



table

FESTIVE 2021

CHARCUTERIE FRIDAY

Simple and elegant offerings for guests from Christmas to New Years!

pg 12

FESTIVE FEASTS

Showstopping feasts and make ahead sides to help you plan ahead this holiday season.

pg 26

FONDUE

Do you fondue? Tailor food and flavour combinations each guest can enjoy!

pg 40

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WE ARE OWNERS

WE ARE CO-OP

COOP.CRS



The perfect entertaining platter!

Spread the cheer this holiday season with a charcuterie or cheese gift box.

AVAILABLE IN THE DELI!



Traditions that Last

Here at Co-op, we sincerely hope you enjoy a safe, warm and happy holiday season. Maybe you're dusting off the heirloom recipes and gathering the family together. Or maybe you're looking for new traditions or considering ways to incorporate a little more rest into the holidays.

We invite you to find inspiration within these pages. We've got simple and thoughtful gift ideas, meals for the ones you hold dear and ready-made suggestions to help maximize enjoyment without extra effort. You'll find a mix of old-school treats (fondue, anyone?), new takes on the classics (pumpkin pie squares and chocolate gingerbread people, mmm!) as well as completely new directions (what if you serve something other than turkey at your main event?).

Throughout, we focus on Western Canadian growers and makers. Co-op was founded on supporting local. We care about supporting local communities, and we know our customers do too. We hold these values dear during the holidays and always.

For all the challenges we have faced together, perhaps we've also been given a chance to reflect on what we truly value in our holiday traditions. Our holiday wish for you is a delicious, nourishing blend of comfort, fun and time with loved ones. May this holiday be its own gift—to everyone.

Look for these interactive icons throughout!



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You may recognize MacKay as the creator of many delicious recipes created exclusively for Co-op. Since 2014, Co-op and MacKay have partnered to provide customers and food lovers with culinary inspiration and guidance through delicious recipes they can prepare at home. MacKay is the winner of *Top Chef Canada* (Season One), competed on *Iron Chef Gauntlet* and was a judge on *Fire Masters* and *Wall of Chefs*. MacKay founded the Grassroots Restaurant Group, which includes four restaurants that have been included in *enRoute* magazine's list of best new restaurants in Canada and Canada's 100 Best Restaurants.



Christopher Cho
Regina, SK

Cho is a co-owner of Grassroots Restaurant Group and sole owner of Traditional Bitters. He's worked in many prestigious restaurants and bars across Canada, where he's mastered the craft of mixology and the art of exceptional service.



Nicole Gomes
Vancouver, BC

Gomes owns Nicole Gourmet and runs the successful fried and roast chicken concept Cluck N Cleaver with her sister, Francine. Gomes fought to become the first female winner of *Top Chef Canada: All-Stars* and was a semi-finalist on the second season of *Iron Chef Gauntlet*.



Megan Stasiewich
Leduc, AB

Stasiewich is an ambitious home baker and was a finalist on CBC's *The Great Canadian Baking Show*. Influenced by her mom and grammie, she rarely follows a recipe as written and can make everything from bread to cake sculptures.



Maria Koutsogiannis
Calgary, AB

Koutsogiannis seeks to educate readers and inspire vegans and non-vegans alike to embrace vibrant, wholesome, plant-based foods in their daily life. Her straightforward recipes are thoughtful, healthy and nourishing while satisfying all cravings for classic comfort food and sweet indulgences.



Mandel Hitzer
Winnipeg, MB

Hitzer's restaurant, deer + almond, has been on Canada's 100 Best Restaurants list twice and has received numerous accolades from critics and fans alike for the food, atmosphere and culture. He was a judge on *Wall of Chefs* and is also co-founder of RAW almond, a pop-up tasting room created on the frozen river.



Angie Quaale
Langley, BC

Quaale is a champion for all things local and author of the best-selling cookbook *Eating Local in the Fraser Valley*. Quaale spent many years mastering the art of traditional barbecue, competing across North America winning numerous awards, including the Jack Daniel's World Championship Invitational Barbecue.



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THE PERFECT GIFT FOR EVERYONE ON YOUR LIST

- Mom
- Dad
- Emma
- Oliver
- Grandma
- Grandpa



Grab one today at your local participating CO-OP® Food, Home Centre and Convenience Stores!

