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FINNISH NETTLE SOUP SUBMITTED BY: SOFIA ISKALA

Ingredients

- 1,5 lbs. fresh nettle leaves (or spinach)
- 50 g butter
- $\frac{3}{4}$ dl wheat flour
- 1 litre milk
- 1 teaspoon salt
- 0,5 teaspoon sugar
- 0,25 teaspoon black pepper

Notes

- * It's best to use young nettles.
- * This will make 4 portions.
- * Cooking time ~ 30 minutes.

Method

1. Rinse the nettles and boil them for couple minutes. Drain them.
2. Melt the butter in a non-sticking pot. Add the flour. Add half of the milk pouring slowly and stir the mixture until it's smooth and boiling.
3. Add nettles and take the pot off the heat. Use a blender or a stab mixer and purée the soup. Put the pot back on the heat.
4. Add rest of the milk and cook for couple minutes mixing all the time. Season with salt, sugar and pepper. Serve with hard boiled egg and fresh bread.



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GIBLOTTE DES ÎLES DE SOREL SUBMITTED BY: DIANE COUTU

Ingredients

- 1 or 3 different types of fish: catfish (barbotte), sole fish, and/or pollock (goberge)
- 1 square of salt pork, cubed
- 1 tablespoon Bovril Beef or Chicken
- 3 chopped onions
- 6 carrots sliced or cubed or 1 tin cubed or sliced, or equivalent frozen
- 2 tins tomatoes
- 1 tin tomato sauce
- 2 small tins tomato juice
- 2 tins yellow beans
- 1 tin peas
- 1 tin corn (All the vegetables can be fresh, canned, or frozen)
- 1 dozen potatoes sliced or cubed
- 1 bay leaf, thyme, parsley, oregano, peppers, and chives (to your taste)
- Salt & pepper to taste
- Pinch of sugar

Method

1. Start cooking 1 square of salt pork cubed slowly in a big thick pot.
2. Fry chopped onions.
3. Salt pork until tender, not brown
4. Add the Bovril Beef or chicken, we prefer chicken (add with about 2 cups of water).
5. Add the fish on top – amount of fish you would serve per person as a meal.
6. Let the vegetables boil slowly, place the fish on top, then let it simmer until fish is cooked.
7. You can mix the veggies before you put the fish in.
8. Let the fish cook on top, when you see the fish is nearly cooked, you can slowly incorporate it so that it does not break into small pieces.

Notes

* You can make 1/2 the recipe, if you wish. It freezes well.





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GRANDMA BRADSHAW'S MARROW PIE SUBMITTED BY: SUSAN GLENDENNING

Ingredients

- Marrow
- Onion
- Sage
- A little chicken or vegetable broth
- Butter pats

Notes

- * This is a kind of vegetable casserole.
- * Grandma didn't give precise quantities!

Method

1. Butter a baking dish (about a 2 litre size).
2. Cut some marrow (large zucchini) into one-inch cubes (do not peel).
3. Coarsely chop up about two onions.
4. In the dish, put a layer of marrow, then a layer of onions and a good sprinkling of sage, salt and pepper.
5. Repeat layers until full.
6. Pour over a small amount of broth (not much, marrow can be watery).
7. Top with breadcrumbs and pats of butter.
8. Bake at about 375°F until done, around 45 minutes.



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GRANDMA LORNA'S APPLE PIE SUBMITTED BY: EMILY VIDAL

Ingredients

- 1 9-inch pie plate
- 6 cups apples
- 2/3 cups sugar
- 2 tablespoons flour
- 1 tsp cinnamon

Notes

* This is a double-crust pie recipe from my grandma Lorna who makes the best food! She used to have her own kitchen in a brasserie and still continues to make food to sell to this day, which I definitely take advantage of! I hope you enjoy!

Method

1. Peel and slice the apples and place in a bowl.
2. Mix sugar, flour and cinnamon in a small bowl.
3. Stir into apples.
4. Place in pie plate with crust.
5. Add a dab of butter (*optional*).
6. Cover with pie crust.
7. Bake bottom shelf 450°F for 10 minutes.
8. Lower oven to 350°F for 20 minutes.
9. Remember to cut openings on top crust for steam to escape.



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GRANDMA LORNA'S BEEF VEGETABLE SOUP SUBMITTED BY: EMILY VIDAL

Ingredients

- 1 lb. left-over **roast beef** (approximately) cut in small pieces
- 16 cups **water**
- 2 heaping tablespoons of **Loney's Beef Base**
- 2 **carrots**
- 2 **celery sticks**
- 1 large **onion**
- 2 cubed **potatoes**
- 1/2 small **turnips**, slivered
- 1/4 **cabbage**, cut finely
- 4 sticks **bok choy** (*optional*)

Method

1. Boil water and add beef base.
2. Add the pieces of beef and all the vegetables.
3. Simmer for approximately 1 hour.

Notes

* This recipe once again comes from my grandma and is incredibly delicious. It can especially be enjoyed on a cold autumn or winter's day! I hope you enjoy!





