

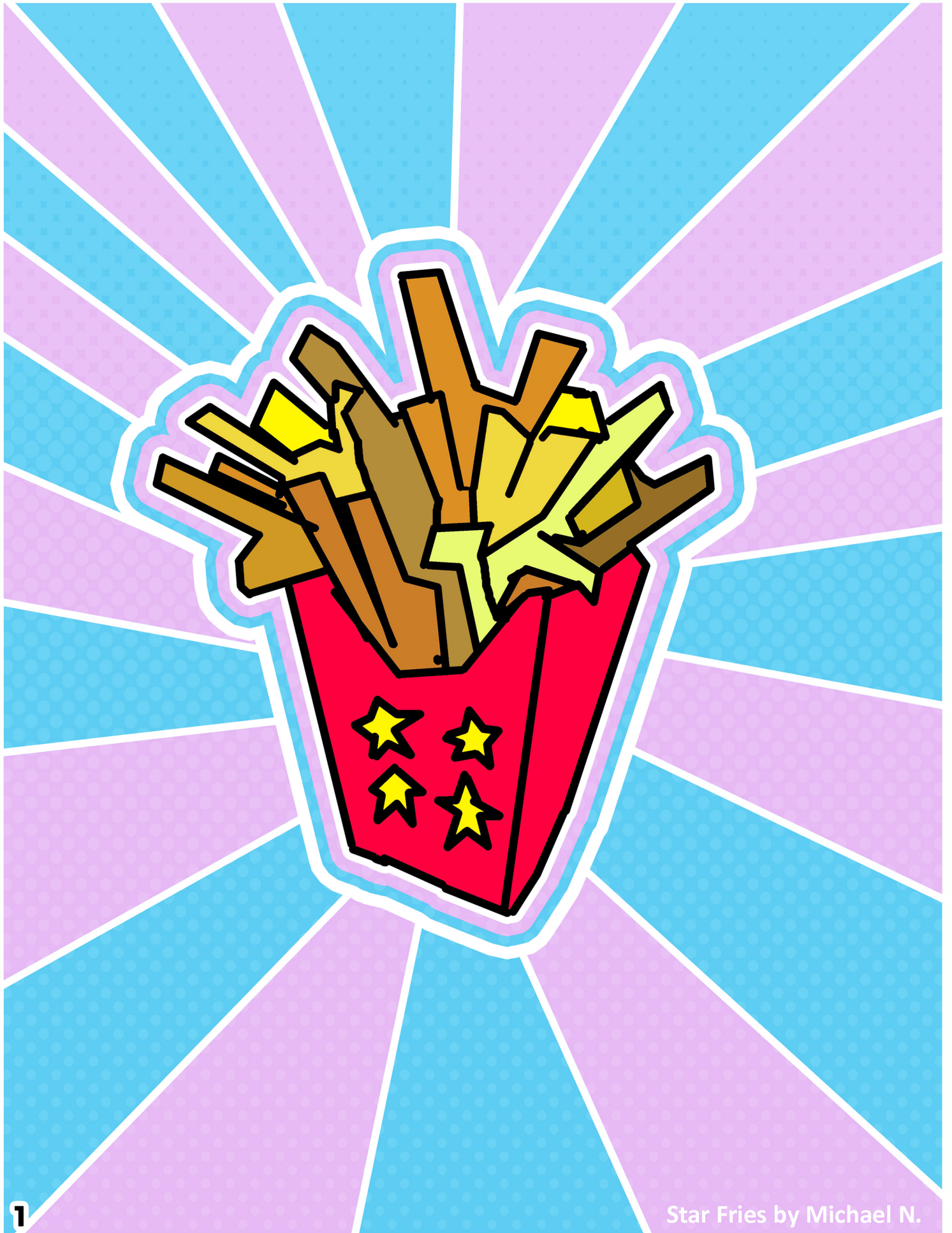


# Art Of Food

## A Member's Cookbook

A collection of family favourites recipes, snacks and desserts.

THE SPACE



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Spring Rolls by Malaika B.



## Why Food?

**Food is like art. It is something that is often both colourful and comforting, and excites the senses. It can be familiar and of course very necessary, and it may also inspire fond memories while encouraging us to revisit our favourite creations.**

**Both food and art can be messy yet equally fun as a process . Both help to tell a story, and can be a creative vehicle that inspires and encourages us to try new things, making life more interesting and rewarding! Our love for each can further connects and unite us as humans.**

**We hope you enjoy this collection of our favourite dishes and the work that accompanies each recipe. Some were easy choices that are fondly connected to family and shared experiences and others have been researched and found after an online journey of discovery.**

**Thank you to all who's food related work and illustrations fill these pages.**

**Great work! Now lets eat!**

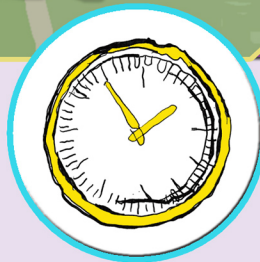


Soup Bowls - Various Artists



# Roast Beef

## BY MADDY



Time: 45 Min.



