

A Taste of My Kitchen

A personal collection of recipes, from my home to yours



BY ARIANE HUOT

DEDICATION

Writing this cookbook was born out of a few factors...

- Liam telling repeatedly over the past few years that I should document my non-recipe recipes.
- Wanting to gift my loved ones with a piece of me, my kitchen, my home, and my love for cooking and creation.
- Most prominently, impulsivity - when my mind gets onto something; it is HAPPENING.

I will admit, writing a cookbook is hard, certainly when my recipes normally are “a little bit of this” “a little bit of that”, “needs salt”, “needs sugar”, “needs acid” and are EVER changing, (typically) never the exact same.

I hoped to put all of my easiest and most admired recipes, measuring as I go, so all of you can also have a taste! I am no professional, there may be typos in here, but I hope that the recipes and directions are fabulous. The recipes you'll find throughout, some of you may have tried; potato salad & baked mac n' cheese from nanny Day's 80th birthday and the toffee apple crisp which was a hit at the 2024 Mckiggan thanksgiving dinner, my guac which was dubbed “the best” by my dad over 10 years ago, maple curry pasta which is Liam's favourite, and gochujang pasta which is Pooja's favourite.

Food is for enjoying, food is for bonding, food is for making memories, and that is what I hope will come of this book.

GENERAL NOTES

Salt & pepper: I didn't put exact measurements of salt and pepper, I think these are highly personal (I am a heavy salter), adjust to your tastes! If you don't see it listed as an ingredient it is because of the above, please use salt and pepper!

Garlic: I sometimes use fresh, I sometimes use pre-minced – fresh is almost always better but all these recipes can use minced. 1 clove is normally equal to about a teaspoon.

Grated cheese & parm: One non-negotiable for a lot of these recipes is the need to shred your own cheese, pre-shredded does not yield the same result.

Servings: Not all recipes have serving sizes. If you are a household of one or two, I can almost guarantee you will have leftovers. Servings are based on our household but will vary.



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CONTRIBUTORS

This was no easy feat, and I could not have done it without help. I wanted to dedicate a special thank you page to the two people who not only help me on a day-to-day but were key parts of my crazy plan in making this cookbook happen. Thank you.

LIAM

Jack of all trades (master of all), Liam has always been a help in the kitchen.

In the making of this book, he helped with prepping ingredients, grocery runs, washing copious amount of dishes, making sure the cats don't eat the food, and helping me think up the recipes I make most to even make this thing. He also helped with video and pictures of the recipes when my own two hands just wouldn't cut it.

Obviously, we had to put his degree to use - Liam made the digital book and website which you can access using the QR code on the back of this book.



POOJA

Having much experience in food photography; payments in the form of meals in exchange for *incredible* photos was a no brainer.

Not only did Pooja take many of the photos you'll see throughout this book. She also an avid stirrer - that girl loves to stir, Pooja has been stirring in my kitchen for years!

On top of all of that, she is also one of my taste testers, I swear she tried 3 or 4 variations of the hot chocolate before it made it into the book, she helped me adjust recipes until they were just right.



Sauces

Gravy Pg 6

Steak Marinade Pg 6

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GRAVY



4-6 SERVINGS



10 MIN

INGREDIENTS

- 4tbsp butter
- 1-2 cloves of garlic
- 4tbsp flour
- 2 1/4 cups broth
- 1tsp onion powder
- Salt & pepper to taste

DIRECTIONS

1. Mince garlic and set aside.
2. Melt butter over medium-low heat, then sauté garlic until fragrant.
3. Stir in flour and onion powder, cook for 1 minute.
4. Warm broth in the microwave (30-40 seconds).
5. Whisk in broth slowly, stirring until thickened.
6. Season with salt and pepper.



STEAK MARINADE

INGREDIENTS

- 2 cloves garlic
- 2tbsp apple cider vinegar (Note 1)
- 1tbsp maple syrup
- 1/4 cup soy sauce
- Lots of pepper (Note 2)

DIRECTIONS

1. Mince garlic; in a large ziplock (or sealable container) - place your steaks and then all your ingredients.
2. Let marinate for 1-2 hours (Note 3)

NOTES

1. You can use any vinegar really; the acid will help break down the muscle fibers for an extra tender steak.
2. Don't add salt, the soy will work - I finish the steaks with coarse or flaky salt.
3. This isn't an overnight marinade, don't exceed 2 hours.



6 SERVINGS



10 MIN

HOLLANDAISE

INGREDIENTS

- 4 large eggs (room temperature)
- 1tbsp lemon juice
- 1/2 cup butter (Note 1)
- 1/8tsp cayenne
- 1/8tsp paprika
- 1 1/2tsp dijon mustard
- Pinch of salt

*Use this recipe for the eggs
benedict on page 38*

DIRECTIONS

1. Separate the yolks & whites of the eggs; place yolks in a blender jar.
2. Add your lemon juice, cayenne, paprika, dijon, and salt to the yolks.
3. In a small pot over medium low heat, melt the butter (Note 2).
4. Pulse the blender and add 1 tablespoon of the hot butter.
5. Transfer melted butter to a spouted cup; pour slowly into the blender while mixing.
6. Blend until you reach your desired consistency. (Note 3)

NOTES

1. I use salted butter for pretty much everything and just omit salt near the end - personal preference.
2. You want to melt the butter until a white frothiness appears on the top, alternatively you could also brown your butter for a richer hollandaise.
3. I prefer a thick sauce, so I blend longer than most, but you can blend for as little or long as you like.



BALSAMIC REDUCTION

INGREDIENTS

- 1.5 cup balsamic vinegar

DIRECTIONS

1. Put vinegar into an unheated, small saucepan.
2. Turn heat to medium and allow the vinegar to come to a boil.
3. Once boiling, reduce heat to low and allow to simmer for 20 minutes to an hour (Note 1) stirring and scraping the sides every few minutes until thickened..

NOTES

1. The longer you simmer the vinegar, the thicker it will be. A super thick reduction is great for drizzling over fries like the recipe on page 17. A thinner reduction is great to pack flavour into soups or serve with fresh tomatoes.



GARLIC AIOLI

INGREDIENTS

- 4 cloves garlic
- 1 large egg
- 1tsp dijon mustard
- 3/4 cup neutral oil
- 1tbsp lemon juice
- 1tsp onion powder
- Salt to taste

NOTES

1. I say glass jar **or** blender as you can either use an immersion hand blender, or a regular / single-serve blender. You could also use a bowl and whisk.....

DIRECTIONS

1. Preheat oven to 400°F
2. Place peeled garlic cloves in an oven-safe dish, cover with oil, and bake for 20-30 min until golden.
3. Remove garlic from oil, allow to cool until warm.
4. In a glass jar or blender (Note 1), combine garlic, egg, dijon, lemon, and onion powder
5. Slowly pour in oil while blending until it reaches a mayo consistency.
6. Season with salt to taste.

