



COMMUNITY LIVING  
Oshawa/Clarington



# HOLIDAY RECIPE BOOK





**From CLOC's family to yours, we  
hope you will enjoy some of these  
holiday favourite recipes.**



# DRINKS



## Cinnamon Gingerbread Egnog

### Ingredients:

- 2 oz Fireball Cinnamon Whiskey (delete for mocktail)
- 3 oz Egnog
- 1 tsp Allspice
- 1 tsp Ground Ginger
- 2 tsp Cinnamon
- 1 tsp Ground Clove
- 1 tsp Nutmeg
- Whipped Topping

### Instructions:

In a cocktail glass, add in Fireball, and eggnog. Give a good stir. Add in ginger, allspice, clove, nutmeg, and 1 teaspoon cinnamon. Stir. Top with whipped topping and a sprinkle of cinnamon.



## Sorrel Drink

Sorrel is a sweet, gingery, wine-hued Jamaican drink that's always been a part of my Christmas tradition, offered as an option alongside eggnog and rum punch at holiday parties and tree trimmings. Its seasonal popularity is due to the time of year its primary ingredient, the blossoms of the hibiscus plant, were originally harvested and cultivated in the Caribbean. These days, sorrel is available for purchase—as processed or whole dried blossoms, or even steeped and bottled—at all times of the year. But for me, the viscous, tart drink doesn't feel right outside of the holiday season.

### Ingredients:

- 5 1/4 ounces (150g; about 3 cups) dried sorrel (hibiscus), rinsed with cold water in a colander or strainer
- 3/4 pound (350g) peel-on fresh ginger, washed and grated (see note)
- 10 whole cloves
- 10 allspice berries, roughly crushed with the side of a knife
- 1 pound 1 1/2 ounces (495g; about 2 1/2 cups) sugar

### Instructions:

In a 4- or 5-quart pot or Dutch oven, bring 3 quarts water to a boil. Add sorrel, grated ginger, cloves, and crushed allspice, and boil until the sorrel begins to plump and swell, about 8 minutes.

Remove from heat and let stand until cooled, then continue to steep in an airtight vessel in the refrigerator for at least 8 hours and up to 3 days.

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Strain the liquid through a fine-mesh strainer or through cheesecloth into a large pitcher, pressing on solids to express as much liquid as possible. If needed, strain again until it is clear of any ginger remnants. Discard solids.

In a 2-quart saucepan, bring 2 cups of water to a boil with the sugar. Continue to cook, stirring until sugar has completely dissolved, creating a simple syrup. Remove simple syrup from heat.

Stir simple syrup into the strained sorrel, 1/2 cup at a time, until desired sweetness level is reached.

Chill until ready to drink.

Serve over ice.



## White Christmas Punch

This festive and creamy punch is a perfect holiday drink for your Christmas gatherings. It's light, refreshing, and a beautiful addition to your holiday table.

Prep Time: 5 minutes

Servings: 12-16 servings

### Ingredients:

- 1 litre pineapple juice, chilled
- 1 litre white cranberry juice, chilled
- 1 can (14 oz) coconut milk
- 1 litre lemon-lime soda (or sparkling water), chilled
- 1/2 cup sugar (optional, for added sweetness)
- Ice cubes
- Fresh cranberries and sprigs of rosemary (for garnish)

### Instructions:

#### Mix the Juices:

In a large punch bowl, combine the chilled pineapple juice, white cranberry juice, and coconut milk. Stir until well mixed.

#### Add Soda:

Slowly pour in the chilled lemon-lime soda (or sparkling water). Gently stir to combine.

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Sweeten (Optional):

Taste the punch, and if you'd like it sweeter, gradually stir in the sugar until it dissolves.

Serve:

Add plenty of ice cubes to the punch bowl to keep the punch cold. Garnish with fresh cranberries and sprigs of rosemary for a festive look.

Enjoy!

Serve in glasses, and enjoy your creamy and festive White Christmas Punch!





# DISHES



## Easy Holiday Breakfast in a Sheet Pan

I like to shred my cheese, and prep the eggs/ cheese / sauted ham and onions, the night before so I can pour it over the hashbrowns once I bake them in the morning. It makes for quicker preparation and a relaxing morning where I can be present and enjoy my family.