Serves: 5

## Ingredients

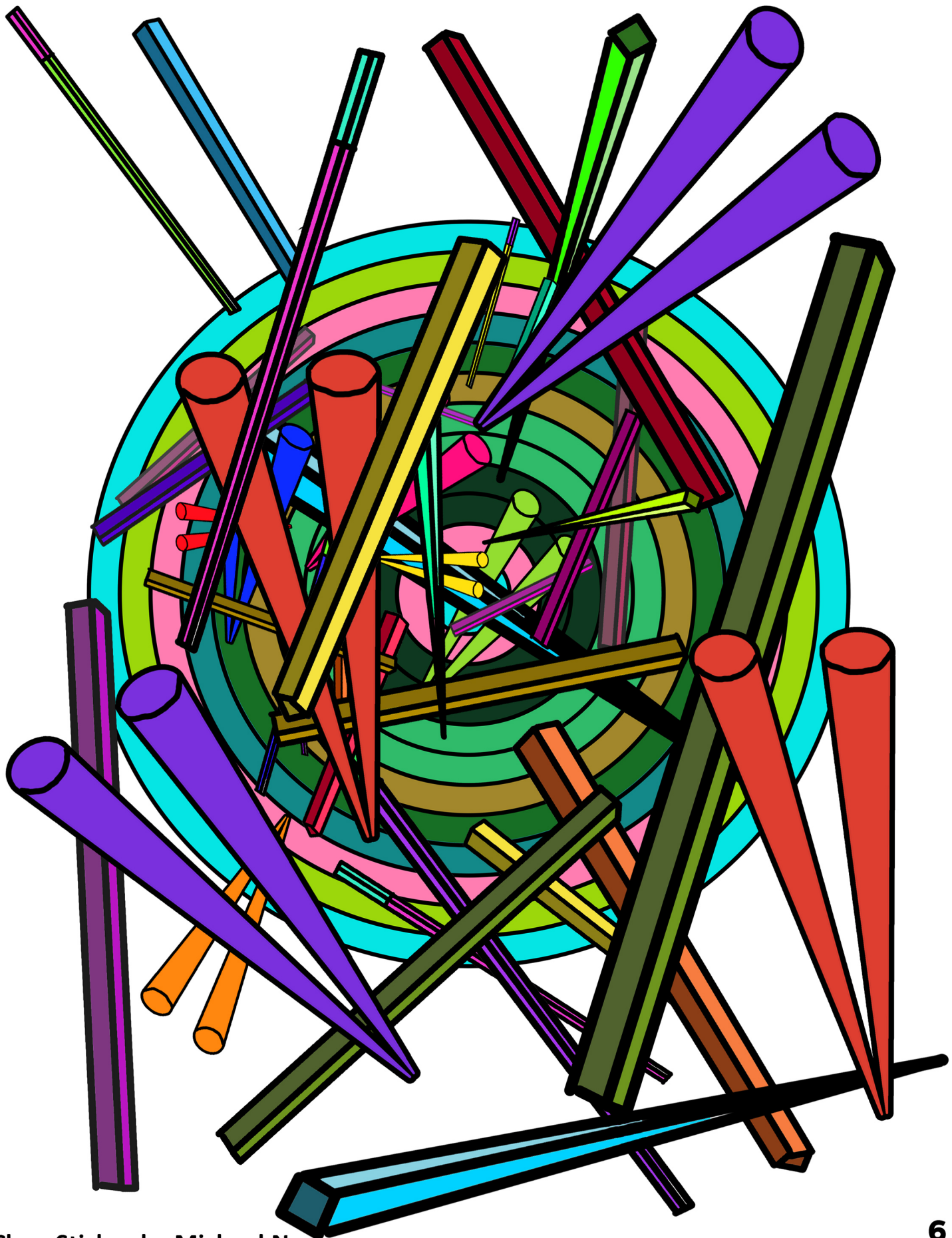
- 1) 3 to 3 1/2 pounds boneless rump roast (pick an end cut with a layer of fat, if you can)
- 2) 1 tablespoon extra virgin olive oil
- 3) 8-10 slivers garlic (3 to 4 cloves, sliced in half)
- 4) Salt and pepper.

## Instructions

### For The Gravy

- 1) Red wine, water, and/or beef stock
- 1 tablespoon cornstarch





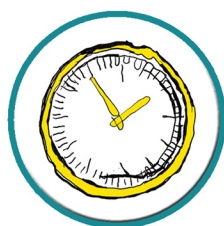
Chop Sticks - by Michael N.



# Spinach Pasta

BY DESHAWN

## Instructions



Time: 35 Min.

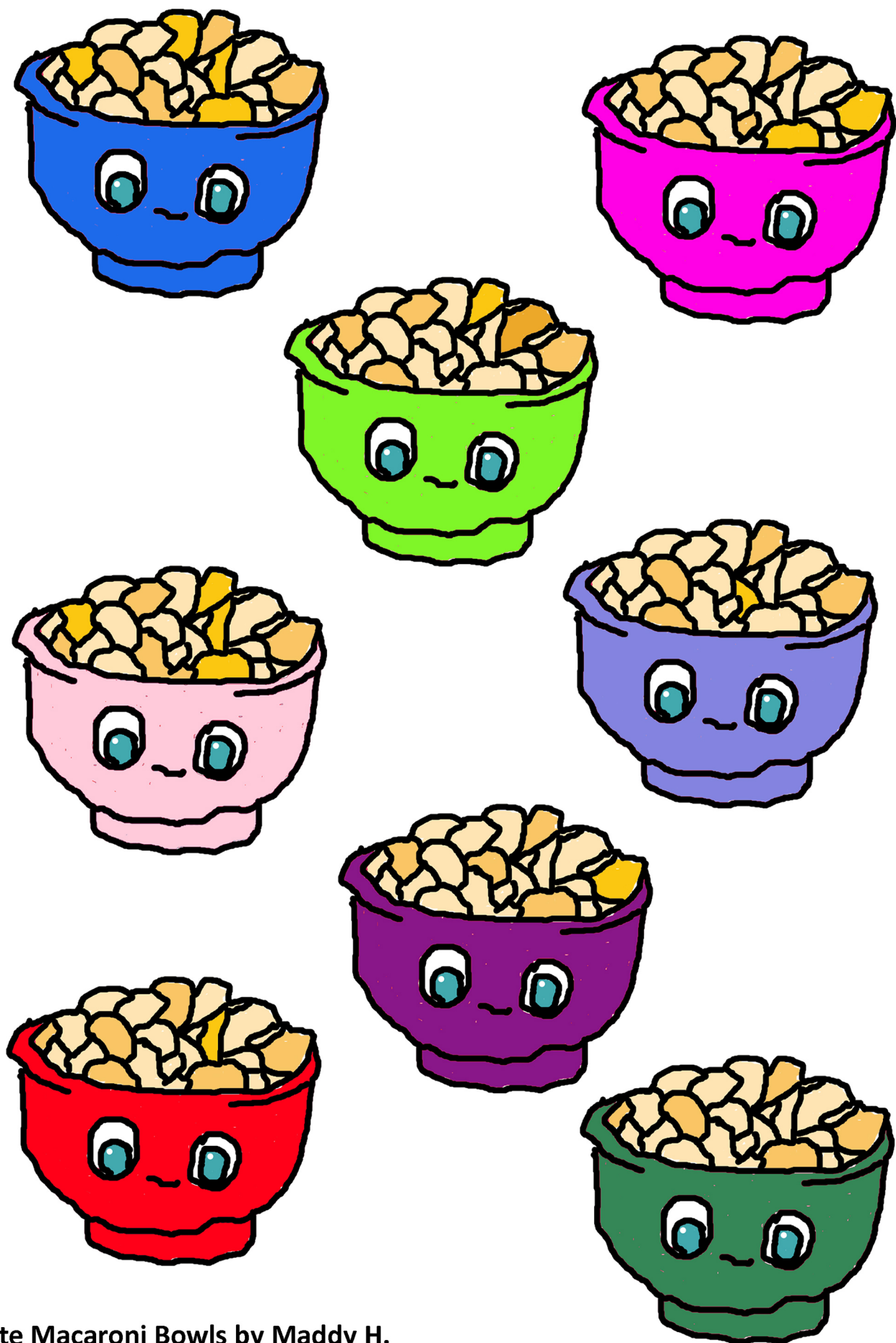


Serves: 4

## Ingredients

- 1/2 lb. penne pasta
- 1 yellow onion
- 2 cloves garlic
- 1 Tbsp olive oil
- 1 15oz. can diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 pinch crushed red pepper
- 2 Tbsp tomato paste
- 2 oz. cream cheese
- 1/4 cup grated Parmesan
- 4 oz. fresh spinach





# Pierogies

BY JASMINE



## Instructions

1. Lightly flour the countertop and turn the chilled dough out. Roll it to 1/8" thickness, making sure it is well-floured along the way. Use a 3" biscuit cutter to cut circles of dough, then fill each one with about 2 teaspoons of the mashed potato filling, crimping well with your fingers to close each one. Place sealed pierogies on a tray as you work.
2. Bring a big pot of water to a boil, and season with salt like you would a pasta water.
3. Boil the pierogies for 3 minutes, at which point they should be floating on the surface of the water. Drain the pierogies in a colander. Do not leave them in the colander for more than a few minutes, or they will stick to each other.
4. Heat a nonstick skillet over medium high heat and add the butter, scallions, and parsley. Add just enough pierogies to the pan for a single layer, and cook for about 2-3 minutes on each side, until golden brown and crispy. Serve promptly and enjoy!



