

A collage of 15 images showing various food items. The top row features a bowl of orange soup with tofu cubes on a brown plate, and three glasses of white dessert topped with brown crumbs. The second row shows a close-up of a green vegetable soup, a bowl of brown soup with yellow dumplings, and a plate of fried chicken with a pink dipping sauce. The third row includes a bowl of green vegetable soup, a plate of fried chicken, and a plate of fried chicken. The bottom row shows a bowl of green vegetable soup, a plate of fried chicken, and a plate of fried chicken.

APRIL INGREDIENT – CHEESE

Anny Ruch – BC Transit Victoria

***** RANDOM WINNING RECIPE *****

No crust, no bake, Mini eggs Cheesecake Mousse



Ingredients

- 1 package 8 oz Philadelphia Cream Cheese, softened
- 1 1/2 teaspoons vanilla extract
- 1/2 cup confectioner's sugar
- 3/4 cup heavy whipping cream
- 2 Small bags of Cadbury eggs, crushed in a sandwich bag
- Graham Cracker Sprinkle, optional, also crushed in a sandwich bag, which makes this an easy activity for small children!
- 1/2 cup graham cracker
- 2 tablespoons butter melted

Directions

In a large bowl, beat cream cheese, vanilla and confectioner's sugar until fluffy. Fold in whipped cream. Add crushed mini eggs.

Spoon into pretty dishes, martini or liquor shot glasses.

Cover and refrigerate at least 2 hours.

Mix the crushed graham crackers with melted butter and sprinkle a dusting over cheesecake mousse just before serving.

Make it low carb/keto: use Swerve erythritol confectioner's sugar (icing sugar) and omit graham crackers and mini-eggs -replace with crushed sugar-free chocolates- or indulge, just that once.

Judy Miles - ICBC

3 CHEESE HOT DIP (OPTIONAL THE ARTICHOKE CAN BE ADDED)**

Ingredients

- 1/2 cup grated Parmesan cheese (sub smoked cheddar)
- 3-4 sliced thin green onions
- 5-7 slices smokey bacon, cooked & chopped
- OPTIOINAL **1 (14 oz) can drained and chopped artichoke hearts
- 1 cup mayonnaise
- 1 (8 oz) package softened cream cheese
- 1 cup shredded mozzarella cheese (1/2 cup mozza and ½ cup regular cheddar cheese)
- dash Hot Sauce
- dash Worcestershire sauce

Directions

Preheat oven to 350 °F.

In a large mixing bowl, beat the cream cheese with a hand held electric mixer until smooth. Then beat in the mayonnaise until smooth. Add remaining ingredients and stir together until combined. Transfer the dip to a pie plate or shallow gratin dish. Bake in a preheated oven for 30 to 40 minutes until the top is golden brown and the dip is bubbling. Serve hot with crackers, tortilla chips, crostini or veggies.

Rubeena Mokha – Fortis BC

Carrot Cake with Cream Cheese Icing



CARROT CAKE

4 eggs	- mix liquids in a bowl, keep aside.
1 1/4 cup oil	- mix all dry ingredients except carrots. Add in liquids
2 tsp vanilla	- Add in grated carrots and desired nuts.
2 cup flour	
2 cup sugar	
2 tsp powder	
1 tsp soda	
1/2 tsp salt	350°E for 45 mins
2 tsp cinnamon	
3-4 carrots	

Cream Cheese Icing

1 package cream cheese
1 stick unsalt butter
1 cup icing sugar
1 tsp vanilla

For Icing: Mix all ingredients together with a mixer on medium speed until smooth. Wait for cake to cool before icing.


