

Epicurean Delights

An Epic Photographic Journey
in Collaborative Cooking

Darren Andrew Savery

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By Darren Andrew Savery

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Available at <http://www.darrensavery.com>

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and allowing me to collaborate with you in this project.



























































































































































make your chicken juicier!
rendez votre poulet plus juteux!

Parfait pour poulet rôti
Parfait pour poulet rôti

| Nutrition Facts | | Valeur nutritive | |
|------------------------------|------|------------------|--|
| Per 1/4 cup (60 mL) dressing | | | |
| Total Fat | 10 g | 20% | |
| Total Sodium | 10 g | 20% | |
| Total Carbohydrate | 10 g | 20% | |
| Total Protein | 10 g | 20% | |
| Total Sugar | 10 g | 20% | |
| Total Fiber | 10 g | 20% | |
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| Total Sodium | 10 g | 20% | |
| Total Carbohydrate | 10 g | 20% | |
| Total Protein | 10 g | 20% | |
| Total Sugar | 10 g | 20% | |
| Total Fiber | 10 g | 20% | |

Low in Cholesterol
Sans cholestérol

Contains 0% trans fat
Contient 0% de gras trans









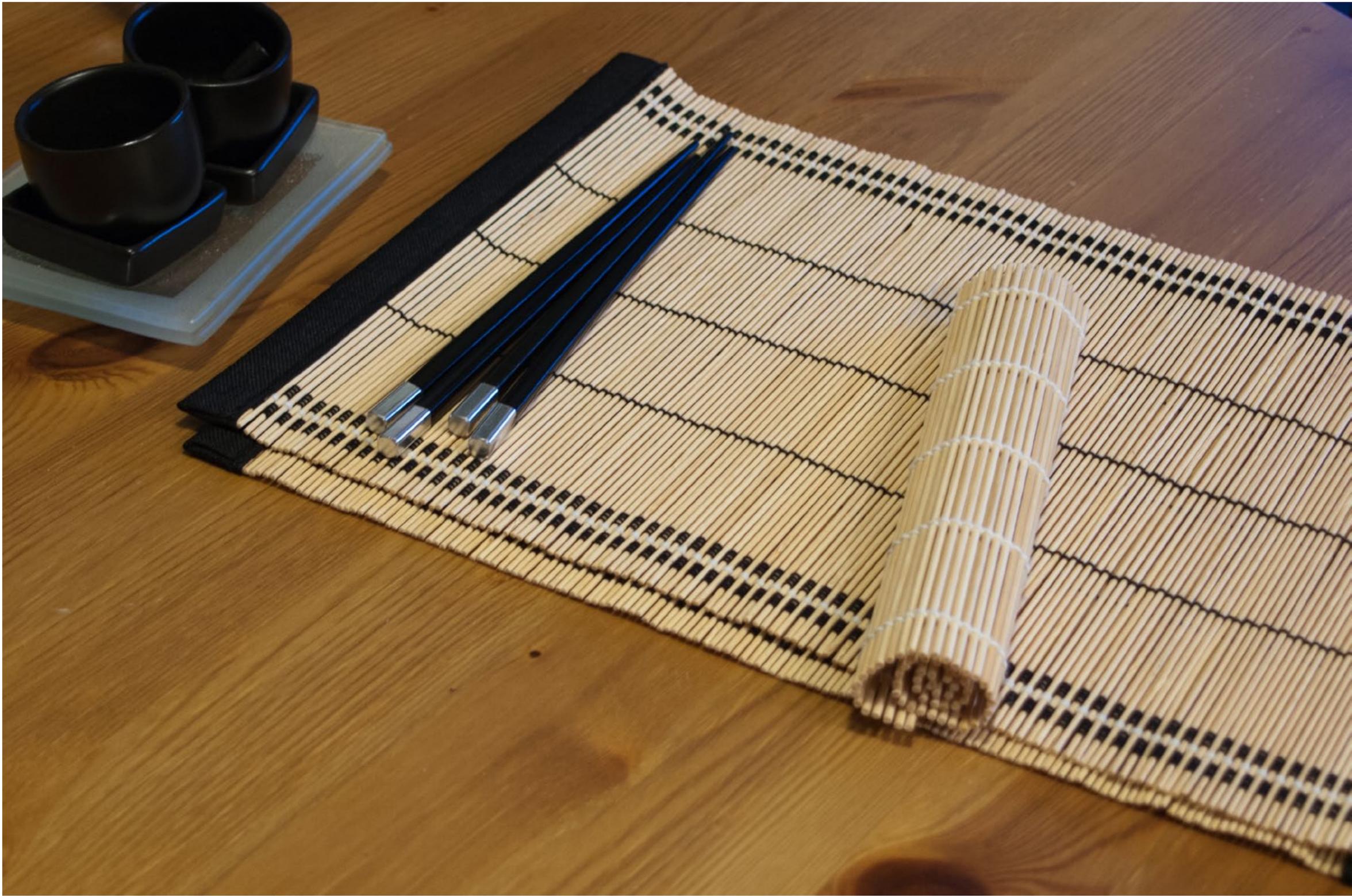






























| | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Total Fat | 15g | 30% |
| Sodium | 0g | 0% |
| Total Protein | 15g | 30% |
| Total Carbohydrate | 0g | 0% |
| Dietary Fiber | 0g | 0% |
| Sugars | 0g | 0% |
| Calcium | 150mg | 30% |
| Iron | 0mg | 0% |
| Vitamin A | 1500IU | 30% |
| Vitamin C | 150mg | 30% |



















