

The Department of History
PANDEMIC COOKBOOK



CREATED BY
**FACULTY AND STUDENTS OF THE
DALHOUSIE DEPARTMENT OF HISTORY**

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Introduction

Welcome to the Undergraduate History Society's Pandemic Cookbook. Our friends in the English Department produced their own collection of recipes for the December holiday season; we've taken inspiration from them to do much the same to mark the year's end.

And what a year it has been – a year of real losses and hardship for many and one that denied all of us the benefits of learning from, talking with, and leaning on each other in person, in the ways that university usually allows. But we have learned new things in new ways. And many of us have experimented and entertained ourselves along the way with baking and cooking. Snapshots of sourdough trials, brownie bake-offs, and other culinary concoctions have become staples of social media throughout the pandemic. Eating together has become harder, though. And communing over food – sharing a meal and the comfort that comes with it – is a rich, meaningful constituent of our social bonds and individual health. As such, we offer up this little book of recipes, sharing in a different way, and in the hopes that you'll find a dish here to make with friends or family wherever you may be.

Offering thanks before a meal is a broadly shared custom. Here, I'll offer my special thanks to the Undergraduate History Society for putting this collection together and to the contributors. And to all readers, too, *wela'lin* and *bon appétit!*

Krista Kesselring, History Department Chair



A Note From UGHS

Thank you for checking out the Undergraduate History Society's Pandemic Cookbook. We decided to create this cookbook to promote healthy and inexpensive meals for students. As Dr. Kesselring so eloquently stated, this pandemic has reminded many of us of the power food hold over our individual health and sense of community. This cookbook is meant to help students cook for themselves and their friends - while following COVID-19 restrictions, of course - by providing affordable and nutritious recipes (and tasty desserts).

The Pandemic Cookbook is dedicated to all members of the history department who overcame the challenges of online learning and teaching. This year has introduced a new set of circumstances that we have all navigated in interesting ways; many of us have learned new skills like cooking or improved time management. As we near the end of this pandemic and a probable return to in-person classes in the fall, hopefully some of these new skills can remain with us. At the end of the book, there is a weekly meal planner that can help to plan grocery shopping and meals.

These recipes were collected from students and faculty in the Department of History. The original sources for the recipes are stated in the description or the notes, and the pictures are from the same source as the recipe unless stated otherwise. If no source appears, the recipe was created by the contributor. We hope you enjoy these recipes and wish you a happy and safe summer!

Ronny Blanchard, UGHS President

Breakfast



Chocolate Overnight Oats

PREP TIME

10 min

COOK TIME

Overnight

TOTAL TIME

6-8 hours

SERVINGS

01

DIET

Vegan

Overnight oats are great because they are cheap, convenient, and full of fibre. You can really put anything you want in your overnight nights. I usually make mine chocolate-nut flavoured, which is good with fresh bananas, blueberries, or raspberries. If you prefer other spices or flavours, you can use the basic elements of this recipe to make your oats however you wish.



Image from <https://feastingnotfasting.com/chocolate-protein-overnight-oats/>

DIRECTIONS

1. Add all ingredients to a mason jar or sealed container. Allow enough room for the oats to double in size overnight.
2. Stir or shake the jar until everything is evenly combined.
3. Place the sealed jar or container in the fridge overnight.
4. Add desired toppings before serving.

INGREDIENTS

- 1 cup rolled oats (steel cut oats work, too)
- 1 cup nut or oat milk (I use cashew or oat milk)
- 2 tbsp plant-based yogurt (I use almond or coconut yogurt)
- 1 tbsp maple syrup
- 1-2 tsp cinnamon
- 1-2 tsp cocoa powder
- 1/8 tsp allspice (or nutmeg or both)
- 1/8 tsp ground ginger
- A dash of salt

Optional Ingredients

- Fresh or frozen fruit (frozen cherries are good)
- Chia, hemp, or flax seeds
- Chopped nuts or coconut

NOTES

- I like to add my chia and hemp seeds before serving because they become slimy when they sit overnight, but it is up to you if you want to add them the night before.

