

PHILLY CHEESE DIP - Frank Plozman  
(in Another Taste of Emmanuel  
Cookbook)

1-8oz. (250g) PKG. CREAM CHEESE

1/2 tbsp. MIRACLE WHIP

2 tbsp. KETCHUP

1 Tsp. ONION SALT

1 Tsp. CHOPPED ONION

1 Tsp. WORCESTERSHIRE SAUCE

PARSLEY FLAKES

Mix together and serve  
with chips.



## just a note

### FRESH VEGETABLE PIZZA

1 - LARGE PILLSBURY PIZZA DOUGH - COOK

TO RECIPT, BUT PUT TOGETHER AS A  
CRUST. (ON A COOKIE SHEET) LET COOL

1 LARGE CREAM CHEESE

1/2 CUP RANCH SALAD DRESSING

DRIED DILL TO TASTE

MIX TOGETHER & PUT ON COOLED CRUST

CHOP UP (FINELY) FRESH VEGETABLES

(eg) CAULIFLOWER, BROCCOLI, RED PEPPER

PAT DOWN INTO CHEESE TOP WITH

GRATED MONTEREY JACK CHEESE

PAT DOWN. PUT IN FRIDGE FOR

ABOUT 4 HOURS.

### Seafood tarts

- small pastry tarts

- filling

4 oz. cream cheese

8 oz. sour cream

1 pkg vegetable soup mix (dry)

1 tin minced, drained crab

Bake 375° - 15 minutes -

## Cream Cheese Cranberry Spread

2 - 8oz packages cream cheese softened  
14 oz can jellied cranberry sauce  
 $\frac{1}{2}$  cup chopped cilantro \* I did not add  
 $\frac{1}{2}$  cup chopped green onion  
 $\frac{1}{4}$  tsp cumin  
1 Tablespoon lemon juice

spread cream cheese onto bottom of pie plate.

In a small mixing bowl beat together cranberry

sauce, cilantro, green onion, cumin + lemon juice. spread on top of cheese.

serve with crackers, (or also veggie sticks)

## HAM + CHEESE BALL

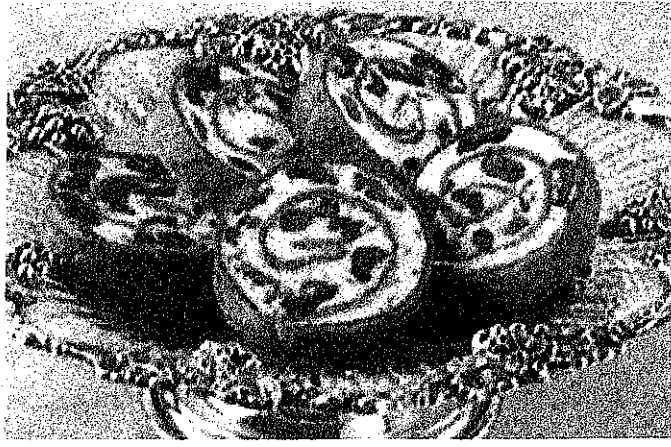
2 tins flakes of ham  
(drained)  
 $\frac{1}{2}$  pkg. cream cheese  
 $\frac{1}{4}$  cup mayo  
 $\frac{1}{2}$  tsp finely chopped onion  
 $\frac{1}{4}$  -  $\frac{1}{2}$  tsp dry mustard  
2 tpsp finely chopped/dry  
parsley

### METHOD:

Mix ingredients in medium bowl in order listed. Shape into ball and chill 3-4 hours or overnight.

serve with favourite crackers or mini breads -

## Cranberry Feta Pinwheels



Prep Time	Cook Time	Yield
20 minutes plus chilling	n/a	48 appetizers

### Ingredients:

1 pkg (142 g) Craisins® Dried Cranberries  
1 tub (250 g) spreadable cream cheese  
1 cup (250 mL) crumbled feta cheese  
1/4 cup (50 mL) chopped green onions  
4 large spinach, whole wheat or plain flour *tortillas*

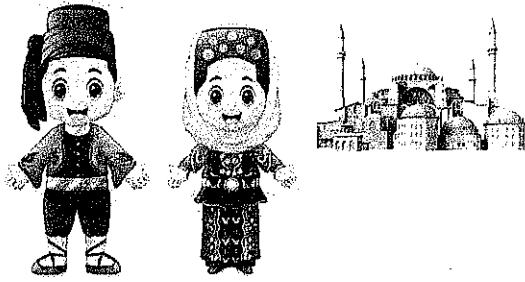
### Directions:

Combine all ingredients except tortillas; mix well. Divide and spread mixture evenly among tortillas. Roll up tightly, wrap in plastic and refrigerate at least 1 hour. To serve, cut into 12 slices.

