



with
Chef Julie Van Rosendaal

Twelve Recipes of Christmas





what's inside...

Pg. 16



Waffle Iron



Food Processor



Stand Mixer

4

10

18



24

Actifry



30

Fast Slow Cooker



34

Optifry



Pg. 38

Waffle Iron





Orange Buttermilk Waffles
with Cranberry Maple Syrup

This recipe can be doubled easily if you're feeding a large group; if you don't have a waffle iron yet, the batter also makes delicious pancakes. If you don't have buttermilk, use half regular milk, half plain yogurt.



Orange Buttermilk Waffles with Cranberry Maple Syrup

Waffles:

- 1 cup buttermilk
- 1 tsp. finely grated orange zest
- juice of an orange
- 1 large egg
- 2 Tbsp. canola oil
- 1 tsp. vanilla
- 1 cup all-purpose flour
- 1 Tbsp. sugar
- 1 Tbsp. cornstarch
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt

Syrup:

- 1/2 cup pure maple syrup
- 1/4 cup fresh or frozen cranberries

In a large bowl, whisk together the buttermilk, orange zest and juice; let sit for a few minutes. Whisk in the egg, canola oil and vanilla.

Add the flour, sugar, cornstarch, baking powder, baking soda, and salt. Add the buttermilk, oil, egg and vanilla and whisk just until combined.

To make the syrup, warm the maple syrup and cranberries in a small saucepan until the berries pop.

Preheat a waffle iron and brush with oil or spray with nonstick spray. Cook ladlefuls of batter according to the manufacturer's directions, and serve warm. (Waffles can be kept on a wire rack set on a baking sheet in a 250°F oven while you cook the rest - the rack will keep them from getting steamy and soggy on the bottom.)

Makes 6-8 waffles.

A waffle iron can cook more than just waffles – try cooking your French toast in one for a crispy edge and little divots to hold syrup, without the need for batter. Using eggnog adds sweetness and a festive flavour.

Waffled Eggnog French Toast

4 large eggs
1 ½ cups eggnog
1 tsp. vanilla
½-1 loaf crusty French bread





In a large bowl, whisk together the eggs, eggnog and vanilla. Pour into a pie plate or shallow dish and slice the bread into 1-inch thick slices.

Preheat your waffle iron and spray it with nonstick spray. Dip two pieces of bread into the egg mixture, letting them sit for a minute and turning to coat both sides. Place one or two (whatever your iron will accommodate) into the waffle iron and gently close the lid. Cook until the steam slows down, or until golden.

Repeat with remaining bread and egg mixture. (French toast can be kept on a wire rack set on a baking sheet in a 250°F oven while you cook the rest - the rack will keep them from getting steamy and soggy on the bottom.)

Serve warm, with maple syrup. Serves 6-8.

Food Processor





Cranberry–Mandarin Christmas Preserves

This festive preserve is easy to make – cranberries are high in pectin, so it thickens without effort – it's delicious on toast, or slice the rind off the top of a brie, spoon on some preserves and bake in a pie plate at 375°F for 10 minutes, or until oozy.

Cranberry-Mandarin Christmas Preserves

- 5-6 mandarin oranges
- 2 small lemons
- 4 cups sugar
- 2 cups fresh or frozen cranberries
- 1 cup raisins
- 1 tsp. cinnamon or 2 cinnamon sticks
- 1/4 tsp. ground allspice
- 1/2 cup chopped pecans





Grate the zest off the mandarin oranges and lemons into a large saucepan or small pot. Peel the fruit and break (or slice) the insides into chunks (quarters are fine) into the bowl of a food processor. Pulse a few times, just until chunky. Add to the saucepan with the zest.

Add the sugar, cranberries, raisins, cinnamon and allspice and bring to a boil. Reduce heat and simmer for 15-20 minutes, until the mixture thickens and becomes more uniform in colour and the cranberries pop. Remove from heat and set aside to cool. Remove the cinnamon sticks, if you used them, and stir in the pecans.

Store in jars in the fridge for up to a month, or freeze for up to 6 months.

Makes about 6 cups.

Homemade antipasto has always been a holiday staple around here – my grandma and great aunts used to make enormous batches for the Christmas bazaar, and my parents always served it at parties. It's easy to make, but requires plenty of chopping - doing the veggies in batches in the food processor speeds up the process significantly. Just be sure you don't overdo it – you want the veggies to retain a certain level of chunkiness.

