

# PARK CENTRE RECIPE BOOK



ALL OF YOUR FAVOURITE AND OUR FAVOURITE RECIPES  
FROM TODAY, TOMORROW AND YESTERDAY!!

AUGUST 2022



## Park Centre Family Cookbook

Easy recipe! Pulled pork

1 can root beer

Pork loin

BBQ sauce of choice

Cover pork in crockpot with rootbeer, Cook in crockpot 8hrs on low. Once cooked, Drain liquid. Shred pork and remove fat if desired. Cover/mix with BBQ sauce for serving. Best served in a bun with coleslaw!

Lindsay Simpson

Recipe for fruit soup. 😊

750g of Vanilla yogurt

2 cans of 5alive Tropical citrus concentrated juice

5-6 cans of water

1Tbsp of honey

1 tsp of cinnamon

1 tsp of nutmeg

1 bag of frozen mixed berries

Whisk all ingredients together well, then add the frozen berries, it's best to make an hour or 2 before serving, and stirring every so often so that it doesn't stay frozen. I made this in my grade 10 foods group in Skeena junior high school, and it has been a wonderful dessert at family gatherings ever since.. I may have tweaked it to my liking of flavours and consistency, but you can make with which ever flavors of juice and yogurt you like, so long as its the same

amounts. 😊 And for ones I'd like to see in the book, all of the Mexican foods that were made 😊

Candice Robinson

# CORN CHOWDER

- 12 slices Bacon - chopped
  - 1 small onion - chopped
  - 4 c. water
  - 5 cups diced potatoes
  - 5 cans creamed corn
  - 5 cups milk - heated (careful not to burn)
  - Salt and pepper to taste
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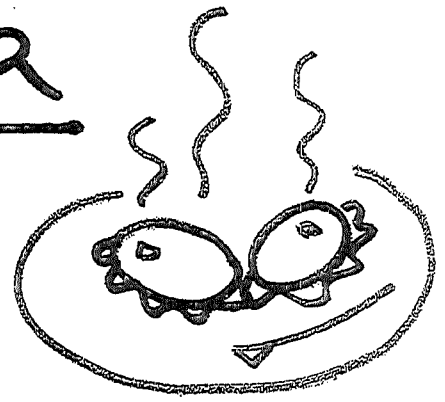
- fry bacon until crisp
- put potatoes, onions, water, salt and pepper in a pot & cook until potatoes are tender

add cream corn & milk and simmer over low heat until hot - do not boil or milk will burn

add bacon

# BAKING POWDER

## BISCUITS



2 cups flour

2 teaspoons baking powder

1 teaspoon salt

$\frac{1}{4}$  cup cold margarine

$\frac{2}{3}$  cup cold milk

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- Mix the flour, baking powder and salt together in a bowl
- Add the margarine and mix very well until it looks crumbly (may have to use your fingers)
- Add the milk and mix quickly
- Knead dough for a few seconds
- Roll dough out, or pat with your hands and cut into pieces
- Bake for 12 minutes at 450°F

## FOR BREAKFAST BISCUITS

- ADD:
- BACON or HAM
  - GRATED CHEESE
  - GREEN ONION
  - CORN

## FOR APPLE BISCUITS

- ADD:
- GRATED APPLE
  - BROWN SUGAR
  - CINNAMON

YOU CAN ADD ANYTHING YOU LIKE!

- RAISINS
- COCONUT & PINEAPPLE
- MIXED BERRIES
- CHEESE

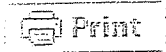
OR MAKE THEM PLAIN AND  
TOP WITH JAM or SYRUP

## Cabbage Rolls

- 1 large cabbage
- 2 pounds lean ground beef
- 2 medium to large onions
- 2 peppers chopped
- 1 cup white or brown instant rice
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 2 cans tomato sauce (large)
- 1/4 cup ketchup
- 1 teaspoon garlic powder (less or more depending on preference)
- 1 teaspoon Italian seasoning (less or more depending on preference)
- 1 packet Beef bouillon

- 1 In the bag that you brought your cabbage home. . .place the cabbage in the freezer and leave for 12 hours or overnight. Remove and leave to thaw at room temperature. This will take awhile, so I often take it the night before the day I want to make the cabbage rolls. The leaves will be soft and easy to use without having to boil them.
- 2 Remove the leaves from the cabbage, cutting away the tough part closest to the core.
- 3 Spray your large casserole with cooking spray.
- 4 In large bowl add 1 can of tomato sauce, ketchup, bouillon, garlic, Italian seasoning, onions, peppers, salt and pepper. Mix, taste and alter if needed.
- 5 Add meat and rice. Mix well. Mixture should be quite moist but not runny.
- 6 Put about a 1/3 to 1/2 cup meat mixture at the bottom of the leaf and roll up the meat amount varies depending on the size of the leaf. Repeat until all the meat is used up.
- 7 Pour remaining tomato sauce over rolls. Add pepper and garlic if desired.

