



TORONTO
DOMINION
CENTRE

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COOKBOOK

FRESH & DELICIOUS RECIPES
FROM THE TDC COMMUNITY

FROM OUR TEAM TO YOUR KITCHEN

Food is one of the uniting factors we can all appreciate. It is important to our identity and allows us to get to know each other over shared meals. Cadillac Fairview believes in standing for something beyond just the physical spaces we offer. We are committed to bringing our occupants together and being a force for positive change through offering exceptional places and experiences. As we continuously adapt and learn from the world around us, we wanted to tell the story of the people who make our communities liveable and vibrant.

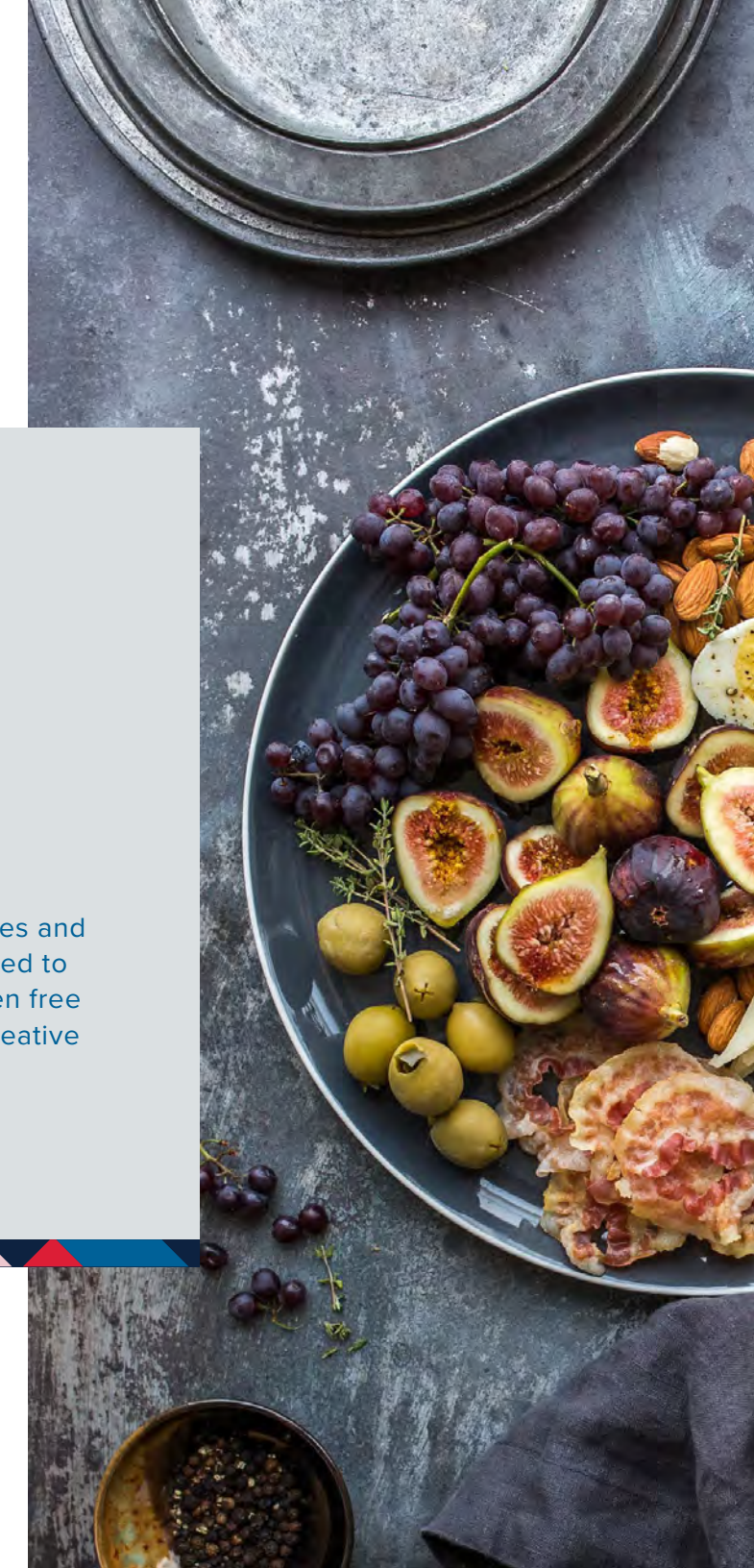
On behalf of the Cadillac Fairview management team, we are pleased to present the TDC Cookbook to you. It is a collection of favourite recipes that have been submitted by building occupants at TD Centre.

TDC MANAGEMENT TEAM



BEFORE YOU BEGIN

Throughout this cookbook you'll find substitution tips for most recipes to accommodate common food sensitivities and preferences. Most recipes can be altered to accommodate vegan, vegetarian, gluten free and dairy free diets. Feel free to get creative and swap ingredients as you like.