Rubeena Mokha – Fortis BC

Feta Fettuccini

1/2 red onion slivered
2 garlic cloves chopped
1/2 c olive oil
1/2 c baby spinach
Chopped mushrooms
2 cooked chicken breast in chunks
Salt/Pepper (to taste)
8 oz block of Feta cheese
Dried oregano (to taste)
Dried thyme (to taste)
Red pepper chili flakes (to taste)
Cooked fettuccine



3/30/21
(Rubeena
Mokha)
(FortisBC)

- 
1. Pre-heat oven to 425 F
 2. In a large baking dish combine onions, garlic, 1/4 cup oil, spinach, mushrooms, chicken and salt and pepper.
 3. Place feta cheese in the center of the baking dish and sprinkle oil, oregano, thyme, chili pepper flakes over the cheese.
 4. Bake for 35-40 mins or until feta cheese is golden brown.
 5. Combine cooked pasta with baked mixture.
 6. Plate pasta and enjoy!



Anny Ruch – BC Transit Victoria

Homemade Paneer



Ingredients

- 1 litre homo milk
- 30 ml apple cider vingary or 50 ml lemon juice
- ½ tsp sald
- Cheesecloth or cotton dishcloth

Directions

1. Boil milk. Stir to avoid scorching.
2. Remove from heat and add vinegar or lemon juice. Whisk and see it curdle instantly. No Panic! Let is sit for 15 minutes.
3. Skim the “clabber” and line a sieve with cotton or cheesecloth. Drop the ladle full of clabber and add some of the salt, layering clabber and salt until used up.
4. When lukewarm, press the cloth and let whey drip out.
5. With the cloth, press paneer cheese into a container of your choice and refrigerate.
6. Cube into spinach sagwallah when cooled for an Indian dinner or savor as is!

Adapted from Marie Chiocca but widespread in India's homes.

Cheryl Baron – New West & Dist. Labour Council

Quick and easy delicious breakfast

Ingredients

- Old cheddar cheese slices
- Rye bread
- Tomato Slices
- Red Onion pieces
- Ham pieces (optional)

Directions

Put the red onion pieces on the rye bread. Cover with cheese. Broil until melted and bubbly. Top with tomato slices. Haven't met a child in the country that doesn't love these cheese things! To really dress these up – add ham slices. Home-cooked ham is the best!

Simrit Judge - ICBC

Grill Cheese

- Butter on the outside of 2 sour dough
 - Mayonnaise on the inside of both slices
 - 2 thin turkey slices
 - Real marble cheese cut in slice form
 - Grill in fry pan until lightly brown
- **the mayo is a game changer!**

Crab Stuffed mushroom caps

- White mushrooms with stems removed
- Plain cream cheese
- Shredded crab meat (use fork to shread) mixed with the cream cheese
- Salt, pepper and chilli flakes for heat
- You can add dried parsley in the mixture
- Mix all together and spoon generously in the mushrooms
- Top with slice of mozzarella or brie
- Bake in oven on 350 until cheeses is golden

MAY INGREDIENT – GARLIC

Thelma Rodriguez – Community Savings Credit Union

**** RANDOM WINNING RECIPE ****

Guacamole Recipe

Ingredients

3 Medium Avocados, Peeled, pitted and mashed.

2 small Tomatoes (deseeded and diced)

1/2 cup diced Onion (red or white)

2 table spoons fresh cilantro

1/2 teaspoon Pressed Garlic

1/2 teaspoon sea salt

1/4 teaspoon black pepper (freshly ground)

1/2 teaspoon sea salt

1/2 lime (freshly squeezed)

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

Directions

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.

Russ Garrett - ICBC

Phinicky's 3 Cheese Tortellini

Ingredients:

175 gms Semolina flour
175gms of All Purpose flour
4 eggs – roughly 190 gms
15 mls of Olive oil
5 gms of salt

Mix the above together into your dough and let rest in the fridge for an hour or more.

Filling:

275 gms of Ricotta cheese
100 gms of aged provolone cheese – grated
80 gms of Parmesan cheese – grated
25 gms of Roasted garlic – I do this in bulk and freeze the roasted Garlic in Ice cube trays, so 1 cube.
Fresh Basil
Fresh Thyme
Fresh Parsley – Italian or curly.

Mince the herbs in with the garlic until fine then stir into the cheese until you get a homogenous mixture of cheese and herbs.

