

2ND EDITION

COOKIN' FOR COWFOLK

A COMPILATION OF
BRANDING RECIPES
FROM CARA'S 2018
LADIES CALVING
CLINIC

Chinook Applied Research
Association

Chinook Applied Research Association

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CARA is a producer-directed society dedicated to improving the sustainability and profitability of agriculture in the Special Areas, MD of Acadia, Starland County and MD of Provost. Our program of applied research, demonstration and extension projects provides a link in the transfer of technology between research and the producer. Producers, industry, government and others can access reliable data on crop, livestock and soils that is relevant to the area and its soil and climatic conditions.

The current program contains the evaluation of many cereal, oilseed and pulse crops; annual and perennial forages; agronomic practices of annual and perennial crops; pasture and grazing management, as well as methods of conserving and reclaiming our fragile soils and the environment in general. CARA conducts a large number of extension activities throughout the year to deliver information to local producers, including formal projects reports, newsletters, tours, field days, seminars, workshops, website, Facebook and Twitter. Producers also have the option to address problem areas by consulting with members of the CARA staff.

The Chinook Applied Research Association partners with many individuals and organizations to carry out the program each year. Basic operational funding is received from Alberta Agriculture, the Special Areas Board and the MD of Acadia. Many of the projects are cooperative ventures with ARECA partners, the Ag Service Boards, Alberta Agriculture, Agriculture Canada, local Agricultural Societies and other producer groups in the province. Project support comes from a number of sources, including commodity commissions, Ducks Unlimited, agri-businesses and various provincial and federal programs. Our site cooperators, all producers within the area, are instrumental in maintaining our applied research and demonstration program.

Become a CARA Member!

ARE YOU A CURRENT MEMBER OF CARA? A membership ensures you are on the mailing list to receive all reports, monthly newsletters, and admission discounts at CARA workshops/seminars. To become a member or renew a membership, simply complete the form below and send along with the appropriate fee.



Name: _____

Address: _____

_____ Postal Code _____

Phone: _____

Fax: _____

Email: _____

Enclosed is: ___\$20.00 1 year membership (2018)

___ \$80.00 5 year membership

Would you like to receive the annual report on a computer memory stick ___ Yes

___ No, send me a paper copy

Would you like a receipt? ___ Yes ___ No

Please add me to CARA's email contact lists

___ Crop

___ Forage/Livestock

___ Conservation/Environment

Make cheque payable to: CARA

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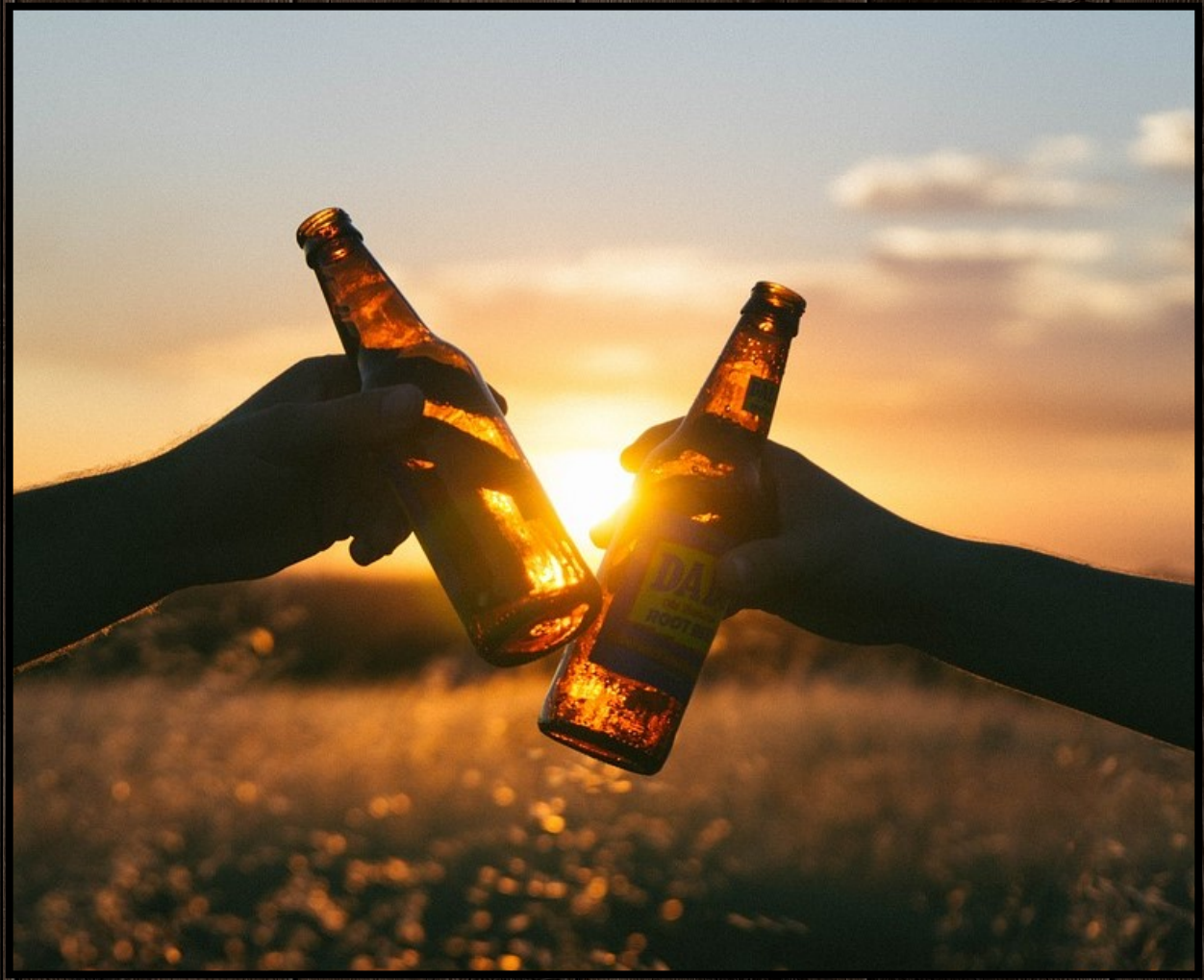
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DRINKS



COOKIN' FOR COWFOLK

Anniversary Punch

Ingredients:

2—48 oz cans orange juice

48 oz can pineapple juice

64 oz cranberry cocktail

4—32 oz bottles of 7-up

1/2 bag of ice

Instructions:

Combine all ingredients and serve. The juices can be mixed ahead of time, and add the 7 up and ice just before serving if desired.