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QUICK & SIMPLE PICKLED ONIONS

- 🕒 1 hour
- 👤 1 Jar
- 🍏 Vegan
- 👤 Submitted by Lynne Fulcher

QUICK TIP

These hot pink onions are great to use with sandwiches, burgers, tacos, grilled cheese or just to put on toast with cream cheese. Also makes a great hostess gift.



INGREDIENTS

- 1 medium red onion
- ½ cup white vinegar
- ¼ cup rice vinegar
- 3 tbsp sugar
- ½ tsp salt
- 10 black peppercorns
- ¼ tsp fennel or coriander seeds
- 2 cloves
- 1 bay leaf

DIRECTIONS

1. Peel a medium red onion and slice into thin strips. Set aside.
2. In a small pot, combine all ingredients but the onion. Bring to a boil and add the sliced onions. Simmer for about 1 minute and remove from heat. Allow to cool.
3. Refrigerate with its liquid in a small 1 cup mason jar or another sealed container. Natural rosy colour comes from the skin of the onions.

Photo courtesy of JoCooks

INGREDIENTS

- 2 Cortland or Granny Smith apples
- 1 small celery root
- 1 fresh red chile pepper, sliced (optional)
- ½ red onion
- 2 tbsp chopped parsley
- 2 tbsp raisins
- ¼ cup cider vinegar
- ¼ cup olive oil
- 1 tbsp sugar
- Salt and freshly ground pepper, to taste
- 1 tbsp poppy seeds

DIRECTIONS

- 1., Core and julienne apples.
2. Peel and julienne or grate celery root. Slice onion.
3. Add apples, celery root, chile, red onion, parsley and raisins to a large bowl.
4. To make the dressing, combine cider vinegar, olive oil, sugar, salt and pepper.
5. Add dressing to salad. Toss. Taste and adjust for seasoning. Garnish with poppy seeds.





APPLE & CELERY ROOT SLAW

- 🕒 15 mins
- 👤 3 servings
- 🍏 Vegan
- 👤 Submitted by Tanya Juras



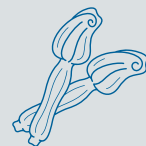
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FRIED ZUCCHINI FLOWERS

-  20 mins
-  12 flowers
-  Vegetarian
-  Submitted by Anthony Merante

QUICK TIP

Female flowers turn into the zucchini so avoid picking these. Female flowers have a budding zucchini growing directly under the flower (as shown below). Male flowers have a traditional thin stalk.



INGREDIENTS

12 zucchini (or courgette) flowers

1 ¼ cups of all purpose flour

1 can (350 mL) of lite beer (Moretti or Peroni) or sparkling water

Frying oil (olive or vegetable)

Sea salt

Gluten-Free:

Substitute with gluten-free flour

DIRECTIONS


1. Pick 12 zucchini flowers from the bottom of the flower, keeping minimal stalk.
2. Inspect and clean flowers of dirt, insects, etc. and remove the stamen while keeping the flower in tact. Avoid wetting the flowers.
3. To a frying pan or fryer, add vegetable oil to a 1 cm depth on low-medium heat.
4. In medium sized bowl, pour 1 can of light beer or sparkling water and slowly add 1 ¼ cup of all purpose flour while whisking to form a batter similar to a pancake batter. Salt to taste.
5. Soak the flowers in the batter and allow excess batter to drip off before placing the flowers in the heated oil with tongs.
6. Let the flower fry for 2-3 minutes on each side or until golden.
7. Remove fried flowers from oil and allow to rest on a paper towel lined plate for several minutes to allow excess oil to be absorbed.
8. Sprinkle with sea salt to taste and serve hot.


Photo courtesy of A Small Kitchen in Genoa



SOFT & FLUFFY

JAPANESE MILK BUNS

 2 hrs 40 mins

 6 servings

 Vegetarian

 Submitted by Richard Webster

QUICK TIP

Tangzhong is an Asian technique for making soft, fluffy bread. It involves cooking a bit of the flour and liquid in the recipe into a thick slurry before adding the remaining ingredients.

Making tangzhong accomplishes two things: it makes bread or rolls more tender and extends their shelf life.

TANGZHONG INGREDIENTS

2 tbsp (20g) bread flour

2 tbsp (27g) water

4 tbsp (60g) whole milk

DOUGH INGREDIENTS

2 ½ cups (320g) bread flour

1 tbsp (9g) active dry or instant yeast

¾ tsp (3g) fine sea salt

½ cup (120g) whole milk

¼ cup (56g) granulated sugar

1 whole egg, room temperature

3 tbsp (42g) unsalted butter, softened

Gluten-Free:

Substitute with gluten-free flour

Dairy-Free:

Substitute with plant-based milk and butter

DIRECTIONS

1. Prepare the tangzhong by mixing 2 tablespoons bread flour, 2 tablespoons water and 4 tablespoons whole milk into a medium saucepot.

2. Cook the mixture on medium heat for 30 seconds to 2 minutes (depending on your burner) or until the mixture becomes a smooth paste. Whisk constantly.

