



DELICIOUS RECIPES TO MAKE AT HOME



BREAKFAST



OATMEAL CHOCOLATE CHIP MUFFINS

YIELDS 10-12 MUFFINS

1 cup large flaked oats

1 cup boiling water

¾ cup brown sugar

½ cup unsalted butter, room temperature

2 large eggs

1 tsp vanilla extract

1 tsp baking soda

1 tsp salt

1 cup all purpose flour

¾ cup chocolate chips



INSTRUCTIONS

Preheat the oven to 350F.

Pour the boiling water over the oats and let stand for 20 minutes.

Using a spatula cream the butter and sugar together.

Add the vanilla and eggs to the butter mixture and mix until fully incorporated.

Stir the oats into the butter mixture.

In a separate bowl, mix all the dry ingredients together.

Stir the dry ingredients into the wet mixture.

Add the chocolate chips.

Scoop the batter into a lightly greased muffin tin and bake for 20 – 25 minutes.



BUNNY PANCAKES

YIELDS 8 PANCAKES

*1 cup all purpose flour
½ cup whole wheat flour
3 tbsp sugar
¼ tsp salt
2 eggs
1 cup milk plus 2 tbsp
3 tsp baking powder
2 tbsp canola oil
Bananas
Strawberries
Blueberries
Cocoa powder mixed with water for the nose*

INSTRUCTIONS

In a large bowl sift the flours together. Whisk in the baking powder, sugar and salt.

In a separate bowl whisk the eggs, milk and 2 Tbsp of oil together.

Combine the wet ingredients with the flour mixture.

Bake on a griddle until golden brown on both sides.

Slice the banana to make the bunny ears.

Slice the strawberries in half to make the bow.

Assemble your bunny and enjoy!





BROWN SODA BREAD

YIELDS 2 SMALL LOAFES

*4 cups whole wheat flour
1 cup spelt flour or all purpose flour
½ cup oat bran or steel-cut oats
1 tsp baking soda
1 tsp salt
3 cups buttermilk*

INSTRUCTIONS

Preheat the oven to 375F.

Line a baking sheet with parchment paper.

Whisk all the dry ingredients together in a large bowl.

Stir in the buttermilk. The dough should be soft but not wet. If the dough is too sticky add a Tbsp of flour at a time until no longer sticky/wet.

Turn the dough out onto a floured work surface. Lightly knead the dough just until it forms a large ball. Very little kneading is needed.

Divide the dough into 2 pieces. Pat the dough into a flat round. About 2 1/2-3 inches thick. Cut a deep x in the top of the loaves with a sharp knife.

Transfer the loaves to the baking sheet and bake for 45-50 minutes.

Serve warm.





LUNCH



RICE CAKES

YIELDS 5 CAKES

1 Cup Cooked Rice (leftover)

1 Cup Boiled Potatoes (mash)

1 tsp Ginger garlic paste

¼ Cup Onion (finely chopped)

1 tbsp Lemon juice

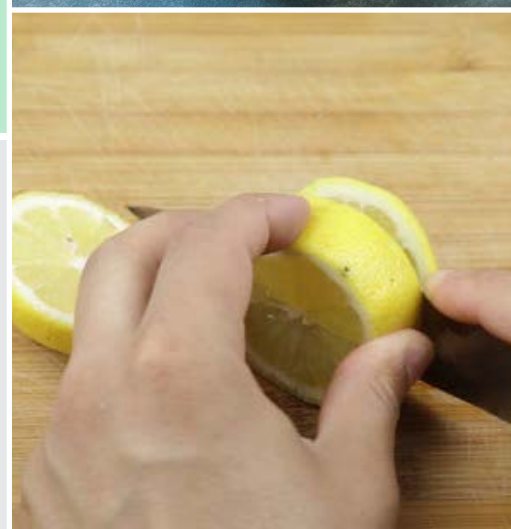
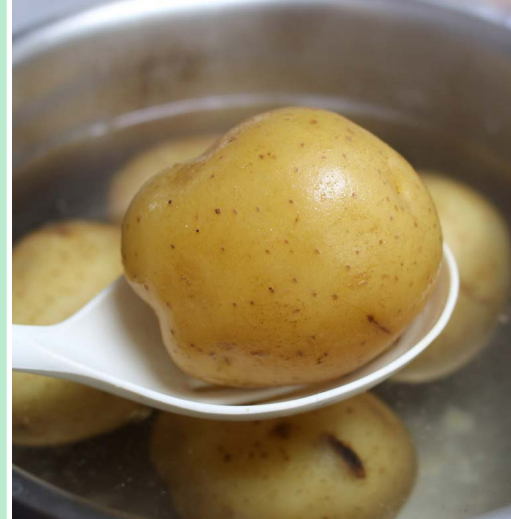
2 tbsp Coriander leaves