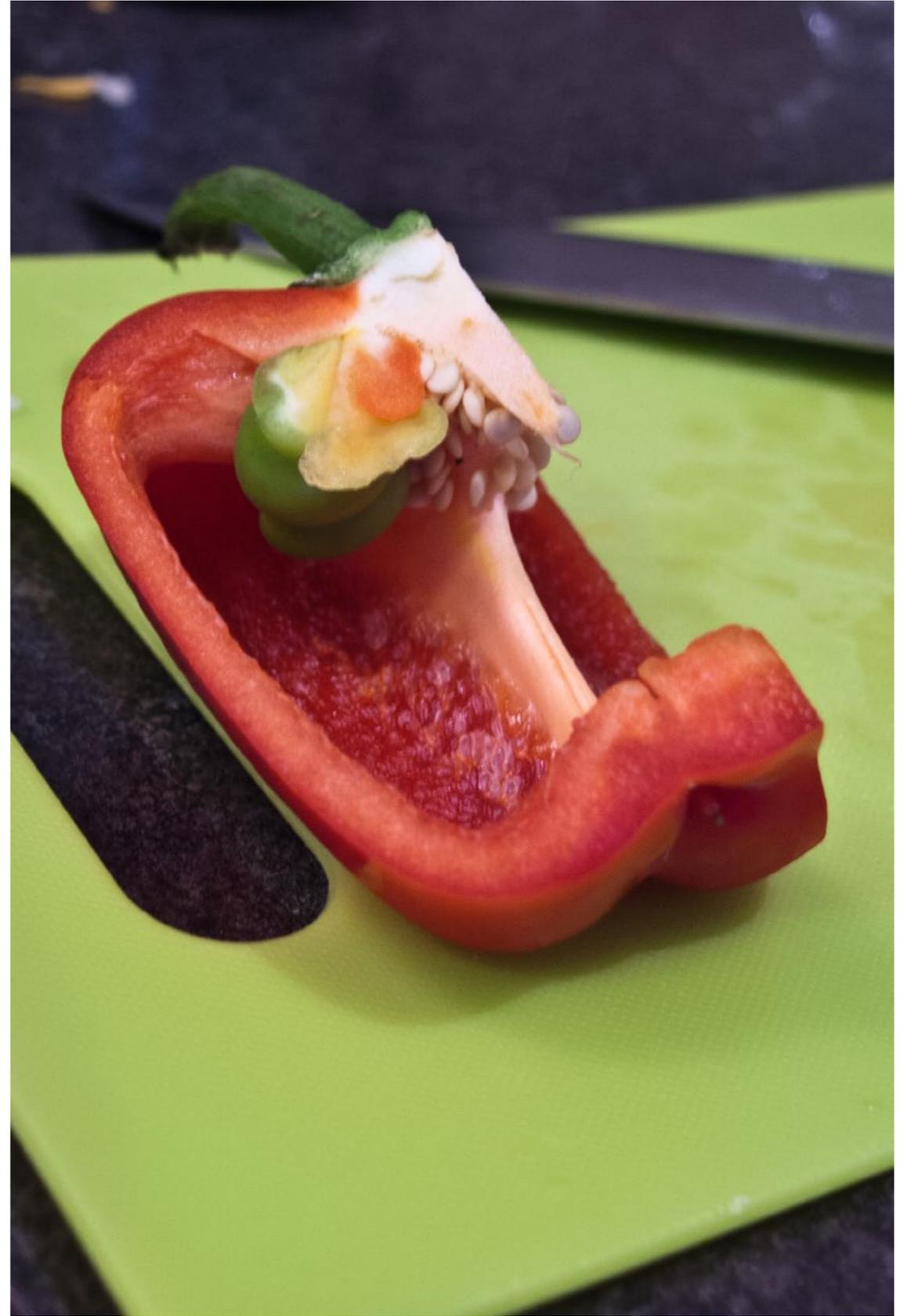


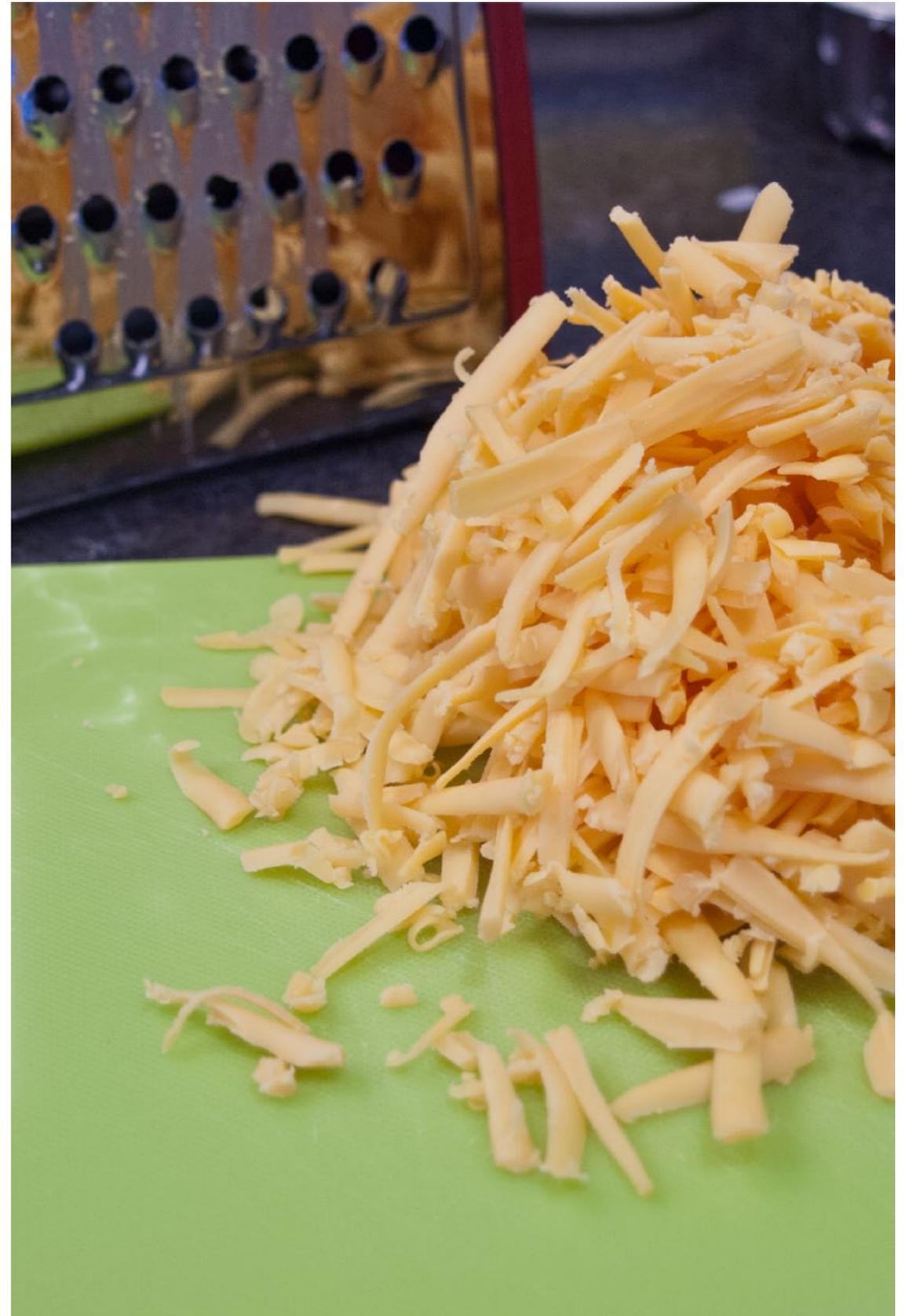
