



# Everyday Delicious 2008

*A sample of recipes from our newest cookbook.*

## TANGY BROCCOLI AND CABBAGE SLAW

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1/3 cup (75 mL) mayonnaise         | Dash hot pepper sauce               |
| 2 tbsp (25 mL) apple cider vinegar | 4 cups (1 L) broccoli coleslaw mix  |
| 1 1/2 tsp (7 mL) sugar             | 4 cups (1 L) coleslaw mix           |
| 1 tsp (5 mL) dry mustard           | 1/3 cup (75 mL) sliced green onions |
| 1/4 tsp (1 mL) salt                |                                     |

To prepare dressing, whisk together mayonnaise, vinegar, sugar, dry mustard, salt and hot pepper sauce until blended. Combine broccoli coleslaw mix, coleslaw mix and green onions in a bowl. Add dressing and toss to combine. Serves 6 - 8.

## TUNA-RONI SALAD

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| 1/2 cup (125 mL) mayonnaise                                | 2/3 cup (150 mL) thinly sliced celery            |
| 1/2 cup (125 mL) ranch salad dressing                      | 1/2 cup (125 mL) diced yellow or red bell pepper |
| 1/4 cup (50 mL) freshly grated Parmesan cheese             | 1/2 cup (125 mL) shredded carrot                 |
| 3/4 tsp (3 mL) freshly ground pepper                       | 1/4 cup (50 mL) thinly sliced green onion        |
| 2 cups (500 mL) elbow macaroni, cooked, rinsed and drained | 1/4 cup (50 mL) thinly sliced radishes           |
| 1 can (170 g) chunk light tuna, drained                    | 2 tbsp (25 mL) chopped fresh parsley             |

To prepare dressing, whisk together mayonnaise, salad dressing, Parmesan cheese and pepper until blended. Combine remaining ingredients (cooked macaroni through parsley) in a bowl. Add dressing and toss to combine. Serves 4.

## SUNDAY MORNING BREAKFAST PIE

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|---|---|
| 6 eggs  | 2 cups (500 mL) shredded cheddar cheese   |
| 1/2 tsp (2 mL) freshly ground pepper                        | 1/2 cup (125 mL) crumbled cooked bacon    |
| 1/4 tsp (1 mL) salt   | 1/4 cup (50 mL) thinly sliced green onion |
| 1/8 tsp (0.5 mL) hot pepper sauce                           | 1 tbsp (15 mL) butter, melted             |
| 1/3 cup (75 mL) milk  | Paprika                                   |
| 2 cups (500 mL) frozen shredded hash brown potatoes, thawed |   |

Whisk together eggs, pepper, salt and hot pepper sauce in a bowl. Whisk in milk until blended. Stir in potatoes, cheese, bacon and green onion. Pour into a greased 9 1/2 inch (24 cm) deep-dish pie plate. Drizzle with melted butter. Sprinkle with paprika. Bake at 325°F (160°C) for 50 minutes or until a knife inserted in centre comes out clean. Serves 6.

## SLOW COOKER BARBECUE CHICKEN

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|--------------------------------|-----------------------------------|
| 8 - 10 skinless chicken thighs | 1 tbsp (15 mL) Dijon mustard      |
| 1 cup (250 mL) barbecue sauce  | 1/8 tsp (0.5 mL) hot pepper sauce |
| 1/2 cup (125 mL) apricot jam   |                                   |

Place chicken in a 4 quart (4 L) slow cooker. Combine remaining ingredients (barbecue sauce through hot pepper sauce). Pour over chicken. Cover and cook on low heat setting for 6 - 7 hours or until chicken is cooked through. Serves 4.

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### WASABI CRUSTED FISH FILLETS

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|--------------------------------------|--|
| 1 lb (0.5 kg) cod or halibut fillets | 1 cup (250 mL) panko (Japanese-style bread crumbs) |
| 1/2 cup (125 mL) mayonnaise          |  |
| 1 1/2 tsp (7 mL) wasabi paste        | 1/2 tsp (2 mL) paprika                             |
| 1/4 tsp (1 mL) salt                  |  |

Pat fillets dry with paper towels. Combine mayonnaise, wasabi paste and salt; spread on both sides of fillets. Combine panko and paprika in a pie plate. Working with one piece at a time, dip fillets into panko mixture, pressing lightly so that panko mixture adheres; turn to coat both sides. Place fillets in a single layer on a greased rimmed baking sheet. Bake, uncovered, at 450°F (230°C) for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4.

