



End of the Year Recipe Exchange 2020-2021



BY THE MCQ GARDENING COLLECTIVE
AT CASE-MCQ

~ DECEMBER 2020 ~

A NOTE FROM CASE

Holiday celebrations and get togethers look a lot different this year, which is why the MCQ Gardening Collective at the Centre for Access to Services in English (CASE) came together to create this "*End of the Year Recipe Exchange 2020-2021*".

At CASE, we provide support and resources to facilitate and promote the well-being of the English-speaking population of the Mauricie and Centre-du-Québec regions of Québec, Canada. Our health, education, and wellness programs aim to build community through engaging workshops and family activities for all ages.

Thank you very much to everyone who submitted their recipes to us. Our hope is that with each recipe that you make in this book, we can help bring a little bit more joy to you during this Holiday season.

We wish you all a Happy Holidays and a Happy, healthy New Year!

*All the best,
The CASE Team
XOXO*



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1



BANANA-MOLASSES COOKIES SUBMITTED BY: SUSAN GLENDENNING RECIPE FROM RICARDO

Ingredients

- 560 ml (2 ¼ cups) **all-purpose flour**, sifted
- 5 ml (1 teaspoon) **baking powder**
- 2.5 ml (½ teaspoon) **ground cinnamon**
- 2.5 ml (½ teaspoon) **ground ginger**
- 1.25 ml (¼ teaspoon) **ground nutmeg**
- 1 pinch **salt**
- 125 ml (½ cup) **unsalted butter**, softened
- 125 ml (½ cup) **brown sugar**
- 125 ml (½ cup) **molasses**
- 125 ml (½ cup) **dried cranberries**
- 1 **egg**
- 2 ripe **bananas**, mashed with a fork

Notes

- * This is based, but tweaked, from a Ricardo recipe (www.ricardocuisine.com)
- * Preparation time: 15 minutes.
- * Cooking time: 15 minutes.
- * Output: 20 cookies.

Method

1. With the rack in the middle position, preheat the oven to 180°C (350°F).
2. Line two baking sheets with parchment paper.
3. In a bowl, combine the flour, baking powder, spices and salt. Set aside.
4. In another bowl, cream the butter, brown sugar and molasses with an electric mixer.
5. Add the egg and beat until smooth and creamy.
6. Using a wooden spoon, mix in the dry ingredients and bananas.
7. With a spoon, drop 45 ml (3 tablespoons) of dough per cookie on the baking sheets, spacing them 5 cm (2 inches) apart. Sprinkle with sugar if desired.
8. Bake one sheet at a time until the edges of the cookies start to turn brown, about 12 to 15 minutes.
9. Let cool before removing from the cookie sheet.





2

BEET TARTAR WITH CHÈVRE AND APPLE RECIPE BY: CHEF WILLIAM L'HEUREUX OF L'ODIKA

Ingredients

- 4 small, cooked beets
- 1 Granny Smith apple
- 60 ml (1/4 cup) sour cream (14%)
- 30 ml (2 tablespoons) chopped green onion or chives
- 5 ml (1 teaspoon) "Espelette" pepper (dried "piment d'Espelette" powder from the Basque region of France; paprika is a possible substitute; in a pinch, cayenne pepper can be used but is much hotter, so use sparingly)
- About 125 g (1/4 lb) soft goat cheese, crumbled
- 80 ml (1/3 cup) walnuts, chopped

For the dressing:

- 2 tablespoons (30 ml) olive oil
- 2 tablespoons (30 ml) maple syrup
- 2 tablespoons (30 ml) dried French shallots, chopped
- 1 tablespoon (15 ml) balsamic vinegar
- Salt and pepper, to taste

Method

1. In a bowl, combine all the ingredients for the dressing. Set aside.
2. Cut the beets into small cubes.
3. Slice the apple into a fine julienne (with a grater or a mandolin; into long, thin strips).
4. Add the beets to the bowl with the dressing.
5. Add the sour cream, green onion/chives, and Espelette pepper to this mix.
6. Add half the julienned apples and half the walnuts to the beet mixture.
7. In a separate bowl, mix the remaining julienned apples, walnuts, and goat cheese together.

