

# Don't Be Shy!



# Family recipes

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## APPETIZERS

### Guacamole (Cris)

2 ripe avacados  
 4 cloves garlic, minced  
 3 Tbsp lemon or lime juice  
 1 tsp chili powder  
 1 tsp cumin  
 3 Tbsp red onion, small dice (@ 1/4 large onion)  
 1/2 med tomato, small dice

Mash avacodos. Add garlic, lemon juice and spices and blend well. Add onion and tomato and mix in. Let sit an hour or two to blend flavours.

### Houmus (Cris)

5 cloves garlic (what are you, chicken?)  
 2 Tbsp lemon juice  
 1/4 tsp salt  
 4 Tbsp olive oil  
 1/2 can of garbanzo beans (chickpeas)

In blender or food processor: blend garlic till minced. Add and puree chickpeas with about 3 Tbsp of canning liquid Add the rest of ingredients and blend till smooth  
 Sophie's variation: Use entire can of chickpeas, and season with a dash of cayenne, 1/4-1/2 tsp cumin, and basil. Sprinkle with chopped parsley if available

### Tsaziki (Cris)

500 ml container plain yogurt  
 4 garlic cloves, minced  
 1/2 cucumber  
 1/4 tsp salt  
 1 Tbsp lemon juice

Line a sieve with a coffee filter and dump yogurt straight from the carton. Let stand for at least 3 hours, or in the fridge overnight. If cucumber has waxy skin and large seeds, peel and seed it, then grate onto double thickness of paper towel. Wring to remove excess water. Mix with drained yogurt, add remaining ingredients, and let stand in fridge for several hours to blend flavours. Add chopped red onion before serving if you like.

### **Devilled Eggs (Isabel)**

boiled eggs...scoop out and mash yolks, add mayo or miracle whip till desired consistency, add a pinch of salt, pepper to taste, plain yellow curry powder and a bit of paprika. Scoop into egg white halves and sprinkle with more paprika. Garnish with parsley sprigs.

### **Hot Spinach Artichoke Dip (Isabel)**

1 can artichoke hearts  
2 tbsp chopped onion  
2 tbsp chopped garlic  
1 tbsp butter  
1 package frozen spinach  
¼ cup parmesan cheese  
2 cups grated Monterey Jack cheese  
½ c. milk  
¼ cup mayonnaise  
¾ tsp mixed seasonings like chili powder, seasoning salt etc.

Saute artichokes, garlic, onion in butter. Stir in spinach and parmesan cheese and cook till heated through. Add Jack cheese, milk and seasonings and bake about 20 minutes at 350 till bubbly hot. Serve with tortilla chips, bagel chips or bread chunks or whatever you want !

## BREAD and BISCUITS

### Dinner rolls (Isabel)

1 2/3 cup water  
2 tbsp powdered milk  
2 tbsp shortening  
2 tbsp sugar  
1 1/2 tsp salt  
4 1/3 cup white flour ( I sometimes use 3 white, 1 1/3 wholewheat)  
1 1/4 tsp yeast

Makes about 16 rolls

I use this recipe in my bread machine , but I'm sure it will work fine with the traditional method.

### Scones (Aurora)

1 cup milk  
1 egg  
1/4 cup oil  
  
2 cups flour  
3 tsp baking powder  
2 tbsp sugar (if sweet scones)  
1 tsp salt

If adding blueberries, raisins or cheese, toss into dry ingredients first before adding to liquid ingredients. Mix lightly

For cheese scones, omit sugar, and add 2/3 cup old cheddar. May also add 1/2 tsp garlic powder, chopped chives etc, for savoury scones

Bake at 400 degrees for 12-15 minutes

### **Blueberry Cinnamon Muffins (Sophe)**

Sift together:

1 c all purpose flour  
1/2 c whole wheat flour  
2 tsp cinnamon  
2 tsp baking powder  
1/4 tsp baking soda  
3/4 c packed brown sugar

Mix wet ingredients together:

1 egg  
3/4 c milk  
1/4 c margarine or butter, melted  
1 tsp vanilla

Add wet to dry ingredients quickly, fold in 1 1/2 c blueberries. Spoon into muffin pan. Sprinkle with cinnamon sugar, and bake at 375 F for about 25 minutes

### **Almond Biscotti (Sophe)**

Combine:

1 3/4 c flour  
2 tsp baking powder  
3/4 c almonds

Whisk together:

2 eggs  
3/4 c sugar  
1/3 c melted butter  
2 tsp vanilla  
1/2 tsp almond extract  
1 tsp orange rind

Mix wet and dry ingredients together to make stiff dough. Form two 12 " logs, and place on large cookie sheet. Brush tops with egg white, and bake at 350 F for 20 minutes.

