

Grandma's Kitchen Table



TIPS, RESOURCES
AND RECIPES



Grandma's Kitchen Table

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In Honour

This Recipe and Resource Guide is dedicated to the memory of the late Mary (Chappell) Taker.

Mary was a devoted community volunteer who gave selflessly to her community for more than 50 years. Mary loved to share her skill and knowledge for traditional cooking with her family and her community. Although she is physically gone from our sight, she will always be in our hearts and memory, especially on those days when we're baking up some homemade bread or boiling up a pot of fudge and sharing it with community members over a cup of tea or coffee.



“*SHE ASKED FOR SO LITTLE, BUT GAVE SO VERY MUCH*”

- Author unknown

Acknowledgments

The Council for Anglophone Magdalen Islanders would like to take a moment to thank everyone involved in the creation of this recipe and resource booklet. Interviewing, documenting, and creating local traditional recipes from Magdalen Island seniors as well as learning and sharing ways to reduce cost, preserve and stretch a meal has been a wonderful experience.

Food: it impacts all parts of our daily life. It isn't only about feeling full and satisfied, it's also about feeling connected to community and belonging.

A special thanks to the following seniors:

- Gwelda Taker
- Gloria Rankin
- Mary Taker
- Donna Davies
- Judy Aitkens
- Mary Ann Dickson
- Kathy Clarke
- Dianne Clarke
- Diane Clarke (Patton)
- Jenny Burke
- Benita Clarke
- Lucie Langford
- Roma Turnbull
- Barbara Ann Burke
- Irma Clarke
- Geraldine Burke

We would also like to thank Joy Davies, Sharla Goodwin, Geraldine Burke, Charles Taker, Mario Clarke, Genie McLean, Grosse Ile High School, Municipality of Grosse Ile and Avenue 8 for their coordination, logistics, design, editing, words of inspiration, animation, in-kind and financial support.

This project has been made possible by



Mayoral Letter

Dear Citizens,

On behalf of the Municipality of Grosse Ile, I am pleased to present you with a local recipe and resource guide on how to eat on a budget. Given the increased cost of living, which has been exacerbated by the COVID-19 pandemic, we feel that this recipe and resource guide, along with the complimentary video capsules, will be useful in providing tips and tricks on traditional culinary practices and their relevance in today's context. This recipe and resource guide reminds the community of the importance of adequate food for all. In a food secure world, all people will always have access to food that is nutritious, affordable and reminds them of home.



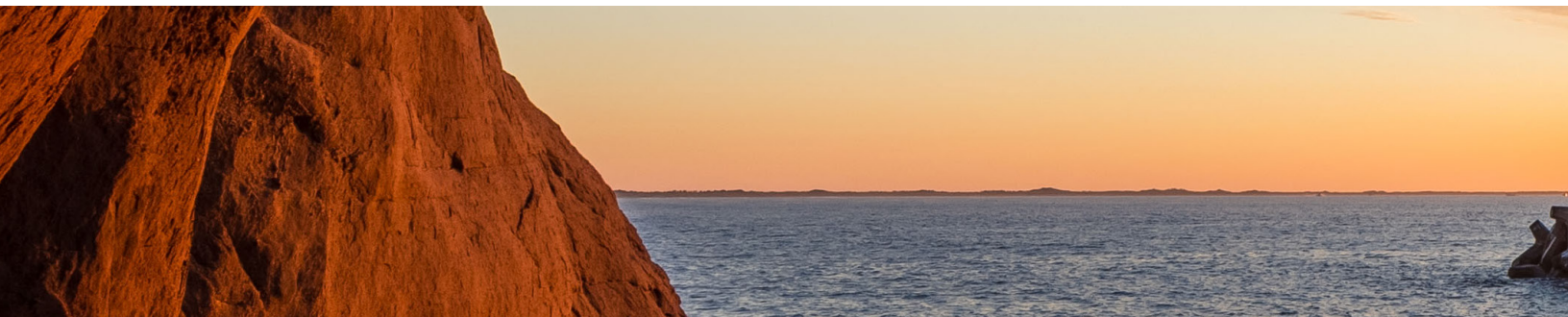
As islanders, we are very fortunate to have access to a wide variety of fish, such as cod, mackerel, halibut, smelt and many more. The land offers us fertile soil to grow vegetables and a wide range of wild berries including strawberries and cranberries, just to name a few. However, our location does make us vulnerable and causes the food supply chain to be costly and unreliable. Therefore, we need to work together to address food security holistically, from producing to processing, from consumption to waste, to making policy planning and program development all that more important. Here at the municipality, our goal is to work for all citizens using a collective and collaborative approach which includes both community and public institutions.

We would like to take the opportunity to thank the Council for Anglophone Magdalen Islanders (CAMI) for leading this project, as without their support this would not have been possible. We would also like to thank local seniors for their valuable contribution to this initiative. Your knowledge and know-how are precious, and must be preserved to pass along to upcoming generations. We would also like to give thanks to Charles Taker, for his volunteer support in making this project a reality, Sharla Goodwin for words of motivation, Geraldine Burke for her editing, Avenue8 for the filming and to Mario Clarke and Genie McLean for their logistical and development support. Finally, we give thanks to our financial partners, Espace MUNI, Canadian Heritage, Ministère de la Santé et des Services sociaux and the Social Development Committee of the Islands. Being a small municipality, it is imperative that we have financial supporters like you who enable us to provide important services and resources to our community.

