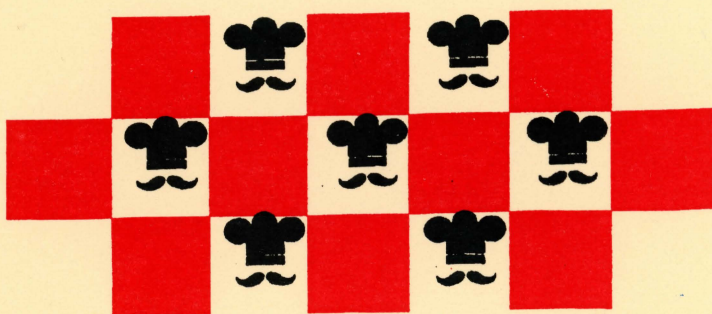


1994

What's Cooking at Kwantlen ?



Foreword

This is the first edition of "What's Cooking at Kwantlen", published in response to great demand from our employees. The recipes come from the staff and students who prepared the dishes served at the second "Pot Cook-Off" in April, 1994 as well as the first "Cook-Off", held in April, 1993.

The Kwantlen Family Campaign Committee sponsors the "Cook-Off" which has become an annual event held on all four campuses. Its purpose is to get together, have fun and raise funds that will enhance campus life.

We hope you enjoy preparing these recipes as much as you enjoyed tasting them.

Thanks to the hard-working team of:

Marnie McFarlane - Desktop Publishing, Editor
Sandi Klassen - Editor
Sue Doucette - Editor
Lornell Ridley - Editor
Maureen Moore - Editor

and also to:

Meg Goodine - Media Services
Printing Department
Kwantlen College Bookstores

Winners for the 1993 Cook-off were:



Surrey:

**Most Entertaining Costume: The Four Tarts:
Most Tasty recipe: The French Connection**

Winners for the 1994 Cook-off were:



Langley:

**Most Entertaining Costume: Hobos
Most Tasty Recipe: Welder Wanabeez**



Newton:

**Most Entertaining Costume: Montezumas Revenge
Most Tasty Recipe: The Spicey Platters**



Richmond:

**Most Entertaining Costume: 4's and an N
Most Tasty Recipe: Society for the Preservation of Artistic
Mediocrity (S.P.A.M.)**



Surrey:

**Most Entertaining Costume: The Supreme Delights
Most Tasty Recipe: The Computer Jerks**

We have made every effort to ensure that these recipes are accurate and complete. We cannot, however, be responsible for human error, typographical mistakes or variations in individual work or taste.







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Easy Italian Focaccia

5 c flour
2 tsp salt
2 c water, warm (40 C)
1 envl. active dry yeast
6 Tbsp olive oil
1 tsp kosher or coarse salt

☞ You will need a 10 1/2" x 15 1/2" jelly roll pan or 14" round pan, plus a second pan of the same size or larger to insulate first pan if bottom of focaccia begins to brown too quickly.

☞ Measure flour and salt into mixing bowl and stir well to combine. Measure water into another bowl and whisk in yeast, then add 3 Tbsp olive oil. With rubber spatula or wooden spoon, stir yeast mix into flour mix until all flour is evenly moistened. Beat vigorously 1 min. Cover bowl with plastic wrap and allow to rise until double in bulk, about 1 hour.

☞ Or you can combine flour, salt, warm water, yeast and 3 Tbsp. olive oil in food processor bowl and pulse repeatedly until dough is evenly mixed (15 pulses). Let machine run continuously 30 seconds.

☞ Transfer dough to oiled bowl, cover and let rise as above. Spread 1 1/2 Tbsp of remaining oil on jelly roll pan. Scrape dough out of bowl into pan. Pat and press dough to completely fill pan. If dough resists, wait a few minutes and continue. Cover dough with piece of oiled plastic wrap (oiled side down) and allow dough to rise again until doubled in bulk, up to 1 hour. Once it has sufficiently risen, dimple surface of focaccia by poking cavities in dough at 2 inch intervals with fingertip. Drizzle with remaining 1 1/2 Tbsp olive oil. Sprinkle with salt.

☞ Bake bread on rack in lower third of oven. Check bottom about halfway through baking time by lifting side of focaccia with spatula or pancake turner. If it's browning too quickly slide pan onto another pan to insulate bottom.

☞ To serve immediately, slide focaccia from pan to cutting board. To serve cut in slices or split horizontally for sandwiches. Keep bread loosely covered at room temperature if served on day it is made. For longer storage, wrap in plastic and refrigerate or freeze. Unwrap and reheat on pan about 7 mins at 375 F. Makes 4 - 6 servings.

Team: Italian Stallions
By: Suzanne McFadyen

Bake: 350 F
Time: 25 mins (or until golden)

Variations of Easy Italian Focaccia:

#1 - Herb

↻ Sprinkle top of bread with 2 or 3 Tbsp coarsely chopped fresh herbs, such as rosemary, thyme or sage, immediately before baking.

#2 - Herb and Onion

↻ Incorporate herbs directly when mixing. Cook 4 or 5 oz of each herb in covered pan with 3 Tbsp olive oil for about 20 min on low heat. Cool and mix into dough. Saute 2 slices of onion, season with salt and pepper and cool them. Spread onions on dimpled focaccia and sprinkle with 1 tsp dried oregano, then drizzle with oil and sprinkle with kosher salt as above.

#3 - Tomato and Olive:

↻ Scatter 1 cup seeded, chopped and drained canned plum tomatoes on dimpled focaccia. Sprinkle with 1 tsp dried oregano, 2 or 3 Tbsp halved and pitted oil-cured olives and one clove garlic, sliced into paper-thin shreds. Drizzle with oil and sprinkle with kosher salt.

Mandarin Orange Salad

1 can mandarin orange sections (drained)
1 head butter lettuce
1 med avocado
 Italian dressing
 red onion (sliced thin)

At serving time, tear washed lettuce into bite sized pieces in salad bowl. Add orange sections, slices of avocado and red onion. Toss with salad dressing. This colorful, tasty salad goes with any meal. You may substitute romaine lettuce for butter lettuce.

