



recipes from season 1 and 2

# BERNADETTE'S CARIBOU STEW




## Ingredients:

1 lb diced caribou meat (or beef)  
garlic powder  
½ cup pot barley  
4-5 bay leaves  
3-4 potatoes diced  
1 small turnip diced (or parsnip and mushrooms)  
3 medium sized carrots, sliced  
1 heaping tsp salt  
salt and pepper to taste

## Directions:

A few hours before starting your stew, soak pot barley in water. Generously sprinkle diced caribou meat with garlic powder. Sear meat on high with butter in a frying pan. Add 8 cups of boiling water to a large pot. Add meat. Add soaked and rinsed barley to the caribou along with bay leaves. Add diced potatoes, sliced carrots and turnip. Bring to simmer. Add salt and pepper to taste. You can also substitute parsnip and mushrooms for turnip, but my son doesn't like mushrooms.



# BERNADETTE'S BAKED BANNOCK



## Ingredients:

3 ½ cups flour  
1 ½ tsp salt  
1 heaping Tbsp baking powder  
1 ¾ cups warm water  
¼ cup vegetable oil

## Directions:

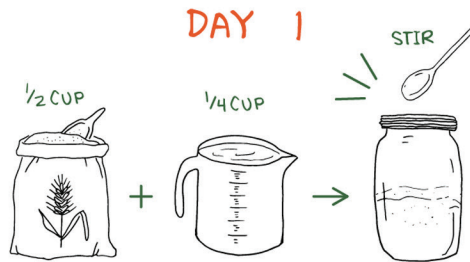
Add flour, salt and baking soda to bowl and blend. Pour water into the centre, along with oil. Gently mix to make soft dough. Knead until dough becomes firmer. Bake at 350°F for 35-40 minutes until it becomes golden brown.

# HOW TO MAKE A SOURDOUGH STARTER



## WHAT YOU NEED

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## WAIT 12 HOURS



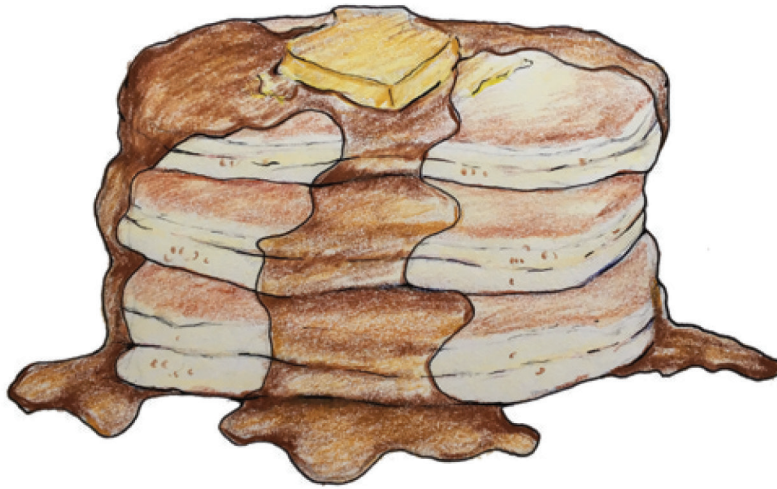
## DAY 6 or 7 YOU HAVE YEAST!

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# IONE'S HOT CAKES



Place starter in a large bowl the night before. Add 2 cups flour and 2 cups warm water. Mix well, cover and place in a warm spot overnight.

## **The next morning...**

Return  $\frac{3}{4}$  cup of the new starter to the container used to conserve dormant starter. Let it work up for a few hours before returning to the fridge.

## **To remaining batter add:**

1  $\frac{1}{2}$  Tbsp sugar

1 tsp salt

3 Tbsp melted shortening (or butter)

1 egg (I often separate the egg, put yolk in batter then beat up the whites and fold it in last)

Mix well.

Add 1 tsp baking soda, dissolved in a small amount of warm water.

Cook as you would normally make hotcakes. The batter should be firm and light.

# KARL'S CHOPPED LIVER

SERVES 4



## INGREDIENTS

- ¼ lb of beef liver
- 1 tsp sea salt
- 1 tsp ground black pepper
- 4 pimento seeds
- 2 sprigs of thyme
- 2 large onions chopped
- 6 cloves of garlic chopped
- 1 tbsp jerk sauce
- 2 green onions chopped
- 2 tbsp vegetable oil
- 2 tbsp low-salt chicken base
- 1 whole scotch bonnet pepper
- ½ cup water
- 1 package of beef gravy mix

## DIRECTIONS

### Preparation

Wash the liver and remove the outer membrane.

Cut liver into bite-sized pieces and place in bowl or large ziploc bag. Add salt, ground pepper, pimento seeds, thyme, chicken base, onions, garlic and jerk sauce. Work the seasoning into the liver, seal and store in fridge overnight.

### Cooking

Add oil in cooking pot and heat over medium high. Cook the whole scotch bonnet pepper to season the oil. Be careful not burn the pepper. Remove the pepper. Place liver in seasoned oil, turn pieces as they cook, adjusting heat. Add water and cook on low heat for additional 10 minutes.