### Ingredients:

- Bag of Hashbrowns
- 1 cup of shredded cheddar cheese
- Cream cheese
- 12 eggs
- Onion (or leeks)
- Small carton of Cherry tomatoes
- Green onions
- A slab of cooked ham the size of your hand – could be from the deli

### Instructions:

Preheat oven to 375

Bake hashbrowns and cheddar cheese in a bar pan / cookie pan with a deep enough lip, until brown.

Dice ham and onions (or leeks) and saute. Let cool.

Mix together eggs and cream cheese in a bowl, then add the diced ham and onions (or leeks).

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Pour over the baked hashbrowns/cheese.

Cut cherry tomatoes in half and slice up green onions. Add to top of dish.

Bake for about 25 minutes.

Serve warm!



## Easy Cranberry Brie Bites

### Ingredients:

- Cooking spray
- Tube of Pillsbury Flaky Rolls dough
- Brie cheese
- Cranberry Sauce
- Fresh or dried rosemary

### Instructions:

Preheat oven to 350 degrees.

Spray mini muffin tins with cooking spray.

Open Pillsbury dough and press into mini muffin tray.

Add a piece of brie.

Add a dab of cranberry sauce.

Top with a sprinkle of rosemary.

Bake in oven for about 20 minutes or until dough is golden brown.



## Perogies

Some of our favourites are potato and cheese, sauerkraut, prune and raisin. Blueberry is also amazing. You can make perogies with any type of filling you want. I've had cottage cheese, blueberry, poppyseed, chokecherry, you name it! But the best and most favourite fillings I grew up on are as follows: sauerkraut with bacon, sauerkraut without bacon (for a meatless dish for Christmas Eve), potato and cheese (the most common, most favourite, and most delicious!), poppyseed, raisin, prune.

***TO MAKE THE PEROGIE DOUGH*** (to use for all the perogies)

### Ingredients:

- 4 cups flour
- 2 tbsp vegetable oil
- 1.5 cups lukewarm potato water (VERY IMPORTANT)
- 1 tsp salt

### Instructions:

Combine the above ingredients.

Knead a bit and allow to stand for at least 30 minutes before rolling out dough (very important and key to soft dough).

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After your dough has rested for over 30 minutes, take a piece of it and begin to roll it out into a thin sheet on a floured surface. Note – wrap the dough currently not being used in plastic wrap and then cover with a damp towel to ensure it does not dry out.

Using a disk-shaped cutter, press out as many circles of dough as possible.

Now the folding process: Place filling of your choice in the center of the dough. Be careful not to overfill or have any of the filling touch the edges, as this will not allow for them to adhere when you fold the dough, and the perogie will break open in the cooking process.

Fold. Pinch edges around – hard!

## ***FILLINGS***

### ***Potato & Cheese Filling***

Yields about 5 dozen perogies.

#### Ingredients:

- 1 medium onion, chopped
- 1/4 cup butter
- 3 cups cooked potatoes, mashed (reserve water used while boiling potatoes)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup grated cheddar cheese

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## Instructions:

Sauté onion in butter and add to mashed potatoes.

Add salt, pepper and cheese. Mash well.

Cool the mixture completely until using as filling.

## To cook:

Place some butter, and onions in a frying pan and cook until tender.

In a large pot, bring water, tsp salt and 1 tbsp of vegetable oil to a boil.

Place perogies in boiling water and gently stir so they don't stick to the bottom.

Cooking time varies – I'd say about 10 minutes, but you want to check them. There is a theory that once they rise to the top they are done. Not really so...a lot of the time the edges are still raw. Best to just watch and test them accordingly.

Once done, scoop out with slotted spoon and place in a bowl.

Toss with butter and sauteed onions and serve.

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## ***Sauerkraut Filling***

### Ingredients:

- 1 quart sauerkraut
- 4 strips of bacon (omit for Christmas Eve meatless meal)
- 1 medium onion, chopped
- 1/2 cup vegetable oil (for frying)
- 1/2 tsp salt
- 1/4 tsp pepper

### Instructions:

Cook sauerkraut, about 20 minutes or until done. Drain and press out water.