8 Bake the cabbage rolls slowly at <sup>350</sup>~~325~~ for two hours. Serve or cool on the counter. Remove the foil (if you don't you will have little bits of foil on your cabbage rolls where ever it touches) cover with plastic wrap and either refrigerate or freeze.



Serve with sour cream and ketchup.



# Southwest Spuds

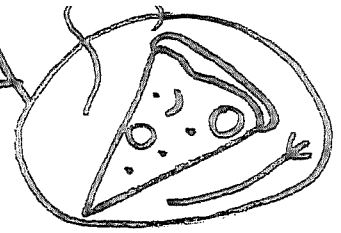


- 1 package chicken breast strips (or ground chicken)
- 1 tsp garlic powder
- ¼ pack fajita seasoning
- ¼ cup water
- 1 small onion
- ¼ red pepper (cut in small strips)
- ¼ green pepper (cut in small strips)

4 potatoes

1. Preheat oven to 350\*
2. Wash, & stab each potato. Bake in oven for 1 hr, or until knife slides out easily if poked into potato.
3. In a frying pan, over medium heat add water, fajita seasoning, garlic powder and chicken. Simmer.
4. Next add in onion, and peppers.
5. Cook until chicken is no longer pink, and peppers are soft.
6. Put chicken mixture on top of baked potatoes.
7. Top with sour cream & salsa.

# QUICK & EASY PIZZA



$\frac{1}{2}$  cup warm water

1 package of yeast (=  $2\frac{1}{2}$  teaspoons)

1 tbsp. sugar

$1\frac{1}{2}$  cups flour

$\frac{1}{3}$  cup oil

1 egg

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- + mix warm water, yeast & sugar. Let stand for 5 minutes
  - + add oil, egg & flour to yeast mixture. Mix well.
  - + Knead the dough for about 2 minutes, then let it sit while you grate the cheese & chop up your pizza toppings.
  - + Grease pan, place rolled out dough on pan. Add topping
  - + Bake at  $450^{\circ}$  for 15 mins. ENJOY!

## Perogy Soup

1/4 c. butter (or less if you want to ↓ fat)

2 onions diced.

2 cloves garlic diced.

1 Small bag of Coleslaw. (I used a cabbage & carrot mix)

1 pkg. Kolbassa Sausage diced (or any sausage you want)

1 kg. bag of perogies cut into pieces

1 Carton of chicken stock

Chopped Parsley (1/2 cup.)

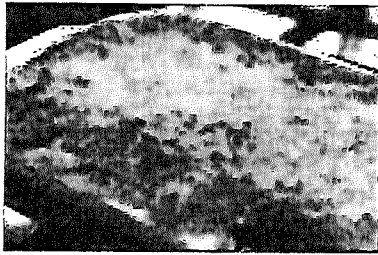
1 cup Cream

Pepper to taste.

Sauté onions & garlic in butter. Add Sausage and heat through (do not brown onions & garlic). Add bag of Coleslaw and cook until softened a bit. Add chicken Stock and bring to a boil. Add cut up perogies and lightly boil until cooked (stir pot lots so it doesn't stick). If soup is too thick add a bit of water. Slowly stir in the cream and add the parsley. Stir & serve when it's the way you want it.

Top with shredded cheese, a dab of Sour cream & chopped green onions if you want.

# Hashbrown Bake



- 1 kg bag frozen hashbrown (small potato cubes)
- 1 package beef bouillon
- 1 tsp garlic powder
- ½ cup sour cream
- 1 can mushroom soup
- ¼ cup bacon bits (chopped bacon/sausage)
- 1½ cups shredded cheese
- ½ cup extra shredded cheese (topping)

1. Preheat oven to 350\*
2. In a large mixing bowl, add mushroom soup, sour cream, beef bouillon, & garlic powder. Mix thoroughly.
3. Next add in bacon bits and shredded cheese (1½ cups), mix together.
4. Pour mixture into casserole dish. Top with remaining cheese (½ cup).
5. Cover with lid or aluminum foil. Cook for 45 minutes.

