



Father's Day Favourite Recipes

Submitted by CBWC Staff Dads



Black Bean Corn Salad:

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove minced garlic
- 1 tsp salt.
- 1/8 tsp ground cayenne pepper
- 1 - 19oz can of black beans, rinsed and drained
- 1,1/2 cups of frozen corn kernels
- 1 avocado peeled, pitted, and diced
- 1 red bell pepper, chopped
- 2 tomatoes chopped
- 6 green onions sliced



Place first 5 ingredients in small container and shake until well mixed.

In salad bowl, mix the rest of the ingredients.

Pour lime dressing over the salad ingredients. Stir and serve.

Submitted by Tim Kerber

MAIN COURSE

Three Little Pigs Roast:

Makes 6.

Ingredients

2 tbsp dijon

1 tbsp honey

2 1/2 lb center cut pork loin roast

6 oz smoked ham thinly sliced

3 cups shredded fontina

1/2 cup grated parmesan

2 tbsp parsley chopped

3 oz hard salami thinly sliced

olive oil

salt and pepper

Sauce:

1/3 cup honey

3 tbsp dijon

Directions

Butterfly the roast and pound it out flat.

Spread sauce (dijon and honey) over, then layer ham, cheeses, parsley, and salami. Roll and tie.

Rub roast with EVOO and S&P.

Sear roast on all sides, then roast till 115-120 degrees.

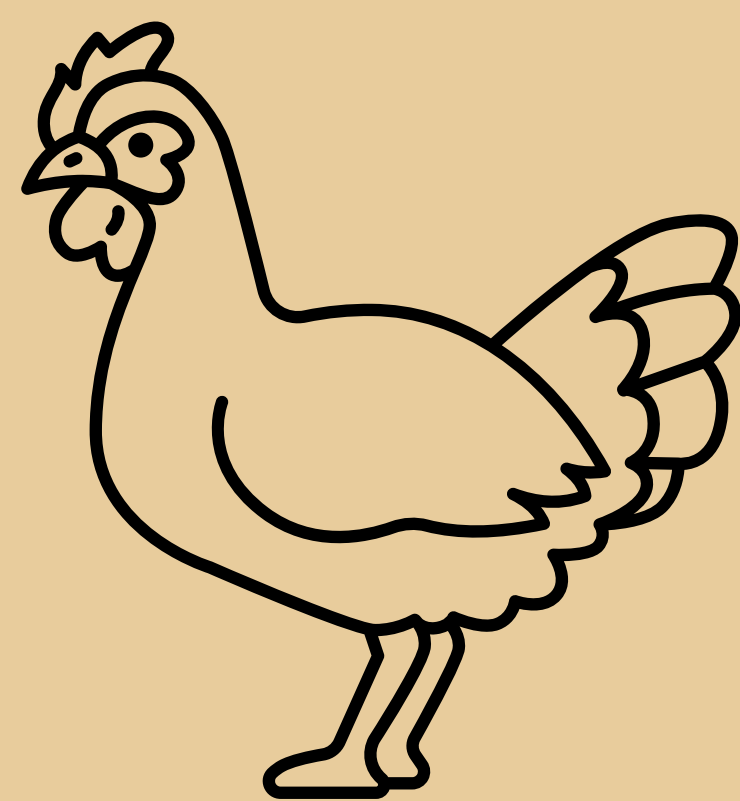
Tent, rest, then slice. Serve extra sauce with roast.

Submitted by Steve Simala Grant



Malaysian Curry Chicken:

- Servings: 4
- 450g of chicken meat
- 3 ½ tablespoons of curry powder
- 1 tablespoon light soya sauce
- 5 dried chili peppers
- 3 candlenuts
- 3 garlic gloves
- 3 shallots
- 2 cm ginger
- 3 tablespoon cooking oil
- 300 ml of water
- 2 potatoes
- 1 lemongrass stalk
- 1 yellow onion
- 5 curry leaves stalks
- 300 ml coconut milk
- Salt and sugar to taste



Marinate chicken meat with curry powder and soy sauce for 15 minutes.
Soak dried chilies until soft, and remove the membranes to reduce the spiciness.
Blend candlenuts, garlic, shallots, ginger, and dried chilies with curry powder.
Heat oil in a pot over medium heat. Add blended chili paste and cook until fragrant.
Add chicken meat and mix well. Cook until the dish is slightly dry. Add water and cook over high heat.
Add potatoes, onions, lemongrass, and curry leaves. Once it boils, lower the heat and allow it to simmer for 30 to 40 minutes.
Add coconut milk and cook at high heat again. Once it boils, lower the heat. Add salt and sugar to taste.
Serve with naan bread or rice.

Submitted by Victor Ku

Goat Cheese Chicken:

- Cut into 1-inch square chunks and place in large bowl:
- 2 medium sweet onions
- 3 bell peppers
- 10 mushrooms
- 4 carrots

Add 10 boneless skinless chicken thighs, uncut, and coat everything in olive oil.

