



Taste *Of* Home





Acadian Chicken Fricot

Mike Harris - Executive Chef

Faubourg du Mascaret

"We have been making Fricot religiously every Wednesday. A resident once said that at his age, if he didn't know what day it was, he'd know it was Wednesday!"



Ingredients

1 whole chicken
2 tbsp. butter or margarine
1 large onion, chopped into medium-sized cubes
6 litres of water
2 tbsp. summer savory
12 cups medium potatoes, diced
4 cups medium carrots, diced
Salt and pepper to taste
Add chicken soup base to taste if necessary

Dumplings

1 cup flour
1 tsp. salt
1/4 tsp. of black pepper
1 tsp. baking powder
1/2 cup of cold water (no more)
1 tsp. of summer savory

Method

1. Cut the chicken into pieces. Brown all the chicken pieces and roast in the oven for 10-15 minutes at 400 F (204 °C). Set aside.
2. Sauté onions in butter and cook until translucent, add the already browned chicken pieces, add water, and summer savory.
3. Bring to a boil and reduce to a simmer for 30 – 45 minutes or until the chicken is fully cooked. Remove the chicken from the pot and allow to cool down, then debone the meat and set the chicken aside.
4. Add the potatoes and carrots to the Chicken stock. Cook for another 20 minutes or until the vegetables are tender, do not overcook.
5. Acadian dumplings are added to the Fricot (see the recipe below). Place the dumplings directly in the Fricot 7 minutes before the potatoes and carrots are done. It is important not to uncover the pot while the dumplings are cooking.
6. Add the chicken once the dumplings are cooked and bring to a boil, shut off the heat, and serve.
7. 1. In a bowl, combine flour, salt, black pepper and baking powder.
8. 2. Pour in the cold water (no more) and summer savory.
9. 3. Place by spoonful (use a small portion scoop) in the Fricot. Cook for 7 minutes, taking care not to open the pot during cooking, to obtain beautiful dumplings.

Note: Do not keep simmering because the chicken will overcook and shred for an undesired consistency.



Chili

Krasi Takev - General Manager

Parkland on Eglinton West

"This recipe is special to me as it is one of the first recipes my girlfriend and I cooked together! We liked it so much that once the cold weather and winter months roll in, we cook it at least 2-3 times a month!"



Ingredients

- 1 lb. ground beef
- 2 tbsp. flour
- 2 tbsp. brown sugar
- 1 tsp. Worcestershire sauce
- ½ tsp. salt
- ½ tsp. chili powder
- 1 ½ cans (1200 ml) diced tomatoes
- 1 can (400 ml) baked beans in tomato sauce
- ½ can (170 ml) corn (peaches and cream)
- 1 medium sized onion
- 2-3 ribs celery
- 1-2 cups beef stock

Method

1. Dice celery and onion and cook in a pan until soft and slightly browned, once it's done put aside.
2. Cook the ground beef in a large pot until it's browned and starts to stick to the bottom.
3. Add cooked celery and onion, and all remaining ingredients in the pot with beef. Bring to a boil, reduce to simmer and cook for 45 - 60 minutes, stirring often to prevent the ingredients from sticking to the bottom of the pot.
4. Add beef stock as needed to adjust thickness/consistency.
5. Once it's done cooking let it sit for 10-15 minutes and serve with shredded cheese, sour cream, green onion or cilantro etc. My favourite side is pickles and a fresh baguette!

Note: Krasi's favourite side is pickles and a fresh baguette!



Pichelstein

Margaret Wieser - Resident

Parkland on the Glen

"My family has made this hearty dish for generations, Guten Appetit!"



Ingredients (4 Servings)

Approx. 1 lb. mixed stewing meat like lamb, veal, pork, and beef (You can use just one kind of meat if preferred)

Salt and pepper

1 tbsp. butter or margarine

2 onions

4 carrots

1 celery root

1 head savoy cabbage

6 medium potatoes

1 bay leaf

Approx. 2 cups of meat broth

Method

1. Cut the meat into 1 in. cubes and season with salt and pepper.
2. Slice the onions and sauté lightly in butter or margarine.
3. Add the cubed meat and sauté over low heat for about 5 minutes.
4. Slice the carrots and potatoes, cube the celery root, and the savoy cabbage. Do not mix these vegetables, instead place them in layers, one layer at a time, over meat in the pot.
5. Add the bay leaf and pour the meat broth over it which should be good and strong.
6. Cover and simmer for one and a half hours (90 minutes).
7. If necessary, add some more meat broth during cooking.
8. Serve with farmer-style rye bread.

