



How to Cook a Strike

Recipes from the CUPE 391 Picket Line

July – October 2007

Contributors

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Introduction

July, 2007. Contract negotiations weren't going well. Then, almost before we knew what hit us, we were out walking the pavement. It was the first strike ever for CUPE 391, and most of us were veritable strike virgins. In fact, we weren't quite sure how these things are usually done.

But, in true 391 fashion, we created our own template of what a strike should look like. Knit-picketing, bike brigades, picket pooches, haiku, and puppeteering all played a part. (Naturally!) One of the things library workers know instinctually is that when faced with a new and strange situation, the best way to cope – and you all know what I'm talking about – is snacks!

We eased into it with forays to local eateries, along with Timbits provided by our supportive borrowers. But as time marched on and our organically grown strike progressed, we moved into more complicated munching. Hotdog roasts, potlucks and barbeques began simply, but soon advanced into gourmet cheffery.

A few weeks into the strike, reports were circulating of epicurean picnics out at Kamp Kerrisdale. On Wednesdays, Joe Fortes held spectacular soup-to-salad spreads and even a simulated wedding reception (with unsubstantiated vino rumours). Soon the Bike Brigade was planning their daily route with a mind to meal stops.

Down at Central, barbeques were becoming elaborate. Burgers brought a break from the ubiquitous weenies, and condiments spanned the gamut from relish to tapenade. For true gourmands, err... gourmets, the food climax came with the glorious grandeur of a black-and-white super-cake at Word on the Strike.

As our picket line stretched into fall, we settled into the soup. Chilly days brought chili days at Britannia. Thanksgiving arrived and everyone met at Central for a feast of turkey burgers for the carnivores and samosas for the vegans, topped with cranberry sauce, yummy pumpkin squares and pies – and chips & cheezies, of course.

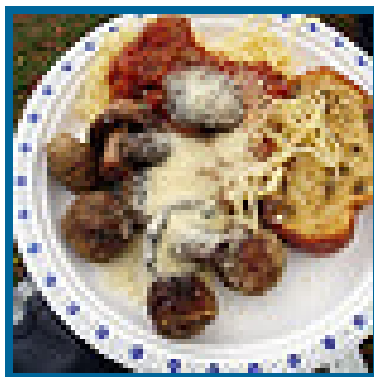
After three months on-the-line perfecting their cooking, our members came up with some recipes that were – well, worth saving! So, here are some of them, for use at summer parties, strike commemoration events, or (heaven forbid) other people's picket lines.

Gail Buente
Interlibrary Loans

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SAVORY COMFORT FOOD



Baked Beans

Alexis Greenwood

Level 4, Central

Ingredients:

- 1 pound dried navy or great northern beans
- 2 finely chopped medium yellow or white onions
- 3 tablespoons vegetable oil
- 1 teaspoon salt

Sauce:

- 3/4 cup molasses
- 2 teaspoons ground black pepper
- 2 teaspoons dry mustard
- 1/2 teaspoon grated nutmeg
- 1 1/4 cup ketchup
- 2 tablespoons Worcestershire sauce
- 2/3 cup brown sugar

Directions:

Wash and pick through the beans, removing any stones or other debris. Place beans in a bowl and cover with 2 to 3 inches of water. Let soak overnight. Drain water from beans and rinse them thoroughly. Drain and hold.

Prepare the sauce by mixing all the ingredients together in a bowl. Put to one side.

Heat the oven to 350* F. In a Dutch oven, sauté onions over medium-high heat for 3 to 4 minutes, stirring frequently. Add the salt and sauté another 2 to 3 minutes, until the onions are translucent. Add the beans and the sauce to the pot and stir to blend well. The beans should be covered with 1 inch of sauce; blend in sufficient water if they are not. Cover the Dutch oven and place in the oven.

Cook at 350* F for 3 to 4 hours, stirring every 30 minutes and periodically adjusting the liquid level to keep the beans well covered. Adjust the taste of the sauce as desired. Reduce the temperature to 300*F and cook another 2 hours. Continue to adjust the liquid level, ensuring that the beans do not become dry. Cook the beans uncovered during the final 30 to 60 minutes, if desired, to remove excess liquid from the sauce.

Chili ala Britannia

Gail Buente

Interlibrary Loans

VPL start date: 1992

Fast, easy, heartwarming.

Look through your kitchen cupboard for **beans** and **tins of tomato-flavoured things**. (I had several tins of kidney beans, and one tin each of pinto and garbanzo beans, plus two tins of tomato paste and one large tin of Roma tomatoes). Rinse beans, drain, and set aside.