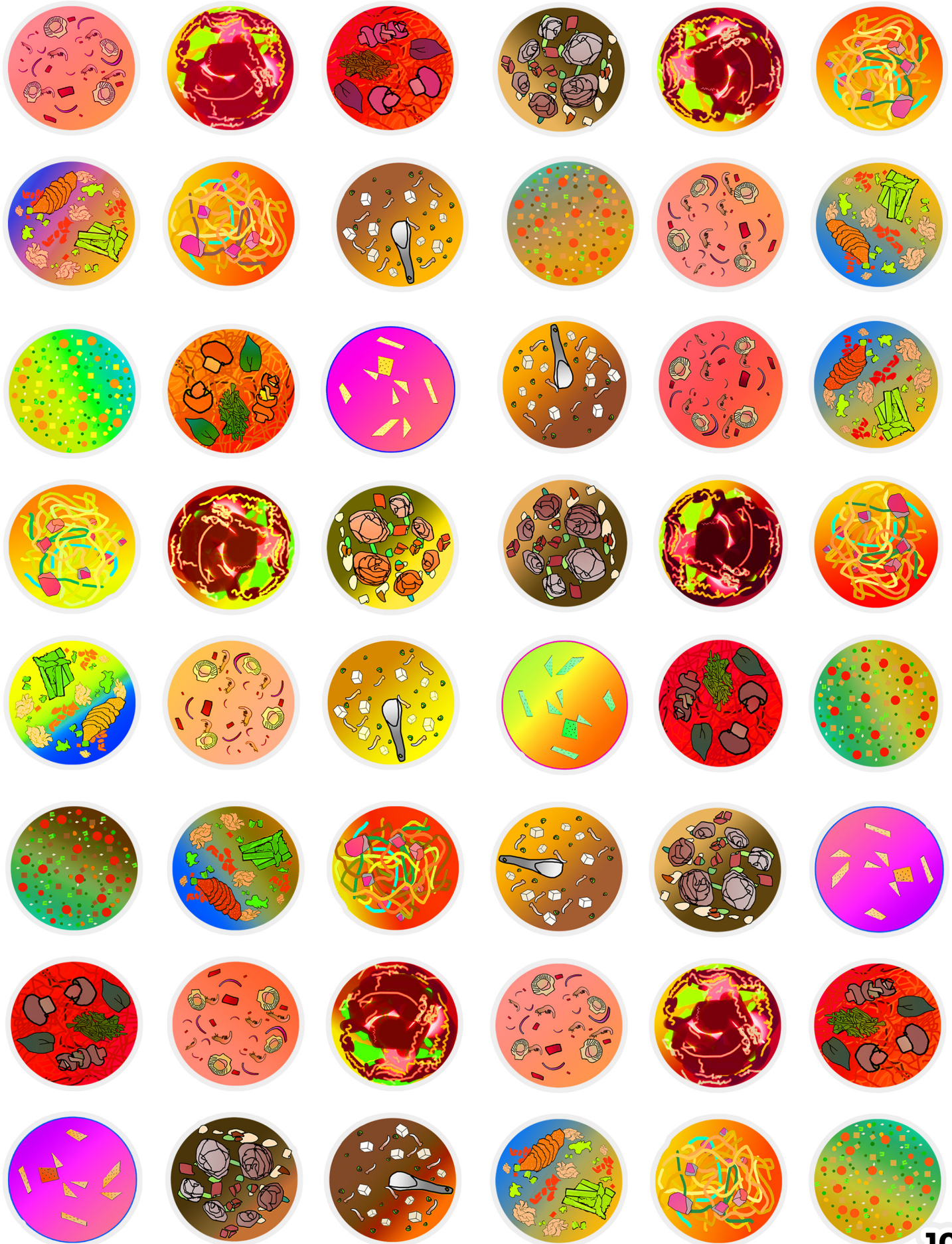
Time: 2 Hours



Serves: 3-5

## Ingredients





# Orange Chicken

## BY GAIL

### Ingredients

- 4 boneless Sskinless chicken breasts cut into pieces
- 3 Eggs whisked
- ½ cup Cornstarch
- ½ cup Flour
- Oil for frying

#### ORANGE CHICKEN SAUCE:

- 1 cup Orange Juice
- ½ cup Sugar
- 2 Tablespoons Rice Vinegar or White Vinegar
- 2 Tablespoons Soy Sauce
- ¼ teaspoon Ginger
- ¼ teaspoon Garlic Powder or 2 garlic cloves, finely diced
- ½ teaspoon Red Chili Flakes
- Orange Zest from 1 orange
- 1 Tablespoon Cornstarch



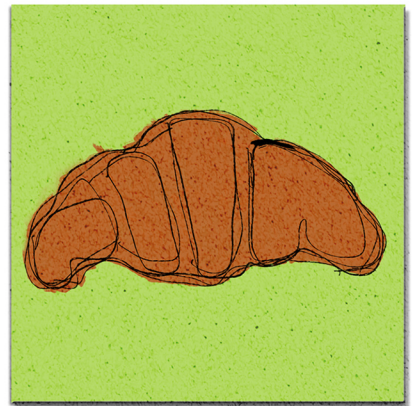
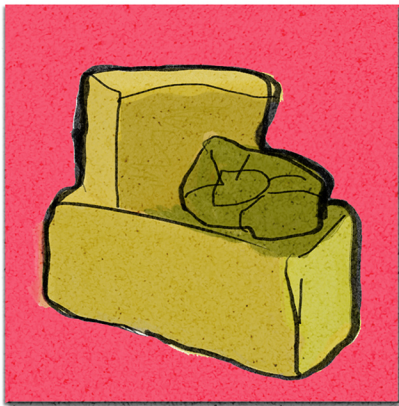
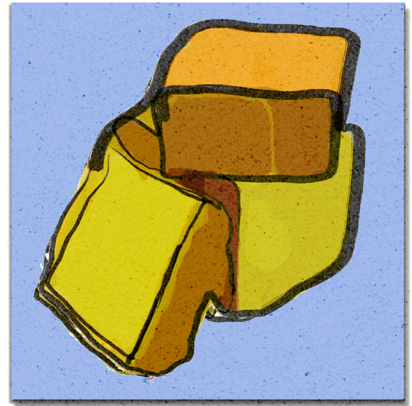
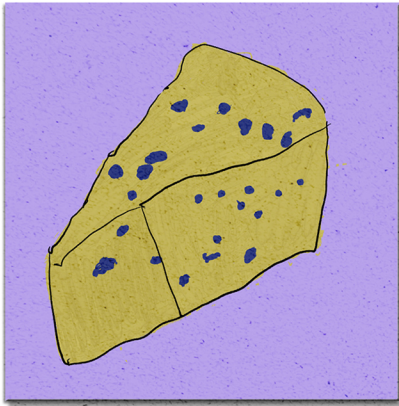
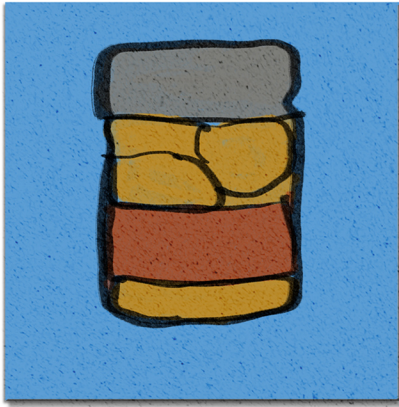
Time: 3 Hours