1 ½ tsp Salt

1 tsp Red chilli powder

½ tsp Turmeric powder

½ tsp Garam masala



INSTRUCTIONS

Boil and mash the potatoes.

In a large mixing bowl, mix all the ingredients and let it rest for 5 minutes.

Divide the mix with the help of an ice-cream scoop.

Shape them round like a cake.

Preheat the oven at 425 Fahrenheit. Line a baking sheet with parchment paper and place the rice cakes on them. Apply oil on the rice cakes and bake it till done.



BREADED CHICKEN STRIPS

YIELDS 6 SERVINGS

*4 chicken breasts
1 tsp salt
1 tsp granulated garlic
¼ cup flour
⅔ cup egg whites
¼ cup water
3 cups Panko bread crumbs
4 tbsp canola oil*

INSTRUCTIONS

Preheat the oven to 375F.

Line two sheet pans with parchment paper.

Slice the chicken breasts into strips. Approximately 6-8 strips per chicken breasts.

You will need 3 shallow bowls.

Stir the granulated garlic, salt and flour in one bowl.

Whisk the egg whites and water together in the second bowl.

Mix the Panko crumbs with the oil, in the third bowl.

Using your hands, toss the chicken strips in the flour mixture.

Shake off the excess flour from the chicken.

Dip the strips into the egg whites and then immediately into the Panko crumbs.

Place the breaded chicken strips onto the sheet pan.

Bake the chicken for 10 minutes then remove the chicken from the oven and carefully flip the chicken over, and continue to bake for an additional 8-10 minutes.

Serve with your favourite dipping sauce.





BROCCOLI CHEDDAR SOUP

YIELDS 8 PORTIONS

- 1 onion, chopped*
- 2 carrots, chopped*
- 4 celery stalks, chopped*
- 3 garlic cloves, chopped*
- 3 tbsp unsalted butter or extra virgin olive oil*
- 19 oz can white kidney beans*
- 8 cups broccoli*
- 1L water*
- 4 cups baby spinach, tightly packed*
- 1 ½ - 2 cups cheddar cheese, grated*
- 2 tsp salt*
- 1 cup heavy cream*

INSTRUCTIONS

Sauté the first 5 ingredients over medium-high heat. Cook until the vegetables have softened, stirring every so often so they don't burn. Approximately 6 – 8 minutes.

Add the whole 19oz can of white kidney beans including the liquid. Cook for 2 minutes.

Add the broccoli and cook for 2-3 minutes.

Add 1L of water and bring to a boil. As soon as it comes to a boil reduce the heat to low and simmer with the lid on for 10 minutes.

Add the baby spinach and cook for 2 minutes with the lid on.

Remove the soup from the heat and stir in the grated cheddar cheese and salt.

Blend the soup using a hand blender or if you want a smoother consistency use a stand blender and blend on the lowest speed and gradually increase to a medium speed.

Add the cream and adjust the seasoning with salt and pepper.





DINNER



RAJMA PULAO (KIDNEY BEAN)

- | | |
|-----------------------------------|-----------------------------|
| 2 tbsp Ghee
(Clarified Butter) | ¼ tsp Turmeric Powder |
| ¼ tsp Cumin Seeds | 1 tsp Red Chilli Powder |
| ½ inch Cinnamon Stick | ½ tsp Garam Masala |
| 4 – 5 Black Pepper Corns | 1 tsp Coriander Powder |
| 2 – 3 Cardamon | 1 ½ cup Cooked Kidney Beans |
| 1 Bay leaf | 2 tbsp Yogurt |
| 1 medium Red onion | 1 cup Rice |
| 1 tbsp Ginger/Garlic Paste | Salt (as per taste) |

***Note:** Canned kidney Beans can be used. If you are using dry kidney beans then they must be soaked overnight and cooked separately.*

INSTRUCTIONS

Heat a large pot and add ghee.