How to plate each dish

1. Fill a mold with the beet mixture.
2. Smooth over the top, and gently unmold onto a plate.
3. Garnish each serving with some of the apple mixture.





3



BOILED FRUIT CAKE/ FARMHOUSE FRUIT CAKE SUBMITTED BY: GWYNETH GRANT

Ingredients

- 1 ¼ cups water
- ½ cup margarine or butter
- ¾ cup plus 1 tablespoon light brown sugar
- 2 cups of mixed dried fruit (you may substitute chopped apricot, dried cranberries, figs, prunes, pumpkin seeds, ground flax seed for 1 of the cups)
- 2 teaspoons mixed spice (apple pie spice)
- ½ tsp grated nutmeg
- 2 ½ cups all-purpose flour
- 2 tsp baking soda
- 1 teaspoon baking soda egg
- Grated rind of an orange

Method

1. Grease and line a 20cm/8inch deep cake pan.
2. Put the water, margarine or butter, brown sugar, mixed dried fruit, mixed spice and nutmeg into a medium saucepan.
3. Bring to a boil, then simmer gently for 20 minutes.
4. Set aside and let cool.
5. Mix flour, baking powder and soda together.
6. Beat the egg in a small bowl.
7. Fold all dry ingredients into the moist cooled fruit mixture along with the grated orange rind.
8. Turn into the prepared cake tin
9. Bake in a moderate oven (180°C/350°F, Gas mark 4) for about 1 ¼ hours.
10. Turn out onto a wire rack and let cool. Can be kept in a tin for several weeks in a cool dry place.

Notes

* The cooking time depends on your oven, some ovens burn hotter than others, size is also a factor, as is the colour of your metal cake pan.

* This cake has a tendency to sink if you check on it too soon or if it is very liquid (it needs to be a thick pouring consistency, or even reluctant to pour!) When you put it in the cake tin, I suggest to set a timer for 50 minutes and then carefully, slowly open the oven door and stick a skewer or tooth pick into the crust. If it comes out wet, then cover the cake with a few pieces of folded newspaper and put back in the oven for another 10 minutes. Yes, I did say a newspaper, all the bakers in my family use newspaper to stop the top burning while the center of the cake keeps baking! You could use parchment paper instead.





3



BOILED FRUIT CAKE/
FARMHOUSE FRUIT CAKE
SUBMITTED BY: GWYNETH GRANT





4

BUTTERNUT SQUASH DIP

RECIPE BY: CHEF WILLIAM L'HEUREUX OF L'ODIKA

Ingredients

- Butternut squash, about 14 lbs (6.5kg)
- 4 ½ lbs of onions, chopped
- 100 g of garlic (about 2 heads), chopped
- 400 g fresh ginger, chopped (about 2 to 2 ¼ cups)
- 2 litres, cider vinegar
- 1 litre, rice vinegar
- 2.5 kg (5 ½ lbs) of sugar
- Salt and pepper to taste
- Water, as needed

Method

1. Prepare squash by peeling and removing seeds.
2. Cut into pieces.
3. Place the squash and all the other ingredients in a large pot.
4. Simmer until the squash is cooked, checking periodically to add just enough water to cover the ingredients.
5. Once cooked, pass it through the blender or food processor until smooth.
6. Adjust seasonings.





5

CARROT AND CUMIN SOUP SUBMITTED BY: SUSAN GLENDENNING

Ingredients

- 1 large chopped onion
- 1-2 crushed garlic cloves
- 3 cups of sliced carrots
- 3 $\frac{3}{4}$ cups vegetable or chicken broth
- $\frac{3}{4}$ teaspoon of ground cumin or coriander
- 2 thinly sliced celery stalks
- 1 cup diced potato
- 2 teaspoons tomato paste
- 2 teaspoons lemon juice
- 2 bay leaves

Method

1. Cook 1 large chopped onion and 1-2 crushed garlic cloves until soft.
2. Add 3 cups of sliced carrots.
3. Cook for 5 minutes.
4. Add the rest of the ingredients (vegetable or chicken broth, ground cumin or coriander, celery stalks, diced potato, tomato paste, lemon juice and bay leaves).
5. Bring to a boil, cover, simmer 30 minutes.
6. Remove bay leaves.
7. Puree, then add 1 $\frac{1}{4}$ cups of milk, salt & pepper.



