



# RECIPE BOOK

*From our table to yours*







*Sides & Starters for*  
**the foodies**

# OMA'S ROTKOHLE (RED CABBAGE)

"For me, a big family meal isn't complete without this beautiful reddish-purple veggie on the side!"

## *Ingredients*

- 1 red cabbage
- 1 tsp salt
- Sugar, honey or maple syrup, to taste
- 1 apple, optional
- Juice of one lemon

## *Directions*

- 1 Finely shred red cabbage (discard thick parts) and place in large pot.
- 2 Add salt and work it into the cabbage until juicy (let sit overnight if you can.)
- 3 Add sugar. Add shredded apple if desired.
- 4 Simmer in own juices for 20 minutes, covered. Just before cabbage turns light, add lemon juice. Add salt/sugar to taste.



**Alison Hernández**  
COO



# HUNGARIAN MUSHROOM SOUP

“This recipe to me is like a warm hug. I have been making it since I can remember and always flock to it once the weather gets the slightest of chills.”

## Ingredients

- 24 tablespoons salted butter
- 1 large yellow onion, chopped
- 1 pound mushrooms, sliced (Mix of mushrooms is my preference \*Cremini, wild, portobello, etc)
- 2 cups chicken or vegetable stock (I like to use bone broth chicken or beef)
- 3 tablespoons Soy Sauce
- 2 teaspoons paprika
- 3 tablespoons all-purpose flour
- 1 cup whole milk
- 1/2 cup sour cream
- 1 tablespoon lemon juice, from 1 lemon
- 1 tablespoon fresh dill, chopped
- 1/4 cup fresh parsley, chopped

## Directions

- 1 Melt the butter in a large saucepan over medium heat, add the onions and mushrooms and cook until the mushrooms have released their liquids and it has evaporated, about 10-15 minutes.
- 2 Mix in the flour and paprika and let it cook for 2-3 minutes.
- 3 Add the stock, soy sauce and milk, bring to a gentle boil, reduce the heat and simmer for 10 minutes.
- 4 Remove from heat and mix in the sour cream, lemon juice, dill and parsley. Season to taste with salt and pepper.



**Chantal Porter**  
Staffing Manager



*Dinners for*  
**any gathering**



# NONNA'S SPAGHETTI BOLOGNESE

"My Nonna was an amazing cook. I remember sitting down for a fresh bowl of pasta at lunch, wondering how something so yummy could exist."

## Ingredients

- 1/4 pound ground veal
- 1/4 ground pork
- Olive oil
- 1 finely chopped onion
- Finely chopped garlic (2 cloves)
- 2 finely chopped celery sticks
- 1 chicken bouillon
- 1/2 cup of white wine
- 2 tablespoons of tomato paste
- 1 can of tomato sauce
- 1/2 bottle of Passata
- Salt and pepper to taste
- 1/2 teaspoon rosemary
- Pack of spaghetti

\*\*Passata can be purchased from any local grocery store

## Directions

- 1 Heat up olive oil on high heat. Add onions and garlic and cook until softened.
- 2 Add celery and cook until softened.
- 3 Add the wine and stir to let alcohol evaporate. Once complete add chicken bouillon.
- 4 Add your ground veal and pork and lower heat, allowing the meat to cook through (1-2 minutes). Add salt and pepper to taste.
- 5 Add tomato paste, tomato sauce and Passata. Place on low heat and let it simmer for 1 hour. Add rosemary to sauce before serving.
- 6 While your sauce is simmering, cook your spaghetti following the directions listed on the package



**Laura De Lorenzi**  
Marketing Coordinator

# BBQ CANDIED RIBS

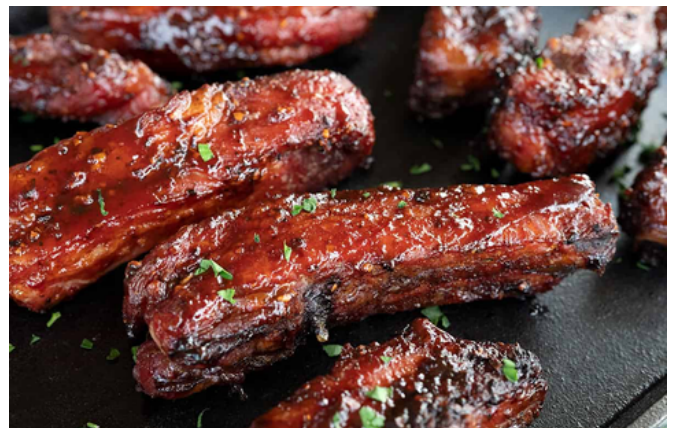
“Hot or cold, these ribs never go to waste simply because no one will allow it. A little high maintenance to prepare? Yes. But worth every flick of the wrist.”

