

***February 2021***  
***SPECIAL EDITION***

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A close-up photograph of a stack of pancakes. The pancakes are golden-brown and stacked high. A thick, amber-colored syrup is being poured over the top, cascading down the sides. Several fresh blueberries are scattered on top of the pancakes and around the base of the stack. The background is a soft, out-of-focus grey.

# The Wee Voice

**Newsletter**



The  
**Donway Covenant  
United Church**



## Our Mission

"To follow Jesus by sharing God's unconditional love as the Spirit empowers us."

## Our Vision

We will follow Jesus...

- By being a local Christian church within the United Church of Canada; a community anchor for spiritual exploration and growth where life, worship, knowledge, service and song all contribute to our larger story.
- By welcoming people of diverse faith, ethnicities, ages and stages of life, physical and mental abilities, economic situations, sexual orientation and gender identities.
- By caring for all members with compassion, empathy and joy.
- By acts of service we will reach out to engage and support our community, the country and the world.
- By building bridges within our community, as a congregation in the most diverse city in the world.
- By using our facilities for religious, social, cultural, educational or other programs that reflect our values.

We are an **AFFIRMING**  
**Congregation**



Affirm/S'affirmer  
UNITED/ENSEMBLE

## **WHY PANCAKES ARE THE SECRET TO INNER PEACE**

If you're stressed out, concentrating on something small and simple can be a really good way to focus your brain and find your happy place. Practice makes perfect and what better thing to practice on than making pancakes. Even the most artistically challenged pancake tastes delicious, and a basic recipe uses only a few readily available ingredients, all mixed together – as easy as 1, 2, 3!

Having confidence in the kitchen with basic ingredients can lead to all kinds of tasty creations that use up what's in the fridge and help you forget the frustrations of the day. Be mindful and have a go at 'dolloping' out that calming circle of batter today.

If your family or room mates can never agree on what to cook then don't worry, there's a pancake combo for everyone. Sweet or savoury? Chocolate vs lemon? Pancakes can be personalised to suit even the fussiest of eater without too much kerfuffle or falling out. Why not try something new today?

Our worldwide love of pancakes is just one example of the way that food can break down barriers and bring us all together. Take comfort in our common appreciation of a quality pancake and why not try one of these recipes, tried and tested by your fiends?

**ENJOY !!**



**COVER PHOTO**  
**"Fluffy Homemade Pancakes"**  
**Pancakes from Scratch**



# WHAT A TIME THE '50's MUST HAVE BEEN!!

Food shortages were easing up, more consumer goods were hitting the market, and companies were "*hell bent*" on making things "easier and faster". Electric appliances - new stoves, dishwashers, refrigerators, washing machines, not to mention electric fry pans, electric kettles.....were showing up in homes.

And food preparation!!!! Weekly magazines - *Family Circle*, *Woman's Day*, *Chatelaine* - were filled with recipes to make cooking easy!

Quaker Oats company launched *Aunt*

*Jemima* pancake mixes and syrup; General Mills made *Bisquick*. Pancakes were revolutionized!



For many of us these are the pancakes we grew up on, and to be honest, I thought they were pretty good! I didn't even complain about *Aunt Jemima* syrup, never having tasted real maple syrup.

Somewhere in the last 40 years or so, we started to realise we could do better! We have been exposed to more cultures, we have available so many more ingredients to work with. And just maybe our taste buds wanted a little more!!

I hope, in reading the following pages you will be tempted to explore something a little different. *ENJOY!!*

## BISQUICK PANCAKES

### INGREDIENTS:

2 cups Bisquick  
1 cup Milk  
2 Eggs

### INSTRUCTIONS:

Grease or spray griddle or skillet. Heat over medium-high heat or electric griddle to 375°F. Stir all ingredients until blended. Pour slightly less than 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook until golden.

Top with Beehive corn syrup, and enjoy!!



## AUNT JEMIMA PANCAKES

### INGREDIENTS:

1 cups Aunt Jemima, Original  
3/4 cup Milk  
1 tbs Oil  
1 Egg

OR

## AUNT JEMIMA PANCAKES

### INGREDIENTS:

2 cups Aunt Jemima, Complete  
1 1/2 cups Cold Water

### INSTRUCTIONS:

Heat skillet over medium-low heat or electric griddle to 375° F.

Combine all ingredients and stir until large lumps disappear (do not beat or over mix).

Let stand 3-4 minutes to thicken..

Pour slightly less than 1/4 cup batter for each pancake onto lightly greased skillet.

Turn when pancakes bubble and bottoms are golden brown.

Top with Aunt Jemima syrup , and enjoy!!



## VIKKI'S APPLE PANCAKES

### INGREDIENTS:

1 cups Aunt Jemima, Complete  
1 cup Fresh Apple Juice (NOT canned or tetrapak.)

(if fresh apple juice is not available, replace with 1/2 cup water and 1/2 cup apple butter - I use Wellesley brand apple butter because it is pure apple. Adjust to desired consistency)

### INSTRUCTIONS:

Follow the instructions on the box.

Vikki  
Martinez

# PANNUKAKKU (FINNISH PANCAKES)



Great Food Fast. My family does not have Finnish roots but this recipe is a family favourite.

Serves two. I have also doubled and tripled this recipe for a bigger crowd. **It can be made lactose free by using margarine or lactose-free butter and lactose-free milk.**

## INGREDIENTS:

Andrea Sloan

2 cups	Apples, peeled, cored and thinly sliced
1 tbs	Butter
3	Egg
½ cup	Milk
⅓ cup	All-purpose Flour
¼ tsp	Baking Powder
⅛ tsp	Salt

## Topping:

½ tsp	Cinnamon
1 tbs	White Sugar

## INSTRUCTIONS:

Preheat oven to 425°F.  
Lightly grease an 8" square baking dish.

Place apples and butter in pan; toss to coat.  
Bake in preheated oven, 5 minutes

Meanwhile, in a separate bowl, whisk together eggs, milk, flour, baking powder and salt until smooth. Set aside.

In another small bowl combine cinnamon and sugar. Set aside.

Pour egg mixture over cooked apples, sprinkle evenly with topping. Bake for 15 ~ 20 minutes or until pancake is puffed and golden brown. Serve immediately with maple syrup or preserves..

**NOTE.** If doubling the recipe, suggest a 12" x 7" dish. If trebling, suggest 13 x 9½". For larger sizes you may have to cook longer, maybe 10 minutes. They are done when a knife comes out fairly clean.

*For brunch with family, we usually serve this with bacon or sausages and fruit salad.*



# BUTTERMILK PANCAKES

If I perchance have some buttermilk in the fridge these invariably get made!

Tom Joyce

## INGREDIENTS:

2 cups	All-purpose Flour
2 tbs	White Sugar
1 tsp	Baking Powder
½ tsp	Baking Soda
½ tsp	Salt
2 cup	Buttermilk
¼ cup	Sour Cream
2	Eggs, large
3 tbs	Butter, unsalted melted and cooled
1 ~ 2 tsp	Vegetable Oil

**The science of why these work  
is found in Cooks Illustrated**

## INSTRUCTIONS:

In large bowl, whisk together flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, whisk together buttermilk, sour cream, eggs, and melted butter.

