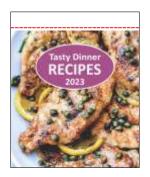


# **DIRECTIONS**



1.

Fold the page at perforation line.

2.

Carefully tear along the perforation to reveal next page.

# **NOVEMBER 2022**

SUN	MON	TUE	WED	THU	FRI	SAT		
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DECEMBER 2022								

DECEMBER 2022									
SUN	MON	TUE	WED	THU	FRI	SAT			
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### **Broiled Miso Cod with Vegetables**

1 lb cod filet

3 tbsp sugar, 1/4 cup water

2 tbsp vegetable oil, 1/2 tsp sesame oil

1/4 cup yellow miso paste 2 tbsp mirin or sake or mix of both

1 lb asparagus spears ends trimmed 1/2 lb shiitake mushrooms

Kosher salt

Freshly ground black pepper



Cut the cod into 3-4 equal pieces, rinse and pat dry. In a small sauce pan, combine the water and sugar and bring to a boil. Stir in the miso and mirin or sake. Place the pan back over med-high heat and stir until the sugar has dissolved. Remove from the heat and cool. Place the cod in a ceramic dish and coat with the miso glaze. Marinate the fish overnight, or for at least four hours.

Preheat the oven to 450 F Line a sheet pan with aluminum foil. Wipe off the excess marinade from the fish (but do not rinse with water) and place skin-side down on the foil-lined pan. Mix the vegetable oil and sesame oil together. Drizzle the asparagus spears and sliced mushrooms with sesame oil mixture and season with salt and pepper. Toss to coat. Scatter the vegetables around the fish filets

Cook the fish and vegetables for 10 min or until the fish has cooked through but is still flaky, and the vegetables are fork tender. Turn the oven to broil and cook an additional 2-3 min until golden in colour, watch to make sure they don't burn.

# **JANUARY 2023**

1 New Year's Day

SUN	MON	TUE	WED	THU	FRI	SAT	
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8	9	10	11	12	13	14	
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### **Easy Chicken Marsala**

3 boneless, skinless chicken breasts 1 tsp kosher salt, 1 tsp ground black pepper. 1/2 cup all-purpose flour

2 tbsp canola oil, 6 tbsp butter

2 cups brown mushrooms, quartered

2 tbsp shallots, finely chopped 3/4 cup marsala wine

3/4 cup chicken stock

2 tbsp parsley, finely chopped



Trim any excess fat from the chicken breasts and slice in half lengthwise. Season both sides of the chicken breasts evenly with 1/2 tsp salt and 1/2 tsp ground black pepper, then dredge each breast in the flour, shaking off any excess.

Heat 2 tbsp of the canola oil in a large skillet over med-high heat. Add 4 pieces of the chicken and cook for 2-3 min per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken and add the cooked chicken to the platter when done.

Melt 3 tbsp of the butter in the skillet and add the mushrooms and shallot. Sauté over med heat, stirring occasionally, until the shallots are wilted and the water from the mushrooms has evaporated, about 10 min. Add the marsala wine and the chicken stock. Bring to a boil and season with remaining 1/2 tsp of salt and black pepper. Stir in the remaining butter and cook over med heat until reduced by half. Add the chicken and simmer for 5 min. Sprinkle with parsley and serve with egg noodles, pasta, polenta, mashed potatoes, or over rice.

# FEBRUARY 2023

14 Valentine's Day 20 Family Day (BC, AB, SK, ON, NB) 20 Islanders Day (PEI) Louis Riel Day (MB) Heritage Day (NS)

SUN	MON	TUE	WED	THU	FRI	SAT	
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19	20	21	22	23	24	<b>25</b>	
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## **Chipotle Lime Shrimp Bowls**

#### For the shrimp:

- 1 lb large shrimp, deveined and peeled
- 3 tbsp canola oil, divided
- 3 tbsp fresh lime juice, divided
- 1-2 chipotle peppers in adobo sauce, minced. 1 tsp adobo sauce
- 2 cloves garlic, pressed
- 2 tsp honey, 3/4 tsp ground cumin
- 1/2 tsp salt, 1/4 tsp cayenne pepper

#### For the howls:

- 4 cups cooked brown rice
- 15.5 oz can black beans, drained, warmed
- 2 cups cherry tomatoes, sliced
- 1 large avocado, pitted and chopped
- 4 green onions, chopped
- 1/4 cup red onion, chopped Fresh cilantro. Lime wedges



Place the shrimp in a bowl or gallon freezer bag, and add 2 tbsp of the oil, lime juice, chipotle peppers, adobe sauce, garlic, honey, salt, cumin, and pepper. Massage the ingredients into the shrimp and let the shrimp rest on the counter for 15 min.

