sizzling (do not let it brown), add the tomatoes, then the reserved tomato water. Add whole chile or red pepper flakes, oregano (if using) and salt. Stir.*
- 4. Place basil sprig, including stem, on the surface (like a flower). Let it wilt, then submerge in sauce. Simmer sauce until thickened and oil on surface is a deep orange, about 15 minutes. (If using oregano, taste sauce after 10 minutes of simmering, adding more salt and oregano as needed.) Discard basil and chile.*

**COOK TIME: 25 MINS**

**YIELD: 3 1/2 CUPS OF SAUCE**



# BROCCOLI MAC AND CHEESE

## INGREDIENTS

- 4 tbsp salted butter plus more to grease the dish
- 1 pound of macaroni
- ½ head of broccoli
- ½ of a medium onion
- 2 tbsp all purpose flour
- 1 tsp mustard powder
- 2 cups whole milk
- 1 cup chicken or vegetable broth
- ¼ cup half and half cream
- 2 ½ cups grated cheddar
- 1 cup grated mozzarella
- 1 cup grated parmesan
- Salt and pepper to taste
- ½ cup bread crumbs

**SERVES: 4**

## DIRECTIONS

- 1. Preheat the oven to 350°F, grease a baking dish with butter.*
- 2. Boil a pot of water and cook the macaroni according to the package, then drain and set aside.*
- 3. Melt the butter in a pot over medium heat.*
- 4. Add the broccoli (broken into florets) and onion and cook them until they soften, about 4-5 minutes. Use a wooden spoon to break up the broccoli into smaller pieces if desired.*
- 5. Sprinkle on the flour and dry mustard, then stir to coat the vegetables. Pour in the milk, broth, and half-and half and cook, allowing it to warm up.*
- 7. Add the cheddar, mozzarella, half of the parmesan, and some salt and pepper, then stir to melt the cheese.*
- 8. Add the macaroni and mix together, then pour into the baking dish.*
- 9. Combine the bread crumbs and remaining parmesan in a small bowl, then sprinkle over the dish.*
- 10. Bake until bubbly, about 25 minutes.*



# CREAMY GARLIC PASTA

## INGREDIENTS

- 2 tbsp butter
- 2 cloves garlic, minced
- 2 tbsp flour
- $\frac{3}{4}$  cup milk
- $\frac{3}{4}$  cup chicken or vegetable broth
- $\frac{1}{3}$  cup parmesan cheese
- $\frac{1}{2}$  tsp dried parsley
- Salt and pepper to taste

## DIRECTIONS

- 1. Melt butter and then add minced garlic in a frying pan on low heat. Cook until garlic is very lightly browned.*
- 2. Add flour and cook for 2 minutes.*
- 3. Stir in broth and milk, then cook on medium heat until thickened and simmering, stirring constantly (about 15 mins).*
- 4. Add parmesan and stir until melted.*
- 5. Add parsley and season with salt and pepper to taste.*

**SERVES: 4**



# SIMPLE 7-MINUTE ROSÉ SAUCE

## INGREDIENTS

- 1 (400 mL) can tomato sauce (unsweetened and unspiced; basically just pureed tomatoes)
- 1 tbsp butter
- 3 garlic cloves, minced
- 1 tsp dried thyme, leaves or ground
- ¼ tsp black pepper
- ⅓ cup heavy cream
- ⅓ cup grated Parmigiano Reggiano
- 2 tsp white sugar (or to taste)
- 1 (160 mL) can of tomato paste

**SERVES: 4**

## DIRECTIONS

- 1. Melt the butter over medium heat in a sauce pot.*
- 2. Add the garlic and cook for about 2 minutes. Don't let it brown.*
- 3. Add the thyme and black pepper and stir.*
- 4. Add the tomato sauce and heavy cream.*
- 5. Heat through, and then add the cheese. Stir to combine.*
- 6. Taste and add sugar and salt as needed.*