Roll out the dough to #6 on most pasta machines and then cut into 2" squares

Add roughly ½ TBSP of filling to each square

Fold the Squares corner to corner, then pinch down the seams and fold the other corners together around your finger and you are done.

I freeze what I don't eat that day.

Boil and serve with whatever sauce you like. I like just olive oil and a few capers and sundried tomatoes.



Amarys Joseph – IBEW Local #213

Eggplant Parmesan



Ingredients

- 1- Eggplant
- Salt and pepper – Different Italian Herbs
- Italian mix cheese bag from Safeway or Costco
- Any cooking oil
- White Onions
- 2 Tomatoes
- 1 Can of Tomatoes paste
- 5 cloves of garlic

Directions

First grab a pot and add chopped onions with garlic and simmer for 10 minutes then add chopped tomatoes and simmer for 10 minutes or until soft then add can of tomatoes paste and your herbs then mix.

Slice the eggplant and gently heat up in pan with oil then stack in cooking pan and layer eggplant bottom, tomatoes cheese repeat as much as you want!!!

- Enjoy its Keto and Gluten Free!!! Serves 2 or 3 and feel free to add mushrooms or other veggies when simmering.

Rachel Szoladi – ICBC – Penticton Claim Center



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 – Coastal Community Savings Union

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 Maldive 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 Maldive 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, Maldive 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.



Jennifer Greefhorst – Capilano University

***** Honorable Mention RECIPE*****

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.

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.

Phinicky's Caesar Salad

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:



Phinicky's Caesar Salad, continued.

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 to 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:



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!



JUNE INGREDIENT – LEMONGRASS

AJ YAO – ICBC - **RANDOM WINNING RECIPE**

Crunchy & Sticky Honey Lemongrass Chicken Wings

INGREDIENTS

FOR THE SAUCE

1/2 cup water
2 tbsp. honey
2 tbsp. fish sauce
2 tbsp. lime juice
1 tbsp. sugar
1/2 tsp ground black pepper
3 tbsp. unsalted butter
1/2 garlic bulb, finely minced
1 tsp. chili flakes
4 lemongrass stalks, finely chopped (trim 1/2-1 inch from the bottom, peel the hard outer layers, then use the bottom 3 inches only. smash the stalk first before chopping to release the aroma)

FOR THE MARINADE

2 lbs. chicken wings (remove the tip, then split the wing to the drumette and wingette pieces)
1 tsp. ground black pepper
1 tsp. salt
1 tsp. garlic powder

FOR FRYING

1 cup cornstarch
2 cups cooking oil in a very small saucepan for shallow frying, height of cooking oil should be approximately 3 inches

STEPS

1. Marinate chicken in the ingredients mentioned in the marinade above. Let it rest overnight.
2. The next day, fully coat marinated chicken in cornstarch. Make sure to fully coat chicken wings and shake off excess coating. Let chicken wing rest in a wire rack for 10-15 minutes before frying.
3. While chicken is resting, pre-heat cooking oil in medium high heat. To test whether frying oil is ready, take a piece of wood chopsticks and dip it to the bottom of the pot. When the oil bubbles are bubbling quite fast around the chopstick, this means that the cooking oil is ready for frying.

Crunchy & Sticky Honey Lemongrass Chicken Wings. Continued.

4. Also, while chicken is resting, combine first 6 ingredients of the sauce. Set aside.
5. Place chicken wings in cooking oil, 5-6 pieces at a time. Make sure not to crowd chicken. Fry for 6 minutes, then remove from pot and place in a wire strainer until all wings have been fried.
6. Fry the chicken wings for a 2nd time, but this time only for 2-3 minutes until chicken are golden brown. Set aside.
7. In a wok or a deep skillet, melt butter in medium high heat. Once heated, place garlic, lemongrass and chili flakes and sauté for about 3-4 minutes or until aromatic. Be careful not to burn the garlic.
8. Pour liquid prepared in instruction no. 4. Mix sauce to incorporate, simmer for about 3-4 minutes or until sauce is almost thick.
9. Put earlier fried chicken back to work and mix it with the sauce. The sauce will thicken due to the cornstarch coating on the chicken wings. Keep on mixing until the sauce almost evaporates,
and the chicken wings are fully coated with the sauce.
10. Turn off heat, and place chicken wings on a serving plate. Top with sesame seeds or fried garlic bits and green onions.



