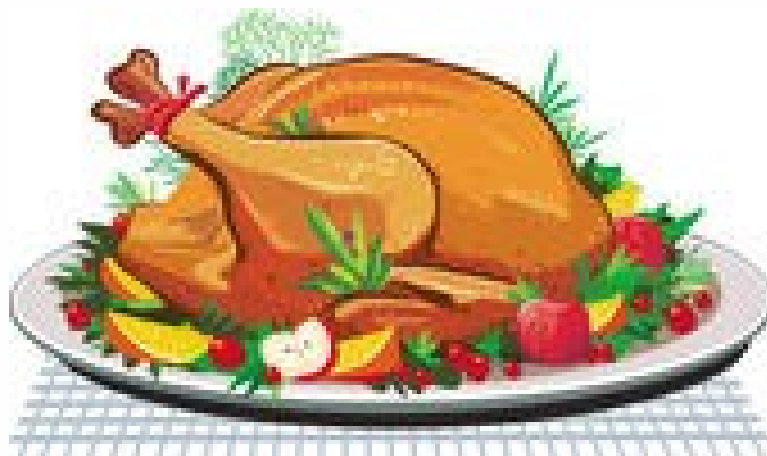


Stittsville Rotary Family Holiday Cookbook



**Recipes shared
by club members**

December 2020



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President Dave Rooke's Message

Dear friends:

As a special project for this COVID-19 winter holiday period, the club members of the Rotary Club of Ottawa-Stittsville thought it might be nice if we each contributed a few of our favorite holiday recipes, and shared them with you on our website. Most of the recipes include a few words on why or how they came to be a "tradition" in the household contributing the recipe. We hope you will try a few of them over the holidays and throughout the year.

Despite the many and necessary extra precautions, we are observing this year so that our families and friends stay safe and healthy, we wish you all a Happy Holiday, and a wonderful 2021.

Dave

Note:

- ⇒ Thank you Rotarians for sharing your family recipes and traditions with everyone. In particular, we appreciate the time and effort of Chef Phil Bronsther, a member of our club who shared recipes from his private file and volunteered to edit the recipes in the booklet as required.
- ⇒ This cookbook project suggested by President Dave fits in well with the club activities sponsored by the **Caring and Connecting Committee (CCC)**. The goals are to maintain connections, enhance friendships and engage members in Covid-19 times when meetings are by zoom. Strategies include such activities as recognition of birthdays monthly, member limericks, buddy phone calls, childhood pictures and a club social in December "Cooking with Phil" and more.

Have fun trying the recipes!

Editors Sandra and Wendy



Stittsville Rotarians and Friends participated in a community service project at WJ Bell Rotary Peace Park cleaning up the park and planting hostas in August 2020.



Appetizers

This recipe is great for hostess gifts at Christmas time.



This dip must be good because it disappears so quickly!

Chicken soup and matzo balls are on all of my festive menus. My grandchildren love it. My son loves to have it for breakfast! Enjoy.

Homemade Nuts and Bolts

Wendy Adams

1 pound butter
1 tablespoon garlic powder
1½ teaspoon celery salt
4 cups Cheerios
1 box cheese nips or cheese bites

2 tablespoons Worcestershire sauce
1½ teaspoon onion salt
4 cups Shreddies
4 cups of pretzel sticks
2 cups mixed nuts

Heat oven to 250°F. Place butter in heavy pot; melt it while the oven is preheating. Add next five ingredients and stir well to combine.

Combine all remaining ingredients in a large roasting pan, then transfer to 2 cookie sheets for baking. Pour sauce over in ½ cup increments, stirring gently and firmly to combine each time, until all has been mixed in. Bake for 1½ hours; stir every ½ hour. Store in air-tight container.

Grace's Cheese Dip

Grace Bell

1 cup shredded extra old white cheddar cheese
1 cup mayonnaise
1 small onion, finely chopped

Combine equal amounts of cheese and mayonnaise. Add onion and mix well. Pack into a small oven-proof casserole dish. Heat at 450°F for 15 minutes. Serve with crackers or small toasts.

Phil's Chicken Soup With Matzo Balls

Phil Bronsther

For the soup:

4 to 6 litres chicken broth, home-made or purchased
Salt and pepper to taste
4 carrots, peeled & cut on the diagonal in 1" pieces
¼ cup chopped parsley or dill

For the matzo balls:

1 box matzo ball mix
3 eggs
Garlic powder

¼ cup vegetable oil
Salt and pepper

Follow instructions on matzo ball package, stirring in oil, eggs, pepper and garlic powder. Let sit for 15 minutes. Form into one-inch balls. Bring a large pot of water to a boil, and add 1 tablespoon of chicken bouillon powder. Drop the matzo balls into the boiling water, cover pot, and let simmer for 30 minutes. Use a slotted spoon to remove cooked matzo balls to a plate.

Heat the chicken broth in a large pot and bring to a simmer. Add chicken bouillon cubes if desired. Add carrots, salt and pepper, and still warm matzo balls to the simmering broth. Ladle into bowls and top with parsley or dill. Serves 10 to 12.



Appetizers

This has been our Christmas Dinner starter since the 1990's. It was introduced to us while living in the UK and having Christmas Dinner with my father-in-law. We continue the tradition each year.