# ITALIAN MEATBALLS

## INGREDIENTS

- 1 ½ lbs ground beef (a mixture of 1 pound ground beef and ½ pound ground pork will work also)
- 1 large egg, slightly beaten
- ½ cup grated parmesan cheese
- ⅓ cup breadcrumbs (or use enough to hold the meat together)
- 1-2 tbsp fresh minced garlic (or use 1 tsp garlic powder or to taste)
- 1-2 tsp salt, or to taste
- 1 tsp fresh ground black pepper
- ⅓ cup milk
- ½ tsp dried oregano
- ¼ cup chopped fresh parsley

## DIRECTIONS

**1. Mix all ingredients together in a large bowl.**

**2. Shape into small meatballs (at this point you can place on a baking sheet and freeze to use later, or cover with plastic wrap refrigerate up to 24 hours before using).**

**3. Drop the meatballs into simmering pasta sauce, do not stir for at least 20 minutes or you will risk breaking the meatballs.**

**4. Continue cooking in the simmering sauce for another 20 minutes (depending on how fast your sauce is simmering 40 minutes total should fully cook the meatballs).**

**5. After the 40 minutes cooking time continue cooking your sauce with the meatballs in for as long as desired.**

**\*\*Note\*\* you may also bake the meatballs at 350°F for 25 minutes or until cooked through.**



# BEST BURGERS

## INGREDIENTS

- 2 pounds ground beef
- 1 egg, beaten
- $\frac{3}{4}$  cup dry bread crumbs
- 3 tbsp evaporated milk or sparkling water
- 2 tbsp Worcestershire sauce
- $\frac{1}{8}$  tsp cayenne pepper
- 2 cloves garlic, minced

## DIRECTIONS

- 1. Preheat grill for high heat.**
- 2. In a large bowl, mix the ground beef, egg, bread crumbs, evaporated milk, Worcestershire sauce, cayenne pepper, and garlic using your hands.**
- 3. Form the mixture into 8 hamburger patties.**
- 4. Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done.**
- 5. Top with your choice of condiments, vegetables and cheese in a bun.**

**YIELD: 8 BURGERS**



# CHINESE TOMATO EGG STIR- FRY

## INGREDIENTS

- 4 small to medium tomatoes
- 1 scallion
- 4 eggs
- $\frac{3}{4}$  tsp salt (divided or to taste)
- $\frac{1}{4}$  tsp white pepper
- $\frac{1}{2}$  tsp sesame oil
- 1 tsp shaoxing wine
- 3 tbsp vegetable oil (separate)
- 2 tsp sugar
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup water

## DIRECTIONS

- 1. Start by cutting tomatoes into small wedges and finely chop the scallion.***
- 2. Crack 4 eggs into a bowl and season with  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon white pepper,  $\frac{1}{2}$  teaspoon sesame oil, and 1 teaspoon Shaoxing wine. Beat eggs for a minute.***
- 3. Preheat the wok over medium heat until it just starts to smoke. Then add 2 tablespoons of oil and immediately add the eggs. Scramble the eggs and remove from the wok immediately. Set aside.***
- 4. Add 1 more tablespoon oil to the wok, turn up the heat to high, and add the tomatoes and scallions. Stir-fry for 1 minute, and then add 2 teaspoons sugar,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  cup water (if your stove gets very hot and liquid tends to cook off very quickly in your wok, add a little more water). Add the cooked eggs.***
- 5. Mix everything together, cover the wok, and cook for 1-2 minutes, until the tomatoes are completely softened.***
- 6. Uncover, and continue to stir-fry over high heat until the sauce thickens to your liking. Serve!***



# CURRY CHICKEN

## INGREDIENTS

- 1 carrot
- 1 onion
- 1 large potato
- 4 chicken drumsticks
- 4 cloves of garlic
- 4 tbsp cooking oil
- 55g-110g condensed curry sauce  
(solid pieces)

