***Soup & Stews***

1. Lentil daal soup
2. Corn & roasted pepper soup
3. Roasted carrot & cumin soup
4. Thai Tomato coconut soup
5. Curry cauliflower soup
6. Cream of potato & leek soup
7. Lemon chicken noodle soup
8. Beef barley stew
9. Spiced butternut squash soup
10. Mexican chili stew

***LENTIL DAAL SOUP***

INGREDIENTS:

Red lentils, 1lb

Vegetable stock/ chicken stock/water

Onion, 2 onions, medium dice

Garlic, 4 cloves, slivers

Canola oil, 1 ounce

Turmeric powder, 1 tsp

Cumin seeds, 1 tsp (crushed)

Ginger powder, ½ tsp

35% cream, 4 oz

Kosher salt TT (to taste)

INSTRUCTIONS:

In a large pot sauté the onions & garlic with canola oil until translucent at medium- low heat. Once the onions and garlic have cooked; add the turmeric, cumin seeds and ginger. Toast the spices until you can smell the aroma off them. Add the lentils, broth & cream. Cook until the lentils have broken down. Blend in a vitamix or a standard blender. Season with salt and pepper.

***CORN & ROASTED PEPPER SOUP***

INGREDIENTS:

Roasted red peppers, canned or jar, 1 litre

Corn, canned & fresh,

Onions, 2 medium Spanish onions, medium dice

Garlic, slivers

35% cream, 2 cups

Vegetable stock/ chicken stock, 3 litres

Basil, 1 bunch (picked off the stem)

Vegetable oil, 2 oz

Salt TT

Pepper TT

INSTRUCTIONS:

In a large pot sautee onions & garlic with canola oil until translucent. Add the roasted peppers, stock and cream. Bring to a boil and simmer for 10 minutes at medium heat. Once the peppers have broken down, blend in a mixer. Return to the stove and add corn off the husk and canned corn. Simmer for another 8 minutes or until the corn is cooked. Add basil and season with salt and pepper.

***ROASTED CARROT & CUMIN SOUP***

INGREDIENTS:

2 lbs orange carrots

2 onions

2 garlic cloves

1 tbsp roasted cumin seeds (crushed)

½ bunch Coriander or parley

3 litres chicken stock or vegetable stock

4 tbsp Canola oil

Salt TT

Pepper TT

INSTRUCTIONS:

Peel onions and garlic and dice to medium size. Peel carrots and cut into small rounds. Thinner the better. In a medium size pot, add carrots and roast until the carrots have a golden brown colour to them. Add onions and garlic and cook until translucent. Add chicken stock or add vegetable stock. Boil at medium high heat until the carrots have cooked all the way though. Blend with a blender or a vitamix until smooth and creamy. Add salt and pepper to taste.

***THAI TOMATO COCONUT SOUP***

INGREDIENTS:

3 lbs field or roma tomatoes (ripe ones)

2 onions

2 garlic cloves

1 pcs lemongrass

2 pcs lime leaf

2 cans coconut milk (organic or coconut % of 30% and no starch!)

1 litre of vegetable stock

½ ounce Canola oil

INSTRUCTIONS:

Peel onion and garlic. Cut onions and garlic into medium size. In a medium size pot add canola oil and sauté onions and garlic at low heat until translucent. Coat tomatoes in canola oil and season with salt and pepper. Roast in the oven until golden brown at 400 C for 15 minutes. Once the tomatoes have been roasted add to the pot of onions and garlic. Add vegetable stock or water. Add aromatics (lemongrass, lime leaf). Boil for 20 minutes and season with salt and pepper. Blend with a blender or a vitamix until smooth and creamy.

***CURRY CAULIFLOWER SOUP***

INGREDIENTS:

1 pc cauliflower

2 onions

2 garlic cloves

1 tbsp curry powder

3 tbsp Canola oil

Milk (4.25 %)

Salt TT

Pepper TT

INSTRUCTIONS:

Cut the core out of the cauliflower. Cut the cauliflower into florets or into small pieces. Peel the onion and cut into medium dice pieces. Roast cauliflower in the oven at 375 C until golden brown. Probably around 15 minutes. In a medium size pot add canola oil, onions, garlic and curry powder and cook until translucent. Add cauliflower and milk. Bring to a boil. Once it has come to a boil turn down to low heat and simmer for 10 minutes. Stir at all times. Milk tends to burn very quickly at the bottom of the pot. Season with salt and pepper to taste. In a blender or a vitamix blend until smooth.

***CREAM OF POTATO AND LEEK SOUP***

INGREDIENTS:

5 Potatoes, medium size

4 leeks

2 garlic cloves

3 litres chicken stock

250ml, 35% cream

3 dashes of ground nutmeg

1 ounce Canola oil

2 tbsp butter

Salt TT

Pepper TT

INSTRUCTIONS:

Peel potatoes with a peeler and cut into medium coins. Place in water until you are ready to cook. Peel leeks and garlic and cut into small pieces or coins. In a medium size pot add canola oil and butter. Sauté leeks and garlic until lightly brown. Add chicken stock, potatoes, 35% cream, ground nutmeg. Boil at low medium heat until the potatoes are cooked through. Season with salt and pepper. Blend in a blender until smooth and creamy.