Some times we add lemon juice, grenadine, fresh strawberries, pineapple chunks, mandarin oranges, or vodka.

Serves 20.

COOKIN' FOR COWFOLK

Easy Sparkling Blueberry Lemonade

Easy and delicious sparkling blueberry lemonade. The perfect cool down summer drink!

Ingredients

2/3 cup white sugar

2/3 cup water

1 and 1/2 cups fresh blueberries

1 teaspoon lemon zest

4–5 freshly squeezed lemon juice

2 cups ice cubes

3 cups sparkling water or club soda

Instructions

Combine the sugar, water, blueberries, and lemon zest in a saucepan.

Bring to a boil over medium heat and then simmer for 5-10 minutes or until the sugar is melted and blueberries are starting to burst.

Remove from the heat and pass through a fine sieve. Let this blueberry syrup completely cool.

Meanwhile, juice the lemons to get 1 cup lemon juice.

In a large pitcher, add the blueberry syrup, lemon juice, and ice. Stir together.

Stir in the sparkling water or club soda RIGHT before enjoying (don't add sparkling water/club soda to anything you plan on having leftover)

Enjoy immediately.

Recipe Notes

If you don't plan on drinking this all in 1 day, keep the juice (blueberry syrup + lemon juice) separate from the sparkling water. Add the two together as you want a cup of lemonade

COOKIN' FOR COWFOLK

Mormon Punch

Elly Brouwer

Ingredients

3 cups water	1 48 oz pineapple juice
2 cups sugar	1 small frozen orange juice
1 small frozen lemonade	4-6 bananas (blender pureed)
Pop (bubble-up or 7-up)	

Instructions

- 1) Bring water & sugar to a boil & boil for 1 minute then let cool.
- 2) Add the rest of the ingredients to the cooled sugar syrup.
- 3) Makes between 3-4 qts of concentrate
- 4) Freezes excellently– Mix 1/3 part concentrate to 2/3 part pop such as bubble-up or 7-up (Never ginger ale)

COOKIN' FOR COWFOLK

Raspberry Peach Lemonade

This peach raspberry lemonade will have you dreaming of a warm summer breeze! Fresh, bright, and deliciously sweet, it's the perfect summer drink!

Ingredients:

Raspberry Peach Purée:

4 fresh peaches, pitted, then diced 1 cup fresh raspberries
1 1/4 cups water

Simple Syrup:

1/2 cup granulated sugar 1/2 cup water

Lemonade:

7 cups cold water 1 1/4 cups fresh lemon juice
ice cubes

additional raspberries, peach slices &/or mint sprigs, for garnish optional

Instructions:

Add diced peaches, raspberries and water to a food processor or blender and process until pureed.

Place a sieve over a large mixing bowl and pour peach raspberry puree into the sieve. Use the back of a large spoon to push the puree around so the liquid falls through the sieve and seeds/skin stay inside the sieve.

Discard seeds/skin from the sieve and set mixing bowl with liquid in it aside.

Add granulated sugar and 1/2 cup water to a small saucepan and heat over MED heat until sugar dissolves into the water, stirring occasionally. Boil about 3 minutes until liquid has become syrupy. Set aside to cool slightly.

Add 7 cups water, lemon juice and ice cubes to a large pitcher. Stir to combine. Pour in cooled simple syrup and peach raspberry liquid. Stir to combine again.

Store covered in refrigerator until ready to serve. Serve chilled with garnishes, if desired

BREADS



COOKIN' FOR COWFOLK

2 Hour Buns

Corinne Butt

Ingredients

8 cups flour

3 cups warm water

2 tbsp. instant yeast

6 tbsp. oil

2 eggs

1 tsp salt

1/2 cup of sugar

Instructions

Mix 4 cups of flour with yeast. In a separate bowl dissolve sugar and salt with water and oil. Add eggs and water mixture to flour; beat. Add remaining flour and knead 5 minutes. Turn into greased bowl, cover with tea towel and let rise for 15 minutes. Punch and let rise for 15 minutes. Make in to buns and allow to double.

Bake for 15-20 minutes on 375 F, remove from pans

COOKIN' FOR COWFOLK

Baked Biscuits

These flaky biscuits make the perfect accompaniment to soup or stew.

Ingredients:

1 3/4 cup (425 mL) all-purpose flour	1 Tbsp (15 mL) baking powder
1 Tbsp (15 mL) granulated sugar	Dash salt
1/4 cup (50 mL) unsalted margarine	2/3 cup (150 mL) lentil puree*
2/3 cup (150 mL) 1% milk	

Instructions:

Preheat oven to 425°F (220°C).

In a medium sized bowl, combine flour, baking powder, sugar, and salt.

Cut margarine into mixture and add lentil puree (still cutting) until it resembles coarse oatmeal.

Add milk and fold into flour mixture until ingredients are just incorporated.

Turn out dough onto a lightly floured surface and pat down to 1 1/2 – 2 inches (4–5 cm) thick. Cut out biscuits with a 2-inch (5 cm) cookie cutter. Dust cookie cutter with flour to help prevent dough from sticking.

Place biscuits on baking sheet at least 1-inch (2.5 cm) apart.

Bake for 14-16 minutes, or until golden. Serve immediately.

PREP TIME: 15 minutes

COOK TIME: 16 minutes

SERVES: 15 biscuits

COOKIN' FOR COWFOLK

Carmel Apple Dumplings

Ingredients

Sauce:

2 Tbsp of butter or margarine 1 1/2 cup packed brown sugar
1 1/2 cup water

Dumplings:

1 1/4 cup flour 1/2 cup sugar
2 tsp baking powder 1/2 tsp salt
1/2 cup milk 2 tbsp. butter or margarine softened
2 tsp vanilla extract 2 cups of grated apple (peeled)

Instructions

In a skillet heat the three ingredients to make the sauce. Bring to a boil and then reduce heat to simmer.

Mean while mix together all the dumpling ingredients. Making sure the margarine is mixed in well.

Drop by spoonfuls into the simmering sauce/

Cover tightly and simmer for 20 minutes

Do not lift the lid

Serve warm with ice cream.

Make 6-8 servings.