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JULIE'S HARVEST BEET SOUP SUBMITTED BY: JULIE MILLER

Ingredients

- **Oil or butter**
- 3-5 large **onions**, peeled and chopped
- 4-8 large **carrots**, chopped
- 3-5 large **beets**, peeled and cubed
- 1-2 cups of chopped **tomatoes** (or tomato sauce, or a can of tomato paste, or a can of crushed tomatoes...it is important to have some tomatoes for the acidity)
- **Water or chicken broth**
- Juice of approximately 1 **lemon**
- **Sour cream**
- **Salt, freshly ground pepper, white pepper** (*optional*)

Notes

- * The ingredients are an approximation.
- * This makes a big pot of hearty soup at harvest time. It is inspired by traditional borscht – sweet and sour, with pepper and sour cream added at the end.
- * *Step 3:* This stage is important because it develops the natural sugars in the onions/carrots. Make sure there is enough oil that the vegetables don't stick to the pan, but not so much that they are drenched in it.)
- * *Step 7:* Acid is important when cooking beets because it helps them retain their vibrant purple/red colour. In this case, the lemon also balances the sweetness of the onions, beets, and carrots).

Method

1. Put a bit of oil in the bottom of a large soup pot.
2. Cook the onions over medium heat for a few minutes to soften them.
3. Add the chopped carrots and cook with onions a further few minutes to soften. (*)
4. Add the beets.
5. Add the tomatoes, in whatever form you've chosen.
6. Cover with water or chicken broth and stir to mix a bit.
7. Squeeze in the juice of approximately one lemon. (*)
8. Add salt to taste. Add pepper (about a half tsp of white pepper blends in nicely).
9. Bring to the boil. Reduce heat to a simmer. Cook until the beets are soft (this is at least an hour; but usually I just leave it to simmer while I go and do other things).
10. When it is ready, blender the soup.
11. Adjust seasonings.
12. Serve with a sprinkling of freshly grated black pepper, and a spoonful of sour cream. If serving with sour cream, a bit of chopped dill is a nice addition.





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JULIE'S HARVEST BEET SOUP
SUBMITTED BY: JULIE MILLER





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MEXICAN SOUP

SUBMITTED BY: MARY BOND
RECIPE FROM THE WINDSOR STAR

Ingredients

- 1 28-ounce can tomatoes, drained
- 1 teaspoon olive oil
- 4 onions, diced
- 2 hot peppers, minced
- 3 cloves garlic, crushed
- 1 teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 5 cups vegetable cocktail juice
- Pinch salt, pinch sugar to taste (optional)
- Nacho chips, cilantro (optional)

Method

1. Coarsely chop tomatoes.
2. Heat oil on medium-low, cook onions, hot peppers and garlic until softened, about 10 minutes.
3. Stir in seasonings.
4. Add tomatoes and juice; heat and simmer about 15 minutes to blend flavours.
5. Add a pinch of salt or sugar to taste.
6. Serve soup hot or cold; garnish with nacho chips and/or cilantro as desired.

Notes

* This recipe is originally from *The Windsor Star*, but was slightly tweaked by Mary. (www.windsorstar.com)





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PICKLED ONION RINGS SUBMITTED BY: DIANE COUTU

Ingredients

- 1 **onion** sliced (or more as you wish)
- **Salt and pepper**
- **Vinegar**
- Small pinch of **sugar**

Notes

- * Keeps well in the fridge.
- * Goes really well with the "Giblotte des Îles de Sorel" (*page 12*).

Method

1. Remove skin from onion.
2. Slice them about 1/4 to 1/2 inch thick slices - as you wish.
3. Put them in a sterilized jar.
4. Pour the vinegar into the jar, along with the sugar, salt and pepper.
5. Shake, shake, shake your bootie... ahhh, bottle. LOL.
6. It can be served right away, but will not be as vinegary.



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ROASTED ACORN SQUASH SUBMITTED BY: JUDI OTTIER

Ingredients

- Acorn squash
- Olive oil
- Salt
- Pepper
- Oregano
- Thyme
- Garlic

Method

1. Cut acorn squash in half and remove seeds.
2. Slice with skin on.
3. Roast squash in a pan with olive oil.
4. Season with salt, pepper, oregano, thyme and garlic.
5. Adding other vegetables is optional (onions, red pepper, asparagus etc.)
6. Bake at 400° for 25 minutes or until soft.
7. Grill until brown, uncovered.



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SPICED PUMPKIN LOAF (NO EGG) SUBMITTED BY: MARY GOODFELLOW

Ingredients

- 1 cup pumpkin
- 1/2 cup canola oil
- 1/3 cup water
- 1 3/4 cups whole wheat flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon cloves
- Raisins or nuts (*optional*)

Method

1. Preheat oven to 350°F.
2. In a blender, mix pumpkin, oil, and water.
3. In a large bowl, mix together flour with other dry ingredients.
4. Add pumpkin mixture to dry mixture and mix together.
5. Pour into greased loaf pan.
6. Bake for 45 minutes or until done.

Notes

* Reminder: There is no egg in this tasty, moist loaf.