Gravlax with Mustard Sauce

Victoria & Steve Hunter

Gravlax

Prepare a minimum of 2 days in advance (serves 12 to 16)

Two centre-cut salmon fillet (about 1 ½ lb)

1 tablespoon cracked peppercorns

1 tablespoon cracked coriander seeds

2 tablespoons kosher salt

2 tablespoons granulated sugar

1 teaspoon dry mustard

¼ cup vodka

1 bunch fresh dill

Place salmon fillets skin side down on a large sheet of plastic wrap. Combine peppercorns, coriander seeds, salt, sugar and mustard. Press mixture evenly onto salmon fillets. Place one fillet skin side down in a dish just large enough to hold it. Sprinkle with 2 tablespoons vodka. Lay dill sprigs on top. Place second fillet on top so the flesh sides meet. Spoon remaining vodka over fish.

Cover salmon with a sheet of parchment paper. Place a small tray or plate on top of salmon. Weigh down with cans or other heavy weights.

Refrigerate for two days. Turn salmon and baste with juices every 12 hours.

Remove salmon from marinade. Remove dill sprigs but leave remaining seasonings. Slice salmon thinly and sprinkle with extra cracked pepper-corns, coriander seeds and chopped fresh dill if desired.

Mustard Sauce (makes about 1 ¼ cups)

1/3 cup Dijon mustard

2 tablespoons granulated sugar

1 teaspoon dry mustard

2 tablespoons white wine vinegar

¼ teaspoon hot red pepper sauce

1/3 cup olive oil

2 tablespoons whipping cream

2 tablespoons finely chopped dill

Combine Dijon, sugar, dry mustard, vinegar and hot pepper sauce to form a paste.

Slowly whisk in oil until a mayonnaise-like mixture is formed. Stir in cream and dill.

This sauce will keep for up to two weeks in the refrigerator.

Plating – place several (4) pieces of thinly sliced salmon on a small plate and drizzle with mustard sauce. Put any excess sauce in a small ramekin tableside for those that want more sauce.



Appetizers

Bruce's Cheese Ball

Bruce MacKeen



Serve with crackers or melba toast.

2-8 ounce packages cream cheese, softened
 2-4 ounce packages shredded natural cheddar cheese
 1 tablespoon chopped pimento
 1 tablespoon chopped green pepper
 1 tablespoon finely chopped onion
 1 teaspoon lemon juice
 Dash cayenne
 Dash salt
 Finely chopped pecans

Combine cream cheese and cheddar cheese mixing until well blended. Add remaining ingredients except pecans and mix well. Shape into a ball and roll in the pecans to cover. Refrigerate. May use chopped parsley or dried beef as alternative to pecans.

Cheese Crisps

Bruce MacKeen

½ pound old cheddar cheese, shredded
 1 cup butter
 1 ½ cups flour
 ½ teaspoon Worcestershire sauce
 4 cups Rice Krispies

Mix the first 4 ingredients together in a bowl; add Rice Krispies. Place by teaspoonful on ungreased cookie sheet. Flatten with a fork. Bake at 325° F for 15 to 20 minutes. These freeze well and can be eaten right out of the freezer. Especially good with drinks.

Spicy Lemon-Marinated Shrimp

Brant Smith

This appetizer serves 6.
 It is adapted from *Gourmet* Nov. 1999, Page 209

Large lemon
 3 tablespoons white wine vinegar
 1 tablespoon water
 1 tablespoon plus 2 ½ teaspoons kosher salt
 1 ½ teaspoons dried chile flakes or rounded ¼ tsp dried hot red pepper flakes
 1 pound large shrimp, shelled and de-veined

1 ½ teaspoons coriander seeds
 1 tablespoon olive oil
 1 tablespoon sugar
 2 tablespoons of pickling spices



Marinade: Remove zest from lemon with vegetable peeler and remove white pith from zest strips with a zester. Squeeze 3 tablespoons of lemon juice. Finely grind coriander in an electric coffee/spice grinder. Whisk together zest, juice, coriander, vinegar, oil, water, sugar, chile flakes, and 2½ teaspoons of kosher salt in a large bowl until sugar and salt are dissolved.

Bring a 3 to 4 quart pot of water to a boil with pickling spices and remaining tablespoon of kosher salt and cook shrimp 1½ minutes, or until just cooked through. Cool shrimp slightly and transfer them to a large sealable plastic bag. Add marinade and chill, turning bag occasionally for 8 hours or up to 3 days. Drain shrimp before serving.



Beverages

Hot Blueberry Tea

Wendy Adams



- 1 ounce amaretto liqueur
- 1 ounce orange liqueur (such as Grand Marnier®)
- 4 ounces orange pekoe tea, or more to taste

Combine amaretto and orange liqueur in a brandy snifter or glass. Add hot tea to taste. The combination of liqueurs and hot orange pekoe tea make this warm drink taste of blueberries. Great to serve to friends on a cold winter night.

Polar Bear (a cocktail)

Wendy Adams

- 1 ounce crème de cacao (colorless)
- 1 ounce crème de menthe (colorless)

Shake all ingredients in a shaker with ice and serve in a shot glass or on the rocks. This cocktail tastes like a Peppermint Patty or an After Eight wafer. To make a *polar bear in a blizzard* add 1 ounce of vodka to the other 2 liqueurs.