Remove logs from oven and let cool on racks for 5 minutes. With very sharp knife or serrated bread knife, slice logs into 1/2 inch slices. If they fall apart, just press them back together. Stand slices upright on cookie sheet and return to oven for 20 minutes, or until biscotti are dry and golden. Dip into coffee and hot chocolate!!

## MEAT DISHES

### Pulled Pork Sandwiches - Isabel

First make "Spicy Chili Rub"

- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp brown sugar
- 4 tsp paprika
- 2 tsp salt
- 2 tsp chili powder

Rub this mixture on a 2-3 lb pork roast and put in a ziploc bag to marinate overnight.

Place a sliced onion in bottom of crock pot. Stud the roast with garlic cloves and cook on a crock pot on low for 8-12 hours. Remove roast and drain any water, cloves and grease. When meat is cool enough to handle, shred and return to crock pot. Mix in chopped onion and a bottle of your favourite barbecue sauce and heat on high for 1-3 hrs. Serve on crusty buns.

If you don't have a crock pot, I think you can make the roast in a slow oven, and still shred it. Put it in a dutch oven with the bbq sauce and bake slowly. I think it would be just as tender. Kathy's Mom does beef that way, in a dutch oven, and its pretty tender.

### **North Carolina Chopped Barbequed Pork - Sophe**

1 1/2 lb pork shoulder roast (I used pork loin roast)

1/2 ts salt  
 1/2 ts celery seed  
 1/16 ts cinnamon, ground  
 3/16 c cider vinegar  
 1/4 c catsup  
 1/4 ts chili powder  
 1/4 ts nutmeg, ground  
 1/4 ts sugar  
 1/2 c water

additional cider vinegar to taste  
 tobasco sauce to taste

Mix all sauce ingredients and put in a slow cooker with the pork roast. Cook all day on low.

Transfer meat to a cutting board and shred/chop to bite size pieces. Season with additional vinegar and hot sauce. Throw back into the crock pot and stir. Serve hot with coleslaw and corn bread.

(Instead of seasoning with the vinegar and hot sauce, I mixed it with about 1/2 bottle of good BBQ sauce. Then served it as chopped pork sandwiches. YUMMY!)

### **Indonesian Chili Beef - Cris (Dad asked me for this one)**

3 cloves garlic, minced  
 2 large onions, cut in half and sliced very thin  
 1/2 inch piece of ginger, minced  
 1.5 lbs stew beef, cut into chunks  
 2 cups beef stock (or water + Knorr)  
 1 tsp black pepper  
 1/2 tsp nutmeg  
 1 Tbsp lemon juice  
 3 Tbsp ketjap manis (sweet, thick soy sauce)  
 1/2 tsp to 1 round tsp chili paste (or more, to taste)

Brown garlic, onion and ginger. Add beef and sear. Add stock and all spices. Simmer for about 3 hours, or until meat is falling apart and onions have broken down into a thick broth. Stir occasionally and add more water as necessary to keep from burning.

## Lettuce Wrap (Mom)

1 head lettuce

### Filling:

1 to 1 1/2 lbs. lean ground pork. Substitute ground chicken or turkey for a low fat meal (What?? Are you sure this is Filipino?)

1/2 medium size minced onion

1/4 inch minced ginger

2 medium size chopped carrots (diced very small)

2 stalks chopped celery

2 small cans water chestnuts (dice same size as carrots and celery)

2 tbsp. Hoisin sauce

Brown onions and ginger, then add ground meat. (Brown meat first and drain if using pork )

Add carrots and celery

Add Hoisin sauce and about 1/4 cup water. Add just enough water to cook the meat. Cook until there is no liquid left.

Add small amount of soy sauce, salt and pepper to taste. Oyster sauce is optional.

