



# Note from the Editors

Welcome to the first Kentville Community Cookbook!

Food means a great deal to both of us. We have felt the strong influence sharing food with others can have again and again, and hope that you are all able to enjoy this sense of connection as well as you try some of the recipes that are contained in this book!

In her free time, Mackenzie can be found whipping up another delicious sweet treat for friends, family, and even sometimes on TV! While she always impresses with her confectionary creations, her caramel toffee squares and orange cardamom cake are always sure to wow a crowd! Though she had always baked lots with her family, she began to really refine her skills since the first COVID-19 lockdown in 2020. She continues to grow while sharing joy with others, whether she's filling a cake order, surprising people with a brownie, or whipping up some cupcakes to support a cause.

Della has always enjoyed the savoury, in terms of food, that is! Growing up, she enjoyed rummaging through spice cabinets to create a new sauce or weird flavour combination. While her penchant for the absurd may be waning (no more gummy bear pizza!), her love for cooking and connecting continues to grow! Over her many mornings volunteering at community breakfasts and chatting with the guests, she has learned food's role as both sustenance and as a medium for connection.

As the specialty outreach leaders for the Town of Kentville during summer 2022, one of our goals was to promote connection in and beyond the community. Understanding how food can play a critical role in this process, we have incorporated it into much of our programming, whether through menu planning as a group for our Outdoor Leader Youth Program, hosting a welcome BBQ for the Kentville Canada Cup, or running kids cooking and baking classes! We found that making a community cookbook was the next step to promote connection through food!

We created this cookbook for anyone in and beyond Kentville to enjoy, as they explore the recipes that have been thoughtfully shared. We would like to thank all of the community members who have engaged in the creation process of this cookbook, whether that be submitting a recipe, sharing the idea with others, or by checking out the finished product! We hope that each of you are able to find joy and connection through food!

Thank you, Kentville!

Della Alderson and Mackenzie Tomlin



## Table of Contents

<b>Arepas, Colombian Style</b>	<b>3</b>
<b>Barbeque Sauce</b>	<b>4</b>
<b>Bernice's Banana Bread</b>	<b>5</b>
<b>Better Than Box Waffles</b>	<b>6</b>
<b>Buttermilk Pancakes</b>	<b>7</b>
<b>Candied Pecans</b>	<b>8</b>
<b>Caramel Toffee Squares</b>	<b>9</b>
<b>Chicken Leek Orzo Lemon Soup</b>	<b>10</b>
<b>Chocolate Chip Macadamia Nut Cookies</b>	<b>11</b>
<b>Chocolate Poke Cake</b>	<b>12</b>
<b>Coconut Balls, No Bake</b>	<b>13</b>
<b>Corn &amp; Bean Salsa</b>	<b>14</b>
<b>Curried Lentil Salsa</b>	<b>15</b>
<b>Delicious Dip</b>	<b>16</b>
<b>Donair Dip</b>	<b>17</b>
<b>Easy Chicken Bake</b>	<b>18</b>
<b>Kahlua Fruit Dip</b>	<b>19</b>
<b>Keto Wonder Bread</b>	<b>20</b>
<b>Laurie's Lasagna</b>	<b>21</b>
<b>Mackenzie &amp; Della's Favourite German Potato Salad</b>	<b>23</b>
<b>Mom's Cinnamon Coffee Cake</b>	<b>24</b>
<b>Momma Rose's Famous Chocolate Chip Cookies</b>	<b>25</b>
<b>Neil's Harbour White Bread</b>	<b>26</b>
<b>Peanut-Miso Chickpea Salad</b>	<b>27</b>
<b>Phyl's Dills</b>	<b>28</b>
<b>Play Dough</b>	<b>30</b>
<b>Pork Tenderloin</b>	<b>31</b>

<b>Sesame Miso Peanut Butter Cookies</b>	<b>32</b>
<b>Sour Cream Pancakes</b>	<b>34</b>
<b>Spicy Two Pot Pasta</b>	<b>35</b>
<b>Strawberry and Lemon Shortcake</b>	<b>37</b>
<b>Strawberry and Rhubarb Delight</b>	<b>39</b>
<b>Summer Veggie Medley</b>	<b>40</b>
<b>Sweet and Sour Chicken Wings</b>	<b>41</b>
<b>The Very Zest Cranberry Sauce</b>	<b>42</b>
<b>Vegetable Khichdi, My Favourite One Pot Meal</b>	<b>43</b>
<b>Add Your Own Recipes!</b>	<b>45</b>

# Arepas, Colombian Style

**Yields:** 6 Arepas

**Ingredients:**

2 cups arepa flour - "Harina para arepas"\*  
½ tsp salt  
1 ½ cups warm water  
1 cup shredded mozzarella cheese  
2 tsp melted butter

\*Note: This product is also sometimes called masa al instante and harina precocida. Common brands are Harina PAN, Areparina, Harina Juana, and Goya (which comes in both white and yellow varieties).

**Steps:**

1. Mix:  
Pour the two cups of flour into a large bowl. Now, add half a tablespoon of salt, and with the help of your hands, mix the ingredients. Add the warm water to the bowl and knead until you obtain a homogeneous mixture. Finally, add the shredded mozzarella cheese and the melted butter and then mix and form balls with the dough.
2. Shape:  
Put a plastic bag on a flat surface and moisten your hands; take each dough ball and flatten it. Then cover the flattened dough with another piece of plastic bag, and use the top of a drinking glass to make a circle shape. Take off the plastic that is covering the arepa and remove the excess dough. Repeat this step until you use all the dough.
3. Roast:  
Take a pan and pour a splash of oil into it. Once it is hot, put each of your arepas to roast. The trick is to wet your hand a little with water and apply gently on the arepa so that it does not crack. Allow the arepa to roast for about 5 minutes on each side. Serve the arepas and add extra butter and/or cheese to them if you wish.
4. Enjoy!

