

Cando Community School
Staff Cookbook
2019-2020



Maple Syrup Cake by Ms.Hall

Ingredients:

Cake:

- 1/2 cup (250 mL) butter, at room temperature
- 1/4 cup (50 mL) brown sugar
- 2 Eggs
- 2 cups (500 mL) all purpose flour
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) cinnamon
- 3/4 cup (175 mL) Maple Syrup
- 1/4 cup (50 mL) milk



Icing:

- 1/4 cup (50 mL) Maple Syrup
- 2 tbsp (25 mL) butter, at room temperature
- 1 cup (250 mL) icing sugar
- 1/8 tsp (0.5 mL) ground ginger

Instructions

To make cake, cream butter and brown sugar. Add eggs, one at a time. Beat well. Combine flour, baking powder, salt and cinnamon. Combine maple syrup and milk. Add dry liquid and ingredients to the creamed mixture alternately. Beat well after each addition. Pour batter into greased and floured 9-inch (23 cm) square pan. Bake at 350°F (180°C) for 35 minutes, or until toothpick inserted in center of cake comes out clean. Let cake cool completely before icing.

Icing: Combine maple syrup and butter in small saucepan over medium heat to melt butter. Beat in icing sugar and ginger. Cool completely, stirring occasionally, until icing is thick and spreadable. Spread over cooled cake.

Chicken Hurry by Bonnie Laliberte

2.5-3 Lbs of skinless chicken, cut up

½ Cup Ketchup

¼ Cup Water

¼ Cup Brown Sugar

1 Pkg Onion Soup Mix



Arrange chicken in a small casserole dish or roaster. Combine other ingredients, pour over chicken. Cook in a 350 degree oven for one hour or until tender.

Mini Meat Loaves by Deb Breiman

1 lb hamburger

1 pkg Stove Top Stuffing

1 cup water

1 tsp garlic powder

½ cup BBQ sauce

½ cup shredded cheese

Mix first 4 ingredients together and divide evenly among 8 muffin cups. Press the mixture into each cup and make an indent in the top of each one. Fill each indent with BBQ sauce. Bake at 375 for 30 minutes or till meat is fully cooked. Sprinkle the shredded cheese on each one and return to the oven till cheese melts.

Baked Corn by Deb Breiman

1 can creamed corn

2 eggs , beaten

¾ cup cracker crumbs

1/3 cup very finely chopped onion

S & P to taste

Mix all together. Pour in casserole and dot the top with butter. Bake, uncovered, at 375 until a knife inserted in middle comes out clean.



Half Hour Pudding by Deb Breiman

Into casserole dish put:

1 cup br. Sugar

½ cup butter

2 cups boiling water

Mix together:

½ cup sugar

1 cup flour

2 tsp bkg powder

½ cup raisins (can be omitted)

½ cup milk

Drop the batter by spoonfuls into the brown sugar sauce.

Bake at 350 for 30 min .



ORANGE MUFFINS by Mrs. Ochs

2 oranges cut into smaller pieces (unpeeled)

2 eggs

1 cup orange juice

1 cup melted margarine

3 cups flour

2 tsp baking powder

2 tsp baking soda

1 ½ cup sugar

Place in the blender the following: oranges, eggs, orange juice and melted margarine. Blend until smooth.

Combine flour, baking powder, baking soda and sugar. Pour in orange mixture and stir only until blended.

Fill muffin tins 2/3 full and bake at 350 degrees for 20 minutes.

Yield: approx. 36 muffins



RAISIN JUMBO COOKIES by Mr. Ochs

4 cups margarine

8 cups raisins

8 cups brown sugar

12 eggs (beat well)

4 tsp vanilla

16 cups flour

4 tsp baking soda

4 tsp baking powder

6 tsp salt

6 tsp cinnamon

1 tsp nutmeg

1 tsp allspice

Boil 4 cups of water and 8 cups of raisins, set aside to cool.

Cream margarine, add brown sugar and eggs. Beat well.

Add vanilla and cooled raisins.

Sift flour, baking soda, baking powder, salt, cinnamon, nutmeg and allspice. Mix well.

Drop by tablespoon. Bake at 325 degrees for 25-30 minutes.

Yield: approx. 48 large cookies.



Taco salad by Karla Snyder

1lb hamburger
1 pkg taco seasoning
1 tomatoe
1cup shredded cheese
1 green pepper
1 head of lettuce
1 bag Doritos
Catalina dressing



Fry hamburger until brown add taco seasoning and let cool. Cut up pepper, tomatoe, lettuce and add to bowl then add cooled taco meat and shredded cheese and crushed doritos. Then add Catalina dressing to taste.

Strawberry angel food cake by Karla Snyder

1 angel food cake box mix
1 cool whip
2 cups sliced fresh strawberries

Follow instructions on angel food box
Bake and cool then serve with cool whip and strawberries on top.