## Ingredients

- Two racks of pork ribs will usually serves 2-4 people depending on sides and hunger levels
- Make your BBQ sauce or combine your favourites from the store into a bowl, usually 2 bottles, and add a splash of Worcestershire, mustard, garlic powder, maple syrup. I usually select spicy BBQ sauces to give the ribs some kick or dip them in hot sauce once cooked :)

## Directions

- 1 Cut the racks in half, season with salt, pepper and garlic powder
- 2 Cover in foil on a baking sheet and bake in the oven at 250 degrees Fahrenheit for two hours.
- 3 Baked ribs should be tender after two hours, cut each rib into individual pieces.
- 4 Toss them in your BBQ sauce before throwing them on the BBQ on medium heat. Keep the majority of the sauce for coating, over and over again and dipping once cooked.
- 5 The more meticulous you are at turning the ribs and coating them with sauce until they are dressed with a mix of charred, candied BBQ sauce, the tastier they will be.



**Jennifer Ménard-Shand**  
Founder & CEO

# CAPTAIN CRUNCH CHICKEN FINGERS

“My kids love Captain Crunch and when I decided to adapt a recipe from my University days, they went crazy. They thought it was silly and strange then ultimately so yummy.”

## Ingredients

For the chicken fingers:

- 2 lbs of either boneless, skinless Chicken Breasts or Chicken Thighs
- 2.5 cups Captain Crunch cereal crushed
- 1.5 cups flour
- 3 eggs beaten

For the honey mustard dip:

- Equal parts mustard and honey

## Directions

- 1 Slice your chicken into strips then coat in flour, dip in the egg wash then coat in the crushed Captain Crunch.
- 2 Deep fry until golden and cooked through.
- 3 Combine ingredients for your dip. Serve and enjoy!



**Kim Patrick**  
Staffing Director



# JORDANIAN MANSAF

Mohammad Alqroum  
Senior Staffing Manager



“It is meant to be eaten communally, as part of a social event. Guests gather around the table and enjoy Mansaf, eaten with the fingertips of the right hand.”

## Ingredients

- 2 lbs lean lamb (1-1/2 inch cubes, beef can be substituted)
- 1/2 cup clarified butter (use samna or ghee if available, or make your clarified butter)
- salt
- pepper
- 1 medium onion, finely chopped
- 4 cups plain Greek yogurt
- 1 egg white
- 1 teaspoon pepper
- 1/2 teaspoon coriander (see spices note below)
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cardamom
- 1/2 cup whole blanched almonds
- 1/2 cup pine nuts
- 4 -6 loaves pita bread (khubz, Arabic pita-type bread is used in Jordan)
- 3 cups rice, raw measure, cooked (Jasmine med grain or Basmati is good)
- parsley or chives, chopped for garnish



## Directions

- 1 Wash meat cubes and place in tray with lid. Cover meat with water, cover tray and place in refrigerator for 4-8 hours.
- 2 Melt 1/4 cup of the clarified butter in heavy skillet over medium-high heat. Drain and pat dry meat cubes. Place in skillet and cook for 20 minutes until browned on all sides. Season meat with salt and pepper, to taste, and add enough water to cover meat. Reduce heat, cover and cook for 1 hour. Add onion and simmer uncovered for 30 minutes.
- 3 While meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg white and 1/2 teaspoon of salt. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency. Reduce heat to low and allow yogurt to softly simmer uncovered for 10 minutes.
- 4 Stir yogurt into meat and add seasonings as desired. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed.
- 5 In a small skillet, melt 2 tablespoons of the remaining 4 tablespoons of clarified butter. Add almonds and cook for 5 minutes. Stir in pine nuts and cook for 3 minutes. Remove from heat and set aside.
- 6 Split the khubz loaves open and arrange, overlapping on a large serving tray. Melt the last remaining 2 tablespoons of butter and brush over the khubz to soften. Arrange rice over the khubz leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the butter and nuts over the meat. Sprinkle parsley or chives over top.

# MUTTON (GOAT) CURRY

“This was a must dish whenever there was a family gathering and we all used to enjoy mutton curry with loads of family time.”

## Ingredients

- 1/3 cup olive oil
- 2 large onions
- 3 large tomatoes
- 10-15 garlic cloves
- 2.5 inch ginger
- 3-4 green chillies
- 3 cups of water
- 2 teaspoons garam masala powder (you can get this from any Indian grocery store or in the international aisle of a regular grocery store)
- 1 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 2 pounds goat, cut into chunks
- salt, to taste
- Chopped fresh cilantro, garnish



## Directions

- 1 Heat the olive oil in a heavy-bottomed large pan over medium heat.
- 2 Purée the onions, garlic and ginger together and when the pan is hot, add them in. Sauté on low to medium heat until the purée begins to turn golden brown. At this point, add in the turmeric, red chilli powder and give it a good mix.
- 3 Now purée the tomatoes and green chillies and add this paste into the pan. Add the water and cover the pan, set the heat to low-medium and let it simmer for about 5-10 minutes.
- 4 Keep on stirring the paste in between to avoid sticking it to the bottom of the pan. Once the oil separates from the paste, time to add in the salt.
- 5 Now add the goat in the gravy and cover the pan. Stir in every 15 minutes of interval and cook it until the goat is soft.
- 6 Turn off the heat and garnish it with garam masala powder and chopped cilantro.



