



AECOM's Global Cookbook

Food for the heart!

Food not only nourishes our bodies, it has the ability to bring us closer to our loved ones and connect us with people from all over the world. Simply put, food is good for our well-being and is particularly good for our hearts.

Healthy meals lead to healthy hearts. Cooking with our families helps us build closer bonds, reduces stress and helps us save money throughout the week. We can even learn new skills while cooking, like how to cook sustainably and give back to our community and the planet. The love we put into our food fills our hearts with joy and can make the most unfamiliar places feel like home.

Get to know your colleagues, their families and their most treasured traditions through AECOM's Global Cookbook, a compilation of our employees' favorite recipes from around the globe.

Tell us about the recipes you try on the [**AECOM Community Feed**](#), and don't forget to share your favorite recipes and a photo via [**email**](#) to be added to AECOM's Global Cookbook.

Table of Contents

Savory 3

• BBQ Pork	4
• Belgian Stew and Belgian French Fries	5
• Buddha-Jumps-Over-The-Wall-Soup	7
• Brandy Caramelised Onions and Goat Cheese Thin Crust Pizza	8
• Butter Chicken	9
• Fried Beef and Vegetables	10
• German Lasagna	11
• Gram's Yams	12
• Green Beans with Bacon and Onion	13
• Homemade Cornbread Recipe	14
• Italian "Bolognese Ragù - Lasagne"	15
• Meatballs	16
• Old Fashioned Lettuce Dressing	17
• Orange Soy Glazed Salmon (or Rainbow Trout)	18
• Pick-Me Up Overnight Oats	19

• Poisson et Salsa De Mais/ Fish and Corn Salsa	20
• Polish Barszcz & Vegetarian Red Beet Soup	21
• Pork Marinade and Soup	23
• Vegan "Egg" Casserole	24
• Vegan Fried Chicken	25

Sweet 26

• Apple Crumble	27
• Banana Bread	28
• Brown Sugar Cake	29
• Butterscotch Pie	30
• Caramels	31
• Carrot Cake	32
• Grape Pie	33
• Puffed Rice Candy	34
• Ritz Cracker Pie or Mock Apple Pie	35
• Ritz Cracker Fluff	36
• Sticky Cranberry Gingerbread	37

Use these helpful conversion charts to help you prepare these delicious recipes.

Celsius	►	Fahrenheit
162	►	325
176	►	350
190	►	375
204	►	400
218	►	425
232	►	450

You can also use this [calculator](#).

Grams	►	Pounds
113	►	1/4
227	►	1/2
151	►	1/3
302	►	2/3
453	►	1
680	►	1.5

You can also use this [calculator](#).



S A V O R Y



“ Here is a picture of a favourite food memory: My daughter’s 1st birthday during lockdown, so cake in the garden! Our favourite dinner recipe is BBQ Pork. ”

Recipe

Ingredients

- 1 pound pork (cut into small pieces)
- 1 dessert spoon vinegar
- 4 dessert spoons tomato ketchup
- 2 dessert spoons soft brown sugar
- 1 dessert spoon Worcestershire sauce
- 1 teaspoon curry powder
- 1 teaspoon marmite
- ½ pint ham stock

Cooking Instructions

1. **Toss meat** in seasoned flour and brown in frying pan.
2. **Move the meat** to a casserole dish.
3. **In the pan**, add the vinegar, tomato ketchup, sugar, Worcestershire sauce, curry powder, marmite and ham stock. Mix and bring to a boil.
4. **Pour the sauce** over the meat and place the casserole dish in the oven at 180° C for 1.5 hours. Serve with rice and vegetables.



“Hi, this is not my own recipe. It is from Jeroen Meus, our own Flemish Jamie Oliver.”

Recipe

Ingredients for 4 people

- 2 large onions
- 1 kilogram beef (cut, in equal pieces)
- Salt and pepper
- 2 bottles of Belgian brown beer (e.g., St Bernardus Abt 12, (but any Belgian brown beer is good)
- 2 bay leaves
- 2 sprigs thyme
- 1 clove
- 2 tablespoons of (apple or pears) Liège syrup
- 1 brown slice of bread
- 2 tablespoons of (sharp) mustard
- Natural vinegar
- A few parsley stems
- Mayonnaise
- 1 kilogram (loose cooking) French fry potatoes

Cooking Instructions

1. **Peel the onions** and chop them into small pieces.
2. **Heat a large stew** and melt a knob of butter in it. Stew the onions in it over medium heat. Do not brown the onions.
3. **Heat a frying pan** over medium heat and melt a knob of butter in it.
4. **Sear the pieces of meat** in the frying pan until they are golden brown.
5. **Season the meat** during baking with some ground pepper and a pinch of salt.
6. **Put the pieces of meat in the stew with onions.** Keep the frying pan with the sticking-on and pour the beer in it. While the beer is being brought to a boil (deglaze), loosen all of the meat's remains.
7. **Once the beer is boiling**, pour it into the stew.
8. **Tie a few bay leaves** and a few sprigs of fresh thyme together with some kitchen twine. Let the herb bouquet simmer in the pot.
9. **Add the cloves** and the Loon (or Liège) apple-pear syrup.
10. **Spread the brown bread** generously with sharp mustard. Place the sandwich in the pot, smeared side down.

Continued

Recipe Continued

Ingredients for 4 people

(See Page 5)

Cooking Instructions

11. **Let the pot roast simmer** for 1.5 to 3 hours on low heat. The lid does not have to be on the pot. The cooking time depends on the quality of the meat. Stir the pot from time to time and check in between if the meat is cooked enough.
12. **Only once the stew sauce has the desired thickness**, place the lid on the stew.
13. **Finish the stew** with a little bit of natural vinegar and stir everything.
14. **Taste** and add some more ground pepper and a pinch of salt to taste.