In a large Dutch oven, brown a **chopped onion or two, several big cloves of garlic, two packages of Yves ground round, some celery and `shrooms** if you have any, and **anything else** you have around that looks appetizing.

Add the beans and tomato sauces, stir and mix, stir and mix. Add lots of **chili powder and/or chili sauce**, about a **tablespoon of cumin, any other spice you like** (I added a bit of thyme & oregano) **salt and pepper to taste**. Put the whole shebang into a biggish crock pot (aka slow cooker) and wrap it in a blanket, take it to the picket line, and **serve with plenty of bread & butter**.

Cumin-Roasted Kabocha Squash

Gail Buente

Interlibrary Loans

VPL start date: 1992

This recipe, from chef Karen Barnaby, was printed in the Vancouver Sun on Sept 29 (or as we called it, "Day 68"). It's an easy-to-make finger food that tastes good hot or cold. Here's the recipe, as it appeared in the paper.

Ingredients:

- 1 medium kabocha squash, not peeled, about 2 pounds (1 kg)
- 2 tablespoons (30 mL) extra-virgin olive oil
- ½ teaspoon (2 mL) sea salt
- 1 tablespoon (15 mL) cumin seeds

Directions:

Preheat the oven to 450 F (230 C). Remove the stem from the squash, cut in half and remove the seeds. Cut each half into 1/2-inch (1.25-cm) wedges. Toss the wedges with the oil and salt, then toss with the cumin seeds. Arrange in a single layer, one of the cut sides down, on a rimmed baking sheet. Bake for 30 to 35 minutes, checking after 15 minutes to see if they are browned on the bottom. Turn the pieces over and continue baking until they are cooked through.

Crispy Tostitos Chips

Dorothy Slight

Easy-to-make gourmet tortilla chips. Sweet & savory. Champlain strikers loved them! Delicious.

Ingredients:

- ¼ cup margarine or butter
- ¼ cup corn syrup
- ¼ cup sugar
- 1 tablespoon soy sauce
- 1 tablespoon black sesame seeds
- 1 package Tostitos chips (320 grams)

Directions:

1. Preheat oven to 250F.
2. Melt butter in microwave oven.
3. Add remaining ingredients (except chips) and mix together.
4. Pour half of the chips into a greased 9x13 pan.
5. Pour half of the butter mixture over top.
6. Add rest of chips and butter mixture and gently stir.
7. Bake in oven for 60 minutes, removing from oven and gently stirring every 15 minutes.
8. Let cool and enjoy.

(Can be doubled easily.)

Gazpacho

Sherry MacLeod
Quick Information Service
VPL start date: 1973

*Cold soup – easy to take to the picket line – no heating required. Tasty and light. Great for those hot days of summer on the line. Drink your vitamins! Cheap ingredients you can pick up at the farm or those summer farmers' markets . . . or plant them in your garden.
(Source: Recipes Only magazine 23 (September 1987):194-195.)*

Ingredients:

Soup:

- 4 medium tomatoes, chopped
- 1 medium onion, chopped
- 1 medium cucumber, chopped
- 1 small sweet pepper, chopped
- 1 small hot pepper, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon parsley, finely chopped
- 3 cups water
- 1 tablespoon olive oil
- 2 tablespoon lemon juice
- 1 ½ teaspoon salt
- ½ teaspoon pepper

Topping:

- 2 cups croutons
- ½ cup green olives, chopped
- lemon slices, cilantro or parsley, chopped

Directions:

1. In a food processor, process all soup ingredients until the vegetables turn to liquid – or if you prefer crunchy gazpacho, chop in blender to desired texture. Place in large bowl.
2. Chill thoroughly before serving.
3. Garnish with a lemon slice or chopped cilantro.
4. Serve with croutons and olives in separate dishes.

Calories: 130-174 per serving

Vitamin C; Excellent! Niacin, Potassium: Good! Vitamin A, Iron: Fair!

Sesame Sweet Potato Wedges

Sherry Macleod
Quick Information Service
VPL start date: 1973

Cheap! (in season), filling too. I believe in using fresh local produce (on strike or not). So this would be a good dish for fall and winter strikes. These elegant chips make a perfect starter or meal accompaniment. (Source: New Vegetarian Entertaining by Jane Noraika)

Ingredients:

- 1 ½ lbs. sweet potatoes (about 4) cut lengthwise into thick wedges
- 2 tablespoon olive oil
- 1 tablespoon toasted sesame oil
- 1 tablespoon sesame seeds
- Sea salt
- Coarsely torn or chopped cilantro (for garnish)

Directions:

1. Preheat oven to 400F.
2. Arrange potato wedges in a single layer on a baking sheet. Sprinkle wedges with olive oil and sesame oil, sesame seeds and salt.
3. Roast for 35 minutes or until tender.
4. Sprinkle the potato wedges with cilantro or parley and serve with a dipping sauce.
Makes 6-8 servings.