Serves: 4-6

### Instructions





## Ingredients

- 1 Cucumber, cut lengthwise
- 1 Green pepper, chopped into pieces
- 2 Cups halved cherry tomatoes
- 5 Ounces of feta cheese, cut in cubes
- 1/3 Cup thinly sliced red onion
- 1/3 Cup pitted Kalamata olives
- 1/3 Cup fresh mint leaves

## Burger/Salad

BY DARCY

## Instructions



Time: 20 Min.



Serves: 3





# Potato Cakes

BY MICHAEL

## Ingredients

- 2 cups mashed potatoes
- 1 cup all-purpose flour
- 1 onion, diced
- 1 egg
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- ½ cup vegetable oil

## Instructions



Time: 20 Min.



Serves: 4







# Shrimp Chowder

## BY SCOTT



Time: 1 1/2 Hour



Serves: 6

## Instructions



## Ingredients

- 1/2 cup chopped onion
- 2 teaspoons butter
- 2 cans (12 ounces each) evaporated milk
- 2 cans condensed cream of potato soup, undiluted
- 2 cans condensed cream of chicken soup, undiluted
- 1 can white or shoepeg corn, drained
- 1 teaspoon Creole seasoning
- 1/2 teaspoon garlic powder
- 2 pounds peeled and deveined cooked small shrimp
- 17 -3 ounces cream cheese, cubed



Various Fruits and Vegetables by Julia T.

## Ingredients

- 1 tablespoon oil
- 1 tablespoon butter
- 1 medium onion diced
- 1 teaspoon fresh ginger finely minced or grated
- 2-3 cloves garlic finely minced or crushed
- 1 ½ pounds about 2-3 boneless, skinless chicken breasts,
- 4 tablespoons tomato paste or 8 oz can of tomato sauce
- 1 tablespoon garam masala
- 1 teaspoon mustard seeds
- 1/4 tsp black pepper
- 1 cup heavy cream sub for half & half
- Hot cooked rice and naan for serving

## Butter Chicken

BY ROB



Time: 20 Mins.



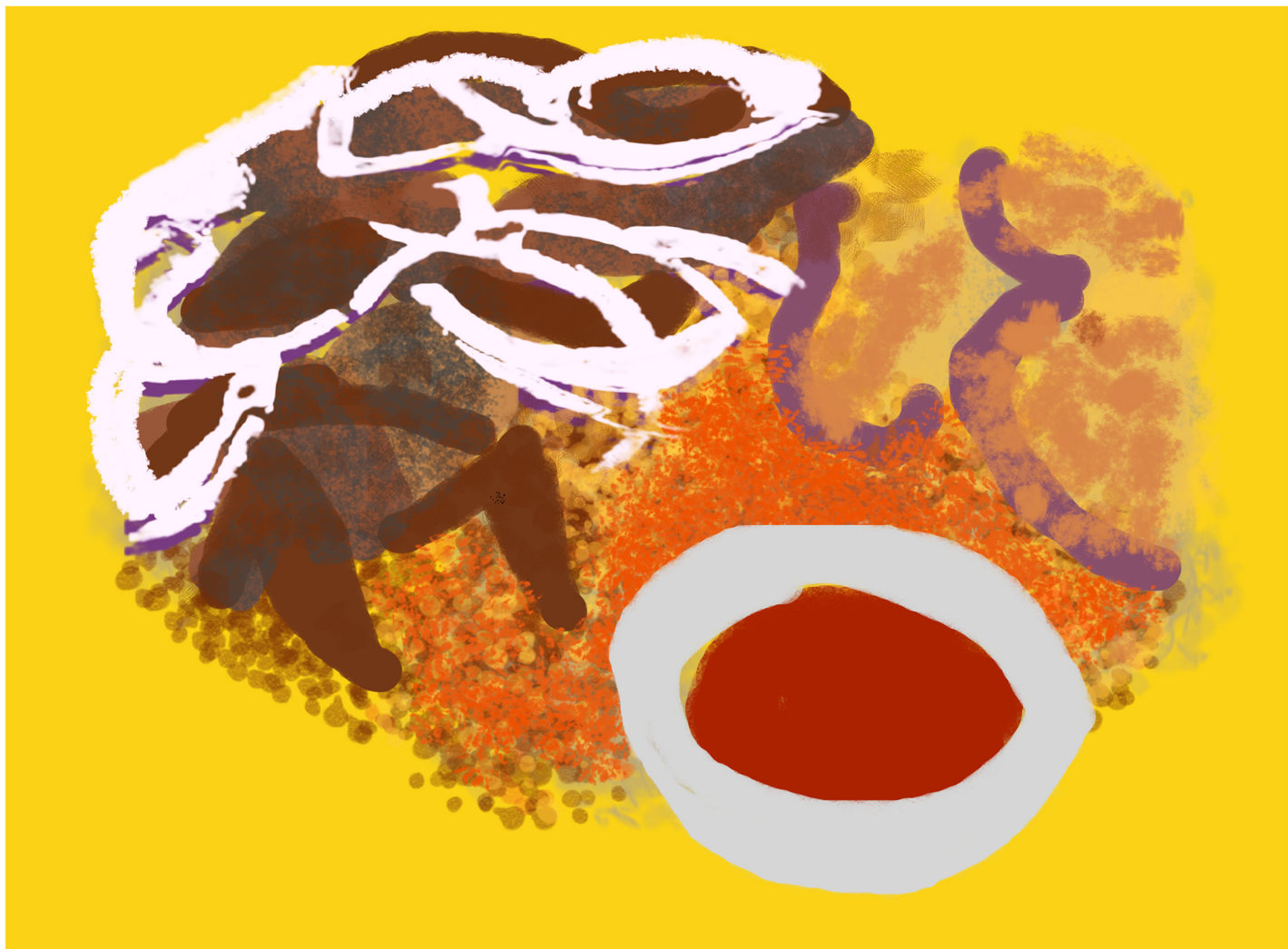
Serves: 5



Instructions



Frida Chocolate by Maddy H.