Serve
both
with
recipe
on
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Soups & Salads

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BROCCOLI CHEDDAR SOUP

INGREDIENTS

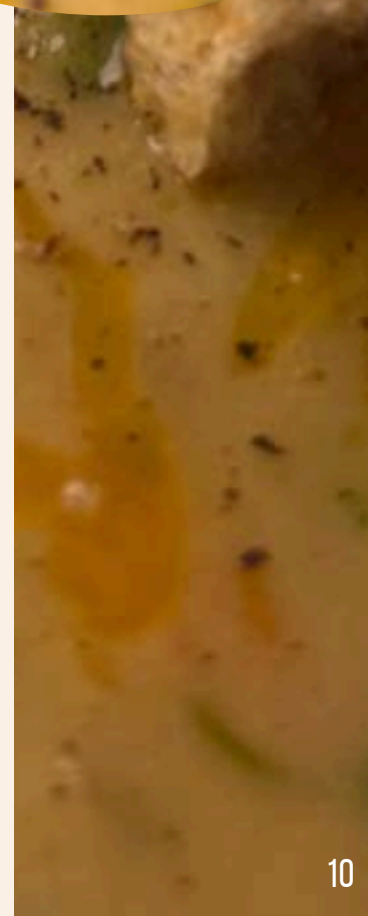
- 1 large carrot
- 1 large onion
- 4 cloves garlic
- 4tbsp butter
- 1/4 cup flour
- 400g aged cheddar
- 3 cups vegetable broth
- 2 cups milk
- 1tbsp onion powder
- 350g broccoli

DIRECTIONS

1. Prep: grate your carrot, roughly chop broccoli, dice onion, mince garlic, and shred cheese (Note 1).
2. In a large soup pot over medium heat, melt the butter, add onion and a large pinch of salt, cook 5 min.
3. Add garlic and saute for 1 min; add flour and mix.
4. Pour in vegetable broth and increase heat to medium-high, stir and allow to thicken for about 5 min.
5. Once thickened, add the milk and combine.
6. Add in carrot and broccoli, bring to a boil; let cook for 10 minutes or until broccoli is tender.
7. Add in cheese, reserving about 1/4 cup to top the soups.
8. Season with onion powder and salt & pepper to taste. Top with reserved cheese & some croutons.

NOTES

1. Using a block instead of preshredded is key. Preshredded is often coated which either will thicken the soup, or restrict how well the cheese melts.



TOMATO SOUP

INGREDIENTS

- 1.5lbs roma tomato
- 1lbs cherry or grape tomato
- 1 carrot
- 4 cloves garlic
- 2tbsp oil
- 3 cups chicken broth (Note 1)
- 1tbsp onion powder
- 1/2 cup basil
- 1/4 cup cream
- 4tbsp blended cottage cheese (Note 2)

DIRECTIONS

1. Preheat oven to 400°F.
2. Halve roma tomatoes, peel and cut carrot into 1" slices; peel garlic.
3. Arrange tomatoes cut side up in a casserole dish with carrots, garlic, and cherry tomatoes.
4. Drizzle with oil, sprinkle with kosher salt, and bake for 25-30 minutes until tomatoes shrivel slightly.
5. Transfer to a soup pot over medium heat, add broth, and simmer for 10 minutes until carrots soften.
6. Stir in onion powder and salt.
7. In a blender, blend partially, then add basil and cream, blending until smooth.
8. Pour & serve topped with 1 tbsp blended cottage cheese.

NOTES

1. You can also use vegetable broth.
2. This is optional but adds a nice thickness & creaminess when eating the soup.





FRENCH ONION SOUP

INGREDIENTS

- 2 spanish (or vidalia) onions
- 3 large yellow onions
- 2tbsp oil
- 3 cloves garlic
- 1/2 cup dry white wine
- 4tbsp salted butter
- 1/4 cup flour
- 1tsp dried thyme
- 1/2tsp dried rosemary
- 1tbsp onion powder
- 6 cups beef broth
- 1tsp beef broth powder
- 2 bay leaves
- 1 1/2 cup gruyere cheese (Note 1)
- 1/2 stale baguette (Note 2)

DIRECTIONS

1. Thinly slice onion from top to tail (Note 3); place in a large pot with oil over low heat.
2. Cook onions until caramelized (Note 4). When done, add garlic - cook 1 min.
3. Turn heat to medium; pour in wine and let cook until reduced.
4. Add butter; once melted, stir in flour.
5. Mix in thyme, rosemary, and onion powder - pour in beef broth 1 cup at a time.
6. Add broth powder and bay leaves, mix. Turn heat to medium-low & simmer 15-20. Taste for salt & pepper.
7. Preheat oven on broil; shred cheese and cut baguette into 3/4" slices.
8. Pour soup into oven safe bowls, place 2 slices of baguette and top with shredded cheese.
9. Put into oven and cook for 5 min or until cheese is bubbling & golden.

NOTES

1. You can use swiss cheese, but the classic and better cheese for this (in my opinion lol), is gruyere.
2. You want it to be stale or at least semi-dried out, fresh bread will absorb too much soup.
3. Top to tail is important - believe it or not, the texture of caramelized onions is completely dependent on the way they're cut!
4. This can be a lengthy process.. patience is key! Real caramelized onions take a long time, for the pictured soup - mine cooked for 3 hours.



ONLY 1 POT



6 SERVINGS



60 MIN



BUTTERNUT SQUASH SOUP

INGREDIENTS

- 2 medium butternut squash
- 1 1/2 tbsp fresh sage
- 1 large yellow onion
- 4-5 cloves of garlic
- 4 tbsp salted butter
- 1 900ml carton of vegetable broth
- 2 cups chicken broth
- 1/4 maple syrup

DIRECTIONS

1. Peel and cut squash into 1" pieces; chop onion and roughly chop garlic.
2. In a large pot over medium heat, cook butter and onion until browned (5 min), then add garlic for 1 min.
3. Add squash, sage, and both broths; simmer for 30-40 min (Note 1).
4. Check squash for tenderness; if ready, blend until smooth (Note 2).
5. Return to pot, stir in maple syrup, and add salt to taste.

NOTES

1. Reduce to medium-low if soup boils over.
2. An immersion blender works, but a regular blender gives a smoother texture.

CORN SALAD



INGREDIENTS

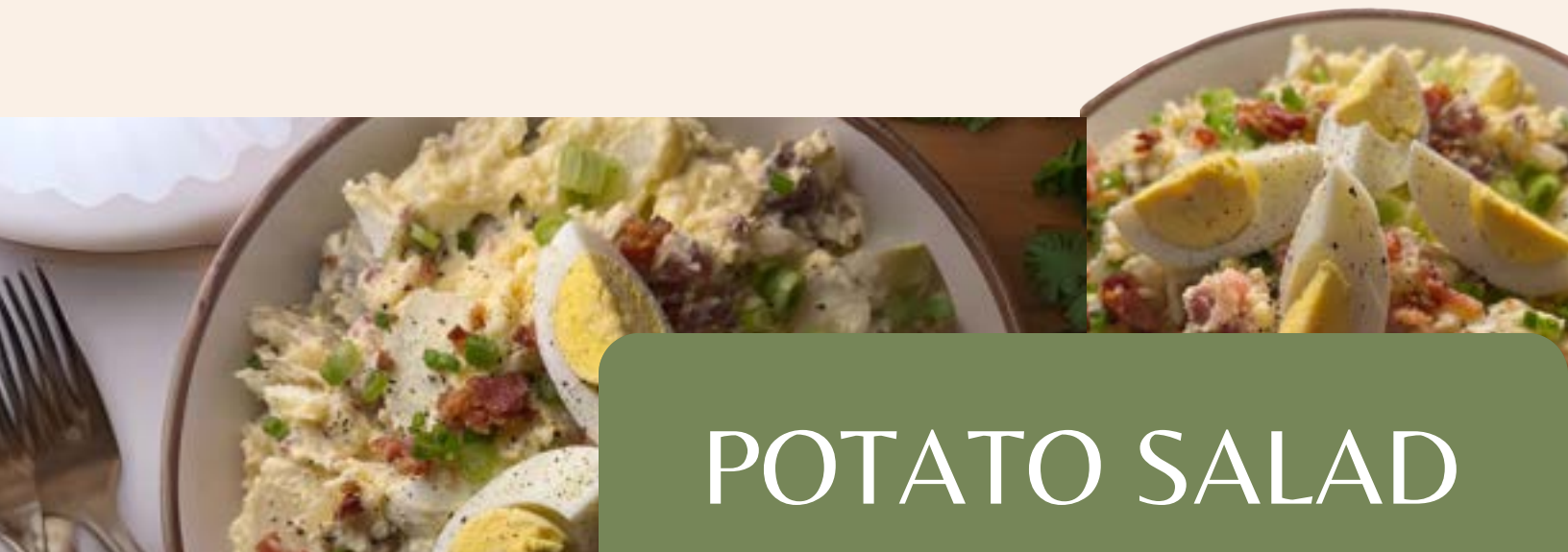
- 2 1/2 cups frozen corn
- 2 baby cucumbers (Note 1)
- 1/4 cup red onion
- 2tbsp fresh chives
- 1 avocado
- 1tbsp fresh lemon juice
- 1-2tbsp soy sauce
- 1/3 cup crumbled feta

DIRECTIONS

1. In a microwave safe bowl, defrost your corn (Note 2).
2. While corn is defrosting, dice cucumber, red onion, and avocado; finely cut chives
3. To the corn bowl, add your chopped ingredient.
4. Squeeze in lemon, add soy sauce, and crumble in feta.
5. Season with salt to taste.

