

*Happy Holidays*



# Sutton<sup>®</sup> HERITAGE

*Colleen*  
BROWN

BROKER

*Toney*  
BROWN

SALES REPRESENTATIVE

*Tammy*  
CLEMENTS

SALES REPRESENTATIVE

HELPING YOU FEEL AT HOME  
SUTTON GROUP HERITAGE REALTY INC. BROKERAGE INDEPENDENTLY OWNED & OPERATED

**416.464.1255**



- 3 Cups Crushed Ice
- 1/2 Cup Cream of Coconut
- 1/4 Cup Chilled Coffee Liqueur
- 1/4 Cup Chilled Irish Cream Liqueur
- 1/4 Cup Chilled Dark Crème de Cacao Liqueur
- 1/4 Cup Chilled Dark Rum
- 2 Tbsp Chocolate Sauce or Syrup
- 4 Cups Vanilla Ice Cream
- Toppings: Whipped Cream, Maraschino Cherries & Shaved Chocolate for Topping

## The Bushwacker

Combine all ingredients, except for the toppings, in a blender. Process until smooth.

Pour into parfait glasses and garnish with whipped cream, shaved chocolate and maraschino cherries.



## Cucumber Feta Salad

In a medium bowl, whisk together olive oil, vinegar, lemon juice, herbs, salt and pepper.

Slice cucumbers a quarter inch thick.  
Toss with diced onions to combine.

Refrigerate for at least 30 minutes, up to 4 hours. Stir and sprinkle with crumbled feta before serving. Garnish with additional herbs if desired.

\* For added flavour, a small clove of garlic can be minced added to the dressing.

Without feta, this salad can be made ahead and stored for up to 4 days.

- 6 Mini Cucumbers
- 1/2 Cup Red Onion, Diced
- 2 Tbsp Olive Oil
- 1 Tbsp Red Wine Vinegar
- 1 Tbsp Fresh Lemon Juice
- 1 Tbsp Fresh Dill or 1/2 Tsp Dried Dill
- 1 Tbsp Fresh Parsley or 1 Tsp Dried Parsley
- 1/2 Tsp Salt & 1/8 Tsp Black Pepper
- 2 Oz Crumbled Feta Cheese





## Julie's Potato & Green Bean Salad

- 6 Potatoes
- 1 lb String Beans, Trimmed
- 1 Red Onion, Sliced
- 1 Cup Olives
- 1 Lemon, Zested
- 1 Tsp Chilli Flakes

### Dressing

- 1 Garlic Clove
- 1/4 Cup Extra Virgin Olive Oil
- 1 Tsp Salt
- 8 Basil Leaves
- 8 Mint Leaves
- 1 Lemon, Juiced

Peel potatoes and boil until tender. Drain and dice them.

Boil the string beans until barely tender and bright green, 2-3 minutes.

Remove and transfer to a bowl of ice water. Drain and pat dry.

In a large bowl, add the string beans, potatoes, red onions, olives, lemon zest and chilli flakes.

In a new bowl, whisk together the ingredients for the dressing. Add to the salad and gently toss. Ready to serve and enjoy!



## Joy's Mexican Corn Bread

Mix ingredients well. Bake in a large iron skillet until golden brown at 425° for 35 to 40 minutes.

- 1 Cup Self Raising Flour
- 1 Cup Flour
- 1/4 Cup Sugar
- 1 Cup Shredded Longhorn Cheese
- 1/2 Cup Cooking Oil
- 1 Tsp Crushed Red Peppers
- 1 Cup Sweet Milk
- 1/2 Cup Cream Corn
- 1/4 Cup Chopped Onions
- 1/2 Cup Green Peppers
- 1 Egg

- 4 Cups Of All-Purpose Flour
- 1 Tablespoon of Sugar
- 1-1/2 Teaspoons Baking Soda
- 1 Teaspoon Baking Powder
- 1/2 Teaspoon of Salt
- 1/4 Cup Cold Butter or Stick of Margarine
- 1 Cup of Golden Raisins
- 1-3/4 Cups of 1 % Buttermilk

## Robin Mortson's Irish Soda Bread

In a large bowl, combine the flour, sugar, baking soda, baking powder, and salt.

Cut in butter until mixture resembles coarse crumbs. Add raisins. Stir in buttermilk just until moistened.

Turn onto a lightly floured surface, gently knead 6-8 times.

Place on an ungreased baking sheet, pat into a 7-inch round loaf.

Using a sharp knife, cut 2 lines across about 1/4 inch deep on top of the loaf.

Bake at 375 degrees for 40-45 minutes or until golden brown.

1 loaf = 16 slices.



## Vegan BBQ Baked Beans

Soak beans overnight in several inches of water. Drain and rinse the next morning.

Add enough fresh water to cover and bring to a boil. As soon as the beans begin to boil, remove from heat and cover.

Let rest for 30 minutes. Reserve 2 cups of bean water, and drain and rinse the rest.

