

VEGGIE STOCK

* NO SALT WHEN COOKING ... add later to dish or soup.

bring to boil in a large saucepan:

- 4 or shallots and/or small onions
- 1-2 large carrots
- " CELERY STALK OR HEART.
- 1 GARLIC CLOVE
- 1-2 BAY LEAF
- PARSLEY / TARRAGON
- PEPPER.

OPT: - 1 TURNIP OR MARROW OR PARSNIP
- FRESH ROSEMARY

SIMMER FOR 45 MIN'S
STRAIN AND DISCARD VEGGIES.

SOUP TIP:

WHEN LADELING SOUP, DIP
THE BOTTOM OF THE LADEL BACK
INTO THE SOUP TO CREATE SUR-
FACE TENSION ON THE SOUP SO
THAT IT WON'T DRIBBLE ALL OVER
THE PLACE.

✓ CHICKEN STOCK

BOIL IN LARGE SAUSEPAN:

- 2 lbs or 1 WHOLE CHICKEN (SKINNED)
(FAT REMOVED.)

FOR 15-20 MINS UNTIL SCUM FORMS.
AND SKIM OFF.

- add:
- 1 LARGE ONION (1/4'd)
 - 2 CARROTS.
 - 1 GARLIC CLOVE
 - PEPPER AND SALT

bring to boil. then simmer for 2-3 HRS.

STRAIN AND DISCARD VEG AND BONES

RIENS CHICKEN SOUP.

SEE CHICKEN STOCK:

ADD - 3-4 SPOONS OXO

- 1 BAY LEAF

- CELERY LITTLE BITS (BUT NO CELERY.)

- PARSLEY.

BRING TO BOIL + SIMMER

STRAIN + DISCARD VEGGIES + BONES.

15-20 MINS BEFORE SERVING ADD
SPAGHETTINI OR NOODLES.

✓ PEA SOUP.

SOAK 2-3 CUPS YELLOW; GREEN; ETC
OVERNIGHT

DRAIN & DISCARD WATER.

- IN A BIG POT BOIL FAT OFF HAM OR
PORK LEFTOVERS ~~OR~~ & SKIM OFF FAT.

(OPT: - FRY BACON OR HAM OR PORK SAUSAGE)

ADD - PEAS

- DICED CARROT (1-2)

- ONION - (FRIED)

- CELERY - "

- 1 BAY LEAF

- 1/4 TSP THYME

- (OPT - OXO)

COOK MED - 1 1/2 - 2 HR ADD WATER
AS NECESSARY

* MULTIBEAN - COOK LESS TIME
SERVE WITH SMOKIES.



A simmering pot of this aromatic sausage, is ideal for apres winter use, but if you're not pressed for about 25 minutes to cook.

- 1 tablespoon (15 mL) vegetable oil
- 1/2 pound (250 g) smoked wine chorizo sausage, sliced thin
- 1 medium onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 9 cups (2.25 L) chicken stock

In large heavy saucepan, heat oil over medium-high heat. Add sausage and saute for 1 to 2 minutes until lightly browned. With slotted spoon, remove sausage and drain off all but 1 tablespoon (15 mL) fat from saucepan.

Add onion, carrots, celery and garlic to saucepan; saute for 5 minutes. Add chicken stock and bring to a boil. Reduce heat to medium and simmer for 25 to 30 minutes or until lentils are tender. Add lemon juice and pepper to taste.

Makes 6 servings.

Approximate nutritional analysis for each serving: 293 calories, 12 g protein, 8.6 g fat, 45 g carbohydrate. Excellent source of vitamins A, B6, C and iron.

by the addition of smoked wine chorizo sausage and lentils are available canned, ready to use, but if you're not pressed for about 25 minutes to cook.

- 1/2 cup (125 mL) dried green lentils
- 1/2 cup (125 mL) coarsely chopped kale
- 1/4 cup (60 mL) chopped fresh parsley
- 1 tablespoon (15 mL) lemon juice

Drain off all but 1 tablespoon (15 mL) fat from saucepan.

Add lentils; reduce heat to medium and simmer for 25 to 30 minutes or until lentils are tender. Add kale and sausage; simmer for 5 minutes. Add lemon juice and pepper to taste.

Excellent source of iron, B6 and C.