6



CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT

Ingredients

- 225 grams shredded **suet or butter** (you could also use grated frozen butter)
- 1 heaped teaspoon **mixed spice** (Apple-pie spice)
- ½ teaspoon grated **nutmeg**
- ¼ teaspoon ground **cinnamon**
- 110 grams **self-rising flour**
- 450 grams soft **brown sugar**
- 225 grams dry **white bread crumbs**
- 225 grams **sultanas**
- 225 grams **raisins**
- 560 grams **currants**
- 50 grams blanched, skinned, **almonds**, chopped
- 50 grams **mixed peel or candied citrus peel** chopped finely
- The grated rind of an **orange** and a **lemon**
- 1 **apple**, peeled, cored and finely chopped
- 4 standard size **eggs**
- 150 ml **barley wine** (Smithwicks beer)
- 150 ml **stout** (e.g. Guinness or Porter)
- 4 tablespoons of **rum**

Method

1. In a large bowl put the suet (or butter), flour, breadcrumbs, spices and sugar.
2. Mix in each ingredient thoroughly before adding the next. Then gradually mix in all the fruit, peel and nuts, followed by the chopped apple and grated rind of the orange and lemon.
3. In a different bowl, beat up the eggs and mix the rum, barley wine (Smithwicks beer) and stout into them.
4. Empty all this over the dry ingredients – then stir very hard indeed! (This is where you enlist the help of family, friends or any strong and determined person you have to hand, to get the whole mix incorporated well. If you find the mix a little stiff, you may add some more stout. The aim is to achieve a dropping consistency. That is it should drop from the spoon when tapped sharply on the side of the bowl.)
5. After the mixing, cover the bowl with a cloth and let stand overnight.
6. The next day, grease 2 or 4 pudding basins and pack the Christmas pudding mix into them.

(con't page 8)





6



CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT

Notes

* These ingredients make either 2 puddings in 2 pint (1litre) basins or 4 small puddings in 1 pint basins (570mls). This is a very delicious absolutely authentic tasting Christmas pud! I have made it many times with great success. It also keeps very well on a high dry shelf in the larder. n.b. there are no plums in this recipe, no idea where that name came from... Recipe borrowed from Delia Smith's Cookery Course (Part One) 1978.

* I strongly advise you to assemble all your ingredients before you start mixing: weigh them and place in small bowls in a row on the counter. That is a very long list of ordinary but special constituents. When you go to such effort it's a good idea to be prepared!

* Grease your pudding bowls. Have enough sheets of wax or parchment paper and cheese to hand (so you can cover the pudding bowls with when filled with the pudding mix.) These bowls will be boiled on double boilers for up to 8 hours (smaller puddings take less time to steam) so the pudding mix has to be protected from sputtering water... You will also need a very big mixing bowl to incorporate all of the ingredients into one big tasty mess.

* Finally, if you really want to make these delicious traditional deserts, set aside a day or two to complete the project! Yes, it's just all the above ingredients, mixed up and then packed into a pudding bowl but it does take a concerted effort to get it all done, prep then especially the boiling part.

Method

7. Fill right to the top and cover each one with a couple of squares of waxed paper, then a double thickness of cheese cloth over this and tie it securely around the top of the bowl. Then lift the four corners and tie them together over the bowl in the center of the top side.

8. Steam the puddings for 8 hours each in saucepans a little larger than the size of the bowl. You could use a double boiler but always keep a jug of water next to the stove top -- to keep the saucepans topped up. They mustn't boil dry!!! This will crack the pudding basins. You could try using a slow cooker and setting the timer for 6-8 hours.