Vietnamese Lemongrass Chicken Rice Bowl

4 chicken thigh or breast fillets
2 tbsp fish sauce
2 lemongrass stalks, bruised and white part finely chopped
1 garlic clove, finely grated
1 tsp caster sugar
½ tsp ground black pepper
steamed rice, to serve
coriander sprigs, to serve (optional)

Nuoc Cham sauce:

3 tbsp fish sauce
2 tbsp white vinegar
3 tbsp sugar
2 tbsp lime juice
1 long red chilli, finely chopped
2 garlic cloves, finely chopped

STEP 1

For the Nuoc Cham, whisk together the ingredients. Cover and set aside until ready to serve.

STEP 2

Place the chicken in a large bowl. Add the fish sauce, lemongrass, garlic, sugar and pepper. Mix until well combined.

STEP 3

Preheat a barbecue or char-grill plate to high. Remove the chicken from the marinade and cook for about 5 minutes each side or until cooked to your liking. Set aside for 5 minutes to rest. Serve with steamed rice, cucumber and coriander (if using). Drizzle with nuoc cham sauce.

Vietnamese Grilled Lemongrass Pork Chops

Vietnam For the Pork:

- 2 teaspoons whole white peppercorns, or 1 1/2 teaspoons ground white pepper (4g)
- Pinch kosher salt
- 3 stalks lemongrass, bottom 4 to 5 inches only, outer leaves discarded, tender core thinly sliced (about 2 ounces; 60g sliced lemongrass)
- 1 small shallot, roughly chopped (about 1 ounce; 30g total)
- 4 medium cloves garlic, roughly chopped (3/4 ounce; about 20g)
- 1/3 cup palm sugar (about 3 ounces; 85g)
- 1/4 cup (60ml) fish sauce
- 2 tablespoons (30ml) vegetable oil
- 1 1/2 pounds (680g) thin-cut pork chops, preferably blade end

For the Sauce:

- 1 cup hot water
- 1/2 cup white sugar
- 1/2 cup freshly squeezed lime juice
- 1/3 cup Vietnamese fish sauce
- 1 small bird's eye chili, minced (optional)
- 1/4 cup (30g) very thinly julienned or grated carrot (optional)
- 1/4 cup (30g) very thinly julienned or grated daikon radish (optional)
- Pinch crushed red pepper flakes (optional)

To Serve:

- Steamed white rice
- Sliced cucumber
- Any additional vegetables of your choosing

Directions

For the Pork:

1. If using whole white peppercorns, crush with salt in a mortar and pestle until roughly crushed. Add salt, lemongrass, shallot, garlic, palm sugar, and pre-ground white pepper (if using) to mortar and crush to a rough paste. You can continue crushing by hand at this point or transfer to a food processor to finish the job.
2. Transfer marinade to a bowl and whisk in fish sauce and vegetable oil. Add pork chops, turning them to coat all surfaces. Transfer pork to a gallon-size zipper-lock bag, [press out the air, and seal bag](#). Marinate at room temperature, turning pork once or twice, for at least 30 minutes or up to 3 hours. Alternatively, transfer to refrigerator and marinate, turning once or twice, for up to 12 hours before proceeding.

Vietnamese Grilled Lemongrass Pork Chops. Continued.

For the Sauce:

1. In a small bowl, whisk together water and sugar until sugar dissolves. Add in lime juice, fish sauce, and chili (if using) and stir to combine. Add carrot and daikon to the same bowl, if using. Add chili flakes to taste, if using. Extra sauce can be stored in an airtight container in the refrigerator for up to a month.

Grill pork chops directly over high heat, turning frequently and shifting to cooler side of grill if there are excessive flare-ups, until pork is charred and just cooked through, 4 to 6 minutes total.