World's Creamiest Eggnog (& simplest to make)

Marie & Dave Rooke

- Combine the following in a blender:
- 3 generous scoops of vanilla ice cream
 - 2 cups of commercial eggnog (if you prefer to make your own eggnog from scratch, that works well too...but this is the easiest, and quickest for those drop-in guests during the holidays)
 - 2 generous “glugs” of White Rum
 - 1 generous “glug” of Tia Maria

Blend at high speed for about 30 seconds. Check consistency. If it is not creamy enough, add another scoop of ice cream. Pour into glasses; grate a little nutmeg on the top....and enjoy. It is unlikely you will return to your old eggnog recipe after tasting this one!

In Germany in 1970, a group of Artillery friends dropped in for a Christmas drink. The gang had decided to bring the eggnog “fixings” in case we ran short of other beverages. The original was prepared in a large bowl with and electric eggbeater...but the results were the same – delicious! We have used it ever since then.



Desserts

A family holiday favourite, flavourful and not too sweet. We named these while living in the Cayman Islands, having to deal with iguana droppings around the pool!

Iguana Pooh Drops

Frans & Suzanne Vandendries

4 ½ ounces all-purpose flour (about 1 cup)
1/3 cup unsweetened cocoa
½ cup butter, softened
1 teaspoon instant espresso (optional)
2/3 cup finely chopped hazelnuts, toasted
1/3 cup hazelnut-chocolate spread (such as Nutella)

1 cup powdered sugar
¼ teaspoon salt
2 large egg yolks
½ teaspoon vanilla extract

Preheat oven to 350°F. Lightly spoon flour into a dry measuring cup and level with a knife. Combine flour, sugar, cocoa, and salt; stir with a whisk. Place butter in a large bowl and beat with a mixer at medium speed until light and fluffy (about 2 minutes). Stir egg yolks with a whisk, adding espresso, if desired. Add the yolk mixture and vanilla to butter, beat well. Add flour mixture to butter mixture; beat at low speed just until combined.

Turn dough out onto a sheet of wax paper; knead 6 times or until smooth and shiny. Shape into 28 (1-inch) balls. Roll sides of balls in nuts, pressing gently. Arrange balls 1 inch apart on baking sheets lined with parchment paper. Press thumb into centre of each cookie, leaving an indentation. Bake, 1 batch at a time, at 350°F for 10 minutes. Remove cookies from pans; cool completely on wire racks. Spoon a scant ½ teaspoon hazelnut-chocolate spread into centre of each cookie.

This recipe comes to me from a friend with Serbian roots. Children love these treats. Great with coffee or tea.

Russian Tea Balls

Sandra Burt

1 cup butter
¼ teaspoon salt
2 ¼ cups all-purpose flour
¼ cup icing sugar for rolling cookies

½ cup icing sugar
1 teaspoon vanilla
¾ cup chopped walnuts

Cream butter. Add sugar and beat well. Add remaining ingredients. Form into balls of around ½ inch. Place on ungreased baking sheets and bake at 400°F for 15 to 17 minutes. Roll in icing sugar while hot.

These squares are easy to make, and always a success.

Christmas Squares

Grace Bell

1 box Ritz crackers (original)
1 cup Skor Chipits

1 can condensed milk

Crush crackers. Mix in condensed milk and chipits. Put into a greased 8x8" inch pan. Bake at 350°F for 20 minutes. If desired, ice with cream cheese or butter icing. Sprinkle extra chipits on top.



Desserts

Our daughters always enjoyed these easy-to-bake cookies every Christmas. They were a welcome treat to enjoy with hot chocolate on a winter's day.

Gingersnap Cookies

3 ½ cups of flour
1 teaspoon salt
1 ¼ teaspoon cloves, ground
1 cup sugar
2 tablespoons vegetable oil
1 teaspoon vanilla

Mix the dry ingredients. Cream butter and sugar and add molasses and the other wet ingredients. Roll 1½ tablespoons of dough into balls and put on a baking sheet. Bake 10 to 12 minutes at 350°F.

Marion Mossman

2 ¼ teaspoons baking soda
1 ¼ teaspoons cinnamon
1 cup softened butter
½ cup molasses
2 eggs

Snickerdoodles

1 cup butter
2 eggs
2 ¾ cups flour
¼ teaspoon salt
2 teaspoons cinnamon

Cream together butter, sugar, eggs and vanilla. Blend in dry ingredients. Form into balls. Roll balls in sugar and cinnamon mix and place on baking sheet. Bake 8 to 10 minutes at 400°F.

Marion Mossman

1 ½ cup sugar
2 teaspoon vanilla
1 teaspoon baking soda
2 tablespoons sugar

A German cookie recipe that was a staple at Mom's home for Christmas.

Töpfe Kipferl

2 cups butter or margarine, room temperature
2 cups flour
Apricot jam
Topping - icing sugar

Elke Harder

2 cups Philadelphia cream cheese
1 pinch of salt
1 egg white



Combine butter and flour with your hands on a work surface, add cream cheese and a pinch of salt and knead to form dough. Place dough in the fridge for 30 minutes. Preheat oven to 400°F. Line baking sheet with parchment paper. Divide dough into 4 parts and roll out to ½" thick and cut into squares. Fill with jam and roll into croissant shapes. Place on baking sheet and sit for 15 minutes, brush with egg white. Place into oven for 10 minutes until lightly browned. Cool. Dust with icing sugar.