NOTES

1. If you don't have baby cucumbers, it equals to about 1 cup of diced cucumber.
2. You don't want your corn to be hot, just defrosted. Alternatively, you could run the corn under cold water in a strainer for about 5 minutes while you cut your veggies.



POTATO SALAD

INGREDIENTS

- | | | |
|------------------------|----------------------|-------------------------|
| • 5 yellow potatoes | • 1 green onion | • 1-2tbsp dijon mustard |
| • 4 large eggs | • Olive oil | • 1tbsp onion powder |
| • 6 slices bacon | • 1/2 cup mayonaise | • 2tsp mustard powder |
| • 1/4 of a white onion | • 1/4 cup sour cream | |

DIRECTIONS

1. Preheat oven to 400F.
2. Wash and dry potatoes (Note 1). Pierce with a fork, microwave 4 minutes on each side. Drizzle with oil & salt, wrap in foil, and bake for 20-30 minutes until tender.
3. Place eggs in a pot filled with cold water; bring to a boil then reduce heat, and cook for 11 minutes. Cook bacon in a pan until crispy.
4. Cool potatoes, eggs, and bacon in the fridge for 1 hour.
5. Cut potatoes into 1" cubes, roughly chop eggs and bacon (Note 2), and finely dice white onion.
6. Combine all chopped ingredients in a bowl with mayo, sour cream, white onion, dijon, and seasonings (Onion powder, mustard powder, and salt). Mix well, taste for salt, and top with sliced green onion (Note 3).

NOTES

1. Keep the skin on the potatoes, after they've cooked in the oven, it helps hold their shape when being mixed around.
2. You can designate 1 egg to slice into quarters if you want your salad to look like the one pictured, you can also set aside about 2tbsp of chopped bacon to top.
3. Like mentioned in Note 2 - if you reserved egg and bacon, you can add these on top in the final step.



TACO SALAD

INGREDIENTS

- 1tbsp oil (Note 1)
- 1lbs extra lean ground beef
- 1 pack taco seasoning (Note 2)
- 1/3 cup water
- 1 1/2 cup blended cottage cheese
- 1/2 cup salsa
- 1 cup corn
- 1 cup cucumber
- 3/4 cup shredded cheese
- Lettuce & toppings of choice (Note 3)

NOTES

1. If using extra lean ground beef, use the oil - for lean or medium no need.
2. I like the Cholula original taco blend.
3. This is a super easy & customizable recipe, I used a spring mix lettuce, for toppings you can get creative:
 - a. Quinoa
 - b. Brown or White rice
 - c. Tomato
 - d. Avocado
 - e. Tortilla strips or crushed chips
4. Possibilities are endless and its a great meal prep.



HIGH PROTEIN



MEAL PREP



15 MIN

DIRECTIONS

1. In a pan over medium-high heat, cook your ground beef; add 3/4 of the taco seasoning pack, add water and cook until reduced. Remove from pan & cool.
2. In a small bowl, mix the blended cottage cheese with the salsa & the remaining taco seasoning.
3. Chop and dice your lettuce and vegetable toppings.
4. Store ingredients separately, or preassemble salads into containers.
5. If eating right away, start with lettuce, add ground beef & toppings, dollop cottage cheese mixture & serve!



Sides

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Mashed Potatoes Pg 18

Sweet Potato Mash Pg 18

Maple Bacon Brussel Sprouts Pg 19

Guacamole Pg 20

Baked Mac n' Cheese Pg 21

Honey Garlic Green Beans Pg 21



BALSAMIC FRIES

INGREDIENTS

- 4 potatoes
- 2tbsp oil
- 2tsp onion powder
- Salt & pepper
- Balsamic reduction (Note 1)
- Garlic aioli (Note 2)

DIRECTIONS

1. Preheat oven to 425F.
2. Peel potatoes and cut into strips, add to a medium bowl of cold water for 10 min.
3. Remove potatoes from water and pat dry; dry bowl.
4. Add potatoes back to bowl and toss with oil, onion powder, and salt & pepper to taste.
5. Place on parchment lined baking sheet, bake 10 min, flip, then bake another 15 (Note 3).

NOTES

1. Balsamic reduction recipe on page 8.
2. Garlic aioli recipe on page 8.
3. If you like your fries crispy, you can keep them in as long (or as little) as preferred.





ONLY 1 POT



3 SERVINGS



20 MIN

MASHED POTATOES

INGREDIENTS

- 4 large yellow potatoes
- 2 cloves garlic
- 3 tbsp butter
- 2 tsp dried rosemary
- 2 tbsp sour cream
- Salt & Pepper

DIRECTIONS

1. Peel and cut potatoes; slice garlic.
2. Boil potatoes, garlic, pepper, and salt in a pot covered with water (Note 1).
3. Strain when tender (about 15 min) and return to pot.
4. Add butter, cover to melt.
5. Mix in sour cream and rosemary, mash, and adjust seasoning (Note 2).

NOTES

1. Heavily salt the water - boiling the ingredients with the potatoes infuses flavour.
2. This is a base recipe, I like to do variations like "Loaded mash", add green onion, cheddar & bacon or anything else, like different herbs.
3. The mesh strainer is important so you don't strain out the garlic or pepper.

SWEET POTATO MASH

INGREDIENTS

- 3 large sweet potatoes
- 3tbsp oil
- 2tbsp salted butter
- Salt & pepper

DIRECTIONS

1. Preheat oven to 425F.
2. Wash sweet potatoes and pat dry & pierce with a fork; in tinfoil, individually wrap each potato with 1tbsp of oil and salt.
3. Bake for 40-45 minutes or until fork tender.
4. Allow to cool slightly; peel and add to a bowl, add butter, salt & pepper and mash until smooth.

MAPLE BACON BRUSSEL SPROUTS



4 SERVINGS



25 MIN

INGREDIENTS

- 3 cups brussel sprouts
- 4 slices bacon
- 1 tbsp butter
- 2 cloves garlic
- 3 tbsp maple syrup
- 2 tbsp bacon grease.

DIRECTIONS

1. Halve large sprouts, leave small ones whole; chop garlic.
2. Microwave sprouts with a little water for 4 min.
3. Melt butter in a pan; cook bacon separately, save 2 tbsp bacon grease.
4. Sear sprouts over medium heat cut side down until golden ~5 min, add garlic and cook 1 min.
5. Reduce heat, cook 7 min.
6. Add maple syrup, cook 5 min until reduced, then add bacon grease.
7. Chop bacon, mix in, and serve.