# PASTA SALAD

## THE WAY I LIKE IT

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COOK YOUR FAVORITE TYPE OF PASTA:

- bow-ties
- spirals
- macaroni

ADD SOME VEGGIES:

- grated carrots
- broccoli
- peas
- peppers
- red onion
- olives
- corn
- radishes
- celery
- green onions
- cucumber
- mini tomatoes
- jalapeños
- green beans

ADD SOME PROTEIN:

- cubed ham
- chunks of chicken
- tuna
- salami
- salmon
- cubed or grated cheese
- hard-boiled egg
- chickpeas

ADD YOUR FAVORITE DRESSING:

- ranch
- sweet onion
- italian
- balsamic



# EASY GREEK SALAD

Tomato - cut into chunks

Peppers (any colour) - cut into chunks

Cucumber - cut into chunks

Red onion (optional) - cut up small

Feta cheese - a lot or a little

Black olives or Kalamata (greek) olives

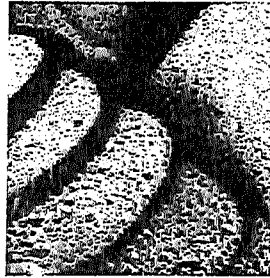
Greek dressing

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- Cut up vegetables and mix together in a bowl.
- Add feta and olives
- Add dressing and let cool in the fridge for half an hour (or eat right away 😊)

ENJOY.

# Amish White Bread/ Pizza Dough



2 cups warm water  
2/3 cup sugar  
1 package instant yeast  
1 ½ tsp salt  
¼ cup vegetable oil  
6 cups all purpose flour

1. Preheat oven to 350\*
2. Add sugar into warm water until dissolved.
3. Add package of instant yeast.
4. Add oil and salt.
5. Add flour one cup at a time mixing well.
6. Knead dough with your hands until well mixed and soft.
7. Allow dough to rise for about an hour or until double in size.
8. Punch dough down, and place in bread pans.
9. Bake in for 30 minutes, or until golden. Makes 2 loaves.

***\*\*Use this recipe to make pizza dough, use as is, or add garlic & Italian seasoning! No need to let rise! Just pop on toppings & bake for 20-30 min. or until crust is golden.***

### Roasted Tomato, Garlic and Basil Soup

(sorry, no specifics on this one... you've got to cook with your heart!)

**Fresh Tomatoes** (a couple pounds of roma tomatoes work well, but I have used all types of tomatoes, even grape tomatoes, but I don't take the skins off of those)

**Garlic cloves** (however many you want... I like lots, so, I'd probably add in 6-8 cloves, cut them in half)

**Onions** (1 or 2 sliced up, or cut into chunks)

**Olive Oil**

**Dried Basil**

**Broth, chicken or vegetable and/or cream**

**Pesto**

**Salt and Pepper**

Heat the oven to 400 degrees Fahrenheit. On a cookie sheet lined with parchment paper, cut tomatoes in half (or similar sized chunks). Add the cut-up onions, and halved cloves of garlic. Drizzle with olive oil (or whatever oil you've got), sprinkle with dried basil, salt and pepper, and mix until all the pieces are well seasoned. Roast for 3-5 minutes until it is easy to pull the skin off of the tomatoes, I like to remove the skins, but be careful, it's easy to burn yourself taking the skins off! At this point I may add a bit more olive oil, basil and seasoning if it looks like a lot was removed with the tomato skins. Continue roasting the tomatoes, onions and garlic until it is all nicely softened and caramelized (around 30 minutes). Transfer it all into a large pot (or blend it in batches if you need to use a stand mixer) OR let it cool for a bit then blend it with a hand blender in the pot... whatever you've got. You can add some cream if you want a creamy soup, or broth (sometimes I use both broth and cream, how much I add depends on the amount and type of tomatoes I used... some types make lots of juice, others, not so much). I add enough broth or cream to make the soup the consistency I want. I like to add a couple tablespoons of pesto to the soup to give it a nice basil/pesto flavour. Simmer it all together for around 10 minutes. Serve with some grated cheese or a grilled cheese sandwich... yum.