Mains



Curried Spinach Rice Lentil Bake

PREP TIME

25 min

COOK TIME

35 mins

TOTAL TIME

1 hour

SERVINGS

4 servings

DIET

Vegan

This dish was one of my go-to's as a graduate student :). The full recipe can be found at <https://lightorangebean.com/curried-spinach-rice-lentil-bake/>.



INGREDIENTS

- 2/3 cup brown lentils
- 2 2/3 cups water
- 1 cup chopped onion
- 1 bunch fresh spinach, finely chopped (or a 10 oz bag of frozen chopped spinach)
- 1 clove garlic, finely chopped
- 3 tbsp olive or canola oil
- 2 tsp yellow curry powder
- 1/2 tsp salt
- 1/2 ground black pepper
- 1 cup brown rice
- 1 can coconut milk (400 ml)

DIRECTIONS

1. Cook Lentils: Measure the lentils into a strainer and rinse thoroughly under running water. Transfer rinsed lentils to a saucepan, add 1-1/3 cup of water to lentils. On a stovetop, bring the water to a boil then set the heat to medium-low to simmer for 25 minutes.
2. In another saucepan, add brown rice and 1-1/3 cup of water. On a stovetop, bring the water to a boil then set heat to low to simmer for 10 minutes.
3. While lentils and rice are cooking, use a knife or food processor to chop onions and garlic, into fine pieces. Chop spinach too if using fresh.
4. Preheat oven to 350 °F. In a large skillet, heat oil over medium-high heat. Add chopped onions and garlic; then stir until onions are translucent and softened. Stir in rice, curry powder, salt and pepper; cook 2 more minutes. Add chopped spinach, cooked lentils and coconut milk; cook for 1 minute.
5. Transfer the lentil rice mixture to an oven-safe dish; cover with oven-safe lid or aluminum foil and bake for 35 minutes.

NOTES

- For cooking lentils, the ratio of water to lentils is essential. Excess water will make the lentils too soft and break the shape of lentils. ½ cup raw lentils usually yields 1½ cups cooked lentils.
- Keep extra top space in the oven-safe dish for expansion while baking in the oven. I normally leave 2 inches of unfilled space on top.
- The assembled dish can be prepared one day before baking and stored in the fridge. If the dish goes right from the fridge to the oven, an extra 10 minutes of baking time is needed.
- I have used Chinese brown rice and it takes much longer to cook. In this recipe, I used American brown rice (Uncle Ben's brand).
- The consistency of different brands and packages of coconut milk are different. In this recipe, I used full-fat coconut milk from a can.

Coconut Butter Cauliflower

PREP TIME

15 mins

COOK TIME

25 mins

TOTAL TIME

40 mins

SERVINGS

4 servings

DIET

Vegan

This recipe is a vegan twist on a classic Indian dish. The chicken has been swapped for nutrient-packed cauliflower, and the heavy cream and butter have been replaced with rich and creamy coconut milk and coconut oil. This coconut butter cauliflower is the perfect healthy, but still delicious, alternative to the traditional heavier version. I like this recipe because it is the only vegan version of butter chicken that gives the same satisfaction as eating proper butter chicken. It is also relatively quick to make; it only takes around 40 minutes to make. The original recipe can be found at:

<https://www.halfbakedharvest.com/indian-coconut-butter-cauliflower/#bo-recipe>



INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 1/3 cups canned full fat coconut milk
- 4 cloves garlic, minced or grated
- 2 inches fresh ginger, grated
- kosher salt and black pepper
- 2 tbsp extra virgin olive oil
- 1/2 yellow onion, chopped
- 1 tbsp garam masala
- 2 tsp yellow curry powder
- 1/2 tsp turmeric
- 1 tsp cayenne pepper, or to taste
- 1 can (6 oz.) tomato paste
- 2 tbsp coconut oil
- 1/4 cup fresh cilantro, roughly chopped
- Steamed rice and naan, for serving