In conclusion, I hope that you enjoy reading this booklet and watching the complimentary videos as much as I did. It reminds me of how lucky we are to be part of a proud, supportive, and self-sustaining community.

Sincerely,

Joy Davies
Mayor of the Municipality of Grosse Ile



Letter from CAMI's President

Dear community members,

It is with great pride and pleasure that we associate ourselves with such a wonderful project! This project is linked directly to CAMI's mandate on so many levels. It seeks to capitalize on the valuable knowledge and skills of our seniors, while putting a focus on food security and eating well on a budget. It also speaks to our traditional culinary practices, of which we have been spending much of our time in promoting and preserving during the past few years with the creation of Grandma's Bakery and the upcoming development of our new culinary space.

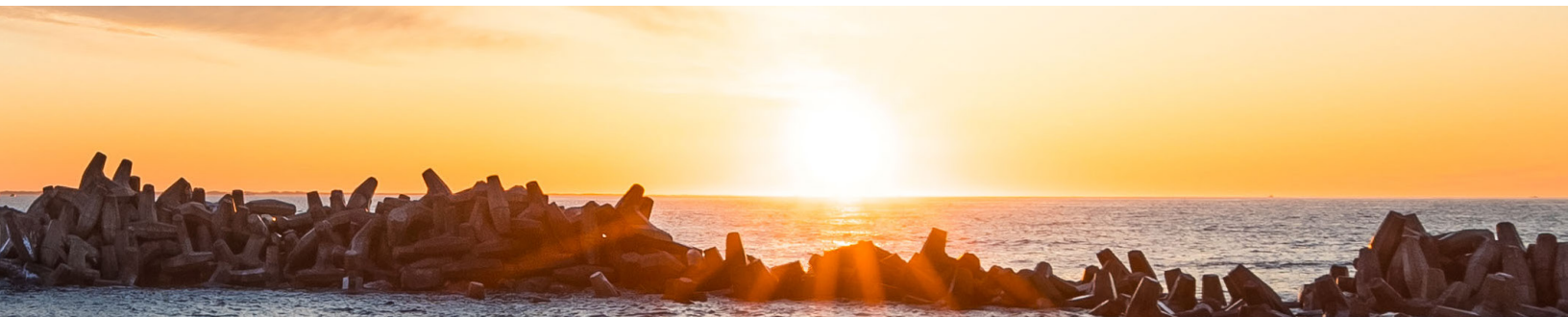


I would like to take this opportunity to thank the Municipality of Grosse Ile for inviting us to collaborate on this project, as well as give thanks to all of the professionals, staff and volunteers involved in making this project a reality. Special thanks go to Charles Taker, for giving us so much of his time as a volunteer to animate the complementary video capsules and for accepting to come to the islands to animate the official project launch. Thanks to Genie and Mario for all of their time in overseeing and coordinating the project, to our funders for their continued confidence in us and for their generous contributions. Thank you to all of our community seniors, whether you were directly involved in this project or not, for always being there to share your knowledge and to pass down your skills. There is much to be learned by our young people from their parents and grandparents.

In conclusion, on behalf of the CAMI Board, I would like to say how honored we are to dedicate this booklet in memory of our recently departed, Mary (Chappell) Taker. Mary herself contributed to this booklet and to many other CAMI cookbooks and culinary projects over the years. She was always there to support us by giving her time and her traditional culinary talent, so we give thanks to her final contribution through this dedication in honor of her memory. Although Mary will not be with us physically to see the end of this project, we know that she will be with us in spirit during the project launch and during every other day when we pull out the bread pans or the fudge pot for the good of the community. Mary is an example for us to follow, and we could all take a leaf from her book.

Sincerely,

Katherine Gibson-McCartney
President of the Council for Anglophone Magdalen Islanders (CAMI)



Letter of Motivation



The world has changed dramatically over the past few years, and many of you reading this have surely noticed more changes than I have. One thing remains the same: the importance of community, health, and well-being.

Canada's Food Guide has also changed a lot since its debut in 1942. It went from considering wartime food rationing to a 6-page double sided document giving specific portion numbers and sizes according to sex and age in 2007. Our most recent guide developed in 2019 brings us back to simplicity and puts more emphasis on food behaviours than ever before. These behaviours include being mindful

of eating habits, cooking more often, enjoying and savouring food, eating meals with others, using food labels, being aware of food marketing and noticing when you are hungry and when you are full.

In a time where many people rely on quick and ready-prepared meals, we are being encouraged to focus on whole unprocessed foods. The experts know that the more we stay anchored in our roots and traditions and away from processed food, the better off we are.

As a younger less experienced and former dietitian, my approach to this letter would be very different than it is today. Learning that there are many factors that contribute to overall health and well-being shifts my focus. Rather than focusing solely on food and nutrition, other factors to our well-being include physical activity, social ties, resiliency, positive emotions and autonomy.

Since the pandemic our mental health has become more important than ever. What better way to address several health and well-being factors, and include recommendations from our food guide than to gather with family and friends preparing a nice home cooked meal and talking and laughing while enjoying it together.

