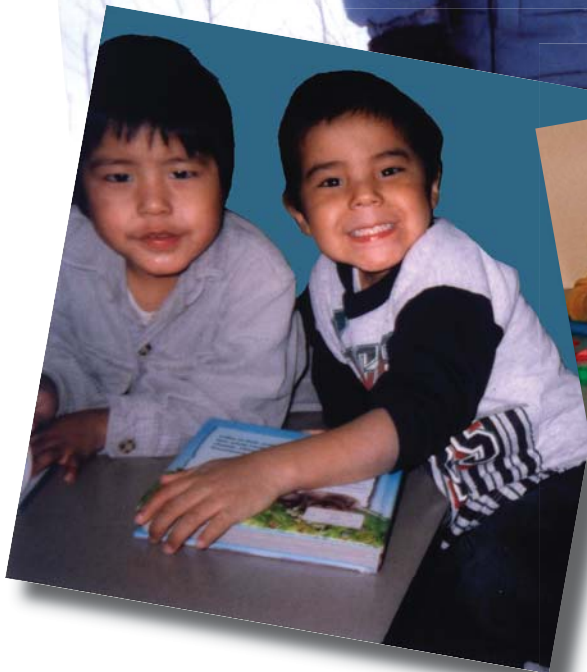


# Recipe book

Eating well  
is important!







The FNQLHSSC is happy to present you with this Nutrition Kit that we hope will be useful to you in providing healthy meals to children and families in your community.

This project is a follow-up to the recommendations of people working in the First Nations Head Start Programs and Child Care services/CPE from the different communities.

Last summer 2004, we conducted a survey throughout the communities, and based on the data collected, we initiated this project. All of the material was developed based on the eating habits and food supply found in the communities.

This kit contains:

- a calendar of menus;
- a recipe book; and,
- a practical handbook.

### **The calendar of menus:**

This calendar is divided into 4 sections representing the four (4) seasons. Each season contains four (4) weeks of menus based on the eating habits and food supply within the four (4) regions, which are symbolized by the four (4) directions: North, South, East and West.

### **Communities have been divided up into the following groups:**

- 1) The menu for the Northern communities applies to the Naskapi community and one Innu community: Matikemosh;
- 2) The menu for the Southern communities is adapted to the Mohawk, Abenaki and Huron-Wendat communities;
- 3) The menu for the Eastern communities applies to (7) Innu communities and also to the Mig'maq communities;
- 4) The menu for the Western communities applies to the Algonquin and Atikamekw communities and also to one Innu community: Mashteuiatsh.

### **The recipe book:**

This book contains 104 recipes which have been adapted to the eating habits and food supplies depending on the season for each of the four (4) regions.

## **The practical handbook:**

You will be provided with useful tips on:

- How to use the menus
- Calculating portions and adjusting recipes
- Purchasing foods
- Cleanliness and hygiene
- Preparing recipes
- Quantities and beverages to serve
- Precautions to take with game meat
- Table of food conservation periods
- List of resources

We hope that this material will contribute to increasing your wish to offer healthy foods to the children and families in your community, as well as helping them growing up healthy and decreasing the risks of developing chronic diseases such as diabetes.

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We wish to acknowledge the excellent work of Ms Marie-France David, Dt.P., M.Sc. in this project. Her expertise allowed us to develop balanced menus and recipes adapted to the eating habits and food supplies found in each community.

Finally, we wish to thank Health Canada and the Social Development Department for their financial support.

To all of you, thank you.

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# Starters, soups, salads





# Cream of vegetable soup (#1)

(child-size portion= 1/3 to 1/2 cup; adult portion=1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Chicken bouillon</li> <li>- Potatoes cut into pieces</li> <li>- Chopped onion</li> <li>- Milk</li> <li>- Salt and pepper</li> <li>- Selected cubed vegetables, based on soup (see variations below)</li> </ul>	<ul style="list-style-type: none"> <li>3 cups (750 ml)</li> <li>3 potatoes</li> <li>1/4 cup (50 ml)</li> <li>2 cups (500 ml)</li> <li>to taste</li> <li>2 1/2 cups (625 ml)</li> </ul>	<ul style="list-style-type: none"> <li>20 cups (5 litres)</li> <li>12 potatoes</li> <li>1 1/4 cups (300 ml)</li> <li>12 cups (3 litres)</li> <li>to taste</li> <li>12 cups (3 litres)</li> </ul>

## Preparation:

- 1- In a pot, boil chicken bouillon, potatoes, onion and selected vegetables, until vegetables are tender;
- 2- Put vegetables and bouillon in a food processor (or mixer) and puree (repeat this step several times for large-quantity recipe);
- 3- Put pureed vegetables in pot and add milk. Add salt and pepper to taste.

## Variations

### Squash soup

Use peeled butternut squash and cut into small pieces (calculate about 1/2 butternut squash for family recipe, and 3 medium butternut squashes for 60 child-size portions).

### Cream of vegetable soup

Use a mixture of diced carrots, turnip, celery.

### Cream of broccoli or cauliflower soup

Use fresh broccoli or cauliflower, cut into pieces or frozen broccoli in pieces.

### Cream of carrot soup

Use fresh carrots, cut into pieces, or frozen carrots.

### Cream of turnip soup

Use diced turnip.

## Blanched crudités and ideas for easy dips (#2)

It is extremely important to blanch all raw vegetables with hard exteriors (ex.: carrots, cauliflower, broccoli, celery, turnip, etc.) before serving to children, otherwise the child can choke. Bring water to a boil in a large saucepan. Wash, peel if necessary and chop vegetables and plunge them about 2 to 3 minutes in the boiling water, to soften. Drain and serve with one of the following dips, if desired (can also be served without dip: some children do not like dips while others love them too much and eat only the dips!).

### Creamy dip with fines herbs

(child-size portion: 1 to 2 tbsp)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Light cream cheese, softened at room temperature	1 pkg (125 g)	3 pkgs of 125 g (375 g)
- Plain yogurt	3/4 cup (175 ml)	2 1/4 cups (550 ml)
- Fine dried herbs (options: dill or basil or oregano)	1 tsp (5 ml) of one of the herbs	1 tbsp (15 ml) of one of the herbs
- Parsley	1 tbsp fresh and chopped or 1 tsp dried	3 tbsp (45 ml) fresh and chopped or 1 tbsp dried
- Finely chopped onion	1 tbsp (15 ml)	1/4 cup (50 ml)

### Preparation:

Combine all ingredients in mixer or food processor and refrigerate at least one hour to allow flavours to meld.

### Chili or ketchup dip

(child-size portion: 1 to 2 tbsp)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Mayonnaise	1 tbsp (30 ml)	1/4 cup (50 ml)
- Plain yogurt	3/4 cup (200 ml)	3 cups (750 ml)
- Chili sauce or ketchup	2 tbsp (30 ml)	2/3 cup (150 ml)

## Spinach dip

(child-size portion: 1-2 tbsp)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Spinach (fresh or frozen, thawed or canned)</li> <li>- Light cream cheese</li> <li>- Salt</li> <li>- Lemon juice</li> <li>- Pepper</li> </ul>	<ul style="list-style-type: none"> <li>1/3 pkg</li> <li>1 container (125 g)</li> <li>1/4 tsp (1 ml)</li> <li>2 tsp (10 ml)</li> <li>1 pinch</li> </ul>	<ul style="list-style-type: none"> <li>1 pkg</li> <li>3 containers of 125 g (375 g)</li> <li>1/2 tsp (2 ml)</li> <li>1 tbsp (15 ml)</li> <li>1/4 tsp (1 ml)</li> </ul>

### Preparation:

- 1- If you are using fresh spinach: wash spinach, chop ends off and chop in pieces. If you are using frozen spinach: thaw before using.
- 2- Cook spinach in boiling water or in a microwave bowl, until soft (about 1 to 2 minutes);
- 3- In a bowl, combine cooked spinach and other ingredients. Cover and refrigerate at least 1 hour to allow flavours to blend.

## Mustard dip

(child-size portion: 1 to 2 tbsp)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Dijon mustard</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp (30 ml)</li> <li>3/4 cup (200 ml)</li> <li>2 tsp (10 ml)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup (50 ml)</li> <li>3 cups (750 ml)</li> <li>3 tbsp (45 ml)</li> </ul>

### Preparation:

Combine all ingredients in a bowl and refrigerate about 1 hour to allow flavours to meld.

## Sagamité (#3)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Cubed meat (sagamité is usually prepared with game meat such as moose or venison but can also be made with beef)	1.5 lbs (700 g)	9 lbs (4 kilos)
- Washed corn	1 cup (250 ml)	3 cans of 540 ml (1620 ml)
- Canned kidney beans, rinsed and drained	1 1/2 cup (375 ml)	4 cans of 540 ml (2160 ml)
- Corn niblets	1 cup (250 ml)	3 cans of 540 ml (1620 ml)
- Chopped onions	1 small onion	2 onions
- Water or bouillon	3 cups (750 ml)	16 cups (4 litres)

### Preparation:

- 1-Chop onions;
- 2-Combine all ingredients in a large saucepan and heat over high heat until liquid starts to boil. Reduce heat and cook 1 1/2 to 2 hours over low heat;
- 3-Add of water during cooking, if necessary.

## Cucumber and tomato salad (#4)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Diced cucumber,	1 to 2 cucumber(s)	10 cucumbers
- Diced tomatoes	1 to 2 tomato(es)	12 tomatoes
- Mayonnaise <b>or</b> Vinaigrette	to taste	to taste
- Olive oil	2 tbsp (15 ml)	2/3 cup (150 ml)
- Red-wine vinegar or lemon juice	1 tbsp (15 ml)	1/3 cup 75 ml)
- Sugar	1 pinch	2-3 pinches
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Wash and dice tomatoes and cucumbers and put in a large bowl;
- 2-Combine ingredients of vinaigrette in another bowl.You can also use mayonnaise instead of vinaigrette;
- 3-Add vinaigrette or mayonnaise to diced vegetables.Add salt and pepper to taste.

## Beet salad (#5)

(child-size portion: 1/4 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Diced canned beets</li> <li>- Finely chopped onions</li> <li>- Oil (olive or canola or other)</li> <li>- Sugar</li> <li>- Vinegar</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2 cups (500 ml)</li> <li>1/4 onion</li> <li>2 tbsp (30 ml)</li> <li>1 tsp (5 ml)</li> <li>1 tbsp (15 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>11 cups (2.84 litres)</li> <li>1 onion</li> <li>1 cup (250 ml)</li> <li>1/4 cup (50 ml)</li> <li>1/2 cup (125 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1- Drain canned beets and chop onion;
- 2- Combine oil, sugar and vinegar in a bowl. Add to vegetables and mix well. Add salt and pepper to taste.

## Shredded carrot salad (#6)

(child-size portion: about 1/4 cup; adult portion: 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Shredded carrots</li> <li>- Shallots or finely chopped onions (optional)</li> <li>- Sugar</li> <li>- Vinegar</li> <li>- Oil (olive or canola or other)</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2 cups (500 ml)</li> <li>2 shallots or 1/4 onion</li> <li>1 tbsp (15 ml)</li> <li>3 tbsp (45 ml)</li> <li>2 tbsp (30 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>16 cups (4 litres or 2 kilos)</li> <li>1 pkg of shallots or 1 onion</li> <li>1/2 cup (125 ml)</li> <li>1 1/2 cup (375 ml)</li> <li>3/4 cup (200 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1- Grate carrots in a food processor (or with a cheese grater, for small-quantity recipe);
- 2- Finely chop shallots or onions;
- 3- Put shredded carrots and chopped shallots or onions in a bowl;
- 4- In another bowl, combine sugar, vinegar, oil, salt and pepper. Add vinaigrette to shredded carrots and stir well.

## Cabbage salad (#7)

(child-size portion: 1/4 cup; adult portion: 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Green cabbage</li> <li>- Carrots</li> </ul> <p><b>Vinaigrette</b></p> <ul style="list-style-type: none"> <li>- Oil (olive or canola or other)</li> <li>- Vinegar</li> <li>- Sugar</li> <li>- Salt, pepper</li> </ul>	<p>2 cups (500 ml) 1 to 2 carrot</p> <p>1/4 cup (50 ml) 1 tbsp (15 ml) 1 pinch to taste</p>	<p>2 medium cabbages 5-6 carrots</p> <p>1 1/4 cup (300 ml) 1/2 cup (125 ml) 1 tbsp (15 ml) to taste</p>

### Preparation:

- 1-Wash vegetables. Peel carrots;
- 2-Chop cabbage and grate carrots. Place shredded vegetables in a large bowl;
- 3-In another bowl, combine all ingredients of vinaigrette (oil, vinegar, sugar, salt and pepper);
- 4-Pour vinaigrette on vegetables and mix well.



## Bean salad (#8)

(child-size portion: 1/3 to 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Green beans cut into pieces (fresh, frozen or canned)	1 cup (250 ml)	8 cups (2 litres)
- Yellow wax beans (fresh, frozen or canned)	1 cup (250 ml)	8 cups (2 litres)
- Kidney beans (cooked or canned, rinsed and drained)	1 cup (250 ml)	6 1/2 cups (3 540-ml cans)
- Finely chopped red onion (or white onion, if not available)	1/2 onion	1 onion
- Frozen concentrated apple juice, <u>not diluted with water</u>	3/4 cup (200 ml)	2 cups (500 ml)
- Oil (olive or canola or other)	1/2 cup (125 ml)	1 cup (250 ml)
- Vinegar	3 tbsp (45 ml)	1/2 cup (125 ml)
- Salt and pepper	to taste	to taste

### Preparation:

- 1- Rinse canned kidney beans and drain well;
- 2- Wash and chop vegetables (onions, green and yellow beans). If you are using canned green and yellow beans, drain;
- 3- If you are using fresh or frozen green or yellow beans: bring water to a boil in a large pot, add sliced beans and cook until tender but still a little crunchy (frozen beans take only a few minutes, fresh beans take a little longer);
- 4- In a bowl, combine ingredients of vinaigrette: frozen concentrated apple juice (thawed and not diluted with water), oil, vinegar, salt and pepper.
- 5- Combine all vegetables and vinaigrette in a large bowl.

**Note:** Kidney beans can be replaced by another legume such as chick peas, Lima beans, black beans, etc.

## Macaroni and vegetable salad (#9)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- <u>Uncooked</u> macaroni</li> <li>- Shredded carrots</li> <li>- Baby peas</li> <li>- Chopped celery branches</li> <li>- Finely chopped shallots or onions</li> <li>- Diced radishes</li> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1 cup (250 ml)</li> <li>1 to 2 carrots</li> <li>3/4 cup (200 ml)</li> <li>1 celery branch</li> <li>3 shallots or 1/4 onion</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>8 cups (2 litres)</li> <li>8 carrots</li> <li>4 cups (1 litre)</li> <li>5 celery branches</li> <li>9 shallots or 2 onions</li> <li>2 cups (500 ml)</li> <li>1 1/2 cup (375 ml)</li> <li>1 1/2 cup (375 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Cook macaroni in a large saucepan of boiling water until tender. Drain and let cool;
- 2-Grate carrots, chop radishes and shallots (or onions) and celery;
- 3-Combine all ingredients in a bowl. Add salt and pepper to taste.

## Corn salad (#10)

(child-size portion: about 1/3 cup; adult portion: about 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Canned corn niblets, drained (or fresh, cooked and cut into niblets)	2 cups (500 ml)	5 cans of 540 ml (2.7 litres)
- Diced red pepper (if you do not have red peppers, use green peppers only and double the quantity)	1/2 pepper	2 diced red peppers
- Green pepper, diced	1/2 pepper	2 diced green peppers
<b>Vinaigrette</b>		
- Oil (olive, canola or other)	1 1/2 tbsp (22 ml)	1/2 cup (125 ml)
- Vinegar	3 tbsp (45 ml)	1 cup (250 ml)
- Sugar	1 pinch	2 tbsp (30 ml)
- Salt, pepper	to taste	to taste

### Preparation:

- 1- Wash and chop peppers;
- 2- Drain canned corn and combine with peppers in a large bowl;
- 3- In another bowl, combine ingredients of vinaigrette: oil, vinegar, sugar, salt and pepper. Pour vinaigrette over vegetables and mix well.

## Potato salad (#11)

(child-size portion: about 1/4 to 1/3 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Potatoes</li> <li>- Chopped celery branches</li> <li>- Very finely chopped onion</li> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>4 to 6 potatoes</li> <li>2 celery branches</li> <li>1/4 onion</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>24 potatoes</li> <li>6 celery branches</li> <li>2 onions</li> <li>1 1/2 cup (375 ml)</li> <li>1 1/2 cup (375 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Bring whole unpeeled potatoes to a boil in a saucepan filled with water until tender but still firm. Let cool. Peel and dice;
- 2-Chop celery and onions;
- 3-Combine mayonnaise and plain yogurt in a bowl. Add to chopped vegetables. Add salt and pepper to taste.

## Spinach salad (#12)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Fresh spinach</li> <li>- Grated cheese</li> <li>- Croutons (optional)</li> </ul>	<ul style="list-style-type: none"> <li>1/2 bag (284 g)</li> <li>1/2 cup (125 ml)</li> <li>1/2 cup (125 ml)</li> </ul>	<ul style="list-style-type: none"> <li>3 bags of 284 g (852 g)</li> <li>3 cups (750 ml)</li> <li>3 cups (750 ml)</li> </ul>

- Selected vinaigrette, or mayonnaise

### Preparation:

- 1-Wash and chop spinach. Grate cheese;
- 2-In a large bowl, combine spinach, cheese and croutons. Serve with selected vinaigrette.

## Rainbow salad (#13)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- <u>Uncooked</u> three-colour fusilli, (this recipe can be made with any type of pasta)</li> <li>- Diced tomatoes</li> <li>- Finely chopped onion</li> <li>- Green pepper</li> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Ketchup</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 cup (325 ml)</li> <li>2 tomatoes</li> <li>1 tbsp (15 ml)</li> <li>1 pepper</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>2 tbsp (30 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>9 cups (2.25 litres)</li> <li>12 tomatoes</li> <li>1/2 onion</li> <li>6 peppers</li> <li>1 1/4 cups (300 ml)</li> <li>1 1/4 cups (300 ml)</li> <li>2/3 cup (150 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Cook fusilli (or other pasta) in boiling water until tender. Drain and let cool;
- 2-Wash and chop vegetables and place in a large bowl;
- 3-In another bowl, combine mayonnaise, yogurt and ketchup. Pour this mixture over vegetables and mix well. Add salt and pepper to taste. Refrigerate 1 or 2 hours before serving.