COOKIN' FOR COWFOLK

Easy Yeast Rolls

Siera Berg

Ingredients

1 cup warm water	1 pkg active dry yeast (2 1/4 tsp)
1/4 cup sugar	1 tsp salt
3 tbsp. softened butter	1 egg, beaten
3 1/2-4 cups flour	

Instructions

Put water and yeast in large mixing bowl and add sugar, salt, butter and egg. Beat with dough hook until well blended. Add 3 1/2 to 4 cups flour and mix until soft dough forms (should not be sticky). Put out onto floured board and knead a few times until smooth. Place in greased bowl, cover with plastic wrap and let rise in warm place approximately for 45 minutes. Punch down and turn out onto floured board. Shaped into 12 rolls and place in greased 13x9 inch backing pan. Let rise again about 30 minutes. Bake 350 for 20 minutes. Brush tops of rolls with butter.

COOKIN' FOR COWFOLK

No-Knead Whole Wheat Rosemary Bread

This No-Knead Whole Wheat Rosemary Bread is the perfect recipe for beginners. (Novice bread makers: Don't let bread making intimidate you!) Enjoy a hearty and healthy loaf of bread with just a few steps and a simple list of ingredients.

Ingredients:

2 cups whole wheat flour

1 cup all-purpose flour

1 teaspoon salt

½ teaspoon active dry yeast

1½ cups warm water

2 sprigs fresh rosemary, minced

Instructions:

In a large bowl, stir together the flours, salt, yeast, and rosemary. Using a wooden spoon, stir

Cover and let rise for 8-24 hours.

Preheat a dutch oven with the lid on in the oven at 450°

Flour a piece of parchment paper, roll the dough out onto it, and shape to where the dough will fit into your dutch oven.

Place parchment paper and shaped dough in the heated dutch oven, cover with the lid and bake for 30 minutes. Remove the lid, and cook for an additional 8-15 minutes, until golden brown.

PREP 15M | RISE 8 HR | BAKE 45M | ENJOY IN 9 HRS

GREENS



COOKIN' FOR COWFOLK

Apple Feta Spinach Salad

Ingredients:

3 – 4 cups baby spinach, rinsed

1 handful dried cranberries

1/2 cup feta cheese, crumbled

1 Gala apple, diced

3 tbsp chopped almonds

honey-apple cider dressing ingredients:

1/4 cup olive oil

1/4 cup apple cider vinegar

1/4 cup honey

2 tsp mustard (Dijon or whole-grain)

Instructions:

To make the honey-apple cider dressing, whisk all ingredients together in a small jar until combined. Adjust seasoning with salt and pepper, if necessary.

Toss all ingredients together in a large bowl or directly in serving plates. Drizzle with the dressing and serve immediately. Enjoy!

COOKIN' FOR COWFOLK

Black Bean Taco Salad

Ingredients

for the salad:

3 cups chopped Romaine lettuce
1 15 oz can sweet corn rinsed & drained
3 mini sweet red and orange peppers chopped
1 15 oz can Black Beans rinsed & drained
1/2 medium red onion chopped

for the dressing:

1/2 cup sour cream
3/4 tsp ground cumin
1/4 cup salsa

Instructions

Place lettuce, black beans, sweet corn, peppers and onion in a large mixing bowl. Toss gently together.

In a mini blender, combine sour cream, salsa and cumin. Blend until smooth. Pour dressing over salad. Toss gently to coat.

Serve immediately or refrigerate for 2 hours before serving.

COOKIN' FOR COWFOLK

Thai Slaw with Peanut Dressing

Ingredients

Salad

6 cups shredded cabbage
1/2 cup sliced green onions
1 red bell pepper, diced into matchsticks
1 cup matchstick carrots , chopped
1/3 cup chopped cilantro

Dressing

1/3 cup natural creamy peanut butter
1 1/2 Tbsp rice vinegar
2 Tbsp honey
1 1/2 tsp sesame oil
2 tsp peeled and finely minced ginger
2 Tbsp fresh lime juice
1 1/2 Tbsp soy sauce
1 1/2 Tbsp packed brown sugar
1 tsp sriracha
1 large clove garlic , finely minced

Instructions

Add all salad ingredients to a a medium salad bowl and toss. In a mixing bowl whisk together all dressing ingredients until well combined (if preferred you can season with a little salt). Pour dressing over salad and toss to coat. Sprinkle with sesame seeds if desired and serve immediately (note that you can make the salad and dressing portion ahead of time, just refrigerate both separately and add dressing when ready to serve. Also, don't add the dressing to the full portion if you don't plan to eat it all right away, just add to individual servings).

COOKIN' FOR COWFOLK

Creamy Cucumber Salad

A cool and creamy cucumber and dill salad that is perfect for hot summer days!

ingredients

2 large cucumbers, sliced	1/4 cup red onion, sliced
2 tablespoons dill, chopped	salt and pepper to taste
1 lemon, juice and zest	1 clove garlic, grated (optional)
1/4 cup greek yogurt (or sour cream or mayo or combination)	

Instructions

Mix everything and enjoy!

Option: Let the salad chill in the fridge for 30 minutes to let the flavours mingle.

Option: Add a teaspoon or so of sugar or honey for a hint of sweetness!.

SOUP FOR SIPPIN'



COOKIN' FOR COWFOLK

Hamburger Soup

Nicole Dykstra

Ingredients

2 tbsp. oil	1.5 lbs ground beef
1 medium onion (chopped)	1 bag coleslaw
3 stalks celery (chopped)	1 large can tomato juice
1 can of stewed tomatoes	1 can of beef broth
1 tsp garlic powder	1 tsp salt
1 tsp pepper	

Instructions

Heat oil in a large skillet. Add ground beef and chopped onion. Cook until beef is brown and crumbled. Add to a crockpot and then add all remaining ingredients. If you feel there needs to be more liquid to the soup add a cup of water,

Cook on high for 4 hours or low for 6-8 hours. Sit occasionally. Enjoy!

COOKIN' FOR COWFOLK

Lentil-Barley Meatball Soup

A hearty soup that's a meal in a bowl!

Ingredients:

1 1/2 cups soup mix	3 cups water
2 tsp canola oil	1 cup onion, finely chopped
4 garlic cloves, finely minced	3/4 cup celery, finely chopped
2 cups carrots, chopped	1 cup rutabaga, chopped
1 lb ground turkey or beef	2 Tbsp slow cooking oats or barley flakes
1/2 tsp freshly grated pepper	1 tsp sage,
6 cups chicken broth, sodium-reduced	1/3 cup tomato paste
1 1/2 tsp honey	1 tsp vinegar
1/4 tsp red pepper flakes	Greek yogurt
dill garnish, fresh or dried	

Instructions:

In a large soup pot, place soup mix and water. Bring to a boil for 2-3 minutes, turn off heat, cover and let stand for 30-60 minutes.

