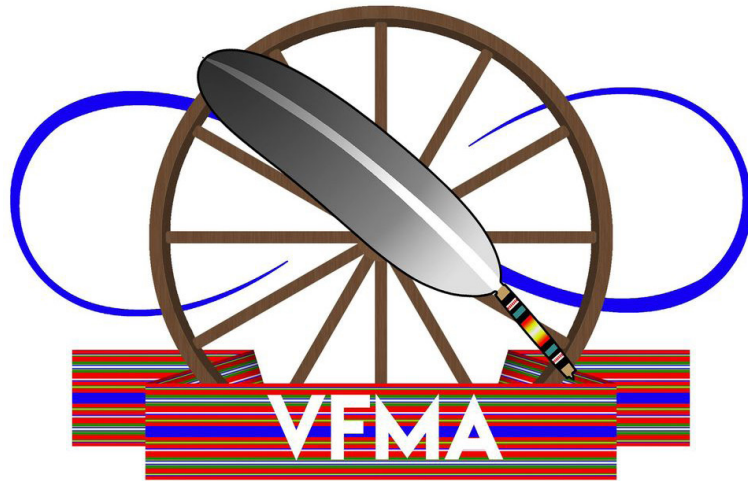


# Vermillion Forks Métis Association



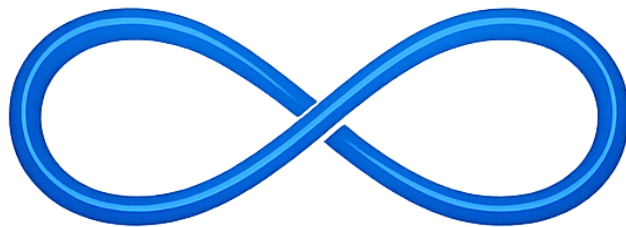
## Community Cookbook

# Introduction

Our Métis culture has always been shaped by movement, connection, and sharing of stories, skills, and meals. The recipes in this book reflect that same spirit. They are not meant to represent a single time or tradition, but rather what we enjoy together right now as a community.

Some of these dishes have deep roots, while others are newer favourites, passed along at gatherings, shared over kitchen tables, or brought to community events. Each recipe reflects the people who contributed it and the moments in which it is enjoyed, showing that culture is not static but lived, adapted, and carried forward.

This cookbook is a snapshot of our community today. It celebrates how we come together, how we care for one another, and how food continues to connect us, honouring the past while making space for the present and future.



**February 2026**  
**1st Edition**



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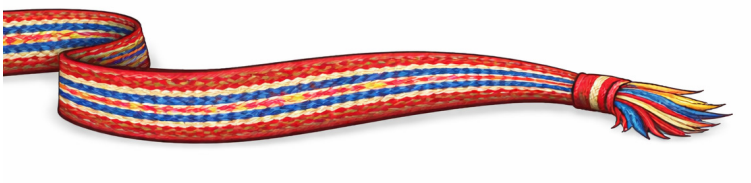
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# Main Dishes



# Pepper Steak Stir Fry

- 2 tbsp olive oil, divided
- 1 red bell pepper, cut into 1-inch cubes or strips
- 1 green bell pepper, cut into 1-inch cubes or strips
- 8-ounce flank steak sliced in strips against the grain
- 3 garlic cloves minced
- 1/4 cup brown sugar
- 1/2 cup low-sodium soy sauce
- 2 tsp sesame oil
- 1 tsp ground ginger
- 1 tbsp cornstarch
- 1/2 tsp fresh ground pepper

In a medium-sized skillet over medium-high heat, add one tablespoon olive oil. Add the bell peppers and cook for 1–2 minutes until tender. Remove and set aside on a plate.

Turn the heat to high and add the flank steak and cook on each side to sear the beef. Reduce the heat to medium-high and continue to cook until no longer pink and brown on each side.

In a small bowl, whisk the garlic, brown sugar, soy sauce, sesame oil, ginger, and cornstarch.

Add the peppers back to the skillet and add the sauce. Let simmer for 1-2 minutes, until the sauce starts to thicken. Serve over rice.



# Easy Beef & Broccoli

- 2/3 cup soya sauce
  - 1/2 cup chicken stock
  - 2 tbsp honey
  - 2 tbsp brown sugar
  - 3 cloves garlic (minced)
  - 1 tbsp oil
  - 1 tbsp corn starch
  - 1 tsp ground ginger
  - 2 tsp vinegar
  - 1/2 tsp ground pepper
  - 1/4 cup water
- 
- 1 tbsp olive oil
  - 1lb flank steak (thinly sliced)
  - 1 head of broccoli (cut into florets)
  - 2 carrots (peeled & thinly sliced)
  - 1 onion (thinly sliced)

In a medium bowl, mix soya sauce, stock, honey, brown sugar, vinegar, garlic, oil, ginger, ground pepper, and ¼ cup water. Mix well and set aside.

Thinly slice beef, season with ½ tsp salt and more ground pepper. Fry for 3–4 minutes in oil on medium heat; add onion and fry lightly. Cut up carrots (thinly sliced) and broccoli into florets. When the beef is cooked, add carrots, broccoli, and sauce. Fry together, stirring continually until the sauce thickens – reduce the heat and serve.



