

# 7/8A CLASS COOKBOOK

---

Recipes made with local ingredients

2022





## TABLE OF CONTENTS

Pg 4	Cajun Chicken & Sausage Gumbo
Pg 5	Roasted Garlic Chicken
Pg 7 - 8	Pizza
Pg 10 - 11	Veggie Dumplings
Pg 12 - 14	Kabob Boobideh
Pg 16	Bake Cheesecake





# CAJUN CHICKEN & SAUSAGE GUMBO

---

## INGREDIENTS

- Sausages- 'Finest Sausages and Meat'
- Oil 'Olive DiVine'
- Creole Seasoning, salt and pepper - 'Organic Chef Foods'
- Flour - 'Henry Penner'
- Onions, Garlic, Peppers, Celery, - 'Produce Express'
- Bay Leaf - 'Herbs Crafters'
- Chicken - 'Cloverleaf farms'
- Chicken Stock - 'Whispering Meadows'

Ingredients are sold at St. Jacob's Market district!

Step 1. Heat oil over medium heat. When hot, whisk in flour. Continue whisking until roux is the color of chocolate milk, around 8 to 10 minutes- be careful not to burn the roux. Start over if you see black specks in the mixture.

Step 2. Stir in onion, bell pepper, celery, and sausage; cook 5 minutes. After, add garlic and cook another 5 minutes. Season with salt, pepper, and Creole seasoning, then add chicken broth and bay leaf. Bring to a boil over high heat, reduce heat to medium-low, and simmer, uncovered, for 1 hour, stirring occasionally.

Step 3. Add chicken and simmer 1 hour more. Skim off any foam that floats to the top during the last hour.



# ROASTED GARLIC CHICKEN

*Riley, Nathan, Micheal*

---

## INGREDIENTS

- Butter- 'Bright Cheese & Butter'
- Chicken- Rolling Acres Farm.
- Parsley, Rosemary and Thyme- L & L market
- Lemons- Top Market family farms
- Garlic olive oil- 'Dana Shortt gourmet and gifts'
- Garlic- Golden Acres farm
- White wine- SFW 'Open winery and Artisan Cheese'
- Sea salt- Toronto
- Pepper from Home Depot

Step 1, Preheat the oven to 400 degrees. Rinse and pat dry chicken with a paper towel.

Step 2. Combine olive oil, melted butter, lemon juice, and wine (optional), rubbing all over the chicken. Season both outside and inside with salt, pepper and parsley. Mince garlic, rub over under the skin. Stuff a garlic head into the chicken cavity along with the rosemary sprigs and a squeezed lemon halve. Sprigs of Thyme or other herbs will work too!

Step 3. Roast chicken, basting half way through cooking time, until cooked through. Broil until golden and crispy for one hour, depending on the size of the chicken; a 2kg bird takes one hour and 20 minutes cooking time, then a resting time of 10 minutes before slicing & serving.







# PIZZA

*Johannes, Ben, Syd, Iris*

---

## INGREDIENTS

Dough:

- Warm water 2 ½ cps (600 mL)- right from your tap!
- Sugar 1 tsp- Redpath Sugar Ltd, Toronto
- Active dry yeast 2 tsp - Escarpment Laboratories, Guelph
- All-purpose flour 7 cups (875 g)- Arva Flour Mill
- Extra virgin olive oil 6 tblsp - Olive Oil Co., Brantford
- Kosher salt 1 ½ tsp - Windsor Salt Coarse
  
- Cheese- Blyth Farm Cheese Inc.
- Pepperoni- 'Brady's Butcher'
- Shrooms- Brantford Mushroom Farm
- Bell Peppers- Niagara
- Tomatoes- OntarioRed, Leamington)
- Basil- Lennox Farm, Shelburne Ontario

Prepare extra flour and oil for dusting and greasing...



# PROCEDURE

---

Step 1. "Bloom" yeast by sprinkling the sugar and yeast in warm water. Let sit for 10 minutes, until bubbles form.