Once the ghee is hot add cumin seeds, cinnamon stick, black pepper corns, cardamon, and bay leaf, then fry for a minute and add the sliced onions.

Fry the onions until golden brown. Then add 2 tablespoons of water (this is done so that the spices don't get burnt.)

Then add ginger garlic paste and stir well, to this add turmeric, red chilli powder, garam masala, coriander powder and salt.

Fry all the spices for a minute then add yogurt

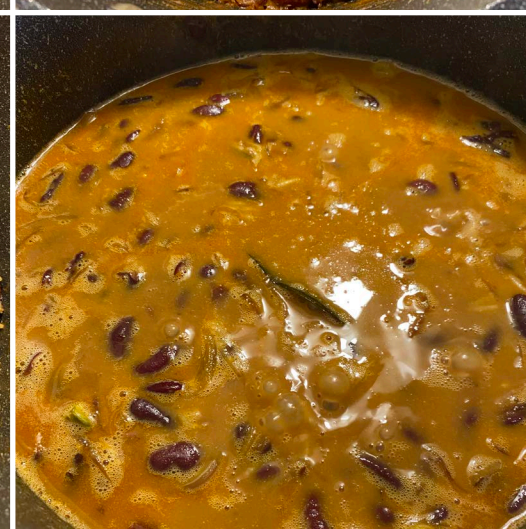
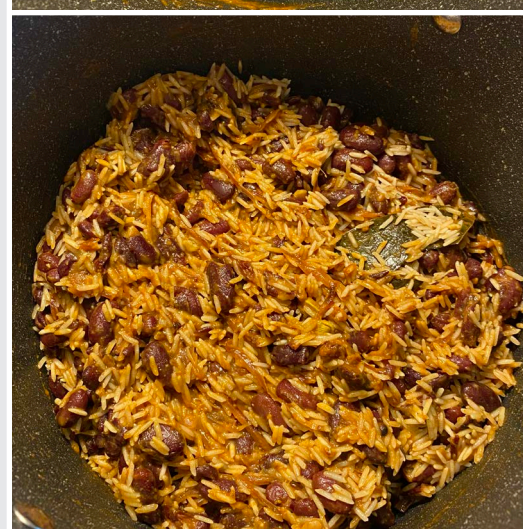
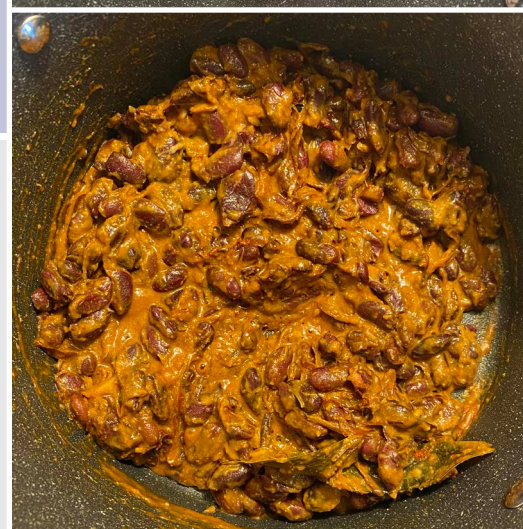
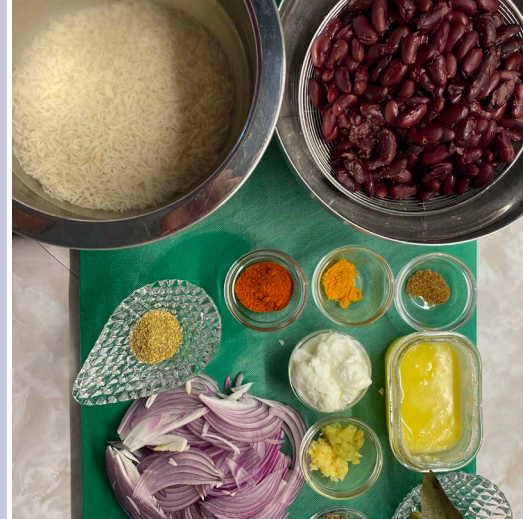
Stir well and cook the mix for a minute on low heat.