After meat is cooked, add the chopped water chestnuts and additional 2 stalks of chopped celery. May be made ahead of time. Serve the filling warmed up but not hot.

To serve, put filling on a leaf of lettuce, drizzle hoisin sauce, sprinkle coarsely crushed chow mein noodles and roll it up. It's difficult to eat - messier than tacos but it's very tasty as Sera would say.

## **Shrimp Creole - Tim**

12 oz. Fresh or frozen peeled and deveined shrimp  
Thaw if frozen, set aside

Sautee until golden:

1/2 c each chopped onion, green pepper, and celery  
2 cloves garlic, minced  
2 Tbsp margarine or butter

Add:

1 16 oz can diced tomatoes  
1/2 tsp salt  
1/2 tsp paprika  
1/8 - 1/4 tsp ground red pepper  
1 bay leaf

(or use packaged Cajun seasoning instead for spices. Also, we throw in extra thyme and some black pepper)

Bring to boiling, reduce heat and cover. Simmer for 15 minutes

Mix together to make thickener:

2 Tbsp cold water  
4 tsp cornstarch

Stir into tomato mixture with shrimp and stir till thickened and bubbly. Serve over hot cooked rice

**Tubes and Cubes (chicken and pasta) - Sophie**

Sautee in 1-2 tsp olive oil:

2 cloves garlic

2 c sliced mushrooms

1 c chopped green pepper

Throw in 4 boneless, skinless chicken breast, cut in 1" cubes (obviously you can also use pre-cooked chicken)

Cook till meat is no longer pink inside and vegetables are tender.

Add:

1 c your favorite canned pasta sauce

1/3 barbeque sauce (the ones marked "for chicken and ribs" work best!)

Stir well, cover and simmer. Add a little water if it looks too thick.

Cook 8 oz rigatoni, penne, or other pasta till nearly done. Stir into sauce mix with a little extra water and cook some more to let the pasta soak up some of the sauce. Serve with some cheddar or monterey jack sprinkled on top.

**Meatballs - Cris**

1 lb lean ground beef  
 1/2 small onion, minced  
 1 slice bread, torn into crumbs  
 1 egg  
 1 tsp seasoning salt  
 1/2 tsp black pepper  
 large dash worstershire sauce

Mix ingredients well, then form into large jawbreaker size balls. Bake on cookie sheets in a 375 F oven for 20 minutes.

**Things to do with Meatballs!****Tomato sauce for Pasta - Cris**

Sautee:

3 cloves garlic, minced  
 1 med onion, minced  
 optional: chopped red or green pepper, mushrooms, etc

When veggies are soft, add:

2 small tins tomato paste  
 1 tsp dried basil  
 1/2 tsp dried oregano  
 1/4 tsp dried rosemary  
 1 tsp seasoning salt  
 1 tsp sugar

Bring sauce to a boil, stirring well. Add meatballs and continue to simmer for 20 minutes. Adjust seasonings and continue to simmer while you cook pasta.

**Meatballs in Sweet and Sour Sauce - Sophe**

Sautee:

2 cloves garlic, minced  
 1 onion, chopped in large chunks  
 1 green pepper, chopped in large chunks  
 sliced mushrooms, a good handful

Add:

1/2-3/4 c ketchup  
 1 can diced pineapple  
 dash vinegar

good sized lump of brown sugar (about the size of a kiwi)

dash soy sauce

dash chicken stock (for extra salt, haha!)

Throw in meatballs and roll around to cover with sauce. Taste and adjust seasonings

Simmer for 20-30 minutes while rice is cooking.

Just before serving, thicken with 2 tbsp corn or tapioca starch mixed with enough cold water to make a paste.

## Enchiladas - Cris

Brown in cooking oil:

2 cloves garlic. Minced  
1 smallish onion, chopped  
1/2 red pepper, finely chopped

Turn heat to medium, then add:

1 can cream of mushroom or cream of chicken soup  
1/3 can water

Season with:

1 tsp cumin  
1 tsp taco seasoning  
1 tsp chili powder  
1 tsp lemon or lime juice

Adjust to taste and bring mixture to a boil.

Preheat oven to 350 F and prepare casserole dish by pouring a thin coat of sauce on the bottom. Reserve 1/2 cup sauce, then add to pot:

1-2 cups chopped chicken, turkey or pork  
chopped mushrooms

Roll meat filling in tortillas and place in casserole dish, seam side down. Top with reserved sauce and grated cheese (cheddar, monterey jack, etc). Bake for 40 minutes, or until bubbling hot.

