

Flavour Galore & More.

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A delicious variation of
dessert & meal recipes...

Origin of these wonderful foods...

Any significance they have to me
personally...

Are all included in this recipe book.

CONTENTS

MEALS
1 - 12

DESSERTS
13-21

MEALS

- 1 - 2 Sesame Chicken
- 3 - 4 Bean Stew
- 5 - 6 Pineapple Ham

- 7 - 8 Bowtie Pasta
- 9 - 10 Panini
- 11 - 12 Prosciutto Loaf

DESSERTS

- 14 - 15 Chocolate Chip Muffins
- 16 - 17 Cannoli

- 18 - 19 Chocolate Chip Cookies
- 20 - 21 Pineapple Upside-Down Cake

Sesame Chicken



Ingredients:

½ cup water	1 cup white sugar	2 tbsp water	2 tbsp soy sauce
1 cup chicken broth	2 tbsp sesame oil	¼ tsp baking powder	1 tbsp dry sherry
¼ cup distilled white vinegar	1 clove garlic, minced	¼ tsp baking soda	1 tbsp sesame oil
¼ cup cornstarch	2 tbsp toasted sesame seeds	1 tsp canola oil	2 tbsp all-purpose flour
	¼ cup vegetable oil for frying	4 chickens breasts cut into 1-inch cubes	2 tbsp cornstarch

Recipe:

Combine the soy sauce, the dry sherry, dash of sesame oil, flour, 2 tablespoons cornstarch, 2 tablespoons water, baking powder, baking soda, and canola oil in a large bowl. Mix well; stir in the chicken. Cover and refrigerate for 20 minutes. Heat oil in a large saucepan on medium-high until hot. Combine the ½ cup water, cup of chicken broth, ¼ cup vinegar, ¼ cup cornstarch, sugar, 2 tbsp soy sauce, 2 tbsp sesame oil and garlic in a small saucepan. Bring to a boil, stirring constantly. Turn heat to low and keep warm, stirring occasionally. Fry the marinated chicken in batches until cooked through and golden brown, 3 to 5 minutes. Drain on paper towels. Transfer the chicken to a large platter, top with sauce, and sprinkle with sesame seeds.



Sesame chicken is a Chinese dish that expanded into the world of cuisine within the U.S. and Canada. Sesame chicken originates from the Red Chamber Restaurant in Hong Kong, where a dish was developed that included sesame oil and seeds. It is believed to have been created in the 1980s. However, it is not a dish you will easily find in China. Dishes with similar flavour values and ingredients are much more commonly made. The sweetened soy sauce, often included in sesame chicken is heavily incorporated into Chinese cuisine, however sesame chicken itself is difficult to find.

Black Bean Stew



Ingredients:

2 chicken breasts

4 Italian sausage

2 Carrots

1 Celery

1 Onions

5 Garlic cloves

28 oz. can diced tomatoes

Can of black beans

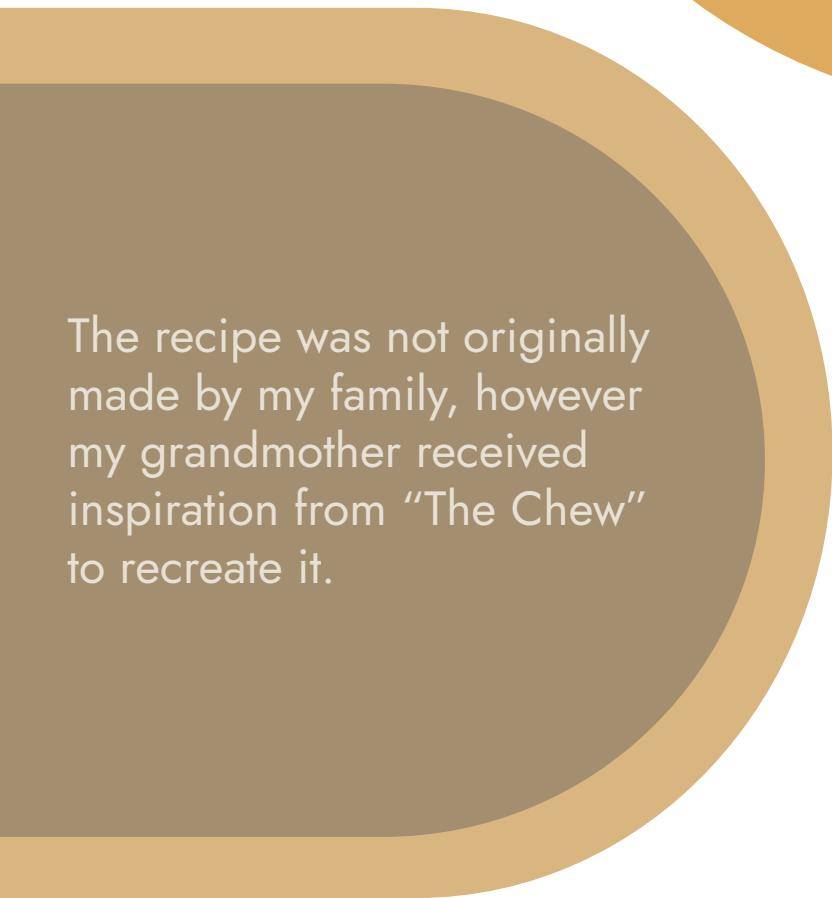
Pinch of salt and pepper

Recipe:

Dice and brown chicken. Remove from skin and cut up sausage. Brown sausage. Add carrots, onions, celery, garlic. Deglaze pan with chicken stock or white wine. Add tomatoes, beans and 1 tbsp Italian seasoning. Simmer 1-2 hours.



This black bean stew recipe has remained in my family for a decade. It has been a family favourite and ideal for the holidays. It contains a slightly sweet, savoury and salty flavour. Regardless of the many flavours, the combination is delectable.



The recipe was not originally made by my family, however my grandmother received inspiration from "The Chew" to recreate it.

Pineapple Ham



Ingredients & Recipe:

1 5 to 7 pound fully cooked smoked rump, shank, butt or half ham

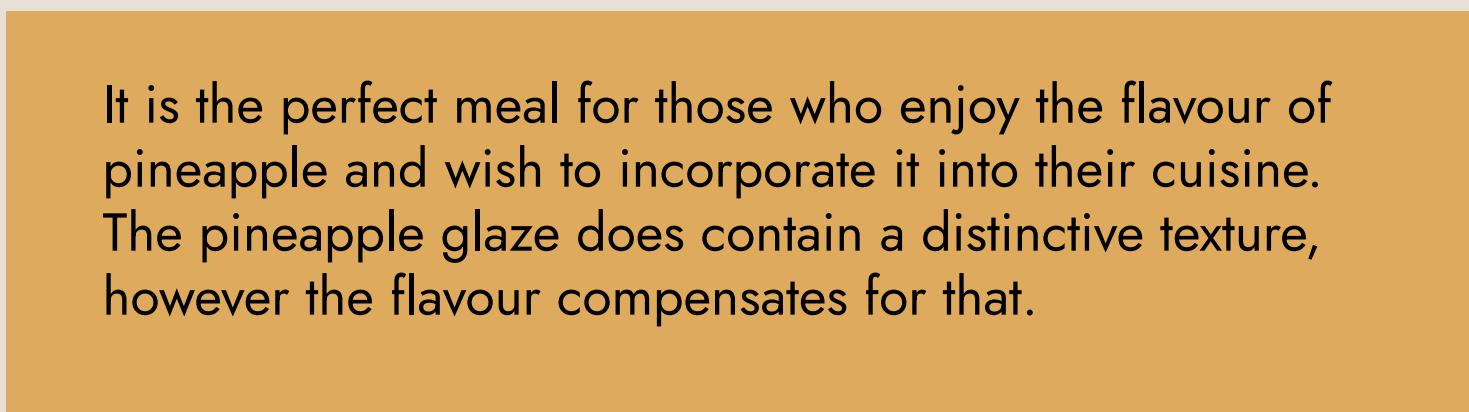
1 8 oz can of crushed pineapple, well drained

½ cup packed brown sugar

Place ham on rack in open roasting pan. Bake at 325°F for 1 to 1.5 hours. In bowl combine crushed pineapple with the brown sugar. Remove ham from oven. Carefully cut off any tough outer skin. With spoon, evenly pat the prepared pineapple mixture on ham. Bake 30 minutes longer or until meat thermometer reaches 140°F.



