



Département de
médecine familiale
Department of
Family Medicine

Favourite Holiday Recipes from the DFM

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Donna's Cabbage Salad

- 3 lbs cabbage (green or an even mix of red and green)
- 1 grated red or green pepper
- 2 medium onion, finely chopped
- 2 cups sugar
- 2 carrots, finely chopped (optional)

Dressing

- 1 cup oil
- 1 cup white vinegar
- 2 tbsps celery seed
- 1 tbsp salt
- 2 tbsp sugar

Bring all dressing ingredients to a boil and allow to cool. Mix all ingredients. Freezes well, or keeps for up to 6 weeks in the fridge.

Asiya's Red Lentils (Daal)

- 2 cups of red lentils
- 4 tbsp cooking oil
- 1 onion, medium
- 2 tomatoes, small
- Salt, to taste
- 2 cloves garlic
- 2 tsp fresh grated ginger
- 1 tsp each turmeric, ground coriander, paprika
- 1 sprinkle of cumin seeds
- Cayenne, to taste (optional)
- Green chillies, dry chillies or red pepper flakes, to taste (optional)

Soak the red lentils in cold water for 20 minutes.

In a medium pot, add two tablespoons of the cooking oil and sauté one medium sized onion and two small tomatoes until soft.

Add the lentils with the water, and add two more cups of water and make sure that there is at least an inch of water above the lentils. Cook at medium heat covered.

Add salt to taste, plus one teaspoon each of turmeric, ground coriander, paprika, and sprinkle some cumin seeds. Add cayenne if you like spicy food.

In a frying pan, add the remaining oil and sauté chopped garlic and ginger. Optional: add green chillies, dry chillies or red pepper Flakes.

Add the garlic/ginger to the lentils and cook for ten more minutes until the lentils are soft and cooked. Garnish with mint leaves and chillies. Serve with rice or naan.

Tilly's Grilled Chicken

- 5 pound of chicken drumsticks, rinsed and patted dry

Marinade

- 5 cloves garlic
- Fresh ginger (around 2-3 inches)
- 1 large onion
- ½ tsp black pepper
- 1 tbsp paprika
- 1 or 2 cubes Maggi tomato flavour stock
- ¼ tsp cayenne pepper
- 1 or 2 tbsp mustard
- ¼ green pepper

Mix all marinade ingredients in a food processor until blended. Rub marinade on chicken and let marinate for at least 2 hours, to overnight.

Grill until cooked through, preferably on a charcoal barbecue.

Andrea's Nuts and Bolts

- 4 cups Shreddies™
- 4 cups Cheerios™
- 4 cups Rice Chex™
- 3 cups pretzel sticks
- 200g Cheez-It™ crackers, or similar
- 1 ½ cups mixed nuts
- ½ cup butter, salted
- 2 tbsp Worcestershire sauce
- 1 tsp granulated garlic or garlic powder (NOT garlic salt)
- 1 tsp onion powder
- 1 tsp garlic salt
- 1 tsp paprika

Preheat oven to 250 F (120 C). Mix cereals, pretzels, crackers and nuts in a large roasting pan.

In a microwave-proof bowl, combine butter, Worcestershire sauce and spices. Microwave until butter is melted and stir.

Pour over cereal mixture and stir. Bake for 1 hour, stirring every 15 minutes.

Dianne's Christmas Cookies

- 1 cup butter, softened
- ¾ cup brown sugar
- ½ tsp vanilla

- ⅛ tsp salt
- 2 ½ cups flour
- 1 cup sliced almonds
- ½ cup each red and green cherries

Cream butter with sugar, add vanilla, salt and flour. Add the almonds and cherries.

Form dough into logs (if necessary, place the bowl in hot water). Wrap in wax paper and refrigerate or freeze. When ready to cook, slice the dough into cookies and place on an ungreased cookie sheet.

Preheat oven to 375 degrees F (190 degrees C). Bake for 5 mins or until edges are golden.

Emma's Soft Ginger Molasses Cookies

- 2 ¼ cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon salt
- ¾ cup margarine, softened
- 1 cup white sugar
- 1 egg
- 1 tablespoon water
- ¼ cup molasses
- 2 tablespoons white sugar

Preheat oven to 350 degrees F (175 degrees C). Sift together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.

In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto an ungreased cookie sheet, and flatten slightly.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.

Louise's Cherry and Pistachio Icebox Cookies

- 1 ½ cups flours
- ½ tsp cinnamon
- ½ tsp salt
- ¾ cup butter
- ¼ cup sugar
- ½ tsp grated orange zest

- ½ cup shelled pistachios
- ½ cup candied cherries
- 1 egg

Mix together flour, salt, cinnamon. In another bowl, mix butter, sugar and orange zest until fluffy. Add flour mix until well incorporated. Add cherries and pistachios.

Split dough into two logs, and wrap in plastic wrap. Refrigerate for 2 hours.

Preheat oven to 350 degrees F (175 degrees C). Remove from fridge and cut into slices. Bake for 14 minutes.

Donna's Whipped Shortbread

- 1 lb butter
- 1 ½ cup sifted icing sugar
- 3 cups flour (keep 1 cup for mixing at the end)
- 1 tsp vanilla
- 1 tbsp cornstarch

Preheat oven to 350 degrees F (175 degrees C).