Make a well in the centre of the dry ingredients and pour in wet ingredients; stir until just combined. Do not over mix. Let batter sit for 10 minutes.

Heat 1 tsp of vegetable oil in a large skillet (fry pan) over medium heat until shimmering. Using paper towel carefully wipe out oil, leaving a thin film of oil on the bottom and sides of pan.

Using a 1/4 cup dry measuring cup, portion batter into pan in 4 places (1/4 cup each). Cook until edges are set, and bubbles on surface are just beginning to break (about 2 ~ 3 minutes).

Flip the pancakes and cook until second side is golden brown, about 1 ~ 2 minutes longer.

Repeat with remaining batter. Serve and enjoy!

# THE SCIENCE of PANCAKES

A meal that is so amazingly simple to put together with a little flour, an egg, some milk, a small amount oil and sugar, and a few pinches of baking powder and salt. Behind the simplicity of our favourite breakfast meal lies an incredible, scientific transformation. That's right, each day millions of people across the globe start their day with a little science!

Have you ever wondered where the bubbles in your pancakes come from? These incredible little bubbles are what bring the words "fluffy" and "pancake" together as they were meant to be! In celebration of this most delicious holiday, we were curious to investigate what is going on behind this marvelous mixture and discover the scientific purpose behind the various ingredients of the incredible, edible pancake!

Pancakes, like every other recipe, hide a story of chemical reactions that create new flavours and textures. With pancakes, the chemical reaction is between a leavening agent - such as baking soda and baking powder - and an acidic ingredient - such as buttermilk - producing tiny bubbles of carbon dioxide gas. These bubble form throughout the pancake, and are trapped as the batter cooks and solidifies. So instead of a leaden disk, you get a light and fluffy pancake honeycombed with tiny air pockets. The more of these leavening agents you add to a mixture, the more carbon dioxide will be produced, and the more bubbles will form. These pancakes have both ingredients, and are therefore especially fluffy.

Once you have your tiny pockets of air bubbles, then comes the most complex and interesting part of the process. This is the **"Maillard Reaction"**, and it's the step that gives pancakes their aroma, and that gorgeous golden brown colour. When you raise the heat on your pancake mix, the amino acids that make up the proteins begin to chemically bond with carbon and oxygen atoms from sugars. The end result is a complex brew of hundreds of different aromatic, flavour-inducing molecules, that give your food a distinctive and rich palette of flavours.

The **"Maillard Reaction"** is behind the bold flavour of roasted coffee, the malty flavor of certain beers and malt whiskey, that brown crust on a perfectly cooked steak, the nutty notes of maple syrup, or the delightful aroma of freshly baked bread. What's more, the **"Maillard Reaction"** works best in an alkaline environment (i.e. a less acidic one). So the secret to getting that golden brown colour is to add more baking soda. Once you've added enough to neutralize the acidity of the buttermilk, anything left over will add to the browning.

Here's a brief run-down of the **FUN** science behind each ingredient of our favourite breakfast heavyweight!

## Functions of the ingredients:

- **Flour** - needed for structure. When mixed with liquid, the starch gelatinizes and the proteins form gluten, both of which give structure.
- **Liquid** - needed for structure, as mentioned above, and also important for dissolving sugar and baking powder.
- **Eggs** - when cooked, the proteins coagulate to give structure, plus moisture that evaporate as the pancake cooks creating bubbles that help it rise.
- **Fat (butter/oil)** - acts as a tenderizer by preventing too much gluten from forming.
- **Sugar** - also acts as a tenderizer, and contributes to flavour and colour through caramelization.
- **Baking Soda** - responds to the acid in buttermilk producing carbon dioxide gas that further aerates the pancake.
- **Baking powder** - reacts to the heat of the pan to release more carbon dioxide.

## How to make awesome pancakes:

- **Don't overstir** - Overstirring can cause the batter to lose too much of the CO<sub>2</sub> that is formed, which will make them soggy and dense!
- **You want a lumpy batter** - If you overstir, too much gluten will form, which will make your pancakes too tough.
- **Don't set the temperature too low** - If they cook too slowly, they lose too much CO<sub>2</sub>
- **Don't set the temperature too high** - Otherwise you might burn the pancakes before they are done cooking or cause uneven browning.
- **When to flip?** - flip when the edges start becoming dry and bubbles forming at the surface of the pancake start to break.
- **How many times to flip?** - pancakes are best if you only flip them once!



And there you have it,  
science being put to use to  
answer one of the big  
questions in life:

**What's for breakfast?**

With  
help from

**COOK'S**  
ILLUSTRATED  
Recipes That Work®

**hightouch hightech**  
Science Made Fun!  
Science Experiences that Come to You™



# PAPA'S PANCAKES

## Bob McLean's Secret Recipe

My dad, Bob McLean, is famous for his waffles and pancakes - a tradition I am proud to continue. If it's a special morning, some whipped cream and berries on top of the waffles pair great! My son Wyatt requests chocolate chips be added into his pancakes, and my son Hunter likes the "fake" maple syrup on his! We take waffles and pancakes very seriously in our house, and the boys swear that Papa's are the absolute best!!

**Emily McLean Szekely**

### INGREDIENTS, Pancakes:

¾ cup	All-purpose Flour
¼ cup	White Sugar
1 tbs	Baking Powder
1	Egg
⅓ cup	Vegetable Oil
1 cup	Milk

### ADD, If Making Waffles:

pinch	Nutmeg
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*For our family, we usually triple (or even quadruple) the recipe*



### INSTRUCTIONS: For Pancakes

In large bowl, combine all dry ingredients together.

In a separate bowl mix all wet ingredients until well blended.

Mix both together.

Heat and oil a frypan to medium heat (350°F if using electric). Cook the pancakes. Flip when bubbles "don't collapse".



### INSTRUCTIONS: For Waffles

Separate the egg. In a small bowl, beat the egg white until it is fluffy. Set aside.

In large bowl, combine all dry ingredients together.

In a separate bowl mix the milk, vegetable oil and egg yolk, until well blended.

Add the milk mixture to the dry ingredients, and mix well. Gently fold in the egg white.

Cook in a waffle iron.



## HOW TO ADD FRUIT TO PANCAKES

To add berries (or other fruit) to pancakes pour the batter into your prepared pan, then place the fruit on top of the pancake while the batter is still wet and unset. Dab a bit of extra batter on top

of each of the berries you placed to seal them in and protect them slightly from the heat of the pan. When you add the fruit in this way, the berries don't have a chance to dye the batter, giving you pancakes that are not only tasty, but as good looking as those served in any diner.

## "DAD'S" PANCAKES

I use to make these pancakes for the kids when they were young. Our son, Steve, put the recipe in a cookbook he made up for us one Christmas!