Vinegar Beef by Mr. Link

Step One. Cook roast beef.

Step Two. Cut leftover roast into fine strips or chunks.

Step Three. Marinade in vinegar for any length of time.

Step Four. Put on plate with a huge scoop of 3 bean salad.

Enjoy.

Homemade Soup by Mrs. Callaghan

- 6 Potatoes
- 1 large onion
- 2 carrots
- 6 celery sticks
- ¼ - ½ cup soy sauce
- Salt and Pepper
- 1lb hamburger



Dice the 1st 4 ingredients in approximately 1 inch pieces and put in a large pot. You can also add some frozen peas and corn.

Add water to cover, and simmer until near tender.

Meanwhile, fry the hamburger until cooked, adding some of the juice from the stew as it is frying.

Add contents of frying pan to the pot.

Add ¼ to ½ a cup of soy sauce to stew, and simmer until vegetables are tender.

Serve with buttered toast or garlic toast.

Spaghetti Sauce by Mrs. Callaghan

- 1/3 cup minced onion
- 1 garlic clove (crushed)
- 1 can(14oz) tomato paste
- 1 tbsp Worcestershire sauce
- ¼ tsp basil
- ¼ tsp oregano
- ½ tsp sugar
- ¼ tsp salt
- ¼ tsp pepper



Bring ingredients to a boil over medium heat and let simmer for 15 minutes, stirring often.

Serve as is, or add it to a pound of cooked ground beef with your favorite pasta! For a special treat, top your pasta dish with shredded cheese!

Pineapple Chicken with Coconut Rice Served in a Pineapple Bowl by Mr. Gessner

½ Cup Pineapple Juice
½ Cup Soya Sauce
¼ Cup Brown Sugar
1 Tbsp Corn Starch
1 Tbsp Olive Oil
2 Chicken Breasts cubed
1 Pineapple (2 bowls)
1 Cup Coconut Milk
3 Cups Water
2 Cups Rice
Salt and Pepper to taste



1. To make coconut rice add 3 cups of water and 1 cup of coconut milk to 2 cups of rice and cook uncovered so the milk does not run. Let the rice sit in the water for a bit before cooking to ensure nice fluffy rice.
2. Salt and pepper your cubed chicken and put it in a bowl. Add the cornstarch and stir to coat the chicken. Add olive oil to the pan and heat until sizzling. Add chicken and brown it on all sides about 5-7 minutes per side, once cooked remove from heat and set aside.
3. In a medium sauce pan whisk together the pineapple juice, soya sauce, and brown sugar. Bring the mixture to a boil and cook until the consistency resembles syrup.
4. Make your pineapple bowls by slicing a pineapple in half and scooping out the meat. Cut the pineapple into cubes similar in size to the chicken. Combine the chicken and pineapple in the pan.
5. Pour the sauce into the pan with the pineapple and chicken. Cook until the sauce returns to a boil. Mix to coat the pineapple and chicken. This takes about 3-5 minutes.
6. Serve by adding rice and then the chicken and pineapple into each pineapple bowl.

Banana Cream Pie by Mrs. Krenn

1 ½ Cups Graham Cracker Crumbs

¼ Cup Margarine

1 box banana pudding mix (the one that needs to be cooked)

2 cups of Milk

½ Tub of Cool Whip thawed

½-1 Banana sliced



Prepare the graham crumbs and margarine according to the directions on the box. Press into a pie plate and set aside. Cook banana pudding according to the directions on the box. Pour into pie plate and allow to cool for at least two hours.

Just before serving spoon cool whip onto pie, you can use the back of the spoon to form peaks and swirls if desired. Garnish with sliced bananas and serve.

Note: For a larger crowd you can double the crust and use a full tub of whip cream to make the same recipe in a 9x13 cake pan.

Macaroni and Hamburger Casserole by Mrs. Krenn

4 Cups of Macaroni

1 lb hamburger

1 Can sliced mushrooms

2 Scoops of cheese whiz using a wooden spoon (or to taste)

Cook and drain macaroni. Brown hamburger and drain off excess fat, add the mushrooms to the hamburger to warm them. Combine the macaroni and the hamburger in a large pot add the cheese whiz, stir, and serve.

Pizza Dough by Mrs. Stenerson

2 Crusts

2 Tsp Instant Yeast

1 ¼ Cups Warm Water

1 Tbsp Sugar

1 Tbsp Oil

2 ¾ Cups Flour

4 Crusts

4 Tsp Instant Yeast

2 ½ Cups Warm Water

2 Tbsp Sugar

2 Tbsp Oil

5 ½ Cups Flour

Mix the first 4 ingredients together in a bowl.

Mix in the flour, kneading it until a dough consistency. If it's too sticky add a small amount more of flour.