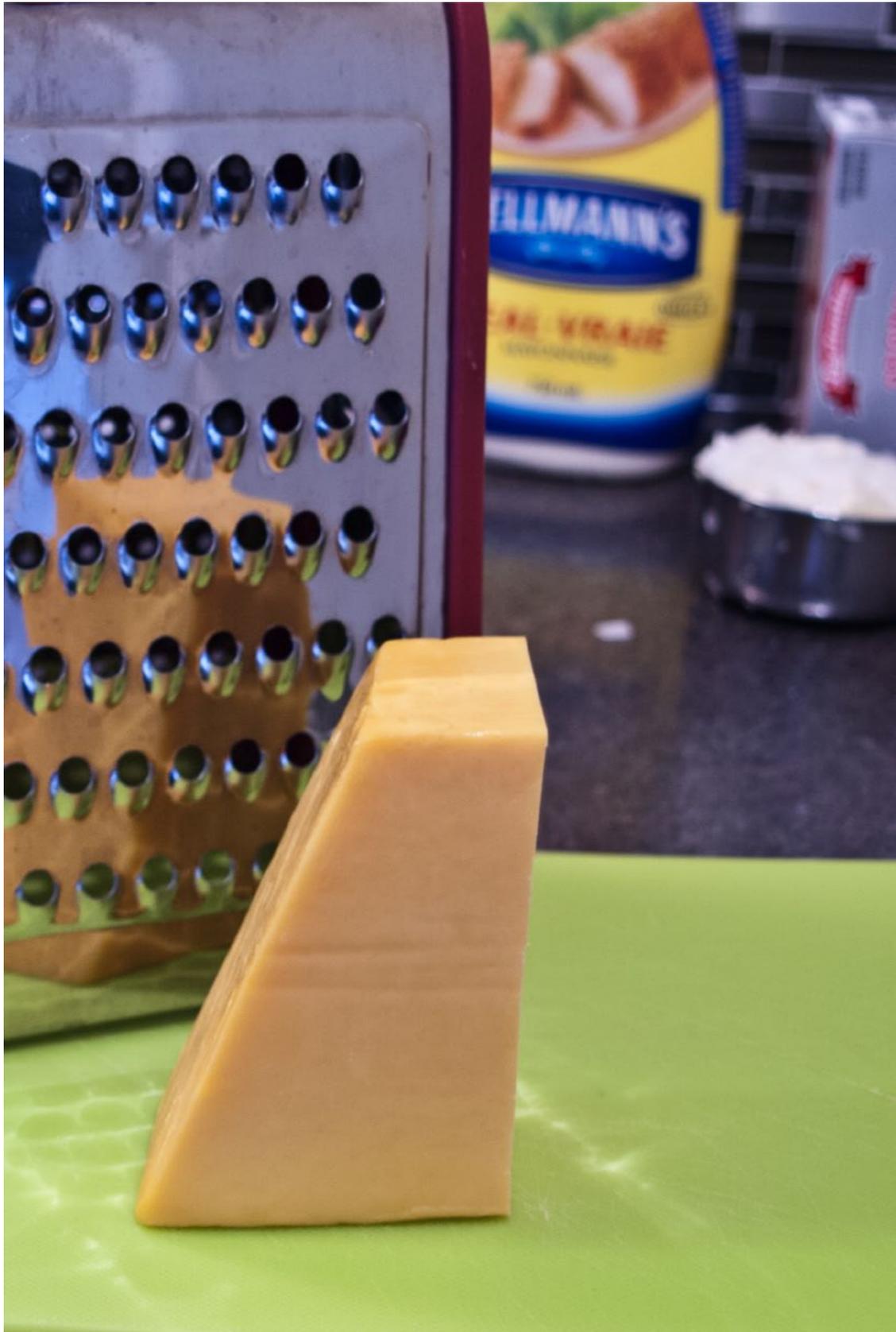