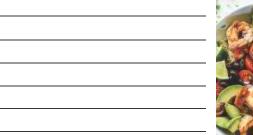
Heat a large skillet over med-high heat. Add the remaining oil to the pan and swirl to coat. Spread the shrimp across the pan and discard any remaining marinade. Add the shrimp to the pan and cook for 1-2 min on each side or until they've turned lightly pink on the outside and the insides are turning white.

Assemble the bowls with the rice, black beans, veggies and sprinkle with cilantro. Drizzle with more adobo sauce and a squeeze of lime if desired.

# **MARCH 2023**

17 St. Patrick's Day

SUN	I MON	TUE	WED	THU	FRI	SAT
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#### **Gnocchi with Pomodoro Sauce**

1/4 cup virgin olive oil, plus 1 tbsp
4 stems fresh Italian flat leaf parsley
4 stems fresh oregano, 2 stems rosemary
2 stems fresh basil (+2 for serving)
1/2 yellow onion, diced
3 cloves garlic, pressed or minced
28 oz can of tomatoes
Kosher salt and ground black pepper
Pinch of red pepper flakes
1/4 cup heavy cream, optional
1 lb package potato gnocchi, 8 oz cherry
size mozzarella balls, cut in half
1/2 cup freshly grated Parmesan cheese



Add 1/4 cup olive oil to a 10" high sided sauté pan or a saucepan over med heat. Add the parsley, oregano, rosemary and 2 stems of basil and cook for about 5 min or until the herbs become crisp. Remove the herbs and discard then add the onion and garlic to the oil, lowering the heat if needed so the onions cook gently and don't brown. Cook until the onions are transparent, about 5-7 min, then crush the tomatoes, add to the pan with juice. Season with salt, ground black pepper and red pepper flakes and simmer for 30-40 min or until the sauce reduces and thicken, stirring occasionally. Stir in the heavy cream and remove from the heat. Meanwhile, bring a saucepan of water

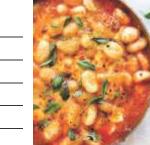
water bright a saucepan of water to a boil and add the gnocchi. Season generously with salt and cook until the gnocchi float to the top of the boiling water. Drain and then place the gnocchi into the cooked sauce. Top with the halved mozzarella balls and sprinkle with Parmesan cheese then drizzle the tops of the gnocchi with the remaining olive oil. Broil for 5-8 min or until the cheese melts and the tops become crispy. Garnish with additional basil leaves and serve immediately.

# **APRIL 2023**

7 Good Friday 10 Easter Monday (QC)

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# Ramen Noodles with Marinated Steak and Broccoli

1 1/2 lb hanger flap, or flank steak Double recipe of asian master sauce to make 1 1/2 cup.

- 2 tbsp canola oil
- 3 packages ramen noodles
- 4 cups broccoli cut into florets
- 6 02 DIOWII IIIUSIII

1 tbsp cornstarch Chopped green onion or cilantro or both



Add the steak to a zippered freezer bag with 3/4 cup of the marinade and let sit for at least 15 min up to overnight in the fridge. Heat a grill pan or large skillet over med-high heat with 1 tbsp of the oil until shimmering. Take the steak from the bag and pour off the marinade then add the steak to the pan and cook, turning once, until browned on both sides and cooked to med rare about 8-12 min. Transfer the steak to a cutting board to rest and wipe out any burned bits from the pan, then reserve. Meanwhile, cook the ramen noodles. drain and set aside. In the reserved skillet warm the remaining thsp of oil over med-high heat and add the mushrooms, then stir and cook for 3-4 min until they begin to soften. Add the broccoli with 1/2 cup of the master sauce and cook for about more 3-4 min Mix the cornstarch in the remaining master sauce and add to the broccoli and mushrooms, cooking until the sauce thickens and the broccoli turns bright green. Remove from the heat and add the ramen noodles, tossing to coat. Slice the hanger steak into thin slices against the grain and add to the noodles and veg. Garnish with the green onion and cilantro and serve.