Dipping sauce:

Serve with mayonnaise dip. Spice up mayonnaise with your own herbs and spices – or the author, Jane Noraika, suggests this peanut butter dip:

- 2 tablespoons peanut butter
- 1 tablespoon lime juice
- 1 tablespoon soy sauce
- ¼ cup warm water
- 1 red Serrano chilli, seeded and sliced
- 1 tablespoon ketchup
- Freshly ground black pepper

Combine all ingredients in food processor. Blend until smooth. Season with salt and pepper, then transfer to a pan and heat over a low flame until warm.

Spinach, Ham and Cheese Strata

Julie Iannacone

Level 4

VPL start date: 1976

A great recipe for strikers because it has a high satisfaction rate. My family of 5 unanimously ratified this recipe!

Ingredients:

- 1 loaf French bread or baguette (or any leftover bread or buns)
- 1 package (300g) frozen spinach, thawed and squeezed dry
- 4 green onions, thinly sliced
- 1 ½ cups cheese (mozzarella, cheddar, Swiss or . . .)
- 1 cup diced ham or smoked turkey
- 8 eggs
- 1 ½ cups milk
- 1 tablespoons Dijon mustard
- ¼ each salt and pepper

Directions:

1. Cut into 1-inch cubes to make about 12 cups. In large bowl, stir together bread, spinach, onions, cheese and ham. Spoon into greased 13x9-inch glass baking dish.
2. In bowl, whisk together eggs, milk, mustard, salt and pepper; pour over bread mixture and let stand for 20 minutes. (Or – make ahead: Cover and refrigerate for up to 24 hours.
3. Bake at 375F until puffed and golden, about 45 minutes. Makes 8 servings.

Potato Leek Soup

*Olivia Craster
Acquisitions
VPL start date: 1979*

By request – a rough-and-ready recipe.

Ingredients:

- 1 package Knorr's cream-of-leek soup base
- 3-4 large leeks, chopped
- 3-4 large potatoes, chopped
- 1 large onion, chopped

Directions:

1. Fill one crock pot full with water.
2. Add a handful of soup base.
3. Add leeks, potatoes and onion.
4. Simmer all day.
5. Blend (I used a hand blender directly in the pot).

Enjoy!

Mushroom and Spinach Salad

*Melissa Desaulniers
Kerrisdale
VPL start date: 2006*

This recipe is a family favourite, especially on holidays like Thanksgiving and Christmas. My boyfriend's aunt gave me this recipe, and it is the best salad I have ever tasted! Everyone should try this as it is a great, healthier alternative to store-bought dressings. I sometimes substitute regular soy with light soy for less salt. You can also omit the onion, and use less pepper/salt if desired. I barely got any when I brought it to Kerrisdale's Thanksgiving potluck so it must be good!

Ingredients:

- Baby spinach (stems removed – optional)
- Fresh white mushrooms, thinly sliced
- 1 red onion, thinly sliced
- 1/8 teaspoon ginger (dry)
- 1/4 salad oil (canola)
- 2 tablespoons soy sauce
- 2 tablespoons white vinegar
- 1 small garlic clove, smashed
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 pepper

Directions:

1. Combine spinach, mushrooms and onion in bowl.
2. Place remaining ingredients in a container with a tight-fitting lid.
3. Close lid on container and shake ingredients.
4. Toss dressing with spinach mixture.
5. Serve immediately.

Note: Add the dressing in small amounts. This recipe usually makes more dressing than required for 1 bag of baby spinach. Excess can be stored in the fridge. Will keep for a week or more.

Split Pea Soup

*Alexis Greenwood
Level 4, Central*

Ingredients:

- 1 pound split green or yellow peas
- 3 tablespoons vegetable oil
- 1 diced large yellow or white onion
- 6 - 8 diced ribs of celery
- 4 - 5 diced large carrots
- 3 tablespoons ground cumin
- 2 teaspoons ground black pepper
- 1/2 teaspoon salt
- 4 cups vegetable (or chicken) stock
- 1 smoked ham hock or sliced sausage (if desired)
- 1 tablespoon soy sauce (Japanese style or tamari preferred)
- 1 tablespoon honey
- Water

Directions:

Wash and pick through the peas, removing any stones or other debris. Place peas in a bowl and cover with 2 to 3 inches of water. Let soak overnight. Drain water from peas and rinse them thoroughly. Drain and put to one side.