In a pot with the reserved bean water and beans, add vegetable broth, onion, garlic, peppers and salt. Bring to a boil again and simmer on low for 1 hour. Add mixture to a crock pot.

Add remaining ingredients and slow cook on low for 4 - 6 hours.

- 3 Cups Dried Great Northern Beans
- 2 Cups Reserved Bean Liquid
- 2 Cups Low Sodium Vegetable Broth
- 1 Tsp Salt
- 1 Onion, Diced
- 1 Green Bell Pepper, Diced
- 4 Cloves Garlic, Minced
- 1 Can Tomato Paste (6 Oz)
- 1/4 Cup Molasses
- 1/4 Cup Dark Brown Sugar
- 1 Tbsp Yellow Mustard
- 1 Tsp Apple Cider Vinegar
- 1/4 Tsp Ground Pepper
- 1/4 Tsp Chipotle Chili Powder
- 1/2 Jalapeno (Minced)





## Lois' Vegan Potato Salad

Place potatoes in a large pot, cover with 1 ½ inches of water,

Add generous pinch of salt. Bring to a boil, reduce heat and cook 15 to 20 minutes until tender. Drain and let cool. Once cool you can peel the skin away or leave it. Cut the potatoes into ½ inch cubes.

### Dressing

In a small bowl combine the mayo, mustard, ground celery seed, salt, pepper, (apple cider vinegar or lemon juice) and mix well. If dressing is too thick add a tad more water or lemon juice. If too thin add more mayo.

Assemble in a large bowl the potatoes, onion and celery. Pour dressing over top and mix to combine. Season with mineral salt and cracked pepper.

Garnish with paprika, chives, parsley, dill or radishes.

Serve and store leftovers in airtight container for up to 5 days.

- 2 1/2 Lbs. Yukon Gold Potatoes
- 1/2 Cup Celery Diced
- 1/2 Cup Green Onions Diced
- 1/2 to 3/4 Cup Vegan Mayonnaise
- 1 Heaping Tablespoon Yellow Mustard
- 2 Teaspoons Apple Cider Vinegar of Juice Of ½ Lemon
- 1/4 Teaspoon Ground Celery Seed
- Mineral Salt and Fresh Cracked Pepper
- 1/4 - 1/3 Cup Of Dill Or Sweet Relish Or Finely Chopped Pickles



## Julie's Low Carb Sautéed Zucchini & Mushrooms

- 2 Large Zucchini, Sliced in Half Moons
- 2 Cups Mushrooms, Sliced
- 2 Tbsp Olive Oil
- 2 Cloves Garlic, Minced
- 1 Tsp Dried Thyme
- Salt and Pepper to Taste
- 1/4 Cup Grated Parmesan (Optional)
- Fresh Parsley, Chopped for Garnish

Heat olive oil in a large skillet over medium temperature.

Add garlic and sauté for one minute until fragrant. Add mushrooms and cook for another 5 minutes, until they begin to brown.

Add zucchini slices and thyme. Season with salt and pepper to taste.

Cook for another 7 - 10 minutes, stirring occasionally until tender.

If using, sprinkle with Parmesan cheese and fresh parsley garnish before serving.





## Julie's Slow Cooker French Onion Soup

In a large non-stick pan, cook onion, butter and brown sugar over medium-low heat until golden and caramelized.

Once golden, add to the slow cooker along with the beef broth, worcestershire sauce, garlic, thyme, and bay leaf.

Cook on low for 6 - 8 hours or on high for 4 hours. When ready to serve, remove and discard the bay leaf and ladle soup into soup bowls.

Top with bread bread slice and a some of both cheeses. Broil in the oven for 2- 3 minutes, or until cheese is melted.

- 3 Large White Onions
- 4 Tbsp Butter
- 2 Tbsp Brown Sugar
- 8 Cups Beef Broth
- 1 Tbsp Worcestershire Sauce
- 1 Clove Garlic, Minced
- 4 Sprigs of Thyme (1 Tsp Dried)
- 1 Bay Leaf
- 8 Slices French Bread
- 1 Cup Gruyere Cheese, Shredded
- 1/2 Cup Parmesan Cheese, Shredded



## Danielle's Avocado Salsa Shrimp Salad

- 1 lb Cooked Shrimp, Peeled and Deveined
- 1/2 Cup Tomatoes, Chopped
- 1 Small Jalapeno, Deseeded and Finely Chopped
- 1/4 Cup Red Onion, Diced
- 2 Tbsp Cilantro, Chopped
- 1/2 Cup + 2 Tbsp Chunky Salsa
- 1 Large Avocado, Diced
- 2 Limes, Juiced (More to Taste)
- Salt and Pepper
- 1/2 Cup Diced Cucumbers

Pat shrimp dry, cut into bite sized pieces, and then add to a large bowl. Set aside.

Add cucumber, jalapeno, tomatoes, red onions and cilantro to the bowl with the shrimp. Pour salsa and a squeeze of lime juice over the top. Mix. Add salt and pepper to taste. Salad can be left to chill for 30 minutes to 1 hour.

