

Phinicky's Caesar Salad - Russ Garrett - ICBC

This month's ingredient - Garlic! - was a challenge, as I use it in almost everything! I settled on Caesar Salad as garlic is the key ingredient.

Ingredients:

½ tsp Salt

½ tsp pepper corns

1 tsp of mustard seeds

2 garlic cloves + 1 clove to cut & rub into your wooden bowl

2 anchovy filets

1tsp of Worcestershire sauce

2 Tbsp Red Wine Vinegar

Juice from one lemon

1 coddled egg (pour boiling water over the egg for one minute, then crack and use what is not cooked, a little of the cooked white may fall out – no worries)

175 ml (3/4 cup) of good olive oil

1 head of Romaine lettuce

Directions

Pestel and mortar the Garlic, Anchovies, Mustard Seed, Pepper corns, Salt into a paste:



Mix in the Red Wine, Worcestershire, and Lemon juice,.

At this point you should have roughly 75mls (2 ounces of liquid)

Using a 1:4 ratio of liquid to Oil, which in this case will include the egg, top up to 250 ml or one full cup by adding the egg and enough olive oil. You can add more olive oil to taste if it is too tart.

Cut the last clove of Garlic in half and rub really firmly into your wooden bowl, add the lettuce, and then enough dressing to lightly coat the lettuce.

Don't overdue the dressing, I find it is enough for two heads of Romaine, or more. I will freeze the dressing that I don't use for a later date.

Garlic Tricks !

Ever wonder what to do with those bundles of Garlic. Especially the local fresh stuff that is seasonal?

I peel it and almost puree it with a little white wine and olive oil and freeze it in Ice cube trays for future use:



Recipe: Jen Greefhorst - Capilano University

French Onion Soup with Garlic Prime Rib & Barley

Method:

Simmer the bones and some of the meat of a leftover garlic prime rib in a medium sized pot of water for a few hours over the afternoon. Add 1/4 cup of barley. Or buy some beef shank with bone to simmer if you don't have left over prime rib.

In a frying pan using olive oil, fry up 3 large onions until golden. In the last few minutes add more minced garlic add it later so it doesn't burn. Set onions aside and relax.

About an hour before serving add 1/4 cup of dehydrated veg flakes and all the gorgeous brown onions. Let the flavours meld together while the beef bones continue to release flavor. Just before serving pull out all meat and shred it. Remove the bone and serve. Put the meat back in the pot.

Pair with a bold Cabernet or a cheeky shiraz. Can serve with oven toasted sourdough covered with a creamy havarti cheese if you have some on hand.

Jen Greefhorst

Clerk 1

Capilano University

Tom David - BC Hydro

Ginger garlic baked mussels

Good fresh mussels

Oil

1 knob ginger

1 head garlic

Butter

Cilantro

Salt and pepper

Make it easy. Get fresh mussels ready for baking that are in their half-shell. If frozen, thaw properly. Clean. Debeard. Yes. There is such a word. And yes, mussels have nicer beards than I do. Debearding is rough. Be gentle.

Drain. Arrange mussels on a cookie sheet facing up.

Slice fresh ginger to thin rounds. Slice it again lengthwise as fine as possible. You'll end up with ginger sliced like tiny cut threads.

Prepare the garlic. Peel and chop them coarsely. Chop them evenly as possible to minimize uneven roasting.

On medium, heat about a half cup of oil. Oil should be just passed warm or mildly hot – not smoking hot.

Drop all the ginger threads in oil. Then drop the chopped garlic immediately after.

Focus. Don't do the laundry. Don't wash the dishes. Keep an eye on your garlic. Garlic burns easily.

Stir the garlic and ginger from time to time. Stirring will keep you from getting distracted by your phone and helps cook garlic evenly.

When lightly golden, remove the pan from the heat. Do a quick stir to cool it down. Garlic will continue to brown in the hot oil. Don't worry about ginger. Ginger is fine.

Relax. You've done the hardest part. Congratulate yourself.