Holiday Antipasto

- 1/2-1 cup olive or canola oil, or half of each
- 1 small head cauliflower, separated into small florets
- 1 large or 2 medium purple onions, peeled and chopped
- 2 – 375 mL cans or jars pitted, sliced black olives
- 2 – 375 mL cans or jars manzanilla olives, sliced
- 2 small red or yellow bell peppers, seeded and chopped
- 3 – 106 g cans cocktail shrimp, or 2 cups small frozen shrimp
- 3 cans tuna in water, drained
- 3 1/2 cups ketchup
- 1 cup white vinegar
- 2 – 10 oz. (284 mL) cans mushroom slices or pieces, drained



In a very large pot, combine the oil, cauliflower, onions and olives and bring it all to a boil over medium-high heat.

Cook, stirring often, for 5 minutes.

(This is how it's worded in the original book – it sounds as if the veg are boiling in oil, but really the ratio is so great that it's a lot of cauliflower, onions and olives sort of glistening in the oil – it's hard to tell if it's actually “boiling”, so just make sure it's cooking to the point where any juices you see are bubbling.)

Add the remaining ingredients and heat just until it boils. If you are using jars, pour the hot antipasto into hot, sterilized jars; seal and cool. Otherwise, remove the pot from the heat and let the antipasto cool, then transfer to containers to store in the fridge or freezer.

Makes about 12 cups (3 L).

A good cookie recipe is indispensable during the holidays; this classic chocolate chunk cookie dough spiked with orange is quickly blitzed up in a food processor, and can be baked like traditional cookies, or patted into a large cast iron skillet and baked as one giant cookie, served in wedges. For a change, use white chocolate chunks and add fresh or dry cranberries.

Santa's Skillet Chocolate Chip Cookie

1/2 cup butter, at room temperature
1/2 cup packed brown sugar
1/4 cup sugar
grated zest of an orange (optional)
1 large egg
1 tsp. vanilla extract
1 1/2 cups all-purpose flour, or half all-purpose, half whole wheat
1 tsp. baking soda
1/2 tsp. salt
1 - 1 1/2 cups chocolate chips
1/2 cup chopped pecans or walnuts (optional)



Preheat the oven to 350°F.

In the bowl of a food processor fitted with the blade attachment, pulse the butter and brown sugar, along with the orange zest(optional), until well blended. Add the egg and vanilla and process for a good minute, until the mixture is pale and creamy. Scrape down the sides of the bowl if you need to.

Add the flour, baking soda and salt and pulse until almost combined; add the chocolate chips (and pecans, if you're using them) and pulse just until the dough comes together.

Press the dough into 1 large or 2 smaller cast iron skillets (or bake some of the dough in a skillet and drop the rest by the spoonful onto a parchment-lined sheet); bake for 15-20 minutes, or until pale golden and just set. (If you're baking cookies, bake them for 12-14 minutes, until pale golden around the edges and just set.)

Makes 1 large or 2 smaller skillet cookies, or 1 1/2 dozen regular cookies.

Stand Mixer





Chelsea Rolls

A Chelsea bun is like a not-too-goosey cinnamon bun, having not been baked in a puddle of butter and sugar, with dough wrapped around currants and candied citron rather than the usual pecans or raisins.

Chelsea Rolls

Dough:

1 pkg. (2 1/4 tsp.)
active dry yeast
1/4 cup sugar
1/2 cup milk
1/4 cup butter
grated zest of an
orange (optional)
1 tsp. salt
2 large eggs
3 1/2-3/4 cups all-
purpose flour

Filling:

1/4 cup butter,
melted
1/2 cup packed
brown sugar
1/2 tsp. cinnamon
1/3 cup currants
1/3 cup candied
citron or chopped
dried apricots
1/3 cup dried
cranberries
3 Tbsp. honey or
maple syrup



Put 1/2 cup warm water in a large bowl (of a stand mixer, if you have one) sprinkle over a pinch of the sugar and the yeast; let stand for 5 minutes, or until foamy.

Meanwhile, in a small saucepan heat the milk, butter, orange zest and remaining



sugar until the butter melts. Set aside and cool slightly, then add to the yeast mixture along with half the flour and the eggs. Beat by hand or with the paddle attachment until well blended and gooey.

Attach the dough hook and add another 1 1/2 cups of flour and the salt, and mix/knead for 7-8 minutes, until you have a smooth, tacky dough that comes away from the sides of the bowl. Add a little extra flour if you need it, but don't add too much - it shouldn't be sticky, but should be tacky. Cover with a tea towel and let rest for 1 1/2-2 hours, until doubled in bulk.

On a lightly floured surface, roll the dough out into a 14x18-inch rectangle. Brush with almost all the butter (leave a bit for brushing on top) and sprinkle with brown sugar and cinnamon, scatter with currants, candied citron

and dried cranberries; drizzle with honey or maple syrup.

Starting on a long edge, roll up jelly-roll style. Using a sharp serrated knife, cut the roll crosswise in half, then cut each piece in half, making quarters. Then cut each quarter into three pieces, so you have 12. Butter a muffin tin or spray it with nonstick spray, or put a square of parchment in each.