Transfer to a serving platter and serve immediately with steamed white rice, sliced cucumber, and sauce.

JULY INGREDIENT - BERRIES

Melanie Felix – ICBC - ** RANDOM WINNING RECIPE**

Blackberry Desert Soup

Ingredients

4 cups Blackberries/and or Raspberries

¼ cup plain Greek Yogurt

¼ cup goats milk or cows milk (almond milk)

1 tsp lemon zest

Juice of half lemon

1 tsp minced fresh ginger

1 tsp vanilla extract

½ tsp of cinnamon

Sliced almonds, ¼ cup of fresh mint

Directions

Place berries, yogurt, milk, lemon zest, lemon juice, ginger, vanilla, cinnamon, pinch of salt in blender container and blend until smooth.

Strain mixture through fine sieve to remove seeds. Scrape bottom to remove more soup.

Place soup in refrigerator for at least 2 hours before serving. If mixture becomes too thick upon chilling, add some additional milk.

To serve: place soup in bowls and garnish with additional dollop of greek yogurt, almonds, and mint



AUGUST INGREDIENT – BBQ SAUCE AND MARINADES

**** RANDOM WINNING RECIPE ****

Lindsay Dodwell – Ecojustice –

Super Simple Apricot Marinade

1 cup (250 mL)	Apricot Jam
1 cup (250 mL)	Catalina salad dressing
3 tbsp (45 mL)	Dry French Onion soup mix

Mix ingredients together and use with your favourite protein! Great with pork and tofu. Can be used on the barbeque, too!

Jing Wang – Capilano University

BBQ Seasoning

- Salt
- Paper
- Cumin
- Ginger powder
- Garlic powder

Use 1:1:1:1 mix together. Use for all different type of BBQ. You can just put them on top of meat and veggies before the BBQ for 30 mins.

SEPTEMBER INGREDIENT – APPLES

Ruwani Dadallage ICBC -** RANDOM WINNING RECIPE**

Sri Lankan Spicy Green Apple Curry

Ingredients:

3 large Granny Smith apples or any crisp apple with slight sour notes
3 tbsp oil
1 1/2 tsp mustard seeds
1 medium onion roughly chopped
1 spring curry leaves
2 green chili peppers - jalapeno or serrano
5 dried red chili peppers de-seeded, if you prefer a milder curry
1 tbsp Curry Powder
1/4 tsp turmeric powder
1/2 -1 tsp chili powder
2 garlic cloves chopped finely
1 tbsp brown sugar
1/4 tsp salt
1/4 cup coconut milk
1/3 cup water or apple cider - not vinegar
Salt to taste

Instructions:

1. Chop the onions, and slice the green and red chilli peppers. Remove the seeds if you prefer less heat in your curry.
2. Wash and cut the apples into quarters, removing the seeds and core. Halve the quarters length-wise for thinner slices or across for chunkier pieces.
3. Heat the oil over medium heat in a pot.
4. Add the mustard seeds and cover the pot with a lid until the seeds pop. This is called tempering the seeds.
5. Carefully add onions, curry leaves and garlic, and sauté for a few minutes until onions are softened.
6. Add the curry powder, turmeric and chilli powder and mix for about 30 seconds until you start to smell the spices. Do not let the spices burn.
7. Add the sliced apples, sugar, green and red chillies, and cook on medium heat for a few minutes while gently coating the apples with the spices.
8. Cook the apples uncovered for about 10 minutes, stirring occasionally. The apples will start to soften slightly.
9. Add the coconut milk, and water/apple cider and stir through with the apples. If you do not like coconut milk, simply replace with water. Continue cooking on medium heat for another 10 – 15 minutes uncovered until apples soften. Carefully stir through to coat the apples with the sauce. Add more water if you like a thinner sauce.
10. Taste and season with salt as desired.

Note – cook the apples for only 10 minutes if you prefer slightly firmer apples that still have a crunch. Cook them up to 15 minutes or a bit longer if you prefer softer apples.