Note: Fresh or canned fruit makes a good dessert.



Pork Adobo

Juan Carlo - Wellness Coach

Parkland at the Gardens

"Pork Belly Adobo is a very well-known dish in the Philippines which we have known for centuries. We have had different versions of it through the years, but the simplest version is the best. It is easy to make and a very delicious dish to taste! Adobo always feels like home for Filipinos."

Ingredients

2 lbs. pork belly, cubed
6 tbsp. soy sauce
3 tbsp. white vinegar
3 pieces dried bay leaves
1 tsp. whole peppercorn
1 tsp. sugar
1 clove garlic, crushed
2 cups of water



Method

1. In a large pot, combine all the ingredients and the pork belly, add 2 cups of water and let cook for 45 minutes to 1 hour on medium heat.
2. Add additional water if needed

Note: Best served with steamed white rice.

Spaghetti Sauce

Rachel Hébert - Resident

Faubourg du Mascaret (Pavillon LeBlanc)

"My family loves this spaghetti sauce!"

Ingredients

1 lb. ground pork
1 lb. ground beef
2 small onions chopped
2 cloves of garlic
2 (28-ounce) cans of tomatoes
Cooking oil to cover the bottom of pan
1 can tomato paste
1 tsp. salt
1 tbsp. sugar
1 tsp. celery salt
1 tsp. crushed chili
1 cup chili sauce
2 tbsp. Worcestershire sauce
1 tbsp. pepper
6 Bay leaves



Method

1. Cook ground pork and beef in a large saucepan and set aside.
2. In a large pot, add oil to cover the bottom. Add onions and cook until translucent.
3. Add cooked ground meat into the pot with cooked onions.
4. Stir in garlic, canned tomatoes, tomato paste.
5. Add the remaining spices and Worcestershire sauce and bring to a simmer for 40 minutes, stirring occasionally.
6. Remove bay leaves before serving.

Note: Cook your favourite pasta, add on top, sprinkle fresh parmesan cheese and enjoy with a slice of cheesy garlic toast!

Székelygulyás With Rice (Hungarian Goulash)

Ilona and Paul Pedersen - Residents

Parkland Ajax

"This Hungarian tradition was passed down from my mother (who received it from her mother). We enjoy this each Christmas morning for breakfast and is something that I have shared always, it warms the cockles of my heart!"

Ingredients

1 1/2 lbs. (650 -700 g) of boneless pork (shank, shoulder, etc.)
1 lb. (450 g) of sauerkraut
6 tbsp. of oil
1 large, chopped onion
1-2 chopped tomatoes
1 chopped pepper
2-3 cloves of minced garlic
1 heaping tbsp. of paprika
1-2 tsp. of salt
1 bay leaf
1/4 tsp. of ground caraway seeds
Salt and pepper
7 ounces (200 g) of rice, rinsed
Sour cream for serving



Method

1. In a pan heat up oil, add finely chopped onions and garlic and sauté until translucent.
2. Add the meat and fry until it loses its raw texture.
3. Add paprika powder, the bay leaf, tomato, chopped pepper and season with salt, pepper, and caraway seeds. (Don't use too much salt at this point, because the sauerkraut is already salty).
4. Pour just enough water in to cover the meat and cook it until half-tender.
5. Add the sauerkraut, some more water, and continue to cook for about 20 minutes.
6. Once the meat and the sauerkraut are almost done, add the rinsed rice and 1 to 2 cups of water.
7. Cook the stew until everything is tender.

Note: Alternatively, you can also cook the rice in a separate pan and mix it into the stew at the end. Serve with a dollop of sour cream on top and bread on the side.

Banana Bread

Norma Jean Martinelli - Resident

Parkland on the Glen

"Norma Jean has been making this banana bread for over 50 years and still bakes it to share with fellow residents and staff at the daily 2:00 pm coffee time. She says she can't get enough, and swears every time she makes it, it tastes better. As with Norma Jean, it gets better with age!"