## Basic soup (#14)

(child-size portion= 1/2 cup; adult portion=1 cup)

Ingredients of the basic recipe	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Chicken or beef bouillon	4 cups (1 litre)	28 cups (7 litres)
- Pasta (ex.: macaroni, stars, bows, etc.) <b>or</b> rice <b>or</b> barley (uncooked)	1/4 cup (50 ml)	2 cups (500 ml)
- Vegetables cut into pieces, options: carrots, turnip, cabbage, other...	2 cups (500 ml)	16 cups (about 2 kilos)
- Canned diced tomatoes	1 1/2 cup (375 ml)	11 cups (or 1 can 2.84 l)

### Preparation:

- 1-Wash and chop vegetables, according to recipe;
- 2-Combine all ingredients in a pot and cook until vegetables are tender, about 25 to 30 minutes.

### Variations

#### Beef noodle soup

Combine beef bouillon, pasta (shells, bows, or macaroni) and canned tomatoes. Do not add vegetables from the basic recipe.

#### Chicken noodle soup

Use only chicken bouillon and pasta (vermicelli, macaroni, etc.). Do not add vegetables or canned tomatoes.

#### Tomato soup with stars

Use beef or chicken bouillon with star-shaped pasta. Do not add vegetables from the basic recipe.

#### Tomato rice soup

Use beef or chicken bouillon and rice. Do not add vegetables from the basic recipe.

#### Vegetable soup

Use different vegetables cut into pieces (carrots, cabbage, turnip, other) instead of the vegetables from the basic recipe. Do not add rice or barley or pasta from the basic recipe.

**Vegetable barley soup, vegetable soup with stars, vegetable soup with shells, vegetable macaroni soup, vegetable vermicelli soup:**

Use hulled barley, star-shaped pasta or shells or macaroni or vermicelli, depending on the soup selected. For vegetables, use carrots and turnip (or other vegetables on hand).

**Vegetable rice soup**

Use chicken bouillon, rice and, for vegetables, use carrots, celery, turnip (or other vegetables on hand).

**Cabbage soup**

Use chopped cabbage as the vegetable in the basic recipe.

**Fish and corn soup (#15)**

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Selected fish, boneless</li> <li>- Chopped onion</li> <li>- Corn niblets, canned (drained) or frozen</li> <li>- Diced potatoes</li> <li>- Chicken bouillon</li> <li>- Evaporated milk</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2.5 lbs (1.1 kilos)</li> <li>1 1/2 onion</li> <li>2 cups (500 ml)</li> <li>5 potatoes</li> <li>3 cups (750 ml)</li> <li>1 1/2 can of 385 g (577.5 g)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.6 kilos)</li> <li>4 onions</li> <li>6 cups (1500 ml)</li> <li>15 potatoes</li> <li>9 cups (2.25 litres)</li> <li>4 1/2 cans of 385 g (1732.5 g)</li> <li>to taste</li> </ul>

**Preparation:**

- 1-Peel, wash and dice potatoes and onions;
- 2-Chop fish in pieces;
- 3-In a large pot, cook potatoes and onions in chicken bouillon over medium heat for about 1/2 hour or until tender;
- 4-Add fish and corn and simmer over medium heat about 5 minutes or until fish is cooked (becomes white).Add evaporated milk and simmer about 10 minutes more.

## Minestrone soup (#16)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Chicken or beef bouillon	6 cups (1.5 litres)	36 cups (9 litres)
- Canned diced tomatoes	2 cups (500 ml)	11 cups (1 container 2.84 l)
- Kidney beans or white kidney beans, canned, rinsed or dry	1 1/2 cup (375 ml) canned, 1/3 cup (75 ml) if dry	6.5 cups (3 cans 540-ml) (or 3 cups of dry beans)
- Chopped onion	1/2 onion	4 onions
- Diced carrots	1/2 cup (125 ml)	3 cups (750 ml)
- Diced turnip	1/2 cup (125 ml)	3 cups (750 ml)
- Green beans in pieces (fresh or frozen or canned)	1/2 cup (125 ml)	3 cups (750 ml)
- Green cabbage finely sliced	1/2 cup (125 ml)	3 cups (750 ml)
- Thyme, salt and pepper	to taste	to taste

### Preparation:

1- If you are using dry beans: soak in water overnight in refrigerator. Drain beans, rinse and cook over medium heat in a large pot of water for 2 hours.

If you are using canned beans: rinse in cold water and drain.

2- Wash, peel and chop vegetables;

3- In a large pot, heat beef or chicken bouillon over medium heat with canned tomatoes, cooked or canned beans, onion, cabbage, carrots, turnip and green beans;

4- Simmer about 30 minutes or until vegetables are tender. Add salt, pepper and thyme to taste;

5- Add a little tomato juice if soup is too thick.



## Meat soup-meal (#17)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Oil (canola or olive or other)	2 tbsp (30 ml)	1/2 cup (125 ml)
- Chopped onion	1 onion	5 onions
- Garlic	1 clove of garlic	4 cloves of garlic
- Dried parsley	1 1/2 tbsp (22 ml)	3 tbsp (45 ml)
- Canned tomatoes	2 cans of 540 ml (1080 ml)	23 cups (2 cans of 2.84 litres)
- Beef bouillon	10 cups (2.5 litre)	40 cups (10 litres)
- Hulled barley or pasta (ex.: macaroni) or rice	2 cups (500 ml)	8 cups (2 litres)
- Salt and pepper	to taste	to taste
- Cubed caribou meat (or moose, or venison, or beef)	2 lbs (1 kilo)	8 lbs (3.6 kilos)
- Tomato juice	to taste	to taste

### Preparation:

- 1- Cube meat;
- 2- In a large saucepan, heat oil over high heat then brown meat on all sides;
- 3- Add bouillon to saucepan and cook meat about 45 minutes, reduce to medium heat;
- 4- Meanwhile, chop onions and garlic.
- 5- After 45 minutes of cooking meat, add onion, garlic, dried parsley, canned tomatoes and barley (or pasta or rice) and cook 1 hour more, or until barley is tender;
- 5- Add tomato juice to taste (if soup is too thick), add salt and pepper.



# Main dishes and side dishes





## Chicken-filled baguette (#18)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Whole wheat baguette	1 baguette	8 baguettes
- Milk	1/4 cup (50 ml)	2 cups (500 ml)
- Non hydrogenated margarine	1 tbsp (15 ml)	1/2 cup (125 ml)
- Diced cooked chicken	1 1/2 cup (375 ml)	12 cups (3 litres)
- Chopped onion	3 tbsp (45 ml)	1 1/3 cup (325 ml)
- Chopped garlic (optional)	1 clove	8 cloves
- Eggs	3 eggs	12 eggs
- Grated cheese	1/4 cup (50 ml)	2 cups (500 ml)
- Thyme	1/4 tsp (1 ml)	2 tsp (10 ml)
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Heat oven to 350°F;
- 2-Cut baguette in half lengthwise and remove a portion of the bread;
- 3-Soak bread in milk and set aside;
- 4-Spread margarine on inside of baguettes halves and toast lightly in oven;
- 5-In a bowl, combine other ingredients, including soaked bread. Fill baguette halves with this mixture;
- 6-Close baguette and wrap in tin foil. Bake in oven 35 minutes;
- 7-Cut into pieces. Serve hot or cold.

## Bannock (#19)

Ingredients	20 to 30 child-size portions or for a family	60 child-size portions
- White flour	3 cups (750 ml)	6 cups (1500 ml)
- Whole wheat flour	3 cups (750 ml)	6 cups (1500 ml)
- Baking powder	3 tbsp (45 ml)	6 tbsp (90 ml)
- Salt	to taste	to taste
- Skim milk or reconstituted skim milk powder	2 cups (500 ml)	4 cups (1 litre)

### Preparation:

- 1-Heat oven to 400°F;
- 2-Grease a large baking sheet (use of sunflower oil, if possible);
- 3-In a large bowl, combine two types of flour, baking powder and salt;
- 4-Add milk to flour mixture. Combine lightly (do not overstir) and knead dough quickly;
- 5-Roll out dough with a pastry roller to a 1 inch to 1 1/2 inch thickness on baking sheet;
- 6-Cook in oven for 20 to 25 minutes.

### Variations

#### **Bannock with raisins:**

Add raisins (1 cup for 20 to 30 portions; 2 cups for 60 portions) to dough ingredients before mixing.

#### **Bannock with blueberries:**

Add fresh or frozen unsweetened blueberries (1 cup for 20 to 30 portions; 2 cups for 60 portions) to dough once ingredients have been mixed. Stir lightly.

## Pineapple or peach beef meat balls (#20)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Lean or extra-lean ground beef</li> <li>- Finely chopped onions</li> <li>- Eggs</li> <li>- Iron-enriched baby cereal (“Pablum”)</li> <li>- Salt</li> <li>- Pepper</li> <li>- Chili sauce</li> <li>- Dry mustard</li> <li>- Lemon juice</li> <li>- Frozen 100% pure orange juice, thawed, <u>not diluted with water</u></li> <li>- Brown sugar</li> <li>- Soy sauce</li> <li>- Pineapple or diced peaches, in light syrup</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (700 g)</li> <li>1 onion</li> <li>1 egg</li> <li>1/3 cup (75 ml)</li> <li>1/2 tsp (2 ml)</li> <li>1 pinch</li> <li>1/2 cup (125 ml)</li> <li>1 tsp (5 ml)</li> <li>1 tbsp (15 ml)</li> <li>1/3 cup (75 ml)</li> <li>1/4 cup (50 ml)</li> <li>1 tsp (5 ml)</li> <li>1 can (796 ml)</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.6 kilos)</li> <li>5 onions</li> <li>6 eggs</li> <li>2 cups</li> <li>2 tsp (10 ml)</li> <li>1 tsp (5 ml)</li> <li>3 cups (750 ml)</li> <li>2 tbsp (30 ml)</li> <li>1/3 cup (75 ml)</li> <li>2 cups (500 ml)</li> <li>1 1/4 cup (300 ml)</li> <li>2 tbsp (30 ml)</li> <li>6 cans of 796 ml (4776 ml)</li> </ul>

### Preparation:

- 1-Heat oven to 350°F;
- 2-Chop onions;
- 3-In a large bowl, combine meat, chopped onions, eggs, baby cereal, salt and pepper. Form a dozen of meatballs for family recipe and sixty meatballs for the 60-portion recipe (if you do not have time to make 60 meatballs, you can cook meat as is);
- 4-Put meatballs in an oven-ready dish;
- 5-In another bowl, combine chili sauce, dry mustard, lemon juice, thawed concentrated orange juice, brown sugar, soy sauce and canned pineapple or peaches. Pour over meatballs;
- 6-Bake in oven about 30 minutes.

## Summer stew (#21)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Oil (canola or olive or other)</li> <li>- Cubed meat (beef, pork, veal, moose, venison, caribou, etc.)</li> <li>- Sliced carrots</li> <li>- Diced turnip</li> <li>- Chopped cabbage</li> <li>- Yellow wax beans</li> <li>- Green beans</li> <li>- Quartered potatoes</li> <li>- Quartered onion</li> <li>- Powdered beef bouillon</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2 tbsp (30 ml)</li> <li>1.5 lbs (700 g)</li> <li>3 carrots</li> <li>1/2 turnip</li> <li>1/2 cabbage</li> <li>1/2 cup (125 ml)</li> <li>1/2 cup (125 ml)</li> <li>8 to 10 potatoes</li> <li>1/2 onion</li> <li>to taste</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup (50 ml)</li> <li>8 lbs (3.6 kilos)</li> <li>12 carrots</li> <li>2 turnips</li> <li>1 cabbage</li> <li>1/2 lbs (500 g)</li> <li>1/2 lbs (500 g)</li> <li>10 lbs (4.5 kilos)</li> <li>2 onions</li> <li>to taste</li> <li>to taste</li> </ul>

### Preparation:

- 1- In a saucepan, heat oil over medium heat and brown meat on all sides, about 5 minutes;
- 2- Add sufficient water to cover meat and cook about 30 minutes;
- 3- Meanwhile, wash and chop vegetables;
- 4- Add vegetables to saucepan and add a little water (sufficient to cover vegetables). Cook until vegetables are tender.
- 5- Add a little bouillon to taste. Add salt and pepper to taste. Serve.



## Meatballs in gravy (#22)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Ground beef (or caribou or moose)	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Oil (canola or olive or other)	1 tbsp (15 ml)	1/4 cup (50 ml)
- Chopped onion	1 onion	6 onions
- Canned slice mushrooms	1 1/2 cup (325 ml)	60 ounces (1.7 litres)
- Worcestershire sauce	2 tsp (10 ml)	1/4 cup (50 ml)
- Canned cream of mushroom soup	1 1/2 cup (325 ml)	60 ounces (1.7 litres)
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Heat oven to 400°F and grease a cookie sheet;
- 2-Form small meatballs with ground meat (use a small ice cream scoop to save time) and place meatballs on sheet. Bake in oven 20 minutes; (if you do not have time to make meatballs for large-quantity recipes, cook ground meat broken into small chunks);
- 3-Chop onion then, in a large saucepan, heat oil over medium heat and cook onions;
- 4-Drain canned mushrooms and add to saucepan. Add cream of mushroom soup, Worcestershire sauce and cooked meatballs (or cooked ground meat);
- 5-Bring to a boil, increasing heat and then reduce to medium heat and simmer about 5 minutes. Add salt and pepper to taste.

# Turkey burger (or chicken or other ground meat) (#23)

(child-size portion: 1/2 hamburger)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Turkey or chicken or caribou or other lean ground meat	1.25 lbs (625 g)	8 lbs (3.6 kilos)
- Bread crumbs or crushed soda crackers	1 1/4 cup (300 ml)	8 cups (1.75 litre)
- Beaten eggs	2 eggs	16 eggs
- Chili sauce or ketchup	2 tbsp + 2 tsp (40 ml)	1 cup (250 ml)
- Garlic powder	1 tsp (5 ml)	1 tbsp (15 ml)
- Fresh parsley (optional)	2 tbsp (30 ml)	1 cup(250 ml)
- Hamburger buns	5 to 10 hamburger buns	50 to 60 hamburger buns
- Lettuce	to taste	to taste
- Tomato slices	to taste	to taste
- Mayonnaise	to taste	to taste

## Preparation:

- 1-Heat oven to “grill” or “broil” and spread a little oil (about 2 tsp) on a cookie sheet;
- 2-In a large bowl, mix all ingredients well and make the desired number of patties. Flatten each patty;
- 3-Place patties on cookie sheet. Place cookie sheet about 6 inches (15 cm) from grill and cook patties 5 minutes. Turn over and cook another 5 minutes. Check cooking inside a patty (patty should be very hot and meat must not be pink);
- 4-Toast hamburger buns in oven about 2 minutes or until brown;
- 5-Serve patties in a regular hamburger bun (1/2 hamburger=1 child-size portion) or a mini hamburger bun. Garnish each hamburger with mayonnaise, tomatoes and lettuce.

## Meat and vegetable casserole (#24)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Ground beef (or moose or caribou or venison, etc.)	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Chopped onion	1 onion	6 onions
- Celery branches, chopped	2 branches	6 branches
- Sliced carrots	5 carrots	24 carrots
- Diced turnip	1/2 turnip	3 turnips
- Diced canned tomatoes	2 cups (500 ml)	1 1/4 ounces (3.25 litres)
- Quartered potatoes	5 potatoes	24 potatoes
- Thyme, salt and pepper	to taste	to taste

### Preparation:

- 1-Heat oven to 350°F;
- 2-Wash, peel and chop vegetables (onion, celery, carrots, turnip, potatoes);
- 3-In a large saucepan, cook ground beef over medium heat, with onions and celery chopped;
- 4-Put all ingredients (meat with onions and celery, all other vegetables, canned tomatoes, thyme, salt and pepper) in an oven-ready dish and cook 1 1/2 hour, or until vegetables are cooked.  
Add a little water during cooking if necessary.

# Chili

## (beef or caribou, moose, venison, etc.)

### (#25)

(child-size portion: about 3/4 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Ground meat (options: beef, caribou, moose, venison, etc.)	2/3 lbs (300 g)	3.5 lbs (1.5 kilos)
- Chopped onion	1 onion	6 onions
- Chopped celery	2 branches	7 branches
- Diced carrots	3	8
- Chopped green pepper	1	4
- Canned diced tomatoes	1 3/4 cup (450 ml)	17 cups (4.25 litres)
- Tomato juice	3/4 cup (200 ml)	3 cups (750 ml)
- Tomato paste	2 tbsp (30 ml)	1 1/2 cup (375 ml)
- Kidney beans	1 can of 540 ml	5 cans of 540 ml (2.7 litres)
- Tabasco sauce (optional)	1/2 tsp (2 ml)	2 tsp (10 ml)
- Dried oregano	1/2 tsp (2 ml)	2 tsp (10 ml)
- Cayenne pepper	1 pinch 1/4 tsp (1 ml)	1 pinch or more, to taste
- Thyme	to taste	1 tsp (5 ml)
- Salt and pepper	to taste	to taste
- Chili powder	1 tbsp (15 ml)	2 tbsp (30 ml)

### Preparation:

- 1- In a large saucepan, cook ground meat until it is no longer pink (begin cooking over low heat then increase to medium heat: meat will cook in its own fat, without sticking). Drain fat;
- 2- Meanwhile, wash and chop vegetables (onions, celery, carrots, peppers);
- 3- Add vegetables and all other recipe ingredients to saucepan of meat. Heat over medium heat about 30-45 minutes, or until all vegetables are cooked and chili is thick enough. Add salt and pepper to taste.

## BBQ pork chops (#26)

(child-size portion: 1/2 chop; adult portion: 1 chop)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Pork chops  <b>Sauce:</b> - Finely chopped onion - Ketchup - Water - Vinegar - Brown sugar - Worcestershire sauce (optional)	6-7 chops (1.5 lbs/700 g)  1 small onion 1 cup (250 ml) 1 cup (250 ml) 1/4 cup (50 ml) 1/4 cup (50 ml) 1/2 tsp (2 ml)	8 lbs (3.6 kilos)  5 onions 5 cups (1250 ml) 5 cups (1250 ml) 1 cup (250 ml) 1 cup (250 ml) 2 tsp (10 ml)

### Preparation:

- 1-Preheat oven to 350°F;
- 2-Combine all sauce ingredients in a bowl;
- 3-Put chops in an oven-ready dish and pour sauce overtop;
- 4-Bake in oven about 1 1/2 to 2 hours, or until chops are tender.

