

P F R A

Millennium Cookbook



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Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Introduction

The agriculture and agri-food industry on the prairies has witnessed significant change during the past decade. In response to factors such as changing world markets, international trade agreements, agricultural policies, and technology, prairie farmers have greatly diversified production. Although wheat and other traditional cereals are still grown, more than 50 different crops are now being grown as well. Canola, flax, pulses (dry peas, beans, lentils, chickpeas), all occupy significant areas across the prairies with other special crops such as mustard, canary seed, and sunflowers also being produced. Commercial production of vegetables, fruits, herbs and spices, and horticultural crops is becoming increasingly important, particularly in the irrigated areas. In the semi-arid climate of the prairies, irrigation is often essential for the production of a reliable supply of high quality product. Diversification by primary producers has contributed greatly to value-added processing of food and non-food products.

PFRA is actively involved with industry, the provinces, and universities in the shift toward more diversified and intensive crop production. Work at the Manitoba Crop Diversification Centre, the Canada-Saskatchewan Irrigation Diversification Centre, and the Shelterbelt Centre focuses on demonstrating, testing, and evaluating different plant varieties and species for suitability of production under Prairie conditions.

The *PFRA Millennium Cookbook* is a compilation of recipes submitted by PFRA staff. Recipes all use ingredients such as pulses, vegetables, fruits, herbs and spices which are, or have recently been grown at the three PFRA Centres. Generally, these same crops can be grown in home gardens or are locally available at farmers' markets and u-pick farms. The Shelterbelt Centre has also been working with native plants, such as chokecherries and saskatoons. You are invited to try the recipes and encouraged to learn more about PFRA's three Centres by visiting their websites.



the Shelterbelt Centre near Indian Head, Saskatchewan;



the Canada-Saskatchewan Irrigation Diversification Centre (CSIDC) at Outlook, Saskatchewan; and



the Manitoba Crop Diversification Centre (MCDC) located near Carberry, Manitoba.

For more information about Western Canada's provincial departments of agriculture, click on ([Manitoba](#), [Saskatchewan](#), [Alberta](#)), or if you wish to read about our industry partners, including the provincial pulse growers associations, visit ([Manitoba](#), [Saskatchewan](#), [Alberta](#)) and the [Saskatchewan Herb and Spice Association](#).

PFRA neither endorses nor warrants any products used in the recipes herein. All recipe content provided to PFRA is assumed to be original unless identified by the submitter.

PFRA Technical Centres



Canada-Saskatchewan Irrigation Diversification Centre

The Canada-Saskatchewan Irrigation Diversification Centre (CSIDC), located in Outlook, Saskatchewan, is a partnership between PFRA, the Saskatchewan Water Corporation, and industry. The Centre evaluates specialty crop production under irrigated conditions, while identifying potential marketing opportunities for Saskatchewan producers. This task involves a variety of crop evaluations, as well as irrigation and agronomic adaptation studies. Examples of projects include studies on dry beans, peas, lentils, faba beans, mint, coriander, fenugreek, and other culinary and medicinal herbs. Potato studies are aimed at producing high quality varieties for seed, processing, and table use.



Manitoba Crop Diversification Centre

The Manitoba Crop Diversification Centre (MCDC), located near Carberry, Manitoba, is a partnership among the federal and provincial governments and the Manitoba Horticultural Productivity Enhancement Centre. MCDC provides assistance for research and demonstration activities that focus on irrigation, dryland production, and specialty or niche crops.

Activities at the Centre include testing and demonstrating current irrigation technologies, field testing crop performance under irrigated and dryland conditions, and evaluating specialty and niche crops such as oriental vegetables, small fruits, forages, and oil seeds, which offer producers higher value diversification opportunities.



Shelterbelt Centre

The PFRA Shelterbelt Centre, located near Indian Head, Saskatchewan, is a federal tree nursery that promotes economic security, rural development and agricultural sustainability by producing hardy trees and shrubs for Prairie farmers and other eligible clients. The Centre also conducts applied research on tree-related issues, including species improvement, planting technology, weed and pest control, and agroforestry.

Workers at the Centre grow and evaluate species such as chokecherry, saskatoon, sea-buckthorn and buffalo berry, which are ideal for berry production and harvesting. The Centre also promotes the use of Manitoba maples for tapping and the production of maple syrup and sugar.

Introduction

Le secteur de l'agriculture et de l'agroalimentaire des Prairies a connu des changements considérables au cours de la dernière décennie. Réagissant à divers facteurs comme l'évolution des marchés étrangers, les ententes visant le commerce international, les politiques agricoles et les progrès technologiques, les agriculteurs des Prairies ont grandement diversifié leur production. Outre le blé et les autres cultures céréalières traditionnelles, on produit plus de 50 cultures. Le canola, le lin et les légumineuses (pois secs, haricots, lentilles et pois chiches) recouvrent des superficies importantes dans les Prairies, de même que d'autres cultures non traditionnelles comme la moutarde, le tournesol et les graines à canaris. La production commerciale de légumes, de fruits, d'herbes, d'épices et de cultures horticoles augmente en importance, notamment dans les zones irriguées. Compte tenu du climat semi-aride des Prairies, l'irrigation est souvent nécessaire pour assurer une production fiable de marchandises de grande qualité. La diversification de la production primaire a grandement contribué à la transformation à valeur ajoutée des produits alimentaires et autres.

L'ARAP participe activement aux activités du secteur, des provinces et des universités pour favoriser une production culturale plus diversifiée et intensive. Les activités du Centre de diversification des cultures Manitoba, du Centre de recherche sur la diversification de l'irrigation Canada-Saskatchewan et du Centre de distribution de brise-vent portent surtout sur la démonstration, la mise à l'essai et l'évaluation de diverses variétés et espèces végétales pour déterminer leur aptitude à la production sous les conditions agronomiques propres aux Prairies.

Le recueil de recettes *PFRA Millenium Cookbook* est le fruit du travail du personnel de l'ARAP. Les recettes font appel à des ingrédients comme des légumineuses, des légumes, des fruits, des herbes et des épices qui sont cultivés aux trois Centres de l'ARAP (ou qui l'ont été dans un passé récent). En général, on peut cultiver ces ingrédients dans son jardin ou se les procurer aux marchés des agriculteurs et aux établissements d'auto-cueillette. Au Centre de distribution de brise-vent, on fait également des recherches sur les plantes indigènes comme les « petites cerises » (*chokecherries*) et les *saskatoons*. On vous invite à essayer les recettes et à vous renseigner sur les trois Centres de l'ARAP en visitant leurs sites Web.



Le Centre de distribution de brise-vent situé près de Indian Head en Saskatchewan;



Le Centre de recherche sur la diversification de l'irrigation Canada-Saskatchewan situé à Outlook en Saskatchewan;



Le Centre de diversification des cultures Manitoba situé près de Carberry au Manitoba.

Pour obtenir plus de renseignements sur les ministères de l'Agricultures des provinces de l'Ouest, cliquez ici ([Manitoba](#), [Saskatchewan](#) ou [Alberta](#)). Les sites de nos partenaires industriels, y compris ceux des associations provinciales de producteurs de légumineuses du Manitoba, de la [Saskatchewan](#) et de l'[Alberta](#), ou encore la [Saskatchewan Herb and Spice Association](#), pourraient également vous intéresser.

L'ARAP n'offre aucune garantie à l'égard des produits nommés dans les recettes et n'en fait aucunement la promotion. L'ARAP considère que toutes les recettes qui lui ont été soumises sont originales à moins d'avis contraire de la part des collaborateurs.



Centre de recherche sur la diversification de l'irrigation Canada-Saskatchewan

Le Centre de recherche sur la diversification de l'irrigation Canada-Saskatchewan, situé à Outlook en Saskatchewan, est le fruit d'un partenariat conclu entre l'ARAP, la Saskatchewan Water Corporation et le secteur industriel. Le personnel du Centre évalue la production de cultures non traditionnelles sous irrigation et relève les créneaux possibles pour les agriculteurs de la Saskatchewan. Pour ce faire, le personnel effectue diverses évaluations des cultures et des études sur l'irrigation et l'adaptation agronomique. Ainsi, les projets peuvent porter sur des cultures aussi diverses que les haricots secs, les pois, les fèves, la menthe, le coriandre et le fenugrec, ainsi que d'autres cultures aux applications culinaires ou médicinales. Des études sur les pommes de terre visent à mettre au point des variétés performantes pour la consommation, la transformation et la reproduction.



Le Centre de diversification des cultures Manitoba

Le Centre de diversification des cultures Manitoba, situé dans les environs de Carberry au Manitoba, est le fruit d'un partenariat conclu les gouvernements fédéral et provincial et le Manitoba Horticultural Productivity Enhancement Centre. Le Centre appuie les activités de recherche et de démonstration axées sur l'irrigation, la production sur terre sèche et des cultures spécialisées ou destinées à un marché à créneau.

On y effectue la mise à l'essai et la démonstration des techniques d'irrigation modernes et de la production en plein champ, sous irrigation et sur terre sèche, de cultures spécialisées et à créneau comme les légumes asiatiques, les petits fruits, les fourrages et les oléagineux, qui offrent aux agriculteurs des possibilités de diversification plus rentables.



Centre de distribution de brise-vent

Le Centre de distribution de brise-vent de l'ARAP, situé dans les environs de Indian Head en Saskatchewan, est une pépinière fédérale qui promeut la sécurité économique, le développement rural et la viabilité agricole en produisant des arbres et des arbustes rustiques pour les agriculteurs des Prairies et d'autres clients admissibles. Le Centre mène aussi des recherches appliquées sur des questions sylvicoles, dont l'amélioration des essences, les techniques de plantation, la lutte contre les mauvaises herbes et contre les parasites et enfin, l'agroforesterie.

Le personnel du Centre cultive des fruits comme les « petites cerises » (*chokecherries*), les *saskatoons*, et les fruits de l'argousier et de la shepherdie argentée, qui conviennent bien à la production et à la cueillette. Le Centre fait également la promotion de l'exploitation acéricole de l'érable du Manitoba (sirop et sucre).

Middle East Spicy Lentil Fritters

Jazeem Wahab, CSIDC

Source: *The Amazing Legume* by Alice Jennez

Lentils, washed	1½ cups
Water	3 cups
Butter or margarine	2 Tbsp.
Onion, medium, grated	1
Cumin	1½ tsp.
Coriander	1½ tsp.
Parsley, chopped, fresh	1 Tbsp.
Salt	1 tsp.
Egg	1
Pepper, black, freshly ground to taste	
Oil for pan frying	

Simmer the lentils in water for 30 minutes or until soft. Mash or blend the lentils with they butter, add the onion, spices and egg. Mix thoroughly. Chill the mixture for 1 hour. Form the mixture into small cakes on a lightly floured board. Fry the cakes in hot, shallow oil, drain on paper towels. Serve with small buns or pita bread and a green salad for a tasty lunch. Suggested toppings - yoghurt, chutney, mayonnaise. Yield: 4-6 servings.

Hummus

Jazeem Wahab, CSIDC

Source: *Discover the Pulse Potential*, Sask Pulse Crop Development Board

peanut butter**	¼ cup
cumin	½ tsp.
salt	½ tsp.
cloves garlic, minced	2
lemon juice	2 tbsp.
hot water	3 tbsp.
sesame oil	1 tsp.
cooked Yellow Split Peas	2½ cups
fresh parsley or peanuts or black olives (optional)	

** Gluten-free brand required

In a small bowl, combine peanut butter, cumin, salt and garlic. Add lemon juice, hot water and sesame oil; mix thoroughly. Puree split peas in food processor or blender; add peanut butter mixture; purée or mix thoroughly. Garnish, if desired, with finely chopped parsley, chopped peanuts or sliced black olives. Makes 13 servings. Serve hummus with pita bread or fresh vegetables.

Appetizers

Mexican Pink Bean Dip

Jazeem Wahab, CSIDC

Source: *Discover the Pulse Potential, Sask Pulse Crop Development Board*

ground beef	1/2lb
chopped onion	½ cup
pkg. taco seasoning*	1.3 oz.
water	¼ cup
taco sauce	¾ cup
ketchup*	¼ cup
can green chilies, chopped	4 oz.
garlic salt	½ tsp.
purused Pink Beans	1½ cups
grated Monterey Jack cheese	½ cup
* Gluten-free brand required	

Preheat oven to 180°C (350°F). Brown beef and onion in a skillet, drain off fat. Add taco seasoning and water; mix. Add taco sauce, ketchup, chilies, garlic salt and bean purée and mix well. Place in a 1.5 L (1½ quart) casserole. Bake covered, 30 minutes. Sprinkle with cheese. Makes 8 servings. Serve as a dip with tortilla chips or roll up in a soft tortilla for a spicy lunch.

Curried Lentil Pastries

Jazeem Wahab, CSIDC

Source: *Discover the Pulse Potential,*

Saskatchewan Pulse Crop Development Board

canola oil	1½ tsp
curry powder	1 tbsp.
cooked Eston Lentils	1½ cups
tomato paste	¼ cup
water	¾ cup
French onion soup mix	2½ oz.
dry bread crumbs	½ cup
currants	¼ cup
egg, slightly beaten	1
Pie crust mix or pastry equal to a top and bottom pie crust	

In a skillet over medium heat, cook oil and curry powder for 2 minutes. Add lentils, tomato paste, water, onion soup mix, bread crumbs and currants. Cook, stirring constantly, 5 minutes. Cool. Prepare pie crust according to package directions. Cut pastry into 9 cm (3½") circles. Brush circles with lightly beaten egg. Preheat oven to 200°C (400°F). Place 15 ml (1 tbsp.) of filling in the middle of each circle, leaving an edge of at least 2.5 cm (1") all around. Fold 2 edges together and pinch edges to seal. Place pastries on an ungreased cookie sheet, seam side up. Brush with egg and bake 25-30 minutes, or until pastry is golden brown. Yield 30 pastries.

Appetizers

Tortilla Rollups

Sandy Powers, Beausejour, MB

3 - 4 Spinach Tortillas (10 inch)
1 package ranch dressing mix
250 g cream cheese
assorted finely diced vegetables
 (ie. green onion, red/green pepper, grated carrots, tomatoes)

Soften cream cheese. Combine cream cheese and ranch dressing mix. Spread on tortillas, right to the edge. Sprinkle assorted vegetables on top. Roll tortilla as tight as you can and wrap tightly in saran wrap. Chill overnight. Cut on a diagonal.

Variety - Mexican Flavor:

Substitute 1 package taco seasoning for ranch dressing mix. Use plain tortillas instead of spinach tortillas. Use grated cheddar cheese instead of grated carrots.

Cheese Ball

Harold and Lois Geiger, Lonetree Pasture

Soften 1 - 8 oz. pkg. of Philadelphia cream cheese. Press out on plate. Sprinkle 4 green onions (cut up), sweet pickles chopped, salt & pepper, garlic salt and a few drops of Worcestershire sauce over the cream cheese. Cover with one cup grated cheddar cheese. Blend ingredients and form into ball. Can roll in parsley or chopped nuts. Also can sprinkle dill weed on the cream cheese. Refrigerate and serve with crackers.

Hot Bean Dip

Esther Kienholz, PFRA Saskatoon

Source: the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup Mexican refried beans
½ cup sour cream
2 tbsp chili sauce
¼ tsp tabasco sauce

Blend together all ingredients until smooth. Serve with tortilla

Broccoli and Cauliflower Bouquet on Salmon Dip

3 stalks celery
1 bunch (1 lb/500 g) broccoli
1 small head cauliflower

Prepare dip up to two days ahead, cover and refrigerate. Assemble, several hours ahead. Refrigerate, then serve. Cut celery into 2-inch (5 cm) sticks. Cut broccoli and cauliflower into florets. Wrap and refrigerate. (Save stalks for a stir-fry dish later).

Salmon Dip:

1 pkg cream cheese (250 g)
2 cans salmon (each 7 3/4 oz/220 g)
1 Tbsp chopped fresh parsley
1 Tsp dried tarragon
¼ Tsp Worcestershire sauce

Beat cheese until smooth and creamy. Flake salmon with juice; stir into cheeses. Add parsley, tarragon and Worcestershire sauce; mix until smooth. Spread dip on deep round plate. Arrange celery, broccoli and cauliflower in circles over dip. Serve immediately or wrap and refrigerate until serving time. Place picks on side for spearing. Makes 10 servings.

Hummus

Esther Kienholz, PFRA Saskatoon

A chick pea pate of middle east origin, Hummus makes a flavourful and protein-rich sandwich spread or appetizer dip.

2 cups cooked chick peas
1 cup water
½ cup tahini (ground sesame seeds)
2 cloves garlic, crushed
½ Tsp salt
Juice of 2 Lemons
Cayenne Pepper

Whip all ingredients in a blender until smooth. Serve as a dip for pita bread or raw vegetables. Makes 2½ cups.



Appetizers

BERBERÉ (Ethiopia)

Wade Morrison, PFRA Saskatoon

4	tomatoes, coarsely chopped
1 Tbsp	grated fresh ginger
½ Tsp	each ground coriander, cardamom, nutmeg, cinnamon and fenugreek
1 Tsp	ground cloves
1	onion, minced
8 - 10	teeth of garlic, minced
1 Tbsp	salt
¼ cup	dry red wine
2 cups	paprika
3 Tbsp	cayenne
1 Tsp	coarsely ground black pepper
¼ cup	vegetable oil
2 - 3 Tbsp	sugar
2 Tbsp	minced fresh cilantro

Put all ingredients into a saucepan and, stirring continuously, cook over a medium heat for 10 to 15 minutes or until a thick sauce results. Transfer to a jar or small crock for storage. This seasoning paste will keep for several weeks if refrigerated. Makes about 2 cups. Serve with Sik Sik Wat.

Bow Tie Pasta Salad

Debbie Greig

1 pkg (454 g) bow tie pasta
½ cup olive oil
1/3 cup lemon juice
4 garlic cloves, minced
1 tsp dried oregano
1 tsp dried basil
salt & pepper to taste
2 cups cherry tomatoes to cover top of salad
1 - 2 cans pitted black olives
1 cup feta cheese diced

Cook pasta until nice consistency for eating.

Mix ingredients into pasta.

Serves 10.

1 cup non-iodized sea salt or kosher salt

1 cup packed fresh herbs, washed, dried and minced or 2 tbsp. dried herbs

Grind the salt and herbs together in a blender or finely crumble the herbs and mix into the salt. Place the mixture in a shaker and use it to flavour your meals.

Marinated Lentil Salad

Jazeem Wahab, CSIDC

*Source: Discover the Pulse Potential,
Sask Pulse Crop Development Board*

A great salad to have on hand.
It keeps well in the refrigerator for one week.

4 cups	cooked Laird Lentils
19 oz.	Chickpeas, rinsed, drained
1 cup	finely chopped cauliflower
1 cup	finely chopped sweet green pepper
10	carrots, diced
1	large onion, finely chopped

Tomato Marinade:

10 oz.	can tomato soup
1/2 cup	granulated sugar
1/2 cup	canola oil
1 cup	white vinegar
1 1/2 tsp.	garlic powder
1tsp.	dry mustard
1/2 tsp.	ground black pepper

In a large bowl, combine lentils, Chickpeas, cauliflower, green pepper, carrot and onion. Toss lightly. Set aside.

In a large saucepan or Dutch oven, combine tomato soup, sugar, oil, vinegar, garlic powder, dry mustard and pepper. Simmer 1 minute. Cool completely. Pour Marinade over vegetables. Refrigerate at least 6 hours; drain off marinade before serving. 20 servings.

Christmas Apple Salad

Lynne Brandsgard, PFRA Regina

6 c Apples - coarsely chopped
1 Pint Whipping cream
1/4 c Sugar
1 Tsp Vanilla
12 Maraschino cherries - cut in half
1 Tsp Sprinkles

Peel and cut apples. Beat whipping cream until thick, add sugar and blend until dissolved, stir in vanilla. Fold in chopped apples. Place in a crystal bowl. Top with maraschino halves and sprinkles. Note: The whipping cream can be tinted to add colour to your table.

Salad Dip “Number V”

Laura Poppy, Shelterbelt Centre

5 Tbsp White wine
5 Tbsp Seabuckthorn juice
1 Tbsp Mustard
1 Tbsp Sugar
1 Tsp Salt
1 cup Cream

Poppyseed Dressing for Salad

L. Poppy, Shelterbelt Centre

1 cup mayonnaise
1/3 cup cranberry juice
2 tbsp poppy seeds
grated 1 peel of orange

In a small bowl whisk all ingredients together. Makes approximately 1½ cup(375 ml) dressing. Serve over fruit salad of apple and pear wedges assorted grapes and orange sections; or an arrangement of butter lettuce mandarin sections and slivered almonds.

Note: ½ c (125ml) yogurt may be substituted for (25ml) mayonnaise if desired.

Barley Salad

the Haid's, Regina, Sk.

1 pkg. (11 oz) quick cooking barley
1 jar roasted red peppers, cut in 1/4" wide strips
4 oz. Feta cheese crumbled (approx. 1 cup)
2 tbsp. Capers (drained)
2 tbsp. Chopped fresh cilantro (or coriander)
2 tbsp. White wine vinegar
2 tbsp. Lemon juice
1 tsp. Ground cumin
1/4 tsp. Salt
1/4 tsp. Pepper
1/4 cup olive oil.

Cook barley according to package (pkg.) directions, drain and then transfer to large bowl. Cool approx. 10 minutes. Add next 4 ingredients and toss gently to mix. In a separate bowl combine the vinegar, lemon juice, cumin, salt & pepper, until the salt dissolves. Slowly whisk in oil until thickened. Drizzle the thickened fluid mixture over the barley mixture, and toss gently. Enjoy.

Spicy Maple Syrup Dressing

Esther Kienholz, PFRA Saskatoon

2 tbs pure maple syrup
1 tbs horseradish syrup
4 tbs red wine vinegar
5 tbs olive oil
1 clove of garlic finely crushed

Mix all ingredients together thoroughly chill and serve with salad or crudities.

Bean and Barley Salad

Esther Kienholz, PFRA Saskatoon

3 cups water
½ cup barley
1 can chick peas rinsed and drained
1 cup cooked pink beans drained
1 cup cooked great northern beans drained
¼ cup chopped onion
¼ cup chopped parsley
2 jalapeno peppers seeded and chopped
⅓ cup red wine vinegar
1 tsp salt
½ tsp pepper
½ tsp cumin
1 clove garlic finely diced
⅓ cup canola oil

In a sauce pan bring water to a boil. Reduce heat and add barley. Cook over medium heat for 40 min or until tender-firm. Remove from heat. Drain. Rinse with cold water. Drain again in serving bowl combine cooked barley, chickpeas, beans, onion, parsley, and jalapeno peppers. In a separate bowl combine vinegar, salt, pepper, cumin, and garlic. Mix thoroughly. Whisk in canola oil until evenly mixed add to beans mixture. Toss gently serve immediately at room temperature. (May be store in a covered container in fridge for 24 hours) 11 servings.

**Beans and whole peas must be soaked before cooking.
Split peas and lentils do not require pre-soaking.**

Southwest Lentil Salad

Esther Kienholz, PFRA Saskatoon

1 ½ chicken stock
½ cup canola oil
2 ½ cups Elton lentils rinsed and drained
½ tsp dried crushed chili
3 medium carrots peeled and quartered
4 cloves garlic peeled
1 medium onion peeled
½ tsp salt
4 whole cloves
½ tsp pepper
1 bay leaf**1 cup sliced green onion**
2 tsp dried basil**1 cup pine nuts**
½ cup vinegar**¾ cup chopped green and red peppers**

In a large pot combine chicken stock, lentil, carrots, onion, with clove stock in bay leaf and basil. Bring mixture to boil. Reduce heat and simmer until lentils are just tender about 25 min prepare dressing. In a food processor combine vinegar, canola oil chilies, and garlic. Pure until smooth. When lentils are tender remove carrots, onion, cloves and bay leaf -discard. Drain lentils mix lentils and dressing gently while lentils are still hot. Add salt and pepper. Let cool to room temperature mix again cover and refrigerate. Just before serving add green onion, nuts and peppers garnish with chopped fresh parsley. Makes 14 servings.