In a separate pan, heat canola oil and sauté 1/2 cup (125 mL) of the onion for a few minutes, then add half of the garlic, celery, carrots and rutabaga. Cook for 10 minutes.

Add vegetables to soup mix. Simmer on low heat for 20 minutes or until vegetables are tender.

Mix together ground turkey, oats, pepper and remaining chopped onion and garlic and 1/2 tsp (2 mL) of the sage. Spray a non-stick pan with oil. Scoop 1/2 tsp (2 mL) ground turkey and form into mini-meatballs. Fry until cooked through approximately 3-5 minutes. This makes about 95 mini-meatballs.

To the soup-vegetable mix, add cooked turkey meatballs, chicken stock, tomato paste, honey, vinegar, red pepper flakes, pepper and remaining sage. Bring back to a boil and simmer for an additional 20 minutes. Adjust seasonings and thickness if necessary and simmer for several more minutes.

Garnish each bowl with 1-2 tsp (5 – 10 mL) Greek yogurt and fresh dill.

PREP TIME: 1 hour

COOK TIME: 1 hour

SERVES: 10

COOKIN' FOR COWFOLK

Maple Parsnip Soup

Ingredients:

1 Tbsp canola oil	1 lb parsnips, trimmed and cut into 1/2" slices
1 large onion, chopped	2 cloves garlic, minced
6 cups no salt added chicken broth	3/4 cup 1% milk
1/3 cup pure maple syrup	2 Tbsp Dijon mustard
1/4 tsp iodized salt	Drizzle of pure maple syrup (optional)
1/2 cup croutons	

Instructions:

Heat oil in a large saucepan over medium heat; add parsnips, onion and garlic. Cook stirring frequently, for 5 minutes.

Add broth; bring to a boil, cover, reduce heat and simmer until parsnips are tender, about 20 minutes.

Remove from heat; using a hand held immersion blender, puree the soup or transfer to a blender or food processor and puree in smaller batches, then return soup to saucepan.

In a small bowl, whisk together the milk, maple syrup and mustard until thoroughly blended. Add mixture to the soup, whisking to combine. Add salt and gently reheat soup.

Spoon soup into serving bowls. If desired, garnish with a drizzle of maple syrup and/or croutons.

COOKIN' FOR COWFOLK

Minestrone Soup

Nichole Foot

This has become my go to when I get the call @ 10 a.m. to “feed a few guys lunch”! It’s quick, easy, & hearty! You can adapt it to suit what ingredients you have in your fridge & keep a few cans of kidney beans in your pantry just to be prepared! And don’t count this soup out because there’s no meat- men will gobble it up!

Ingredients

2 tbsp olive oil	1 large onion, diced
4 cloves garlic, minced	2 stalks celery, diced
1 large carrot, diced	1/3 pound green beans, cut into 1/2” pieces
1 tsp dried oregano	1 tsp dried basil
Kosher salt & ground pepper	1 28-ounce can no-salt-added diced tomatoes
1 14-ounce can crushed tomatoes	6 cups low-sodium chicken broth
1 cup elbow pasta	1/3 cup finely grated parmesan cheese
2 tbsp chopped fresh basil	1 15-ounce can kidney beans, drained & rinsed

Instructions

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the green beans, dried oregano and basil, 3/4 teaspoon salt, and pepper to taste; cook 3 more minutes.

Add the diced and crushed tomatoes and the chicken broth to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Season with salt. Ladle into bowls and top with the parmesan and chopped basil.

COOKIN' FOR COWFOLK

Willa's Tomato Chowder

Kim Cole

Ingredients

4 cups chopped tomatoes	1 cup chopped onion
2 cup diced potato	1 cup chopped celery
2 tsp salt & pepper	1/4 tsp oregano leaves
1/4 tsp dill weed	2 tsp parsley
2 1/2 cup boiling water	

Cheese Sauce:

1/4 cup butter	1/2 cup flour
1/2 tsp of dry mustard	1 tbsp. worcestshire sauce
Dash of salt and pepper	2 cups milk
1 1/2 cup sharp cheddar	

Instructions

Bring water to boil, add vegetables and let simmer until vegetables are tender. Freeze at this point or add cheese sauce to serve immediately.

Make cheese sauce. When thick and add 1/4 of tomato soup to sauce (gradually) then return all to soup. Serve with biscuits or buns.

MAIN DISHES



COOKIN' FOR COWFOLK

Hashbrown Pizza

Ingredients

1 kg thawed hashbrowns	10 oz can of cheddar cheese soup
1 egg	1 tsp salt
1/2 tsp pepper	1 lb ground beef
2 tbsp chopped onion	2 tbsp. flour
10 oz can of tomato soup	2 tsp sugar
1/2 tsp salt	1/8 tsp pepper
1/4 tsp garlic powder	2 cups of grated cheese

Instructions

1. In a large bowl, mix hashbrowns, cheddar cheese soup, egg, salt and pepper. Spread on a greased 12 inch pizza pan. Pack well, covering the entire pan evenly. Bake at 350F for 20-25 minutes.
2. Brown the ground beef (until the pink is gone) and onions. Sprinkle flour on the beef and stir. Add remaining ingredients except cheese. Stir until it thickens. Spoon the meat mixture onto the baked hashbrowns. Sprinkle the cheese on top, and return to the oven at 450 F for 5 minutes until the cheese is melted. Cut and serve.

COOKIN' FOR COWFOLK

Shredded Beef

Corinne Butt

Ingredients

4 lb chuck or blade roast

1 cup ketchup

1 cup BBQ sauce

4 cup chopped celery

1 cup water

1 cup chopped onion

2 tbsp. vinegar

2 tbsp. brown sugar

2 tbsp. Worcestershire sauce

1 tsp chilli powder

1 tsp garlic powder

1 tsp salt

Instructions

Place all the ingredients in slow cooker on low for 10-12 hours OR Place all of the ingredients in roasting pan and cover and cook on 300F for 5 hours.

Shred with fork and serve with buns.

COOKIN' FOR COWFOLK

Swiss Steak

Shelaine Woods

Ingredients

2 steaks (any kind)	1 chopped onion
4 stalks chopped celery	2 cups of water
1 can tomato's (19 oz)	1 can tomato soup
1/2 cup ketchup	3 tbsp. sugar
1 tsp salt	1/2 tsp pepper
2 tsp soy sauce	1 tbsp. cornstarch

Instructions

1. Brown steaks in dutch oven. Add chopped onion and stalks of chopped celery and water. Steam for 30 minutes.
2. Add remaining ingredients except the corn starch and steam for 1 hour. Mix cornstarch to thicken sauce if necessary.