**SERVES: 3**

## DIRECTIONS

- 1. Dice carrots, onions, and potatoes into bite-sized pieces. Mince garlic.*
- 2. Remove bones from drumsticks and cut chicken into bite-sized pieces.*
- 3. In a wok or large frying pan, heat cooking oil at medium heat.*
- 4. Once oil is heated, add minced garlic and let simmer for 2 minutes.*
- 5. Add chicken and begin stirring evenly.*
- 6. When chicken turns golden, add vegetables and continue stirring.*
- 7. Once vegetables begin to soften, add 2 cups of water and cover pot with lid.*
- 8. Boil for 20 minutes, then add curry sauce (break sauce into several pieces). Stir until completely melted.*
- 9. Continue boiling for 5 minutes and remove from heat. Serve hot with rice, pasta, or bread.*





# TRADITIONAL IRISH BEEF AND GUINNESS STEW

## INGREDIENTS

- 6 oz bacon, diced
- 2 lbs beef chuck
- 3 tbsp all-purpose flour
- 2 medium-large yellow onions, chopped
- 3 cloves garlic, minced
- 4 medium firm, waxy potatoes (e.g., Yukon Gold), cut in 1-inch pieces
- 2 large carrots, chopped in ½ inch pieces
- 2 stalks celery, chopped in ½ inch pieces
- 1 large parsnip, chopped into ½ inch pieces
- 1 bottle (1 pint 16 oz) Guinness Extra Stout
- 1 cup strong beef broth
- 2 tbsp Worcestershire sauce
- ¼ cup tomato paste
- 1 tbsp dried and ground porcini mushrooms
- 1 tsp dried thyme
- 1 teaspoon dried rosemary
- 1 ½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 2 bay leaves
- Salt and pepper to taste

**PREP TIME: 20 MINS**

**COOK TIME: 2.5 HRS**

**TOTAL TIME: 2 HR 50 MINS**

## DIRECTIONS

- 1. Cut the beef across the grain into 1-inch pieces. Sprinkle with some salt, pepper and the flour and toss to coat the pieces. Set aside.*
- 2. Fry the bacon in a Dutch oven or heavy pot until done then remove it with a slotted spoon, leaving the bacon drippings in the pan.*
- 3. Working in batches and being careful not to overcrowd the pieces, generously brown the beef on all sides.*
- 4. Transfer the beef to a plate and repeat until all the beef is browned.*
- 5. Add the onions and fry them, adding more oil if necessary, until lightly browned, about 10 minutes.*
- 6. Add the garlic and cook for another minute.*
- 7. Add the vegetables and cook for another 5 minutes.*
- 8. Add the Guinness and bring it to a rapid boil, deglazing the bottom of the pot (scraping up the browned bits on the bottom). Boil for 2 minutes.*
- 9. Return the beef and bacon to the pot along with the remaining ingredients and stir to combine. (\*\*At this point you can transfer everything to a slow cooker if you prefer. Follow the remaining steps and then cook on LOW for 6-8 hours or on HIGH for 3-4 hours.)*
- 10. Bring it to a boil. Reduce the heat to low, cover and simmer for 2 hours. Add salt and pepper to taste.*
- 11. Serve with some crusty country bread or Irish soda bread. This soup is even better the next day.*



# IRISH BOXTY

## INGREDIENTS

- 1 ½ cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 egg
- 1 tbsp skim milk
- salt and pepper to taste
- ¼ cup olive oil

## DIRECTIONS

- 1. Toss the grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined.***
- 2. In a separate bowl, whisk together the egg and skim milk; mix into the potatoes.***
- 3. Season to taste with salt and pepper.***
- 4. Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter.***
- 5. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.***

**YIELD: 6**



# ROMANIAN CABBAGE ROLLS (SARMALE)

## INGREDIENTS

- vegetable oil
- 1 large onion
- long grain rice (eg. Basmati rice)
- ground pork
- fresh parsley and dill
- salt & pepper
- sour cabbage leaves
- bacon
- tomato juice
- sour cream

## DIRECTIONS

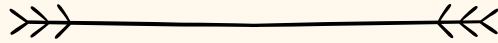
**1. Prepare the filling:** Heat the oil in a skillet over medium-high. Sauté the onions until translucent, then add the rice and toast for 1 minute. Add the pork, salt, pepper, parsley, dill, and the onion mixture to a large bowl and mix well. Use salt sparingly (the cabbage leaves are brined).