In a large soup pot, sauté onion, celery and carrot over medium-high heat for 4 to 5 minutes, stirring frequently. Add cumin, pepper and salt to vegetables and mix thoroughly. Continue cooking vegetable mixture, stirring periodically, until the vegetables have softened and reduced in volume, approx. another 5 minutes. Add a small amount of water to the pot and use it to clean the bottom of the pot before adding the peas.

Add the peas to the pot and mix them thoroughly with the vegetable mixture. Add all of the stock and enough cold water to cover the peas with 4 inches of water. For a richer-tasting soup, use more stock. If you wish, add the ham hock or sausage now.

Keep soup on medium-high heat and bring to a boil or near-boil, stirring periodically to prevent burning on the bottom of the pot. Reduce the heat to medium-low. Skim off any foam that develops on the surface of the soup. Cook 3 to 4 hours, stirring occasionally, and add more water as needed to prevent the soup from becoming too thick.

(1 of 2 pages)

Split Pea Soup cont'd

If you have added a ham hock, check it periodically to see how it is cooking down. The skin may separate (remove it from the soup before serving) and the meat will come away from the bones. Remove large pieces of meat with a slotted spoon and chop or shred before returning to the soup. Ensure all bones and cartilage are removed before finishing the soup.

When the soup has the proper consistency, add the soy sauce and honey, adjusting quantities to suit your taste. Fix the final taste with salt and pepper, as desired. Blend thoroughly and let soup stand 5 minutes before serving.

MORNING COFFEE BREAK



Café au Twizzler

Thomas Quigley

Joe Fortes Branch

VPL start date: 1983 (P/T), 1984 (F/T)

Take a tried-and-true beverage to the next level.

Serves 1 person.

Ingredients:

- 1 cup of coffee, dairy and sweetener to taste
- One piece of Twizzler licorice flavour as per drinker's preference

Equipment:

- 1 cutting utensil (optional)

Directions:

1. Prepare the cup of coffee to taste.
2. Take the piece of licorice and check that it is long enough to come up over the cup's rim.
3. Cut or tear open both ends of the licorice (if not already done).
4. Insert the licorice into the coffee, with open end down.
5. Suck the coffee up through the licorice stick until cup is empty.
6. Eat the licorice.

Cranberry Fruit-Nut Bread

*Wendy Isbister
Kerrisdale
VPL start date: 1969*

Great with early-morning picket-line coffee. This originally came from a patron in 1971 at the Dunbar Library. She was Marie Bohlen (wife of James Bohlen, original Greenpeace member). I never thought it would be used for this type of library "event".

Ingredients:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ¼ cup shortening
- ¾ cup orange juice
- 1 tablespoon grated orange rind
- 1 egg, well-beaten
- ½ cup chopped nuts
- 2 cups fresh cranberries, chopped

Directions:

1. Sift together flour, sugar, baking powder, baking soda and salt.
2. Cut in shortening until mixture resembles coarse cornmeal.
3. Combine orange juice, grated rind and well-beaten egg.
4. Pour into dry ingredients all at once, mixing just enough to moisten.
5. Carefully fold in chopped nuts and cranberries.
6. Spoon into greased loaf pan (9x5x3"). Spread corners and sides slightly higher than centre.
7. Bake at 350F about 1 hour (or until golden-brown and toothpick inserted in centre comes out clean).
8. Remove from pan. Cool. Store overnight for easy slicing.

(I usually make a double recipe and freeze one).

Marbled Chocolate Banana Bread

*Susan Watson
Champlain
VPL start date: 1973*

*This recipe can be doubled. It freezes well. Tip: when bananas turn brown, store them in the freezer. To use them for baking, thaw, then cut off end and squeeze out (no mashing needed).
Source: Cooking Light*

Ingredients:

- 2 cups all-purpose flour
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 cup sugar
- ¼ cup butter, softened
- 1½ cups mashed ripe bananas (about 3 bananas)
- 2 eggs (or ½ cup egg substitutes)
- 1/3 cup plain low-fat yogurt
- ½ cup semi-sweet chocolate chips
- Cooking spray

Directions:

1. Preheat oven to 350F.
2. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, baking soda, and salt, stirring with a whisk.
3. Place sugar and butter in a large bowl, beat with a mixer at medium speed until well-blended (about 1 minute). Add banana, eggs, and yogurt; beat until blended. Add flour mixture; beat at low speed just until moist.
4. Place chocolate chips in a medium microwave-safe bowl, and microwave at HIGH 1 minute or until almost melted; stir until smooth. Cool slightly. Add 1 cup batter to chocolate, stirring until well combined. Spoon chocolate batter alternately with plain batter into an 8x4-inch loaf pan coated with cooking spray. Swirl batters together using a knife. Bake at 350F for 1 hour and 15 minutes or until a wooden pick, inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack. Yield: 1 loaf, 16 slices (serving size: 1 slice).

