

I'm Jean Dickson. These are just a few of my favourite recipes. I'll be adding to the files on our website so do visit us soon for more yummys to make and eat.

If you speak in public - or want to speak in public - check out our website. We have many articles to help you develop your presentation pizzazz. So make plans to visit our club one Tuesday evening. We're friendly, we're supportive and we love to help people blossom and grow their speaking skills.

See you soon!

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G O O D
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CHOCOLATE BAKEWELLS

Pie Dough: Use Tenderflake Lard recipe.

- about 8 Tbsp cherry jam (or raspberry or apricot but cherry is best)
- 12 Tbsp butter
- 12 Tbsp sugar
- about 1/4 tsp almond extract
- 2 eggs, beaten
- 1/2 cup ground almonds
- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 4 Tbsp unsweetened cocoa
- glace cherries, halved

Roll out the dough and line 24 patty tins. Prick the bases with a fork. Cook in a preheated oven (375F) for 10 minutes. Leave to cool and spoon a little jam into the base of each tart.

Cream the butter and sugar together until light and fluffy. Mix in the almond extract and then beat in the egg. Stir in the ground almonds. Sift the flour, baking powder, and cocoa together thoroughly and fold into the mixture with a metal spoon. Place a spoonful of the mixture into each tartlet case. Roll out the pastry trimmings into strips, twist each strip and make a cross on each tart. Press a cherry half in the centre of the crossed strips.

Cook in a preheated 375F oven for about 25 minutes. Leave to cool on a wire rack.

JEAN'S GOURMET BUTTER TARTS

Pie Dough: Use Tenderflake Lard recipe.

- 2 eggs
- 2 cups dark brown sugar
- 2 Tbsp apple cider vinegar
- 1 tsp vanilla
- 1/2 cup butter (not margarine), melted
- 1 & 1/3 cups currants and chopped hazelnuts
- 1/2 cup broken white chocolate pieces (better with better quality white chocolate)
- 1/4 cup Frangelico liqueur

Beat eggs only until whites and yolks are well blended. Beat in sugar and add vinegar and vanilla. Stir in the melted butter and the currants, hazelnuts, white chocolate, and liqueur. Line patty tins (deeper is better than shallow) with pastry and fill 3/4 full with butter mixture. Bake in hot oven (450 F) for first 10 minutes, then reduce temperature to moderate (350 F) and bake 20 - 25 minutes or until filling is firm.

SOUR CREAM APPLE PIE

Pie Dough: Use Tenderflake Lard recipe.

- 1 cup sour cream
- 1 large egg, beaten lightly
- 1 & 1/2 tsp vanilla
- 3/4 cup granulated sugar
- 1/4 tsp salt
- 1/4 cup unbleached all-purpose flour
- 2 lbs Granny Smith or other tart apples, peeled, cored, and sliced thin

Topping

- 1/3 cup flour unbleached all-purpose flour
- 1/4 cup firmly packed dark brown sugar
- 1/4 cup granulated sugar
- 2 tsp cinnamon
- 3/4 cup chopped walnuts
- 6 Tbsp butter, chilled and cut into bits
- pinch salt

Roll out the dough 1/8 inch thick on floured surface, fit it into a 9-inch deep-dish pie plate. Trim the edges then crimp them decoratively.

In a bowl, combine well the sour cream, the egg, the vanilla, 3/4 cup of the granulated sugar, the salt, and 1/4 cup of the flour. Stir in the apples and spoon the mixture into the pie shell. Bake the pie in the lower third of a preheated 425 F oven for 10 minutes and reduce the heat to 350 F, and bake the pie 30 minutes longer. Serve cool with whip cream.

SWEET POTATO AND PORK STEW

- 1/3 cup packed brown sugar
- 1/3 cup all-purpose flour
- 3 lb pork butt, cut in 1-inch cubes
- 1/4 cup Dijon mustard
- 3 Tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 1/3 cups chicken stock
- 1 cup dry sherry
- 6 sweet potatoes or yams
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup chopped fresh parsley

In a shallow dish, combine sugar with flour. Coat pork cubes lightly in mustard; dredge in sugar mixture.

In a large nonstick skillet, heat oil over medium heat; cook pork, a layer at a time until browned on all sides. With slotted spoon, transfer to large Dutch oven. Add onion and garlic to skillet; cook until softened, about 3 minutes.