How to Make the French Fries

1. **Peel the potatoes** and cut them by hand into uniform chips. Don't wash the fries, because then you will rinse the starch off.
2. **Heat the fryer** to 140° C.
3. **Fry the fries for the first time**, but do not let them turn golden yet.
4. **Let the fries get cold** in a bowl with some kitchen paper.
5. **Then heat the fryer** to 180° C.
6. **Fry the cold chips** until golden and crispy.
7. **Pour the chips again into a bowl** with some kitchen paper, so that they can drain for a while. Sprinkle with some salt to taste.
8. **Serve** a portion of stew with the freshly baked fries and a generous spoonful of fresh mayonnaise. (Yes, Tarantino was right: A lot of people in Belgium eat French fries with mayonnaise 🍷)

“ Here is the recipe of Buddha Jumps Over The Wall Soup, which is a local food in my region. ”

Recipe <https://www.wokandkin.com/buddha-jumps-over-the-wall-soup/>

Ingredients

- 5 U.S. cups chicken stock
- 300 grams / 0.66 pound lean pork
- 1 silkie chicken (we get it from the Chinese butcher)
- 10 fresh abalone
- 500 grams/1.1 pound chicken feet
- 50 grams/0.1 pound dried scallops
- 10 grams/2 slices ginger
- 170 grams/0.4 pound Chinese herbs (we ask our Chinese herbalist to pack a packet)
- 1 teaspoon Shaoxing rice wine
- 1 teaspoon salt (or to taste)
- 1½ tablespoons chicken bouillon powder
- 2 dried deer sinew (optional)

Cooking Instructions

1. **Rinse and soak the dried scallops** in hot water for 20 minutes, then drain and set aside.
2. **Clean the abalone** by using a new toothbrush to brush away the brown layer on its body.
3. **Turn the abalone to its side** and brush at the black parts until clean, then place in a colander to drip dry. Repeat this with the rest of the abalones.
4. **Use scissors** to cut the tips off the chicken feet.
5. **Cube the pork meat** roughly into 1 centimeter (0.4 inch) chunks.
6. **Pour the chicken stock into the slow cooker** and turn it up to high. Add all the ingredients and seasoning in, put the lid on and let it come to a boil.
7. **As soon as it starts boiling**, set the heat to low and let it slow cook for 5-6 hours.
8. **Serve** immediately as is!

Recipe

Cooking Instructions

Pizza Base

1. Add 6 grams of dried yeast to 165 milliliters of tepid water and allow to fully dissolve.
2. Add the yeast mixture to 250 grams of strong bread flour, combine the mixture adding 3 grams sea salt.
3. Cover for 5 minutes.
4. Put dough mix into a food processor with a dough hook [low setting] or hand knead for 8 to 9 minutes.
5. Wet your hands for handling the dough and place it into a floured bowl and cover with a damp cloth – leave this for 30 minutes to rise.
6. Set the oven to 250° C.

Brandy Caramelised Onions

7. Put 4 tablespoons of olive oil and one teaspoon of salted butter into a thick frying pan / pot and bring to a high heat.
8. Chop one very large white onion roughly and add to the pan.
9. Cook the onions until translucent and soft – in the meantime move onto the other preparation of the tomato sauce and the other toppings. Keep stirring this.

Tomato Sauce

10. Open a 400 gram can of chopped tomatoes, place the contents in bowl and season with salt and pepper – leave to the side.

Other Toppings

11. Grate 170 grams of hard / mild goat cheese and place in a bowl separate from the chopped tomatoes.
12. Finely chop a long red pepper and place this in the bowl with the grated cheese.
13. Add 160 grams of drained tinned sweet corn to the bowl.
14. Mix these ingredients and season with salt and pepper.

Back to the Caramelised Onions

15. Now that the onions are reduced, the fun can begin.
16. Add 50 milliliters of decent brandy [something like VSOP] and let this reduce down to nothing. Keep stirring.
17. Now add 50 milliliters of light soy sauce and 50 milliliters of runny honey, mix this through and bring the heat down low.
18. Keep stirring this until it is sticky and dark brown – try to avoid burning it – if in doubt take it off the cooker and set to one side.

Pizza Assembly & Baking

19. Place two baking trays approximately 200 x 280 centimeters side-by-side.
20. Split the pizza dough mix in two and hand knead each dough on a floured surface for about a minute.
21. Roll each dough to the shape of the baking tray you have and place these on the tray.
22. Split your tomato sauce mixture and cover each pizza base leaving a small edge uncovered by tomatoes.
23. Now split the other toppings in two and place over the tomato sauce – don't mix this with the tomato sauce.
24. Taking a tablespoon sprinkle the sticky caramelised onions over the other toppings.
25. Drizzle [not drown] the top of each pizza and put it in the oven between 12 to 14 minutes or until the pizza is a golden-brown colour – avoid burning.

Serving Suggestion

26. Remove the pizzas from the oven and cut to whatever size you can manage.
27. Drizzle each pizza with some extra virgin olive oil and season with salt and pepper lightly.
28. Allow the pizzas to cool and then consume.
29. Repeat on a weekly basis as necessary, preferably with your nearest and dearest around you.

Recipe

Ingredients

For the Chicken Marinade:

- 28 ounces (800 grams) boneless and skinless chicken thighs or breasts cut into bite-sized pieces
- 0.5 cup plain yogurt
- 1.5 tablespoons minced garlic
- 1 tablespoon minced (or finely grated) ginger
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon of salt

For the Sauce:

- 2 tablespoons olive oil
- 2 tablespoons ghee (or 1 tablespoon butter + 1 tablespoon oil)
- 1 large onion, sliced or chopped
- 1.5 tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- 1.5 teaspoons ground cumin
- 1.5 teaspoons garam masala
- 1 teaspoon ground coriander
- 14 ounces (400 grams) crushed tomatoes
- 1 teaspoon red chili powder
- 1.25 teaspoons salt (or to taste)
- 1 cup of heavy or thickened cream (or evaporated milk to save calories)
- 1 tablespoon sugar

Cooking Instructions

1. **In a bowl**, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
2. **Heat oil in a large skillet** or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan.
3. **Fry until browned** for only 3 minutes on each side. Set aside and keep warm. You will finish cooking the chicken in the sauce.
4. **Heat butter** or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
5. **Add garlic** and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala.
6. **Let cook** for about 20 seconds until fragrant, while stirring occasionally.
7. **Add crushed tomatoes**, chili powder and salt.
8. **Let simmer** for about 10 – 15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red color.
9. **Remove from heat**, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
10. **Pour the puréed sauce back into the pan.** Stir the cream and sugar through the sauce.
11. **Add the chicken** with juices back into the pan and cook for an additional 8 – 10 minutes until chicken is cooked thoroughly and the sauce is thick and bubbling.