3. Remove the tangzhong from the pot and allow it to cool to room temp.

4. Place the bread flour, active dry yeast, fine sea salt, whole milk, granulated sugar, tangzhong & egg into the bowl of a stand mixer.

5. Mix on medium-low speed until the dough forms a shaggy mass. Approximately 3-5 minutes.

6. Slowly incorporate the butter 1 tablespoon at a time. Mix for an additional 5-7 minutes or until the dough becomes very smooth and elastic.

7. Form the dough into a taught ball and place in a bowl to rise for 1-2 hours or until well-doubled in size.

8. Cut the dough into 12 equal pieces, roll into balls, and place into a buttered baking pan. Be gentle as to not toughen up the dough.

9. Allow the buns to rise again for 1-2 hours or until doubled in size.

10. Cook in a 350°F oven for 30 minutes or until golden brown and cooked all the way through.

FRUIT & RICOTTA HONEY TOAST

- 🕒 5 mins
- 👤 1 serving
- 🍏 Vegetarian
- 👤 Submitted by Hilary Ducharme



INGREDIENTS

- Slice of sourdough
- Heaping spoonful of ricotta cheese
- 1 Tbsp honey
- 1 peach or apricot

DIRECTIONS

1. Slice peach and set aside. Alternatively, set grill to high and grill peaches until golden brown and cooked through.
2. Toast bread and spread ricotta cheese over toast. Drizzle with honey.
3. Top with grilled fruit.

Photo courtesy of Spices in my DNA

HILARY'S HONEY POPCORN PALOOZA

- 🕒 20 mins
- 👤 4 servings
- 🍏 Vegetarian
- 👤 Submitted by Hilary Ducharme



INGREDIENTS

- ½ cup hazelnuts, white sesame seeds, and coriander seeds
- 2 tsp coarse sea salt
- 1 cup honey
- 3 cups popcorn

DIRECTIONS

1. Combine hazelnuts, white sesame seeds, coriander seeds, and coarse salt. Roast in the oven until toasted to make a dukkah.
2. On medium high heat, caramelize honey in a pot until thick and dark brown. There will be small bubbles.
3. Combine popcorn, caramelized honey, and dukkah.



COCONUT TURMERIC RICE

INGREDIENTS

- 2 tbsp butter or margarine
- 2 cups basmati rice
- ½ chopped Spanish onion
- Handful of curry leaves or bay leaves
- ½ tsp salt
- ¼ tsp turmeric powder
- 10 each of cloves and cardamom pods
- 20 peppercorns
- 2 cups coconut milk
- 2 cups water
- ½ cup raisins

DIRECTIONS

1. Heat butter in a large saucepan over medium heat. Add chopped onion, curry leaves, cardamom, cloves and pepper corn and sautee.
2. Add rice, mixing well, and transfer to rice cooker bowl. Add coconut milk, water, salt and turmeric powder. Cook in rice cooker.
3. When done, add raisins while rice is still hot, fluff the rice with a fork. Serve with your favorite meat or veggie dish and mango chutney on the side (optional).

- 45 mins
- 8 or more servings
- Vegetarian
- Submitted by Geethani Packeer

GREEK-INSPIRED PASTA SALAD

SALAD INGREDIENTS

- One box of pasta (orzo, penne or fusilli work well)
- 1 cup feta cheese, crumbled
- 1 cup pitted kalamata olives cut in half
- 1 ½ cups cherry tomatoes cut in half
- One medium-sized cucumber diced

DRESSING INGREDIENTS

- 2-3 tbsp red wine vinegar
- ¾ cup olive oil
- 1 tsp minced garlic
- 2-4 tbsp oregano
- Crushed sea salt and black pepper to taste

- Gluten-Free:**
Substitute with gluten-free pasta
- Dairy-Free:**
Skip the feta or substitute with a plant-based cheese

DIRECTIONS

1. Cook pasta in generously salted water. Drain and rinse with cold water, until cooled.
2. Wisk all dressing ingredients together until blended well.
3. Pour over completely cooled pasta.
4. Add tomatoes, cucumber, feta and olives. Mix and enjoy!



- 25 mins
- 4 servings
- Vegetarian, contains dairy
- Submitted by Anita DeLuca



QUICK & SIMPLE

SALAD DRESSINGS

ASIAN GINGER DRESSING

- 3 cloves garlic, minced
- 2 tbsp minced fresh ginger root
- ¾ cup olive oil
- ⅓ cup rice vinegar
- ½ cup soy sauce
- 3 tbsp honey

Vegan:
Substitute with plant-based sweetener to taste

DIRECTIONS

1. In a 1 pint glass jar or larger, combine the garlic, ginger, olive oil, rice vinegar, soy sauce, honey, and water.
2. Cover the jar with a tight fitting lid, and shake well. Remove lid, and heat jar in the microwave for 1 minute just to dissolve the honey.
3. Let cool, and shake well before serving. Store covered in the refrigerator. Blend all ingredients together for thicker creamy dressing.