Ingredients

- 1/2 cup butter or margarine
- 1 cup white sugar
- 2 eggs
- 4 tbsp. (1/4 cup) milk
- 1 cup banana, mashed
- 1 1/3 cup of flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla

Method

1. Mix all ingredients
2. Place dough mixture in a loaf pan
3. Bake at 350 °F (175 °C) for 35 to 40 minutes until the tester comes out clean



Cinnamon Rolls

Brian Ramsay - Executive Chef

Parkland in the Valley

"The chef's wife, Carol Ramsay (who works at Parkland Saint John), has been making these with her mom since she was a little girl. "It really is a taste of home."

Filling Ingredients

1/4 cup butter
3 tsp. cinnamon
1 cup sugar

Dough Ingredients

2 cups flour
4 tsp. baking powder
1 tsp. salt
3 tbsp. sugar
1/3 cup shortening
1/4 to 1/2 cup milk



Method

1. For the filling melt butter and add cinnamon, mixing well, add sugar and mix again. Set aside to cool.
2. Preheat oven to 400 °F (204 °C).
3. Sift dry ingredients first and then cut in shortening.
4. Add milk to dry mix slowly, start with 1/4 cup, and add more if needed. The mix will be a bit wet. As you roll out it will pick up flour from the board. Don't over-mix.
5. Turn dough out onto a cutting board lined with plastic wrap and flour, cover well with flour.
6. Gently roll dough or press by hand to about 1/2 in. thick and as close to a square as possible.
7. Spread the cinnamon sugar filling over the dough and then roll it up, use the plastic wrap and a little more flour if it is sticking.
8. Slice about 1 in. thick and place on a cookie sheet that has been lightly sprayed to avoid sticking.
9. Bake in preheated oven for approximately 15 minutes – watch that they don't get too dark, they should be a light color when done.
10. Let sit for 5 minutes and move to a cooling rack.

Note: "Try not to eat them all at once like I do!"



Easy Chocolate Chip Pumpkin Bread

Lorraine LeBlanc - Resident

Faubourg du Mascaret

"This easy pumpkin bread, scented with orange and filled with chopped chocolate, is a winner."

Ingredients

8 tbsp. unsalted butter, melted and cooled
1 1/2 cups all-purpose flour, spooned and leveled
1 1/4 tsp. baking powder
1/2 tsp. fine sea salt
1 tsp. ground cinnamon
3/4 tsp. ground ginger
1/4 tsp. ground cloves
1 cup granulated sugar
1 tsp. finely grated orange zest
1 1/2 tsp. vanilla extract
3 large eggs at room temperature
1 cup pumpkin puree (canned or homemade)
1/2 cup chopped chocolate or chocolate chips, 3 ounces



Method

1. Preheat the oven to 325 °F (162 °C). Butter and flour an 8 1/2 in. by 4 1/2 in. loaf pan. Or grease the pan and then line it with a sheet of parchment paper.
2. Whisk the flour, baking powder, salt, cinnamon, ginger, and cloves together and set aside.
3. In a large bowl, rub the sugar, orange zest, and vanilla together until fragrant, then add the melted butter and whisk to combine.
4. Add the eggs, one at a time, whisking well after each egg.
5. Stir in the pumpkin puree.
6. Switch to a spatula or large spoon, then fold the flour mixture into the pumpkin mixture in two parts, folding just until combined. (Be careful not to overmix the batter.)
7. Fold in most of the chocolate, leaving about a tbsp. to scatter on top.
8. Spoon the batter into the prepared loaf pan, smooth the top, and then scatter the reserved chocolate on top.
9. Bake until the loaf is golden brown, approximately 55-75 minutes. The loaf will start to pull away slightly from the edges of the pan, and a toothpick inserted into the center comes out clean.
10. Cool the loaf in the pan for 15 minutes, then remove it from the pan, transfer it to a cooling rack, and cool completely.

Cornstarch Cookies

Javiera Krenz - Lifestyle Consultant

Parkland Truro

"In Chile, we use this recipe to make Alfajores, which are kind of a cookie sandwich with Manjar (Dulce de Leche) in the middle. I make these all the time!"



Ingredients

2 cups of cornstarch
1/2 cup of butter (room temperature)
1/4 cup of sugar
1/2 tsp. of baking powder
4 egg yolks
Lemon zest

Method

1. Preheat oven to 350 °F (175 °C)
2. In a bowl, whip egg yolks until they have a creamier texture and lighter color (almost white).
3. In a different bowl, whip butter and sugar until creamy.
4. Mix both mixtures until fully incorporated.
5. Add cornstarch, baking powder, and lemon zest until combined.
6. You should be able to shape the cookie dough into balls.
7. Lay the cookies on a baking sheet and press down slightly on the top so they are a little bit flat.
8. Bake for 10-12 minutes. Once they start to brown, they are ready. The cookies need to have a
9. light/golden colour.
10. Wait for the cookies to cool down before removing them from the baking sheet as they could fall apart.