Add beef gravy mix and more water to preference. *\*\*Gravy is the best part. I always make sure there is enough to go around. It is finger licking good!*

Serve with fried dumplings or ground provisions of yellow yam, sweet potatoes and green bananas or with good old reliable white rice.

# KAY-LEE'S SEAFOOD PAELLA

SERVES 10-12



## INGREDIENTS

- 6 boneless chicken thighs
- 2 boneless skinless chicken breasts
- whole wheat flour
- olive oil
- 2L organic chicken stock
- 2 large pinches saffron
- 1 lb chorizo sliced
- 6-10 pc. pancetta or smoked thick bacon
- 1 1/2 finely chopped onion
- 7 cloves of garlic
- 1/2 bunch flat leaf parsley
- 1-4 heaped tsp smoked paprika (to taste)
- 2 cups spanish bomba rice (or short grain)
- 3 handfuls frozen peas
- 20 large tiger shrimp (shell on)
- 1 lb mussels
- 1 lemon sliced into wedges

## DIRECTIONS

Preheat oven to 375 degrees.

Cut chicken into bite-sized pieces. Season with salt, pepper and dust with flour. Generously coat bottom of 20-inch paella pan with oil. Fry chicken until golden on medium heat. Transfer chicken to baking sheet and bake for 20 min.

In a separate pot, heat chicken stock with saffron for 20 mins on medium heat.

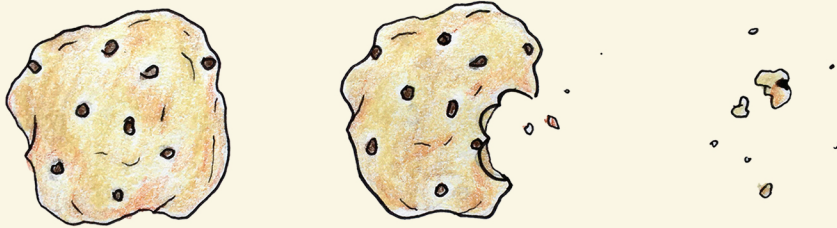
Meanwhile, add chorizo and the pancetta or bacon to the paella pan and fry until brown and crispy. Stir in onion, garlic and parsley and cook until soft.

Add 1 1/2L of the chicken stock to paella pan with the rice and smoked paprika. Cook on medium heat for about 20 mins, stirring occasionally. Add peas, shrimp, mussels and more stock if needed. Cover paella pan with foil and cook for another 10 mins.

Add the cooked chicken pieces to the paella, sprinkle with parsley and serve with lemon wedges.

# DAWN'S CHOCOLATE CHIP COOKIES

MAKES 2 DOZEN



## INGREDIENTS

- 1 cup shortening
- 1/2 cup white sugar
- 1 cup brown sugar
- 1/2 tsp vanilla extract
- 2 eggs well beaten
- 1 tsp salt
- 1 tsp baking soda
- 2 cups + 4 level tbsps pastry flour
- 2 cup chocolate chips

## DIRECTIONS

Preheat oven to 350 degrees.

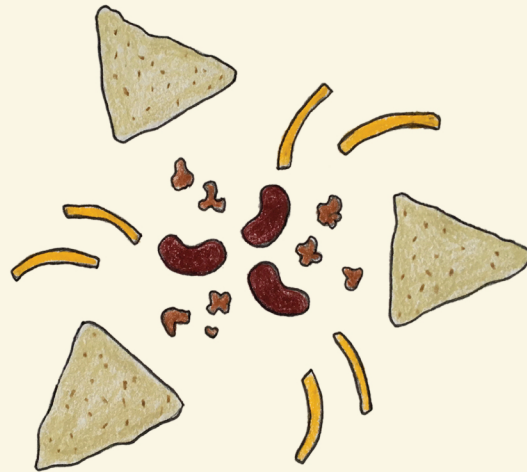
Beat shortening and sugars together until smooth. Beat in eggs one at a time. Stir in vanilla.

Mix all dry ingredients in a separate bowl. Blend dry ingredients with shortening mixture. Stir in chocolate chips.

Bake for 10-12 mins (do not overbake).

# PATRICIA'S CHILI CON CARNE

SERVES 4-6



## INGREDIENTS

- 4 tbsp canola oil
- 4 onions, peeled and thinly sliced
- 3 cloves garlic, peeled
- 1 lb extra-lean ground beef
- 1 can diced tomatoes with spices (796mL)
- 1 can red kidney beans, drained and rinsed (540mL)
- 1 can black beans, drained and rinsed (540mL)
- 1/2 can white beans, drained and rinsed (540mL)
- 2 tbsp of chili powder seasoning mix
- 1 bunch of cilantro, chopped
- grated cheese (of your choice)
- tortilla chips

## DIRECTIONS

In a large pot, heat oil over medium heat. Add onions and garlic. Stir until golden brown. In a separate skillet brown the ground beef. Add beef to onions and garlic mixture.

Stir in canned tomatoes, beans and simmer over low heat for 20 mins.