DIRECTIONS

1. Preheat the broiler to high. Grease a baking sheet with olive oil.
2. In a large bowl, combine the cauliflower, 1/3 cup coconut milk, 2 cloves chopped garlic, 1 tbs grated ginger, and a pinch of salt. Let sit 10 minutes to "marinate." Spread the cauliflower in an even layer on the prepared baking sheet. Transfer to the oven and broil for 3-4 minutes until the cauliflower is just beginning to char on the edges.
3. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the onion and cook for 5 minutes or until fragrant. Add the remaining garlic and ginger, cooking for another 5 minutes. Stir in the garam masala, curry powder, turmeric, and cayenne, and cook until fragrant, about 1 minute.
4. Add the tomato paste and the remaining 2 cups of coconut milk. Stir to combine, bring the sauce to a boil, cook for 5 minutes or until the sauce thickens slightly. Stir in coconut oil. If the sauce seems thick, thin with 1/2 to 1/2 additional coconut milk or water.
5. Add the cauliflower and any juices on the pan and cook, occasionally stirring, until the sauce thickens slightly, about 5 minutes. Remove from the heat and stir in the cilantro. Season with salt and pepper.
6. Serve the cauliflower and sauce over bowls of rice with fresh naan and mango chutney, if desired. Enjoy!

NOTES

- I used a few fresh chilis instead of cayenne pepper. I used red Thai chilis because I like the flavour and the level of heat they provide, but feel free to use your preferred type of chilis or stick to cayenne pepper, if desired,
- The original recipe says the cooking time is 30 minutes, but I have made this numerous times without once completing it in that amount of time. It usually takes around 40-50 minutes, but it may take longer the first time through.

Dhal-AKA Desi Peasant Gruel

PREP TIME	COOK TIME	TOTAL TIME	SERVES	DIET
05 mins	?	?	?	Vegan

Dhal is one of the foundational pillars of South Asian civilization. Vegan, adaptable, full of fibre and cooked with immune-boosting ingredients, it has sustained the masses over millennia, evolving and adapting to serve regional tastes, needs, and availability of ingredients. This version comes from Kairi (known today as Trinidad, because of the arrogance of a lost Spanish sailor who preferred enslaving people instead of asking them for directions). South Asians came to Trinidad beginning in 1845 as indentured labourers on sugar cane plantations, seeking relief from death-dealing British agricultural, political, and economic policies that drove them to wind up indentured to plantations across 19 different British territories in the world, of which Trinidad was one. There the locals adapted their life-sustaining dhal to suit the new vibrant flavours of the southern Caribbean, Africa, and other parts of Asia centred on the island.

It is also incredible student food. I literally kept dhal in my apartments in 20-kilo bags, and even when I moved to Halifax to start my job as a professor, I moved about 100 pounds of various legumes I kept as a way of ensuring cheap and healthy meals through my lengthy tenure as a student.

INGREDIENTS

- About 2 cups yellow split peas, (you can use green split peas, red lentils, split chickpea, split urad, or green lentils. In Trinidad we use yellow split peas.)
- Cumin seeds (jeera), about 2 tsp
- About 3 or 4 cloves garlic, chopped or crushed, or to taste
- Salt to taste
- Turmeric (either fresh root, crushed, or the powdered stuff. About 2 tsp of the powder, or three pieces of the root, washed and pounded.)
- About 3 inches of ginger root or to taste, peeled and cut into slivers.

MAINS | SUBMITTED BY AJAY PARASRAM

Optional Ingredients:

- Congo pepper (commonly known as Scotch Bonnet pepper, which I can only imagine is because the British planters preferred to re-name a pepper that probably came from the Congo with enslaved Africans to resemble big hats they wore while not working in the fields). De-seeded if you don't like the heat, leave 'em in if you do
- Shado Beni/culantro or cilantro if unavailable
- Fresh lime wedges