*"Too thin to be a pancake, and too thick to be a crepe, no one else but Dad makes them like this"*

### INGREDIENTS:

2 cups	All-purpose Flour
2½ cups	Milk
½ tsp	Salt
2~3	Eggs, separated

**Al Hall**

### INSTRUCTIONS:

In large bowl, add the flour to the milk. Stir in salt and egg yolks. Beat until smooth.

When mixture is smooth, beat in the egg whites.

Let stand ½ hr.

Heat a fry pan to medium-high (375°F if using electric). Pour on batter. Flip when bubbles start to form.

Serves 3 ~ 4 people.



# FLUFFY PANCAKES

from Aunt Adele

My Aunt Adele (in Saskatchewan ) made these pancakes as well as many recipes published in two cookbooks.

Don Messaros

## INGREDIENTS:

3	Eggs, separated
1 tsp	White Sugar
½ tsp	Salt
1 cup	Milk
½ cup	All-purpose Flour
1 tbs	Shortening, melted

## INSTRUCTIONS:

In a clean bowl beat the egg whites. Set aside.

In a separate large bowl beat the egg yolks. Then add the sugar, salt and flour and beat. Add the milk and shortening, and combine.

Gently fold in the egg whites.

Heat a fry pan to medium-high (375°F if using electric). Pour on batter. Flip when bubbles start to form.



## Is the grill ready??

**Question.** When my mom makes pancakes she tests the pan to see if it's hot enough by throwing drops of water on it. If the iron is hot enough, instead of boiling away, they skid around for a long time. But that doesn't make sense - shouldn't they boil away faster if the skillet is hotter?

**Answer.** The surprising phenomenon you describe is called the **Leidenfrost Effect**, after the German physicist who described it. The idea is pretty simple. If the pan is really, really hot, then when a drop hits the bottom, it can vaporize so fast and hard that it pushes the droplet back up and off the pan. The drop is now insulated from the hot bottom by a layer of steam, and can skate around on that layer for a long time, because steam does not conduct heat very well.

The Boston Globe



## IRISH BOXTY

(or BACSTAI or ARAN BOCHT-TI)

Means "poor house bread"!

## INGREDIENTS:

2 cups	Raw Potato, peeled and grated.
1 ¼ cup	Mashed Potato
2 cups	All-purpose Flour
1 ¾ tsp	Salt
3 ½ cup	Milk

## INSTRUCTIONS:

Grate the raw potatoes into a muslin cloth and squeeze as much liquid as possible into a bowl. Let liquid stand for 20 minutes.

Gently pour off the liquid and keep the starch that settled in the bottom of the bowl.

Add grated potatoes to mashed potatoes and flour. Add starch and salt to mix.

Slowly add 3/4 of the milk to form a batter of pouring consistency. Depending on the potato, you may not need to use all the milk. If the batter is too heavy, add more milk.

Leave batter resting for 30 minutes.

An old Irish rhyme:

***"Boxty on the griddle,  
boxty on the pan;  
if you can't make boxty,  
you'll never get a man"***



I must admit I have never made "boxty" but was so intrigued when I found this recipe, being a self proclaimed "Irish Man" .... ***I will!!***

Tom Joyce

Drop a ladle full onto an oiled non-stick pan over medium heat and cook on the first side for 2 minutes (depends on how heavy the batter is and how much you use). Check colour (should be a nice golden colour) on the bottom. Adjust heat if necessary.

Turn and cook on the other side for 2 ~ 3 minutes more.

Boxty pancakes are best left overnight in a fridge and reheated in a pan in good butter.

recipe from

**Pádraic Óg Gallagher**  
**Boxty House, Dublin**



# BUCKWHEAT PANCAKES

CAN BE MADE



## INGREDIENTS:

¾ cup	Buckwheat Flour **
¾ cup	All-purpose Flour **
1 ¼ cups	Milk **
2 tbs	White Vinegar, or Lemon Juice
4 tbs	Unsalted Butter, melted plus more for skillet
1 tbs	Sugar
¾ tsp	Baking Soda
½ tsp	Salt
1	Egg, large
1 tsp	Vanilla Extract

## \*\* NOTES:

Using a 50:50 ratio of flour will make the pancakes fluffier and more tender.

As buckwheat pancake batter sits, it becomes thicker. If it seems too thick, stir in an extra splash of milk to thin it out.

Buckwheat flour is naturally gluten free. Check on the packaging that it has been milled to certify it gluten free. If using a 50:50 ratio of flour, select a gluten free white flour as well.

For dairy free, a non-dairy milk substitute can be used

## INSTRUCTIONS:

**Batter.** In a small bowl, stir the milk and vinegar (or lemon juice) together, and then set aside for five minutes. (This mixture mimics buttermilk, which when mixed with the baking soda later in the recipe, makes the pancakes fluffy.)

Meanwhile, in a separate bowl whisk together the flours, sugar, baking soda, and the salt.

Add the egg and vanilla into the milk, whisking to combine.

Make a well in the centre of the flour mixture. Pour the milk mixture and melted butter into the well and use a fork to stir until you no longer see clumps of flour. (It is okay if the batter has a few small lumps – it is important not to over-mix the batter.)

**Cook the Pancakes.** Heat a large skillet (or use a griddle) over medium heat. The pan is ready if when you splatter a little water onto the pan surface, the water dances around the pan and eventually evaporates.

Lightly brush the skillet with melted butter. Use a 1/4-cup measuring cup to spoon batter onto skillet. Gently spread the batter into a 4-inch circle.

When the edges look dry, and bubbles start to appear and pop on the top surface of the pancake, turn over. This takes about 2 minutes. Once flipped, cook another 1 to 2 minutes or until lightly browned and cooked in the middle. Serve immediately with warm syrup, butter, and your favourite pancake toppings.



# SOUR CREAM PANCAKES

Aunt Adele  
(Don Messaros)

## INGREDIENTS:

2	Eggs, separated
¼ cup	Sugar
1 cup	Sour Cream
2 tbs	Butter, melted
1 cup	All-purpose Flour
½ tsp	Salt
1 tsp	Baking Powder

## INSTRUCTIONS:

In large bowl, beat egg whites until they hold their peak. Add sugar and beat 2 minutes more. Set aside.

In a separate bowl, beat egg yolks till light in colour. Stir in sour cream and melted butter. Add dry ingredients and mix well by hand.

Fold in beaten egg whites. Don't over mix!

Preheat the griddle or fry pan.(about 300°F) if using electric. (a drop of water should sizzle!)

Pour batter onto griddle sized to suit you! Cook until bubbles appear on the surface. Flip and cook another minute or so, until both sides are golden.



# BAKED APPLE CINNAMON PANCAKE

This recipe for *Baked Apple Cinnamon Pancake* was submitted by **David Childerhose**. He has enjoyed this recipe, his Mother-in-law's "Go to" breakfast recipe, many times over the years.