After a minute add kidney beans and stir.

Check if salt is as per taste.

Add rice (washed), mix well and let it cook on medium heat.

Add 2 cups of water, when it starts boiling reduce the heat to low.





ROASTED VEGETABLES

YIELDS 5 SERVINGS

2 small or 1 Med sized Zucchini, small dice

2 bell peppers, small dice

½ med/small eggplant, small dice

2 – 3 cloves garlic, minced

1 Tbsp dry oregano

¼ tsp red pepper flakes

¼ cup olive oil

Salt & pepper



INSTRUCTIONS

Heat oven to 400

Line a baking sheet with parchment paper

Combine all ingredients in a bowl and mix well.

Season gently with salt and pepper, we will adjust the seasoning at the end.

Spread the veg onto the baking tray and throw in the oven for 15-20 min or until just starting to soften and show a little colour.

Remove from the oven and check the seasoning, add more salt and pepper if needed.

Note: Add to finished Basic Tomato Sauce for a nice vegetarian dinner, or cool vegetables to room temperature and mix with goats or feta cheese. Add a little extra olive oil to use in a salad.



ITALIAN TURKEY MEATBALLS

1 lb ground Turkey
2 cloves garlic, minced
¼ cup bread crumbs
1 egg
¼ cup parsley, chopped
1 tsp worcestershire
1 tsp soy sauce
½ tsp fish sauce
1 tsp salt
½ cup loosely packed parmesan, finely grated (optional)

INSTRUCTIONS

Heat oven to 425°

Combine all ingredients in a mixing bowl and mix with your hands until everything is incorporated.

Line a baking tray with parchment paper.

Using an ice cream scoop if you have one or just your hands make the mixture into meatballs a little less than ¼ cup in size and lay them out on the baking tray.

Drizzle lightly with olive oil and place in the oven for 10 or so min, just until the outside has set and is starting to sizzle. (the inside will not be fully cooked)

Remove from the oven and add the meatballs to your Basic Tomato Sauce to finish cooking. (approx. 15-20 min)

The finished sauce should look thick and rich and ready to tuck into.

Note: You can use this recipe for other meats if you prefer, ground chicken, pork or beef, or a blend of ½ pork ½ beef.





BASIC TOMATO SAUCE

YIELDS 2 – 3 LITRES

¼ cup olive oil

2 28 oz cans of whole tomatoes

1 cup onion, sm dice (about 1 small or ½ med sized onion)

3-4 cloves garlic, minced (about 1 tbsp)

1 tbsp dry oregano

¼ tsp red pepper flakes

1 bunch fresh basil, finely chopped (optional)



INSTRUCTIONS

Heat olive oil in a sauce pot or dutch oven large enough for 4 – 5 L

Add diced onions and cook 4 – 5 min to soften and become very aromatic.

Add the garlic, oregano and red pepper flakes and stir.

Cook 2 – 3 min until garlic has softened.

Bring up to a boil, then mash the tomatoes with a potato masher until there are no large bits of tomato left.

Cook at a light simmer for 30 – 45 min until reduced to a nicely thickened sauce.

Remove from heat, add chopped basil and season with salt and pepper to taste.

Note: For a heartier vegetarian sauce add one recipe of Roasted Vegetables to the finished sauce, or for classic meatballs in tomato sauce, add 1 recipe of Italian Meatballs to the sauce as it thickens.