Sprinkle the avocado over the top and serve immediately with your favourite tortilla chips.



## Summer Melon Salad With Ham & Mint Vinaigrette

Whisk together vinegar, shallot, honey, and salt in a small bowl. Add oil in a slow steady stream, whisking until incorporated. Stir in 1 tablespoon of fresh mint.

Remove and discard seeds from half of each melon. Cut into 2-inch wide spokes, about 6 slices each. Reserve remaining melon.

Using a sharp knife, follow the natural curve of the melon to remove the rind. Cut in half.

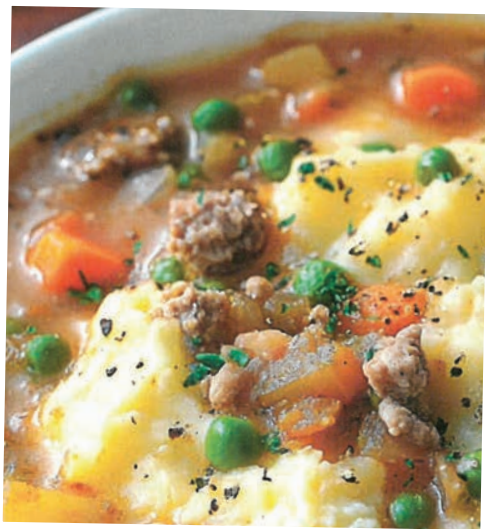
Arrange melon pieces and ham or smoked salmon slices on a platter.

Drizzle vinaigrette over the top, sprinkle with pepper and the remaining tablespoon of fresh mint.

- 2 Tbsp Sherry Vinegar
- 1 Tbsp Minced Shallot
- 1/2 Tbsp Honey
- 1/4 Tsp Salt
- 3 Tbsp Olive Oil
- 2 Tbsp Fresh Mint, Chopped
- 1 Small Cantaloupe, Halved Lengthwise
- 1 Small Honeydew Melon, Halved Lengthwise
- 2 Oz Thinly Sliced Cured Ham or Smoked Salmon
- 1/4 Tsp Black Pepper



# Shepherd's Pie Soup



- 1 lb Ground Beef or Lamb  
(I Use Impossible Burgers)
- 1 Tbsp Olive Oil
- 1 Medium Onion, Diced
- 2 Celery Stalks, Diced
- 3 Garlic Cloves, Minced
- 2 Tbsp Tomato Paste
- 1 Tbsp Worcestershire Sauce
- 2 Cups Beef, Chicken or Vegetable Broth
- 1 Cup Frozen Peas
- 1 Cup Frozen Corn
- 1 Tsp Dried Thyme & Rosemary
- 1 Bay Leaf
- Salt & Pepper to Taste
- 1 1/2 Cups Mashed Potato (Fresh or Leftover)
- Chopped Parsley, for Garnish
- 2 Carrots, Peeled And Diced

In a large pot or Dutch oven, heat olive oil over medium heat. Add ground beef and cook until browned, breaking it up with a spoon.

Season with salt and pepper. Drain excess fat if needed.

Add the onions, carrots, celery, and garlic to the pot. Saute for 5-7 minutes until vegetables are softened. Stir in tomato paste and cook for another 1-2 minutes to develop flavor.

Add the Worcestershire sauce, thyme, rosemary, bay leaf. Pour in broth, bring to a boil, then reduce to a simmer.

Cook for about 20 - 25 minutes until the vegetables are tender and flavors merge.

Stir in frozen peas and corn during the last 5 minutes of cooking.

Ladle soup into bowls, then top with a generous spoonful of mashed.

Sprinkle with cheddar cheese and garnish with parsley. *Enjoy!*



## Robin's Turkey Goulash

Cover potatoes with water and simmer until tender. Drain and set aside.

Cut sausage into bite sized pieces. Sauté with chopped onion. Add spices, tomatoes, and potatoes and simmer until ready to serve.

- 2 Packages of Turkey Sausage, Approximately 8 Pieces
- 1 Large Onion
- 6 - 8 Potatoes, Chopped to Bite Sized Pieces
- 1 Can Crushed Potatoes
- 1 Cinnamon Stick
- Paprika, to Taste
- Pepper, to Taste
- 2 Bay Leaves



## Julie's Rice Pilaf

- 1/4 Cup of Butter or Margarine
- 1 Cup Long Grain Rice
- 2 1/4 Cups Chicken Broth
- 1 to 1 1/2 Tsp Curry Powder

Heat butter in a 2-quart casserole dish at high for 1 minute, or until melted.

Stir in rice. Cook on high for 2 - 4 minutes until rice is browned. Stir once.

Add remaining ingredients and cook covered on high for 4 - 6 minutes, then reduce the temperature to medium-low for 12 - 14 minutes, or until rice is tender.

Remove from heat. Let stand for 5 minutes.

Optional variation: Add in 1/4 cup slivered almonds with the butter.



# Kim's Pierogi Casserole



Preheat oven to 400 degrees. Arrange pierogies in a lightly greased 9" x 9" baking dish.