Banana Peanut Butter Chip Muffins

*Susan Watson
Champlain Heights
VPL start date: 1973*

*This is a "kids' favourite" - even when they're in their mid-20s! Recipe can be doubled. Freezes well.
(Source: Rose Riesman's Enlightened Home Cooking)*

Ingredients:

- 2/3 cup granulated sugar
- 3 tablespoons vegetable oil
- 3 tablespoons peanut butter
- 1 large banana, mashed
- 1 egg
- ¾ cup all-purpose flour
- ¾ teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ cup 2% yogurt
- 3 tablespoons semi-sweet chocolate chips

Directions:

1. In large bowl or food processor, combine sugar, oil, peanut butter, banana, egg and vanilla; mix until well blended. In another bowl, combine flour, baking powder and baking soda; add to batter and mix just until blended. Stir in yogurt and chocolate chips.
2. Fill muffin cups half-full. Bake for 15 to 18 minutes, or until tops are firm to the touch and cake tester inserted in the center comes out dry.

DESSERTS ANYTIME



Apple Tart

Sherry MacLeod
QIS
VPL start date: 1973

Extremely delicious! A good autumn recipe during apple season. One of my Aunty Annabelle's favourite recipes. Won't last long on the line! Made for the family to give them comfort during the strike. (Source: The Sun's Five-Star Recipes book).

Ingredients:

- 1 cup all-purpose flour
- ½ teaspoon salt
- 2 tablespoons sugar
- ½ cup butter
- 1 tablespoon white vinegar
- 1 cup sugar
- 2 tablespoons flour
- ½ teaspoon ground cinnamon
- 3 cups coarsely grated apples (Granny Smith is good)
- Icing sugar
- Chopped pecans

Directions:

1. Combine 1 cup flour, ½ teaspoon salt and 2 tablespoon sugar lightly with a fork.
2. Cut in butter and blend with fork until mixture looks like shortbread dough.
3. Stir in vinegar using a fork to blend.
4. Spread dough thickly on bottom of a 9" (23 cm) springform pan (or flan ring), extending dough thinly about 1" up the sides of the pan. Pat evenly with hands.
5. Combine 1 cup sugar, 2 tablespoon flour, cinnamon and apples. Spread evenly over dough.
6. Sprinkle chopped pecans over top (optional)
7. Bake at 400F for 45-60 minutes.
8. Remove from oven and cool in pan on rack.
9. Remove sides of pan and sift icing sugar on top.
10. Top with whipped cream (optional).

Creamy Pumpkin Pie / Tarts

Lindsay Pagnucco

VPL worksite: Oakridge, Riley Park

VPL start date: 1984

Pumpkin pie or tarts are traditionally served at Thanksgiving. These tarts are offered in thanksgiving for the strength, solidarity, and goodwill that members showed on "the line".

Ingredients:

- 14-oz can of pumpkin (not pumpkin pie filling)
- 1 tin Eagle Brand condensed milk
- 1 large egg
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cloves
- ¼ teaspoon ginger
- ¼ cup hot water

Directions:

1. Preheat oven to 375F.
2. Combine ingredients in mixing bowl and mix well.
3. Pour into 2 unbaked pastry shells or 24 tart shells.
4. Bake for 50 minutes or until knife inserted in filling comes out clean. (Turn oven down to 275F for the last 10 minutes).

Pulat Hiram (Black Glutinous Rice Dessert)

*May Chan
Cataloguing*

This is a popular Malaysian dessert that warms the hands and heart! Very affordable ingredients too!

Ingredients:

- 2 cups black glutinous rice
- 2 litres water
- Palm sugar to taste
- Pinch of salt
- Coconut milk to top off

Directions:

1. Rinse and pre-soak the rice.
2. Bring rice and water to a boil.
3. Simmer until desired consistency (approx. 30 minutes – 2 hours).
4. Add sugar to taste and salt to bring out the flavour.
5. Drizzle with coconut milk and serve!