Cream butter with sugar, add 2 cups of the flour, cornstarch and vanilla. Beat with an electric mixer or a food processor until whipped. Add the last cup of flour and whip again. Drop approximately 1 tsp of the dough onto a cookie sheet. Garnish with candied cherry piece (optional).

Bake for 12 mins or until edges are golden.

Chandra's Coconut Balls

- 1 pkg (12 oz) vanilla wafers
- 2 cups coconut flakes
- 1 can sweetened condensed milk

Crush wafers and mix with condensed milk and 1.5 cups of coconut. Refrigerate for 2-4 hours. Form into balls and roll in the remaining coconut.

Louise's Fry Pan Date Cookies

- 1 pkg dates, chopped
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 2 cups puffed rice cereal
- 1 ½ cups shredded coconut

In a skillet, combine dates, sugar and eggs. Cook over medium heat until the sugar is melted. Stir in vanilla and puffed rice.

Remove from heat, and let cool a few minutes. Roll mixture into balls and roll into the coconut.

Andrea's Eggnog Fudge

- 1 cup sweetened condensed milk
- 400 g white cooking chocolate, chopped
- 2 tbsp brandy or sherry (optional)
- ½ tsp ground cinnamon
- ½ teaspoon ground nutmeg, plus extra for sprinkling

Grease an 8" pan or tin and line with parchment paper.

In a small saucepan, combine milk, chocolate and brandy/sherry over low heat. Stir continuously until melted and smooth.

Remove from heat and add spices. Pour into prepared pan/tin. Sprinkle with extra nutmeg. Refrigerate until set.

Emma's (Gluten Free) Fudge Brownies

- ¼ cup butter
- ¼ cup coconut oil
- ¾ cup semi-sweet chocolate chips + ½ cup semi-sweet chocolate chips
- 2 eggs
- ½ cup white sugar
- ¼ cup brown sugar
- ½ cup Coconut flour
- ¼ cup cocoa powder
- ½ tsp baking powder
- ¼ tsp salt

Preheat oven to 350 F (180 C). Grease a 9" x 9" pan.

Melt butter, coconut oil and ¾ of the chocolate chips.

Mix eggs and sugars until well combined. Fold in melted butter and chocolate.

Combine flours, cocoa, baking powder and salt in a separate bowl. Add to egg mixture. Stir in remaining chocolate chips.

Spoon batter into prepared baking dish. Bake for around 20 minutes, or until firm to the touch.

Donna's Hershey™ Brownies

- 1 cup white sugar
- 1 cup butter
- 4 eggs
- 1 can Hershey's chocolate syrup
- 1 cup flour (white or gluten free)

Preheat oven to 350 F (180 C). Grease a 9" x 13" pan.

Combine butter and sugar. Add eggs, syrup and flour. Mix together until well combined.

Bake for 30 minutes. Serve with whipped cream or ice cream, or ice with a buttercream frosting.

Chandra's Apple Crumble

- 6 apples, peeled and chopped
- 2 tbsp sugar
- 1 tsp cinnamon

Topping

- 1 cup oats
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup flour
- 2 tsp cinnamon
- $\frac{1}{2}$ butter, softened

Preheat oven to 350 F (180 C). Combine filling ingredients and pour into a greased pie dish. Combine topping ingredients and spread over apple mixture.

Bake for 40 minutes.

Marisa's Peanut Butter Blossom Cookies

- $\frac{1}{2}$ cup butter, softened
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup peanut butter
- 1 egg
- 2 tbsp milk
- 1 $\frac{3}{4}$ cup all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 36 chocolates kisses, unwrapped
- $\frac{1}{4}$ cup of white sugar, for rolling

Preheat oven to 375 F (190 C). Combine all ingredients (except kisses) in a large bowl, mix well.

Scoop a tablespoon of the dough and roll into a ball. Roll each ball in the extra sugar and place on a greased baking sheet.

Repeat for remaining dough. Bake for 8-10 minutes.

Immediately upon removing cookie from the oven, press a chocolate kiss into the centre of each cookie.

Donna's Layered Pistachio Squares

Crust

- ¾ cup butter, softened
- 1 ½ cups flour
- ½ cup chopped walnuts or pistachios (optional)

Preheat oven to 350 F (180 C). Combine ingredients and press firmly into a 9" x 13" pan. Bake until golden at the edges and allow to cool.

1st Layer of Filling

- 8 oz Philadelphia™ Cream Cheese
- 2/3 cup white sugar
- 8 oz Cool Whip™
- Few drops red food colouring (optional)

Beat the cream cheese and sugar, add Cool Whip™ and spread over cooled crust. Chill in the fridge while preparing next layer.

2nd Layer of Filling

- 2 packages Jell-o™ Pistachio pudding mix
- 2 ½ cups milk

Beat together pudding mix and milk. Spoon over first layer. Chill for 10 minutes.

Topping

- 8 oz Cool Whip
- Crushed pistachios or maraschino cherries (optional)

Spread over 2nd layer. Garnish with nuts and/or cherries (optional). Let stand for 2-3 hours and store in the fridge.