## Ingredients

- 3 Red bell pepper
- 3 Plum tomatoes
- 1 Medium onion
- 2 Scotch bonnet
- 3/4 cup of vegetable oil
- 1 Medium onion sliced
- 5 Tbsp tomato paste
- 4 Cloves garlic
- 1 Tbsp ginger (grated)
- 2 Bay leaves
- 1 Tbsp thyme
- 1 Tbsp curry powder
- 1 Tsp salt or add to taste
- 1 Tbsp chicken bouillon powder
- 6 Cups rice long grain
- 4 Cups chicken stock
- 1 Large tomato sliced
- 1 Medium onion sliced
- 2 Tbsp butter at room temperature

## Jolliff Rice

BY DESMOND



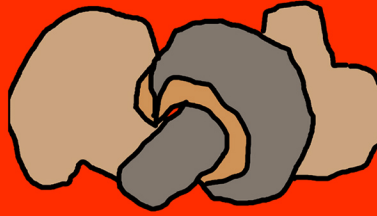
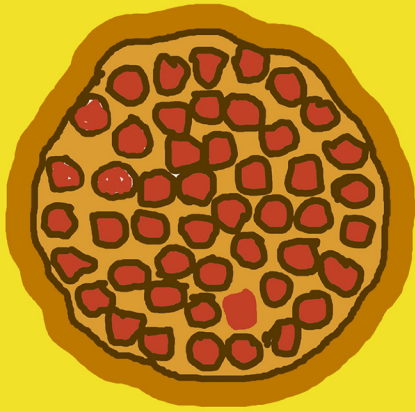
Time: 45 Mins.



Serves: 6



## Instructions



HUNGRY?

ORDER PIZZA PIZZA

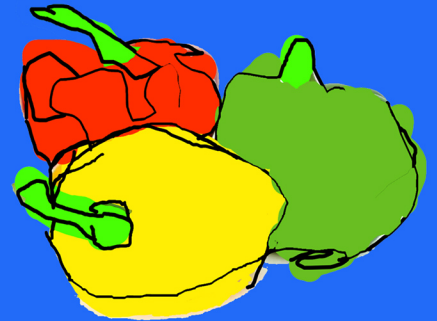
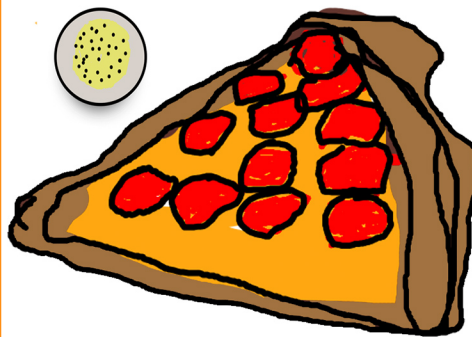


pizza pizza

pizza pizza

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# Poutine

BY ANDREW



Time: 45 Mins.



Serves: 2

## Ingredients

### Fries

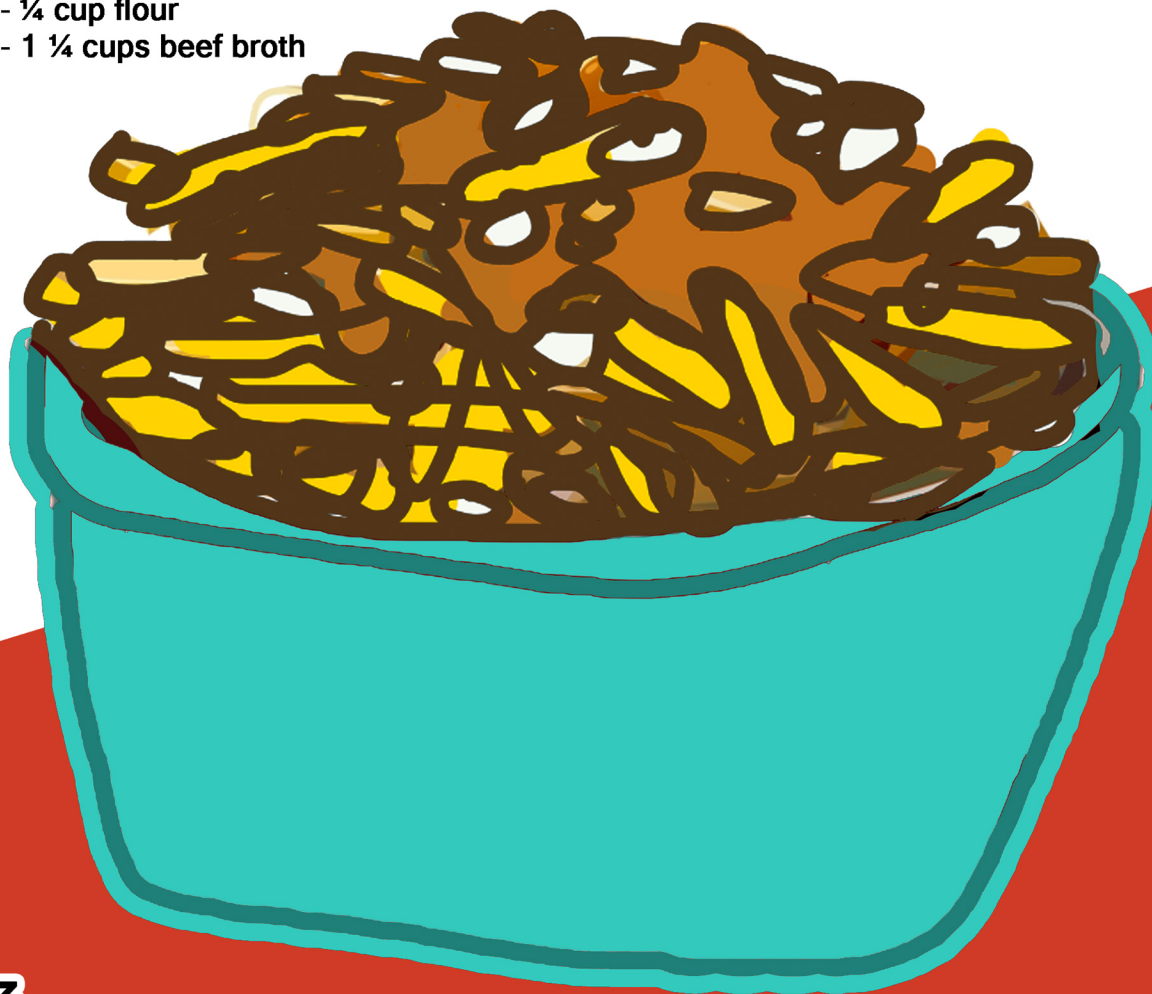
- 2 large baking potatoes
- 1 tablespoon olive oil
- seasoned with salt to taste

