



Canadian Living THE **ULTIMATE** COOKBOOK

RECIPES FROM THE CANADIAN LIVING TEST KITCHEN



450+ RECIPES | 100+ PHOTOS

Canadian Living
THE ULTIMATE
COOKBOOK

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Canadian Living

THE **ULTIMATE** COOKBOOK

RECIPES FROM THE CANADIAN LIVING TEST KITCHEN

FROM OUR TEST KITCHEN



EVERYONE NEEDS THAT ONE GREAT REFERENCE COOKBOOK. It starts out stiff and crisp, smelling of fresh paper and ink. After a couple of years, you can easily pick out the most well-loved pages, which are dog-eared and stained with Worcestershire sauce or vanilla. After many more years, you'll find scribbles in the margins and discover that the book falls open almost automatically to certain places. It remains a cherished part of your collection because of what it represents: years of happy (or sometimes sad) moments, special occasions, lazy afternoons, rushed weeknights, first-ever attempts, joyful family traditions and, ultimately, a lifetime of food-focused memories. It's our honour to have created just such a book for Canadian cooks.

The Canadian Living Test Kitchen has been cooking right alongside Canadian families for 40 years now. Whether you've been with us since the magazine's first issue or have discovered our recipes more recently, you know Canadian Living is the most trusted recipe source in the country. We're proud to have earned that place in Canada's culinary heritage through our meticulous hard work—and a tremendous amount of trial and error.

Over the years, our recipe developers have created and fine-tuned every recipe until it's qualified to carry the Tested-Till-Perfect seal. It's a process we take very seriously. It means lugging countless bags from the grocery store and tracking down out-of-season items so that you can cook them in season when our long-in-progress magazines and cookbooks make their way to you. It means measuring and weighing every ingredient, timing every step with precision and occasionally setting off smoke alarms or barbecuing in our parkas and snow boots. Our copy team has edited each step to make sure it's clear and concise. We've ensured ingredients are readily available, equipment is common and methods are approachable. We've talked, tested and tasted our way through every single recipe we've ever published under the Canadian Living name.

To create this book, we dug into our hefty archives, choosing only the most essential and relevant recipes. We revised, updated and retested them along the way to ensure they remain as trustworthy as ever and, in some cases, so that they correspond with current-day package sizes and weights. We also developed many new recipes, each time aiming for the absolute best iteration—those winning dishes that just need to be in your repertoire—because we know you'll turn to them again and again, just like we do. What we've ended up with is the ultimate collection of Canadian Living's tried-and-true recipes. To us, these recipes reflect the cultural mosaic of our country and the past, present and future of our national cuisine.

This book is dedicated to you, dear Canadians. May we be in your kitchens, at your sides, making delicious memories for another 40 years.

Eat well and enjoy,

ANNABELLE WAUGH
FOOD DIRECTOR

“These recipes reflect the cultural mosaic of our country and the past, present and future of our national cuisine.”

ANNABELLE WAUGH FOOD DIRECTOR



Our Tested-Till-Perfect guarantee means we've tested every recipe, using the same grocery store ingredients and household appliances as you do, until we're sure you'll get perfect results at home.

**CRUNCHY-TOPPED
MACARONI AND CHEESE**
page 253



Look for these helpful symbols throughout the book



30 MINUTES OR LESS

In a hurry? These dishes are ready in half an hour or less



CANADIAN CLASSIC

These classic recipes are Canadian must-haves



VEGETARIAN

Need a meatless option? These dishes are vegetarian-friendly

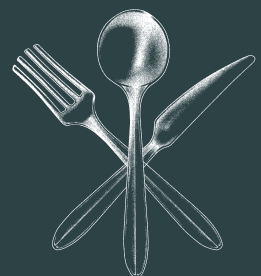


COMPLETE MEAL

These balanced meals contain protein, starch and vegetables

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PEAS AND PROSCIUTTO CROSTINI
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ULTIMATE APPETIZERS, DIPS & SPREADS

1

“The appetizer has always been my favourite part of a meal. Not only do you have the hopeful anticipation of a great dinner ahead, but—for some reason—things always taste better when served in small amounts.”

ANNABELLE WAUGH FOOD DIRECTOR



WILD MUSHROOM PÂTÉ

Making this rich, creamy spread ahead of time allows the wonderful flavours of the mushrooms to develop. Use any combination of exotic mushrooms you can find; in a pinch, opt for all cremini. Serve at room temperature with crackers or toast points.