Dana Rynsewyn - Coastal Community Credit Union

Apple Pie Butter Tarts

Makes 12 tarts

3 cups flour, plus more for dusting

½ tsp baking soda

½ tsp salt

½ cup unsalted butter

1 large egg

1tsp white vinegar

About 1 cup cold water

Filling

¾ cup brown sugar

1/3 cup unsalted butter

1 tbsp table or whipping cream (or dairy alternative cream substitute)

1 tsp vanilla extract

1 large egg

1 medium apple chopped into small pieces

Step 1: In a large bowl, toss together flour, baking soda and salt.

Step 2: Cut in butter using a pastry blender or two knives until mixture resembles course oatmeal

Step 3: In a measuring cup, combine the egg and vinegar. Add enough cold water to make one cup.

Step 4: Gradually stir in the liquid, adding just enough to make the dough cling together.

Step 5: Turn the dough out onto a lightly floured surface and gather into a ball and divide into two equal portions. Tightly saran wrap both portions. Place one in the freezer for later use. Place the other in the fridge to chill for at least one hour.

Step 6: Roll the dough on a floured surface to about 1/8" thick. Cut as many 4" circles as you can. Re-roll scraps and cut out more to make 12.

Step 7: Fit the pastry circles into a muffin pan and place back in the fridge until ready to fill.

Step 8: Preheat oven to 375F

Step 9: In a small saucepan, melt the butter and brown sugar. Remove from the heat and stir in the cream and vanilla. Let cool to the touch (about 5 minutes) before whisking in the egg.

Step 10: Divide apples among the pastry shells and pour in the filling until half full.

Step 11: Bake for 14-15 minutes or until crust is lightly golden around the edges and filling is bubbling.

Step 12: Let cool completely in the pan.

Robert Gonzal – ICBC - DCF

MoveUP Monthly Ingredient Recipe – SEPTEMBER - Apples

Unsalted butter

1 shallot, finely chopped

2 cloves garlic, minced

1/3 cup pure apple juice

2 tbsp apple cider vinegar

1/2 cup heavy cream

3 tbsp fresh tarragon, dill, and Italian parsley, finely chopped

2 centre-cut salmon fillets, scaled and deboned



9/10/21
Robert Gonzal
ICBC

Pan-seared salmon with apple and herb beurre blanc

1. Melt 2 tbsp unsalted butter in a small pot over medium heat. Add the shallot and garlic and sweat for 2 to 3 minutes until softened but not browned. Add the apple juice and cider vinegar and simmer until only about 2 tbsp liquid remains.
2. Whisk 4 tbsp cold unsalted butter into the pot, 1 tbsp at a time. The sauce should thicken slightly as it emulsifies. Season with a pinch of salt and a few grinds of freshly cracked black pepper.
3. Gently whisk in the heavy cream. Let the sauce warm up for 1 or 2 minutes, but don't let it boil. For fancier presentation, run the sauce through a fine mesh sieve. Alternatively, leave it as is for a more rustic look. Add the fresh herbs and adjust the seasoning as needed. Keep the sauce warm while you prep the salmon.
4. Add a large knob of butter and a splash of olive oil to a large pan on medium-high heat. Season the salmon fillets with salt and pepper and lay them into the pan skin-side down. Let fry for 4 to 6 minutes per side, depending on thickness. Once cooked, remove the fillets to a plate and carefully peel off the skins. Transfer to your serving plate, seared-side up, and drizzle liberally with the beurre blanc.

Add Photo (Optional):



Diane Kitto – Translink

Refreshing smoothie

- 1 green apple cored - energy
- 1 banana – boosts metabolic rate
- 1 cup of water or coconut water
- 1 lemon – (peel & remove seeds) - for absorption of fat
- 1 cup of spinach for fiber

Add water & spinach blend

Add banana & green apple blend

Add lemon blend

Keep in a cup with a lid to shake every once in a while as it will separate.