Chickpea Pasta Salad

Esther Kienholz, PFRA Saskatoon

3 cups cooked corkscrew pasta drained and cooled
1 can chickpeas rinsed and drained
½ cup chopped celery
½ cup peeled & coarsely shredded carrots
1/3 cup seeded and chopped green pepper
2 tbsp finely sliced green onion tops
1/4 cup vinegar
2 tbsp light mayonnaise
1 tbsp canola oil
2 tsp Dijon style mustard
1/4 tsp salt
1/4 tsp ground black pepper
1 medium tomato cut into wedges

In large bowl combine pasta, chickpeas, celery, carrot, green pepper and onion. Toss lightly until evenly mixed. In separate bowl whisk together vinegar, mayonnaise oil, mustard, salt and pepper until well blended. Add to chickpeas mixture. Toss lightly until evenly coated. Cover and refrigerate 2 hours. Just prior to serving garnish with tomato wedges 14 servings.

Mexican Salad

Esther Kienholz, PFRA Saskatoon

1 ½ cups red Mexican beans soaked overnight
1 ½ cups Eston lentils
1 ½ quarts water
1 cup diced tomato
1/3 cup chopped green pepper
1/4 cup chopped green onion
1 cup calorie wise catalina dressing
2 cups shredded lettuce
1 cup shredded light mozzarella cheese

Drain beans. Combine beans, lentils and water in large pot. Bring to a boil. Cover and reduce heat simmering until just tender. Remove from heat and drain. Cool. Combine beans lentils, tomato, green pepper and onion. Mix gently. Pour dressing over mixture cover and refrigerate for 12 hours mix occasionally. Just before serving place beans mixture in serving dish top with lettuce and cheese. Serve with taco chips taco shells or pita pockets 18 servings.

Sauerkraut Slaw

Esther Kienholz, PFRA Saskatoon

1 ½ cups cooked pink beans
1/3 cup low fat sour cream
1 cup drained sauerkraut
2 tbsp sugar
½ cup diced celery
½ tsp celery seed
½ cup chopped orange pepper
1/4 tsp dry mustard
½ cup chopped onion

In a large bowl combine beans, sauerkraut, celery, orange pepper, onion, sugar, low fat our cream, celery seed and dry mustard. Cover and refrigerate for 24 hour before serving stirring occasionally 8 servings.

Some Like it Hot

Esther Kienholz, PFRA Saskatoon

1 cup elbow macaroni
1 cup cooked red Mexican beans rinsed and drained
1 cup chopped celery
½ cup coarsely shredded carrot
2 tbsp finely sliced green onion tops
2/3 cup light mayonnaise
2 tbsp 1% milk
1 tsp chili powder
½ tsp salt
1/4 tsp ground oregano
1/4 tsp garlic powder
dash of bottled hot red pepper sauce

Cook macaroni according to package directions. Drain and rinse with cold water. Drain again. Combine macaroni, beans, celery, carrot, and green onion. In separate bowl combine mayonnaise, milk, chili powder, salt, oregano, garlic powder and red pepper sauce. Mix well add to macaroni mixture and gently mix cover and refrigerate for several hours. If desired just before serving spoon salad into lettuce lined bowl 10 servings.

Greek Salad

Esther Kienholz, PFRA Saskatoon

Source: Old Nova Scotia kitchens by Marie Nightingale



Eston lentils 1 cup
½ large yellow pepper chopped
3 cups water
1 cup chopped cauliflower
1 bay leaf
½ cup chopped fresh parsley
½ tsp salt
1 pkg feta cheese
1 cup chopped cucumber
½ cup sliced black olives
½ cup chopped onion
2 Medium tomatoes chopped

Dressing:

Juice of half a lemon
½ tsp sugar
½ tsp lemon peel grated
2 tsp dry oregano
1 tbsp red wine vinegar
½ tsp dry mint
2 cloves garlic crushed
¼ tsp dry basil
½ tsp salt
1 tsp Greek seasoning
1/3 cup canola oil

Rinse and drain lentils. In a medium sauce pan combine lentils, water, bay leaf, and salt. Bring to boil, cover reduce heat and simmer for 15 min. drain and cool combine lentils, cucumber, onion, tomato's, yellow pepper, cauliflower, parsley, feta cheese and black olives in a blender combine lemon juice, lemon peel, red wine vinegar, garlic, salt, sugar, oregano, mint, bail, Greek seasoning and Canoga oil. Blend for 1 min on high drizzle with dressing a dn toss lightly chill for several hours or overnight before serving. Serve in a pita pocket or as a salad 16 servings.

Four Bean Salad

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses. Pulse Growers Association of Alberta

1 cup diced red Mexican beans
1 1/4 cups chopped celery
1 cup dried great northern beans
1 large green pepper chopped
1 cup dried pink beans
1 cup finely chopped onion
2 cups cooked green beans cut

Dressing:

1 cup Cider vinegar
1 cup vegetable oil
1/2 cup sugar
2 cloves garlic crushed
1/4 tsp tabasco sauce
1/2 tsp pepper

Prepare beans using quick soak method. Cook separately in sauce pan using savory cooked bean variation. Drain and combine hot beans with other vegetables in large bowl. Mix dressing ingredients together and pour over salad. Toss gently cover and refrigerate at least 24 hours before serving stir occasionally.

White Bean Salad

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses. Pulse Growers Association of Alberta

1 cup dried great northern beans
1/4 cup vegetable oil
3 cups water
2 Tbsp lemon juice
1/2 cup chopped green onion
1 clove garlic minced
1/4 cup chopped red pepper
1/2 tsp salt
2 tbsp chopped fresh parsley
1/4 tsp pepper

Prepare beans using quick soak method. Drain and cook beans in water until tender (3/4 - 1 1/2 hours) combine drained beans with vegetables in bowl. Mix oil, lemon juice and seasonings together. Pour over beans and toss gently. Cover and refrigerate. To serve bring to room temperature this salad will keep in the fridge for 1 week 6 serving.

Marinated Vegetable Salad

Esther Kienholz, PFRA Saskatoon

Serve this colourful salad in a glass punch bowl or on a large platter. You can substitute other fresh vegetables, such as green beans, diced celery, sliced radishes or snow peas.

2 cauliflowers, cut in florets
2 bunches broccoli, cut in florets
12 carrots, peeled and thinly sliced
2 lbs mushrooms
4 sweet red peppers, cut in strips or chunks
10 green onions, split lengthwise and cut in 1-inch pieces

Dressing:

1 cup white wine vinegar
1 Tbsp salt
1 Tsp dried oregano
½ Tsp freshly ground pepper
2 Tsp Dijon mustard
4 large cloves garlic, minced
2 cups vegetable oil

Garnish:

1 cup chopped fresh parsley

In large punch bowl or salad bowl, combine all vegetables.

Dressing: In mixing bowl or food processor, combine vinegar, salt, oregano, pepper, mustard and garlic; mix well. Gradually whisk or beat in oil, mixing until combined. Pour dressing over vegetables and toss. Let stand at room temperature for 2 hours or refrigerate for longer storage. Before serving, toss salad 2 or 3 times and garnish with parsley. Makes 20 to 24 servings.

When making herb vinegars, the herbs should be picked just as they are starting to bloom. The portions are 1 cup of fresh herbs to 1 quart (1 litre) of vinegar.

Broccoli and Cauliflower Christmas Salad

Esther Kienholz, PFRA Saskatoon

Dark green broccoli is close to the colour of evergreen boughs and, when combined in a salad with cauliflower and cherry tomatoes, it makes a very Christmassy salad.

2 bunches **broccoli (each 1 lb/500 g)**
1 **small cauliflower (about 1 lb/500 g)**

Dressing:

cup **white wine vinegar**
½ cup **olive oil**
½ cup **sour cream**
¼ cup **mayonnaise, preferably homemade**
4 Tsp **Dijon mustard**
½ Tsp **salt**
¼ Tsp **freshly ground pepper**
¼ cup **finely chopped green onions**

Garnish:

1 lb **cherry tomatoes**

Divide broccoli and cauliflower into florets, reserving large stems for another purpose. Cook florets for 3 minutes in boiling salted water and immediately plunge into ice-cold water to stop further cooking. Drain thoroughly, wrap in paper towels, then place inside plastic bag and chill. About 1 hour before serving, pack into 12-cup (3 L) ring mould, alternating green and white and pointing all florets towards outside and stems towards interior. Press down gently, cover and return to refrigerator.

Dressing: Combine all ingredients, cover and chill for at least 1 hour. Taste and adjust seasoning if desired.

To serve, place large chilled serving plate over broccoli and cauliflower mould. Turn over and gently lift off mould to reveal a green and white ring. Surround vegetable ring with cherry tomatoes and serve. Makes 8 to 10 servings.

Rajma-Chana Salat (Chick Pea and Bean Salad)

Wade Morrison, PFRA Saskatoon

1 cup	each canned or cooked chick peas (garbanzos), small white beans, black beans, small red beans, and lentils, drained and well rinsed
1 cup	thawed frozen peas
1 cup	yellow waxed beans, canned, fresh cooked or thawed frozen
4 - 6	green onions, cut into 2-inch pieces, including tops, then split 4 to 6 times lengthwise into slivers
1	medium sweet purple onion, sliced into rings and the rings cut in half
½ cup	minced fresh parsley
1 Tbsp	minced fresh cilantro
2	small fresh hot chilies, seeded and cut into thin rings
1	small ripe lemon, sliced into thin rings, seeded and the rings cut into quarters

Dressing:

¼ cup	light-flavoured vegetable oil
1 Tbsp	olive oil
2 Tbsp	cider vinegar
½ Tsp	sugar
6	teeth of garlic, finely minced
½ Tsp	minced fresh ginger
¼ Tsp	crushed dried hot chilies
¼ Tsp	ground cumin
Tsp	ground fenugreek
Tsp	anise seeds
¼ Tsp	dry mustard
	salt and coarse ground black pepper

Toss the chick peas, beans, lentils, and all of the ingredients up to and including the lemon together and chill. Put all the ingredients for the dressing into a jar with a tight lid and shake vigorously. Set aside for at least 2 hours, shaking occasionally. Sprinkle the salad with salt and pepper to taste and sprinkle over the dressing. Toss lightly and serve chilled. You may wish to pile the salad into a bowl or platter lined with escarole or curly endive. Serves 8 - 10.

Bok Choy Salad

Wade Morrison, PFRA Saskatoon

1 head	bok choy/cabbage
1 cups	cubed cooked chicken breast (optional)
5	green onions, sliced
½ cup	slivered almonds, toasted
¼ cup	sunflower seeds, toasted
2 Tbsp	sesame seeds, toasted
1 pkg	Ichiban original flavoured noodles
½ cup	oil
3 Tbsp	vinegar
2 Tbsp	sugar
2 Tbsp	soya sauce
½ Tsp	black pepper

Cut up bok choy into bite-sized pieces. Place into a large bowl. Add chicken, green onions, toasted almonds, sunflower seeds, and sesame seeds. Crush Ichiban noodles and sprinkle onto salad. Toss these ingredients.

Dressing:

Seasoned package from the Ichiban noodles, oil, vinegar, sugar, soya sauce and black pepper into a shaker. Shake dressing. Pour dressing on the salad and toss lightly.

Cucumber Salad

Priya Montgomery, PFRA Regina

Source: The Complete Vegetarian Cookbook

1 whole cucumber
1 red apple
1 medium-sized fennel
1 tbsp pine nuts

Dressing:

3 tbsp sunflower oil
2 tbsp cider vinegar
2 tbsp fresh dill or 1 tsp dried dill
1 tsp caraway seeds
1-2 tsp paprika
salt and pepper to taste

Wash the cucumber but do not peel. Cut it very thinly and place slices in a strainer. Leave to drain for about 20 minutes. Wash and core apple, slice thinly. Wash and trim the fennel, removing the tough outer leaves and stems. Slice thinly. Combine all ingredients for the dressing and mix well. Mix with the drained cucumber slices, apples, fennel and pine nuts. Place the salad in the refrigerator before serving. Serve decorated with finely chopped fennel leaves.

Lemony Pea Soup

Jazeem Wahab, CSIDC

Source: The Amazing Legume by Alice Jennez

To make a typically North African soup use yellow split peas but green split peas are equally good.

Split peas	1 cup
Celery, sliced	1 cup
Chicken stock	4 cups
Salt	1/2 tsp.
Pepper	1/4 tsp.
Cumin, ground	1 tsp.
Lemon juice	2-3 Tbsp.
Margarine	2 Tbsp.
Flour	2 Tbsp

Cook the peas and celery in the chicken stock for 45 minutes or until peas are tender. Purée, Add the seasonings. Add the flour to the melted margarine, use a small amount of soup to thin, add to the soup and simmer for 5 minutes. Serve with garlic bread. Yield: 4 servings.

Main Dish Minestrone Soup

Jazeem Wahab, CSIDC

Source: The Amazing Legume by Alice Jennez

1 cup Dry navy beans	
2 1/2 cups Water	
Liquid from beans plus 8 cups water	
19 oz. can Tomato juice	1/2 cup chopped Onion
1/2 cup sliced Celery	1 cup cubed Zucchini
1 cup Cabbage, coarsely chopped	1 cup 1 cu p diced Turnip
1 cup Carrots, diced	1 Garlic clove, crushed
1 tsp. Salt	1/2 tsp. Pepper
1/2 tsp Basil	5 tsp. Cheese, parmesan
Spaghetti, uncooked, broken in quarters	2 oz

Soak beans in water overnight. Drain, reserving liquid. Bring beans and liquid from beans plus water to a boil. Reduce heat. Cover and simmer 1 hour or until beans are tender. Add remaining ingredients except spaghetti and cheese. Add spaghetti and cook until tender - 15 minutes. Sprinkle with cheese before serving. Yield: 8 servings.

Split Pea Soup

Jazeem Wahab, CSIDC

Source: *The Amazing Legume* by Alice Jennez

Split peas, yellow or green	11/2 cups
Meaty ham bone or pork hocks	
Water	8 cups
Onion, chopped	1
Celery, chopped	1 cup
Carrot, raw diced	2
Bay leaf, large	1
Garlic clove	1
Oregano	1/8 tsp.
Salt and pepper	to taste
Butter or margarine	2 Tbsp.
Flour	2 Tbsp.

Combine all ingredients except butter and flour in a soup pot. Bring to the boil. Remove ham bone and take off meat; cut into small pieces and add back to soup. Thin, if necessary by stirring in water, milk or Cream to the heated soup, when ingredients are cooked to tenderness. Melt butter, blend in flour and smooth with a bit of the soup mixture, stir into the soup, simmer for 5 minutes. Correct seasoning. Yield. 10 servings.



East Indian Lentil Soup

Jazeem Wahab, CSIDC

Source: The Amazing Legume by Alice Jennez

Lentils, dry	2 cups
Lamb shank, meaty	1
Vegetable oil	2 Tbsp.
Onion, chopped/z cup	½ cup
Apples, peeled	1 cup
Celery, chopped	1/2 cup
Garlic cloves, minced	2
Chicken bouillon	12 cups
Catsup	1/2 cup
Curry powder	1-2 tsp
Salt	1 tsp
Pepper	1/4 tsp
TOPPING: toasted coconut	

Brown lamb shank in oil in heavy saucepan, remove - set aside. Sauté onions, apples, celery and garlic in pan, stir frequently until onions are clear. Combine all ingredients and simmer for 1 hour or until gill ingredients are tender. Remove lamb shank from bone, cut into small pieces and return meat to soup. Adjust consistency and seasoning. Serve hot, garnished with toasted coconut.
Yield: 11-12 servings.

Bean Chowder

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop Development Board

This soup will become a family favorite.

250 mL	chopped onion	1 cup
250 mL	chopped celery	1 cup
1	garlic clove, minced	1
50 mL	margarine	¼ cup
50 mL	all-purpose flour	¼ cup
1	vegetable bouillon cube	1
675 mL	water	2¾ cups
750 mL	2 % milk	3 cups
1.25 L	cooked Navy Beans	5 cups
540 mL	can tomatoes	19 oz.
341 mL	can whole kernel corn	12 oz.
398 mL	can cut green beans	14 oz.
0.5 mL	ground black pepper	1/8 tsp.
5 mL	hickory smoke salt	1 tsp.

In a large saucepan or Dutch oven, sauté onion, celery and garlic in margarine until soft. Stir in flour. Add vegetable bouillon cube, water and milk, stirring to dissolve cube. Add beans, tomatoes, corn and green beans. Heat to a gentle boil. Add pepper and hickory smoke salt.

12 Servings



Green Chili and Bean Soup

Hot! Hot! Hot! Wonderful! Wonderful! Wonderful!

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop Development Board

1 1/2	onions, chopped
3	garlic cloves, minced
2 tbsp.	canola oil
2 tsp.	paprika
4 cups	chicken broth*
14 oz.	can tomatoes, chopped
4 oz.	can green jalapeño chilies
1 cup	cubed potato
1/2 tsp.	cumin
1 cup	cooked Pinto Beans
1/2 tsp.	salt
1/4 tsp.	ground black pepper
3/4 cup	grated Monterey Jack cheese

In a large saucepan or Dutch oven, sauté onion and garlic in oil until brown. Add paprika and brown 2 minutes more, stirring constantly. Add chicken broth, tomatoes, green chilies, potato, cumin, beans, salt and pepper. Simmer 30 - 45 minutes, or until potatoes are tender. Divide cheese among 5 soup bowls. Ladle soup into bowls. Serve steaming hot. 5 servings

*Gluten-free brand required



Lentil Soup with Hot Peppers

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop

Development Board

2 tbsp.	canola oil
1 cup	chopped onion
3 cups	cooked Eston Lentils
2 cups	chopped tomatoes
1 1/2 cups	chopped carrot
4	garlic cloves, minced
1 tbsp.	chopped fresh red chili pepper
6 cups	water
1/2 tsp.	salt
10	whole black peppercorns
2	vegetable bouillon cubes**

In a large saucepan or Dutch oven, heat oil and sauté onion 2 minutes. Add lentils, tomatoes, carrot and garlic. Mix well. Sauté 2 minutes.

Add chili pepper and cook 2 minutes. Add water, salt, peppercorns and bouillon cubes. Bring the soup to a boil; reduce heat and simmer until vegetables are tender. 10 servings.

*Roast sweet or hot peppers on a cookie sheet in a 200°C (400°F) oven for 25-30 minutes, turning peppers once. Remove peppers from the oven and put them in a paper bag or cover them to trap the heat and moisture. Let peppers cool and the skin will peel off easily.

Note: Protect your hands with rubber gloves when preparing chili peppers. Chili peppers may be peeled with a vegetable peeler, just as you would peel a carrot. Skins may also be removed by roasting.

**Gluten-free brand required

Curried Split Pea Soup

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop Development Board

1 tbsp.	margarine
1/2 cup	chopped onion
2 tbsp.	chopped celery leaves
1	garlic clove, minced
1 tsp.	curry powder*
2/3 cup	Yellow Split Peas, washed and drained
3 cups	chicken stock*
1/2 cup	grated carrot
1/2 cup	grated apple
low-fat yogurt to taste	

In a small saucepan, over medium heat, melt margarine. Add onion, celery leaves and garlic; sauté minutes, or until onion is soft. Add curly; stir for 1 minute. In a huge saucepan or dutch oven, combining peas and chicken stock. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Add onion mixture, carrot and apple, simmer 10 minutes, or until peas are tender. Serve with a spoonful of yogurt. 4 servings

*Gluten-free brand required

Curried Cream of Lentil Soup

Jazeem Wahab, CSIDC

Source: The Amazing Legume by Alice Jennez

Butter or margarine	3 Tbsp.
Flour	3 Tbsp.
Curry powder	1-2 tsp.
Consommé undiluted	20 oz
Onions, chopped	1/4 cup
Lentil puree	1 1/2 cups
Whole milk	1 1/2 qt
Salt	to taste
Pepper, white	to taste

Blend butter or margarine, flour and curry powder. Remove pan from heat and gradually blend in 1 cup (250 ml) hot consommé, stirring vigorously to mix flour and liquid thoroughly. Pour in the rest of the consommé and bring to a simmer. Add onions to lentil purée, purée again. Stir well, add other ingredients. Heat, but do not boil. Adjust seasonings. Yield: 10 servings.

Potato Corn Chowder

Terry Kent

1 tbsp. vegetable oil
2 slices bacon, diced
1 medium onion, diced
1 small stalk celery, diced
1 large potato, diced (leave skin on if desired)
1 1/2 cup chicken broth
1 can creamed corn
1 can kernel corn
1 can evaporated skim milk
Salt and pepper

In large pot fry bacon in oil. Add onion and celery. Cook until translucent. Add potato and broth. Cover and simmer 15 minutes. Add corn and simmer 2 - 3 minutes. Stir in milk and reheat, but do not boil. Season to taste with salt and pepper.

Lentil Soup

Vicky and Mike Hammer, PFRA Regina

We got this recipe from Mike's sister, Laura Rafoss, who farms with her husband, Brent, south of Conquest, Saskatchewan, and grow both lentils and peas. The lentils I use in my soup come from their farm.

Saute in 2 Tbsp. vegetable oil:
1/2 large white onion (coarsely chopped)
3 carrots (sliced)
3 celery stocks (sliced)
2 garlic cloves (finely chopped)

Add:
1 28 oz. (796 ml) can of crushed tomatoes
4-5 cups water & 3 packages beef Oxo (or beef stock) - adjust liquid for desired consistency
3/4 cup washed lentils
Season with salt, pepper, Italian seasonings, celery salt, parsley, etc. as desired
Simmer 45 minutes to 1 hour until lentils cooked.

Add:
1/2 cup frozen peas
1 1/2 cup frozen vegetables (broccoli, cauliflower, mixed vegetables, etc.)

Simmer 10-15 minutes until the frozen vegetables are cooked.

Grandma Sonntag's Lentil Soup

B. Sonntag, PFRA Regina

1 cup lentils	1 teaspoon salt
4 cups cold water	1 teaspoon pepper
1 ham bone	½ cup canned tomatoes
onion	
celery leaves or sticks	
2 medium carrots (shredded)	

Soak washed lentils in cold water over- night. Do not drain. Combine lentils, ham bone, onions and celery and bring to a boil. Simmer 2-3 hours. Stir once in a while. During last hour add carrots, tomatoes and seasonings. After soup is cooked to give it an extra special flavour, add a sprinkling of "Thyme" and some browned bacon bits.



Elderberry Soup

PFRA Shelterbelt Centre

1 ½ lbs elderberries
1/4 oz cornflour
4 oz sugar
grated rind of ½ lemon
2 pints water

Place the elderberries and lemon rind in the water and simmer until tender. Stir in the sugar and remove from the heat. Blend the cornflour with a little water to form a smooth past. Gradually add this to the soup then bring back to the boil stirring continuously until it thickens.

Hale and Hearty Soup

Linda Sandercock, PFRA Morden

2 cups soup mix
12 cups water
2 cups diced ham or sausage (optional)
1 medium onion, diced
2 carrots chopped
1 tsp. chili powder
1 tsp. salt
1/4 tsp. pepper
2 tbsp. parsley

In large stock pot heat water to boiling. Rinse soup mix thoroughly. Add to boiling water. Stir in remaining ingredients. Cook on medium heat for one hour, stirring occasionally. Cover, reduce to low heat and cook gently for one hour, stirring occasionally. Makes 10-12 servings.

Slow cooker method: Put 12 cups of water in cooker. Rinse soup mix thoroughly and add to cooker. Add other ingredients. Cook on high for 8 hours or on low for 12 hours.

Potato Soup

U. Holweger, PFRA Winnipeg

4 - 5 large potatoes	1 large onion or two small onions
milk	salt & pepper (to taste)
parsley	2 - 3 Tbsp. butter
1 tsp. beef stock mix	

Melt butter in large saucepan. Peel onion and cut into small pieces. Add onion to saucepan and cook until golden. Peel potatoes and cut into 1 inch cubes. Add to saucepan. Add enough water to cover potatoes and onions and cook until potatoes are soft. Let cool. Puree using hand blender or food processor. Return to heat. Add enough milk to make a thick soup. Add enough beef stock mix, salt and pepper to desired taste. Before serving add parsley.

You may substitute dill for parsley.