DIRECTIONS

1. Bring a pot of water to boil, with the washed split peas inside. Add your powdered tumeric to it, salt, and ginger. I'm not saying how much water, because in Trinidad the dhal tends to be very liquidy. I believe this is because of the legacy of indentureship, and the need to stretch the food as much as possible to keep people fed.
2. Boil it until the split peas start to get soft enough to dissolve. Turn off the heat, and swivel it or use a hand blender to get it smooth. The consistency is up to you, but it shouldn't be too watery nor too thick.
3. Using a metal ladle, put some oil (coconut or canola works best - coconut plantations were also in Trinidad, so use that if you got it) and hold it up directly on your stove burner. As the oil begins to melt and get hot, put in your cumin seeds (optional add in - 1 tsp of mustard seeds at this point) and chopped garlic. Poke/stir it gently with a knife until it starts to change colour to a dark brown. (The indentured labourers used stoves made with grass, mud, and cow-dung with fire inside, so would suspend it the fire. We have to improvise in the diaspora)
4. This is the tricky part. Grab a lid for your pot, and then using the lid like a shield, submerge the boiling garlic/cumin oil into the pot of dhal and cover it before it sprays everywhere. This is called "chaunkaying" the dhal.
5. Taste and adjust salt to suit, serve with shado beni and lime wedges over rice. Eat it up and think about the workers who made the world possible by preserving and adapting their culinary medicines in impossible scenarios.

Spanakopitta Pie

PREP TIME

15 mins

COOK TIME

15 mins

TOTAL TIME

30 mins

SERVES

06

CUISINE

Vegetarian



This popular spinach and fib pastry pie comes from Greece. There are several ways of making it, but feta or Kefalotiri cheese is inevitably included. This recipe can be found here: Valerie Ferguson, ed., *Vegetarian: a Guide to the Sensational World of Vegetarian Cooking With 500 Recipes* (London, Hermes House, 2003), p. 181.

INGREDIENTS

- 1 kg/ 2 1/4 lbs fresh spinach
- 4 spring onions, chopped
- 300g / 11 oz. feta or Kefalotiri cheese, crumbled or coarsely grated
- 2 large eggs, beaten
- 30ml / 2 tbsp chopped fresh parsley
- 15 ml / 1 tbsp chopped fresh dill
- About 8 filo pastry sheets, each about 30 x 18cm / 12 x 7 in, thawed if frozen
- 150 ml / 1/4 pint / 2/3 cup olive oil
- Ground black pepper

DIRECTIONS

1. Preheat the oven to 190°C / 375°F/Gas 5. Break off any thick stalks from the spinach, then wash the leaves and cook them in just the water that clings to the leaves in a heavy-based pan. As soon as they have wilted, drain them, refresh under cold water and drain again. Squeeze dry and chop roughly.
2. Place the spinach in a bowl. Add the spring onions and cheese, then pour in the eggs. Mix in the herbs and season the filling with pepper.
3. Brush a filo sheet with oil and fit it into a 23cm/ 9in pie dish, allowing it to hang over the edge. Top with three or four more sheets; place these at different angles and brush each one with more oil, to make a roughly shaped pie case,
4. Spoon in the filling, then top with all but one of the remaining filo sheets. Brush each filo sheet with oil. Fold in the overhanging filo to seal in the filling. Brush the reserved filo with oil and scrunch it over the top of the pie.
5. Brush the pie with oil. Sprinkle with a little water to stop the filo edges from curling, then place on a baking sheet. Bake for about 40 minutes, until golden and crisp. Cool the pie for 15 minutes before serving.

Lentils and Roasted Vegetables

PREP TIME

10 mins

COOK TIME

40 mins

TOTAL TIME

50 mins

SERVES

03 to 04

DIET

Vegan

This recipe is easy, cheap, and versatile. You can use whichever vegetables you happen to have on hand. Just make sure you have around 1kg of vegetables in total. Cabbage, cauliflower, carrots, etc can all be substituted. This recipe was adapted from Meera Sodha's recipe in *The Guardian* found at: <https://www.theguardian.com/food/2019/mar/23/meera-sodhas-recipe-for-store-cupboard-lentil-salad>.