# **MAY 2023**

14 Mother's Day 22 Victoria Day

SUN	MON	TUE	WED	THU	FRI	SAT
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## Teriyaki Tofu and Broccoli Stir Fry

14 oz block firm tofu

3 tbsp canola oil, divided

1 medium white onion, sliced thinly

2 broccoli crowns, chopped

1 cup of beans, thawed

1 cup sesame terivaki stir fry sauce

4 cups cooked rice

1/4 cup chopped green onion

1/4 cup water. Sesame seeds



Start with draining the tofu: Place a folded paper towel on a plate under the tofu, then place another folded paper towel on top of the tofu. Place another plate on top of the tofu and weigh it down with a bowl filled with something heavy to express the liquid from the tofu. Let sit for 10 min, replacing the paper towels midway through draining. Slice the tofu into bite size pieces and set aside.

Heat a wok or non-stick skillet over high heat. Add 2 tbsp of canola oil to the wok. When the oil ripples, add the tofu. In batches, cook the tofu undisturbed for 3-4 min until it's crisp and golden underneath then carefully turn with tongs or chopsticks to brown the other side. Transfer the cooked tofu to a plate lined with paper towels.

Heat the remaining oil in the wok and add the onion. Stir fry for 2-3 min then add the broccoli and carefully pour in 1/4 cup water, watching so it doesn't splatter. Stir fry until the broccoli is crisp tender, 2-3 min. Pour in the terivaki sauce, add the beans and tofu to the wok, and stir fry, cooking for 3-4 more min. Top with scallions and sesame seeds and serve over rice

# **JUNE 2023**

#### 18 Father's Day

21 Indigenous Peoples Day (NT, YT) 24 St. Jean Baptiste Day (QC)

SUN	MON	TUE	WED	THU	FRI	SAT
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#### **Greek Chickpea Salad**

15 oz can garbanzo beans, rinsed and drained

1 English cucumber, halved and sliced into coins

2 cups halved cherry tomatoes 3/4 cup pitted kalamata olives, drained and halved

1/4 cup slivered red onion

6 oz feta cheese, crumbled 1/4 cup chopped fresh dil

1/3 cup extra virgin olive oil

2 tbsp red wine vinegar

1 tsp dried oregano 1 tsp kosher salt

1 tsp ground black pepper

1/2 tsp sugar, optional



In a large bowl, add the drained chickpeas, cucumber, tomatoes, kalamata olives, red onion, half of the feta cheese and the dill. Drizzle with the olive oil and vinegar then season with the kosher salt, freshly ground black pepper and sugar. Toss gently and add the rest of the feta cheese. Adjust seasoning and serve or refrigerate overnight.

# **JULY 2023**

1 Canada Day

SUN	MON	TUE	WED	THU	FRI	SAT
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#### **Baked Chicken Parmesan**

- 3 boneless skinless chicken breasts 1 cup seasoned Italian bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp salt, 1/2 tsp black pepper
- 1/4 tsp ground paprika
- 1/3 cup mayonnaise 2 cups marinara sauce
- 2 cups shredded mozzarella



Preheat the oven to 400°F. In a large shallow bowl or on a large plate, combine the breadcrumbs, Parmesan cheese, garlic powder, salt, pepper, and paprika. Set aside.

Use a thin, sharp knife to slice each chicken breast in half lengthwise to create two thin fillets. Place the chicken breasts between two pieces of plastic wrap on a cutting board, and gently pound to about 3/8-inch with a meat tenderizer.