Step 2. In a large bowl, combine flour and salt. Make a well in the middle and add olive oil and bloomed yeast mixture. Using a spoon, mix until a shaggy dough begins to form.

Step 3. Once flour is mostly hydrated, turn the dough out onto a clean work surface and knead for 10-15 minutes, until soft, smooth, and bouncy. Form into a taut, round ball.

Step 4. Grease a clean, large bowl with olive oil and place the dough inside, coat with oil. Cover with plastic wrap. Let rise from 1 - 24 hours.

Step 5. Punch down the dough. Knead for a minute or so on a lightly floured surface. Cut into 4 equal portions and shape into rounds. Cover with a kitchen towel and let rest for 30 minutes to 1 hour.

Step 6. Preheat the oven between 230-260°C (450-500°F). Place a pizza stone, heavy baking sheet (turn upside down so the surface is flat), or cast iron skillet in the oven.

Step 7. Add salt to canned tomatoes and puree sauce until smooth. Use a blender or immersion blender.



Step 7. Once the dough has rested, poke the surface of each portion until bubbles form and do not deflate. Then, stretch and press the dough into a thin round, as it will shrink and puff up during baking.

Step 8. Sprinkle semolina onto an upside down baking sheet and place the stretched crust onto it. Add sauce and desired toppings. Slide the pizza onto the preheated pizza stone or pan. Bake for 15 minutes, or until the crust and cheese are golden brown.





# VEGGIE DUMPLINGS

*Zhe, Sunny, Sophia*

---

## INGREDIENTS

### Dumpling Wrappers:

- Salt(optional)- Windsor
- All- purpose flour (320g)- Fergus, 1847 Stone Milling
- Warm tap water (175g)

### Dumpling Filling:

- Vegetable Oil (1-2 tbsp)- Oakville, Bunge
- Garlic (2 cloves), Carp- Carp's Farmer's Market
- Ginger(1 tbsp)- Niagara, The Grove
- Carrots & Cabbage (100g - 200g)- Holland Landing, ATV Farms
- Soy Sauce(2 tbsp)- Markham, Wen Ho

## EXTRA EQUIPMENT NEEDED

- Chopsticks/Wooden Spoon
- Cookie Cutters/Cup
- Rolling Pins
- Towel

Before beginning, heat the water. It shouldn't be too hot or too cold. Use a pot, kettle, or hot water dispenser. Prepare a clean, flat surface.

Step 1. Combine flour, water, and salt in a bowl. Mix with chopsticks or a wooden spoon until water is absorbed.

Step 2: Gather the dough together with your hands. Dig into the dough with your fingers like claws. Then, knead for 2-3 minutes- if the dough is too sticky, dust the surface with flour.

Step 3: Cover the dough with a damp towel or a silicone lid. Let the dough rest for 20 - 45 minutes.

Step 4: Flour your surface, then roll dough into a large, flat, sheet of dough. Then, cut out circles in the dough using a cup or cookie cutters.

Step 5. Make filling; dice vegetables and cook in pan with vegetable oil and soy sauce for flavor.

Step 6. Line a tray with a baking sheet. Next, fill dumplings; using a spoon, scoop filling and place in the middle of the wrapper. Then, fold or wrap the wrapper around the filling, and place onto tray. Freeze for later use, or serve right away.