Place one roll in each muffin cup, cover the pan with a tea towel and let rise for another hour. (Alternatively, put them into the fridge to slow the rise overnight.)

When you're ready to bake, preheat the oven to 375°F. Brush the tops of the buns with the rest of the melted butter and bake for 25-30 minutes, until golden. Remove from the pan while they're still warm.

Makes 1 dozen buns.

**These Spanish
caramel
sandwiches
are made of
shortbread cookies
spread with
dulce de leche
or homemade
caramel; perfect
for the holidays.**

Alfajores

**1 1/2 cups butter, at room
temperature
1 cup sugar
1 tsp. vanilla
3 1/2 cups all-purpose flour
1/4 tsp. salt**



dulce de leche or homemade caramel, for filling

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and sugar for 3-4 minutes, until pale and light. Beat in the vanilla.

Add the flour and salt and beat just until the dough comes together; gather it into a ball, divide it in half, shape each piece into a disk and wrap in plastic or waxed paper. Refrigerate for half an hour or so.

When ready to bake, preheat the oven to 350F. On a lightly floured

surface, roll each piece of dough out 1/4-inch thick and cut into 1-1 1/2 inch rounds with a cookie cutter. Place on a parchment lined baking sheet and prick each once or twice with a fork.

Bake for 15 minutes, or until pale golden. Transfer to a wire rack to cool.

Once completely cooled, spread half the cookies with dulce de leche or caramel and top with a second cookie.

Makes about 2 dozen sandwich cookies.

Actifry





Spiced Nuts

Spiced nuts are great to have on hand for parties and gift-giving; these are delicious on salads too. You can bake them in the oven, or if you have an Actifry, try cooking them in it – keeping them moving as they cook will toast them evenly without allowing them to burn. The recipe doubles easily for a larger batch.

Spiced Nuts

2 Tbsp. canola or olive oil or melted butter

1 garlic clove, peeled

2 cups unsalted mixed nuts, such as pecans, walnuts, cashews and almonds

2 tsp. flaky sea salt (or to taste)

1 tsp. chili powder

1/2 tsp. ground cumin

1/4 tsp. ground ginger

1/4 tsp. cinnamon



Preheat oven to 325°F.

Pour the oil into a small ramekin and add the garlic; swish it around and set aside for a few minutes, then remove the garlic clove.

In a medium bowl, toss the nuts with the garlicky oil and spices until well coated.

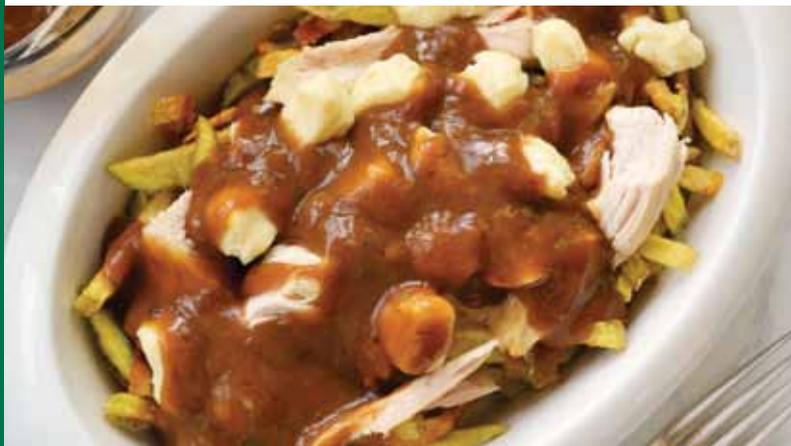
Spread the nuts out in a single layer on a rimmed baking sheet and bake for 20-25 minutes, shaking the pan occasionally, until fragrant and golden. Alternatively, cook in the Actifry until golden and fragrant. Set aside to cool completely.

Makes about 2 cups.

This combination is so delicious, there's no need to wait for turkey dinner leftovers to make it. Use your pan drippings to make gravy from scratch, or a packet of authentic poutine gravy from Montreal. If you have leftover stuffing, drop it in chunks over the fries along with the turkey and cheese curds.

Turkey Dinner Poutine

4 large russet or Yukon gold potatoes, scrubbed
canola oil, for cooking
salt
1 cup chopped leftover roast turkey
1 cup cheese curds
½ cup gravy



Cut the potatoes into equally-sized sticks. If you have an Actifry, cook the potatoes in oil according to the manufacturers' directions. Otherwise, toss in oil to coat and roast at 450°F, stirring once or twice, for 20 minutes, or until golden and crisp. Sprinkle with salt.

If you have a shallow, oven-proof dish, warm it in the oven to keep your poutine warm. Top fries with roast turkey and cheese curds, and pour gravy ovetop.

Serves 4.