**Serve these with a nice
steak & the mashed
potato recipe from
page 18**





NO COOK



4 SERVINGS



10 MIN



GUACAMOLE

INGREDIENTS

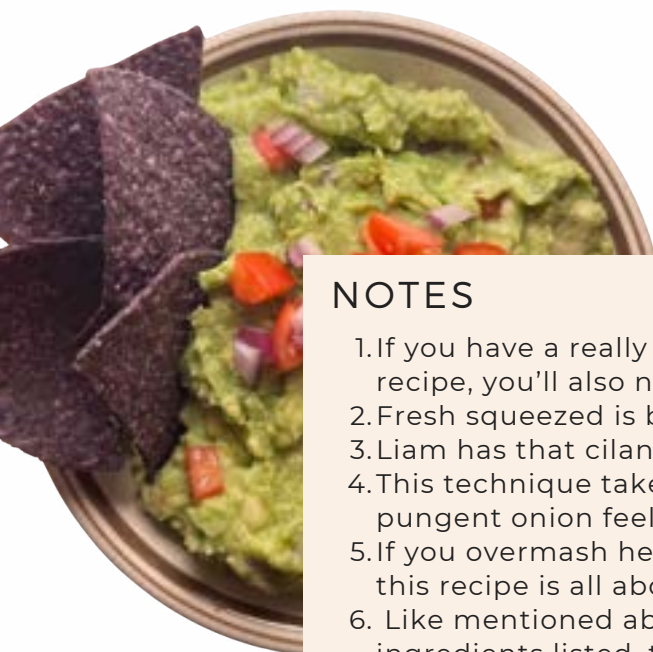
- 4 avocados
- 1/2 a roma tomato
- 1/4 red onion (Note 1)
- 1tsp cumin
- 1 1/2tbsp lime juice (Note 2)
- 1tbsp cilantro (Optional, Note 3)

DIRECTIONS

1. Dice your tomato and onion into small cubes.
2. In a small bowl, add ice and cold water; add onions into the bowl and let sit 5 min (Note 4)
3. Cut your avocados and place into a medium mixing bowl.
4. Rough mash your avocado (Note 5); add your lime juice, cumin, and a generous pinch of salt, mix.
5. Drain and pat onion dry with paper towel, into the bowl with avocado - add tomato and onion.
6. Taste, adjust to your liking (Note 6).

NOTES

1. If you have a really big onion, you can use less; you need about a 1/4 cup. For this recipe, you'll also need some ice, cold water and a small bowl - see note 4.
2. Fresh squeezed is best, if using prepackaged, start with 1tbsp and adjust.
3. Liam has that cilantro soap gene, but I very much recommend the cilantro.
4. This technique takes the 'bite' aka the spice, out of the onions, if you like a pungent onion feel free to skip this step.
5. If you overmash here, you'll end up with a super smooth guac - I like some chunks, this recipe is all about personal preference.
6. Like mentioned above - personal preference, you can add or subtract any of the ingredients listed, this is a very forgiving recipe.





BAKED MAC N' CHEESE

INGREDIENTS

- 150g smoked cheddar
- 75g gruyere
- 250g pasta
- 1 cup 2% milk
- 3/4 cup heavy cream
- 3tbsp butter
- 3tbsp flour
- 2 cloves garlic
- 2tsp onion powder
- 1/3 cup panko breadcrumb

DIRECTIONS

1. Preheat oven to 400°F.
2. Boil pasta 2 minutes less than package directions; strain and return to pot.
3. Mince garlic and grate cheeses.
4. In a saucepan, melt butter over medium heat until slightly browned. Add garlic; sauté 1 minute.
5. Whisk in flour; cook 2 minutes. Gradually whisk in milk and cream until thickened.
6. Stir in cheeses (reserve 2/3 cup), onion powder, salt, and pepper. Mix until smooth.
7. Combine sauce with pasta. Transfer to casserole dish. Top with reserved cheese and breadcrumbs.
8. Bake for 20 minutes.



2 SERVINGS



10 MIN



HONEY GARLIC GREEN BEANS

INGREDIENTS

- Handful of green beans (Note 1)
- 2 cloves garlic
- 1tbsp salted butter
- 2tbsp honey (Note 2)
- 1tbsp soy sauce

DIRECTIONS

1. Cut ends off green beans; rough chop garlic.
2. Add butter to pan over medium heat.
3. Once melted, add garlic; cook for 1 minute.
4. Add honey and stir to combine, once homogenous; add beans.
5. Add soy sauce and let simmer until sauce reduced.

NOTES

1. Listen.. I don't know how to measure green beans. My beans fit in my hand, therefore - handful of green beans.... This recipe is very forgiving, measure the beans with your heart <3
2. I used manuka, I find it has the strongest honey flavour, but, anything will work.



Pasta

Fresh Lemon Orzo Pg 23

Corn Pasta Pg 24

Gochujang Pasta Pg 24

Maple Curry Pasta Pg 25

Mushroom Pasta Pg 26

Quick Boursin Gnocchi Pg 27



FRESH LEMON ORZO

INGREDIENTS

- 1 lemon
- 2 green onions
- 1/2 small yellow onion
- 3 cloves garlic
- 300g orzo
- 1tsp oil
- 2tbsp butter
- 1/4 chicken broth
- 3/4 cup frozen peas
- 1 cup parmesan (Note 1)
- 2 cups reserved pasta water (Note 2)
- Meatball recipe from page 33

DIRECTIONS

1. Prep: zest the lemon, slice green onion, mince garlic, finely dice onion.
2. Cook your orzo according to package minus 2 minutes, reserving water.
3. In a large pan over medium heat, add your oil and sauté onion for 3 minutes, add garlic and sauté for 1 minute.
4. Add butter, once melted, add chicken broth and shake pan to emulsify.
5. Add orzo and mix, add peas (frozen), and 1 cup of the reserved pasta water, mix and cover for 2 minutes.
6. Increase heat to medium-high; add the parmesan and mix while shaking the pan (Note 3).
7. Turn off heat, add lemon zest, green onion & the juice of half the lemon - serve!

NOTES

1. The 1 cup measurement is based on a loosely package cup of microplaned fresh parm, if you use pregrated from the store this recipe may not turn out.
2. You likely won't use a whole 2 cups, but better to reserve more than not enough.
3. If you would like a thinner sauce or think it looks dry after this step, you can add more pasta water - just make sure you mix vigorously when doing so.



CORN PASTA

INGREDIENTS

- 350g pasta
- 1/2 cup pasta water
- 2tbsp butter
- 1/2 large onion
- 2 cloves garlic
- 2 cups corn
- 1tsp dijon
- 1tsp smoked paprika
- 2tsp onion powder
- 2tbsp mayonaise (Note 1)
- 2 1/2 cups chicken broth
- 100g aged cheddar
- 3/4 cup parmesan
- Chilli oil & green onion

DIRECTIONS

1. Boil pasta according to package, reserve pasta water.
2. Prep: thinly slice or dice onion, mince garlic. In a large pan over medium heat, melt butter & add onion.
3. Add garlic, cook 1 min then add in corn & cook 5 min. Add in 1 cup of broth, dijon, paprika, onion powder, and mayo; mix until combined.
4. Add corn mixture to a blender with 1/2 cup of broth, blend until smooth; return mixture to the pan.
5. Mix in pasta water, add remaining cup of broth, bring to a simmer.
6. Add cheddar & parm, mix until emulsified; add pasta & top with green onion and chilli oil!

NOTES

1. This recipe was inspired by Frankie Gaw, he said trust me about the mayo so I just have to echo that to you. When you think about it, mayo is really just oil and eggs - it makes sense!