**2. Roll the filling:** Remove the cabbage leaves from the brine. You can soak them in water beforehand to draw out some of the salt. Cut each leaf in half and fill the piece with a few tbsp of the meat mixture and roll nice and tight. Repeat until all the filling has been used.

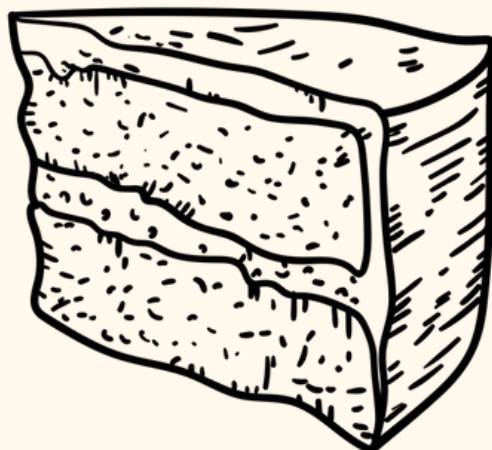
**3. Assemble the rolls:** Chop up the remaining cabbage leaves and add them to a large pot or deep roasting dish with a lid. Arrange all the rolls over the chopped cabbage and disperse the bacon evenly among the rolls. Pour the tomato juice over the rolls and top up with some water, if needed, to ensure the rolls are covered with liquid.

**4. Bake the rolls:** Cover the pot with a lid or foil. Bake at 375°F for 2 hours, then remove the cover and cook for another 1 ½ – 2 hours. Serve hot with a side of sour cream and/or polenta.

# Cakes, Cookies and Desserts



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# DELICIOUS CHOCOLATE CHIP COOKIES

## INGREDIENTS

- 3 cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 tsp vanilla extract
- 2 cups semi-sweet chocolate chips

## DIRECTIONS

- 1. Preheat the oven to 350°F.***
- 2. Combine the flour, baking soda, and salt in a bowl. Set aside.***
- 3. In a second bowl, mix or beat together the white sugar, brown sugar, and butter until smooth and creamy.***
- 4. Beat in eggs and add vanilla.***
- 5. Gradually add flour mixture to egg mixture. Stir until completely combined. Add chocolate chips and use hands to mix.***
- 6. Drop 1 tablespoon-sized spoonfuls onto ungreased cookie sheets.***
- 7. Bake for about 9 minutes or until the edges are golden brown (not dark).***



# THE BEST SNICKER- DOODLES

## INGREDIENTS

- ½ cup butter, softened
- ½ cup granulated sugar
- ⅓ cup brown sugar (I used light brown)
- 1 egg
- ½ tsp vanilla
- 1 ½ cups flour
- 1 ½ cups flour
- ⅓ tsp salt
- ½ tsp baking soda
- ¼ tsp cream of tartar

### For the topping:

- 2 tbsp granulated sugar
- 1 tsp cinnamon

**YIELD: 16 COOKIES**

## DIRECTIONS

- 1. In a large bowl, cream butter and sugars at high speed. Add egg, vanilla, and beat until smooth.*
  - 2. In another bowl, combine flour, salt, baking soda, and cream of tartar. Pour dry ingredients into the wet ingredients, mix well.*
  - 3. Preheat oven to 300°F while you let dough rest 30-60 minutes in fridge.*
  - 4. In a small bowl combine topping.*
  - 5. Take about 2 ½ tablespoons of dough and roll it into a ball. Roll this dough in the cinnamon/sugar mixture and press onto greased cookie sheet.*
  - 6. Bake cookies 10-12 minutes, NO MORE.*
- \*\*Note\*\*** cookies may seem undercooked but will develop. Don't roll your dough into too big of a ball; they may not turn out in that much time if you do that. If the cookies don't turn out, please try again. It's a very good cookie, it's just all a matter of getting the cooking time right.