9. When cooked, remove the wax paper and cheesecloth, replace with fresh paper and cloth to store until needed.

10. Store in a dry place and when ready to be eaten, reheat by steaming for a further 2 hours. This pudding can be reheated in the microwave but be very careful to only heat a slice at a time because the sugar content makes it easy to burn from the middle out!





6



CHRISTMAS PUDDING / PLUM PUDDING SUBMITTED BY: GWYNETH GRANT





CURRIED SQUASH SOUP SUBMITTED BY: MARY BOND

Ingredients

- 2 tablespoons olive oil
- 1 **onion**, chopped
- 2 **leeks**, sliced
- 2 **garlic cloves**, minced
- 2 tablespoons **curry powder**
- 3 lbs. **squash**, diced
- 3 carrots, sliced
- 8 cups **stock**
- **Pepper**, to taste

Method

1. In large pot, heat oil and cook onion and leek gently, about 5 minutes.
2. Add garlic and curry powder, cook for 2 minutes.
3. Add remaining ingredients. Simmer until tender.
4. Purée in blender; season with salt and pepper.



8

FINNISH NETTLE SOUP SUBMITTED BY: SOFIA ISKALA

Ingredients

- 1,5 lbs. fresh nettle leaves (or spinach)
- 50 g butter
- $\frac{3}{4}$ dl wheat flour
- 1 litre milk
- 1 teaspoon salt
- 0,5 teaspoon sugar
- 0,25 teaspoon black pepper

Notes

- * It's best to use young nettles.
- * This will make 4 portions.
- * Cooking time ~ 30 minutes.

Method

1. Rinse the nettles and boil them for couple minutes. Drain them.
2. Melt the butter in a non-sticking pot. Add the flour. Add half of the milk pouring slowly and stir the mixture until it's smooth and boiling.
3. Add nettles and take the pot off the heat. Use a blender or a stab mixer and purée the soup. Put the pot back on the heat.
4. Add rest of the milk and cook for couple minutes mixing all the time. Season with salt, sugar and pepper. Serve with hard boiled egg and fresh bread.



9

GIBLOTTE DES ÎLES DE SOREL SUBMITTED BY: DIANE COUTU

Ingredients

- 1 or 3 different types of **fish: catfish (barbotte), sole fish, and/or pollock (goberge)**
- 1 square of **salt pork, cubed**
- 1 tablespoon **Bovril Beef or Chicken**
- 3 chopped **onions**
- 6 **carrots** sliced or cubed or 1 tin cubed or sliced, or equivalent frozen
- 2 tins **tomatoes**
- 1 tin **tomato sauce**
- 2 small tins **tomato juice**
- 2 tins **yellow beans**
- 1 tin **peas**
- 1 tin **corn** (All the vegetables can be fresh, canned, or frozen)
- 1 dozen **potatoes** sliced or cubed
- 1 **bay leaf, thyme, parsley, oregano, peppers, and chives** (to your taste)
- **Salt & pepper** to taste
- Pinch of **sugar**

Method

1. Start cooking 1 square of salt pork cubed slowly in a big thick pot.
2. Fry chopped onions.
3. Salt pork until tender, not brown
4. Add the Bovril Beef or chicken, we prefer chicken (add with about 2 cups of water).
5. Add the fish on top – amount of fish you would serve per person as a meal.
6. Let the vegetables boil slowly, place the fish on top, then let it simmer until fish is cooked.
7. You can mix the veggies before you put the fish in.
8. Let the fish cook on top, when you see the fish is nearly cooked, you can slowly incorporate it so that it does not break into small pieces.

Notes

* You can make 1/2 the recipe, if you wish. It freezes well.





10

GRANDMA BRADSHAW'S MARROW PIE SUBMITTED BY: SUSAN GLENDENNING

Ingredients

- Marrow
- Onion
- Sage
- A little chicken or vegetable broth
- Butter pats

Notes

- * This is a kind of vegetable casserole.
- * Grandma didn't give precise quantities!