Serve with rice or potatoes.

COOKIN' FOR COWFOLK

Chicken in Wine

Ingredients

3 lb cut up chicken pieces	1/2 cup seasoned flour
2 tbsp. oil	2 cups sliced fresh mushrooms
1 tbsp. butter	1-10 oz can mushroom soup
1/2 cup chicken broth	1/2 cup orange juice
1/2 cup dry white wine	1 tbsp. brown sugar
1/2 tsp salt	4 carrots, sliced

Instructions

Wash and pat dry chicken pieces. Put flour in plastic bag and shake chicken in it. In frying pan, heat oil and brown chicken. Remove chicken to large casserole. Cook mushrooms in butter and add to casserole. Combine remaining ingredients; pour over chicken and mushrooms and bake at 350F for 1 hour. Serve over rice with a fresh green salad.

COOKIN' FOR COWFOLK

Chicken and Broccoli Alfredo

Ingredients

10 oz uncooked fettucine noodles
2 tbsp. butter or margarine
1 box 500ml cream of mushroom
1/4 tsp ground black pepper

3 cups of broccoli florets
4 boneless chicken breasts, cubed
1/4 cup grated parmesan cheese

Instructions

- 1) Cook- the fettucine adding the broccoli in the last 4 minutes of the cooking time. Drain and set aside.
- 2) Heat- butter in large skillet over medium. Heat, cook the chicken until brown, stirring often.
- 3) Add- cooking sauce cheese, pepper and fettucine mixture and heat through and stir often.

COOKIN' FOR COWFOLK

One-Dish Chicken & Stuffing Bake

Elaine & Siera Berg

Ingredients

6 skinless, boneless chicken breast halves	Paprika
1 can Campbell's condensed cream of mushroom	1/3 cup milk
1 tbsp. chopped fresh parsley (1 tsp dried flakes)	
4 cups Pepperidge farm herb seasoned stuffing	

Instructions

Heat the oven at 400 degrees F. Prepare stuffing according to the package directions.

Spoon the stuffing across the center of a 3-quart shallow baking dish. Place the chicken on either side of the stuffing. Sprinkle the chicken with the paprika.

Stir the soup, mix and parsley in a small bowl. Pour the soup mixture over the chicken. Cover the baking dish.

Bake for 30 minutes or until the chicken is cooked through.

Kitchen tip: 4 cups of any variety of pepperidge farm stuffing will work for this recipe.

Prep time: 15 minutes

Bake time: 30 minutes

COOKIN' FOR COWFOLK

Ranch-Style Chicken

Liz Westerlund

Ingredients

6 whole chicken breasts (cut in half)	1/2 cup of honey
1/2 cup of Dijon mustard	juice of one lemon
1 tsp paprika	1/2 tsp salt
Crushed red pepper flakes	1 lb bacon (fried till chewy)
2 cups grated cheese	

Instructions

1. In a large bowl, combine honey, Dijon mustard, lemon juice, paprika, salt and red pepper flakes.
2. Add chicken and marinate in fridge 2-4 hours
3. When ready to cook, grill over med-high heat 3-4 minutes per side (brush with a little bacon grease before placing on grill)
4. With a couple of minutes of grilling time left lay 2 pieces of bacon on each breast.
5. Top with some cheese and allow to melt on the grill

*Serve with twice baked potato and green salad or put in a bun to serve on the go

*Can freeze the marinated meat for easy prepped meal.

COOKIN' FOR COWFOLK

Beans & Bacon

Ingredients:

2 cups (500 mL) Beans, soaked overnight

1 large Spanish onion, chopped

1/2 lb (227 g) sliced bacon

1/2 tsp (2 mL) salt

6 cups (1.5 L) water

3 sprigs of fresh parsley

7.5 fl oz (213 mL) can tomato sauce

1/4 tsp (1 mL) ground black pepper

Directions

Drain beans and discard soaking water.

In a large saucepan, combine beans, water, onion, parsley and bacon. Bring to a boil over medium heat. Reduce heat, cover and simmer 1 hour and 15 minutes, or until beans are tender-firm.

Drain beans and onion. Discard parsley and remove bacon. Dice bacon and brown in a small skillet over medium heat. Add tomato sauce, salt and pepper to beans, return to low heat, cover and simmer 10 minutes. Add bacon and simmer 5 minutes longer.

Serve hot with pumpernickel bread.

PREP TIME: 15 minutes

COOK TIME: 1 hour 30 minutes

SERVES: 6

COOKIN' FOR COWFOLK

Dilled Minute Pork

Caroline Kitt

Ingredients

1 tbsp. vegetable oil	3 tbsp. fresh chopped parsley
4 pork chops	2 tbsp. flour
2 dill pickles chopped	1 tsp salt/ seasoning salt
1 carrot, shredded	1/2 cup whipping cream

Instructions

- 1) Heat oil in pan and brown pork chops. About 5 minutes per side. Remove chops and keep warm. Add 1 cup water to pan, cooking at medium heat, scrapping the bottom of the pan.
- 2) Toss together the chopped pickles, carrots, parsley, flour and salt. Add to pan, stir and cook over medium heat for about 4 minutes until most of the liquid is absorbed. Reduce heat and stir in the whipping cream.
- 3) Return chops to pan and spoon sauce over chops.
- 4) Cover and simmer on low, 8 to 10 minutes to blend flavors.

COOKIN' FOR COWFOLK

Sweet & Sour Sausages

Ingredients

2 lbs pork sausage (breakfast sausage works too!) 14 oz sliced peaches with juice
3/4 cup white sugar 1 tsp curry powder
1 tbsp. onion flakes 1 cup chili sauce
1/2 cup ketchup

Instructions

- 1) Brown sausages in frying pan, cut into bite size pieces. Place in 1 1/2 quart dish. Add remaining ingredients, stir together.
- 2) Bake uncovered at 350 degrees F for 30 to 35 minutes. Stir and mix, continue to bake for another 15 to 20 minutes until sausages are well done.
- 3) Serve with rice and veggies.