Cookie Candy

2 cups white sugar
½ cup milk
3 cups oatmeal
1 teaspoon vanilla

Charles Mossman

½ cup margarine or butter
½ cup cocoa
1 cup coconut

Boil sugar, butter, milk and cocoa together for 5 minutes, stirring constantly. Remove from heat and stir in remaining ingredients. Immediately drop by spoon onto waxed paper to set.



Desserts

My mother, Bunny Jordan, was born in a village in Breconshire, Wales, and trained as a nurse during the Second world war. She emigrated to Canada with my ex-RAF father and eldest sister in 1952. Sadly, my mother passed at age fifty-five - too soon. These recipes were always family favorites, and I am indebted to my sisters who have preserved them.

WELSH CAKES

Lorne Jordan

3 cups flour
½ butter, margarine, or shortening
1 cup raisins or currants
3 eggs

1 cup of white sugar
3 teaspoons baking powder
Pinch salt

Cream butter and eggs. Mix flour and butter mixture. Add sugar, baking powder, and salt. Then, add raisins. Roll on floured pastry board. Cut into cookie thickness and cook on griddle, on top of stove, until golden brown. (both sides) Sprinkle white sugar on top when done. Yield: 4 dozen

Note: I usually use currants and my cast iron frying pan.

Mom's Dark Fruit Cake

Lorne Jordan

2 pound sultana raisins
1 pound chopped candied mixed peel
½ pound candied cherries, halved
5 cups sifted all purpose flour
3 teaspoons baking powder
4 teaspoons cinnamon
½ teaspoon cloves
2 cups sugar
½ cup molasses
½ cup strong coffee

1 pound currants
½ pound dates, cut up
½ cup almonds
½ teaspoon salt
½ teaspoon baking soda
2 teaspoons allspice
1 pound soft butter
12 egg yolks
12 egg whites
1 tablespoon vanilla

Heat oven to 300°F. Put a pan of hot water in the bottom of the oven. Grease and line with greased heavy brown paper an 8" square fruit cake pan, 3 ½" deep; a 6" square fruit cake pan, 3 ¼" inches deep; and a 9 x 5 x 8" loaf pan.

Combine fruit and nuts in a large bowl. Sift some of the flour over them and toss with hands so fruit is coated with flour.

Sift the remaining flour with the salt, baking powder, soda, and spices.

Cream butter. Add sugar and beat together until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Beat in molasses. Stir in about half of the dry ingredients.

Beat egg whites until stiff but not dry. Fold into butter-sugar mixture. Stir in remaining dry ingredients, alternately with coffee and vanilla. Fold in floured fruit mixture, blending thoroughly.

Put batter in prepared pans using 10 cups for the 8" pan; 5 cups for the 6" square; and the remaining batter for the loaf pan. Pans will be about ¾ full.

Bake the loaf cake about 2 ½ hours; the 6" square about 3 ½ hours; and the 8" square about 4 hours. Cool in pans about 30 minutes, then remove from pans and finish cooling on racks. Strip off paper before storing.

P.S. Mom always put almond paste on the largest cake.

P.S.S. You will note there is no alcohol in this recipe, unlike some fruitcake recipes. I enjoy pairing the cake with brandy or Scotch at the time of consumption.



Desserts

This recipe was my 90-year old mother's. It is an eastern European "mandelbroit" recipe for a more tender version of an Italian biscotti. My mom and Bubbie (my grandmother) made these all their lives and I have been making them for the last 30 years.

Phil's Mom's Mandel Bread (Biscotti)

Phil Bronsther

8 eggs	2 cups sugar
2 cups oil	8 cups flour
3 tablespoons baking powder	2 teaspoon salt
4 cups chopped almonds OR	1 tablespoon almond extract
2 cups almonds & 2 cups candied citrus peel	1 tablespoon vanilla extract

In a mixing bowl, beat together the eggs, extracts, oil and sugar. In a separate bowl, mix together the flour and baking powder. Add the flour mixture to the egg mixture, beat one minute. Add the nuts and citrus peel. Mix until well combined. Dough will be sticky so wet your hands and form the dough into four logs. Flatten them a bit on the top so they'll come out wider rather than rounder. Bake on greased baking sheets at 350°F for 30 minutes. Remove from oven and cool slightly. Slice them about 1" thick (or about as thick as the wide part of your thumb). Dip both sides in a mixture of cinnamon and sugar. (Or sprinkle cinnamon sugar mix on bottom of pan. Place bread on sides on pan then sprinkle exposed sides with cinnamon-sugar mix.) Return to oven for about 30 minutes more at 275°F to dry the cookie more.

These melt in your mouth! My father was from Scotland, so shortbread of all varieties was always on the dessert table throughout the holidays. This is a simplified version of Scottish shortbread.

Whipped Shortbread

Mary Gibb

½ cup icing sugar	1 cup butter
1½ cups flour	Dash of salt
Cherry bits or sprinkles (optional)	

Whip all ingredients but the bits/sprinkles in a deep bowl for 10 minutes. The key is to set the timer and make sure that you whip/beat the ingredients for the full 10 minutes. If you are using a hand beater, clean the dough from the sides of the bowl as you go. Drop by teaspoonfuls on a cookie sheet, and top with bits or sprinkles. Bake at 350°F for 8 to 10 minutes. The shortbread are cooked when they are golden brown on the bottom.