# CHOCOLATE CRACKLE COOKIES

## INGREDIENTS

- 1 cup dark chocolate, chopped roughly
- ¼ cup soft butter
- ½ cup brown sugar
- 1 tbsp vanilla sugar
- 1 egg
- 1 cup flour
- 2 tbsp cocoa powder
- 1 tsp baking powder
- 3-4 tbsp milk
- ½ cup icing sugar
- Pinch of salt

## DIRECTIONS

- 1. Melt the chocolate in a metal bowl over gently simmering water (double boiler)***
- 2. Beat the butter, sugar, vanilla sugar, and salt until creamy.***
- 3. Fold in the egg and the melted chocolate and finally, stir in the flour, cocoa, baking powder, and milk. The mixture should not be too fluid. If necessary, add a bit of milk or flour.***
- 4. Cover and chill in the fridge for at least 2 hours.***
- 5. Preheat the oven to 400°F and line a baking tray with parchment paper.***
- 6. Shape the dough into 2-cm wide balls. Roll them in icing sugar and press flat.***
- 7. Bake for about 8 minutes so cookies are crisp on outside and soft on inside.***

**YIELD: 25-30 COOKIES**



# CHOCOLATE CUPCAKES

## INGREDIENTS

- $\frac{1}{3}$  cup cocoa powder
- $1\frac{3}{4}$  cups all purpose flour
- $\frac{1}{2}$  cup and 3 tbsp white sugar
- 3 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 egg
- $1\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup and 2-3 tbsp melted butter

## DIRECTIONS

- 1. Stir together dry ingredients.***
- 2. Combine egg, milk, melted butter and stir into flour mixture, stirring just to moisten. Do not beat.***
- 3. Bake at 375°F for 20 min.***

**YIELD: 12 CUPCAKES**





# MOLTEN LAVA CUPCAKES

## INGREDIENTS

- 1 cup chocolate chips
- ½ cup butter
- ½ teaspoon vanilla
- ½ cup sugar
- 3 tbsp flour
- ¼ tsp salt
- 4 eggs
- 1 tbsp cocoa

## DIRECTIONS

- 1. Preheat the oven to 375°F.***
- 2. Melt the butter, chocolate chips, and cocoa until combined and smooth. Remove from heat and add vanilla.***
- 3. Combine the chocolate mixture and sugar mixture and stir well.***
- 4. Add eggs one at a time, stirring after each addition until fully incorporated. Stir in flour until just combined.***
- 5. Chill batter for at least 20 minutes.***
- 6. Line a standard 12-well muffin pan with paper liners, or coat the wells with coating spray.***
- 7. Spoon the batter into the muffin tin and bake for 10-11 minutes. (Make sure you don't leave them in longer than this, or you won't achieve the "molten lava" effect in your cupcakes.)***
- 8. Top the cupcakes off with some icing sugar (optional).***

**YIELD: 12 CUPCAKES**  
**TOTAL TIME: 30 MINS**



# CREAM CHEESE BROWNIES

## INGREDIENTS

- $\frac{2}{3}$  cup flour
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup cocoa
- 1 cup sugar
- 2 eggs
- $\frac{3}{4}$  tsp vanilla

### For the cream cheese filling:

- 250 g cream cheese, softened
- $\frac{1}{3}$  cup sugar
- 1 egg
- $\frac{1}{2}$  tsp vanilla

**YIELD: 24 BROWNIES**

## DIRECTIONS

1. *Preheat oven to 350°F.*
2. *Stir together flour, salt and baking powder.*
3. *Melt butter and remove from heat. Stir in the cocoa. Beat in the eggs, sugar and the vanilla.*
4. *Fold in the dry ingredients.*
5. *Pour in  $\frac{1}{2}$  the batter in a 9" greased square casserole dish or baking pan. Spread Cream Cheese Filling on top CAREFULLY! Top with remaining chocolate batter.*
6. *Pull a knife through all of the layers to create a marbled effect.*
7. *Bake covered with tin foil or a glass lid for 40-45 minutes or until a toothpick inserted into the brownies comes out clean.*

*Cream Cheese Filling: Beat the cream cheese. Gradually add the  $\frac{1}{3}$  cup sugar, 1 egg and the  $\frac{1}{2}$  tsp vanilla until the filling is very smooth.*