Hearty Corn Chowder

U. Holweger, PFRA Winnipeg

2 slices bacon
1 small onion
2 medium sized potatoes
1 can (454 g) corn (preferably cream style)
1 1/2 cups milk
2 tablespoons butter or margarine
1 teaspoon salt
1/2 teaspoon sugar (optional)
pepper to taste (freshly ground)
parsley

Cut bacon into 1/2 inch pieces, set aside. Peel onion and cut into thin slices. Peel potatoes and cut into 1/2 cubes (you should have approximately 2 cups cubed potatoes).

Add bacon to medium sized saucepan and heat over moderate heat until fat begins to render out. Add sliced onion and cook, stirring frequently with a wooden spoon until onion are golden and bacon pieces are crisp.

Add potatoes to bacon-and-onion mixture. Pour in 3/4 cup water and bring mixture to a boil over high heat. Reduce hat, cover saucepan, and simmer potato mixture for approximately 10 minutes or until potatoes are tender but not mushy.

Add undrained corn to potato mixture. Stir in milk, butter, salt, sugar and pepper. Cover pan and simmer 5 minutes or until chowder is very hot. When ready to serve, sprinkle chowder with parsley.

Chowders are thick and chunky soups that contain potatoes, cream and salt. Milk has been substituted for cream in this recipe to reduce calories but if you want, go ahead and use half and half cream. Serve with biscuits or salad.

Pasta and Chick Pea Soup

E. Caligiuri, PFRA Winnipeg

2 tsp. olive oil
2 cloves garlic, finely chopped
2 can (19 oz) tomatoes, strained
5 cups of beef stock (broth)
1 can (19 oz) chick peas, drained and rinsed
½ cup elbow macaroni
pepper to taste
grated parmesan cheese
salt to taste (optional)
parsley (optional)

Heat oil in large pot over low heat. Add garlic and cook stirring until golden. Add tomatoes. Simmer five minutes. Pour in beef stock. Bring to a simmer. Add macaroni and pepper (salt and parsley may be added if desired). Simmer uncovered until pasta is tender (about 10 minutes). Stir in chick peas and heat through. Serve the soup with grated parmesan cheese.

Lentil Soup

Maureen McKegney Clay

1 tbsp oil	2 cups onions (chopped)
1 cup carrots (thinly sliced)	6 cups chicken stock
1 cup green lentils washed (this soup made with Eston lentils)	
1 19 oz tin tomatoes (chopped) or 4 large fresh tomatoes	
1 large celery rib (diced)	3 garlic cloves (minced)
1 bay leaf	½ tsp basil
½ tsp thyme	Salt and pepper to taste
1 tbsp parsley	1/4 cup sherry
4 oz cheese (cheddar type) grated	

Saute onion in oil. Put all ingredients except sherry and cheese into a 4-quart dutch oven or soup pot. Simmer for 45 minutes or until lentils and vegetables are tender. Stir in sherry. Place 1-2 tbsp of cheese in each bowl and top with soup. Serves 6-8.

Lentil Chowder

Maureen McKegney Clay

1 ½ cup green lentils	4 cups water
2 tsp salt	28 oz tomatoes
1/4 tsp pepper	½ tblsp hickory
smoke	
2 cups diced potatoes	1 cup chopped celery
3/4 cup onion	2 tbsp oil
1/4 tsp oregano	4 slices bacon cut into
narrow strips	

Place all in soup pot. Simmer until done. Serve.

Optional:

Add grated cheese (cheddar) before serving.

Add one crushed garlic clove.

Add two tbsp "Beef in a Mug"

Black Bean Soup

John Harrington

1 cup black beans, soaked
7 cups broth (any kind, you decide)
1 large onion, minced
1 large clove garlic, smashed
1/4 cup diced celery
½ cup finely diced carrot
3/4 tsp ground cumin, or less 'cause this amount is fairly warm
1/4 tsp black pepper

Soak beans. Drain a "40." 8 hours later drain beans.

Add broth to beans, bring to a boil, then simmer until beans are thoroughly cooked ~1 ½ to 2 hours. Set aside ½ cup or so of cooked beans.

Heat some water in a skillet and saute the onion and garlic over low heat until transparent. Add the celery and carrot and cook for a few minutes longer. Add the vegetables to the beans.

Season with cumin and pepper and simmer another ½ hour.

Puree the soup. Add the set aside beans back in. Serve hot.

Looks the same going in a you imagine it will on the way out.

Yummy!

Greek Lentil Soup

John Harrington

1½ cups dried lentils, pre-soaked & drained
1 medium onion, chopped
1 carrot, grated
1 stalk celery, chopped
3 Tbsp. olive oil
1 bay leaf
2 cloves garlic, minced
salt and pepper to taste
½ tsp. oregano
1 beef bouillon cube
½ cup tomato sauce
3 Tbsp. red wine vinegar

Simmer lentils in 4 ½ cups water until tender (~1 hour). Transfer to crock pot. Saute onion, carrot, and celery in oil until limp and glazed. Add to crock pot. Add bay leaf, garlic, salt, pepper, oregano, and bouillon. Cook covered on low heat for 6 to 8 hours. Add tomato sauce and vinegar, then cook covered on high heat for about ½ hour until it smells just right. 6 to 8 servings.

Cream of Tomato Soup

Erle Einarsson, Morden District

2 Cups fresh tomatoes
1 White onion chopped
1 Tbsp. Brown sugar

Boil all ingredients together, until tomatoes soften. Add 1/8 tsp. Baking soda (this will stop milk from curdling).

Sauce:

***2 Tbsp. Butter (melted)**
**** 2 cups milk (low fat preferred)**
3 Tbsp. Flour
1/2 cup grated cheese
1/2 tsp. Salt

Cook all sauce ingredients together, add slowly to tomatoes.

*Can substitute margerine but doesn't taste as good.

**Lower fat milk for health, will not affect taste or quality.

Cooked Beans

Esther Kienholz, PFRA Saskatoon

Use this recipe when plain cooked beans are called for.

1 cup dried beans
water for soaking
2 ½ cups water
1 Tbsp vegetable oil
1 tsp salt

Sort and rinse beans. Place beans in saucepan and cover with 3 cups of water bring to boil. Boil 2 min remove from

heat, cover and let stand 1 hour. Drain soaking water.

Add

fresh water, oil and salt. Bring to boil reduce heat. Cover and simmer until beans are tender (1-2 hours depending on type of bean)

Creamy Bean Soup

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses.

Pulse Growers Association of Alberta

1 cup dried navy beans
4 slices bacon
2 medium onions chopped
1 cup cooked mashed potatoes
2 stalks celery diced
4 cups liquid
2 tbsp chopped fresh parsley

1/4 tsp pepper
1 clove garlic minced
2 cups milk

Soak beans using Quick soak method. Drain reserving liquid if desired. Fry bacon until crisp. Remove from pan and drain. Saute' onion and celery in bacon drippings until onion is transparent. Combine beans, liquid, vegetable and seasonings in large heavy saucepan. Cover and simmer slowly until beans are tender (1-2 hours) remove half of soup and puree in blender or mash with potato masher return to soup. Add mashed potatoes, milk and parsley. Heat to boiling serve sprinkled with crumbled bacon.

Minestrone

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup dried red Mexican beans	1 tsp basil
8 cups water	1 tsp oregano
2 tbsp vegetable oil	1-28oz can tomatoes
1 medium onion	1-5 ½ oz can tomato paste
1 ½ coarsely chopped celery	2 cups green beans cut
½ cup chopped fresh parsley	1 cup sliced mushrooms
2 gloves garlic minced	¼ cup elbow macaroni
1 tsp salt	Grated Parmesan cheese
1/4 tsp pepper	

In large heavy saucepan bring beans and water to boil. Boil 2 min. Remove from heat cover and let stand 1 hour. In skillet saute onion, celery, parsley, and garlic in oil. Cook until onions are transparent. Stir vegetables into beans and add seasonings. Bring to boil and simmer gently 1 ½ hours. Add tomatoes and tomato paste and cook additional ½ hour or until beans are tender. Add green beans, mushrooms and macaroni and cook 10-15 min until macaroni is tender. To serve sprinkle with Parmesan cheese.

Speedy Bean Soup

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses.

Pulse Growers Association of Alberta

2 cups leftover baked beans
1 - 28oz can tomatoes
½ tsp basil

Combine all ingredients in saucepan and heat thoroughly over low heat.

Hearty Lentil Soup

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses.

Pulse Growers Association of Alberta

½ lb ground beef
½ cup chopped onion
1 cup dried lentils
1 cup chopped cabbage
2 cups water
½ tsp salt
1-28oz can tomatoes
¼ tsp pepper
½ cup chopped celery
1 beef bouillon cube

In large heavy sauce pan brown ground beef. Pour off excess fat. Stir in rinsed and drained lentils and remaining ingredients. Bring to boil, reduce heat and simmer uncovered until lentils are tender (about 1½ hours) . 6 servings.

Old Fashion Pea Soup

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses. Pulse Growers Association of Alberta

2 cups dry whole peas
8 cups water
½ lb salt pork
1 large onion chopped
¼ cup fresh parsley minced
1 clove garlic
¼ tsp savory
1 tsp salt
1 bay leaf (Optional)

Sort and rinse peas. Combine peas and water in large heavy saucepan and bring to boil. Boil 2 min cover and remove from heat. Let stand one hour. Add remainder of ingredients, return to boil and simmer until the peas are tender and the soup begins to appear creamy (about 2-3 hours) remove pork and bay leaf. Chop salt pork finely and return to soup. For a very creamy soup cool slightly pure in blender; return to boiling. 8 servings.

Earthy Pinto Bean Soup

Esther Kienholz, PFRA Saskatoon

Source: The Perfect Pulses.

Pulse Growers Association of Alberta

2 cups pinto beans	1-7 ½ oz can tomato sauce
8 cups water	5 cups tomato juice
2 tsp salt	1 tsp sugar
1 large onion	½ tsp pepper
2 tbsp vegetable oil	1 ½ cups frozen corn niblets
½ tsp oregano	1 ½ cups elbow macaroni
1 tsp summer savory	1 green pepper diced

Put the beans and the water into a pan. Bring to a fast rolling boil. Boil 10 min. remove from heat and let stand covered for 2 hours. Put back on the stove bring to boil again add the salt lower heat . Cover and let simmer for 1 hour.

Meanwhile brown the onion slightly in the vegetable oil stir in the oregano and the savory. Mix well simmer for a min add the tomato sauce. Set aside. When the pinto beans have cooked for 1 hour stir in the onion mixture and the sugar, pepper, corn niblets and macaroni. Cook another 20 to 30 min. stirring 2-3 times serve with the diced green pepper for each one to use to taste.

Cauliflower with Cheese Soup

Priya Montgomery, PFRA Regina

1 head cauliflower, cut into florets
3 tbsp plain non-fat yoghurt or sour cream
½ cup shredded sharp cheddar cheese
1/4 cup freshly grated Parmesan
½ teaspoon salt
a pinch of black pepper
1 tbsp of chopped parsley

Steam the cauliflower for about 12-15 minutes or until tender. Drain well. Place the cauliflower in a food processor fitted with a metal blade and puree. Add the remaining ingredients and process until well-blended.

Spoon into a serving bowl and garnish with parsley.

Can be prepared and refrigerated, Gently reheat

Curried Pumpkin Apple Soup

Esther Kienholz, PFRA Saskatoon

A spicy-sweet duo of curry and apple life the mild flavour of pumpkin in this light first-course soup. For a spectacular presentation, serve the soup from hollowed-out pumpkin “tureen”.

¼ cup	butter
1	clove garlic, chopped
1	onion, chopped
1	leek (white part only), chopped
1	large cooking apple, peeled and chopped
1 Tbsp	curry powder
2 cups	chopped fresh pumpkin or 1 can (14 oz/398 ml)
4 cups	chicken stock
1 cup	whipped cream
	salt and pepper
	apple wedges or
	green onion strips

In saucepan, heat butter until sizzling. Add garlic, onion, leek and apple, sauté until softened. Stir in curry powder and cook for 1 minute. Add pumpkin and stock. Bring to boil, stirring occasionally, reduce heat and simmer for 20 minutes or until vegetables are tender. Transfer to food processor or blender; purée until smooth.

Return purée to saucepan; stir in cream and simmer for 8 minutes or until heated through. Season with salt and pepper to taste. Serve in soup bowls and garnish with apple wedges. Makes 6 servings.

Chicken-Lentil Curry

Jazeem Wahab, SIDC

Source: The Amazing Legume by Alice Jennez

Lentils, washed	1/2 cup
Oil	2 Tbsp.
Apple, finely chopped, peeled	1 cup
Green onion, with tops	2/3 cup
Celery diced	1 cup
Garlic clove, minced	1
Cornstarch	2 Tbsp.
Curry powder	2-3 tsp.
Salt	1/2 tsp.
Chicken broth	3/4 cup
Milk	2 cups
Chicken, cooked, diced	2 cups
Mushrooms, fresh or canned, sliced	1 cup

Cook lentils 30 minutes -drain. Sauté apple, celery, onion and garlic in oil. Cook until onion is tender. Combine cornstarch, curry, salt and cold broth. Cook and stir until mixture thicken and bubbles. Stir in milk, lentils and chicken. Add mushrooms-cook a little longer. Serve on rice zing or with plain, fluffy rice. Yield: 6 servings.



Curried Rice with Lentils

Jazeem Wahab, SIDC

Source: The Amazing Legume by Alice Jennez

Cooking oil	1-2 Tbsp.
Onion, medium	1/2 cup
Garlic, minced	3 cloves
Ground ginger or fresh minced ginger	1 slice
Turmeric	1/4 tsp.
Curry powder	1/2 tsp.
Rice, brown, washed	1 cup
Lentils	3/4 cup
Water	4 cups
Bouillon cubes, chicken	2
Salt	to taste
Raisins	1/2 cup
Sunflower seeds	1/4 cup
Apples, medium, tart	2
TOPPING: plain yoghurt	1 cup
Chutney	1/4 cup

Sauté the onion and garlic in oil in a 2 quart (2 L) Dutch oven. Add the ginger, turmeric and curry powder. Add more oil and rice and sauté for 2 minutes. Add the remaining ingredients other than the apples and topping and simmer for 25 minutes. Add the apples and simmer for a further 10 minutes or until water is absorbed. Serve, topped with yoghurt and chutney and other garnishes to your liking. Yield: 8 servings.

Note: This is good by itself, topped with yoghurt, raisins, sunflower seeds, peanuts or chutney, or it makes a splendid stuffing for tomatoes or green peppers. Make double the recipe and serve it both ways.

Lamb and Lentil Casserole

Jazeem Wahab, SIDC

Source: The Amazing Legume by Alice Jennez

Lentils, washed	1 cup
Water	2 cups
Oil	3 Tbsp.
Lamb, lean, boneless, cubed	1½ lb
Mushrooms	1 cup
Onion, chopped	½ cup
Garlic clove, diced	1
Rosemary, dried	1 tsp.
Cardamon	¼ tsp.
Tomatoes, canned, chopped	1 cup
Acorn squash, medium (optional)	1
Spinach, fresh, frozen or canned	1 lb
Lemon juice	1 Tbsp.

Brown lamb cubes in oil in a large Dutch oven or heavy casserole, Cook lentils in water for 30 minutes until tender. Drain, put lentils into casserole. Sauté mushrooms, onion and garlic about 3 minutes in drippings. Add to casserole with tomatoes and seasonings. Cover and bake at 375°F (190°C) until lamb begins to get tender, about 45 minutes. Cut Squash into ½ inch (1 cm) slices. Peel and cut each slice into 3 pieces -about 3½ cups (1 L). Add to casserole, cover and bake until meat t at and squash are tender, about 30 minutes. Steam spinach until tender; drain, and at the last minute mix into casserole lightly with a fork. Drizzle lemon juice over contents of casserole. Serve. This dish can be made in a large fry pan. Yield: 6-8 servings.

Baked Beans

Judy & Cal Clark CSIDC

2 cups	navy beans, washed
1 small	cooking onion, peeled
1/3 cup	lightly packed brown sugar
1 Tbsp	salt
1½ tsp.	dry mustard.
1 tsp.	black pepper
½ Tbsp.	red crushed chili peppers (optional)
1/3 cup	catsup
1/4 cup	molasses
1/4 cup	maple syrup
3-4 drops	liquid smoke
1/4 pound	salt pork (bacon)

Wash beans and soak overnight in 12 cups (3.L) water. Drain, cover beans with fresh water and simmer 30 to 60 minutes until beans are tender. Drain and place in a large casserole dish or a slower cooker. Bury onion in center of beans. Mix together brown sugar, salt, dry mustard, pepper, chili peppers (if you like heat to your beans), catsup, molasses and maple syrup and pour over beans. Add salt pork. Add enough boiling water to cover beans and bake covered in 250° F (125° C) over for eight hours (in slow cooker on high 7-8 hours). Add hot water as necessary so beans don't dry out. Serve with brown or multi-grain bread for a complete protein instead of meat. Makes six servings. Doubling the batch will make a full slow cooker.

Chili Pie

Submitted by Jazeem Wahab, CSIDC
Source: Discover the Pulse Potential,
Sask Pulse Crop Development Board

Serve with a green salad.

Crust:

500 mL **cooked white rice**
250 mL **grated low-fat Cheddar cheese**
1 **egg, beaten**

Filling:

250 mL **chopped onion**
1 **garlic clove, minced**
25 mL **canola oil**
250 mL **Laird Lentils**
540 mL **Can Tomatoes, chopped**
540 mL **Can Kidney beans**
7 mL **Chili powder**
5 mL **Seasoning salt**
250 mL **Grated low-fat cheddar cheese**

Preheat oven to 200°C (400°F).

Grease a 22 cm (9") pie plate or spray with a nonstick spray.

To prepare crust, combine rice, cheese and egg. Mix well and press over bottom and sides of pie plate. Bake 20-25 minutes until firm. Remove from oven.

Reduce oven temperature to 180°C (350°F).

In a skillet, sauté onion and garlic in oil until onion is translucent. Add lentils, tomatoes with their juice, beans, chili powder and seasoning salt. Simmer uncovered, over medium-low heat until liquid is reduced by half, about 40 minutes.

Spoon filling into pie crust. Bake 20-25 minutes, until firm. Sprinkle with cheese and bake 5 minutes until cheese is melted. Remove from oven, allow to stand 5 minutes, then cut into 6 slices. 6 servings. 6 servings

Mixed Pepper Rice Ring

Jazeem Wahab, CSIDC

Source - *The Exotic Tastes of Paradise Crops*

1 red pepper
1 green pepper
1 slice of cooked ham
30 g. (1 oz.) butter
1 tsp chicken powder
3 cups cooked rice

Blanch red and green peppers in boiling water for a minute or two. Drain. Remove seeds and white pulp. Chop coarsely in 1/2" squares. Cut ham into same size. Heat butter in pan, fry peppers, add chicken powder and ham. Half a minute later, add cooked rice and stir. fry for 3 to 4 minutes. Use spoon and press rice into pre-greased ring mould, by layers. Rice must be pressed tightly for ring to form when turned out onto serving platter.

Fish Mallum (Malu Mallung)

Jazeem Wahab, CSIDC

Source - *The Exotic Tastes of Paradise Crops*

1 kg. (2 lb.) boiled fish	1 cup grated fresh coconut
6 shallots sliced	2 green chillies sliced
6 curry leaves or 3 bay leaves	2 tsp lime juice
½ tsp turmeric	
Ingredients "A":	
1 tsp peppercorn	1 tsp ground mustard
1 tsp cumin ground	1 tbsp coriander ground
1 tsp sweet cumin ground	2 cloves garlic
2 slices ginger	70 ml. (¼ cup) water
1-2 tsp salt	

Any cold boiled fish may be used. Shark (Tuna will work) is particular is best for this dish. Remove skin and bone and break into little flakes. Grind ingredients "A" together in electric blender. Mix the ground mixture well into the grated coconut. or desiccated coconut. Fold fish in and rest of ingredients except lime juice. Mix well. Put, into a flat pan and cook over low heat for 10 minutes, stirring the mallum to mix well. Remove from fire, add lime juice.

*If using desiccated coconut, steam for 5 minutes to make coconut moist.

Beef Curry (Harak teas Curry)

Jazeem Wahab, CSIDC

Source - The Exotic Tastes of Paradise Crops

1 kg. (2 lb.) beef (chuck, casserole or rump)
1 onion chopped
3 cloves garlic sliced
3 pieces ginger sliced
1 green chilli
½ tsp fenugreek
1-2 tsp chilli powder
2 tbsp fragrant curry powder
2 tbsp paprika powder
3 curry leaves (or bay leaves)
2" piece lemon grass
2 tsp vinegar (malt or brown vinegar gives more taste)
2 tbsp cooking oil
250-375 ml. (1-1½ cup) water
250 ml. (1 cup) coconut milk
2 tsp salt

Wash and cube beef, drain.

Roast fenugreek lightly in flat. pan followed by chilli powder, curry powder and paprika powder for minute. Mix well into beef, add vinegar. Marinate overnight. Heat oil, saute onions until brown, add garlic, ginger, lemon grass, chilli and curry leaves, followed by spiced beef. Cover a few minutes. Add water and simmer until done - approximately 1-2 hours. Pour in coconut milk and add salt to taste over slow fire for a few minutes.

Coriander Beef Curry (Marakkala Mas)

Jazeem Wahab, CSIDC

Source - The Exotic Tastes of Paradise Crops

1 kg. (2 lb.) beef (casserole or rump)	375-500 ml. (1½ -2 cups) water
3 tbsp oil	2 tsp salt
2 slices ginger	3 cloves garlic
6 shallots	
Ingredients "A":	
1 tsp pepper	3 tbsp coriander powder
1 tbsp coriander leaves (optional)	125 ml. (½ cup) yoghurt
1 tbsp desiccated coconut	

Wash and cut meat into slices. Blend ingredients "A" in electric blender until smooth. If necessary, add a little water to facilitate blending. Pour over meat and marinate for 2 hours. Heat oil, fry mixture until meat gets slightly brown. Add water, bring to boil, cover with lid and simmer until meat is tender. Add salt. (Pleasantly spicy, but not hot).

Bean and Potato Curry (Bonchi Ala Curry)

Jazeem Wahab, CSIDC

Source - The Exotic Tastes of Paradise Crops

500 g. (1 lb.) beans
250 g. (8 oz.) potato
1 small onion chopped
2 green chillies sliced
1 tbsp vegetable curry powder
¼ tsp turmeric
¼ tsp fenugreek
6 curry leaves or 3 bay leaves
250 ml. (1 cup) water
250 ml. (½ cup) coconut milk
1 tsp salt

String beans, wash and cut into 2" pieces. Peel and cut potatoes into 1" cubes. Put potatoes into a saucepan with onion, green chilli, curry leaves, vegetable curry powder, turmeric, fenugreek, salt and water. Bring to a boil, simmer until potatoes are half-cooked. Add beans and coconut milk, cook uncovered over low heat until beans are just tender and remove from heat.

Carrot White Curry (Karat Kirata)

Jazeem Wahab, CSIDC

Source - The Exotic Tastes of Paradise Crops

500 g. (1 lb.) carrots
1 small onion chopped
1 green chilli sliced
1 red chilli sliced
6 curry leaves or 3 bay leaves
¾ tsp fenugreek
¼ tsp turmeric
2" piece cinnamon
250 ml. (1 cup) water
125 ml. (½ cup) coconut milk
1 tsp salt

Peel, wash and slice carrots. Put into saucepan with other ingredients except coconut milk. Cover with lid and cook over low heat until carrots are done but not overboiled. Add coconut milk and simmer for few minutes longer, stirring all the time.

Hearty Lentil Stew

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop Development Board

2 tbsp. canola oil
1 cup chopped onion
1 cup chopped sweet green pepper
1 cup chopped sweet red pepper
3½ cups water
28 oz. can tomatoes
1½ cups Eston Lentils
1 cup chopped carrot
¼ cup chopped pimiento
2 tsp. salt
1 tsp. dry crumbled oregano
1½ tsp. dry crumbled dillweed
¼ tsp. ground black pepper
2 garlic cloves, minced

In a large saucepan or Dutch oven, heat oil. Add onion and peppers. Cook until tender. Add water, tomatoes, lentils, carrot pimiento, salt, oregano, dillweed, pepper and garlic. Mix well. Bring the stew to boil. Reduce heat; cover and simmer 45 minutes, or until lentils are tender.