Fast Slow Cooker





Braised Bison Short Ribs

Braised bison or beef short ribs make for a simple, festive alternative to the traditional turkey or ham, and are perfect for a cozy New Year's Eve gathering. The long, slow cooking time (cut to a fraction in a pressure cooker) breaks down tough connective tissues, making them meltingly tender. Serve with mashed potatoes or cheesy polenta to catch the flavourful drips.

Braised Bison Short Ribs

**canola oil, for cooking
2 lb. bison or beef short ribs
(about 6)
salt & pepper
1 small onion, chopped
1 carrot, chopped
1 celery stalk, chopped
4 garlic cloves, crushed
1 cup red wine
2 Tbsp. balsamic vinegar
beef or chicken stock (or more
wine)**

Heat a drizzle of oil in a heavy skillet or oven-proof pot set over medium-high heat. Season the ribs with salt and pepper and brown on all sides; set aside, or transfer to a pressure cooker or slow cooker. Add the onion, carrot and celery to the pan and cook for a few minutes, until they start to soften and loosen any browned bits from the bottom of the pan. Add the garlic and cook for another minute.

If you're going to braise the ribs in the pot, return them to the pot with the vegetables. Otherwise transfer the veggies to the pressure cooker or slow cooker. Pour the wine and balsamic overtop, and

add enough stock to come about halfway up the sides of the ribs.

If you're cooking them in the pot, cover and cook at 300F for 3 hours. In the pressure cooker, bring it up to temperature according to the manufacturers' directions and cook for about 45 minutes; cool and release the lid. In a slow cooker, cover and set on low for 8 hours.

Strain the veggies out of the sauce or puree them right in the pot with a hand-held immersion blender; bring to a simmer on the stovetop and cook until slightly reduced, if it needs it.

Serves 6.

Optigrill





Grilled Sweet Potatoes
with Orange Maple Butter

Sweet potatoes can be boiled in advance and then kept in the fridge in their skins until you're ready for them – a quick turn on the grill and they're ready in under 5 minutes. A bit of finely chopped rosemary would do well in the butter, too.

Grilled Sweet Potatoes with Orange Maple Butter

3-4 small-medium dark fleshed sweet potatoes
olive or canola oil, for brushing
¼ cup butter
¼ cup pure maple syrup
finely grated zest of half an orange (a teaspoon or so)





Put the potatoes whole into a large saucepan or small pot, cover with water and bring to a simmer. Cook for 20-30 minutes, until just tender when poked with a knife. Pull them out of the water and set aside until they're not steaming hot. Meanwhile, heat the butter, maple syrup and orange zest in a small saucepan until melted and smooth.

Cut them, with their skins on, into thick slices or lengthwise into quarters. Brush with oil and cook on a preheated grill, turning with tongs, for a few minutes, or until char-marked (and heated through if you cooked them ahead). Arrange the grilled potatoes on a platter and drizzle with maple butter.

Serves 6-8.

These tasty nibbles make a delicious hors d'oeuvre, or serve them dribbled with hollandaise sauce for a special brunch. You can prep them in advance and keep them in the fridge, then quickly grill them on the Optigrill when you're ready to serve.

Grilled Asparagus with Queso Fresco & Prosciutto

- 1 bunch thick asparagus**
- 1 pkg. queso fresco (I used Alberta-made Fresk-O white fresh semi-firm cheese)**
- 1 pkg. thinly sliced prosciutto**





Balsamic reduction or hollandaise,
for serving (optional)

Preheat the grill to medium-high.

Snap the tough ends of the asparagus
off where they naturally break. Cut the
Queso Fresco into 1/4-1/3" thick slices
and place one piece up against each
asparagus stalk; wrap a single (or half)
slice of prosciutto around it to hold it on.

Grill for 3-4 minutes, turning as
necessary, until the asparagus is charred,
the prosciutto is crisp on the edges and
shrinks tighter around the cheese and
asparagus, and the cheese is oozing a
bit out each end. Serve immediately.

Serves 8-10.

Meet the Chef: **Julie Van Rosendaal**



With 6 cookbooks under her belt, including *Spilling the Beans* and *Alice Eats: a Wonderland Cookbook*, Julie has mastered the art of entertaining with food. She is the food editor of *Parents Canada* magazine, a regular on *Calgary Eyeopener* on CBC Radio One and has 3 seasons of *It's Just Food* (co-hosted by Ned Bell). She also shares her cooking experiences from her family's home kitchen in Calgary on her popular food blog, DinnerWithJulie.com and on Twitter @DinnerWithJulie.

We hope you enjoy these holiday recipes that harnesses Julie's skill in the kitchen and creative use of appliances to reinvent classic recipes, infusing them with festive and unique flavor combinations.

These appliances and many more available at

**LONDON
DRUGS**