Homemade Tomato Soup  
(a couple different ways)

Quick and Easy Tomato Soup

3 Tbsp Olive oil  
2 Tbsp Butter  
1 lg onion, finely chopped  
2 cloves of garlic, minced  
2 tsp dried basil  
2 tsp dried thyme (or oregano)  
4 cups chicken broth  
2 – 796 ml cans of canned tomatoes (crushed, diced or whole... whatever you've got)  
2 tsp sugar  
Salt and pepper to taste

In a large pot or Dutch oven, heat the oil and butter over medium heat. Add the onion and cook until soft. Add the garlic and cook 2 minutes more. If you want a little thicker soup, add 2 Tbsp of flour to coat the onions and garlic. Add the herbs, and heat them until they smell good. Stir things often to keep it from browning too much and burning. Add the tomatoes, broth and sugar and mix it all together well. Cover, reduce heat to low and cook for another 30 minutes or so (until the tomatoes are nice and soft, you will need to crush up whole or diced tomatoes if you used those). If you want smooth soup, let the soup cool a bit and puree it with a hand blender or whatever appliance you have to blend things with. Season with salt and pepper.

You can serve the soup with some chopped fresh basil, chives, dill, sour cream and/or your favourite grated cheese.

# Lactation Dites Date

Brewer's yeast Powder 2 TBSP

Peanut Butter (1 Cup)

Flax seed (ground) ( $\frac{1}{2}$  Cup)

Quick Oats (Rolled) (2 Cup)

Chocolate chips ( $\frac{1}{2}$  Cup)

Vanilla (1 TBSP)

Honey ( $\frac{1}{2}$  Cup)

Coconut Oil (3 TBSP)

Mix all the ingredients together and roll them in shape of a ball and put them in freezer for 15 minutes and they are ready to eat.



# Homemade Ice Cream



Ice cubes (4 cups)  
6 tbsp coarse salt  
1 large freezer bag

$\frac{1}{2}$  cup milk (homogenized)  
2 tbsp sugar  
 $\frac{1}{4}$  tsp vanilla  
1 small Ziploc bag

## **DIRECTIONS:**

1. Wash hands.
2. Place ice cubes & salt inside large Ziploc bag
3. In the small Ziploc bag, add milk, sugar & vanilla.
4. Close bag, seal securely. Check for leaks.
5. Place small bag into bag with ice, zip closed. Check for leaks.
6. Turn the bag over and over.
7. Continue turning until milk begins to freeze. Takes about 10 minutes.
8. Rinse off the small bag. Enjoy!

## KOOL-AID PLAYDOUGH

- 1 cup flour
- 1 cup water
- 1/2 cup salt
- 3 teaspoons Cream of Tartar
- 1 package Kool-Aid Mix (any flavor of unsweetened)
- 1 tablespoon cooking oil

Mix dry ingredients together in a large saucepan. Slowly add water mixed with oil and stir over medium heat until mixture thickens to dough. Turn out onto a heatproof bread board or counter top and knead until cool enough for children to handle. Dough will be the color of the Kool-Aid mix and will smell like the Kool-Aid mix. (Can be stored in a tightly covered container for up to six months)

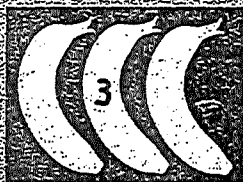
## Jell-O Play Dough

- 1 cup flour
- 1/2 cup salt
- 1 cup water
- 1 tablespoon oil
- 2 teaspoons Cream of Tartar
- 1 (3-1/2 oz.) package "unsweetened" Jell-O

Mix all ingredients together and cook over medium heat, stirring constantly until consistency of mashed potatoes. Let cool and knead with floured hands until dry.

*Storage:* This recipe needs to cool completely "before" storing it in an airtight container!

# BLUE'S BANANA MUFFINS\*



3 large bananas



1-1/2 cups flour



1 cup brown sugar



1 tsp

1 tsp vanilla



1 tsp

1 tsp baking soda



1/2 cup butter



2 eggs



1/4 cup sour cream



1/4 tsp

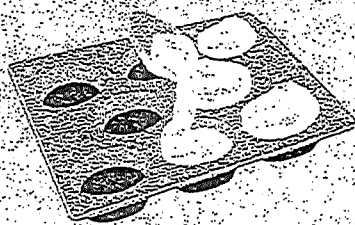
1/4 tsp salt



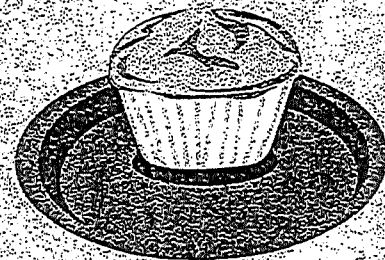
1-1/2 tsp

1-1/2 tsp baking powder

1. Preheat oven to 350 degrees.
2. Cream together butter and sugar.
3. Add sour cream, eggs, mashed bananas, and vanilla.
4. Mix all dry ingredients and add to mixture.
5. Pour batter into greased muffin tins (or line with muffin cups).