Optional: Slices of kiwi fruit, thin slices of toasted almonds.

Team: 4 "L's" & an "N"

By: Laura Mathay

S.P.A.M

Note: After many persuasive tries, this team would not part with their *SECRET* recipes they made for the Cook-Off. Instead they submitted the following:

1 can Spam

➤ Cut into 8-10 slices; arrange in baking dish. Spread with favorite sauce or glaze.

**Team: Society for the Preservation of
Artistic Mediocrity
By: Lesley Neufeld**

**Bake: 450 F
Time: 10-12 min or
Microwave on high - 2 1/2 to 4 min**

Cheddar Beer Bread

3 c flour
1 tsp baking powder
3/4 tsp salt
2 Tbsp sugar
2 c sharp cheddar cheese (grated)
1/2 c finely chopped onion
3 garlic cloves (minced)
12 oz beer

☞All you need is a fork and a bowl. Combine all the ingredients (except the beer) until well mixed. Add beer a quarter at a time until all the ingredients are blended. Spoon into a greased and floured 4"x 8" loaf pan (or a series of small loaf pans) and smooth down with fork. Bake. Remove from pan and cool on wire rack. Serve warm with soup, stew or chili.

Team: Perestroika

By: Gerry Kilcup, Kelly Bentley, Jacqie Thachuk,
Manon Remming and Bob Lisson

Bake: 350 F

Time: 1 hour

Mushrooms by the Sea

4 oz cream cheese, softened
1/2 c butter or margarine, softened
1 Tbsp horseradish
1 tsp garlic salt
1/2 c parmesan cheese
4 oz shrimp, rinsed and drained
4 3/4 oz chopped crab (imitation or real)
3 or 4 green onions
24 mushrooms - small/medium (stems removed)

☞ Mix cream cheese, butter, horseradish, garlic, parmesan cheese and green onions in mixing bowl. Add shrimp and crab. Mix together well.

☞ Place mushroom caps into 9" x 13" pan. Spread mixture evenly over top of mushrooms. Sprinkle parmesan cheese over top. Bake.

Team: "Planning" to Eat Out
By: Brenda Spencer, Kyle Uno, Ron Johnson
and John Bowman

Bake: 350 F
Time: 30 mins

Bannock

3 c all purpose flour
(1/2 white, 1/2 brown)
2 Tbsp baking powder
1 tsp salt
1 c milk
1 c warm water

⇒ Mix dry ingredients together. Mix water with milk and stir into flour. Scrape sides of pan, coat mixture with more flour. Handle as little as possible. Knead lightly on floured surface.

⇒ Shape into an oval slab and place on lightly greased cookie sheet. Bake for about 15 minutes, turn and cook for another 10 minutes.

Team: Incredible Edibles
By: Darlene Willier

Bake: 425 F

Stuffed Grape Leaves

(Dolmadakia Yialandji)

4	onions - medium (finely chopped)
1 tsp	salt
2/3 c	rice - uncooked
3/4 c	olive oil
1 tsp	fresh mint - (chopped)
1 tsp	fresh dill - (chopped)
1/2 c	parsley - (chopped)
3	green onions - large bunches (chopped, green part and all) black pepper (ground)
1	lemon (juiced)
1 jar	grape leaves - 12 oz parsley stalks
1 c	boiling water

☞ Steam the onions, covered, with salt for 5-10 minutes over very low heat, stirring occasionally.

☞ Remove from heat. Add the rice and 1/2 cup of olive oil, then the herbs and green onions. Mix well. Add salt and pepper to taste and the juice of half a lemon.

☞ Wash the grape leaves thoroughly to remove all brine. Separate the leaves carefully and remove thick portions. Cut large leaves in half. Place one Tbsp filling on the underside of each leaf. Starting at the base, fold over and fold in the sides, rolling tightly toward the point.

☞ Interlace parsley stalks on the bottom of a saucepan. Arrange the stuffed leaves in layers over the parsley stalks. Add remaining oil and juice of half a lemon. Weigh down the leaves with a heavy plate, cover saucepan, and simmer 20 minutes over low heat. Add boiling water and simmer 25 minutes longer. Serve cold, sprinkled with additional lemon juice.

Team: Plato's Pigout

By: Graham Fuller

Yields: 3 dozen

Salsa

4 tomatoes (diced)
5 jalapeno peppers (take out seed and core and dice)
2 onions - medium
1/2 sweet bell pepper (diced)
1 1/2 Tbsp wine vinegar
1 c tomato sauce
2 Tbsp cilantro
1 tsp garlic (minced)
salt

⇒ Chop all ingredients and mix together. Let stand for 1 hour.

Team: OADM - Langley

Black Bean Dip

3/4 c black beans (soaked overnight)
1/3 c green peppers (finely chopped)
1/4 c green onions (chopped)
1 Tbsp cilantro (chopped)
1 tsp lemon juice
1/2 tsp salt
1 c salsa - chunky

☞ **Rinse soaked beans. Cover with water, bring to boil. Simmer for 1 hour (until tender, but not mushy). Drain. Rinse.**

☞ **Mix all ingredients together. Sprinkle servings with grated marble cheese. Serve with corn chips.**

Team: Montezuma's Revenge

By: Carole Masse, Sheila Wallace and Gregg Moor

Mexican Dip

1 can refried beans
3 avocados
1 Tbsp lemon juice
1/2 c sour cream
1/2 c mayonnaise
1 pkg cream cheese - 4oz
1 pkg taco seasoning mix
3 tomatoes (chopped)
6 green onions (chopped)
 cheddar cheese (grated)

☞ Spread refried beans in bottom of 8" x 8 " dish. Mash avocados with lemon juice. Spread over beans. Mix sour cream, mayo, cream cheese and taco seasoning mix. Spread over the avocado mixture in dish. Add layer of tomatoes, green onions, then cheese.