## Pork chops with tomatoes (#27)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Pork chops</li> <li>- Oil (olive or canola or other)</li> <li>- Sliced onion</li> <li>- Tomato juice</li> <li>- Water</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (700 g)</li> <li>1 tbsp (15 ml)</li> <li>1 onion</li> <li>2 cups (500 ml)</li> <li>1 1/2 cup(375 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.6 kilos)</li> <li>1/4 cup (50 ml)</li> <li>5 onions</li> <li>10 cups (2.5 litres)</li> <li>7 1/2 cups (1875 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Heat oven to 450°F;
- 2-Slice onions;
- 3-In a large saucepan, heat oil over high heat. Brown chops about 3 minutes on each side;
- 4-In an oven-ready dish, combine chops, onions, tomato juice and water.Add salt and pepper;
- 5-Bake in oven uncovered about 1 1/2 hours or until chops are very tender and come apart with a fork.

## Vegetarian couscous (with chicken or other meat) (#28)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Turnip in chunks	3 cups (750 ml)	12 cups (3litres)
- Carrots in chunks	3 cups (750 ml)	4.5 lbs (2 kilos)
- Sliced zucchini (optional)	1 cup (750 ml)	5 cups (1250 ml)
- Chopped onion	1 onion	5 onions
- Finely chopped garlic (optional)	2 cloves of garlic	8 cloves of garlic
- Beef or chicken bouillon	6 cups (1500 ml)	24 cups (6 litres)
- Tomato paste	4 tsp (20 ml)	2 cans 14 oz (396 ml)
- Dried oregano	1/2 tsp (2 ml)	2 tsp (10 ml)
- Dried basil	1/2 tsp (2 ml)	2 tsp (10 ml)
- Tabasco (optional)	a few drops	a few drops
- Canned chick peas, rinsed and drained	1 can of 540 ml	5 cans of 540 ml (2.7 litres)
- Uncooked couscous (you can replace the couscous with rice)	1 1/2 cup (375 ml)	8 cups (2 litres)

**For chicken couscous (or other meat: beef, caribou, pork, moose...):  
replace chick peas with:**

- Chicken or beef or pork or other cubed meat	1.5 lbs (700 g)	8 lbs (3.6 kilos)
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### Preparation:

- 1-Peel, wash and chop turnip and carrots;
- 2-If desired, slice zucchini, without peel;
- 3-Chop onions and garlic
- 4-For vegetarian couscous: Rinse and drain chick peas. Set aside in a bowl;  
For couscous with meat (chicken or other): Heat a little oil (about 1 tbsp for family recipe, 1/4 cup for the 60-portion recipe) in a large saucepan and brown cubes of meat on all sides.
- 5-In a large saucepan, combine bouillon, tomato paste, oregano, basil, Tabasco, turnip, carrots, onions and garlic. Add cubes of cooked meat for couscous with meat recipe. Do not add zucchinis and chick peas immediately.
- 6-Heat until mixture starts to boil then reduce to medium heat. Cook about 45 minutes to 1 hour, until vegetables are almost cooked;
- 7-When vegetables are almost cooked, add chick peas (for vegetarian couscous recipe) and zucchini. Cook about 15 minutes more, or until zucchini is cooked;
- 8-Bring water to a boil. Put couscous in a bowl, and pour boiling water otop until couscous is covered. Cover bowl with tin foil and let swell 10 minutes. Separate couscous with a fork;
- 9- Serve a portion of couscous for each person with a portion of the vegetable and chick pea mixture or

meat and vegetable mixture overtop.

## Vegetarian croquette (#29)

(child-size portion: 1/2 to 1 croquette)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Canned legumes, drained and rinsed. Options: chick peas, lentils, black beans, etc.</li> <li>- Finely chopped onion</li> <li>- Oil (canola or olive or other)</li> <li>- Eggs</li> <li>- Fresh chopped parsley (optional)</li> <li>- Savory</li> <li>- Salt</li> <li>- Pepper</li>   <li>- Mushroom gravy or tomato sauce or other selected sauce</li> </ul>	<ul style="list-style-type: none"> <li>1 can (540 ml)</li>   <li>1 onion</li> <li>1 tsp (5 ml)</li> <li>1 egg</li> <li>1 tbsp (15 ml)</li> <li>1/4 tsp (1 ml)</li> <li>1/2 tsp (2 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>8 cans of 540 ml (4320 ml)</li>   <li>4 onions</li> <li>2 tbsp (30 ml)</li> <li>9 eggs</li> <li>1/4 cup (50 ml)</li> <li>1 tsp (5 ml)</li> <li>2 tsp (10 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Heat oven to 350°F and grease a cookie sheet;
- 2-Rinse legumes well and drain. Puree in a food processor (or with a masher, if you do not have food processor);
- 3-Finely chop onion;
- 4-Heat oil over medium heat in a skillet. Cook onion without browning until onion is transparent;
- 5-In a bowl, combine legumes, cooked onions, and all other ingredients, and add pepper to taste. Make the desired number of croquettes with mixture and place on sheet. For large portions: you can save time by not making croquettes: press dough into well greased pans and when legume dough is cooked, cut into squares;
- 6-Cook croquettes in oven for 15 to 20 minutes, based on the size of the. If you spread the dough in pans, cook 30 to 35 minutes;
- 7-When croquettes are cooked, remove from cookie sheet. If you used pans, cut into squares;
- 8-Serve with selected sauce that you have warmed.



## Salmon steaks (#30)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Salmon steaks</li> <li>- Oil (olive or canola or other)</li> <li>- Finely chopped garlic</li> <li>- Chopped onion</li> <li>- Fresh chopped parsley (optional)</li> <li>- Fresh quartered tomatoes (or canned tomatoes)</li> <li>- Lemon juice</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (700 g)</li> <li>2 tbsp (30 ml)</li> <li>2 cloves</li> <li>1 onion</li> <li>4 tsp (20 ml)</li> <li>6 tomatoes (or 3 to 4 cups (1 litre) of canned tomatoes)</li> <li>1 tbsp (15 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>9 lbs (4 kilos)</li> <li>1/2 cup (125 ml)</li> <li>16 cloves</li> <li>8 onions</li> <li>3/4 cup (200 ml)</li> <li>48 tomatoes (or 24 cups (6 litres) of canned tomatoes)</li> <li>1/2 cup (125 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1- Chop vegetables (tomatoes, onions), garlic and fresh parsley;
- 2- Heat oven to 400°F. Place salmon steaks on a greased cookie sheet and cook salmon in oven until salmon flakes easily with a fork. When fish is cooked, take out of oven and cover with tin foil;
- 3- Meanwhile, heat oil over medium-low heat in a saucepan. Cook onion and garlic without browning, until onion is transparent. Add tomatoes, lemon juice and chopped parsley. Add salt and pepper to taste and simmer 10 to 15 minutes over medium heat;
- 4- Sauce can be used as is or pureed in a food processor before serving on fish.

## Chicken fajitas (#31)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Chicken (breasts or thighs) cut into strips</li> <li>- Oil (canola or olive or other)</li> <li>- Finely chopped onions</li> <li>- Green peppers cut into strips</li> <li>- Salt and pepper</li> <li>- Tortillas</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (700 g)</li> <li>1 tbsp (15 ml)</li> <li>1 onion</li> <li>3 peppers</li> <li>to taste</li> <li>5 to 10 tortillas</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.6 kilos)</li> <li>1/3 cup (75 ml)</li> <li>4 onions</li> <li>14 peppers</li> <li>to taste</li> <li>60 tortillas</li> </ul>
<p><b>Garnish</b></p> <ul style="list-style-type: none"> <li>- Grated cheese</li> <li>- Diced tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>1 cup (250 ml)</li> <li>2 tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>4 cups (1 litre)</li> <li>10 tomatoes</li> </ul>

### Preparation:

- 1-Cut chicken into strips and set aside;
- 2-Wash peppers and tomatoes. Slice peppers into strips and chop onions and tomatoes;
- 3-Grate cheese;
- 4-Heat oil over high heat and cook chicken until inside of strips is no longer pink. Add onions and green peppers and cook until tender but still crunchy. Add salt and pepper to taste;
- 5-Heat tortillas in microwave oven (1 to 2 minutes) or oven at 400°F (5 minutes);
- 5-Serve a spoonful of meat and vegetable mixture on each tortilla. Top with grated cheese and diced tomatoes and roll up tortillas. Serve.

## Italian-style fish fillets (#32)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Cream of tomato soup</li> <li>- Milk</li> <li>- Selected fish fillets, boneless</li> <li>- Diced tomatoes (fresh or canned)</li> <li>- Chopped onion</li> <li>- Oil (canola or olive or other)</li> <li>- Finely chopped garlic</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2 cups (500 ml)</li> <li>1/3 cup (75 ml)</li> <li>1.5 lbs (700 g)</li> <li>2/3 cup (150 ml)</li>   <li>1/2 onion</li> <li>1 tbsp (15 ml)</li> <li>1 clove</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>10 cups (2.5 litres)</li> <li>1 cup (250 ml)</li> <li>9 lbs (4 kilos)</li> <li>3 cups (750 ml)</li>   <li>2 onions</li> <li>1/3 cup (75 ml)</li> <li>5 cloves</li> <li>to taste</li> </ul>

### Preparation:

- 1-Heat oven to 450°F and place fillets in an oven-ready dish;
- 2-Chop tomatoes, onions, cloves of garlic;
- 3-In a bowl, combine cream of tomato soup with milk, oil and chopped vegetables and pour over fish fillets.  
Cover with tin foil or a cover;
- 4-Cook fish in oven about 15 minutes or until flesh breaks apart with a fork.



## Fish fillets with garden vegetables (#34)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Selected fish fillets, boneless</li> <li>- Chicken bouillon</li> <li>- Diced zucchini (optional)</li> <li>- Finely chopped shallots or onions</li> <li>- Diced tomatoes (fresh or canned)</li> <li>- Thyme, salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (675 g)</li> <li>1 1/2 cups (375ml)</li> <li>1 to 2 zucchini(s)</li> <li>3 shallots (or 1/2 onion)</li> <li>1 tomato (or 1/2 cup of diced turnip)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>10 lbs (4.5 kilos)</li> <li>10 cups (2.5 litres)</li> <li>10 zucchinis</li> <li>20 shallots (or 3 onions)</li> <li>5 tomatoes (or 2 1/2 cups of diced turnip)</li> <li>to taste</li> </ul>

### Preparation:

- 1- Wash and chop tomatoes (if you are using fresh tomatoes), zucchini and shallots (or onions);
- 2- Heat oven to 200°F;
- 3- Bring chicken bouillon to a boil in a large saucepan. Add fish fillets. Cover and simmer over low heat about 7 to 8 minutes or until fish flakes easily with a fork. Put fish and liquid (setting aside 1/4 liquid in saucepan) in an oven-ready dish and cover with tin foil. Keep fish in oven;
- 4- Add zucchini, salt, pepper and thyme in saucepan with some liquid and bring to a boil simmering until zucchini is tender. Add chopped tomatoes and reheat 2 or 3 minutes;
- 5- Serve fish covered with some of liquid with vegetables.

## Ham and spinach gratin (#35)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Oil (olive or canola or other)	1 1/2 tsp (7 ml)	3 tbs (45 ml)
- Chopped onion	1 onion	6 onions
- Frozen chopped spinach	1 pkg of 180 g	36 ounces (1 kilo)
- Diced bread	2 cups (500 ml)	11 cups (2.75 litres)
- Diced cooked ham	2 1/2 cups (625 ml)	15 cups (3.75 litres)
- Diced cheddar cheese or mozzarella	1/2 cup (125 ml)	2 1/4 cups (550 ml)
- Eggs	4 eggs	21 eggs
- Milk	1 1/2 cup (375 ml)	7 cups (1.75 litre)

### Preparation:

- 1-Heat oven to 350°F and grease oven-ready dish;
- 2-Chop onions, bread, ham and cheese;
- 3-In a saucepan, heat oil over medium heat. Add onions and frozen spinach, cover saucepan and cook until spinach is thawed. Remove cover and cook until onions are tender;
- 4-Place spinach on baking sheet (or in large pans, for the 60-portion recipe), add cubes of bread, ham and cheese and mix well;
- 5-In a bowl, stir eggs and milk and add this mixture to ham dish;
- 6-Cover dish and cook in oven about 15-20 minutes (cook longer for the 60-portion recipe). Remove cover and cook 5 minutes more or until eggs are well set.

# Pineapple ham (#36)

(child-size portion: 1 small slice or 1/2 large slice)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Slices of ham</li> <li>- Mustard (optional)</li> <li>- Unsweetened pineapple slices, in juice (set aside juice)</li> <li>- 100% pure pineapple juice</li> </ul>	<ul style="list-style-type: none"> <li>1.5 lbs (700 g)</li> <li>1 tbsp (15 ml)</li> <li>12 slices</li> <li>1 1/2 cup (375 ml)</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.5 kilos)</li> <li>1/2 cup (125 ml)</li> <li>1/2 can of 2.84 litre (1.42 litre) of pineapple chunks</li> <li>5 1/2 cups (1.36 litre)</li> </ul>

## Preparation:

- 1-Heat oven to 400°F;
- 2-Spread mustard on each slice of ham (optional);
- 3-Place slices of ham in an oven-ready dish and cover with pineapple slices or chunks;
- 4-Pour remaining pineapple juice over dish and cover with a cover or tin foil;
- 5-Cook in oven 20 minutes. Remove cover or tin foil. Cook 10 minutes more.

(When ham is cooked, you can thicken the sauce with corn starch: dilute it by adding a little water to 4 tsp corn starch for the family recipe or about 1/3 cup of corn starch to the 60 portion recipe. Add this mixture to the cooking juice and heat over medium heat until the sauce thickens.)

## Lasagna (#37)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Lasagna noodles</li> <li>- Spaghetti sauce (see recipe for pasta sauce with meat and vegetables or use a commercial spaghetti sauce)</li> <li>- Grated cheese</li> </ul>	12 lasagna noodles about 4 cups (1 litre)  about 2 cups (500 ml)	60 lasagna noodles about 20 cups (5 litres)  about 8 cups (2 litres)

### Preparation

- 1-Heat oven to 350°F;
- 2-Grate cheese;
- 3-Bring water to a boil in a large saucepan. Add lasagna noodles and stir until water reboils. Cook about 10 to 12 minutes, stirring from time to time. Drain pasta in a strainer;
- 4-Spread a little spaghetti sauce in a lasagna pan (or large pans, for large-quantity recipe) and lay down a layer of lasagna noodles. Spread spaghetti sauce on pasta then repeat (a layer of pasta, a layer of sauce) 3 more times;
- 5-Top with grated cheese and cook lasagna in oven about 30 to 35 minutes or until dish bubbles and cheese begins to brown.



## Vegetables (#38)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Fresh or frozen selected vegetables: broccoli, cauliflower, green beans or yellow beans, turnip, squash, spinach, etc.	1 large broccoli or 1/2 cauliflower or 1 squash or 1 small turnip or 3 cups of beans or frozen vegetables or 1 bag of spinach, etc.	4 lbs (2 kilos) of frozen vegetables and 4 to 6 lbs (2 to 3 kilos) of fresh vegetables (calculate 3 kilos for vegetables with parts to be removed, such as broccoli. Calculate 2 kilos for vegetables for which little is removed such as beans)

### Preparation:

- 1- For frozen vegetables: follow package instructions;
- 2- For fresh vegetables: peel, wash and chop into equal-size pieces. Meanwhile, bring water to a boil in a saucepan. Plunge vegetables in water and cook just enough to make vegetables tender.

**\*Attention, do not overcook: the longer the vegetables cook, the more vitamins they lose.**

## Mashed vegetables (#39)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Potatoes	2 to 3 potatoes	10 lbs (5 kilos)
- Carrots	3 to 4 carrots	4 lbs (2 kilos)
- Turnip	1/2 turnip	4 lbs (2 kilos)
- Milk	2 tbsp or more	1 1/3 cup (325 ml)
- Non hydrogenated margarine	1 tbsp (15 ml)	1/3 cup (75 ml)
- Onion powder (optional)	1 pinch	1 tbsp (15 ml) or more
- Salt	to taste	to taste
- Pepper	to taste	to taste

### Preparation:

1. Wash, peel and chop potatoes, carrots and turnip;
2. Bring water to a boil in a large saucepan and cook vegetables 15-20 minutes or until tender.  
Drain vegetables;
3. Add milk, onion powder, salt and pepper and mash with a masher or use an electric mixer.

## Macaroni and meat (#40)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- <u>Uncooked</u> macaroni	2 1/2 cups (675 ml)	15 cups (2.4 kilos)
- Chopped onions	1 onion	4 onions
- Chopped celery branches	1 branch	6 branches
- Lean ground beef (or caribou or moose)	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Salt and pepper	to taste	to taste
- Canned diced tomatoes	2 cups (500 ml)	4 cans of 796 ml (3184 ml)
- Grated cheese (optional)	1 cup (250 ml)	1.5 kilo (4 litres)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Wash and chop celery and onion;
- 3-Bring a large quantity of water to the boil in a large saucepan. Cook macaroni until tender. Drain macaroni;
- 4-Meanwhile, cook ground beef (or other meat) with onions and celery in a large saucepan over medium heat (do not use fat to cook ground beef: begin cooking over low heat then increase to medium heat. ground beef will cook in its own fat);
- 5-When ground meat is well cooked (no longer pink inside), drain fat;
- 6- Add cream of tomato soup, tomato juice and canned tomatoes to saucepan of ground meat. Heat over medium heat until mixture starts to boil;
- 7-Pour macaroni into an oven-ready dish and sprinkle with grated cheese. Bake in oven about 30 minutes or until cheese is brown.