Chocolate Bark

Heather Ratz

Firehall

VPL start date: 1996

Chocolate can soothe the soul and this recipe proves it. It is quick, easy and inexpensive. Present it in a fancy tin or box and it makes a great gift. But beware! Highly addictive!

Ingredients:

- 1 package semi-sweet chocolate chips
- Soda crackers (e.g. Premium Plus) – enough to cover a cookie sheet
- 1 cup brown sugar
- 1 cup butter (NOT margarine)

Directions:

1. Preheat oven to 350F.
2. Spray cookie sheet with PAM spray and cover with a single layer of crackers.
3. Combine sugar and butter in saucepan and boil on high heat until thick, stirring constantly.
4. Pour mixture over crackers and spread with a spatula.
5. Bake for 6-8 minutes.
6. Melt chocolate chips and spread over hot mixture as soon as it comes out of the oven.
7. Put cookie sheet in freezer until chocolate is hard.
8. Turn pan upside down to get bark out and break into pieces. Enjoy!

Chocolate Mousse

Sarah Gaddes

Acquisitions

VPL start date: 1987

Only two ingredients and includes chocolate, one of the main food groups. Impresses people and is extremely easy.

Ingredients:

Per serving for up to 4 people:

- 1 square semi-sweet chocolate
- 1 egg

For more than 4 people, decrease slightly, but keep the proportion of egg to chocolate.

Directions:

1. Melt chocolate on top of double boiler or in microwave.
2. Add salt.
3. Separate egg yolks from whites and beat each group separately. Whites should be stiff enough to hold up in peaks.
4. When chocolate is melted, add egg yolks and move immediately from heat.
5. Stir until well blended.
6. Add egg whites and beat (do not stir) until thoroughly blended into a thick creamy mixture.
7. Pour into serving dishes and chill in the fridge for at least 8 hours, preferably overnight.

When set, this mousse is light and dry, with tiny bubbles like an Aerobar.

Serve with whipped cream if desired.

Jam Biscuit Bake

Janet Tomkins

Level 6

VPL start date: 1991

This coffee-time treat was very popular on the Kerrisdale picket line.

Ingredients:

- 2 cups flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ½ cup butter
- 2 eggs
- ½ cup milk
- ½ cup thick jam

Directions:

1. Combine flour, sugar, baking powder and salt.
2. Cut in butter.
3. Beat together eggs and milk.
4. Stir milk mixture into flour mixture.
5. Pat half of the dough onto the bottom and 1 cm up the sides of a greased 8-inch round pan.
6. Spread jam on top.
7. Spread remaining dough on top.
8. Sprinkle with sugar, if desired.
9. Bake at 425F for 20-25 minutes or until golden and toothpick inserted in centre comes out clean.

Lemon Tart

*Angela Haaf
Kerrisdale
VPL start date: 1982*

Scrumptious, lemony, tart and soothing! Also lovely served with fresh blueberries, raspberries or a dollop of whipped cream.

Ingredients:

Crust:

- 1 ½ cups flour
- ½ cup icing sugar
- ¾ cup butter

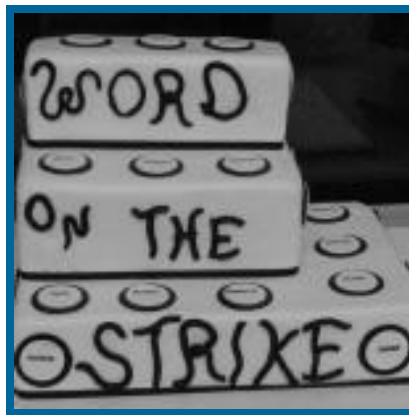
Filling:

- 4-5 tablespoons fresh lemon juice
- 1 cup sugar
- 2 eggs
- ¼ teaspoon baking soda

Directions:

1. For crust, soften butter and mix well with flour and sugar until mixture resembles coarse meal.
2. Pat into 8-9" pie pan.
3. Bake at 350F for 20 minutes.
4. Mix remaining ingredients together and pour into baked pie crust.
5. Bake at 350F for another 15-20 minutes or until filling is set.