*This is a typical Colombian arepa style recipe, it is not the submitter's own creation, but they wanted to share it with the community so everyone could access one of their favourite meals from back home!*

# Barbeque Sauce

Recipe by Kate Baird

**Yields:** 1 jar

**Ingredients:**

- 1 cup ketchup
- 1 cup red wine vinegar
- ½ cup brown sugar
- ¼ cup molasses
- 1 ½ tsp liquid smoke
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder

**Steps:**

1. Mix all of the ingredients in a pot over high heat and whisk until smooth.
2. Bring the mixture to a boil.
3. Reduce heat to medium-low and let it simmer for 30-40 minutes.

# Bernice's Banana Bread

Recipe by Evelyn Witherspoon

**Yields:** 3 loaves

**Ingredients:**

2 cups sugar

6 bananas

4 eggs

1 cup vegetable shortening (like Crisco)

2 ½ cups flour

1 tsp salt

2 tsp baking soda

(Optional: chocolate chips, pecans, cinnamon)

**Steps:**

1. Blend the sugar, bananas, eggs, and shortening together, being sure not to over-mix.
2. In a separate bowl, mix together the flour, salt, and baking soda (as well as any of the optional ingredients you are including).
3. Pour the wet mixture into the dry mixture and combine.
4. Pour the mixture into 3 greased loaf pans and bake at 350°F for 45-50 minutes, or until a toothpick comes out clean.

## Better Than Box Waffles

Recipe by Chris Zakrajsek

**Yields:** About 1 serving more than the box guidelines

### **Ingredients:**

1 box of your preferred waffle mix (my family likes the President's Choice Buttermilk pancake/waffle mix).

2 eggs

1-2 tsp of vanilla

Cinnamon for dusting

### **Steps:**

1. Make your pancake mix as directed on the box.
2. Once the mix is done, add the eggs and vanilla and mix again.
3. Let the mix relax for about 5 minutes — it should thicken a bit.
4. Once the mix has thickened, make waffles as directed on the box.
5. Dust with cinnamon when they come out of the waffle maker.

*You can use practically the same recipe for pancakes but my family prefers the crispiness of the waffles.*

# Buttermilk Pancakes

Recipe by Mackenzie Tomlin, adapted from Fine Cooking

## Ingredients:

3 tbsp unsalted butter

2 cups unbleached all-purpose flour

¼ cup granulated sugar

2 ½ tsp baking powder

½ tsp baking soda

½ tsp kosher salt

½ tsp cinnamon

2 cups buttermilk

2 large eggs

1 tsp vanilla

Optional toppings: chocolate chips, blueberries, apples, raspberries, cheese, etc.

Vegetable oil or butter for the griddle

Pure maple syrup for serving

## Steps:

1. Melt the butter in the microwave or on the stovetop.
2. Whisk together flour, sugar, baking powder and soda, salt, and cinnamon.
3. In another bowl, whisk together buttermilk, eggs, and vanilla.
4. Pour the wet mixture into the dry, and stir gently to combine until almost all the flour is mixed in.
5. Add the melted butter and continue to fold the batter until everything is just incorporated, do not overmix.
6. Heat a griddle or skillet over medium heat, add oil or butter, then a few scoops of pancake batter.
7. Top with chocolate chips, blueberries, diced apple, raspberries, or whatever else you desire!
8. Once the tops of the pancakes are becoming bubbly and the bottoms are golden brown, flip them over and cook until golden brown on the other side.
9. Enjoy with maple syrup!

More recently, we have also enjoyed adding shredded cheese and spices, then when you flip them you get a nice cheesy crisp attached to your pancake. You may choose to eliminate the cinnamon and vanilla if making this savoury pancake.

*This has been my family's go-to, fluffy, sweet, crispy, delicious, pancake recipe for years!*

# Candied Pecans

Recipe by Evelyn Witherspoon

## **Ingredients:**

1 lb pecans  
1 cup sugar  
½ tsp water  
1 tablespoon cinnamon  
1 teaspoon salt  
2 egg whites

## **Steps:**

1. Beat the egg whites until soft peaks form.
2. Next, pour the egg white foam over the bowl of pecans.
3. Then, combine the sugar, water, cinnamon, and salt in another bowl, before pouring it over the pecans.
4. Once the topping is evenly distributed, spread the pecans on a cookie sheet and bake them at 250°F for 1 hour.

*I make these pralines every Christmas for all my friends and family - my granddaughter loves them so much she eats them by the handful!*

# Caramel Toffee Squares

Recipe by Mackenzie Tomlin, adapted from Company's Coming

## Ingredients:

Layer 1 - Shortbread:

1 ¼ cup flour

¼ cup sugar

½ cup + 2 tsp butter

Pinch of salt

Layer 2 - Caramel:

½ cup butter

½ cup brown sugar

2 tbsp corn syrup

½ cup sweetened condensed milk

Pinch of salt

Layer 3 - Chocolate:

2 cups semi-sweet chocolate chips

## Steps:

1. Crumble the flour, sugar, butter, and salt together in a bowl. Pour into a 9-inch by 9-inch pan. Bake at 350°F for 20 minutes.
2. Combine butter, brown sugar, corn syrup, condensed milk, and salt in a heavy pot. Bring to a boil over medium heat. Boil for 5 minutes, stirring constantly so it doesn't burn! Remove from the heat and pour over the shortbread layer.
3. Melt chocolate in a double boiler or in the microwave and pour over the second layer. If you are feeling fancy - add a sprinkle of flaky salt!
4. Chill then cut into squares and enjoy a delicious treat!

Tip: This recipe uses about half a can of condensed milk. I recommend using the other half to make no-churn ice cream!