## MEATLESS RECIPES

### **Black Beans and Rice - Isabel**

Here's the recipe . I have modified it from a recipe one of our Guyanan clerks gave me. She uses kidney beans and pork !

Sautee 1 chopped onion and some garlic  
 Add as much boneless chicken chunks as you want and stir till cooked Add about 3-4 tablespoons brown sugar and fry for a while Add chili powder and cumin to taste  
 Add 1 big can black beans with liquid  
 Simmer for about ten minutes

Pour over rice !

We made a vegetarian version with mushrooms, a bit of green pepper and a can of corn and our vegetarian friends loved it ! I actually didn't even notice the lack of meat. It was especially good with brown rice.

### **Kathy's Pork and Beans**

2 cups white dry beans  
 1/4 baking soda  
 1 28 oz diced canned tomatoes  
 1tsp dry mustard  
 1/2 cup brown sugar  
 salt  
 pepper  
 ham or salt pork  
 1 onion finely chopped

4 tbsp molasses  
 v8 juice (1 litre)

Soak beans overnight in enough water to cover 4 inches above.

Boil for 15 min.

Add baking soda

(let it fizz then settle down)

Put all other ingredients in bean pot except juice

Add beans, and 1/2 cup bean water

Add enough juice to thoroughly cover beans. Stir well

Cover. Bake at 325 for 3-3 1/2 hours.

Check after 2 hours, and add more juice if too dry.

Beans done when tender but not mushy

## Perogies (Sophie, orig. Marion Lysyk)

Dough:

6 c flour

1 1/2 tsp salt

1/2 c oil

2 1/4 c warm water

combine into a soft dough, and let dough rest in greased plastic bag for 1 hour before rolling.

Roll dough out to 1/8 to 1/4 inch and cut out with biscuit cutter. Add perogy filling and DON'T let any filling touch the edge, or your perogies will leak when cooking! There is plenty of leeway in size and shape - but your worth as a Ukrainian woman will be measured by how thin, small, and uniform your perogies are. Thankfully none of us need worry about that. (but what could be more fun than mini-perogies?)

Perogies can be cooked right away, or dusted lightly with flour and frozen on cookies sheets - you can use wax paper to separate layers.

No-one really needs to be told how to cook perogies, do they?

Okay - boil water, add perogies, stir, and they're done when they float to the top. You KNOW when you've over cooked them!

Garnish with one or all: melted butter, green onions, sauteed mushrooms, onions, bacon, sour cream, and (heresy!) salsa.

Potato filling:

Boil and mash potatoes. There are a million ways to season the potatoes now - Tim's exceedingly Ukrainian brother Eddy claims that all the old Ukrainian ladies in Regina use CHEEZE WHIZ when they make bulk perogies for perogy drives (whatever those are). Cheeze whiz is indeed more convenient and mixes more smoothly and is less of a pain in a butt than grated cheese. But if you're a purist, go ahead and grate some cheddar and stir it in!

I also throw in seasoning salt, garlic salt, and some minced onion.

If you are an overachiever, add some crumbled, cooked, and drained bacon

Cottage cheese and green onion:

You can try this - but you must use the dry cottage cheese.

Even so, trust me...it's not worth it.

## **FILIPINO SPECIALTIES!**

### **Pancit Bihon - by Cris**

This is kinda roughly how I make it:

Soak noodles in water till they aren't brittle anymore. Drop them into boiling water, let water boil up again, and cook al dente. In a large pot, saute garlic, onion, then vegetables. Add a little stock (Knorr shrimp, wonton, or chicken powder is good), then season with seasoning salt, pepper, lots of paprika, patis, lemon juice. Add noodles and stir fry until all the liquid is absorbed, and noodles are dryish. Add the cooked shrimp at the end as well as any other meats, chopped green onions, or chopped boiled eggs. Make sure you don't use too much liquid...you can also fry the noodles in the sauteed veggies, then add the stock slowly until seasoned enough.