Use the recipes inside and pair them with vegetables or preserves of your choice. There's something about these home cooked meals that are nourishing – more than just filling your belly and meeting nutritional requirements.

Bon appétit!

Sharla Goodwin

B.Sc. (Nutrition), Former Registered Dietitian





Recipes for Success

Many seniors find it challenging to cook, especially if they are living and eating alone. The cost of food is on the rise, but one can plan, be creative, eat seasonally and still cook traditional meals.

This section is devoted to the idea that cooking and eating healthy food does not have to be difficult, pre-packaged, or expensive. It will guide or inspire you to put your communities' knowledge into practice by providing helpful tips and ideas for the way you plan, shop, and cook.

Each of these recipes have been grouped together to highlight how your community prepares, uses local resources, and makes meals to last.

This is only a sample of local recipes being used in the English-speaking community. We encourage you to reach out to a senior to share recipes, going shopping together or even start a small garden.

WE CAN ACCOMPLISH
A LOT TOGETHER!

Salt Cod and White Sauce



INGREDIENTS FOR COD AND FIXINGS

- 1-2 pounds of salt cod filets
- 4 potatoes, whole with skins (more if desired)
- 1/4 pound of pork scraps
- 1 yellow onion, cut in rounds
- 1/8 teaspoon of salt
- 1/8 teaspoon of pepper

INSTRUCTIONS

1. In a medium saucepan, boil cod for 20 mins.
2. Drain cod and fill a saucepan again to boil for an additional 20 minutes and drain again. (Taste cod to determine if salt level is to your satisfaction. If the filets remain too salty, fill the saucepan once more and boil again until desired salt level is reached).
3. Add potatoes to a pot of water and boil for 20 minutes or more until tender.
4. In a medium frying pan, fry pork scraps and onions with salt and pepper. (Reserve grease to pour over fish.

Recipe From

GWELDA TAKER



INGREDIENTS FOR WHITE SAUCE

- 1 cup of milk (canned or box)
- 1 onion, diced
- 2 tablespoons of flour
- 1/8 of salt (or to taste)
- 1/8 of pepper (or to taste)

INSTRUCTIONS

1. In a saucepan add milk, diced onions, salt, and pepper.
2. Add flour to thicken.
3. Simmer on the stove until the onions are cooked.
4. Enjoy by pouring over the fish and potatoes.



TIPS

- When cooking this recipe, think about adding extra fish and potatoes to make fish cakes the next day.
- If you are unable to get salt cod, but prefer the taste to fresh cod, consider the following: Place fresh cod in a pot and fill with water, add ½ cup coarse salt and simmer for 2 hours. Add extra water as needed during the cook time so that it does not boil dry.

Salt Cod Fish Cakes



This is usually created using the leftovers of a salt cod and white sauce meal which means the amount of ingredients should be adjusted based on the amount of salt fish and potato leftover. If you are going to make this recipe from scratch, follow the complete instructions.



TIPS

- You can add flour to dredge the fish cakes and even add some to the mixture to bind them together.
- You can freeze fish cakes. Simply place cooled fish cakes onto a wax paper-lined baking sheet and freeze for 45 minutes, then place in vacuum sealer bags, seal, and freeze. Alternatively, they can be placed in freezer-safe bags or containers. Stays for 2-3 months.

Recipe From

GWELDA TAKER



INGREDIENTS

- 1 pound of salt fish
- 2 pounds of potatoes
- 1 yellow onion, diced
- ½ teaspoon of black pepper
- 1 egg to hold it all together

INSTRUCTIONS

1. In a medium size pot of fresh water, boil the salt fish for 15 to 20 minutes and then drain. As you are cooking the salt fish, reduce the heat to a light boil. If you did not have time to soak fish in advance you can change the water when cooking and cook for an additional 10-15 minutes.
2. Once salt fish is cool enough to handle, remove skin and bones and discard, break the fish into pieces with your hands and place into a bowl.
3. At the same time as cooking this fish, boil potatoes in a pot of lightly salted water until tender. Drain and let cool. Roughly mash potatoes and add to the bowl of fish.
4. Add onions, black pepper, and egg in the bowl. Stir to combine everything.
5. Make the fish cakes in round patties of about 2 ounces each.
6. Use a 12-inch pan with 2-3 tablespoons of oil over medium heat.
7. Place 3-4 fish cakes in the pan. Cook about 4 to 5 minutes on each side until golden brown and crispy.
8. Repeat the cooking process until all the fish cakes are done.
9. Eat with beets, pickles, chow or beans.