## Simmered meat with vegetables (beef, caribou, moose or other meat) (#41)

(child-size portion: 4 ounces; adult portion: 8 ounces)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Options: Beef or veal or caribou or moose or venison, hare partridge, goose, etc.: cubed or in pieces	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Vegetable oil	2 tbsp (30 ml)	1/4 cup (50 ml)
- Chopped onion	1 onion	5 onions
- Very finely chopped garlic	1 clove	4 cloves
- Flour	2 tbsp (30 ml)	1/3 cup (75 ml)
- Sliced carrots	4 carrots	20 carrots
- Diced potatoes	4-5 potatoes	20 potatoes
- Quartered turnip	1 cup (250 ml)	5 cups (1250 ml)
- Beef bouillon	4 cups (1 litre)	24 cups (6 litres)
- Tomato paste	2 tbsp (30 ml)	2/3 cup (150 ml)
- Bay leaves	1 leaf	1-2 leaves

### Preparation:

- 1-Chop meat into 1 inch cubes (2 cm) and roll in flour;
- 2-Peel, wash and dice vegetables;
- 3-In a large pot, heat oil and brown meat on all sides;
- 4-Add bouillon, tomato paste, bay leaves, garlic and onion and simmer at least 45 to 60 minutes over low heat;
- 5-Add other vegetables (carrots, potatoes and turnip) to pot and cook 1 hour more or until vegetables and meat are tender;
- 6-Add salt and pepper to taste.

# Mini-pizzas

## (with beef, moose, caribou, chicken, ham, tuna, etc.)

### (#42)

(child-size portion: 1/2 bread-1 bread)

Ingredients	Family (10 to 16 mini-pizzas)	60 portions (calculate a few extra pizzas, children ask for more!)
- Hamburger buns or English muffins	5 to 8 buns	45 buns
- Tomato sauce	1 cup (250 ml)	8 cups (2 litres)
- Finely sliced mushrooms (canned or fresh)	2/3 cup (150 ml)	2 cans 10 oz or 2 pkgs of 228 g fresh
- Grated mozzarella cheese	1 1/2 cup (375 ml)	2 lbs (1 kilo)
- Diced green peppers	2/3 cup (150 ml)	5 to 6 peppers

### Preparation:

- 1-Heat oven to 350°F;
- 2-Wash and slice peppers and mushrooms;
- 3-Separate bun halves and place on a cookie sheet;
- 4-Spread sauce on each bun (do not use tomato sauce on tuna mini-pizzas) then cover each bun with vegetables and meat or fish. Cover each bun with grated cheese.
- 5-Bake in oven about 15 to 20 minutes.

### Variations

#### Mini-pizzas with chicken or ham:

- Add diced cooked ham or chicken (cook chicken in advance) to mini-pizzas, before topping with grated cheese.

#### Calculate:

- 1 lb (500 g) of cooked chicken or ham for family recipe
- 5 lbs (2.25 kilos) of cooked chicken or ham for the 60-portion recipe.

#### Mini-pizzas with tuna:

Do not use tomato sauce or mushrooms. Combine the following ingredients in a bowl:

- Canned flaked tuna, drained	15 oz (425 g)	72 oz (2 kilos)
- Mayonnaise	1/2 cup (125ml)	2 1/2 cups (625 ml)
- Relish	1/4 cup (50 ml)	1 1/2 cup (375 ml)

## Noodles with pork (or other meat) (#43)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Oil (olive or canola or other)</li> <li>- Cubed meat (pork, beef, moose, caribou, chicken, etc.)</li> <li>- Chopped green pepper</li> <li>- Chopped onion</li> <li>- Sliced mushrooms (fresh or canned)</li> <li>- Soy sauce (light or reduced-salt, if possible)</li> <li>- Egg noodles (or another type of pasta: macaroni, fusilli, small shells, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp (15 ml)</li> <li>1.5 lbs (700 g)</li> <li>3 peppers</li> <li>1 small onion</li> <li>2/3 cup (150 ml)</li> <li>to taste</li> <li>2 1/2 cups (675 ml)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 cup (50 ml)</li> <li>8 lbs (3.6 kilos)</li> <li>14 peppers</li> <li>3 onions</li> <li>3 cups (750 ml)</li> <li>to taste</li> <li>4 pkgs of 500 g (2 kilos)</li> </ul>

### Preparation:

- 1-Peel and chop onions;
- 2-Wash and slice peppers and mushrooms (if you are using canned mushrooms, drain);
- 3-Bring a large quantity of water to the boil in a saucepan. Cook noodles according to package instructions. Drain noodles and set aside;
- 4-Meanwhile, cube meat and heat oil over high heat in a large saucepan. Brown meat then add peppers, onions and mushrooms. Cook until vegetables are tender but still a little crunchy;
- 5-Add noodles and soy sauce. Mix well, reheat and serve.

## Noodles with tuna or salmon (#44)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Uncooked pasta (ex.: broad egg noodles, fusilli, etc.)	2 1/2 cups (625 ml)	20 cups (5 litres)
- Non hydrogenated margarine	1/3 cup (75 ml)	1 1/4 cup (300 ml)
- Flour	1/3 cup (75 ml)	1 1/4 cup (300 ml)
- Milk	4 cups (1 litre)	14 cups (3.5 litres)
- Parmesan cheese	1/3 cup (75 ml)	1 cup (250 ml)
- Broccoli or cooked green beans, cut into pieces (or use frozen or drained canned broccoli or beans)	2 1/2 cups (625 ml)	4.5 lbs (2 kilos)
- Canned tuna or salmon	3 cans of 184 g (552 g)	45 oz (1.3 kilos)
- Bread crumbs	1/2 cup (125 ml)	1 1/2 cup (375 ml)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Bring a large quantity of water to the boil in a large saucepan. Cook pasta according to package instructions (do not overcook, as pasta continues to cook in oven). Drain pasta;
- 3-Drain canned tuna or salmon and flake with a fork. Set aside;
- 4-If you are using fresh broccoli or green beans, wash, chop in pieces and cook in boiling water just long enough that they are still crunchy (about 5 minutes for broccoli, and a little longer for beans). If you are using frozen or canned vegetables, simply measure;
- 5-Chop onions;
- 6-In a saucepan, melt margarine over medium heat. Cook onion until tender. Add flour, stir in and cook about 1 minute. Gradually add milk;
- 7-Cook sauce over medium heat stirring continually, until sauce starts to boil and thickens. Remove from heat and add parmesan. Stir until parmesan is melted;
- 8-Combine noodles, broccoli or beans, sauce and tuna or salmon. Add salt and pepper to taste. Put in a shallow oven-ready dish and sprinkle with bread crumbs;
- 9-Bake in oven about 20 to 30 minutes, or until mixture of noodles is very hot.

## Omelette (#45)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Eggs (large)</li> <li>- Milk</li> <li>- Finely chopped onion</li> <li>- Salt and pepper</li> <li>- Non hydrogenated margarine</li> <li>- Green pepper (optional)</li> </ul>	8 to 10 eggs 1/4 cup (50 ml) 1/2 onion to taste 1 tbsp (15 ml) 1/2 pepper	6 dozen (72) 2 cups (500 ml) 2 onions to taste 1/4 cup (50 ml) 4 peppers
<b>Ham omelette</b> <ul style="list-style-type: none"> <li>- Add diced ham to recipe</li> </ul>	1 cup (250 ml) of diced ham	8 cups (2 litres) of diced ham
<b>Omelette with vegetables</b> <ul style="list-style-type: none"> <li>- Canned diced tomatoes</li> </ul>	2 1/2 cups (625 ml)	20 cups (5 litres)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Chop onions and green peppers;
- 3-Beat eggs in a large bowl, add milk and chopped onion;
- 4-In a skillet, heat margarine over medium heat and cook ham or canned tomatoes with green pepper for a few minutes;
- 5-Put mixture of peppers and tomatoes (or peppers and ham) in an oven-ready dish (use 2 large pans and a half-pan for the 60-portion recipe) and add eggs. Bake in oven for about 45 minutes or until eggs are no longer liquid.

## Lentil loaf (#46)

Ingredients	1 loaf with 10 slices (sufficient for a family or 10 children)	6 loaves with 10 slices each (60 child-size portions)
<ul style="list-style-type: none"> <li>- Onion</li> <li>- Mushrooms (fresh or canned, drained)</li> <li>- Garlic</li> <li>- Oil (olive or canola or other)</li> <li>- Shredded carrot</li> <li>- Canned lentils, rinsed and drained</li> <li>- Grated cheese</li> <li>- Bread crumbs or wheatgerm</li> <li>- Egg</li> <li>- Fresh chopped parsley (optional)</li> <li>- Dried thyme</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>1 onion</li> <li>8 mushrooms</li> <li>1 clove</li> <li>2 tsp (10 ml)</li> <li>1 carrot</li> <li>1 can of 540 ml</li> <li>1 cup (250 ml)</li> <li>1/2 cup (125 ml)</li> <li>1 egg</li> <li>1 tbsp (15 ml)</li> <li>1/2 tsp (2 ml)</li> <li>3 tbsp (45 ml)</li> </ul>	<ul style="list-style-type: none"> <li>5 onions</li> <li>50 mushrooms</li> <li>4 cloves</li> <li>1/4 cup + 2 tsp (60 ml)</li> <li>6 carrots</li> <li>6 cans of 540 ml (3240 ml)</li> <li>6 cups (1500 ml)</li> <li>3 cups (750 ml)</li> <li>6 eggs</li> <li>1/4 cup (50 ml)</li> <li>2 tsp (10 ml)</li> <li>1 cup (250 ml)</li> </ul>

### Preparation:

- 1-Heat oven to 350°F;
- 2-Finely chop onion, garlic and mushrooms in food processor;
- 3-In a skillet, heat oil over medium-high heat. Cook chopped onion, garlic and mushrooms with shredded carrots until tender;
- 4-Combine all ingredients (cooked vegetables, lentils (rinsed and drained), grated cheese, bread crumbs, eggs, dried thyme and milk) in a large bowl;
- 5-Grease loaf pan (or 6 loaf pans, according to number of portions prepared) and pour preparation inside;
- 6-Cook in oven 45 minutes or until lightly browned.



## Salmon loaf (#47)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Canned chunk salmon, drained</li> <li>- Bread crumbs</li> <li>- Milk</li> <li>- Eggs</li> <li>- Finely chopped celery</li> <li>- Finely chopped onion</li> <li>- Pepper</li> <li>- Canned cream of mushroom soup (optional)</li> </ul>	<ul style="list-style-type: none"> <li>3 cans of 213 g (639 g)</li> <li>1 cup (250 ml)</li> <li>3/4 cup (200 ml)</li> <li>3</li> <li>1/2 cup (125 ml)</li> <li>1/2 cup (125 ml)</li> <li>1 pinch</li> <li>1 can (284 ml)</li> </ul>	<ul style="list-style-type: none"> <li>110 ounces (3 kilos)</li> <li>4 to 5 cups (1250 ml)</li> <li>3 cups (750 ml)</li> <li>10</li> <li>1 1/2 cup (375 ml)</li> <li>2 1/2 cups (625 ml)</li> <li>1 tsp (5 ml)</li> <li>1 can (1.36 litre)</li> </ul>

### Preparation:

- 1-Heat oven to 350°F;
- 2-In a large bowl, combine salmon with bread crumbs, milk, eggs, onion, celery and pepper;
- 3-Grease loaf pan with oil for family recipe or large pans for the 60-portion recipe;
- 4-Bake in oven about 40 to 60 minutes (cooking time may be longer for larger quantities) or until mixture is set in the centre;
- 5-If you want to serve salmon loaf with a sauce, you can use canned cream of mushroom soup.  
Add a little milk to dilute slightly.

# Meatloaf

## (beef, moose caribou, veal or chicken)

### (#48)

Ingredients	1 meatloaf (sufficient for a family or 10 child-size portions)	60 child-size portions
- Ground lean meat (ex.: beef, moose, caribou, veal, chicken, etc.)	1 lb (500 g)	8 lbs (3.6 kg)
- Rolled oats	1 cup (250 ml)	6 cups (1500 ml)
- Finely chopped onion	1/2 cup (125 ml)	3 cups (750 ml)
- Milk	1/4 cup (50 ml)	1 1/2 cup (375 ml)
- Eggs	2 eggs	12 eggs
- Worcestershire sauce (optional)	2 tbsp (30 ml)	3/4 cup (175 ml)
- Thyme, salt, pepper	to taste	about 1 tsp (5 ml) of each, to taste

#### Preparation:

- 1-Heat oven to 375°F and grease number of pans necessary (use loaf pan for family recipe and 2 large pans + 1/2 pan for the 60-portion recipe) with vegetable oil;
- 2-Chop onions;
- 3-In a large bowl, combine all ingredients. Mix well;
- 4-Put this mixture in greased pans and cook in oven about 1 hour or until meat is no longer pink and loaf is firm.

\*This loaf can be served with gravy or with tomato sauce if you wish.

## Chicken potpie (#49)

(child-size portion: about 1/8 of pie; adult portion: about 1/4 of pie)

Ingredients	2 chicken potpies (sufficient for a family or 10 child-size portions)	60 child-size portions
- Canned cream of mushroom soup	2 1/2 cups (625 ml)	2 containers of 1.36 litre (2.72 litres)
- Milk	2 cups (500 ml)	8 cups (2 litres)
- Diced cooked chicken	1 lb (500 g)	8 lbs (3.6 kilos)
- Frozen mixed vegetables (or fresh diced carrots and frozen baby peas)	4 cups (1 litre)	17 cups or 4.5 lbs (4.25 litres or 2 kilos)
- Commercial or homemade pie dough	4 rolled out pastries (2 pie dough tops and 2 bottoms to make 2 meatpies)	4 kilos of pre-prepared dough

### Preparation:

- 1-Heat oven to 400°F;
- 2-Cook chicken in oven until juice from centre of chicken is clear (not pinkish). Dice chicken;
- 3-Wash and chop vegetables if fresh;
- 4-With a pastry roller, spread pie dough to a thickness of about 1/2 inch. For family recipe: cut pie dough into 4 circles a little larger than an upside-down pie plate. For 60 child-size portions: cut dough to cover only tops of 2 large 11 inch x 19 inch pans and a half 9 inch x 12 inch pan;
- 5-In a large bowl, combine cream of mushroom soup with milk, vegetables (or frozen mixed vegetables) and chicken;
- 6-For family recipe (skip this step for large-quantity recipe): place 2 pie dough rounds in two pie plates. Pierce each round of pie dough with a fork;
- 7-Fill each pie plate (or each pan) with mixture of chicken and vegetables. Cover each pie plate or pan with a layer of pie dough;
- 8-Cook meatpies in oven about 40 to 60 minutes or until pie dough is brown (cooking time is longer for larger quantities).

## Salmon meatpie (#50)

Ingredients	1 meatpie (sufficient for 10 child-size portions or for a family)	60 child-size portions
- Canned salmon	1 can of 440 g	118 ounces or 8 cans of 440 g (3.5 kilos)
- Potatoes	5 to 6 medium potatoes	30 potatoes
- Non hydrogenated margarine	2 tbsp (30 ml)	1/2 cup (125 ml)
- Milk	1/4 to 1/3 cup (50 to 75 ml)	1 3/4 cup (450 ml)
- Salt and pepper	to taste	to taste
- Chopped onions	1 onion	5 onions
- Commercial or homemade pie dough (you can purchase dough balls in the frozen or refrigerated products section)	2 rolled out pastries (1 top and 1 bottom of meatpie)	about 4 kilos of dough

### Preparation:

- 1- Heat oven to 400°F;
- 2- Cook potatoes in a pot filled with water, over medium-high heat, until tender;
- 3- Meanwhile, chop onions and drain canned salmon (dispose of liquid). In a bowl, mash salmon well with a fork or a masher;
- 4- Spread dough to a thickness of about 1/4 inch. For family recipe, cut two rounds a little larger than an overturned pie plate. Place a layer of dough in the bottom of a pie plate for family recipe (do not use pie dough in the bottom of the pans for large-quantity recipe);
- 5- When potatoes are cooked, puree (do not wait until they cool) with an electric mixer or a masher adding milk and half of margarine. Add salt and pepper to taste;
- 6- Cook chopped onion in remaining margarine over medium-low heat, without browning, until onion is transparent.
- 7- Combine onion cooked, salmon and mashed potatoes in a bowl;
- 8- Pour mixture of potatoes and salmon into pie plate for family recipe or 3 large pans for the 60-portion recipe;
- 9- Cover meatpies with a layer of pie dough and, using a knife, pierce two or three vents in meatpie;
- 10- Cook in oven until top is brown, about 45 minutes.

## Shepherd's pie (#51)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Mashed potatoes - Canned creamed corn - Canned corn niblets	about 6-7 medium potatoes 1 cup (250 ml) 1 cup (250 ml)	12 lbs (5.5 kilos) 1 can of 2.84 litres (2840 ml) 5 cans of 540 ml (2700 ml or 10 cups)
- Ground beef or ground moose or ground caribou or ground venison	1 lb (500 g)	8 lbs (3.6 kilos)
- Chopped onion	1 onion	3 onions
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Heat oven to 350°F;
- 2-Put potatoes in a large saucepan filled with water and boil until soft. Puree with a masher or a mixer and add a little milk, salt and pepper to taste;
- 3-While potatoes are cooking, chop onions;
- 4-Cook ground meat and onions in a skillet, without adding fat (begin cooking over low heat, the fat from the meat will run out and the meat will cook in its own fat)<sup>1</sup>. Drain fat if necessary;
- 5-In a bowl, combine corn niblets and creamed corn;
- 6-Spread mixture of meat and onions in an oven-ready dish (use three large pans for 60 child-size portions) and spread corn mixture overtop. Cover with mashed potatoes;
- 7-Bake in oven about 20 to 25 minutes (about 30 to 40 minutes for large pans) or until top of Shepherd's pie is brown.

1. It may be necessary to use a little non hydrogenated margarine (about 2 tsp for family recipe, 2 tbsp for 60-portion recipe) to cook moose, caribou or venison, which have less fat than ground beef.