## Moroccan Lentils

9 ozs lentils (soaked for a few hours)	1 tbsp tomato paste
1 onion, sliced	1 diced tomato
1 tbsp chopped cilantro	4 garlic minced
1 tbsp chopped parsley	2 tbsp olive oil
1/2 tsp cumin	1/4 tsp tumeric
1/4 tsp pepper	1 tsp salt

In pan, heat oil and saute onion, tomato, tomato paste, garlic and spices for 5 minutes. Drain lentils and add to pan. Cover lentils with water, bring to boil, and then simmer covered for 30 minutes or until lentils are soft. Keep adding water as needed. After lentils are cooked, add cilantro and parsley. Serve on warm pita bread or crackers.



## Turkish Red Pepper Dip

- 1/2 c. chopped drained roasted red peppers
- 1/4 c. chopped toasted walnuts
- 1/4 c. breadcrumbs
- 1 T. fresh lemon juice
- 1 T. olive oil
- 1 tsp. cumin
- 1/4 tsp. red pepper flakes
- 1 clove minced garlic

Place roasted red peppers and walnuts in food processor. Process using an on/off motion until coarsely chopped. Add remaining ingredients using an on/off motion until almost smooth. Cover and refrigerate for at least 2 hours. Stir before serving. Serve with pita chips. (I usually double this recipe).

*Jennifer A.*

## Deviled Eggs

can be prepared a day ahead

There are many variations, according to taste.

This recipe:

Cold Hard boiled, peeled and slice eggs lengthwise.

- Crumble yolks in a bowl - add
  - a blob of real mayonaise
  - a splash of lemon juice (or vinegar)
  - a dash of dry mustard (or regular or dejong)
  - a little salt & pepper

Mix until creamy

- scoop or pipe into each egg white half
- sprinkle with paprika

Enjoy!

## PEROSHKE

(Source: Teenie Sawchuk)

Note 1: The night before the actual making, prepare the dough and the filling and refrigerate..

### THE DOUGH:

1 Pkg yeast (30 ml);	1/2 C lukewarm water;	1/2 tspn sugar	
1/2 lb. lard	4 C flour	3 Tbsp. sugar	3 eggs beaten
1 C sour cream	1/2 tspn salt		

- 1) Dissolve 1 pkg yeast and 1/2 tsp. sugar in 1/2 C lukewarm water (110 deg)
- 2) Rub - like for pie - 1/2 lb. lard, 4 C flour, 1/2 tspn salt, 3 Tbsp. sugar
- 3) Mix 3 beaten eggs and 1 C sour cream with the yeast mixture
- 4) Pour liquid into flour and mix with a meat fork - DO NOT knead
- 5) Pat into a greased bowl and cover (as little handling as possible).
- 6) Refrigerate overnight.

### THE FILLING:

1 lge. Potato	1 lb. ground beef	1/2 lb ground pork	1 med onion minced
1 Tbsp pepper	1 Tbsp salt	1 egg beaten with 1 tspn garlic salt	
1 Tbsp onion soup mix		2 C sauerkraut (drained)	

- 1) Boil 1 large potato and mash it
- 2) Fry 1 lb. beef, 1/2 lb. pork, 1 med onion (finely chopped).
- 3) Season the meat with 1 Tbsp salt, 1 Tbsp pepper and 1Tbsp onion soup mix
- 4) Mix all of the above thoroughly with 2 cups of sauerkraut (drained and finely chopped)
- 5) Cool the mixture, then make 1/2" X 1" rounded pellets (look like a small post).
- 6) Refrigerate overnight.

### THE MAKING:

- 1) Roll out the dough into a large flat sheet - about 1/8 " thick (this is a soft dough - roll gently)
- 2) Cut dough into 2" squares
- 3) Wrap a square around a previously made and cooled pellet - pinch the edges to close the tube (if the edges are loose, the filling will fall out when being baked)
- 4) Repeat until all the dough and pellets are used up
- 5) Baste with a mix of 1 egg, 1/4 C water and 2 tspn garlic
- 6) Place each peroshke on a cookie sheet, with seam side down. Bake @350deg for 20 mins/until golden
- 7) Enjoy with a glass of wine.

Note 2: If they do not get eaten as you take them out of the oven, they freeze well

Note 3: They are best served heated from the oven (do not micro-wave)

Note 4: The quantities listed and the size of the cuttings and fillings should make about 10 dozen.

## Ham and Honey Mustard Rolls

Puff pastry

Honey Mustard

Parmesan Cheese

Ham slices (I use 4 thin slices of Black Forest Ham for 1 pkg. pastry)

1 egg white

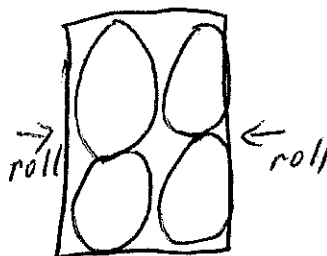
Roll out pastry to 1/8 inch thickness.