IT'S CAKE TIME



Streusel Plum Cake

Susan Watson
Champlain Heights
VPL start date: 1973

Low-fat – not too sweet – other fruit can be used. (Source: Anne Lindsay's Light-hearted Cooking)

Ingredients:

Cake

- ¼ cup margarine
- ¾ cup granulated sugar
- 2 eggs, separated
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ cup milk
- 2 cans (each 14 oz./398 ml) plums, drained (or 2 cups/500 ml halved ripe plums)

Streusel topping

- ½ cup packed brown sugar
- 1 tablespoon soft margarine
- 1 teaspoon cinnamon

Glaze (optional)

- ¼ cup icing sugar
- 1 teaspoon 2% milk
- ¼ teaspoon vanilla

Directions:

1. Grease a 9-inch/2.5 litre square cake pan (or use greased springform or flan pan).
2. In large bowl, cream together margarine, sugar and egg yolks until fluffy.
3. Combine flour and baking powder. Beat into egg mixture alternately with milk. Beat egg whites until stiff but not dry; fold into batter. Turn into prepared pan. Halve and pit plums and arrange over top.
4. For streusel topping, combine brown sugar, margarine and cinnamon; mix well and sprinkle over fruit.
5. Bake in 350F/180C oven for 35 to 45 minutes or until top is golden and toothpick inserted into cake comes out clean.

Chocolate Mocha Cake

Susan Watson
Champlain Heights
VPL start date: 1973

Serves a crowd! (Source: Fare for Friends)

Ingredients:

- 2 cups white sugar
- 2 eggs
- 2 teaspoons vanilla
- 2/3 cup salad oil
- 2 2/3 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoons salt
- 1 teaspoon cinnamon
- 2 cups boiling hot coffee

Directions:

1. Preheat oven to 350F/180C
2. Beat sugar, eggs, vanilla, and oil together for 4 minutes.
3. Combine dry ingredients and add to sugar mixture alternately with coffee. Start and finish with dry ingredients.
4. Pour into 9x13 (3L) pan.
5. Bake 40 to 50 minutes.
6. Top with favourite chocolate icing (see below).
7. Serves 15-20.

Incredible Chocolate Icing

Blend in processor for 4 seconds:

- 1/2 cup (1 stick) soft margarine
- 1 cup icing sugar
- 2/3 cup cocoa

Combine and add to sugar mixture:

- 1 teaspoon vanilla
- 2 tablespoons milk
- 2 tablespoons hot coffee

Additional milk or coffee will make a thinner icing.

Chocolate Pan Cake

Anonymous

Relatively inexpensive to make. Feeds lots, fun for kids to help with.

Ingredients:

- 1 chocolate cake mix (e.g. Betty Crocker)
- 1 package mint chocolate chips

Directions:

1. Mix cake following box instructions.
2. Pour into greased 9x13 square pan.
3. Sprinkle chocolate chips over top.
4. Bake as instructed on box.

Try changing the topping – add nuts, other flavours of chocolate chips!

Apple Cake

Angela Haaf

Kerrisdale

VPL start date: 1982

Tasty, especially good on a cold day. Delicious on its own or with warm caramel sauce or whipped cream.

Ingredients:

- 4 cups diced apples
- 2 cups sugar
- ½ cup canola oil
- 2 eggs, well-beaten
- 2 teaspoons vanilla
- 2 cups flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt

Directions:

1. Mix apples with sugar.
2. Add oil, eggs and vanilla, mixing all together thoroughly.
3. Add flour, baking soda, cinnamon and salt, mixing until well combined.
4. Pour mixture into greased 9x9 square baking dish.
5. Bake for 1 hour at 350F.

Sour Cream Coffee Cake

*Cynthia Algar
Collingwood
VPL start date: 1979*

Makes a LARGE cake for lots of strikers. Pecans, walnuts or hazelnuts are best. You can also throw a few chocolate chips or small apple pieces into the filling. This recipe is from the 1970's Betty Crocker cookbook.

Ingredients:

- 1 ½ cups sugar
- ¾ cup margarine or butter
- 3 eggs
- 1 ½ teaspoons vanilla
- 3 cups flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- ¾ teaspoons salt
- 1 ½ cups sour cream or plain yogurt

Filling:

- ½ cup brown sugar
- ½ cup chopped nuts
- 1 ½ teaspoons cinnamon

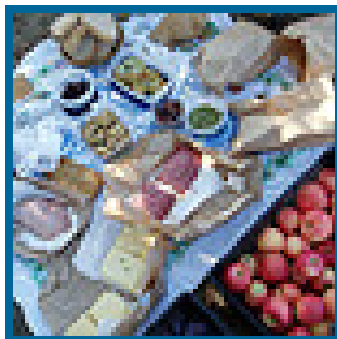
Glaze:

- ½ cup margarine or butter
- 2 cups icing sugar
- 1 teaspoon vanilla
- 1-2 tablespoons milk

Directions:

1. Beat sugar, margarine, eggs and vanilla for 2 minutes.
2. Mix together flour, baking soda, baking powder, salt and add to butter mixture alternately with sour cream.
3. Combine filling ingredients.
4. Pour 1/3 of batter (2 cups) into greased 12-cup bundt pan. Add ½ of filling and repeat twice.
5. Bake at 350 for about 1 hour. Cool for about 10 minutes.
6. Turn out of pan and drizzle with glaze.
7. To make glaze, heat margarine until delicately brown. Stir in sugar and vanilla. Stir in milk 1 tablespoon at a time until smooth.