*This is my family's signature dessert for our Christmas Cookie Exchange, but enjoyed all year round! What more could you want besides buttery shortbread and delicious nutty caramel, topped with decadent chocolate? It was also my inspiration for the cookie I created during the first round of my episode on Wall of Bakers (and well, I made it to the second round)!*

# Chicken Leek Orzo Lemon Soup

Recipe by David Alderson

**Yields:** 4 to 6 servings

## Ingredients:

1 large lemon (or two small lemons)

1 boneless skinless chicken breast

1 leek (white and light green part only, thoroughly washed to remove sand)

½ cup orzo (uncooked)

1 ½ L homemade chicken stock or 2 boxes of no sodium chicken stock

2 tbsp olive oil

½ tbsp of basil

½ tbsp of oregano

Optional: garlic bread

## Steps:

1. Wash and pat dry the chicken breast.
2. Prepare one leek, by cutting off and disposing of green parts and leaves. Cut two 4-inch lengths of white part of leek. Then cut each piece vertically so half moon shaped, and then cut across at ⅛-inch intervals, so finely cut half-moon shaped.
3. Cut chicken breast into ¾-inch cubes. Heat olive oil on medium heat in a large soup pot. Add chicken and brown until almost fully cooked. Remove chicken with slotted spoon and reserve for later.
4. In the pot, use the remaining oil and chicken cooking juices to cook the leaks on low heat until tender and just lightly browned (be careful not to burn), about 5-6 minutes.
5. Add the cooked chicken back in the pot, the basil, the oregano, and the chicken stock. Bring to a boil and then reduce to a simmer for about 20 minutes (covered) so that the chicken becomes fully cooked, and the flavours all combine.
6. When that is completed add the orzo, and cook in the soup, using the instructions on the package for cooking time (usually around 10 minutes).
7. Just before serving, add the juice of one large lemon or two small lemons, being careful to avoid adding the seeds.
8. Serve with garlic bread.

*Best consumed watching re-runs of The Office.*

# Chocolate Chip Macadamia Nut Cookies

Recipe by Mackenzie Tomlin & Della Alderson, adapted from Colette Cooper

## Ingredients:

1 ¼ cup all-purpose flour  
½ tsp baking soda  
½ tsp salt  
½ cup butter  
⅓ cup brown sugar  
⅓ cup granulated sugar  
1 egg  
2 tsp vanilla  
1 cup macadamia nuts  
1 cup chocolate chips

## Steps:

1. In a small bowl, mix together the flour, baking soda, and salt.
2. In a larger bowl, cream together the butter and sugars. Add the egg and vanilla and continue to mix.
3. Add flour ½ cup at a time, stirring until just mixed.
4. Stir in chocolate chips and macadamia nuts.
5. Roll cookies into logs on parchment paper, wrap, and freeze.
6. Bake at 375°F for 10-12 minutes, just until the edges start to brown. (Time will vary depending on the size of your cookies, so keep an eye on them).

*We discovered this recipe when we were craving macadamia nut cookies and it's been a staple since. A great cookie to store in the freezer, then pop out, slice, and bake when you have guests over or need a quick and yummy treat at the end of the day!*

# Chocolate Poke Cake

Recipe by Debbie Redden-Long

**Yields:** 12 servings

## **Ingredients:**

- 1 box of chocolate cake mix
- 1 can sweetened condensed milk
- 1 jar caramel sauce
- 1 tub Cool Whip
- 1 Skor or KitKat bar.

## **Steps:**

1. Bake cake according to directions.
2. While warm, poke holes in the top of the cake.
3. Pour the sweetened condensed milk over the cake, so it goes in the holes.
4. Warm up the caramel sauce.
5. Pour the warm caramel sauce over the cake and allow it to soak in.
6. Refrigerate for 2 hours.
7. Before serving, spread the cool whip on top and crush up the candy bar and sprinkle it on top.

*Easy and delicious!*

## Coconut Balls, No Bake

Recipe by Companys' Coming

**Yields:** 5 dozen

**Ingredients:**

1 can condensed milk

$\frac{2}{3}$  cup chocolate chips

2  $\frac{1}{2}$  cups graham cracker crumbs

$\frac{1}{2}$  cup chopped nuts (optional)

Coconut for topping

**Steps:**

1. In a bowl, mix sweetened condensed milk, chocolate chips, graham cracker crumbs, and nuts.
2. Shape into 1-inch balls and roll into coconut.

*These freeze well!*

## Corn & Bean Salsa

Recipe by Debbie Redden-Long

**Yields:** Enough for a crowd of 20 people

### **Ingredients:**

1 can lentils  
1 can black beans  
1 can corn niblets  
1 cup chopped celery  
1-2 chopped green peppers  
1 chopped red onion

### **Sauce:**

½ cup white wine vinegar  
⅓ cup olive oil  
¼ cup sugar or honey

### **Steps:**

1. Cook the sauce until the sugar/honey has dissolved into the white wine vinegar and olive oil.
2. Pour the cooled sauce over the corn/bean mixture.
3. Let it cool before serving with tortilla chips or rippled potato chips.

*Great for a potluck. You can't just have one bite! Keeps well in the fridge.*

## Curried Lentil Salsa

Recipe by Sue Laing

### **Ingredients:**

19 oz can lentils drained and rinsed  
1 red pepper finely chopped  
3 green onions sliced  
½ cup dried currants  
½ cup dried cranberries

### Sauce:

½ cup canola oil  
¼ cup red wine vinegar  
1 tsp cumin  
1 tsp Dijon mustard  
½ tsp cinnamon  
2-3 tsp curry powder  
Pinch of cloves  
½ tsp lemon juice

### **Steps:**

1. Combine the lentils, red pepper, green onions, currants, and cranberries.
2. Whisk together the remaining ingredients and combine it with the lentil mixture.
3. Let it sit in the fridge for a few hours, stirring every now and then.
4. Serve with tortilla chip scoops...this salsa was made for these chips!

*This recipe is vegan, gluten-free and dairy-free as well as delicious!*

## Delicious Dip

Recipe by Sue Laing

### **Ingredients:**

1 tub or 250 grams soft cream cheese  
3 tbsp Smuckers apricot jam  
1/3 cup chopped red pepper  
1/3 cup chopped orange pepper  
1/4 cup green onion  
1/4 cup chopped pecans

### **Steps:**

1. Mix all of the ingredients in a bowl, until well combined.
2. Cover and chill in the refrigerator for a couple of hours to let the flavours blend.