Makes 8 servings. Gluten Free.

Maple Baked Beans

PFRA Shelterbelt Centre

1 pound navy beans
1 large onion, cut in small pieces
Salt
2 Tsp cider vinegar
½ Tsp prepared mustard
1 cup chili sauce or can tomato soup
1 cup maple syrup
¼ cup molasses
½ pound bacon

Soak the navy beans overnight. Boil in the soaking water until the bean skin have split. Place onions, salt, vinegar, mustard, maple syrup, molasses and tomato in the bottom of a large bean casserole. Add the beans. Cover with the soaking water. If necessary, add more water. Cut bacon on one-inch strips. Add to top of beans. Bake at 350° F for six hours or until it is tender. After four hours, remove and mash one cup of the baking beans, stir into the rest of the bean casserole. Remove lid for last hour of cooking (this will help brown the meat).

Veggie Pizza

(Ashley Brisebois) Submitted by Roxanne Brisebois

Crust:

1 pkg of Pillsbury Crescent Rolls

Spread in a 9 x 12 pan and bake @ 400° for 10 min. until brown. Let cool.

Mix:

1 - 8 oz cream cheese

½ cup mayonnaise

½ pkg of original Hidden Valley dressing mix

Spread on crust! Add chopped cauliflower, broccoli, celery, onion, peppers, radishes, etc.

Beans with Rice

E. Caligiuri, PFRA Winnipeg

4 cups cooked rice

1 cup cooked or canned beans (can be kidney, romano, white, black, or any combination of these)

tomato sauce

Mix rice and beans together. Add enough sauce so that the mixture is creamy. Heat and serve.

Cooked 3 cups of pasta (elbow macaroni) can be substituted for rice.

Junior's Original Chili

(If you ever went to Junior's Drive Inn in Winnipeg in the 70's you will appreciate this on hot dogs or burgers)

Lorry Broatch, MCDC

2 lb lean ground beef

1 cup onion, chopped

1-6 oz. can tomato sauce

2 tbs worcestershire sauce

1 tbs salt

1 tbs white vinegar

1 tsp cinnamon

1 tsp black pepper

1 tsp cumin

½ tsp cayenne

½ tsp allspice (ground)

1 bayleaf

Brown the ground beef and add remaining ingredients and 3 cups water, simmer for 3 hours adding water as necessary (Junior's chili isn't real thick). Put a couple of tbs of chili on your hot dog (Manitoba Sausage wieners for purists) or hamburger, don't forget the pickles and raw onions.

Lentil Stew

Pamela Kujawa, PFRA Regina

2 medium onions, chopped
2 large carrots, thinly sliced
1 large green pepper
1/4 c. chopped pimento (optional)
2 Tablespoons vegetable oil
1 teaspoon oregano
1 1/2 cup dried green lentils
2 teaspoons salt
4 cups water
1/4 teaspoon pepper
1 - 28 oz. can tomatoes, undrained, and chopped

Saute onions and green pepper in vegetable oil until tender. Add remaining ingredients and mix well. Bring to a boil. Lower heat, cover and simmer about 45 minutes, or until vegetables are tender. Favourite accompaniments: grated cheddar, a dollop of plain yogurt, and warm cornbread on the side.

Bok Chicken

Lorry Broatch, MCDC

Per Person:

1/2 boneless, skinless chicken breast
1/2 small onion, chopped
1 clove garlic, chopped
1 large leaf Bok Choy
Durkee's or Frank's Hot sauce

Trim the spine on the Bok Choy leaf place breast on it, shake on a liberal amount of hot sauce and pile onion and garlic on top. Wrap as tightly as possible in the Bok Choy leaf and place in a pie plate. Add 1/3c water to the plate, cover tightly with tinfoil and bake at 400 for about 1/2 hour.

Low Fat, Low Calorie, Low Cholesterol.....High Flavour

Souvlaki Marinade

Lorry Broatch, MCDC

½ cup oil

Juice of 1 ½ or 2 lemons

1 tsp crushed* oregano

½ tsp crushed rosemary

½ tsp crushed basil

1 large onion grated (medium)

***if spices are fine ground use somewhat less,**

Mix above ingredients and marinate cubed lamb, pork or chicken for at least ½ an hour. Skewer and BBQ

Lentil Sausage Stew

Maureen McKegney Clay

1 Tbsp oil

1 red pepper, seeded and cut in ½" diamond shapes

1 ½ cup lentils 1 lb Ukranian or Polish sausage, cut in ½" rounds

3 cups chicken broth

19 oz can tomatoes, undrained

½ tsp thyme leaves

1 cup sliced green onion

1 cup sliced zucchini

½ cup finely chopped parsley

2 tsp white vinegar

Heat oil in dutch oven over med/high heat. Add red peppers and cook 5 minutes, stirring often, until peppers begin to soften. Stir in lentils, sausage, broth, tomatoes and thyme. Bring to a boil. Cover, reduce heat and simmer 30-40 minutes or until lentils are almost tender, stirring once or twice. Stir in green onions and zucchini, simmer covered 10 minutes longer until vegetables are tender and liquid is slightly thickened. Just before serving, add parsley and vinegar. Serves 10.

Lentil Chili

Maureen McKegney Clay

4 cups dry lentils
6 cups water (can use up to 2 cups tomato juice)
2 tsp cumin
1 16 oz. can tomatoes or 3-4 large fresh tomatoes
1 tsp paprika
½ tsp dry thyme
10-12 medium cloves garlic minced
2 medium onions chopped
2 tsp salt
Lots freshly ground pepper
6 Tbsp tomato paste
1 Tbsp red wine/balsamic vinegar
Optional topping: Grated cheddar, parsley, cilantro

Simmer lentils and water for 30 minutes. Add next 6 ingredients. Cook one hour until lentils are tender (add water if required). Add salt, pepper, tomato paste. Simmer additional 30 minutes. Add wine/vinegar about 10 minutes before serving.

Do-Ahead Mini Meatballs

Lynne Brandsgard, PFRA Regina

This recipe is great for the working gal.

3 lbs	Ground beef
1/3 c	Minced onion
1 ½ c	Dry bread crumbs
1 Tbsp	Salt
1/4 Tsp	Pepper
1 ½ Tsp	Worcestershire sauce
3	Eggs - beaten
1 cup	Milk

Mix all ingredients. Shape meat mixture by level tablespoonfuls into 1-inch balls. Place on a foil lined jelly roll pan or cookie sheet with sides. Bake 400 degree F oven until done, about 10 minutes. (Can be served immediately. Makes about 8 dozen mini meatballs). Cool about 5 minutes. Freeze uncovered 15 minutes. Place partially frozen meatballs in small zip-lock bags (enough for each meal). Label and return to freezer.

Serving Variations:

Sweet and Sour Meatballs - add meatballs to your favourite sweet and sour sauce, heat and serve over rice. Spaghetti & Meatballs - add meatballs to two cups of spaghetti sauce, heat and serve over spaghetti.

Meatballs Romanoff - add meatballs to 1 can of cream of mushroom soup and ½ can of milk, heat and serve over wide noodles.

Maple Baked Beans

Helen Mason Hosick

Submitted by Linda Good

1 lb (450 gm) navy beans
salt
1 cup (250 ml) maple syrup
2 tsp. (30 ml) cider vinegar
1 large onion - cut in small pieces
½ lb (225 g) bacon
¼ cup (62.5 ml) molasses
½ tsp. (2.5 ml) prepared mustard
1 cup (250 ml) chili source or can of tomato soup

Soak the navy beans overnight. Boil in the soaking water (you will have to add some) until the bean skins have split. Place onions, salt, vinegar, mustard, maple syrup, molasses and tomato in the bottom of a large bean casserole. Add the beans. Cover with the soaking water. If necessary, add more water. Cut bacon in one-inch strips. Add to top of beans. Bake at 350° F (165°C) for six hours or until tender. After four hours, remove and mash one cup of the baking beans. Stir into the rest of the bean casserole. Remove lid for last hour of cooking (this will help brown the meat).

Deer Fillet in Seabuckthorn Sauce

Laura Poppy, Shelterbelt Centre

2	Deer Fillets
½	Onion
50 g	Butter
3 dl	Seabuckthorn juice
4	Pineapple slices
1 dl	Bouillon
1 Tsp	Juniper berry
1/4 Tsp	Pepper
1/5 Tsp	Cayenne pepper
1 Tsp	Dried shiitake mushroom powder

Stir-Fry Shrimp and Chicken with Bok Choy and Sno-Peas:

John Lapawchuk

**2 whole chicken breasts, halved,
8 oz. small uncooked shelled shrimp,
2 tsp. soy sauce,
2 T. dry sherry,
1/4 tsp. ground ginger,
1 clove garlic, crushed,
1 - 2 T. cooking oil,
2 cups Bok Choy cut into 1 1/2-inch pieces,
2 medium onions quartered,
1 cup celery sliced diagonally,
1 small green pepper sliced,
1/4 cup chicken broth,
1 cup fresh mushrooms,
1 cup sno-peas,
2 tomatoes quartered.**

Skin and bone chicken breasts, cut into 3-inch strips. Marinate chicken and shrimp for 30 minutes in mixture of soy sauce, sherry, ginger and garlic. Heat oil in wok or large skillet. Add chicken and shrimp, stir-fry over medium heat for 3-4 minutes. Remove meat from pan and set aside. Add Bok Choy, onion, celery, green pepper and chicken broth. Cover and cook until tender crisp, stirring often. Add mushrooms and sno-peas stir-fry for 1-2 minutes. Add tomatoes, chicken and shrimp. Cover briefly to heat chicken, serve with rice.



Taiwanese Cabbage Rolls

John Lapawchuk

1 head Taiwanese cabbage
1 lb. Hamburger
6-8 slices bacon cut into 1-inch pieces
1 can tomato soup
1 medium onion chopped
2 cups cooked rice
Salt and pepper to taste
1 can tomato juice OR 1 - 2 cans tomatoes at room temperature

Place cabbage in boiling water and peel off leaves, as they become tender. Cook bacon in hot skillet until crisp. Pour off half the accumulated fat. In remaining fat add hamburger and cooks until browned, add onion and cook until tender. Add tomato soup to hamburger mixture. Blend rice into hamburger, and set aside to cool. When cabbage and rice mixture is cool enough to handle, remove center rib from cabbage leaves, place a heaping spoonful of rice mixture onto cabbage leaf, roll up and place seam side down in a greased roaster or casserole dish, repeat with remaining cabbage and rice mixture layering rolls in dish. Mix sour cream and tomatoes together and pour over top of rolls. Bake in a preheated 375 F oven for 1 1/2 hours.

Ham and Potatoes Au Gratin

Steve and Jennifer Sager

2 cups sliced potatoes, peeled & cooked	1 cup diced cooked ham
1 Tbsp. minced onion	1/3 cup butter or
margarine	
3 Tbsp. flour	1 1/2 cup milk
1 cup shredded cheddar cheese	3/4 tsp. salt
dash pepper	chopped fresh parsley

Combine potatoes, ham and onion in greased 1 quart casserole. In saucepan, melt butter over medium heat, stir in flour until smooth. Gradually add milk, stirring constantly until mixture thickens and bubbles. Add cheese, salt and pepper. Pour over potato mixture and stir gently to mix. Bake @ 350 degrees F for 35-40 minutes or until bubbly. Garnish with parsley. Makes 2 servings.

Chicken Chili

Steve and Jennifer Sager

2 lbs. boneless skinless chicken breasts cut in ½ inch cubes
3 medium sweet red peppers, diced
2 - 4 garlic cloves, minced (depends how much you like)
2 large onions, chopped
¼ cup olive or vegetable oil
3 Tbsp. chili powder (less or more as you like)
1 can (28 oz.) diced tomatoes, undrained
2 cans chicken broth (14 ½ oz each) or 2 bouillon cubes and water
2 cans (15 ½ oz each) kidney beans, rinsed and drained
1 jar (12 oz salsa)
1 package (10 oz) frozen corn
½ tsp. salt
½ tsp. pepper

In Dutch oven over medium heat, saute chicken, peppers, garlic and onions in oil until chicken is no longer pink and vegetables are tender. Add chili powder, cook and stir for 1 minute. Add tomatoes and broth; bring to boil. Reduce heat, simmer uncovered for 15 minutes. Stir in remaining ingredients; bring to boil. Reduce heat, cover and simmer until chicken is tender. Yield: 4 quarts.

MMM Maple Pork

L. Poppy, Shelterbelt Centre

1-2 lbs ribs or pork buttons
½ cup maple syrup
½ tsp soya sauce
½ tsp each of sage and thyme, salt and pepper

Place meat in a casserole dish. Rub with spices mix syrup and soya and pour over meat bake uncovered at 350°F for 45 minutes.

Hearty Maple Stew

L. Poppy, Shelterbelt Centre

1/4 cup flour
1 cup water
1/2 tsp ground ginger
wine

1/4 cup maple syrup
2 lb stewing beef (in 1" cubes)
2 cup carrot chunks
1 can stewed tomatoes

2 medium onions sliced
1 tsp salt
1/2 cup dry red or cooking

1/4 tsp pepper
3 cup potato chunks
3 tbsp oil
1 cup celery sticks

Combine flour and seasonings in plastic bag. Add beef and shake to coat beef with flour. In heavy pan brown meat in hot oil add tomatoes onion, water, wine and syrup. Bring to a boil. Cover simmer over low heat or bake at 325°F for 1 1/2 to 2 hours or until meat is tender. Add potatoes, carrots, and celery continue cooking 45-60 minutes until vegetables are tender. If desired thicken stew with 2 tbsp of flour blended into 1/4 cup cold water.

Maple Barbecued Spareribs

L. Poppy, Shelterbelt Centre

3lb spareribs
1 cup maple syrup
1 tbsp chili sauce
1 tbsp vinegar
1 tbsp Worcestershire sauce

1 small onion finely chopped
1/2 tsp salt
1/4 dry mustard
1/8 tsp pepper

Roast strips of ribs on rack at 425°F for 30 minutes drain fat from pan cut ribs into service sized pieces. Place in the bottom of a 9X13 pan. Combine remaining ingredients in saucepan and boil 5 minutes. Pour over ribs in pan bake uncovered at 375°F for 1 hour basting occasionally and turning ribs once after on hour. To serve skim fat off remaining sauce and serve with the ribs makes 4 servings.

Pork Apple Bake

L. Poppy, Shelterbelt Centre

4 pork butt steaks pepper	2 tbsp ketchup
2 tbsp cornstarch	1 ½ cup apple juice
2 tbsp brown sugar	½ tsp ground ginger
2 tbsp soy sauce	
1 large apple cored and cut into 8 rings	

Arrange pork steaks in single layer in 9 X 13 baking dish. Sprinkle with pepper to taste.

Bake at 350°F for one hour turning chops once meanwhile combine apple juice brown sugar, soy sauce, ketchup, cornstarch, and ginger in small sauce pan. Bring to a boil and cook stirring constantly until mixture thickens slightly remove pork from oven and pour off fat. Place apple rings on top of steaks. Pour apple juice mixture over all bake another 20 minutes or until chops are fork tender basting occasionally with sauce in baking dish makes 4 serving.

Pork Chops with Stuffing

L. Poppy, Shelterbelt Centre

4 thick chops	1 small onion grated
1/8 tsp celery seeds.	½ cup tomato juice
Warm water	1 cup crumbs
1/4 tsp poultry seasoning	1 tart apple finely diced

Trim most of fat from edge of chops; chop fine add remaining ingredients (except tomato juice) to the fat with warm water sufficient to make a moist but not wet stuffing. Shape into mounds over chops, bake in a moderate oven (350°F) about 45 minutes to 1 hour adding ½ cup tomato juice after 15 minutes of cooking. Serves 4.

Pork and Beans

L. Poppy, Shelterbelt Centre

5 lbs white beans	1 tsp dry mustard
2 cans or 1 quart of tomatoes	1 pint tomato catsup
2 large onions, chopped fine	1 cup white sugar
1 tsp pepper	6 tsp salt

Soak beans overnight with enough water to cover add pork and slat and boil cooked. Add rest of ingredients and boil for about 10 minutes in sterilized sealers and boil other 15 minutes.

Baked Beans

Sherry Hayward, PFRA Beausejour

2 lbs. white beans	1 tsp. baking soda
water to cover	

Soak overnight. Add 2 tps. salt and boil until tender. (Approx. 1 hour) Leave this water on and add 2 lbs. bacon cut in small pieces.

Mix together and add to beans:

2 tsp. dry mustard
1 can tomato soup
2 ½ cups brown sugar
1/4 cup molasses

Stir well, pour into bean pot and place 1 large onion in centre of pot. Bake @ 350 degrees for 7 hours (or until done) or **Cook in slow cooker on low for 7 hours.

Cloud Nine

Erle Einarsson, PFRA Morden

1 Sliced onion	*1/2 can whole kernal corn
3/4 lb. Burger meat	1 cup mashed potatoes
1/2 can tomato soup	** 1 tbsp. Melted margarine

Saute onions and burger til brown. Add soup and corn, mix thoroughly. Place in greased baking dish. Cover with potatoes, brush with melted margie. Bake till golden brown.

* Can be substituted with frozen or fresh kernal corn.

**Can be substituted for butter (tastes better).

Erle's Best Baked Beans

Erle Einarsson, PFRA Morden

2 lbs. Dried white beans	1/4 cup brown sugar
1 tsp. Baking soda	1/2 cup molasses
1 med. Onion	1/4 cup tomato catchup
1 tbsp.Salt	*1/16 tsp. Black pepper
4 tsp. Cider vinegar	**3/4 lb. Salt pork, sliced
***1 tsp. Prepared mustard	
OPTIONAL:	
1/8 cups honey	2-4 drops tobasco sauce
bit of chili powder to taste	****1/2, 5.5 oz.
Tomato paste	
*Pepper to taste	
**Substitute 1 lb. Bacon or 1/2 chicken deboned and skinned.	
***Substitute 1 tsp. Powdered mustard (best).	

Wash beans thoroughly and put them in a 4-qt. Pan. Add enough water to come 2 inches above beans and soak over night. Next morning drain, recover with fresh water, add baking soda, and bring to boil. Again drain, rinse, cover with cold water and bring to boil. Put thin sliced onion in bottom of bean pot or deep casserole with all the rest of the seasonings.

Add the hot beans and liquid with boiling water to barely cover, 1/4 inch. Lay strips of salt pork over top, cover and bake in a very slow oven (250 degrees F) until beans are tender, 9-10 hrs., adding more boiling water as liquid evaporates. Remove cover and bake one hour longer to let salt pork become crisp, (NOT necessary with chicken). Serve piping hot, plain or with ketchup, or chili sauce.

Makes 10-12 servings.

If sweeter beans are preferred, add 1/4 cup more of both brown sugar and molasses. This will also give a richer brown color, which some people prefer.

Maple Glazed Chicken Wings

Esther Kienholz, PFRA Saskatoon

1 (½ pound chicken wings) **2 tbs cider**
4 oz pure maple syrup **1 tbs mustard**
5 tbs chili sauce **1 tsp Worcestershire sauce**
1 small onion chopped

Combine the pure maple syrup, chili sauce, onion, cider, vinegar, mustard, and Worcestershire sauce in a shallow dish. Marinate the chicken wings for a minimum of four hours in the refrigerator keeping covered and turning occasionally. Grill oven bake or barbecue the chicken wings until thoroughly cooked basting occasionally. As an alternative chicken drumsticks are equally delicious.

Serves 4.

Crispy Maple Spareribs

Esther Kienholz, PFRA Saskatoon

3 lb Lean pork spareribs **1 small onion finely chopped**
6 oz pure maple syrup **¼ tsp dry mustard**
1 tbs chili sauce **Salt and freshly ground pepper**
1 tbs Worcestershire sauce
1 tbs red wine vinegar

Roast ribs on a rack in pre-heated oven 200°c gas mark 7 for 30 minutes. Combine the remaining ingredients in a pan and bring to boil for 5 minutes, remove ribs from rack and reduce heat to 180°c gas mark 4 place ribs in a baking rim and cover with the sauce bake uncovered for a further 45 minutes basting frequently serve with a green salad.

Milano Sausage Bean Ragout

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup pink beans	1 tsp rosemary or thyme
3 tbsp bacon fat or olive oil	salt, pepper to taste
1 cup onion chopped	1 lb pork sausages
2 garlic cloves	1/4 cup chopped fresh parsley
1-5 oz can tomato paste	1-19oz can tomatoes

Wash the beans cover with cold water bring to a fast rolling boil and boil 5 min. then let stand for 1 hour. Heat the fat or olive oil in a saucepan add the onion and garlic and fry until golden brown. Add the tomatoes, tomato paste, rosemary or thyme, salt, and pepper then simmer uncovered 5 min. add the beans and their soaking water. Cover and simmer over low heat for 1 to 1 ½ hours or until beans are tender. It is sometimes necessary to add a little hot water while the beans are cooking. Fry the sausages, cool then slice thinly. Set aside. When the beans are cooked add the sausages and simmer together 5 min. serve with a good sprinkling of the parsley on each serving.

Bean Lentil Stew

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup dried great northern beans	3 large carrots sliced
4 cups water	1 large potato chopped
1 cup dried green lentils	1 cup diced turnip
1-28 oz can tomato's	2 tsp salt
1 tbsp vegetable oil	½ tsp pepper
2 onions chopped	1 tsp crushed savory
2 stalks celery chopped	½ tsp crushed basil
½ cup diced green pepper	1/4 cup finely chopped parsley
1-2 cloves garlic minced	

Place rinsed beans in large saucepan with water and bring to boil. Boil 2 min. cover and let stand 1 hour. Return to boil, cover and simmer gently until beans are almost tender about 1 hour. Add rinsed lentils and tomato's. Heat oil in skillet and saute' onions, celery, green peppers and garlic until onions are transparent. Add sauteed vegetables and remainder of ingredients to stew simmer covered until vegetable and lentils are tender 45-60 min. serve stew with a crisp salad and hot rolls.

Boston Baked Beans

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups dried navy beans	½ cup molasses
6 cups water	¼ cup brown sugar
1 medium onion sliced	1 tsp dry mustard
¼ lb salt pork or bacon	1 ½ tsp salt
½ ketchup	¼ tsp pepper

Prepare beans using quick soak method. Add soaked beans with 6 cups of water and bring to boil cover and simmer 1 hour. Drain reserving liquid. In 2 ½ qt bean pot or casserole layer beans, onion and salt pork. Combine remaining ingredients with 1 cup of hot bean liquid and pour over beans. Cover and bake at 300° F for 6 hours uncover last half hour.