Go back to your mussels. Add a good amount of butter on top. Top each mussel with the nicely toasted garlic and ginger threads. Don't forget the cilantro. Chop enough and sprinkle a few on each mussel. Season with salt and pepper.

You're ready. Bake the mussels in 350F for about 10 to 12 minutes.

Pull out the tray. It's hot. Squeeze lime on the mussels. Open your windows and let your neighbours drool.



"MAY'S WINNER"
Thelma Rodriguez - Community Savings
Ingredient for May is: GARLIC !!

LET'S CELEBRATE CINCO DE MAYO WITH A YUMMY GUACAMOLE !! *This easy guacamole recipe will take you less than 5 minutes to make. It is super simple, healthy, and so delicious. I promise you that anyone can make this!*

WHY THIS GUACAMOLE RECIPE IS THE BEST EVER???

1. It takes less than 5 minutes to make.
2. You only dirty 1 bowl, 1 fork, a knife, and a cutting board. Do you see where I'm going with this? No dishes! Almost.
3. It's creamy and delicious.
4. What you eat it with is often crunchy. Tortilla chips = awesome and guac lets you eat more chips. Extra awesomeness going on here.
5. There's really no right or wrong way of making it. So long as you have an avocado you can have guacamole.
6. It's super yummy and good for you healthy.

Ingredientes

3 Medium Avocados, Peeled, pitted and mashed.

2 small Tomatoes (deseeded and diced)

½ cup diced Onion (red or white)

2 table spoons fresh cilantro

½ teaspoon Pressed Garlic

½ teaspoon sea salt

¼ teaspoon black pepper (freshly ground)

½ teaspoon sea salt

½ lime (freshly squeezed)

Optional – you can add some jalapeno to make it spicy !!

Cheryl Murray - ICBC



MoveUP Monthly Ingredient Recipe – May – Garlic

Brie Cheese Wheel, garlic

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(Name)
(Employer)

Cheryl's appie creation



[Click here to add instructions.]

Put whole cloves of garlic (as many as you want depending on how garlicky you like your food). Put on oven sheet and bake @ 350 until cheese melts. (You can microwave it also, but it takes and looks better coming from the oven). Spread on your favourite cracker and/or chip. Enjoy!

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Alycia Guile - UAPICBC
Garlic Spinach Israeli Couscous Bowl

Ingredients:

1 cup Israeli Couscous
2-3 cups spinach
20 cherry tomatoes
2 Persian cucumbers (1 regular works too)
1 tub mini bocconcini
½ bunch of cilantro OR parsley (preference)
1 tbsp. white wine vinegar
2 tbsp. vegetable oil
½ lemon juice
3-4 cloves garlic
Salt and pepper to taste
Pinch of white sugar
1-2 tbsp. butter



Directions:

Cook Israeli Couscous to directions on package (Note: if you can't find Israeli Couscous in your local store, Amazon sells it). While Couscous cooks, melt butter in medium-large pan on medium heat. When melted, add 1-2 cloves of minced garlic (Garlic press works best if you have it!) Sauté garlic for 3-4 minutes, stirring occasionally. While garlic simmers, cut cherry tomatoes in half. Then, add spinach and tomatoes to the simmering garlic. Cover, and stir occasionally for 5-6 minutes, until spinach is fully wilted. While the spinach and Couscous cook, whisk your white wine vinegar, vegetable oil, sugar, ½ your lemon juice, and 1-2 cloves of minced garlic. Then cut up your cucumbers and half your cilantro (or parsley), add it to your marinade, stir well so that cucumbers are fully coated. Then, rinse your bocconcini and add it to the cucumbers and marinade, stir well. Add salt and pepper to taste. Once your Couscous is cooked, split it between 2 plates. Squeeze the remaining lemon juice over your Couscous, then split the sautéed spinach and tomato between the 2 plates. Garnish with marinated cucumbers and bocconcini (drip any remaining marinade over the Couscous!). Top with remaining cilantro or parsley and enjoy!