## Pasta with meat and vegetable sauce (#52)

(child-size portion: about 1/2 cup; adult portion: about 1 to 1 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Chopped onion</li> <li>- Chopped celery</li> <li>- Chopped green pepper</li> <li>- Canned mushrooms</li> <li>- Lean ground beef (or caribou or moose or other ground meat)</li> <li>- Canned diced tomatoes with juice</li> <li>- Tomato sauce</li> <li>- Garlic in small pieces</li> <li>- Bay leaves (optional)</li> <li>- Oregano, salt, pepper</li> <li>- Uncooked pasta (spaghetti, shells, penne, fusilli, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>1 onion</li> <li>2 branches</li> <li>1/2 pepper</li> <li>1 can (284 ml)</li> <li>1 lb (500 g)</li>   <li>1 can of 796 ml</li>   <li>1 cup (250 ml)</li> <li>2 cloves</li> <li>1 leaf</li> <li>to taste</li> <li>1 lb to 1.5 lbs (500 g to 700 g)</li> </ul>	<ul style="list-style-type: none"> <li>3 onions</li> <li>6 branches</li> <li>2 peppers</li> <li>2 cans of 284 ml (568 ml)</li> <li>8 lbs (3.6 kilos)</li>   <li>11 cups (1 can 2.84 litres)</li>   <li>6 cups (1.5 litre)</li> <li>3 cloves</li> <li>2 leaves</li> <li>1 tsp of each</li> <li>9 lbs (4 kilos)</li> </ul>

### Preparation:

- 1-Wash and chop vegetables;
- 2-In a large saucepan, cook ground beef over medium heat (begin cooking over low heat then increase to medium heat) until meat has lost its pinkish colour. Drain fat;
- 3-Add all other ingredients and cook over medium heat about 1 1/2 to 2 hours, or until sauce thickens sufficiently;
- 4-Bring water to a boil in a large saucepan and cook selected pasta according to package instructions;
- 5-Serve cooked pasta with meat and vegetable sauce.

## Pasta with tomato tofu sauce (#53)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Chopped onion	1 onion	4 onions
- Chopped celery	1 branch	6 branches
- Diced turnip	2 1/2 cups (625 ml)	8 cups (2 litres)
- Tomato sauce	2 1/2 cups (625 ml)	8 cups (2 litres)
- Tomato paste	2/3 cup (150 ml)	2 cups (500 ml)
- Firm tofu, crumbly	1 lb (450 g)	3 1/2 lbs (1.5 kilos)
- Bay leaves	1 leaf	2 leaves
- Oregano	3/4 tsp (3 ml)	2 tsp (10 ml)
- Salt, pepper	to taste	to taste
- Uncooked pasta	1 –1.5 lbs (450 g-700 g)	9 lbs (4 kilos)

### Preparation:

- 1-Wash and chop vegetables;
- 2-Put all ingredients in a large pot and simmer over medium heat about 1 hour, or until vegetables are cooked and sauce thickens sufficiently;
- 3-Bring water to a boil in a large saucepan and cook selected pasta according to package instructions;
- 4-Serve sauce on pasta.

## Pasta and cheese (macaroni, small shells, etc.) (#54)

(child-size portion: 1/2 cup to 1 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Macaroni or small shells or penne or other small-cut pasta	2 cups (500 ml)	24 cups (6 litres)
- Non hydrogenated margarine	1 tbsp (15 ml)	1/3 cup (75 ml)
- Flour	1 tbsp (15 ml)	1/3 cup (75 ml)
- Chicken or vegetable bouillon	1 1/2 cup (375 ml)	6 cups (1500 ml)
- Chopped onion	1/2 onion	1 onion
- Light cream cheese	1 pkg (4 oz) (125 g)	2 lbs (1 kilo)
- Salt and pepper	To taste	To taste

### Preparation:

- 1-Bring a large pot of water to the boil and add pasta to the boiling water. Cook pasta until tender (but not soft). Drain pasta in a strainer and set aside;
- 2-Chop onions;
- 3-Melt margarine in a saucepan over medium heat (do not brown) and stir in flour. Cook 1 to 2 minutes then stir in chicken bouillon;
- 4-Add chopped onion to pot of bouillon and cook about 5 minutes (or longer for larger quantities), until sauce thickens;
- 5-Remove pot from heat and add cream cheese, stirring until it fully melts. Add salt and pepper to taste;
- 6-Combine sauce and pasta in a large pot. Reheat if necessary and serve.



## Pasta with chicken (#55)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Oil (canola or olive or other)</li> <li>- Diced green peppers</li> <li>- Sliced mushrooms (fresh or canned, drained)</li> <li>- Chopped onions</li> <li>- Cubes of raw or cooked chicken (breasts or whole chicken or thighs)</li> <li>- Penne or other pasta, <u>uncooked</u></li> <li>- Canned cream of mushroom soup</li> <li>- Milk</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>1 tbsp (15 ml)</li> <li>1 pepper</li> <li>1 cup (250 ml)</li> <li>1/2 onion</li> <li>1.5 lbs (700 g)</li> <li>4 cups (1 litre)</li> <li>2 cans of 284 ml (568 ml)</li> <li>1 cup (250 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>1/3 cup (75 ml)</li> <li>6 peppers</li> <li>6 cans of 284 ml (1.7 litre)</li> <li>2 onions</li> <li>8 lbs (3.6 kilos)</li> <li>20 cups (5 litres)</li> <li>2 cans of 1.36 litre (2.72 litres)</li> <li>5 1/2 cups (1.36 litre)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Bring a large pot of water to the boil and add pasta to the boiling water. Cook pasta until tender (but not soft). Drain pasta in a strainer and set aside;
- 2-Dice chicken;
- 3-Chop onions and peppers. If mushrooms are canned, drain. If mushrooms are fresh, wash and slice;
- 4-Heat oil over medium-high heat, in a large saucepan and cook onions, peppers, mushrooms and cubes of chicken on all sides, about 5 to 10 minutes;
- 5-Add milk and cream of mushroom soup to saucepan. Reheat everything over medium heat until sauce thickens slightly and the chicken is completely cooked (the chicken must not be pink inside);
- 7-Add cooked pasta to saucepan and mix well to reheat everything. Serve.

## Egg or chicken salad sandwich buns (#56)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Celery branches</li> <li>- Shredded carrots</li> <li>- Chopped green pepper</li> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Salt and pepper</li> <li>- Small salad buns</li> </ul>	<ul style="list-style-type: none"> <li>2 branches</li> <li>5 carrots</li> <li>1 pepper</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>to taste</li> <li>12 to 15 buns</li> </ul>	<ul style="list-style-type: none"> <li>6 branches</li> <li>20 carrots</li> <li>6 peppers</li> <li>1 cup (250 ml)</li> <li>1 cup (250 ml)</li> <li>to taste</li> <li>60 buns</li> </ul>
<p><b>Chicken salad sandwiches</b></p> <p>Add to basic ingredients:</p> <ul style="list-style-type: none"> <li>- Diced cooked chicken</li> </ul>	<ul style="list-style-type: none"> <li>2 1/2 cups (625 ml)</li> </ul>	<ul style="list-style-type: none"> <li>8 lbs (3.6 kilos)</li> </ul>
<p><b>Egg-salad sandwiches</b></p> <ul style="list-style-type: none"> <li>- Hard-boiled eggs (about 12 to 15 minutes in boiling water), mashed</li> </ul>	<ul style="list-style-type: none"> <li>10 eggs</li> </ul>	<ul style="list-style-type: none"> <li>1</li> <li>4 dozen eggs</li> </ul>

### Preparation:

- 1- Wash, peel and chop celery and peppers;
- 2- Wash, peel and grate carrots;
- 3- Chop meat in small pieces or peel eggs and crush with fork or masher;
- 4- Combine meat or eggs, vegetables and mayonnaise and yogurt mixture in a large bowl.  
Add salt and pepper to taste;
- 5- Fill sandwich buns with this mixture.

## Meat-filled buns (#57)

(child-size portion: 1 to 2 small buns)

Ingredients	24 buns	120 buns (sufficient for 60 child-size portions)
- Ground meat (beef or moose or caribou or veal or chicken, etc.)	1 lb (500 g)	5 lbs (2.2 kilos)
- Chopped onions	1 onion	4 onions
- Canned gumbo soup, undiluted	1 1/2 cup (375 ml)	48 ounces (1.36 litres)
- Chili sauce	2 tbsp (30 ml)	1/4 cup (50 ml)
- Dry mustard	2 tsp (10 ml)	1/4 cup (50 ml)
- Salt and pepper	to taste	to taste
- Small salad buns	2 dozen (24 buns)	10 dozen (120 buns)

### Preparation:

- 1-Heat oven to 350°F;
- 2-In a skillet, cook ground meat over medium heat with onions, breaking meat apart with a fork, until meat is no longer pink;
- 3-Add soup (or beef bouillon), chili sauce (or ketchup) and mustard. Simmer at least 20 minutes over medium heat or until liquid is almost completely absorbed;
- 4-Separate buns lengthwise and fill with meat. Put on a cookie sheet and bake in oven about 15 to 20 minutes, to make bread slightly crispy.

**Note:** If you are missing some ingredients: you can simply prepare these buns with beef bouillon instead of Gumbo, ketchup instead of chili sauce and regular mustard instead of dry mustard.

## Chicken with mandarins or peaches (#58)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Condensed chicken bouillon ("Bovril")	1 tbsp (15 ml)	1/2 cup (125 ml)
- Water	2 cups (500 ml)	10 cups (2.5 litres)
- Corn starch	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Vinegar	1/4 cup (50 ml)	1 1/2 cup (375 ml)
- Sugar	1/4 cup (50 ml)	1 1/2 cup (375 ml)
- Salt-reduced soy sauce	1 tbsp (15 ml)	1/2 cup (125 ml)
- Ground ginger	1/2 tsp (2 ml)	2 tsp (10 ml)
- Breasts of chicken, diced	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Red or green pepper, diced	1 pepper	8 peppers
- Canned mandarins or peaches, in light syrup	1 can (284 ml)	8 cans of 284 ml (2272 ml)

### Preparation:

- 1-Combine corn starch with about half of the water;
- 2-Pour mixture of water and corn starch, remaining water, Bovril, vinegar, sugar, light soy sauce and ground ginger into a large saucepan. Heat over medium heat until mixture starts to boil;
- 3-Add cubes of chicken to saucepan and reduce to medium-low heat. Cook about 10 minutes;
- 4-Add red pepper cut into strips and cook a few minutes more, until chicken is no longer pink inside;
- 5-Add mixture of corn starch and water to saucepan and stir well. Heat over medium heat until liquid boils and thickens;
- 6-Add mandarins or peaches with syrup and stir lightly, just enough to combine.

## BBQ Chicken (#59)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Chicken legs (or drumsticks or breasts or whole chicken)</li> <li>- BBQ sauce (you can make the BBQ sauce for pork chops for this recipe)</li> </ul>	1.25 lbs (550-600 g) of chicken  see ingredients for sauce, family quantity, in the recipe for BBQ pork chops	8 lbs (3.6 kilos) of chicken  see ingredients for sauce, 60 child-size portions quantity, in the recipe for BBQ pork chops

### Preparation:

- 1-Heat oven to 350°F;
- 2-With a brush, paint BBQ sauce on pieces of chicken and bake in oven about 1 hour 45 minutes, adding a little sauce on top from time to time. To check if chicken is well cooked, pierce the centre with a fork: juice should come out clear. If juice is still pink, continue cooking;
- 3-If desired, heat remaining sauce in a saucepan over medium heat and serve a little of the sauce on chicken.

**Note:** If sauce is too liquid, mix about 2 tbsp (for family recipe; 3/4 cup for 60-portion recipe) corn starch with a little water. Add corn starch and water mixture to sauce and simmer over medium heat about 10 minutes or until sauce is thicker.

## Chicken cacciatore (#60)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Chicken in pieces (whole chicken cut up or skinless legs or breasts,)	1.5 lbs (700 g)	10 lbs (4.5 kilos)
- Flour	2/3 cup (150 ml)	3 1/2 cups (875 ml)
- Oil (olive or canola or other)	2 tbsp (30 ml)	1/4 cup (50 ml)
- Crushed garlic	1 clove of garlic	5 cloves
- Beef bouillon	2/3 cup (150 ml)	3 cups (750 ml)
- Diced green pepper	2/3 cup (150 ml)	4 cups (3 to 4 peppers)
- Chopped onion	1/2 onion	2 onions
- Sliced mushrooms (fresh or canned)	2/3 cup (150 ml)	5 cups (1250 ml)
- Tomato sauce	8 ounces (1 cup)	56 ounces (7 cups)
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Wash and chop vegetables;
- 2-Remove skin from pieces of chicken and dredge pieces in flour;
- 3-Heat oil in a large saucepan over medium heat and brown pieces of chicken on all sides;
- 4-Remove chicken from saucepan and dispose of fat;
- 5-Put all ingredients, except mushrooms, in saucepan. Put chicken back in saucepan.  
Cook over medium heat about 30 minutes (or longer for the large-quantity recipe);
- 6-Add mushrooms and cook 15 minutes more.

## Crispy chicken (#61)

(child-size portion: small leg or 1 drumstick)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Pieces of chicken (legs or drumsticks)</li> <li>- Bread crumbs</li> <li>- Oregano, basil, paprika, thyme</li> <li>- Salt and pepper</li> <li>- Dried parsley</li> </ul>	<p>About 1.5 lbs (700 g)</p> <p>1/2 cup (125 ml)</p> <p>1/2 tsp (2 ml) of each</p> <p>1/4 tsp (1 ml) of each</p> <p>1 tsp (5 ml)</p>	<p>8 lbs (3.6 kilos)</p> <p>3 cups (750 ml)</p> <p>1 tbsp (15 ml) of each</p> <p>1 tsp (5 ml) of each</p> <p>2 tbsp (30 ml)</p>

### Preparation:

- 1-Heat oven to 375°F;
- 2-Grease cookie sheets with oil;
- 3-Combine all other ingredients (bread crumbs, fines herbs, spices) in a large bowl;
- 4-Coat each chicken leg with bread crumb mixture (both sides) and place on cookie sheet;
- 5-Bake in oven about 45 to 60 minutes, or until chicken is well cooked (to check if chicken is well cooked, pierce a chicken piece in centre with a fork, if juice runs clear, chicken is cooked. If juice is pink, cook longer).

## Breaded chicken and fish (#62)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Selected fish fillets, boneless (cod, sole, turbot, bluefish...) or chicken breasts	1.5 lbs (700 g)	8 lbs (3.6 kg)
- Eggs	1 egg	8 eggs
- Milk	1/4 cup (50 ml)	2 cups (500 ml)
- Bread crumbs	1 1/2 cups (375 ml)	12 cups (3 litres)
- Dried parsley (optional)	1 tbsp (15 ml)	1/2 cup (125 ml)
- Salt and pepper	to taste	to taste

### For fish or chicken burgers

Chop fillets or breasts in large pieces and serve breaded fillets or chicken breasts in hamburger buns, garnished with tomatoes, mayonnaise and lettuce.

### For fish or chicken sticks

Chop fillets or breasts into smaller pieces to form sticks. The fish fillets can be cut after cooking (faster to prepare).

### Preparation:

- 1-Heat oven to 400°F;
- 2-Grease cookie sheets with vegetable oil;
- 3-Chop pieces of fish fillets or chicken breasts (larger for a burger; cut into strips for fish or chicken sticks);
- 4-Combine eggs and milk in a bowl;
- 5-In another bowl, combine bread crumbs and dried parsley. Add salt and pepper to mixture;
- 6-Dredge each piece of fish or chicken in egg and milk mixture then in bread crumbs mixture. Place pieces of fish or of chicken on greased cookie sheets;
- 7-Cook pieces of fish in oven about 15 minutes (cooking time is longer for larger pieces). Fish is cooked when flesh flakes easily with a fork in the thickest part. Cook pieces of chicken about 20 minutes and ensure they are well cooked, checking that pieces of chicken are no longer pink inside.



## Mashed potatoes (#63)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Potatoes</li> <li>- Milk</li> <li>- Non hydrogenated margarine</li> <li>- Salt and pepper or salted herbs</li> </ul>	<ul style="list-style-type: none"> <li>8-9 potatoes</li> <li>2/3 to 1 cup (150 to 250 ml)</li> <li>2 tbsp (30 ml)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>about 11 lb (5 kilos)</li> <li>2 cups (500 ml)</li> <li>2/3 cup (150 ml)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Peel potatoes, quarter and wash well;
- 2-Put potatoes in a large pot, cover with water and bring to a boil over high heat;
- 3-Reduce heat, cover and cook about 25 minutes or until potatoes are soft;
- 4-Drain potatoes;
- 5-Mash potatoes (with a masher or with an electric mixer). Add milk, margarine, salt and pepper or salted herbs and stir until consistency is light (do not overstir otherwise it could become too sticky).

## Basic quiche (#64)

(child-size portion: about 1/8 of quiche; adult portion: 1/4 of quiche)

Ingredients	1 quiche Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions (3 large pans)
<ul style="list-style-type: none"> <li>- Medium eggs</li> <li>- Milk</li> <li>- Chopped onion</li> <li>- Grated cheese</li> <li>- Salt and pepper</li> <li>- Homemade or commercial pie dough (frozen, or refrigerated, in a ball. You can also use Tenderflakes-style pre-formed pie dough)</li> </ul>	<ul style="list-style-type: none"> <li>6 eggs</li> <li>1/3 cup (75 ml)</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>to taste</li> <li>1 pie bottom</li> </ul>	<ul style="list-style-type: none"> <li>72 eggs (6 dozen)</li> <li>4 1/2 cups (1125 ml)</li> <li>3 onions (3 cups)</li> <li>500g or 3 cups (750 ml)</li> <li>to taste</li> <li>2.5 to 3 kilos of commercial pie dough (in balls)</li> </ul>

### Preparation:

- 1-Heat oven to 400°F;
- 2-With a pastry roller, roll out dough to a thickness of about 1/2 inch. Cut pie dough into a single circle a little larger than a pie plate for family recipe. If you are making the 60-portion recipe, cut the pie dough to cover the bottom of 3 large pans;
- 3-Prepare vegetables according to the selected type of quiche you are making;
- 4-Grate cheese;
- 5-Put grated cheese in pie crust;
- 6-In a large bowl, beat eggs and add milk, vegetables, salt and pepper;
- 7-With a ladle, pour equal amounts of this mixture in each pie crust;
- 8-Bake in oven about 40 minutes for family recipe. If you are using a large pan, cooking time will be about 50 minutes to 1 hour. (to check if quiche is cooked: slide knife blade in centre of quiche. If knife comes out clean, quiche is cooked. Otherwise, cook for a few minutes more).

## Variations

### Leek quiche:

Add to basic recipe:

- Chopped leeks (fresh well washed, or frozen and thawed)	1/2 cup (125 ml)	4 cups (1 litre)
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Add leeks to egg mixture before pouring into pie crust.

### Broccoli or spinach with mushrooms quiche:

- Broccoli or spinach, or mushrooms cut into small pieces	1 cup (250 ml)	8 cups (2 litres)
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- Chop broccoli or spinach in small pieces and bring to a boil in water about 2 or 3 minutes. Drain broccoli or spinach well and add to egg mixture.

Pre-cut frozen broccoli or spinach, thawed, can be used. Drain well without boiling. Add vegetables to egg mixture before pouring into pie crust. .