79 Wellington Street West
stratusrestaurant.com

Stratus Restaurant Manager, Ray Urban, doesn't count salads as one of his favourite foods. However, these these quick and delicious dressings help elevate plain vegetables to gourmet delicious meals—his favourite is Asian Ginger.

🕒 5 mins

🍷 1 jar

🍏 Vegetarian

👤 Submitted by Ray Urban

GREEK SALAD DRESSING

- ½ cup red wine vinegar or balsamic vinegar
- 1 lemon, juiced
- 1 tsp Dijon Mustard
- 2 garlic cloves, minced
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp black pepper
- ½ cup olive oil

DIRECTIONS

1. Add all of the ingredients, except the olive oil to a bowl and whisk together.
2. Slowly add the olive oil and whisk vigorously while pouring until the dressing is emulsified.
3. Blend all ingredients together for thicker creamy dressing.

AVOCADO DRESSING

- ½ large avocado
- ¼ cup olive oil
- ¼ cup water, or more for thinner consistency
- ¼ cup cilantro, basil or parsley
- 1 lime, juiced
- 1 garlic clove, minced
- Salt and pepper, to taste

DIRECTIONS

Blend all ingredients together.



COFFEE-RUBBED GRILLED RIB-EYE

Stratus' craft kitchen combines traditional flavours and ingenuity to produce upscale Canadian fare.

This is one of awarding-winning BBQ chef Sean Vodden's favourite steak recipes. As a Quick Tip, Sean notes:

These are the approximate temperatures (F) for doneness of steaks: rare 117-120, medium rare 121-125, medium 126-132, medium well 133-140, well 141 and above.

When letting your meat rest, turn the ribeyes over from the side that was last on the heat. The natural juices will go back into the meat while it rests.



79 Wellington Street West
stratusrestaurant.com

🕒 20 mins

👤 2 servings

👤 Submitted by Sean Vodden

INGREDIENTS & TOOLS

2 x 1 inch thick ribeye steaks

4 tbsp ground coffee

3 tbsp ancho, chipotle
or paprika

1 tsp cayenne powder

3 tbsp garlic powder

1 tbsp ground cumin

1 tbsp kosher salt

Pair of tongs

Meat thermometer

DIRECTIONS

1. Set your favorite grill to 425 F.
2. Combine all dry ingredients in a medium sized bowl to make the coffee rub.
3. Evenly sprinkle rub over all sides of the ribeyes.
4. Let sit for 10 minutes at room temperature.
5. Place your steaks on your grill, and cook for 2-3 minutes. Quarter turn your steak for 2 more minutes.
6. Flip and repeat step 5.
7. Once meat has reached your desired doneness, remove from grill and let rest for 10 minutes before cutting.

Recipe adapted from Buy This Cook That



SHIITAKE AND SPINACH STUFFED PORK TENDERLOIN

INGREDIENTS

- 2 tbsp butter
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- ½ tsp dried thyme
- 2 cups finely chopped shiitake or other mushrooms
- ⅓ cup dry sherry, or 3 tbsp wine or sherry vinegar
- 2 cups baby spinach
- 1 ½ cups 35% cream
- 1 cup coarse fresh bread crumbs
- Salt and pepper to taste
- 2 pork tenderloins, trimmed and butterflied

DIRECTIONS

1. In a large skillet, melt half of the butter over medium-high heat. Add onion, garlic and thyme; sauté, stirring, for 3 minutes or until softened. Transfer half of butter mixture to a bowl and set aside.
2. Add mushrooms to skillet and cook while stirring, for about 5 minutes or until mushrooms are golden. Deglaze with 2 tbsp (30 mL) of the sherry (or 1 tbsp/15 mL vinegar) and boil, scraping skillet. Stir in spinach just until wilted. Transfer to a bowl. Stir in 1/4 cup (60 mL) of the cream and the bread crumbs to the mushroom mixture. Season with salt and pepper and let cool.
3. Preheat oven to 375 °F (190 °C). Working with one tenderloin at a time, press flat and pound as necessary to an even thickness. Spread evenly with half of the stuffing. Starting at one long side, roll up the tenderloin, jelly-roll style to enclose filling. Tie with string or secure with skewers. Sprinkle with salt and pepper.
4. In a clean skillet, melt remaining butter over medium-high heat. Sear each tenderloin on all sides. Transfer to a shallow roasting pan, seam side down, and roast in oven for about 25 minutes or until just a hint of pink remains in pork. Tent with foil and let rest for 5 minutes.
5. Meanwhile, add reserved onion mixture to skillet over medium heat. Stir for 3 minutes or until browned. Add remaining cream and sherry. Boil gently, stirring often, for about 5 minutes or until reduced and thickened. Season with salt and pepper. Keep the sauce warm.
6. Using a serrated knife, slice pork on the diagonal into thick slices and serve with sauce.