*Serve with tortilla chips and/or veggies.*

# Donair Dip

Recipe by Heather Nolan

**Yields:** Serves as an appetiser for 6-8 people

## Ingredients:

1 lb ground beef  
½ cup mozzarella  
8 oz cream cheese  
1 cup donair sauce  
Diced tomato and onion to garnish  
Pita bread or nacho/tortilla chips for serving

## Donair Sauce:

⅔ cup canned milk  
1 tsp oregano  
⅔ cup sugar  
2 tsp paprika  
¼ cup vinegar  
½ tsp cayenne pepper  
2 tsp garlic powder  
1 tbsp cornstarch  
1 tsp onion powder  
½ tsp salt & pepper

## Steps:

1. Mix beef and spices.
2. Fry meat in a frying pan, breaking meat into smaller pieces as it is cooking.
3. To make your own donair sauce: mix ingredients together; stir well; heat on medium until thickened. Otherwise, you can use premade store donair sauce.
4. Mix together cream cheese, mozzarella and donair sauce into a bowl.
5. Add cooked meat to the sauce mixture and mix together.
6. Place in a baking dish and bake at 350°F for 20 minutes.
7. Garnish with tomato and onion after it comes out of the oven.
8. Serve with nacho or tortilla chips.

*Servings are hard to determine since it is just so good!*

## Easy Chicken Bake

Recipe by Melinda Cote

**Yields:** 4 servings

**Ingredients:**

4 chicken breast cut into chunks precooked  
3 cups instant rice precooked  
1 cup can peas  
1 cup can carrots  
1 cup corn  
2 cans of cream of chicken soup  
2 cups of cheese

**Steps:**

1. Preheat the oven to 350°F.
2. Cook chicken in a frying pan.
3. Cook instant rice.
4. Throw peas, carrots, corn, rice, chicken, soup, and 1 cup of cheese into a 9-inch by 13-inch casserole dish.
5. Spread the remaining 1 cup of cheese on top and bake for 25 to 30 minutes until the cheese is melted and the veggies are done.

*I always add a little milk to the soup to make it more creamy.*

## Kahlua Fruit Dip

Recipe by Kate Baird

### **Yields:**

### **Ingredients:**

1 package of cream cheese

1 small tub of Cool Whip

$\frac{2}{3}$  cup brown sugar

$\frac{1}{3}$  cup Kahlua

1 tub of sour cream

### **Steps:**

1. Whip cream cheese until smooth.
2. Fold in Cool Whip.
3. Add the rest of the ingredients and mix well.

*Delicious right then, but even better the next day.*

# Keto Wonder Bread

Recipe by Nancy Sherman

**Yields:** 2 slices

**Ingredients:**

1 egg

1 tsp water

1 tbsp Mayonnaise

¼ tsp Baking powder

3 tbsp Almond Flour

**Steps:**

1. Mix together all ingredients.
2. Cook the mixture in a greased mini waffle maker for about 1 minute or until steam evaporates.

# Laurie's Lasagna

Recipe by Laura Albanese-Casasanta, Adapted from Mamma Rosina Albanese

## Yields:

## Ingredients:

1 tbsp of olive oil  
1 large onion, chopped  
1lb/500 g of lean ground beef  
2 L of pasta sauce  
Salt and pepper to taste  
250 g/1 package of sliced mushrooms (optional)  
9 oz box No-boil lasagna noodles  
Shredded mozzarella (320 g bag usually works for one tray)  
4 hard-boiled eggs sliced

## Steps:

1. For the sauce:
  - a. In a sauce pot, sauté onions with olive oil until wilted.
  - b. Add beef and sauté until fully cooked.
  - c. Add both tomato sauce jars.
  - d. Add salt and pepper to taste.
  - e. Let simmer for 2 hours.
  - f. When half cooked, you can add mushrooms directly into the pot of sauce.
2. Once the sauce is ready, you can begin the layering of noodles:
  - a. Preheat the oven to 350°F
  - b. Spread 1 cup of sauce on the bottom of a 13-inch by 9-inch by 2-inch pan.
  - c. Layer 4 uncooked lasagna noodles (they will overlap), 1 cup mozzarella cheese, 4 egg slices, 1 cup of spaghetti sauce.
  - d. Repeat for 3 layers (4 if your pan is larger).
  - e. For the top layer: 4 uncooked lasagna noodles, remaining sauce, remaining 1 cup mozzarella.
3. Bake covered with foil for 50-60 minutes.
4. Uncover and continue cooking until all the cheese is bubbly/melted on the top (about 5 minutes).
5. Let stand 15 minutes before serving.

TIP #1: If you use Ragu jars, don't even talk to me. Paese Mio brand, in jars, is a good alternative if you do not make your own tomato sauce.

TIP #2: Molisana, Barilla and DeCecco are top notch. Don't scrimp on the noodles. I use ready-to-cook noodles to save on the noodle boiling time. You can choose based on your preference.

TIP #3: Keeping it to 3 layers will stop the boiling over while it bakes.

TIP #4: You can substitute the lasagna noodles for Gluten Free. I recommend Le Veneziane, it is corn flour based and holds the texture (unlike some rice-based GF pasta).

TIP #5: You can substitute all cheeses for lactose-free cheese.

TIP #6: Pair it with a glass of red wine. If you choose, white, don't even talk to me. I am not going to explain why. It's just not done.

*My mother was a fantastic cook. Everything she made was fresh, never frozen. She encouraged me to be creative with this dish, but she never interfered when I was making it. Suggestions only. I will always love her for that and hope that I can carry on more family traditions, just like this one.*

# Mackenzie & Della's Favourite German Potato Salad

Recipe by Mackenzie Tomlin & Della Alderson, adapted from Jamie Oliver

**Yields:** 8 servings, or one big bowl!

## Ingredients:

1 kilo of new potatoes, scrubbed

1 tbsp grainy mustard

¼ cup white wine vinegar

¾ cup olive oil

1 tsp kosher salt

1 tsp freshly ground black pepper

1 tsp of any other herb/herb mix you like (we use a German spice mix that has dried brown mustard seed, rosemary, garlic, thyme, bay leaves, and sage)

3 small shallots, chopped very finely

1 handful fresh flat-leaf parsley, roughly chopped (optional)

## Steps:

1. Boil the potatoes in salted water until tender. Drain them and let them cool slightly (they can still be warm, just not scalding hot)
2. Whisk together the mustard with the vinegar before slowly adding the olive oil. Then, add all the remaining ingredients to the dressing and mix well.
3. Slice the cooked potatoes in half/quarters (depending on the size) and stir in the dressing!
4. Can be served warm or cold and is delicious both ways!