SWEET COMFORT FOOD
COOKIES, BARS ETC



Snickerdoodles

Janet Tomkins

Level 6

VPL start date: 1991

I tried this new (to me) recipe for the first time during the strike. The taste-test panel at Kerrisdale approved, and now it's one of my favourites.

Preheat oven to 400F.

Ingredients:

- 2 tablespoons sugar
- 2 teaspoons cinnamon
- 1 cup butter
- 1 ½ cups sugar
- 1 teaspoon cream of tartar
- 2 ⅔ cups flour
- ½ teaspoon salt

Directions:

1. Mix together 2 tablespoon sugar and 2 tablespoon cinnamon and set aside.
2. Combine butter and remaining sugar in bowl. Beat until fluffy.
3. Combine dry ingredients separately. Mix into butter mixture on low speed until completely mixed.
4. Drop a small ball (about 1 tablespoon) of dough into cinnamon-sugar mixture and roll into a ball. Place on ungreased cookie sheet and press down with fork. Repeat.
5. Bake until just golden around the edges – about 8-10 minutes.

Butter Oatmeal Cookies

Janet Tomkins

Level 6

VPL start date: 1991

These are simple but VERY rich-tasting . . . a great pick-me-up for cold days on the picket line.

Ingredients:

- 1 cup butter
- ½ cup sugar
- 1 teaspoon vanilla
- 1 cup flour
- 1 ½ cups oatmeal (not instant)

Directions:

1. Combine butter, sugar and vanilla. Mix well.
2. Add flour and oatmeal.
3. Place on ungreased cookie sheet in rounded teaspoonfuls. Press flat with the bottom of a glass that has been buttered and dipped in sugar.
4. Bake at 375F for 8-10 minutes until just beginning to turn golden-brown around the edges.

Trail Mix Cookies

Patty Montpellier

Auxiliary

VPL start date: 2007

Healthy cookies? . . . Well, the fact that they are delicious and somewhat healthy and definitely a source of energy makes them "picket-perfect"! A family favourite.

Ingredients:

- ½ cup soft butter
- ½ cup peanut butter
- 1 cup light brown sugar
- 1 large egg
- 1 teaspoon vanilla
- ¾ cup flour
- ½ teaspoon baking soda
- 2/3 cup salted peanuts
- 6 oz. chocolate chips
- 1 cup raisins

Directions:

1. Cream together butter and peanut butter. Add sugar and combine well.
2. Beat in egg and vanilla.
3. Add remaining ingredients.
4. Drop rounded teaspoonfuls on ungreased cookie sheet.
5. Bake at 375F for 10-12 minutes.

Olivia's Oatmeal Cookies

*Olivia Craster
Acquisitions
VPL start date: 1979*

Ingredients:

- 2 cups flour
- 1 teaspoon baking soda
- 1 cup brown sugar
- ½ cup butter
- ½ cup shortening
- (Or any combination of fats that you prefer.)
- 2 cups oatmeal
- ½ cup sour milk
- 1 teaspoon salt (if none in fats – optional)

Directions:

1. Melt fats.
2. Stir in dry ingredients.
3. Stir in milk. Mix well.
4. Chill in fridge for ½ hour.
5. Roll out ¼" thick, cut with cookie cutter.
6. Bake on greased baking sheet – 350F – 10-15 minutes.

Mom's Gingersnaps

*Patty Montpellier
Auxiliary Librarian
VPL start date: 2007*

Everyone loves these crispy, spicy cookies.

Ingredients:

- ¾ cup margarine
- 1 cup butter
- 1 egg
- ¼ cup molasses
- 1 ⅔ cups flour
- 1 ½ teaspoons baking soda
- 1 teaspoon cloves
- 1 teaspoon cinnamon
- 1 teaspoon ginger

Directions:

1. Cream together margarine and sugar.
2. Add egg and molasses to above mixture.
3. Combine dry ingredients.
4. Mix moist and dry ingredients.
5. Take one teaspoon of dough, roll into ball and flatten ball on ungreased cookie sheet with a glass that's been dipped in sugar. Note: the flatter the crispier.
6. Bake at 350F for 10-12 minutes.