✓
LENTIL + SAUSAGE

- FRY IN OLIVE OIL + BUTTER:
 - 1 lb SAUSAGE (HOT ITALIAN)
 - 2 MED ONIONS .
 - CELERY STALKS .
 - 3 CLOVES GARLIC .
 - 4 CARROTS DICED .

ADD TO:

- 8 CUPS CHICKEN STOCK
- 1 1/2 cups ~~1~~ CUPS LENTILS (DRAINED ETC.)
- 2 - 2 BAY LEAF
- 1 TSP THYME
- PARSLEY
- LEMON JUICE

✓
MUSHROOM SOUP:

FRY IN ~~OIL~~ OIL & BUTTER:

- 3-4 CUPS MUSHROOMS.
(CUT CAP TO STEM)
- 1 MED RED ONION (OR YELLOW)
- BLEND IN 2 TBSP FLOUR &
STIR OUT LUMPS -

ADD - 4 CANS CHICKEN BROTH

- ROSEMARY; THYME; BAY; PARSLEY
- OPT - 1 SMALL CANE OF MUSHROOMS.

" - 1 CAN MUSHROOM SOUP.

- 1 CUP SOUR CREAM OR (1/2 AD 1/2)
- DASH O' TABASCO

- " " WORCESTERSHIRE

- SALT + PEP

CLAM CHOWDER WHITE

FRY - 1/2 lb BACON -

- 1 MINCED ONION + GARLIC.

- 3 TBSP FLOUR.

STIR IN - 1 CAN CLAM JUICE

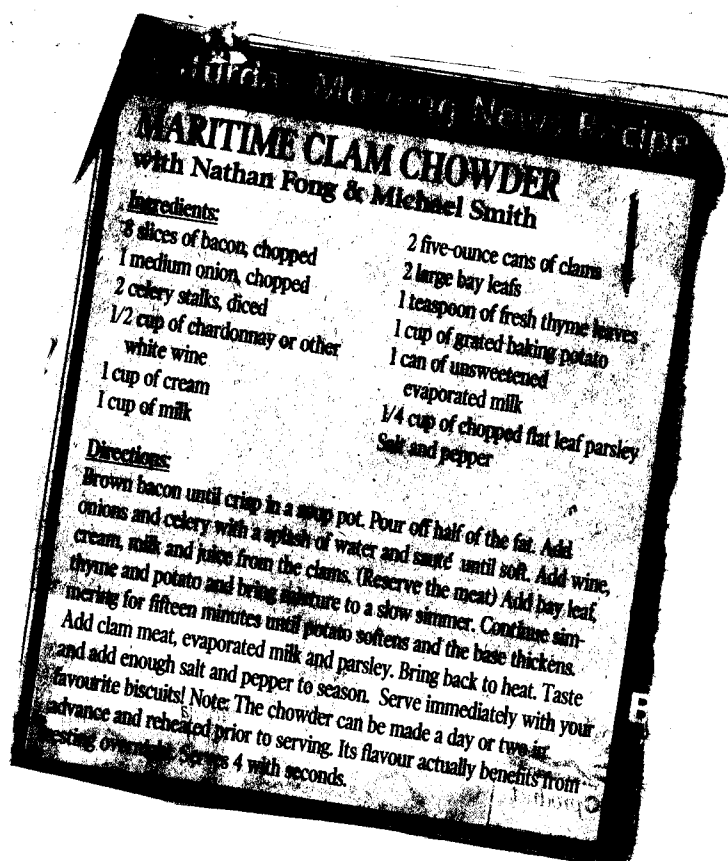
- 2 CANS BABY CLAMS.

- 2 CUPS PARED POTATOES, DICED

- BAY LEAF

- 4 CUPS HOT MILK (NOT BOILED)

- 3 TBSP BUTTER



NEW ENGLAND CLAM

COOK: 1/2 # BACON

- 1/2 ONION CHOPPED

- 1 CARROT "

- 2 TSP BASIL

for 5-10 mins.

ADD - CLAM JUICE

- 4 POTATOES - 1/2" CUBES

- 1 CUP CHICKEN BROTH.

bring to low boil - COVER & SIMMER 20 min
till potatoes are almost tender.