Method

1. Butter a baking dish (about a 2 litre size).
2. Cut some marrow (large zucchini) into one-inch cubes (do not peel).
3. Coarsely chop up about two onions.
4. In the dish, put a layer of marrow, then a layer of onions and a good sprinkling of sage, salt and pepper.
5. Repeat layers until full.
6. Pour over a small amount of broth (not much, marrow can be watery).
7. Top with breadcrumbs and pats of butter.
8. Bake at about 375°F until done, around 45 minutes.



11

GRANDMA LORNA'S APPLE PIE SUBMITTED BY: EMILY VIDAL

Ingredients

- 1 9-inch pie plate
- 6 cups apples
- 2/3 cups sugar
- 2 tablespoons flour
- 1 tsp cinnamon

Notes

* This is a double-crust pie recipe from my grandma Lorna who makes the best food! She used to have her own kitchen in a brasserie and still continues to make food to sell to this day, which I definitely take advantage of! I hope you enjoy!

Method

1. Peel and slice the apples and place in a bowl.
2. Mix sugar, flour and cinnamon in a small bowl.
3. Stir into apples.
4. Place in pie plate with crust.
5. Add a dab of butter (*optional*).
6. Cover with pie crust.
7. Bake bottom shelf 450°F for 10 minutes.
8. Lower oven to 350°F for 20 minutes.
9. Remember to cut openings on top crust for steam to escape.



12

GRANDMA LORNA'S BEEF VEGETABLE SOUP SUBMITTED BY: EMILY VIDAL

Ingredients

- 1 lb. left-over **roast beef** (approximately) cut in small pieces
- 16 cups **water**
- 2 heaping tablespoons of **Loney's Beef Base**
- 2 **carrots**
- 2 **celery sticks**
- 1 large **onion**
- 2 cubed **potatoes**
- 1/2 small **turnips**, slivered
- 1/4 **cabbage**, cut finely
- 4 sticks **bok choy** (*optional*)

Method

1. Boil water and add beef base.
2. Add the pieces of beef and all the vegetables.
3. Simmer for approximately 1 hour.

Notes

* This recipe once again comes from my grandma and is incredibly delicious. It can especially be enjoyed on a cold autumn or winter's day! I hope you enjoy!





13



JULIE'S HARVEST BEET SOUP SUBMITTED BY: JULIE MILLER

Ingredients

- **Oil or butter**
- 3-5 large **onions**, peeled and chopped
- 4-8 large **carrots**, chopped
- 3-5 large **beets**, peeled and cubed
- 1-2 cups of chopped **tomatoes** (or tomato sauce, or a can of tomato paste, or a can of crushed tomatoes...it is important to have some tomatoes for the acidity)
- **Water or chicken broth**
- Juice of approximately 1 **lemon**
- **Sour cream**
- **Salt, freshly ground pepper, white pepper** (*optional*)

Notes

- * The ingredients are an approximation.
- * This makes a big pot of hearty soup at harvest time. It is inspired by traditional borscht – sweet and sour, with pepper and sour cream added at the end.
- * *Step 3:* This stage is important because it develops the natural sugars in the onions/carrots. Make sure there is enough oil that the vegetables don't stick to the pan, but not so much that they are drenched in it.)
- * *Step 7:* Acid is important when cooking beets because it helps them retain their vibrant purple/red colour. In this case, the lemon also balances the sweetness of the onions, beets, and carrots).

Method

1. Put a bit of oil in the bottom of a large soup pot.
2. Cook the onions over medium heat for a few minutes to soften them.
3. Add the chopped carrots and cook with onions a further few minutes to soften. (*)
4. Add the beets.
5. Add the tomatoes, in whatever form you've chosen.
6. Cover with water or chicken broth and stir to mix a bit.
7. Squeeze in the juice of approximately one lemon. (*)
8. Add salt to taste. Add pepper (about a half tsp of white pepper blends in nicely).
9. Bring to the boil. Reduce heat to a simmer. Cook until the beets are soft (this is at least an hour; but usually I just leave it to simmer while I go and do other things).
10. When it is ready, blender the soup.
11. Adjust seasonings.
12. Serve with a sprinkling of freshly grated black pepper, and a spoonful of sour cream. If serving with sour cream, a bit of chopped dill is a nice addition.