GOCHUJANG PASTA



INGREDIENTS

- 1/2 large onion
- 3 cloves garlic
- 300g pasta
- 1tbsp butter
- 1tsp sesame oil
- 1 1/2 cup cream
- 1tsp beef broth powder
- 2tsp sugar
- 2tsp onion powder
- 2-3tbsp gochujang paste (Note 1)
- 1/2 cup shredded cheddar
- Green onion & parm

DIRECTIONS

1. Dice onion & mince garlic, boil pasta.
2. In a large pan over medium heat, add butter, sesame oil & onion, cook 5 min.
3. Add garlic, cook 1 min; pour in cream and bring to a simmer.
4. Mix in broth powder, sugar, & onion powder. Add gochujang and mix until dissolved, melt in cheese & stir.
5. Add pasta & simmer until thick & creamy; top with shredded parm & sliced green onion

NOTES

1. Gochujang is a spicy Korean pepper paste - delish!



LIAM'S
FAVOURITE



3 SERVINGS



25 MIN



MAPLE CURRY PASTA

INGREDIENTS

- 250g pasta (Fiorelli in photo)
- 1/2 small yellow onion
- 2 cloves garlic
- 3 sausages or 300g ground sausage (Note 1)
- 1tbsp any oil
- 2tbsp butter
- 2tbsp flour
- 1/3 cup maple syrup
- 1 1/2 cup milk (Note 2)
- 1 1/2tbsp curry powder
- 1tsp onion powder

DIRECTIONS

1. Cook pasta in salted water per package directions; save the pot for the sauce.
2. Slice onion and mince garlic.
3. Heat oil in a pan, decase sausages breaking into small chunks, and cook for 5 min.
4. Add onion and garlic; cook 5-7 min until sausage is cooked and onions soften. Set aside.
5. In the pasta pot, melt butter, whisk in flour, then curry powder; cook for 1 min.
6. Slowly whisk in milk until thickened; stir in maple syrup.
7. Add onion powder, salt, and pepper to taste, and serve!.

NOTES

1. I normally use whatever sausage seems interesting at the grocery... Pictured is sun dried tomato, but we've done this with mild and hot italian too.
2. You can use any milk, we used 2% but this works with skim or even with cream.

MUSHROOM PASTA



4 SERVINGS



25 MIN

INGREDIENTS

- 1 carton cremini mushrooms
- 300g ground sausage
- 1 large yellow onion
- 3 cloves garlic
- 300g rigatoni
- 1tbsp fresh sage
- 1tbsp olive oil
- 1 1/2 cup heavy cream
- 1tbsp beef broth powder
- 2tbsp soy sauce
- 1tsp onion powder
- 1/4 cup parmesan

DIRECTIONS

1. Prep: Finely dice onion, mince sage and garlic, wash mushrooms and add to a food processor; process until nearly a paste.
2. In a medium pot, boil pasta according to package.
3. In a dry large pan over medium heat, add mushrooms; cook until moisture is removed.
4. Add oil and onion, cook until softened, then add garlic and saute 1 min; transfer mushroom, onion & garlic to a bowl.
5. In the same pan now over medium-high heat, break up sausage.
6. Once browned, add veggie mixture back to the pan with sausage; add sage and cream, simmer.
7. Add soy sauce, beef broth powder, onion powder, transfer pasta and mix.
8. Mix in parmesan, season with salt & pepper and serve!





LESS THAN 20
MIN



3 SERVINGS



15 MIN



BOURSIN GNOCCHI

INGREDIENTS

- 700g package of gnocchi
- 1 tbsp olive oil
- 2 dozen (24) cherry tomatoes
- 1 pack of boursin (Note 3)
- 3 cloves of garlic
- Salt & pepper
- 1/2 cup pasta water
- Optional - fresh herbs (basil, sage, parsley)

DIRECTIONS

1. Heat oil, kosher salt, and tomatoes in a pan over medium heat. (Note 1)
2. Cook gnocchi in salted water per package directions minus 1-2 min (Note 2). Reserve some pasta water and drain.
3. Once tomatoes blister, mash them with a spoon.
4. Lower heat, add garlic, and cook until softened.
5. Stir in reserved pasta water, then add boursin and melt.
6. Mix in gnocchi, simmer for 5 minutes until thickened.
7. Season with salt and pepper as needed.

NOTES

1. Kosher salt's large grain helps draw moisture from tomatoes for quicker breakdown.
2. Undercook gnocchi slightly; it will finish in the sauce.
3. Any Boursin works; we prefer herb & garlic.



Mains

Beef & Broccoli Pg 29

Shepherd's Pie Pg 30

Mustard Chicken Pg 31

Cowboy Casserole Pg 32

Mortadella & Swiss Panini Pg 33

Chicken Meatballs Pg 33





BEEF & BROCCOLI



4 SERVINGS



45 MIN

INGREDIENTS

- 1 1/2lbs beef
- 1tbsp baking soda
- 3 cups broccoli
- 4 cloves garlic
- 1 medium onion
- 1tbsp neutral oil
- 1 1/4 cup beef broth
- 1/4 cup soy sauce
- 1tbsp chilli crisp oil
- 1tsp onion powder
- 2tbsp cornstarch
- 1/4 cup water
- 1tbsp sesame oil
- 1 green onion (Optional)

NOTES

- 1.The technique of adding baking soda to the beef is called “Velveting”, a Chinese method to tenderize cheap or tough cuts of meat. This method does not allow the beef to sear, so don’t worry if you don’t achieve caramelized brown beef.
- 2.Any rice works, we used jasmine. Green onions are optional but add freshness.

DIRECTIONS

- 1.Slice beef thinly against the grain, in a bowl, toss with baking soda, and let sit for 30 min at room temp.
- 2.Meanwhile, chop onion into thick slices, mince garlic, and cut broccoli into bite-sized pieces.
- 3.Heat oil in a pan over medium-high heat, stir fry onions for 3 min.
- 4.Once beef is done, rinse thoroughly with water. Add beef to pan, cook until mostly browned (Note 1), then add garlic and cook for 1 min.
- 5.Add beef broth, soy sauce, chili crisp oil, and onion powder; bring to a boil, then reduce heat to medium.
- 6.Mix cornstarch and water in a cup, stir into the pan to thicken.
- 7.Remove from heat, stir in sesame oil, and garnish with green onions. Serve with rice (Note 2).



SHEPHERD'S PIE

INGREDIENTS

- 1 small yellow onion
- 4 medium yellow potatoes (Note 1)
- 1tbsp oil
- 2 cloves garlic
- 3/4lbs ground beef
- 1/2 cup corn (Note 2)
- 1/2 cup peas (Note 2)
- 1tsp onion powder
- 1 1/2tbsp flour
- 1 cup beef broth
- 1tsp beef broth powder
- 1tbsp butter
- 1/2 can creamed corn (Note 3)

DIRECTIONS

1. Preheat oven to 375°F.
2. Dice onion, chop potatoes, mince garlic, and defrost peas and corn if needed.
3. Boil potatoes in salted water until tender. Drain and set aside.
4. In a pan, heat oil and cook onions for 2 minutes. Add garlic and ground beef; cook until browned.
5. Add peas, corn, flour, and onion powder. Stir to coat. Mix broth powder with water, pour into the pan, and stir until thickened.
6. Mash potatoes with butter and salt.
7. Layer beef mixture, creamed corn, and mashed potatoes in a casserole dish. Sprinkle with paprika.
8. Bake for 20–30 minutes until golden.

NOTES

1. You could use any kind of potato, I find yellow keeps its moisture best.
2. You can use fresh or frozen, I always have a bag of peas & corn in my freezer so we use frozen.
3. The can I used was 500ml, so if your can is smaller use about a cup's worth.

MUSTARD CHICKEN



INGREDIENTS

- 3-4 chicken breasts (Butterflied or pounded thin)
- Salt & pepper
- 1tbsp onion powder
- 2tbsp butter
- 1 large onion
- 3 cloves garlic
- 1/2 cup chicken broth
- 2tbsp honey
- 1 1/2tbsp dijon mustard
- 1 1/2tbsp grainy dijon mustard
- 2/3 cup heavy cream
- 1/2 cup parmesan

DIRECTIONS

1. Prep: finely dice onion, mince garlic, and grate parmesan.
2. Season chicken with salt, pepper, and half the onion powder. Melt butter in a large pan over medium-high heat and cook chicken for 4–5 minutes per side, until it reaches 155°F. Remove from the pan and set aside.
3. In the same pan, lower the heat to medium and cook onion until softened. Add garlic and cook for 1 minute.
4. Increase heat slightly, add broth, and scrape up any browned bits from the pan. Stir in honey, both mustards, remaining onion powder, and black pepper.
5. Mix in heavy cream and parmesan until the sauce is smooth. Return chicken to the pan and cook until it reaches 165°F.
6. Serve with one of the mashed potatoes from page 18.