THIN CRUST PIZZA

1 cup lukewarm water

1 tsp active dry yeast

1 ½ tsp sugar

2 cups all purpose flour

¾ tsp baking powder

1 tsp kosher salt

2+1 tbsp olive oil

1 – 2 tbsp fine cornmeal (optional)



INSTRUCTIONS

In liquid measuring cup, combine water, yeast and sugar. Let sit until it becomes foamy and then add 2 tbsp olive oil

In a mixing bowl, combine flour, baking powder and salt

Pour yeast mixture over flour mixture and mix to form dough.

Can be done by hand or in a stand up mixer with dough hook. Knead dough until it becomes stretchy, but still sticks to the bowl

Drizzle the remaining olive oil on top of dough turning to coat, and cover bowl with tea towel or plastic wrap. Keep in a warm spot until dough has doubled in size.

Turn dough out onto lightly floured counter top, sprinkle flour on dough as well and roll out to desired thickness and shape of baking sheet

Dust baking sheet with cornmeal, or light coating of olive oil and lay out rolled dough

Spread pizza sauce (see recipe) over dough and top with your favourite ingredients. Don't forget the cheese.

PIZZA SAUCE

1 cup crushed tomatoes

2 tsp dried (or fresh) oregano

1 clove minced garlic

1 tbsp balsamic vinegar

2 TBSP olive oil

1 tbsp brown sugar

*¼ tsp fresh ground
black pepper*

Kosher salt to taste

Mix all ingredients together in one bowl
and spread over pizza dough



CREAMY MAC N CHEESE

YIELDS: 9X13 INCH BAKING PAN

450 g macaroni pasta or shell pasta

½ cup unsalted butter

⅓ cup all purpose flour

1L homogenized milk or 2% milk

1 bay leaf

⅓ cup cream cheese

2 cups grated extra old cheddar cheese

¾ cup grated Parmesan

1 cup cottage cheese

¾ tsp salt

1 cup Panko bread crumbs

2 tbsp extra virgin olive oil



INSTRUCTIONS

Bring 4L of water and 1 Tbsp of salt to a boil. Add the pasta and stir occasionally until the water returns to a boil. Cook, uncovered for 8-10 minutes.

Remove 1 cup of pasta water and reserve for a later use. Drain the pasta.

Heat the butter over medium heat. Once the butter is melted, stir in the flour. Whisk in the milk and stir continuously until the mixture begins to thicken.

Whisk in the cream cheese. Add the 1 cup of reserved pasta water and salt.

Add the remaining cheeses and remove the bay leaf. Taste the sauce and adjust the seasoning with salt and pepper if needed.

Stir in the cooked pasta and transfer to a baking dish.

Combine the panko and oil together. Sprinkle over the pasta.

Bake at 375F for 40 – 45 minutes.



GREEN PEAS & POTATO CURRY

2 tbsp cooking oil
1 tsp cumin seeds
1 cup onion (finely chopped)
1 tbsp ginger garlic paste
1 ½ cup fresh tomatoes (finely chopped)
½ tsp turmeric powder
1 tsp coriander powder
1 tsp cumin powder
2 tsp red chilli powder
½ tsp garam masala powder
1 ½ cup Green Peas
1 ½ cup potatoes cut into small cubes
1 cup coconut milk
Salt as per taste

INSTRUCTIONS

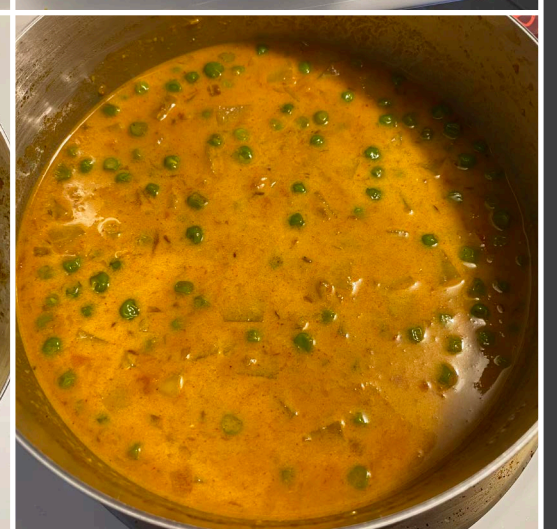
Heat a sauce pan with oil add cumin seeds. Once the seeds start to crackle, add the onion and fry until golden brown.