Recipe adapted from Dairy Farmers of Canada

 20 mins

 4 servings

 Submitted by Landry Biles

CHICKPEA & CAULIFLOWER FLATBREAD

INGREDIENTS

1 and ½ cups small cauliflower florets
1 tbsp extra-virgin olive oil
Salt
2 ripe avocados
2 tbsp lemon or lime juice
4 flatbreads or pocketless pitas, toasted
2 tbsp roasted salted pepitas
Hot sauce, for serving
1 x 15 oz can chickpeas
1 tsp dark brown sugar
½ tsp ground cumin
½ tsp ground paprika
½ tsp garlic powder
½ tsp chili powder

Gluten-Free:

Substitute with corn or gluten-free tortillas

DIRECTIONS

1. Rinse and drain chickpeas. Pat dry with paper towels, discarding any loose skins.
2. On a large rimmed baking sheet, toss chickpeas with olive oil, salt and pepper. Toss cauliflower with olive oil and salt.
3. Roast chickpeas and cauliflower at 425 F for 30 minutes until chickpeas crisp and cauliflower is golden, shaking occasionally. Remove from oven and transfer chickpeas to bowl; toss with brown sugar, cumin, paprika, garlic powder and chili powder. Chickpeas will continue to crisp as they cool.
2. Mash avocados with lemon or lime juice and pinch of salt. Spread mash all over flatbreads. Top with roasted cauliflower, chickpeas and pepitas. Serve with drizzle of hot sauce.

Photo and recipe adapted from Good Housekeeping



🕒 1 hour

🍽️ 4 servings

🌱 Vegan

👤 Submitted by Cassandra De Jesus



GRILLED CHICKEN BURGERS

🕒 45 mins

🍽️ 8 servings

👤 Submitted by Karen Schrempf

INGREDIENTS

1 onion, chopped
2 tsp minced garlic
1 red bell pepper, chopped
1 cup fresh sliced mushrooms
1 tomato, seeded and chopped
2 medium carrots, chopped
2 lbs ground chicken
1 egg
½ cup bread crumbs
1 tbsp Old Bay Seasoning
Salt to taste
Black pepper to taste

Gluten-Free:

Substitute with gluten-free breadcrumbs or crushed potato chips

DIRECTIONS

1. Preheat an outdoor grill for medium heat and lightly oil grate.
2. Lightly spray a saute pan with cooking or oil spray over medium heat. Saute the onion with the garlic first, then the bell pepper, then the mushrooms, tomatoes and carrots, all to desired tenderness.
3. Set aside and allow all vegetables to cool completely. In a large bowl, combine the chicken and vegetables.
4. Add the egg, bread crumbs and seasonings to taste.
5. Mix all together well and form into 8 patties. Grill over medium heat for 5 to 6 minutes per side, or to desired doneness.
6. Top with preferred burger toppings. Serve these burgers on chive biscuits or foccacia. For a low-carb alternative, serve them on a bed of lettuce.

Recipe adapted from Ter Denlinger, AllRecipes

CAPRESE PESTO PASTA

INGREDIENTS

- 1 lb short pasta
- ½ cup olive oil
- 2 tbsp butter
- 6 whole garlic cloves
- 1 cups (or 1 pint) cherry tomatoes
- 1 burrata or buffalo mozzarella
- 3 bunches fresh basil
- ½ cup pine nuts, or sunflower seeds
- ½ cup freshly grated parmesan cheese
- 1 demi baguette, sliced and grilled

Gluten-Free:
Substitute with gluten-free pasta

DIRECTIONS

1. Preheat oven to 425 F. Bring a large pot of water to a boil and season mildly with salt.
2. Cut cherry tomatoes in half, toss with olive oil, salt and pepper, and roast in the oven, cut side up for 25 minutes.
3. Toast pine nuts with olive oil and garlic on the stove on medium-low heat, stirring often until nuts are golden-brown. Reserve to the side.
4. Blend together basil, parmesan cheese, garlic, pine nuts, olive oil, salt and pepper. Crumble burrata.
5. Cook pasta to al dente and reserve 1 cup of cooking water.
6. Mix the pesto and pasta together, adding in a touch of pasta water until creamy. You may not need the whole cup.
7. Serve in a shallow bowl with burrata spoonfuls on top, roasted cherry tomatoes, grilled bread and fresh basil.

Photo courtesy of Baking Addiction. Recipe adapted from Emma's Eatery.



- 🕒 45 mins
- 👤 4 servings
- 🌱 Vegetarian
- 👤 Submitted by Courtney Laurie

INGREDIENTS

- 1 cup chickpea flour
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp garlic powder
- 4 to 6 tbsp olive oil
- ½ large onion, thinly sliced
- 2 tsp chopped fresh rosemary

DIRECTIONS

1. Put the chickpea flour in a bowl. Add the salt and pepper. Slowly add 1 cup room temperature water, whisking to eliminate lumps. Stir in 2 tablespoons olive oil. Cover and let sit. The batter should be about the consistency of heavy cream.
2. Preheat the oven to 450 F. Put a nonstick 12-inch round pan or cast-iron skillet in oven to warm.
3. Remove the pan, pour 2 tablespoons of the oil into it and swirl. Add the onions, return the pan to the oven and cook, stirring once or twice, until they're well browned, 6 to 8 minutes. Stir in the rosemary.
4. Stir the onions and rosemary into the batter, then immediately pour the batter into the pan. Bake for 10 to 15 minutes, or until the pancake is set and the edges crispy.
5. Heat the broiler and brush the top of the pancake with 1 or 2 tablespoons of oil if it looks dry. Set the pancake a few inches away from the broiler, and cook just long enough to brown it in spots. Cut it into wedges, and serve hot or warm.