Rachel Szoladi - ICBC



Garlic Pork Chops in Creamy Mushroom Sauce

★★★★★

Entrees

Prep Time: 5 min **Cook Time:** 15 min **Difficulty:** Easy **Servings:** 4 servings **Source:** Eatwell101.com

INGREDIENTS

Creamy mushroom sauce

4 pork chops, bone-in or boneless (about 1 inch thick)

1 teaspoon paprika

1 teaspoon garlic powder

salt and fresh cracked black pepper, to taste

2 tablespoons butter

2 tablespoons olive oil

for the mushroom sauce

1 cup sliced brown mushrooms

4 to 5 garlic cloves, crushed

1 teaspoon Italian seasoning

1 and **1/2** cups heavy cream

1/2 cup chicken broth

1 tablespoon fresh chopped parsley

salt and pepper to taste

DIRECTIONS

To make the garlic pork chops: combine paprika, garlic powder, salt and pepper in a small bowl. Pat the pork chops dry with kitchen paper then season generously with the spice mix. Heat olive oil and butter in a skillet over medium-high until butter is melted

Sear the pork chops for 3 to 5 minutes per side until well browned on both sides. Transfer the pork chops to a warm plate and set aside

In the same skillet, add the mushrooms and stir fry until golden brown, scraping up any bits left over from the chops

Add garlic, parsley and Italian seasoning then stir-fry for another 30 seconds before pouring in the broth. Add the cream, give a good stir then allow simmering for 3 to 4 minutes until slightly thickened and adjust seasoning if needed

Place pork chops and their juices back into the sauce and allowed to simmer for 2 to 3 minutes, or until the pork chops are cooked to your liking. Garnish with remaining fresh parsley and serve the garlic pork chops in creamy mushroom sauce immediately with cauliflower rice, zucchini noodles, or pasta.

Robin Myck - CCCU

Garlic Salsa

Ingredients

8 cups boiled and PEELED and chopped tomatoes

4 cups finely chopped/diced peppers (different colours)

2 medium onions chopped/diced

1 cup of spicy peppers (jalapeño or habanero or...)

1/2 Cup of apple cider vinegar

4 cloves of garlic

1 can of tomato paste (most important!)

2 tsp brown sugar

1 tsp salt ...and I always add a packet of taco seasoning for a little southwest flavor zip!

Directions

Mix it all together and simmer for an hour or until your eyeballs fall out.... then can.

Ruwani Dadallage – ICBC

Sri Lankan Garlic Curry

Serves 4 as a side dish

This is a popular side dish in Sri Lankan cuisine, and a family favourite. It is typically eaten with rice and other side dishes. It is easy to make and the ingredients can be found in local South Asian grocery stores. Ditch the Maldiv fish for a vegetarian/vegan option. Add more chillies and chilli pepper for a spicier version. I always add extra curry leaves. I hope you love this dish as much as I do. If you do end up making it, let me know!

Ingredients:

- 2 whole garlic bulbs
- 2 tbsp oil
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp turmeric powder
- ½ tsp chilli powder
- 1 tsp curry powder
- 1 onion, finely chopped
- 10-12 fresh curry leaves
- 1 -2 chilli peppers sliced
- 1 tsp dried Maldiv fish flakes (optional)
- 200 ml water
- 2 tbsp shredded coconut
- 200 ml coconut milk
- Juice of ½ lime
- Salt to taste

Directions:

- Peel and wash the garlic cloves and set aside.
- Heat oil in a lidded pan or skillet over low heat.
- Add cumin seeds, mustard seeds, onions and curry leaves, and stir-fry for 2 minutes.
- Turn the heat up to medium. Add garlic, turmeric, chillies, Maldiv fish and water. Cover and cook for 5 minutes.
- Add curry powder, chilli powder, shredded coconut and coconut milk. Stir well to combine.
- Simmer for 15 – 20 minutes until the garlic becomes soft, and until the sauce thickens slightly.
- Squeeze in the lime juice, season with salt, and serve.