NOTES

1. Safe internal temp of chicken is 165, but the breasts will finish cooking later and we do not want rubbery chicken.



COWBOY CASSEROLE

INGREDIENTS

- 1 large yellow onion
- 1lbs ground beef
- 1tbsp oil
- 3 cloves garlic
- 1 cup corn
- 1tsp smoked paprika
- 1tsp chilli powder
- 2tsp onion powder
- 1 can kidney beans
- 1 3/4 cup salsa
- 1tbsp honey
- 1 cup shredded cheddar
- 1/2 jalapeno (optional)
- 1/2 cornbread recipe page 40

DIRECTIONS

1. Preheat oven to 375F.
2. Prep: dice onion, mince garlic, thaw corn, & drain beans.
3. In a large pan over medium-high heat, add oil and saute onions - cook 4-5 min.
4. Once softened, add garlic; cook 1 min. Add ground beef and cook until mostly browned.
5. Mix in corn, paprika, chilli powder, onion powder, and salt & pepper.
6. Add beans, salsa, and honey; mix then turn off heat.
7. Make half of the cornbread recipe on page 40.
8. In a large casserole dish, add beef mixture, add shredded cheddar, then top with cornbread mixture & sliced jalapeno.
9. Place in preheated oven & baked for 30-35 minutes of until cornbread is golden.

CORNBREAD BELOW IS A HALF RECIPE OF THE CORNBREAD

INGREDIENTS

- | | |
|-------------------------|-------------------------|
| • 1/2 cup corn meal | • 1/2 cup corn meal |
| • 1/2 cup flour | • 1/2 cup flour |
| • 1/4 cup brown sugar | • 1/4 cup brown sugar |
| • 1/2tbsp baking powder | • 1/2tbsp baking powder |
| • 1/2tsp baking soda | • 1/2tsp baking soda |
| • 1/4tsp salt | • 1/4tsp salt |

DIRECTIONS ON PAGE 40



10-12
MEATBALLS



20 MIN

CHICKEN MEATBALLS

INGREDIENTS

- 1lbs ground chicken
- 1/3 cup panko breadcrumbs
- 1/2tsp onion powder
- 1/4 parmesan
- Salt & Pepper

DIRECTIONS

1. Preheat oven to 400F.
2. In a medium mixing bowl, add all ingredients and mix.
3. Shape into balls (about 1 1/2tbsp) and place on a parchment lined baking sheet.
4. Bake for 10-15 min, or until internal temp of 165F.



MORTADELLA & SWISS PANINI

INGREDIENTS

- 2 slices sourdough bread
- 3 slices mortadella
- 2 slices swiss cheese
- 1tbsp mayonaise
- 1tsp grainy dijon mustard
- 1/2tbsp butter

DIRECTIONS

1. On your bread, spread mayo and grainy dijon together.
2. Layer with mortadella & swiss and put bread slices together.
3. In a pan over medium heat, add butter.
4. Once melted, place your sandwich and press firmly, cook approximately 5 min per side until golden brown & serve with soup, salad, or, on its own.



Breakfast

Cinnamon Roll Pancakes Pg 35

Egg Bites Pg 36

Breakfast Hash Pg 36

Protein Pancakes Pg 37

Eggs Benedict Pg 38



CINNAMON ROLL PANCAKES

INGREDIENTS

PANCAKE BATTER

- 2 cups all-purpose flour
- 2tsp baking powder
- 2tbsp brown sugar
- 1tsp ground cinnamon
- 2 large eggs
- 1 3/4 cup milk
- 4tbsp melted butter
- 1tsp vanilla extract
- 1/8tsp almond extract

CINNAMON SWIRL

- 1/3 cup butter, softened
- 2tbsp brown sugar
- 1tsp ground cinnamon
- 1/2tsp vanilla extract

DRIZZLE

- 150g cream cheese
- 1/4 cup heavy cream
- 1tbsp white sugar
- 1/2tsp vanilla extract

DIRECTIONS

1. In a large mixing bowl, combine flour, baking powder, sugar, and cinnamon.
2. In another mixing bowl, whisk eggs, milk, melted butter, and vanilla & almond extracts.
3. Pour wet ingredients into dry - mix until mostly combined (Note 1).
4. To make the swirl, add softened butter, brown sugar, cinnamon & vanilla and mix until combined; add mixture to a plastic bag with the tip cut off.
5. In a pan over medium-low heat, add 1/3 cup pancake batter, then squeeze a swirl of the cinnamon butter mixture (picture to the right). Repeat until all pancakes made.
6. For the drizzle, combine softened cream cheese, heavy cream, sugar, and vanilla until smooth (Note 2).
7. Stack pancakes, drizzle, and serve.



NOTES

1. Some lumps of dry batter is okay, you do not want to overmix,.
2. You can use a stand mixer or hand mixer in this step.



EGG BITES

INGREDIENTS

- 6 large eggs
- 1/3 cup milk
- 2tbsp fresh chives
- 1tsp onion powder
- 3 slices bacon
- 2/3 cup shredded cheese
- Salt & pepper

DIRECTIONS

1. Preheat oven to 350F.
2. In an unheated large pan, place bacon, once laid out, turn heat to medium and cook until crispy.
3. While bacon cooks, thinly slice chives and grease a mini muffin tin.
4. In a liquid measuring cup, place eggs, milk, onion powder, and salt & pepper.
5. Once bacon is cooked, pat down with a paper towel and finely chop.
6. Evenly pour egg mixture into muffin tins, distribute chopped bacon, cheese, and chives.
7. Bake for 10-15 minutes or until a toothpick comes out clean.



BREAKFAST HASH

INGREDIENTS

- 3 small yellow potatoes
- 1 medium sweet potato
- 1 medium yellow onion
- 3 cloves garlic
- 1/2 jalapeno
- 4 slices bacon
- 5 breakfast sausages
- 2/3 cup frozen corn
- 2/3 cup bell pepper
- 1tsp onion powder
- 2tsp smoked paprika
- 1 cup water
- 2/3 cup shredded cheese

DIRECTIONS

1. Wash and cube potatoes, dice onion, mince garlic and jalapeño, dice bell pepper, and cut sausages into 1/2" pieces.
2. Boil potatoes in salted water until tender but not fully cooked; strain and set aside.
3. Cook bacon in a large pan; remove and chop, leaving grease in the pan.
4. Over medium-high heat, cook onion and sausage for 7 minutes.
5. Add corn, bell pepper, and garlic; sauté 5 minutes. Stir in potatoes and chopped bacon.
6. Season with onion powder, smoked paprika, and water; simmer 5-10 minutes until thickened.
7. Top with cheese, cover to melt, and serve with a fried egg and more bacon.