3 Day Pickles



INGREDIENTS

- 7 large cucumbers, cut into small pieces
- 1 cauliflower, cut into small pieces
- 1 pound of silver onions (sweet), rinsed in cold water
- Water
- 1 cup of coarse salt
- 1/4 teaspoon of alum powder

PICKLE SOLUTION

- 4 cups of vinegar
- 2 red peppers, chopped and seeds removed
- 1 teaspoon of turmeric
- 1 teaspoon of celery seeds
- 1 teaspoon of mustard seeds
- 8 cups of white sugar

Recipe From

GLORIA
RANKIN



INSTRUCTIONS

1. In an extra-large bowl add the cucumbers, cauliflower and onions and cover with cold water.
2. Add coarse salt and alum powder to the bowl (this makes the brine).
3. Let soak overnight.
4. The next morning, pour the brine into a pot and bring to a boil. After boiled, pour it back over the cucumber, cauliflower, and onions. Let soak until the next day.
5. The following morning, repeat the same process as the day before (boiling the brine and returning it to the cucumber mix).
6. On the third morning, drain the pickles and cover with cold water and rinse the pickles well.
7. Place the pickles in clean bottles (please follow Canada's guidelines for home canning safety).
8. To make pickle solution: combine all ingredients in a saucepan and bring to a boil. Let boil for 5 minutes.
9. Pour pickle solution into the jars of pickles. Seal the jars and store (makes about 12 jars).
10. Pair with your favorite meal and enjoy!



TIPS

- If doing larger batches, it is best to do it when cucumbers are in season to reduce the cost.
- Always follow Canada's guidelines for home canning safety.

Roast Beef



Recipe From

JUDY AITKENS



INGREDIENTS *(Serves 2)*

- 1 beef roast
- 1 package onion soup mix
- Salt (to taste)
- Pepper (to taste)
- 2 carrots, diced
- 1/2 a turnip, sliced
- 3 potatoes, diced (more if desired)

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Place the roast in an oven safe pan and add 3 cups of water.
3. Add onion soup mix and salt and pepper.
4. Cover and roast for 4 hours.
5. In separate saucepans, boil the carrots, turnips, and potatoes until tender.
6. Plate the roast and fixings and enjoy!



TIPS

- Remove the beef from the fridge 30 minutes before you want to cook it, to let it come up to room temperature.
- Plan for another meal by using a bigger roast so that there are leftovers to make a meal for the next day.
- Meat is expensive, consult local grocery store flyers to find the best price. If you can, buy extra when on sale and freeze.

Beef and _____ Barley Soup



INGREDIENTS

- 1 beef roast (or left-over beef from previous meal), cubed
- 12 cups of water
- 1/2 cup of barley
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 onion, chopped
- 1 can (28oz) whole tomatoes, chopped
- 1 can of tomato soup
- Salt (to taste)
- Pepper (to taste)

Recipe From

MARY ANN
DICKSON

INSTRUCTIONS

1. In a small saucepan add barley and enough water to be about 1 inch above the barley. Cook for 30-40 minutes or until barley is swollen and tender.
2. **If starting from scratch** - brown beef cubes in a large pot with 2 tablespoons of oil then add the 12 cups of water to a large pot. **If using leftovers** - skip the browning step and simply cut leftover beef into cubes and add to the pot with 12 cups of water.
3. Add chopped vegetables to the pot along with the chopped canned tomatoes and tomato soup.
4. Bring to a boil, reduce heat and simmer for 30 minutes.
5. Add the cooked barley and continue simmering until the vegetables are soft and meat is tender.
6. Serve and enjoy!



TIPS

- Barley soup can be made from leftover boiled dinner, baked ham, steak, or pork chops.
- This recipe is a great way to use up vegetables in the refrigerator that would soon need to be thrown out.
- Hulled barley is a good source of whole grains (fiber).
- This meal can be frozen in containers and thawed later for a meal.

Shepherd's Pie



TIPS

- If ground beef is unavailable, you can use any type of ground meat.
- You can grind leftover roast or other meat cuts to get the ground meat needed for this recipe.
- This meal can be easily sectioned and frozen in individual containers to have ready made meals all year round.

Recipe From

KATHY
CLARKE

INGREDIENTS

- 4 large potatoes, chopped
- 1 pound ground beef
- 1 onion, diced
- 1 can mushrooms (optional)
- Salt (to taste)
- Pepper (to taste)
- 1 can cream corn
- Butter (3 small slices)
- Shredded cheese (optional)

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a medium pot, add the chopped potatoes and boil for 20 minutes or until tender.
3. Mash the boiled potatoes and set aside while cooking ground meat.
4. In a large frying pan add oil and saute onions until tender.
5. Add ground meat and mushrooms to the onions and fry until cooked. Add salt and pepper to taste at this stage.
6. In an oven safe dish (9 inch by 9 inch), layer the ingredients starting with the ground meat mixture, followed by the can of cream corn and top with mashed potatoes.
7. Add butter pieces to the top and cook until golden brown. You may add cheese to the top at this point if you wish.
8. Enjoy!

Turkey Dinner

HOMEMADE STUFFING

- 2-3 precooked potatoes (mashed or chunked, depending on preference)
- Half a loaf of bread
- 1 onion, diced
- 1/4 cup of butter
- Salt (to taste)
- Pepper (to taste)
- 1 tablespoon poultry seasoning



Recipe From

DIANE
CLARKE



INGREDIENTS

- 1 Turkey (1 ½ pounds per person with leftovers and 1 pound per person without leftovers)
- Salt (to taste)
- Pepper (to taste)

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Combine stuffing ingredients and mix them together in a bowl.
3. Stuff the turkey with the stuffing and sprinkle turkey with salt and pepper (may season with more spices if desired)
4. Add turkey to the roasting pan. Add water ¼ to halfway up the roast pan. Place in the oven and cook turkey for approximately 4 hours (15 minutes per pound for a stuffed turkey). Simply shield the breast meat with aluminum foil towards the end of the cooking if it starts getting too brown.
5. Serve and enjoy with desired trimmings!