HANDS-ON TIME

30 minutes

TOTAL TIME

45 minutes

MAKES

2½ cups

INGREDIENTS

2 tbsp unsalted butter
 675 g mixed exotic mushrooms (such as shiitake, oyster or chanterelle), chopped
 4 green onions, thinly sliced (light and dark green parts separated)
 5 sprigs fresh thyme
 3 tbsp brandy
 2 tsp lemon juice
 ¼ tsp each salt and pepper
 1 pkg (250 g) cream cheese, softened (see tip, below)
 2 tbsp chopped fresh parsley

DIRECTIONS

In large nonstick skillet, melt butter over medium heat; cook mushrooms, light green parts of green onions and thyme, stirring occasionally, until mushrooms are tender and just beginning to brown, and no liquid remains, 12 to 15 minutes.

Add brandy; cook, stirring, until no liquid remains, about 2 minutes. Stir in lemon juice, salt and pepper; let cool completely. Discard thyme.

In food processor, pulse cream cheese until smooth. Add mushroom mixture; pulse, scraping down side of bowl often, until combined. Scrape into bowl; stir in dark green parts of green onions and parsley. Serve at room temperature. *(Make-ahead: Cover and refrigerate for up to 2 days. Bring to room temperature before serving.)*

NUTRITIONAL INFORMATION, PER 1 TBSP: about 32 cal, 1 g pro, 3 g total fat (2 g sat. fat), 1 g carb, trace fibre, 8 mg chol, 36 mg sodium, 90 mg potassium. % RDI: 1% calcium, 1% iron, 3% vit A, 2% vit C, 2% folate.



TIP FROM THE TEST KITCHEN

To soften cream cheese, let it stand on the counter at room temperature for about 1½ hours. If you're in a rush, microwave it on medium-low, 10 seconds at a time, until soft.



SPINACH AND CHEESE DIP

HANDS-ON TIME 20 minutes

TOTAL TIME 50 minutes

MAKES about 2 cups

INGREDIENTS

6 cups packed baby spinach (about 200 g)
1 cup shredded Swiss cheese
3 tbsp grated Parmesan cheese
125 g cream cheese (half 250 g pkg), softened
½ cup mayonnaise
½ cup sour cream
1 clove garlic, chopped
¼ tsp each salt and pepper

DIRECTIONS

In saucepan of boiling lightly salted water, cook spinach until wilted, about 1 minute. Drain; let cool slightly. Using back of spoon, press out and discard excess liquid; chop spinach.

Combine Swiss with Parmesan; set aside.

In food processor, pulse spinach, cream cheese, mayonnaise, sour cream, garlic, salt and pepper, scraping down side of bowl often, until smooth.

Stir in all but 3 tbsp of the Swiss mixture. Scrape into 2-cup (500 mL) ovenproof dish; sprinkle with remaining Swiss mixture. *(Make-ahead: Cover and refrigerate for up to 24 hours. Add 10 minutes to baking time.)*

Bake on rimmed baking sheet in 350°F (180°C) oven until hot and bubbly, about 30 minutes. Broil until top is golden, about 1 minute. Let stand for 5 minutes before serving.

NUTRITIONAL INFORMATION, PER 1 TBSP: about 61 cal, 2 g pro, 6 g total fat (2 g sat. fat), 1 g carb, trace fibre, 10 mg chol, 86 mg sodium, 45 mg potassium. % RDI: 5% calcium, 2% iron, 9% vit A, 2% vit C, 5% folate.

VARIATION

KALE AND CHEESE DIP

Replace baby spinach with 6 cups packed baby kale (about 125 g).

EDAMAME WASABI SPREAD

HANDS-ON TIME 10 minutes

TOTAL TIME 10 minutes

MAKES 1½ cups

INGREDIENTS

2 cups frozen shelled edamame
2 tbsp lime juice
2 tbsp vegetable oil
2 cloves garlic
1½ tsp prepared wasabi (see tip, below)
1 tsp sesame oil
¼ tsp each salt and pepper

DIRECTIONS

In large pot of boiling water, cook edamame until slightly tender, about 3 minutes. Drain and rinse under cold water; drain well.