Enjoy

OCTOBER INGREDIENT – TURKEY

Ann Soucie – BCGEU - ** RANDOM WINNING RECIPE**

Turkey Ala King Recipe

¼ cup butter

¼ cup chopped green pepper

¾ cup sliced mushrooms

¼ cup flour

1 cup light cream

1 ½ cups turkey or chicken broth

1 tsp worcestershire sauce

2 cups chopped left-over turkey

½ tsp salt

Dash pepper

¼ cup chopped pimentos

Melt butter, saute green pepper and mushrooms for 5 minutes then remove. Set aside. Blend flour in butter mixture, and add cream slowly while whisking, then add broth stirring as it thickens. Add remaining seasoning. Cook over direct heat, stirring while sauce thickens and begins to boil. Add chopped up turkey, pimentos, green pepper, mushrooms and heat through.

Serve on egg noodles, rice or even toast!

SMALL BATCH DOUBLE CHOCOLATE CHUNK COOKIES

Somewhere between a cookie and a brownie this small batch recipe for double chocolate cookies produces chewy, deep, rich cookies packed with milk chocolate. These double chocolate cookies take ten minutes to make, need a rest and are made with just one egg white.

Original recipe: <https://buttermilkbysam.com/one-egg-white-seven-salted-double-chocolate-chunk-cookies/#1t-recipe>

INGREDIENTS

- 4 tablespoons unsalted butter (2oz)
- ½ cup granulated sugar**
- ½ teaspoon pure vanilla extract
- ¼ teaspoon fine sea salt
- 1/4 tsp baking soda
- 1 large egg white (35g)
- ¼ cup dutch process cocoa (25g)
- ⅓ cup plus 1 tablespoons high protein all-purpose flour (65g)
- 100g milk chocolate
- Sea salt for sprinkling

Note**: use half granulated sugar & half light brown sugar (50g of each).

Note#2: add half a teaspoon of espresso powder to flour/Cocoa mix – optional, but it enhances the chocolate flavor

DIRECTIONS

Continued.

SMALL BATCH DOUBLE CHOCOLATE CHUNK COOKIES. CONTINUED.

- STEP 1 In a small bowl, using a hand mixer, beat the butter, sugar, vanilla and salt for 2-3 minutes.
- STEP 2 Add the egg white and beat for one minute.
- STEP 3 Add the baking soda, flour and dutch process cocoa and beat to combine.
- STEP 4 Fold in the chopped chocolate (including the small bits!).
- STEP 5 Cover the bowl with plastic wrap and set in the fridge overnight, or at least four hours. (I skipped this part and simply put them in the freezer for about 10 mins before baking)
- STEP 6 Preheat oven to 350. Prepare a cookie sheet with parchment paper.
- STEP 7 Drop cookies by a heaped 1 1/2 tablespoon onto cookie sheet.
- STEP 8 Sprinkle with sea salt and stick the tray in the freezer for 5-10 minutes (this to help minimize spreading).
- STEP 9 Bake for 13 minutes, let completely cool before moving.

Kendra Anderson – ICBC

Easy chocolate chip muffins

great for kids who don't like sandwiches for school lunches

mix together in a bowl:

- 2.5 cups flour
- 1 TBSP baking powder
- 1 TSP baking soda
- ½ TSP salt
- 1.5 cups chocolate chips

in a separate bowl, mix together:

- 2 eggs
- 1 cup milk
- ½ cup melted butter
- 1 TBSP vanilla
- 1 cup sugar (I only use ½ cup)

1. add the dry mixture to the wet mixture, and stir until blended (don't over stir)
2. in a non-stick muffin pan (enough for 12 muffins), fill each muffin approx. 1/3 cup full (I also like to spray my muffin tin w/non-stick spray to ensure they do not stick)
3. bake muffins at 425 degrees for 5 minutes AND then reset oven to 375 degrees and cook an additional 12-15 minutes



NOVEMBER INGREDIENT – CHOCOLATE CHIPS

Tom David – BC Hydro- ** RANDOM WINNING RECIPE**

Espresso dark choco chip crustless cheesecake

Here's for someone who is craving for a good cheesecake. A small-batch recipe and easy to prepare.