Cook bacon in a skillet until crispy. Remove and place on a paper towel.

Add garlic to bacon drippings in a pan and cook for 30 seconds.

Add cream cheese to pan and cook until it begins to melt.

Gradually whisk in chicken broth until smooth. Add salt and pepper.

Pour the cream cheese mixture evenly over pierogies.

Bake for 15 - 20 minutes or until heated through.

Remove from oven and top with cheese. Bake for additional 5 minutes.

Top with cooked bacon, chopped green onions and tomato before serving.

- 4 Slices of Bacon
- 2 Cloves Garlic
- 2 Green Onions
- 1/4 Cup Plum Tomatoes (Optional)
- 1/2 Cup Chicken Broth
- Salt and Pepper
- 1 Cup Cheddar Cheese
- 1 Package Cream Cheese (8 Oz)
- 1 Package of Potato Cheddar Pierogies (16 Oz) Frozen



## Robin's Tuna Pie

- 2 Cups Cooked Rice (White)
- 2 Tbsp Butter or Margarine, Melted
- 3 Eggs, Beaten
- 1/3 Cup Chopped (Ripe) Pitted Olives
- 3/4 Cup Milk
- 1 Can Tuna, Drained and Flaked
- 3 Green Onions, Sliced
- Dash of Ground Paprika
- 1 Cup Shredded Swiss Cheese

Combine rice, butter, 1 egg and olives. Spread evenly onto sides and bottom of a greased 9" pie plate.

Combine remaining 2 eggs, milk, tuna, onion and red pepper.

Pour into rice lined pie plate. Sprinkle with cheese.

Bake uncovered at 350 degrees for 15 minutes. Turn down to 300 degrees and bake an additional 10 minutes or until set.



# Cod Burgers

## Burgers

Season cod with salt and pepper. In a pan over medium-high heat, sear cod fillets until cooked through. Remove from pan once cooked and place hamburger buns in the pan to toast.

## Quick Pickles

In a small saucepan over medium-high heat, add vinegar, sugar, salt and garlic. Cook until liquid begins to simmer and sugar dissolves. Add dill and cucumber to a heat-proof bowl. Pour simmering liquid over the cucumbers and stir to evenly coat. Allow to cool to room temperature or chill before serving.

## Herbed Dressing

In a small bowl add mayonnaise, yogurt, dill and garlic. Mix until combined.

## Assembly

Layer the herbed dressing, fresh arugula, fresh red onion, seared cod on top with pickles.

- 4 Fillets of Cod
- 4 Hamburger Buns
- Arugula
- Red Onion, Finely Sliced

## Quick Pickles

- 1/2 Cup White Vinegar
- 1 Tsp Salt
- 1 Tsp Sugar
- 1 Clove Garlic
- Fresh Dill, Chopped
- 1 Cucumber, Sliced

## Herbed Dressing

- 4 Tbsp Mayonnaise
- 2 Tbsp Yogurt
- Fresh Dil, Chopped
- 1 Clove Garlic, Smashed





## Mona's Lemon Vinaigrette

Light and refreshing salad dressing or over asparagus or green beans.

Mix All Ingredients In A Jar And Shake Well. Use Within 10 Days

- 1/2 Lemon Juiced
- 1 Garlic Clove Smashed and Diced Fine
- 1/3 Cup White Balsamic Vinegar
- 1 Tbsp Honey Dijon Mustard
- 2/3 Cup of Avocado Oil or Any Vegetable Oil
- 1/2 Tsp Salt
- 1/4 Tsp Black Pepper

## Fiona's Vinegrette Dressing

- 3 Parts Seasoned Rice Vinegar
- 1 Part Olive Oil
- Salt and Pepper
- Oregano
- Minced Fresh Garlic



## Easy Marinara Sauce

Heat the olive oil in a large pot over medium heat.

To the pot, add the finely diced onions, shredded carrot, and minced garlic. Cook until softened about 5 minutes.

Add whole canned tomatoes (juice included), breaking them apart gently with a spoon.

Mix in crushed tomatoes, tomato paste, sugar if using, dried oregano,

And season with  $\frac{1}{4}$  teaspoon each salt and pepper. Stir in  $\frac{1}{2}$  cup of water.

Simmer uncovered on low heat for about 20 minutes, or until thickened to the desired consistency. Stir in fresh basil.

Serve over spaghetti or enjoy in your favourite recipe.

- 3 Tablespoons Of Olive Oil
- 1 Cup Onions Finely Diced
- $\frac{1}{3}$  Cup Carrot Shredded
- 3 Cloves Garlic Minced
- 28 Ounces Whole Tomatoes Canned
- 28 Ounces Crushed Tomatoes Canned
- 2 Tablespoons Tomato Paste
- 1-2 Teaspoons Sugar (Optional)
- $\frac{1}{2}$  Teaspoon Dried Oregano
- $\frac{1}{2}$  Cup Water
- $\frac{1}{4}$  Cup Fresh Basil Chopped
- $\frac{1}{4}$  Teaspoon Each Salt And Black Pepper



## Linda V's Chicken Broccoli Bake

In a large skillet over medium heat cook chicken and onion in butter, until brown on both sides. Sprinkle with lemon juice.