### **Pancit Bihon - Mom's version**

Cook 1 package of Rice Sticks (this will fill up a lasagna pan) by boiling for about 5 minutes  
Drain well and set aside  
Saute onions and diced meats (chicken and/or pork)  
Add sliced carrots, celery and/or thinly sliced cabbage  
Add rice sticks  
Remove pot from stove when you add the rice sticks as it is easier to mix when off the stove.  
Season with Knorr chicken powder plus any stock you have but just enough to moisten the noodles.

### **Garlic Bihon (Rice Vermicelli) Mom**

This recipe is for garlic lovers and is better served cold. Totally meatless, it should appeal to the health conscious.

Ingredients:

1 package (454g) bihon (check ethnic section of large grocery stores)  
1 ½ heads garlic  
½ cup olive oil  
6 hard boiled eggs (5 chopped and 1 reserved for garnish)  
½ tsp black ground pepper  
4 tbsp Knorr Instant Seafood Stock Mix.  
4 tbsp lemon juice  
4 tbsp patis (fish sauce) for seasoning to taste

Place bihon in a kettle of cold water and leave to boil for 5-7 minutes or until done. Transfer to colander and drain well. In a large kettle, fry the minced garlic in olive oil until brown. Remove from heat and set aside 1 tbsp of the fried garlic for garnishing. Immediately pour the drained bihon into the kettle of fried garlic and olive oil mixing very well to allow the bihon noodles to absorb the garlic flavour. Add the rest of the ingredients with the patis adjusted to suit individual taste. Mix well and garnish with green onions, fried garlic and sliced hard-boiled egg. Serves 10.

### **Sesame noodles: (Cris)**

1 lb spaghetti  
1/2 cup peanut butter  
1/2 cup orange juice  
1/8 cup sesame oil  
1/8 cup vegetable oil  
1/8 cup soy sauce  
1 Tbsp vinegar  
1/2 tsp salt  
1 Tbsp hot sauce (or chili paste to taste)  
2 Tbsp sesame seeds  
2 stalks green onion, sliced

Boil spaghetti till tender, drain. Whisk together all ingredients except onions and sesame seeds. Toss with noodles, then toss again with onions and sesame seeds. Serve at room temp or cold.

### **Teriyaki Sauce (Mom)**

3 tbsp. grated ginger  
 2 cups soya sauce  
 1 1/4 white vinegar  
 1 cup sugar  
 1 tbsp. salt  
 1 tsp. pepper

Put in a glass jar and keep in the fridge. It will keep indefinitely.  
 Use amount as needed.

### **Teriyaki Chicken or Pork cutlets (Mom)**

Slice chicken breast or pork (palm of hands size)  
 Coat lightly in flour  
 Pan fry till cooked then remove from pan.  
 Wipe pan clean. Put brown meat back in pan and pour enough sauce to coat meat. Add more if you want to have some sauce along with the meat .  
 Serve on top of spinach cooked in the microwave or blanched.

### **Barbeque Marinade**

1 cup soy sauce  
 1 cup brown sugar  
 1/3 cup apple cider vinegar/white vinegar  
 1 tbsp. salt  
 1 tsp. pepper

Chicken or pork may be marinated and kept in the freezer for a ready to grill meal.

### **Oriental Dressing**

1/3 cup olive oil  
 1/3 cup soy sauce  
 1/3 cup white vinegar  
 1/2 tsp. salt  
 1/4 tsp. pepper

Use dressing in any greens. Add slivered almonds, sunflower seeds and crunched up pieces of dried chow mein noodles (bulk or packaged). Use chow mein noodle as last item on top or in a separate bowl to preserve crunchiness.

## **Adobo**

Marinate meat (chicken and/or pork) in minced garlic (1/2 head), 1/4 cup vinegar, salt and pepper for 30 minutes or overnight.

Brown meat in saucepan (including marinade).

Simmer until tender

If the liquid is thin and a bit much, bring to light boil until sauce has thickened.

Use less vinegar if using apple cider vinegar. Adjust salt to taste.

Add sugar if too vinegary.

## **Tinola**

Chicken legs or chicken breast

I usually use half a head of garlic in my cooking, two centimeters long of ginger and half a medium size onion for saute'ing.

Brown garlic, ginger and onion in that order in olive oil

Add chicken, browning meat a bit

Add just enough water to cover meat.

Add whatever vegetable you have (spinach, broccoli, celery or green beans)

Season to taste (I won't tell you how much salt I put).