**Marian Childerhose**

## INGREDIENTS:

### Cooked Apples:

- 4 Cooking Apples, \*\*  
peeled, cored and thinly sliced
- ¼ cup Butter
- ½ cup Brown Sugar, packed
- 1 tsp Ground Cinnamon

### Pancake Batter:

- 6 Eggs
- 1 cup All-purpose Flour
- 1 cup Milk
- 3 tbs Sugar
- ¼ cup Butter, melted

### Garnish:

- 2 tbs Icing Sugar, sifted

## INSTRUCTIONS:

Preheat oven to 425°F.

Melt a 1/4 cup of butter in a 12 inch non-stick skillet (if you have an oven proof skillet use it!)



Add apples to pan and sprinkle with brown sugar and cinnamon. Cook for 10 minutes or until apples are very tender and any liquid in the pan has evaporated. If skillet is not ovenproof, transfer apples to a 9 x 13-inch baking dish.

Meanwhile, in a blender, food processor or with a whisk, blend the eggs with flour, milk, sugar and melted butter. Blend until smooth. Pour batter over the cooked apples.

Bake in a preheated 425°F oven for 25 minutes until browned and puffed. Serve from pan or invert onto a serving platter. Sprinkle with icing sugar. Serve in wedges.

\*\* For cooking apples try Spy, Empire, Cortland or Golden Delicious

originally appeared in 1994 Milk Calendar



**Everything can have drama if it's done right. Even a pancake.** Julia Child



# CORN MEAL PANCAKES

**Helen Campbell**

## INGREDIENTS:

- 1 cup Pastry Flour
- 1 cup Cornmeal
- ⅓ cup White Sugar
- 3 tsp Baking Powder
- ¼ tsp Salt
- 2 Eggs, separated
- 1½ cups Milk
- 5 tbs Shortening, melted

## INSTRUCTIONS:

In large bowl, sift together flour, baking powder, and salt.

Stir in white sugar and cornmeal.

In a separate bowl beat 2 egg whites until just stiff. Set aside.

In another bowl, beat together 2 egg yolks, milk and melted shortening.

Make a well in the centre of the dry ingredients and pour in the egg yolk/milk liquid. Gradually stir to combine. Fold in the beaten egg whites.

Heat a well greased skillet over medium heat. Drop batter by the spoonful. When bubbles break on the surface, flip.

These pancakes are sweet, tender and delicately crusted.

Enjoy!

# KARTOFFELPUFFER

## (GERMAN POTATO PANCAKES)



### INGREDIENTS:

Udo Ernst

- 4 ~ 5 Medium Potatoes, peeled and grated \*\* **see note**
- 1 Egg
- ½ Onion, finely grated
- Salt
- Pepper
- 1 ~ 2 tbs All-purpose Flour
- Vegetable Oil for frying.

**NOTE.** A “medium starch” potato such as **Yukon Gold** is best. After grating if the mixture is too moist I tip the bowl and drain excess moisture using a large spoon - **mixture should not be too dry!**

### INSTRUCTIONS:

Drop about 1 tbs of oil into a hot frying pan.

Add the batter (don't crowd the pancakes). When bubbles occur flip the pancake over.

Remove when golden.

Keep hot in the oven until all are ready. Makes about 8 to 10 pancakes.

Goes well with applesauce. Enjoy!



Edna Staebler  
1906 ~ 2006

## MENNONITE COUNTRY COOKING

### (Food that Really Schmecks)

#### Potato Pancakes

To make these delicious, wonderful things as they should be made, you must

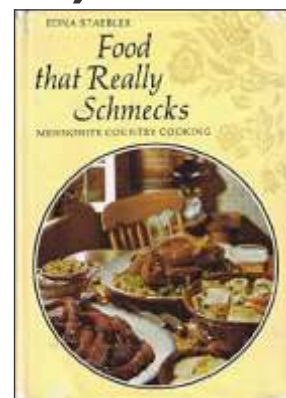
have a wife, a maid or a truly loving mother who will stand over the kitchen stove and fry them while you eat them as they come out of the frying pan, crisp, sizzling, and golden, with lacy brown edges. In our family potato pancakes are the whole meal; we don't want anything else after we've each eaten at least a dozen, drowned in maple syrup.

You must grate the peeled raw potatoes on the coarse side of one of those old-fashioned tin graters with rough holes; don't think you'll make it easy by using a shredder, food chopper, or grinder; they are too coarse, making the potatoes sloppy and starchy - I've tried all three and they don't work. You must grate the potatoes, always remembering as your arm becomes limp, that nothing in this world tastes much better. (Of course if you have a blender, you have heaven on earth.)

You must work quickly: don't let the potatoes stand when you've grated them or they'll turn

rosy, then black, the starch will settle and you'll have an unusable mess. Stir up the grated potatoes, break the eggs into them, add the salt, flour, and milk.

Put 3 or 4 tablespoons of lard or vegetable shortening into a large frying pan: let the fat become hot, then drop small ladlefuls of the rather runny batter into it, spreading fairly thin in 4 or 5 inch rounds. Let them fry quickly - watch them every second; when the centre looks dry and the bottom is golden, turn them over and brown the other side. Flip them onto the plate of each eager eater who will be hovering around to devour them smothered in maple syrup. (My mother's German cleaning woman prefers hers with apple sauce, my neighbour has them with sausages - we think these are desecrations.) DON'T, please don't pile them up and keep them hot or they'll become limp and grey as an unbleached damp dish cloth.



**Edna's account on cooking potato pancakes taken from "Food That Really Schmecks"**

# VONNAS STYLE POTATO PANCAKES



Marian Childerhose

## INGREDIENTS:

1 cup	Mashed Potatoes, at room temperature
½ cup	All-purpose Flour
½ tsp	Baking Powder
pinch	Salt
¼ cup	Milk
2	Eggs

## INSTRUCTIONS:

In a large bowl combine all ingredients, whisking well.

Butter, or oil a non-stick frying pan, and heat to medium.

Drop about 1 tbs of batter per pancake on to the fry pan. Spread the batter with the back of a spoon.

Flip pancake over when it is covered with bubbles. Cook until golden.

Enjoy!



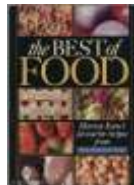
# COTTAGE CHEESE PANCAKES

Roberta Walker

## INGREDIENTS:

1 cup	Cottage Cheese
2	Eggs
¼ cup	Whole Wheat Flour, or All-purpose Flour
2 tbs	Wheat Bran
¼ tsp	Cinnamon

from "The Best of Food"  
by Marion Kane



## INSTRUCTIONS:

In a food processor, or blender, combine cottage cheese and eggs. Blend until smooth.

Transfer to a large bowl. Stir in flour, bran, cinnamon and salt to form a smooth, thick batter.

On a lightly greased skillet over medium heat drop batter by the rounded spoonfuls. Cook for about 3 minutes or until bubbles start to appear on the surface. Flip and cook for about 2 minutes, or until golden.

Makes 8 to 10 small pancakes.