Special Baked Beans

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups dried navy beans	½ cup ketchup
2 cups water	1 tbsp prepared mustard
1-28oz can tomatoes	1 tbsp Worcestershire
6 slices bacon cut into pieces	2 tsp cider vinegar
1 tsp salt	2 medium onions chopped
½ tsp pepper	3 stalks celery chopped
¾ cup brown sugar	½ green pepper chopped

Prepare beans using quick soak method, drain. Add water, tomatoes, bacon, salt, and pepper to beans in large saucepan and bring to boil; reduce heat and simmer one hour. Add remaining ingredients stir gently and simmer additional hour. Ensure beans are always covered with liquid add more if necessary. Pour hot bean mixture into 3qt casserole or bean pot. Cover and bake at 300° F for 4 hours. Bake uncovered last 30 min. 8 servings

Pizza Buns

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

4 crumpets, english muffins, or buns

2 cup leftover baked beans

1 small onion sliced

2 tbsp diced green pepper

1 cup grated mozzarella cheeses

Split crumpets and arrange on baking sheet. Broil until lightly toasted. Spread beans evenly on crumpets top with onions, green pepper and chesses bake in oven for 10-15 min. 4 servings

Beef and Beans

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups dried pinto or pink beans

6 cups water

3 lb boneless chuck roast

1 large onion chopped

1/3 cup dark molasses

1 bay leaf

1 tsp dry mustard

1/4 tsp pepper

Combine rinsed beans in large saucepan with water and bring to a boil. Cover and simmer 30 min. let stand 1 hour. Drain beans reserving liquid. Brown roast on all sides in a large skillet. Place browned meat in bottom of large casserole add beans and onion. Combine molasses, mustard and pepper with ½ cup of bean liquid. Pour over beans and meat. Add additional liquid to just cover beans. Cover and bake in 300°F oven for 4 hours or until beans are very tender. Check beans occasionally and add more liquid if necessary. Uncover during last 30 min. remove beef and bay leaf slice meat and serve on platter with beans

Barbecued Beans

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups dried great northern beans
½ cup barbecue sauce or ketchup
5 cups water
2 tbsp Hp sauce (optional)
6 slices bacon
tbsp prepared mustard
½ cup chopped onion
1 tbsp vinegar
2 cloves garlic crushed
¼ cup brown sugar
1 tsp salt
½ tsp pepper

Prepare beans using quick soak method. Combine soaked and drained beans in a heavy saucepan with 5 cups water. In small skillet fry bacon until crisp drain and crumble. Saute onion and garlic in bacon drippings. Add crumbled bacon, onion mixture and salt to beans. Bring to boil; reduce heat. Cover and simmer until tender, approximately 1 hour. Drain beans reserving liquid. Combine remaining ingredients with ½ cup bean liquid add to beans mixing well cover and simmer additional 30 min. 6 servings

Lorraine's Chili

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

6 cups cooked red Mexican beans	2-28oz can tomatoes
1/3 cup butter	3-5 ½ oz can tomato paste
4 medium onions sliced	1 tbsp salt
2 medium green pepper cut into strips	1 cup diced celery
1 tsp tabasco sauce	3.lbs ground beef
2 tbsp chili powder	

Prepare cooked beans. Melt butter in large saucepan, saute onions, green pepper, and celery until onions are transparent. Add ground beef and cook until meat loses its pink color. Drain off any excess fat. Add tomatoes, tomato paste, seasonings. Cover and simmer 45 min. add cooked beans and simmer additional 20 min. serve with rice, cabbage, salad and rolls.

Bean Stroganoff

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

3 cups cooked beans	1/4 tsp pepper
2 tbsp butter	1-10oz can mushroom soup
1 cup sliced mushrooms	1/4 cup water
2 medium onions chopped	1 tbsp ketchup
3 tbsp flour	2 tsp Worcestershire sauce
2 tsp salt	1 cup dairy sour cream
2 tbsp sherry (optional)	

Prepare cooked beans. Saute onions and mushrooms in butter until onions are transparent. Stir in flour, salt and pepper. Add soup and water; stir until well blended. Add cooked beans, ketchup and Worcestershire sauce. Simmer 30 min stir in sour cream and sherry heat through serve stroganoff with cooked rice or noodles 6 servings

Bean and Apple Casserole

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup great northern beans soaked	1 tbsp red wine vinegar
2 apples peeled, cored and quartered	2 tbsp butter
1/2 tsp brown sugar	1/2 tsp cinnamon

Cook beans in unsalted water until tender. Drain reserving liquid. Add remaining ingredients put in covered bean pot and bake in 350° F oven for 35-40 minutes 4 servings.

Beans and Cheese

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups cooked pink or great northern beans
2 tbsp butter or margarine
2 tbsp flour
1 cup milk
½ tsp salt
dash pepper
1 tsp Worcestershire sauce
½ cup shredded cheddar cheese
½ cup buttered bread crumbs

Prepare cooked beans. Melt butter in heavy saucepan stir in flour cook 1 min until mixture is smooth. Remove from heat and gradually add milk, stirring constantly return to heat; cook and stir until mixture is thick. Add salt pepper, Worcestershire sauce and cheese. Stir until cheese melts. Put cooked beans in 2 qt casserole and cover with cheese sauce stir gently to mix top with buttered bread crumbs. Bake at 350'f for 30 min serve with vegetable sticks and warm whole wheat buns. 4-6 servings

Hawaiian Beans

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups cooked pink beans
1-14oz can pineapple chunks
1 tsp cornstarch
½ medium green pepper cut into strip
2 tbsp vinegar
¼ cup brown sugar
1 tbsp soy sauce

Prepare cooked beans drain pineapple reserving liquid. Add water or bean liquid to juice to ¾ cup of liquid. In small heavy sauce pan combine juice, cornstarch, soy sauce, vinegar, and sugar. Stir constantly until mixture comes to a boil and is thickened. Combine beans, pineapple chunks and green pepper in a f-2qt casserole pour sauce over beans and stir gently cover and bake in a 350' oven for 1 hour serve with rice and stir fried vegetables or with pork chops and a salad.

Corn Meal Casserole

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

4 cups leftover baked beans
½ cup ketchup
½ cup water
½ -lb wieners (cut in 1/2" pieces)
Topping:
¾ cup flour
1 tbsp sugar
1 tsp salt
1½ tsp baking powder
⅔ cup corn meal
1 egg slightly beaten
⅔ cup milk
¼ cup vegetable oil
¼ cup finely chopped onion

Combine beans, ketchup, water and wieners in 12X8 baking dish. Sift together flour, sugar, and baking powder. Stir in corn meal. Add egg milk, oil and onion all at once, stir until flour mixture is moistened. Spoon mixture over beans. Bake at 400°F 35-40 min until golden brown 8 servings.

Baked Lentils and Rice

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup green lentils	3 cups boiling water
½ cup long grain rice	1 beef bouillon cube
1 onion chopped	1-10oz can sliced mushrooms
2 tbsp salad oil	2 tsp Worcestershire sauce

Rinse lentils. Combine lentils, rice, onions, and salad oil in skillet. Saute until rice grains begin to turn golden. Turn into 2qt casserole. Combine boiling water with beef bouillon stir until bouillon dissolves. Add to casserole along with Worcestershire sauce, and drained mushrooms. Stir gently cover and bake at 350° F 1-1/2 hours or until lentils are tender. 6 servings

Frijoles Sencillos

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

1 cup dried pinto beans
2 ½ cups water
1 clove garlic minced
1/3 cup chopped onion
1 tbsp bacon drippings
1 tsp salt

Prepare beans using quick soak method. Combine soaked and drained beans with 2 ½ cups water, garlic, onion, drippings and salt. Bring to boil reduce heat cover and simmer 1 ½ -2 hours until beans are tender. Serve beans in bowl with bean liquid and top with grated cheese and purchased Mexican salsa. 4 servings

Frijoles Refritos

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups cooked pinto beans
1/4 cup bacon drippings or lard
½ cup grated cheddar cheese

Heat fat in heavy skillet. Add cooked and drained beans and fry over medium heat. Mash beans with a potato masher while they are cooking and fry until all the fat is absorbed and beans begin to dry around the edges. When cooked the inside will be moist and the bottom slightly crusty. Refried beans are not meant to smooth like a puree. Top with grated cheese and continue to cook until cheese melts to serve garnish with minced onion and a dollop of dairy sour cream if desired. 4 servings.

Tacos de Frijoles Refritos

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

10 - 12 taco shells
2 cups shredded lettuce
2 cups refried beans
1 onion chopped
1½ cups shredded cheddar cheese
Prepared taco sauce
1 - 2 tomatoes, peeled and chopped

Heat tacos according to package directions. To heated tacos add hot refried beans. Serve onion, tomatoes, lettuce and cheese in separate bowls to add to tacos if desired. Taco sauce may be spread on top of beans and then again on top of filled taco 10 - 12 tacos.

Enchiladas Con Queso

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

4 cups cooked red Mexican beans	2 tbsp vegetable oil
1 large onion	1 lb ground beef
1 clove garlic minced	1-28oz can tomatoes
2-4 tsp chili powder	12 frozen corn tortillas
1/4 tsp ground cumin	

Prepare beans according to directions for basic cooked beans. In large skillet saute' onion, garlic, chili powder and cumin until onions are transparent. Add beef and brown. Add tomatoes and cooked beans. Cover and simmer 15 min. Cook tortillas according to package direction. Place ½ cup of filling in each tortilla and roll up place seam side down in 8"x12" baking dish or casserole. Spoon extra filling over top of rolled enchiladas bake in 400° F oven 30min. Sprinkle grated cheese over enchiladas and bake until cheese begins to melt. Garnish with onion slices or black olives. 8 servings

Frijoles al Horno

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups dried pinto beans
5 cups water
1 large onion chopped
3 tbsp vegetable oil
2 large green peppers 2cm pieces
1-19oz can tomatoes
1 fresh hot green pepper (optional)
½ cup dark molasses
2 tsp salt
1-2 tsp chili powder
¼ tsp ground oregano
½ tsp ground cumin
½ tsp pepper

Prepare beans using quick soak method. Combine soaked and drained beans with 5 cups water and onion bring to boil, reduce heat; cover and simmer 1 hour. Heat oil in skillet add green peppers and green chili. Saute until peppers are soft add remaining ingredients and stir until bubbly. Drain beans reserving liquid. Combine beans and green pepper mixture in 3qt casserole. Add enough reserved liquid to just cover beans. Cover and bake at 300degrees F for 2 ½ -3 hours until beans are tender bake uncovered last 30 minutes.

Chili Con Carne a la Benoit

Esther Kienholz, PFRA Saskatoon

(Credited to the Perfect Pulses. Pulse Growers Association of Alberta)

2 cups pinto beans
2 large onions diced
1 tsp salt
2 garlic cloves chopped fine
3 tbsp vegetable oil
2 lb lean chuck beef cubed
1-19oz can tomatoes
½ tsp cumin seeds or powder
1 tsp chili powder
1 tsp oregano or savory
½ tsp pepper

Rinse the beans place them in a saucepan cover with water and let soak overnight bring the beans to boil in their soaking water. Lower heat add the salt and simmer covered for 1-1 ½ hours or until beans are tender. If necessary add more hot water, while beans are cooking. When ready drain and set aside. Brown the onion and garlic in the oil remove from pan add the cubed beef a few pieces at a time and brown slightly. At this point you may have to add a spoonful of oil stir in the tomatoes and break up with a fork add the onions and the beef cubes bring to boil add the cumin seeds or powder, chili powder, oregano or savory and the pepper. Stir cover and simmer over low heat 1 ½ to 2 hours add the drained cooked beans stir well warm up and serve.

Many types of beans are used in Mexican cooking but the most common is the Pinto, Alberta Pinto, Pink and Red beans are all recommended in mexican bean dishes.

Stir-Fry Mixed Vegetables

Priya Montgomery, PFRA Regina

Source: Simple and Delicious Chinese Cooking.

4 oz fresh bean sprouts

2 carrots

4 oz broccoli flowerets

3 tbsp vegetable oil

4 oz bamboo shoots

1 teaspoon salt

1 teaspoon sugar

2 tbsp cornstarch dissolved in 2 tbsp water.

You can substitute cabbage, zucchini or cauliflower for bamboo shoots.

Wash bean sprouts in cold water and discard bits and pieces that float to the surface. Cut carrots and broccoli in thin slices. Preheat a wok or large skillet over high heat. Heat oil in preheated wok or skillet. When oil is hot, add sliced carrots, broccoli and bamboo shoots; stir-fry 1 minute. Add washed bean sprouts, salt and sugar. Stir-fry 1 to 2 minutes, add stock or water, if necessary. Do not overcook because vegetables will lose their crunchiness. Serve hot.

Felafel

Esther Kienholz, PFRA Saskatoon

This traditional middle eastern "hamburger" can be made more or less spicy to taste, depending on the amount of garlic, cumin and coriander used. For those who really like hot food, crushed chili peppers may be added. Garlic may also be added to the yogurt topping.

1 lb chick peas

4 cloves garlic

2 Tsp cumin

1 Tsp baking powder

4 onions, sliced

½ cup chopped parsley

2 Tsp coriander

salt and cayenne pepper

Cook chick peas in water to cover, adding more water as needed, until just tender but not soft. Grind with onions and garlic. Mix in a bowl with remaining ingredients. Chill for 1 hour, form into small balls and deep fry. Serve in pita bread with chopped lettuce and yogurt. Serves 8.

Lentil Burgers

Esther Kienholz, PFRA Saskatoon

1 cup	uncooked lentils, rinsed
½ cup	uncooked rice
3 cups	water
1½ Tbsp	salt
1 cup	bread crumbs
½ cup	wheat germ
1	large onion, chopped
½ Tsp	celery seed
½ Tsp	marjoram
¼ Tsp	thyme
1 Tsp	salt
½ Tsp	pepper
1 Tbsp	chopped fresh parsley

Wheat Germ

Combine lentils, rice, water and salt in a saucepan. Bring to a boil, lower heat, cover and simmer for 35 to 45 minutes or until rice is tender. Remove from heat, let stand 10 minutes and then mash together with any remaining liquid in pan. Place in a large bowl with bread crumbs, wheat germ, onion, celery seed, marjoram, thyme, salt, pepper and parsley. Mix well and shape into patties. Coat with wheat germ and fry in vegetable oil until golden brown on both sides. Makes 24 patties.

Sik Sik Wat (Ethiopia)

(Hotter-Than-Hell Beef and Pepper Stew)

Wade Morrison, PFRA Saskatoon

20	small dried hot chillies
2½ - 3 lbs	boneless beef
¼ cup	peanut oil
10 - 12	teeth garlic, minced
2	large onions, cut into thin rings
2	small fresh hot chilies, cut into thin rings
1 Tsp	crushed dried hot chillies
1 Tbsp	grated fresh ginger
¼ Tsp	ground fenugreek
Tsp	ground cloves (optional)
½ Tsp	ground cinnamon
¼ Tsp	each ground nutmeg, cardamom, and coriander
2 Tbsp	paprika
¼ cup	berberé (see recipe)
2	large ripe tomatoes
½ cup	dry full-bodied red wine
- ½ cup	sugar
1 Tsp	coarsely ground black pepper
1 Tbsp	minced fresh cilantro
2 lemons	cut in wedges for garnish
	Salt to taste

Put the whole dried chillies in a bowl and pour boiling water over them. Leave for an hour, drain, and repeat. Leave to soak the second time until you are ready to use them. Then drain. Trim the beef of excess fat and cut into paper thin-strips about 1-inch wide and 2-inches long. Heat the oil in a large heavy pan or casserole over moderate heat. Add the meat and toss about just until all the pieces are seared. Remove and set aside. Add the garlic, onions, and chilies and sauté until soft but now browned. Add the ingredients up to and including berberé and, stirring constantly, cook for 2 minutes. Add all the remaining ingredients except the garnish, stir and reduce the heat to a fast simmer. Cook for 1 to 1½ hours or until the beef is exceedingly tender. Stir occasionally to prevent sticking. Taste for salt and seasonings about halfway through the cooking to your taste. To serve, line a shallow basket or serving platter with overlapping large flour tortillas. Pour in the stew and sprinkle with minced cilantro and garnish with the lemon wedges. Set the basket or platter in the middle of the table. Wat is traditionally eaten with hands, by tearing off pieces of the tortilla and wrapping it around the meat. Serves 8.

Tamale Pie

U. Holweger, PFRA Winnipeg

1/2 cup butter softened
1 1/2 cup cornmeal
1 cup all-purpose flour
1 tsp. cumin
1/4 tsp. salt
2 1/2 cups warm water

Filling:

1 can kidney beans, drained
2 cloves garlic, minced
1/4 tsp. salt
1 can tomato sauce
1 tsp. oregano
1/4 tsp allspice
1 hot chili pepper, minced
1 green pepper, diced
1 onion, chopped

In bowl, beat butter until creamy, beat in cornmeal, flour, cumin and salt until blended. Gradually beat in water, set aside.

Filing: In bowl, combine beans, garlic, salt, tomato sauce, oregano, allspice, hot chili pepper, green pepper & onion. Spread 1/2 of cornmeal batter in greased 8 cup shallow casserole. Spread with bean mixture. Spread remaining batter over top.

Bake at 325(F oven for about 1 hour or until batter has set. Makes 8 servings. If you wish to double recipe - no need to double cornmeal mixture.

Red Mexican Bean Pie

Jazeem Wahab, CSIDC

Source: Discover the Pulse Potential, Sask Pulse Crop Development Board

For a wonderful summer variation of this pie, mix sour cream and cream cheese until smooth. Spread over bean puree. Omit remaining ingredients. Bake 8 minutes: Cool. Top with fruit.

235 g	pkg. refrigerated crescent roll dough
300 mL	Red Mexican Bean purée
1¼ cups	low-fat sour cream
1 cup	low-fat cream cheese
4 oz.	finely Sliced given onion
2 tbsp.	chopped fresh parsley
1 tbsp.	dry crumbled oregano
½ tsp.	dry crumbled basil
½ tsp.	salt
¼ tsp.	halved sweet red pepper rings
½ cup	quartered, sliced,
1 cup	unpeeled cucumber
¼ cup	sliced black olives
1 cup	drained canned shrimp

Preheat oven to 190°C (375°F). Separate dough into triangles. Place on pizza pan with pints towards center to form a circle. Press to seal seams and cover pan. Bake 7 minutes, or until slightly browned. Spread bean puree over crust. In a bowl, mix sour cream and cream cheese until smooth. Mix in onion, parsley, oregano, basil and salt. Spread over bean puree.

Arrange red pepper, cucumber olives and shrimp on top. Bake 10 minutes, or until heated through. Remove; cut into 20 wedges. Serve warm. Makes 20 servings.

Saskatoonberry Pie (and Tart) Filling

Terry Kent

1-1/4 cups water
1 cup sugar
2 tsp. lemon juice
5 cups Saskatoon berries
2 tbsp cornstarch

In heavy saucepan, boil water. Add sugar and lemon juice. Boil rapidly for 10 minutes. Add Saskatoon berries. Cook about 15 minutes, until berries float to the top and the juice is a beautiful dark colour. In a small bowl, combine cornstarch with a little water. Gradually add to thicken the juice. Cook on medium-high heat for another 15 minutes, or until the sauce is a clear colour. Remove from heat and let cool. Pour berry filling into unbaked pie shell.. Cover with pastry. Brush top of the pie with a glaze made from one egg and 2 tbsp. milk beaten together. Bake at 375° F for 10 minutes. Reduce heat to 350° F and bake for about 30 minutes more. For tarts, fill unbaked tart shells. Bake at 400° F for about 15 minutes.
Makes 2 large, or 3 small pies, or 2 dozen tarts.

Hazelnut Spread

PFRA Shelterbelt Centre

6 oz hazelnut kernels
1 lb butter

Blanch the kernels in boiling water then crush until a smooth paste is obtained sprinkle with a little water to help the process. Cream the nuts with the butter and finally press through a sieve. The spread is excellent for sandwiches and keeps well in air tight containers.

Hazelnut Meringue

PFRA Shelterbelt Centre

4 oz chopped hazelnuts
3 oz castor sugar
3 oz icing sugar

white of 3 eggs
pinch of salt

Mix the hazelnuts, castor and icing sugar together and add a pinch of salt. Fold this into the whisked egg whites and place in a well buttered oven proof dish. Position this in the center of the oven and bake at 225° F for 2 ½ hours until the meringue is crisp.

Maple Syrup Oatmeal Cookies

PFRA Shelterbelt Centre

1 cup flour	½ cup margarine
1/4 tsp salt	1 egg
1 tsp baking powder	¾ cup maple syrup
1 cup quick cooking oatmeal	½ tsp vanilla

1. Sift flour, salt, and baking powder
2. Add oatmeal. Mix well
3. Cream margarine and egg
4. Add maple syrup and vanilla. Stir
5. Stir in flour mixture
6. Drop by teaspoonfuls two inches apart on a greased baking sheet
7. Bake at 400° F for 8-12 minutes.

Once you have tried this recipe vary it by adding ½ cup of chopped walnuts, raisins, currant, chocolate chips, peanuts or chopped dates to the flour mixture before stirring dry ingredients into the liquid mixture.

Peanut Butter Cookies

PFRA Shelterbelt Centre

½ cup margarine	1 ½ cups all purpose flour
½ cup brown sugar	1 tsp baking powder
½ cup white sugar	½ tsp salt
½ cup peanut butter	1 cup maple syrup
1 egg	

1. Cream shortening and sugar
2. Add peanut butter, egg, and maple syrup. Mix well
3. Sift in flour, baking powder and salt
4. Mix well
5. Shape into small balls. Place on ungreased cookie sheet.
Flatten with fork
6. Bake at 375°F for 10-12 minutes

Maple Upside-Down Cake

PFRA Shelterbelt Centre

To prepare pan:

1. Melt 3 tbsp of margarine in an 8" pan
2. Sprinkle on ½ cup of brown sugar
3. Cover with your favorite fruit

To prepare butter:

1. Cream 1/3 cup margarine
2. Add 1 1/8 cup maple syrup, 1 egg, and 1 tsp vanilla
3. Sift in 1 3/4 cup flour, 3 tbsp baking powder, 1/4 tsp baking soda and ½ tsp salt
4. Stir in 3/8 cup milk
5. Beat well
6. Pour over fruit in prepared pan
7. Bake at 350° F for 40-50 minutes
8. Cool for a few minutes. Remove cake from pan
9. Serve plain or with whipped cream, ice cream, lemon sauce or maple syrup

Maple Rice Pudding

PFRA Shelterbelt Centre

Combine in one quart casserole:

1 tbsp margarine	1 tsp vanilla
½ cup regular rice	1 tsp cinnamon
3 cups milk	½ tsp salt
¼ cup maple syrup	

1. Stir until sugar has dissolved
2. Bake at 325° F for one hour stirring every 20 minutes
3. Add ½ cup raisins to cooked pudding if desired

Pumpkin Loaf

PFRA Shelterbelt Centre

1 ½ cups all purpose flour	½ tsp ginger
1 tsp baking powder	½ tsp nutmeg
1 tsp baking soda	2 eggs
½ tsp salt	½ cup brown sugar
1 tsp cinnamon	¼ cup maple syrup
½ tsp ground cloves	½ cup cooking oil
1 cup canned pumpkin	

OR 1 cup cooked and mashed squash OR cooked and mashed pumpkin.

1. Oil and flour a 9X5 loaf pan
2. Sift together dry ingredients
3. Beat eggs until light. Add sugar, maple syrup, oil, and pumpkin. Beat well. Add to well in dry ingredients.
4. Stir until well mixed
5. Bake at 325° F for 80 minutes before removing from pan

Maple Tarts

PFRA Shelterbelt Centre

4 tbsp butter **½ cup hot water**
4 tbsp cornstarch **baked tart shells**
1 ½ cup maple syrup

1. Over low heat blend butter and cornstarch
2. Remove from heat and stir in maple syrup and hot water
3. Bring to a boil
4. Stir constantly until mixture thickens
5. Cook for five minutes stirring occasionally
6. Remove from heat and cool at least 15 minutes
7. Spoon into tart shells

Maple Nut Mould

PFRA Shelterbelt Centre

2 cups boiling water **2 egg whites**
4 ½ tbsp cornstarch **1/3 cup walnuts chopped**
1 cup brown sugar **½ cup maple syrup**
1/8 tsp salt

1. Combine cornstarch, brown sugar, and salt
2. Add this mixture to the boiling water and cook until thick
3. Beat egg whites until stiff
4. Fold hot mixture into the egg whites
5. Add walnuts and maple syrup
6. Pour into mould and chill serve with whipped cream

Hazelnut Spread Sugar-Bush Johnnycake

PFRA Shelterbelt Centre

2/3 cup margarine	8 tsp baking powder
2/3 cup sugar	1½ tsp salt
2 eggs beaten	2 cups corn meal
2 ½ cups milk	1/8 cup shelled sunflower seeds
(optional)	

1. Cream shortening and sugar
2. Add beaten egg and milk. Combine
3. Sift flour, baking powder and salt into large mixing bowl. Add sunflower seeds.
4. Stir in cornmeal
5. Add liquid mixture all at once
6. Stir
7. Pour into a well greased 9X9 pan
8. Bake at 425° F until cake tester comes out clean
9. Serve piping hot with butter and maple syrup

Saskatoon Poppy Seed Coffee Cake

U. Holweger, PFRA Winnipeg

Batter:

2/3 cup sugar
1/2 cup butter
2 tsp. grated lemon peel
1 egg
1 1/2 cups flour
2 Tbsp. poppy seed
1/2 tsp. baking soda
1/4 tsp. salt
1/2 cup sour cream

Filling:

2 cups Saskatoons
1/3 cup sugar
1/4 tsp. nutmeg
2 tsp. flour

Glaze:

1/3 cup icing sugar
1-2 tsp. lemon juice

1. Grease and flour bottom and sides of a 9 or 10 inch spring form pan.
2. In a large bowl, beat the sugar and butter until light and fluffy. Add lemon peel and egg. Beat for several minutes at medium speed.
3. In a medium bowl, combine flour, poppy seeds, baking soda and salt. Add to butter mixture alternately with sour cream. Spread batter over bottom of pan making sure that more batter is near the edges of the pan.
4. Combine filling ingredients. Spoon over batter. Bake at 350° F (180C) for 45 - 55 minutes or until crust is brown. Cool slightly. Remove sides of pan.
5. For glaze, combine icing sugar and enough lemon juice to make glaze of drizzling consistency. Blend until smooth. Drizzle over coffee cake. Serve warm or cold. Makes eight servings.