In food processor, purée together edamame, lime juice, vegetable oil, 1 tbsp water, garlic, wasabi, sesame oil, salt and pepper until smooth, about 2 minutes. *(Make-ahead: Refrigerate in airtight container for up to 3 days.)*

NUTRITIONAL INFORMATION, PER 1 TBSP: about 25 cal, 1 g pro, 2 g total fat (trace sat. fat), 1 g carb, 1 g fibre, 0 mg chol, 25 mg sodium, 48 mg potassium. % RDI: 1% calcium, 1% iron, 2% vit C, 15% folate.



TIP FROM THE TEST KITCHEN

Look for tubes of prepared wasabi in the Asian section or at the sushi counter of the supermarket.

CREAMY DILL DIP

HANDS-ON TIME 5 minutes

TOTAL TIME 5 minutes

MAKES 1½ cups

INGREDIENTS

¾ cup light mayonnaise
½ cup sour cream
¼ cup chopped fresh dill
1 tsp liquid honey
1 clove garlic, pressed
or grated

DIRECTIONS

Stir together mayonnaise, sour cream, dill, honey and garlic. *(Make-ahead: Cover and refrigerate for up to 5 days.)*

NUTRITIONAL INFORMATION, PER 2 TBSP: about 70 cal, 1 g pro, 6 g total fat (2 g sat. fat), 3 g carb, trace fibre, 10 mg chol, 108 mg sodium, 32 mg potassium. % RDI: 2% calcium, 2% vit A.

VARIATIONS

RANCH DIP

Omit dill and honey. Stir together mayonnaise, sour cream and garlic as directed. Stir in 2 tbsp each chopped fresh chives and parsley, 2 tbsp minced or grated onion, 1 tsp Dijon mustard, dash cayenne-based hot pepper sauce (such as Frank's RedHot) and pinch pepper.

BLUE CHEESE DIP

Omit dill and garlic. Stir together mayonnaise, sour cream and honey as directed. Stir in ½ cup crumbled blue cheese, 1 tsp white wine vinegar and pinch pepper.

SESAME ALMOND DIP

HANDS-ON TIME 10 minutes

TOTAL TIME 10 minutes

MAKES about 1¼ cups

INGREDIENTS

½ cup smooth almond butter
3 tbsp tahini
4 tsp lime juice
1 tbsp sodium-reduced soy sauce
1 piece (¾ inch/2 cm) fresh ginger,
peeled and sliced
1 tsp liquid honey
1 clove garlic
¼ tsp each salt and pepper
toasted sesame seeds (optional)

DIRECTIONS

In blender, purée together almond butter, ½ cup water, tahini, lime juice, soy sauce, ginger, honey, garlic, salt and pepper until smooth, adding up to 2 tbsp more water if needed to reach desired consistency.

Scrape into serving dish; sprinkle with sesame seeds (if using). *(Make-ahead: Cover and refrigerate for up to 24 hours. To serve, let stand at room temperature for 1 hour; whisk in more water, ½ tsp at a time, until mixture reaches desired consistency.)*

NUTRITIONAL INFORMATION, PER 1 TBSP: about 56 cal, 2 g pro, 5 g total fat (1 g sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 90 mg sodium, 63 mg potassium. % RDI: 2% calcium, 3% iron, 1% vit C, 3% folate.



TIP FROM THE TEST KITCHEN

The dip gets thicker the longer it stands; thin it with a bit of water before serving, if needed.

CHICKEN LIVER MOUSSE

Clarified butter seals the mousse to keep out air and extend its shelf life. The butter also adds another layer of luxurious flavour. Chilling the spread for at least 24 hours before serving lets the flavours meld for maximum deliciousness.

HANDS-ON TIME

25 minutes

TOTAL TIME

25½ hours

MAKES

about 1 cup

INGREDIENTS

225 g chicken livers
 ½ tsp each salt and pepper
 ½ cup unsalted butter
 ½ cup chopped shallots
 ½ cup thinly sliced peeled
 Granny Smith apple
 1 clove garlic, finely
 chopped
 1 tsp finely chopped fresh
 thyme
 3 tbsp sherry or brandy
 1 tsp finely chopped fresh
 chives

DIRECTIONS

Separate lobes of livers, removing and discarding any connective tissue and fat; sprinkle livers with ¼ tsp each of the salt and pepper. In skillet, melt 1 tbsp of the butter over medium heat; cook shallots, apple, garlic and thyme, stirring often, until softened, 5 minutes. Push to 1 side of pan.