COOKIN' FOR COWFOLK

Dorito Chicken Casserole

Ingredients

3 cups cooked & chopped chicken	1 large can cream of mushroom soup
1 can crushed tomatoes	1 onion chopped
2 cups shredded cheese	1 bag of nacho cheese Doritos

Instructions

- 1) Mix the Chicken, can of cream of mushroom soup, crushed tomatoes and onions together in a bowl
- 2) In a 9x13 baking dish pour about 3/4 bag of nacho cheese Doritos.
- 3) Squish them down with the palm of your hands.
- 4) Pour chicken mixture on top
- 5) Sprinkle with shredded cheese and bake at 350 F for 45 minutes

COOKIN' FOR COWFOLK

Heartland Chicken Casserole

Elaine & Siera Berg

Ingredients

10 slices white bread, cubed	1 1/2 cups cracker crumbs
4 cups cubed cooked chicken	1 cup chicken broth
1 cup chopped onion	1 cup chopped celery
1 can sliced mushrooms, drained	1 jar pimientos, drained and diced
3 eggs, lightly beaten	salt & black pepper
1 tbsp. butter	

Instructions

- 1) Preheat oven to 350 F
- 2) Combine bread cubes and 1 cup cracker crumbs in large bowl. Add chicken, broth, onion, celery, mushrooms, pimientos and eggs; mix well. Season with salt and pepper; spoon into 2 1/2 quart casserole.
- 3) Melt butter in small saucepan over low heat. Add remaining 1/2 cup cracker crumbs; cook and stir until light brown. Sprinkle crumbs over casserole.
- 4) Bake 1 hour or until bubbly.

COOKIN' FOR COWFOLK

Perogy Casserole

Ingredients

1 pkg frozen perogies

1 can cream of chicken soup

2 cups shredded cheddar cheese
sliced

3-4 slightly cured sausages (smokies)

Instructions

Place frozen perogies in a casserole pan. Mix soup, cheese and sliced sausages, pour over perogies. Bake in the oven for 350 F for 1—1 1/4 hours.

COOKIN' FOR COWFOLK

Potato Pizza Casserole

Ingredients

4 cups sliced, raw potatoes
2 lbs ground beef
1 can cheddar cheese soup
1/2 can of canned milk

1 15oz can of tomato sauce
6oz grated mozzarella cheese
1/2 tsp oregano
salt & pepper to taste

Instructions

- 1) Sauté ground beef and season. Pour off the excess fat.
- 2) Slice the potatoes into 9x13 Pyrex pan. Spread ground beef over potatoes.
- 3) Mix soup, canned milk and oregano together and pour over potatoes and beef.
- 4) Spoon the tomato sauce on top and sprinkle the cheese over to complete.
- 5) Cover with foil for most of the baking time, then remove the foil shortly before its done. Bake at 350F for 45 minutes or until done.

Note: Maye be cooked in the microwave on medium high. Cover with plastic wrap instead of foil.

COOKIN' FOR COWFOLK

Spaghetti Squash Casserole

Ingredients

1 tbsp. vegetable oil	1 small chopped onion
2 cloves garlic, chopped	1 tsp dried basil
2 plum tomatoes, chopped	1 cup (8oz) 1% cottage cheese
1/2 cup shredded mozzarella cheese	1/4 cup chopped parsley
1/4 tsp salt	1/4 cup (1oz) grated parmesan cheese
3 tbsp. seasoned dry bread crumbs	
1 spaghetti squash, halved lengthwise & seeds removed	

Instructions

Preheat oven to 400 F

Coat a 13x9 baking dish and a baking sheet with non-stick spray. Place the squash, cut side down, on the sheet. Bake for 30 minutes, or until tender when pierced with a sharp knife. With a fork, scrape the squash strands into a large bowl.

Meanwhile, warm the oil in a medium skillet set over medium heat. Add the onion, garlic and basil. Cook for 4 to 5 minutes, or until the onion is soft. Add the tomatoes. Cook for 3 to 4 minutes, or until the mixture is dry.

To the bowl with the squash

COOKIN' FOR COWFOLK

Black Bean Burgers

These healthy black bean burgers will satisfy your craving for a big juicy hamburger — without the meat.

Ingredients:

1 can(540 mL) black beans, drained & rinsed	1 cup (250 mL) cooked brown rice
1 small onion, chopped	2 green onions, finely chopped
1/2 tsp (2 mL) Tabasco sauce (optional)	1 egg
1/4 cup (60 mL) bread crumbs	4 whole wheat hamburger buns

Condiments:

6 Tbsp (90 mL) salsa (divided)	4 Romaine lettuce leaves
1/4 cup (60 mL) low-fat plain yogurt	1 avocado, sliced (optional)

Instructions:

In a large bowl, coarsely mash beans with a potato masher or fork.

Add rice, onions, Tabasco sauce if desired, egg, bread crumbs and 2 Tbsp (30 mL) of salsa. Mix well.

Divide mixture into 4 and form into patties that are about 1-inch (2.5 cm) thick.

Preheat oven to 350°F (180°C).

Meanwhile, cook patties over medium heat in a non-stick pan for 4-5 minutes each side or until lightly browned. Transfer to an oven proof pan and cook in preheated oven for 10 minutes.

In a small bowl, combine remaining salsa with the yogurt. Serve with lettuce and avocado (if desired) as a condiment to your burger.

PREP TIME: 20 minutes

COOK TIME: 20 minutes

SERVES: 4 people

COOKIN' FOR COWFOLK

Lentil Burritos

A great vegetarian lunch!

Ingredients:

1 1/2 cups split red lentils	3 cups water
2 tsp canola oil	1 medium onion, diced
1 cup green pepper, diced	2 large garlic cloves, minced
1 1/2 tsp chili powder	1/2 tsp ground cumin
1 cup water	6 Tbsp tomato paste
8 whole grain tortillas	1/2 cup fat-free sour cream
1/2 cup salsa	1/2 cup cheddar cheese, shredded

Instructions:

1. Rinse and drain lentils. In saucepan, bring lentils to a boil, cover and simmer 20 minutes. Slightly undercook. Drain if necessary.
2. In sauté pan, sauté onion, green pepper and garlic in canola oil, but do not brown. Add chili powder, cumin, cooked lentils, water and tomato paste. Stir 2 minutes until it starts to thicken. Cover and cook another 5 minutes.
3. Lay tortilla flat and place 1/2 cup (125 mL) of lentil mix down in centre and roll up. Top each burrito with 1 Tbsp (15 mL) of sour cream, salsa and cheese.

Serves: 8

COOKIN' FOR COWFOLK

Oven Baked Vegetables

Gloria Nelson

Ingredients

1 small turnip	1 small sweet potato
5 carrots	2 parsnips
1 small onion	1 tsp brown sugar
1/4 cup water	1 tbsp. butter

Instructions

Peel and cut into 1 inch chunks and slice up onions. Place all in roaster that has been covered with butter in side).