Bunchberry Pie

U. Holweger, PFRA Winnipeg

Bunchberries (*Cornus canadensis*) can be replaced by Saskatoons (*Amelanchier alnifolia*) or other native firm fruit.

Filling:

1 cup raisins
1/2 cup sherry
2 cups bunchberries
1 Tbsp. flour
1/2 cup brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
2 Tbsp. butter

Pie Crust:

2 cups flour
1 tsp. salt
1/3 cup shortening
1/3 cup butter
cold water

1. Preheat oven to 375(F or 190(C.
2. Soak raisins in sherry.
3. Clean and wash bunchberries.
4. Drain raisins* and add to bunchberries. Mix together flour, sugar, cinnamon, and nutmeg and add to fruit. Set aside.
5. To make crust, cut butter and shortening into flour and salt using two knives or a food processor. When the pastry has the consistency of crumbs, add cold water, a spoonful at a time, until the dough holds together but is not sticky. Chill 1 hour. You can also substitute your favourite pastry recipe for the one noted above.
6. Roll out dough and line a 9" pie plate. Add filling. Dot with butter. Use remaining pastry to make a lattice top. Brush pastry with beaten egg or milk.
7. Bake pie for 30 minutes or until pastry is golden brown.

*If you like, you can reserve the soaking liquid for the raisins and use it as an aperitif, over ice or mixed with orange juice.

MMM...Good Cookies

Maureen McKegney Clay

½ cup margarine
¼ cup white sugar
1 tsp vanilla
⅔ cup white or whole wheat flour
½ tsp baking soda
1 cup rolled oats
½ cup cooked drained lentil
½ cup cooked wild rice (optional)
½ cup raisins
½ cup sunflower seeds
½ cup packed brown sugar
1 egg

Cream margarine, sugars, eggs and vanilla together until fluffy. Stir in flour and soda. Stir in flour and soda. Blend well. Stir in rolled oats, lentils, rice, raisins and sunflower seeds. Drop by teaspoons onto greased baking sheets allowing space for spreading. Press flat with floured fork. Bake at 190° C (375° F) for 8-10 minutes. Carefully lift off pan. Cool. Makes 4 dozen cookies.

Maple on Snow

Helen Mason Hosick

Submitted by Linda Good

To make maple on snow or sugar on snow, heat the boiling syrup to 22-40°F (12-22°C) above the boiling point of water. Do not stir. Pour the liquid onto snow or ice. Instead of crystallizing, the syrup will form thin, glossy, taffy-like sheets that can be picked up and eaten.

Creamy Maple Syrup Pie

Grainews - Country Cooking

Linda Good

8-inch cooked pie shell
2 tbsp (25 ml) butter
2 tbsp (25 ml) all-purpose flour
2 egg yolks
1 cup (250 ml) maple syrup
½ cup (125 ml) chopped nuts
1/3 cup (75 ml) water

Melt butter and stir in the flour, mixing well. Beat egg yolks with syrup and water. Add to butter-flour mixture and cook over boiling water until thick and creamy, stirring most of the time. Add nuts and let cool. Pour into the pie shell. A portion of the nuts could be sprinkled on the top, if desired.

Maple Syrup Oatmeal Cookies

Helen Mason Hosick

Submitted by Linda Good

1 cup (250 ml) flour
1 tsp (5 ml) baking powder
½ cup (125 ml) margarine
¾ c (187.5 ml) maple syrup
¼ tsp (1 ml) salt
1 cup (250 ml) quick cooking oatmeal
1 egg
½ tsp vanilla

Sift flour, salt and baking powder. Add oatmeal. Mix well. Cream margarine and egg. Add maple syrup and vanilla, stir. Stir in flour mixture. Drop by teaspoonfuls two inches (5 cm) apart on a greased baking sheet. Bake at 400°F (205°C) for 8 - 12 minutes.

Maple Scrounge

*Helen Mason Hosick
Submitted by Linda Good*

5 to 6 cups (1250-1500 ml) unpeeled and sliced apples
1½ cups (375 ml) whole wheat flour
½ cup (125 ml) margarine
½ cup (125 ml) maple syrup
1½ tsp (7.5 ml) cinnamon
1 cup (250 ml) water

Preheat oven to 400°F (205°C). Place the apple slices in a well-buttered 8" x 8" (20 cm x 20 cm) cake pan. Pour the maple syrup and water. Place the flour in a bowl. Cut in the margarine as if making pastry until the mixture forms a coarse meal. Add cinnamon. Sprinkle over the apple slices. Cover and bake 30 minutes or until apples are tender. Uncover and bake another 10 minutes. Tastes great with yogurt or ice cream.

Lyne's Maple Pie

John Kort, Shelterbelt Centre

1 1/3 cup pure prairie maple syrup
3/4 cup whipping cream (35% cream)
1/3 cup water
1/3 cup white flour

Mix ingredients and microwave for 8-10 minutes
 Pour into unbaked pie shell and bake in oven at 350 for 40 minutes.

P.S.: I've called it Lyne's maple pie because the recipe was given to us by a Quebec exchange student who makes and sells these every year at the family maple syrup farm. According to her, they sell faster than hotcakes. She made some for us. It is delicious.

Creamy Maple Syrup Pie

L. Poppy, Shelterbelt Centre

8 inch cooked pie shell
1 cup maple syrup
2 tbsp butter
1/3 cup water
2 tbsp all purpose flour
½ cup chopped walnuts
2 egg yolks

Melt butter and stir in the flour mixing well. Beat egg yolks with syrup and water. Add to butter flour mixture and cook over boiling water until thick and creamy stirring most of the time. Add walnuts and let cool. Pour into the pie shell a portion of the nuts could be sprinkled on the top if desired.

Maple Chiffon Pie

L. Poppy, Shelterbelt Centre

8 inch baked pie shell
1/4 tsp salt
1 tbsp gelatin
2 egg yolks well beaten
2 tbsp cold water
1 cup whipping cream
½ cup milk
1 tsp vanilla
½ cup maple syrup
2 egg whites stiffly beaten

Soak the gelatin in cold water.

Saskatchewan's Chokecherry Syrup

L. Poppy, Shelterbelt Centre

10 cups choke cherries mashed
5 cups water

Place the fruit in a saucepan add water bring to the boiling point and simmer gently until fruit is tender. Crush fruit with a potato masher. Drain fruit through a moistened jelly bag.

4 cups chokecherry juice
6 cups sugar (use only 4 cups as it was too sweet)
2 cups white corn syrup

Place together in a saucepan bring to a hard rolling boil stirring constantly. Simmer 5 minutes (I simmer 10 min. to be thicker)

Pour into hot sterilized jars cool slightly then seal with paraffin yields 4 ½ pint. If syrup gels on standing place container in warm water until desired consistency is reached.

Cranberry Mincemeat Pie

L. Poppy, Shelterbelt Centre

1 cup raisins	1 tbsp chopped mixed peel
1/8 salt	1/4 cup boiling water
1/4 cup orange juice	1/8 tsp cloves
1/4 tsp. Cinnamon	1 tbsp lemon juice
1 ½ cranberries	3/4 cup brown sugar
1 cup chopped apples	1'tsp grated orange rind
pastry for 2 crust 9" pie	1 tbsp butter
1 tsp grated lemon rind	

Bring raisins, water, orange, and lemon juice to a boil. Add cranberries and continue cooking until skins begin to pop 2 to 3 minutes add next 8 ingredients and cool. Line and dot with butter cover with pastry seal edges and cut seam vents. Bake 10 minutes at 450°F turn oven to 350°F and continue baking until pie is golden brown (25 to 30 minutes) makes 6 to 8 servings.

Cranberry Pudding Cake

L. Poppy, Shelterbelt Centre

1 1/4 cup sifted all purpose flour
1/2 cup dates (chopped)
1/4 cup raisins
1/2 cup sugar
2tsp double acting baking powder
1 tsp butter
3/4 cup brown sugar
1/2tsp cinnamon
1/4 cup shortening
2 cup cranberry juice
1 tsp lemon juice
1 cup whole cranberry sauce

Sift flour, sugar, baking powder and cinnamon cut in shortening till mixture resembles cornmeal. Add cranberry sauce; mix just enough to dampen. Fold in dates walnuts, and raisins. Place butter, brown sugar, cranberry and lemon juices in 10" electric frying pan. Set temperature down to 225°F drop batter by tablespoonfuls into hot syrup cover bake 20 minutes. Remove cover and bake 10 minutes longer. Serve hot or cold. Makes 8 to 10 servings.

Laurentian Maple Mousse

L. Poppy, Shelterbelt Centre

150 ml maple syrup
2 egg whites stiffly beaten
250 ml whipping cream
50 ml finely chopped walnuts

Bring maple syrup to a boil then simmer 5 minutes. Gradually add to egg whites. Beat until light and fluffy (about 5 min.) Chill 5 min. fold whipped cream into egg mixture. Then turn into parfait glasses and garnish with nuts. Freeze until firm (about 6 hours) may be stored up to one month in freezer makes 8 servings.

Maple Butter Tarts

L. Poppy, Shelterbelt Centre

12 unbaked tart shells
½ tsp vanilla
½ cup maple syrup
dash of nutmeg
6tbsp soft butter

2 beaten eggs
½ cup brown sugar
juice of ½ lemon
2 tbsp sour cream
cinnamon and salt

Preheat oven to 425°F cream together the sugar, syrup sour cream and butter. Add egg, vanilla, lemon juice, nutmeg, cinnamon, and salt. Fill tart shells two thirds full. Bake for 5 to 8 minutes then reduce heat to 350°F and bake for another 10 to 15 minutes or until pastry is golden brown.

Cranberry Rum Cream Tarts

L. Poppy, Shelterbelt Centre

1 pkg vanilla pudding and pie filling
2 tbsp rum
1 can (16 oz.) Whole cranberry sauce
1tbsp cornstarch
½ cup chopped walnuts
1½ dozen tart shells baked
sweetened whip cream

Prepare pudding mix according to package directions. Stir in rum while cooling. Place cranberry sauce in saucepan. Stir in cornstarch heat until sauce is thickened and clear. Cool. Add chopped nuts spoon rum cream filling into tart shells top with whipped cream makes 18 tarts.

Apple Cake and Hot Butter Rum Sauce

L. Poppy, Shelterbelt Centre

2 cups apples peeled and diced
1 cup flour
1 tsp baking soda
½ cup raisins soaked to soften
1 tsp cinnamon
5 tbsp wheat germ divided
1 cup sugar
1 beaten egg
½ tsp nutmeg

In mixing bowl combine diced apples and sugar. Let stand 30 minutes until very juicy. Stir in raisins, spices, flour, baking soda, egg, and 3 tbsp wheat germ. Pour into a greased 8X8 cake pan sprinkle with remaining 2 tbsp wheat germ bake at 375°F for 30 minutes.

Kitchen Apple Cake

Laura Poppy, Shelterbelt Centre

Mix filling at high speed:

2 cup diced apple
2 cup sugar
1 tbsp sugar
¼ cup orange juice
1 tsp cinnamon
4 eggs
1 cup oil
2½ tsp vanilla

Sift together:

3 cups flour
3 tsp baking powder
½ tsp salt

Add dry ingredients to wet. Mix until smooth in greased and floured bundt pan layer batter/apples/batter/apples/batter. Bake at 350°F for 55 to 65 minutes. Cool before serving.



Eve's Pudding

L. Poppy, Shelterbelt Centre

5 eggs	1 cup raisins
3/4 cup sugar	6 large apples
12 slices stale bread	1/4 tsp salt

Pinch of ground nutmeg beat eggs in large bowl . Peel core and chop apples finely discard bread crusts and grate bread finely combine apples bread raisins sugar salt and nutmeg with eggs mix well our into well grease 4 cup pudding mold or bundt pan cover tightly with lid or foil place on rack in large pot with tight fitting lid pour into boiling water to come half way up side of mold cover simmer for 3 hours adding water as needed remove mold.

Apple/Peanut Butter Leather

L. Poppy, Shelterbelt Centre

4 cups fresh apples washed cored and thinly sliced
2 tbsp water
½ cup peanut butter
2 tbsp honey
½ cup raisins

Whirl apple slices in blender with water until the consistency of apple sauce. Add peanut butter and honey. Blend until well mixed. Add raisins if desired. Cover a 12 X 18 cookie sheet with plastic wrap securing ends with masking tape pour mixture onto the plastic wrap bake in oven no hotter than 120°F for approximately 2 days until leathery and easily peeled form the plastic wrap cut fruit leather into pieces roll and store in several plastic bags or in covered container.

Maple and Ginger Ice Cream

Esther Kienholz, PFRA Saskatoon

8 oz single cream	4 oz milk
3 tbs Pure maple syrup	2 tsp white
rum (optional)	
2 oz caster sugar	8 oz stern ginger
drained and finely chopped	
2 tsp Vanilla essence	
6 oz double cream	

Whisk the double cream and pure maple syrup until stiff. Gently heat the single cream, vanilla essence e, caster sugar and milk in a heavy sauce pan stirring continuously until sugar is dissolved, then stir in the double cream. Pour into a container and freeze for approximately 2 hours until mushy turn into a chilled bowl beat with a whisk and add the finely chopped ginger and rum. Return to the container and freeze until firm. Serve with pure maple syrup. Serves 4 - 6.

Maple Creamy Fondue

Esther Kienholz, PFRA Saskatoon

4 oz pure maple syrup
1 pt single cream
2 tsp corn flour
Firm fruits and berries cut into small pieces

Gently heat pure maple syrup in a pan for 5 minutes. In a bowl mix the corn flour with 2 tsp of cream. Bring the remaining cream to the boil and add the maple syrup. Blend the corn flour into the syrup mixture. Heat gently stirring continuously until thickened serve the fondue in a small pan over a spirit lamp. As a delicious alternative use creme fraiche in place of single cream.
Serves 4.

Maple Sugar Pie

Esther Kienholz, PFRA Saskatoon

2 cups milk	½ cup flour
2 egg yolks	1/3 tsp salt
¾ cup maple sugar (packed)	1 tbsp butter

Put milk in the top of a double boiler and when hot add the beaten egg yolks to which has been added a little of the hot milk. Mix together the maple sugar and flour and add gradually to the hot milk. Remove from heat and add salt and butter. Cool pour into a baked pie crust and chill. Serve with whipped cream.

Maple Syrup Pie

Esther Kienholz, PFRA Saskatoon

1 cup Maple syrup	2 tbsp flour
½ cup water	2 tbsp butter
2 egg yolks (save whites for Meringue)	

Cook the above ingredients in the top of a double boiler pour into a baked pastry shell. Cover with a meringue made of the 2 egg whites and 4 tablespoons of sugar. Brown lightly in a moderate oven for 10 minutes.

Maple Syrup Dumplings

Esther Kienholz, PFRA Saskatoon

From Out of Old Nova Scotia Kitchens by Maria Nightingale

2 cups pastry flour	¾ cup milk
4 tsp baking powder	2 cups maple syrup
1 tsp salt	2 cups boiling water
2 tbsp butter	

Sift together the flour, baking powder and salt. Cut in the butter and add the milk to make a soft dough. In a saucepan bring the maple syrup and water to the boil. Drop dumpling into the syrup, cover, and cook about 20 min. Serve hot.

Maple Mousse

Esther Kienholz, PFRA Saskatoon

From Out of Old Nova Scotia Kitchens by Maria Nightingale

1 tbsp gelatine
1/4 cup cold water
2 eggs
chopped
1/2 cup milk

1 cup maple syrup
1/2 pint heavy cream
1/4 cup preserved ginger

Soak the gelatine in cold water. Meanwhile beat the eggs and put into the top of a double boiler along with the milk and maple syrup. Stir well and cook until mixture thickens. Add gelatine mixture and stir until thoroughly dissolved. Set aside to cool. When it begins to set whip cream until moderately stiff and combine with the first mixture. Last add chopped ginger. Turn into a mould which has been dipped in cold water or use individual moulds if desired. Chill until firm. Turn out and garnish with whipped cream.

Maple Sugar Frosting

Esther Kienholz, PFRA Saskatoon

From Out of Old Nova Scotia Kitchens by Maria Nightingale

3/4 cup grated maple sugar
1/4 cup white sugar
1/4 cup water
1 egg white stiffly beaten

Combine the maple and white sugars with the water and bring to the boil. Boil until the syrup spins a long thread. Pour syrup gradually in to the beaten egg whites beating vigorously. Continue beating until the frosting stands in stiff peaks.

Maple Syrup Icing

Esther Kienholz, PFRA Saskatoon

From Out of Old Nova Scotia Kitchens by Maria Nightingale

3/4 cup maple syrup
1/4 cup white sugar
1 egg white

Place in a double boiler over boiling water. Beat until it forms peaks. Cook and beat another 2 minutes.

Maple Syrup Cookies

Esther Kienholz, PFRA Saskatoon

From Out of Old Nova Scotia Kitchens by Maria Nightingale

1 ½ cups maple syrup	1 cup rolled oats
½ cup white sugar	½ tsp salt
½ cup shortening	2 cups all purpose flour
1 tsp baking soda	

Heat the maple syrup, sugar and shortening to boiling point. Remove from stove and add the soda which has been dissolved in a little warm water. Let cool. When cold add the rolled oats, salt and flour enough to roll out. Roll not too thin and cut with a cookie cutter. Bake in a 375° F oven until light brown about 8-10 min

Blueberry or Saskatoon Berry Buckle

Esther Kienholz, PFRA Saskatoon

From Using Saskatchewan Fruits by Marilyn Steel

Crumb Topping:

1/2 cup Sugar (may be Part brown)
1/2 cup Flour
1/2 tsp Cinnamon
1/4 cup Butter

Mix together sugar, flour and cinnamon cut in butter until crumbly, set aside.

Cake:

1/2 cup Shortening	3/4 cup Sugar
1 well beaten egg	2 1/2 tsp. baking powder
2 cups Sifted all purpose flour	1/2 cup milk
1/4 tsp. salt	2 cups berries

Cream shortening and sugar. Add egg and beat until fluffy. Sift together flour, baking powder, and salt. Add alternately with milk beginning and ending with dry ingredients. Spread in greased 9 inch square pan. Top with blueberries. Sprinkle crumb topping over berries. Bake at 350°F for 45 min. cut in squares and serve warm with cream. 8-10 servings.

Desserts

Fruit Crisp

Esther Kienholz, PFRA Saskatoon

From Using Saskatchewan Fruits by Marilyn Steel

Topping:

Brown sugar 3/4 cup

Rolled oats 1/2 cup

Nutmeg 3/4 tsp

Flour 1/2 cup

Cinnamon 3/4 tsp

Soft butter 1/3 cup

Blend topping ingredients until mixture is crumbly. Wash and sort fruit, slice apples, plums and rhubarb; pit cherries. Place in a 2 qt capacity baking dish. Combine 1/3 cups sugar, 2 tbsp cornstarch, and 3 tsp lemon juice and add 4 cups fruit spread topping over fruit and bake at 375°F until fruit is cooked and topping is golden brown (30-35min)

Blueberry or Saskatoon Berry Coffee Cake

Esther Kienholz, PFRA Saskatoon

From Using Saskatchewan Fruits by Marilyn Steel

Cake:

Sugar 3/4 cup

Egg 1

Milk 3/4 cup

flour

Baking powder 3 tsp

Berries 1 1/2 cups

1/4 cup Shortening

1 tsp Vanilla

1 3/4 cups all purpose

1/2 tsp. Salt

2 tbsp. Sugar

Topping:

1/2 cup Brown sugar

2 tsp. Cinnamon

Cream together shortening and 3/4 cup sugar add egg and vanilla and cream thoroughly add milk and blend well. Mix together flour, baking powder, and salt. Add to first mixture and stir just until all ingredients are moistened. Spread half the batter in a well greased 9 inch pan. Spoon berries over batter sprinkle with 2 tbsp sugar spread remaining batter over blueberries mix together brown sugar and cinnamon sprinkle over batter bake at 375° F for 35 - 40 mi. Serve warm.

Blueberry Grunt or Slump

Esther Kienholz, PFRA Saskatoon

Fom Using Saskatchewan Fruits by Marilyn Steel

Fruit:

Blueberries 4 cups
Sugar ½ cup
(optional)

Water ½ cup
Lemon juice 1 tbsp

Dough:

Sifted all purpose flour 1 cup
Baking powder 2 tsp
Butter 1 tbsp

2 tbsp. Sugar
1/4 tsp. Salt
Milk

Put fruit, sugar, and water and boil gently until there is plenty of juice. Add lemon juice. Sift flour, sugar, baking powder, and 1/4 tsp salt together into a bowl. Cut in butter until mixture is like coarse meal and add enough milk to make a soft biscuit dough stirring only until moistened. Drop dough in 6 spoonfuls into the bubbling sauce. Cover tightly and cook over low heat for 15 min. without removing the lid of the pot serve hot with cream. 6 servings

Pecan Pumpkin Pie

Esther Kienholz, PFRA Saskatoon

Pecans add a taste of the south to this traditional pumpkin pie. Make two pies to serve 12 people.

3	eggs
1	can pumpkin (14 oz/398 ml)
1 cup	brown sugar, packed
½ tsp	corn syrup
cup	butter, melted
1 tsp	vanilla
½ tsp	cinnamon
½ tsp	nutmeg
¼ tsp	salt
1	unbaked 9-inch (23 cm) pie shell
1 cup	pecan halves

In food processor or blender, combine eggs, pumpkin, sugar, corn syrup, butter, vanilla, cinnamon, nutmeg and salt; process until blended. Pour into pie shell. Arrange pecans in concentric circles over filling. Bake in 350°F (180°C) oven for 45 minutes or until tester inserted in centre comes out clean.

Pumpkin Marble Cheesecake

Esther Kienholz, PFRA Saskatoon

Crust:

2 cups **gingersnap crumbs**
½ cup **finely chopped pecans**
¼ cup **Parkay margarine (melted) or butter**

Filling:

2 pkgs **(8 ounces each) Philadelphia Brand cream cheese**
¾ cup **sugar, divided**
1 tsp. **vanilla**
3 **eggs**
1 cup **canned pumpkin**
¾ tsp **ground cinnamon**
¼ tsp **ground nutmeg**
¾ tsp **ginger**

Crust: Heat oven to 350°F. Mix crumbs, pecans and margarine; press onto bottom and 1½ inches up side of 9-inch springform pan. Bake 10 minutes.

Filling: Beat cream cheese, ½ cup sugar and vanilla at medium speed with electric mixer until well blended. Add eggs, 1 at a time, mixing well after each addition. Reserve 1 cup batter. Add remaining sugar, pumpkin and spices to remaining batter; mix well.

Spoon pumpkin and cream cheese batters alternately over crust; cut through batters with knife several times for marble effect. Bake 55 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Refrigerate. Makes 10 to 12 servings

NOTE: Use 1½ batches for large cheesecake. Bake 75 minutes.

Chokecherry Custard Pie

Mary Barkman, Regina, Sk; Submitted by Linda Good

Sort and wash about six cups of choke cherries. Cover them with water, bring to a boil and then simmer about half an hour, until the choke cherries are soft. Using a colander, strain the choke cherries, saving the juice. Press choke cherries to retrieve a strong juice.