## **Bibingka**

2 cups sweet glutinous rice

2 cans coconut milk plus 1 cup water

1/2 cup white sugar

Topping:

1 can coconut milk

1/2 cup brown sugar

1 tbsp. Flour

Cook rice in 2 cans diluted coconut milk. Stir to prevent sticking. Add sugar, cook until rice is almost dry. Transfer mixture to pan lined with banana leaves (optional)

Topping: Mix coconut milk and brown sugar in a sauce pan and bring to boil.

Dissolve flour in 2 tbsp. water and add gradually to mixture while stirring to thicken.

Spread mixture on top of rice and bake in oven at 350 degrees F until brown.

## DESSERTS

### **Tapioca Pudding - Cris**

Buy pearl tapioca that's approx the size of the beads we used to make earrings with Tita Ludy (the really small Indian type ones)

Soak 1/3 cup tapioca in a cup of milk overnight in the fridge.

In a really heavy saucepan (at least 4 cup capacity), add a can of evaporated milk, and about a 1/3 cup water. Heat on medium until hot, then turn the heat to low, cover, and leave it. The object is to keep it really hot, but not boiling, which curdles the milk somewhat. It kind of foams, but as long as it's not an active boil, it's OK. Cook this way for about 2 1/2 hours, or until the tapioca is really soft, stirring well about every 10 minutes. Keep adding additional milk if it gets too thick - you might have to add 1 or 2 cups. By the end it should be pretty soupy, since it thickens a lot when it cools. A bit thicker than heavy cream, about. If it cools and is still too thin, you can always reheat to evaporate the excess liquid. Add sugar to taste, about 1/3 cup, and a splash of vanilla. Cook another 10 minutes or so. By now the tapioca should squash easily between your tongue and the roof of your mouth.

It sounds way more complicated than it is. It's really very slapdash and error-tolerant, as evidenced by the fact that I can make it with both babies awake. Oh, and cover with saran wrap before you stick it in the fridge, otherwise it gets a nasty skin on it. have been slacking on the yogurt

### **Tapioca Pudding - tips from Mom**

Put tapioca in small amounts at a time in boiling water stirring occasionally.

Remove from heat when there is still an opaque dot in the center.

Drain and return in pan to cook in milk, eggs and sugar.

Get Cristina's recipe for this. Cooking the tapioca in plain water is a shortcut to Cristina's recipe of soaking overnight and a much longer cooking time. We use the short cut method and just added pureed mango on the chilled cooked tapioca.

### **Old Fashioned Tapioca Pudding (Isabel)**

½ c. tapioca pearls  
1 ½ c. milk  
1 ½ c heavy cream  
1 fresh vanilla bean  
½ c. sugar  
1 pinch salt  
2 egg yolks

Soak the pearls overnight covered well with water. Drain water. Heat the milk, cream, vanilla bean and tapioca to a slow simmer in a heavy pot and cook for 1 hr, stirring often. Add the sugar and salt. Bring to a simmer being careful not to let the tapioca stick to the bottom of the pan.

Put the yolks into a bowl and stir in some of the tapioca mixture to equalize the temperature. Add to the pan while stirring. Pour into a bowl and cool.

## **UBC style Cinnamon Rolls - Isabel**

1 cup milk  
1/4 cup water  
2tbsp marg  
2tbsp sugar  
3/4 tsp salt  
3 1/4 cups flour (I use "bread"flour)  
2 tsp yeast

I assume you can modify it to a handmade method.  
This is MY version of the sauce etc

spread the dough sheet generously with butter

mix 1 cup brown sugar with 3 tsp cinnamon and sprinkle as much as you want on the sheet (about 1/2 of the mixture I think). Add as much butter as you want and mix it with the remaining sugar mixture to make a "sauce" and spread on the bottom of a 9 by 13 pan. I cut the roll into 12 pieces, perfect for that size of pan. Do the usual rising thing and bake at 350 for about 25 minutes. I think it probably needs to be undercooked slightly like your cinnamon recipe. Turn over immediately so that the goo drizzles down.

I hope it works out for you too ! I was really pleased with the results, and the dough was really nice and light. Good luck!