Sprinkle brown sugar, salt & pepper on top and 1/4 cup of water/ Dot with more butter.

Roast for 1 hour at 350F. Pairs good with ham.

COOKIN' FOR COWFOLK

Crockpot Cheesy Hashbrowns

Ingredients

2 cups sour cream
1/2 cup chopped onion
1/2 cup grated cheddar cheese
1 pkg sunset Gourmet's cheesy bacon cheddar dip mix
1 can cream of mushroom soup
1 bag (32oz) hash browns

Instructions

- 1) Mix together the pkg cheesy bacon cheddar dip mix and the sour cream. Add the cream of mushroom soup and the chopped onion. Gradually add the hash browns and cheese. Mix until well coated.
- 2) Grease the crockpot. Pour in the mixture. Cook on high for 1 1/2 hours then on low for 2 1/2 hours.

COOKIN' FOR COWFOLK

Potatoes Parmesan

Ingredients

2 tbsp. all purpose flour	1/3 cup grated parmesan cheese
1/2 tsp paprika	1/2 tsp salt
1/8 tsp pepper	2 lbs. potatoes, peeled & cut thick slices
4 tsp margarine (or butter), melted	

Instructions

- 1) Combine flour, parmesan cheese, paprika, salt & pepper in a plastics bag.
- 2) Blot potato slices dry. Dip in, or brush with, margarine. Put a few at a time into the bag. Shake to coat with flour mixture, Arrange potato slices in a single layer on a large greased baking sheet. Bake at 350 degrees F for about 30 minutes until tender.

Serves 4

SWEETS



COOKIN' FOR COWFOLK

Best Big, Fat, Chewy Chocolate Chip Cookie

Ingredients

2 cups all purpose flour	1/2 cup white sugar
1/2 tsp baking soda	1 tbsp. vanilla extract
1/2 tsp salt	1 egg
3/4 cup unsalted butter, melted	1 egg yolk
1 cup packed brown sugar	2 cups semisweet chocolate chips

Instructions

- 1) Preheat oven to 325degrees F(165 degrees c). Grease cookie sheets or line with parchment paper.
- 2) Sift together the flour, baking soda and salt; set aside.
- 3) In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in chocolate chips by hand using a wooden spoon. Drop cookie dough 1/4 cup at a time onto the prepared cookie sheets. Cookies should be about 3 inches apart.
- 4) Bake for 15 to 17 minutes in the preheated oven, or until the edges are lightly toasted. Cool on baking sheets for a few minutes before transferring to wire racks to cool completely.

COOKIN' FOR COWFOLK

Chocolate Chip Cookies

Elaine Berg, Provost, AB

Ingredients

1 cup margarine	2 1/2 cups white flour
3/4 cups brown sugar	1 tsp baking powder
1/2 cup white sugar	1 tsp salt
1 tsp vanilla	1 to 2 cups baking chocolate chips
2 eggs	

Instructions

Cream margarine, add sugar. Beat in eggs and vanilla. Stir in dry ingredients, add chocolate ships.

Drop by spoonfuls 2 inches apart onto cookie sheets. Bake at 375F for 10 to 12 minutes. Makes about 6 dozen.

COOKIN' FOR COWFOLK

Gingersnaps

Siera Berg

Ingredients

3/4 cup margarine	1 tsp cinnamon
1 cup white sugar	1 1/2 tsp ginger
1 egg	1/2 tsp clover
1/4 cup dark molasses	2 tsp baking powder
1 tsp vanilla	1/2 tsp baking soda
2 cup flour	

Instructions

Cream sugar with margarine. Add the egg, molasses and vanilla. Sift the dry ingredients together and add to creamed mixture. Mix thoroughly. Form into balls, dip in sugar. Place on oiled cookie sheet about 1 1/2 inches apart. Bake at 350F for 10 minutes. The tops of these cookies usually crack nicely as gingersnaps should.

Makes 3 dozen medium cookies. This recipe can be doubled.

COOKIN' FOR COWFOLK

Pumpkin Cookies

Kelli Hoff, Big Stone, AB

Ingredients

2 cups soft butter	2 cups white sugar
2 tsp baking powder	2 tsp baking soda
1 tsp salt	1 tsp cinnamon
1 tsp nutmeg	2 eggs
2 tsp vanilla	1 (15 oz) can pumpkin
4 cup flour	

Frosting:

1/2 cup butter	1/2 cup brown sugar
1/4 cup milk	1 tsp vanilla
3-4 cups icing sugar	ground cinnamon to sprinkle on top

Instructions

1. Preheat oven to 350. In a large bowl beat butter with a mixer on medium speed ~30 seconds. Add sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Beat until combined. Beat in the eggs & vanilla until combined. Beat in pumpkin and then flour.
2. Drop onto cookie sheet. Bake 10-12 minutes
3. For frosting in sauce pan melt butter and brown sugar. Remove from heat, stir in milk and vanilla. Beat in icing sugar until smooth. Spread on cookies sprinkle with cinnamon (optional).

* feeds a crowd and freezes well

COOKIN' FOR COWFOLK

Rolo Cookies

Ingredients

12 ounces Rolo's caramels

2 eggs

1 box Devils Food Cake Mix

1/3 cup oil

Instructions

1) Mix cake mix, oil and eggs.

2) Take a small ball of dough and form a ball around the rolo. (Only use enough dough to cover the rolo and spread through the cookie)

3) Place on greased cookie sheet and bake at 350 degree for 7 to 8 minutes. Yields about 3 dozen.

Sprinkle with powdered sugar, if desired.

COOKIN' FOR COWFOLK

Apple, Cheddar, Bacon Loaf

Mmm, bacon loaf. Slice this delectable treat and warm for maximum deliciousness. Be sure to set a piece aside for you first as this loaf will be gone before you know it.

Ingredients:

4 slices bacon, diced	1/4 cup milk
1 tsp vinegar	1 cup whole-wheat flour
1 cup all-purpose flour	1/2 tsp salt
1/2 tsp baking soda	1/2 tsp dried thyme
1/2 cup canola oil	1/3 cup honey
2 eggs, lightly beaten	1 granny smith apple, peel on and shredded
1/2 cup unsweetened applesauce	1 cup cheddar cheese, shredded

Instructions:

Preheat oven to 350 °F (175°C). Lightly oil a 9 x 5" (23 x 13 cm) loaf pan with non-stick spray or use wet parchment paper that is well wrung out to line pan (making sure parchment paper overlaps sides of pan).