Stir in chili seasoning mix and simmer for another 10 mins.

When you are ready to serve, garnish with cilantro and cheese.

Serve with tortilla chips.



# JOSE'S VEGAN CHILI

SERVES 4-6



## INGREDIENTS

- 4 tbsp canola oil
- 4 onions peeled and thinly sliced
- 3 cloves garlic peeled
- 2 zucchinis chopped
- 2 red or yellow peppers
- 1 can diced tomatoes (796mL)
- 1 can red kidney beans, drained and rinsed (540mL)
- 1 can black beans, drained and rinsed (540mL)
- 1/2 can white beans, drained and rinsed (540mL)
- 2 tbsp chili seasoning mix powder
- salt and pepper - to taste
- 1 bunch spinach
- tortilla chips

## DIRECTIONS

In a large pot, heat oil over medium heat. Add onions and garlic. Stir until golden brown. Add zucchini, and peppers. Stir in canned tomatoes, beans and simmer over low heat for 20 mins.

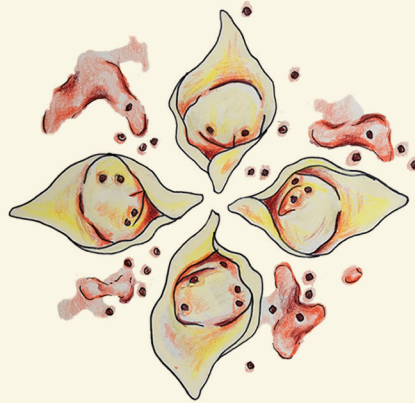
Stir in chili seasoning mix, salt and pepper and simmer for another 10 mins.

Stir in spinach, cover the pot with lid to cook the spinach.

Serve with tortilla chips.

# NICK'S HAKKA WONTONS

YIELDS 60 WONTONS



## INGREDIENTS

1 pack of wonton skins

### Filling

1 1/2 lbs ground pork

1 1/2 lbs shrimp, peeled, deveined, minced

1/4 cup dried shrimp (rehydrated in hot water for 20 mins then minced)

1 tbsp soy sauce

1 cup shrimp or chicken stock

1/2 cup corn starch

1 tsp sugar

1 egg

1/2 tsp pepper

1 tsp salt

### Sauce

soy sauce - to taste

2 tbsp oyster sauce

2 tbsp sesame oil

Sriracha - to taste

## DIRECTIONS

Set wonton skins aside.

In a large bowl, mix all filling ingredients together, adding stock a little at a time

Place one wonton skin on a clean surface so it looks like a diamond. Place a generous teaspoon of filling in the centre. Wet the bottom corner of the wonton skin with water and fold it up to the opposite corner so it looks like a triangle. Press edges to seal. Then wet the two side corners with water and bring them together and press firmly to join. Don't overfill.

Fill a large pot with water and bring to a boil. With a slotted spoon, gently place 10-12 wontons (don't overcrowd the pot) in water, stirring lightly so the wontons don't stick to each other. Cook for 5-7 mins or until they float to the top. Drain the pot over a colander; then place cooked wontons in mixing bowl.

In a separate bowl, mix all sauce ingredients together. Add sauce to the wontons.

Garnish with chopped coriander, peanuts and scallions to taste.

# NARGIS'S CHICKEN BIRYANI

SERVES 6-8



## INGREDIENTS

- ¼ cup vegetable oil
- 8-10 pieces of skinless chicken drumsticks
- 2 tbsp ginger garlic paste (store bought)
- 1½ tsp of red chili powder
- ¼ tsp of turmeric
- 1½ tsp of ground coriander
- 4 large ripe tomatoes chopped
- 4 medium potatoes cut into one-inch cubes
- 1 cup crispy fried onions (store bought)
- generous pinch of salt
- 3 cups of basmati rice
- 5 cloves of garlic
- 1 tsp peppercorns
- 1 cinnamon stick (2 inches)
- 2 large cardamom pods
- 4 tbsp of chopped coriander for garnish

## DIRECTIONS

Generously coat bottom of a large pot with oil. Cook chicken on medium heat. Once chicken browns, add ginger garlic paste. Turn chicken until cooked. Add chili powder, turmeric, ground coriander powder, coating chicken with the spice mixture. Then add chopped tomatoes and juices. Cook on low for 10 mins or until enough liquid has rendered from tomatoes. Add potatoes, cover and simmer for 20 mins until potatoes are tender. Add fried onions and simmer for 2-3 mins until onions dissolve and thicken the gravy. Remove from heat.

Fill large pot with water. Add salt, and remaining spices. Once water starts to boil, add washed rice. Cook for 10 mins on a rolling boil. Once the grains of rice have expanded to twice their original size, drain into a sieve.

Layer 2/3 of rice on bottom of a pot (big enough to hold both chicken and rice). Then add the chicken mixture on top and cover with the remaining rice. Cover and simmer for 20 to 30 mins. Turn heat off and let it stand for 10 mins.

Garnish with chopped coriander. Enjoy with a dollop of plain yogurt.