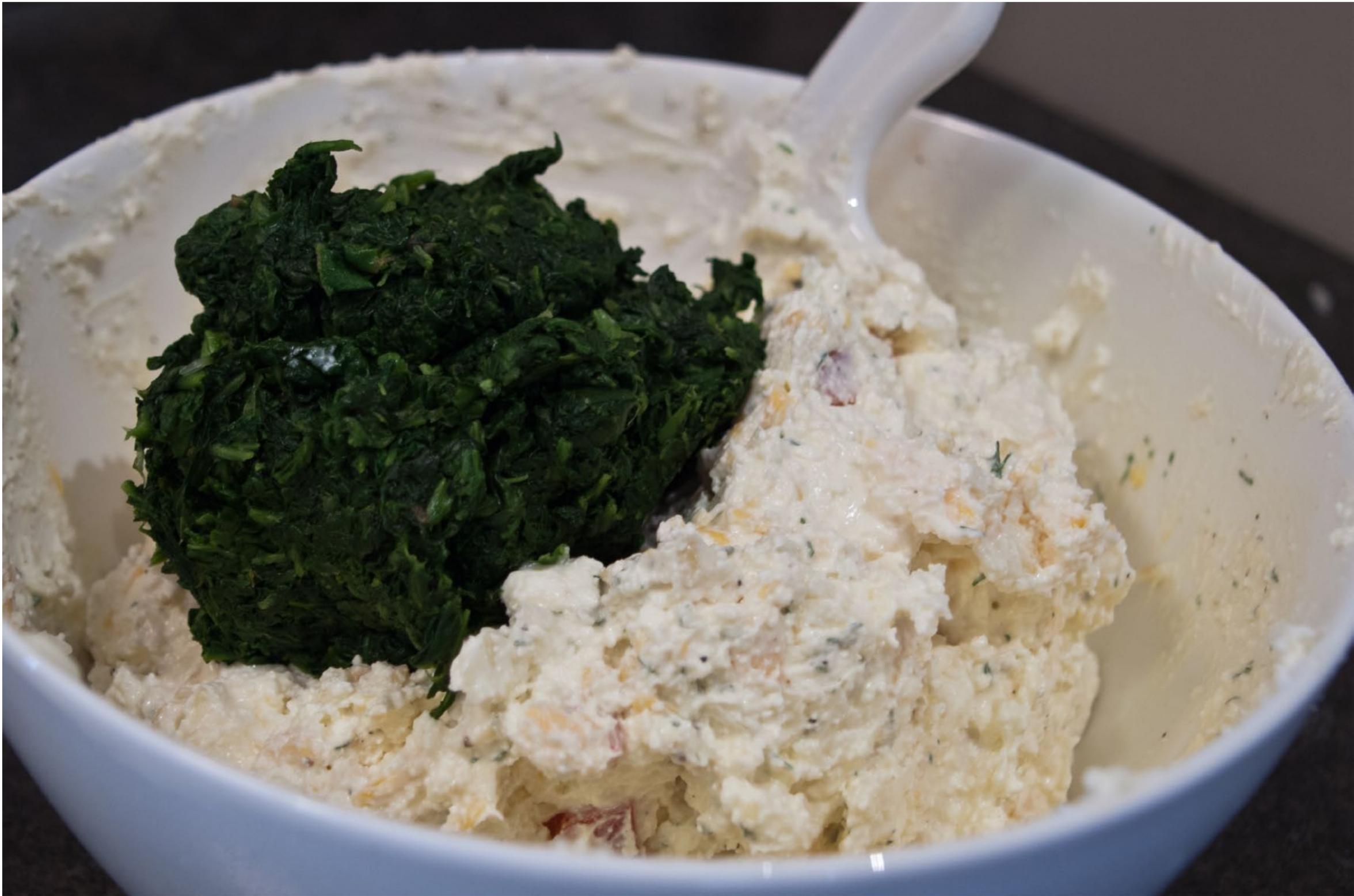






















Ukrainian Vegetable Borscht

Submitted by Jessica Molčan

<http://jessgetscooking.blogspot.ca/2012/10/ukrainian-vegetable-borscht.html>

3 medium red beets, peeled and cubed

3 celery stalks, chopped

5 medium carrots, chopped

1 medium potato, peeled and cubed

1 small white onion, diced

1 tbsp olive oil

1 tbsp balsamic vinegar

2.5 cups purple cabbage, sliced

Garlic to taste

1/4 cup Sauerkraut

2 cups pickle juice (which is why you'll always see pickle jars in my fridge)

Water as needed

Fresh salt and pepper

In a soup pot, add olive oil and white onion and leave until softened.