***LEMON CHICKEN NOODLE SOUP***

INGREDIENTS:

2 lbs chicken breast

3 litres of chicken stock

3 onions

4 carrots

4 celery stocks

1 pkg (noodles or drops, dry)

4 tbsp parsley (chopped)

3 dashes smoked paprika

1 lemon (juiced)

2 tbsp butter

Salt TT

Pepper TT

INSTRUCTIONS:

Peel carrots, celery stalk and onion. Chop the three ingredient all the same mediums small dice. Set aside. Chop chicken into medium small cubes. In a medium Pot add canola oil, butter and sauté onions, celery and carrots for about 5 minutes. Add chicken stock, chicken and cook at medium low heat until the chicken is cooked. Add noodles and cook for 8 to 10 minutes depending on the size of the noodle. Add lemon juice and parsley at the end. Season with salt, pepper and smoked paprika.

***BEEF BARLEY STEW***

INGREDIENTS:

2.5 lbs beef cubes

2 Onions

2 garlic cloves

3 carrots

2 tbsp thyme

3 tbsp Canola oil

TT Salt

TT pepper

200 grams barley

2 litres beef stocks

2 tbsp rosemary

2 Tbsp butter

3 dashed smoked paprika

INSTRUCTIONS:

Chop onions, carrots into medium size cuts. Cut garlic in to slivers. In a medium size pot add canola oil and butter. Add seasoned beef and brown until golden brown at medium high heat. Once the beef has been browned. Sauté onions, garlic and carrots into the seasoned beef. Add rosemary, thyme and stock to the beef. Stir occasionally. After the flavour has developed add in the barley and simmer at medium low heat. Cook for 20 minutes until the barley has cooked. Season with salt, pepper and smoked paprika.

***SPICED BUTTERNUT SQUASH SOUP WITH YOGURT***

INGREDIENTS:

1 butternut squash

2 onions

2 garlic cloves

1 bunch sage

300 grams yogurt greek or plain

2 litres chicken stock or vegetable stock

2 dashes cinnamon

INSTRUCTIONS:

Peel butternut squash skin with a serrated knife. Core out the squash and cut cubes into small-medium pieces. Peel onions and garlic. Slice onion into medium size cubes. Garlic into slivers. Sautee with canola oil and butter until caramelized and translucent. Add squah, stock, and cook on medium low heat until the squash breaks down and softens. Roughly about 15 to 20 minutes later, add chopped sage and 2 dashes of cinnamon. Blend with a blender or a vitamix. Once the soup is smooth, season with salt and pepper to taste. Yogurt is optional to add into the soup or a spoonful can be added on top for garnish.

***MEXICAN CHILI STEW***

INGREDIENTS:

3 lbs beef, veal ground (50/5O each)

2 onions

2 garlic cloves

4 carrots

3 peppers(green, yellow, red)

2 tbsp rosemary

2 tbsp thyme

3 tbsp parsley

1 PKG Tex mex chili mix

2 tbsp butter

3 tbsp canola oil

.5 litres Beef stock

Salt TT

Pepper TT

Tortilla chips (optional)

INSTRUCTIONS:

Peel onions and garlic. Chop onions and pepper into medium dice. Cut garlic into slivers. In a medium shallow pot add canola oil and butter. Place the beef in the pot and brown meat for 10 minutes at medium high heat. Add onions, carrots, peppers, tex mex chili mix, rosemary, thyme, parsley. Add stock. Simmer at low heat for about 25 to 35 minutes. Serve with crispy tortilla chips on the side or as a garnish.

***BREAKFAST IDEAS***

1. RICE CRISPY CEREAL, MILK, APPLES
2. OATMEAL, CINNAMON, APPLES
3. TOASTED CINNAMON ENGLISH MUFFINS, CREAM CHEESE
4. ENGLISH MUFFINS, JAMS AND BANANAS
5. FRENCH TOAST, GREEK YOGURT, STRAWBERRIES
6. BUCKWHEAT CRAPES, RASPEBERRY JAM
7. FRENCH TOAST, BLUEBERRIES & MAPLE SYRUP
8. OATMEAL, SHREDDED RAW GREEN ZUCCHINI, GREEN APPLE CUBES & CINAMON
9. BUTTERMILK PANCAKES, GREEK YOGURT, PEACHES
10. TOAST, TURKEY SALAMI, MOZZARELLA

***SNACKS***

1. HUMMUS WITH WHOLEWHEAT CHIPS
2. WHITE TUNA SALAD, TORTILLA WRAPS
3. CURRY CHICKEN SALAD, WHOLEWHEAT TOAST
4. VEGGIES WITH GOATS YOGURT TZATZIKI
5. BANANA MUFFIN
6. ZUCCHINI MUFFIN WITH FRUIT TOPPING
7. FRUIT SALAD WITH GREEK YOGURT & HONEY
8. BUCKWHEAT CRAPES, RASPERRY JAM
9. BANANA BREAD, MAPLE SYRUP, CARMALIZED BANANAS
10. MIXED CHEESES AND WHOLEWHEAT CRACKERS

***HUMMUS WITH WHOLEWHEAT PITA CRISPS***

INGREDIENTS:

500ML CHICKPEAS (CANNED, COOKED)

2 GARLIC CLOVES

1 PC LEMON JUICE (JUICED)

2 TBSP ZAHATAR (MIDDLE EASTER SPICE)

3 TBSP OLIVE OIL

250 ML WATER

SALT TT

PEPPER TT

INSTRUCTIONS: RINCE THE CHICKEPEAS OUT OF A CAN AND DRAIN WATER. IN A BLENDER MIX CHICKEAS WITH ALL THE INDREDIENTS AND BLEND FOR ABOUR 4 MINUTES. SEASON WITH SALT AND PEPPER. DRIZZLE A DASH OF OLIVE OIL ON TOP AND ZAHATAR ON TOP FOR GARNISH WHEN SERVING.