6. Bake for 20-30 minutes until muffins are golden brown and spring back to the touch. Enjoy!



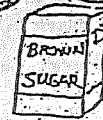
\*Before you start any baking project, ask a grown-up to help you.

# Aggression Cookies

3 cups oatmeal



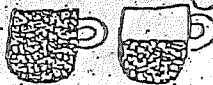
$1\frac{1}{2}$  cups brown sugar



$1\frac{1}{2}$  cups flour



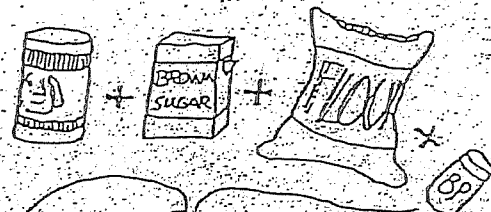
$1\frac{1}{2}$  cups butter



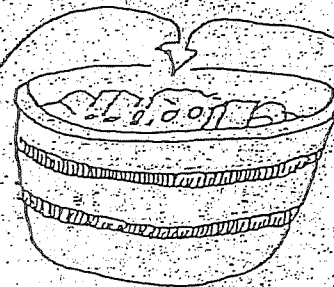
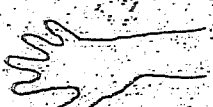
$1\frac{1}{2}$  teaspoons baking powder



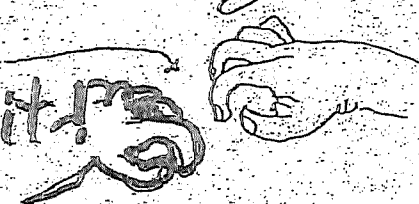
Dump all ingredients  
in large bowl.



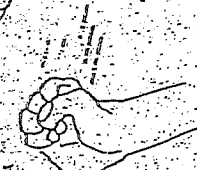
Mash it!



Knead it!

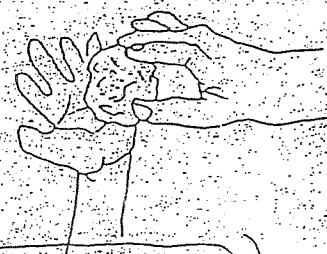


Pound it!

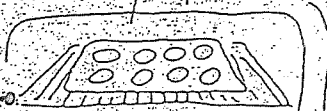


The longer and harder you mix it,  
the better it tastes!

Roll dough into small balls.



Bake on cookie sheet at  
 $350^{\circ}$  for 10-12 minutes.



### **Pancake Mix**

Mix together:

4 ½ cups WHOLE WHEAT FLOUR

4 ½ cups WHITE FLOUR

3 cups SKIM MILK POWDER

½ cup SUGAR

¼ cup BAKING POWDER

1 tablespoon SALT

### **Pancakes:**

2 or 3 cups of master mix

1 or 2 eggs

¼ cup melted margarine or vegetable oil

2 cups liquid (water or milk) -more or less-

### **Muffins:**

2 or 3 cups of master mix

1 or 2 eggs

¼ cup melted margarine or vegetable oil

1 cups liquid (water or milk) -more or less-

Your choice: spices, raisins, nuts, etc

FILL GREASED MUFFIN TINS and

BAKE @ 350° until golden brown

### **Pizza:**

2 or 3 cups of master mix

1 cups liquid (water or milk) -more or less-

MIX WELL, KNEAD, PAT ONTO A GREASED COOKIE SHEET.

Spread with pizza toppings, mozzarella cheese, and your choice of

Tomatoes, peppers, onion, meat, pineapple, etc

BAKE @ 350° until golden brown

### **Scones/ Cake:**

2 or 3 cups of master mix

1 or 2 eggs + 1 cup liquid (water or milk)

1 teaspoon vanilla

½ cup sugar

Your choice: spices, blueberries, raisins, etc

Pour mix into greased pan and bake @ 350° until golden brown

# Apple Crisp



- apples, peeled and sliced
  - $\frac{1}{2}$  cup margarine
  - $\frac{1}{2}$  cup brown sugar
  - $\frac{1}{2}$  cup oats
  - $\frac{1}{2}$  cup flour
  - $\frac{1}{2}$  tsp. vanilla
  - cinnamon
- 