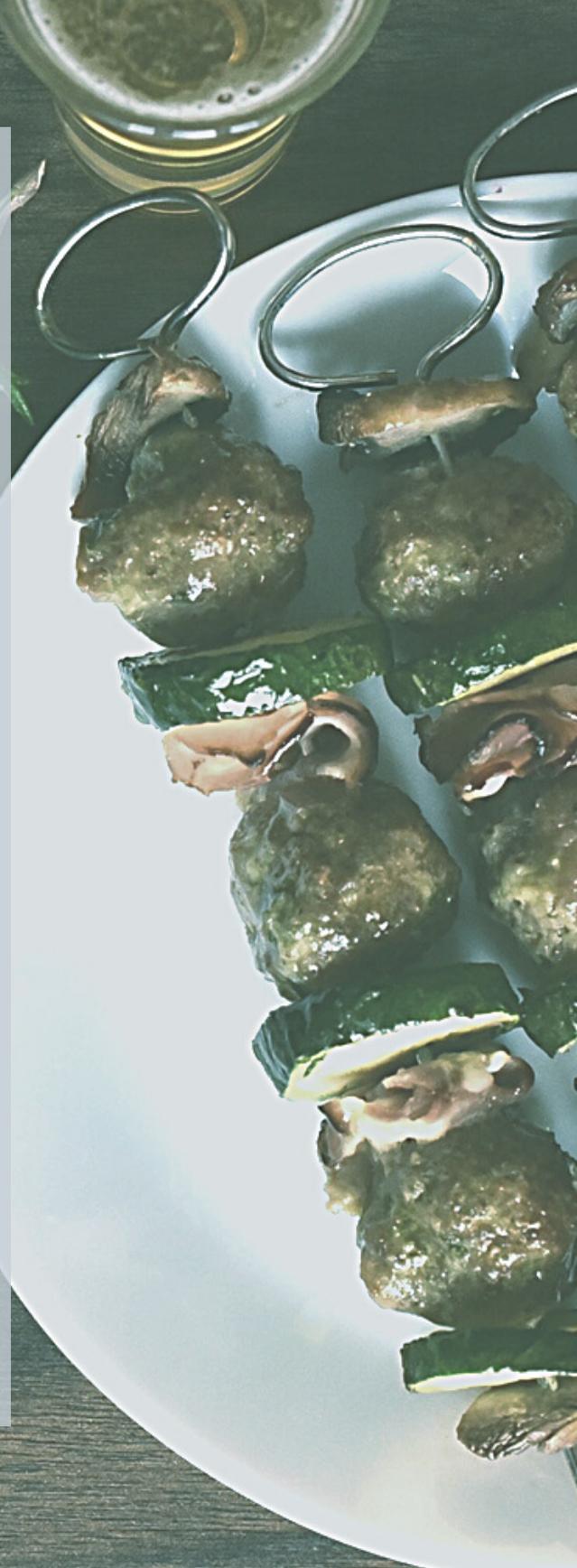
# KABOB KOOBIDEH

*Maseeh, John, Tristan, Jerry*

## INGREDIENTS

- Ground beef (1 ½lb), Ground lamb (1 lb), 'Whispering Meadow'
- 1 ½ medium yellow onions, quartered- 147 Rg St-Paul Sherrington, Quebec City
- 3 garlic cloves, peeled and minced- 'The Garlic box'
- 1 egg - Goodness me! market
- Salt (1 tsp)- 'Canadian sea salt'
- Sumac (1 tsp) - 'Silk Road Spices'
- Ground black pepper (½ tsp)- 'Clubhouse'
- Butter, melted (¼ cup)- 'Lactantia'
- 4 ripe Roma tomatoes- Costco
- 1 large green bell pepper, stem removed, deseeded and quartered- 'Tridge'
- Olive oil- George and Sheri Braun of The Olive Farm on Salt Spring Island, British Columbia

For best results, the meat should be fresh (not previously frozen) and at room temperature.



# PROCEDURE

---

## EXTRA EQUIPMENT NEEDED

- Charcoal grill prepared with hot coals/Gas grill preheated to high
- Ten 1-inch wide stainless steel skewers
- Narrow skewers or metal grilling basket for grilling the vegetables

Step 1. Finely chop the onion pieces in a food processor. Place a fine metal mesh over a bowl and strain the onion by pressing it with a spatula. Discard the juice, and add the remaining pulp to a medium bowl.

Step 2. Add the ground beef and lamb, minced garlic, salt, spices and egg. Knead ingredients for several minutes until the mixture is paste like and sticks together without falling apart. Wet your fingers so the meat does not stick, and divide the meat into 10 equal balls.



Step 3. Skewer the meat into the middle of the skewer, making sure each piece is secure. Leave the top and bottom of the skewer clear. Then, spread meat evenly on the skewer; it should be about ½ inch thick all around the skewer. Arrange skewers on the sides of a shallow baking sheet, so the meat does not touch the bottom of the sheet.