*This is such a simple recipe, we use it for any potluck/party we go to!*

# Mom's Cinnamon Coffee Cake

Recipe by Corinne Haigh

**Yields:** 10-12 servings

## Ingredients:

Cake:

- 1 cup sour cream
- 1 tsp baking soda
- ½ cup butter
- 1 cup sugar
- 2 eggs, beaten
- 1 tsp vanilla
- 1 ½ cups of flour
- 2 tsp baking powder
- ¼ tsp salt

Topping:

- ¼ cup brown sugar
- 1 tbsp cinnamon
- ¼ cup chopped walnuts

## Steps:

1. Preheat the oven to 350°F.
2. In a small bowl, combine the sour cream and baking soda and let stand.
3. In a medium bowl, cream the butter and sugar until fluffy. Add the eggs and vanilla and beat.
4. In a third bowl, sift together the flour, baking powder, and salt.
5. Add the sour cream mixture alternately with the flour mixture to the egg mixture. Stir to combine.
6. Make the topping by combining the brown sugar, cinnamon, and walnuts together in a small bowl.
7. Pour half of the cake batter into a 10 inch tube or bundt pan. Sprinkle half of the topping on the batter. Pour the remaining cake batter into the pan and cover with the remaining topping.
8. Bake at 350°F for 40 minutes.

*This is a wonderful cake for the holidays or to give to friends and family any time.*

# Momma Rose's Famous Chocolate Chip Cookies

Recipe by Sally Rose

**Yields:** Roughly 30 cookies

## Ingredients:

2  $\frac{3}{4}$  cups of all-purpose flour  
1 tsp baking soda  
1 tsp baking powder  
Pinch of salt (about  $\frac{1}{4}$  tsp)  
 $\frac{2}{3}$  cup melted butter  
2 cups of lightly packed brown sugar  
2 eggs  
3-4 tbsp hot water  
1 package Nestle's milk chocolate chips

## Steps:

1. Preheat the oven to 375°F.
2. In one bowl stir together flour, baking soda, baking powder and salt.
3. In another bowl mix together melted butter, brown sugar, eggs and water in a large bowl until it is well blended.
4. Combine both bowls. Once you have stirred well and you have a nice cookie dough, gradually add chocolate chips.
5. Drop by spoonfuls of the size you want.
6. Cook for 8 minutes, or about 7 for smaller cookies.
7. When you take them out of the oven they will be fairly soft. Let set on the hot cookie sheet for about 1 minute then carefully transfer to a cooling rack. By taking them out when they are fairly soft ensures warm soft gooey cookies. Then with the smell of this heavenly chocolate chip cookies wafting through your kitchen you will be surprised if they last on the cooling rack long enough to actually cool.

*I have been making these wonderful soft chocolate chip cookies for many years. When my son was in high school I would make them every Friday for his football team. They loved them and definitely appreciated the homemade cookies just for them. I now make them for the different businesses who go the extra mile when servicing my car or some other service. To say they have been received with wide smiles is an understatement. My son is a firefighter and I also make them for the firehouse. So, my chocolate chip cookies have made quite a reputation for themselves. This is a very easy and quick recipe... Enjoy.*

## Neil's Harbour White Bread

Recipe by Gramadel Francis, adapted from Food That Really Schmecks by Edna Staebler

**Yields:** About 3 loaves or 6 buns o' bread

### Ingredients:

2 tbsp yeast  
3 cups lukewarm water  
1 tsp + ½ cup white sugar  
1 heaping tbsp salt  
½ cup oil or shortening  
~9 cups of all-purpose flour

### Steps:

1. Dissolve 1 tsp white sugar in 1 cup of lukewarm water. Sprinkle 2 tbsp yeast over the sugar water. Let stand for 10 minutes, until the yeast has risen to the surface. Stir until blended, making sure all the yeast is dissolved.
2. Into the yeast mixture stir, 2 cups lukewarm water, ½ cup white sugar, 1 heaping tbsp salt, and ½ cup oil.
3. Beat, then stir in 1 cup at a time, 9 cups of all-purpose flour. Mix till it requires muscle (you may need another ½ cup of water to work in the last of the flour).
4. Rest, then continue to mix until the dough hangs together and is easy to handle, but still floppy and moist.
5. Scrape the dough onto a well-floured surface, sprinkle with flour and knead. Keep sprinkling on more flour (you might use a whole cupful) and knead for several minutes, until the dough is smooth and elastic.
6. Place the dough back into the bowl, loosely cover with waxed paper, a dish towel, or plastic wrap. Place the bowl in a warm spot and let rise 1-2 hours, or until doubled in size. Punch the dough down to get rid of air bubbles.
7. Divide dough into 3 or 6 parts, dredge in flour and shape as desired. Place in a greased loaf pan. Bake at 400°F for about 20 minutes. When the loaves are brown, top and bottom, remove them from the pans to a cooling rack.

For cinnamon buns - roll the dough for 1 loaf an inch thick. Add melted butter, sugar, cinnamon, nuts, and raisins as desired. Roll it up, slice, and place cinnamon rolls into a well-greased bread pan to rise. Bake at 400°F for about 30 minutes. Alternatively, place butter, sugar, cinnamon, and nuts in the bottom of a pan. Fill the pan with little balls of dough. Bake at 400°F until the tops are browned.