### **Alternate pan glaze:**

1/4 cup melted butter  
1/4 cup brown sugar  
1/4 cup white corn syrup

cover bottom of pan and sprinkle with cinnamon before placing rolls in pan. This makes them even closer to UBC style buns!

### Tuck Shop Cinnamon Buns

Tim considers this his contribution - thus starting the Battle of the University Cinnamon Buns. This recipe is from the University of Alberta web page, and is a cinnamon bun from a now-extinct café. I suggest a Battle of the University Cinnamon Bun Bake-off!

Soften 2 packages instant yeast or 1 oz Fleischmann's fresh yeast

In 1/2 c warm water

Add 2 tbsp sugar - let sit in large bowl till yeast dissolves

In large bowl:

2 c boiling water

3 Tbsp margarine

2 tsp salt

3 Tbsp sugar

Let margarine melt and mixture cool a bit, then add

2 c flour

Beat with an electric mixture till smooth and creamy - about 5 minutes

Add yeast mixture along with:

3 eggs

3 1/4 c more flour (note - I warn you - this isn't NEARLY enough)

Continue beating until dough is very smooth - it should be very soft. Cover and let stand in a warm place to rise till doubled in bulk.

Melt 1/3 c margarine and set aside to cool

Mix 1 c sugar and 1 1/2 tsp cinnamon

Turn raised dough onto floured work surface and let rest 5-10 minutes to firm up

Cut dough into pieces the size of an orange

Roll dough first in melted margarine, then in cinnamon sugar mixture

Stretch dough into piece about 5 inches long and tie in simple knot

Place knots side by side in 9 X 12 X 2 inch pan (pan must be 2" deep and allow a 3" square for each bun)

Let finished buns rise for 45 minutes

Bake at 375 F for 30 minutes

Make 18 buns (?) Now, I don't know about your math - but for the specified pan size and allowing 3" square for each bun, I figure that makes 12 buns in the pan! I used the pan size suggested plus a little cake pan - the dough definitely makes enough for 18 buns

Also, the dough is MUCH too soft if made with the flour amounts given. It nearly oozes off the counter top. I suggest at least 1 1/2 - 2 cups extra flour.

If you use the glaze suggested above for the UBC buns, this is definitely a contender.

**Sitamen Buns - Mrs. Gavel**

Place in large mixing bowl:

1/4 c warm water and 1 packet yeast

Scald:

1 c milk

1/4 c butter or margarine

1/2 c sugar

1/2 tsp salt

Let cool and add to yeast mixture. Beat in 2 eggs.

Add 4-5 c flour till a stiff dough is formed, then knead and let rise.

In the bottom of a 9 X 13 inch pan, mix honey, brown sugar, and melted butter and microwave till gooey and the edges bubble

Shape dough into 2 rectangles

Spread with soft butter, and sprinkle with mixture or brown sugar and cinnamon

Roll, slice, and put in gooey pan

Bake at 375 F for 25 to 30 minutes

Turn pan upside down to cool

**Butter Tart Squares - Sophe**

(not as festive as true butter tarts, but tasty!)

1 1/2 c flour  
1/2 c brown sugar  
1/2 c butter at room temperature

Blend and press into bottom of a 9 X 13 pan, and bake at 350 F for 12-14 minutes or edges start to brown

Meanwhile, whisk together:

4 eggs  
2 tsp vanilla  
pinch salt

Stir in:

2/3 c granulated sugar  
1/2 c flour

Add:

2/3 c corn syrup  
1/8-1/4 c melted butter  
2 c raisins

Pour filling over hot, partially cooked base. Bake another 20-25 minutes.

**Lemon Bars - Aurora**

Base-1 cup butter(not margarine)  
2 cups flour  
1/2 cup icing sugar  
1 tsp salt

Cut in together like shortbread, and press into 9X13 pan.  
Bake at 350 for 18 min.

Top-6 tbsp lemon juice  
4 eggs  
2 cups sugar  
Mix well

Add 1/3 cup flour  
1/2 tsp baking powder  
Pour over cooked base. Bake an additional 25 min. Sprinkle with powdered sugar

### **Oreo Cookies - Sophe**

2 packages Duncan Hines Devil's Food Cake Mix (boxed kind)  
2/3 cup vegetable oil  
4 large eggs

mix with spoon, roll into 1 inch balls but don't flatten  
Place on lightly greased cookie sheets  
Bake 10-12 minutes at 350 F  
Cookies will look cracked and slightly dry when done

Cool completely on wire racks before filling

#### **Filling:**

1 8 oz package cream cheese  
1/2 c butter  
3/4 c icing sugar  
2 tsp vanilla

Beat together till smooth. Add more icing sugar if necessary to get desired thickness.  
Spread on flat side of one cookie, then top with second cookie.