Step 4. Grill Kabob Koobideh- Place two square metal pipes parallel to each other on top and bottom of the cooking grate of your grill, lengthwise. The top pipe is for placing the tip of the skewers, and the bottom one is for the handles. The coals are ready when they are gray and covered with ash. Grill vegetables separately, and use thinner skewers.

Step 5. Immediately after arranging skewers, turn each skewer over in order. Repeat until cooked. Remove them from the heat and into a container lined with a large aluminum foil. Keep the kabobs covered with the foil until ready to serve. Brush with melted butter.







# NO- BAKE CHEESECAKE

---

## INGREDIENTS

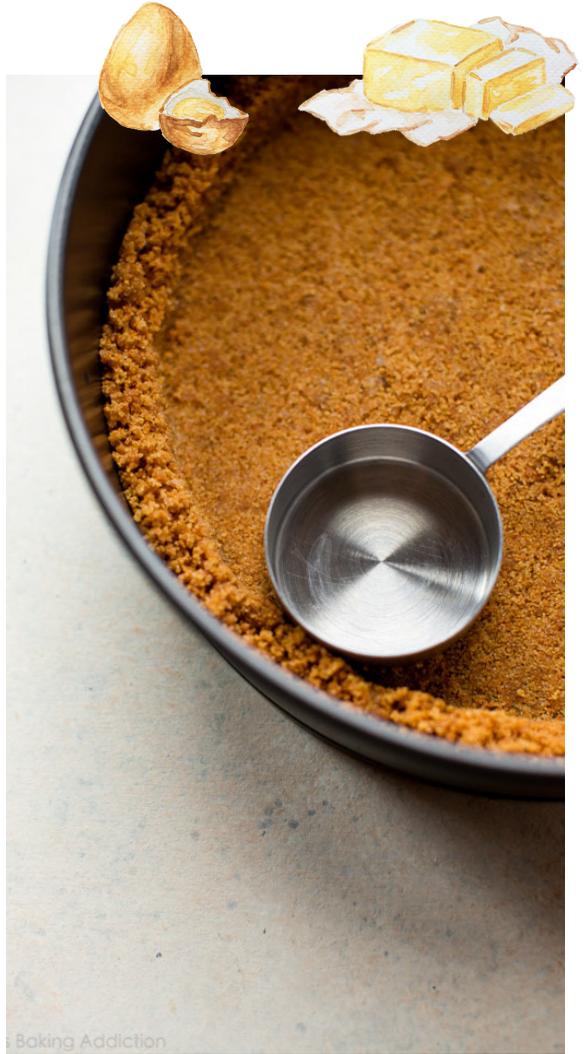
- Butter- 'Rolling Meadow Dairy'
- Sugar- Redpath Sugar Plant, Toronto
- Cream cheese- 'Mountain oak Cheese', New Hamburg
- Maple syrup- 'Maple Tap Farm', New Dundee
- Heavy cream- 'Farquhars-Espanola'
- Gelatin: 'Nitta Gelatin', Toronto

### Digestive cookies:

- Flour- Homegrown wheat
- Sugar- Toronto
- Barley- Grown in Alberta, Vegetable oil- Vegetable Oil Industry of Canada in Toronto
- Salt- processed in Nova Scotia

Step 1. Leave cream cheese at room temperature until softened. While waiting, crush the digestive cookies and melt butter. Combine cookies and butter together and flatten in pan. Freeze crust for 10 - 20 minutes.

Step 2. Mix cream cheese, syrup, and sugar. Whip heavy cream until it forms peaks, and then pour it into the cream cheese. Melt gelatin, then mix into cheese mixture until there are no lumps. Remove crust from fridge and spread filling into crust. Refrigerate for at least 2 hours before serving.



Baking Addiction





LOCALLY GROWN, PRODUCED, PROCESSED INGREDIENTS

~



~



DESIGNED BY ABIGAIL CHAN (◡ ◡ ◡) / ♡