Note: To make Manjar, boil a can of condensed milk in hot water for about 3 hours (make sure the can is covered with water all the time). Remove from water and let cool to enjoy!



Shortbread

Anne MacDonald - Resident

Parkland on the Glen

"This recipe was from the, Five Roses Flour Recipe Book. Anne's husband (who was Scottish) loved shortbread, so she was encouraged to try the recipe. Everyone loved it, her husband, boys, grandchildren and all her relatives & friends. She's even shipped it to Japan! It really was a holiday favourite."



Ingredients

1/4 cup butter
1 1/2 cup sugar
2 1/2 cup sifted flour
1/4 tsp. salt

Method

1. Cream butter and sugar gradually until light and fluffy.
2. Work in flour and salt using fingertips.
3. Press evenly into a greased 9 x 9 x 2 in. pan, pricking the top with a fork to aerate.
4. Slow bake in the oven at 300 °F (150 °C) for 50 minutes.
5. Let cool slightly, then cut into bars.

Pistachio Baklava Rolls: Saragli

Cassandra Printzios - Wellness Coordinator

Parkland on Eglinton West

"Saragli is a traditional Greek version of Baklava that is rolled instead of layered. They are great for parties and potlucks because they are bite-sized and easy to serve! My family often asks me to bring this dessert to our gatherings."



Ingredients

1 lb. package of phyllo*, thawed and at room temperature
3/4 lb. unsalted butter, melted

Syrup

2 cups granulated sugar
1 1/2 cup water
1 tbsp. rosewater
1/2 tsp. pure vanilla extract

Nut Filling

2 cups ground pistachios
2 cups ground walnuts, pecans, almonds, or hazelnuts
1 tsp. cinnamon
1/4 tsp. ground cloves

Method

1. Preheat the oven to 325 °F (160 °C).
2. Make the syrup first. Combine sugar and water in a saucepan. Stir together and bring to a boil. Remove from heat and add the vanilla extract and rosewater. Stir together and set aside to cool completely.
3. Prepare the nuts by combining them together with cinnamon and cloves. Set aside.
4. Place one sheet of phyllo on a clean work surface and drizzle some melted butter on top. Brush gently to spread the melted butter.
5. Sprinkle 1 tbsp. of ground nuts on top of the phyllo sheet.
6. Place the second sheet of phyllo on top. Brush with melted butter and sprinkle another tbsp. of nuts on top.
7. Fold the sheets upward in half.
8. Place a wooden skewer at the bottom of the pastry and roll it up.
9. Scrunch the sides of the phyllo towards the center, remove the skewer and place the baklava rolls on a 9 x13 in. baking tray that has been lightly greased with butter.
10. Continue to form the baklava rolls until all of the phyllo sheets run out.
11. Cut the rolls into thirds and brush with the remaining butter.
12. Bake in the center rack of the oven for 55-65 minutes or until golden brown.
13. When the baklava is ready, remove from the oven and pour the cooled syrup over it.
14. Allow to sit at room temperature for at least 2 hours.
15. Garnish with the remaining nuts and serve with vanilla ice cream. Enjoy!



Chocolate Sheet Cake

Rachel Hébert - Resident

Faubourg du Mascaret

"Loved making these recipes for family and friends!"

Cake Ingredients

1/2 cup margarine
1/2 cup cooking oil
1/4 cup cocoa powder
1 cup water
2 cups flour
1/2 tsp. salt
2 cups white sugar
1/2 cup buttermilk
2 eggs
1 tsp. baking soda
1 tsp. vanilla

Frosting Ingredients

1/2 cup margarine
1/4 cup cocoa
1/3 cup buttermilk
1/2 tsp. salt

Method (Frosting)

1. Bring margarine, cocoa, and buttermilk to a boil.
2. Remove from heat, and add salt, icing sugar, and vanilla, mixing well.
3. Frost the cake when it is still warm.