Lemon Sponge Pudding

Charles Mossman

1 cup white sugar	1 cup butter
2 tbsp flour	Juice & rind of 1 lemon
1 cup milk	2 eggs, separated

Cream together sugar and butter. Stir in egg yolks, flour, lemon and milk. Fold in egg whites beaten stiff. Pour into buttered baking dish and place the dish in a pan of water in a 325°F oven. Bake 35 to 40 minutes until golden brown.



Dessert

Christmas pudding is best made well in advance to allow it to mature.

Reta's mother, Mother Roe, used Mazel Tov grape wine for the liquid.



Traditional Christmas Pudding

1 cup light raisins
1 cup currants
½ pkg mixed peel
1 ½ cup ground suet (available at meat counter)
1 cup brown sugar
2 eggs beaten
2 teaspoons baking powder
Dash salt
½ teaspoon nutmeg
½ cup of mincemeat
1 cup liquid (port, sherry or orange juice)

Brant Smith

1 cup dark raisins
½ pkg mixed fruit
A few dates and candied ginger
1 cup fine bread crumbs
¼ cup butter
2 cups flour sifted
1 teaspoon baking soda
½ teaspoon cinnamon
½ teaspoon pastry spice
1 large apple chopped fine

Put the dried fruit into a non-metallic bowl with the liquid. Cover and soak overnight. Cream together the butter and sugar in a large bowl until light and fluffy. Gradually beat in the eggs. Sift together the flour, baking powder, soda, salt and spices, then fold into the creamed mixture with the breadcrumbs. Stir in the mincemeat, apple and soaked dried fruits with their soaking liquid.

Cut a small disc of foil or baking parchment and grease with butter. Press into the bottom of buttered 3-quart heat-proof bowl and spoon the mixture into the bowl, packing mixture down firmly, and level the top. Use a layer of baking parchment paper and 2 layers of aluminum foil for the lid. The foil should be able to overhang the bowl because you will tie it on. Tie string round the bowl just under the rim and knot.

To cook the pudding, place the bowl on a few metal lids of jars in a deep pan. Pour in enough water to reach halfway up the sides of the bowl, then cover and bring to a simmer. Cook for 4 hours. Make sure the pan never boils dry by topping it up with boiling water as necessary.

Remove the pudding bowl from the pan and leave to cool. When the edges come away from the bowl (about 30 minutes) lift it out of the bowl and cool completely. Wrap in saran wrap and a double layer of foil. Store in a cool, dark place. The pudding will keep for up to one year if wrapped tightly.

To serve on Christmas Day, cover the pudding and steam in the original bowl in a pan with water half way up the sides for about one hour to reheat. Turn the pudding onto a serving plate. Serve with a brown sugar sauce or brandy butter or sauce.

Best Ever Banana Muffins

3 large bananas mashed
1 egg lightly beaten
1 teaspoon salt
1/3 cup melted butter

Teresa Whitmore

¾ cup white sugar
1 teaspoon baking powder
1 ½ cups all purpose flour

Preheat oven to 375°F. In a bowl mix sugar and beaten egg. Add melted butter. Stir in dry ingredients. Fill 12 cup cake liners in a muffin pan. Bake at 375°F for about 20 minutes or until the muffin tops are brown.



Main Dishes

Superb! Make on the day before and pop it into the oven in the morning. Serve with fresh cut-up fruit and hot cinnamon rolls.

Reference: *ENJOY, More recipes from the Best of Bridge*

Note: This recipe is featured on Christmas morning in both Grace, and David & Candise's homes. Definite proof it must be a good recipe!



This recipe will be featured in the Club dinner social, "Cooking with Phil", on Dec 16th.

Christmas Morning Wife Saver

Grace Bell, David & Candise Elhadad

16 slices white bread, crusts removed
Slices sharp Cheddar cheese
½ to 1 teaspoon dry mustard
¼ cup green pepper, finely chopped
3 cups whole milk
½ cup butter

Slices Canadian back bacon or ham
Salt, pepper
½ cup minced onion
1 to 2 teaspoons Worcestershire sauce
Dash Tabasco (red pepper) sauce
Special K or crushed corn flakes

In a 9x13" buttered glass baking dish, place 8 pieces of bread. Add pieces to cover dish entirely. Cover bread with slices of back bacon, sliced thin. Lay slices of cheddar cheese on top of bacon and then cover with slices of bread to make it like a sandwich. In a bowl beat eggs, salt and pepper. To the egg mixture add dry mustard, onion, green pepper, Worcestershire sauce and tobasco. Pour over the sandwiches, cover and let stand in the refrigerator overnight. In the morning melt ½ cup of butter and pour over the top. Cover with Special K or crushed corn flakes.
Bake at 350°F for 1 hour. Let sit 10 minutes before serving. Serves 8 people.

Phil's Mexican Fiesta Omelette

Phil Bronsther

Omelette (MAKES TWO OMELETTES)

6 large eggs
1 tablespoon fresh coriander, chopped
salt and pepper to taste

2 tablespoons milk
⅔ tablespoon butter, divided

Filling

⅔ tablespoon vegetable oil
1 ½ teaspoons chili powder
¼ cup canned black beans, rinsed and drained
1 ½ tablespoons red or green pepper (or mixture), diced
½ cup old cheddar or Monterey jack cheese, shredded

¼ cup onion, chopped
½ cup chicken, cooked and cubed
⅛ cup fresh coriander, chopped

In medium bowl, beat eggs with milk, 1 tablespoon coriander, salt and pepper. Set aside. In 8" non-stick skillet, heat oil over medium-high heat. Add onion, peppers and chili powder; cook, stirring occasionally, until softened, about 3 minutes. Add chicken and black beans; cook, stirring until heated through, about 1 minute. Stir in 2 tablespoons coriander. Remove mixture to bowl.