ADD = 2 CANS CLAMS

- 3 CUPS WHOLE ~~WINE~~ OR 1/2 + 1/2

- 2 TBSP LEMON JUICE

- 2 TBSP SHERRY OR WHT WINE

- 1 S+P

- 18 DROPS TABASCO

CLAM CHOWDER - RED

- FRY $1\frac{1}{2}$ lb bacon -
 - 1 ONION
 - 2 RIBS CELERY
 - 1 CLOVE GARLIC
 - SAUTÉE TILL TENDER.

- ADD - 2 CUPS TOMATOES - CLAMATO - V8
- $2\frac{1}{2}$ CUPS POTATOES DICED
 - 28 OZ TOMATOES - STEWED / DICED CK
 - SALT; THYME;
 - ~~2 CUPS~~ CLAM JUICE
 - 2 CANS BABY CLAMS. (MIXED IN CORN STARCH 4 TBSP)

BOIL GENTLY 2 MINS UNTIL SLIGHTLY THICKENED STIRRING CONSTANTLY

RED SEAFOOD CHOWDER:

- SAUTEE - 1 ONION
2 CELERY
BACON

IN EVOO
ADD FLOUR + STIR OUT LUMPS

- ADD - 2 CANS CLAM NECTAR
1 CAN DICED TOMATO
1 BOTTLE V.8

SPICE: THYME

BRING TO BOIL + SIMMER

- ADD 1-2 POTATOES DICED
- 12 CAN CLAMS

FISH; SHRIMP ETC

S+P TO TASTE

FOSS: TUGBOAT CHOWDER.

- SAUTEE IN OLIVE OIL + BUTTER:
 - 1 MED ONION + SHALLOTS + GARLIC
 - 2 CELERY STALKS

- ADD:-
- 1 CUP CLAM JUICE
 - 14 OZ CHICKEN BROTH.
 - 2 MED POTATOES. DICED
 - BRING TO BOIL + SIMMER 5-10 MIN

STIR IN: ANY OR ALL OR ANY COMB OF:

- 1 lb HALIBUT
- 1 lb SHRIMP
- PRANNS.
- SCALLOPS.
- COD.
- 2 CUPS CLAMS.
- OYSTERS.

- ADD:-
- THYME; SALT + PEP;
 - 2 CANS EVAPORATED MILK.

no bacon?

BERMUDA ONION

MED HEAT : 2 TBSP BUTTER
2 TBSP EVOO

SAUTÉ : - 3 BERMUDA ONIONS (RED)

- MINCED GARLIC 1 CLOVE 3 min more

- 1/2 TSP THYME

- 1 BAY LEAF 1 min

add - CHICKEN STOCK 8 CUPS.

- opt - SHERRY PEPPER SAUCE

bring to boil reduce to simmer 30 min

- serve with CROUTONS.

→ GRATED MOZZARELLA.

" PARMESAN,

melt on top in broiler.

FRENCH ONION

EASY:

FRY: IN OLIVE OIL + BUTTER:

- 2-3 LARGE ONIONS SLICED
+ CHOPPED.

- 3 LARGE GARLIC CLOVES.

COOK + STIR TILL CARMELIZED

ADD: . 3 TBSP FLOUR TO THICKEN.

- 1/2 CUP WHITE (OR RED) WINE.

- 2 QTS BEEF STOCK (OR) BOUILLION

- SIMMER GENTLY 45 MIN - 1 HR.

ADD AU GRATIN + VOILA.

ALSO MADE THICKER
FOR MAIN DISH.

GOULASH SOUP

WITH LEFTOVER PRIME RIB OR BEEF

FRY - IN OLIVE OIL + BUTTER.

- 1-2 CHOPPED ONIONS.
- 2 CLOVES GARLIC.
- 2-3 TBSP FLOUR.

ADD - 1 CUP WATER OR BEEF STOCK

- 1 CAN DICED TOMATOES.
- 1-2 CARROTS DICED
- 1 RED BELL PEPPER
- 1 TBSP (OR MORE) HUNGARIAN
- 1/4 TSP CARAWAY SEEDS (PAPRIKA)
- PINCH OREGANO.
- 3 CANS BEEF STOCK.

BRING TO BOIL + REDUCE TO SIMMER.
CENTLY 1 HR

20 MINS BEFORE SERVING ADD SMALL
CUP OF NOODLES (TAGLIATELE)

SERVE W DOLLOP OF SOUR CREAM.

