



# End of the Year Recipe Exchange 2020-2021



BY THE MCQ GARDENING COLLECTIVE  
AT CASE-MCQ

~ DECEMBER 2020 ~

# A NOTE FROM CASE

Holiday celebrations and get togethers look a lot different this year, which is why the MCQ Gardening Collective at the Centre for Access to Services in English (CASE) came together to create this "*End of the Year Recipe Exchange 2020-2021*".

At CASE, we provide support and resources to facilitate and promote the well-being of the English-speaking population of the Mauricie and Centre-du-Québec regions of Québec, Canada. Our health, education, and wellness programs aim to build community through engaging workshops and family activities for all ages.

Thank you very much to everyone who submitted their recipes to us. Our hope is that with each recipe that you make in this book, we can help bring a little bit more joy to you during this Holiday season.

We wish you all a Happy Holidays and a Happy, healthy New Year!

***All the best,  
The CASE Team  
XOXO***



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# 1



## BANANA-MOLASSES COOKIES SUBMITTED BY: SUSAN GLENDENNING RECIPE FROM RICARDO

### Ingredients

- 560 ml (2 ¼ cups) **all-purpose flour**, sifted
- 5 ml (1 teaspoon) **baking powder**
- 2.5 ml (½ teaspoon) **ground cinnamon**
- 2.5 ml (½ teaspoon) **ground ginger**
- 1.25 ml (¼ teaspoon) **ground nutmeg**
- 1 pinch **salt**
- 125 ml (½ cup) **unsalted butter**, softened
- 125 ml (½ cup) **brown sugar**
- 125 ml (½ cup) **molasses**
- 125 ml (½ cup) **dried cranberries**
- 1 **egg**
- 2 ripe **bananas**, mashed with a fork

### Notes

- \* This is based, but tweaked, from a Ricardo recipe ([www.ricardocuisine.com](http://www.ricardocuisine.com))
- \* Preparation time: 15 minutes.
- \* Cooking time: 15 minutes.
- \* Output: 20 cookies.

### Method

1. With the rack in the middle position, preheat the oven to 180°C (350°F).
2. Line two baking sheets with parchment paper.
3. In a bowl, combine the flour, baking powder, spices and salt. Set aside.
4. In another bowl, cream the butter, brown sugar and molasses with an electric mixer.
5. Add the egg and beat until smooth and creamy.
6. Using a wooden spoon, mix in the dry ingredients and bananas.
7. With a spoon, drop 45 ml (3 tablespoons) of dough per cookie on the baking sheets, spacing them 5 cm (2 inches) apart. Sprinkle with sugar if desired.
8. Bake one sheet at a time until the edges of the cookies start to turn brown, about 12 to 15 minutes.
9. Let cool before removing from the cookie sheet.





# 2

## BEET TARTAR WITH CHÈVRE AND APPLE RECIPE BY: CHEF WILLIAM L'HEUREUX OF L'ODIKA

### Ingredients

- 4 small, cooked beets
- 1 Granny Smith apple
- 60 ml (1/4 cup) sour cream (14%)
- 30 ml (2 tablespoons) chopped green onion or chives
- 5 ml (1 teaspoon) "Espelette" pepper (dried "piment d'Espelette" powder from the Basque region of France; paprika is a possible substitute; in a pinch, cayenne pepper can be used but is much hotter, so use sparingly)
- About 125 g (1/4 lb) soft goat cheese, crumbled
- 80 ml (1/3 cup) walnuts, chopped

#### *For the dressing:*

- 2 tablespoons (30 ml) olive oil
- 2 tablespoons (30 ml) maple syrup
- 2 tablespoons (30 ml) dried French shallots, chopped
- 1 tablespoon (15 ml) balsamic vinegar
- Salt and pepper, to taste

### Method

1. In a bowl, combine all the ingredients for the dressing. Set aside.
2. Cut the beets into small cubes.
3. Slice the apple into a fine julienne (with a grater or a mandolin; into long, thin strips).
4. Add the beets to the bowl with the dressing.
5. Add the sour cream, green onion/chives, and Espelette pepper to this mix.
6. Add half the julienned apples and half the walnuts to the beet mixture.
7. In a separate bowl, mix the remaining julienned apples, walnuts, and goat cheese together.

#### *How to plate each dish*

1. Fill a mold with the beet mixture.
2. Smooth over the top, and gently unmold onto a plate.
3. Garnish each serving with some of the apple mixture.