Peel and slice apples and place on the bottom of pan

- In another bowl, combine margarine, brown sugar, oats, flour & vanilla
- spread this mixture on top of apples in the pan & sprinkle with cinnamon
- Bake at  $350^{\circ}\text{F}$  for 30 - 45 minutes or until apples are soft and topping is golden brown
- let cool slightly before serving



## Carrot Muffins



1½ cups all-purpose flour  
1½ tbsp. ground cinnamon  
1½ tbsp. baking soda  
1¼ tbsp. baking powder  
½ tsp. salt  
2 cups grated carrot

3 eggs  
½ cup applesauce  
¼ cup vegetable oil  
1 tbsp. vanilla  
1 cup sugar

1. Preheat oven to 350°C
2. Grease muffin tins.
3. Mix together butter, sugar, eggs, oil, applesauce, vanilla and carrots. Next add baking soda & powder, salt and cinnamon.
4. Slowly add the flour to the mixture.
5. Pour into muffin tin, bake for 15-20 minutes or until a toothpick comes out clean if inserted into middle of muffin.
6. Enjoy as is, or with icing!

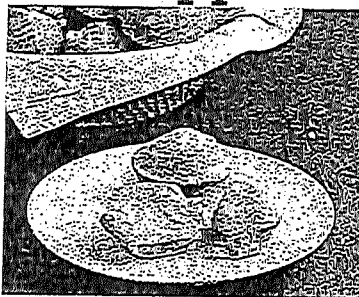
# Easy Blueberry Muffins



1/2 cup margarine  
1/2 cup sugar  
1 egg  
1 cup milk  
2 cups flour  
3 tsp.\* baking powder  
1/2 tsp salt  
1 cup blueberries

1. Pre-heat oven to 400\*
2. In a bowl, blend together margarine, sugar, egg & milk
3. In a separate bowl, mix together flour, baking powder & salt.
4. Mix two mixtures together (but don't mix too much)
5. Fold in blueberries
6. Pour batter into muffin tin & bake for 30 minutes, or until tops are brown & a knife inserted comes out clean.

## Breakfast Apple Muffins



$\frac{1}{4}$  cup soft butter/margarine  
 $\frac{3}{4}$  cup sugar  
1 tsp vanilla  
2 cups flour  
1  $\frac{1}{2}$  tbsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{4}$  tsp. cinnamon  
1+ cup milk  
1 cup apples (peeled & diced)

### TOPPING:

2 tbsp. melted butter/margarine  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  tsp. cinnamon

### DIRECTIONS:

1. Preheat oven to 375.
2. Mix together ingredients.
3. Pour batter into greased muffin tray.
4. Bake in oven for 25 minutes or toothpick comes out clean if inserted. Muffins should be golden brown.
5. While still warm (not hot) dip muffin top in melted margarine and then in the cinnamon/sugar dip.

# PANCAKES

$\frac{1}{4}$  c. flour (white)

$\frac{1}{4}$  c. sugar (white).

$\frac{1}{2}$  tsp. salt

3 tsp. baking powder

2 eggs

$\frac{1}{4}$  c. oil

1 c. milk (or more).

1 tsp. vanilla.

## Cinnamon Buns

$\frac{1}{4}$  cup sugar  
1  $\frac{1}{4}$  cup warm water  
 $\frac{3}{4}$  cup warm milk  
2  $\frac{1}{4}$  tsp yeast – instant  
 $\frac{1}{4}$  cup melted margarine  
4  $\frac{1}{2}$  cup flour  
1 egg yolk  
 $\frac{1}{2}$  teaspoon salt

If you are using instant yeast. Mix flour, yeast, sugar and salt in a large bowl. Add water, milk, melted margarine and egg yolk. Mix well. Using your hands mix and knead dough for 5 to 10 minutes. Dough will be soft, smooth and form a ball. Let rise 1  $\frac{1}{2}$  - 2 hours. Roll into a rectangle.

Spread with:

$\frac{1}{4}$  cup soft margarine  
 $\frac{2}{3}$  cup brown sugar  
1  $\frac{1}{2}$  tablespoon cinnamon

Roll into a log. Cut into 1  $\frac{1}{2}$  inch pieces. Place on greased pan. Let rise 45 minutes. Brush with melted margarine and sprinkle with brown sugar if desired. Bake at 375 for 25 minutes.