Brush both sides of the chicken fillets with mayonnaise to evenly coat. Dredge each of the chicken fillets in the breadcrumb mixture and place on a baking sheet sprayed with cooking spray. Bake for 17-20 min or until cooked through and the outsides are golden and crispy.

Top each cutlet with a dollop of marinara and shredded cheese and return to the oven. Cook until the cheese is melted, about 2 min.

Serve with spaghetti, angel hair, or fettuccine noodles.

# **AUGUST 2023**

**7** Civic Holiday

SUN	MON	TUE	WED	THU	FRI	SAT
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20	21	22	23	24	<b>25</b>	26
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#### **Baked Salmon with Creme Fraiche**

6 - 6 oz salmon filets

1/8 tsp kosher salt

1/8 tsp freshly ground black pepper

1 lemon, sliced

1/2 cup white wine

8 oz creme fraiche or mix 3 parts sour cream and 1 part plain yogurt.

2 tbsp minced shallot

2 tbsp fresh dill



Preheat the oven to 425°F.
Season the salmon with the salt and pepper. Place the salmon, skin side down, in a baking dish or on a high-rimmed baking sheet. Top the salmon with the lemon slices and add the wine to the dish or baking sheet.

Bake until the salmon is cooked through, about 12-15 min.

In a medium bowl, mix the creme fraiche, minced shallot, and dill. Spoon over each of the salmon filets and serve.

I hope you are enjoying this handy calendar.

If you would like to receive a

2024 calendar next year,

please call or email me.

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on the business card attached above.

#### **Just Like Taco Bell Tacos**

1 lb 85% lean ground beef

1/2 white onion, diced

2 cloves garlic, pressed or minced

2 tsp chili powder, 1 tsp garlic salt

2 tsp cumin, 1 tsp salt, 1 tsp pepper

2 cups tomato juice

1/4 cup yellow cornmeal

12 taco shells

2 cups cheddar cheese, shredded



Add the ground beef to a large skillet over med-high heat and cook until browned, about 10 min, breaking into small pieces as it browns.

Add the onion and garlic and sauté until the beef is well browned and the onion is translucent.

Add the cumin, chili powder, garlic salt, kosher salt, and black pepper and cook for another 1-2 min, stirring often.

Stir in the tomato juice and cornmeal and simmer for 10-15 min or until the juice has cooked down and the cornmeal softens, stirring occasionally. Add more tomato juice or water if the mixture clumps.

Place the taco shells on a sheet pan or in a baking dish and spoon about 1/3 cup taco meat into each shell and sprinkle with cheddar cheese. Broil in a toaster oven or oven until the cheese melts.

Garnish the tacos with fixings and serve.

# SEPTEMBER 2023

4 Labour Day
30 National Day for Truth and Reconciliation

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
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<b>17</b>	18	19	20	21	22	23
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## Sesame Shrimp w/ Asian Greens Rice Bowl

- 1/2 cup ponzu sauce
- 1 tbsp grated ginger
- 2 tbsp sesame oil, 1 tbsp vegetable oil
- 3 cloves garlic minced or pressed
- 1/4 tsp red chile flakes
- 1 lb large shrimp shelled and deveined with tails removed
- 5 cups rainbow swiss chard chopped with hearty stems removed
- 6 green onions chopped
- 2 cups fresh spinach leaves
- 1 cup shelled edamame
- 4 cups cooked brown rice
- 1 tbsp sesame seeds



In a medium size bowl, whisk the ponzu sauce, grated ginger, sesame oil, garlic and red chile flakes. Add the shrimp to the sauce and toss to coat. Set aside the shrimp to marinade for 30 min in the refrigerator.

In a large pan or a wok, bring the heat to high and add the oil to the pan. Add half of the shrimp and cook for 2-3 min until cooked on one side then stir the shrimp quickly with a wooden spoon or tongs for another minute until the shrimp is browned on each side. Transfer the shrimp to a bowl and add a hit more oil of needed then add the rest of the shrimp, repeating the cooking process, and transfer to the howl when cooked. Pour the remaining marinade in the pan and bring to a boil then scrape up the bits from the bottom of the pan. Add the green onions and cook for 1 min. Add the swiss chard, spinach and edamame and cook, tossing often like stir fry for

shrimp back to the greens and stir to combine. Garnish with more green onions and sesame seeds.
Divide the brown rice to serving bowls and top with the shrimp and greens.
Serve immediately.