# Sesame Beef Stir Fry

- 1 lb sirloin
- 4 green onions (diced)
- 2 tsp vegetable oil
- 3 garlic cloves (diced)
- 1/4 cup soya sauce
- 1/4 cup stock (beef)
- 4 tsp sugar
- 1 tbsp cornstarch
- 1 tbsp water
- 1 tbsp sesame seeds
- Pinch of hot pepper flakes
- Pinch of pepper

Slice the meat into 2-inch slices (thin). Cut green onions and garlic. Heat the pan until hot. Stir-fry steak with garlic, pepper, and pepper flakes until the meat is slightly pink. Add green onions, soya sauce, stock, sesame seeds, and sugar, and bring to a boil. Blend the cornstarch and water, then add it to the juice in the pan. Toss to glaze the meat.



# Sweet & Sour Meatballs

- 1 can pineapple chunks ( 20 ounces)
- 1/3 cup of water
- 3 tbsp vinegar
- 1 tsp soya sauce
- 1/2 cup brown sugar
- 3 tbsp corn starch
- 1 green pepper
- Rice

Cook meatballs ahead of time. Drain pineapple, reserve juice. Set the pineapple aside. Add water to the juice to make 1 cup. Pour into a large skillet, add 1/3 cup water, vinegar, soya sauce, brown sugar, and cornstarch. Cook over medium heat. Stir constantly/ Add pineapple, meatballs, and green pepper. Simmer uncovered for 20 minutes.



# Parmesan-Crusted Chicken with Creamy Garlic Sauce

- 2 boneless, skinless chicken breasts
- 1/2 cup all-purpose flour
- 1/4 cup grated parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/2 cup of butter
- 1/4 cup heavy cream
- 2 cloves garlic, minced

Slice the boneless, skinless chicken breasts in half horizontally to create four thin cutlets. Pat them dry with paper towels for better browning.

In a shallow dish, combine flour, grated parmesan cheese, garlic powder, onion powder, salt, and black pepper. Mix thoroughly.

Press each chicken cutlet into the parmesan-flour mixture, ensuring both sides are well coated. Shake off excess.

In a large skillet, melt the butter over medium heat. When it starts to foam, add the chicken cutlets. Cook for 3-4 minutes per side, or until golden-brown and cooked through. Remove to a plate and keep warm.

Without cleaning the skillet, add the minced garlic and let it cook for about 30 seconds until fragrant. Pour in the heavy cream, salt, and black pepper. Stir, scraping up any brown bits from the skillet. Simmer the sauce gently for 2-3 minutes until thickened and creamy. Taste and adjust seasoning if necessary.

Return the chicken cutlets to the pan, spooning sauce over the top. Heat gently for an additional minute to combine flavors.



# Chicken & Vegetable Casserole

- 2 chicken breasts
- 1 can of cream of mushroom soup
- 4 carrots
- 1/2 cup milk
- 1 cup of onion
- 2 stalks of celery
- 1/8 tsp sage
- 2 potatoes
- 1/4 cup chicken broth

Heat oven to 350 degrees. Cook chicken. Add all ingredients to the casserole dish, mix, and bake covered for one hour.



# Squash Recipe

- 2 butternut squash
- 1/2 tub cream cheese
- 3/4 cup of breadcrumbs
- 1 egg
- 2 tbsp brown sugar
- Pinch of ginger
- Pepper & salt

Cook the squash first. Combine all ingredients in a casserole dish. Sprinkle extra breadcrumbs. Bake at 350 degrees for 30 minutes.



# Portabello Sausage Casserole

- 1 package of noodles, cooked
- (your choice of noodle)
- 6 sausages
- 1 can of diced tomatoes
- 1 can of tomato sauce
- 1 can of tomato paste
- 4 cloves chopped garlic
- 1 onion
- 3 peppers
- 3 sliced portabello mushrooms
- Cooked spinach
- Italian seasoning
- Basil
- Garlic powder
- Cayenne pepper
- Pumpkin pie spice
- Garlic & herb seasoning
- Cheese

Cook sausages. Cook noodles. Sauté onions, peppers, mushrooms, and spinach until soft. Mix all together in a casserole dish. Sprinkle with cheese and bake in the oven at 350 degrees for one hour.



# 3 Cheese Meat Pie

- 1 lb ground beef
- 1/2 of mayonnaise
- 1 tbsp oil
- 2 eggs
- 1 tsp cornstarch
- 1 1/2 cups cubed cheddar cheese
- 1/2 cup milk
- 1/2 onion diced
- 1 unbaked pie shell
- 1 cup grated mozzarella
- 2 tbsp parmesan cheese
- Pepper to taste
- Salt to taste

Sauté beef, onion, and spices until browned (drain grease). Sprinkle cornstarch over the meat and stir. In a bowl, whisk milk, mayo, and eggs. Add meat and cheese to the milk mixture. Mix well and then pour into the pie shell. Bake at 350 degrees for 35-45 minutes.