Recipe

Ingredients

Fried Beef (Lok Lak)

- 500 grams roast beef
- 1 tablespoon oyster sauce
- 1 tablespoon honey
- ½ tablespoon Soja sauce
- ½ tablespoon ketchup
- 1 tablespoon Peking duck sauce (optional)
- 1 pinch salt
- ½ teaspoon black pepper
- 1 clove garlic
- 1 tablespoon cooking oil
- 2 eggs

Fried Sweet and Sour Vegetables

- 50 grams ginger
- 100 grams paprika
- 100 grams pineapple / green apple
- 1 white onion – medium size
- 100 grams green long beans
- ½ tablespoon oyster sauce
- ½ tablespoon Soja sauce
- ½ tablespoon ketchup
- 1 pinch salt
- ½ teaspoon black pepper
- 1 clove garlic
- 1 tablespoon cooking oil

Cooking Instructions

Preparation

1. **Slice the beef** (against the grain; it makes the beef tender).
2. **Add** ½ oyster sauce, ½ honey, half of Soja sauce, pepper and Peking duck sauce (optional).
3. **Mix it all well** and put in the fridge at least 2 – 3 hours in advance.

Cooking

4. **Heat up a pot** over medium heat and add cooking oil.
5. **When it is hot**, add chopped garlic - stir well for ½ minute and add beef and stir well.
6. **At this part**, cook on high heat and stir quick.
7. **Add the rest of the ingredients.**

1. **Heat up a pot** over medium heat and add cooking oil.
2. **When it is hot**, add chopped garlic - stir well for ½ minute and add ginger and stir a couple of times, then add paprika, green beans, pineapples (or green apple) and stir well.
3. **At this part**, cook on high heat and stir quickly.
4. **Add the rest of the ingredients.**



Recipe

Ingredients

- ¾ cup butter
- ¾ cup all-purpose flour
- 1 tablespoon beef bouillon granules
- 2 teaspoons onion salt
- 2 teaspoons pepper, divided
- ½ teaspoon white pepper, optional
- 2¼ cups whole milk
- 1 can (14½ ounces) chicken broth
- 1 pound smoked kielbasa or Polish sausage, chopped
- 2 large eggs
- 1½ cups 4% small-curd cottage cheese
- 9 lasagna noodles, cooked and drained
- 1 jar (16 ounces) sauerkraut, rinsed and squeezed dry
- 2 cups shredded Monterey Jack cheese, divided

Cooking Instructions

1. **In a large saucepan**, melt butter.
2. **Stir** in the flour, bouillon, onion salt, 1 teaspoon pepper and white pepper if desired until smooth.
3. **Gradually stir** in milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
4. **Add sausage**; heat thoroughly.
5. **Combine** the eggs, cottage cheese and remaining pepper.
6. **Spread** 1 cup sausage mixture in a greased 13 x 9 inch baking dish.
7. **Layer with three noodles**, a third of the sausage mixture, half of the cottage cheese mixture and sauerkraut and ¾ cup Monterey Jack.
8. **Repeat layers**. Top with the remaining noodles and sausage mixture (dish will be full).
9. **Cover and bake** at 350° F for 50 – 60 minutes or until a thermometer reads 160°.
10. **Sprinkle** with remaining Monterey Jack. Bake 5 minutes longer or until cheese is melted. Let stand 15 minutes before cutting.



Recipe • Taken from Guideposts magazine

Ingredients

- 6 medium sweet potatoes
- 1 stick butter
- 1 cup brown sugar
- 1 tablespoon cinnamon
- ½ cup pecans, chopped
- ~1 cup cranberries (optional)

Cooking Instructions

1. **The evening before**, bake sweet potatoes at 350° F until soft (~1 hour).
2. **Refrigerate overnight.**
3. **The following day**, peel the potatoes and slice lengthwise into ~4 slices per potato.
4. **Spray a 9 x 13 inch glass baking dish** with cooking spray.
5. **Layer sweet potatoe** slices in dish.
6. **Melt butter and brown sugar** in microwave, then pour over potatoes.
7. **Sprinkle cinnamon on top**; add pecans and cranberries.
8. **Bake** uncovered at 350° F for about 25 minutes, or until potatoes are hot.

Recipe

Ingredients

- 1 pound bacon, chopped small
- 1 large white or yellow onion, diced
- 2 cans green beans (15 ounces each)

Cooking Instructions

1. **Fry the bacon** until crisp.
2. **Add the onion** to the pan and cook until translucent.
3. **Add the green beans**, stir and cook until it simmers.
4. **Serve** with a slotted spoon and enjoy!



Recipe

Ingredients

- 1 cup self-rising corn meal mix (any brand will do, but I like Aunt Jemima or Martha White)
- ½ cup self-rising flour
- 1 cup buttermilk
- 2 eggs beaten well (add before oil, but after buttermilk)
- ½ cup Crisco oil
- ½ to 1 cup sugar (depending on how sweet you like your cornbread)

Cooking Instructions

1. **Mix** all ingredients well.
2. **Pour** into a 9 x 9 inch well-oiled (heat oil first) pan or baking dish.
3. **Bake** at 400° F for 30 minutes.

Serves 6

Note: It does really well in a cast iron skillet if you have one. I put 2 tablespoons of butter in the skillet and heat the skillet in the oven first before pouring the batter. Some ovens cook quicker than others so check it after about 20 minutes.