Photo courtesy of the Kitchn. Recipe adapted from NYT Cooking





PROVENCE CHICKPEA FLATBREAD

- 🕒 20 mins
- 👤 2 servings
- 🌱 Vegan
- 👤 Submitted by Jennifer Chen





WEST AFRICAN PEANUT STEW

-  30 mins
-  4-6 servings
-  Vegan
-  Submitted by Ailish Wade

QUICK TIP

Serve this easy, one-pot stew over a bed of rice or quinoa for a hearty meal on a chilly day. This also freezes well for a quick, last-minute lunch!

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, diced
- 5–6 garlic cloves, minced
- 2–3 tbsp ginger, grated
- 1 tbsp ground coriander
- 1–2 chili peppers (jalapeno, serrano, scotch bonnet or habanero peppers), diced, or to taste depending on your spice tolerance
- 2–3 lbs. sweet potatoes, cubed
- 1 can (15oz.) diced tomatoes, with juices
- 4 cups low-sodium vegetable broth or water
- $\frac{3}{4}$ cup peanut butter (creamy or smooth)
- 1 cup spinach (baby spinach or chopped)
- 2 small lemons, juiced
- Salt and pepper, to taste
- Fresh cilantro (for garnish, optional)
- Chopped peanuts (for ganish, optional)

DIRECTIONS

- Saute:** In a large pot, heat oil over medium heat, add the onion, garlic, ginger, and chili peppers and saute for 5 minutes stirring frequently.
- Boil and simmer:** Add the sweet potatoes, tomatoes, spices and liquids, and bring to a boil. Reduce heat and simmer for 15 minutes, or until sweet potatoes are tender.
- Add final ingredients:** Turn off heat and stir in the peanut butter, and finish with the spinach and lemon juice. Soup will thicken upon cooling. Season with salt & pepper to taste.

*Photo courtesy of The Modern Proper
Recipe adapted from Simple Veganista*



SPINACH LEMON RISOTTO

SHRIMP INGREDIENTS

- 1 Tbsp canola oil
- 12 large shrimp (cleaned and de-veined, tail intact)
- 2 Tbsp ouzo
- 2 Tbsp butter
- Sea salt and freshly ground pepper to taste

RISOTTO INGREDIENTS

- 4 cups veal stock (or chicken stock)
- 1 onion, finely diced
- 1 Tbsp olive oil
- 2 cup of Arborio rice
- ¼ cup butter
- 1 ½ cup feta cheese, cubed, plus more to garnish
- 4 cup of spinach
- Juice and zests of 1 lemon
- ¼ cup parsley, finely chopped

DIRECTIONS

SHRIMP


1. Season the shrimp with salt and pepper. Set aside for 10 minutes.
2. In a heavy-bottomed frying pan, heat the oil and saute the shrimp for 2-3 minutes.
3. Take the pan away from the heat and immediately add the ouzo and light it.
4. Set shrimp aside and prepare risotto.

RISOTTO

1. In a saucepan, bring stock to a simmer on medium-low heat.
2. In a large saucepan, cook onion in oil over medium-low heat, stirring, until softened, for about 5 minutes.
3. Add rice, stirring until each grain is coated with oil.
4. Add about ¾ cup of simmering stock and cook over medium-high heat, stirring constantly, until stock is absorbed. Continue adding stock, ¾ cup at a time, still stirring constantly and letting each batch be absorbed before adding the next, until about half of the stock is remaining.
5. Reduce heat to moderate if necessary to keep the risotto at a simmer. Continue adding the stock in the same manner until rice is tender and creamy looking but still al dente, about 20 minutes.
6. Reduce heat to low, add the butter, then the cheese. Mix well. Add the spinach and the juice of the lemon and continue mixing. Remove from the heat and keep warm.
7. Garnish each portion of the risotto with grilled shrimp, parsley, lemon zest and feta cheese.

Recipe adapted from Food Network Canada. Photo courtesy of the Kitchn.

 40 mins

 4 servings

 Submitted by Melissa Patterson



OLD ANGELO'S CHOCOLATE PÂTE WITH KAHLUA ESPRESSO SAUCE



Overnight



8 or slightly more servings



Contains dairy



Submitted by Lynne Fulcher

QUICK TIP

For a simple and delicious sauce pairing, use a package of frozen raspberries, thawed with liquid.