# Mimere's Tourtiere

This tourtiere was prepared and put in the oven on Christmas eve, baking while the family went to Midnight Mass. When they got home around 2:30-3:00, everyone was hungry as they travelled in a horse drawn cutter, wagon or caboose. This latter, a little house on skis, was used when it was well below zero.

While the horses were stabled, unharnessed and fed, the women put veggies on.

The tourtiere was the highlight of the meal and was the subject of great debate comparing it to previous ones!!

- Jeannette Gerard



# Mimere's Tourtiere

- Pie crust dough (enough for bottom and top crust of a deep dish)
- Pork roast (about 3 lb, sliced into 1 × 2 inch pieces)
- 1 large onion, well chopped
- All-purpose flour (for light dredging)
- Salt
- Black pepper
- Water (about 1 cup for a 9 × 12 deep dish; adjust as needed)

The recipe:

A pie crust was prepared and placed in a deep dish covering the sides with enough left over for a top crust.

Filling:

a pork roast (about 3 lb or depending on the size of the dish) was thinly sliced into 1x2” pieces

large onion well chopped

flour for dredging

salt & pepper

Put a layer of the pork with a layer of onion, salt & pepper and a thin dredging of flour

Continue until the dish is full, just below the rim.

Cover with remaining crust,

Trim the crust edges, tamp to seal the crust. Cut slits in the crust.

Pour a cup of water into the slits. Modify the amount depending on the size of the dish. (a 9x12 deep dish- 1 c water)

Bake at 300 F for 3 hours.

The crust should be golden brown when done.

ENJOY



# GG's Tourtiere

- 1 lb ground beef
- 2 lb ground pork
- 1 onion, diced
- Allspice
- Salt & pepper
- Flour to thicken

Cook the meat mixture. Add to pie shell and top with pie lid. Bake in oven.



# Mexican Manicotti

- 1 lb hamburger
- 6 cloves garlic
- 2 tsp oregano
- 1 tsp chili powder
- large manicotti shells
- 2 cups of salsa
- 2 cups of water
- 1/2 container of sour cream
- cheese
- Black olives
- Green onions

Cook the hamburger. Mix the hamburger, garlic, oregano, and chili powder. Stuff the manicotti shells with the mixture, then place them in a 9 x 13 pan. Mix the water and salsa, then pour over the manicotti. Chill in the fridge for a couple of hours. Bake at 350 degrees for one hour. Take it out of the oven and pour sour cream, chopped green onions, black olives, and grated cheese over the top. Bake again for 15 minutes.



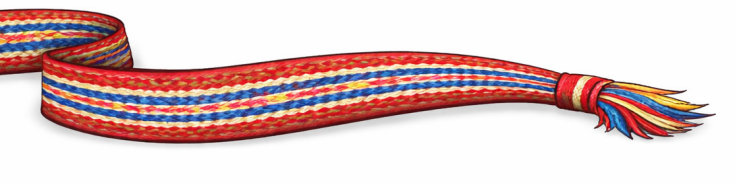
# Porcupine Meatballs

- 1 1/2 lbs ground moose or caribou or bison
- 1 small onion, diced
- 1 egg
- 1/2 bread or cracker crumbs
- 1/2 cup uncooked rice
- Salt & Pepper to taste

Mix all ingredients thoroughly and form into balls. Put into a greased casserole dish and pour on 1 can of tomato soup or tomato juice with chili powder added to taste. Bake un-covered in the oven at 350 degrees for one and a half hours.



# Seafood & Fish



# Shrimp Creole

- 1 1/2 lbs peeled shrimp
- 3 tbsp butter
- 3/4 cup celery
- 3/4 cup bell peppers
- 3/4 cup onion
- 2 cloves garlic
- 1 can cream of mushroom soup
- 1 can diced tomatoes
- Cajun seasoning or Tabasco
- Cayenne pepper
- Salt

In 3 tbsp of butter, sauté approximately  $\frac{3}{4}$  cup each of celery, bell peppers, and onion (All chopped small). After a few minutes, add 1-2 chopped garlic cloves. Then add one can of cream of mushroom soup and one can of diced tomatoes. Season to taste with Cajun seasoning or Tabasco, cayenne pepper, salt, etc.

Meanwhile, sauté about 1 1/2 lbs of peeled, deveined shrimp (tails off for easier eating) until pink. Don't overcook. Add shrimp to the heated mixture. Optional: add sliced & chopped sausage. Serve over rice.



# Poached Salmon & Dill Sauce

- 6 salmon steaks
- 6 tbsp butter
- 3 tbsp lemon juice
- 1/2 cup of white wine
- 2 tbsp chives, chopped
- **Sauce**
- 1/2 cup of sour cream
- 1 tbsp Dijon mustard
- 1 tbsp chives
- 1 1/2 tbsp sugar
- 1 tsp dried dill weed

Melt the butter in a pan. Add the remaining ingredients and mix. Add salmon, then cover and cook on low heat for 30 minutes.

For the sauce, combine all ingredients until blended. Chill and serve with salmon.