For quiche with mushrooms, brown mushrooms in a little vegetable oil or non hydrogenated margarine then add to egg mixture before pouring into pie crust.

### Quiche with vegetables:

- Frozen mixed vegetables	1 cup (250 ml)	8 cups (2 litres)
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- Thaw frozen vegetables (do not boil) and drain well. Add vegetables to egg mixture before pouring into pie crust.

### Cheese quiche:

- Increase quantity of grated cheese for the basic recipe: use 1 cup of grated cheese for family recipe and 8 cups of grated cheese for 60 child-size portions);
- Add cottage cheese (1 cup for 1 quiche and 8 cups for 60 child-size portions) to basic recipe.

## Fish stew (#65)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Boneless fish (sole, bluefish, cod, salmon, etc.)	1.5 lbs (700 g)	9 lbs (4 kilos)
- Non hydrogenated margarine	2 tbsp (30 ml)	1/2 cup (125 ml)
- Chopped celery	2 branches	5 branches
- Diced potatoes	4 to 5 potatoes	20 potatoes
- Diced carrots	4 carrots	20 carrots
- Flour	3 tbsp (45 ml)	1 cup (250 ml)
- Bay leaves (optional)	1 leaf	3 leaves
- Lemon juice	1 tbsp (15 ml)	1/2 cup (125 ml)
- Water	4 cups (1 litre)	24 cups (6 litres)
- Tomato paste	2 1/2 tbsp (37 ml)	1 cup (250 ml)
- Thyme (optional)	to taste	to taste
- Salt and pepper	to taste	to taste

### Preparation:

- 1- Wash, peel and chop vegetables;
- 2- Melt margarine in a large saucepan. Add flour and cook about 2 minutes over medium-high heat;
- 3- Add water, lemon juice, tomato paste, bay leaves and thyme. Add vegetables and heat over medium-high heat. When mixture boils, reduce to medium heat and simmer about 20 minutes, or until vegetables are almost cooked (but not completely cooked);
- 4- Add fish to pot. Gradually break fish in pieces as it cooks over medium heat, about 10 minutes (or until fish is white). Add salt and pepper to taste.

## Rice (#66)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Uncooked long grain rice</li> <li>- Water or chicken bouillon</li> <li>- Non hydrogenated margarine</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 cup (375 ml)</li> <li>3 cups (750 ml)</li> <li>1 tsp (5 ml)</li> </ul>	<ul style="list-style-type: none"> <li>8 cups (2 litres)</li> <li>16 cups (4 litres)</li> <li>2 tbs (30 ml)</li> </ul>
<p><b>Rice with vegetables</b></p> <ul style="list-style-type: none"> <li>- Frozen or canned vegetables</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 cup (375 ml)</li> </ul>	<ul style="list-style-type: none"> <li>5 lbs (2 kilos)</li> </ul>

### Preparation:

- 1-Bring water or chicken bouillon to a boil (use 1 tsp of powdered chicken bouillon for each cup of water) with margarine in a very large saucepan;
- 2-Add rice and reduce to medium-low heat. Cover saucepan and simmer about 20 minutes;
- 3-For rice with vegetables: for canned vegetables, drain. For frozen vegetables, bring water to a boil in a saucepan and cook vegetables in boiling water according to package instructions. Drain;
- 4-Remove rice from heat and let sit covered about 5 minutes;
- 5-Add vegetables to rice and mix well before serving.

## Rice with chicken (#67)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Chopped onion	1/2 onion	3 onions
- Diced carrots and frozen or canned baby peas	1 1/2 cup (325 ml)	7 cups (1750 ml)
- Celery branches, chopped	1 branch	6 branches
- Chopped green pepper	1/3 cup (75 ml)	1 green pepper
- Rice	1 1/4 cup (300 ml)	6 cups (1.5 litre)
- Chicken bouillon	2 1/2 cups (625 ml)	12 cups (3 litres)
- Diced cooked chicken	1.5 lbs (700 g)	8 lbs (3.6 kilos)

### Preparation:

- 1-Heat oven to 400°F and cook chicken until it is no longer pink inside;
- 2-Peel and chop onions;
- 3-Wash and chop celery and peppers;
- 4-In a large saucepan, bring chicken bouillon to a boil with vegetables (onions, celery, carrots and frozen baby peas and green pepper).Add rice when mixture boils. Reduce to medium-low heat and cover. Simmer 20 minutes;
- 5-Meanwhile, chop cooked chicken;
- 6-When rice is cooked and has absorbed all the liquid, add chicken. Reheat everything well over medium heat then serve.

# Rice with tofu and vegetables (#68)

(child-size portion: about 1 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Soy sauce (it is preferable to use light/reduced-salt soy sauce)	4 tbsp (60 ml)	1 3/4 cups (450 ml)
- Lemon juice	Juice of 1 lemon	2/3 cup (150 ml)
- Cloves of crushed garlic	1 clove	6 cloves
- Olive oil	1 tbsp (15 ml)	1/4 cup (50 ml)
- Firm tofu, diced	2 pkgs of 225 g (450 g)	7 pkgs of 225 g (1575 g)
- <u>Uncooked</u> rice	2 cups (500 ml)	12 cups (3 litres)
- Water	4 cups (1 litre)	24 cups (6 litres)
- Salt	to taste	1/2 tsp (2 ml)
- Chopped shallots or onions	4 shallots or 1/2 onion	2 onions (or 6 shallots)
- Diced zucchini	2 zucchinis	6 zucchinis
- Diced carrot	2 carrots	6 carrots
- Broccoli in pieces	2 1/2 cups (675 ml)	2 to 3 broccoli
- Sliced mushrooms (fresh or canned)	a dozen	3 cans of 284 ml (852 ml)

## Preparation:

- 1- Combine lemon juice, soy sauce, garlic and first quantity of oil. Add tofu and marinate;
- 2- Meanwhile, in a saucepan, combine water, rice and salt and heat over high heat until rice starts to boil;
- 3- Stir a little, cover rice and reduce to medium-low heat. Simmer rice about 15 to 20 minutes. Remove saucepan from heat and let sit about 5 minutes or until rice has fully absorbed the water;
- 4- In a large skillet, heat a little oil (about 1 tbsp for family recipe and 2 to 3 tbsp for 60 portions recipe) over medium heat. Add onions (or shallots), zucchini, carrots, and broccoli. Cover skillet and cook over medium-low heat about 10 minutes or until vegetables are tender;
- 5- Remove cover from skillet of vegetables, add mushrooms, tofu and marinade and heat over medium heat about 5 minutes. Add rice and mix well. Add a little soy sauce if desired.

## Pasta salad with chicken or ham (#69)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Uncooked pasta (ex: farfalle or bows, spirals, shells, macaroni, etc.)</li> <li>- Celery branches</li> <li>- Shredded carrots</li> <li>- Chopped green pepper</li> <li>- Mayonnaise</li> <li>- Plain yogurt</li> <li>- Cooked chicken or ham, cut into small pieces</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>2 1/2 cups (625 ml)</li> <li>2 branches</li> <li>5 carrots</li> <li>1 pepper</li> <li>1/4 cup (50 ml)</li> <li>1/4 cup (50 ml)</li> <li>1.5 lbs (700 g)</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>10 cups (2.5 litres)</li> <li>6 branches</li> <li>20 carrots</li> <li>6 peppers</li> <li>1 cup (250 ml)</li> <li>1 cup (250 ml)</li> <li>8 lbs (3.6 kilos)</li> <li>to taste</li> </ul>

### Preparation:

- 1-Bring a large quantity of water to the boil in a large saucepan. Cook pasta according to package instructions. Drain and set aside;
- 2-Wash, peel and chop vegetables. Chop meat in small pieces;
- 3-Combine mayonnaise and yogurt in a bowl;
- 4-Combine pasta, meat, vegetables and mixture of mayonnaise and yogurt in a large bowl. Add salt and pepper to taste.



## Sautéed meat and vegetables (#70)

(child-size portion : about 1/2 to 3/4 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Oil (olive or canola or other)	1 tbsp (15 ml)	1/4 cup (50 ml)
- Beef, pork, chicken, moose or other meat, cut into pieces	1.5 lbs (700 g)	7.5 lbs (4 kg)
- Chopped onion	1 onion	2 onions
- Finely chopped garlic	1 clove	4 cloves
- Oil	2 tsp (10 ml)	1/4 cup of oil (50 ml)
- Broccoli in small florets	1/2-1 broccoli	7 broccoli heads
- Sliced carrots	4 carrots	12 carrots
- Water	1/3 cup (75 ml)	3 1/3 cup (825 ml)
- Corn starch	2 tbsp (30 ml)	2/3 cup (150 ml)
- Chili sauce or ketchup	2 tbsp (30 ml)	1 1/3 cup (325 ml)
- Soy sauce (if possible, choose light or reduced-salt soy sauce)	2 tbsp (30 ml)	1 1/3 cup (325 ml)
- Powdered ginger	1/2 tsp (2 ml)	2 tsp (10 ml)

### Preparation:

- 1-Wash and chop vegetables;
- 2-Chop meat in pieces;
- 3-In a small bowl, combine cold water, corn starch, soy sauce, chili sauce and powdered ginger;
- 4-In a large saucepan, heat oil over medium-high heat and fully cook meat. Remove meat from saucepan and set aside;
- 5-Heat second quantity of oil (if necessary) in saucepan over medium-high heat, and cook vegetables (onion, broccoli, carrots) and garlic, about 5 minutes. vegetables should still be very crunchy;
- 6-Add sauce mixture to saucepan of vegetables and add meat. Cook a few minutes more over medium heat, until sauce thickens. Remove from heat.

### Tips for saving time when preparing the large-quantity recipe

- 1-Rather than using fresh vegetables, use mixed frozen pre-cut vegetables (ex.: mixed broccoli, cauliflower and carrots) (for 60 portions: 1 2-kilo bag of frozen vegetables);
- 2-Rather than sauteeing all ingredients in a skillet (can take a long time), cook meat in a skillet but cook vegetables about 2 minutes in boiling water. Drain vegetables. Combine sauce ingredients in a bowl (water, corn starch, chili sauce or ketchup, soy sauce and powdered ginger) and combine meat, vegetables and sauce in a large pan (or more, according to quantity). Bake in oven at 350°F, about 1 hour or until sauce

## Meat-filled tortellini, in rosé sauce (#71)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Non hydrogenated margarine	1 tbsp (15 ml)	1/4 cup (50 ml)
- Finely chopped garlic (optional)	1 clove	5 cloves
- Chopped onion	1/2 onion	2 onions
- Diced turnip	2 cups (500 ml)	1 l cups (1 container 2.84 litres)
- Tomato juice	2/3 cup (150 ml)	3 cups (750 ml)
- Milk	1/2 cup (125 ml)	2 cups (500 ml)
- Light cream cheese	1/3 lb (150 g)	2 lbs (1 kilo)
- Dried oregano	to taste	2 tsp (10 ml)
- Salt and pepper	to taste	to taste
- Meat-filled tortellini, frozen	1 lb (500 g)	8 lbs (3.6 kilos)

### Preparation:

- 1-Chop garlic and onion;
- 2-Bring a large quantity of water to the boil in a pot. Cook tortellini in boiling water according to package instructions. Put tortellini aside once cooked;
- 3-In another pot, heat margarine over medium heat and cook garlic and onion without browning. Add all other ingredients: canned tomatoes, tomato juice, milk, cream cheese and oregano;
- 4-Simmer about 5 minutes. Add salt and pepper, add a little milk or tomato juice if sauce is too thick;
- 5-Add tortellini to sauce and combine to coat well. Reheat then serve.

## Cubed meat with tomatoes (or moose, or venison, or caribou) (#72)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Oil or non hydrogenated margarine	1 tbs (15 ml)	1/3 cup (75 ml)
- Beef or moose or venison or caribou, cubed	1.5 lbs (700 g)	8 lbs (3.6 kilos)
- Canned cream of tomato soup	2 cups (500 ml)	10 cups (2.5 litres)
- Canned tomatoes	2 cups (500 ml)	10 cups (2.5 litres)
- Chopped celery	1 cup (250 ml)	4 cups (1 litre)
- Canned mushrooms	2 cups (500 ml)	10 cups (2.5 litres)
- Powdered ginger	1/2 tsp (2 ml)	1 tbs (15 ml)
- Worcestershire sauce	1 tbs (15 ml)	1/3 cup (75 ml)
- Brown sugar	2 tbs (30 ml)	3/4 cup (200 ml)
- Vinegar	3 tbs (45 ml)	1 cup (250 ml)
- Salt and pepper	to taste	to taste

### Preparation:

- 1-Heat oven to 350°F;
- 2-Wash and chop celery. Drain canned mushrooms;
- 3-Heat oil or margarine over high heat in a saucepan. Brown meat on all sides, dispose of extra fat;
- 4-Add all remaining ingredients to saucepan of meat: mushrooms, chopped celery, cream of tomato soup, canned tomatoes, powdered ginger, Worcestershire sauce, brown sugar and vinegar;
- 5-Heat saucepan over high heat until mixture boils. Cover and cook in oven at least 1 1/2 hours or until meat is very tender. Add salt and pepper to taste.

# Vol-au-vent (with chicken, salmon, fish, partridge, etc.) (#73)

(1 child-size portion: 1 vol-au-vent; adult portion: 2 vol-au-vent)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- White sauce (see recipe on next page) or cream of mushroom soup or cream of chicken diluted with milk</li> <li>- Cooked, cubed meat or fish: chicken, partridge, salmon (fresh or canned), cod, etc.</li> <li>- Frozen mixed vegetables</li> <li>- Vol-au-vent or slices of bread spread with non hydrogenated margarine</li> <li>- Salt and pepper</li> </ul>	<ul style="list-style-type: none"> <li>5 cups (1.25 litre) or 3 cups (750 ml) of cream soup + 2 cups (500 ml) of milk</li> <li>1.5 lbs (700 g)</li> <li>2 1/2 cups (625 ml)</li> <li>10 vol-au-vent or 10 slices of bread</li> <li>to taste</li> </ul>	<ul style="list-style-type: none"> <li>20 cups (5 litres) or 3 cans of 1.36 litre of cream soup, mixed with 2.5 litres of milk</li> <li>8 lbs (3.6 kilos)</li> <li>2 lbs (1 kilo)</li> <li>60 vol-au-vent or 60 slices of bread</li> <li>to taste</li> </ul>

## Preparation:

- 1- Heat oven to 400°F and cook chicken until it is no longer pink inside and juice runs clear (or use leftover cooked chicken);
- 2- In a large pot, prepare white sauce (see next page) or dilute commercial cream soup with milk;
- 3- Add mixed vegetables and chicken to sauce. Heat over medium heat 20 minutes or until mixture is very hot;
- 4- If you are using slices of bread rather than vol-au-vents: Heat oven to 400°F. Spread margarine on bread slices and arrange in a muffin pan. Toast in oven about 10 minutes, or until bread is toasted. Remove from heat and serve a ladle of chicken mixture over each piece of toast;

If you are serving vol-au-vents: Heat oven to 350°F and reheat vol-au-vent about 15 minutes in oven, on a cookie sheet. Serve a ladle of chicken mixture over each vol-au-vent.

## Tip:

If there is leftover sauce, you can use it to make chicken potpies.

## White sauce

Ingredients	Family (2 adults and 4 children)	10 child-size portions	60 child-size portions
- Flour	1/4 cup (50 ml)	1/4 cup + 1 tbsp (65 ml)	1 1/4 cup (310 ml)
- Non hydrogenated margarine	1/4 cup (50 ml)	1/4 cup + 1 tbsp (65 ml)	1 1/4 cup (310 ml)
- Milk	4 cups (1 litre)	5 cups (1.25 litre)	20 cups (5 litres)

### Preparation:

- 1-Melt margarine in a pot over medium heat. Do not brown;
- 2-Add flour to pot and cook 2 to 3 minutes;
- 3-Gradually add milk and heat over medium heat, stirring from time to time, until sauce thickens sufficiently.



# Desserts and snacks







## Topped banana (#74)

(portion: 1/2 banana)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Plain yogurt - Vanilla yogurt - Sliced bananas	1 cup (250 ml) 1 cup (250 ml) 5 to 6 bananas	6 cups (1500 ml) 6 cups (1500 ml) 30 bananas

### Preparation:

- 1-Slice bananas. Place about 1/2 banana in a bowl for each person;
- 2-Combine vanilla and plain yogurt and pour about 2 tbsp of this mixture over banana.

## Dried fruit bars (#75)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Non hydrogenated margarine - Flour - Brown sugar - Dried fruits (raisins, chopped apricots, chopped prunes, chopped dates, etc.) - Baking powder - Salt - Eggs - Vanilla	1/4 cup (50 ml) 2/3 cup (150 ml) 1/4 cup (50 ml) 1/3 cup (75 ml)  1/2 tsp (2 ml) 1 pinch 2 1/2 tsp (2 ml)	1 1/2 cup (375 ml) 4 cups (1 litre) 1 1/2 cup (375 ml) 2 cups (500 ml)  2 tsp (10 ml) 1/2 tsp (2 ml) 12 2 tsp (10 ml)

### Preparation:

- 1-Heat oven to 350°F and grease an 8-inch square pan with oil for family recipe (or a large pan for 60-portion recipe);
- 2-Melt margarine in a saucepan over medium heat then turn off heat and let cool;
- 3-Meanwhile, combine flour, baking powder, salt, brown sugar and dried fruits in a bowl;
- 4-In another large bowl, stir eggs and add cooled margarine and vanilla. Add flour mixture to this bowl and mix dough well;
- 5-Pour mixture into pan (and cook in oven about 25 minutes or until a toothpick comes out clean when inserted in centre);
- 6-Let cool and cut into bars.