WHOLEWHEAT CRISPS

CUT WHOLEWHEAT TORTILLA INTO TRIANGLES. SEASON WITH SALT AND PEPPER. DRIZZLE OLIVE OIL AND BAKE FOR 8- 10 MINUTES OR UNTIL GOLDEN BROWN AT 375 DEGREES. SERVE THE HUMMUS AND PITA SIDE BY SIDE.

***WHITE TUNA SALAD, WHOLEWHEAT WRAPS***

INGREDIENTS:

500 ML SOLID WHITE TUNA (CANNED)

1 PC LEMON JUICE (JUICED)

200ML LOW FAT MAYONAISE

2 GARLIC CLOVES

1 TBSP OLIVE OIL

SALT TT

PEPPER TT

INSTRUCTIONS: DISGARD THE WATER OUT OF THE CANNED TUNA AND DRAIN WELL. IN A MIXXING BOWL BREAK DOWN THE TUNA GENTLY WITH YOUR HANDS. ADD MAYONAISE AND THE REST OF THE INGREDIENTS. SEASON WITH SALT AND PEPPER. WRAP 3 TBSP OF TUNA INTO WHOLE WHEAT WRAPS AND ROLL. CUT IN HALF ON A SIDE ANGLE. SERVE WITH A SIDE OF CUCUMBER SLICES.

***CURRY CHICKEN SALAD, WHOLEWHEAT TOAST***

INGREDIENTS:

500 GRAMS CHICKEN BREAST

100 ML COCONUT MILK

½ TBSP CURRY POWDER

1 APPLES (PEELED, CUBED)

3 OUNCES MOZZARELLA CUBES

1 ONION

2 GARLIC CLOVES

1 TBSP CANOLA OIL

3 TBSP LOW FAT MAYONAISE

SALT

PEPPER

1 LEMON (JUICED)

PARLEY (CHOPPED)

INSTRUCTIONS:

PEEL ONION AND GARLIC AND MINCE INTO PIECES. ON A CUTTING BOARD CHOP CHICKEN INTO SMALL ¼ INCH CUBES. DISGARD THE CUTTINGBOARD AFTER CUTTING CHICKEN ON IT. COOK THE CHICKEN IN A NON STICK PAN WITH CANOLA OIL UNTIL COOKED. ADD COCONUT MILK, CURRY POWDER AND ADD LEMON JUICE, SALT AND PEPPER. SET ASIDE AND LET COOL. ONCE THE MIXUTE HAS COOLED DOWN ADD MOZZARELLA CUBES, ONION, GARLIC MAYONNAISE AND PARLEY. ADJUST THE SEASONING WITH SALT AND PEPPER. SERVE WITH TOASTED WHOLE WHEAT BREAD.

***BUCKWHEAT CRAPES, RASPBERRY JAM***

INGREDIENTS:

200 GRAMS BUCKWHEAT FLOUR

500ML MILK

2 EGGS

SALT TT

250 ML WATER

2 TBSP CANNOLA OIL

1 CONTAINER FRESH RASPBERRIES

250 ML GREEK YOGURT

250 ML RASPEBERRY JAM

INSTRUCTIONS: IN A MEDIUM SIZE BOWL ADD EGGS, FLOUR, MILK AND WATER AND WHISK UNTIL THE MIXTURE IS BINNED. STRAIN WITH A STRAINER, IF THERE ARE ANY REMAINING LUMPS. SEASON WITH A PINCH OF SALT. COAT A NON STICK PAN WITH A TOUCH OF CANOLA OIL AND ADD A LADLE OF THE MIXTURE AND DISPARS THROUGH THE PAN. FLIP AFTER 2 MINUTES. KEEPING THE PAN AT LOW MEDIUM HEAT. COOL DOWN CRAPES AND FILL WITH RASPEBRRY JAM AND GREEK YOGURT IF DESIRED. ROLL THE CRAPES INTO CIGAR SHAPES AND DUSH ICING SUGAR WHEN SERVING. GARNISH WITH FRESH RASPEBERRIES.

***PASTA DISHES***

1. CHICKEN ALFREDO
2. BROCOLI BEEF FUSSILI
3. TOMATO BASIL BOWTIES
4. VEAL MEATBALLS WITH ANGEL HAIR PASTA
5. ROASTED PEPPER SAUCE, CHICKEN BOWTIES
6. IVANAS SMOKED PROVOLONE LASAGNA
7. ROSE PENNE WITH VEGETABLES

***CHICKEN ALFREDO FETTUCINI***

INGREDIENTS:

3LBS CHICKEN BREAST (DICES ¼ INCH PIECES)

3 OUNCES, 35% CREAM

LOW FAT MILK

3 ONION (MINCED)

3 GARLIC CLOVES (SLIVERS)

4 CARROTS (DICED 1/4INCH PIECES)

250 ML PARMESAN CHEESE

250 ML LOW FAT CREAM CHEESE

2 TBSP ROSEMARY

1 TBSP THYME

300 ML GREEN PEAS (COOKED)

1 PKG FETTUCINI (DRY PASTA)

CANNOLA OIL

SALT, PEPPER TT

INSTRUCTIONS:

IN A MEDIUM SIZE PAN ADD CANNOLA OIL AND COOK CHICKEN AT MEDIUM LOW HEAT. ONCE THE CHICKEN HAS COOKED. ADD ONION, GARLIC, CARROTS, 35% CREAM, LOW FAT CREAM CHEESE, HERBS AND SEASON LIGHTLY WITH SALT AND PEPPER. SIMMER FOR 10 MINUTES WITH THE CHICKEN UNTIL FLAVOUR HAS DEVELOPED. ADD PEAS, LEMON JUICE AND PARMESAN CHEESE TO THE CHICKEN AND SAUCE. COOK PASTA IN BOILING WATER. FOLLOW INSTRUCTIONS ON THE PACKAGE. ONCE THE PASTA IS COOKED PLACE PASTA IN TO THE SAUCE AND ADJUST SEASONING. SPRINKLE MORE PARMESAN CHEESE ON TOP IF DESIRED FOR GARNISH.

***BROCCOLI BEEF FUSSILI***

INGREDIENTS:

½ BUNCH BROCCOLI FLORETTS

2 LBS BEEF (GROUND)

1 PKG FUSSILI

1 PKGS MUSHROOMS (300 GRAMS)

½ OR 200ML CONTAINER LIGHT CREAM CHEESE

2 ONIONS

2 GARLIC

2 TBSP PARSLEY

1 TBSP OREGANO

250 ML BEEF STOCK

100 ML CANOLA OIL

1 PC ZEST OF LEMON

2 TBSP BUTTER

INSTRUCTIONS: CHOP ONIONS AND GARLIC TO A FINE MINCE. IN A NON STICK PAN ROAST BROCOLI FLORETTS UNTIL GOLDEN BROWN AND THEN ADD MUSHROOMS AND CARMALIZE WITH BUTTER UNTIL COOOKED. ONCE YOU HAVE CARMALIZED YOUR VEGETABLES. IN ANOTHER NON STICK PAN, COOK THE GROUND BEEF WITH ONIONS AND GARLIC. COOK FOR ABOUT 20 MINUTES OR UNTIL COOKED. ADD HERBS AND ADD STOCK AND LIGHT CREAM CHEESE. REDUCE TO A SAUCE THAT WILL COAT THE BACK OF YOUR WOODEN SPOON. ADD VEGETABLES TO THE SAUCE AND ADD TO COOKED PASTA. ADJUST THE SEASONIONG WITH SALT AND PEPPER AND LEMON ZEST.

***TOMATO BASIL BOWTIES WITH PARMESAN CHEESE***

INGREDIENTS:

1 BIG CAN TOMATO SAUCE OR 3 MEDIUM SIZE CANS OF PEELED WHOLE TOMATOES FROM ITALY (SAN MORZANO TOMATOES, PURCHASED AT COSTCO)

2 ONION

3 GARLIC CLOVES

200ML PARMESAN CHEESE

1 BUNCH BASIL

3 TBSP OLIVE OIL

3 TBSP CANOLA OIL

1 PKG BOWTIES

INSTRUCTIONS: IN A MEDIUM SIZE POT COOK ONIONS AND GARLIC UNTIL TRANSLUSCENT. ADD CANNED TOMATOES. CRUSH WITH HANDS OR WITH A WOODEN SPOON. COOK AT LOW MEDIUM HEAT AND STIR AT ALL TIMES. COOK FOR 2 HOURS. SEASON WITH SALT AND PEPPER. ADD BASIL AND OLIVE OIL WHEN FINISHING THE SAUCE. SET ASIDE. FOLOW INSTRUCTIONS ON COOKING THE PASTA ON THE LABEL. STIR SAUCE WITH PASTA. ADD PARMESAN CHEESE AND OLIVE OIL TO FINISH, SERVE WHEN HOT.

***ROASTED RED PEPPER SAUCE, WITH BOWTIES***

INGREDIENTS:

1 MEDIUM JAR ROASTED RED PEPPERS

4 TBSP, AJVAR (BALKAN SPREAD)

4 TBSP LIGHT CREAM CHEESE

500ML TOMATO SAUCE

1 PKGS BOWTIES

3 TBSP OLIVE OIL

4 TBSP PARMESAN CHEESE

½ BUNCH BASIL

SALT TT

PEPPER TT

INSTRUCTIONS:

IN A MEDIUM SIZE POT WARM UP THE TOMATO SAUCE WITH LIGHT CREAM CHEESE, AJVAR AND BASIL. FOLLOW THE INSTRUCTION ON COOKING THE PASTA. COMBINE THE SAUCE AND PASTA, ADD PARMESAN CHEESE AND ADJUST THE SEASONING WITH SALT AND PEPPER.