# Cajun Shrimp Sausage Dirty Rice

- 1 cup uncooked long-grain rice
- 8 oz sausage (andouille or kielbasa), sliced
- 8 oz peeled shrimp
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 2-3 tsp olive oil
- 1 1/2 cups of chicken broth (400ml)
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- Salt & pepper
- Green onions chopped for garnish

Heat olive oil in a large skillet or pot over medium-high heat. Add the sliced sausage and cook until browned and slightly crispy, about 3-5 minutes. Remove sausage and set aside.

In the same pan, add the shrimp. Cook for 1-2 minutes on each side, until just pink and opaque. Remove and set aside with the sausage.

Lower the heat to medium. Add a little more oil if needed, then sauté the diced onion, bell pepper, and celery until softened – about 5 minutes. Add the minced garlic and cook for another minute until fragrant.

Stir in the uncooked rice and let it toast for a minute, mixing well with the vegetables.

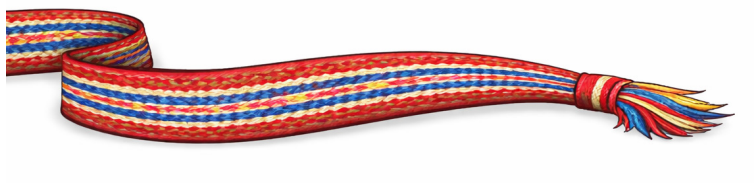
Return the sausage to the pan. Add smoked paprika, thyme, and oregano, and stir to combine. Add the chicken broth, season with salt, pepper, garlic powder, and cayenne, and bring to a gentle boil.

Reduce the heat to low, cover, and simmer for 15–18 minutes, or until the rice is tender and most of the liquid has been absorbed.

Return the shrimp to the pan, stirring gently to combine. Cover and cook for an additional 3–5 minutes, or until the shrimp are heated through. Remove from heat and let stand for a few minutes. Fluff with a fork, adjust seasoning if needed, and garnish with chopped green onions before serving.



# Salads



# Strawberry Spinach Salad

- 1/2 cup of balsamic vinegar
- 1/2 cup of olive oil
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 3/4 cup broken or roughly chopped pecans
- 1 1/2 tbsp brown sugar
- 1/2 tbsp butter
- 10 oz baby spinach
- 1 lb fresh strawberries, hulled and sliced
- 5 oz feta cheese, crumbled
- 1/3 small red onion, thinly sliced
- salt & pepper

Add vinegar to a small saucepan, bring to a boil over medium heat, and boil until reduced by half, about 3 minutes. Pour into a jar or bowl, then add olive oil, Dijon mustard, and honey, and whisk to blend, and season with salt and pepper to taste.

Thin with a little water if desired. Set aside.

Add pecans, brown sugar, and butter to a small non-stick skillet and cook over medium heat, stirring constantly until sugar starts to melt and caramelize, about 2-3 minutes. Transfer to a plate in a single layer to cool.

In a salad bowl, toss together spinach, strawberries, half of the feta, red onion, and pecans. Drizzle about 1/3 of the dressing over the salad, then plate, and drizzle the remaining dressing over individual portions and top with the remaining half of the feta. Serve immediately.



# Greek Salad

- 1/2 cup of olive oil
- 1 tsp garlic powder
- 2 tbsp red wine vinegar
- 2 tbsp basil
- 2 tbsp oregano
- Squeeze of lemon juice
- Parmesan cheese
- Sun-dried tomatoes
- 1 box rigatoni
- 1 red-green-yellow pepper
- 1/4 cup pine nuts
- 1/2 cup black olives, pitted
- Large feta cheese

Cook the rigatoni. Drain and let it cool. Mix the olive oil, garlic powder, red wine vinegar, basil, oregano, and a squeeze of lemon juice in a bowl. When the noodles are cool, pour the dressing over them and mix. Add the peppers, sun-dried tomatoes, olives, and pine nuts. Stir gently. Add the feta and Parmesan cheese. Mix lightly. Chill before serving or serve right away.



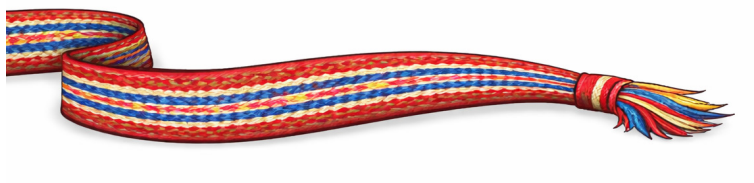
# Tomato Avocado Salad

- 2 diced tomatoes
- 1/2 cucumber, diced
- 1/4 red onion, diced
- 1 avocado, diced
- 1 tsp balsamic vinegar
- 1 tbsp olive oil
- Salt & Pepper to taste
- 1/4 tsp Italian seasoning

Mix all diced tomatoes, cucumber, onion, and avocado together in a bowl. In a measuring cup, mix together oil, vinegar, and seasonings. Pour over salad. Mix and serve.



# Soups



# Cream of Broccoli Soup

- 4 stalks of broccoli, chopped
- 2 stalks of celery, chopped
- 1 medium onion, diced
- 1 1/2 cups cheddar cheese, grated
- 10 ml parsley
- 5 ml salt & pepper
- 5 ml seasoning salt
- 1000 ml of water
- 125 ml margarine
- 125 ml flour
- 1000 ml milk

Prepare veggies, add water, and bring to a boil. Simmer until tender. Add spices. In a separate bowl, combine flour and butter until the mixture is melted, and milk and seasonings. Stir constantly until thickened, add in grated cheese until melted. Add to veggies and simmer until serving time.