☞ Serve with taco chips.

Team: EEAW Ladies

By: Bonnie Pawliuk, Heather McLean and Rhonda Haggart

Hommus

2 cans garbanzo beans - 16 oz
1/2 c tahini (sesame paste available at most grocery stores or health food stores)
2 garlic cloves (crushed)
2 Tbsp olive oil
parsley (chopped)
juice from one lemon

⇒ Drain juice from one can garbanzo beans. Place the drained beans in a food processor, add the second can of beans (undrained). Add the tahini, lemon juice, and garlic, and blend until very smooth. Pour onto a large plate, and pour olive oil on top. Garnish with parsley.

⇒ Serve as a dip with sliced vegetables such as cucumber, olives and radishes, and Middle Eastern bread (Pita) cut into wedges.

Team Name: Plato's Pigout

By: Graham Fuller

Guacamole

2 avocados (mashed with fork, leave pit in bowl)
1/2 lime (juiced)
4 Tbsp salsa
1/2 tsp salt
pinch cumin
dash pepper
2 green onions (chopped)
1 Tbsp cilantro (chopped)

⇒ Mix together. Keep avocado pit in serving dish to prevent blackening.

Team: OADM - Langley

Salsa

6 cans tomatoes (chopped)
2 cans tomato paste - 4oz
2 onions - small (chopped)
2 green onions (chopped)
1 can jalapeno peppers (diced)
1 bunch cilantro (chopped)
1 green pepper (chopped)

☞ Mix together and chill overnight. Serve with nacho chips.

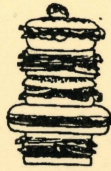
Team: Daycare - Langley



SPAM

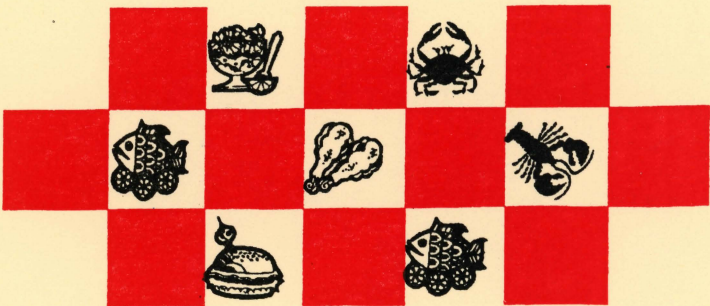






Main

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Camarao a Bahiana

This recipe is an Afro-Brazilian dish from the state of Bahia, Brazil where the first Negro slaves arrived.

1 1/2 lbs prawn/shrimp
1 tsp salt
1 green onion (sliced)
parsley (chopped)
2 tomatoes (chopped)
3 Tbsp oil
water
2 cloves garlic
1 onion - large (chopped)
1/2 c peas - fresh
1 tomato paste - 156 ml
black pepper (ground)
Tabasco (few drops)

☞ Heat the oil in a pan. Add garlic, white onions chopped tomatoes, green onions and parsley. Saute for 1-2 minutes. Add peas and shrimp. Saute for a few minutes (until shrimp is firm). Add tomato paste, Tabasco and water to make thick enough sauce. Let simmer for 10 minutes.

Rice:
3 c long grain white rice
2 cloves garlic
1 lge bay leaf or 2-3 small
1 small onion (chopped)
4 Tbsp oil
water
salt

☞ Wash rice. In a large pot, heat oil, then add garlic, onions and bay leaf. Saute for 1 minute. Add washed rice and fry quickly. Add water, generally 1 1/2 cups to 2 cups of water per one cup of uncooked rice. If unsure, follow directions on package. Add salt to taste. Turn down to medium and when rice is about ready, cover and remove from heat. Mix rice and sauce in a large bowl.

Garnish with:

☞ Sliced hard boiled eggs, parsley, chopped green onions, sliced sweet onion and olives.

Team: The Surfing Senioritas

By: Donna Lowndes

Make-Ahead Party Thai Noodles

1/2 lb spaghetti
1/2 red bell pepper (cut into thin strips)
1/2 yellow bell pepper (cut into thin strips)
1/2 c cilantro (chopped)
4 c bean sprouts
1/3 c green onion (chopped)

Sauce:

1/4 c rice or cider vinegar
2 Tbsp water - hot
1 Tbsp soy sauce - sodium reduced
1 1/2 tsp brown sugar (packed)
1 1/2 tsp dry mustard
1/4 c hoisin sauce
1 Tbsp sesame oil
1 Tbsp ginger (finely chopped)
1 1/2 tsp garlic (finely chopped)
1/2 tsp chili paste, or Tabasco sauce

☞ In a large pot of boiling water, cook spaghetti until tender but firm; drain. Transfer to 12 cup baking dish.

For sauce:

☞ Combine vinegar, hoisin sauce, water, sesame oil, soy sauce, ginger, brown sugar, garlic, mustard and chili paste. Set one third sauce aside; stir remaining sauce into noodles. Stir in red and yellow peppers, cilantro, onion and bean sprouts. Add remaining sauce; bake, covered at 350 F for 20-30 minutes or until hot.

Make ahead:

☞ After stirring in peppers, cilantro, onion and bean sprouts, dish may be covered and refrigerated for 24 hrs. To complete the dish, let stand at room temperature for 1 hour. Then stir in remaining sauce and bake, covered, for 30-40 minutes.

Team: Wicked Wahinis

By: Maureen Lister

Yields: 8 servings

Louisiana Crab Cakes

3 cans drained crab meat
1/4 c finely chopped red bell pepper
3/4 c mayonnaise
 ground pepper to taste
1/2 c finely minced onion
3/4 c bread crumbs
 basil - fresh (a few leaves)
 Louisiana Hot Sauce (dash - to taste)

☞ Mix together. Make large tablespoon size patties, flatten, dredge in flour. Fry in olive oil until golden brown outside and soft and warm inside.