# BANANA BREAD

UBC Ponderosa Cake

## INGREDIENTS

- 1 cup butter
- 2 cups sugar
- 2 eggs, beaten
- 1 tsp vanilla
- 3 medium ripe bananas
- 3 cups flour
- 2 tsp baking powder
- 2 tsp baking soda
- 1 cup sour cream
- 1 tsp cinnamon
- ½ cup brown sugar
- 1 ½ cups chocolate chips

**YIELD: 18 CUBES OF CAKE**

## DIRECTIONS

- 1. Preheat oven to 350°F*
- 2. Cream together butter and sugar.*
- 3. Add beaten eggs and beat until smooth.*
- 4. Add vanilla and bananas; mix until smooth.*
- 5. Sift flour, baking powder and baking soda, add to banana mixture alternately with sour cream, ending with dry ingredients.*
- 6. Pour half the batter into greased 9×13-inch (22x32cm) pan.*
- 7. Combine cinnamon and brown sugar. Sprinkle half of this mixture over the batter in pan. Top with half of the chocolate chips.*
- 8. Repeat layers.*
- 9. Bake for 45 to 50 minutes.*
- 10. Remove from the oven and allow to cool before slicing into large squares.*



# LEMON LOAF

## INGREDIENTS

- 3 large eggs
- 1 cup granulated sugar
- 1 cup (8 ounces) sour cream or Greek yogurt (lite is okay)
- ½ cup canola or vegetable oil
- 2 tbsp lemon zest
- 1-2 tbsp lemon extract, or to taste
- 1 ½ cups all purpose flour
- 2 tsp baking powder
- ½ tsp salt, or to taste
- 1 cup confectioners' sugar
- 3 tbsp lemon juice, or as necessary for consistency

**YIELD: 10**

**PREP TIME: 10MINS**

**COOK TIME: 50MINS**

**TOTAL TIME: 1HR**

## DIRECTIONS

- 1. Preheat oven to 350°F. Spray a 9×5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside.*
- 2. To a large bowl, add the eggs, sugar, sour cream, and whisk vigorously until smooth and combined.*
- 3. Drizzle in the oil while whisking to combine.*
- 4. Add the lemon zest, lemon extract, and whisk to combine.*
- 5. Add the flour, baking powder, salt, and stir until just combined, don't overmix. Some lumps will be present and that's okay, don't try to stir them smooth.*
- 6. Turn the batter out into prepared pan, smoothing the top lightly with a spatula.*
- 7. Bake for about 50 to 52 minutes, or until top is domed, set, and toothpick inserted in the center crack comes out clean or with a few moist crumbs but no batter. In the last 10 minutes of baking, tent pan with foil (loosely drape a sheet of foil over pan) to prevent excessive browning on the top and sides of bread before center cooks through.*
- 8. Allow loaf to cool in pan on top of a wire rack for at least 30 minutes before turning out onto rack to cool completely before glazing.*
- 9. To a small bowl, add the confectioner's sugar and slowly drizzle in the lemon juice while whisking until smooth and combined. You may need to play with the sugar and lemon juice amounts a bit as necessary for desired consistency and flavor.*
- 10. Evenly drizzle glaze over bread before slicing and serving.*





# RED VELVET CAKE

## INGREDIENTS

- 3 cups cake flour
- 1 tsp baking soda
- 2 tbsp unsweetened cocoa powder
- ½ teaspoon salt
- ½ cup unsalted butter, softened to room temperature
- 2 cups granulated sugar
- 1 cup canola or vegetable oil
- 4 large eggs, room temperature and separated
- 1 tbsp pure vanilla extract
- 1 tsp distilled white vinegar
- liquid or gel red food colouring
- 1 cup buttermilk, at room temperature
- Cream cheese frosting (see page 33)

## DIRECTIONS

**1. Preheat oven to 350°F. Grease two 9-inch cake pans, line with parchment paper, then grease the parchment paper**

**2. Whisk the flour, baking soda, cocoa powder, and salt together in a large bowl. Set aside.**

**3. Using a handheld or stand mixer fitted with a paddle attachment, beat butter and sugar together on medium-high speed until combined, about 1 minute. Scrape down the sides as needed.**