SQUASH + TATER SOUP:

- FRY ONIONS GARLIC ETC.
- ADD VEG OR CHICKEN STOCK.
- SHRED + GRATE 2-3 CARROTS
2-3 TATERS.

ADD ROASTED SQUASH.

- THIN OUT WITH MILK OR RICE MILK.

- BAY
 - SALT + PEP.
 - 1 TSP CURRY
-

MINESTRONE

IN A POT OVER MEDIUM HEAT, COOK:

- E.V.O.O. + BUTTER
- 4 CLOVES GARLIC
- 2 ONIONS CHOPPED
- 1 TBSP DRIED OREGANO LEAVES
- 1/2 TSP TARRAGON
- 3 CELERY STALKS CHOPPED
- 1 GREEN PEPPER "

for 8 mins. STIRRING OFTEN.

ADD - BAY LEAF

- 3 CUPS CHICKEN STOCK/BROTH
- 1 x 28 oz CAN DICED TOMATOES

COVER + SIMMER FOR 30 mins.

ADD: - 2 x 8" ZUCCHINI in 1/2" CUBES.

- 1/2 CUP WHITE WINE

- 1/4 CUP TINY PASTA - STARS; ALPHA;

COVER + SIMMER 15 MINS MORE TILL PASTA
DONE.

BORSCHT

Melt in a large saucepan:

- 1 TBSP BUTTER + EVOO
- 1 ONION SLICED THIN
- 4 CUPS SHREDDED CABBAGE
- 1 CARROT ~~PEELED~~ + SLICED SHRED

SAUTÉ HIGH for 5 min. WILT not brown
add:

- 6 CUPS CHICKEN STOCK

bring to boil reduce 4-5 min

drain 1 16oz CAN SLICED BEETS. reserve
juice - julienne beets on wax
paper. 1/4" thick.

mix together with stock + juice
S+P and 1 1/2 TBSP VINEGAR
STIR IN

- 1 CUP SOUR CREAM
- 2 TBSP HORSE RADISH

garnish w dollop of sour cr.
CHOPPED DILL.

RED PEPPER SOUP

SAUTÉ IN EVOO + BUTTER:

- 6 RED PEPPERS - SLICED thin
- 3 CARROTS " "
- 3 SHALLOTS " "
- 1-2 CLOVES GARLIC
- 1 PEAR PEELED " "

OVER MED HEAT for 8-10 MINS

ADD - 1 quart or more chicken stock

- 1 TSP CRUSHED RED PEPPER
- DASH OF CAYENNE.
- S + P.

bring to boil + simmer COVERED 1/2 HR.

Roast 1 RED PEPPER + ADD
PUREE + REHEAT

GARNISH W TARRAGON + ROASTED PEPPER

* ROAST PEPPER + PLACE IN PAPER BAG
TO SWEAT 5 MIN

WASH OFF CHAR UNDER COLD WATER +
REMOVE SEEDS. DRAIN ON PAPER TOWEL

KD's HAMBURGER SOUP.

SAUTÉ in EVOO + BUTTER:

- 1 LARGE ONION
- add - 3-4 TBSP (or more to taste) PAPRIKA
- PINCH OF THYME, SAGE, ROSEMARY
- 4 CANS CONSOMÉ
- 2 CANS BEEF BROTH
- 2 CANS WHOLE MUSHROOMS.
- 1 CAN KIDNEY BEANS (drained + rinse)
- 2 CLOVES GARLIC CRUSHED.
- 1 CAN STEWED TOMATOES.

FRY + RINSE 1-2 #s HAMBURGER
+ ADD TO MIXTURE BRING
TO BOIL + SIMMER.

1 HR BEFORE SERVING ADD:

- 2-3 POTATOES DICED

(OPT - BEEF SOUP BASE; FROZEN PEAS
OR CORN.)

good
one! *

BACON POTATO CHOWDER.

1/2

- 1# BACON.

1/2

- ONION; CELERY; CAROTS;

- BAY LEAVES.

- 2 TBSPS OXO CHICK.

- 1 POTATO CHOPPED FINE

- SEASON.

STOCK.

→ Pate + ONIONS CHOPPED.

