**Borscht**

Serves ~ 4

2 c. water

2 c. finely grated beets

1/2 c. finely shredded carrots

1 c. finely chopped onion

2 potatoes boiled separately

2 c. soup stock

1 c. thick sour cream (or yoghurt)

2 tbsp. butter

1 c. tomato juice

1/2 c. finely shredded cabbage

1/2 c. finely shredded beet tops (optional)

a little green dill

* Boil water, beets, carrots and onion until tender.
* Add remaining ingredients except potato and sour cream.
* Simmer 15 min.
* Taste and season with salt and pepper.
* Add potatoes (diced) and cream (can put spoonful on top or you can mix in).

**Curried Squash Soup**

Serves ~ 8

2 tbsp vegetable oil

1 onion, chopped

3 cloves garlic, minced

2 tbsp curry powder, or a mixture of turmeric, cumin, ginger and chili

3 lb winter squash, peeled and chopped

3 large carrots

3 cups vegetable stock

Salt and pepper

1 cups blend

Parsley or green onion

* In a large pot, heat oil over medium-high heat.
* Add onion, fry for 5 minutes.
* Add garlic and curry powder; cook for 2 minutes, stirring constantly.
* Add squash, carrots and water; cook over medium heat until vegetables are tender.
* Remove pot from heat; puree mixture in blender or food processor.
* Pour back into pot.
* Season with salt and pepper.
* Stir in milk.
* Serve topped with parsley or green onion.

**Beef Stew**

*By Chef Michael Smith*

Serves ~18

8 lbs stewing beef, trimmed  
onions  
1 head garlic  
celery  
carrot  
red wine  
beef broth  
root vegetables, (onions, carrots, potatoes, turnips, parsnips or celery root)  
bay leaf  
fresh herbs, (such as thyme, rosemary, or sage)  
salt & pepper

* Brown the beef in a thick-bottomed stew pot; use enough oil to coat the bottom. Don’t overcrowd the pan or it will cool and not properly brown the meat; work in batches. A medium heat works best, too high and you’ll burn the meat and the tasty bits on the bottom of the pan. The affect on the flavour is dramatic, the more you brown the tastier it gets.
* Pour off the excess oil along the way.
* Add a few cups of chopped onions, celery and carrot. Stir them until they lightly brown then add a head of chopped garlic. Stir for another few minutes more. Stop only when you can smell the deep aroma of fragrant browning vegetables.
* Pour a big splash of wine into the empty pot. Add some more, as much as you like, and stir vigorously to dislodge the particles stuck to the bottom. When the bottom is clean add the meat.
* Add enough broth to cover the meat at least halfway. Add some salt and pepper, a few bay leafs and a few sprigs of fresh herbs.
* Bring to a boil then reduce the heat to a simmer and cover with a tight fitting lid. You may continue cooking on the stove or in the oven. Generally an oven set at 325 degrees will stew perfectly. Either way stew until the meat is tender and can be cut with a spoon. This will take at least an hour and a half. Add enough root vegetables cut into chunks to equal the amount of meat in the stew pot.
* Now like many things in life stew is best served the day after you make it.

**Seafood Chowda! (Tripled recipe)**  
  
3 onions  
9 stalks of celery  
3 carrots  
6 potatoes  
Seafood stalk or vegetable stalk (about 6-9 cups)  
3/4 cup white wine (optional)  
Container of whole milk ( 6-9 cups)  
6-9 cups of mixed seafood (haddock, salmon, shrimp, etc)

3 tbsp olive oil

* cut up all the vegetables into little chunks.
* Sauté vegetables in the oil for 15-20 mins - add a bit of stock if it's sticking.
* When the vegetables are cooked, add the stock until just covered and let that simmer with the lid off for 10-15 mins.
* Add white wine
* When the vegetables are cooked, add all of the seafood and simmer until just done (5-10 mins - it doesn't take long and you don't want to overcook the fish.) You can break up the seafood in the pot with a big spoon.
* Add the milk to desired thickness and just warm it up, do not bring to a boil.
* Then just turn off the stove and let it sit. You don't want to overcook the milk or it will curdle. The flavours will meld as it sits and it will taste better. Salt & pepper to taste