# Cream of Potato Soup

- 2 potatoes cubed
- 1/2 celery stalk
- 1/2 onion chopped
- 4 ml parsley
- 2 ml salt
- 2 ml seasoning salt
- 500 ml water
- Pinch of pepper
- 60 ml butter
- 60 ml flour
- 500 ml milk

Add veggies to the water and bring to a boil. Simmer until veggies are tender. In a separate dish, melt butter in a boiler. Add flour and seasonings. Gradually add milk. Stir until thick. Add the veggie mixture and stir to thicken. Makes two bowls.



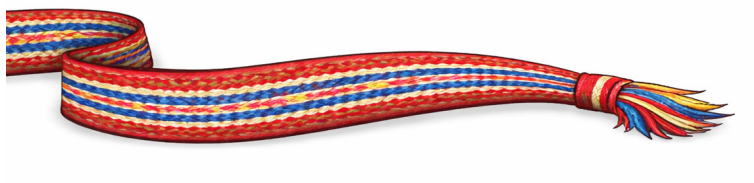
# Hamburger Soup

- 1 1/2 lbs ground beef
- 1 medium onion, chopped
- 1 28 oz can of tomatos
- 2 cups of water
- 2 containers of beef broth
- 1 can of tomato soup
- 4 carrots, chopped
- 1 bay leaf
- 3 stalks of celery, chopped
- Parsley
- 1/2 tsp thyme
- 8 tbsp barley
- Salt & pepper

Brown meat and onions. Combine all ingredients. Simmer covered for 2 hours or all day.



# Breads & Bannock



# Bread Recipe

- 2 cups milk (scalded)
- 1/4 cup of sugar
- 2 tbsp salt
- 1/3 cup shortening
- 2 cups of cold water
- Flour
- 1 tbsp yeast
- 1 tsp sugar
- 1/2 cup warm water

Mix all ingredients together. Dissolve sugar and yeast in warm water, let rise, then add to the other mixture. Add flour until desired consistency. Mix and let rise. Bake for 20-30 minutes at 350 degrees. Rotate halfway through.



# Cornbread

- 1 cup of cornmeal
- 1 cup flour
- 4 tsp baking powder
- 1/2 tsp salt
- 1 tsp sugar
- 1 cup milk
- 1 egg
- 2 tbsp melted butter

Add all dry ingredients. Gradually add milk and beat. Then add the egg and butter. Bake in a well-greased pan in a hot oven at 400 degrees for 15-20 minutes.



# Orange Glazed Cranberry Bread

- 1 1/2 cups flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup milk, room temperature
- Zest of 1 large orange, divided
- 1/4 cup of orange juice, freshly squeezed
- 6 tbsp unsalted butter, softened
- 3/4 cup granulated sugar
- 2 large eggs, room temperature
- 1 1/2 cups fresh cranberries, rinsed and patted dry
- 1/2 tbsp flour
- 1 cup powdered sugar
- 1 1/2 tbsp freshly squeezed orange juice
- 1 tsp orange zest

Preheat oven to 350 degrees. Butter a 6-cup loaf pan, then dust flour, tapping out the excess flour. In a medium mixing bowl, whisk together: flour, baking powder, and salt. Set aside.

In a measuring cup, combine together milk, zest of 1 orange (Reserve 1 tsp zest for the glaze), and orange juice. Set aside.

In a large mixing bowl, cream together butter and granulated sugar on medium/high speed (2-3 minutes on high speed). It won't be smooth, just combined. Beat in 2 large eggs, mixing until well incorporated.

Add flour mixture in 2 parts, alternating with the milk mixture and mixing on medium/low speed just until incorporated with each addition. Scrape the sides of the bowl with a spatula as needed.

Toss cranberries with 1/2 Tbsp flour, then fold them into the batter just until incorporated. Spread the batter into your prepared pan and bake 45-50 minutes at 350 degrees until golden on top and a toothpick inserted into the center comes out clean. Let cool, then run a knife around the edges and transfer the loaf to a wire rack to cool completely before glazing.

In a separate bowl, stir together powdered sugar, orange juice and reserved teaspoon of zest. Stir until smooth. It should have a drizzling consistency.



# Yorkshire Pudding

- 1 cup flour
- 1 cup milk
- 2 eggs
- 1/2 tsp salt

Mix eggs and milk together. Gradually add salt and flour while blending. Lightly grease each of the 12 muffin tins with a small amount of oil. Pre-heat the oven to 450°F. Blend the mixture again until smooth, then immediately pour into the hot, greased tins. Bake at 450°F for 10-15 minutes, then lower the temperature to 350°F and bake for an additional 10-15 minutes. Enjoy.