INGREDIENTS

- 1 eggplant (or cabbage, cauliflower, etc. – whatever you prefer or have on hand)
- 3 bell peppers (a mix of yellow, red, and orange peppers looks nice)
- 4 shallots (or one red onion)
- 4 peeled cloves of garlic
- 1 tbsp herbs de provence spice mix [1]
- 1 1/2 tsp salt
- 1 tsp (or less, to taste) of dried chili flakes
- 1 lemon's juice
- 6 tbsp olive oil
- 1/2 cup frozen peas, cooked
- 1 cup dried puy or French lentils
- Vegetable bouillon cube



1. Yes, this recipe has footnotes. This spice mix might be a bit expensive if used only a few times, but a \$7 bottle will have about 17 tbsp...and besides this recipe, it's great for salad dressings and lots of other things. If you don't have any, a mix of oregano and marjoram would work, too.

DIRECTIONS

1. Heat the oven to 425 degrees.
2. Cut the eggplant and peppers into bite sized pieces. Quarter the shallots (or cut your red onion into wedges). Put them all into a very large bowl. Add 4 Tbs olive oil, the herbs de provence, and a teaspoon of salt. Mix until the vegetables are well coated in oil then spread them out on a large baking tray. Oil up the four cloves of garlic and add them to a corner of the pan. Roast for 40 minutes, turning once halfway through.
3. Meanwhile, cook the lentils according to the package instructions. (Typically, add 2 ½ cups of water added to the one cup of lentils in a pan; bring to a boil, ideally with a vegetable bouillon cube; then simmer for about 20 minutes until cooked but not mushy. Don't overcook the lentils.) [2]
4. In the same bowl used for the vegetables, mix the remaining oil, the lemon juice, and the chili flakes. Take the now roasted garlic cloves, chop roughly, and mix into the dressing. Add the peas and the cooked lentils and toss. Mix in the roasted vegetables and the remaining salt. Toss and serve. Good hot or cold.

2. Seriously, use the French lentils (also known as puy lentils). Not often found in regular grocery stores, they may require a trip to a health food or speciality food store, such as Organic Earth Market on Quinpool or Pete's. Once you start cooking with French lentils, you'll find you can use them in most everything and may never go back to the basic red or green ones except for dals and soups.

Sides and Sauces



Artichoke Salad

PREP TIME

05 mins

COOK TIME

10 mins

TOTAL TIME

15 mins

SERVES

04

DIET

Vegan



In lieu of a picture, please enjoy this picture of some artichokes from <https://themom100.com>

INGREDIENTS

- 2 14-oz. cans artichoke hearts
- 4 medium tomatoes, quartered
- 1 onion, sliced to form rings
- 5 tbsp corn oil
- 2 tbsp lemon juice
- 1 tbsp red wine vinegar
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp basil
- 1 tbsp chopped parsley

DIRECTIONS

1. Drain artichoke hearts and chop into quarters.
2. Toss in a salad bowl with tomatoes and onions.
3. Combine remaining ingredients and pour over the artichoke mixture. Mix well. Chill to let flavours blend.

NOTES

- If they come in oil, you can add this oil as well for extra flavour.
- This recipe was originally submitted to *The Complete Harrowsmith Cookbook*, p. 136 by Linda Droine

Homemade Honey Garlic Sauce

PREP TIME

05 mins

COOK TIME

10 mins

TOTAL TIME

15 mins

SERVES

04

DIET

Vegetarian

INGREDIENTS

- 1 cup of brown sugar
- 1 cup of honey
- 4 tbsp of corn starch
- 6 tbsp of water
- 1 tbsp of garlic (about 3 cloves)

DIRECTIONS

1. Mince garlic
2. Mix all ingredients in a pot on medium heat until the sauce becomes thick
3. Pour over chicken and/or rice

NOTES

- There is no source for this one because it is handwritten on paper stuffed in a cookbook!