TIPS

- Make stuffing using bread that is soon going stale, to reduce waste.
- If whole turkey is too expensive, look for a turkey wing, or drumstick as an alternative and simply roast it and cook the stuffing in another oven safe dish.
- Wait until after holiday seasons to buy turkey, as turkey prices usually decrease around this time.
- If you can, buy more than one and freeze.



Turkey Soup



TIPS

- All ingredients can be adjusted to your taste. Turkey soup is a great recipe to use up vegetables that will soon expire.
- Soup can be bottled and stored for later consumption (following Canada's Home Canning safety instructions).
- When making your turkey stock, you could also remove some stock to use when making gravy later.
- You could also replace the rice in this recipe with pasta or barley for example

Recipe From
**JENNY
BURKE**



INGREDIENTS

- Homemade turkey broth (see instruction 1)
- Leftover turkey
- 2-3 celery stalks, diced
- 2 large onions, diced
- 2-3 carrots, diced
- 1 cup uncooked rice
- 1/4-1/2 cup chicken soup base (according to taste)
- 1/8 teaspoon of savory
- 1/8 teaspoon poultry seasoning
- Salt (to taste)
- Pepper (to taste)
- 28 oz can of diced tomatoes

INSTRUCTIONS

1. Boil turkey bones from left-over turkey dinner in enough water to cover the bones for 1 hour then strain (about 12-16 cups of water).
2. Add turkey broth to a large pot.
3. Add chopped turkey pieces, celery stalks, carrots, onions, rice, chicken soup base, savory, poultry seasoning, salt, and pepper to the stock.
4. Return stock to a boil and then reduce to a simmer for 30-40 minutes or until rice and vegetables are cooked.
5. Add a can of diced tomatoes and remove from heat.
6. Enjoy!

Roasted Ham Dinner



INGREDIENTS FOR THE SWEET PINEAPPLE MUSTARD GLAZE

- 1 cup of brown sugar
- 1 can of pineapple rounds slices
- 1 tablespoon of dry Mustard

INGREDIENTS

- 1 bone-in ham
- $\frac{3}{4}$ cup of water
- Vegetables, diced (potatoes, turnips, carrots)
- Cloves (amount as desired)



TIPS

- To make gravy with the ham, use the desired amount of juice from the pan, add cornstarch and boil to make gravy.
- Keep the ham bone to make pea soup and use the leftover ham to make sandwiches, add to scrambled eggs or to a mac and cheese.
- Place the ham bone in a freezer bag and freeze so that it can be used later for making soup.

Recipe From

DIANNE
CLARKE



INSTRUCTIONS

1. Start the preparation the night before you plan to eat the ham.
2. Place the ham, fattier side up, in a roasting pan.
3. Score a diamond pattern in the fat with a sharp knife, about 1/4 inch to 1/2 inch deep, and in parallel lines about 1 1/2 inches apart. Place the cloves in the center of the diamonds to form a nice pattern around the top of the ham.
4. Sprinkle 1 cup of brown sugar and 1 tablespoon of dry mustard over the ham.
5. Open a can of pineapple rounds, put pineapple all over the ham and in the pan, add juice from the can as well.
6. Fill the pan 3/4 full with water, cover the ham with tin foil and place in the oven.
7. Cook the ham overnight. Start at 350 F for the first hour and then reduce the heat to 250 F to finish the cooking. The average duration is approximately 12-14 hours.
8. In the morning take the ham out of the oven and baste it, put it back into the oven at 350 F for the last hour. During this time, peel, dice and boil your vegetables in separate pots.



Pea Soup



TIPS

- Always soak peas overnight to ensure they can boil down to be tender.
- If you notice your soup isn't thickening up how you'd like while cooking, you can let it simmer uncovered for the last 20 -30 minutes to reduce the liquid some.
- Let the soup cool then store in airtight containers for about 3 months in the freezer. Don't forget the soup will expand as it freezes so leave a $\frac{3}{4}$ inch gap from the soup to the container lid.

Recipe From

DIANNE
CLARKE



INGREDIENTS

- 1 bag of split peas
- 1 tablespoon baking soda
- 2 onions, diced
- Ham bone
- Leftover meat (cut in medium chunks)
- 3 carrots, chopped
- 1 cup turnips, diced
- 3 small potatoes, diced
- Salt (to taste)
- Pepper (to taste)

INSTRUCTIONS

1. Soak peas overnight with baking soda added to the water.
2. The next morning rinse the peas with cold water to remove the baking soda.
3. In a large pot add peas, onion, ham bone and meat. Add salt and pepper to taste.
4. Bring to a boil then simmer for 1 hour and 30 minutes.
5. Add carrots to the pot and simmer for an additional 30 minutes.
6. Add turnips and continue to cook for 15 minutes before adding the potatoes.
7. After potatoes are added, cook for another 45 minutes or until vegetables are tender.
8. Serve and enjoy!