Add one cup of water, chopped celery and carrots.

Simmer until water is nearly completely reduced.

Fill pot halfway with water and add beets and potatoes.

Cook until water has reduced to half.

Add remaining ingredients and simmer for an hour.

Add additional Sauerkraut, garlic, balsamic, salt and pepper to taste.

Can be frozen in individual servings or kept in the fridge for up to 7 days.

Open-Faced Tuna Melt

Submitted by Jessica Molčan

<http://jessgetscoking.blogspot.ca/2012/10/ukrainian-vegetable-borscht.html>

1 can tuna, drained

1 tbsp fat free miracle whip (or real mayonnaise)

1 tsp sriracha

1 tsp dill

1 tsp mustard (honey, dijon, lots of grains or stone-ground)

1 medium tomato

1 slice of rye marble bread with whole grains

1 tbsp shredded mozzarella cheese

Fresh ground pepper to taste

Dill pickle

Mix tuna, miracle whip or mayonnaise, sriracha sauce, dill, fresh ground pepper and mustard in a bowl.

Spread half the mixture onto the toasted bread.

Top with thin tomato slices and additional fresh ground pepper.

Sprinkle mozzarella on top and place in oven for 2-3 minutes, or until cheese is slightly browned.

Remove from oven and serve immediately with leftover tomato and pickle spears.

Roasted Red Pepper, Sweet Potato and Avocado Sushi

Submitted by Jenny Colatosti

<http://vitavegetariano.com/2014/02/17/roasted-red-pepper-sweet-potato-and-avocado-sushi/>

4 sheets of nori (dried seaweed)
1 cup uncooked short grain rice
1 ripe avocado
1 roasted red pepper
maple garlic glazed sweet potatoes
2 cups water
2 tbsp white (or rice wine) vinegar
2 tbsp vegan mayonnaise
2 tsp agave
2 tbsp toasted sesame seeds (*optional*)

Cook the rice in the water until water is evaporated and rice is tender, chewy and sticky (about 20 minutes).

While your rice cools, slice avocado, roasted red pepper, and sweet potato in to thin strips

Once the rice has cooked and cooled, add vegan mayo, vinegar and agave to the rice – this gives it a very subtle sweet and sour flavor.

It may sound odd but trust me, it really enhances the sushi experience.

Lay down your nori sheet, and cover all but the end inch of seaweed with a thin layer of rice.

Lay down your avocado, sweet potato and roasted red pepper, then roll gently yet firmly with both hands.

Once you get to the end of the roll, lightly dampen the edge of the seaweed with water so that it sticks to the rest of the roll.

Repeat this step until all of your rice has been used up.

If you have some time before you are ready to eat, allow the sushi to firm up in the fridge for 20 minutes or so – this will make it much easier to slice.

If you cannot wait, make sure to use a sharp knife that does NOT have a serrated edge.

Be sure to wipe the blade between slices or you will end up with a big sticky mess!

Buffalo Chickpea Pitas With Ranch

Website Submitted by Beth Howe

<http://www.theppk.com/2014/01/buffalo-chickpea-pitas-with-ranch/> by Isa Chandra

For the chickpeas:

1.5 cups cooked chickpeas (15 oz can, rinsed and drained)

2 tablespoons tahini

2 tablespoons vegan mayo, store bought or homemade

1/4 cup Frank's Red Hot, plus more to taste

For the ranch:

3/4 cup vegan mayo, store bought or homemade

2 tablespoons finely chopped fresh parsley

2 tablespoons finely chopped fresh dill

2 tablespoons finely chopped fresh chives

1 1/2 teaspoons onion powder

1/2 teaspoon garlic powder

1/2 teaspoon lemon pepper

For garnish and assembly:

Additional Frank's

16 mini-pitas

1 rib thinly sliced celery

Fresh chives (optional)

Make the chickpeas:

In a mixing bowl, use an avocado masher or a strong fork to mash the chickpeas well. They should retain some of their texture and not appear pureed. A few whole ones left are ok.

Mix in the mayo and tahini and give a few more mashes. Salt to taste, if needed. It should be salty enough with the Franks and mayo.

Make the ranch:

Just mix all of the ingredients together in a little bowl!

Assemble:

Place a tablespoon or so of chickpea salad on a pita. Add a dash more Frank's if desired. Top with a dollop of ranch. Garnish with a few slices of celery and a piece of chive.

Chocolate Quinoa Cake

Recipe by Patricia and Carolyn from the Quinoa Cookbook
Submitted by Alison McLeod & Sylwia Gustyn

2/3 cup (150 mL) dry white or golden quinoa
1 1/3 cups (325 mL) water
1/3 cup (75 mL) milk
4 large eggs
1 tsp (5 mL) pure vanilla extract
3/4 cup (175 mL) butter, melted and cooled
1 1/2 cups (375 mL) white or cane sugar
1 cup (250 mL) unsweetened cocoa powder
1 1/2 tsp (7 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt

Bring the quinoa and water to a boil in a medium saucepan.
Cover, reduce to a simmer and cook for 10 minutes.
Turn off the heat and leave the covered saucepan on the burner for another 10 minutes.
Fluff with a fork and allow the quinoa to cool.
Preheat the oven to 350°F (180°C).
Lightly grease two 8-inch (20 cm) round or square cake pans.
Line the bottoms of the pans with parchment paper.