Saute onion in oil until golden.

Add sauerkraut, salt and pepper. Fry for 10 minutes.

Cool before using as filling.

### To cook:

In a large pot, bring water, tsp salt and 1 tbsp of vegetable oil to a boil.

Place perogies in boiling water and gently stir so they don't stick to the bottom.

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Cooking time varies – I'd say about 10 minutes, but you want to check them. There is a theory that once they rise to the top they are done. Not really so...a lot of the time the edges are still raw. Best to just watch and test them accordingly.

Once done, scoop out with slotted spoon and place in a bowl.

Toss with butter and serve.

### Make ahead and freeze:

If you are making ahead of time and want to freeze any perogie recipe, line a baking sheet with wax paper and ensure perogies do not touch each other. Place saran wrap over top of the bottom layer and place perogies on top in opposing directions.

Freeze on baking sheet (so they won't stick together when storing) and then transfer to your favourite freezer-safe storage container or baggie.



# Classic Cabbage Rolls

## Ingredients:

### **SAUCE**

- 1 tablespoon olive oil
- 1/2 medium onion finely chopped
- 2 cloves garlic minced
- 1 can 15 ounce tomato sauce
- 1 can 14.5 ounce petite diced tomatoes
- 1 tablespoon cider vinegar
- 1 1/2 tablespoons brown sugar
- salt and pepper to taste

### **CABBAGE ROLLS**

- 1 large head green cabbage
- 1/2 pound ground pork sausage
- 1/2 pound ground beef
- 1/2 medium onion finely chopped
- 2 cloves garlic minced
- 1 egg
- 3/4 cup Minute Rice or long-grain parboiled white rice
- 1 tablespoon dried parsley
- 1/2 teaspoon paprika

## Instructions:

Bring a large stock pot of water to boil. Add the whole head of cabbage and boil for 5 minutes. Remove to a colander to drain and cool.

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Once cooled, cut 1/2 inch off the stem end of the cabbage.

Carefully remove 12 leaves and cut the tough rib out of the stem end in the shape of a V.

In a large skillet, heat olive oil over medium heat. Add the onion and cook for 2-3 minutes, stirring several times.

Reduce heat to low and add garlic. Cook for 1 minute, stirring constantly.

Add the tomato sauce, diced tomatoes, cider vinegar, and brown sugar. Season with salt and pepper to taste.

Simmer for 10 minutes.

Spoon a thin layer of the tomato sauce into a 9 x 13-inch casserole dish.

In a large bowl, mix the ground pork sausage, ground beef, onion, garlic, egg, rice, parsley, and paprika.

Place about 1/3 cup of the meat mixture in the center of the cabbage leaf. Bring in the sides and roll tight.

Place the rolls on the tomato sauce in a single layer in the casserole dish. Repeat until all the cabbage rolls are made and in the casserole dish.

Top with remaining tomato sauce.

Cover with aluminum foil.

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Bake in a preheated 350-degree oven for 80-90 minutes

Notes:

Don't skip the step to boil the cabbage. It makes all the difference when it comes to rolling these guys. It is almost impossible to roll a cabbage leaf that has not been boiled since it is stiff as a board.

After boiling the cabbage, use a sharp knife to slice the root end off about 1/2 – 3/4 inch up. This will make it easier to remove the leaves.

The ground meat does not need to be precooked.

Are you always in a hurry and need to cut a few corners?

Use your favorite jarred marinara sauce and add 1 tablespoon of vinegar and 1 1/2 -2 tablespoons brown sugar.

Cover the baking dish tightly with foil so the cabbage rolls steam in the oven, softening the cabbage leaves.



# Pear and Pomegranate Salad

## Ingredients:

### **SALAD**

- 3 cups green leafed lettuce, rinse and torn into bite sized pieces
- 1 Bartlett or Anjou pear
- 1/2 cup pomegranate seeds

### **DRESSING**

- 1 tbsp vegetable oil
- 2 tbsp pomegranate juice
- 1 tbsp lemon juice
- 1 tsp prepared dijon-style mustard
- 1/2 tsp honey
- ground black pepper to taste

## Instructions:

Tear lettuce into large bowl.