Hamburger Soup



TIPS

- Freeze or bottle leftover soup. You can even use a freezer bag and fill each baggie with one serving. Take out of the freezer a few hours before and microwave for a perfect meal.
- Excellent way to use up vegetables in the fridge that would soon go over ripe.
- This soup is versatile, you can add any and as many vegetables you like.

Recipe From

IRMA
CLARKE



INGREDIENTS

- 1 pound of lean ground beef
- 1 onion, diced
- Salt (to taste)
- Pepper (to taste)
- 6-8 cups of water
- 1 carrot, chopped
- 2 celery stalks, diced
- 2 potatoes, chopped
- 1 can of diced tomatoes
- 1 can of mixed vegetables
- 3 cubes of beef broth
- Additional vegetables (if desired)

INSTRUCTIONS

1. In a large pot brown the ground beef.
2. Add onions, salt and pepper to taste.
3. Add water and vegetables. Note: add less water if you desire a thick soup.
4. When the water starts to boil, add the beef broth cubes.
5. Taste and season again with salt and pepper if desired.
6. Let simmer for approximately 60 minutes.
7. Serve and enjoy!

Spaghetti Sauce



INGREDIENTS

- 1 ½ pounds of ground beef
- 1 large onion, diced
- 3 tablespoons of oil
- 3 garlic cloves, finely chopped
- 1 bay leaf (optional)
- ½ cup of green peppers, diced
- ¼ cup of red peppers, diced
- ¼ cup of yellow peppers, diced
- ½ cup of celery, diced
- 1 can of tomatoes
- 1 can of mushrooms
- 1 can of tomato paste, with 1 can of water
- 3 tablespoons (rounded) of brown sugar
- 2 tablespoons of vinegar
- 1 tablespoon of Worcestershire sauce
- Oregano, to taste
- Salt, to taste
- Pepper, to taste
- Italian seasoning, to taste
- Chili powder, to taste

Recipe From

ROMA TURNBULL



INSTRUCTIONS

1. In a large saucepan, brown the beef and onions in oil, adding salt and pepper to taste.
2. Add garlic, bay leaf, peppers, celery and mushrooms, cooking until brown.
3. Add all other ingredients and simmer for 3-4 hours.
4. Serve over cooked spaghetti and sprinkle with Parmesan cheese.
5. Enjoy!



TIPS

- A perfect time to make this sauce is in the late summer or early Fall when vegetables are plentiful and more affordable. Another good time is if you notice you have a few vegetables becoming over ripe.
- Freeze the sauce to have it on hand for a quick meal. Always let it cool down before freezing. Will store up to 4 to 6 months.

Homemade Bread



TIPS

- Yeast can be tricky at first, but the trick is not to have the water too hot. Don't go higher than about 110 F. Also, you can add a tablespoon of sugar to the water.
- If you like sweeter bread, you can add a little sugar to your taste.
- You can freeze bread for up to 3 months. Just wrap in plastic wrap and place in a freezer-friendly container or bag.
- If your bread becomes stale you can make bread pudding or croutons.

Recipe From

MARY
TAKER



INGREDIENTS

- 3 tablespoons of active dry yeast
- 6 to 7 cups of warm water
- 12 cups of flour
- 1/3 cup of shortening or lard
- ½ teaspoon of salt

INSTRUCTIONS

1. Put yeast into a large cup of warm water and let it stand for about 10 minutes. Allow to set until the yeast resembles a creamy foam.
2. In a large bowl, mix flour, shortening, salt and yeast mixture. Add another 5 cups of warm water to this mixture. Dough should be tacky. If the mixture is too dry it will yield a dry loaf of bread, so if you're worried you can add a bit more water, until you get the correct consistency.
3. Once the dough has been mixed well, remove from the bowl, and grease the bowl well with shortening. Return dough into the greased bowl. Let rise.
4. For the first hour, punch the dough down every 15 minutes. Cover with a damp cloth in a warm place. Allow to rise until doubled in size.
5. Continue to let rise for another 2 hours undisturbed.
6. Shape dough into loaves and place into greased loaf pans. Makes about 6 or 7 loaves. Allow to rise for 30 minutes, or until the dough has risen 1 inch above the pan.
7. Heat the oven to 400 F and bake for 30-40 minutes.
8. Remove from the oven, brush with butter, cool and enjoy!

Superb Bread Pudding



Recipe From

**DONNA
DAVIES**



INGREDIENTS

- 2 cups dry bread pieces
- 1/2 cup white or brown sugar
- 2 cups of cream or milk
- 3-4 eggs
- 1/4 teaspoon of cinnamon
- 1/2 teaspoon vanilla
- 4 tablespoon butter
- 1/8 teaspoon of salt
- Handful of raisins or dates (optional)

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a bowl, soak breadcrumbs in milk for about an hour.
3. Add sugar, butter, salt, and vanilla to the bread pieces.
4. Beat the eggs and add to the mixture.
5. Place in a buttered oven safe baking dish and add raisins or dates.
6. Bake for 40 mins and enjoy!



TIPS

- Use bread that will soon be stale. If all you have is fresh bread, here's what you do. Cube the bread and scatter the pieces on a baking sheet. Heat the oven at 200 F for about 10 minutes until the bread cubes are dry to touch but still pale in colour.
- Can use cream, boxed milk or canned milk for this recipe.