# Ed's Bannock

- 3 cups, all-purpose flour
- 1 tsp of salt
- 2 tbsp of baking powder
- 1/4 cup of butter, melted
- 1 1/2 cups of water

Mix together flour, salt, melted butter, and water until combined. Roll out on floured surface to 1" thickness and cut into pieces. Heat vegetable oil in frying pan. Once oil is heated, fry bannock approx 1-2 minutes per side until cooked through. Serve with butter, honey butter, or jam!



# Golden Nugget Bannock

- 2 cups of flour
- 2 1/2 tsp baking powder (double-acting)
- 1/2 tsp salt
- 2-6 tbsp fresh wheat germ
- 1 cup of water

Mix flour, baking powder, salt, and wheat germ. Pour in water, enough to make sticky dough, and stir quickly for just half a minute.

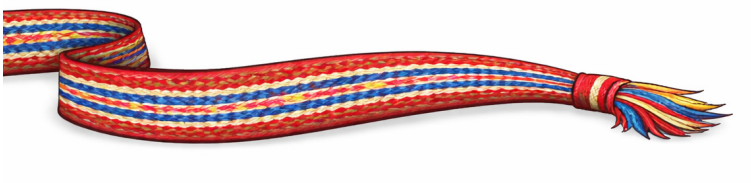
Drop by spoonfuls into a greased pan, and bake at 450 degrees for 12-15 minutes.

Brush with butter while hot.

“Little golden nuggets” (of wheat germ) tenderize the bannock and give it a nut-like flavor; only fresh wheat germ should be used.



# Appetizers



# Ham & Cheese Pinwheels

- 2 oz cream cheese, softened
- 2 tbsp prepared ranch dressing
- 2 green onions, finely chopped
- 2 (8oz) packages crescent roll sheets
- 1 cup shredded sharp cheddar cheese, divided
- 1 cup shredded gruyere cheese, divided
- 8 oz thinly sliced deli ham, divided
- 1 large egg, lightly beaten
- 1 tsp poppy seeds

Preheat the oven to 375 degrees. Spray a 13-by-9-inch baking pan with cooking spray and line with parchment paper.

In a medium bowl, mix together the cream cheese, ranch dressing, and green onion.

On a very lightly floured cutting board, unroll one crescent roll sheet. Keep the other sheet refrigerated until ready to use. Use a rolling pin to roll the sheet into an even rectangle, around 12-by-8 inches, with the long sides parallel to the counter.

Spread half of the cream cheese mixture over the surface of the sheet, leaving a 1-inch border clean on the long side furthest from the edge of the counter. Maintaining the 1-inch and in individual layers, sprinkle  $\frac{1}{2}$  cup of the cheddar cheese and  $\frac{1}{2}$  cup of the gruyere cheese over the cream cheese. Lay half the ham in a single layer on top of the cheese, overlapping if necessary. Brush the clean border with the egg wash.

Starting with the long edge closest to the counter, roll the crescent roll sheet into a log, using the side of the crescent sheet that has egg wash to pinch and seal the log closed.

Wrap the log with plastic wrap and chill in the refrigerator for at least one hour or up to twelve hours. Repeat with the remaining crescent roll sheet, cream cheese mixture, cheeses, and ham. Slice into pinwheels. Bake in the oven at 375 degrees for approx. 30 minutes until puffy and golden brown.



# Tortilla Pinwheels

- 8 oz cream cheese
- 1/2 cup sour cream
- 1 sweet red bell pepper
- 1 bunch green onions
- 1 cup grated cheddar cheese
- 12 10-12 inch tortillas

In a bowl, combine cream cheese and sour cream. Blend until smooth. Mix in diced red pepper, diced green onions, and grated cheese. Spread each tortilla with the cheese mixture. Roll as tightly as possible. Wrap in plastic wrap and chill for one hour. Slice and serve.



# Cheese Balls

- 16 oz cream cheese
- 4 cloves of garlic
- 2 tbsp green pepper
- 2 tbsp celery
- 1/2 cup green onion
- 1/2 cup onion
- 1 tbsp parsley
- 1 tsp Worcestershire sauce
- 1 tsp paprika
- 1 tsp seasoned salt
- 1 tsp lemon pepper or regular pepper
- 24 oz shredded cheese ( mix of cheddar, Jalapeño jack cheese, mozzarella)
- 1/2 cup of mayonnaise
- Garnish

Mix well all ingredients except the grated cheese. Add the cheese; if it's thick, thin it with 1/4 cup of sour cream, buttermilk, or milk. Shape into three small balls or one large one. Roll in toasted chopped almonds, walnuts, sesame seeds, paprika, or snipped parsley, and serve with crackers.



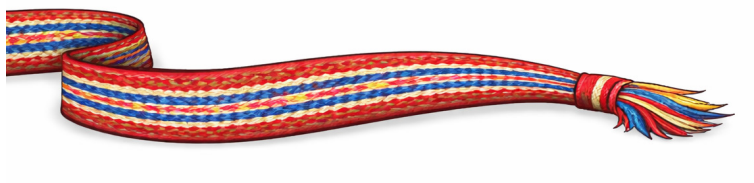
# Dumplings

- 2 cups of flour
- 4 tsp baking powder
- 1/2 tsp salt
- 2 tbsp shortening
- 1 cup milk
- Chicken broth

Mix all dry ingredients together. Blend shortening into the dry mixture. Add milk, slowly, mix to a soft dough. Heat chicken broth to a boil on the burner or in the oven. Drop by spoonfuls into boiling broth. Cover the pot tightly for 12-15 minutes. Do not lift the lid. Serve at once.