“ Here you have the [recipe](#) and a picture of my homemade Lasagna. ”

Recipe

Ingredients

For the Pasta Sheets

(for a casserole pan of 20 x 30 centimeters)

- 400 grams flour
- 4 eggs
- A cutting board or clean countertop for working the dough

For the Ragù

- 1 small carrot
- 1 white onion
- 1 small stalk of celery
- 2 tablespoons Extra Virgin olive oil
- 250 grams tomato sauce (unseasoned)
- 500 grams minced beef
- 350 grams minced pork
- ½ glass of white wine
- salt
- ground pepper

And for the “Besciamella” Sauce

- 1 liter of milk
- 100 grams (7 tablespoons or a little less than ½ cup) of butter
- 80 grams (⅔ cup) all-purpose flour
- A tiny pinch of nutmeg
- A pinch of salt
- A pinch of ground pepper

Cooking Instructions

1. **Make your pasta sheets:** Place almost all of the flour on your cutting board (reserve 50 grams or so, a little more than ⅓ a cup) — wood is the best material to knead on, but plastic boards or even just your countertop are okay too – and make a hollow in the center of our little pile so it looks like a flour volcano.
2. **Make your Ragù:** Heat a healthy glug of olive oil in a large pan or Dutch oven while you peel the carrot and the onion. Wash and dry the celery. Cut the three of them into tiny pieces and cook them over a low heat until they are soft (roughly 5 minutes). Turn the heat to medium-high and add the ground beef and ground pork. When the meat has browned and the liquid has evaporated, add the white wine and stir. When the wine has evaporated, add the pasta, salt and pepper. Stir again to mix the ingredients and let them cook on a low heat for at least an hour.
3. **Make your Bechamel sauce:** Put the ragù aside and get ready to make your bechamel, or as we say in Italy, “Besciamella” sauce. Warm the milk in a saucepan, but don’t let it boil. In a separate saucepan, cube the butter and melt it over low heat. As soon as it has liquefied, take it off the heat and gradually whisk in the flour, making sure that no lumps form. Place the pan with the butter and flour mixture back on a low heat and add your warm milk, salt, nutmeg and ground pepper. Stir rapidly with the whisk until it thickens and becomes smooth.
4. **Time to put your lasagna layers together!** Pour a fine layer of besciamella on the bottom of your casserole dish. Cover it with a layer of ragù. Place your pasta rectangles side-by-side on top of the ragù until you have covered it completely. Don’t allow them to overlap too much – you don’t want any double layers of pasta. Repeat the process in the same order as above until you reach 5 or 6 layers of pasta. On the very last layer of pasta, place a slightly thicker layer of bechamel and ragù as it is the layer most exposed to the hot air of the oven and tends to dry up a little. Sprinkle some parmesan cheese on top, or between the layers if you like, but this is not a requirement.
5. **Bake:** Place the casserole in a pre-heated oven at 200° C (390° F) for about 25 minutes. You will know the lasagna is ready when you can see a golden crust around the outside edges on the top layer. Let your gorgeous lasagna rest for a couple of minutes before cutting and serving. Enjoy!



Recipe

Ingredients

Meatballs

- 1 medium-sized yellow potato
- 1 teaspoon sea salt, or to taste
- ½ teaspoon ground pepper, white preferred
- 1 large egg
- 500 grams lean ground beef
- ½ cup breadcrumbs, plain
- ½ cup milk
- Olive oil nonstick spray

Cream Sauce and to Serve

- ½ cup whipping cream
- 1 cup milk
- 2 tablespoons soy, or to taste
- 1 teaspoon beef bouillon, or to taste
- 1 tablespoon flour
- Boiled potatoes (to serve)
- Lingonberry jam (to serve)

Cooking Instructions

1. **Peel and boil the potato** until soft. Cool. Shred the potato with a grater.
2. **Mix the pepper**, salt and egg into the meat.
3. **Microwave milk** to slightly warm. Add breadcrumbs to the milk.
4. **Add milk/breadcrumbs** and shredded potato to the ground beef. Mix well with hands. Roll into small, tight meatballs.
5. **Heat a non-stick pan** on medium-high heat and spray with non-stick olive oil.
6. **Cook meatballs** thoroughly in batches, allowing space between each meatball. Respray pan with oil spray between batches.
7. **In a separate saucepan**, heat the cream and milk to a simmer. Add soy and beef bouillon to taste. Add flour mixed in a little water to the sauce to thicken.
8. **Serve meatballs** and cream sauce with boiled potatoes and lingonberry jam.

Recipe

Ingredients

- 4 – 5 slices bacon, cut in small pieces
- 1 tablespoon flour (heaping)
- ¼ cup brown sugar
- ⅓ cup water
- 2 – 3 tablespoon vinegar (to taste)

Cooking Instructions

1. **Place bacon in a skillet.**
2. **Fry** until slightly crisp.
3. **Add** flour and stir into bacon grease.
4. **Add** brown sugar, water and vinegar.
5. **Heat** and stir until thick.
6. **Pour warm over a selection of spring garden lettuce**, small green chopped onions to wilt lettuce.
7. **Top with tomatoes** and sliced hard-boiled eggs. (If mixture becomes too thick, simply add more water. Do the same to heat leftovers for later use.)



“ This recipe can be adjusted to match your desired level of sweetness or saltiness. I typically substitute the 3 tablespoons of brown sugar with 1 to 2 tablespoons of raw honey, add 1 clove of minced garlic, and 1 teaspoon of freshly grated ginger. Serve with a side of sauteed veggies like bok choy or green beans, and ” dinner is ready in 15 minutes!

Recipe <https://www.seasonsandsuppers.ca/baked-asian-orange-salmon/>

Ingredients

- 2 salmon or trout fillets (long, thin skin-on fillets or *See Note)
- 1 tablespoon olive oil (plus more for greasing the pan)
- Salt and freshly ground pepper
- 1 medium orange (sliced, for topping)

Sauce:

- 4 tablespoons orange juice (freshly squeezed recommended)
- 3 tablespoons brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- Splash of Sriracha (optional, if you'd like a touch of heat)

Cooking Instructions

1. **Preheat oven to 400° F**, with the oven rack in the centre of the oven.
2. **Add a little olive** or cooking oil onto a baking sheet and use a brush to evenly coat the bottom of the baking sheet. Set aside.
3. **Pat the salmon** or trout fillets dry with paper towel. Brush the top of the salmon lightly with olive oil, then season with salt and freshly ground pepper. Lay the fillets onto the prepared baking sheet, skin side down.
4. **Make the sauce** by stirring together all the sauce ingredients. Set aside until needed.