Dipping Sauce:

1 red bell pepper - roasted
(roast in oven until charred, place in paper bag to steam, run under cold water, peel/pit)
1 1/2 - 2 c mayonnaise
 Louisiana Hot sauce - to taste

Puree and chill.

☞ This recipe is based on John Bishop's Crab Cakes found in the Sun newspaper. He does not use the hot sauce.

Cook-off Style

24 cans drained crab
1 red bell pepper
3 c mayonnaise
 fresh pepper - lots
1 large white onion minced
2 c bread crumbs
 basil - lots of fresh
 Louisiana Hot Sauce - lots

Dipping Sauce:

2 large roasted red bell peppers
a few dashes of Louisiana Hot Sauce
2-3 c mayonnaise

Puree and chill.

Team: KCSA Southerners

By: Donna Suttie

Ravioli Dough

On a large pastry board or marble tabletop make a well of:

2/3 c flour

Drip into it:

1 egg – beaten

☞ Mix the following together and slowly combine with the above.

1 Tbsp water

1/2 tsp salt

1 tsp oil

☞ Work the mixture with your hands, folding the flour over the egg until the dough can be rolled into a ball and comes clean from the hands. If you want to make green noodles, add at this point:

2 - 4 Tbsp spinach - (cooked) very well drained, dried, & finely chopped

☞ Knead the dough as for bread, for about 10 min. Then let it stand, covered, about 1 hour. Now roll the dough, stretching it a little more with each roll. Between each rolling and stretching, continue to sprinkle it with flour to keep the dough from sticking to the rolling pin or board or developing holes. Repeat this procedure about 10 times or until the dough is paper-thin and translucent.

☞ Cut into squares using pasta cutter so edges are zig-zag. Fill with pasta filling and place on flat surface. Leave enough space so Ravioli will not be touching one another.

Pasta Filling

Beat:

1 lb ricotta cheese

☞ Then add one at a time, and continue to beat until well combined:

2 eggs

Add:

1 Tbsp parsley (chopped)

1/2 c parmesan cheese (grated)

salt and pepper to taste

☞ Cook for 2-4 min in boiling water (a rolling boil). Raviolis are cooked when they float to the top.

Team: Italian Stallions

By: Tammy Hartmann

Marinara Sauce

Heat:

2 Tbsp olive oil (and the oil from the anchovies)

Add and saute lightly:

1 garlic clove (minced)

Slowly add:

15 Italian tomatoes (roma)

Stir in:

6 anchovies (finely chopped)

1 tsp oregano

1 tsp basil

1 Tbsp parsley (chopped)

1/2 c red wine

1 - 2 tsp red wine vinegar

1 - 2 tsp brown sugar

☞ Bring to a boil, then reduce heat and simmer uncovered 15 to 20 minutes, stirring occasionally.

☞ If served with pasta, pass with grated parmesan or romano cheese. Use a little on green beans or a lot over pasta.

Team: Italian Stallions

Yields: 1 1/2 c

Chernobyl Chili

Get a pot – preferably metal!

Throw in some stuff:

red kidney beans
tomatoes – fresh or frozen
garlic
mushrooms
celery

☛ red and green bell peppers
☛ hot Italian sausage – *LOTS!*
☛ lean ground beef – *LOTS!*
tomato paste

salt and pepper

☛ chili peppers – *LOTS (or not)*
☛ cayenne pepper – *LOTS (or not)*
radioactive herbs (tarragon)

☛ Cook, Eat, Drink, Sing, Dance, Sleep.
Heat up and Start Over.

Team: Perestroika ☛

By: Gerry Kilcup, Kelly Bentley,
Jacqie Thachuk, Manon Remming and
Bob Lisson

BBQ Meatballs

Meatballs:

hamburger
onion
egg
garlic bread crumbs
dash Tabasco

↻ Mix all together and form into balls and fry until cooked through.

BBQ Sauce:

1 c ketchup
2 Tbsp Worcestershire
2 Tbsp sugar
2 Tbsp white vinegar
2 cans beer
2 tsp no salt seasoning, dry mustard and chili powder

↻ Mix together, and baste meatballs with sauce.

Team: 4 "L's" & an "N"

By: Lisa Bolivar

Yield: 12 people

Spinach-Cheese Pie (Spanokopita)

10 oz	spinach
6 oz	feta cheese
1 c	cottage cheese (small curd)
1	onion - small (chopped)
2 tsp	parsley (chopped)
2 tsp	dillweed (dried)
1/2 tsp	salt
3	eggs (beaten)
1 Tbsp	margarine or soft butter
1/2 c	margarine or butter (melted)
1/2 pkg	frozen filo leaves (16oz size - thawed)

Wash, drain and chop spinach. Cover and cook with just the water on the leaves until tender (3 min). Mix feta, spinach, cottage cheese, onion, parsley, dillweed and salt. Stir into eggs. Brush baking dish with soft margarine. Unfold filo leaves. Remove 10 leaves; cut crosswise into halves (cover completely with damp towel to prevent from drying). Separate 1 filo leaf and place in baking dish. Brush lightly with melted margarine and repeat 9 times. Spread spinach-egg mixture evenly over filo leaves. For the top, repeat layering with the remaining leaves of the filo dough brushed with margarine. Cut into 6 squares. Bake. Let stand 1 minute, cut up and serve.

Team: Plato's Pigout
By: Julie MacKenzie

Bake: 350 F
Time: 35 mins.
Yields: 6 servings

Caribbean Jerk Chicken

Chicken Legs and Thighs - the amount is up to you.

**Caribbean "Jerk" Spice - follow the recipe on the jar.
(available at Caribbean Food Market in New Westminster)**

⇒ Marinate overnight. Slow cook on barbecue for several hours.