# Preserves



# Candied Jalapeños

- 1 1/2 cup cider vinegar
- 3/4 cup of water
- 4 1/2 cup of sugar
- 1 1/2 tsp salt
- Jalapeños

Rinse and dry peppers. Slice jalapeños about 1/4-1/8 inch thick.

Bring the first four ingredients to a boil. Add peppers, boil for about 3 minutes. Let cool.

Try rinsing out jalapeños before putting them into boiling liquid to get more seeds out.

Ladle into jars, then fill up with liquid. Refrigerate or use canning method. Process in a water bath for 15 minutes.

Yields: 2 quarts.



# Pickled Asparagus

- 3 cups of water
- 3 cups of vinegar
- 3 tbsp pickling salt
- Dill
- Garlic cloves
- Asparagus

Bring to a boil. Add fresh dill and garlic cloves to jars. Fill jars. Process 10 minutes. Store for two weeks before ready to eat.



# Picante Salsa

- 25 lbs ripe tomatoes, scalded peeled
- 6-9 whole green chiles chopped
- 3 large Spanish onions
- 3 large green peppers, chopped
- 3 medium red peppers
- 3-6 whole jalapeño, chopped
- 3 cans of tomato paste
- 2 1/4 cups of white vinegar
- 1/2 cup of brown sugar
- 3 tbsp coarse salt
- 4 tsp paprika
- 4-6 garlic cloves, minced

Combine all ingredients in a large pot. Bring to a boil uncovered over medium heat. Boil gently for 60 minutes, or until the desired thickness is reached. Fill pint jars. Process for 10 minutes.

Makes 18-19 jars (pints).

For a double batch, use only  $\frac{3}{4}$  cup of brown sugar and 4 cups of vinegar.

Skim the liquid off as the cooking progresses to the desired thickness.



# Canned Co-Ho Salmon

- Fresh salmon
- Salt water
- 1 tsp salt
- 2 tbsp ketchup
- 2 drops Tabasco sauce
- 1/8 tsp garlic salt
- 1 tsp butter or cooking oil

Clean and skin the salmon, then cut it into chunks. Soak in salt water for 24 hours. Drain, wipe dry, and pack into quart jars 1 inch from the top. Add salt, ketchup, tabasco sauce, garlic salt, and butter. Seal and process in a pressure cooker at 10lbs pressure for 1 hour and 40 minutes or 4 hours in a water bath.



# Rhubarb Chutney

- 5 cups raw rhubarb, finely cut
- 5 cups onion chopped
- 2 1/2 cups of vinegar
- 4 cups brown sugar
- 1 tsp cinnamon
- 1 tsp allspice
- 1/2 tsp pepper
- 1 tsp cloves
- 2 tsp salt

Stir all ingredients in a pot, and boil until thickened. Put in jars and seal. Process for 20 minutes in water bath.



# Rosehip Tea

- Dried rose hips (whole or crushed)
- Water
- Honey or maple syrup(optional)
- Lemon slice (optional)

Rinse the dried rose hips to remove any dust or debris. Bring the water to a gentle boil, then reduce heat and add the rose hips. Simmer for about 10–15 minutes, allowing the tea to deepen in colour and flavour. Remove from heat and strain into a cup. Sweeten with honey or maple syrup if desired, add a slice of lemon, and serve warm.



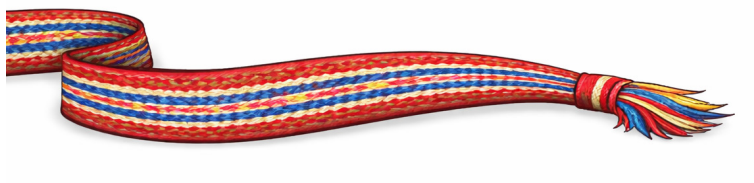
# Blueberry Jelly

- 4 cups juice (takes about 2 quartz of whole berries)
- 7 1/2 cups of sugar
- 1 tbsp lemon juice
- 1 bottle of commercial pectin

Stir sugar and juices thoroughly. Bring to a boil over high heat (add a dab of butter to reduce foaming). Stirring constantly. Add one bottle of commercial pectin, boil hard for one minute, remove from heat, and skim off any foam. Pour quickly and seal. Process in water bath for 7 minutes.



# Desserts



# Buttertarts

- 1 lb butter
- 2 1/2 cups brown sugar
- 5 eggs
- 1 tsp vanilla
- 1/2 - 3/4 cup milk
- 2 cups of raisins

Melt the butter, then add all other ingredients. Mix well. Pour into tart shells and bake at 350 degrees for 15-20 minutes until browned and filling is set.