1-2 min or until slightly wilted. Add the

# **OCTOBER 2023**

9 Thanksgiving 31 Halloween

SUN	MON	TUE	WED	THU	FRI	SAT
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8	9	10	11	12	13	14
<b>15</b>	16	<b>17</b>	18	19	20	21
22	23	24	25	26	<b>27</b>	28
29	30	<b>31</b>				



## **Broccoli Cheese and Potato Soup**

- 1 tbsp butter
- 1 medium yellow onion, chopped
- 3 large white potatoes, cubed
- 4 cups chicken broth
- 1/2 tsp kosher salt
- 6 cups broccoli florets
- 3 cups whole milk
- 3 cups shredded cheddar cheese
- 2 tbsp flour
- 1 tsp freshly ground black pepper



Melt the butter in a large dutch oven over medium heat. Add the onion and cook for 4-5 min, until softened, stirring occasionally.

Add the cubed potatoes, chicken broth and the salt and bring to a boil, then reduce the heat to a rolling simmer and cook the potatoes for about 8 min or until soft and easily pierced with a fork. Whiz the potatoes and broth with an immersion blender to the consistency you desire, or mash with a potato masher.

Add the broccoli florets and the milk and bring to a boil, then reduce to a simmer, cooking for 5-7 min or until the broccoli is al denté.

Toss the cheese with the flour and add to the soup 1 cup at a time, stirring until melted before adding the next batch of cheese. Season with black pepper and more salt to taste.

# **NOVEMBER 2023**

11 Remembrance Day

SUN	MON	TUE	WED	THU	FRI	SAT
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## **Easy Chicken Piccata**

1 lemon

1 1/2 lb boneless, skinless chicken breasts 1 tsp salt, 1 tsp ground black pepper

1/3 cup all-purpose flour

3 tbsp butter, divided

2 tbsp canola oil

1 cup chicken broth or white wine,

2 tbsp capers, drained and rinsed



Slice the lemon in half, juice one half, then cut the other half into 1/8" slices and set aside

Trim any excess fat from the chicken breasts and slice in half lengthwise to make two thin cutlets. Season both sides of the chicken breasts evenly with the kosher salt and freshly ground black pepper then dredge each breast in the flour, shaking off any excess.

Heat 2 tbsp butter with the canola oil in a large skillet over medium-high heat. Add 4 pieces of the chicken and cook for 2-3 min per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken

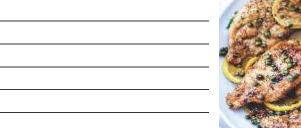
Reduce the heat to medium and add the chicken broth or wine (or 1/2 cup of both) the lemon juice, sliced lemons, and the capers, scraping up the browned bits on the pan and cook for 2-3 min.

Stir in the remaining 1 tbsp of butter until melted. Taste for seasoning and spoon the sauce over the chicken breasts. Serve with mashed potatoes or cauliflower, polenta, or noodles.

# **DECEMBER 2023**

25 Christmas Day 26 Boxing Day (ON)

SUN	MON	TUE	WED	THU	FRI	SAT
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# IMPORTANT PHONE NUMBERS

Police • Fire • Ambulance: Call 911

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## KITCHEN CONVERSIONS

Cup	Milliliters	Fluid Ounces	Table- spoons	Tea- spoons
1/16 cup	15 ml	1/2 oz	1 tbsp	3 tsp
1/8 cup	30 ml	1 oz	2 tbsp	6 tsp
1/4 cup	59 ml	2 oz	4 tbsp	12 tsp
1/3 cup	79 ml	2 2/3 oz	5 1/3 tbsp	16 tsp
1/2 cup	118 ml	4 oz	8 tbsp	24 tsp
2/3 cup	158 ml	5 1/3 oz	10 2/3 tbsp	32 tsp
3/4 cup	177 ml	6 oz	12 tbsp	36 tsp
1 cup	237 ml	8 oz	16 tbsp	48 tsp