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JULIE'S HARVEST BEET SOUP
SUBMITTED BY: JULIE MILLER





14

MEXICAN SOUP

SUBMITTED BY: MARY BOND
RECIPE FROM THE WINDSOR STAR

Ingredients

- 1 28-ounce can tomatoes, drained
- 1 teaspoon olive oil
- 4 onions, diced
- 2 hot peppers, minced
- 3 cloves garlic, crushed
- 1 teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 5 cups vegetable cocktail juice
- Pinch salt, pinch sugar to taste (optional)
- Nacho chips, cilantro (optional)

Method

1. Coarsely chop tomatoes.
2. Heat oil on medium-low, cook onions, hot peppers and garlic until softened, about 10 minutes.
3. Stir in seasonings.
4. Add tomatoes and juice; heat and simmer about 15 minutes to blend flavours.
5. Add a pinch of salt or sugar to taste.
6. Serve soup hot or cold; garnish with nacho chips and/or cilantro as desired.

Notes

* This recipe is originally from *The Windsor Star*, but was slightly tweaked by Mary. (www.windsorstar.com)





15

PICKLED ONION RINGS SUBMITTED BY: DIANE COUTU

Ingredients

- 1 **onion** sliced (or more as you wish)
- **Salt and pepper**
- **Vinegar**
- Small pinch of **sugar**

Notes

- * Keeps well in the fridge.
- * Goes really well with the "Giblotte des Îles de Sorel" (*page 12*).

Method

1. Remove skin from onion.
2. Slice them about 1/4 to 1/2 inch thick slices - as you wish.
3. Put them in a sterilized jar.
4. Pour the vinegar into the jar, along with the sugar, salt and pepper.
5. Shake, shake, shake your bootie... ahhh, bottle. LOL.
6. It can be served right away, but will not be as vinegary.



16

ROASTED ACORN SQUASH SUBMITTED BY: JUDI OTTIER

Ingredients

- Acorn squash
- Olive oil
- Salt
- Pepper
- Oregano
- Thyme
- Garlic

Method

1. Cut acorn squash in half and remove seeds.
2. Slice with skin on.
3. Roast squash in a pan with olive oil.
4. Season with salt, pepper, oregano, thyme and garlic.
5. Adding other vegetables is optional (onions, red pepper, asparagus etc.)
6. Bake at 400° for 25 minutes or until soft.
7. Grill until brown, uncovered.



17

SPICED PUMPKIN LOAF (NO EGG) SUBMITTED BY: MARY GOODFELLOW

Ingredients

- 1 cup pumpkin
- 1/2 cup canola oil
- 1/3 cup water
- 1 3/4 cups whole wheat flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/2 teaspoon cloves
- Raisins or nuts (*optional*)

Method

1. Preheat oven to 350°F.
2. In a blender, mix pumpkin, oil, and water.
3. In a large bowl, mix together flour with other dry ingredients.
4. Add pumpkin mixture to dry mixture and mix together.
5. Pour into greased loaf pan.
6. Bake for 45 minutes or until done.

Notes

* Reminder: There is no egg in this tasty, moist loaf.





18

WHAT TO DO WITH A LARGE PUMPKIN? (HOMEMADE PLUM SAUCE) SUBMITTED BY: CHRISTINE FONTAINE

Ingredients

- 1 pumpkin
- 5 cups of sugar
- 2 cups of vinegar
- 2 cups of ketchup
- 4 tablespoons of crushed garlic
- Hot pepper (*optional*)

Notes

* An idea for the other half of the pumpkin is to cut it in cubes. Then you simmer with about 1 cup of sugar and a bit of cinnamon to taste. I use this mixture to stuff chicken or turkey. It's also excellent with pork (filet or chops).