Add tomatoes and stir well. Cover the pot and cook until the tomatoes are soft.

Stir in the ginger garlic paste, followed by all the dry spice powders cook for 4 minutes.

Add the green peas and ½ a cup of water. Bring to a boil and add the potatoes and salt. Cover and cook until the peas and potatoes are soft.

Stir in the coconut milk and simmer for 5 minutes.





ROASTED BEETROOT & APPLE SALAD

1 large apple
2 medium beets
½ cup walnuts
½ cup cranberries
½ cup fresh orange juice
1 tsp honey
½ tsp black pepper
Salt to taste

INSTRUCTIONS

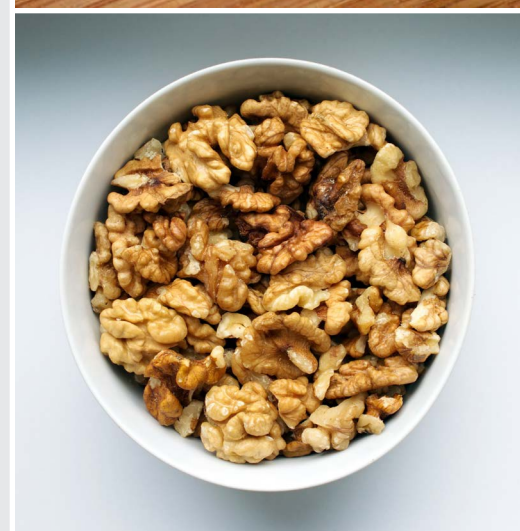
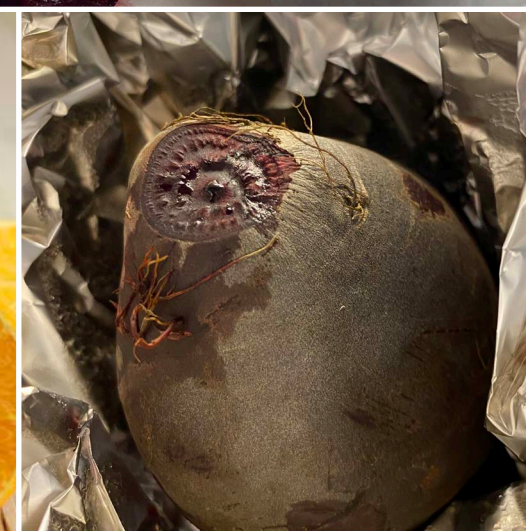
Roast the beets and dice them in bite size pieces

Dice the apple

Squeeze half a cup of orange juice add honey, salt and black pepper and mix well.

Toss the apples, beets and cranberries and set aside for 5 minutes

Add the dressing and the walnuts mix well.





MASALA OATS

- ½ cup large flakes oats*
- ½ cup onion chopped*
- ½ cup potatoes chopped*
- ½ cup tomatoes chopped*
- ½ tsp brown mustard seeds*
- ½ tsp turmeric powder*
- ½ tsp red chilli powder*
- 2 green chillies chopped*
- 2 tbsp oil*
- 1 tsp salt*
- 1 tbsp fresh coriander leaves chopped*

INSTRUCTIONS

Heat a pan with oil. Once the oil is hot, add mustard seeds followed by green chillies.

Fry for 20 seconds then add the onion and sauté for 2 minutes.

Add potatoes and ½ tsp of salt and mix well. Cover and cook until potatoes are cooked.

Add tomatoes, turmeric, red chilli powder and mix well. Cover the pan and cook until the tomatoes are soft.

Rinse the oats with water.

Add the oats and ½ tsp salt. Cover and cook on low heat for 5 minutes.

Add 1 tbsp water to the pan. Cover and cook for another 5 minutes.

Sprinkle chopped coriander leaves.





EGGPLANT IN OLIVE OIL

1 med size eggplant, about 1 lb

3 cloves garlic, smashed

⅓ - ½ cup olive oil

2 tsp dry oregano

Pinch red pepper flakes

Salt & Pepper

1 Cup water or reserved pasta water



INSTRUCTIONS

Slice eggplant about the thickness of your pinky finger and season lightly on both sides with salt and stack the slices back together and set aside for 10-15 min.