# DAUGHTER-in-LAW PANCAKES

Tom Joyce

## INGREDIENTS:

1 ⅔ cups	All-purpose Flour
1 cup	Whole Wheat Flour
2 tbs	Baking Powder
1 tsp	Salt
6 tbs	White Sugar
	Cinnamon to taste
2	Eggs
2 ½ cups	Milk
6 tbs	Vegetable Oil
½ tsp	Vanilla Extract

## INSTRUCTIONS:

In large bowl, combine all dry ingredients together.

In a separate bowl mix all wet ingredients until well blended.

Mix both together and whisk until bubbles appear.

Heat and oil a frypan to medium heat (350°F if using electric)

About 1/4 cup on batter makes a good size pancake. Flip when bubbles "don't collapse".





# HOLIDAY EGGNOG PANCAKES

I found this pancake recipe in the *Milk Calendar*...wonder if it's easy to find eggnog in January or February?

I tested it by substituting milk for the eggnog and omitting the last ingredient - mascarpone cheese (which I have no idea what kind of cheese that is!)... It is a tasty recipe.

Alice Chiu

## INGREDIENTS:

### Salted Caramel Sauce:

½ cup	Butter
1 cup	White Sugar
½ cup	Whipping Cream 35%
Pinch	Sea Salt

### Eggnog Pancakes:

1 cup	All-purpose Flour
4 tsp	White Sugar
1 tsp	Ground Nutmeg
1 tsp	Ground Cinnamon
1 tsp	Baking Powder
¼ tsp	Salt
1 cup	Ricotta Cheese
1 cup	Eggnog
2	Eggs, large, separated
1 tsp	Vanilla Extract
2 tbs	Butter, divided
1 cup	Mascarpone Cheese

## INSTRUCTIONS:

### Salted Caramel Sauce:

In a small skillet, melt butter over medium heat until foamy and starting to turn amber in colour; remove from heat.

In a large, high sided skillet, sprinkle sugar in an even layer. Over medium low heat, melt sugar until caramel in colour, whisking as necessary to melt evenly. Slowly whisk in brown butter for 1 minute until smooth and remove from heat. Slowly drizzle in cream, whisking continuously until all the cream is added and bubbles subside. Add salt and whisk to combine. Carefully pour sauce into a heat-safe jar or pitcher and set aside.

### Eggnog Pancakes:

In a large bowl, whisk together flour, sugar, nutmeg, cinnamon, baking powder and salt.

In a separate large bowl, whisk together ricotta, eggnog, egg yolks and vanilla. Add flour mixture and combine with a hand mixer.

Clean beaters, and in a clean bowl beat egg whites until stiff peaks form. Fold egg whites into the batter.

In a large skillet or griddle heat about 1 tbs of butter over medium heat. Ladle about 1/3 cup of the batter into the skillet and cook for about 3 minutes or until bubbles appear on top. Flip and cook for 2 minutes

more, or until golden. Repeat with remaining batter, using butter as necessary.

Stack pancakes and drizzle salted caramel brown butter sauce over top. Top with a liberal scoop of mascarpone and serve.

Yields about 10 pancakes.



from the  
2020 Milk Calendar



## RECIPE for HAPPINESS

Roberta Walker

## INGREDIENTS:

1 cup	Common Sense
1 ½ cups	Love
½ cup	Justice



## INSTRUCTIONS:

Sift in one and a half tsp of mutual confidence, two large portions of sense of humour, beaten separately.

Spice it with wit and nonsense.

Bake in an oven of warm approval and ice with generous Appreciation.

TILLSONBURG CENTENNIAL  
COOK BOOK, collected & published by the Auxiliary to  
the Tillsonburg District Memorial Hospital 1972

# VAFLER (NORWEGIAN WAFFLES)



In North America, waffles are eaten for breakfast, and the waffle irons are round or square with two or four sections. The usual toppings are butter and syrup. The vafler in Norway are served for dessert or as a treat in heart-shaped sections. They are much sweeter and softer than North American waffles.

## INGREDIENTS:

Elda McDowell

3	Eggs
2 tbs	White Sugar
2 cups	Milk
1 ¾ cups	All-purpose Flour
1 tsp	Baking Powder
½ tsp	Salt
½ ~ 1 tsp	Ground Cardamom
3 ~ 4 tbs	Melted Margarine, cooled

## INSTRUCTIONS:

Preheat waffle maker.

In a large bowl, whisk eggs and sugar, and blend in milk.

In a separate bowl, combine flour baking powder, salt and Cardamom.

Gradually mix milk mixture with dry ingredients, and whisk till smooth. Let the mix sit to swell for ½ hour.

Stir in cooled melted margarine. Bake in hot waffle iron until golden.

Serve with mashed and sweetened fresh strawberries.



## A NORWEGIAN PICNIC

On a lovely sunny day our Norwegian hosts treated us to a trip up Oslo Fjord on their cabin boat. We docked at a small island and set up a picnic. Britta served her wonderful waffles with strawberries, and of course, a cup of that Norwegian coffee that melts the spoon. That was an occasion never to be forgotten.

My son Russ and family live in Tonsberg. Britta is Russ' mother-in-law.

Elda McDowell



## YOU'LL WANT ONE OF THESE BUT WHICH ONE??

If you haven't got one already, when you fall in love with waffles (and you will!!), you will be looking to add a waffle maker to your kitchen appliances.

A "Belgian" waffle has deeper indents. (I have two for my large clan!)

A "Heart Shape" waffle becomes fancier for desserts and Scandinavian waffles.

Upright waffle makers are the "new rage" with a simple filling process that takes the guesswork out (ask Emily!!)

Whichever kind you use, don't forget to spray with cooking oil to make the waffles release cleanly.



"HEART" WAFFLER



BELGIAN WAFFLER



UPRIGHT  
WAFFLER

# CHOCOLATE CHIP WAFFLES

Marian Childerhose

## INGREDIENTS:

1 cup	All-purpose Flour
½ tsp	Baking Powder
¼ tsp	Salt
¼ cup	Brown Sugar
2	Eggs
¼ cup	Vegetable Oil
1 cup	Buttermilk (or 1 cup milk plus 1 tbs white vinegar **)
1 tsp	Vanilla Extract
½ cup	Chocolate Chips

\*\* Can use lemon juice in place of white vinegar

## INSTRUCTIONS:

Preheat waffle maker.

In large bowl, combine flour, baking powder and salt mixing well. Set aside.

In a separate bowl combine eggs and brown sugar. Add vegetable oil and vanilla.

Add dry ingredients to wet, alternating with buttermilk. whisk to combine.

Add chocolate chips. Let mixture rest for 8 ~ 10 minutes.

Lightly spray waffle maker grill with vegetable spray.

Spoon mixture onto waffle maker and cook until golden brown. Enjoy!



## WHAT DO YOU PUT ON YOUR WAFFLE?

Because waffles are sweet (made with sugar and often vanilla), and because they are often served as a dessert as well as for breakfast, we often think of maple syrup, fruits like bananas,

strawberries, raspberries, blueberries, .....and of course, whipped cream! In my family chocolate chips, Nutella, and even peanut butter.