***VEAL RICOTTA MEATBALLS WITH ANGLE HAIR PASTA***

INGREDIENTS:

2 LBS VEAL GROUND

1 LB TOMATO SAUCE

1 BUNCH BASIL

4 TBSP PARMESAN CHEESE

1 PKG ANGLE HAIR PASTA

300 GRAMS RICOTTA

2 OLIVE OIL OLIVE OIL

3 TBSP CANOLA OIL

3 EGGS

4 TBSP BREADCRUMBS OR PANKO

INSTRUCTIONS:

IN A MIXING BOWL, MIX GROUND VEAL, EGGS, PARMESAN CHEESE, RICOTTA CHEESE, OLIVE OIL, PANKO AND SEASON WITH SALT AND PEPPER. SET ASIDE IN THE REFRIGERATOR TO FIRM AND SET THE MIXTURE. WHEN THE MIXTURE IS COLD, FORM MEDIUM SIZE BALLS. THE SIZE OF A GOLF BALL. IN A NON STICK PAN COLOR THE MEATBALLS AT MEDIUM HIGH HEAT WITH CANOLA OIL. ONCE YOU HAVE COLORED ALL YOUR MEATBALLLS GOLDEN BROWN, 8PCS TO 10 AT A TIME. PLACE THE TOMATO SAUCE AND COOK FOR 35 MINUTES AT LOW TEMPERATURE. SIMMER FOR 35 MINUTES OR UNTIL COOKED. FOLLOW THE INSTRUCTIONS ON COOKING THE PASTA. ONCE YOU HAVE EVERYTHING READY. STIR THE TWO TOGETHETHER AND GARNISH WITH BASIL AND PARMESAN CHEESE IF DESIRED.

***IVANAS SMOKED PROVOLONE LASAGNA***

INGREDIENTS:

1 L TOMATO SAUCE

1 PKG LASAGNA SHEETS

500 ML RICOTTA

20 SLICES SMOKED PROVOLONE

100 GRAMS PARMESAN CHEESE

1 BUNCH BASIL (CHOPPED)

INSTRUCTIONS: FOLLOW INSTRUCTIONS ON COOKING LASAGNA SHEETS OR PURCHASE THE ONE THAT DON’T NEED TO BE COOKED. IN A NON- STICK SQUASH DEEP DISH. LAYER ONE LADLE OF TOMATO SAUCE ON THE BOTTOM OF THE PAN. FOLLOWED BY LASAGNA SHEETS TO COVER THE BOTTOM BASE. FOLLOWED BY SMOKED PROVOLONE, SMALL KENELS OF RICOTTA AND SPRINGLE A SMALL AMOUNT OF BASIL. FOLLOW THE PROCESS WITH TOMATO SAUCE, LASAGNA SHEETS AND CHEESE AND KEEP REPEATING THE PROCESS UNTIL YOU HAVE RUN OUT OF PRODUCTS. BAKE AT 350 DEGREES FOR 35 TO 45 MINUTES. COOL DOWN BEFORE CUTTING AND SERVING. SPRING PARMESAN CHEESE ON TOP AND A DRIZZLE OF OLIVE OIL.

***ROSE PENNE WITH VEGETABLES***

INGREDIENTS:

1.5 L TOMATO SAUCE

100 ML 35 % CREAM OR LIGHT CREAM CHEESE (250 ML)

2 PCS ZUCCHINI

2 PCS PEPPERS

2 PCS CARROTS

2 PCS CELERY

250 ML PEAS (COOKED)

2 PCS ONIONS

2 CLOVES GARLIC

500 ML RICOTTA CHEESE

1 PKG PENNE

SALT TT

PEPPER TT

INSTRUCTIONS:

ON A CUTTINGBOARD, CHOP ZUCCHINI, ONIONS, PEPPERS, CARROTS, CELERY THE SAME SIZE. PEEL GARLIC AND CUT INTO SLIVERS. IN A MEDIUM SIZE SAUTEE PAN, ROAST ALL THE VEGETABLES AT A MEDIUM HIGH HEAT UNTIL GOLDEN BROWN. ADD TOMATO SAUCE AND SIMMER UNTIL FLAVOUR HAS DEVELOPED. FOR ABOUT 15 MINUTES OR SO. SEASON WITH SALT AND PEPPER. ADD 35% CREAM OR LIGHT CREAM CHEESE TO THE SAUCE. FOLLOW THE INSTRUCTIONS ON HOW TO COOK PENNE ON THE PKG. WHEN BOTH ITEMS ARE READY, COMBINE AND ADJUST SEASONING TOP WITH RICOTTA CHEESE ON TOP.

***CHICKEN DISHES***

1. CHICKEN STIR- FRY
2. BAKED CHICKEN STRIPS
3. BAKED CHICKEN AND SCENTED BASMATI RICE
4. CHICKEN POT PIE
5. BAKED CHICKEN WITH CREAMED SPINACH
6. HONEY GLAZED CHICKEN WITH SWEET POTATO MASH
7. DIANAS SMOKED BBQ GLAZED CHICKEN

***CHICKEN STIR FRY***

INGREDIENTS:

6 CHICKEN BREAST STRIPS

2 ONIONS (MEDIUM DICE)

3 CLOVES GARLIC (SLIVERS)

3 PCS BELL PEPPERS (MIXED COLOURS)

½ BUNCH BROCOLLI FLORETTS

2 LRG CARROTS (STICKS OR CUBES)

100 GRAMS SNOW PEAS

300 ML GINGER SAUCE

½ BUNCH THAI BASIL

200 ML CANOLA OIL

SALT TT

PEPPER (BLACK)

INSTRUCTIONS: CHOP ALL VEGETABLES THE SAME SIZE. IN A MEDIUM HIGH HEAT NON- STICK PAN, ROAST VEGETABLES WITH ONIONS AND GARLIC WITH CANOLA OIL. SEASON WITH SALT AND PEPPERS. SET ASIDE. IN THE SAME POT, SATAY THE CHICKEN STRIPS UNTIL GOLDEN BROWN & COOKED. ADD GINGER SAUCE, THAI BASIL AND SIMMER UNTIL THE FLAVOUR HAS DEVELOPED. ADD VEGETABLES TO THE CHICKEN AND ADJUST SEASONING. SERVE WITH STEAMED BASMATI RICE IF DESIRED.