Pineapple ham is an ideal choice of cuisine for any occasion as it is easy to make and delicious!



It is the perfect meal for those who enjoy the flavour of pineapple and wish to incorporate it into their cuisine. The pineapple glaze does contain a distinctive texture, however the flavour compensates for that.

Bowtie Pasta

A bowtie incapable of being worn, though one that will fancy up your meal.



Recipe & Ingredients:

Chop vegetables and chicken. Boil pasta. Add olive oil to frying pan and start cooking peppers for 5 minutes. Add onions, cook another 3-5 minutes. Add chicken and sprinkle chicken with garlic powder. Once chicken is cooked add soy sauce, maple syrup and oyster sauce to taste in ratio of 4:2:1.

2 Chicken breasts

1 Red Pepper

1 Onion

1/3 box bowtie pasta (375 g)

2 tbsp olive oil

½ tsp garlic Powder

2 tbsp oyster Sauce

¼ cup of maple Syrup

¼ cup soy Sauce

Bowtie pasta, though referred to as "farfalle" in Italian, is known for its distinctive shape. Farfalle translates to "butterflies" as the pasta comprises of a butterfly-like appearance. However, it is more commonly known as bowtie pasta, since it greatly resembles the shape of a bowtie.

It is made by pinching the middle of a rectangular or oval shaped piece of pasta. Many postulate that the pasta was created by Italian housewives in Northern parts of Italy during the 1500s.

It is a highly versatile pasta as it complements varying sauces, salads, etc. It is ideal with rich cream sauces as well as light base, or somewhere in between.

"far-FALL-ay"



Panini

*A crisp and a crunch
that all find delectable.*



Recipe & Ingredients:

- Cut cheese (mozzarella, havarti, etc)
- 1 small, finely chopped sauteed onion
- Two thin tomato slices (optional)
- Chopped lettuce
- Slice sourdough or panini bread in half
- Sauce of your choice (mayonnaise, mustard, etc)
- Meat of your choice (preferably a lunch meat)

Slice your selected bread in half and lather on sauce on each slices of bread (only one side). Then, place meat, cheese, onions, tomatoes and lettuce. Put the other piece of bread over the ingredients and place panini into panini maker or pan.

Paninis were created in Lombardy, Italy in the 1960s. Near the time sandwich shops began to arise in popularity. Panini is an Italian word meaning "sandwich", the plural form being panino.



They are often prepared on a rustic bread with various ingredients in it. Their first appearance in Italian history was in a 16th century cookbook, though recently received more attention.