**4. Add the oil, egg yolks, vanilla extract, and vinegar and beat on high for 2 minutes. (Set the egg whites aside)**

**5. With the mixer on low speed, add the dry ingredients in 2-3 additions alternating with the buttermilk. Beat in your desired amount of food colouring just until combined. (1-2 tsp gel food colouring recommended)**

**7. Vigorously whisk or beat the egg whites on high speed until fluffy peaks form, about 3 minutes. Gently fold into cake batter.**

**8. Divide batter between cake pans. Bake for 30-32 minutes or until the tops of the cakes spring back when gently touched and a toothpick inserted comes out clean. Remove cakes from the oven and place on a wire rack. The cakes must be completely cool before frosting and assembling.**

**9. Slice a thin layer off the tops of the cakes to create a flat surface. Place 1 cake layer on your cake stand or serving plate.**

**10. Evenly cover the top with frosting. Top with 2nd layer and spread remaining frosting all over the top and sides. Refrigerate cake for at least 30-60 minutes before slicing.**



# CREAM CHEESE FROSTING

## INGREDIENTS

- 16 ounces full-fat cream cheese, softened to room temperature
- ½ cup unsalted butter, softened to room temperature
- 4 and ½ cup confectioner's sugar
- 1 tsp heavy cream or milk
- 1 and ½ tsp pure vanilla extract
- pinch of salt, to taste

## DIRECTIONS

***1. In a large bowl using a handheld or stand mixer with a whisk or paddle, beat the cream cheese and butter together on medium-high speed until smooth, about 2 minutes.***

***2. Add the confectioners' sugar, cream/milk, vanilla extract, and a pinch of salt. Beat on low for 30 seconds, then increase to high and beat for 3 minutes until completely combined and creamy. Frosting should be soft, but not runny.***

***3. Add more confectioner's sugar or milk to adjust consistency and a pinch of salt to taste.***



# EGGNOG CREAM PUFFS

## INGREDIENTS

- ½ cup butter
- 4 eggs, lightly beaten
- 1 package (3.4 oz) instant vanilla pudding mix
- ½ cup milk
- 1 tsp ground nutmeg
- ¼ tsp ground ginger
- 1 ¼ cups heavy cream
- Confectioners sugar

## DIRECTIONS

- 1. Preheat the oven to 400°F.**
- 2. In a medium pot at medium-high heat combine 1 cup of water and butter, bring to a boil.**
- 3. Over low heat, stir in flour, beating vigorously until mixture forms a ball, about 1 min. Remove from heat, let stand for 2 minutes.**
- 4. Beat in eggs all at once, and stir until smooth. Drop dough onto ungreased baking sheet by drops of about ¼ cup.**
- 5. Bake 30-40 minutes or until puffed and golden brown, then cool completely.**
- 6. On medium speed, beat together pudding mix, milk, nutmeg, and ginger until well blended, about 1 min.**
- 7. Add cream, beat on high until soft peaks form. Cover, and chill at least 30 minutes.**
- 8. To assemble, cut off the tops of the puffs, pull out any filaments of dough. Spoon filling into the bottom half of each puff and replace the top of the puff.**
- 9. Just before serving, sprinkle the top with confectioner's sugar.**



# EASY HONG KONG STYLE EGG TARTS

## INGREDIENTS

- 1 (400 mL) can tomato sauce (unsweetened and unspiced; basically just pureed tomatoes)
- 1 tbsp butter
- 3 garlic cloves, minced
- 1 tsp dried thyme, leaves or ground
- ¼ tsp black pepper
- ½ cup heavy cream
- ½ cup grated Parmigiano Reggiano
- 2 tsp white sugar (or to taste)
- 1 (160 mL) can of tomato paste