Cranberry Jam



Recipe From

**BENITA
CLARKE**



INGREDIENTS *(Yields 6+ jelly jars)*

- 5 cups of cranberries (fresh or frozen)
- 1 cup of water when using fresh berries or 2 tbsp of water when using frozen berries
- 1 cup of sugar ($\frac{1}{4}$ cup for diabetics)

INSTRUCTIONS

1. Place all the ingredients in a pot and bring to boil over medium heat, stir 1-2 times to dissolve the sugar.
2. Reduce heat to a simmer (slight 2 or 3 bubbles breaking the surface) for an hour.
3. Cranberries will become tender and pop open. Stir a maximum of 3 times in the hour so that the berries don't stick to the bottom of the pot. The jam should be thick, but not too thick that it will not be spreadable once cooled. The cooking time might need to be reduced to reach desired consistency.
4. Remove from heat and cool before transferring in a jar or bowl to be put in the fridge.
5. Enjoy



TIPS

- The water can be substituted with orange juice and if you like spices you can add a touch of cinnamon.
- Island cranberries can be picked in the fall and frozen into freezer bags to use later.
- Cranberry jam will keep in the refrigerator for three weeks. You can freeze jam by pouring the cooled jam into a clean jar with a lid. It will keep for 6-8 months in the freezer. For longer storage you can water bath the jars. See the Canadian food guide on canning for more details.
- Cranberry jam can be a condiment for a turkey dinner, spread on toast, topping for pancakes, waffles, or French toast, to add to oatmeal, spoon over pork tenderloin, use as a topping for cheesecake, or to give as a gift.

Cranberry Juice



Recipe From

LUCIE
LANGFORD

INGREDIENTS

- 8 cups of cranberries
- 4 cups of water

INSTRUCTIONS

1. Boil cranberries in 4 cups of water on medium high heat until the berries burst.
2. Using a strainer, strain the berries and liquid over a dish to catch all the liquid, squeezing the berries down with a masher.
3. Keep only the liquid and refrigerate.
4. Serve over ice and enjoy!



TIPS

- The most cost-effective way to make this recipe is by using cranberries picked on the island when in season.
- You can strain the juice again with a cheesecloth to better catch all the pulp and seeds.
- Don't let the pulp go to waste! Instead, add it to muffins or breads for a tart flavor and extra nutrition.

War Cake



INGREDIENTS PART 1

- 2 cups of brown sugar
- ½ cup of shortening
- 1 pound of raisins (Sticky raisins or Lexia raisins, tend to have better results)
- 2 cups of water

INGREDIENTS PART 2

- 3 cups of flour
- 1 teaspoon of salt
- 2 teaspoons of baking soda
- 1 teaspoon of ground nutmeg
- 1 teaspoon of ground cinnamon
- 1 teaspoon of ground cloves

Recipe From

BARBARA ANN
BURKE



INSTRUCTIONS

1. In a medium size pot combine all ingredients for part 1 and bring to a rolling boil and continue for about 5 minutes.
2. Remove from the heat and let cool.
3. Once cooled, add part 2 of the ingredients and stir until well blended but do not over mix the batter.
4. Pour the batter into a well-greased and floured bundt pan or tube pan.
5. Bake at 350 F for about 90 minutes or until a toothpick inserted in the center comes out clean.
6. Cool in the pan before removing and flipping onto a wire rack to cool completely. Store in an airtight container or cake tin.



TIPS

- For a quick glaze, mix 2 cups of confectioner's sugar, $\frac{1}{4}$ cup of melted butter, 2 to 4 tablespoons of milk and $1\frac{1}{2}$ teaspoons of vanilla extract.
- Can be cut into slices and frozen. Just remove a piece from the freezer, warm and serve with butter.
- Cook times can vary depending on the oven. It is best to check the cake with a toothpick after 60 minutes to prevent over-cooking.

Banana Muffins



Recipe From

GERALDINE BURKE



INGREDIENTS

- 1/2 cup of margarine
- 1 cup of white sugar
- 2 eggs
- 3 large bananas
- 2 cups of flour
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- A pinch of salt
- 1 teaspoon of vanilla

INSTRUCTIONS

1. Preheat the oven to 350 °F.
2. In a large bowl mix margarine, sugar, eggs, and bananas.
3. Add flour, baking soda, baking powder, salt, and vanilla to the wet mixture.
4. Use muffin liners to line your muffin pan. Spoon the batter into liners, filling them all the way to the top and bake at 350 °F.
5. Use a toothpick and insert it into the middle of the muffin when they look golden. When the toothpick comes out clean the muffin is done.
6. Let cool before removing from the muffin tins.
7. Enjoy!



TIPS

- This recipe is a good way to use up overripe bananas. If unable to make the muffins right away, freeze overripe bananas to make the muffins later.
- To make muffins moist, make sure you're using a solid ratio of dry to wet ingredients. You may need to add another banana or a couple of tablespoons of milk can solve the problem.
- You can add chocolate chips or walnuts for example to add a different taste and texture if desired.
- Muffins stay fresh covered at room temperature for a few days or in the refrigerator for up to a week.