Image from busybaker.ca

Desserts



Soft Chocolate Chip Cookies

PREP TIME

04 hours

COOK TIME

30 mins

TOTAL TIME

04 h 30 mins

SERVES

04 to 05

DIET

Vegetarian

These soft and chewy chocolate chip cookies are studded with chocolate chips and are the perfect texture. My secret ingredient? Cornstarch! It produces the most incredible cookies, trust me! They do not require a mixer and they're made in one bowl, so it is easy to clean up afterwards. This recipe can be found at <https://www.averiecooks.com/easy-soft-chewy-chocolate-chip-cookies/>

INGREDIENTS

- 1/2 cup of butter
- 1 large egg
- 3/4 cup light brown sugar, packed
- 1/4 granulated sugar
- 2 tsp vanilla extract
- 1 2/3 cups of all-purpose flour
- 2 tsp of cornstarch
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup of semi-sweet chocolate chips
(I add in a 1/2 cup of white chocolate chips too!)



DIRECTIONS

1. To a large, microwave-safe bowl add the butter and heat on high power to melt, about 1 minute. Wait momentarily before adding the egg so you don't scramble it.
2. Add the eggs, sugars, vanilla, and whisk to combine.
3. Add flour, cornstarch (keeps cookies soft) baking soda, salt, and stir to combine. Dough may seem crumbly yet oily, this is okay.
4. Add the chocolate chips and stir to combine.
5. Using a large cookie scoop, 1/4-cup measure, or your hands, form approximately 11 equal-sized mounds of dough, roll into balls, and flatten about halfway. Tip – Strategically place a few chocolate chips that are likely at the bottom of the mixing bowl and don't want to incorporate onto the top of each mound of dough, and add more as necessary for a nice visual pop of chocolate.
6. Place mounds on a large plate or tray, cover with plastic wrap, and refrigerate for at least 4 hours, up to 5 days. Do not bake with unchilled dough because cookies will bake thinner, flatter, and be more prone to spreading.
7. Preheat oven to 350F, line a baking sheet with a Silpat or spray with cooking spray. Place dough mounds on a baking sheet, spaced at least 2 inches apart (I use a half-sheet pan and bake 8 cookies per sheet) and bake for about 12 to 14 minutes (if your cookies are smaller than mine, reduce baking time) or until edges have set and tops are just set, even if slightly undercooked, pale, and glossy in the center; don't overbake. Cookies firm up as they cool. Allow cookies to cool on a baking sheet for about 10 minutes before serving. I let them cool on the baking sheet and don't use a rack.

NOTES

- Cookies will keep airtight at room temperature for up to 1 week or in the freezer for up to 6 months. Alternatively, unbaked cookie dough can be stored in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 4 months, so consider baking only as many cookies as desired and save the remaining dough to be baked in the future when desired. If baking straight from freezer with frozen dough, you don't have to thaw it. Bake straight from freezer, possibly adding 1 to 2 minutes to baking time if necessary.

Hannah's Sister's Gluten-Free Brownies

PREP TIME

20 mins

COOK TIME

25 mins

TOTAL TIME

45 mins

MAKES

24 Brownies

DIET

Gluten-Free

This recipe was adapted from the Hershey's website to be gluten-free:
<https://www.hersheyland.com/recipes/hersheys-best-brownies.html>

INGREDIENTS

- 1 cup melted butter
- 2 cups sugar
- 2 tsp vanilla extract
- 4 eggs
- 1 cup rice flour
- 1 1/3 cup cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp xanthan gum



DIRECTIONS

1. Preheat the oven to 350F.
2. Line a square or rectangle cake pan with parchment paper.
3. Mix butter and sugar together. Add the eggs and vanilla.
4. In a separate bowl, combine flour, cocoa powder, baking powder, salt, and xanthan gum. Add dry ingredients to wet ingredients. Mix thoroughly.
5. Pour into the baking pan, smoothing out the top.
6. Stick into the oven for 25 minutes or until brownies pull away from the pan and a toothpick comes out clean.

Apple Cider Caramels

PREP TIME

10 mins

COOK TIME

45 mins

TOTAL TIME

3 hours

MAKES

Approx 24

DIET

Vegetarian

Below is a recipe for Apple Cider Caramels I've made many times from the blog Smitten Kitchen. <https://smittenkitchen.com/2012/10/apple-cider-caramels/>

Cinnamon-scented buttery caramel with hidden crunches of sea salt" but I would also add that they are quick and easy to make, great for using local Nova Scotian apple cider, and wonderful for sharing with others.