Add 2 tsp of the remaining butter to pan; melt over medium-high heat. Cook livers, turning once, until just a hint of pink remains in centre of thickest part, about 3 minutes. Add sherry; cook for 30 seconds.

Scrape into food processor; purée until smooth. Let cool slightly. Cut ¼ cup of the remaining butter into pieces. With motor running, drop butter into liver mixture, 1 piece at a time, waiting until combined before adding next piece. Sprinkle in remaining salt and pepper; process until shiny, about 1 minute.

Press through fine-mesh sieve into bowl. Scrape into two 6-oz (175 mL) ramekins or dishes. Cover with plastic wrap; refrigerate until set, about 1 hour. Remove plastic wrap; sprinkle with chives.

In small saucepan, melt remaining butter; skim off froth. Pour over chives, leaving any milky sediment behind. Cover and refrigerate until mousse is set and flavours meld, about 24 hours. *(Make-ahead: Cover with plastic wrap and refrigerate for up to 4 days.)*

NUTRITIONAL INFORMATION, PER 1 TBSP: about 78 cal, 3 g pro, 6 g total fat (4 g sat. fat), 2 g carb, trace fibre, 77 mg chol, 84 mg sodium, 57 mg potassium. % RDI: 1% calcium, 9% iron, 76% vit A, 7% vit C, 34% folate.





COUNTRY PÂTÉ

Seasoning is key to a good pâté. This recipe may appear to contain a lot of salt, pepper and spices, but they mellow as the pâté cures. Serve with Dijon mustard, baguette slices and cornichons for an authentic French appetizer.

HANDS-ON TIME

35 minutes

TOTAL TIME

33 hours

MAKES

10 servings

INGREDIENTS

PORK AND VEAL MIXTURE:

- 1 tsp black peppercorns
(or ground black pepper)
- 10 allspice berries (or
1 tsp ground allspice)
- 3 whole cloves (or
pinch ground cloves)
- 450 g lean ground pork
- 225 g ground veal
- ½ cup unsalted pistachios
- ¼ cup finely chopped
shallots
- 3 tbsp cognac or brandy
- 1 tbsp cornstarch
- 2½ tsp coarse salt
- 2 tsp chopped fresh thyme
- 1 clove garlic, minced

CHICKEN MIXTURE:

- 225 g boneless skinless
chicken thighs,
halved lengthwise
- 170 g chicken livers,
trimmed and
chopped
- 1 tbsp cognac or brandy
- ½ tsp salt
- ¼ tsp pepper
- 450 g bacon
- 115 g piece Black Forest
ham, cut in thick
strips

DIRECTIONS

PORK AND VEAL MIXTURE: If using whole spices, in spice grinder or using mortar and pestle, finely grind together peppercorns, allspice berries and cloves. Pour ground spices into large bowl. Add pork, veal, pistachios, shallots, cognac, cornstarch, salt, thyme and garlic; stir to combine. Cover with plastic wrap; refrigerate for 3 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

CHICKEN MIXTURE: While pork mixture is chilling, in bowl, combine chicken thighs, chicken livers, cognac, salt and pepper. Cover with plastic wrap; refrigerate for 3 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

ASSEMBLY: Line terrine mould or 8- x 4-inch (1.5 L) loaf pan with bacon, leaving enough overhang to cover pâté completely.

Gently press one-third of the pork and veal mixture into mould. Arrange chicken thighs lengthwise in mould. Press half of the remaining pork and veal mixture over top. Arrange chicken livers in row down centre. Arrange ham strips down either side of livers. Gently press remaining pork and veal mixture over top, smoothing loaf. Fold bacon overhang over top to cover completely.

Place mould in centre of large double-thickness square of foil; bring sides up and over to cover mould, folding seam several times to seal. Place in roasting pan; pour enough warm water into pan to come halfway up sides of mould. Bake in 325°F (160°C) oven until instant-read thermometer inserted in centre reads 170°F (77°C), about 2½ hours.

Remove mould from water bath; unwrap and let cool for 30 minutes. Refrigerate until cold, about 3 hours. Wrap in plastic wrap and refrigerate for 24 hours. (*Make-ahead: Refrigerate for up to 4 days.*)

To serve, run knife around mould and invert pâté onto cutting board. Scrape away gelatin. (If crisp bacon is desired, brown loaf in skillet over medium heat until lightly browned, about 1 minute per side.) Slice with hot knife.