2 cups (500 ml) choke cherry juice	1 cup (250 ml) evaporated milk
5 tbsp (7.5 ml) cornstarch	2 egg yolks
2/3 cup (150 ml) sugar	

Mix cornstarch and sugar in bowl. Add evaporated milk slowly, making a smooth paste. Stir in egg yolks. Place choke cherry juice in heavy skillet and bring to a boil. Reduce heat and add the smooth mixture while stirring constantly to avoid scorching. The filling is cooked as soon as bubbles form. Pour filling into baked pie shell. Pie could be topped with meringue and baked until meringue is light brown. Cool several hours.

Saskatoon/Apple Slice

Linda Good

1 3/4 cup rolled oats	1 tsp. vanilla
3/4 cup butter	2 1/2 cups sliced apples
1 1/2 cups sifted flour	1/2 cup white sugar
1/4 tsp. soda	5 tbsp. butter
1 cup brown sugar	1 tbsp. cinnamon
1/2 tsp. salt	1/2 cup Saskatoons

Mix first several ingredients until crumbly. Pat half of mixture into a greased 9" square pan. Arrange sliced apples over crumb mixture in pan and sprinkle Saskatoons over top. Dot with butter. Sprinkle with sugar and cinnamon. Cover with remaining crumbs. Bake in 350°F (165°C) oven for 30 minutes or until the edges are golden.

Blueberry Mush

Linda Good

This recipe works with just about any kind of berry, peaches or apples.

2 cups (500 ml) flour
4 tsp (20 ml) baking powder
1 tsp (5 ml) salt
1 quart (1.25 l) berries
milk

2 cups (500 ml) sugar
1 tsp (5 ml) lemon juice
1 tbsp (1.5 ml) butter
3/4 cup (200 ml) whole

Sift together the flour, salt and baking powder and work in the butter with your fingers. Add the milk and blend the mixture thoroughly. Stir together the berries, sugar and lemon juice. Add the berries to the batter and mix well. Pour the batter into a buttered mold and cover tightly. Steam for 45 minutes. Serve with cream, whipped cream or ice cream.

TIP:

Baking with Maple Syrup

Maple syrup can also replace the sugar in your favorite dessert. When you're first making the change add 1 ½ cup soda per cup maple syrup. When using all maple syrup in a sugar oriented recipe reduce the other liquids by one half. When replacing half of the sugar content with maple syrup reduce the other liquids by one fourth. Before experimenting on your own why not try some of these maple recipes.

Hot Herb Bread

Priya Montgomery

Source: The vegetarian epicure by Anna Thomas

½ cup butter
1 tbs. Dried parsley, chopped
1 tsp minced garlic
½ tsp thyme
¼ tsp powdered marjoram
1 long loaf fresh French bread

Let the butter soften but do not melt it. With a spoon, work in the herbs until the mixture is well-blended and smooth. Cut through the bread to the bottom crust but not through it. Slice the loaf in this manner. Butter one side of each slice with the herb butter. Wrap the loaf tightly in foil and heat it in a medium-hot oven, for about 15 minutes before serving.

Herb Butter

Esther Kienholz, PFRA Saskatoon

Use about ¼ cup butter to 2 tbsp fresh herbs. Allow butter to warm to room temperature. Chop herbs and add them to butter. If you use more than one herb make certain that only one has a dominant flavor. Chives or parsley would compliment sage, but rosemary or basil would not.

Double Maple Gingerbread

PFRA Shelterbelt Centre

2 ½ cups all purpose flour **½ cup cooking oil**
2 tsp baking powder **1 tsp baking soda**
1 tsp baking ginger **2 eggs beaten**
1 cup molasses **½ tsp salt**
1 cup boiling water **½ tsp nutmeg**
¾ granulated maple sugar or brown sugar
¾ tsp cinnamon

Stir flour, baking powder, and ginger together. Cream shortening and sugar together. Blend in molasses, salt, nutmeg, and cinnamon. Pour boiling water over baking soda and add to molasses mixture. Stir in dry ingredients. Add beaten eggs. Mix well.

Pour into a well greased and floured 9 X 13 pan. Bake 45-50 minutes at 325° F. Serve warm or cold with unsweetened applesauce and maple syrup

Basic Sweet Dough

PFRA Shelterbelt Centre

2 packages active dry yeast
1 cup lukewarm water
2 tsp sugar
1 cup milk
1 tsp lemon extract (optional)
1/4 margarine
1/4 cup sugar

1 tsp salt
6 cups all purpose flour
2 eggs beaten

Sprinkle yeast into warm water. Add two teaspoons sugar. Let stand for 10 minutes. Stir. Scald milk. Add margarine, sugar, and salt. Cool to lukewarm. Mix together yeast mixture and milk mixture. Stir in half the flour. Beat well. Add eggs and lemon extract. Stir in remaining flour to make a dough that does not stick to hands or bowl. Turn out on lightly floured board. Knead until smooth- about 10 minutes. Place in a greased bowl. Grease top of dough. Cover and let rise until double in bulk

Punch down. Remove pieces of dough approximately the size of a large walnut. Flatten on counter until they form an extremely thin pancake 4" in diameter. Fry in a cast iron frying pan greased with butter. Serve piping hot with butter and maple syrup. The remaining dough can be shaped into rolls. Placed on greased pans and allow to rise until double in size. Bake at 375° F for 15 - 20 minutes.

Grand-Peres

PFRA Shelterbelt Centre

1 ½ cups maple syrup
1 ½ cups water
1 cup pastry flour

1/4 tsp salt
2 tsp baking powder
½ cup milk

1. Heat maple syrup and water in an 8 inch saucepan
2. Sift together flour, salt, and baking powder
3. Make a well in center of dry ingredients
4. Add milk
5. Stir until combined
6. Drop by spoonfuls on boiling hot syrup. Cover closely and cook gently for 12-15 minutes. Do not lift cover for first 10 minutes.
7. Serve hot, using syrup for sauce
8. Makes 7 - 8 dumplings

Potato Pancakes

Linda McLaughlin

8 medium sized potatoes
2 tbsp. sour cream
3 tbsp. flour
1 onion, chopped fine (optional)
2 eggs
salt to taste (about 1 ½ tsp.)

Peel and grate the potatoes (coarsely grated). Add sour cream, chopped onion, flour, salt and eggs. Mix. Fry in well greased pan until brown. Serve plain or with jam or syrup.

Cheesy Apple Bread

L. Poppy, Shelterbelt Centre

½ cup shortening	1/3 cup wheat germ
1½ tsp baking powder	½ cup sugar
2 eggs beaten	½ tsp baking soda
½ tsp salt	1 ½ cup peeled and grated apple
1½ cup sharp cheddar cheese grated	½ tsp cinnamon
1/4 tsp nutmeg	1 ¾ cup flour

Cream shortening add sugar and eggs. Beat until light and fluffy blend in apples and cheese. Sift dry ingredients together. Add to apple mixture. Mix lightly turn into a well greased 8X4X3 loaf pan bake at 350° F for 50 to 60 minutes. Sserve warm makes 1 loaf.

Apple Streusel Flax Muffins

Raeleen & Barclay Schuba, PFRA Melfort

1 ½ c. flour	½ tsp salt
½ c. sugar	1 egg
3 tsp baking pwd	1/4 c. milk
1/4 c. oil	3/4 c. shredded apple
1/4 c. flax	
Topping: ½ c. brown sugar	1/4 c. flour 1/4 c. butter or margarine

In small bowl rub until crumbly, set aside. In mixing bowl stir flour, sugar, baking pwd and salt together. Make a well in center. In another bowl beat egg, milk and oil to blend. Stir in apple, pour into well. Stir until moist. Fill muffin tins ¾ full. Sprinkle with topping. Bake at 350 for 20 - 25 minutes. Preparation Time - 20 min. Servings - 1 doz.

Breads

Maple Syrup Pancakes

Esther Kienholz, PFRA Saskatoon

4 oz plain flour
pinch of salt
1 whole egg 1 egg yolk
½ pt milk
1 Tbsp melted butter
Pure maple syrup, butter



Sift flour and salt into a bowl. Make a well in the center of the flour add egg and egg yolk. Start to add milk slowly stirring all the time. When half of the milk has been added stir in the melted butter and whisk until smooth. Finally add the rest of the milk and let stand for one hour prior to making the pancakes. Make pancakes and garnish with a dab of butter and a generous helping of pure syrup.

Maple Johnny Cake

Esther Kienholz, PFRA Saskatoon

1 ¼ cups all purpose flour	2/3 cup milk
¾ cups cornmeal	1/3 cup maple syrup
3 tsp baking powder	1/4 cup shortening, melted
¾ tsp salt	2 eggs beaten

Into a bowl sift together the flour cornmeal, baking powder and salt. Combine the milk, maple syrup, melted shortening and beaten eggs and add to the dry mixture. Mix well, bake in an 8 x 8 greased pan for 20-25 min. in a 425° oven. Serve hot.

Maple French Toast

L. Poppy, Shelterbelt Centre

6-8 slices of bread	1 cup milk
3 eggs	1/4 cup light cream
½ cup maple syrup	salt and nutmeg

Beat eggs with maple syrup add milk cream, salt, and nutmeg. Dip bread slices one at a time in the mixture drain, and fry in hot buttered pan til golden crispy brown on both sides.

Breads

Rosemary Focaccia

Esther Kienholz, PFRA Saskatoon

Dough Ingredients:

2 3/4 cup all purpose flour	1 pkg active dry yeast (1 tbsp)
1 tsp salt	1 tsp rosemary fresh chopped
1 tbsp honey	2 tsp olive oil
cornmeal for dusting baking sheet	

Topping:

1 tsp olive oil	1 red onion thinly sliced
½ tsp chopped fresh rosemary	1 large egg white lightly beaten
½ tsp salt	Freshly ground pepper

To make dough:

In a large mixing bowl stir together 2 ½ cup flour, yeast, salt and rosemary. In a small saucepan, combine 1 cup warm water, honey and oil. Heat until warm to touch. With a spoon gradually stir the liquid into the flour mixture. Stir vigorously until well mixed. Gradually work in remaining 1/4 cup flour to make a firm dough. Turn out onto a lightly floured surface and knead for 8-10 min. or until smooth and elastic add extra flour as needed to prevent sticking. Place dough in a lightly oil bowl and turn to coat the dough with oil cover with plastic wrap and let rise for 1 ½ hours or until doubled in bulk. Preheat oven to 450°F lightly spray a large baking sheet with non-stick cooking spray and dust lightly with corn meal.

To make topping and bake Forcaccia:

In a small non-stick skillet heat oil over medium heat. Add onions and rosemary saute until the onion are lightly golden. About 5 min. add 1/4 cup water and simmer until all the liquid has evaporated let cool. Turn dough out into a rectangular shape. Transfer to the prepared baking sheet and press dough to cover the baking sheet brush egg white over the surface of the dough. Sprinkle the reserved onion mixture over the surface. Top with salt and pepper. Bake for 13-15 min or until golden brown. Transfer to a cutting board and cut into 8-16 pieces.



Breads

Herb Batter Bread

Esther Kienholz, PFRA Saskatoon

½ cup plus 1 tbsp milk

pinch sugar

1 envelope yeast

4 ounces butter

1 ½ cup flour

2 whole eggs plus 1 egg yolk

1/4 cup chopped parsley or onion greens

1 clove garlic minced

¾ tsp oregano

¾ tsp basil

¼ tsp pepper

½ tsp salt

In a small sauce pan scald ½ cup of the milk and the sugar. Cool to lukewarm. In a large bowl combine the warm milk with the yeast. Set aside until the yeast begins to bubble about 5 min. add the butter 2 whole eggs and ¾ cup of flour and beat until smooth. Coarsely chop the parsley or finely chop the onion greens. Add the parsley, garlic, oregano, basil, salt, pepper and remaining ¾ cup flour into the bowl and blend well. Cover the bowl with a towel and set aside in a warm draft free place until the dough has doubled in bulk 1 to 1 ½ hours. Lightly butter an 8 ½ inch loaf pan or an 8 inch round casserole or a cake pan at least 2 inches deep. Transfer the dough to the pan smooth the surface and set aside uncovered for about 40 min the dough will rise but will not double. Preheat the oven to 375 degrees, meanwhile in a small bowl beat together the egg yolk and the remaining 1 tbsp milk to make an egg glaze. Brush the top of the dough with the egg glaze and bake for 35 min. or until the loaf sounds hollow when rapped on the bottom. Let cool in the pan for 5 in. And then turn out onto a rack to cool completely before slicing.

Muffins

Esther Kienholz, PFRA Saskatoon

From Using Saskatchewan Fruits by Marilyn Steel

Thoroughly combine 2 cups all purpose flour, ¼ cup sugar, ½ tsp salt, 1 tbsp baking powder, and ½ tsp nutmeg in bowl. Mix in ¼ cup nuts and 2 cups blueberries until fruit is covered in flour. Make a well in the center. In a small bowl beat 1 egg, ¼ cup oil, and ¾ cup milk together. Stir liquid ingredients into dry just enough to dampen. The batter should be lumpy. Fill greased muffin pans 2/3 full sprinkle with sugar if desired bake at 400 degrees 20 - 25 min. Serve warm.

Hawthorn Blossom Wine

PFRA Shelterbelt Centre



4 pints hawthorn blossom
2 lemons
grape tannin

3lb sugar
7 pints water
Yeast and nutrient

Grate the thinly peeled rind of both lemons and extract the juice from one of them. Add both rind and juice to the sugar and water and boil the mixture for 30 minutes, stirring occasionally. Allow to cool to room temperature before adding the tannin yeast and nutrient. Leave for a day before adding the flowers; cover and leave for a further week in a warm place stirring daily. Strain through a fine nylon sieve in to a fermenting jar and fit an air lock. Rack when the wine clears and it should be ready for bottling 3-4 months later.

Hawthorn Blossom Liqueur

PFRA Shelterbelt Centre

hawthorn blossom
brandy or whiskey
1 tbsp sugar
water

Pick the blossom on a dry sunny day and press down into a 1lb kilner jar until full. Cover with brandy or whiskey and place a cover over the jar; leave for 2 weeks before straining. Dissolve the sugar in a little hot water as possible and mix thoroughly with the whiskey or brandy. Pour into sterilized bottles when cold.

Champagne Punch

Laura Poppy, Shelterbelt Centre

1 bottle (40oz/1.14L) cranberry juice OR
1 can frozen cranberry juice reconstituted with water.
4 cups (1L) orange juice
2 bottles (750ML) ginger ale
1 bottle champagne

Chill all ingredients, Combine in large punch bowl with ice cubes or ice ring. Makes 30 servings.

Elderberry Vinegar

PFRA Shelterbelt Centre

12 oz elderberries
1 pint white vinegar
12 oz sugar

Wash the elderberries place in jars with the vinegar and leave to stand for 6 days shaking occasionally. Strain through a jelly bag and place the liquid in pan with the sugar stir until the sugar has dissolved then bring to the boil. Bottle the vinegar when it has cooled seal and store in a dry place. Elderberry vinegar can be drunk hot to relieve sore throats or cold as a reviving drink on a summers day.

Crab Apple Juice

Roxanne Brisebois

56 cups of crab apples
28 cups of hot, boiling water
6 teaspoons of cream of tartar

Take ends off and cut in half. Let sit for 48 hours in hot, boiling water. Remove juice, throw out the rest. Boil the juice for 5 minutes adding sugar as you like it. Pour into empty plastic pop containers and freeze.

Raspberry Juice

Harold and Lois Geiger, Lonetree Pasture

Put 4 cups of berries and 12 cups of water in kettle and simmer for about 5 - 10 minutes until the juice is out of the berries (The berries will be a flesh colour). Strain the juice and add 1/8 cup lemon juice and 1 1/4 cups sugar (can use less) and 1/4 - 1/2 tsp. almond flavoring. Boil to dissolve sugar. Pour into jars or sealers. No need to process in a canner.

Crab Apple Juice

Linda Good

Wash crab apples. Cut into quarters without removing skins or cores unless defective. Add enough water to cover (about 1 cup of water per pound of fruit). Cook quickly until pulp is soft. Drain through moistened jelly bag, without pressure, overnight. Measure fruit juice, strain.

Hippodrink

Laura Poppy, Shelterbelt Centre

4 cl **Vodka**
2 cl **Banana liqueur**
6 cl **Seabuckthorn juice (not diluted)**
100 cl **Sprite**
3 - 5 **Seabuckthorn berries**

Mix vodka, banana liqueur, seabuckthorn juice and Sprite. Add seabuckthorn berries, skewered on a long stick, to the side of a tall glass. You can also garnish with seabuckthorn leaf hanging from the side of the glass.

Cranberry Drink

Laura Poppy, Shelterbelt Centre

Cover cleaned cranberries with water. Boil as for jelly. Strain using a cloth (allow to sit overnight) use ratios of 5 cups cranberry juice to 1 cup sugar. Bring this mixture to a boil so sugar is thoroughly dissolved and pour into sterilized bottles. To serve; use as is or add seven-up, ginger ale, water or apple juice to taste.

Note: supposed to be really good for kidneys.



Hot Tea Glogg

Laura Poppy, Shelterbelt Centre

4 cup (1 L) **strong hot tea**
1½ cups (375 ml) **cranberry juice**
¾ cup (175 ml) **frozen lemonade concentrated thawed**
¼ cup (50 ml) **raisins**
¼ cup (50 ml) **slivered almonds**

Combine all ingredients in a sauce pan and simmer about 5 minutes pour in to warm mugs distributing the raisins and almonds between the mugs. Makes 6 servings.

Champagne Punch

Laura Poppy, Shelterbelt Centre

1 bottle (40oz/1.14L) cranberry juice OR
1 can frozen cranberry juice reconstituted with water.
4 cups (1L) orange juice
2 bottles (750ML) ginger ale
1 bottle champagne

Chill all ingredients, Combine in large punch bowl with ice cubes or ice ring. Makes 30 servings.

Chokecherry Cordial

Laura Poppy, Shelterbelt Centre



1 pail chokecherries
White sugar
White vinegar

Wash very ripe berries and put through the food chopper. Place ground berries in a crock and just cover with vinegar. Let stand 8 days, stirring occasionally then heat and place in a bag to drain. Measure juice and add 1 cup of sugar to each cup of juice. Heat and stir to dissolve sugar. Bottle and let stand a week or two before using it is not required to seal.

Chokecherry Liqueur

Harold and Lois Geiger, Lonetree Pasture

Wash and clean berries. You can leave the stems on. Put in a gallon jar. Add 26 oz. Vodka and 3 cups sugar. Stir every day for 3 weeks - 30 days. Strain juice into glass jars or bottles. Ready to drink. You can drink it alone or with Sprite or 7-up.

Uncooked Cranapple Relish

L. Poppy, Shelterbelt Centre

1	orange
1	sweet apple pared and cored
1 L	fresh thawed cranberries
250 ml	sugar
30 ml	lemon juice

Juice orange put apple orange rind and cranberries through food chopper/processor add sugar orange and lemon juices. Mix well cover. Refrigerate. Makes 1 L (keeps well refrigerate for about 1 week just enough to get you through the holiday season).

Saskatoonberry Jam

Terry Miller



4 ½ cups	Saskatoon berries
2 Tbsp	Lemon juice
7 cups	Sugar
2 pouches	Certo

Prepare fruit by placing saskatoon berries in blender. Measure prepared fruit into a large 4 to 8 quart saucepan, using a liquid measuring cup. Add lemon juice. The pan should be only half full to allow mixture to reach a full rolling boil. To reduce foaming, add ½ teaspoon butter. Measure exact amount of sugar, add to fruit and mix well (do not reduce sugar). Place sauce pan over high heat and bring to a full rolling boil, stirring constantly. Boil hard one minute. Remove from heat. Immediately stir in Certo liquid fruit pectin. Stir and skim for five minutes to prevent floating fruit. Pour quickly into warm, sterilized jars to 1/4 inch from rim. Cover quickly with lids and screw rings on tightly. Makes 9 cups.

Gooseberry Chutney

PFRA Shelterbelt Centre

4 pints gooseberries	2 pints vinegar
2 lb sugar	½ lb chopped raisins
2 oz mustard seed	1 oz ground ginger
4 oz salt	2 oz chopped onion

Place the gooseberries in the vinegar and bring to the boil. Simmer gently until they are tender. Stir in the sugar until dissolved; allow to cool and mix in the other ingredients. When cool, bottle and seal.

Gooseberry Sauce

PFRA Shelterbelt Centre

1 lb gooseberries	½ pint water
1 oz flour	½ pint milk
1 oz butter	½ tsp cinnamon
½ tsp allspice	1 oz brown sugar

Wash top and tail the gooseberries and place in a pan with the water. Bring to the boil and simmer until tender. Drain off the water and put the gooseberries on one side. Add a quarter of the milk to the flour and blend to a smooth paste with a wooden spoon. Bring the remaining milk to the boil and gradually stir into the flour mixture. Simmer over a low heat for a further 3 minutes stirring continuously and then mix in the butter, gooseberries and remaining ingredients.

Elderberry Sauce

PFRA Shelterbelt Centre

1 pint elderberries	1 tsp salt
1 pint claret	4 peppercorns
1 finely chopped onion	1 stick bruised root ginger

Bring the claret to the boil and pour over the elderberries in a casserole dish. Cover and place in a low heated oven overnight. Strain the juice into a pan add the remaining ingredients and boil for 10 minutes. Pour the sauce in to sterilized bottles and seal. This sauce makes a fine accompaniment with liver.

Raspberry-Pear Jam

U. Holweger, PFRA Winnipeg

900 g (approx. 2 lbs.) raspberries
750 g (3 cups) diced peeled fresh pears
1 Tbsp. Lemon juice
1 Pkg (50 g) fruit pectin crystals
4 1/2 cups granulated sugar

If you are making this jam in the fall, use frozen raspberries. If using frozen raspberries, thaw and drain raspberries, reserving juice. Crush berries to make 2 cups. Add enough juice to make 3 cups. Place in large saucepan along with the pears and lemon juice. Combine pectin crystals with 1/4 cup sugar and add to the fruit mixture. Bring to a boil, stirring constantly. Stir in remaining sugar. Return to boil, boil hard for one minute. Remove from heat. Skim off any foam. Pour into hot sterilized jars, leaving 1/4 inch of headspace. Seal. Process in boiling water bath for 10 minutes. Let cool. Makes approximately 7 cups of jam.

Crab Apple Marmalade

Linda Good

Source: Food Focus - Saskatoon, 1992

3 pounds (1.5 kg)	crab apples, peeled and shredded
(about 45 medium crab apples)	
6 cups (1.5 l)	sugar
1 3/4 cups (425 ml)	water
1 tsp (5 ml)	ground ginger
1	orange, grated rind
2	lemons, juice and grated rind

Boil sugar and water. Add ginger, orange rind, lemon juice and rind. Simmer 5-7 minutes. Stir in shredded apples. Simmer gently, uncovered about one hour or until the mixture reaches the jam stage. Stir occasionally. Pour into sterilized jars. Leave 1/2 inch (1 cm) headspace. Clean jar rim. Centre snap lid. Apply screw band just until finger tip tight. Process 5 minutes in boiling water bath. Count process time when water returns to a boil. Remove from canner. Set upright and spaced apart out of drafts to cool. Cool 24 hours. Test for seal (sealed lids curve downward in centre). Remove screw bands. Wipe jars, label and date. Store in a cool, dark location. Yields six 1/2 pint (250 ml) jars.

Seabuckthorn Jelly

Linda Good

3 quarts	seabuckthorn berries
1 pouch	liquid certo
7 cups	sugar



Stem and thoroughly crush ripe fruit. Add 1 cup water and bring to a boil and simmer covered for 10 minutes. Place cooked fruit into a jelly bag and squeeze to extract juice. If you don't have 5 cups of juice, ½ cup of water may be added. Measure prepared juice into a large saucepan. Add the exact amount of sugar (do not reduce). Place over high heat and bring to a full boil, stirring constantly. Add ½ tsp. butter to reduce foam if desired. Immediately stir in liquid certo and continue to stir until mixture comes to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat and skim. Pour quickly into warm sterilized jars and fill to within ½ inch of rim. Seal with two piece lids or paraffin wax if using commercial jars. Makes 8 cups.

Hawthorn Crabapple Jelly

Linda Good

Remove ends from hawthorns, wash and put into a pot. Barely cover hawthorns with water. Simmer until soft, mash and strain. Combine three cups of hawthorn juice and six cups of crabapple juice. Use the nine cups of mixed juice with nine cups of sugar. Boil quickly until jelly stage is reached. Fill sterilized jars.