Combine the milk, eggs and vanilla in a blender or food processor.
Add the cooked quinoa and the butter and continue to blend until smooth.
If you don't blend it super well the quinoa will get crunchy and the hidden superfood will be exposed to your guests (sometimes that can be fun though)!
Whisk together the sugar, cocoa, baking powder, baking soda and salt in a medium bowl.
Add the contents of the blender and mix well.
Divide the batter evenly between the 2 pans and bake 40 to 45 minutes or until a knife inserted in the centre comes out clean.
Remove the cake from the oven and cool completely in the pan before serving.
Frost if desired.

You can store in a sealed container in the refrigerator for up to 1 week or freeze for up to 1 month but I have never had enough leftovers to warrant this.

Peanut Butter Cookies

Submitted by Becki Bennett Young

3 eggs

3 cups of sugar

3 cups of peanut butter

8-10 minutes at 350 in the oven.

Remove from pan after 2 minutes.

“McCain Parisian Pizza”

Submitted by Eric Monaghan

1. Make sure you're clean and smelling nice in case there's a cute checkout girl/guy.
2. Put on your shoes; single knot if you're going to whole foods, double-knot if No Frills
3. Triple-knot if it's the No Frills on Fraser.
4. Make sure to ignore the guy whose job it is to say hi to people as they come in.
5. Glide through the obnoxious masses of people; stay clear of the old lady whose cart is illogically causing traffic as she checks for the best broccoli.
6. B-Line straight to the frozen section, where you're sure to find families of 5 looking for any way to feed their ungrateful kids without pulling a groin.
7. Find McCain amongst the other crap offered.
Don't bother with Dr. Oetker since it's never on sale.
Reach in and grab a Parisian.
(*If you have a basket, slap yourself; you're only here for this one thing.
If you have a cart, go to customer service and ask for an employment application).
8. Head to the front of the store
9. Scan quickly for the lane with the shortest line. (*If you B-Line to the 12 items or less lane without looking at others, head to customer service for an employment application).
10. Pay and leave, again avoiding eye contact with the greeter.
11. When home, preheat the oven.
Do this before taking off your shoes, breathing, or even checking Facebook.
Before long you'll smell the acne-breakout-inducing, shit-clogging prognostication of a heart attack softening its hardened, uptight body for your pleasure.
12. Cook until cheese is fully melted. Cut and serve.
Feeds 1 hungry man, 1 hungry woman, or 5 girls on a date.

What you'll need:

- shoes
- an empty stomach

Water

Submitted by Brandon McNeney

I have a recipe, it's for water.

Major step #1, obtain cup.

This ensures that the water doesn't get away and stays all in one place.

Major step #2, pour water, into cup - using the water pouring routine.

This ensures that the water is poured efficiently into the cup with minimal work.

Major step #3 - drink water.

This ensures you receive adequate hydration.

Black Eyed Pea Curry with Collards & Potatoes

Submitted by Beth Howe

<http://www.theppk.com/2014/01/black-eyed-pea-curry-with-collards-potatoes/> by Isa Chandra

1 tablespoon coconut oil

1 large red onion, thinly sliced

2 jalapenos, seeded and thinly sliced

1 tablespoon fresh minced ginger

2 cloves garlic, minced

1 1/2 to 2 tablespoons mild curry powder

1/2 teaspoon garam masala

3/4 teaspoon salt

1 tablespoon agave

3 cups vegetable broth

2 tablespoons tomato paste

1 1/2 lbs red potatoes, in 3/4 inch pieces

1 lb collards, rough stems removed, leaves chopped into bite sized pieces

1 cup coconut milk

1 1/2 cups cooked black eyed peas (from a 15 oz can, rinsed and drained)

For the Mango Avocado Salsa:

1 ripe avocado, diced

1 ripe mango, diced

1 tablespoon fresh lime juice

To serve:

Basmati rice

Optional garnish: Fresh chopped cilantro

Preheat a 4 quart pot over medium heat.

Saute the onion and jalapeno in the coconut oil for 5 to 7 minutes, until onion is lightly browned.

Add the garlic and ginger, and saute until fragrant, about 30 seconds.

Add 1 1/2 tablespoons of curry powder, garam masala, salt, vegetable broth, agave, and tomato paste, and stir.

The tomato paste may not dissolve just yet but that's ok, it will when it heats through.

Add the potatoes, cover pot and bring to a boil.

Once boiling, immediately lower heat to a simmer, and leave the lid ajar so that steam can escape.

Let potatoes cook just until tender, about 5 more minutes.

In the meantime, toss together all of the salsa ingredients in a mixing bowl and set aside.

Once potatoes are fork tender, add the collards, black-eyed peas and coconut milk. Stir gently to incorporate.

Leave lid ajar again, and bring to a simmer.

Let simmer just until collards are tender, it should only take a few minutes.

Turn off heat and taste for salt and spices. Add remaining curry powder if needed.

It tastes best if you let it sit for 10 minutes or so, but if you can't wait then just dig in!

Serve over basmati rice, topped with mango avocado salsa and cilantro, if you like.

Have some sriracha at the ready in case you want a little extra spice.