INGREDIENTS

- 4 cups (945 ml) apple cider
- 1/2 tsp ground cinnamon
- 2 tsp flaky sea salt
- 8 tbsp (115 grams or 1 stick) unsalted butter, cut into chunks
- 1 cup (200 grams) granulated sugar
- 1/2 cup (110 grams) packed light brown sugar
- 1/3 cup (80 ml) heavy cream
- Neutral oil for the knife



DIRECTIONS

1. Boil the apple cider in a 3- to- 4- quart saucepan over high heat until it is reduced to a dark, thick syrup, between 1/3 and 1/2 cup in volume. This takes about 35 to 40 minutes on my stove. Stir occasionally.
2. Meanwhile, get your other ingredients in order, because you won't have time to spare once the candy is cooking. Line the bottom and sides of an 8- inch straight-sided square metal baking pan with 2 long sheets of crisscrossed parchment. Set it aside. Stir the cinnamon and flaky salt together in a small dish.
3. Once you are finished reducing the apple cider, remove it from the heat and stir in the butter, sugars, and heavy cream. Return the pot to medium-high heat with a candy thermometer attached to the side, and let it boil until the thermometer reads 252 degrees, only about 5 minutes. Keep a close eye on it. (Don't have a candy or deep-fry thermometer? Have a bowl of very cold water ready, and cook the caramel until a tiny spoonful dropped into the water becomes firm, chewy, and able to be plied into a ball.)
4. Immediately remove caramel from heat, add the cinnamon- salt mixture, and give the caramel several stirs to distribute it evenly. Pour caramel into the prepared pan. Let it sit until cool and firm—about 2 hours, though it goes faster in the fridge.
5. Once the caramel is firm, use your parchment paper sling to transfer the block to a cutting board. Use a well-oiled knife, oiling it after each cut (trust me!), to cut the caramel into 1-by-1-inch squares. Wrap each one in a 4-inch square of waxed paper, twisting the sides to close. Caramels will be somewhat on the soft side at room temperature, and chewy/firm from the fridge.

NOTES

- Caramels keep, in an airtight container at room temperature, for two weeks, but really, good luck with that.

Tarte au Sucre

PREP TIME

10 mins

COOK TIME

60 mins

TOTAL TIME

3 hours

SERVES

06-08

DIET

Vegetarian



My mother said her great-grandmother used to make it for her when she was a child. My mother's maiden name is Julien and we think her family lived among the Mikmaq along the Eastern Shore in the Chezzetcook area before relocating to southern Ontario in the early 19th century.

PIE CRUST INGREDIENTS

- 2 1/2 cups of all-purpose flour
- Salt
- 1 tbsp sugar
- 1 cup of cold unsalted butter cut into cubes
- 4-8 tbsp ice water
- Add 1 1/2 cups flour, salt and sugar (optional) to a medium bowl. Stir 2 to 3 times until combined.

SUCRE INGREDIENTS

- 1/2cup packed brown sugar
- 3/4 cup maple syrup
- 2 eggs
- 1 tbsp flour
- 1 cup full fat cream
- 3 tbsp unsalted butter, melted
- 1/4 tsp salt.

PIE CRUST DIRECTION

1. Add 1 1/2 cups flour, salt and sugar (optional) to a medium bowl. Stir 2 to 3 times until combined.
2. Scatter butter cubes over flour and mix briefly with a fork or spatula to coat the butter with flour.
3. Cut the butter into the flour with a pastry blender, working mixture until the flour has a coarse, mealy texture similar to fresh bread crumbs. About 1-2 minutes.
4. Add remaining 1 cup of flour. Work butter and flour with the pastry blender until flour is evenly distributed. About 20 seconds. (Dough should look crumbly with pea-sized pieces).
5. Sprinkle ice water over the mixture - start with 4 tablespoons and add from there. Using a rubber spatula, press the dough into itself. The crumbs should begin to form larger clusters. If you pinch some of the dough and it holds together, it's ready. If the dough falls apart, add 2 to 4 more tablespoons of water and continue to press until the dough comes together.
6. Remove dough from bowl and place in a mound on a clean surface. Work the dough just enough to form a ball. Cut the ball in half then form each half into discs. Wrap each disc with plastic wrap and refrigerate for at least 1 hour and up to 2 days. You can also freeze it for up to 3 months (just thaw it overnight in the fridge before using it).