Gently heat olive oil in a saucepan over low heat & add smashed garlic cloves. Cook for about 10 or so min. This will gently season your oil with the garlic without burning it.

Pat your eggplant slices dry with a paper towel or a kitchen towel and chop into pieces, they don't need to be perfect.

When you can start to smell the garlic in the oil and it's just starting to sizzle a little, increase the heat to med and add in the eggplant, oregano and red pepper flakes.

Stir to coat in the oil, cook until the eggplant starts to change colour and soften.

Add water & turn the heat up to high, bring the water to a boil, turn the heat down to med/low, cover with a lid slightly ajar and let cook, stirring once in a while so it doesn't cook to the bottom of the pot.

When the water has cooked off after about 10-15 min, the eggplant and garlic should be nice and soft and mash up nicely with a spoon. If the eggplant is still a bit firm add another ¼ cup of water and continue to cook.

Season with salt and pepper and serve with pasta, or as a spread with fresh bread.



BAKED ZITI

YIELD 6 PEOPLE

1lb penne
500g cottage cheese
1 bunch basil, finely chopped
2 eggs
½ cup parm
1 cup grated mozzarella
Salt & Pepper
1 recipe Basic Tomato Sauce



INSTRUCTIONS

Prepare the basic tomato sauce (see recipe).

Preheat your oven to 375°.

While the sauce is reducing on the stove, bring a large pot of salted water up to a boil.

Add penne to water and turn off the heat. Let soak for about 15 min, until softened but not fully cooked (it should a bit of a bite to it).

While the pasta is soaking, mix together the cottage cheese, parm, basil and eggs. Season gently with a little salt and pepper.

When the pasta is ready strain it and cool it with some cold running water.

When the sauce has finished, let cool slightly, then add ½ to your baking dish, along with your pasta, stir well to combine.

Add the cheese/egg mixture and partially stir it into the noodles, you don't want it completely combined, pockets of cheese throughout the pasta is good.

Top with the remaining sauce and the mozzarella.

Cover with foil and bake for 45 min at 375°.

Uncover and let the cheese brown for 10-15 min more.





DESSERT



CHOCOLATE SUGAR COOKIES

YIELDS 3 – 4 DOZEN COOKIES

2 cups butter (room temperature)

2 cups sugar

2 large eggs

3 tsp vanilla extract

4 cups all purpose flour

1 ½ cups cocoa powder

1 tsp salt

4 cups icing sugar

3 tbsp meringue powder

5 tbsp water



INSTRUCTIONS

Cream together butter and sugar.

Add vanilla extract and eggs one at a time, slightly mixing between each addition.

In separate bowl, sift and mix together dry ingredients.

Add dry mixture to butter mixture until incorporated. Be careful not to overmix or cookies may spread.

Form dough into a ball and roll out onto a lightly floured surface.

Cut with fun shaped cookie cutters and lay on a parchment lined baking sheet.

Bake at 350F for 8 – 12 minutes.

Let cookies cool before icing and decorating.

Icing: Stir together icing sugar, meringue powder and water until there are no more lumps.

Feel free to add more sugar or more water for desired consistency.



VANILLA ICE CREAM

2 ½ cups 35% cream

1 can sweetened condensed milk

1 tsp vanilla extract

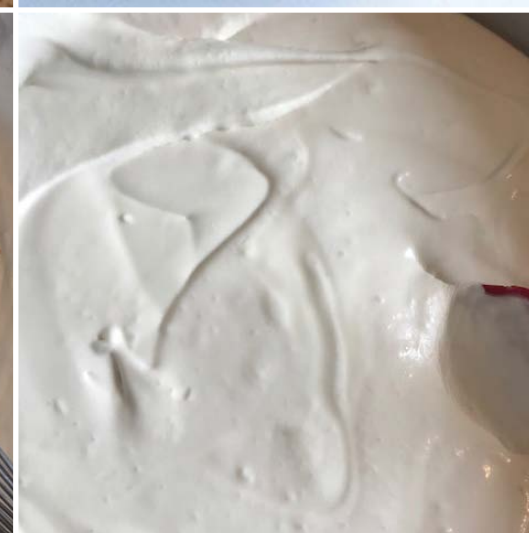


INSTRUCTIONS

Whisk the cream until soft peaks form. This can be done using a mixer fitted with a whisk attachment or you can also whisk the cream by hand with a hand whisk and a little muscle!

