

Chicken Pot Pie

Makes 12 servings

Ingredients

- 2 cups liquid chicken stock
- 12 boneless skinless chicken breasts
- 1 can corn
- 1/3 cup corn starch
- Puff pastry
- 2 litres 35% cream
- 4 carrots, diced
- 2 eggs
- 2 cups chopped celery
- 1 tbsp garlic powder
- Paprika
- 1 cooking onion

Directions

1. Lay out puff pastry to make sure it is thawed and set your oven for 350 degrees.
2. Medium dice onion, celery and carrots.
3. Cut up your chicken into bite sized pieces.
4. Get a large skillet heating over med-high heat, with oil. Add your cut up chicken and stir around so you can see it is coated in the oil.
5. Season the chicken with paprika, salt, pepper and garlic powder. Sautee until 50% cooked then add carrots, celery and onions.
6. Continue to cook over medium-high heat until carrots are getting tender.
7. Add chicken stock and 1.5 litres of cream. Mix and bring to a soft boil.
8. Once the cream has begun to reduce, start setting up your pie shells.
9. Each container needs a bottom with sides as well as a piece of pastry for the top.
10. Periodically stir your chicken mixture as you are doing the pastry.
11. In a small container, mix 1/3 cup cornstarch with 1/3 cup water. Mix – this is a slurry.
12. Using a whisk, SLOWLY pour your slurry into the mixture and stir constantly. You will notice the mixture begin to thicken. Once it has the right consistency, cook for about 2 more minutes then take off the heat.
13. Using a ladle, pour this mixture into your pastry one by one. Lay the lids on each pie and fold up the sides to connect with the lid. Fold/Roll then pinch, all the way around the edge. Then place on sheetpan.
14. Whisk together your eggs and a bit of cream. Brush this egg wash on the top of each pie.
15. Using a knife, poke a hole in the top of each pie to let steam out.
16. Bake in the oven for approximately 30 minutes. It may take longer but check at 30 minutes to be safe.
17. Once pastry is golden brown on top and edges have some colour, remove from oven and let sit to cool.

Winter Salad

Makes 12 servings

Ingredients

- 1 butternut squash, diced
- 1 cup Craisins
- 3 egg whites
- 1 cup oil
- 1 tbsp cinnamon
- 2 tbsp brown sugar
- 1 small red onion
- 1/2 cup honey
- 2 pints blueberries
- 2 cups pecans
- 3 beets
- Kale
- 2 tsp nutmeg
- 1/2 cup sunflower seeds
- 1/3 cup apple cider vinegar
- 1 tbsp Dijon mustard

Directions

1. Put your beets in a pot of water and boil on the stove until tender all the way through. Then drain and refill the pot with cold water. Periodically replace the water in the pot with fresh cold water.
2. Peel your squash and carefully cut into bite sized pieces. Toss in oil and salt and pepper. Put on a baking sheet with parchment underneath. Cook in the oven for approximately 10 minutes. Once tender, remove from oven and set aside.
3. Separate your egg whites from your yolks. **SAVE** the whites in a bowl. Whisk them for a few minutes then slowly add in the cinnamon and nutmeg. Whisk harder until the egg whites begin the foam. Then add in the brown sugar. Whisk some more until the consistency feels lighter. Then add the pecans and fully coat.
4. Dump the bowl contents onto a parchment lined baking sheet and bake in the oven at 350 degrees for approximately 15 minutes, stirring the nuts halfway through. You need to make sure that the egg is fully cooked, but the nuts do not burn.
5. Mince your small red onion extremely fine. Set aside.
6. Once your beets are cooled, using gloves and a peeler, peel your beets. Then cut them into smaller pieces to fit inside a liquid measuring cup. Add a 1 tbsp of the minced onion as well as the vinegar.
7. Using a hand blender on slow speed, blend until smooth. Add honey and mustard then blend. Slowly incorporate the oil as you are blending, now on high speed. Once emulsified, add salt and pepper, mix.
8. Wash and dry your kale. Then slice it into fine pieces (I will show you how). Place in a large bowl.
9. Add all remaining ingredients to the kale. Being the squash, blueberries, Craisins, the now candied pecans and the sunflower seeds. Combine with the kale then add dressing and toss together. Let sit for about 15 minutes. Then toss it again. Enjoy!