*Note: Baking time will vary depending on the size/thickness of your fish. Your first baking period should produce a fish that is cooked/lighter coloured on the outside, but still not quite cooked through the thickest part. Extend your baking time if needed.

5. **When oven is preheated**, place the salmon into the oven and roast for 10 minutes. (Fish should be cooked-looking on the outside edges with the thicker middle still a little pink at this point.) Remove from oven and baste the fish generously with some of the sauce and place a few orange slices on top, if desired. Return to the oven for an additional 5 minutes. (Fish should be evenly coloured at this point.)
6. **Remove fish from oven** and again baste generously. Switch the oven from the Bake setting to the Broil setting (use the “Hi” setting if your oven has both Hi and Lo). Return the fish to the oven to the same middle oven rack and broil for 1 minute. Baste again and broil for another 1 – 2 minutes. Watch closely so the sauce doesn't begin to scorch, as that will introduce a bitter taste to the sauce.
7. **Remove from oven** and spoon any sauce that may be in the pan over-top of the salmon. Serve immediately.

Recipe

Ingredients

- ½ cup rolled or quick oats
- ½ cup milk or non-dairy milk
- 1 tablespoon used or fresh coffee grounds
- 1 tablespoon chia seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon agave nectar
- ½ teaspoon cinnamon
- Pinch of salt

Cooking Instructions

1. **Combine all ingredients in an airtight container.** A Bonne Maman jar is the perfect size. Close the container.
2. **Shake** for about a minute.
3. **Store overnight** in the fridge.



Recipe

Cooking Instructions

ENGLISH:

1. Bake in the oven or fry in a pan.

2. Season with salt and pepper.
• 2 cod or salmon fillets

Salsa

3. Mix all the ingredients in a bowl.

4. Keep in the fridge while cooking:
• 2 cooked corn cobs, kernels removed with a knife
• 2 Italian tomatoes, finely diced (the flesh only)
• ¼ red onion, finely diced
• 1 avocado, finely diced
• Lime juice to taste
• ½ bunch of finely chopped fresh coriander
• Olive oil
• Salt and pepper to taste

5. Serve with basmati rice.

FRENCH:

1. Cuire au four ou dans une poêle.

2. Assaisonner sel et poivre.
• 2 filets de morue ou saumon

Salsa

3. Mélanger tous les ingrédients dans un bol.

4. Réserver au frigo le temps de la cuisson:
• 2 épis de maïs cuits, les grains retirés au couteau
• 2 tomates italiennes coupées en petits dés (la chair seulement)
• 1/4 oignon rouge coupé en petits dés
• 1 avocat coupé en petits dés
• Jus de lime au goût
• 1/2 botte de coriandre fraîche haché finement
• Huile d'olive
• Sel et poivre au goût

6. Servir avec riz basmati.



“ **Beet kvass** – This is brine left over from pickling beetroots. It’s very easy to make and will take you only 5 minutes, but you need to wait a minimum of 6 days until the kvass is ready. You just need to cut the beetroot into medium chunks, cover with salted water, add spices and leave for a couple of days to ferment. It adds a naturally sour, sharp and deep beetroot taste to the soup. Many Polish people use the beet kvas not only to make beetroot soup but also simply drink it, as it’s extremely healthy, like any other fermented food (not pickled, that is mixed with vinegar, but naturally fermented) like sauerkraut or cucumbers in brine. ”

Recipe <https://www.everyday-delicious.com/polish-christmas-eve-beet-soup-recipe/>

Ingredients

Soup Base

- Soup vegetables: 2 carrots, a piece of leek (white part), a piece of celeriac, ½ parsley root, 2 sprigs parsley leaves
- 2.2 pounds beets (1kg)
- ½ apple (sweet variety)
- 1 medium onion
- 3 cloves garlic
- 10 black peppercorns
- 3 allspice berries
- 2 bay leaves
- 1 clove
- ½ star anise
- 2 quarts water (2 liter)

If you’re using beet kvass:

- 2 cups beet kvass
- 1 cup mushroom cooking water from the uszka recipe
- 1 teaspoon apple cider vinegar
- 1 teaspoon rice vinegar
- ½ teaspoon lemon juice
- 1 tablespoon dried marjoram
- Salt and black pepper to taste

OR

If you’re using sauerkraut and mushroom cooking water:

- 1 cup sauerkraut and mushroom cooking water from the sauerkraut and mushroom pierogi recipe
- 1 tablespoon dried marjoram
- 2 tablespoons apple cider vinegar
- 1 tablespoon rice vinegar
- ½ tablespoons lemon juice
- Salt and black pepper to taste

Continued

Recipe Continued

Cooking Instructions

1. Wash all the soup vegetables and beets.
2. Peel carrots, celeriac, parsley roots and beets (use gloves!), cut into 3 to 4 centimeter/1½ inch pieces.
3. Cut the leek in half, rinse thoroughly.
4. Fire roast the onion on a gas burner or cut in half, put cut-side down in a small pot, heat over high heat until it's dark in color.
5. Add all the vegetables into a large pot, add half an apple (with peel), and peeled garlic cloves.
6. Pour 2 liters/quarts of cold water into the pot. Cover with a lid and bring to a boil over very low heat, it should take about 20 – 30 minutes.
7. When the broth is boiling, add the peppercorns, bay leaves, allspice, cloves, star anise and a teaspoon of salt.
8. Simmer over a very low heat, covered, for about 2 hours.
9. Leave to cool, then put in the fridge overnight, but don't strain the vegetables yet.
10. In the morning, strain and discard the vegetables and spices.

SEASON THE SOUP, either with:

11. Sauerkraut and mushroom cooking water from this recipe for sauerkraut and mushroom pierogi.

OR

12. Beet kvass and mushroom cooking water from the uszka recipe.

I would urge you to add these ingredients gradually to make sure the flavor is not too strong for you.