## Peanut-Miso Chickpea Salad

Recipe by Mackenzie Tomlin, adapted from Lahb Co. Eats

### Ingredients:

1 can chickpeas, rinsed  
½ cup peanut butter  
2 tbsp miso paste  
2 tbsp rice vinegar  
2 tbsp maple syrup  
1 tsp ginger powder  
1 tsp garlic powder  
½ tsp cinnamon  
½ tsp cumin  
½ tsp chili powder  
¼ cup red onion  
¼ cup cilantro  
Salt and pepper to taste

### Steps:

1. Dice red onion and cilantro, set aside.
2. In a bowl, mash chickpeas with a fork or potato masher. It is nice to have a mixture of mashed and whole chickpeas for texture while eating.
3. In a small bowl, combine peanut butter, miso, rice vinegar, maple syrup, and spices. Mix, taste, and adjust to your liking. A small drizzle of sesame oil can be nice.
4. Combine sauce, chickpeas, onions, and cilantro, and stir to combine.
5. Refrigerate for 1 hour.
6. Enjoy this alone, in a salad, on a sandwich or any other way you can dream!

*I discovered this recipe this summer while on the hunt for new lunch ideas. It's so flavourful and was a great one to make on Sunday and have ready for sandwiches all week long.*

## Phyl's Dills

Recipe by Della Alderson, adapted from her grandmother Phyllis Alderson

**Yields:** 2 x 750mL jars

### Ingredients:

1 kilo fresh mini cucumbers (from a farmer's market or garden, provides the best flavour!)

1 ½ cup pickling vinegar (apple cider vinegar also works)

1 ½ cup water

2 ½ tbsp pickling salt (kosher salt also works)

### Pickling Spices:

6 cloves garlic, peeled and smashed

1 tbsp dill seed

2 stalks fresh dill

1 tbsp yellow mustard seed

2 bay leaves

1 tbsp black peppercorn

Optional additions to add some spice (adjust as you see fit!):

1 tsp red pepper flakes

1 jalapeño, sliced into coins (keep or remove the seeds depending on your preference)

### Steps:

1. Clean your cucumbers and trim the end so no stem remains. Cut them into spears or coins, if desired (I prefer to look for the smallest cucumbers while at the market, so I can leave mine whole)
2. Divide the pickling spice into two (including the red pepper flakes and jalapeño at this step if you choose to make spicy pickles) and place at the bottom of the clean jars.\*
3. Tightly pack the cucumbers into the jars, without smashing them. Leave at least 2cm between the tallest cucumber and the top of the jar.
4. Boil the vinegar, water, and salt until all the salt has dissolved. Pour the brine into the jars, making sure to cover the tallest cucumber. (Depending on how tightly you've packed the cucumbers, you may need more or less brine).
5. Remove air bubbles by gently tapping the jars on the counter and using a butter knife to release any air trapped between the cucumbers and the side of the jars.

6. Seal the jars with their lids.\*\*
7. Let the jars cool down to room temperature. Processed jars can be stored at room temperature (good for over a year), whereas unprocessed pickles must be stored in the fridge (good for a over a month).

\*If you are planning to can your pickles for long-term storage, sterilise the jars beforehand by boiling them in a large pot of water for 5-10 minutes.

\*\*If you are planning to can your pickles for long-term storage: Use a circular metal drying rack or a DIY tinfoil "snake" at the bottom of a large pot, to hold the jars upright and stop them from touching the bottom. Fill the pot, until the water sits at least 2 cm above the top of the lids. Let the water boil for 5-10 minutes. The jars should now be sealed for long-term storage and the lids should now pop down - if they do not, refrigerate them and eat those ones first.

*I have strong memories of making pickles at the end of August with my paternal grandmother, Nana, when I was younger. While I have kept my pickle-loving ways all these years, I hadn't made my own again since her passing. This summer, I've been making oodles of pickles using this recipe, which is inspired by her! I've made several batches of pickles so far and am still tweaking this recipe, but I hope you find that you love it too!*

# Play Dough

Recipe by Kate Sullivan

## **Ingredients:**

1 ½ cups flour

½ cup salt

1 tbsp cream of tartar

2 cups boiling water

3 tbsp oil

## **Steps:**

1. Mix the first 3 ingredients together.
2. Add boiling water and oil.
3. Mix and knead on a lightly floured board.
4. Store in a covered container.

# Pork Tenderloin

Recipe by Evelyn Witherspoon

**Yields:**

**Ingredients:**

- 1-2 pork tenderloin
- 1 cup honey
- 1 cup spicy mustard
- 1 tablespoon ground red pepper

**Steps:**

1. Mix the honey, spicy mustard, and ground red pepper.
2. Place the tenderloin in a Ziplock bag and add the spice mixture.
3. Coat the tenderloin and let it rest in the refrigerator for 2 to 3 hours.
4. Grill the tenderloin for 20-30 minutes, turning as needed.
5. Slice on an angle and serve.

# Sesame Miso Peanut Butter Cookies

Recipe by Mackenzie Tomlin & Della Alderson, adapted from FOOD52

**Yields:** About 35 cookies

## Ingredients:

2 cups all-purpose flour

½ tsp baking soda

½ tsp baking powder

½ tsp salt

1 cup dark brown sugar

¾ cup granulated sugar

12 tablespoons (1 ½ sticks) unsalted butter, melted

⅓ cup white miso (you can also use genmai miso paste, which is brown)

⅓ cup sweetened crunchy peanut butter (we have also used WOW Butter when making them for nut-free friends and had success).

1 large egg, at room temperature

1 ½ teaspoons vanilla extract

1 ½ cups chocolate chips

¾ cup black sesame seeds

## Steps:

1. Preheat the oven to 350°F. Prepare 2 baking sheets with parchment paper or Silpats.
2. Whisk together flour, baking powder and soda, and salt.
3. Using a hand mixer or the paddle attachment on a stand mixer, cream the butter and sugars. Mix until the mixture falls in shiny ribbons when you stop and lift the beaters, about 2 minutes.
4. Beat in the miso paste and peanut butter, followed by the egg and vanilla.
5. Add the flour mixture in two parts, mixing just until the flour is incorporated.
6. Mix in the chocolate chips.
7. Place the sesame seeds in a small bowl. Scoop the cookies out by the tbsp, roll into a ball, then roll the ball in the sesame seeds ensuring the entire ball is covered in seeds.
8. Place on the baking sheets and bake for 12-14 minutes, or until golden brown. Allow to cool on the baking sheets for a few minutes, transfer to wire racks, then enjoy!