Remove with slotted spoon to Dutch oven. Discard any fat in skillet; pour in chicken stock and sherry. Bring to boil and cook for 1 minute, stirring to scrape up browned bits from bottom of pan. Add to Dutch oven. Peel sweet potatoes; cut into 1-inch cubes. In large saucepan of boiling water, cook potatoes until barely tender, about 3 minutes. Drain and add to Dutch oven. Cover and bake in 350F oven until meat is tender, about 45 minutes. Add salt and pepper. Sprinkle with parsley.

GINGERY-MAPLE CHICKEN

- 2 1/2 pounds chicken drumsticks
- 1/2 cup flour
- 1/4 cup vegetable oil (approx.)
- 1/2 cup maple syrup
- 2 tablespoons cider vinegar
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce
- 2 teaspoons ground ginger
- 2 cloves garlic minced
- 1/2 teaspoon pepper
- minced green onions (optional)

In large bowl, combine chicken and flour. Toss to coat well, shaking off excess flour. In large skillet, heat 2 tablespoons of the oil over medium-high heat. Cook chicken in batches, about 5 minutes, turning frequently and adding more oil as needed, until golden.

Arrange chicken in single layer in 11 X 7 inch baking dish. In small bowl, whisk together remaining ingredients (except green onions) and pour evenly over chicken.

Bake, uncovered, in 325F degree oven for 30 minutes. Turn the chicken over; bake for 45 minutes or until the glaze has thickened. Serve garnished with minced green onions.

SALSA CHICKEN

- 1/2 cup chunky salsa
- 1/4 cup mustard
- 2 Tbsp. fresh lime or lemon juice
- 3 whole boneless skinless chicken breasts, halved
- 2 Tbsp. olive oil
- plain yogurt

Mix together salsa, mustard and lime/lemon juice in flat container. Add chicken. Cover. Marinate in the refrigerator for one hour.

Turn oven to 375 F. Add oil to casserole dish. Place in oven to heat (make sure it doesn't start smoking or get hot enough to catch on fire). Add chicken. Bake 20 minutes. Turn the chicken. Bake another 10 minutes.

Meanwhile, bring the marinade to a boil in a small pot. Spoon the marinade over chicken and bake another 10 minutes.

Some people like their meats really well done. If you like your chicken cooked more, then cook the chicken for 40 minutes before adding the marinade.

Serve with the yogurt.

STIRFRY LAMB & GREEN ONIONS

Even people who hate lamb love this dish.

- 1/2 lb lamb, sliced into very thin strips
- 1/2 lb young green onions
- 3 Tbsp sliced garlic
- 1/3 cup oil

Marinade

- 2 Tbsp oil
- 1 Tbsp soysauce
- 1/2 tsp salt
- 1 Tbsp wine
- 1/2 tsp pepper

Sauce

- 1 Tbsp dark soysauce
- 1 Tbsp cider vinegar
- 1 Tbsp sesame oil

Place lamb strips in a bowl and marinate with soysauce, salt, wine pepper and oil. Soak for 15 minutes or more. Cut green onions lengthwise first, then slice diagonally. Mix together soysauce, vinegar, and sesame oil in a small bowl. Heat oil in wok or frying pan until very hot. (For best results, the pan must be very hot - as hot as is possible without the oil smoking. This results in a juicy and tender lamb.) Add the sliced garlic first and then the lamb, stir-frying quickly over the heat for about half a minute. Add the onion and seasoning sauce, continuing to stir-fry until the mixture is thoroughly heated. Do not overcook the lamb - it cooks very fast because of being thinly sliced and the high temperature. Serve immediately with rice.

BEEF WITH BROCCOLI

Marinade

- 2 Tbsp soysauce
- 1 Tbsp cold water
- 1/2 tsp sherry
- 2 tsp cornstarch
- 1/2 tsp salt
- 1 Tbsp oil

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- 1/2 lb beef, sliced into very thin strips
 - 1 head broccoli
 - 1 onion, chopped into 1" squares
 - 1/4 inch ginger root, grated fine
 - 2 cloves garlic, minced
 - 1/2 tsp sugar
 - 1 tsp salt
 - oil

Mix together the marinade ingredients. Shred beef. Add beef to marinade and marinade for one hour.

Wash broccoli and cut into stalks.

Add oil to wok. Fry beef in oil in wok until cooked. Remove beef to bowl.