Core pear and slice thinly. Add to bowl with lettuce.

Add pomegranate seeds to bowl.

Mix gently.

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For dressing:

Combine all dressing ingredients into a saucepan.

Bring to a boil over high heat.

Reduce heat and simmer until dressing begins to thicken slightly, about 2 minutes.

Pour warm dressing over salad and serve.



## French Canadian Tortiere

My family makes this savoury meat pie every year, and typically will serve tortiere on Christmas Eve. This recipe can easily be doubled if you are expecting a larger crowd. Easy to make ahead and freeze, it allows for more time spent making memories with family and friends, and less time in the kitchen.

### Ingredients:

#### **FILLING**

- 1 tbsp vegetable oil
- 2 lbs ground pork OR 1 lb each of ground pork and ground beef (see turkey/chicken alternative below)
- 1 and a 1/2 cups beef stock
- 3 onions finely chopped
- 3 cloves garlic, minced
- 2 cups sliced mushrooms
- 1 cup finely chopped celery (or a mix of carrot and celery)
- 3/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp pepper
- 1/2 tsp dried savory
- 1/4 tsp ground cloves
- 1 cup bread crumbs
- 1/2 cup chopped fresh parsley

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## **FOR A HEALTHIER FILLING ALTERNATIVE**

- Substitute turkey or chicken for the pork/beef
- Substitute chicken stock for beef stock
- Omit cinnamon, savory and cloves
- Add 1/2 tsp dried marjoram
- Add 1/4 tsp dried thyme

## **PASTRY**

- Store-bought 9" or 10" double pie shell OR your favourite homemade pastry recipe that yields the equivalent
- 1 egg, beaten
- 1 tsp water

### Instructions:

In a large skillet, heat oil over medium-high heat

Cook meat, breaking up with a wooden spoon, for 7 to 10 minutes or until no longer pink. Drain fat from meat.

Stir in stock, onions, garlic, mushrooms, celery, salt, cinnamon, pepper, savory and cloves.

Bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, for 35 - 45 minutes or until about 2 tbs of liquid remains.

Remove from heat. Stir in bread crumbs and parsley. Taste and adjust seasoning.

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Cover and refrigerate until cold (for up to one day).

### ***TO PUT TOGETHER PIE***

Remove store bought pie shell from freezer OR roll your homemade pastry to 3mm thickness and fit into pie plate.

Spoon cold pie filling into pie shell. Smooth out the top.

Roll out top pastry.

Moisten rim of pie shell with water and cover with top pastry.

Press edges together to seal. Trim off any overhanging pastry.

Combine egg with water and brush over pastry. Cut decorative shapes from remaining pastry and apply to top. Brush with remaining egg mixture. Cut steam vents in top of pie.

Bake at 375 degrees for 40 - 45 minutes or until golden brown.

Cool for 10 minutes before cutting OR cool completely, place in a storage container and freeze.





# DESSERTS



## Crockpot Peanut Clusters

### Ingredients:

- 1 - 16oz jar of salted roasted peanuts
- 1 - 16oz jar of unsalted roasted peanuts
- 1 bag of semi sweet chocolate chips
- 1 bag of white chocolate chips
- 1 bag of butterscotch chips
- Cooking spray

### Instructions:

Spray crockpot with cooking spray.

Place all items in crockpot. DON'T STIR. Cover and heat on low until all chocolate has melted - approximately 1 hour.

After 1 hour uncover, give a good stir and cook again for 1 hour on low.

Line approximately 4 baking sheets with parchment paper.

Drop mixture by spoonfuls on parchment paper to desired size, leaving space in between. Add sprinkles on the top before they harden, or a little coarse sea salt.

Allow clusters to set at room temperature for at least 1 hour.

Store in air tight container. Enjoy!