# 3



## BOILED FRUIT CAKE/ FARMHOUSE FRUIT CAKE SUBMITTED BY: GWYNETH GRANT

### Ingredients

- 1 ¼ cups water
- ½ cup margarine or butter
- ¾ cup plus 1 tablespoon light brown sugar
- 2 cups of mixed dried fruit (you may substitute chopped apricot, dried cranberries, figs, prunes, pumpkin seeds, ground flax seed for 1 of the cups)
- 2 teaspoons mixed spice (apple pie spice)
- ½ tsp grated nutmeg
- 2 ½ cups all-purpose flour
- 2 tsp baking soda
- 1 teaspoon baking soda egg
- Grated rind of an orange

### Method

1. Grease and line a 20cm/8inch deep cake pan.
2. Put the water, margarine or butter, brown sugar, mixed dried fruit, mixed spice and nutmeg into a medium saucepan.
3. Bring to a boil, then simmer gently for 20 minutes.
4. Set aside and let cool.
5. Mix flour, baking powder and soda together.
6. Beat the egg in a small bowl.
7. Fold all dry ingredients into the moist cooled fruit mixture along with the grated orange rind.
8. Turn into the prepared cake tin
9. Bake in a moderate oven (180°C/350°F, Gas mark 4) for about 1 ¼ hours.
10. Turn out onto a wire rack and let cool. Can be kept in a tin for several weeks in a cool dry place.

### Notes

\* The cooking time depends on your oven, some ovens burn hotter than others, size is also a factor, as is the colour of your metal cake pan.

\* This cake has a tendency to sink if you check on it too soon or if it is very liquid (it needs to be a thick pouring consistency, or even reluctant to pour!) When you put it in the cake tin, I suggest to set a timer for 50 minutes and then carefully, slowly open the oven door and stick a skewer or tooth pick into the crust. If it comes out wet, then cover the cake with a few pieces of folded newspaper and put back in the oven for another 10 minutes. Yes, I did say a newspaper, all the bakers in my family use newspaper to stop the top burning while the center of the cake keeps baking! You could use parchment paper instead.







# 3



BOILED FRUIT CAKE/  
FARMHOUSE FRUIT CAKE  
SUBMITTED BY: GWYNETH GRANT





# 4

## BUTTERNUT SQUASH DIP

RECIPE BY: CHEF WILLIAM L'HEUREUX OF L'ODIKA

### Ingredients

- Butternut squash, about 14 lbs (6.5kg)
- 4 ½ lbs of onions, chopped
- 100 g of garlic (about 2 heads), chopped
- 400 g fresh ginger, chopped (about 2 to 2 ¼ cups)
- 2 litres, cider vinegar
- 1 litre, rice vinegar
- 2.5 kg (5 ½ lbs) of sugar
- Salt and pepper to taste
- Water, as needed

### Method

1. Prepare squash by peeling and removing seeds.
2. Cut into pieces.
3. Place the squash and all the other ingredients in a large pot.
4. Simmer until the squash is cooked, checking periodically to add just enough water to cover the ingredients.
5. Once cooked, pass it through the blender or food processor until smooth.
6. Adjust seasonings.





# 5

## CARROT AND CUMIN SOUP SUBMITTED BY: SUSAN GLENDENNING

### Ingredients

- 1 large chopped onion
- 1-2 crushed garlic cloves
- 3 cups of sliced carrots
- 3  $\frac{3}{4}$  cups vegetable or chicken broth
- $\frac{3}{4}$  teaspoon of ground cumin or coriander
- 2 thinly sliced celery stalks
- 1 cup diced potato
- 2 teaspoons tomato paste
- 2 teaspoons lemon juice
- 2 bay leaves

### Method

1. Cook 1 large chopped onion and 1-2 crushed garlic cloves until soft.
2. Add 3 cups of sliced carrots.
3. Cook for 5 minutes.
4. Add the rest of the ingredients (vegetable or chicken broth, ground cumin or coriander, celery stalks, diced potato, tomato paste, lemon juice and bay leaves).
5. Bring to a boil, cover, simmer 30 minutes.
6. Remove bay leaves.
7. Puree, then add 1  $\frac{1}{4}$  cups of milk, salt & pepper.