Team: Caribbean Computer Jerks

Seafood Fettucine

1 pkg Fresh Fettucine
2 Tbsp lemon juice
2 Tbsp cooking wine
2 tsp garlic (chopped)
2 c whipping cream - or half-and-half
1 1/2 Tbsp parsley
prawns
scallops
1 can baby clams (drained)
crab or imitation crab
lemon juice, add to taste
seasoning salt, add to taste
parmesan cheese, add to taste

☞ Combine lemon juice, cooking wine and garlic in heated pan. Add prawns and scallops. Simmer at low heat until prawns turn pink and scallops become whiter.

☞ Add cream, parsley, seasoning salt and parmesan cheese. Raise heat and wait for boiling. When it starts bubbling, add crab and clams. Stir occasionally. When it boils, lower heat. Cover.

☞ Cook fettucine. Add cooked fettucine to seafood sauce and toss.

Team: The Crabby Shrimps

Yield: 4 servings

Chicken Wings

1 c barbecue sauce
1/4 c corn syrup (white)
1/4 c Louisiana Hot Sauce
1/4 c cider vinegar (start with less, and add to taste)
 chicken wings

⇒ Combine all ingredients, except wings. Bake wings to cook off the fat.
When brown, place in roasting pan and coat with sauce.

Team: Administration - Langley

Bake: 30 minutes (or so) until
sauce is sticky

Hunan Kungpow Stirfry

Sauce:

- 1 btl hot n' spicy sauce (oriental)
- 1 pkg Kungpow chicken spice
- 1/2 btl garlic and chili paste (can be bought combined in a jar)
- soya sauce
- water
- vinegar
- sugar

☞ Combine above ingredients to taste. May be stored in fridge.

- chicken
- mushrooms
- chinese noodles - fresh

☞ Place above 3 ingredients in a large wok and stirfry.

☞ In a small pan, stirfry the following ingredients in peanut oil:

- garlic
- grated ginger

☞ Add to wok and stirfry. Add sauce (to your liking) and stirfry until chicken is cooked through.

Team: Wannabe Welders

Chili

1/2 c onion (chopped)
2 Tbsp vegetable oil
1 lb ground beef
1 can tomatoes - 14 oz
2 can kidney beans - 14 oz
2 tsp chili powder
1 tsp salt
1 tsp oregano

⇒ Sauté onion in vegetable oil and add ground beef. Stir until beef is well done. Stir in remaining ingredients. Cover. Bring to boil, reduce heat and cook slowly for 1 hour.

Team: Mexican Jumping Beans

By: Val Grubert and Lorna Bonnett

Seafood Supreme

1/2 c butter or margarine
1/2 c flour
1/4 tsp dry mustard
1/2 tsp salt
2 c milk
1 c sour cream
6 oz shrimp
6 oz crab
6 oz chicken

☞ Put shrimp, crab and chicken in large bowl. Break into bite-sized pieces.

☞ In small saucepan melt butter. Stir in flour, mustard, and salt. Add milk. Cook, stirring until mixture boils. Add sour cream, shrimp, crab and chicken to heat. Serve over beds of rice or serve in pre-baked 3" tart shells.

Team: Newton Neptune Netters

By: Deborah Cooper, Barb Williamson and Teri Bosch

Tuscan Vegetable and Bread Soup

(From Tuscany, Northern Italy)

5 c chicken stock
1 lb chicken breasts, skinned
2 bay leaves
3 Tbsp olive oil
1 onion (chopped)
2 garlic cloves (minced)
2 carrots (diced)
2 celery stalks (diced)
1 sweet green pepper (diced)
2 c cabbage (chopped)
1 tsp thyme - dried
1 tsp rosemary - dried
1 can tomatoes, coarsely chopped - 19 oz (undrained)
1/4 tsp pepper
10 oz spinach - fresh (chopped)
1/2 cup parsley (fresh, chopped)
1 zucchini - small size & thinly sliced
1 can white kidney beans - 19 oz (drained/rinsed)
8 slices French or Italian bread (thick slices of day old)
1 c parmesan cheese (grated)

Garnish:

olive oil
parmesan cheese (grated)

➤ In large saucepan bring chicken stock, chicken breasts and bay leaves to boil. Reduce heat. Cover and simmer for about 20 minutes or until chicken is no longer pink inside. Remove chicken and discard bones. Dice meat and set aside. Discard bay leaves. Keep stock warm.

➤ Meanwhile, in large skillet, heat 2 Tbsp of oil over medium heat; cook onion, garlic, carrots and celery for 10 minutes, stirring occasionally. Add remaining oil, green pepper, cabbage, thyme and rosemary. Cook over low heat, stirring occasionally for 10 minutes.

➤ Add vegetable mixture to stock in saucepan along with tomatoes and pepper. Bring to boil. Reduce heat, cover and simmer for 30 minutes. Add spinach, parsley, zucchini, kidney beans and reserved diced chicken; cook for 5 minutes. Remove 1 cup soup and set aside.

➤ Ladle half of the remaining soup into 24 cup Dutch oven or casserole. Cover with 4 of the bread slices and 1/2 cup of parmesan cheese. Cover with remaining soup and layer with remaining bread. Drizzle reserved soup over top, sprinkle with remaining parmesan cheese. (Recipe can be prepared to this point, cooled, covered and refrigerated for up to 24 hours).

➤ Bake covered, in 350 F oven for 20 minutes (45 minutes if refrigerated), uncover and bake for 20 minutes longer (45 minutes if refrigerated) or until hot.

Garnish:

➤ Ladle soup into large warmed bowls, garnish with drizzle of olive oil and sprinkle of parmesan cheese.

Team: (team name unknown)

Bake: 350 F
Yield: 6 servings

Deep Fried Crab

1 garlic clove (mashed)
1 c flour
1 litre corn oil
4 crabs - live
Jalapeno Pepper or Scotch Bonnet pepper blended with garlic (optional)
black pepper

☞ Clean live crabs and chop to small eating portions. Add 1/4 tsp salt, pepper, blended garlic and chili pepper to crab and marinate for about 10 minutes.

☞ Heat 1 litre oil to very high temp. Coat marinated crab in flour just before frying. Deep fry crab for about 1 1/2 to 2 minutes.