### Fresh Gravy

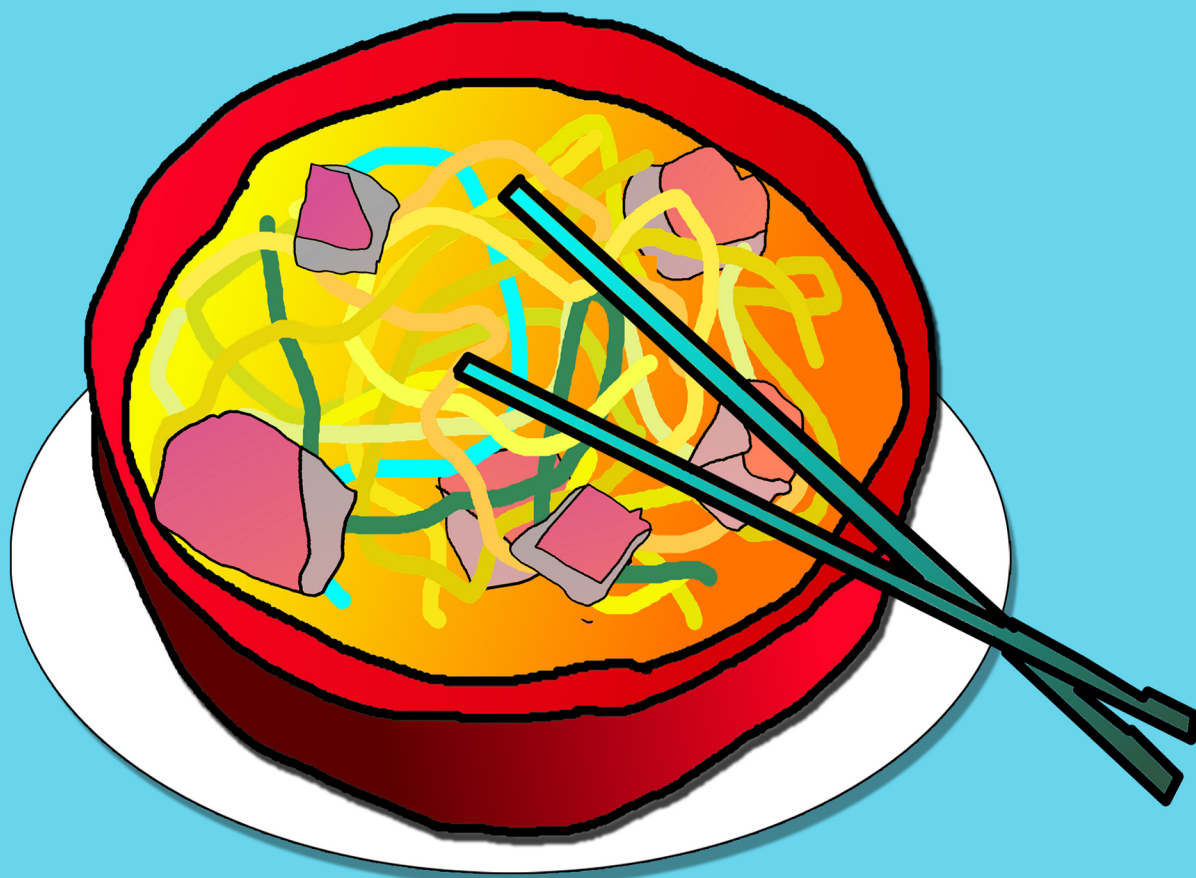
- 1 teaspoon olive oil
- ½ onion diced
- 2 cloves garlic minced
- ½ teaspoon thyme
- ½ teaspoon pepper
- ¼ cup butter
- ¼ cup flour
- 1 ¼ cups beef broth



## Instructions







## Ingredients

- 1/2 Tablespoon butter
- 2 Ribs of celery , diced
- 1 Clove garlic , minced
- 10 Cups chicken stock or broth
- 1 Teaspoon salt , to taste
- 1/2 Teaspoon freshly ground pepper
- 1/8 Teaspoon dried rosemary
- 1/8 Teaspoon dried sage
- 1/8 Teaspoon red pepper flakes
- 1 Batch of noodles,
- 3 Cups rotisserie chicken

## Chicken Noodle BY CLARA



Time: 20 Mins.