No fancy equipment needed. Easily done on an oven toaster. No excruciating waits to fridge overnight. And, needs only 1 block of cream cheese.

This recipe is very forgiving and designed for a non-baker. If it fails, keep it a secret. If it went amazing...yeah...same thing...keep it to yourself and indulge!

My recipe is good for Keto but you may use the usual pantry ingredients to sub.

½ cup almond flour

¼ cup coconut flour

½ teaspoon psyllium husk

(This almond flour, coconut flour and psyllium husk combo can be replaced with ¾ c all purpose flour)

¼ cup sugar / sweetener alternate (I used stevia)

Mix these dry ingredients together in a small bowl.

250 g / 8 oz / 1 block cream cheese, room temp

1 tablespoon sour cream (optional)

2 eggs

½ cup sugar / sweetener alternate

1 tablespoon vanilla

2 shots of good espresso

Whisk these ingredients together in a separate big bowl until well blended.

½ cup 70% dark choco chips – or whatever choco chips that's available.

Reserve a few chips for toppings. You need this to fake everyone making them think you know what you're doing.

Continued.

Espresso dark choco chip crustless cheesecake. Continued.

On the big bowl where you mixed the wet ingredients, gently drop in half of the dry ingredients. Mix with a whisk until well blended. Then drop the other half of the dry ingredients. Whisk again until well mixed.

Fold in the choco chips. Place in baking cups or a pie pan.

Top the batter with the remaining choco chips if you have not snacked on them while preparing this.

Bake for 25 to 30 minutes at 350F in an oven toaster.

Cheesecake will puff up. Hang tight. Don't get too excited. They need to set. Cool the cheesecake down for about 10 to 15 minutes until settled and firm. Enjoy!



DECEMBER - SPECIAL MENTION

Sean Sequin - ICBC

Sunshine in a Bowl - Flu Fighter

INGREDIENTS:

1 Tbsp. Oil
1 small Onion, diced
1 med Carrot, diced
3-4 Brown Mushrooms, diced
8-10 cloves of Garlic, finely minced
1-2 inches of fresh Ginger Root, finely minced
1/8 to 1/4 tsp. Turmeric Powder
Knorr Selects - Vegetable Bouillon Powder, to taste. (about 1 tbsp.)
Salt & Pepper to taste
6-8 cups of Water
2 Tbsp. Green Onion, finely chopped
2 Tbsp. Cilantro
Fresh Lemon

Optional Ingredients: GF Noodles, Quinoa or rice.

INSTRUCTIONS:

Peel & dice the vegetables before you start! Peel and mince the garlic and Ginger.

Add Oil to a hot, large pot. Cook Onions, Salt & Pepper until the juices release, only a few mins on med to high heat.

Add Turmeric, stir.

Add half of the minced Garlic, stir.

Add minced Ginger Root, stir. Lower heat to med, add a small amount of water if it dries out too quickly.

Add diced Carrots, cook for a few mins

Add diced Mushrooms, cook until soft. about 5 mins.

Add about 1 Tbsp. Granulated Bouillon and enough Water to cover the Veggies. Cook for another few mins on med-high heat.

Add 6-8 cups of water, bring to almost a boil, turn heat down and simmer until veggies are cooked to your liking.

Add the rest of the minced Garlic just before you turn the heat down to simmer.

Cook GF Noodles in a separate pot.

Remove from heat - add these ingredients at the very end, as they don't need to cook. The heat wilts them just enough not to ruin their integrity.

Add Green Onion

Add Cilantro

Add pre-cooked Noodles, Quinoa or Rice.

Season to taste, you may need to add more salt, Pepper or Bouillon at the end.
Serve with fresh squeezed Lemon Juice. Enjoy

This is a great soup base and is very versatile, please feel free to explore by adding anything else you might be in the mood for! Maybe some chopped kale, celery, chicken, sausage, Bok choy, parsley or even some tortellini. The options are limitless!