13. Heat the borscht until very warm. Then season the soup with apple cider vinegar, rice vinegar and lemon juice (a little at a time) until nicely sweet and sour. If you overdo it with vinegar or the soup is not sweet enough, you can add some powdered sugar.
14. Add the marjoram and at the end, season with salt and pepper to taste. If you've used beet kvass, you'll need less vinegar.
15. Serve warm with the uszka dumplings.

What to serve it with:

Uszka – add them to the soup.

Yeast buns or puff pastry buns filled with sauerkraut and mushroom filling or krokiety – European-style pancakes filled with the same filling, rolled up, breaded and pan-fried – they are served alongside the soup.

“Please see recipe below; feeds 4, prep time approximately 15 minutes, cook time approximately 30 minutes. Normally when I cook this, I don't usually measure ingredients or time things, but I've tried to distill it into a recipe to share!”

Recipe

Ingredients

Pork Marinade

- 500 grams pork sirloin/scotch cut into bite-size pieces
- 1 teaspoon sugar
- 2 tablespoons soy sauce

Soup

- 2 cups rice
- 4 dried scallops (can buy from Asian grocery store)
- 1 dried honey date (can buy from Asian grocery store)
- 1 bunch watercress (can substitute wombok or any other leafy green)
- 1 carrot roughly chopped
- 1 large knob of ginger thinly sliced
- 5 large eggs lightly beaten
- Sesame oil to taste
- Soy sauce to taste
- Boiling water
- Fresh spring onions chopped (optional)

Cooking Instructions

1. **Marinate the pork** using marinade ingredients while you prepare the rice and soup.
2. **Prepare and cook rice** as per instructions on the box/bag.
3. **Bring approximately 3 – 4 litres of water to boil** (or however much you want to drink later!) and add the dried scallops, dried honey date and ginger. Allow to simmer for at least 10 minutes (or longer if you want more flavour).
4. **Add the marinated pork** (as well as the marinade itself) and carrot to the pot and boil for 10 minutes.
5. **Add the watercress** and cook until pork and carrot are cooked through.
6. **While stirring**, slowly add the lightly beaten eggs.
7. **Add soy sauce** and sesame oil to taste.

Serve

8. **Place rice into large soup bowls and pour soup over to enjoy together.** Feel free to add optional chopped spring onions.



“ My mom used to make an egg casserole with vegan cheese, sausage and eggs. I now have a vegan option, which is all plant-based.”

Recipe

Ingredients

- 12 slices of fake bacon, crumbled
- 6 egg equivalent of JUST Egg (slightly beaten)
- ¾ cup of almond milk
- 1 teaspoon instant minced onion
- 1 can vegan refrigerated crescent rolls
- 3 vegan cheese slices – fake swiss or cheddar cheese
- 1 – 2 tablespoon chopped parsley

Cooking Instructions

1. **Mix fake bacon**, almond milk, onion and set aside.
2. **Separate crescent dough** into rectangles and place in bottom of greased (use almond butter to grease) 13 x 9 inch baking pan.
3. **Press dough** on bottom and up sides 1 inch to form a crust.
4. **Place fake cheese** slices over dough.
5. **Pour JUST Egg mixture** over fake cheese.
6. **Bake at 425° F for 18 to 20 minutes.** Cool 5 minutes. Could make 4 – 6 main servings or 24 (2 x 2 inch) appetizers.



Recipe

Ingredients

Wet Batter

- 1 cup flour
- 1 cup water more or less
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon of Cajun seasoning (optional)

Dry Batter (for frying)

- 1 cup flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Ingredients

- 32 ounce vegetable oil more or less for frying
- 1 package oyster mushrooms found in Asian stores, about a pound
- Additional sea salt
- Dried parsley (optional)

Cooking Instructions

1. **Take your oyster mushrooms out of the package and place in a colander.** Pull apart to desired size and rinse well.
2. **Start making your wet batter.** Place 1 cup of flour in a large mixing bowl along with garlic powder, onion powder, Cajun seasoning and sea salt. Add in water and mix. Batter should be a similar consistency to pancake batter to coat mushrooms; not too thick and not too runny. Set aside.
3. **Grab a bowl for 1 cup of flour, garlic powder and onion powder and mix until fully combined.** Set aside. NOTE: You could use a large Ziploc bag for this to easily add your mushrooms and shake to get an even coat of the dry batter on the mushrooms.
4. **Next coat each oyster mushroom in the wet batter ONCE and place it in the bowl and evenly coat with the dry batter ONCE.** Do that for all pieces. NOTE: Using a Ziploc bag, simply close the bag and shake vigorously until all mushrooms are fully coated in dry batter. DO NOT GO BACK AND FORTH BETWEEN THE WET AND DRY BATTER TO PREVENT OVER BREADING. IT WILL NOT TASTE GOOD!
5. **Carefully place mushrooms in oil, allowing mushrooms to fry for about 2 to 3 minutes until evenly browned.** Remove cooked mushrooms from oil and place on plate covered with a paper towel. Sprinkle with dried parsley.
6. **Serve with your favorite dipping sauces,** on top of a salad or along with your favorite sides for dinner!