Remove from pan.

Whisk flour into pan juice, cook and stir for 2 minutes.

Gradually stir in milk stirring constantly until smooth and thickened. Stir in seasoning and 1/2 of the cheese.

Cook noodles in large pot according to directions. Drain well.

Place in lightly greased baking dish (9 x 13) Top with 1/2 the sauce.

Arrange tomatoes, broccoli and chicken on top of noodles. Cover with remaining sauce and sprinkle with cheese.

Bake uncovered at 350 degrees for 30 minutes.

- 6 Chicken Breast – Halved, Skinned and Boned
- 3 Tbsp of Butter
- 2 Tsp Lemon Juice
- 3 Tbsp of Flour
- 2 Cups of Milk
- 1 Tsp Chopped Parsley
- 1/2 Tsp Salt
- 1/4 Tsp Dried Basil
- 1cup Shredded Cheddar Cheese
- 1 Cup Egg Noodles
- 2 Medium Tomatoes Sliced
- 2 Cups Chopped Broccoli
- 2 Green Onions Finely Chopped





## Jay's Puff Pastry Salmon (Salmon Wellington)

Preheat oven to 425 degrees (220 C)

In a pan over medium heat, melt butter. Add garlic and onions and cook until translucent. Add the spinach, salt and pepper and cook until spinach is wilted.

Add breadcrumbs, cream cheese, parmesan, and dill, stirring until mixture is evenly combined. Remove from heat and set aside.

On a cutting board smooth out the puff pastry. Place the salmon in the middle of the pastry and season both sides with salt and pepper.

Place several spoonfuls of the spinach mixture on top of the salmon, smoothing it out so that it does not spill over the sides.

Fold the edge of the puff pastry over the salmon and spinach, starting with the longer sides and then the shorter ends. Trim any excess pastry from the ends, then fold ends on top. Flip the puff pastry-salmon over and transfer to a baking sheet lined with parchment paper.

Brush the beaten egg on top and sides of the pastry. Score the top of the pastry with a knife, cutting shallow diagonal lines to create a crosshatch pattern. Brush the top again with the egg wash.

Bake for 20-25 minutes, until pastry is golden

- 2 Tablespoons Butter
- 2 Cloves Garlic Chopped
- 1/2 Medium Onion Chopped
- 140 G (5 Oz) Fresh Spinach
- 1 Teaspoon Salt for the Spinach
- 40 G (1/3 Cup) Breadcrumbs
- 110 G (4 Oz) Cream Cheese
- 30 G (1/4 Cup) Shredded Parmesan Cheese
- 2 Tablespoons Fresh Dill Chopped
- 1 Sheet of Puff Pastry, Softened to Room Temperature
- 1 Salmon Fillet
- 1 Teaspoon of Salt, for Salmon
- 1 Egg, Beaten

## Shrimp

- 1 Pound of Shrimp Peeled and Deveined
- 1 Tsp Low Sodium Soy Sauce
- 1/2 Tsp Red Pepper Flakes
- 1/2 Tsp Turmeric
- 1 Tsp Garlic Powder
- 1/4 Tsp White Pepper

## Coconut Curry

- 1 Tbsp Vegetable Oil
- 1 Tbsp Unsalted Butter
- 1 Bell Pepper Sliced
- 4 Cloves Garlic Grated
- 1 Tbsp Freshly Grated Ginger
- 1 Shallot Finely Chopped
- 1/2 Cup of Chicken Or Vegetable Broth
- 3 Tbsp Mild Red Curry Paste
- 2 Tsp Brown Sugar
- 1/2 Tsp Turmeric
- 1/2 Tsp Ground Cumin 1/2 Tsp Ground Coriander
- 1/4 Tsp White Pepper
- 2 Tbsp Low Sodium Soy Sauce
- 1 Tbsp Fish Sauce
- 1 Can (14 Oz/400 ML) Unsweetened Coconut Milk Full Fat
- 1/2 Lime Juiced
- 1 Tsp Sriracha Optional
- 1 Handful of Torn Thai Basil

## Topping

- Scallions
- Fried Onions
- Cilantro
- Chili Pepper



## Tammy's Thai Coconut Shrimp Curry

Prep ahead of time. Add shrimp, soy sauce, red pepper flakes. Turmeric, garlic powder and white pepper to bowl. Stir to combine. Set aside.

Grate the ginger and garlic cloves. Finely chop the shallot and slice the bell pepper.

Heat oil and butter in a large skillet over high. Place shrimp in a single layer. Sear 1 minute per side. Remove from skillet.

In the same skillet, add bell pepper. Sauté for 5 minutes, or until it starts to soften. Add garlic, ginger and shallot. Cook until soft and fragrant, about 2 minutes. Deglaze with chicken broth, simmer for 2 minutes while stirring and scraping up the brown bits on the bottom of the skillet with a wooden spoon.