**Cook's Note:** *Panko are bread crumbs used in Japanese cooking to make a crunchy coating for fried foods. They are coarser, crisper and airier than the fine dry bread crumbs usually used in North American cooking. Look for panko in Asian grocery stores or the Asian section of large grocery stores.*

### HERB CRUSTED PORK TENDERLOIN

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|--|--------------------------------------|
| 2 tbsp (25 mL) packed golden brown sugar           | 1/2 tsp (2 mL) ground coriander      |
| 1 tbsp (15 mL) oil                                 | 1/4 tsp (1 mL) salt                  |
| 1 tsp (5 mL) herbes de Provence or thyme, crumbled | 1/4 tsp (1 mL) freshly ground pepper |
|  | 1 pork tenderloin (1 lb/0.5 kg)      |

Combine all ingredients except pork in a heavy plastic bag. Add pork and squeeze bag to coat pork with seasoning mixture. Remove pork from bag. Place pork on a rack in a small roasting pan. Bake, uncovered, at 425°F (220°C) for 35 - 40 minutes or until a meat thermometer registers 160°F (71°C). Let stand for 5 minutes before slicing. Serves 3 - 4.

### MASHED POTATOES WITH SPINACH AND BACON

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| 6 cups (1.5 L) cubed peeled russet potatoes | 1/2 tsp (2 mL) freshly ground pepper     |
| 1/3 cup (75 mL) hot milk                    | 2 cups (500 mL) slivered baby spinach    |
| 2 tbsp (25 mL) butter                       | 3/4 cup (175 mL) shredded cheddar cheese |
| 3/4 tsp (3 mL) salt                         | 2 tbsp (25 mL) crumbled cooked bacon     |

Cook potatoes in boiling salted water until tender; drain. Add hot milk, butter, salt and pepper. Mash with a potato masher until smooth. Stir in spinach, cheese and bacon. Cover and let stand until spinach is wilted and cheese is melted, about 2 minutes. Serves 6.

### BLUEBERRY PUDDING CAKE

*Sometimes called a self-saucing pudding, this type of dessert separates into a sauce-like pudding layer on the bottom with a cake layer on top.*

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|---|--------------------------------|
| 2 cups (500 mL) fresh blueberries or frozen blueberries, thawed | 1/4 tsp (1 mL) salt            |
| 2 tbsp (25 mL) fresh lemon juice                                | 1/8 tsp (0.5 mL) nutmeg        |
| 1 tsp (5 mL) grated lemon peel                                  | 1/2 cup (125 mL) milk          |
| 1 cup (250 mL) flour  | 1 egg                          |
| 2/3 cup (150 mL) sugar  | 1/4 cup (50 mL) butter, melted |
| 2 tsp (10 mL) baking powder                                     | 1 tsp (5 mL) vanilla           |
| 1/2 tsp (2 mL) baking soda                                      | 1/2 cup (125 mL) sugar         |
| 1/2 tsp (2 mL) cinnamon   | 1 tbsp (15 mL) cornstarch      |
| 1/4 tsp (1 mL) ground ginger                                    | 1 cup (250 mL) boiling water   |

Combine blueberries, lemon juice and lemon peel in a greased 8 inch (20 cm) square baking dish; set aside. Combine next 8 ingredients (flour through nutmeg) in a bowl. Whisk together milk, egg, melted butter and vanilla until blended. Add milk mixture to flour mixture and stir just until combined. Spoon batter over blueberry mixture, spreading evenly. Combine 1/2 cup (125 mL) sugar and cornstarch; sprinkle over batter. Gradually pour boiling water over top, covering evenly. Bake at 350°F (180°C) for 40 - 45 minutes or until a cake tester inserted in centre of cake layer comes out clean. Serve warm. Serves 6.