Make buttermilk by adding vinegar to milk. Set aside to curdle.

Sauté bacon in a skillet over medium-high heat until crisp. Remove bacon with slotted spoon onto a paper-towel lined plate and set aside.

Whisk together flour, salt, and baking soda and thyme in a large bowl, making a well in the centre. Set aside.

In a large bowl, combine oil, honey and eggs and whisk vigorously until colour lightens. Add shredded apple, applesauce, and buttermilk, stirring to combine.

Pour buttermilk-apple mixture into well of dry ingredients; stir only until dry ingredients are moistened. Stir in cheddar cheese and the cooked bacon. Immediately pour batter into prepared loaf dish.

Bake for 50-60 minutes, until skewer inserted into centre comes out clean.

Cool bread in the loaf dish on a rack for 10 minutes, then turn bread out of dish. Allow bread to completely cool on a rack before slicing.

COOKIN' FOR COWFOLK

Banana Loaf

Elaine Berg, Provost, AB

Ingredients

4 tbsp. margarine	1 tsp baking powder
1 tsp baking soda	1 egg
1 cup brown sugar	1 1/2 cup flour
3 bananas, mashed	1/2 tsp salt

Instructions

Blend all the above ingredients together. Pour into loaf pan or 12 muffin tins.

Bake loaf pan at 325F in the oven for 1 hour.

Bake muffins at 325F in the oven for 20-25 minutes.

COOKIN' FOR COWFOLK

Cinnamon Loaf

Ingredients

1 cup sugar	2 eggs
1/4 cup oil	1 cup sour cream
1 1/2 cup flour	1 1/2 tsp baking powder
1 tsp baking soda	1/4 tsp salt
2 tsp cinnamon	1/4 cup brown sugar

Instructions

- 1) Mix eggs until frothy. Beat in oil and sugar. Add sour cream.
- 2) Add the flour, baking powder, baking soda and salt together and mix with fork until blended.
- 3) Mix the cinnamon and brown sugar together and set aside.
- 4) Put half batter in greased loaf pan, sprinkle half cinnamon on top. Put second half of batter over top by dabbing here and there. Add the rest of the cinnamon mix on the top. Zip Zag through the batter with a knife.
- 5) Bake at 350 degrees F for 1 hour. Cool for 10 minutes then take out of the pan and cool on the rack.

Makes 1 loaf.

COOKIN' FOR COWFOLK

Pumpkin Bran Muffin with Chocolate Chips

Shauna-lee Thomas

Ingredients

1 1/4 cup all purpose flour	1/2 cup wheat bran
2 tsp pumpkin pie spice	1 1/2 tsp baking powder
1 tsp baking soda	1/2 tsp salt
1 cup canned pure pumpkin (not filling)	1/2 cup plain, low fat yogurt (2%)
1/2 cup pure maple syrup or honey	1/4 cup butter, melted
1 egg	1 tsp vanilla
1 cup finely grated carrots	1/2 chopped walnuts (optional)
1/2 cup mini semi-sweet chocolate chips	

Instructions

Preheat oven to 375 F. Spray a 12 cup muffin tin with cooking spray and set aside.

In a medium bowl, combine flour, wheat bran, pumpkin pie spices, baking powder, baking soda and salt. Set aside

In a large bowl, whisk together pumpkin, yogurt, maple syrup, butter, egg, and vanilla. Stir in carrots. Add dry ingredients to wet ingredients and stir using a wooden spoon just until moistened. Fold in chocolate chips (and walnuts, if using) Batter will be thick.

Divide batter evenly among 12 muffin cups. Bake on middle oven rack for 20-22 minutes, or until wooden pick inserted in center comes out clean. Cool on a wire rack.

Makes 12 muffins.

COOKIN' FOR COWFOLK

Zucchini Nut Muffin

Collen Berg, Minburn, AB

Ingredients

3 cups all purpose flour	1 tsp baking powder
1 tsp baking soda	1 tsp salt
1 tsp cinnamon	2 cups sugar
4 eggs, beaten	1 cup oil
2 cups grated unpeeled zucchini	1/2 tsp vanilla
1 cup chopped walnuts or pecans	1/2 cup raisins

Instructions

Pre-heat oven to 350C

Generously grease standard size muffin pans sift together flour, baking powder, baking soda, salt and cinnamon; set aside.

Combine sugar and eggs in large mixing bowl. Gradually add oil, stirring until well blended. Add zucchini and vanilla. Stir in walnuts and raisins. Fold in sifted dry ingredients just until batter is evenly moistened; do not over mix.

Spoon batter into prepared muffin pans, filling two-thirds full. Bake until skewer inserted in centre of muffin comes out clean (about 20-25 min). Let stand 10 minutes then turn muffins out onto racks to cool.

Makes about 28 muffins.

COOKIN' FOR COWFOLK

Mars Bars Squares

Ingredients:

4 Mars Bars-chopped

1/2 cup butter

3 cups Rice Krispies

1 cup Semi-sweet chocolate chips

1/4 cup butter

Instructions:

Melt Mars Bars and 1/2 cup butter in large saucepan over medium-low heat. Remove from heat and stir in Rice Krispie squares. Pour into greased 9×9 inch pan. Melt Chocolate chips and 1/4 butter in small saucepan. Pour over Krispie mixture.

Cool , until top chocolate has hardened.

Tips- Keep a watch while it's cooking because chocolate burns easily.

COOKIN' FOR COWFOLK

Saskatoon Squares

Caroline Kitt

Ingredients

Crumb mixture

1/2 lb butter	1 1/2 tsp baking powder
1 cup sugar	1/2 tsp salt
1 egg	2 1/2 cup flour

Filling

2 cup fresh Saskatoons	1/2 cup brown sugar
1 cup water	1 tsp vanilla
2 tbsp. cornstarch	

Instructions

- 1) Cream together the butter, sugar and egg. Add the dry ingredients.
- 2) Put half of the crumb mixture on the bottom of the 9x13 pan.
- 3) In a pot, cook the saskatoons with the brown sugar and water.
- 4) Dissolve the corn starch in a small amount of cold water and stir in until thickened; add vanilla
- 5) Put filling over the bottom of the crust and sprinkle with remaining crumb mixture.
- 6) Bake at 350 F for about 30 minutes or until brown.

COOKIN' FOR COWFOLK

2nd Edition



Photo courtesy of Jesse Williams

Y'all Come Back Again Next Year, Ya Hear!



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