Add oil to wok. Stir-fry onions and garlic. Add broccoli and ginger. Keep stirring until broccoli is cooked the way you like it. Add salt and sugar.

Add beef and marinade sauce. Stir-fry until the mixture is coated with the sauce and the sauce is thickened and cooked through.

Serve over rice. And you can double the sauce!

JEAN'S CHICKEN & SQUASH CURRY

If the curry is too hot, then have a slice of banana with it. Banana cools the curry.

- 2 large onions, chopped
- 2 large cloves garlic, minced
- cooking oil
- 1 heaping Tbsp Madras curry paste
- 8 cardamon pods
- 1 tsp curry powder
- 2 Tbsp apricot jam
- 1 Tbsp mango chutney
- 1 medium butternut or acorn squash, peeled and cut into 1" cubes
- 5 boneless, skinless chicken breasts, sliced into 2" cubes

- rice

Fry onions and garlic in oil in large pot until soft. Add curry paste, cardamon pods, curry powder, jam and chutney. Add about 10 cups water. Add 2/3 of the cubed squash. Stir then bring to boil. Turn down and simmer for four hours, stirring occasionally. Stir until squash no longer holds its shape and becomes part of the liquid.

Add the rest of the squash and the chicken. Cook for 1 hour. Serve over a bed of rice. Don't eat the cardamon pods.

Note: You may need to add more water to the mixture as it cooks. At the end of the cooking, you should have only half the liquid that was in the pot to begin with.

ANADAMA BREAD

- 1 cup scalded milk
- 1 & 1/2 cup boiling water
- 1 cup yellow cornmeal
- 1/4 cup butter
- 1/2 cup molasses
- 2 teaspoons salt
- 2 cakes yeast
- 1 cup warm water
- 1 tablespoon sugar
- 6+ cups all purpose white flour

Combine hot milk and water; slowly add cornmeal. Add butter, molasses, and salt. Let stand until lukewarm. Add sugar to warm water until dissolved. Sprinkle the yeast into the warm water and let stand until it bubbles. Stir into cornmeal mixture. Beat in flour. Knead, adding flour as needed. Place into butter bowl, cover and let rise. Knead again and divide into loaves. Place in buttered pans, cover and let rise. Bake at 375F for 40 to 50 minutes. You may need to cover the tops of the loafs with tin foil half way through the cooking. Immediately remove from pans, and butter crusts.

For a treat, use bacon fat instead of butter and add some chopped cooked bacon to the dough.

JEAN'S ONION & CHEESE BREAD

- 1/4 cup scalded milk
- 3 tbsp butter
- 3 tbsp sugar
- 1 tsp salt
- 3 cups cooked rice (use white or white/brown mixture for best results)
- just over 2 level tsp yeast
- 1/4 cup scalded milk
- 4 cups flour (roughly)
- grated medium or old cheddar cheese
- two medium onions, chopped and sauteed, cooled

Dissolve the sugar in the scalded milk, then cool to lukewarm. Add the yeast and let sit until foamy. Pour the scalded milk over the butter, and salt. Add to the cooked rice. Stir yeast into rice mixture and add flour until dough is the correct consistency. Turn onto a floured board and knead until smooth and elastic. Place into a greased bowl, turn, cover, and let rise until doubled. Punch the dough down and divide into two. Flatten dough into a rectangular shape. Sprinkle onion and then cheese onto dough. Tightly roll up dough and squeeze the end section into the rest of the dough. Place in a well-buttered loaf pan, brush the top of the bread with melted butter, cover, and let rise until doubled. Brush the top with melted butter again and bake at 375F for 45 to 50 minutes.

BEST BANANA MUFFINS

Dry Ingredients

- 1 cup oatmeal
- 1/2 cup white sugar
- 2 ripe bananas
- 1 cup white flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 - 3/4 cup butterscotch chips

Wet Ingredients

- 1 large egg
- 1/4 cup milk
- 1/4 cup oil
- 1 tsp vanilla

Put oatmeal and sugar in a blender. Blend until the oatmeal is finely chopped. Mix oatmeal/sugar together with other dry ingredients in large bowl. Make a well in the centre.

Put all wet ingredients in the blender. Mix. Pour into dry ingredients. Stir until just blended.

Bake at 400 degrees Fahrenheit for 13-15 minutes or until muffin tops are golden brown and the muffins are done inside.