Stir in red curry paste. Add brown sugar, turmeric, cumin, coriander, white pepper, soy and fish sauce. Cook for 1 minute, stir frequently. Pour in coconut milk and bring to a boil. Simmer for 5 minutes or until sauce starts to thicken.

Add lime juice, sriracha and Thai basil. Stir to combine. Toss in shrimp, simmer for no longer than 1 minute. Top with cilantro leaves, fried onion and chili pepper. Serve with a crunchy cucumber salad. ENJOY!



## Parmesan-Crusted Strip Loin Roast With Port Gravy

Preheat oven to 450 degrees F

Trim off any excess fat cap on the roast thicker than ¼ inch.

Lightly season all over with salt and pepper. Place on a rack in a shallow roasting pan. Sear roast in oven for 10 minutes.

Meanwhile combine panko, Parmesan, parsley and lemon zest in a bowl.

Bowl: drizzle in oil, tossing to evenly coat crumbs. Season with pepper to taste. Set a rimmed baking sheet on your work surface.

Remove roast from oven. Lower heat to 275 degrees F. Lift rack with roast on it from roasting pan and place on rimmed baking sheet. Set roasting pan aside.

Press crumb coating by small handfuls over top and side of roast, leaving cut ends bare. Transfer roast on rack back to roasting pan. Roast for about 2 hours or until meat thermometer reads 135 degrees F for medium rare or until desired doneness. Transfer roast to cutting board, tent with foil and let rest.

For gravy spoon off all but 2 tbsp of fat from drippings, add ½ the butter to the roasting pan. Heat over medium heat until sizzling. Add shallots and a ¼ tsp salt. Cook stirring for 2-3 minutes. For thicker gravy stir in flour and cook for 1 minute. Pour in port, then gradually pour in broth while stirring often and scraping. If you added flour boil for about 5 minutes until thickened. If you didn't add flour, boil for about 10 minutes or until slightly reduced. Turn off heat and whisk in remaining butter. Season with salt and pepper.

Cut roast into slices to serve. Serve with Gravy.

- 4 Lb. (1.8 Kg) Beef Strip Loin Untied
- Salt and Freshly Ground Pepper
- ¾ Cup Panko Breadcrumbs
- ½ Cup Finely Grated Parmesan Cheese
- 2 Tbsp Minced Fresh Parsley
- Grated Zest of One Lemon, About 1 Tbsp
- 2 Tbsp of Olive or Canola Oil

### Port Gravy

- 2 Tbsp Butter, Cut into Cubes, Divided
- 2 Shallots, Finely Chopped, about ½ Cup
- ¼ Tsp Salt, Plus More to Taste
- 2 Tbsp All-Purpose Flour
- ¼ Cup Port or Red Wine
- 2 Cups No-Salt Added Beef Broth
- Freshly Ground Pepper





- 2 Tbsp Cornstarch
- 1 Tbsp Brown Sugar
- 1-1/4 Cups Chicken or Vegetable Broth
- 2 Tbsp Low Sodium Soy Sauce
- 3 Tbsp Canola Oil, Divided
- 1-1/2 Lbs Bonesless, Skinless Chicken Breasts, Cut into 1-Inch Pieces
- 1/2 Lb Sliced Fresh Mushrooms
- 1 Small Green Pepper, Cut Into Strips
- 1 Can Sliced Water Chestnuts, Drained
- 1-1/2 Tsp Grated Fresh Ginger Root
- 4 Green Onions, Sliced
- 3/4 Cup Salted Cashews
- Hot Cooked Rice

## Donna's Cashew Chicken

Mix first 4 ingredients until smooth. In a large skillet. Heat 2 tbsps oil over medium heat; Stir-fry until no longer pink. Remove from pan.

In the same pan. Heat remaining 1 tbsp oil over medium high heat; stir-fry mushrooms, pepper, water chestnuts & ginger until pepper is tender-crisp, 3-5 minutes. Stir broth mixture & add to pan with green onions; bring to boil. Cook & stir until sauce thickens, 1-2 minutes.

Stir in chicken & cashews; heat through. Serve with rice.

Note: add other veggies of your choice, just keep them crunchy & don't overcook.

Yield: 6 servings.



## Smoked Shredded Pork Barbecue Sandwich

Mix all ingredients together and sprinkle the pork shoulder generously with rub and massage it on all sides. Set aside for an hour to allow flavors to penetrate the meat.

Soak wood chips in water for a minimum of one hour. Wrap wood chips loosely in a double layered pouch of foil. Pierce the foil 8-10 times with a large fork. To cook the pork over indirect heat, place a drip pan on the vaporizer on the right side of the grill. Place the foil pouch on the grids on the left side of the grill. Close

Lid and preheat barbecue on High, until wood chips start smoking – about 15 minutes. Maintain heat between 250 to 300 F degrees. Place the pork shoulder fat side up, over the drip pan on the right side of the grill which has the heat turned off. Grill slowly at low temperature. May have to reduce the temperature to maintain 250 degrees. Cook for 4-7 hours until internal temperature of pork has reached about 170 F. The meat will be tender and can be shredded or pulled with a fork. Let the pork set for 15 minutes covered with foil. Shred or cut pork and serve it on buns with your favourite barbecue sauce.