Store cookies in airtight container (if they last that long)

## Brownies - Cris

I keep foolishly trying other brownie recipes, but nothing compares to this one.

1 c margarine  
1 c white sugar  
1 c brown sugar  
2/3 c cocoa OR 4 squares unsweetened chocolate  
3 eggs  
1 tsp vanilly  
1/2 tsp salt  
1 c flour

melt margarine and chocolate, if using squares. Add cocoa powder and sugars, stirring to blend. Add salt and flour and stir. Stir in vanilla, then pour into a greased 9 X 13" pan. Bake at 300 F for about 35 minutes. A toothpick inserted in the middle of the pan should come out with moist crumbs on it. If it comes out clean, you have overcooked the brownies.

More tips from Cris:

- 1) use cocoa instead of chocolate squares...it seems to work better
  - 2) do not overbeat...large air bubbles can screw this up - try swirling a knife through or dropping the filled pan onto the counter a couple of times to remove bubbles
- 300 F is a bit cautious....try 325 F, but if the batter looks like it's rising, turn it down (HA, especially if you're using the oven in Langley!)...it's good if you can get the temp to cook the batter, but not rise it.

## Nanaimo Bars - Cris

### Base:

1/2 cup butter or margarine  
1/4 cup sugar  
1 egg  
4 Tbsp cocoa  
2 cups graham cracker crumbs  
1 cup coconut  
1/2 cup walnuts, chopped

Melt the first 4 ingredients in heavy saucepan at low heat until slightly thick. Remove from heat and add remaining ingredients. Press into 9" square pan and put in fridge while making filling.

### Filling:

1/4 cup butter (real butter is \*much\* better than margarine here)  
3 Tbsp milk  
2 Tbsp custard powder  
2 cups icing sugar

Blend til smooth. Spread over base and return to fridge.

### Topping:

4 oz squares semisweet chocolate  
1 Tbsp margarine

Melt together and spread over filling. Chill until set.

## CANDY

### Swedish Nuts - Cris, org. Barbara Storer

2 egg whites  
 1 cup sugar  
 pinch of salt  
 3-5 cups pecans  
 1/2 cup butter

Pre-heat oven to 325F. Beat egg whites and salt until stiff, adding sugar gradually. Fold in pecans. Melt butter on large cookie sheet in oven. Spread pecan mixture on buttered sheet. Cook til brown, stirring/flipping every 10 minutes to coat evenly in butter.

### Almond Roca - Cris

1 cup butter  
 3/4 cup brown sugar  
 1 Tbsp corn syrup  
 @1 cup sliced almonds  
 @1 cup chocolate chips

Boil hard for 3 minutes. Line 9X13 or 10X15 cookie sheet with graham crackers, trimming to fit. Sprinkle with almonds. Pour syrup evenly and bake at 350F, about 8 minutes, or until it bubbles in the middle. Sprinkle lightly with chocolate chips as soon as it comes out of the oven. Sprinkle with additional almonds, if you like, pressing down lightly with your hand to set into the melting chocolate.

### Easy Fudge - too easy!

16 ounces semi-sweet chocolate  
 14 ounces sweetened condensed milk  
 1/2 to 1.5 c nuts, optional

Flavorings:

1.5 teaspoons vanilla and 1/2 teaspoon butter flavoring  
 1.5 Tbsp Grand marnier, 1 teaspoon orange flavoring  
 1 teaspoon vanilla and 1 teaspoon almond extract with 1 c almonds

Microwave chocolate and milk 2-3 minutes until almost melted. Stir until chocolate is melted. Can also be done over a sauce pan, but it requires constant vigilance! Stir in flavoring and nuts Spread into greased 8 inch square pan. Refrigerate until firm (but not too firm). Cut into squares. I think it's easier to deal with if you put aluminium foil at the bottom of the pan first, so it's easier to turn out when set.