HIGH PROTEIN



6-8 PANCAKES



25 MIN



PROTEIN PANCAKES

INGREDIENTS

PANCAKES

- 3/4 cup flour
- 1/4 cup protein powder (Note 1)
- 1tsp baking powder
- 1 1/2tbsp brown sugar
- 1 large egg
- 2/3 cup blended cottage cheese
- 1/3 cup milk
- 1/2tsp vanilla extract
- Oil spray

TOPPINGS

PB DRIZZLE

- 1/4 cup peanut butter powder
- 1tbsp honey
- 1tbsp milk

"FROSTING"

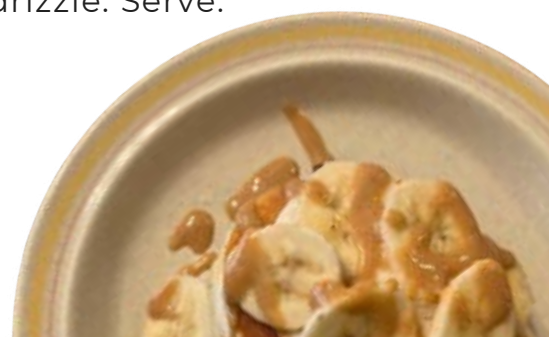
- 1/2 cup blended cottage cheese (Note 2)
- 1/2tsp vanilla extract
- 2tbsp honey
- 1-2 bananas

DIRECTIONS

1. Mix dry pancake ingredients in a large bowl and wet pancake ingredients in a medium bowl.
2. Pour wet into dry, stir to combine.
3. Heat pan over medium-low, spray with oil, and cook 1/4 cup of batter per pancake. Repeat until finished.
4. Mix drizzle and frosting ingredients in separate bowls until smooth.
5. Slice banana, stack pancakes with frosting and drizzle. Serve.

NOTES

1. If you don't have protein powder, you can use 1 full cup of flour instead.
2. I use an immersion blender straight into a new tub of cottage cheese, you can also use a regular blender.
3. You can make just the pancake batter and top with your choice of ingredients.
 - a. Plain pancakes have 12.4g protein per pancake.
 - b. Topped pancakes have 17.5g protein per pancake.





EGGS BENEDICT

INGREDIENTS

- 6 large eggs
- 2tbsp vinegar
- 3 english muffins
- 1tbsp oil
- 6-12 slices peameal bacon
- 6 slices swiss or white cheddar
- 4tbsp mayonaise
- Hollandaise (Page 7)

DIRECTIONS

1. Heat oil in a pan, fry peameal bacon.
2. Make hollandaise sauce (see recipe on page 7).
3. Boil water with vinegar in a medium pot.
4. Crack eggs into a fine mesh strainer (Note 1).
5. Lower heat, swirl water, and gently drop in eggs (Note 2). Cook each for 4 min.
6. Toast halved English muffins while eggs cook.
7. Assemble: spread mayo, add cheese, bacon, poached egg, and top with hollandaise.

NOTES

1. Straining gets rid of the thin egg white for a rounder poached egg.
2. I cook about 2 eggs at a time so the temperature of the water doesn't drop significantly.

Baked Goods & Dessert

Cornbread Pg 40

Granola Pg 41

Toffee Apple Crisp Pg 42

Protein PB Balls Pg 43

Bread Pudding Pg 44



CORNBREAD

INGREDIENTS

- 1 cup corn meal
- 1 cup flour
- 1/2 cup brown sugar
- 1tbsp baking powder
- 1tsp baking soda
- 1/2tsp salt
- 1/4 cup butter (melted)
- 1 cup buttermilk (Note 1)
- 2 eggs
- 1/4 cup honey
- 1/4 cup milk

DIRECTIONS

1. Preheat oven to 350F.
2. In a medium/large mixing bowl, combine dry ingredients; corn meal, flour, brown sugar, baking powder, baking soda, & salt.
3. In a small mixing bowl, combine wet ingredients (except for honey & regular milk); melted butter, buttermilk & eggs.
4. Slowly pour the wet ingredients to the dry, whisking as you pour. Mix until well combined but do not overmix - some lumps are okay.
5. Grease a square casserole dish and pour in the batter.
6. Place in the oven and bake for 30-40 minutes of until a toothpick comes out clean.
7. Allow to cool for about 5 minutes.
8. Once briefly cooled, evenly pour milk on top of corn bread, allow to sit until soaked in.
9. Once milk is soaked in and there is none sitting on top of the cornbread, drizzle on the honey, allow to soak in also.
10. While in the baking dish, cut into squares then serve!

NOTES

1. If you do not have buttermilk, you can add 1tsp of lemon juice to regular milk & allow to slightly sour for 5 min before adding in.
2. This recipe is used to top the cowboy casserole, but that recipe only uses half and cooks at a different temperature; make sure you follow the instructions given on the particular recipe page you are making.



GRANOLA



INGREDIENTS

- 2 cups large flake oats
- 1/3 cup shredded coconut
- 2tbsp slivered almonds
- 1/3 cup chopped pistachios
- 3/4 cup cashews
- 1/3 cup currants
- 1tsp vanilla extract
- 1/2tsp almond extract
- 1/3 cup maple syrup
- 1/3 cup chocolate chips
- 1/4 cup honey
- Salt
- 1tsp cinnamon
- 1tbsp oil

DIRECTIONS

1. Preheat oven to 350F.
2. In a large mixing bowl, mix together oats, coconut, almonds, pistachios, cashews, & currants.
3. When evenly distributed, add vanilla extract, almond extract, maple syrup, honey, salt, cinnamon, & oil.
4. Mix until everything is coated.
5. Pour mixture onto a parchment lined baking sheet.
6. Place in oven and bake for 35-40 minutes or until deeply golden (Note 1).
7. Remove from oven, allow to cool for 15 minutes; top with chocolate chips and let cool completely.
8. Once cooled, break up granola & store in air tight container.

NOTES

1. The granola will still be soft to the touch, but once deeply golden - its done! As it cools, it will stiffen & become crunchy.
2. This recipe is customizable, keep to the amounts and adjust to your liking!



TOFFEE APPLE CRISP

INGREDIENTS

- 6-8 honeycrisp apples (Note 1)
- 2tbsp butter
- 2tbsp lemon juice
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1/4tsp salt
- 1tsp pumpkin pie spice
- 1/2tbsp cinnamon
- 2tbsp flour
- 2tbsp cornstarch
- 1/2 cup skor/toffee bits (Note 2)

STREUSEL

- 1/4 cup melted butter
- 2tbsp brown sugar
- 1/2tsp vanilla extract
- 2/3 cup flour
- 1/2tsp cinnamon

OAT CRUMBLE

- 1/4 cup melted butter
- 1/2 cup large flake oat
- 1/2 cup flour
- 1tsp vanilla extract
- 1/2tsp cinnamon

DIRECTIONS

1. Preheat oven to 375°F.
2. Peel and cut apples (half thinly sliced, half cubed).
3. In a pot over low heat, melt butter, then add apples, lemon juice, white and brown sugar, salt, pumpkin pie spice, cinnamon, and flour. Mix well and cook uncovered for 20 minutes.
4. Stir in cornstarch, increase heat slightly, and cook for 10 minutes until the liquid thickens and apples are soft. Remove from heat, stir in skor bits, and transfer to a casserole dish.
5. In a bowl, combine streusel ingredients: melted butter, brown sugar, vanilla extract, flour, and cinnamon (Note 3: aim for large crumbles). Add on top of the apples.
6. Repeat for the oat crumble, then sprinkle with skor bits.
7. Bake for 25–30 minutes until golden. Cool for 10 minutes, top with more skor bits, and serve!

NOTES

1. The amount of apples depends on their size, I used 8 small honeycrisps.
2. Skor bits are basically just crushed toffee bits.
3. If your streusel or oat crumble seem a bit too liquidy or like they aren't producing large crumbles, add in flour 1tbsp at a time.