### Smoked Shredded Pork Barbecue Sandwich

- 1 Large Pork Shoulder 6 Lb. Bone-In with Fat Covering Attached
- 1/2 Cup Lemon Chili Herb Rub
- 1 ½ Cups Favorite Barbecue Sauce
- 8 Large Crusty Rolls
- 2 Cups Apple or Hickory Wood Chips

### Lemon Chili Herb Rub

- 1/4 Cup Sugar
- 1/4 Cup Kosher Salt
- 3 Tbsp Chili Powder
- 1 Tsp Ground Cumin
- 1 Tsp Dried Oregano
- 1 Tsp Ground Coriander
- 1 Tsp Dry Mustard
- 1 Tbsp Lemon Zest, Finely Grated



## Sticky Honey & Spicy Chili Crisp Drumsticks With Ranch

In a small bowl, stir honey with chili crisp, vinegar and salt. Place chicken in a resealable bag. Pour about half of the honey mixture over the chicken. Seal bag, press out air, massage into chicken. Seal bag, refrigerate for at least 2 hours or overnight. Reserve remaining spicy honey for brushing during barbecuing.

Sir Mayo with sour cream, buttermilk, dill, and chives. Cover and refrigerate until ready to use. Will keep well for 3 days in fridge.

Lightly oil grill and preheat to medium low leaving one side turned off.

Barbecue chicken, turning occasionally until cooked through 20-25 minutes. Occasionally brush chicken with reserved spice honey for the first 10 minutes of cooking. If brown too quickly – move to side of the grill turned off. Once cooked Serve with more chili crisp alongside Ranch Sauce for dipping.

- 1/4 Cup Liquid Honey
- 2 Tbsp Chili Crisp Plus One More For Drizzling
- 2 Tbsp Rice Wine Vinegar
- 1 Tbsp Salt
- 2 Lbs Chicken Drumsticks

### Ranch Dip

- 1/2 Cup Mayonnaise
- 1/4 Cup Sour Cream
- 2-3 Tbsp Buttermilk or 2 Tbsp Milk Mixed With 1 Tsp Lemon Juice
- 2 Tbsp Finely Chopped Dill
- 2 Tbsp Finely Chopped Chives





## Deidra's Layered Lemon

**First layer:** 2 cups all-purpose flour, 1 cup butter or margarine and 1 cup finely chopped pecans.

Mix flour, butter and nuts together until crumbly.

Press into 9 x 13 pan

Bake in 350-degree oven for 15 minutes. Cool.

**Second layer:** 2-8 oz cream cheese softened, 1 cup icing sugar, 1 cup envelope of topping mix or whipping cream and ½ cup milk.

Beat cheese and icing sugar together well.

Prepare topping as directed on package.

Fold into cream cheese mixture and spread over cooled crust.

**Third layer:** 2 packages of lemon pie filling (each makes one pie).

Prepare lemon filling according to directions.

Cool and pour over cheese layer.

**Fourth layer:** 2 cups whipping cream, 2 tbsp granulated sugar and 1 tsp vanilla.

Beat cream, sugar, and vanilla until stiff.

Spread over lemon layer.

Garnish with chopped pecans or slivered almonds.

Makes 15 generous pieces.

### Layer 1

- 2 Cups All-Purpose Flour
- 1 Cup Butter or Margarine
- 1 Cup Finely Chopped Pecans

### Layer 2

- 2-8 Oz Cream Cheese Softened
- 1 Cup Icing Sugar
- 1 Cup Envelope of Topping Mix Or Whipping Cream
- 1/2 Cup Milk

### Layer 3

- 2 Packages of Lemon Pie Filling (Each Makes One Pie)

### Layer 4

- 2 Cups Whipping Cream
- 2 Tbsp Granulated Sugar
- 1 Tsp Vanilla

# Grandma's Peanut Butter Fudge

- 1 Cup of Butter
- 1 Cup Heavy Peanut Butter
- 1 Teaspoon Vanilla



## **Microwave Directions:**

Combine the peanut butter, butter and vanilla in a glass bowl and melt in the microwave for 90 seconds. Stir to combine.

It should come together very quickly and be smooth and creamy.

Slowly add the powdered sugar a cup or so at a time.

Stir to combine thoroughly.

Grease an 8–9-inch pan with butter or line with parchment.

Transfer the fudge mixture to the pan and press into the pan.

Chill for at least 4 hours before cutting. Store in an airtight container in the refrigerator.

## **Stove Top Directions**

Combine the peanut butter, butter and vanilla in a medium saucepan over medium low heat. Stir to combine. Again, it should be smooth and creamy. Remove the pan from the heat and slowly add the powdered sugar a cup or so at a time. Stir to combine.