# 6



## CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT

### Ingredients

- 225 grams shredded **suet or butter** (you could also use grated frozen butter)
- 1 heaped teaspoon **mixed spice** (Apple-pie spice)
- ½ teaspoon grated **nutmeg**
- ¼ teaspoon ground **cinnamon**
- 110 grams **self-rising flour**
- 450 grams soft **brown sugar**
- 225 grams dry **white bread crumbs**
- 225 grams **sultanas**
- 225 grams **raisins**
- 560 grams **currants**
- 50 grams blanched, skinned, **almonds**, chopped
- 50 grams **mixed peel or candied citrus peel** chopped finely
- The grated rind of an **orange** and a **lemon**
- 1 **apple**, peeled, cored and finely chopped
- 4 standard size **eggs**
- 150 ml **barley wine** (Smithwicks beer)
- 150 ml **stout** (e.g. Guinness or Porter)
- 4 tablespoons of **rum**

### Method

1. In a large bowl put the suet (or butter), flour, breadcrumbs, spices and sugar.
2. Mix in each ingredient thoroughly before adding the next. Then gradually mix in all the fruit, peel and nuts, followed by the chopped apple and grated rind of the orange and lemon.
3. In a different bowl, beat up the eggs and mix the rum, barley wine (Smithwicks beer) and stout into them.
4. Empty all this over the dry ingredients – then stir very hard indeed! (This is where you enlist the help of family, friends or any strong and determined person you have to hand, to get the whole mix incorporated well. If you find the mix a little stiff, you may add some more stout. The aim is to achieve a dropping consistency. That is it should drop from the spoon when tapped sharply on the side of the bowl.)
5. After the mixing, cover the bowl with a cloth and let stand overnight.
6. The next day, grease 2 or 4 pudding basins and pack the Christmas pudding mix into them.

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# 6



## CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT

### Notes

\* These ingredients make either 2 puddings in 2 pint (1litre) basins or 4 small puddings in 1 pint basins (570mls). This is a very delicious absolutely authentic tasting Christmas pud! I have made it many times with great success. It also keeps very well on a high dry shelf in the larder. n.b. there are no plums in this recipe, no idea where that name came from... Recipe borrowed from Delia Smith's Cookery Course (Part One) 1978.

\* I strongly advise you to assemble all your ingredients before you start mixing: weigh them and place in small bowls in a row on the counter. That is a very long list of ordinary but special constituents. When you go to such effort it's a good idea to be prepared!

\* Grease your pudding bowls. Have enough sheets of wax or parchment paper and cheese to hand (so you can cover the pudding bowls with when filled with the pudding mix.) These bowls will be boiled on double boilers for up to 8 hours (smaller puddings take less time to steam) so the pudding mix has to be protected from sputtering water... You will also need a very big mixing bowl to incorporate all of the ingredients into one big tasty mess.

\* Finally, if you really want to make these delicious traditional deserts, set aside a day or two to complete the project! Yes, it's just all the above ingredients, mixed up and then packed into a pudding bowl but it does take a concerted effort to get it all done, prep then especially the boiling part.

### Method

7. Fill right to the top and cover each one with a couple of squares of waxed paper, then a double thickness of cheese cloth over this and tie it securely around the top of the bowl. Then lift the four corners and tie them together over the bowl in the center of the top side.

8. Steam the puddings for 8 hours each in saucepans a little larger than the size of the bowl. You could use a double boiler but always keep a jug of water next to the stove top -- to keep the saucepans topped up. They mustn't boil dry!!! This will crack the pudding basins. You could try using a slow cooker and setting the timer for 6-8 hours.

9. When cooked, remove the wax paper and cheesecloth, replace with fresh paper and cloth to store until needed.

10. Store in a dry place and when ready to be eaten, reheat by steaming for a further 2 hours. This pudding can be reheated in the microwave but be very careful to only heat a slice at a time because the sugar content makes it easy to burn from the middle out!





# 6



## CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT





## CURRIED SQUASH SOUP SUBMITTED BY: MARY BOND

### *Ingredients*

- 2 tablespoons olive oil
- 1 **onion**, chopped
- 2 **leeks**, sliced
- 2 **garlic cloves**, minced
- 2 tablespoons **curry powder**
- 3 lbs. **squash**, diced
- 3 carrots, sliced
- 8 cups **stock**
- **Pepper**, to taste

### *Method*

1. In large pot, heat oil and cook onion and leek gently, about 5 minutes.
2. Add garlic and curry powder, cook for 2 minutes.
3. Add remaining ingredients. Simmer until tender.
4. Purée in blender; season with salt and pepper.