

Canadian wintertime favorites

OLD TIME MEAT LOAF

INGREDIENTS
 1 lb. shoulder beef
 1/2 lb. stewing veal
 1/4 lb. shoulder pork
 2 eggs, beaten
 1 cup cracker crumbs or dry bread
 Salt and pepper to taste
 Sage or other seasonings

METHOD

Put beef, veal and pork through food chopper. Add beaten eggs, crumbs, salt, pepper, sage or other seasonings to taste. Mix and shape into a loaf. Bake in roast pan 1 hour at 375 degrees F.

SCONES

INGREDIENTS
 1/2 cup butter
 2 eggs beaten
 3 tsp. baking powder
 1/2 cup sugar
 5 cups flour
 1 cup sweet milk
METHOD
 Mix all ingredients together. Roll on floured bread board to 1" thick. Cut in triangle shapes. Place on greased baking sheet, leaving good space between each. Bake in 350 degrees F. for 20 minutes. Makes 12 scones.

BARBECUED PORK LOIN

INGREDIENTS
 4 lb. boneless pork loin roast
 Salt
 Pepper
 Barbecue Sauce
 2 tbs. oil or shortening
 1/2 cup (1 medium) chopped onion
 1 garlic clove, minced
 1/4 cup firmly-packed brown sugar
 1 tsp. salt
 1/2 tsp. thyme leaves
 1 cup ketchup
 1/2 cup water
 3 tbs. Worcestershire sauce
 3 tsp. mustard
 Dash hot pepper sauce
 1 lemon, thinly sliced
METHOD
 Sprinkle meat with salt and pepper. Run spit through centre of meat, making sure it is evenly balanced. Secure to rotisserie with heavy cord. Insert meat thermometer so tip is in centre of roast but not resting in fat or on rod. Grill over hot coals for 2 hours or until meat thermometer reaches 140 degrees F. In small skillet saute onion and garlic in oil until tender. Add remaining ingredients. Bring sauce to boil and simmer for 5 minutes. When meat reaches 140 degrees F. begin brushing with sauce every 20 minutes until roast reaches 170 degrees F. about 1 1/2 to 2 hours longer. 12 servings.

DATE LOAF CAKE

INGREDIENTS
 1 cup chopped dates
 1 tsp. baking soda
 Pour 1 cup boiling water over and let stand
MIX:
 1 cup brown sugar
 1 tsp. butter
 1 egg
 2 cups whole wheat flour
 1 tsp. baking powder
 1/2 tsp. vanilla
METHOD
 Combine with date mixture and stir well. Cook in loaf pan at 325 degrees until cooked.

1 medium onion, sliced
 1 clove garlic, crushed
 1 carrot, diced
 1/2 cup diced celery
 1 cup stewed or canned tomatoes
 1/2 tsp. salt
 Dash black pepper
 Small piece of bay leaf
 chopped fresh parsley

METHOD

Cover lentils with stock and simmer, covered, until almost tender, about 1/2 hour. Add remaining ingredients, reserving some parsley for garnish. Cover and simmer over rhubarb. Dot with butter. Place top pastry over filling. Bake 400 degrees for 50-60 minutes.

RHUBARB CUSTARD PIE

INGREDIENTS
 4 cups rhubarb, cut up
 1-3rd cup flour
 1 1/2 cups sugar
 1/4 tsp. nutmeg
 2 eggs, slightly beaten
 1 tbs. milk
 1 tbs. butter
METHOD
 Sift flour, sugar and nutmeg together. Add beaten eggs and milk. Mix well. Fill prepared crust with rhubarb. Pour custard mixture evenly over rhubarb. Dot with butter. Place top pastry over filling. Bake 400 degrees for 50-60 minutes.



LENTIL SOUP

INGREDIENTS
 1 cup lentils, washed
 4 cups vegetable stock or water

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