Cranberry Jam

L. Poppy, Shelterbelt Centre

Combine and boil using the following ratio; ¾ cup sugar, 1 cup pulp (deseeded) spice. Store in sterilized jars.

Cranberry Wine Sauce

L. Poppy, Shelterbelt Centre

1 can	cranberry sauce
3/4 cup	brown sugar
1/2 cup	dry red wine
2 tsp	prepared mustard

In a saucepan combine all ingredients heat to boiling stirring constantly spoon over ham/poultry during the last 30 minutes of cooking time. Serve remaining sauce with sliced ham/poultry. Leftover sauce freezes well.

Brandy Cranberry Sauce

L. Poppy, Shelterbelt Centre

4 cups	fresh cranberries
2 cups	sugar
1/3 cup	brandy

Stem wash and drain cranberries. Place in 9X13 baking dish. Sprinkle sugar evenly over cranberries. Bake covered at 300° F/150° C for one hour. Remove from oven stir in brandy. Fill small jars with the sauce and seal with lids. Store in refrigerator. Makes 3 cups.

Moss Berry Relish

L. Poppy, Shelterbelt Centre

5 lbs	berries
3 1/2 cups	brown sugar
2 cups	vinegar
2 Tbsp	cinnamon, cloves, and allspice

Any kind of berries may be used in this recipe. Boil together 2 hours. Excellent for cold or hot meat.

Rose Hip Jam

L. Poppy, Shelterbelt Centre

Gather hips after frost. Dry and store in tins. When ready to use cover with water and simmer until soft. Mash and press through colander. Boil 2/3 cups sugar to 1 cup pulp. Store in small jars as it does not keep once it is opened. You can add this to cranberry jam to improve flavor and vitamins.

Herb Jelly

Esther Kienholz, PFRA Saskatoon

3 ½ cups boiling water	1 ½ cups fresh herbs
2 tbsp lemon juice	1 pkg powdered pectin
4 cups sugar	½ cup butter

Make a strong herb tea by combining the boiling water and fresh herbs. Allow it to steep for 20 min before straining. Measure 3 cups of the herb tea into a large saucepan add lemon juice and pectin. Place over high heat and stir until mixture comes to a boil. Add sugar and bring to full boil. Boil hard for 1 min. remove from heat and add butter and food coloring if desired. Skin and put in hot sterilized jars. Seal.

Herb Honey

Esther Kienholz, PFRA Saskatoon

Use freshly picked herbs and the freshest honey you can get. Use from 2 tablespoon to ½ cup of herbs to each pint of honey, depending on the strength of the herbs. Place the bruised leaves in a saucepan and pour honey over them. Let mixture warm over low heat for a few minutes. Stir gently. (High heat will damage the honey and give it too strong a flavor) Pour the mixture into sterilized jars cover tightly and store at room temperature for a week so the flavors can blend you want just a hint of herb taste not nearly as strong as the vinegar and oil if the honey is ready heat it again and strain the herb leaves out. It can be stored in tightly covered jars for an extended period. Some of the herbs you can use are marjoram, thyme, orange mint, peppermint, sage, spearmint, lemon verbena and hyssop.

Blueberry or Saskatoon Berry Pancake Syrup

Esther Kienholz, PFRA Saskatoon

Source: Using Saskatchewan Fruits by Marilyn Steel

1 cup Berry Juice
1 1/4 - 1 1/2 cups Sugar
1/4 cup light corn syrup (optional)
1 tbsp Lemon juice (optional)



Wash berries place in a large preserving kettle and crush well with a potato masher. Heat fruit just to boiling stirring to prevent sticking simmer for 1 or 2 min if necessary to release juices to retain the fresh fruit flavor do not overcook. Pour fruit into jelly bag and allow juice to collect as in making juice for jelly. For each cup juice add 1 1/2 cups sugar in a saucepan and bring to full rolling boil. Boil rapidly for 1 min for a thicker syrup use 1 1/4 cups sugar and 1/4 cup light corn syrup to 1 cup of juice. For a more tart syrup add about 1 tbsp lemon juice to 1 cup of juice. Remove from heat spoon of scum and pour into clean hot sterilized jars almost to the top to within 1/4 inch for canning and 1/2 inch for freezing. To can process in a boiling water bath 10 min. for pint and half pints.

Chokecherry Syrup

Esther Kienholz, PFRA Saskatoon

Source: Using Saskatchewan Fruits by Marilyn Steel

10 cups chokecherries **5 cups water**
4 cups chokecherry juice **5-6 cup sugar**
1-2 cups light corn syrup **1/4 tsp almond flavoring (optional)**

Wash and sort fruit remove stems and measure into a saucepan. Add water to fruit bring to boil and cook until fruit is tender. Crush fruit with potato masher. Drain fruit through a moistened jelly bag. Measure juice into saucepan. Add sugar and corn syrup for more tart syrup add about 1 tbsp lemon juice or 1 cup cherry juice bring to a hard boil stirring constantly. Cook about 5 min or until the consistency of syrup. Remove from heat and pour into clean hot sterilized jars seal and store in fridge.

Makes 6 cups

Blueberry or Saskatoon Berry Sauce

Esther Kienholz, PFRA Saskatoon

Source: Using Saskatchewan Fruits by Marilyn Steel

1 cup sugar
2 tbsp cornstarch
1/4 tsp nutmeg
Dash salt
1 cup water
3 tbsp lemon juice
2 cups blueberries or Saskatoon

In saucepan combine sugar, cornstarch, nutmeg, and salt. Add water bring to a boil and cook 2 min. add berries and return to the boil. Remove from heat stir in lemon juice and cool.

Spiced Pear Jam

Mark Wilcox, PFRA Morden

4 cups ripe pears
1 pkg. of Fruit Pectin crystals or liquid
4.5 - 5 cups of sugar (depending on sweetness of pears)
1/2 - 1 tsp. cinnamon
1/2 - 1 tsp. cloves
1/2 - 1 tsp. allspice

Wash, peel, remove pit, and chop pears to make 4 cups of fruit. Mix fruit with fruit pectin in a large metal saucepan (approx. 8 quart in size). Place saucepan over high heat and stir constantly until mixture comes to a full boil. Measure sugar and add to fruit mixture. Add spices. Continue to cook over high heat until mixture comes to a full boil. Boil hard for one minute, stirring constantly. Remove from heat. Puree using electric hand blender. Reheat mixture to bring it to a full boil. Remove from heat. Pour immediately into sterilized jars to 1/4 inch from rim. Cover quickly with lids. Process jars using Manufacturer's directions. After jars are cool, check for seal.
Makes 6 cups of jam.

Stuffed Grape Leaves (Dolmades)

Judy Charanduk, PFRA Regina

1 cup	green lentils
3 cup	water
½ cup	bulgar
1 cup	hot water
¼ cup	vegetable oil
⅓ cup	pine nuts
¼ cup	finely diced onion
¼ cup	finely chopped fresh mint
⅓ cup	lemon juice
1 tsp.	salt
½ tsp.	pepper
½ tsp.	cinnamon
16 oz.	jar grape leaves
1 lemon (optional) to sprinkle on after cooking rolls	
Water	

Bring lentils and 3 cup water to a boil, cover and simmer 30 minutes. Rinse and drain. Combine bulgar and hot water. Set aside. Heat oil in skillet and lightly brown pine nuts. Add onions and saute. Remove skillet from heat and add mint, lemon juice, seasonings, lentils and bulgar. Mix well and set aside. Rinse grape leaves to remove the brine. With the shiny side of the leaves down, place 1-2 tsp of filling at the bottom. Fold in the sides and roll up firmly. Place each roll seam side down, side by side in a large sauce pan, stacking them until all are rolled. Add lemon juice and enough water to reach just below the last row. Bring to a boil, cover and simmer for 1 hour.

Grilled Eggplant

John Lapawchuk

2 - 3 medium eggplant cut into 1/2 inch slices (discard end pieces)
2 - 3 Tbsp. Olive oil, mozzarella or farmers cheese

Canadian back bacon or regular bacon slices cooked, salt and pepper to taste. Sprinkle eggplant slices with salt and let stand for 1 hour then rinse slices in cold water and dry well. Brush eggplant slices with olive oil and grill until tender. Season with salt and pepper. Place a slice of cheese and a slice of bacon on each eggplant slice, fold in three and secure with wooden picks. Continue to grill until cheese melts. Serve hot.

Braised Peppers

John Harrington



1 Tbsp olive oil
1 med. Red pepper, quartered
1 med. Green pepper, quartered
1 small onion diced large
1 clove garlic, finely chopped
1/3 cup (75 ml) tomato sauce
1/4 cup (50 ml) coarse grated Parmesan (for goodness sake use the fresh stuff!)
Salt
Black pepper
Preheat oven to 400° F (200 C)

Saute peppers and onion in the oil over medium heat for 4 - 5 minutes. Season with salt and pepper to taste. Transfer pepper and onions to a casserole dish and sprinkle with the garlic. Pour the tomato sauce over the peppers and sprinkle with Parmesan. Bake uncovered in the preheated oven for 15 minutes. Now, to make this properly, one must use a real tomato sauce:

Tomato Sauce:

2 tbsp olive oil	1 tsp butter
1 large onion, finely chopped	1 carrot, finely chopped
1 stalk celery, finely chopped	
2 - 28 oz. Cans of peeled Italian tomatoes, finely chopped (reserve liquid)	
2 Tbsp tomato paste	4 cloves garlic, minced
1 bay leaf	1 tsp fresh oregano, finely chopped
1/2 tsp fresh basil, finely chopped	1 whole clove, crushed
1 Tbsp sugar	1/2 cup dry red wine
salt	black pepper

Saute the onion in 1 tbsp oil and the butter in a large pot. Add the carrot and celery and saute on medium another 5 minutes. Add the tomatoes and liquid, tomato paste, garlic, herbs, sugar and wine. Bring to a boil, stirring frequently. Simmer on low heat uncovered for 1 hour. Add salt and pepper to taste. Strain the sauce through a fine sieve. If the sauce is thin, continue to simmer. If it is too thick, add some water. When the sauce is the desired consistency, remove from heat and add 1 tbsp of oil, but do not mix in. Allow sauce to cool uncovered at room temperature for at least 4 hours. Makes approx. 6 cups (1.5 l)

Vegetable Platter with Daikon:

John Lapawchuk

**1 large Daikon radish julienned,
2 carrots julienned,
2 stalks celery julienned,
2 tomatoes quartered,
1/2 head cauliflower separated into florets.**

Dip:

**1 cup sour cream,
1/4 cup finely chopped green onion,
2T. chopped green pepper,
1/2 cup finely chopped cucumber,
1/4 cup finely chopped celery,
1T. vinegar, 1/2 tsp. Horseradish,
3/4 tsp. salt.**

Place chopped vegetables on a serving platter with container of dip in center serve chilled.

Gai Lon with Bacon and Mushroom:

John Lapawchuk

**6 slices bacon (cooked and crumbled),
3 cups Gai Lon cut into 1-inch pieces,
1 cup sliced mushrooms,
1/4 cup finely chopped onion,
1 tsp. salt,
1/4 tsp. pepper,
1 cup water,
2-3 Tbs. Butter**

To prepare Gai Lon peel outer fibrous layer of stalks, cut into 1-inch pieces. Place in casserole dish. Sprinkle with cooked bacon, onion and seasonings. Pour water over top, dot with butter, cover and bake at 325° F for 1 hour. Uncover and dust with seasoned breadcrumbs or parmesan cheese.

Maple Glazed Carrots

L. Poppy, Shelterbelt Centre

6 sliced carrots

2 tbsp water

2 tbsp butter

1/4 cup maple syrup

1/4 tsp salt

1 tbsp prepared mustard

Combine carrots and water in a 2 quart casserole dish. Microwave covered at high for 5 to 10 minutes. Let stand covered for 5 min. and drain. Place butter in a 1 cup measure microwave on high for 30 seconds or until melted. Stir in maple syrup, salt, and mustard. Pour over drained carrots microwave covered at high for 2 min. serve.

Cranberry Sweet-Potato Bake

Fred & Dianne Martin

3/4 kg sweet potatoes, peeled, cut into 1.5-cm cubes

240 ml fresh or frozen cranberries

120 ml raisins

120 ml apple juice

80 ml granulated sugar

80 ml pecan halves, toasted

60 ml melted butter or margarine

1 large apple, peeled, cut into 1.5-cm cubes

2 teaspoons cinnamon

1/2 teaspoon nutmeg

Preheat oven to 350° F (175° C). In large bowl, combine sweet potatoes, cranberries, apple and raisins. In small bowl, combine butter, sugar, cinnamon and nutmeg. Add contents of small bowl to contents of large bowl, mixing to coat. Place mixture in a shallow casserole dish (about 2-3 litre), pour apple juice over top of mixture, cover and bake for 50 minutes (or until sweet potatoes are almost soft), stirring occasionally. Stir in pecans and cook uncovered for 10 minutes or until sweet potatoes are tender. Let casserole sit for 10 minutes before serving (serves 8).

Pumpkin Side-Dish

Priya Montgomery, PFRA Regina

1 small pumpkin (2 lb)
2 tbsp olive oil
1 garlic clove, minced
1/4 teaspoon ground cumin
1/2 teaspoon salt
2 tbsp finely chopped green onions

Cut the peel from the pumpkin. Cut in half and scoop out the seeds and dice the flesh into 1/4 inch pieces. In a large pan, heat the oil over medium heat, add the pumpkin and saute for about 5 minutes, stirring frequently. Add garlic and cumin, turn up the heat and cook for 5 -8 minutes or until the pumpkin is fork-tender. Remove from heat and add salt and green onions, mixing to combine. Heat further if any excess moisture remains. Serve immediately or can be prepared 4 hours ahead and kept at room temperature.

Dilled Carrots

Esther Kienholz, PFRA Saskatoon

6 cups cold water
2 cups white vinegar
1/2 cup pickling salt
1/4 Tsp cream of tartar
6 lbs baby carrots
6 - 7 cloves garlic, slivered
6 - 7 large sprigs fresh dill

Combine water, vinegar, salt and cream of tartar, stirring until salt is dissolved. Scrape and trim carrots. Put a slivered clove of garlic in each of 6 or 7 pint jars. Add a dill sprig to each, then pack in carrots upright. Pour vinegar mixture over carrots to fill jars. Process for 10 minutes in a boiling water bath and store in a cool place for 3 weeks. Makes 6 to 7 pints.

Jamaican Jerk Skewered Vegetables

Priya Montgomery, PFRA Regina

Source: *The Complete Vegetarian Cookbook*

Jerk is a Jamaican term meaning food that has been barbecued. Serve this dish with rice.



8 cherry tomatoes, halved

1 green bell pepper, seeded and cut into 8 pieces

8 large white button mushrooms

8 broccoli florets

1 onion, cut into 8 wedges

Marinade

6-8 scallions diced

1 onion diced

1-2 scotch bonnet peppers or jalapeno peppers, seeded and minced

3/4 cup soy sauce

1/2 cup red wine vinegar

1/4 cup vegetable oil

1/3 cup brown sugar

2 tbsp chopped fresh thyme leaves (or 1 tbsp dried leaves)

1/2 tsp ground cloves

1/2 tsp ground nutmeg

1/2 tsp ground allspice or ground cinnamon

Thread the vegetables onto 4 barbecue skewers, alternating tomato, bell pepper, mushroom, broccoli and onion. Place skewers in a casserole dish.

Marinade: In a food processor fitted with a steel blade, process the marinade ingredients for 15-20 seconds. Pour over skewers and refrigerate for 3- 4 hours, spooning the marinade over the vegetables occasionally.

Preheat the grill. Remove the skewers from the dish and place on the grill. Grill until the vegetables are cooked but not burned, about 4-5 minutes on each side.

Stuffed Pumpkins with Herbs and Bread Crumbs

Priya Montgomery, PFRA Regina

Source: Vegetarian Times Complete Cookbook

4 miniature pumpkins (4-5 inches diameter)
2 cups cubed rye or whole-wheat bread
½ cup thinly slices carrots
1 cup diced onion
½ cup vegetable stock
½ cup diced celery
1 tsp dried basil
1 tsp dried marjoram
1tsp dried oregano
½ tsp freshly ground black pepper
1/4 cup minced fresh parsley
1 tsp virgin olive oil or apple juice

Preheat the oven (320 degrees F). Cut off pumpkin tops and set aside. Scoop out the seeds and membranes. Place the pumpkin shells on a large baking sheet. In a medium bowl, combine the remaining ingredients. Pack the stuffing tightly into the pumpkin cavities. Cover with the reserve tops. Bake until the pumpkin shells are tender about 45 minutes. Serve hot.

Sesame Broccoli

Priya Montgomery, PFRA Regina

Source: Vegetarian times complete cookbook

1 tsp pureed fresh ginger root
1 tbsp soy sauce
1 tsp sesame oil
1 tbsp fresh lemon or orange juice
2 pounds broccoli florets and stalks
1 tbsp sesame seeds, toasted
freshly ground black pepper to taste
You may substitute kale, chard or bok choy for the broccoli

Whisk together the ginger, soy sauce, oil and lemon juice or orange juice in a shallow serving bowl. Set aside. Trim and peel and cut the broccoli stalk diagonally into ½ inch slices. Steam the broccoli until tender-crisp. Transfer the broccoli to the serving bowl and toss it with the ginger sauce. Sprinkle with sesame seeds and pepper.

Braised Brussel Sprouts with Vinegar and Dill

Esther Kienholz, PFRA Saskatoon

Wine vinegar and dill heighten the fall flavour of the first brussels sprouts of the season.

3 lbs **brussels sprouts**
2 Tbsp **wine vinegar**
¼ cup **chopped fresh dill**
Salt and pepper

Trim sprouts; halve if desired. In large pot of boiling salted water, cook brussels sprouts for 8 minutes if whole, 6 minutes if halved, or until barely tender. Drain, refresh under cold running water and drain. In well-buttered 13 x 9 inch (3.5 L) casserole, combine sprouts, vinegar, dill, and salt and pepper to taste; mix well. Bake covered in 350°F (180°C) oven for 10 minutes. Uncover and bake for 5 minutes longer. Makes 12 servings.

Red and Green Vegetable Pie

Esther Kienholz, PFRA Saskatoon

The colours of Christmas are vivid in this vegetarian pie. Bake in a 9-inch (23 cm) quiche dish if you prefer.

1 unbaked 9-inch (23 cm) pastry shell
Filling:
1 Tbsp **butter**
1 **small onion, finely chopped**
2 **eggs**
1 cup **light cream**
 salt, pepper and nutmeg for grating
1 cup **grated Swiss or Muenster cheese**
2 cups **small broccoli florets, blanched**
1 **small sweet red pepper, slivered**

Line pastry shell with foil or waxed paper; fill with dried beans or pie weights. Bake in 400°F (200°C) oven for 8 minutes.

Remove beans and foil; let shell cool on wire rack.

Filling: In small skillet, melt butter and cook onion until soft. In small bowl, beat eggs and cream; add salt, pepper and nutmeg to taste. Sprinkle cheese over bottom of cooled shell and top with broccoli, red pepper and onion. Pour egg mixture over.

Bake in 375°F (190°C) oven for 30 minutes or until set.

Christmas Vegetable Platter

Esther Kienholz, PFRA Saskatoon

It's easy to cook and serve more than one vegetable at a time with this microwavable technique. This side dish is delicious and looks very attractive with its Christmassy colours.

1	cauliflower, trimmed (2 lb/1 kg)
¾ lb	brussels sprouts (about 15 to 20)
1 Tbsp	butter
1 Tbsp	all-purpose flour
1 Tsp	prepared mustard
¼ Tsp	salt
½ cup	milk
¼ cup	grated Colby cheese
¼	julienne strips sweet red pepper

Centre cauliflower on microwave-safe dinner plate, stem side up. Cover tightly with plastic wrap, turning back one corner to vent. (It may be necessary to use 2 widths of plastic wrap). Micro-cook at high for 10 minutes. Turn cauliflower stem side down and surround with brussels sprouts. Recover, turning back corner of plastic wrap, and micro-cook at high for 8 to 11 minutes or until cauliflower and sprouts are tender when pierced with a skewer. Let stand covered, while making sauce. In 2-cup (500 L) dish, micro-cook butter until melted. Stir in flour, mustard and salt; add milk gradually. Micro-cook at high for 2 to 4 minutes or until thick, stirring every minute. Add cheese, stirring to melt. Pour over cauliflower. Garnish with red pepper strips. Serves 6.

Red Cabbage and Apples

Esther Kienholz, PFRA Saskatoon

2 lbs.	red cabbage	¼	cup butter
½ cup	chopped onion	1½	Tsp salt
¼ Tsp	pepper	3 Tbsp	vinegar
1½ cups	peeled & diced apples		
	sour cream to garnish		

Cook broccoli and drain. Place in a casserole dish. Mix remaining ingredients together and pour over broccoli. Bake at 350°F for 45 minutes. Serves 6.

Creamy Cabbage

Esther Kienholz, PFRA Saskatoon

2 lbs	cabbage
½ lb	cooked ham, cubed
	salt
1 Tbsp	dill seeds
4 Tbsp	oil
1 small	onion
2 Tbsp	flour
1 Tbsp	paprika
½ cup	sour cream

Place shredded cabbage in a heavy saucepan with ½ inch water. Add cubed ham, salt to taste and dill seed (in a cheesecloth bag). Simmer for 10 minutes. Meanwhile, heat oil in a small saucepan. Add onion and cook slowly for 2 minutes. Add flour and paprika and cook over medium heat, stirring occasionally, for 2 minutes. Add ½ cup hot water and stir until mixture thickens. Remove from heat. Add this sauce to cabbage. Cook slowly until cabbage is tender - 10 minutes. Remove from heat and add sour cream. Serves 6 to 8.

Carrot Casserole

Esther Kienholz, PFRA Saskatoon

8	carrots
1 cup	finely chopped celery
1	onion (medium), finely chopped
1 Tbsp	prepared mustard
½ cup	mayonnaise
½ cup	buttered bread crumbs

Boil carrots until tender. Drain and mash. Combine celery, onion, mustard and mayonnaise and add to carrots. Spoon into buttered casserole dish and top with bread crumbs. Bake at 300°F for 1 hour.

Stir-Fried Cauliflower

Esther Kienholz, PFRA Saskatoon

An unusual and attractive way to cook cauliflowers.
This dish is fast and simple to prepare.

2 Tbsp	oil
2 cloves	garlic, minced
1 slice	fresh ginger, the size of a quarter
1 head	cauliflower, washed and broken into florets
1	red pepper, seeded and cut into strips
½ cup	chicken stock
½ Tsp	oregano
½ Tsp	basil
3	tomatoes, peeled, seeded and cut into strips
1 cup	peas, fresh and frozen

Heat oil in a large skillet. Add garlic, ginger and cauliflower. Stir-fry for 3 minutes. Stir in pepper and cook for 2 minutes. Add stock and herbs, cover and steam for 5 minutes. Remove cover, stir in tomatoes and peas and cook 3 to 4 more minutes or until vegetables are tender-crisp. Remove from heat and serve quickly.

METRIC CONVERSIONS	
VOLUME	
Conventional Measure	Standard Metric Conversion (ml)
1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
1 teaspoon	5 ml
2 teaspoons	10 ml
1 tablespoon	15 ml
2 tablespoons	30 ml
3 tablespoons	45 ml
1/4 cup (4 tablespoons)	50 ml
1/3 cup (5 1/2 tablespoons)	75 ml
1/2 cup (8 tablespoons)	125 ml
2/3 cup (10 2/3 tablespoons)	150 ml
3/4 cup (12 tablespoons)	175 ml
1 cup (16 tablespoons)	250 ml
4 1/2 cups	1000 ml
OVEN TEMPERATURES	
Fahrenheit (°F)	°C Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	200°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°
WEIGHT	
•Ounces (oz.)	Standard Metric Conversion (g)
1 oz.	30 g
2 oz.	55 g
3 oz.	85 g
4 oz.	125 g
5 oz.	140 g
6 oz.	170 g
7 oz.	200 g
8 oz.	260 g
16 oz.	500 g
32 oz.	1000 g

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Hummus	4
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