Grease an 8–9-inch pan with butter or parchment. Transfer the fudge mixture to the pan and press into pan. Chill for at least 4 hours before cutting.

## Kelly's Individual Party Cheesecakes



Let cream cheese sit at room temperature.

Add cream cheese, sugar, eggs and flavour in a mixing bowl.

Mix with beater until creamy.

Line cup cake pan with paper or foil liners.

Place vanilla wafers in bottom of each liner.

Fill about half full with cream cheese mixture and bake for 10-12 minutes at 375 degrees F.

Cool, top with Cherry filling and refrigerate.

- 2 (8 Oz) Packages of Cream Cheese
- 2 Eggs
- 24 Vanilla Wafers
- 1 Can Cherry Pie Filling
- 3/4 Cup Sugar
- 1 Tsp Vanilla

## Kim's 5-Ingredient Chocolate Cheesecake Cup

- 1 Oz 1 Square Semi Sweet Baking Chocolate Plus 1/8 Oz Shavings (Bakers)
- 4 Oz Philly 1/3 Less Fat Cream Cheese (Softened Room Temperature)
- 1/4 Cup Sugar
- 1/4 Cup Light Sour Cream
- 1 Large Egg (Room Temperature)

Preheat oven to 225 degrees F.

Line a mini muffin pan with mini cups or liners.

Melt 1 oz chocolate in the microwave in 30 seconds increments, stirring in between until chocolate has melted, about 1 1/2 minutes total.

In a bowl, using a hand mixer beat the cream cheese and sugar, add the sour cream and beat until smooth. With a spoon fold in egg (always folding under) and the melted chocolate and stir until smooth.

Spoon 2 tbsp in each cup.

Bake 50 minutes, then turn the oven off and let cheesecakes sit in the oven 30 minutes longer. Remove from oven and let cool completely before serving.

Shave the remaining chocolate and sprinkle over the top before serving.

Yield 12 mini cupcakes





## Robin Partridge's No Churn Key Lime Pie Ice Cream

### *Crust*

- 1 Cup Graham Cracker Crumbs
- 3/4 Stick Unsalted Butter – Melted.
- 1/4 Cup Brown Sugar
- Pinch Of Salt

### *Ice Cream*

- 1 Package of Cream Cheese, Softened
- 1 Can Sweetened Condensed Milk
- 1/4 Cup Whipping Cream
- 1 Tbsp Lime Zest
- 6 Tbsp Fresh Lime Juice
- Pinch Of Salt

Preheat oven to 350 degrees F.

Line baking sheet with parchment.

Combine crust ingredients and spread on sheet.

Bake 7-8 minutes until golden. Cool crumble.

Line small 8 x 4 loaf pan with plastic wrap.

Press 1/2 of the crust crumbles on bottom.

Beat cream cheese for one minute. Add condensed milk and beat for 2 minutes. Add rest of ingredients and beat well.

Spoon ice cream into pan and top with remaining crust crumbles.

Cover with plastic and freeze overnight.

## Susan Wilson's Palova



- 2 Jumbo Egg Whites
- 1/2 Cup Extra-Fine Sugar
- 1/2 Tsp Corn-Starch
- 1/4 Tsp Of Cream Of Tartar  
(or Vinegar)
- 1/2 Tsp Vanilla

Preheat oven to 250 degrees.

Beat egg whites to the soft peak stage.

Slowly add remaining ingredients and beat to the stiff peak stage.

Spoon onto cookie sheet making a small well in the middle.

Bake for one hour and then turn off oven for another hour.

Do not open the oven door till then.

Serve topped with whip cream and your favourite fruit.

They should be crunchy on the outside and marshmallowy on the inside.

Serves 4

## Robin Mortson's Bread Pudding

Preheat oven to 375 degrees.

Break bread into small pieces into an 8-inch square baking pan.

Drizzle melted butter over bread. (if desired sprinkle with raisins)

In a bowl combine eggs, milk, sugar, cinnamon and vanilla.

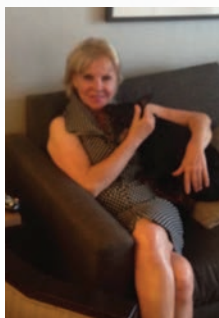
Beat well until mixed. Pour over bread and lightly push down with a fork until bread is covered and soaking up egg mixture.

Bake for 45 minutes or until top springs back when lightly tapped.

- 6 Slices Of Day-Old Bread
- 2 Tablespoon Melted Butter
- 1/2 Cup of Raisins (Optional)
- 4 Eggs Beaten
- 2 Cups Of Milk
- 3/4 Cup of White Sugar
- 1 Teaspoon of Cinnamon
- 1 Teaspoon of Vanilla

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FOR A WONDERFUL HOLIDAY SEASON.

WE HOPE YOU ENJOY THEM ALL AND SOME WONDERFUL FOOD!  
MERRY CHRISTMAS AND HAPPY NEW YEAR!



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