# Ukrainian Blueberry Varenyky with Blueberry Sauce

Yeilds around 36 varenyky

Ingredients:

## **DOUGH**

- 3 cups all-purpose flour
- 1/2 tsp baking powder
- 1 egg
- 3/4 cup milk
- 2 tbsp butter, melted
- cold water

## **FILLING**

- 2/3 cup granulated sugar
- 1 tbsp all-purpose flour
- 2 cups blueberries

## **BLUEBERRY SAUCE**

- 2 cups blueberries (wild blueberries preferred)
- 1/2 cup granulated sugar
- 1 tbsp all-purpose flour
- 2 tbsp lemon juice
- 2 tbsp butter, melted
- sour cream, at room temperature

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## Instructions:

### ***DOUGH***

In large bowl, whisk together flour and baking powder.

In separate bowl, whisk together egg, milk and butter.

Stir into flour mixture.

Add cold water, 1 tablespoon at a time (6 to 7 tablespoons total), until soft dough is formed. Knead until dough is smooth.

Cover with plastic and let rest for 10 minutes.

Roll dough to scant 1/4-inch thickness. Cut out 3-inch rounds.

### ***SAUCE***

In saucepan, stir together blueberries, sugar and flour. Add lemon juice and 1/4 cup water.

Simmer over low heat until blueberries are soft, and sauce is thickened, about 5 minutes. Set aside.

### ***FILLING***

Whisk together sugar and flour; set aside.

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## ***ASSEMBLE THE VARENYKY***

Stretch out dough rounds slightly and fill each round with scant 1 teaspoon of the flour/ sugar mixture and 1 tablespoon blueberry.

Pull dough over filling; pinch edges together to seal.

Continue until dough and filling are used up, letting reworked scraps rest slightly before rolling (keep unrolled dough and filled dumplings covered with a clean tea towel).

## ***COOKING THE VARENYKY***

In large pot of lightly salted boiled water, boil dumpling, in batches, if necessary, until dough is tender at thickest edges, about 10 minutes.

Remove with slotted spoon to serving plate; drizzle with butter to prevent sticking.

Serve with blueberry sauce and sour cream on the side.

TIP: Any leftover dough can be rolled into noodles, boiled and served with butter or sour cream.



## **FRUIT-FILLED PEROGIE**

**TO MAKE THE PEROGIE DOUGH** *(to use for all the perogies)*

### Ingredients:

- 4 cups flour
- 2 tbsp vegetable oil
- 1.5 cups lukewarm potato water (VERY IMPORTANT)
- 1 tsp salt

### Instructions:

Combine the above ingredients.

Knead a bit and allow to stand for at least 30 minutes before rolling out dough (very important and key to soft dough).

After your dough has rested for over 30 minutes, take a piece of it and begin to roll it out into a thin sheet on a floured surface. Note – wrap the dough currently not being used in plastic wrap and then cover with a damp towel to ensure it does not dry out.

Using a disk-shaped cutter, press out as many circles of dough as possible.

Folding: Place filling of your choice in the center of the dough. Be careful not to overfill or have any of the filling touch the edges, as this will not allow for them to adhere when you fold the dough, and the perogie will break open in the cooking process. Fold. Pinch edges around – hard!

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## **FILLINGS**

### ***Raisin Filling***

#### Ingredients:

- 1 cup raisins
- 1/2 cup water
- 1/4 cup sugar (reserve for folding into perogie)

#### Instructions:

Boil fruit for 20 minutes. Drain.

Cool before using as filling.

### ***Prune Filling***

#### Ingredients:

- 1 cup prunes
- 1/2 cup water
- 1/4 cup sugar (reserve for folding into perogie)

#### Instructions:

Boil fruit for 20 minutes. Drain.

Cool before using as filling.

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## **NOTES:**

With fruit-filled perogies, it is best to sprinkle some sugar on the fruit right before you fold it inside the dough.

When we use any sort of fruit filling (i.e. raisin or prune), we typically create a different shape for them, so we know what they are. The ends of the perogie are turned in. Those are our fruit ones! If you don't do this, you have a harder time distinguishing between them all once cooked.

### Make ahead and freeze:

If you are making ahead of time and want to freeze any perogie recipe, line a baking sheet with wax paper and ensure perogies do not touch each other. Place saran wrap over top of the bottom layer and place perogies on top in opposing directions.

Freeze on baking sheet (so they won't stick together when storing) and then transfer to your favourite freezer-safe storage container or baggie.





HAPPY HOLIDAYS!

FROM

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