Method

1. Cut the pumpkin in half and remove the seeds. (You can use the seeds as next year's garden seeds, or roast them in the oven as a snack.)
2. Cook half the pumpkin on a greased tray in the oven for about 1 hour, depending on its size.
3. Once cooked, transfer the purée to a large pot (you should have roughly 5 cups).
4. Add the sugar, vinegar, ketchup, and crushed garlic. For a spicy version, add some hot pepper.
5. Simmer for about 40 minutes.
6. Put in the blender/food processor, and can or freeze.
7. Voilà: homemade plum sauce! The main ingredient of plum sauce isn't even plums, but pumpkin! This is an economical sauce to make at home.





19

ZUCCHINI CREAM SOUP SUBMITTED BY: SANDRA MILOSEVIC

Ingredients

- 1/2 small **onion**, quartered
- 2 **garlic** cloves
- 3 medium **zucchini**s, skin on, cut in large chunks
- 32-ounce **vegetable broth**
- **Salt and black pepper** to taste
- 2 tablespoons **cream cheese** (or sour cream, if you prefer it to be a bit lighter)

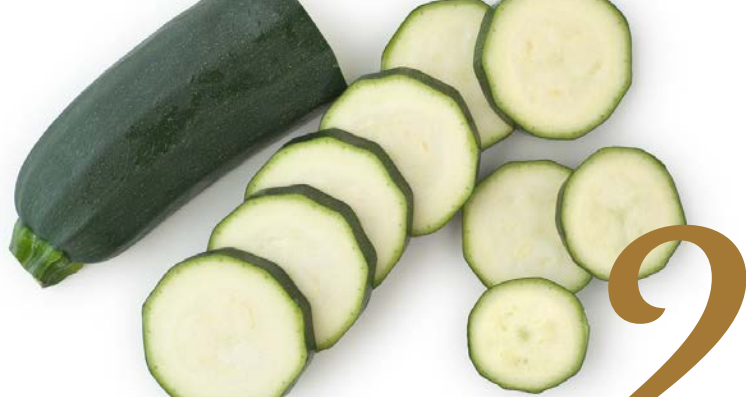
Notes

* You can use this recipe for any kind of cream soups, just replace zucchini with the same quantity of other veggies like broccoli, leek, etc.

Method

1. Combine vegetable broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover, and simmer until tender, about 20 minutes.
3. Remove from heat and purée with an immersion blender, add the cream cheese and purée again until smooth.
4. Taste for salt and pepper and adjust to taste.
5. Serve while hot.
6. Enjoy!





20

ZUCCHINI MUFFINS OR ZUCCHINI LOAF SUBMITTED BY: SUSAN GLENDENNING

Ingredients

(Bowl A, Dry Ingredients):

- $\frac{3}{4}$ cup white sugar
- $\frac{3}{4}$ cup brown sugar
- 2 $\frac{1}{2}$ cups all-purpose flour
- 1 cup chopped walnuts
- 1 cup raisins
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon cloves
- 2 teaspoons orange zest
- 1 teaspoon salt

(Bowl B, Wet Ingredients):

- 3 eggs, beaten
- 1 cup vegetable oil
- 1 teaspoon vanilla essence
- 2 cups of grated, unpeeled zucchini (about 325 grams)

Method

1. Heat oven to 350°F.
2. Take two large bowls, one for a “dry” mix (*Bowl A*), the other for a “wet” mix (*Bowl B*).
3. Mix Bowl A ingredients together (white sugar, brown sugar, etc.)
4. Mix Bowl B ingredients together (3 eggs beaten, 1 cup vegetable oil, etc.)
5. Add Bowl B to Bowl A, stirring only enough to mix and moisten ingredients.
6. Bake muffins for 25 minutes and loaves for about 45 minutes.

Notes

* Makes 24 muffins or two 8” x 4” loaves.



THANK YOU

We wouldn't be here without our partners. Their support is vital to our work and we are endlessly appreciative of their participation.



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