Team: Caribbean Computer Jerks

Barber's Best Chili

(Vegetarian Version)

1/2 c onion (chopped)
2 green peppers (seeded & chopped)
3 celery stalks (chopped)
4 garlic cloves (minced)
2 Tbsp oil
2 cans tomatoes - 28 oz
1 can kidney beans - 14 oz
1 can brown beans - 14 oz
2 c mushrooms (sliced)
1 1/2 c water
1/2 c raisins
1/4 c vinegar
1 bay leaf
1 Tbsp chili powder
1 Tbsp parsley
1 1/2 tsp basil
1 1/2 tsp oregano
1/2 tsp pepper
1/4 tsp Tabasco
1 c cashews (optional)
cheddar cheese (grated)
sour cream

↻ Sauté onion, green pepper, celery, garlic in oil until tender. Add tomatoes and beans with liquid, along with remaining ingredients, except cashews, cheese and sour cream. Cover and simmer for one hour. Uncover and simmer another hour. Remove bay leaf (if you can find it). If using cashews, add at the end. Serve with grated cheddar cheese and a dollop of sour cream.

Team: Continuing Ed. - Langley

Yield: 8-10 servings

Spare Ribs

	Spareribs (washed and cut)
dash	salt
dash	pepper
	peppercorns (optional)
1 - 2	garlic cloves (minced)
1	onion - large
2 Tbsp	butter

☞ Add salt, pepper and a few peppercorns to spareribs in a roasting pan. Roast in oven at 325 F until brown, turning every 20 minutes. Drain off fat. Sauté onion in butter, add to ribs.

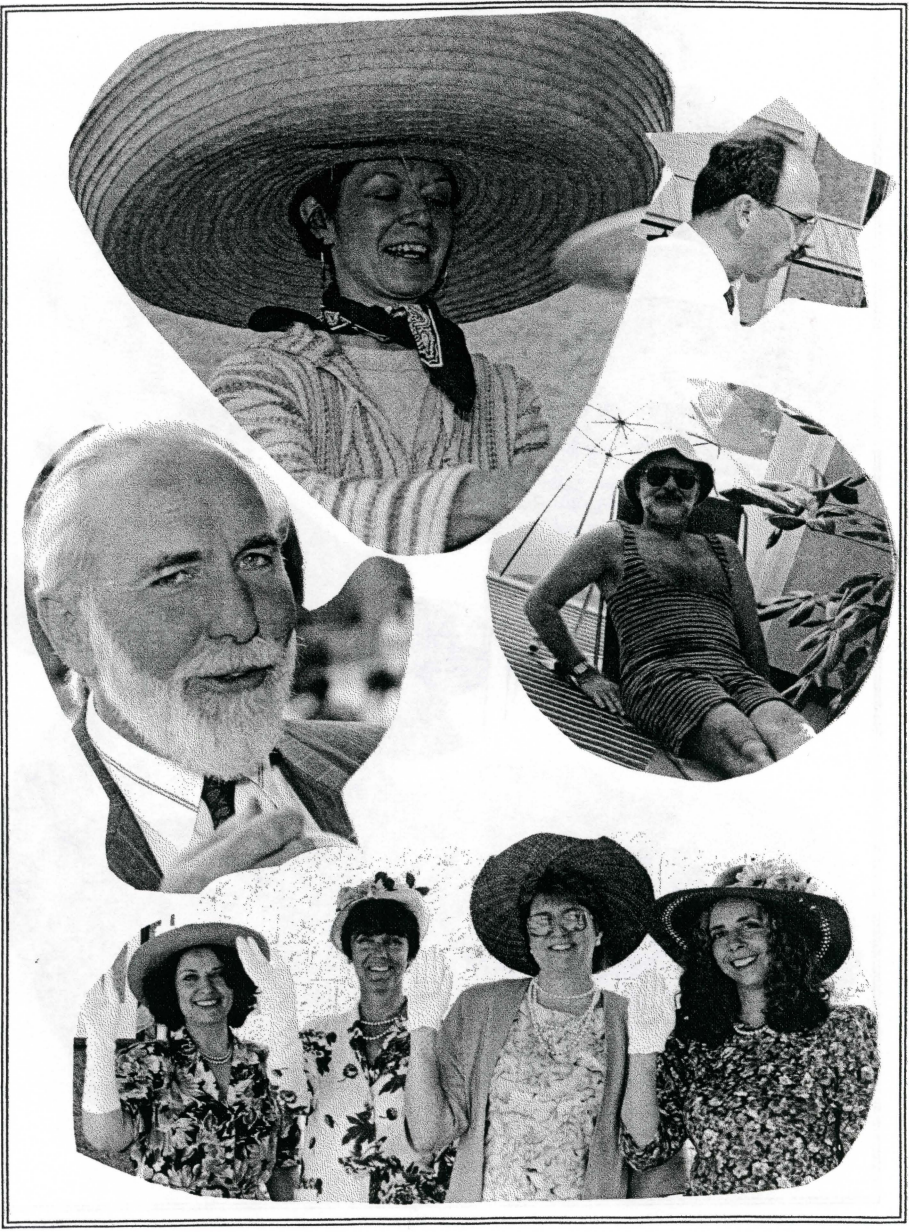
1 can	tomato soup
1/2 c	brown sugar
1/8 c	dry mustard
1/4 c	vinegar
dash	chili powder

☞ Combine above 5 ingredients. Pour over ribs. Bake.

Team: Admissions Ribbettes, Langley

Bake: 350 F
Time: 45 mins







Desserts



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Cheese Cupcakes

24 paper muffin cups
1 c sugar
4 eggs
1 pkg vanilla wafers
3 pkg cream cheese - 8oz (softened)
2 tsp lemon juice
cherry or other fruit pie filling

~ Mix sugar, cheese, eggs and lemon juice until smooth. Line cupcake pans with papers. Place one vanilla wafer in the bottom of each. Spoon cheese mixture over wafers to fill cups 3/4 full. Bake and cool. Cupcakes will sink in the middle while cooling. Spoon pie filling on each cupcake, and refrigerate at least one hour. These may be topped with a whipped topping if desired.