**Apple/Pear/Berry Crisp**

Topping:

1.5 cups (65 grams) all purpose [flour](http://www.joyofbaking.com/flour.html)

3/4 cup (50 grams) granulated white [sugar](http://www.joyofbaking.com/sugar.html)

3/4 cup (55 grams) light [brown sugar](http://www.joyofbaking.com/AppleCrisp.html)

1.5 teaspoon ground cinnamon

3/4 teaspoon fresh or ground nutmeg

1/2 teaspoon salt

12 tablespoons (84 grams) unsalted [butter](http://www.joyofbaking.com/butter.html), cut into pieces

1 cup (30 grams) old-fashioned rolled oats

1 cup (40 grams) chopped walnuts or pecans

Filling:

8-9 pounds or 12 cups of fruit

Juice of 1.5 lemons

3 teaspoon lemon zest

9 [tablespoons](http://www.joyofbaking.com/AppleCrisp.html) (40 grams) white granulated sugar

Preheat oven to 375 degrees F (190 degrees C) and place rack in the center of the oven.  Butter or spray with a cooking spray, a 9 inch (23 cm) deep dish [pie plate,](http://www.joyofbaking.com/AppleCrisp.html" \t "_top)



or an 8 x 8 x 2 inch (20 x 20 x 5 cm) baking dish.

For Topping:  Place all the topping ingredients (flour, sugars, spices, butter, oats and nuts) in a food processor and process until the mixture is crumbly (looks like coarse meal) and there are no large pieces of butter visible.  (This can also be done with two knives or your fingertips.)  Set aside while you prepare the filling.

For Filling:Place the apple chunks and lemon zest in a large bowl. Toss with the [lemon juice](http://www.joyofbaking.com/AppleCrisp.html) and sugar. Transfer to your prepared baking dish. Spread the topping evenly over the apples.

Bake for approximately 30-40 minutes or until bubbly, and the topping is golden brown.  Remove from oven and place on a wire rack to cool for about 30 minutes before serving.

**Red Fife Biscuits:**

4 1/2 cups (325 grams) all-purpose [flour](http://www.joyofbaking.com/flour.html)

3 cups red-fife wheat flour

7 1/2 teaspoons [baking powder](http://www.joyofbaking.com/bakingsoda.html)

1 1/2 teaspoon salt

3 [tablespoon](http://www.joyofbaking.com/Biscuits.html) (14 grams) granulated white [sugar](http://www.joyofbaking.com/sugar.html) (optional)

1 1/2 cups (113 grams) coldunsalted [butter](http://www.joyofbaking.com/Butter.html), cut into small pieces

2 1/4 cup (180 ml) [milk](http://www.joyofbaking.com/Cream.html)

3 large [eggs](http://www.joyofbaking.com/eggs.html), lightly beaten

Topping:

1 large egg, lightly beaten with 1 tablespoon milk

Preheat oven to 400 degrees F (205 degrees C) and place rack in center of oven.  Line a baking sheet with parchment paper.

In a [large mixing bowl](http://www.joyofbaking.com/Biscuits.html), [sift](http://www.joyofbaking.com/other/glossaryQ-Z.html#sift or sifting) or whisk together the flour, baking powder, salt and sugar.  Cut the butter into the dry ingredients until the mixture resembles coarse crumbs (use pastry blender, two knives, or fingertips).  Add the milk and slightly beaten egg and stir until just combined.  (The texture should be sticky, moist and lumpy.)

Place mixture on a lightly floured surface and [knead](http://www.joyofbaking.com/other/glossaryHP.html#knead) the dough gently until it comes together and is a smooth dough.

Roll out dough to 1/2 inch (1.25 cm) thickness.  Cut out biscuits with a lightly floured round [cookie cutter](http://www.joyofbaking.com/Biscuits.html).  Place on prepared baking sheet and brush the tops with the beaten egg and milk mixture and bake for about 10 - 15 minutes or until the tops are golden brown and a toothpick inserted in the center of the biscuit comes out clean.  Remove from oven and place on a wire rack.  Serve warm with butter.

Makes about 12 3-inch (7.5 cm) biscuits.