# Rice Pudding

- 1/2 cup long grain rice
- 2 cups of milk
- 1 cup of water
- 1/2 tsp salt
- 1/2 tbsp butter
- 1/2 cup of sugar
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 cup of raisins

Mix all ingredients in a buttered casserole dish (except raisins). Bake in a slow oven at 300 degrees for one hour. Reduce the heat to 250 degrees and bake for another 1.5 hours. Add 1/2 cup of raisins in the last half hour of baking.



# Coconut Crisps

- 1/2 cup nutmeg
- 1 1/2 cups sugar
- 2 eggs
- 2 cups of flour
- 1 cup coconut
- 2 tsp baking powder

Combine all ingredients. Drop by spoonful onto baking sheet. Bake at 350 degrees for 8 minutes.



# Overnight Blueberry Frenchtoast

- 12 slices of cubed bread
- 250 grams cream cheese (cubed)
- 12 eggs
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 1/4 tsp salt
- 1 1/2 cup blueberries frozen
- 2 cups of milk
- 1/3 cup of syrup
- 2 tbsp sugar

Place half of the bread in a greased 9x13 pan. Sprinkle cream cheese over bread. Add blueberries and top with the remaining bread. Whisk eggs, salt, and vanilla together. Whisk in milk and syrup. Pour egg mix evenly over top. Mix sugar and cinnamon. Sprinkle over top. Cover and refrigerate overnight. Remove and let sit for 20-30 minutes. Bake at 350 degrees for 30 minutes. Uncover foil and bake for another 25-30 minutes. Let it stand for 5 minutes before serving. Serve with syrup and whipped cream.



# Tomato Soup Cake

- 1 cup of margarine
- 2 cups of sugar
- 2 eggs
- 2 tins of tomato soup
- 2 cups of raisins
- 3 cups of flour
- 1/2 tsp salt
- 2 tsp baking soda
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp cloves

Mix all ingredients together. Bake at 350 degrees for 60 minutes.



# Fantastic Carrot Cake

- 3 eggs
- 2 cups of sugar
- 1 tbsp cinnamon
- 1 tsp salt
- 2 cups of coconut
- 1 can of pineapples (drained)
- 1 1/2 cups of oil
- 2 cups of flour
- 2 tsp baking soda
- 2 tsp vanilla
- 2 cups of carrots
- 1 cups of raisins
- **Cream Cheese Icing**
- 1/2 cup of margarine
- 1/2 tsp vanilla
- 1 pkg cream cheese
- 3-4 cups icing sugar

Mix the ingredients, then bake at 350 degrees for approximately 1 hour. Cool. Mix up ingredients for icing, and spread over cake. Serve.



# Whipped Shortbread

- 3 cups of flour
- 1/2 cup cornstarch
- 1 lb butter
- 1 1/4 cups icing sugar

Combine all ingredients and beat for 10 minutes. Cover and chill for 20 minutes. Roll into small balls, then flatten or use cookie cutters. Bake at 350 degrees until bottoms are browned, 15-20 minutes.



# Apple Pie

- 6 thinly sliced apples
- 6 tbsp granulated sugar
- 6 tbsp brown sugar
- 1/3 cup of flour
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup of butter
- 1/2 tsp lemon rind
- 6 tbsp whipping cream
- 1 pastry shell

Core, peel, and slice apples. Combine sugars, flour, cinnamon, and salt. Then mix with apples. Spread the mix into the unbaked pie shell. Sprinkle with lemon rind and dot with butter. Pour cream over the top. Cover with pie crust and bake 10 minutes at 450 degrees, then 20-30 minutes at 350 degrees.



# Saskatoon Muffins

- 2 cups of flour
- 1/4 tsp baking powder
- 1/2 cup of margarine
- 1 cup of sugar
- 2 eggs
- 3/4 cup of milk
- 1 1/2 cups of saskatoon berries
- 1 tsp vanilla

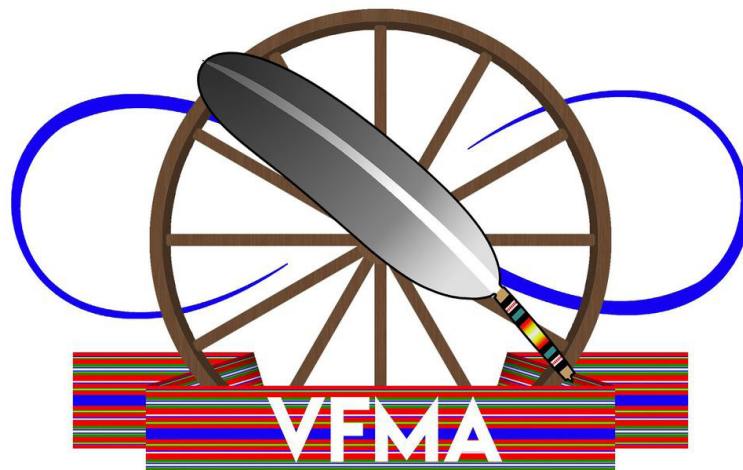
Mix together flour, baking powder in a bowl. In another bowl cream together margarine and sugar. and vanilla. Add in eggs one at a time mixing until combined. Alternate mixing in milk and dry ingredients until just combined. Add in Saskatoons. pour into muffin tins and bake for 25-30 minutes at 375 degrees. Makes 12 muffins.



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