- Stir together
- 2 Tbsp paprika
- 1 tsp smoked paprika
- 2 tsp mustard powder
- 2 Tbsp kosher salt
- 1 tsp black pepper
- 4 tsp garlic powder
- 1 Tbsp onion flake
- 1/4tsp cinnamon

and toss with chicken and vegetables.

Arrange in two cast iron baking dishes with chicken on top. Bake for 1 hour at 350 degrees.
Meanwhile, wash 1 bunch of kale. Remove the leaves from the tough stalks and toss the leaves in olive oil and salt.

After the chicken and veg have been in for an hour, give it a stir, and then add kale leaves on top.
Bake for another 20 mins.

Crumble 300g of goat cheese on top, and stir slightly. Bake for another 15 mins until goat cheese is melty and kale is crisp. Check for chicken temp of at least 165.
Serve over rice and/or a nice loaf of sourdough.



Submitted by Kyson Morgan



Halibut In Crazy Water:

seafood/fish

Makes 4 (Scaled)

Ingredients

1/2 cup Panko

4tbs parmesan

1 tbs lemon zest

S&P

8 tsp pesto

1/2 cup red onion

2 tsp garlic

4tbs extra virgin olive oil

1/2 c white wine

1/2 tsp red pepper flakes

5 cup water

1/2 cup orzo

1 cup grape tomatoes

1 tsp sugar

thyme

1/2 kalamata olives

1 cup zucchini

2/3 cup roasted red peppers

4 tbsp parsley

1 lemon (juiced)

Lemon wedges

Directions

This recipe works best if you prepare all the ingredients ahead of time, as the broth comes together quickly.

Combine Panko, parmesan, lemon zest, and salt and pepper to taste in a small bowl and mix well.

Brush halibut with pesto, then press the crumb mixture onto the fish.

You can either pan sear it or bake it in the oven at 350.

Cook crusted side up until fish flakes, about 10-12 mins, depending on thickness of the halibut.

Before starting to cook halibut, saute red onion and garlic in olive oil, then add white wine and reduce. Add the red pepper flakes.

Add the water and bring to a boil. This is a good time to start cooking the fish.

Once the water boils, add the remaining ingredients, except the parsley and lemon juice.

Cook according to the package directions of the orzo.

Add parsley and lemon.

Place the “crazy water” in a bowl, and add the cooked fish on top. Serve with lemon wedges to garnish.

Submitted by Steve Simala Grant

Tacos!:

2 pounds of lean ground beef

1 tsp garlic powder

2 packages Taco Seasoning (about 4 Tablespoons)

2 cups salsa

1-2 cans black beans



Directions:

Place ground beef into slow cooker. Top with the taco seasoning, garlic powder, and salsa. Cover and cook on low for 6 hours or high for 3 hours.

When the mat is finished cooking, drain any liquid from the crockpot and break up the beef as desired with a fork. Serve with your favourite taco shells, burrito shells, tortilla chip,s and toppings!

Submitted by Peter Anderson

Desserts

Betty's UnBaked Cookies:

1.5cup white sugar

1/2 cup of milk

1/2 cup of margarine

Cook three minutes after it begins to boil.

Remove from stove, then add to the pot:

3 cups rolled oats (gluten free quick oats)

3 tbsp cocoa

1 tsp vanilla

Mix together well, then use small ice cream scoop to create

uniform, presentation-friendly servings and place them

on a cookie sheet. Place in freezer and

allow to freeze before

placing in a container.

Pairs well with a cup of milk.

Submitted by Mark Doerksen

Peach Kuchen:

Combine: 1/3 cup flour, ¼ tsp baking powder, 1/2 tsp salt, 2 tbsp sugar.

Cut in: 1/3 cup butter/margarine.

Spread mixture over bottom of 9-inch pie plate.

Arrange 8-12 peach halves (canned or fresh) onto pastry.

Sprinkle over: ¼ cup sugar, combine with 1tsp cinnamon

Bake: 15 minutes.

Combine: 1 egg (beaten), 1 cup sour cream (or yogurt),

spread over peaches.

Bake: 30 minutes more. Cool. Serve.

A decently healthy, low fat, tasty dessert!

Submitted by Tim Kerber

Mom's Chocolate Cake (w/ Black Forest Version):

Ingredients

2 cups sugar

1.75 cups flour

3/4 cups cocoa

2 tsp baking soda

1 tsp baking powder

1/2 tsp salt

2 eggs

1 cup buttermilk

1 cup coffee

1/2 cup vegetable oil

.5 tsp vanilla

1 litre whipping cream

1 can cherry pie filling

chocolate shavings

Directions

Combine all dry ingredients in a large bowl. Add eggs, milk, coffee, and vanilla. Beat at medium speed for 2 mins. Pour into greased and floured 9x13" pan. Bake at 350 degrees for 35-40 mins. Cool on rack and ice. Keeps well in refrigerator.

For Black Forest version, bake cake in 3 equal sized round pans. Cool. Whip cream.

Spread half the pie filling, some whipped cream on the first layer, add the second

cake, repeat; add the top layer and cover with remaining whip cream. Shave chocolate all over.

Submitted by Steve Simala Grant