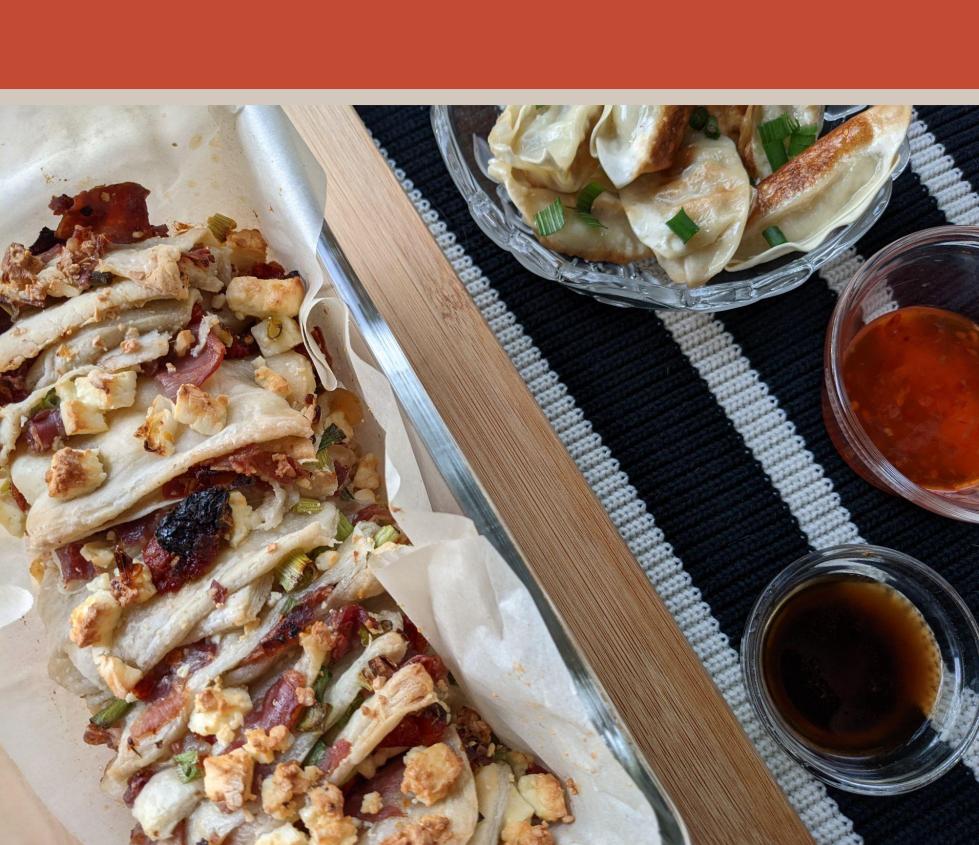


Prosciutto Loaf

Ideal for those who desire a powerful taste.

Thaw puff pastry and chop ingredients. Roll out one pastry square to 10"x10". Sprinkle half of ingredients on first sheet. Slice sheet into 3 strips. Pile strips then cut again in three squares. Pile squares sideways in a loaf pan lined with parchment paper. Repeat instructions for second pastry square. Bake for 50 min to 1 hour at 375.

2 boxes Tenderflake Puff pastry
1 cup crumbled feta cheese
 $\frac{1}{2}$ cup diced sundried tomatoes
2 chopped green onions
60 grams of chopped prosciutto



Prosciutto is an Italian food made as early as 100 BC. Prosciutto translates to “ham” from Italian. It can be sold as ***prosciutto crudo***, which refers to the dry-cured ham and ***prosciutto cotto***, translated is “cooked ham”. Prosciutto can be made from a variety of animals — lamb, pig, etc. Both contain akin flavours and appearance. Prosciutto is often served thinly sliced, however can be incorporated into various dishes. Prosciutto loaf is a delectable dish comprised of numerous complementary flavours. The sun dried tomatoes enhance the flavour of the dish.

Desserts
&
PASTRIES

CHOCOLATE CHIP Muffins:

A combo of chocolatey goodness.

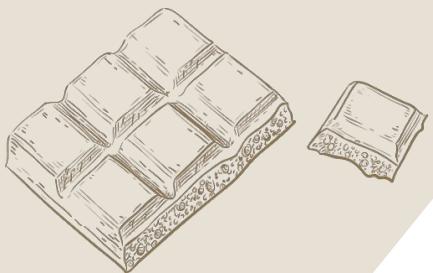


Ingredients & Recipe:

1 ½ cup flour
½ cup white sugar
1 tbsp baking powder
1 cup milk
1/3 cup butter
1 egg
1 cup chipits

Mix dry ingredients. Combine egg, milk and butter. Add to dry. Use a spoon or pour batter into muffin cups. Bake 375 for 20 min.

Similarly to the origin of the chocolate chip cookie, Ruth Wakefield too invented the chocolate chip muffin (pg 20-21).



However, she did not develop the recipe for the muffin. After arriving in the U.S. a baker named Samuel Bath Thomas opened a bakery. As he began his baking career, he created an item known as the "toaster crumpet". It was then later referred to as the English muffin. The name has remained ever since.