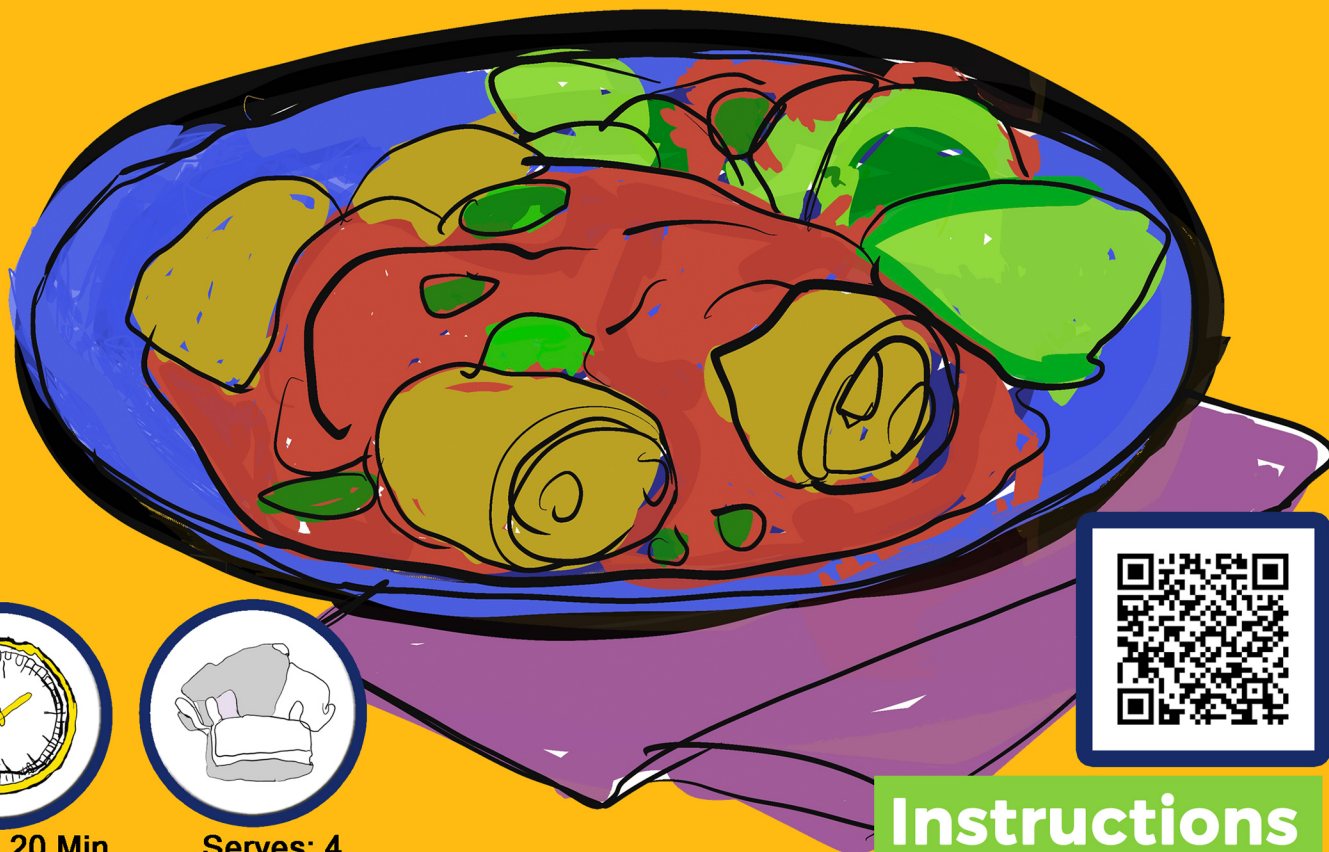
Serves: 5



## Instructions

# Spinach Ricotta Cannelloni

JULIA T.



Time: 20 Min.



Serves: 4

Instructions

## Ingredients

### Filling

- 250 g / 8 oz frozen chopped spinach
- 500 g / 1 lb ricotta
- 1/3 cup grated parmesan
- 1 cup shredded cheese (Mozzarella)
- 1 egg
- 1 large garlic clove , minced
- Grated fresh nutmeg
- 1/2 tsp salt and pepper , each

### Cannelloni

- 18 - 22 dried cannelloni tubes
- 1 - 1 1/2 cups shredded Mozzarella

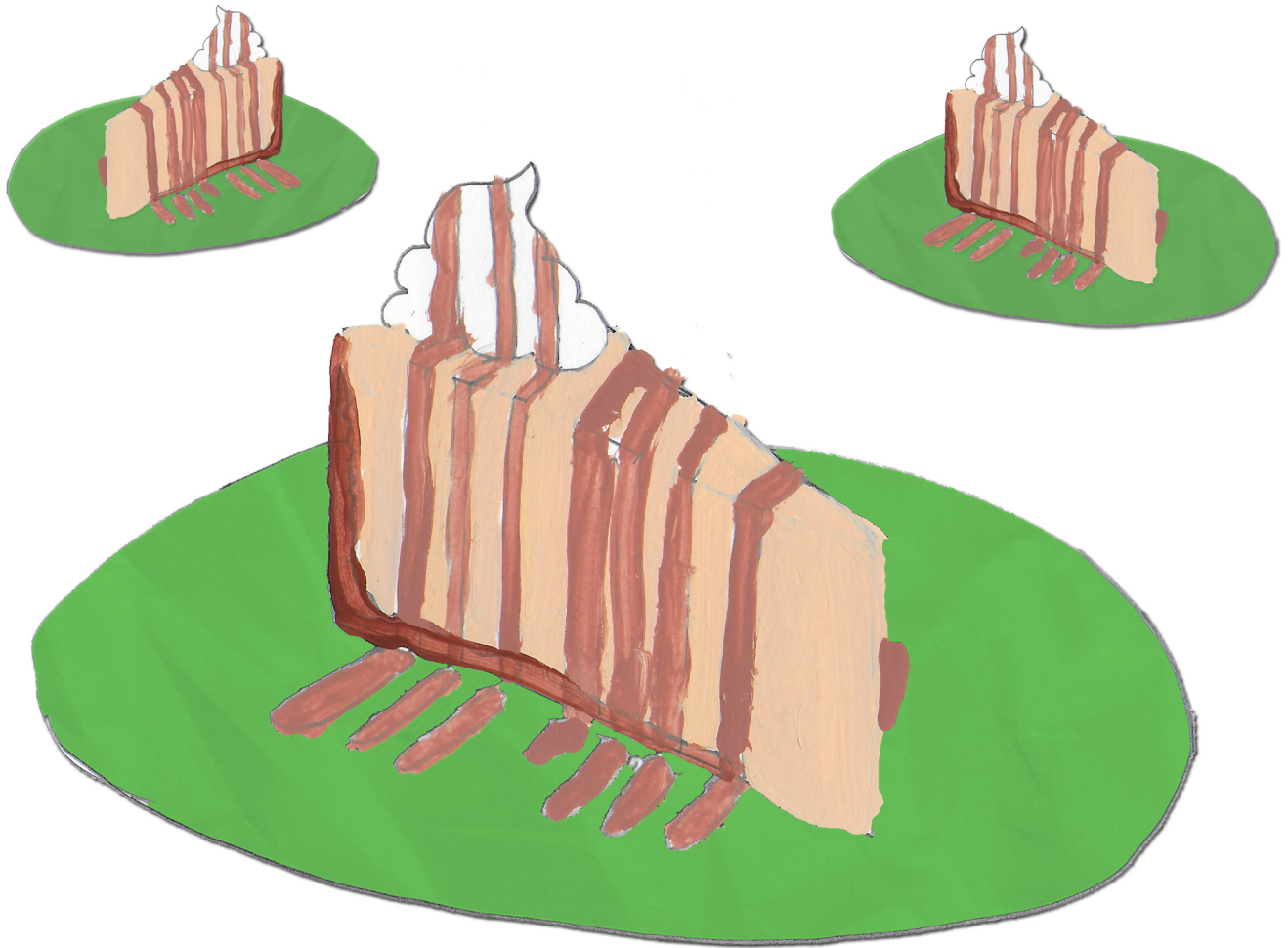
### Sauce:

- 1 tbsp olive oil, • 1 garlic clove , finely chopped • 1 small onion ,
- 800 g / 28 oz crushed tomato 1 cup water • 3/4 tsp salt + pepper to taste