INGREDIENTS

2 pkgs (225 grams each) semi-sweet baking chocolate

1 cup whipping cream

½ cup butter

1 cup hazelnuts, chopped

1 cup milk

1 tsp. vanilla extract

2 tbsp sugar

3 egg yolks

½ cup espresso or strong brewed coffee

3 tbsp Kahlua liqueur

Orange slices for garnish

DIRECTIONS

1. Melt the chocolate in a double boiler. In another saucepan, heat the cream and butter until the butter is melted. When the chocolate is completely melted, add the cream and butter and mix well. Divide this mixture into two containers, adding the hazelnuts to one of them. Let cool and then refrigerate the mixture for several hours or overnight.

2. Assemble the pâte in a square mold or a small loaf pan. Begin with a layer of half the plain chocolate mixture smoothing it with a spatula. Make another layer of all the chocolate hazelnut mixture and finish with another layer of plain chocolate. Freeze for at least 4 hours.





3. Make the espresso sauce by heating the milk, vanilla and sugar in a double boiler (don't let it come to a boil). In a bowl, lightly beat the egg yolks with a whisk. When the milk is quite warm, add it – a few tablespoons at a time at first - to the eggs, continuing to beat with the whisk. Return the whole mixture to the double boiler and cook it over low heat, stirring constantly, until it is thickened. Add espresso and Kahlua then cool.

4. To serve, remove the pâte from the loaf pan by immersing the bottom of the pan in hot water for a few seconds, then inverting the pan over a plate. Cut the pâte in slices.

5. Spoon the sauce onto the bottom of each serving plate and place a slice of pâte in the middle. Garnish with orange slices.



STICKY TOFFEE PUDDING

-  Overnight
-  12 servings
-  Contains dairy
-  Submitted by Courtney Laurie

PUDDING INGREDIENTS

- ¾ cup water
- ½ cup diced pitted dates
- ½ cup dried cranberries (chopped)
- 1 tsp baking soda
- 1 cup flour
- 1 tsp baking powder
- ½ tsp salt
- ⅓ cup butter, softened
- ¾ cup packed dark brown sugar
- 2 eggs
- 1 tsp vanilla extract
- Whipped cream

Gluten-Free:
Substitute with gluten-free flour

SAUCE INGREDIENTS

- 1 cup dark brown sugar
- ½ cup butter
- ½ cup whipping cream
- 1 tsp vanilla
- ¼ tsp salt

DIRECTIONS

1. Preheat oven to 350°F (180°C). Combine water and dates in a small saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, stirring occasionally, for 5 minutes or until dates are softened.
2. Remove from heat. Stir in cranberries and baking soda; cool to room temperature. Combine flour, baking powder and 1/2 tsp (2 mL) salt in a bowl; set aside.
3. Using medium speed of an electric mixer, beat together 1/3 cup (75 mL) butter and 3/4 cup (175 mL) brown sugar until fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in 1 tsp (5 mL) vanilla.
4. Add flour mixture to butter mixture and beat just until blended, about 1 minute. Stir in date mixture.
5. Spoon batter into greased muffin cups, filling cups three-quarters full. Bake for 12–15 minutes or until a cake tester inserted in centres comes out clean.
6. Meanwhile, to prepare sauce, combine 1 cup (250 mL) brown sugar, 1/2 cup (125 mL) butter and cream in a small saucepan. Bring to a boil over medium heat, stirring frequently.
7. Reduce heat and cook, stirring frequently, until slightly thickened, about 7–8 minutes.
8. Remove from heat. Stir in 1 tsp (5 mL) vanilla and 1/4 tsp (1 mL) salt; set aside. Cool puddings in pan for 5 minutes.
9. Remove from pan and place, top side down, on individual dessert plates. Serve warm with sauce and whipped cream.

Photo courtesy of Cupful of Kale

THE BEST BUTTER TARTS

INGREDIENTS

12 medium unbaked tart shells
(homemade pastry is best!)

1 egg

1 cup brown sugar

2 tbsp butter

2 tbsp corn syrup

Pinch of salt

½ tsp vanilla

1 cup raisins

2 tbsp boiling water



DIRECTIONS

1. Ensure all ingredients are at room temperature.

3. Cream butter, sugar and egg by hand. Add everything but boiling water. Put in fridge for 30 minutes.

4. Remove from fridge and add 2 tbsp boiling water.

5. Spoon into chilled, unbaked shells. Bake for 15-20 minutes at 400 F.

🕒 1 hour

🍽️ 8 or slightly more servings

🍎 Contains dairy

👤 Submitted by Lynne Fulcher

INGREDIENTS

3 cups all-purpose flour

1 cup vegetable oil

1 tsp salt

2 ¼ cups white sugar

1 tsp baking soda

3 tsp vanilla extract

1 tsp baking powder

2 cups grated zucchini

1 tbsp ground cinnamon

3 eggs

Gluten-Free:

Substitute with gluten-free flour

DIRECTIONS

1. Preheat oven to 325 F. Grease and flour two 8 x 4" pans.

2. Sift and mix flour, salt, baking powder, soda and cinnamon together in a bowl.

3. Cream eggs, oil, vanilla and sugar together in a large bowl. Add flour mixture to the creamed mixture and beat well. Stir in zucchini until well combined.