***BAKED CHICKEN STRIPS***

INGREDIENTS:

6 CHICKEN BREAST STRIPS

500 ML PANKO OR BREADCRUMB ITALIAN MIX

4 EGGS

500 ML MILK

500 ML FLOUR

3 DAHSED SMOKED PAPRIKA

2 TBSP DRIED PARSLEY

SALT TT

PEPPER TT

4 TBSP CANOLA OIL

INSTRUCTIONS: SET UP A BREADING STATION FOR THE CHICKEN STRIPS. COAT CHICKEN STRIPS WITH CANOLA OIL FIRST. SET UP ONE BOWL, JUST ALL PURPOSE FLOUR THAT HAS BEEN SEASONED WITH SALT, PEPPER AND SMOKED PAPRIKA. SECOND BOWL, WHISK EGGS WITH MILK. THIRD WITH JUST BREADCRUMBS AND DRIED PARLEY OR PANKO. USING RUBBER GLOVES WHEN DEALING WITH CHICKEN. COAT ALL THE CHICKEN WITH FLOUR AND DUST OFF ANY ACCESS FLOUR. THEN FOLLOW BY EGGS WASH AND LAST WITH THE BREADCRUMBS.

***BAKED CHICKEN AND SCENTED BASMATI RICE***

INGREDIENTS:

6 CHICKEN BREAST (3 OUNCE PORTIONS)

3 ONIONS (STRIPS)

500 ML MUSHROOMS

½ PKG LIGHT CREAM CHEESE

2 LBS BASMATI RICE

1 LEMON ZEST

1 ORANGE ZEST

2 TBSP SUMAC

2 TBSP SEASAME SEEDS (TOASTED WHITE OR BLACK ONES)

CORRIANDER (TO GARNISH)

3 TBSP PARSLEY

1 TBSP ROSEMARY

INSTRUCTIONS:

CUT CHICKEN INTO 3 OUNCE PORTIONS FILLETS. CARAMIZE ONIONS AND MUSHROOMS UNTIL GOLDEN BROWN. ADD LIGHT CREAM CHEESE AND ROSEMARY. SET ASIDE. BAKE CHICKEN FILLETS AT 350 DEGREES UNTIL COOKED. CHECK WITH THERMOMETER. WHEN CHICKEN IS COOKED ADD MUSHROOM ONION MIX AND SERVED WITH STEAMED RICE THAT HAS BEEN TOSSED WITH SUMAC, CITRUS ZEST, SESAME SEEDS, CORRIANDER, PARLEY, SALT AND PEPPER.

***CHICKEN POT PIE***

INGREDIENTS:

6 BREASTS, (CUBES, ¼ INCH)

2 ONIONS

4 CARROTS

4 CELERY STALKS

300 ML GREEN PEAS

½ BUNCH DILL

500 ML BECHAMEL SAUCE

100 ML CHICKEN STOCK OR GRAVY

3 TBSP PARMESAN CHEESE

½ PKG PUFF PASTRY (FROZEN SECTION GROCERY)

4 TBSP CANOLA OIL

1 LEMON, JUICE

SALT TT

PEPPER TT

INSTRUCTIONS:

CHOP ALL VEGETABLES THE SAME SIZE. CUT CHICKEN INTO ¼ INCH PIECES. IN A MEDIUM SIZE POT COOK ALL VEGETABLES UNTIL GOLDEN BROWN. SEASON WITH SALT AND PEPPER. SET ASIDE. COOK CHICKEN WITH CANOLA OIL AT MEDIUM HIGH HEAT UNTIL CHICKEN IS COOKED. ONCE THE CHICKEN IS COOKED ADD VEEGTABLES, BECHAMEL SAUCE AND CHICKEN GRAVY OR STOCK. SIMMER FOR A FEW MINUTES. ADD DILL, PARMESAN CHEESE AND LEMON JUICE. ADJUST THE SEASONING. COOK PUFF PASTY SEPERATLY UNTIL GOLDEN BROWN. FOLLOW INSTRUCTIONS ON THE BOX. IN A MEDIUM DEEP PAN PLACE THE CHICKEN POT PIE MIX ON THE BOTTOM. LAYER THE PUFF PASTRY TOPS AND BAKE IN THE OVEN FOR ANOTHER 10 MINUTES UNTIL THE MIXTURE IS HOT AT 350 DEGREES. SERVE HOT.

***PAPRIKA CHICKEN WITH CREAMED CORN & SPINACH***

INGREDIENTS:

6 CHICKEN BREASTS, ( 3 OUNCE FILLETS)

2 ONIONS

2 GARLIC CLOVES

300 GRAMS CORN KERNALS

2LBS CHICKEN

SMOKED PAPRIKA

LOW FAT CREAM CHEESE

ROSEMARY

NUTMEG

CHICKEN GRAVY

INSTRUCTIONS:

SEASON CHICKEN WITH PAPRIKA AND SALT. BAKE AT 350 DEGREES UNTIL COOKED. CHECK WITH THERMOMETER. IN A MEDIUM SIZE POT. CARMALIZE ONIONS AND GARLIC. ADD LIGHT CREAM CHEESE. ADD RAW SPINACH AND COOKED CORN KERNALS TO THE MIX. ADD ROSEMARY, NUTMEG AND SASON WITH SALT AND PEPPER. PLACE CHICKEN AND CHICKEN GRACY TO THE MIX. REDUCE UNTIL THE SAUCE IS STICKY.