Team: 4 "L's" & an "N"
By: Lorraine Dowdall

Bake : 350 F
Time : 18 - 20 min
Yields : 24 cupcakes

Chocolate Fondue

12 oz milk chocolate
3/4 c whipping cream
3 Tbsp Cointreau
 foods and fruits for dipping

☞Heat chocolate and cream in the top of a double boiler over hot, but not boiling water. Stir constantly. Add Cointreau.

☞Transfer to a pan and place over either a candle warmer or use a chafing dish with a hot water bath.

☞The foods to be dipped into this sauce should be prepared before the meal. They may include pineapple (fresh or chunks), maraschino cherries with stems, 3/4 inch squares of pound cake or canned loaf, strawberries, marshmallows, or banana in 1/2 " slices. If cut before the meal, the banana slices must be treated with an ascorbic acid (fruit-freeze) mixture or they will turn brown.

Note: Chocolate lovers will probably want to triple or even quadruple the above measurements.

Team: The French Connection
By: Tammy Hartmann, Louise Shepherd,
Theresa Moran and Judy Johnstone

Mini Apple Tarts

12 tart shells - mini size
6 med apples (peeled & chopped)
1/4 c white sugar

Crumble topping:

1/2 c brown sugar
1 c oatmeal (large flake)
4 Tbsp butter

➤ Bake the mini tart shells as directed on the package. Cool.

➤ In sauce pan, chop the apples and cook over medium heat until almost tender. Add white sugar, cook together until apples are tender. Scoop apple filling into tart shells when cooked.

➤ In fry pan melt butter over medium heat. Add brown sugar, mix. Add oatmeal, mix. Sprinkle over filled tarts.

➤ Enjoy with a dollop of whipped cream or vanilla ice cream. Serve HOT or COOL!

Team: The Four Tarts

By: Marnie McFarlane, Maureen Moore,
Carol Simpson and Rita Heaney

Yield: 12

Mad about Chocolate Cheesecake

Crust:

1 c chocolate wafer (crushed)
3 Tbsp butter or margarine (melted)

Combine crumbs and butter; press into bottom of 9" springform pan. Bake at 350 F for 10 min.

Filling:

3 pkg Cream Cheese - 8 oz (softened)
3 large eggs
3 oz white chocolate (melted)
3/4 c sugar
1 tsp vanilla
2 Tbsp raspberry schnapps liqueur

➤ In food processor or with electric mixer, blend cream cheese and sugar. Add eggs, one at a time, mixing well after each addition. Add vanilla. Remove 1/2 the batter to another bowl. Stir melted white chocolate and liqueur into this portion. To remaining batter, blend in melted chocolate. Pour the chocolate batter in crumb lined pan; spread evenly. Spoon white batter carefully over top; spread evenly. Bake at 425 F for 10 min, reduce heat to 250 F, and bake 30-35 min more (or until center of cake is barely firm.)

➤ Remove from oven and run knife around sides; let cool completely before removing sides from pan.

Glaze:

3/4 c whipping cream
6 oz semi sweet chocolate (chopped)
marzipan fruit for garnish

➤ In small heavy saucepan bring cream to a simmer over low heat. Add chocolate and stir until melted and smooth. Spoon over cake. With spatula, spread to cover top, allowing some to run over the edge to cover sides. Garnish as desired.

Team: Just Desserts

By: Dave Woolley

Peanut Butter Squares

1 c peanut butter
1/2 c brown sugar
3 c corn flakes or rice crispies or combination (crushed - not too fine)
1/2 c corn syrup
1 tsp vanilla

⇒Combine peanut butter, syrup, sugar and vanilla in saucepan over low heat. Stir until melted and well mixed. Remove from heat and stir in cereal until thoroughly combined. Press into a greased 8"x 8" pan.

Frosting:

Use your favorite butter icing recipe and add a good scoop of peanut butter for flavour. Beat to spreading texture and frost.

Team: Just Desserts

By: Adele Loewen

Rice Krispie Treats

1/4 c margarine
5 c Rice Krispies
1 pkg 40 marshmallows
1 tsp vanilla

☞ Melt margarine in large saucepan over low heat. Add marshmallows slowly, add vanilla, mix well until melted. Pour in Rice Krispies. Mix well until evenly coated. Press into 9 1/2" x 14" pan. Chill and cut to serve.

Team: Just Desserts
By: Carol Anderson

Butterscotch Squares

In double boiler melt:

2 pkg butterscotch chips - 8oz
1/2 c butter

After melted add:

1/2 c peanut butter

In separate bowl, mix:

1 pkg mini marshmallows
1 c coconut (shredded)
1 c walnuts (chopped)

➤ Pour the melted mixture over the dry ingredients and mix. Pour into oblong cake pan and use a hot spoon to spread. Refrigerate until firm.

Team: Just Desserts

By: Mary Pake

Orange Carrot Cake

3 c flour
1 c coconut
1 tsp salt
2 c carrots (shredded) - 4 medium
2 tsp vanilla
3 eggs
11 oz mandarin orange segments, undrained
2 c sugar
2 1/2 tsp baking soda
2 1/2 tsp cinnamon
1 1/4 c oil
1 tsp orange peel (grated)

☞ Grease 13" x 9" pan. In large bowl, combine all ingredients at low speed until moistened. Beat 2 min at highest speed. Bake. Pour batter into prepared pan. Cool completely. If desired, frost with Cream Cheese frosting.

Cream Cheese Frosting

3 c powdered sugar
2 tsp margarine or butter melted
8 oz cream cheese softened
1 tsp vanilla

☞ In large bowl, combine all ingredients. Beat until smooth. Will frost 2 layers or 13" x 9" cake.