## Carrot cookies (#76)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Carrots	2 medium carrots	8 medium carrots
- Non hydrogenated margarine	1/4 cup (50 ml)	1 1/2 cup (375 ml)
- Sugar	1/3 cup (75 ml)	2 cups (500 ml)
- Eggs	1 egg	4 eggs
- Frozen concentrated orange juice, thawed <u>but not diluted with water</u>	2 tsp (10 ml)	1/4 cup (50 ml)
- Whole wheat flour	2/3 cup (150 ml)	4 cups (1 litre)
- Iron-enriched baby cereal ("Pablum")	1 1/3 cup (325 ml)	8 cups (2 litres)
- Baking powder	1 tsp (5 ml)	2 tbsp + 2 tsp (40 ml)
- Baking soda	1/2 tsp (2 ml)	2 tsp (10 ml)
- Milk	1/4 cup (50 ml)	1 cup (250 ml)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Peel, wash and chop carrots in pieces;
- 3-Place carrots in a saucepan with water. Bring to a boil until carrots are very soft;
- 4-With a mixer or a food processor, puree carrots with 1 tbsp cooking liquid for family recipe or 1/2 cup cooking liquid for the 60-portion recipe;
- 5-In a large bowl, combine margarine with sugar, eggs and 1/3 cup (75 ml) of pureed carrots for family recipe and 2 cups of pureed carrots for the 60-portion recipe;
- 6-Add concentrated orange juice and milk to bowl;
- 7-In another bowl, combine dry ingredients: flour, baby cereal, baking powder, baking soda;
- 8-Combine dry mixture and wet mixture ensemble. Drop spoonfuls of cookie dough on cookie sheets based on the number of cookies desired. With the back of a spoon, flatten each cookie to a thickness of about 1/2 inch;
- 9-Cook cookies about 12 minutes in oven.

## Apple cookies (#77)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Non hydrogenated margarine	1/3 cup (75 ml)	2 cups (500 ml)
- Brown sugar	1/3 cup (75 ml)	2 cups (500 ml)
- Unsweetened applesauce	2/3 cup (150 ml)	4 cups (1 litre)
- Iron-enriched baby cereal ("Pablum")	3/4 cup (200 ml)	5 cups (1250 ml)
- Whole wheat flour	1 cup (250 ml)	5 1/2 cups (1375 ml)
- Baking powder	1/2 tsp (2 ml)	4 tsp (20 ml)
- Baking soda	1/2 tsp (2 ml)	4 tsp (20 ml)
- Cinnamon	1 pinch	1 tsp (5 ml)
- Ground cloves (optional)	1 pinch	1 tsp (5 ml)

### Preparation:

- 1-Heat oven to 350°F. Grease cookie sheets with a little oil;
- 2-In a large bowl, combine margarine, brown sugar and applesauce;
- 3-In another bowl, combine cereal, flour, baking powder, baking soda, cinnamon and ground cloves;
- 4-Add flour mixture to applesauce mixture and mix well;
- 5-Drop spoonfuls of cookie dough on cookie sheets (make the desired number of cookies) and bake in oven about 12 minutes.

## High-fibre cookies (#78)

(child-size portion: 1 cookie)

Ingredients	25 cookies	75 cookies
- Non hydrogenated margarine	2/3 cup (150 ml)	1 3/4 cup (450 ml)
- Brown sugar	1 cup (250 ml)	3 cups (750 ml)
- Eggs	2 eggs	6 eggs
- Whole wheat flour	1 1/3 cup (325 ml)	4 cups (1 litre)
- All purpose flour	1 1/3 cup (325 ml)	4 cups (1 litre)
- Baking powder	2 tsp (10 ml)	2 tbsp (30 ml)
- Cinnamon	2 tsp (10 ml)	1 tbsp (15 ml)
- Dried fruits (ex.: apricots, raisins, dates, etc.)	1 cup (250 ml)	3 cups (750 ml)
- Milk	2/3 cup (150 ml)	2 1/4 cup (550 ml)

### Preparation:

- 1-Heat oven to 350°F and grease cookie sheets with vegetable oil;
- 2-In a large bowl, cream margarine with an electric mixer. Gradually add brown sugar and eggs to bowl, beating at medium speed until mixture is light and foamy;
- 3-In another bowl, combine flours, baking powder, cinnamon and dried fruits;
- 4-Add egg mixture to bowl containing flours, alternating with milk (add a little egg mixture, stir, add a little milk, stir, etc.) .
- 5-Drop spoonfuls of cookie dough on cookie sheets (if you are making the 75-cookie recipe, use a 2-oz ice cream scoop, it is faster). Bake in oven about 15 minutes or until cookies are brown. Let cool a little before removing from cookie sheet.

## Molasses squares (#79)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Milk</li> <li>- Molasses</li> <li>- Baking soda</li> <li>- Eggs</li> <li>- Vanilla</li> <li>- Ground ginger</li> <li>- Oatmeal (rolled oats)</li> <li>- Whole wheat or white flour</li> <li>- Salt</li> </ul>	<ul style="list-style-type: none"> <li>1/2 cup (125 ml)</li> <li>1/2 cup (125 ml)</li> <li>1 tsp (5 ml)</li> <li>1 egg</li> <li>1 tsp (5 ml)</li> <li>1 tsp (5 ml)</li> <li>1 cup (250 ml)</li> <li>2 cups (500 ml)</li> <li>1/4 tsp (1 ml)</li> </ul>	<ul style="list-style-type: none"> <li>2 1/2 cups</li> <li>5 cups (1.25 litres)</li> <li>5 tsp (25 ml)</li> <li>5 eggs</li> <li>1 tbsp (15 ml)</li> <li>1 tbsp (15 ml)</li> <li>5 cups (1.25 litres)</li> <li>10 cups (2.5 litres)</li> <li>1 tsp (5 ml)</li> </ul>

### Preparation:

- 1-Heat oven to 325°F and grease number of cookie sheets necessary (1 sheet only for family recipe) with vegetable oil;
- 2-In a large bowl, combine milk, molasses, baking soda, eggs, vanilla and ground ginger;
- 3-In another large bowl, combine oatmeal, flour and salt;
- 4-Combine contents of two bowls;
- 5-Spread dough on cookie sheet in a 1/4 inch (0.5 cm) layer and bake in oven about 20 minutes. Cut into squares.

## Date squares (or other dried fruit) (#80)

Ingredients	1 9-inch square pan (sufficient for a family or 10 child-size portions)	60 child-size portions
- Chopped dates (or chopped apricots, or raisins)	1 lb (500 g)	3 lbs (1.5 kilo)
- Hot water	3/4 cup (200 ml)	1 1/2 cup (375 ml)
- Flour (white or whole wheat)	1 1/2 cup (375 ml)	6 cups (1500 ml)
- Salt	1/8 tsp (0.5 ml)	1/2 tsp (2 ml)
- Quick-cooking rolled oats	1 1/2 cup (375 ml)	6 cups (1500 ml)
- Brown sugar	1/2 cup (125 ml)	2 cups (500 ml)
- Non hydrogenated margarine	1 cup (250 ml)	4 cups (1 litre)

### Preparation:

- 1-Heat oven to 375°F;
- 2-Put hot water and chopped dates in a saucepan and cook over medium heat until dates have absorbed water and are soft. Let cool;
- 3-Meanwhile, combine flour, salt, rolled oats in a bowl and cut margarine into flour mixture in small pieces, until mixture is crumbly;
- 4-Spread half of rolled oats mixture in a 9-inch square pan (or two pans for the 60-portion recipe) and spread dates over rolled oats. Cover with other half of rolled oats mixture and flatten with hands;
- 5-Bake in oven about 30 minutes.

## Spice squares (#81)

Ingredients	2 x 8-inch square pans or 1 lasagna pan	Recipe sufficient for 60 to 72 child-size portions
- Oil (canola or other)	1/2 cup (125 ml)	1 1/2 cup (375 ml)
- Brown sugar	1/3 cup (75 ml)	1 cup (250 ml)
- Eggs	1 egg	3 eggs
- Molasses	1 cup (250 ml)	3 cups
- Hot water	3/4 cup (200 ml)	1 1/2 cups (375 ml)
- Flour	2 3/4 cup (700 ml)	8 1/4 cups (2050 ml)
- Baking soda	1/3 tsp (1.5 ml)	1 tsp (5 ml)
- Ground ginger	2/3 tsp (3 ml)	2 tsp (10 ml)
- Cinnamon	2/3 tsp (3 ml)	2 tsp (10 ml)
- Salt	1/3 tsp (1.5 ml)	1 tsp (5 ml)

### Preparation:

- 1-Heat oven to 325°F;
- 2-Grease pans;
- 3-In a bowl, combine oil, brown sugar, eggs, molasses and hot water. Add flour, baking soda, ginger, cinnamon and salt to this bowl. Mix well;
- 4-Pour dough in pans and bake in oven about 30 minutes or until a toothpick inserted in the centre comes out clean. Cut into squares for the number of people to be served.

## Fruit Graham squares (#82)

Ingredients	12-portion pan	5 12-portion pans (60 child-size portions)
- Cottage cheese	2 cups (500 ml)	10 cups (2.5 litres)
- Fruit or vanilla yogurt (peach, strawberry, etc.)	2 cups (500 ml)	10 cups (2.5 litres)
- Sugar	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Envelope of gelatine	2 tbsp (30 ml)	2/3 cup (150 ml)
- Water	2 1/2 cups (600 ml)	2 1/2 cups (625 ml)
- Non hydrogenated margarine	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Graham cracker crumbs	1 cup (250 ml)	5 cups (1.25 litre)
- Drained canned diced fruit (ex: pineapple, peaches, pears, etc.), or fresh or frozen fruits (strawberries, raspberries, blueberries...)	1 can 14 oz (398 ml)	8 cups (2 litres)

### Preparation:

- 1- In a food processor or a mixer, puree cottage cheese, yogurt and sugar;
- 2- Put gelatine and water in a saucepan. Let gelatine swell in cold water 1 minute then heat saucepan over low heat to melt gelatine. Add this mixture to cottage cheese;
- 3- In a bowl, combine Graham cracker crumbs and melted margarine and put this mixture in the bottom of an 8-inch square pan (or large pans, for the 60-portion recipe) and flatten well with hands;
- 4- Pour half of yogurt and cheese mixture in pan. Put half of fruit (drained) on cheese layer. Pour in the other half of the yogurt and cheese mixture and then the remaining fruit. Refrigerate 2 or 3 hours then cut into squares and serve.



## Vanilla cream (#83)

(child-size portion: about 1/3 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Milk	3 cups (750 ml)	20 cups (5 litres)
- Corn starch	1/4 cup (50 ml)	1 1/2 cup (375 ml)
- Sugar	2/3 cup (150 ml)	4 cups (1 litre)
- Eggs	2 eggs	10 eggs
- Salt	1/2 tsp (2 ml)	1 tbsp (15 ml)
- Essence of vanilla	1 tsp (5 ml)	2 tbsp (30 ml)
- Non hydrogenated margarine	2 tbsp (30 ml)	1 cup (250 ml)

### Preparation:

- 1-Heat milk over medium heat in a large saucepan;
- 2-Combine corn starch, sugar, eggs and salt in another saucepan;
- 3-Take about a quarter of the hot milk and add egg and sugar mixture. Mix well. Add remaining hot milk to saucepan of eggs and mix well;
- 4-Cook over low heat stirring often, until mixture thickens (about 1 hour);
- 5-Remove from heat and add vanilla and margarine. Mix well;
- 6-Pour vanilla cream into individual bowls and refrigerate.

## Tofu and fruit cream (#84)

(portion: 1/4 to 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Soft or silken tofu</li> <li>- Fresh peeled fruit, in pieces or drained canned unsweetened fruit in juice, or unsweetened frozen fruit</li> <li>- Sugar (optional)</li> <li>- Vanilla yogurt</li> </ul>	<ul style="list-style-type: none"> <li>1 lb (450 g)</li> <li>1 1/4 cup (300 ml)</li> <li>2 1/2 tbsp (37 ml)</li> <li>2/3 cup (150 ml)</li> </ul>	<ul style="list-style-type: none"> <li>5 lbs (2.3 kilos)</li> <li>4 cups or 1 kilo</li> <li>3/4 cup (200 ml)</li> <li>3 cups (750 ml)</li> </ul>

### Preparation:

- 1- Put all ingredients in a mixer or a food processor and puree until mixture is smooth and has not lumps. If you are making the large-quantity recipe, puree tofu first and then fruits and then combine all ingredients in a large bowl.
- 2- Serve alone or with fresh fruit.

## Fruit crumble (#85)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	70 child-size portions
<ul style="list-style-type: none"> <li>- Oatmeal (rolled oats)</li> <li>- Brown sugar</li> <li>- Whole wheat flour</li> <li>- Non hydrogenated margarine</li> <li>- Cinnamon</li> <li>- Sugar</li> <li>- Peeled sliced fruit (fresh, or frozen thawed or canned, drained): see variations below</li> </ul>	<ul style="list-style-type: none"> <li>1 cup (250 ml)</li> <li>1/4 cup (50 ml)</li> <li>1/3 cup (75 ml)</li> <li>1/4 cup (50 ml)</li> <li>1/2 tsp (2 ml)</li> <li>2 tbsp (30 ml)</li> <li>2 cups, or about 5 medium fruits (500 ml)</li> </ul>	<ul style="list-style-type: none"> <li>7 1/2 cups (1875 ml)</li> <li>1 1/2 cup (375 ml)</li> <li>2 1/4 cups (550 ml)</li> <li>2 cups (500 ml)</li> <li>2 tsp (10 ml)</li> <li>1/2 cup (125 ml)</li> <li>15 cups (4 litres)</li> </ul>

### Preparation:

- 1-Heat oven to 400°F;
- 2- In a large bowl, combine margarine, rolled oats, brown sugar, whole wheat flour and cinnamon until the mixture is crumbly (with small pieces);
- 3-Put fruits in an oven-ready dish (square 8-inch dish for the family recipe, 2 large pans for 70 portions) and sprinkle with sugar;
- 4-Spread the oatmeal mixture over the fruit and bake in oven about 40 minutes or until the mixture bubbles and the fruit is almost soft.

### Variations

#### Apple crumble

Use peeled and sliced apples (to save time for larger quantities, choose diced unsweetened canned fruit).

#### Pineapple/pear/peach crumble

Use unsweetened chunky pears or peaches in juice. Drain canned fruits before using them.

#### Berry/strawberry/raspberry/blueberry crumble

Use fresh or frozen unsweetened berries, thawed.

## Molasses cookies (#86)

(child-size portion: 1 cookie)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Non hydrogenated margarine	1/2 cup (125 ml)	2 cups (500 ml)
- Brown sugar	1/3 cup (80 ml)	1 1/3 cup (325 ml)
- Eggs	1 egg	4 eggs
- Molasses	1/2 cup (125 ml)	2 cups (500 ml)
- Milk or water	1/2 cup (125 ml)	2 cups (500 ml)
- Flour	2 cups (500 ml)	8 cups (2 litres)
- Salt	1/2 tsp (2 ml)	2 tsp (10 ml)
- Ground ginger	1/2 tsp (2 ml)	2 tsp (10 ml)
- Baking soda	1 tsp (5 ml)	4 tsp (20 ml)

### Preparation:

- 1-Heat oven to 375°F;
- 2-Grease cookie sheets with oil;
- 3-In a bowl, stir margarine with brown sugar, eggs, molasses and liquid (milk or water);
- 4-In another large bowl, combine flour, salt, powdered ginger and soda;
- 5- Add the flour mixture to the liquid mixture and stir well. Drop spoonfuls of dough onto cookie sheets;
- 6-Cook in oven about 10 to 12 minutes.

## Oatmeal cookies (#87)

(child-size portion: 1 cookie; adult portion: 1-2 cookies)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Margarine	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Oil (olive or canola or other)	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Brown sugar	1/2 cup (125 ml)	2 1/2 cups (625 ml)
- Eggs	1 egg	5 eggs
- Milk	1/3 cup (75 ml)	1 1/2 cup (375 ml)
- Flour	1 cup (250 ml)	5 cups (1.25 l)
- Rolled oats	3/4 cup (175 ml)	3 3/4 cups (950 ml)
- Baking soda	1/4 tsp (1 ml)	1 tsp (5 ml)
- Baking powder	1 tsp (5 ml)	5 tsp (25 ml)
- Cinnamon	1/2 tsp (2 ml)	2 tsp (10 ml)
- Salt	1/4 tsp (1 ml)	1 tsp (5 ml)
- Raisins	1/2 cup (125 ml)	2 1/2 cups (625 ml)

### Preparation:

- 1-Heat oven to 350°F;
- 2-In a very large bowl, combine oil, margarine, brown sugar and eggs;
- 3-In another bowl, combine flour, rolled oats, baking soda, baking powder, cinnamon, salt and raisins;
- 4-Add dry mixture (flour and others) to mixture of margarine and eggs. Add milk. Mix well;
- 5-With a little oil, grease cookie sheets;
- 6-Drop spoonfuls of dough on the cookie sheets (hint: use a 2-ounce ice-cream scoop for more speed).  
Bake in oven about 15 minutes.

## Fruit cookies (#88)

Ingredients	Twenty cookies	Sixty cookies
- Non hydrogenated margarine	2/3 cup (150 ml)	1 3/4 cup (450 ml)
- Brown sugar	1 1/4 cup (300 ml)	3 cups (750 ml)
- Eggs	2 eggs	4 eggs
- Milk	1/3 cup (75 ml)	1 cup (250 ml)
- Vanilla	1 tsp (5 ml)	1 tbsp (15 ml)
- Flour	1 3/4 cup (450 ml)	5 1/2 cups (1375 ml)
- Baking powder	1 1/2 tsp (7 ml)	1 tbsp + 1 tsp (20 ml)
- Oatmeal (Rolled oats)	2 1/2 cups (625 ml)	7 1/2 cups (1925 ml)
- Unsweetened applesauce	3 tbsp (45 ml)	2/3 cup (150 ml)
- Selected fruits in small pieces (fresh or canned in juice unsweetened, drained)	3/4 cup (200 ml)	2 1/2 cups (625 ml)

### Preparation:

- 1-Heat oven to 325°F and grease cookie sheets with vegetable oil;
- 2-If you are using canned fruits, drain well. For fresh fruit, wash and dice;
- 3-In a large bowl, combine margarine, brown sugar, eggs, milk, vanilla, applesauce and fruit pieces;
- 4-In another bowl, combine flour, baking powder and rolled oats;
- 5-Add the flour mixture to the margarine mixture and mix well;
- 6-Drop spoonfuls of the dough on the cookie sheets and bake in oven 12 to 15 minutes or until the cookies are golden.

### Ideas for fruit to use in the cookies

#### Blueberry, strawberry, raspberry cookies

Use fresh or frozen blueberries, strawberries or raspberries;

#### Apple cookies

Use peeled and cubed apples;

#### Pear, peach cookies

Use fresh, peeled pears or peaches cut into cubes or to save time, use canned diced pears and peaches.