For desserts, I don't think anything beats a couple of scoops of my favourite ice cream and a sprinkling of berries.

***How about you? What's your craving!!***

## GAUFTIER BELGE (BELGIAN WAFFLES)



Belgian waffles are lighter and crispier than North American waffles, thanks to the cornstarch. Besides breakfast, they are often served as a dessert with whipped cream or ice cream toppings!

Tom Joyce

## INGREDIENTS:

1 ¾ cups	All-purpose Flour
¼ cup	Cornstarch
2 tbs	White Sugar
1 tbs	Baking Powder
¼ tsp	Salt
½ tsp	Cinnamon
pinch	Nutmeg
2	Eggs, separated
1 ¾ cups	Milk
½ cup	Vegetable Oil
1 ½ tsp	Vanilla

## INSTRUCTIONS:

Preheat the waffle grill.

In a small bowl beat the egg whites until stiff, then set aside.

In a large bowl combine all dry ingredients. Add milk, egg yolks, vegetable oil, and vanilla. Whisk until smooth.

Gently fold in the egg whites, until combined.

Lightly spray the waffle grill each time with vegetable spray before use. Pour batter onto the grill. (The amount will depend on the size of your grill - mine has two sides each 4" square and takes approximately ½ cup of batter on each side). Cook for about 3 minutes, until golden brown.

Waffles will be slightly crispy when done. Enjoy!





# CREPES

Crepes are thin and delicate French-style pancakes made without any leavener. When made correctly, they're as thin as lace with irresistible buttery crisp edges. Crepes are popular at restaurants and catered events

Tom Joyce

## INGREDIENTS:

3 tbs	Unsalted Butter, melted and cooled to room temperature
1 cup	All-purpose Flour
1 tbs	White Sugar
1/8 tsp	Salt
3/4 cup	Whole Milk, at room temperature
1/2 cup	Water, at room temperature
2	Eggs, large, at room temperature
1 1/2 tsp	Vanilla Extract
3~4 tbs	Unsalted Butter, for the skillet

## PLAN AHEAD:

Once prepared the batter needs to chill in the fridge for an hour (can be chilled overnight).

Several ingredients need to be at room temperature.

## INSTRUCTIONS:

**Prepare the batter.** In a blender, or a large bowl if you don't have a blender, combine melted butter, flour, sugar, salt, milk, water, eggs, and vanilla.

Blend on high speed for 20 ~ 30 seconds until everything is combined. The mixture will be silky smooth and the consistency of cream.

If you don't have a blender, whisk by hand until smooth.

Cover the blender tightly, or pour into a bowl and cover tightly, and chill in the refrigerator for 60 minutes (or overnight).

**Cook the crepes.** Use the remaining butter for greasing the pan between each crepe. Place an 8-inch skillet over medium heat and generously grease it with some of the reserved butter. If you don't have a skillet this size, use a larger one but make sure you keep the crepes thin. You can also use a crepe maker if you have one!



Once the skillet is hot, pour a little less than a 1/4 cup of batter into the center of the pan. Tilt/twirl the pan so the batter stretches as far as it will go. The thinner the crepe, the better the texture. Cook for 1-2 minutes, then flip as soon as the bottom is set. Don't wait too long to flip crepes or else they will taste rubbery. Cook the other side for 30 seconds until set. Transfer the cooked crepe to a large plate and repeat with the remaining batter, making sure to butter the pan between each crepe. Separate each crepe with parchment paper so they do not stick together.

**Fill the crepes.** Crepes can be served warm, or at room temperature.

Place a few spoonfuls of your filling ingredient(s) in the center of the crepe. Fold both sides over the filling.

Crepes are delicious with toppings, too, such as a drizzle of melted chocolate, melted peanut butter, or a dusting of confectioners' sugar.

***Though they're usually a breakfast or brunch option, crepes are welcome any time of day including dinner or dessert. Filled with anything from whipped cream and berries to meats, sauce, and vegetables, crepes aren't picky about when you enjoy them!***

## CREPES for SAVORY

The recipe above will work for savory crepes, but I suggest leaving out the vanilla extract and add a pinch of ground black pepper. You can also add a tablespoon of your favourite dried herb to the batter, too.



Crepes Maker

Silicone Spatula  
Recommended



8" skillet with  
rounded sides

# SHIRLEY'S CREPES

This is the recipe for Shirley McKerron's crepes.

Elda McDowell

## INGREDIENTS:

2	Egg Yolks
½ tsp	Salt
1 cup	Light Cream
¾ cup	All-purpose Flour
1 tbs	Butter, melted (or margarine)



## INSTRUCTIONS:

Beat egg yolks with salt and cream. Beat in flour and let stand for 1 or 2 hours.

Beat in melted butter.

Add two tbs of batter to lightly buttered seven inch skillet. Tilt pan to cover evenly.

Brown over medium heat for one or two minutes on both sides. Repeat until all batter is used.

Makes twelve crepes.

## CREPE (French); BLINTZ (Jewish), BLINI (Russian); PALACSINTA (Hungarian); PANNEKAKE (Norwegian); KREPA (Greek).....CONFUSED????



A crêpe is a type of very thin pancake. Crêpes are usually of two types: sweet crêpes (crêpes sucrées) and savoury galettes (crêpes salées). Crêpes are served with a variety of fillings, from the simplest with only sugar to flambéed Crêpes Suzette or elaborate savoury galettes. Crêpes originate in Brittany, a region in the west of France; the consumption is widespread in France, Belgium, the Netherlands, Canada, and many parts of Europe, North Africa, North America, Lebanon, Brazil and Argentina.

Variations exist around the world, in virtually every culture. The crepe may vary slightly, but

the biggest difference is what is served on, or in (when rolled) them. Some of the varieties may also be named for a festival, or time of year, when they are served.

Savory crepes are often made with Buckwheat flour that can make them gluten-free. They normally do not include sugar, or vanilla, and often have an herb added, depending on the filling.

When filled crepes are almost always folded, or rolled. Sweet crepes, may be served flat with toppings (and maybe whipped cream!!) on top.

# SHIRLEY'S TUNA FILLED CREPES

From the kitche of Shirley McKerron.

Elda McDowell

## INGREDIENTS:

½ lb	Mushrooms, sliced
2 tbs	All-purpose Flour
3 tbs	Butter
½ tsp	Salt
1 ½ cups	Milk
1 tbs	Powdered Chicken Broth
	Freshly Gound Black Pepper
2 tins	White Tuna, drained (184 gm tin)
1 tbs	Chopped Parsley
1 tbs	Butter
½ cup	Swiss Cheese, grated
	Paprika

## INSTRUCTIONS:

Saute mushrooms in butter for three minutes. Add flour, salt, and pepper. Gradually add milk and cook stirring constantly till sauce boils ~ 1 minute.

Add tuna and parsley. Spoon filling into centre of each crepe. Roll up.