More Leftover Tips

COOK ONCE, EAT TWICE OR MORE

- Make a large pot of soup, stew or chili and freeze in individual containers for easy meals.
- Add leftover meat, chicken, and legumes to a casserole, salad, pasta sauce or soup.
- Add leftover pasta and grains to a salad, soup, or casserole.



- Add leftover cooked vegetables to a stir fry, hash, pasta sauce, casserole, soup, omelet, or salad.
- Use leftover fruit as a tasty topping for your oatmeal, pancakes or waffles, yogurt, cakes or add it to a salad. You can freeze local berries such as cranberries, blueberries, strawberries, and raspberries in the summer to use later in other seasons.
- Cook and freeze extra ground beef for use in other recipes (chili, pasta sauce, stuffed peppers).



- Use leftover bread to make croutons for salads, bread-pudding or grind it up into breadcrumbs for coating chicken, or fish.
- Put leftover meat and vegetables on a pita with some tomato sauce and cheese for a quick and easy personal pizza.
- Give to a friend.



5 Food Cost Saving Tips

Knowing What You Are Spending can help you stay within a budget and understand where you can reduce some costs. Buying generic brands, finding a substitute or selecting a few less expensive meal options that week can really help reduce your cost. You can save up to 25 percent on your groceries when you buy generic brands. Plus, making a list beforehand lets you move more efficiently throughout the store and not get tempted by buying unneeded items.

Buying on Sale can be a great way to plan your meals. If you are adventurous, you should scan your cupboards and find creative ways to combine these items to make meals with what is on sale. However, do not buy an item just because it is on sale. Make sure it is something you will use. Check store brand products too, as they can often be the cheapest option.

Wasting As little As Possible can reduce your overall budget, as the average Canadian household wastes as much as \$1,600 worth of food per year. Examples of wasting less are, keeping vegetable peels to make vegetable stock, freezing meals or fresh produce, and using what you have first before buying more items.

Cooking, Buying or Growing Seasonally can be a great way to get fresh produce, as food in season is usually less expensive. This can also be the best time to preserve food items. If you are lucky to have a plot of land, then you can grow vegetables and herbs to save money.

Using Frozen, Canned or Dried can be a better option than fresh as they are usually less expensive, and they are equally nutritious. Especially during the winter months when food is being transported from far away destinations and picked before fully ripped.

Resources

FEDERAL RESOURCES

Canada's Food Guide - Health Canada

View a copy of Canada's Food Guide which provide information on food choices, eating habits, recipes, tips, and other resources, please visit:

<https://food-guide.canada.ca/en/>

Food Safety

Learn safety tips for all food types. Also find information to protect those who are vulnerable to food poisoning, including facts on food allergies and recalls. For canning safety guidelines, please select the "General Food Safety Tips" and then "Home Canning Safety":

<https://www.canada.ca/en/services/health/food-safety.html>

Understanding Food Labels

To learn more about how to read and interpret food labels, Nutrition Fact Tables, serving size, ingredients, % daily value and nutrition claims, please visit:

www.canada.ca/en/health-canada/services/understanding-food-labels.html

PROVINCIAL RESOURCES

Government of Quebec: Programs and Services for Seniors

This guide contains information on the different government programs and services for seniors.

<https://www.quebec.ca/en/family-and-support-for-individuals/seniors/programs-services-for-seniors>

Food Bank of Quebec

A list of the community organizations affiliated with their network that provide food assistance to the public across Quebec.

<https://banquesalimentaires.org/>

The Quebec Ministry of Agriculture, Fisheries and Food (MAPAQ)

Influences and supports the growth of Quebec Food Industry, but it also plays an important role in research and development, education, and training.

<https://mapaq-gouv.qc.ca/fr/>

LOCAL RESOURCES

Meals on Wheels: CAMI & CAB des Îles

A food program that makes and delivers nutritious home-cooked meals to home-bound or isolated seniors and to those with reduced autonomy.

CAMI

787, chemin Principal, Grosse Île, QC, G4T 6B5

Phone: 418-985-2116

CAB des Iles

330, chemin Principal, bureau 207, Cap-aux-Meules, QC, G4T 1C9

Phone: 418-986-4649

Collective Kitchens des Iles

A collective kitchen is a group of at least three people who pool their time, money, and skills to prepare affordable, healthy, delicious food they can bring home.

330, chemin Principal, bureau 202, Cap-aux-Meules, QC G4T 1C9

Phone: 418-986-4978 Grosse Île: 418-985-2116 ext. 3 Entry Island: 419-986-4546

Entraide Communautaire des Îles Inc

A one-stop shop to ensure the management and responsibility of food assistance services and other primary needs. Their service consists of accompaniment, workshops, leisure activities and a food bank.

500, chemin Principal, Cap-aux-Meules, QC, G4T 1C9

Phone: 418-986-3240

CISSS des Îles-de-la-Madeleine

For the health and wellness of the population of the Magdalen islands and under their clinical and general support programs they offer a dietitian by referral of a doctor.

430, chemin Principal, Cap-aux-Meules, QC, G4T 1R9

Appointment office: 418-986-6225 Doctor's Secretary: 418-986-6611

Specialist's Secretary: 418-986-6110



CAMI
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