Divide into balls.

Let them rise 15 minutes.

Spray pizza pans with cooking spray.

Spread the dough onto the pizza pans.

Top with your favourite topping.

Bake at 425 degrees for 20-25 minutes watching that the bottom doesn't burn.



Gift Soup- Coralie Bucholz

¼ c. beef or chicken bouillon powder

¼ c. red lentils

¼ c. vegetable soup flakes

¼ c. pearl barley

¼ c. – ½ c. very small bow pasta

¼ c. yellow split peas

¼ c. wild rice

Layer the dry ingredients in a jar and give as a gift. Include the following instructions: Combine with 7 to 10 cups water in a large pot. Bring to a boil. Reduce heat. Cover and simmer for about 50 minutes until peas and rice are tender. Can mix leftover meat and veggies to make it a heartier soup. If adding extras, add more water as necessary.



“MeatRocks” by Ms. L’Hoir

Filling

- 1 family package lean/extra lean ground beef
- 1 onion finely chopped
- $\frac{3}{4}$ - 1 cup of finely chopped carrots
- $\frac{3}{4}$ - 1 cup of finely chopped celery
- 1 can of mushrooms
- 2 cans of Tomato with Basil & Oregano soup
- $\frac{1}{2}$ small can of tomato paste
- Italian seasoning to taste
- Salt and pepper to taste



- Cook ground beef and onions until thoroughly done, drain any excess liquid. Add other ingredients and simmer until done. I usually let mine sit overnight in the fridge so that I can scrape off any excess fat that has accumulated and so that the sauce isn't hot when making the buns. You don't want your sauce to be runny or it will leak out, and you also will not be able to seal your buns.

Bun Dough

- 3 cups of warm water
- $\frac{1}{2}$ cup sugar
- 6 tbsp oil
- 2 tbsp yeast
- 1 tsp salt
- 2 eggs
- 7 to 8 cups of flour

- Mix all ingredients in the order they appear, adding them one by one. Knead the dough and put into a large greased bowl. Cover the bowl with a warm damp towel or loose Saran wrap. Let rise 20 minutes and then punch down. Repeat 3 times. The last time you will make the beer rocks.

- Take about $\frac{3}{4}$ of the size of dough that you would use for a regular bun and roll it out. Place a heaping soup spoon in the middle of the dough and put shredded cheddar cheese on top. I then bring everything together with four different folds. Let rise until double in size. Cook for 20 minutes at 375' F. Take out of oven and brush with butter, place on rack to cool.

Deep Dish Pizza by Mrs. Anderson

For the barbecue Or oven.

Pizza Dough Recipe

- 1 1/2 cups water
- 1 1/2 tablespoons vegetable oil (or olive oil)
- 3 3/4 cups bread flour
- 1 tablespoon plus 1 teaspoon sugar (granulated)
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons active dry yeast

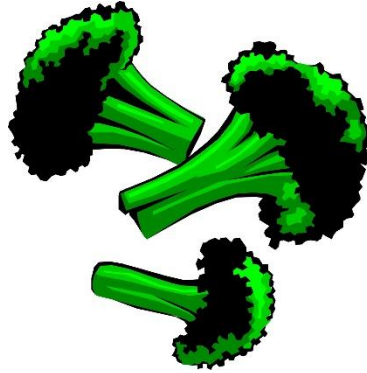
Combine all ingredients together. Let dough rise for half an hour. Split dough into two equal sections. Knead dough and roll out. You can use a baking tray with high sides we use a cast iron frying pan. We coat the pan with olive oil then place the dough in the pan and spread dough up the sides. Put your favourite pizza sauce on bottom and brush sides with sauce, we line the bottom and sides with cheese and top with pepperoni, mushrooms, spinach, and peppers. You can use any toppings.

If baking in an oven preheat to 400, and bake for 20-25 minutes. If baking on a charcoal barbecue, get heat to 350 and place pan in indirect heat for about an hour or so.



Broccoli Salad by Val

- 1 head of broccoli
- ½ large onion
- 8-10 slices of bacon
- ½ cup raisins
- 1 cup miracle whip
- 2 tbsp Vinegar
- ¼ cup sugar



Wash and cut up broccoli into bite sized pieces, fry and crumble bacon. Add onions and raisin to the bowl. Make the dressing and pour over the salad. Mix together and serve.

Onion Meatloaf by Val

- 2 lbs of ground beef
- 1 envelope of onion soup mix
- 2/3 cup of milk
- 1 egg
- 3 Tbsp brown sugar
- 3 tbsp ketchup
- 1 tbsp mustard



Heat oven to 350. Mix the first four ingredients in a bowl and place in a 13x9x2 loaf pan.. Spread out and loosen the sides with a spatula. Glaze on top the last three ingredients. Place in oven for one hour. Serves 8.