Place in a shallow 8 x 12 casserole. Dot with the 1 tbs. butter. Sprinkle with cheese and paprika.

Bake in a 400°F oven 10 to 15 minutes.



# CHEESE BLINTZ

## INSTRUCTIONS:

Preheat oven to 400° F.

In a medium bowl, beat together the ricotta cheese, cream cheese, egg, icing sugar, and vanilla with a handheld electric mixer until thoroughly combined.

**Forming the blintzes is like a burrito or folding an envelope:** spoon 1/4 cup of the cheese filling along the lower third of each crepe, leaving a 1-inch border on the sides. Fold the bottom edge away from you to just cover the filling; then fold the 2 sides into the centre. Roll the crepe away from you a couple of times, tucking in the edges as you roll, to completely enclose like a neat little package, ending with the seam side down.

Heat a large nonstick skillet over medium. Melt 1 tablespoon of the butter. Place as many blintzes that will comfortably fit in the pan, without overcrowding, and fry for about 2 minutes per side until crisp and golden.

Transfer blintzes to a foil lined baking sheet. Repeat with the other blintzes, adding another tablespoon of butter to the pan, if necessary. Place baking sheet with all the blintzes in the oven for about 10 minutes so the cheese warms and sets.

Using a spatula, transfer the blintzes to serving plates. Spoon jam on top and dust with icing sugar. Serve immediately.

## INGREDIENTS:

Need about 12 crepes (sweet)

### Filing:

1 ½ cups	Ricotta Cheese, strained
4 oz	Cream Cheese, softened
1	Egg, large
3 tbs	Icing Sugar
1 ½ tsp	Vanilla Extract
pinch	Salt
4 tbs	Unsalted Butter

### Topping:

Jam  
Icing Sugar



## HERE'S SOME HOMEWORK!

After you've made some crepes, go to **Google** and type in "**Apple Cinnamon Crepe Recipe**", open "**Julia's Album**", and follow Julia's instructions. Prep time - 10 minutes, cook time - 10 minutes. Just 3 ingredients. Report back on how you made out!

# FRENCH TOAST

Dating back to the time of the Roman Empire (it was called "Pan Dulcis"). In Quebec, it is known as "Pain Dore" .

## INGREDIENTS:

**Nina Saunders**

	Egg Bread (Challah)
2	Eggs
½ cup	Milk
pinch	Salt
	Cinnamon to taste (optional)
2 tbs	Butter

**Options.** You can add vanilla extract (about 1/4 tsp), and/or nutmeg (a pinch) if you want.

## INSTRUCTIONS:

Preheat frying pan over medium heat.

In a small bowl mix the eggs, milk, salt and cinnamon (if using). Whisk until smooth.

Transfer to a shallow bowl (a pie plate works well).

Add the butter to the fry pan. When melted dip the bread (both sides) in the egg mixture and fry until golden brown, then flip and fry other side.







# SCOTS CRUMPETS

## INGREDIENTS:

Anne Anderson

- 2 cups All-purpose Flour
- 2 Eggs, large, separated
- 2 tbs (level) Caster Sugar
- 2 tbs Butter, melted
- pinch Salt
- 2 cup (scant) Milk

## Notes:

You can make your own caster sugar by running some white sugar through a blender.

"Scant" means slightly less.

From a  
Feast of Scotland  
by Janet Warren, 1979



## INSTRUCTIONS:

In large bowl, beat the egg yolks then mix in the sifted flour, salt and sugar with the melted butter and milk to make a smooth batter the consistency of thin cream.

In a separate bowl whisk the egg whites until at the soft peak stage then lightly and quickly fold them into the batter.

Heat a girdle or frying pan, grease the surface lightly, then drop in large tablespoon at a time, rolling the pan so that the base is thinly coated with batter. When it is golden brown underneath turn the crumpet over to cook the other side.

As the crumpets are cooked stack them in a clean tea towel. When cool spread with butter and honey or jam, then roll them up and serve immediately.

Our favourite fillings are lemon curd, fresh strawberries and blueberries or rhubarb/strawberry jam!



# AS CANADIAN AS MAPLE SYRUP

Canada produces 85% of the world's maple syrup, with Quebec producing over 12 million gallons a year! Canadian maple syrup is monitored by the Canada Food Inspection Agency. Maple syrup has three classifications:

Grade A - Golden; Grade A - Amber, and Grade A - dark.

How much sap it takes to make maple syrup depends on the sugar content. Maple syrup must reach 66 ~ 67% sugar, which can take between 20 and 60 gallons of sap to make 1 gallon of maple syrup!



# SUNDAY MORNING EGG SOUFFLE

This is a Christmas morning favourite. The recipe was handed down to my wife, Heather, by her grandmother Edith Arzio.

Paul Childerhose

## INGREDIENTS:

- 1 loaf Sandwich Bread, white or brown
- 8 Eggs
- 2 cups Milk
- Salt
- Pepper
- 400 gm Cheddar Cheese, grated

## INSTRUCTIONS:

Preheat oven to 350°F. Grease a 10"x15" Pyrex baking dish.

Use 1 loaf white or brown sandwich bread. Remove crusts (or leave on) and break slices into 2" pieces.

Hand beat 8 eggs, add 2 cups milk, salt and pepper.

Layer bread and cheese alternately in baking dish - likely 3 layers of each.

Pour egg and milk mixture over top. Wait for bread to soak up all of the liquid.

Bake at 350°F with no cover for 50 ~ 60 minutes, until golden brown. **Enjoy!!**



# BANNOCK

I have also had bannock pan-fried over a campfire, but prepared by an experienced Yukon River guide, not me!

**Cathy Rand**

## INGREDIENTS:

2 cups	All-purpose Flour
¼ cup	White Sugar
½ tsp	Salt
2 tsp	Baking Powder
¼ cup	Vegetable Oil
½ cup	Milk
1	Egg

## INSTRUCTIONS:

Preheat oven to 350°F.

In large bowl, mix all ingredients well.

Form into three or four patties.

Place patties on parchment-lined baking sheet.

Bake in oven for 15 ~ 20 minutes.

**Variation.** Soak some currants in advance and add to the dough.



## DID YOU KNOW?? A HISTORY of BANNOCK

Bannock is a type of fry bread, which originates from Scotland but was eventually adopted by the Indigenous peoples of Canada, particularly the Métis of western Canada. Bannock stems from the Gaelic word bannach, which means “morsel,” a short and sweet but accurate description. The Scots cooked the bread on a griddle called a Bannock Stone, which they placed on the floor in front of a fire.

The bread was brought to Canada by Scottish explorers and traders, where the Indigenous adopted the recipe over the 18th and 19th centuries, using corn flour or plants rather than the wheat flour of the Europeans.

Cooked hearth-side, it was usually prepared as a large biscuit that could be broken up or wrapped around a stick. Since then, regional variants have emerged in Indigenous communities across North America.