***HONEY GLAZED CHICKEN WITH SWEET POTATO MASH***

INGREDIENTS:

6 CHICKEN BREAST (3 OUNCE FILLETS)

3 TBSP HONEY

3 TBSP DIJON MUSTARD

2 LRG SWEET POTATOES

2 TBSP PARSLEY (CHOPPED)

1 TBSP ROSEMARY (CHOPPED)

CANOLA OIL

SALT TT

PEPPER TT

BUTTER 2 TBSP

INSTRUCTIONS:

IN A BOWL, COAT CHICKEN WITH HONEY, MUSTARD AND CANOLA OIL. BAKE AT 350 DEGREES UNTIL COOKED. CHECK WITH THERMOMETER. ROAST SWEET POTATO AT 350 DEGREES ON A SHEET TRAY WHOLE WITH SKIN ON. TO TEST IF THE SWEET POTATO IS DONE IN THE OVEN PLACE A FORK TO GO THROUGH THE SWEET POTATO. IF IT GENTLY COMES OUT THEN ITS READY. CUT IN HALF AND SCOOP OUT THE MIXTURE. SMASH WITH A FORK AND ADD WHOLE BUTTER, ROSEMARY, PARLSEY AND SEASON WITH SALT AND PEPPER. SERVE WITH CHICKEN

***DIANAS SMOKED BBQ GLAZED CHICKEN WITH MASH POTATOES***

INGREDIENTS:

6 CHICKEN BREAST FILLETS

2 ONIONS

2 GARLIC CLOVES

¼ BOTTLE DIANAS BBQ SAUCE (SMOKED FLAVOUR)

2 TBSP CANOLA OIL

2 TBSP PARLEY

SALT TT

PEPPER TT

5 POTATOES

2 DASHES NUTMEG

500 ML MILK

2 TBSP BUTTER

2 TBSP SOUR CREAM

INSTRUCTIONS:

COAT CHICKEN FILLETS IN CANOLA OIL. SEASON WITH SALT AND PEPPER. ADD ONIONS AND GARLIC TO THE CHICKEN. COOK AT PRE HEATED OVEN AT 350 DEGREES UNTIL COOKED. CHECK WITH THERMOMETER. ONCE THE CHICKEN IS COOKED, BRUSH WITH DIANAS BBQ SAUCE A FEW TIMES. BAKE FOR AN EXTRA 5 MINUTES SO THE SAUCE STICKS TO THE CHICKEN. GARNISH WITH PARLEY.

MASH POTATOES: PEELED POTATOES, GARLIC CLOVES, MILK, SALT, PEPPER AND SOUR CREAM.

BOIL POTATOES WITH SEASONED WATER. BOIL POTATOES UNTIL THEY START TO BREAK DOWN. DRAIN THE WATER. BOIL MILK, GARLIC AND NUTMEG UNTIL HOT. ADD TO POTATOES AND MIX WITH EITHER A MIXER OR BY WOODEN SPOON. ADD SOUR CREAM LAST MINUTE. SEASON WITH SALT AND PEPPER.

***BEEF DISHES***

1. BEEF STEW
2. BEEF TACOS
3. BEEF BROCOLI STIR-FRY
4. BEEF SHEPPARDS PIE
5. ROASTED RED PEPPER SAUCE WITH BEEF MEDALIONS
6. BEEF CHICKPEA CURRYWITH STEAMED RICE

***BEEF STEW***

INGREDIENTS:

2 LBS BEEF CUBES (1/2 INCH CUBES)

2 ONIONS

3 CARROTS

1/2 TBSP GINGER FRESH GRATED

300 GRAMS MINI POTATOES

4 STALKS CELERY

2 TBSP ROSEMARY

2 CUPS BEEF GRAVY

200 GRAMS PEAS (COOKED)

3 TBSP SCALLIONS

¼ CUP CORN STARCH

INSTRUCTIONS:

IN A MEDIUM BOWL, COAT BEEF CUBES INTO CORN STARCH AND DUST ANY ACCESS CORN STARCH OFF THE BEEF. DISGARD THE REST OF THE CORN STARCH. IN A MEDIUM NON STICK PAN WITH CANOLA OIL, SEAR THE BEEF ONE HANDFUL AT A TIME. COOKING IT AT MEDIUM HIGH HEAT TO A GOLDEN BROWN COLOR. ONCE YOU HAVE SEARED THE BEEF, ADD MORE CANOLA OIL AND START CARMALIZING ALL THE VEGETABLES AT MEDIUM HIGH HEAT. ONCE THE VEGETABLES HAVE GOTTEN COLOUR ADD THE BEEF IN. FOLLOWED BY THE GRAVY, ROSEMARY, SCALLIONS AND SALT AND PEPPER. FOLLOWED BY FRESH GINGER AND SIMMER AT LOW HEAT UNTIL THE POTATOES ARE COOKED AND THE MEAT IS TENDER.