NUTRITIONAL INFORMATION, PER SERVING: about 421 cal, 28 g pro, 31 g total fat (15 g sat. fat), 5 g carb, 1 g fibre, 175 mg chol, 994 mg sodium, 498 mg potassium. % RDI: 2% calcium, 22% iron, 86% vit A, 10% vit C, 45% folate.

BAKED RHUBARB TOMATO CHUTNEY BRIE

Puff pastry is a great secret weapon to keep in the freezer for making easy appetizers. Here it only take a few minutes to wrap around Brie and a tangy rhubarb chutney, plus you can turn the leftovers into quick cheese straws (see tip, below).

HANDS-ON TIME

15 minutes

TOTAL TIME

1 hour

MAKES

4 to 6 servings

INGREDIENTS

- 1 round (4 inches/
10 cm) Brie or
Camembert cheese
- 1 sheet (half 450 g pkg)
frozen butter puff
pastry, thawed (see
tip, below)
- $\frac{1}{3}$ cup Rhubarb Tomato
Chutney (page 339)
- 1 egg, lightly beaten

DIRECTIONS

Cut Brie in half horizontally to make 2 equal rounds; set aside.

On lightly floured surface, roll out pastry to $\frac{1}{8}$ -inch (3 mm) thickness; cut into 10-inch (25 cm) round. Place 1 of the Brie rounds, cut side up, in centre. Spread chutney over Brie; top with remaining Brie round, cut side down. Fold pastry up over cheese, overlapping in centre and sealing with some of the egg; brush top with remaining egg. (*Make-ahead: Cover and refrigerate for up to 4 hours.*)

Place on rimmed baking sheet; bake in 400°F (200°C) oven until golden and puffed, 25 to 30 minutes. Let stand for 20 minutes. To serve, cut into wedges with serrated knife.

NUTRITIONAL INFORMATION, PER EACH OF 6 SERVINGS: about 280 cal, 9 g pro, 19 g total fat (7 g sat. fat), 19 g carb, 1 g fibre, 59 mg chol, 272 mg sodium. % RDI: 7% calcium, 8% iron, 7% vit A, 2% vit C, 16% folate.



TIP FROM THE TEST KITCHEN

Turn the leftover half-package of puff pastry into easy cheese straws! Roll out the pastry into a $\frac{1}{8}$ -inch (3 mm) thick rectangle. Brush it with a bit of Dijon mustard beaten with egg; sprinkle with some Parmesan cheese and a tiny bit of cayenne pepper. Cut the pastry lengthwise into $\frac{1}{2}$ -inch (1 cm) wide strips. Turn the ends of the strips in opposite directions to make twists. Bake them on a rimless baking sheet in a 425°F (220°C) oven until they're crisp, puffed and golden, about 14 minutes.

MARINATED ROASTED PEPPERS AND FETA

Serve these Mediterranean-inspired feta cubes and roasted peppers with sliced baguette or pita wedges to soak up the spicy, herb-infused oil. Crushing the fresh herbs before adding them to the oil mixture releases more of their pleasing aromas and flavours.

HANDS-ON TIME

15 minutes

TOTAL TIME

2¼ hours

MAKES

8 to 12 servings

INGREDIENTS

- ½ cup chopped drained jarred roasted red peppers
- ½ cup extra-virgin olive oil
- 4 sprigs each fresh oregano and thyme, crushed
- ¼ tsp hot pepper flakes
- 280 g feta cheese (see tip, right), cubed

DIRECTIONS

In shallow dish, stir together red peppers, oil, oregano, thyme and hot pepper flakes; stir in feta. Cover and refrigerate for 2 hours. *(Make-ahead: Refrigerate for up to 24 hours.)*

NUTRITIONAL INFORMATION, PER EACH OF 12 SERVINGS: about 145 cal, 4 g pro, 14 g total fat (5 g sat. fat), 2 g carb, trace fibre, 22 mg chol, 277 mg sodium, 31 mg potassium. % RDI: 11% calcium, 3% iron, 6% vit A, 17% vit C, 5% folate.



TIP FROM THE TEST KITCHEN

Feta cheese is brined to give it a salty flavour—rinse it you find it's too salty for your taste.

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KAREN KIRK p. 168 (A and B), 274 and 332.
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