## Homemade fruit gelatine (#89)

Ingredients	10 portions	60 portions
- Unsweetened 100% pure juice	4 cups (1 litre)	24 cups (6 litres)
- Frozen 100% pure concentrated juice, thawed, <u>do not dilute with water</u>	1/2 cup (125 ml)	2 containers of 341 ml (682 ml)
- Neutral powdered gelatine (Knox)	2 tbsp + 2 tsp (40 ml)	1 cup (250 ml)
- Cold water	2/3 cup (150 ml)	4 cups (1 litre)

### Preparation:

- 1-Bring the juice and concentrated juice to a boil in a saucepan. Turn off heat;
- 2-In a bowl, combine cold water and gelatine and stir;
- 3-Add the gelatine and water to the juice in the saucepan. Stir well until the gelatine melts;
- 4-With a ladle, pour the juice and gelatine mixture into small individual containers with a capacity of about 1/2 cup (4 ounces) each. Refrigerate containers for 1 - 2 hours or until gelatine sets.

### Tip:

To make a more nutritious gelatine (that the children will also enjoy!), add chunks of fresh or canned (drained) fruit to the juice and gelatine mixture before pouring into the bowls.

# Fruit smoothie (#90)

(child-size portion: 1 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 portions of a cup
- Milk - Powdered milk - Fresh, frozen or unsweetened drained canned fruit	2 1/2 cups (625 ml) 1/4 cup (50 ml) 2 1/2 cups (625 ml)	15 cups (4 litres) 1 1/2 cup (375 ml) 9 to 10 cups (2.5 litres)

## Preparation:

1-Combine all ingredients in a food processor or a mixer and puree until smooth.

\* For larger quantities (10 or more): mix some milk with some powdered milk and some fruit. Puree in mixer. Pour into a juice container and repeat the operation until there are no further ingredients.

## Variations

### Banana smoothie

Use bananas as the selected fruit (about 18 to 20 bananas for the 60-portion recipe).

### Peach smoothie

Use canned peaches in juice, drained, or fresh, ripe peaches, peeled.

### Raspberry, strawberry, blueberry smoothie

Use fresh or frozen, unsweetened raspberries or strawberries or blueberries.



## Fruit mousse (#91)

(portion: 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Pureed unsweetened fruit (For puree, use unsweetened applesauce or fresh, frozen (thawed) or canned fruit in juice: ex.: pineapple, blueberries, raspberries, strawberries, peaches, pears, apricots, etc.)	2 cups (500 ml)	5.6 litres (22 1/2 cups)
- Very cold Carnation milk	1 1/4 cup (300 ml)	1 1 cups (3 litres)
- Salt	1 pinch	1 tsp (5 ml)

### Preparation:

- 1-If you are using frozen fruit, thaw. If you are using canned fruits, drain;
- 2-Puree selected fruits with a food processor ;
- 3-Whip Carnation milk and salt with an electric mixer until firm (mousse is still a little soft);
- 4-Carefully add fruit puree to milk mousse, do not stir but rather lightly fold in fruit puree with a spatula;
- 5-Add a little sugar, to taste (about 1 to 2 tbsp for family recipe and 1/2 cup for 60 child-size portions);
- 6-Pour mousse in cups and let set in refrigerator. The mousse will remain a little soft.

## Orange muffins (#92)

Ingredients	12 muffins	5 dozen muffins (60 muffins)
- Peeled seedless orange cut into small pieces	1 orange	6 oranges
- Frozen concentrated orange juice, thawed, <u>not diluted with water</u>	1/2 cup (125 ml)	3 cups (750 ml)
- Chopped dates	1/2 cup (125 ml)	3 cups (750 ml)
- Eggs	1 egg	6 eggs
- Oil (canola or other)	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Honey	1/4 cup (50 ml)	1 1/4 cup (300 ml)
- Whole wheat flour	1 cup (250 ml)	6 cups (1500 ml)
- Iron-enriched baby cereal ("Pablum")	2 cups (500 ml)	12 cups (3000 ml)
- Baking powder	2 tsp (10 ml)	4 tbsp (60 ml)
- Baking soda	1/2 tsp (2 ml)	4 tsp (20 ml)
- Salt	1/4 tsp (1 ml)	2 tsp (10 ml)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Peel and chop oranges in pieces;
- 3-Chop dates in pieces;
- 4-Combine orange pieces, thawed concentrated orange juice, dates, eggs, oil and honey in a bowl;
- 5-In another bowl, combine flour, baby cereal, baking powder, baking soda and salt;
- 6-Add of flour mixture to mixture of orange juice and dates and stir just enough that all ingredients are wet;
- 7-Cook in oven about 15-20 minutes or until a toothpick inserted in the centre of a muffin comes out clean.

## Raisin bran muffins (#93)

Ingredients	12 muffins	5 dozen muffins (60 muffins)
- Wheat bran	1 cup (250 ml)	5 cups (1.25 litre)
- Milk	1/2 cup (125 ml)	2 1/2 cups (625 ml)
- Molasses	1/3 cup (75 ml)	1 1/2 cup (375 ml)
- White flour	1 cup (250 ml)	5 cups (1.25 litre)
- Baking powder	2 tsp (10 ml)	1/4 cup (50 ml)
- Salt	1/2 tsp (2 ml)	2 tsp (10 ml)
- Baking soda	1/4 tsp (1 ml)	1 tsp (5 ml)
- Raisins	1/2 cup (125 ml)	2 1/2 cups (625 ml)
- Egg	1 egg	5 eggs
- Vegetable oil	1/3 cup (75 ml)	1 1/2 cup (375 ml)

### Preparation:

- 1-Heat oven to 375°F and grease muffin pans with oil;
- 2-In a large bowl, combine wheat bran, milk and molasses and let sit until bran has absorbed almost all the liquid;
- 3-Meanwhile, in another large bowl, combine flour, baking powder, salt, baking soda and raisins;
- 4-In the bran bowl, add eggs and oil and stir well. Pour this mixture immediately into the bowl of flour;
- 5-Combine all ingredients just enough that all ingredients are wet;
- 6-Put dough in muffin pans (for large quantities, use a 2-oz ice cream scoop) and bake in oven about 15 to 20 minutes or until muffins are firm to the touch (or a toothpick inserted in the centre of a muffin comes out clean).

## Basic recipe for muffins or snack bread (#94)

Ingredients of the basic recipe	12 muffins or 1 loaf	For 60 children: 60 muffins (5 dozen) or 5 loaves
- White flour	1 cup (250 ml)	4 cups (1 litre)
- Whole wheat flour	1 cup (250 ml)	4 cups (1 litre)
- Baking powder	1 tbsp (15 ml)	1/4 cup (50 ml)
- Brown sugar	1/4 cup (50 ml)	3/4 cup (200 ml)
- Salt	1/2 tsp (2 ml)	1 1/2 tsp (7 ml)
- Beaten eggs	1	4 eggs
- Milk	3/4 cup (200 ml)	3 cups (750 ml)
- Vegetable oil	1/3 cup (75 ml)	1 1/4 cup (300 ml)

### Preparation:

- 1-Heat oven to 375°F and grease with oil the number of muffin pans or loaf pans you need;
- 2-In a large bowl, combine two types of flour, salt and baking powder;
- 3-In another bowl, combine milk, oil, eggs and brown sugar (and fruit in pieces or grated vegetables, as appropriate for recipe);
- 4-Combine liquid ingredients with dry ingredients, stirring just enough that all ingredients are wet;
- 5-Put dough in muffin pans (for large quantities, use a 2-oz ice cream scoop) and bake in oven about 20 minutes or until muffins are firm to the touch (or a toothpick inserted in the centre of a muffin or loaf comes out clean).

### Variations

#### Pumpkin muffins or bread

Add following ingredients to ingredients of the basic recipe:

- Pumpkin puree (do not use for pies as it too sweet)	1 cup (250 ml) of pumpkin puree	4 cups (1 litre) of pumpkin puree
- Raisins	1/3 cup (75 ml)	1 1/2 cups (375 ml)
- Nutmeg	1/4 tsp (1 ml)	3/4 tsp (3 ml)
- Cinnamon	1/2 tsp (2 ml)	1 1/2 tsp (7 ml)

## Oatmeal muffins or bread

Replace white flour of the basic recipe with quick cooking rolled oats and add raisins to basic recipe:

- Raisins	1/3 cup (75 ml)	1 1/2 cup (375 ml)
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## Apple or pear muffins or bread

Add following ingredients to basic recipe:

- Peeled and diced apples or pears <sup>2</sup>	1/2 cup (125 ml)	2 cups (500 ml)
- Cinnamon	1 tsp (5 ml)	1 tbsp (15 ml)

## Carrot or zucchini muffins or bread

Add following ingredients to basic recipe:

- Shredded carrots or zucchini	1/2 cup (125 ml)	2 cups (500 ml)
- Cinnamon	1 tsp (5 ml)	1 tbsp (15 ml)
- Nutmeg	1/2 tsp (2 ml)	1 1/2 tsp (7 ml)

## Blueberry or strawberry or raspberry or berry muffins or bread

- Increase quantity of brown sugar to 1/2 cup (125 ml) for 12 muffins (or 1 loaf) and to 2 cups (500 ml) for 60 muffins (or 5 loaves);
- Add 3/4 cup (200 ml) of fresh or frozen unsweetened fruit to recipe for 12 muffins (or 1 loaf) or 3 cups (750 ml) of fruit for 60 muffins (or 5 loaves).

<sup>2</sup>You can also use canned pears in juice, drained

## Banana muffins or bread (#95)

Ingredients of the basic recipe	12 muffins or 1 loaf	For 60 children: 60 muffins (5 dozen) or 5 loaves
- White flour	2/3 cup (150 ml)	2 cups (500 ml)
- Iron-enriched baby cereal ("Pabulum")	3/4 cup (400 ml)	5 cups (1250 ml)
- Baking soda	1/2 tsp (2 ml)	1 1/2 tsp (7 ml)
- Baking powder	2 tsp (10 ml)	2 tbsps (15 ml)
- Non hydrogenated margarine	1/4 cup (50 ml)	3/4 cup (175 ml)
- Sugar	1/3 cup (75 ml)	3/4 cup (175 ml)
- Eggs	1 egg	3 eggs
- Ripe peeled bananas, mashed	1 cup (250 ml)	3 cups (750 ml)
- "All Bran" cereal	1 cup (250 ml)	3 cups (750 ml)
- Vanilla	1 tsp (5 ml)	1 tbsps (15 ml)
- Milk	1/3 cup (75 ml)	1 cup (250 ml)

### Preparation:

- 1-Heat oven to 350°F and grease with oil the number of muffin pans or loaf pans you need;
- 2-Combine flour, baby cereal, baking soda and baking powder in a large bowl;
- 3-In another bowl, combine sugar, eggs, mashed bananas, "All Bran" cereal, vanilla and milk;
- 4-Pour banana mixture into flour mixture. Stir just enough that all ingredients are wet;
- 5-Put dough in muffin or loaf pans and bake in oven about 20 minutes (longer for loaves) or until muffins or loaves are firm to the touch (or a toothpick inserted in the centre of a muffin or loaf comes out clean).

## Baked apples (#96)

(child-size portion: 1/2 apple-1 apple)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Medium apples - Cinnamon - Raisins	5 apples 1/2 tsp (2 ml) 2 tbsp (30 ml)	48 apples 2 tbsp (30 ml) 1 cup (250 ml)

### Preparation:

- 1-Heat oven to 350°F;
- 2-Wash apples then halve. Remove core of halved apples;
- 3-Place apple halves in muffin pans and sprinkle with cinnamon;
- 4-Place a spoonful of raisins in each apple half. Cook about 25 to 30 minutes in oven, or until apples are soft.

## Banana "Popsicles" (#97)

(frozen bananas)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Halved bananas - "popsicle" sticks	5 bananas 10 sticks	30 bananas 60 sticks

### Preparation:

- 1-Cut bananas in two;
- 2-Insert a popsicle stick in each half banana;
- 3-Freeze about 24 hours in advance.

## Rice pudding (#98)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Milk	6 cups (1500 ml)	16 cups (4 litres)
- White <u>short grain</u> rice	1 cup (250 ml)	3 3/4 cup (950 ml)
- Sugar	1/2 cup (125 ml)	1 3/4 cup (400 ml)
- Salt	1/4 tsp (1 ml)	3/4 tsp (3 ml)
- Vanilla	2 tsp (10 ml)	2 tbsp (30 ml)
- Cinnamon	1/2 tsp (2 ml)	1 tbsp (15 ml)

### Preparation:

- 1-Put milk, rice, salt and sugar in a large saucepan;
- 2-Heat mixture over medium heat until small bubbles form in liquid, near edge of saucepan;
- 3-Reduce to low heat and cover. Simmer about 1 hour or until rice is very soft, stirring from time to time;
- 4-Remove from heat. Add vanilla and stir then let cool in refrigerator until pudding is cold, about 3 hours;
- 5-Sprinkle with cinnamon before serving. Top with fruit if desired.



## Fruit pudding (#99)

Ingredients	1 pudding-cake	60 child-size portions
- White flour	1/2 cup (125 ml)	2 cups (500 ml)
- Whole wheat flour	1/2 cup (125 ml)	2 cups (500 ml)
- Baking powder	2 tsp (10 ml)	2 tbsp + 2 tsp (40 ml)
- Salt	1/2 tsp (3 ml)	1 tsp (5 ml)
- Non hydrogenated margarine	1/4 cup (50 ml)	1 cup (250 ml)
- Sugar	1/3 cup (75 ml)	1 1/4 cup (300 ml)
- Beaten egg	1 egg	4 eggs
- Vanilla	1 tsp (5 ml)	1 tbsp (15 ml)
- Milk	2/3 cup (150 ml)	2 1/2 cup (625 ml)
- Garnish with fruits below:		
<b>With apples</b>		
- Peeled and sliced apples	4 to 5 apples	16 apples
- Lemon juice	1 tbsp (15 ml)	3 tbsp (45 ml)
- Brown sugar	1/4 cup (50 ml)	1 cup (250 ml)
<b>With strawberries and rhubarb</b>		
- Strawberries in pieces	1 cup (250 ml)	4 cups (1 litre)
- Rhubarb in pieces	1 cup (250 ml)	4 cups (1 litre)
- Brown sugar	1/3 to 1/2 cup (75 to 125 ml)	1 1/4 cup (300 ml)
<b>With blueberries or strawberries or berries</b>		
- fresh or frozen (unsweetened thawed) strawberries or blueberries or berries	2 cups (500 ml) of fresh fruit or a 300 g package of frozen fruit, thawed	4 lbs (2 kilos) 8 pkgs of frozen fruit, thawed
- Brown sugar	1/4 cup	1 cup

### Preparation:

- 1-Heat oven to 350°F. In a large bowl, combine flours, baking powder and salt and set aside;
- 2-In another large bowl, combine margarine with sugar with an electric mixer and add eggs and vanilla and stir until preparation is smooth;
- 3-Gradually add flour mixture, alternating with milk (a little flour mixture, a little milk, stir; and continue until all ingredients are mixed);
- 4-Combine ingredients of your fruit garnish according to pudding. Place this mixture in the bottom of an 8-inch square pan (for family recipe) or a large pan for the large-quantity recipe;
- 5-Spread cake dough over mixture of fruits and bake in oven about 40 minutes or until a toothpick comes out clean when inserted in the centre of the pudding cake.

### With peaches or pears

Use peeled and diced fresh peaches or pears or use canned diced peaches or pears in juice, drained (2 cups of fruit and 1/4 cup of brown sugar for 1 pudding, 8 cups of fruit and 1 cup of brown sugar for 60 child-size portions).

\* Other fruits can be used for this recipe.

## Home-made fruit salad (#100)

(Child-size portion: 1/4 to 1/2 cup; adult portion: 1/2 cup)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
<ul style="list-style-type: none"> <li>- Diced apples</li> <li>- Sliced bananas</li> <li>- Diced pears (fresh or canned)</li> <li>- Oranges (seedless), peeled, in pieces</li> <li>- Diced pineapple, canned in juice (set aside juice)</li> <li>- Any other fruit in season (strawberries, cantaloupe, grapes cut in half, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>2 apples</li> <li>2 bananas</li> <li>1 pear</li> <li>2 oranges</li> <li>16 oz (500 ml)</li> <li>To taste</li> </ul>	<ul style="list-style-type: none"> <li>10 apples</li> <li>5 bananas</li> <li>2 cans of 796 ml (1592 ml) diced pears, in juice</li> <li>8 oranges or 4 grapefruits</li> <li>100 oz (2.84 litres)</li> <li>To taste</li> </ul>

### Preparation:

- 1-Wash apples and pears and chop in pieces. put in a large bowl and pour orange juice overtop;
- 2-Chop oranges and bananas in pieces and add other fruit pieces, to taste;
- 3-Add canned pineapple and juice and combine. Let sit a little in the refrigerator before serving.

## Ice cream bar (#101)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Graham crackers (calculate about 2 cookies per person)	12 to 20 Graham crackers	120 Graham crackers
- Ice cream or frozen yogurt	6 to 10 scoops	60 scoops

### Preparation:

- 1-Place a scoop of ice cream or frozen yogurt on a Graham cracker. Cover with another Graham cracker and press together to make a sandwich;
- 2-Put sandwiches in freezer about 24 hours and then serve.

## Frozen yogurt pops (#102)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Plain yogurt	1 cup (250 ml)	6 cups (1.5 litre)
- Frozen unsweetened concentrated grape or orange juice (100% pure), thawed and <u>not diluted with water</u>	3/4 cup (200 ml)	5 cups (1.25 litre)
- Milk	3/4 cup (175 ml)	5 cups (1.25 litre)

### Preparation:

- 1-Combine all ingredients and pour in popsicle molds. Freeze about 24 hours before serving.

## Frozen fruit pops (#103)

### Ingredients

- 100% pure unsweetened fruit juice
- Popsicle molds

### Preparation:

Pour juice in popsicle molds according to the number you need. Freeze until pops are well set.

## Vegetable spread (#104)

(about 1 tbsp of spread per child with 2 to 4 crackers/child)

Ingredients	Family (2 adults and 4 children) or 10 child-size portions	60 child-size portions
- Cream cheese - Carrots - Celery branch - Onion	1/2 cup 1 to 2 1/2 1 tbsp	1 kilo (2 lbs) 5 4 1/2 onion

### Preparation:

- 1-Put vegetables in food processor until very finely chopped (if you do not have a food processor, you can use a cheese grater);
- 2-Add cream cheese to grated vegetables and combine in food processor (or by hand, if you do not have a food processor);
- 3-Serve with crackers.





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