4. Pour batter into prepared pans. Bake for 40 to 60 minutes or until tester inserted in the center comes out clean.

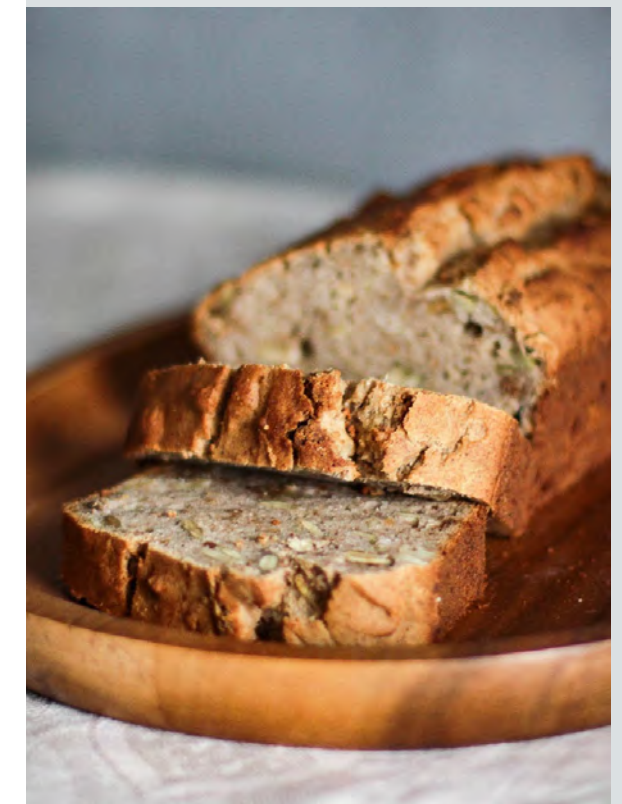
5. Cool in pan on rack for 20 minutes. Remove bread from pan and completely cool before slicing.

SUSAN'S EASY ZUCCHINI BREAD

🕒 1 hour 40 mins

🍽️ 2 loaves

👤 Submitted by Susan D'Oliveira



HONEY COCKTAILS

GRAPEFRUIT GIN FIZZ

- 1 oz Gin
- ½ oz honey syrup
- 2 oz fresh grapefruit juice
- 3 dashes grapefruit bitters
- Splash of soda and prosecco

DIRECTIONS

1. Combine ingredients in a cocktail shaker over ice. Strain into an ice-filled collins glass and top with soda and prosecco, if desired.
2. Garnish with a grapefruit twist.

ORANGE HONEY OLD-FASHIONED

- 2 oz rye whiskey
- ½ oz burnt orange honey syrup**
- 4-5 dashes Old Fashioned Bitters

DIRECTIONS

1. Combine in a mixing glass over ice and stir until chilled.
2. Strain over fresh ice into a rocks glass. Garnish with a burnt orange twist.

*To make the syrup, peel the zest of an orange in large strips. Lightly char the zest with a lighter and twist over a warm pot of prepared honey syrup. Steep the orange zest in the honey for 20 minutes over low heat, cool and strain.

- 🕒 5 mins
- 🍹 1 cocktail
- 👤 Submitted by Madison Weir

Each cocktail requires making a honey syrup beforehand, which can be infused with aromatics (citrus zest, herbs, spices, etc.) before mixing in a cocktail. A honey syrup is made by lightly heating honey and water in equal amounts and stirring until it is a consistent texture.

APPLE GIN FALL

- 1 ½ oz whiskey or bourbon
- ½ oz thyme honey syrup*
- ¾ oz lemon juice
- Fresh pressed apple cider, to top.
- Thyme sprigs, for garnish

DIRECTIONS

1. Combine gin, thyme honey syrup and lemon juice in a cocktail shaker over ice.
2. Strain into an ice-filled rocks glass and top with fresh pressed apple cider. Garnish with a sprig of thyme.

*To make a thyme-infused honey syrup, steep a handful of thyme sprigs in honey syrup over light heat for 10 minutes. Let cool, then strain.

HONEYED MOJITO

- 1 ½ oz dark rum
- ½ oz honey syrup
- 1 oz lime juice
- Fresh mint, a scarce handful
- Honey and salt with lime zest for the rim
- Soda, to top

DIRECTIONS

1. Smear half the rim of the glass with honey, then roll in coarse lime salt.
2. Smash up the mint and honey syrup at the base of a cocktail shaker. Add ice, rum, lime juice and shake until chilled and combined.
3. Double strain into an ice-filled collins glass, top with soda.

HONEY CHERRY COLLINS

- 1 ½ gin
- Juice of ½ a lemon
- 4-5 cherries
- Spoonful of honey
- Soda, to top

DIRECTIONS

1. Muddle cherries, lemon juice and honey in the bottom of a cocktail shaker.
2. Add ice, gin and lemon juice and shake to combine.
3. Strain into an ice-filled collins glass and top with soda. Garnish with a lemon wheel.



TORONTO
DOMINION
CENTRE

A  PROPERTY