Wipe skillet clean; add 1 teaspoon of the butter. Melt over medium heat, until it foams, but before it browns. Pour in one-half of the egg mixture; rotate pan to spread mixture. Cook until eggs are almost set, gently lifting edge with spatula to allow uncooked eggs to flow underneath, about 3 minutes.

Spoon ½ of the filling onto half of the omelette; sprinkle ¼ cup of the cheese over the filling. Fold uncovered half over filling; cook for 1 minute or until cheese melts. Slide onto plate and keep warm. Repeat with remaining ingredients. Serve with salsa and/or guacamole if desired. Prep Time: 15 min. Cook Time: 15 min.



Main Dishes

This is my daughter's favourite dinner recipe, a dish she first ate at a bistro on the island Murter in the Adriatic Sea. Since she was born on Christmas Day, I always make it for her as a birthday treat.

Skampi na Buzara

Sandra Burt

2 pounds large shrimp (shells on if possible) or skampi, if available
 ½ cup olive oil
 1 can peeled tomatoes
 1 tablespoon chopped parsley
 2 tablespoons bread crumbs (I use panko)

3 cloves garlic, minced
 1 cup white wine
 salt and pepper

Heat olive oil in a large skillet. Sauté breadcrumbs and shrimp, then add garlic and tomatoes. Cook for 1-2 minutes. Season with salt and pepper. Add wine. Simmer for about 10 minutes. Add parsley at the end. Serve with a fresh baguette to sop up the aromatic juices. This is a fun dish to eat.

This is delicious, you can cut it with a fork! Good for a casual family meal with a loaf of crusty bread.

Phil's Beef Pot Roast

Phil Bronsther

1 boneless beef roast, 2½-3 pound (chuck, shoulder or round)
 2 tablespoons oil
 2 tablespoons Worcestershire sauce
 1 teaspoon dried basil, crushed
 3 tablespoons minced garlic
 2-28 oz cans crushed tomatoes
 1 pound carrots, peeled, cut into 2" pieces
 2 onions, cut into wedges
 8 dry shallots quartered

Salt and pepper, to taste
 2 tablespoons instant beef bouillon
 mixed into 6 cups water **OR** 6 cups
 of beef stock
 1 pound new potatoes or 2 medium
 sweet potatoes
 5 celery ribs, bias-cut in 1" pieces

Trim fat from meat. Brown meat on all sides in hot oil in a 4 to 6-quart Dutch oven. Drain fat. (OR GRILL ON BBQ.)
 Mix 6 cups water, Worcestershire sauce, bouillon, (OR beef stock, omit water if using stock) canned tomatoes, basil, salt and pepper to taste.
 Add potatoes, carrots, onions, dry shallots and celery to roaster. Place in 350°F oven covered, roast for 4 to 5 hours. When tender, transfer meat and vegetables to platter. Reserve juices. Refrigerate juices overnight then remove congealed fat.





Main Dishes

A traditional German recipe that is a staple at mom's home as we celebrate on Christmas Eve.

Alternative:

The *Austrian* filling uses bacon, green onions, carrots and pickle.



Menu hint:

Rouladen are often served with red cabbage, dumplings or potatoes. Serves 6.

Rouladen

Elke Harder

3 pounds top round steak, sliced ½" thick, trimmed of all fat, and pounded to ¼" thick
6 teaspoons Dusseldorf-style prepared mustard or substitute 6 teaspoons other hot prepared mustard

¼ cup finely chopped onions

6 slices lean bacon, each about 8" long

3 dill pickles, rinsed in cold water and cut lengthwise into halves

3 tablespoons lard

2 cups water

1 cup coarsely chopped celery

¼ cup thinly sliced leeks, white part only

1 tablespoon finely chopped scraped parsnip

3 parsley sprigs

1 teaspoon salt

1 tablespoon butter

2 tablespoons flour

Cut the steak into 6 rectangular pieces about 4" wide and 8" long. Spread each rectangle with a teaspoon of mustard, sprinkle it with 2 teaspoons of onions, and place a slice of bacon down the centre. Lay a strip of pickle across the narrow end of each piece and roll the meat around it, jelly-roll fashion, into a cylinder. Tie the rolls at each end with kitchen cord.

In a heavy 10 to 12" skillet, melt the lard over moderate heat until it begins to sputter. Add the beef rolls and brown them on both sides, regulating the heat so they color quickly and evenly without burning. Transfer the rolls to a plate, pour the water into the skillet and bring it to a boil, meanwhile scraping in any brown particles clinging to the bottom and sides of the pan. Add the celery, leeks, parsnips, parsley and salt, and return the beef rolls into the skillet. Cover, reduce the heat to low and simmer for 1 hour or until the meat shows no resistance when pierced with a fork. Turn the rolls once or twice during the cooking period. Transfer the rolls to a heated platter and cover with foil to keep them warm while you make the sauce.