Method (Cake)

1. Place margarine, oil, cocoa, and water into a saucepan and bring to a boil.
2. Sift together flour, and salt into a bowl and add white sugar.
3. Pour saucepan ingredients into the bowl and mix well.
4. Add buttermilk, eggs, baking soda, and vanilla into the batter, and mix well.
5. Pour batter into a greased and floured 16 1/2 x 11 1/2 in. pan.
6. Bake at 350 °F (175 °C) for 15 – 20 minutes.



Jelly Roll

Rachel Hébert - Resident

Faubourg du Mascaret (Pavillon LeBlanc)

"Cool, slice & serve. You will find that this jelly freezes well."



Ingredients

3 eggs
1 cup flour
1 cup sugar
1 tsp. baking powder
5 tbsp. water
1/4 tsp. salt
1 tsp. vanilla

Method

1. Beat eggs until lemon coloured
2. Gradually beat in sugar, water and vanilla.
3. Sift dry ingredients and add all at once. Blend until perfectly smooth.
4. Grease the bottom of a shallow 11 x 15 in. pan. Line the bottom only with parchment paper and grease paper.
5. Pour batter down the middle of the pan and seal against edges.
6. Bake 375 °F (190 °C) for 15 minutes.
7. The roll must be formed while the cake is still warm. Working quickly, put the pan on a flat surface and cut around the edges with a sharp knife. Roll the cake up with the parchment paper.
8. Put a clean tea towel on cake rack and sprinkle with icing sugar. Place cake onto rack, roll cake inside towel, starting with edge closest to you. Leave rolled until shape is formed, 2-3 minutes.
9. Unroll and spread with your favourite jelly, now roll cake only and lift from tea towel, onto serving plate. Serve and enjoy!

Butterscotch Almond Bars

Ann Roberts - Resident

Parkland Clayton Park

"Ann and her husband had many Christmases in Newfoundland and this was a favourite family recipe."

Ingredients

1 1/2 cup flour
2 tsp. baking powder
1/2 cup butter
2 cups packed brown sugar
2 eggs
1 1/2 tsp. vanilla

Base Method

1. Combine flour and baking powder in a bowl and set aside.
2. Melt butter in a large saucepan, remove from heat, and blend in brown sugar.
3. Beat in eggs and vanilla.
4. Stir the flour mixture into the butter mixture to create batter.
5. Pour batter into a 9 x 13 in. pan and bake at 350 °F (175 °C) for 20 minutes.



Nutty topping Ingredients

1/4 cup butter
1/2 cup white sugar
1/2 cup corn syrup
2 tbsp. water
1/4 tsp. salt
1 1/2 cup sliced almonds

Method

1. Nutty topping Method
2. Melt butter in a saucepan.
3. Mix in the sugar and corn syrup. Then add water and salt.
4. Bring mixture to a boil and allow to boil while stirring for 4 minutes.
5. Stir in the almonds.
6. Spread this over the base in the pan and, bake at 350 °F (175 °C) for another 15 minutes.

Note: Once completely cooled, cut into bars and serve.



Holiday Jewel Fudge

Caroll Ann MacDonald - Resident

Parkland at the Lakes - Inverness Hall

"This is a recipe my mother made for years as it was my father's favourite. But she would only make it at Christmas time and for his birthday!"



Ingredients

- 2 cups of white chocolate chips
- 1 can sweetened condensed milk
- 1 tsp. of vanilla
- 1 cup of icing sugar
- 1/2 cup of chopped pistachios
- 1/3 cup of dried chopped cranberries

Method

1. Melt white chocolate chips and sweetened condensed milk together on top of double boiler, over simmering water, stirring constantly.
2. Heat for 15 minutes, until blended completely. Remove from heat.
3. Add vanilla extract and icing sugar. Beat together for one minute.
4. Stir in chopped pistachios and dried chopped cranberries.
5. Spread evenly on a lined 8 x 8 in. pan.
6. Cover and chill for 3 hours.
7. Cut into squares and enjoy!

Molasses Taffy

Rachel Hébert - Resident

Faubourg du Mascaret (Pavillon LeBlanc)

"Easy to make at home!"

Ingredients

½ cup water
1 cup molasses
3 cups sugar
1 tsp. cream tartar

Method

1. Mix sugar & cream tartar together, add molasses & water, stir until sugar is dissolved,
2. Then boil without stirring until it hardens in cold water.
3. Place in into buttered pan, work until solid and cut into sticks.



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