ROLLING OUT DOUGH

1. Remove one of the dough discs from the refrigerator and let sit at room temperature for 5 minutes.
2. Lightly flour work surface, top of the dough and rolling pin. Then use a rolling pin to roll out dough to a 12-inch circle (about 1/8-inch thick). Be sure to check if the dough is sticking to the surface below — add a small amount of flour when necessary.
3. Check for size by inverting pie dish over dough round. Look for a 1-inch edge around the pie dish. To transfer the dough to the dish, starting at one end, roll dough around the rolling pin then unroll over the dish.
4. Gently press the dough down into the dish so that it lines the bottom and sides of the dish. (Be careful not to pull or stretch the dough). Then, use a knife or pair of kitchen scissors to trim dough to within 1/2-inch of the edge of the dish.
5. Fold edge of dough underneath itself so that it creates a thicker, 1/4-inch border that rests on the lip of the dish. Then, crimp edges by pressing the pointer finger of one hand against the edge of the dough from the inside of the dish while gently pressing with two knuckles of the other hand from the outside. Refrigerate dough for at least 20 minutes or freeze for 5 minutes before baking.

SUCRE DIRECTIONS

1. Preheat oven to 375.
2. In a large bowl, whisk together brown sugar, maple syrup, eggs, flour, cream, melted butter, and salt.
3. Pour mixture into pie shell. Bake in the bottom third of the oven until the filling has just set, the top is dark amber, and the pie dough is golden brown, about 50 to 60 minutes. Let cool completely before slicing and serving.

Meringue Trifle

PREP TIME

04 hours

COOK TIME

30 mins

TOTAL TIME

04 h 30 mins

SERVES

04 to 05

DIET

Vegetarian

MERINGUE INGREDIENTS

- 4 egg whites
- Pinch of cream of tartar
- 1 cup granulated sugar
- 1/2 tsp vanilla

TRIFLE INGREDIENTS

- 2 cups whipping cream
- 3 tbsp icing sugar
- 3 tbsp orange liqueur
- 6 oz. semisweet chocolate
- 2 tbsp butter
- 3 bananas



MERINGUE DIRECTIONS

1. In a bowl, beat egg whites with cream of tartar until soft peaks form; gradually beat in sugar until stiff peaks form. Beat in vanilla.
2. Onto a foil-lined baking sheet, spoon mixture into 2-inch rounds.
3. Bake in oven at 250F for 2 hours. Let cool; break each round into 3 or 4 pieces. Set aside.

TRIFLE DIRECTIONS

1. In a bowl, whip cream; gradually beat in sugar. Fold in orange liqueur. In the top of double boiler over hot, not boiling, water, or in a microwaveable dish, melt chocolate with butter; let cool slightly. Cut bananas into 1/2-inch thick slices.
2. Spoon one-third of the whipped cream into an 8- to 10-cup serving bowl. Cover with one-third of the meringue pieces; drizzle with one-third of the chocolate. Cover with half of the bananas. Repeat with whipped cream, meringues, chocolate and bananas. Top with remaining whipped cream, then meringues, then chocolate. Refrigerate until serving. Makes 8 to 10 servings.

Meal Planner

DATES: _____

MONDAY

BREAKFAST

LUNCH

DINNER

TUESDAY

BREAKFAST

LUNCH

DINNER

WEDNESDAY

BREAKFAST

LUNCH

DINNER

THURSDAY

BREAKFAST

LUNCH

DINNER

FRIDAY

BREAKFAST

LUNCH

DINNER

SATURDAY

BREAKFAST

LUNCH

DINNER

SUNDAY

BREAKFAST

LUNCH

DINNER