Tunisian Vegetable Stew

Submitted by Sylwia Gustyn

1 1/2 c. thinly sliced onions

1/4 c. veggie stock

3 c. thinly sliced cabbage

dash of salt

1 large green pepper, cut into thin strips

2 teaspoons ground coriander (or better yet - mortar and pesto crushed whole coriander)

1/2 teaspoon turmeric (I do a generous full teaspoon)

1/4 teaspoon cinnamon (or till it smells "right")

1 28-oz can undrained chopped tomatoes

1 16-oz can cooked chick peas/garbanzo beans*

1/3 cup raisins or currants (optional, but very good)

1 tablespoon fresh lemon juice

Saute onions in stock for 5 minutes.

Add cabbage, sprinkle with salt, saute for another 5 min.

Add bell pepper and spices to skillet, saute another minute.

Stir in tomatoes, chick peas and raisins, simmer covered for 15 minutes till veggies are tender.

Add lemon juice and salt to taste, sprinkle with toasted slivered almonds and crumbled sheep feta.

Serve over grain.

* Chickpeas are the easiest thing to cook if you want to skip the can.

The quick soak method:

1. Take the dry chickpeas, cover with water (an inch or so above).
2. Bring to a boil for a few minutes
3. Cover with a lid and turn off heat.
4. Let sit for an hour or longer.

Orange Chocolate Mousse

Submitted by Carl Green

12 oz extra firm silken tofu

½ tsp orange extract

¼ cup maple syrup

¾ cup gluten and dairy free chocolate chips or 4/12oz dark chocolate

1 cup toasted slivered almonds

2 tbsp grated orange zest

Wrap tofu in towel and gently press out excess liquid.

Place in food processor and whip until smooth, scraping down sides of bowl as needed.

Add orange extract and maple syrup and pulse to combine.

Melt chocolate in a double boiler or in a small pot over very low heat.

Remove from heat, add to tofu mixture and process until blended and smooth.

Transfer to serving bowl or individual parfait glasses and refrigerate to chill.

Remove from refrigerator, top with toasted almonds and orange zest and serve.

Spinach Dip

Submitted by Marc Palin

2 – 8 oz pkg Cream Cheese (Softened)

1 Pkg (thawed) Frozen Chopped Spinach, drained well

½ cup chopped onions

1 cup mayonnaise

1 cup grated cheddar cheese

Salt, pepper, dill weed to taste

Mix all ingredients well.

Cut a circle on top of sourdough bread and hollow out fill with mixture.

Bake uncovered 1 1/2 hours at 350 degrees.

Place the bread on a baking sheet and cover the outside of bread with tin foil cutting a hole on top.

Nalysnky

Submitted by Kathleen Wheeler

2 eggs

1/2 cup of milk

3 tbsps of water

1/2 cup of sifted flour

1/4 tsp of salt

oil

Filling for Nalysnyky:

2 cups of dry cottage cheese

2 egg yolks

2 tbsps of cream (you may need more)

1/4 tsp of salt

1 tsp of dill (dry or fresh)

2-3 cups of cream

2 tbsps of soft butter

Batter: Beat the eggs with a beater until light, add milk and water, beat again. Gradually add the flour and salt, continuing to beat as you add the flour. Beat until smooth. The batter will be thin. Pour a few tbsps of batter into the center of a heated and greased small frying pan. Tilt the pan to distribute the batter evenly across the bottom. Cook over moderate heat. When lightly browned on the bottom and firm to the touch on top remove cake to a plate. Continue frying in this manner until the batter is used up.

Filling for Nalysnyky: Combine cottage cheese, egg yolks, 2tbsps of cream, salt and dill until you get a fairly smooth mixture. You may add 1-2 more tbsps of cream if mixture appears to thick. Spread filling down the center of each Nalysnyky and roll each into a tube. Lay the Nalysnyky side by side in a buttered casserole dish .Spread 1 tbsp of butter over each layer. You may have up to 2 layers. Pour the 2-3 cup of cream over the Nalysnyky and cover with foil. Bake at 325°F for 30 minutes. They are ready when they puff up. You may want to remove the foil for the last 5 minutes of baking.

A few notes on the recipe, first of all these are pronounced (na-lish-na-key).The batter recipe makes only enough for approx. 10 Nalysnyky so I triple it. The recipe for the filling makes enough for 30 so I never need to make more than what is described.

Corn Bread

<http://www.epicurious.com/recipes/food/views/Corn-Bread-104226>

Submitted by Wendy Oakman

<http://thepickleguy.tumblr.com>

3 cups white cornmeal
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons kosher salt
2 large eggs, lightly beaten
3 cups well-shaken buttermilk
3 sticks (1 1/2 cups) unsalted butter, melted

Heat dry skillets in upper and lower thirds of oven while preheating oven to 450°F.

Whisk together cornmeal, flour, baking powder and soda, and salt.
Add eggs, buttermilk, and 1 cup melted butter, then quickly stir together.

Remove hot skillets from oven.
Divide remaining 1/2 cup melted butter between them, then divide batter between pans.

Bake in upper and lower thirds of oven,
switching position of pans halfway through baking,
until golden and a tester inserted in center comes out clean, 15 to 20 minutes total.

Cooks' note: • If you are making corn bread ahead for croutons, reheat remainder in skillets or wrapped in foil, in a 350°F oven 10 to 15 minutes before serving.

Red Paint used in Manuscripts Illustration

From Orhan Pamuk's 'I am Red': Recipe for Red Paint Used in Manuscript
Illustration.
Compiled by Carol Hilland.(Pamuk 187).