***BEEF TACOS***

2 LBS BEEF (GROUND)

1 PKG TACO MIX (DRY MIX SEASONING)

2 ONIONS

3 GARLIC CLOVES

3 TBSP SCALLIONS

125 ML LIGHT SOUR CREAM

160 GRAMS SHREDDED CHEESE (MOZARELLA, PROVALONE, CHEDDAR)

14 TACO SHELLS OR TORTILLAS (HARD OR SOFT)

1 TBSP CHILI POWDER

250 GRAMS RE- FRIED BEANS

150 GRAMS SHREDDED ICE BERG LETTUCE

CANOLA OIL

SALT TT

PEPPER TT

INSTRUCTIONS: IN A MEDIUM NON STICK PAN. ADD CANOLA OIL AND ADD THE BEEF IN. FOLLOWED BY SEASONING MIX, ONIONS, GARLIC AND CHILI POWDER. STIR AT ALL TIME TO BREAK DOWN THE BEEF TO COOK EVENLY. USE A TEMPERATURE GAZE TO CHECK IF THE MEAT IS COOKED. TO FORM TACOS PLACE THE ICE BERN LETTUCE ON THE BOTTOM. MEAT NEXT AND FOLLOWER BY THE CONDIMENTS. SERVE HOT

***BEEF BROCOLLI STIR FRY***

1 BUNCH BROCOLLI FLORETTES

2 LBS BEEF STRIPS

2 ONION

2 GARLIC CLOVES

200 ML STIR FRY TERRIYAKI SAUCE

½ TBSP GINGER

100 GRAMS SNAP PEAS

4 TBSP SEASAME OIL

BASMATI RICE (OPTIONAL)

INSTRUCTIONS: IN A MEDIUM SIZE NON STICK PAN COOK BROCOLLI AND SNAP PEAS WITH SESAME OIL. ONCE THE BROCOLLIAND SNAP PEAS HAVE GOTTEN COLOUR, REMOVE FROM THE PAN. SET ASIDE. IN THE SAME PAN ADD SESAME OIL AND SEAR BEEF STRIPS AT MEDIUM HIGH HEAT, ADD ONIONS, GARLIC CLOVES, GINGER AND SEASON WITH SALT AND PEPPER. COOK UNTIL THE BEEF IS TENDER. ADD TERIYAKI SAUCE AND SIMMER FOR 10 MINUTES AT LOW HEAT. SERVE WITH STEAMED BASMATI RICE

***BEEF SHEPPARDS PIE***

INGREDIENTS:

2 LBS BEEF GROUND

2 ONIONS

2 GARLIC CLOVES

200 GRAMS PEAS (FROZEN)

2 TBSP ROSEMARY

1 L SWEET POTATO MASH

3 TBSP BUTTER

½ LEMON (JUICE)

2 TBSP PARLEY

INSTRUCTIONS:

IN A MEDIUM SIZE PAN WITH CANOLA OIL. SEAR GROUND BEEF AND SEASON WITH SALT AND PEPPER. CHECK TEMPERATURE GAZE TO SEE WHEN THE BEEF IS COOKED. ADD PEAS, ONION AND GARLIC AND SIMMER FOR EXTRA 10 MINUTES. ADD PEAS, LEMON JUICE AND BUTTER. ONCE THE MIXTURE IS DONE. PLACE IN A DEEP NON STICK SQUARE PAN. PLACE THE SWEET POTATO MASH ON TOP OF THE MIXTURE AND LAYER. BAKE IN THE OVEN FOR ANOTHER 15 MINUTES AT 350 DEGREES UNTIL HOT. SPRING PARLEY TO GARNISH.

***ROASTED RED PEPPER SAUCE WITH BEEF MEDALIONS***

INGREDIENTS:

12 PCS BEEF MEDALIONS (3 OUNCE PIECES)

2 ONIONS

2 GARLIC CLOVES

4 PCS BELL PEPPERS

4 TBSP CANOLA OIL

2 TBSP OREGANO

1/4 JAR ROASTED RED PEPPERS (CUBED)

½ JAR AJVAR (MEDITERRANEN SPREAD)

500 ML FLOUR

300 ML BEEF STOCK

INSTRUCTIONS: IN A MIXING BOWL, MIX BEEF MEDALIONS WITH FLOUR TO COAT THEM. SEASON WITH SALT AND PEPPER. IN A NON STICK PAN MIX COOK ONIONS AND GARLIC, ROASTED PEPPER AND SEASON WITH SALT AND PEPPER. ADD AJVAR AND BEEF STOCK TO THE SAUCE. SIMMER UNTIL FLAVOUR HAS DEVELOPED FOR ABOUT 15 MINUTES. ADD FRESH CHOPPED ORAGANO. SERVE WITH MASH, RICE OR ROASTED POTATOES.

***BEEF CHICKEPEA CURRY WITH ORZO***

INGREDIENTS:

2 LBS BEEF CUBES

500 ML CHICKPEAS (COOKED)

300 GRAMS CORN KERNELS

1 BUNCH SPINACH

2 ONIONS

½ BUNCH CORRIANDER

2 RED PEPPER (CUBES)

1 PKGS ORZO

1 BUNCH BASIL

1 LEMON (ZEST)

SALT TT

PEPPER TT

4 TBSP CANOLA OIL

2 TBSP CURRY POWDER

INSTRUCTIONS:

IN A MEDIUM SIZE NON STICK PAN COOK BEEF CUBES, CURRY POWDER WITH CANOLA OIL. SIMMER AT MEDIUM LOW HEAT FOR 20 MINUTES. ADD BASIL, PEPPER CUBES, SPINACH AND COOK UNTIL THE SPINACH BREAKS DOWN. COOK ORZO AND FOLLOW INSTRUCTIONS ON THE PACKAGE. ADD LEMON ZEST AND GARNISH WITH CORRIANDER ON THE ORZO. ADJUST SEASONING WITH SALT AND PEPPER.