## DIRECTIONS

- 1. Melt the butter over medium heat in a sauce pot.*
- 2. Add the garlic and cook for about 2 minutes. Don't let it brown*
- 3. Add the thyme and black pepper and stir.*
- 4. Add the tomato sauce and heavy cream.*
- 5. Heat through, and then add the cheese. Stir to combine.*
- 6. Taste and add sugar and salt as needed.*

**YIELD: 4 SERVINGS**





# ROMANIAN DONUTS (PAPANAȘI)

## INGREDIENTS

- 500 g fresh cottage cheese or ricotta
- 2 eggs
- 100 g semolina
- 150 g flour
- 2 tbsp sugar
- ½ tsp baking powder
- 1 tsp vanilla extract

## DIRECTIONS

- 1. Mix the cottage cheese with the sugar and the baking powder. After that add the eggs and the vanilla extract and at the end the flour and semolina. You can mix it with a mixer for better homogeneity. Let the mixture rest in the refrigerator for about 20 minutes. (If the dough is moist, you might need a bit more flour to the composition; the dough has to be easy to handle, not too sticky).*
- 2. In a deep pan heat oil enough to cover the balls of dough. Make small balls of dough, a size that would fit in your hands. Make a hole through the centre of it with your finger and take it through flour. Enlarge the hole carefully and flatten the ball of dough a little. Roll small balls to put on the top.*
- 3. Fry them in hot oil on both sides until they get colour. (approx 5 minutes). You will see when the dumplings are fried they will rise to the top. Turn these around to get equal colour on both sides.*
- 4. To assemble the pănași: put the large ball on a plate, fill the hole with jam and sour cream – be generous – then add the small ball on the top. Dust with some icing sugar. Serve immediately.*



# NEW ORLEANS STYLE BEIGNETS

## INGREDIENTS

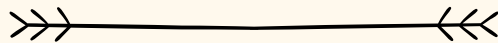
- ½ cup heavy cream
- ¼ cup granulated sugar
- 2 tbsp unsalted butter at room temperature
- 1 large egg, beaten
- 1 package (2 ¼ tsp) quick rise yeast
- 3 ¾ cups all-purpose flour, or as needed
- ½ tsp salt
- Canola oil for frying
- Confectioner's sugar for serving

## DIRECTIONS

- 1. In the bowl of a stand mixer with paddle attachment, combine ¾ cup cold water, the cream, sugar, butter egg, and yeast.*
- 2. Add 3 cups of the flour and the salt. With the mixer on medium low, add enough of the remaining flour to make a soft dough that doesn't stick to the bowl.*
- 3. Remove the paddle attachment and fit the stand mixer with the dough hook. Knead the dough on medium low speed, adding more flour until the dough is smooth but still soft, about 6-7 minutes. Shape into a ball.*
- 4. Lightly butter a large bowl. Add the dough and turn it to coat it with butter. Cover the bowl tightly with plastic wrap. Let the dough rise in a warm spot until it doubles in size, 1 ½ to 2 hours. Or, refrigerate overnight until it doubles in size, 8-12 hours (remove from fridge 1 hour before proceeding).*
- 5. Line 2 baking sheets with parchment paper. Punch the dough down and turn it onto a floured work surface. Dust the top of the dough with flour and roll it out into a large rectangle about ¼" thick.*
- 6. Using a pizza wheel or sharp knife, diagonally cut the dough into 2" strips. Cut it in the opposite direction also in 2" strips to create diamond shapes.*
- 7. Transfer to the baking sheets and loosely cover with plastic wrap. Let stand in a warm spot until they rise slightly, about 15 minutes.*
- 8. Preheat the oven to 200°F. Place a wire rack over a rimmed baking sheet. Pour the oil to a depth of at least 3" into a deep, heavy saucepan and heat to 350°F, on a deep frying thermometer.*
- 9. Using a metal spatula, carefully lower some beignets into the hot oil, make sure not to crowd the pan. Deep-fry the beignets, turning often, until puffed and golden brown, about 3 minutes.*
- 10. Using a wire skimmer, transfer to the rack to drain. Keep them warm in the oven, repeat until all of them are fried. Dust the beignets with confectioner's sugar and serve them at once.*

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so here are our photo sources:



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