Lightly spread on honey mustard.

Place ham slices on the mustard, leaving a gap down the middle.

Sprinkle with grated parmesan cheese.

Roll up the sides toward the middle to create a roll. Pinch dough to keep the roll together.



Wrap in plastic wrap and refrigerate for 20 min. or could do the night before.

Cut in slices 1/2 inch thick.

Lay flat on parchment paper on a cookie sheet.

Brush with egg white diluted with water.

Bake at 425 F. for 10 min. or until lightly brown.

## **Gol-Gappa/Pani Puri      Make Your Own!**

- **Gappa (flour Puff)**
- **Chick Peas and Potatoes**
- **Red Onion and Cilantro**
- **Sweet and Sour Chutney (tambrind and dates)**
- **Spicy Green Chutney (Mint and Chilli)**
- **Sweet and Tangy Chutney (Mango and grape)**
- **Onions and Cilantro**
- **Chopped Green chillis**

## **Jane's Cheese Olives**

**Ingredients:**      **1/2 lb. old cheddar, grated**  
                         **1/2 cup butter or margarine**  
                         **1 cup flour**  
                         **few drops Worcestershire sauce**

**Method:**            **Combine above into a soft dough.**  
                         **Refrigerate at least half an hour.**  
                         **Roll dough around pimento-stuffed green olives. (One smallish jar is lots.)**  
                         **Bake @ 400 degrees F. For 15 minutes.**

**Tips:**                **Drain olives well.**  
                         **Dough may be frozen.**  
                         **Finished cheese olives may also be frozen.**

## **Fresh Spring Roll**

**Prep time: 20 mins, Cook time: 5 mins, Total time: 25 mins. Serves 8**

**Ingredients:** 250 grams pork, sliced into thin slices  
250 grams shrimp, washed and peeled (tails removed)  
Spring onion (green onion), roots removed but kept whole  
1 bunch mint  
1 bunch cilantro  
1 tbsp. salt  
1 tsp. black pepper

**Shrimp marinade:** 3 tbsp. fish sauce, 3 tsp. sugar, 1 tsp. curry, 1 tsp. turmeric,  
2 tsp. shallots (finely chopped), 2 tsp. lemongrass (finely  
chopped), 1/2 tsp. five-spice powder

**Pork marinade:** Same as shrimp marinade with 2 tsp. garlic (finely chopped)

**Fillings:** Place pork, fish sauce, sugar, curry, turmeric, five spices, shallots, lemon-  
grass, garlic in bowl. Stir well to coat evenly.  
Repeat for shrimp – omit the garlic.  
Allow to marinate for 5 minutes at least.  
Bring pot of water to boil with 1 tbsp. salt. Blanch green onion for  
1 minute until leaves turn bright green and soften. Don't overcook.  
Heat oil in pan – medium high heat. Add pork, stir fry 2 minutes. Add  
shrimp for 3 minutes or so until cooked through.  
Add 1 tsp. pepper and stir through before turning off the element on  
stove.

**To Assemble:** Peel off one green onion leaf and hold on the white end. Place  
mint and cilantro near top of leaf. Add piece of pork, one shrimp,  
then wrap up using the rest of the green onion leaf. Tuck the last  
section of the green onion under the previous fold, like a bandage.  
I use a toothpick.



## **Rice Paper Veggie Rolls**

**Ingredients:**      **Rice Paper Circles**  
                         **Lettuce Pieces**  
                         **Bean Sprouts**  
                         **Angel Hair Noodles**  
                         **Shredded Carrots**  
                         **Thin Strips of Zucchini or Cucumber**  
                         **Hoisin Sauce**  
                         **Crushed Peanuts**  
                         **Cooked Shrimp (Optional)**  
                         **Waterchestnuts (Optional)**

**Method:**      **Soak Rice Papers (one at a time as you use them). When flexible, transfer to a dry surface such as a round plate.**  
                         **Add to the softened Rice Circles: small amounts of cooked noodles, lettuce pieces, bean sprouts, shredded carrots, zucchini or cucumber strips, waterchestnuts (chopped), shrimp (if desired)**  
                         **Top with a few drops of Hoisin Sauce.**  
                         **Roll up.**  
                         **Store on plate and cover with a damp tea towel as you roll them to keep the Rice Papers from drying out.**  
                         **Crush peanuts, add to Hoisin Sauce, serve with the rolls as a dipping sauce.**

## **Scott's Appetizer**

**Ingredients:**      **250 g. Cream cheese**  
                         **425 g. Stagg chili**  
                         **Shredded cheddar cheese**

**Method:**      **Spread room temperature cream cheese in 8 x 8 inch dish.**  
                         **Cover with chili.**  
                         **Sprinkle with cheddar on top**  
                         **Cook @ 350 degrees F. until hot.**  
                         **Serve with Scoop Chips.**