Once soft peaks form gently whisk in the sweetened condensed milk and vanilla extract.

Transfer the ice cream mixture to a shallow tupperware container with a fitted lid. Place in the freezer. The ice cream will be ready in 3 - 4 hours.





APPLE RASPBERRY CRISP

YIELDS: 8 SERVINGS

8 McIntosh apples, peeled and sliced

1 ½ cups frozen raspberries

¼ cup maple syrup

1 tsp cinnamon

Pinch of salt

Oat Topping

1 ½ cups rolled oats

½ cup hemp hearts

½ cup sunflower seeds

¼ tsp ground cinnamon

¼ cup unsalted butter or coconut oil

2 tbsp maple syrup

INSTRUCTIONS

Preheat the oven to 350F.

Mix the sliced apples with the raspberries, maple syrup, cinnamon and salt.

Transfer the apple mixture to a 9x13 inch baking dish.

Cover the apples with parchment paper and bake for 40-45 minutes.

Mix all the ingredients together for the oat topping.

Carefully remove the crisp from the oven and spread the oat mixture over the apples. Put the crisp back in the oven and bake for an additional 15 minutes.

Remove the crisp from the oven and cool before serving.

Best served with plain or vanilla yoghurt or vanilla ice cream.





SNACKS



PITA CHIPS

6 small pita bread
4 tbsp canola oil
¼ tsp granulated garlic
1 tsp salt

INSTRUCTIONS

Preheat the oven to 275F.

Cut the pita into bite size chips.

Using a large mixing bowl, toss the cut pita with the canola oil, granulated garlic and salt.

Line a baking sheet with parchment paper. Scatter the pita on the pan and bake on the middle rack for 15 minutes. Remove the chips from the oven and flip the chips over using a lifter. Continue to bake for an additional 10 minutes.

Cool the chips fully before storing in an airtight container.

CINNAMON PITA CHIPS

6 small pita bread
3 tbsp canola oil
3 tbsp sugar
1 tsp cinnamon
Pinch salt

INSTRUCTIONS

Preheat the oven to 275F.

Cut the pita into bite size chips.

In a small bowl, stir the sugar, cinnamon and salt together.

In a large mixing bowl, using your hands mix the cut pita with the canola oil and sugar mixture.

Line a baking sheet with parchment paper. Scatter the pita on the pan and bake on the middle rack for 15 minutes. Remove the chips from the oven and flip the chips over using a lifter. Continue to bake for an additional 10 - 15 minutes.

Cool the chips fully before storing in an airtight container.





CHICKPEA HUMMUS

YIELDS 1 BOWL FULL

19 oz can chickpeas, drained

3 Tbsp lemon juice

½ cup tahini

3 tbsp extra virgin olive oil

1 clove garlic, minced

¼ cup water

1 tsp salt

Freshly ground black pepper

INSTRUCTIONS

Put the chick peas and lemon juice in a food processor or blender and blend until smooth.

Add the tahini paste, olive oil, minced garlic, water, salt and pepper. Blend until smooth. Taste and adjust seasoning if needed.





APPLE DOUGHNUTS

YIELDS: 6-8 SERVINGS

*2 honey crisp apples,
core removed and sliced into rings*

½ cup Greek yoghurt (any flavour)

Fresh berries

Dried Fruit


Cereal (I like using muesli)

INSTRUCTIONS

Spread the yoghurt over the sliced apples.

Top each doughnut with fresh fruit or dried fruit and finish with a sprinkling of muesli.





QUESTIONS ABOUT OUR RECIPES?
CONTACT US AT CBUTLER@ELMWOOD.CA

SHARE YOUR RESULTS WITH US!
SEND YOUR PHOTOS TO COMMUNICATIONS@ELMWOOD.CA