Beef Enchiladas

Makes 12 servings

Ingredients

- Ground beef
- 3 jars tomato sauce
- 1 cup cream cheese
- 1 large container plain yogurt
- 2 cooking onions
- 2 bunches green onions
- 1 cup Worcestershire sauce
- 2 tbsp cayenne
- 2 cups finely chopped fresh mushrooms
- 2 bags shredded mozzarella
- 8" tortilla wraps

Directions

1. Dice your two onions and chop up your mushrooms.
2. In a large skillet on medium-high heat, begin to cook your beef. Once about $\frac{3}{4}$ cooked, remove extra grease. Add in onion and mushrooms then finish cooking.
3. Once fully cooked, add Worcestershire sauce, cayenne and cream cheese. Mix thoroughly. Add salt and pepper to taste then mix.
4. Fill each tortilla with this mixture, sprinkle with a small amount of mozzarella then roll and set in a baking dish that has been sprayed with cooking spray. Tuck them in side by side as you roll them.
5. Once all are rolled, cover them in tomato sauce fully. Sprinkle the mozzarella over them all and then bake in the oven for about 30 minutes.
6. In the meantime, chop your green onions.
7. Once the enchiladas are baked and the cheese is fully melted on top, remove from oven. Top with yogurt and green onions before serving.

Cinnamon Sticks

Makes 12 servings

Ingredients

- 1 package puff pastry
- 3 cups cream cheese
- 2 cups butter
- 1/2 cup whipping cream
- 1 cup brown sugar
- 3 cups icing sugar
- 3 tbsp cinnamon
- 1 tsp vanilla
- 2 cups white sugar

Directions

1. Make sure your puff pastry is thawed and laid out.
2. Cut the sheet in half the lengthways so you have two equal sized pieces.
3. Cut these pieces short ways so you are making pieces about one inch wide and about six inches long.
4. In a small pan, mix together butter and brown sugar, combine and warm until it becomes and liquid.
5. Remove from heat and brush all over these pieces of pastry you cut. But do them one by one and once it is brushed on both side, twists 4 or 5 times then lay on baking sheet that is lined with parchment.
6. In a bowl, mix together cinnamon and white sugar. Sprinkle all over the butter/brown sugar basted sticks.
7. Bake in a 325 degree oven for approximately 12-15 minutes. Check them at twelve. You want them to be not quite browning.
8. While these are baking, in a bowl, combine vanilla, cream cheese and whipping cream. Once mixed, add icing sugar.
9. Once your sticks are baked, either drizzle with icing or use the icing as a dip!

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| <input type="checkbox"/> 15 small (disposable) tin loaf or mini pie pans | <input type="checkbox"/> 1 butternut squash | <input type="checkbox"/> 2 containers fresh white mushrooms |
| <input type="checkbox"/> Liquid chicken stock | <input type="checkbox"/> 2 pints blueberries | <input type="checkbox"/> 3 x 12 pack 8" white tortilla wraps |
| <input type="checkbox"/> 12 boneless, skinless chicken breasts | <input type="checkbox"/> 1 small bag Craisins | <input type="checkbox"/> 2 large bags shredded mozzarella |
| <input type="checkbox"/> 1 stalk celery | <input type="checkbox"/> 1 500 g bag pecans | <input type="checkbox"/> 3 jars/cans seasoned tomato sauce |
| <input type="checkbox"/> 1 small bag carrots | <input type="checkbox"/> 1 small bag cinnamon | <input type="checkbox"/> 1 large container plain yogurt (not Greek) |
| <input type="checkbox"/> 3 cooking onions | <input type="checkbox"/> 1 small bag nutmeg | <input type="checkbox"/> 2 bunches green onions |
| <input type="checkbox"/> 4 pkgs puff pastry | <input type="checkbox"/> 1 small bag sunflower seeds | <input type="checkbox"/> 1 lb butter |
| <input type="checkbox"/> 2 litres 35% whipping cream | <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 1 small bag granulated sugar |
| <input type="checkbox"/> 1 can corn | <input type="checkbox"/> 3 beets | <input type="checkbox"/> 1 bag icing sugar |
| <input type="checkbox"/> 1 small bag paprika | <input type="checkbox"/> 4 heads baby kale | |
| <input type="checkbox"/> 6 eggs | <input type="checkbox"/> About 3 lbs ground beef | |
| | <input type="checkbox"/> 2 bricks cream cheese | |