- BEFORE SERVING 3 POTATOES CUBED

- 2 CUPS FROZEN CORN.

opt (- 1/2 CUP HOMO + 1/2 CUP FLOUR.)

Rancher's Beef Soup. (from barley bag)

combine :- $\frac{1}{4}$ Pkg barley
- Beef
- 1.5 Lt beef broth.
cover & bring to boil -
Simmer 1 HR.

ADD - 1 med onion
- 2 carrots.
- celery
- mushrooms.
- salt & pepper

simmer $\frac{1}{2}$ HR more until veg tender

BARLEY BEEF SOUP (RIEN)

(from Oscars collection)

" A little bit of water. Beef broth.
Add barley & simmer 1 HR. Add chopped
onions, carrots and peas. Last $\frac{1}{2}$ Hr
cut off fat from beef and throw meat into
Soup.

*** Note: Soup actually required 3 cans
of beef broth and the addition of water.
Might have to add one scoop of 'magic
powder' or one more can of beef broth.
Stew tip: Boil barley separately to
remove impurities. Brian adds
roux to thicken 20 mins before serving.
Seems to work okay without roux.

(FEJUADA?)

A Really good BLACK BEAN STEW - (thick)

FRY IN EVOT BUTTER;

- 1 RED ONION

- 2 CLOVES GARLIC.

- 3/4 RASHERS GOOD BACON.

WHEN ONIONS ARE ALMOST CARAMELIZED

ADD - LEFT OVER HAM.

- LEFT OVER FORKCHOPS

- SPRINKLE FLOUR +

DEGLAZE WITH A BIT OF BEEF STOCK

2
TO STEW POT - ADD WITH

- 2 CANS BLACK BEANS DRAINED &
CLEAN.

SOME CHICKEN STOCK TO MOISTEN

1 SPRIG THYME FRESH CHOPPED.
FINE.

STEW IT UP WITH THE PORK CHOP BONE

add? try?:

- maple syrup (too sweet?)

- brown sugar (demerara)

YUM.

BLACK BEAN + YAM ver 1.0

- SOAK OVERNIGHT: BLACK BEANS (2 cups)
- ROAST: 1 CLOVE GARLIC (+RINSE)
- FRY IN EVOO + BUTTER: ONIONS; SHALLOTS;
FINELY CHOPPED SCALLIONS
AND CELERY.
- ADD TO POT: + BRING TO BOIL.
then simmer 2-3 hrs
for best results
not 1-2 ok.
- BEANS ETC.
- ROASTED GARLIC.
- GRATED MEDIUM YAM (peeled etc)
- 1 OR 2 BAY LEAVES.
- BEEF BROTH (OR CHICKEN)
- ~~MEAT~~ 2 TBSP DEMERRARA SUGAR.
- MEAT.

MEAT - ver 1.0 - USED PORK BONES FRIED
FOR BROWNING + POACHED IN BROTH
WITH WHITE HERLOT WINE

but any PORK; HAM; BACON ETC.
Will DOO

VOYAGEUR STEW (Jasper Park Lodge
But wife)
⑧ (for AUTHENTICITY SUBSTITUTE BUFFALO)

IN LARGE PAN:

SAUTÉE! - 3 TBSP OLIVE OIL

- 3# LEAN BEEF CUBED

UNTIL BROWN;

ADD: 2 CUPS CHOPPED ONIONS
(3 mins)

ADD: 3/4 CUP ~~MAPLE~~ SYRUP
+ STIR 1 MIN

ADD: - 3 CUPS POTATOES (SKIN ON
1 in cubes or
baby whole)

- 2 CUPS TURNIPS (1 in cubes)

- 1 CUP SCALLIONS CHOPPED.

(3 mins)

ADD: - 4 CUPS BEER STOCK

S+P +

SIMMER - 1 1/2 HR.

GOAT STROGANOFF

GOAT TENDERLOIN

PAN 1:

- MUSHROOMS + ONIONS
- BAY LEAF
- CLOVE

PAN 2

- 1/2 CROWN
- 1/2 CUBED
- COAT IN EGG
- MEAT STOCK

(WHITE WINE?)

1 PAN.
COMBINE WITH
SOUR CREAM

SERVE ON
RICE

CRUMBLEUP EGG YOLK ON TOP

" " WHITE ON TOP

(ie to LOOK LIKE RICE?)

W/ PARSLEY