HIGH PROTEIN



10-12 PB BALLS



15 MIN



PROTEIN PB BALLS

INGREDIENTS

- 1 cup peanut butter powder (Note 1)
- 1/2 cup greek yogurt or blended cottage cheese (Note 2)
- 1tsp vanilla extract
- 1tbsp sugar (Note 3)
- 85g dark or semisweet chocolate
- 1tsp coconut oil
- Sea salt

Each ball is 4-6.5g of protein based on a count of 10

DIRECTIONS

1. In a bowl, mix PB powder, yogurt or cottage cheese, vanilla, and sugar until a thick, crumbly dough forms (Note 4).
2. Knead the dough slightly, roll into a 1" log, cut into portions, and shape into balls. Place on a parchment-lined plate and freeze.
3. Melt chocolate with coconut oil in 15-second intervals, stirring until smooth.
4. Dip frozen balls in chocolate using a fork or skewer, place back on the plate, and sprinkle with sea salt while still wet. Enjoy!

NOTES

1. I use the PB&Me no sugar added powder, you can also substitute 1/4 cup of PB powder for protein powder.
2. You'll get a tiny bit more protein from using cottage cheese, but make sure you blend it before using or this won't work.
3. You can use alternate sugars & sweeteners. If you'd like to use a liquid sweetener, use 7tbsp yogurt or cottage cheese & 1tbsp sweetener.
4. I use a hand mixer with dough hooks attached and mix until the crumbles form, using a fork lengthens the process.
5. This recipe was inspired by In the Raw's peanut butter balls here in NS.

BREAD PUDDING



INGREDIENTS

- 600-700g french loaf or sourdough bread (approx 5-6 cups)
- 5 large eggs
- 3/4 cup heavy cream
- 1 cup milk (1% or 2%)
- 1/2 cup melted butter
- 1 1/2tsp vanilla extract
- 1/2tsp almond extract
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 2tsp cinnamon
- 1/4tsp salt
- 1 1/2tbsp bourbon or brandy (Note 1)
- 1/4 cup heavy cream (Note 2)

DIRECTIONS

1. Cut bread into 1" cubes and place in a large lidded casserole dish (Note 3).
2. Melt butter in a microwave-safe bowl and let it cool while completing the below.
3. In a large mixing bowl, whisk together eggs, heavy cream, milk, vanilla and almond extracts, white and brown sugar, cinnamon, and salt. Mix until fully combined.
4. Stir in the cooled butter, then add bourbon or brandy. Pour the mixture over the bread, ensuring all cubes are well coated. Cover and refrigerate for 2 to 4 hours.
5. Preheat oven to 350°F. Bake the dish uncovered for 40–60 minutes, or until a toothpick inserted into the center comes out clean & top is golden (Note 4).
6. Let cool slightly, pour 1/4 cup heavy cream over the top, drizzle with caramel, and serve!

NOTES

1. Depending on what you use, it will alter the flavour - I did brandy because I had it on hand, but bourbon would be lovely.
2. You will pour this on top once the pudding is done baking, it'll make sure it keeps moist. You can also while it is still warm drizzle on the caramel from page 49.
3. The dish I used was a deep 3 litre capacity corning ware casserole dish - you could also use a lasagna dish approx 11x8, cover with tinfoil when placing in the fridge, and adjust cook time by taking off 10-15 min.
4. I used a long kebab skewer, by "clean" it's meant that it comes out without looking like there is wetness.



Drinks & Syrups

Sangria Pg 46

Margarita Pg 47

Orange Syrup Pg 47

Hot Chocolate Pg 48

Caramel Syrup Pg 49

Chocolate Syrup Pg 49



CITRUS SANGRIA

INGREDIENTS

- 1 bottle Nova 7 (Note 1)
- 1/3 cup peach schnapps
- 1/3 cup brandy
- 1/4 cup orange syrup
- 1/2 lemon, sliced
- 1 lime, sliced
- 1/2 navel orange, sliced
- 1/2 navel orange, juiced
- 500ml sparkling water

DIRECTIONS

1. Slice your orange, lime and lemon.
2. In a large pitcher - add in the bottle of wine, peach schnapps, brandy, orange syrup, and orange juice; stir.
3. Drop in your sliced citrus (Note 2), pour in sparkling water, fill with ice, and gently stir.
4. Fill a glass with ice, pour sangria and enjoy!

NOTES

1. You can use any wine here, I like Nova 7 for its sweetness and slight fizz. I would recommend a white, rose, or orange wine as a red would likely overpower.
2. You can reserve some of your sliced citrus for garnish - or use tongs to grab some from the pitcher when serving.

The orange syrup in this recipe can be found on page



MARGARITA

INGREDIENTS

- 1 1/2oz tequila of choice
- 1oz orange syrup (Recipe below)
- 1oz freshly squeezed lime juice (About 2-3 small limes)
- Sugar or Salt
- Zest of 1 lime

NOTES

1. This is great with non-alcoholic tequila too - I like the ISH brand.

DIRECTIONS

1. Make the orange syrup recipe below - allow to cool completely before using.
2. Zest the lime and place the zest between paper towel; place something heavy on it. Juice the lime.
3. In a small bowl, mix either salt or sugar with the dried zest.
4. Rub lime on the edge of a glass, roll into zest mixture, add ice to cup & place in freezer.
5. In a shaker, add ice, tequila, orange syrup, pour into cooled glass.
6. Top with wedge or slice of lime & enjoy!



ORANGE SYRUP

INGREDIENTS

- 1 cup water
- 1 cup granulate sugar
- 1 orange

DIRECTIONS

1. In a small saucepan over medium heat, add water and sugar and let dissolve.
2. Turn heat to low and zest the entire orange into the pot, cook for 2 minutes.
3. Add the juice of the whole orange and mix. Strain zest if you'd like - I keep it.

HOT CHOCOLATE

INGREDIENTS

- 3 cups 2% milk
- 1 1/2 cup heavy cream
- 1/3 cup granulated sugar
- 1/2 cup cocoa powder
- 1/2 cup milk chocolate chips
- 1/2 cup semi sweet chocolate chips (Note 1)

DIRECTIONS

1. In a pot over medium-low heat, add in milk, cream, and granulated sugar.
2. Once sugar is dissolved, add cocoa powder and whisk.
3. Add both chocolates and whisk until combined.
4. Turn heat to medium and allow to simmer for 5 minutes.
5. Top with whipped cream and chocolate.

STABILIZED WHIPPED CREAM

- 1/2 cup heavy cream
- 1/2tbsp custard powder
- 1/2tsp vanilla extract
- 2tbsp powdered or granulated sugar

DIRECTIONS

1. In a medium bowl, add custard powder and mix with heavy cream.
2. Once combined, add vanilla extract & sugar.
3. Using a hand mixer, mix until stiff peaks form.

NOTES

1. You could also use unsweetened, dark, or white chocolate - adjust to your liking!





CARAMEL SYRUP

INGREDIENTS

- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1/2 cup heavy cream
- 2tbsp butter
- 1/2tsp salt
- 1tsp vanilla extract

DIRECTIONS

1. In a small sauce pan over low heat, add your brown and white sugar; let sit until sugar melts (about 7 min).
2. Once sugar is melted, add your heavy cream (Note 1 & 2) and whisk.
3. When fully combined, add butter and whisk again.
4. Turn off heat, mix in salt and vanilla extract.

NOTES

1. The mixture will bubble and boil up to the top, don't worry this is normal just keep whisking.
2. The sugar may look like it is not combining depending on the temperature of your cream. If it looks separated that is okay - just keep whisking and it will combine.



CHOCOLATE SYRUP

INGREDIENTS

- 1 cup water
- 1 cup sugar
- 1/2 cup cocoa powder
- 1tsp vanilla
- 1/4tsp salt
- 1tsp cornstarch
- 1tbsp water

DIRECTIONS

1. In a small sauce pan over medium heat, add water and sugar, let simmer until dissolved.
2. Sift in cocoa powder to avoid lumps and whisk to combine, let this mixture simmer for about 2 minutes.
3. Add vanilla and salt and mix. In a small cup, mix the cornstarch with the tablespoon of water; add to the pot and whisk.
4. Increase heat slightly and simmer for 3-5 minutes until thickened.



A Taste of My Kitchen

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