Strain the cooking liquid left in the skillet through a fine sieve, pressing down hard on the vegetables before discarding them. Measure the liquid, return it to the skillet and boil briskly until it is reduced to 2 cups. Remove from the heat. Melt the butter in a small saucepan over moderate heat and when the foam subsides, sprinkle in the flour. Lower the heat and cook, stirring constantly, until the flour turns a golden brown. Be careful not to burn it. Gradually add the reduced cooking liquid, beating vigorously with a whisk until the sauce is smooth and thick. Taste for seasoning and return the sauce and the Rouladen to the skillet. Simmer over low heat only long enough to heat the rolls through. Serve the rolls on a heated platter and pour the sauce over them.



Main Dishes

This recipe would make any French Canadian grandmother happy. Traditionally served around the holiday season.



Phil's Lac Saint Jean Meat Pie (Tourtière)

Phil Bronsther

1 pound lean ground beef
1 large onion
2 shallots finely chopped
1 large potato (small cubes)
6 whole cloves
1 teaspoon dry sage crumbled
1 teaspoon grated nutmeg
2 teaspoons pepper
3 cups beef stock
Hot sauce to taste
2" purchased unsweetened tart shells **OR** 8" pie crust

1 pound ground lean pork
½ leek finely chopped
1 stalk celery finely chopped
4 garlic cloves (crushed)
1 teaspoon ground allspice
1 tablespoon dry savory crumbled
2 teaspoons cinnamon
2 teaspoons salt
1 tablespoon chicken bouillon powder

In large pot brown ground meat, drain well. Finely chop in food processor onions, leeks, dry shallots and celery. Add meat, onion, celery, leeks, shallots, potato, garlic, cloves, allspice, nutmeg, cinnamon, sage, dry savory, chicken bouillon, hot sauce and pepper and mix well. Add stock and bring to boil and then simmer on low heat for 3-4 hours. Use a potato masher to mash meat/potato mixture to desired consistency. Drain off excess liquid. Cool meat mixture and remove any visible cloves. Fill the tart shell(s), place a disc of pie dough on top in the centre leaving small area open around the outside edge of the tart. Bake at 375°F until golden brown.

I've served this salmon dish on numerous occasions from intimate dinners to weddings and state dinners.

Phil's Leek & Peppercorn Salmon

Phil Bronsther

1 Atlantic salmon fillet
1 tablespoon minced garlic
3 tablespoons extra virgin olive oil
1 tablespoon coarsely crushed black peppercorns

1 leek julienned in 3" lengths
3 tablespoons lemon juice
1 teaspoon salt

Combine all and marinate at least 2 hours or overnight. Place on parchment-lined sheet pan and bake at 450°F for 5-7 mins until salmon is cooked and leeks begin to brown.

Grace loves to play bridge and this recipe is from one of her favorite cookbooks: *Enjoy, More Recipes from the Best of Bridge*

Toasted Tomato Cheesies

Grace Bell

8 slices bacon, cut in half
1-8 ounce package cheese slices
1 teaspoon Worcestershire sauce

4 English muffins
2 tablespoons onion, finely chopped
2 to 3 large tomatoes, sliced

Cook bacon until crisp. Drain and keep warm. Heat broiler. Pry muffins apart with a fork and lay side by side on a cookie sheet. Lightly toast the undersides under broiler. Remove from oven, turn upright and top each with slice of cheese. Combine onion, Worcestershire sauce and put a small amount on cheese. Top with a tomato slice. Broil until hot and bubbly. Garnish with 2 pieces of bacon. Serves 4.



Salads

There is nothing like a homemade caesar salad dressing!

Phil's Caesar Salad Dressing

Phil Bronsther

6 cloves garlic minced
1 tablespoon white vinegar
2 tablespoons mayonnaise
¼ cup extra virgin olive oil
1 tablespoon white sugar
½ teaspoon black pepper

1 tablespoon Dijon mustard
1 tablespoon lemon Juice
2 anchovy fillets minced
¼ cup vegetable oil
1 teaspoon salt
½ cup freshly grated Parmesan cheese

Combine garlic, Dijon mustard, vinegar, lemon juice, salt, black pepper, sugar in a food processor or blender and mix thoroughly. Add mayonnaise and blend together to form a thick base. In a slow stream add the two oils. Mix in Parmesan cheese. Taste and adjust for salt, pepper and lemon juice.

South Seas Salad

Marie & Dave Rooke

8 cups mixed salad greens
2 cups fresh pineapple chunks
½ cup chopped green onion

2 cups fresh strawberries
2 or 3 peeled, sliced kiwis

Dressing

¾ cup vegetable oil
2 tablespoons lemon juice
2 tablespoons honey
2 tablespoons poppy seeds

¼ cup cider vinegar
2 tablespoons white sugar
2 tablespoons sesame seeds

Mix greens, fruit, and green onions in a large salad bowl; whisk dressing ingredients in a large measuring cup and pour over greens.

Fresh Cranberry Orange Relish

Marie & Dave Rooke

½ cup coarsely chopped walnuts
1 seedless orange
¼ cup dried currants

2 cups cranberries (fresh or frozen)
1 cup sugar

Spread walnuts out on a baking sheet and toast in 350°F oven for 5 minutes or until fragrant. Set aside to cool.