Cannoli

Ingredients:

3 cups all-purpose flour
1/4 cup white sugar
1/4 tsp ground cinnamon
3 tbsp shortening
1/2 cup sweet Marsala wine
2 tbsp water
1 tbsp distilled white vinegar
1 egg
1 egg yolk
1 egg white
1/4 cup of oil for frying, or as needed

Filling:

1 (32 ounce) container ricotta cheese
1/2 cup confectioners' sugar
4 ounces semisweet chocolate, chopped (Optional)
1 tsp lemon zest, or to taste



Recipe:

Make shells: Mix flour, sugar, and cinnamon together in a bowl. Put in shortening until crumbly. Make a well in the center and add Marsala wine, water, vinegar, egg, and egg yolk. Mix with a fork until the dough becomes stiff, then knead by hand on a clean surface, adding more water if needed for 5-10 minutes. Cover with plastic wrap and refrigerate for 1 to 2 hours.

Divide cannoli dough into three balls; flatten each one to get through the pasta machine. Roll a ball of dough through successively thinner settings until you have reached the thinnest setting. Place the sheet of dough on a lightly floured surface. Using a cutter, cut out 4 to 5-inch circles. Dust the circles with a light coating of flour. Roll dough around cannoli tubes, sealing the edge with a bit of egg white. Repeat with remaining dough balls. Heat oil in a deep fryer or deep skillet to 375 degrees F.

Fry shells on the tubes in hot oil, a few at a time, until golden, about 2 to 3 minutes. Use tongs to turn. Remove shells using tongs, and place them on a cooling rack set over paper towels. Cool long enough that you can handle the tubes, then twist the tube to remove the shell. Wash the tubes to repeat process.

Mix ricotta cheese and confectioners' sugar together in a bowl until combined. Fold in chocolate and lemon zest. Transfer mixture into a pastry bag and pipe into shells.

Cannoli is deemed to have originated from regions, Palermo and Messina, Italy.

The singular version of cannoli being cannolo. It is a Sicilian dessert meaning "little tube". Cannoli is a staple in Italian heritage, believed to have dated back to 827 and 1091. Due to comprising of eminent significance, cannolis are judged highly on their quality. They are no joke among the Italian and Sicilian cuisine.

Chocolate Chip Cookies

Hearts of pure sweetness.

Ingredients & Recipe:

Preheat to 375 F. Line baking pan with parchment paper. Mix flour, baking soda, salt, baking powder. Cream butter and sugar together. Mix in eggs and vanilla. Combine wet and dry ingredients. Add chocolate chips. Roll cookies and place them on cookie sheet. Bake for 8-10 min. Let sit for 2 min. Remove and put on cooling rack.

½ tsp baking powder	1 cup butter (softened)
1 tsp salt	1 cup sugar
2 cups chocolate chips	1 cup brown sugar
3 cups flour	2 tsp vanilla
1 tsp baking soda	2 eggs



The original chocolate chip cookie recipe was invented by Ruth Wakefield in the 1930s. She ran the Toll House restaurant in Whitman, Massachusetts; where the magic supposedly began. She decided to chop up a Nestle semi-sweet chocolate bar and incorporate it into her recipe. The chocolate chip cookie then starred in her recipe book "Tried and True". The delicious dessert was intended to be accompanied by a scoop of ice cream.

As the recipe acquired extensive popularity, it appeared on Betty Crocker's radio program. It received eminent recognition and became a America's go-to cookie.

PINEAPPLE Upside Down Cake

The perfect balance of fruity and sweet.

Recipe:

Cake batter:

Combine flour, white sugar, baking powder and salt in a medium bowl. Mix well. Combine shortening, milk, eggs and vanilla into the bowl. Beat until smooth.

Crust:

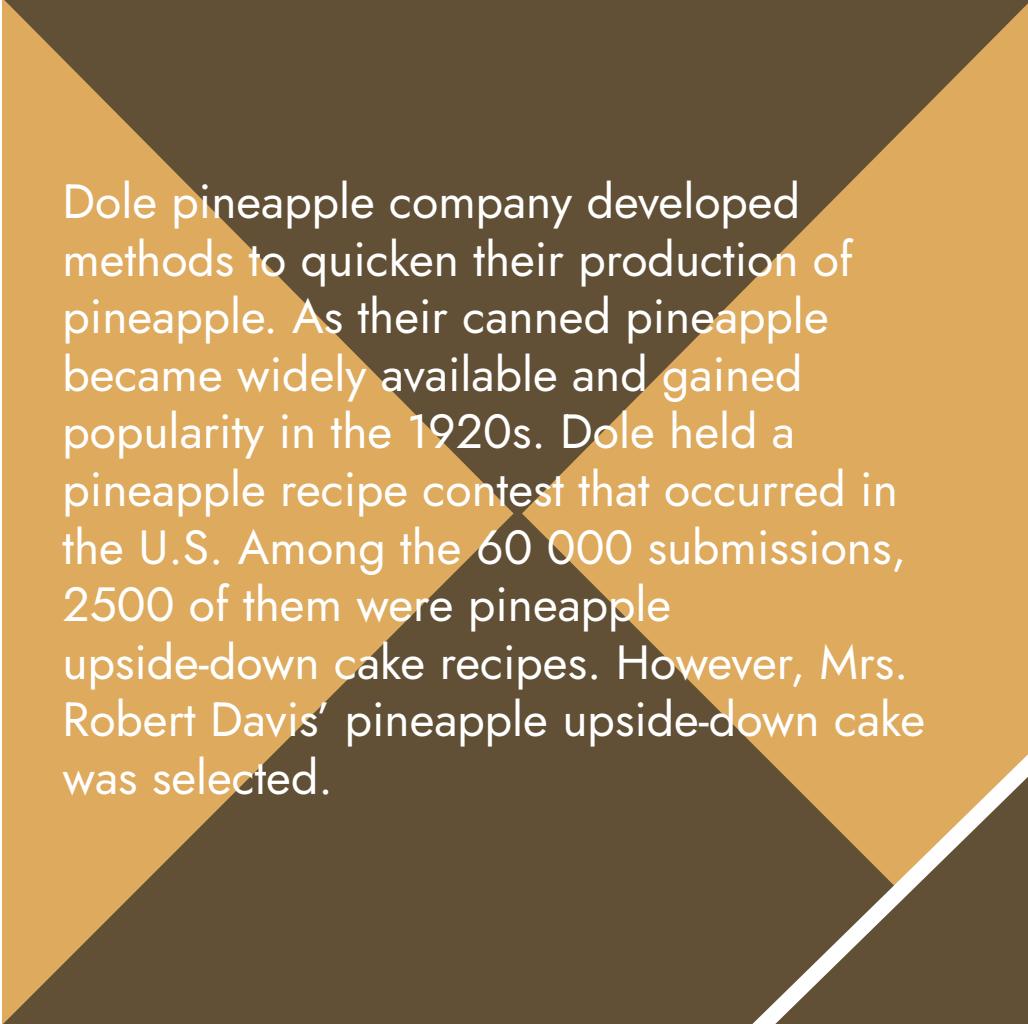
Preheat oven to 375°F. In a 13" 9" inch pan, spread melted butter to cover the pan. Sprinkle brown sugar onto butter, ensure that is is evenly spread. Drain pineapples and place them onto the brown sugar mixture. Pour cake batter over the pineapples, refrain from disturbing the design beneath.

Insert cake into the oven and bake for 35-40 minutes. Once finished cool pan on a wire rack, then loosen cake from the pan. Then take cake out of the pan.



Ingredients:

2 $\frac{1}{4}$ cups of flour
1 $\frac{1}{2}$ cup white sugar
 $\frac{3}{4}$ cup shortening
 $\frac{3}{4}$ cup milk
3 eggs
2 $\frac{1}{2}$ tsp baking powder
1 tsp salt
1 tsp vanilla
 $\frac{1}{2}$ cup butter
2 cups brown sugar
1 15 ounce can of sliced pineapples



Dole pineapple company developed methods to quicken their production of pineapple. As their canned pineapple became widely available and gained popularity in the 1920s. Dole held a pineapple recipe contest that occurred in the U.S. Among the 60 000 submissions, 2500 of them were pineapple upside-down cake recipes. However, Mrs. Robert Davis' pineapple upside-down cake was selected.



To bring spotlight upon this selected dessert, Dole sponsored it in various ads and magazines. It received immense recognition between the 1950s and 1960s.

Due to there being multiple submissions of pineapple upside down cake, the original inventor remains unknown.

There is no limit to flavour in



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