Team: Just Desserts
By: Ana Pereira

Bake: 350 F
Time: 45-55 mins
Yields: 16 servings

The Queen's Griddle Scones

1 c flour
1 1/2 tsp baking powder
3 Tbsp sugar
1 egg
2/3 c milk
2 Tbsp butter or margarine (melted)
salt - just a sprinkle

☞ Mix dry ingredients. Beat in egg, add milk. Stir in butter (not essential, but keeps scones moist). Drop by tablespoons onto hot griddle. Cook 2 minutes, flip, flatten lightly. Cook 2 more minutes or until firm.

☞ Place in cloth-lined basket, folding cloth over hot scones to keep moist until served.

☞ Serve with strawberry jam and top with whipped cream.

Team Name: High Tea

By: Penney Grylls, Sandi Klassen,
Juhli Farrell and Carolyn Oliver

Bacardi Rum Cake

Cake:

1 c chopped walnuts or pecans
1 *yellow cake mix (18.5 oz. pkg.)
1 Jello Vanilla Pudding and Pie filling (3/4 oz. pkg.)
4 eggs
1/2 c cold water
1/2 c oil
1/2 c Bacardi dark rum (80 proof)

*If using yellow cake mix with pudding already in the mix, omit instant pudding. Use 3 eggs instead of 4, and 1/3 cup oil instead of 1/2 cup.

Glaze:

1/4 lb butter
1/4 c water
1 c granulated sugar
1/2 c Bacardi dark rum

☞ Grease and flour 10" tube pan or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake. Cool. Invert on serving plate. Prick top.

☞ Make glaze by melting butter in saucepan. Stir in water and sugar. Boil 5 minutes stirring constantly. Remove from heat. Stir in rum.

☞ Spoon and brush glaze evenly over top and sides of cooled cake. Allow cake to absorb glaze. Repeat until glaze is used up.

Team: Caribbean Computer Jerks

Bake: 325 F
Time: 30 min

Tiger Butter

1 lb white chocolate
2 Tbsp peanut butter - chunky
1/4 c semi-sweet chocolate chips

☞ Melt white chocolate in top of double boiler (or microwave on low power, stirring often). Stir in peanut butter. Spread thin on waxed paper.

☞ Melt chocolate chips. Drizzle over white chocolate and put in fridge.

Team: EEAU-Langley

Chocolate Fondue

800gr Toblerone Chocolate
4 oz whipping cream
2 oz Kirsch
vanilla to taste

☞ Melt and combine ingredients. Thread fruit of your choice on skewers. Dip or drizzle as desired.

Team Name: Carmen Mirandas of Kwantien
By: Wendy Parry, Grace Kamps, Barb Thomas-Bruzzese,
Pat Kellaway, Joy Conran, Theresa Mills,
Marc Sears and Yale Shap

Strawberry Shortcake for 75

1 flat fresh strawberries (washed & sliced)
8 pkg sponge cake
8 tubs Cool Whip (or whipping cream)

☞ Cut sponge cake into serving size pieces. Layer with fresh strawberries and whipped cream

Team: The Shortcakes

By: Maureen Hargreaves and Sue Doucette

Chocolate Chip Brownies

3/4 c flour
1/2 tsp baking powder
1/2 tsp salt
oil
1 tsp vanilla
1 pkg chocolate chips (semi sweet) - 8oz
2 envl unsweetened chocolate pre-melted (Nestle's choco-bake
or Hershey's ready-mix)

Grease 8" square pan

➤ Mix the flour, baking powder and salt into medium bowl. Add the sugar. Make a well in the centre of the dry ingredients, add the oil but do not stir it. In a cup, beat in eggs and then add them to the oil as well as the vanilla and the melted chocolate. Stir all ingredients together. Beat until you have a smooth dark-brown batter. Add the chocolate chips and walnuts. Pour into pan. Bake. The top should look bumpy and the edges should come away from the pan slightly. Cool and then cut.

Team: Just Desserts
By: Rachel Shackleton

Bake: 350 F
Time: 30 mins

Tiramisu

3 egg yolks
3 Tbsp berry sugar
2/3 c marsale or brandy or ?
1/4 c very strong espresso
8 oz mascarpone cheese (room temp)
1/2 c whipping cream
1 egg white
4 oz savoiardi or ladyfingers (sponge finger or equivalent)

↻ Make a zabaglione by beating the egg yolks and sugar in the top of a double boiler until ivory coloured. Add 1/3 c of liquor and whisk over gently simmering water until the mix begins to thicken. Cool.

↻ Stir the espresso into the mascarpone. Whip the cream to soft peaks. Beat the egg white until stiff. Fold the egg white into the cooled zabaglione. Dip the lady fingers into the remaining liquor and arrange in a single layer in the bottom of 9" bowl. Cover with half the mascarpone, then half the zabaglione and half the whipping cream.

↻ Repeat the layers, finishing with whipping cream. Refrigerate for several hours.

Team: Italian Stallions

By: Roger Elmes

Supreme Fruit Puff Delight

Filling:

1 Pkg Dream Whip (mixed)
Strawberries (crushed) (substitute pineapple or other fruit)
4 sqrs chocolate - semi sweet (melted)

☞Add just enough fruit to flavour the Dream Whip, mix all ingredients until blended.

Puffs:

In a saucepan, combine:

1/2 c butter
1 c water

☞Bring to a boil.

All at once, beat in:

1 c flour
1/4 tsp salt

☞Continue cooking, beating vigorously until mix leaves the sides of pan. Remove from heat and cool slightly.

Then add, 1 at a time:

4 eggs

☞Beat vigorously until smooth and glossy after adding each egg. Chill thoroughly. Drop batter from a spoon 2" apart onto greased baking sheet, mounding each slightly.

Team: The Supreme Delights

By: Maureen Moore, Marnie McFarlane and Carol Simpson

Bake: 375 F

Time: 45-50 mins/large
25-30 mins/small

Yield: 12 ea/large
3 doz/small