Rinse cranberries in sieve and grind finely in food processor. Transfer to medium bowl. With a small sharp knife remove orange rind from orange without getting white pith underneath. Put rind in processor. Remove and discard pith and membrane under rind. Cut orange into quarters; add to processor and chop finely.

Add to cranberries with sugar, walnuts, and currants, and stir until sugar dissolves. Cover and refrigerate overnight or up to 2 weeks (can also be frozen in airtight container for several months. Makes 2.5 cups; Preparation Time - 20 minutes



A recipe passed along by my neighbor in Winnipeg many years ago is one we enjoy year round.





Side Dishes

These are a tradition in most Jewish households at Chanukah time. Chanukah commemorates the re-dedication of the temple after its destruction by the Syrians. The Jews only had enough oil for the lamps for one day but it lasted for 8 days. That is why we eat foods that are cooked in oil.

One season while I was catering, I made 6,000 latkes. I would come home from work, throw my clothes in the washing machine and jump in the shower as I reeked of frying. See photo below:



Breakfast potatoes will be featured in the Club dinner social "Cooking with Phil" on Dec 16th.

Phil's Best-Ever Potato Latkes

Phil Bronsther

2 ½ pounds baking potatoes, peeled and coarsely shredded on a box grater
 2 medium onions, coarsely shredded on a box grater
 6 large eggs, beaten
 ½ cup matzo meal
 3 tablespoons unsalted butter, melted and cooled slightly
 2 teaspoons kosher salt (to taste)
 1 teaspoon baking powder
 Applesauce, sour cream, smoked salmon and salmon roe, for serving

½ cup finely chopped scallions
 ½ cup all purpose flour
 ½ teaspoon black pepper (to taste)
 Vegetable oil, for frying

In a colander set over a large bowl, grate potatoes on a box grater (or use a food processor). Let the potatoes drain for 2 to 3 minutes, then pour off the liquid in the bowl, leaving the starchy paste at the bottom. Grate the onions but do NOT discard the liquid. Combine the potatoes and onion, along with the eggs, scallions, matzo meal, butter, salt, pepper and baking powder; mix well. In a large skillet, heat a ¼" layer of oil until shimmering. Spoon ¼ cup mounds of the latke batter into the skillet about 2" apart and flatten slightly with a spatula. Fry the latkes over moderately high heat, turning once, until golden and crisp, 5 to 7 minutes. Transfer the latkes to paper towels to drain, then transfer to a platter. Repeat to make the remaining latkes, adding more oil to the skillet as needed. Serve with applesauce, sour cream, smoked salmon and salmon roe. Cook time: 50 min, servings: Serves: 5

Phil's Breakfast Potatoes

Phil Bronsther

10 parts baking (Russet) potatoes OR 10 parts frozen breakfast potatoes
 1 part diced onion
 1 teaspoon minced garlic (to taste)
 Salt & black pepper to taste

1 part diced bell peppers
 1 tablespoons canola oil
 1 teaspoon paprika

One day in advance: bake whole potatoes in a 400°F oven until tender, approximately 1 hour OR wash and cube potatoes, boil until tender but not falling apart and store in refrigerator UNCOVERED.

On day of service: Cube baked potatoes if using. Mix potatoes with peppers, onions, salt, pepper, garlic, paprika and canola oil.

EITHER place on griddle and sauté until brown or place on sheet pan on parchment paper and bake in oven at 400°F until brown, stirring once.



Side Dishes

This is a recipe I found and started making for my family about 25 years ago. It has now been handed down to all my 7 siblings and to their children as well, and to many friends all over the world. It is easy to make and very delicious!

This side dish is easy to prepare, looks beautiful on the Christmas table, and goes well with turkey or ham. I serve it whole, with a suitable cutting knife.

We have a family tradition of a potato dressing (stuffing) that can be cooked on the stove, or inside the turkey. My family came from Cape Breton Island about 100 years ago. Leftovers can be made into patties and fried. It's also great in a turkey sandwich with cranberries.

Yam Puff Recipe

Teresa Whitmore

4 large yams, peeled, cut up and cooked
2 eggs
2 tsp baking powder
½ tsp nutmeg

¼ cup butter
1/3 cup sugar
1 tsp salt

Mash yams, add ingredients, dot with butter and bake in an greased oven-proof dish at 350°F for 30-40 minutes uncovered. Keeps well in the fridge for a few days. Enjoy!

Baked Whole Cauliflower

Sandra Burt

4 tablespoons butter, at room temperature
1 tablespoon chopped fresh dill or 1 teaspoon dill seeds
1 teaspoon grated lemon zest
1 clove garlic, minced
½ teaspoon ground cumin
¼ teaspoon salt
Black pepper, to taste
1 head cauliflower, green leaves removed and partially cored

Combine butter, dill, lemon, garlic, salt and pepper. Spread mixture over the top of the cauliflower. Place it in an oven-proof casserole just large enough to hold it. Cover the casserole with aluminum foil or a tightly fitting casserole lid. Bake at 350° F for about 1¼ hours, or until fork-tender. Transfer to a heated platter and spoon any pan juices over top.

Nova Scotia Dressing (Stuffing)

Bruce MacKeen

2 cups finely diced onions
1 cup sugar or less, to taste
2 cups of fresh bread crumbs

3 to 5 cups boiled potatoes, mashed
1 cup butter

Sauté onions in butter. Add to mashed potatoes. Add remaining ingredients and cook on low heat, stirring occasionally.

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