*We once enjoyed a delicious sesame miso cookie from Juniper Food & Wine in Wolfville and were determined to recreate it. I'm not sure if we've mastered the recipe quite yet, but they are delicious regardless!*

# Sour Cream Pancakes

Recipe by Kate Sullivan

**Yields:** Varies depending on the size of your pancakes

**Ingredients:**

1 cup sour milk

1 egg

1 tbsp sugar

1 cup flour

1 tsp baking soda

½ tsp salt

1 tbsp oil

**Steps:**

1. Make sour milk: combine 1 tbsp lemon juice or vinegar plus enough milk to make 1 cup and let stand for 5 minutes.
2. Mix all ingredients together and cook the batter as you do for making pancakes.

# Spicy Two Pot Pasta

Recipe by Chris Zakrajsek, adapted from Anita Lo in Solo

**Yields:** 2 to 4 servings, depending on how hungry you are. (It makes fantastic leftovers!)

## Ingredients:

2-3 handfuls of the pasta of your choice

Splash of oil

4 cloves of garlic or thereabouts

2 handfuls of tomatoes

1 glass of white wine or 1 lemon

Salt and pepper

1 small spoon of crushed hot chilis in oil (sometimes called Calabrian chili in oil)

Generous parmesan to dress the pasta

At least 3 leaves of basil

## Steps:

1. Start your pasta and cook until it's al dente while preparing the sauce.
2. Sauce:
  - a. Slice tomatoes and heat a pan with oil (I like to use a wide bottom stainless steel pan with a lid).
  - b. Add tomatoes to the hot pan with the cut side facing down.
  - c. Let the tomatoes heat up a bit and toss in half the glass of white wine (drink the other half of the glass) or squeeze in a lemon.
  - d. Put a lid over the tomatoes and let them cook for about 7-9 minutes.
  - e. Lift lid, and smooch the tomatoes around the pan. They should be starting to disintegrate.
  - f. Depending on your personal preference, you can pull the skins off the tomatoes or leave them on (I leave them on).
  - g. Toss in the garlic. Let the garlic cook in the smooching tomato goodness for a few minutes or until someone says 'that smells good - what's cooking?'
3. Assembly:
  - a. The pasta should be done and drained at this point.
  - b. Dump the sauce into a blender with the Calabrian hot chilis and a handful of basil. PUT LID ON BLENDER and pulse until the desired consistency.
  - c. BE VERY CAREFUL while removing the lid and toss the sauce and pasta together (I typically use the pasta pot for this).

4. Serve the pasta and generously shred the parmesan on top of the whole mess.

*The recipe was adapted from the 'Spaghetti with Burst Baby Tomatoes and Chili' recipe in Solo by Anita Lo. If you want to add extra pizzazz to the pasta, I cook up 2 spicy Italian sausages before I start, then pull the meat out of the pan but leave the oil, then at the end I toss the meat back into the pot with the cooked and drained pasta and sauce.*

# Strawberry and Lemon Shortcake

Recipe by Mackenzie Tomlin, adapted from Ricardo.

**Yields:** 1 large cake

## Ingredients:

Cake:

1 ¼ cups unbleached all-purpose flour

1 tsp baking powder

¼ tsp salt

6 eggs, separated

½ tsp cream of tartar

1 ½ cups sugar

¼ cup vegetable oil

¼ cup water

2 tbsp lemon juice

Zest of 2 lemons

Filling:

2 cups (500 mL) 35% heavy cream

6 tbsp icing sugar

1 tsp vanilla or 1 vanilla bean, split in half and scraped

4 cups fresh strawberries, quartered

## Steps:

1. For the cake:
  - a. Place the rack in the lowest position in the oven, and preheat to 325°F.
  - b. Whisk together the flour, baking powder, and salt.
  - c. Using the whisk attachment on an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add half the sugar (¾ cup) while beating, until stiff peaks form.
  - d. In another bowl, whisk the remaining sugar (¾ cup) with the oil, water, lemon juice and zest, and the egg yolk. Stir in the dry ingredients. Using a spatula, stir in a quarter of the egg whites. Then fold in the rest of the meringue, very gently to ensure you don't deflate all of the air you have just created.
  - e. Pour into a 10-inch ungreased angel food cake pan. Bake for 1 hour, or until a toothpick inserted in the centre comes out clean. Remove the cake from the oven and immediately flip it upside down for 3 hours. Run a knife around the cake to unmold it.

2. For the filling:
  - a. Whip the cream, 3 tbsp icing sugar, and ½ tsp vanilla together until stiff peaks form.
  - b. Remove the stems, wash and cut the strawberries into quarters.  
Optional: add to the strawberries 3 tbsp icing sugar, ½ tsp vanilla and some lemon zest. Allow this to sit at room temperature for 30 minutes then strain.
3. To assemble:
  - a. Slice the cake horizontally into three slices using a bread knife. Layer the cake, whipped cream, and strawberries and enjoy!

*My mom, sister, and I have been making this cake for years and it is the perfect summer dessert! Top with strawberries, raspberries, blueberries, or any other fresh fruit you like! When I met Ricardo on Wall of Bakers (!!), I told him this was one of my favourite desserts in the world! On another occasion, this cake fell out of my fridge and landed in my hands while we had guests waiting outside. Its shape destroyed but its flavours still intact, I whipped up some more cream, cut the cake into pieces and turned it into a trifle that was enjoyed by all!*

# Strawberry and Rhubarb Delight

Recipe by Shonda Zwicker

**Yields:** 10-12 servings

**Ingredients:**

4 cups chopped rhubarb

1 cup sugar

1 package strawberry Jell-O

1 box of white or French vanilla cake mix

1 tbsp butter

1 cup hot water

**Steps:**

1. In a 9-inch by 12-inch pan, layer the rhubarb, sugar, jello, and dry cake mix without mixing.
2. Dot butter on top.
3. Add hot water.
4. DO NOT MIX.
5. Bake at 350°F for 25 minutes.

# Summer Veggie Medley

Recipe by Gramadel Francis

## **Ingredients:**

New potatoes

Choice of available vegetables: zucchini, peppers, green beans, carrots, spinach, etc.