**25** • Handful basil leaves , torn, or 1 tsp dried herbs



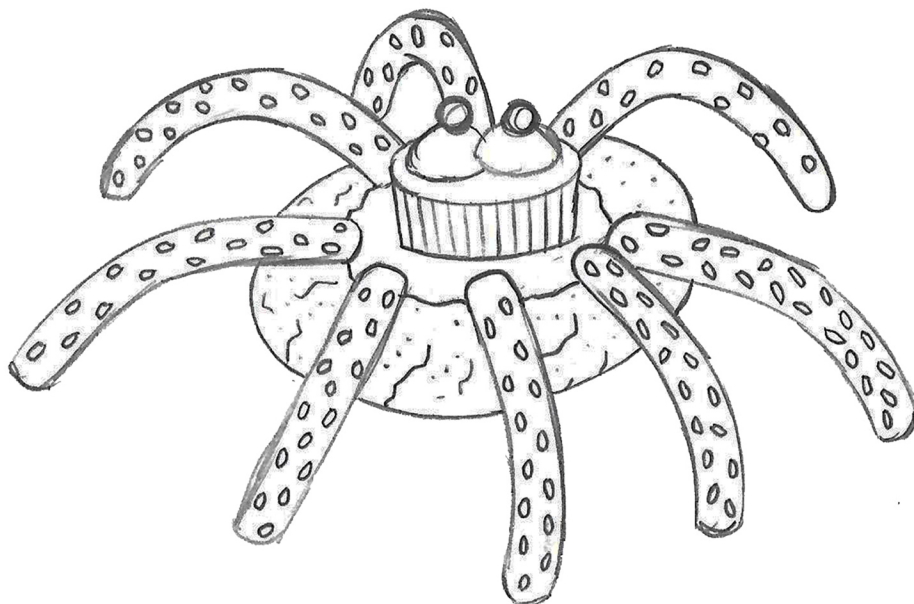
# Desserts



# Spider Man Cookies

BY DAVID

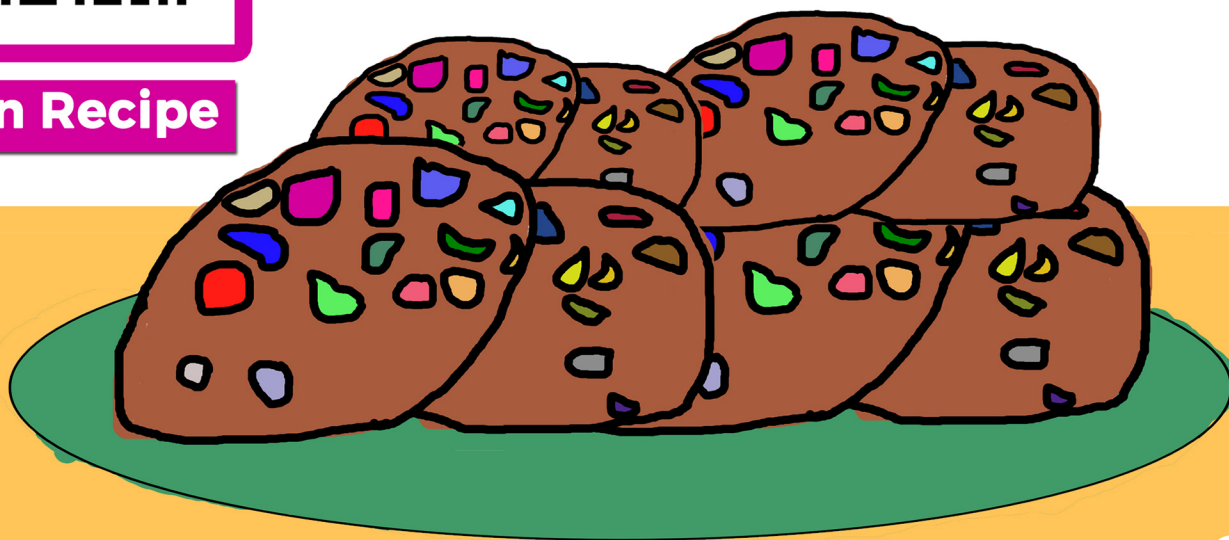
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# Rainbow Chip Cookies

BY GAIL

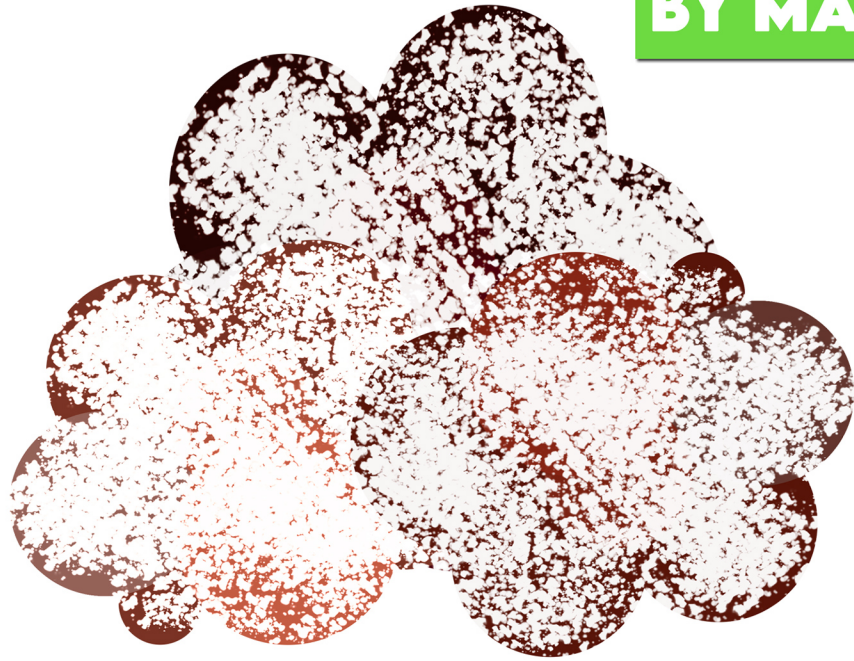
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# Newfoundland Balls

BY MAYA

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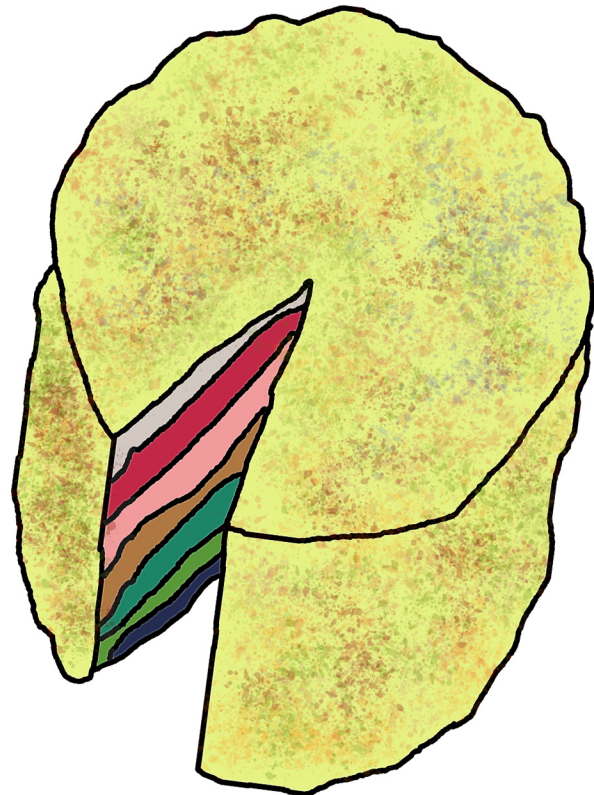


# Rainbow Cake

BY CLARA



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**Food illustrations by Julia T. and various artists.**