S W E E T



“ One of my family favourites is fruit crumble – here is a picture of a recent peach crumble I made, but most fruits are suitable to be used. Served with custard or ice cream/cream – yummy! ”

Recipe <https://www.bbcgoodfood.com/recipes/best-apple-crumble>

Ingredients

Filling

- 575 grams Bramley apple (3 medium apples), peeled, cored and sliced to 1 centimeters thick
- 2 tablespoon golden caster sugar

Crumble

- 175 grams plain flour
- 110 grams golden caster sugar
- 110 grams cold butter

Topping (optional)

- 1 tablespoon rolled oats
- 1 tablespoon demerara sugar
- Double cream, clotted cream or custard, to serve

Cooking Instructions

1. **Heat the oven** to 190° C/170 fan/gas 5.
2. **Toss 575 grams peeled**, cored and sliced Bramley apples with 2 tablespoons golden caster sugar and put in a 23 centimeters round baking dish at least 5 centimeters deep, or a 20 centimeters square dish. Flatten down with your hand to prevent too much crumble falling through.
3. **Put 175 grams plain flour and 110 grams golden caster sugar** in a bowl with a good pinch of salt.
4. **Slide in 110 grams cold butter** and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in. Alternatively, pulse in a processor until sandy (don't over-process).
5. **Pour the crumb mix over the apples** to form a pile in the centre, then use a fork to even out.
6. **Gently press the surface** with the back of the fork so the crumble holds together and gets crisp, then lightly drag the fork over the top for a decorative finish.
7. **Sprinkle 1 tablespoon rolled oats** and 1 tablespoon demerara sugar over evenly, if you wish.
8. **Set on a baking tray** and put in the preheated oven for 35 – 40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 minutes before serving.

“ This is a foolproof recipe for Banana Bread (more of a loaf cake than a bread), and a good way to use up old bananas. ”

Recipe • Taken from Nigella Lawson's cookbook

Ingredients

- 100 grams sultanas
- 75 milliliter dark rum, bourbon or sherry
- 175 grams plain flour
- 2 teaspoons baking powder
- ½ teaspoon bicarb
- 125 grams melted butter
- 150 grams sugar
- 2 large eggs
- 4 overripe bananas, mashed
- 60 grams either dark chocolate drops/walnuts

Cooking Instructions

1. **Put sultanas and chosen dark rum/bourbon/sherry into small saucepan** and bring to a boil until liquid is absorbed, then cool.
2. **In a mixing bowl**, mix butter, sugar, eggs and banana.
3. **Fold in dry ingredients.**
4. **Fold in sultanas** and the walnuts/chocolate.
5. **Pour** into greased loaf tin.
6. **Bake** 170° C for an hour. (Check with a skewer. If it does not come out clean, it needs to bake longer.)



“ One time we did not have the chocolate and made it without the chocolate. We liked it better without the chocolate and have made it that way ever since. ”

Recipe

Ingredients

- 2¼ cups sifted cake flour
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- ¾ teaspoon salt
- 3 medium eggs (⅔ –¾ cup)
- 2 cups brown sugar (packed)
- 2 squares of melted chocolate (optional)
- ½ cup soft shortening (such as Crisco)

Frosting (Satiny Beige Icing)

- ⅔ cup brown sugar
- ⅓ cup egg whites (2 large)
- 3 tablespoon water
- 1½ teaspoon vanilla
- ⅓ cup light Karo

Cooking Instructions

Cake

1. **Heat oven** to 350° F.
2. **Grease and dust** 3 layer pans (8 x 1½).
3. **Sift flour, salt and baking soda** into bowl.
4. **Add brown sugar**, shortening, ⅔ cups buttermilk and vanilla.
5. **Beat two minutes** at medium speed.
6. **Scrape sides** and bottom of bowl constantly.
7. **Add rest of milk**, unbeaten eggs and chocolate, if desired. Beat two minutes more.
8. **Bake 30 – 35 minutes.**
9. **Cool and frost.**

Frosting

1. **Combine sugar**, water and Karo in saucepan.
2. **Boil rapidly** until it spins a thread, or 242° F.
3. **Beat egg whites** until stiff enough to hold a point.
4. **Pour hot syrup** into egg whites slowly, beating constantly.
5. **Add vanilla.**
6. **Beat** until icing holds its shape.

Recipe

Ingredients

- 2 tablespoons butter
- 2 cups milk
- 1 cup brown sugar
- 4 tablespoons cornstarch
- 4 egg yolks (beaten)
- Salt
- Vanilla

Cooking Instructions

1. **Heat butter and brown sugar** over medium heat until butter is melted.
2. **Shake the cornstarch** with $\frac{1}{2}$ to $\frac{3}{4}$ cup of milk in a gravy shaker.
3. **Add rest of milk**, beaten egg yolks and salt to milk and cornstarch.
4. **Add this to the butter and brown sugar.**
5. **Cook** until thick, stirring constantly. Add vanilla.
6. **Pour into a baked pie shell.** (Cool the pudding before pouring into the baked pie shell. It will help prevent the crust from becoming soggy.)
7. **Make a meringue** with the leftover egg whites for the top. (Beat egg whites until stiff and add 2 – 3 tablespoons white sugar per egg white and a little vanilla.)
8. **Bake** until meringue is golden brown.



Recipe

Ingredients

- 2 cups white sugar
- 1 teaspoon vanilla
- 2 cups light Karo
- ½ cup nuts (chopped) as optional
- ½ cup butter
- Pinch of salt
- 2 cups sweetened condensed milk

Cooking Instructions

1. **In a heavy pan**, boil sugar and Karo together, stirring occasionally. Heat to 245° F.
2. **Add butter gradually.**
3. **Add condensed milk slowly**, so it doesn't stop boiling. Stir constantly with a wooden spoon.
4. **Add salt** and boil to 246° F.
5. **Add vanilla** and nuts (optional).
6. **Pour** into well-buttered pan (9 x 13 inch).
7. **Cut, cool**, and likely cut the second time after cooled and wrap individually in waxed paper.