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WHAT TO DO WITH A LARGE PUMPKIN? (HOMEMADE PLUM SAUCE) SUBMITTED BY: CHRISTINE FONTAINE

Ingredients

- 1 pumpkin
- 5 cups of sugar
- 2 cups of vinegar
- 2 cups of ketchup
- 4 tablespoons of crushed garlic
- Hot pepper (*optional*)

Notes

* An idea for the other half of the pumpkin is to cut it in cubes. Then you simmer with about 1 cup of sugar and a bit of cinnamon to taste. I use this mixture to stuff chicken or turkey. It's also excellent with pork (filet or chops).

Method

1. Cut the pumpkin in half and remove the seeds. (You can use the seeds as next year's garden seeds, or roast them in the oven as a snack.)
2. Cook half the pumpkin on a greased tray in the oven for about 1 hour, depending on its size.
3. Once cooked, transfer the purée to a large pot (you should have roughly 5 cups).
4. Add the sugar, vinegar, ketchup, and crushed garlic. For a spicy version, add some hot pepper.
5. Simmer for about 40 minutes.
6. Put in the blender/food processor, and can or freeze.
7. Voilà: homemade plum sauce! The main ingredient of plum sauce isn't even plums, but pumpkin! This is an economical sauce to make at home.





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ZUCCHINI CREAM SOUP SUBMITTED BY: SANDRA MILOSEVIC

Ingredients

- 1/2 small **onion**, quartered
- 2 **garlic** cloves
- 3 medium **zucchini**s, skin on, cut in large chunks
- 32-ounce **vegetable broth**
- **Salt and black pepper** to taste
- 2 tablespoons **cream cheese** (or sour cream, if you prefer it to be a bit lighter)

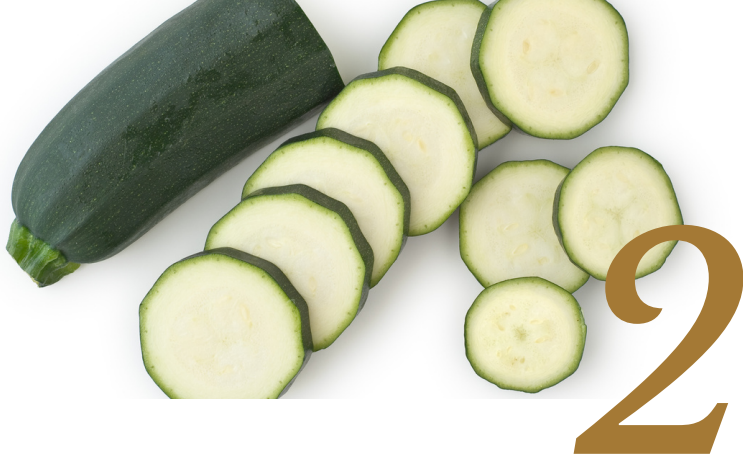
Notes

* You can use this recipe for any kind of cream soups, just replace zucchini with the same quantity of other veggies like broccoli, leek, etc.

Method

1. Combine vegetable broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover, and simmer until tender, about 20 minutes.
3. Remove from heat and purée with an immersion blender, add the cream cheese and purée again until smooth.
4. Taste for salt and pepper and adjust to taste.
5. Serve while hot.
6. Enjoy!





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ZUCCHINI MUFFINS OR ZUCCHINI LOAF SUBMITTED BY: SUSAN GLENDENNING

Ingredients

Method

(Bowl A, Dry Ingredients):

- $\frac{3}{4}$ cup **white sugar**
- $\frac{3}{4}$ cup **brown sugar**
- 2 $\frac{1}{2}$ cups **all-purpose flour**
- 1 cup **chopped walnuts**
- 1 cup **raisins**
- 2 **teaspoons baking soda**
- 1 **teaspoon baking powder**
- 1 **teaspoon cinnamon**
- 1 **teaspoon ginger**
- $\frac{1}{2}$ **teaspoon cloves**
- 2 **teaspoons orange zest**
- 1 **teaspoon salt**

(Bowl B, Wet Ingredients):

- 3 **eggs, beaten**
- 1 cup **vegetable oil**
- 1 **teaspoon vanilla essence**
- 2 cups of **grated, unpeeled zucchini**
(about 325 grams)

1. Heat oven to 350°F.
2. Take two large bowls, one for a “dry” mix (*Bowl A*), the other for a “wet” mix (*Bowl B*).
3. Mix Bowl A ingredients together (white sugar, brown sugar, etc.)
4. Mix Bowl B ingredients together (3 eggs beaten, 1 cup vegetable oil, etc.)
5. Add Bowl B to Bowl A, stirring only enough to mix and moisten ingredients.
6. Bake muffins for 25 minutes and loaves for about 45 minutes.

Notes

* Makes 24 muffins or two 8” x 4” loaves.



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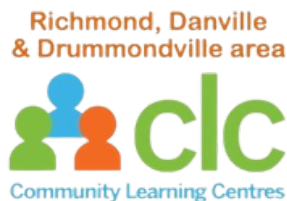
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