Cheese (chef's choice: cheddar and parmesan, or other!)

Tomatoes

Salt

Pepper

Basil

Parsley

Bread, pulsed into crumbs

## **Steps:**

1. Grease a casserole dish.
2. Thinly slice new potatoes and add them to the dish as the first layer. Season with salt and pepper. Sprinkle chopped fresh onions over the potatoes.
3. Slice zucchini, dip the rounds into a beaten egg mixture, then lightly fry in butter. Add to the dish.
4. Add any other chopped veggies you like - peppers, green beans, carrots, spinach.
5. The next layer is grated cheese - I usually use cheddar.
6. Next are sliced garden tomatoes sprinkled with fresh basil leaves and parsley. Add salt, pepper, and any other seasoning you desire.
7. Top with buttered bread crumbs and parmesan cheese.
8. Cover with lid or aluminium foil. Bake at 350°F for 45 minutes. Remove the lid and bake for another 10 minutes to crisp the topping.
9. Enjoy!

*Best made with veggies fresh from the garden or the market!*

# Sweet and Sour Chicken Wings

Recipe by Kate Sullivan

**Yields:** 4 servings

**Ingredients:**

1 lb package of chicken wings  
500 g jar of honey  
500 g (about 2 cups) of ketchup  
2 tsp lemon juice  
Salt and pepper to taste

**Steps:**

1. Mix together honey, ketchup, lemon juice, salt, and pepper. Tip: use the empty honey jar to measure out your ketchup.
2. Add in chicken wings and stir to coat.
3. Cover the bottom of the broiler pan with tinfoil for an easier cleanup. Place chicken wings in a single layer on the bottom of the pan.
4. Cover with tinfoil and bake at 350°F for about 1 hour.
5. Remove tinfoil lid and continue to bake for 15-20 minutes.

## The Very Zest Cranberry Sauce

Recipe by Della Alderson & Mackenzie Tomlin, adapted from Oh My Veggies

**Yields:** 6 servings, or a heaping bowl!

### **Ingredients:**

8 oz of cranberries (fresh or frozen work!)

½ cup white sugar

½ cup ginger beer

¼ cup orange juice (from an orange)

1 tbsp orange zest

1 tbsp grated fresh ginger (peel it before you grate it)

### **Steps:**

1. Combine all ingredients in a medium-sized saucepan and bring to a boil over medium-high heat.
2. Reduce heat and simmer for 10 minutes, stirring frequently and smushing the cranberries on the side of the pan.
3. Remove from heat and pour it into the bowl you will be serving it in. It will thicken as it cools.

*This recipe has made cranberry sauce a year-round dish for me. The first year I was not living at home, I made a lot of grilled cheese and this cranberry sauce, along with some dried rosemary, really elevated them!*

# Vegetable Khichdi, My Favourite One Pot Meal

Recipe by Kanika Chopra

**Yields:** 2 servings

## **Ingredients:**

2 tbsp ghee (or coconut oil if you are vegan)  
2 bay leaves  
2 pods cardamom  
1 pod black cardamom (optional)  
1 inch cinnamon  
3 cloves  
2 tsp cumin  
½ tsp whole black pepper  
pinch of asafoetida (optional)  
2 onion (finely chopped)  
2 slit green chilli or sliced jalapeno pepper  
2 tsp ginger garlic paste  
2 tomato (chopped)  
¼ cup peas  
¼ cup carrot (chopped)  
¼ cup bell pepper (chopped)  
¼ cup corn  
¼ cup chopped potatoes  
½ tsp turmeric  
½ cup coriander leaves (finely chopped)  
¼ cup fried onions (optional)  
1 tsp garam masala (optional)  
Salt to taste  
1 cup rice (washed and soaked)  
1 cup Yellow Mung Lentil (Split and Dehusked) (washed and soaked)  
4 cups water

## **Steps:**

1. In a pressure cooker heat ghee or coconut oil and sauté on medium heat bay leaf, cardamom, cinnamon, cloves, cumin and a pinch of asafoetida.
2. Continue to sauté onions followed by slit green chilli and ginger garlic paste. Wait until the onion turns translucent.
3. Add tomato and sauté till they turn soft and mushy.

4. Add all the vegetables, peas, carrot, bell pepper, corn and potatoes, sauté for a couple of minutes. You can add any vegetable of your choice.
5. Now add turmeric, garam masala and salt. Sauté well all ingredients on low flame.
6. After a couple of minutes, add drained rice and lentils. Pour water and ½ coriander leaves, mix well.
7. Cover and pressure cook for 3 whistles on medium heat. Switch off the heat and wait until the pressure is released.
8. Finally, open the lid, garnish khichdi with remaining coriander leaves and fried onions. Stir well.
9. Serve khichdi with plain yogurt of your choice and pickles.

Notes:

1. Add vegetables of your choice and feel free to adjust the spice levels.
2. Storage and Leftovers: khichdi can become dry and lumpy, I prefer to serve fresh. If you do end up with leftovers, you can store them in the refrigerator in an air-tight container for up to 1 day. To reheat the dish, in a saucepan add some water to thin it a bit and heat before serving. You can also make an Indian version of Arancini with leftovers.
3. White rice is used commonly to make khichdi in India, you can substitute white rice with brown rice, millets, barley, oats or cracked wheat.
4. Mung Lentil can be substituted with red lentils or pigeon pea lentils. You can even make khichdi with a combination of these three lentils.
5. For Instant Pot users: Follow steps 1-6; seal the pot with the lid and set the valve to the sealing position. Pressure cook on high pressure for 12 minutes. When you hear the beep sound, wait for 10 minutes and then do a quick pressure release lifting the valve carefully.

*Khichdi is a light and easy to digest Indian dish.*

## Your Recipe:

**Source:**

**Yields:**

**Ingredients:**

**Steps:**

**Notes:**

## Your Recipe:

**Source:**

**Yields:**

**Ingredients:**

**Steps:**

**Notes:**

## Your Recipe:

**Source:**

**Yields:**

**Ingredients:**

**Steps:**

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**Yields:**

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**Steps:**

**Notes:**