Recipe

Ingredients

Cake

- 2 cups flour
- 2 cups sugar
- 3 eggs
- 1 teaspoon salt
- 2 teaspoon soda
- $\frac{3}{4}$ cup finely chopped pecans
- $1\frac{1}{2}$ cups corn oil
- $\frac{3}{4}$ cup coconut
- 3 cups grated carrots
- 2 teaspoons cinnamon

Cream Cheese Frosting

- 8 ounces cream cheese
- 4 cups powdered sugar
- 1 stick of butter (room temperature)
- 1 teaspoon vanilla

Cooking Instructions

Cake

1. **Mix** all ingredients well.
2. **Bake** at 350° F for 35 minutes in three parchment lined 9 inch cake pans.
3. **Remove from oven** and allow to cool 10 minutes. Remove from pans and allow to cool.
4. **Freeze for 30 minutes.**

Cream Cheese Frosting

1. **Stir** all ingredients together.
2. **Spread icing** on cold cake.
3. **Sprinkle** with chopped pecans.
4. **Refrigerate cake.**



Recipe

Ingredients

- 1 cup sugar
- $\frac{5}{6}$ cups flour ($\frac{1}{3}$ cup plus $\frac{1}{2}$ cup)
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon lemon juice
- 2 tablespoons melted butter
- $\frac{1}{4}$ cup butter
- 4 cups Concord grapes
- 9 inch pie shell
- $\frac{1}{2}$ cup sugar

Cooking Instructions

1. **Mix 1 cup sugar.** $\frac{1}{3}$ cup flour, $\frac{1}{4}$ teaspoon salt. Add 1 tablespoon lemon juice and 2 tablespoons melted butter.
2. **Separate hulls from insides of 4 cups** Concord grapes.
3. **Simmer** inside part for 5 minutes. Run through strainer to remove seeds.
4. **Mix** with hulls that you just took off.
5. **Pour** into 9 inch pie shell.
6. **Bake** at 400° F for 25 minutes.
7. **Mix** $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup sugar, and cut in $\frac{1}{4}$ cup butter.
8. **Mix until crumbly.**
9. **Sprinkle on pie** and bake for 15 minutes more.



Recipe

Ingredients

Crisping the cereal

- Put puffed rice cereal in a 14 x 10 x 2 inch pan until the pan is about half full.
- Put in oven at 300° F for about half an hour. When cereal is real crisp, place in a big round bowl.

Syrup

Mix in heavy pan and cook to about hard crack stage:

- 1½ cup brown sugar
- 2 tablespoon butter
- 3 tablespoon cider vinegar
- 1 tablespoon water

Cooking Instructions

1. **Pour** quickly over puffed rice.
2. **Stir immediately** until cereal is coated with syrup.
3. **Pour** onto two buttered cookie sheets.
4. **Dipping your hand in cold water, to prevent burning,** press candy down on cookie sheets. When cooled, break apart and put in containers.



Recipe

Ingredients

- 1 unbaked pie crust

Filling

- 1½ cup white sugar
- 2 cups water
- 2 teaspoons cream of tartar
- 26 Ritz Crackers

Blended Mixture

- ⅓ cup white sugar
- ⅓ cup butter
- ¾ cup flour
- 1 teaspoon cinnamon

Cooking Instructions

1. **Bring water and sugar to a boil.**
2. **Add cream** of tartar.
3. **Slowly drop in crackers (whole).**
4. **Boil** rapidly until all crackers are soaked well, but do not stir.
5. **Pour mixture** into crust.
6. **Top with blended mixture.**
7. **Bake** for 20 – 25 minutes at 400° F.



Recipe

Ingredients

Crust

- 3 cups Ritz Crackers (2 sleeves, crushed)
- 3 tablespoons sugar
- ½ pound butter melted

Filling

- 2 small boxes instant vanilla pudding
- 1½ cups milk
- 1 quart vanilla ice cream (softened)

Topping

- Cool Whip
- Crumbs

Cooking Instructions

Crust

1. **Mix crust** ingredients and press into 9 x 13 inch pan.
2. **Save ¾ cup for topping.**
3. **Put in refrigerator.**

Filling

1. **Beat** pudding and milk until thick.
2. **Fold in one quart of softened vanilla ice cream.**
3. **Pour** over crumbs.
4. **Spread softened Cool Whip** over pudding mixtures.
5. **Sprinkle** with remaining cracker crumbs.



“I’ve been making this as gifts for friends for several years – perfect with a strong cup of tea or coffee on a cold, blustery day. It’s not particularly “healthy” but it warms the soul.”

Recipe

Ingredients

- 2 cups/8 ounces/266 grams fresh or frozen cranberries
- 1 cup/200 grams granulated sugar
- 1 stick/4 ounces/113 grams unsalted butter
- $\frac{2}{3}$ cup/133 grams dark brown sugar
- $\frac{1}{2}$ cup/120 milliliters whole milk
- $\frac{1}{2}$ cup/120 milliliters maple syrup
- $\frac{1}{4}$ cup/60 milliliters molasses
- $1\frac{1}{2}$ cups/185 grams all-purpose flour
- 1 tablespoon/5 grams ground ginger
- $\frac{1}{2}$ teaspoon/1 gram ground cinnamon
- $\frac{1}{2}$ teaspoon/3 grams baking powder
- $\frac{1}{2}$ teaspoon/3 grams kosher salt
- $\frac{1}{4}$ teaspoon/1 gram baking soda
- $\frac{1}{4}$ teaspoon black pepper
- 2 large eggs lightly beaten
- 1 tablespoon/14 grams grated fresh ginger (from 1-inch piece)

Cooking Instructions

1. **Heat oven** to 350° F and line a 9-inch square or round baking pan with parchment.
2. **In a small, heavy-bottomed saucepan**, stir together cranberries, granulated sugar and 1 tablespoon water. Stir the cranberries over medium heat until the sugar is completely dissolved and cranberries form a sauce that is syrupy and bubbling thickly, about 10 minutes. Aim to have about half the cranberries broken down, with the remainder more or less whole.
3. **In a separate saucepan**, stir together the butter, brown sugar, milk, maple syrup and molasses over medium heat. Bring it to just barely a simmer and then remove it from the heat. Do not let it come to a boil, or the mixture may curdle.
4. **In a large bowl**, sift together the flour, ginger, cinnamon, baking powder, salt, baking soda and black pepper.
5. **Beat in the butter-maple syrup mixture** and then beat in the eggs. Stir in the ginger.
6. **Scrape the batter into the pan.** Drop fat dollops of cranberry sauce onto the surface of the cake batter. Drag a long, slender knife through the batter in a swirly design, as if you are marbling a cake.
7. **Transfer the cake to the oven** and bake it until the top is firm and a toothpick inserted in the center comes out clean, about 50 minutes.
8. **Transfer the pan to a wire baking rack** and let the cake cool completely before eating it.