**Nidhi Soni**  
Accounting Manager





sweet tooth  
*Solutions*

# LEMON RASPBERRY CAKE

“My Grandma had this really old cookbook. I always smile at the smudged buttered fingerprints she left behind accidentally on the pages she loved. This is one of my favourite recipes.”

## Ingredients

For the cake:

- 2 eggs
- 1 cup sugar
- 1 cup sour cream
- 1/2 cup olive oil
- 1 tsp vanilla
- 1/4 tsp salt
- 1 Tbsp lemon rind
- 1 Tbsp lemon juice
- 2 cups flour
- 2 tsp baking powder
- 2 cups raspberries (plus extra for decorating)
- 1/2 Tbsp cornstarch
- 1/2 Tbsp lemon juice

For the lemon whip cream:

- 1 & 1/2 cups heavy cream
- 1/2 cup icing sugar (sifted)
- 1 Tbsp lemon juice
- 2 tsp lemon rind

## Directions

- 1 In a bowl beat the eggs and sugar.
- 2 Then add sour cream, olive oil, vanilla, lemon juice and salt.
- 3 Next combine flour and baking powder.
- 4 Coat raspberries with cornstarch and lemon juice and then add everything together.
- 5 Push a few raspberries into the top of the batter.
- 6 Butter and spray the cake tin.
- 7 Bake at 375 for 55 minutes or until a toothpick comes out clean.



**Rebecca Sepulveda**  
Employee & Client Care Concierge



# FRENCH-CANADIAN BUTTER TARTS

“Grandma Gertrude made what was called “Sugar Pie”. My Grandfather Percy made the more classic version (no raisins, thank you). Here’s my latest version, no need to roll!”

## Ingredients

- ½ cup butter
- 2 tablespoons confectioners' sugar
- 1 ¼ cups all-purpose flour
- 1 ½ cups packed brown sugar
- ¼ cup butter, melted
- 2 eggs, beaten
- 1 tablespoon distilled white vinegar
- 1 teaspoon vanilla extract

## Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 To Make Base: In a small mixer bowl, cream together 1/2 cup butter or margarine and confectioners' sugar. Blend in flour. Put into 9X9 inch square pan. Bake in a preheated oven for 5 minutes.
- 3 To Make Filling: In a large bowl combine brown sugar, melted butter or margarine, beaten eggs, vinegar, vanilla. Pour over the base and bake in a preheated oven for 35 to 40 minutes, until set.



**Belinda LeMay**  
Employee & Client Care Concierge

# GERMAN PLUM CAKE (ZWETSCHGENKUCHEN)

“My mom would make this every fall. I have never found anything like it in any bakeries and always look forward to it.”

## Ingredients

For the cake batter:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{3}{4}$  cup granulated sugar
- 1 teaspoon vanilla extract, or vanilla sugar
- $\frac{1}{2}$  teaspoon lemon zest, freshly grated (optional)
- $\frac{1}{2}$  cup unsalted butter, room temperature
- 2 large eggs, room temperature

For the Streusel:

- 1 cup all-purpose flour
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  cup unsalted butter, room temperature.

## Directions

- 1 Preheat your oven to 350°F (180°C). Spray with cooking spray or lightly butter a 9-inch springform pan. Set aside.
- 2 In the bowl of a stand mixer combine flour and baking powder. Add sugar, vanilla extract, lemon zest, butter, and eggs to the bowl and beat on low speed until combined then increase speed to medium-high and beat until smooth (2 minutes).
- 3 Spread the batter evenly into the cake pan. Gently place the plums in a concentric pattern on top of the batter, slightly overlapping each other.
- 4 Make the streusel: In the bowl of a stand mixer combine flour, sugar, and cinnamon. Add soft butter and beat until everything is combined and your crumbs have a coarse and crumbly texture (30 seconds to 1 minute).
- 5 Using your hands sprinkle the streusel evenly on top of the plums.
- 6 Bake for about 50 minutes or until the top of the cake is lightly golden. Let the cake sit in the pan for about 10 minutes before removing. Cool to room temperature before serving.



**Brenna Pembleton**  
Recruitment Assistant





*happy eating*

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[info@staffshop.ca](mailto:info@staffshop.ca)  
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