It is a simple bread, but quick to make and useful for travelling and while in the wilderness. It's a source of carbohydrates, and a fulfilling meal, which was a staple for wilderness explorers, trappers, and prospectors. Camping enthusiasts still make it, old-fashioned style, while traipsing around the wild!



## BLUEBERRY SAUCE

**Tom Joyce**

## INGREDIENTS:

1 cup	Fresh Blueberries
⅔ cup	White Sugar
⅛ tsp	Salt
½ cup	Water, cold

## INSTRUCTIONS:

In large skillet add ½ cup of cold water, 2/3 cup of white sugar and 1/8 tsp of salt. Bring to a boil over high heat, stirring to ensure all sugar is dissolved.

Turn heat to medium high and add 1 cup of fresh blueberries. Continue to boil the mixture stirring constantly. It will foam and bubble as the water is cooked off and the sauce thickens.

The sauce is done when you stir the pan with a spatula and the liquid takes a half second, or one second, to fill back in. (about 7 minutes)

Turn off the heat and pour the sauce into a bowl to cool. It can be served warm, or refrigerated (it will thicken in the fridge) to serve on cheesecakes etc.

Leftovers must be kept in the fridge, and used within 3 ~ 4 days.

# RHUBARB SYRUP

Elda McDowell

At the risk of sounding very un-Canadian, maple syrup has never appealed to me as a pancake topping. Having grown up on the Prairies my Mother made wonderful sweet syrup from wild Chokecherries, which was my favourite on pancakes, and waffles.

Since moving to Ontario, and chokecherries not being available, I have been making Rhubarb Syrup as a very acceptable substitute.

Some of you who have Rhubarb in your freezers, may like to try this recipe for a change.

## INGREDIENTS:

2 cups	Rhubarb, cut into 1 inch chunks
1 tsp	Candied Ginger, chopped (optional)
1 cup	Water
1 cup	White Sugar

## INSTRUCTIONS:

In a saucepan, bring rhubarb, candied ginger and water to a boil and simmer till rhubarb is mushy. Strain through a very fine mesh. I use a cloth that can be disposed of. For a nice clear syrup let it drip and squeeze out the juice.

Discard the rhubarb and the cloth. Return the juice to a clean saucepan and bring to a boil. Add the sugar and stir until dissolved. Lower the heat and simmer till it reaches a syrup consistency, stirring from time to time. It takes about 20 ~ 30 minutes.

A lovely sweet-sour flavour. Great on pancakes, ice cream, rice pudding, porridge .....you name it.



## SIMPLE SYRUP

If you have every taken a bartender's course or have just been curious when a recipe calls for "simple syrup" you will recognize Elda's recipe as a delicious variation. Simple syrup, traditionally is a sugar and water combination that allows the sugar to become completely dissolved.

Simple syrups can be made with almost any fruit flavour - strawberry, raspberry, peach, pear, apple.....And you can add a "little extra"

like Elda does with ginger - or mint, vanilla, cinnamon.....

Keep unused syrup in a sealed glass bottle and store in the fridge. Suggest making it in small batches (like Elda's) as it should be used within 4 weeks.

Of course if you like cocktails that may not be a problem!!!

Have some fun! Ask **Mr. Google** for some variations on Simple Syrup.



## KNOW WHAT THIS IS?? A FOOD MILL

Many people's first thought when they see a food mill is, "Can't I just use my food processor?" While food processors and blenders can do much of the work that a food mill can, the resulting product doesn't quite match up. A food mill consists of a hand crank attached to a bowl, with a perforated bottom of the bowl. As you turn the crank, a grinding plate mashes the food against the perforated disk, causing the desired pulp to go through while sieving out the undesirable skin and seeds.

A Food Mill is very handy for apple sauce, especially if cook the apples with skin on, and you want the applesauce pureed. ***I bet your mom had one of these!!***





# APPLE SAUCE

Forget everything you've ever disliked about store-bought applesauce. This homemade applesauce recipe tastes like the inside of an apple pie!

I love the texture of chunky homemade applesauce, but you can blend it smooth if you prefer.



**Kathryne Taylor**  
**Vegetarian Cook**

## INGREDIENTS:

- 4 Gala Apples, medium \*\*
- 4 Granny Smith Apples, medium
- 1/3 cup Water
- 2 tbs Maple Syrup, or Honey (to taste)
- 2 tsp Ground Cinnamon
- 2 tsp Apple Cider Vinegar,  
or 1 tbs Lemon Juice

## NOTES:

For Gala apples you substitute any variety of sweet, red apple such as Red Delicious  
For Vegan use Maple Syrup, not Honey, for sugar free omit both!

Besides serving on pancakes, or eating just by itself, you can put applesauce on your oatmeal porridge, on your ice cream.....  
It goes really well with pork!!

## INSTRUCTIONS:

Peel, core and chop the apples into 2" chunks. In a medium Dutch oven or large stainless steel saucepan, combine the apple chunks, water, maple syrup and cinnamon. Cover and bring the mixture to a simmer over medium heat. Continue simmering, stirring occasionally, until the apples are tender and falling apart, about 15 to 20 minutes.

Remove the pot from the heat. For chunky applesauce, use a potato masher or the back of a sturdy spatula or wooden spoon to break it up to your desired consistency. For smooth applesauce, blend it in your food processor.

Stir in the vinegar. Adjust to taste as necessary - for sweeter applesauce, stir in more maple syrup (I usually add 2 tablespoons); for more spice, add more cinnamon; for more complexity, add another teaspoon of vinegar.

Serve warm or chilled; let it cool to room temperature before covering leftover applesauce and storing it in the fridge. Leftover applesauce will keep well in the refrigerator for about 1 week, or for months in the freezer.

Yields about 4 cups.



# STRAWBERRY SAUCE

**Tom Joyce**

## INGREDIENTS:

- 2 cups Fresh Strawberries, chopped
- 1/3 cup White Sugar
- 1 tsp Vanilla
- 1 tbs Cornstarch
- 1/3 cup Water, cold



## INSTRUCTIONS:

Put the chopped strawberries and sugar in a small saucepan and add 1/3 cup of cold water to cover. Stir to blend. Cook on medium high heat, stirring, until it comes to a boil, then reduce heat to medium.

In a separate bowl mix cornstarch with 2 tbs of water until a thick liquid forms.

Pour the cornstarch liquid into the saucepan, stirring continuously, and continue to stir until well blended. Cook the strawberry mixture over medium heat for 3 ~ 4 minutes, stirring frequently, until it becomes thick and syrupy.

Remove from heat and add vanilla.

Can be served as a topping with a chunky texture, or puree it smooth with an immersion blender.



# The Donway Covenant United Church



Church office is staffed for  
'phone calls and e-mails.  
Please no visits while we  
weather the pandemic storm.

**Minister:** Rev. Jennifer Palin

**Music** Tina Faye

**Facilitator:**

**Church** Emily McLean  
**Administrator:** Szekely

**Custodian:** Kim Morgan

## Together in spirit while we practice physical distancing.



## Celebrating 6 years of being an Affirming Congregation

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