5 drachmas dried red beetles from hottest Hindustan, ground

1 drachma soapwort

½ drachma lotor

3 okkas boiling water

1 thin, clean stick

1 piece of clean cheesecloth

a pinch of alum

1. Using a mortar and a pestle, grind the dried beetles into a fine red powder, then measure 5 drachmas of the powder.
2. Add the soapwort to a pot containing 3 okkas of boiling water.
3. Add the lotor to the pot of boiling water and thoroughly mix it in.
4. Let it boil for as long as it takes to drink a cup of Turkish coffee.
5. Sprinkle the red powder into the concoction in the pot and stir it with the thin, clean stick.
6. Consistency is of the utmost importance; the water shouldn't be permitted to just boil away.
7. Draw the tip of the stirring stick across your thumbnail. Paint your thumbnail, without any paint running off to the side in watery haste.
8. When the right consistency is reached, take the pot off the stove and strain the liquid through a clean piece of cheesecloth to remove sediment.
9. Heat the strained liquid in the pot again. Bring the liquid to a frothy boil twice more.
10. Add a pinch of alum to the pot, then leave it to cool. Let it sit for a few days.

Stuffed Mushrooms

Submitted by Yu-Chen

finely chopped :onion, garlic, red pepper

2 to 4 slices bacon, chopped

Philadelphia cream cheese (or your own brand preference)

1 egg

1/4 cup breadcrumbs (it's up to you if you want to add breadcrumbs or not)

Pinch of salt and ground pepper

Large Mushrooms

Parmesan cheese

Preheat the oven to 375 degrees. Line a rimmed baking sheet with aluminum foil.

- 1) In a large skillet, cook the onions and garlic first then put bacon and red peppers in, over medium heat until crisp. Remove the mixture from the skillet and set aside.
- 2) Add the ingredient #1 in a large mix with cream cheese, egg, breadcrumbs, salt and pepper and mix together.
- 3) Spoon the mixture into the mushroom caps, spread some Parmesan cheese on top, and place on the prepared baking sheet. Bake until the mushrooms are tender, about 10- 15 mins

Bulletproof Coffee

Submitted by Sylwia Gustyn

Espresso
Organic grassfed butter
MCT oil

Brew your favourite espresso such as Kickinghorse
Pour into a blender. If it's one cup espresso add an equal amount of hot water.
a chunk (a tablespoon) of organic grass fed butter such as Organic Meadow
a generous splash of MCT oil (coconut derived, athlete recommended)

Blend.

Enjoy.

You will never go back to regular coffee guaranteed.

Christmas Morning Wife Saver

Submitted by Marc Palin

16 Slices White Bread (Crusts Removed)

Slices of Ham

Grated Cheddar Cheese

6 Eggs

1/2 tsp Salt

1/2 tsp Dry Mustard

1/4 cup Chopped Onions

1 tsp Worcestershire Sauce

3 cups Whole Milk

1/4 cup Butter

Crushed Cornflakes

In a 9 x 13" buttered baking dish, cover with bread slices, cover with sliced ham, then spread cheese on top.

Cover with bread slices.

In a bowl mix beaten eggs, salt, pepper, then add dry mustard, onions, milk and worcestershire sauce.

Pour on top of bread, cover and let stand overnight in fridge.

In the morning, melt the butter, pour on top then cover with crush cornflakes.

Bake uncovered on a cookie sheet 350 degrees one hour.

Let sit for 10 minutes before serving.

Sweet Potato and Chorizo Soup

Submitted by Carl Green

2 carrots
2 celery stalks
2 medium onions
2 cloves of garlic
1 3/4 lbs sweet potatoes
7 oz chorizo sausage
A small bunch of fresh parsley
1 3/4 quarts chicken broth
Olive oil
1 heaped teaspoon of curry powder
Sea salt and freshly ground pepper
1 fresh red chile

Peel and roughly slice the carrots.

Slice the celery.

Peel and roughly chop the onions.

Slice the chorizo.

Finely chop the parsley leaves and stalks.

Put the broth in a sauce pan and heat until boiling.

Put a large pan on a high heat and add 2 tablespoons of olive oil.

Add your chopped and sliced ingredients with the curry powder and mix together with a wooden spoon.

Cook for around 10 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onions are lightly golden.

Give the soup a good stir and bring to a boil.

Reduce the heat and simmer for 10 minutes, until the sweet potato is cooked through.,

To Serve your Soup:

Season with salt and pepper.

Using an immersion blender or liquidizer, pulse the soup until smooth and scatter over a little finely chopped chile.

Divide between your serving bowls and tuck in.

Basil Berries

Submitted by Danielle Savery

2 oz Gin

1/2 oz fresh squeezed lime juice

3/4 basil leaves

Raspberries

Club soda

Make the raspberry puree.

Muddle basil leaves with lime juice and raspberries.

Add Ice, Gin and top with club soda.

Wills Grilled Bacon Botti

Submitted by William Law

| | |
|-------------------|---|
| | Preheat the oven to 325 degrees. |
| | Place bacon evenly spaced on a foil and parchment lined baking sheet. |
| | Cook bacon for 20 - 30 minutes, until perfectly crisp. |
| | Butter bread slices with mayonnaise, this will be the outside of the sandwich so choose which side to butter accordingly. |
| | Melt butter in a large frying pan over medium-low heat. |
| | Assemble sandwich with layers of bacon and cheese. |
| | Fry sandwich until the exterior, mayonnaise side is golden and crisp. |
| | Side note: Try grilling on the BBQ. |
| Bread | |
| Cheese | |
| Bacon | |
| Mayonnaise | |
| Butter for Frying | |