CO-OP GOLD JAPANESE CHEESECAKE

Fluffy cheesecake or cheesy fluffcake? It's hard to tell! Jiggly Japanese cheesecakes are all the rage right now, and for good reason. This delicate crustless cheesecake is extra light and not too sweet. Made by cheesecake specialists in Toronto, it is extra tender with a bit of jiggle. Get ready for it to melt in your mouth. Delicious on its own or served with a fruity sauce and a side of dark chocolate.



NEW TO YOU

YOU MIGHT JUST FIND A NEW FAVOURITE!



CO-OP GOLD PURE PLANT-BASED PROTEIN TWISTS

These guilt-free snacks pack six grams of fibre and 10 grams of protein into each serving. Made from yellow peas grown and processed in Western Canada, our plant-based protein twists are the perfect salty-sweet treat. Try tangy Vegan Cheese or Vegan Ketchup for a classic Canadian taste.



CO-OP GOLD PURE NO-SUGAR-ADDED FRUIT SPREADS

Get ready for a no-sugar-added fruit spread that tastes like homemade. Our PURE line of fruit spreads are made in Saskatoon using 100% Western Canadian fruit. They're available in Strawberry-Rhubarb, Saskatoon, Raspberry or Haskap-Blueberry flavours and sweetened with apple concentrate. Enjoy all the flavour with none of the added sugar and twice the fruit compared to regular jam.



CO-OP GOLD PURE SLICED PICKLES

Yes, we can now meet all your pickle needs with the newest additions to the PURE pickle line: sliced bread and butter and sliced garlic pickles. Like the rest of the PURE line, these cukes are grown in Western Canada and pickled in Saskatoon. They've got great tang and crunch—you can taste the prairie freshness in every jar. Enjoy on turkey sandwiches or holiday cracker and cheese plates.



CO-OP GOLD PURE PLANT-BASED FROZEN DESSERT

You won't believe it isn't ice cream! Cool, sweet, creamy and full of flavour, these Vancouver-made plant based desserts are made from a chickpea base. Try one of three luxurious flavours: Raspberry Truffle, Salted Caramel with Chocolatey Flakes or Cookies n' Kream. Better yet, save a return trip and try all three!

MAKE YOUR DAY

merry



CO-OPERATIVE COFFEE OFFERS EXCEPTIONAL COFFEE FROM AROUND THE WORLD.

The Co-operative Coffee story is built on partnerships with growers around the world. The sustainably sourced, premium-quality beans are carefully roasted in Western Canada.

From beans to brewing, we're passionate about delivering premium blends, carefully roasted from sustainable sources, to create the perfect cup for you every day!

For those who enjoy the ritual of making coffee at home or those who love to grab a cup on their commute, Co-operative Coffee has the perfect blend for everyone!

Pick up your favourite blend at Co-op Food Stores and participating Convenience Stores.

#DRINKCOOPCOFFEE

Season Essentials

Wondering what to get the person who has everything? You can't go wrong with tasty treats. We've got gift basket options for the snack lover, the chocolate lover and the tea and coffee connoisseur. Get creative with your basket. Use jars and pretty boxes to hold loose items, and tuck packages around them. Top off your creation with a decoration and festive bow.

FOR THE SNACK LOVER

Mix and match Co-op's dried fruit and candy tubbies for a beautiful gift that will tempt the tastebuds. Go salty and sweet with CO-OP GOLD Dried Mango Slices, Salted Cashews and Chocolate Covered Almonds. For your favourite sweet tooth, how about a tower of wine gums, sponge toffee bites and chocolate toffees? Fill any gaps with colourful gummy candies.

FOR THE CHOCO-HOLIC

Who wouldn't love a gift basket stuffed with chocolate bars and chocolate nibbles? CO-OP GOLD Swiss Chocolate Bars come in several flavours, including dark chocolate, milk chocolate, fruit & nut and hazelnut. Add new gourmet items such as CO-OP GOLD Chocolate Covered Pistachios and Raspberry Dark Chocolate Almonds.

FOR THE TEA + COFFEE CONNOISSEUR

Build a gourmet tea and coffee basket that both recharges and relaxes. Begin with a CO-OP GOLD Coffee Press. Add a variety of Direct Trade and Organic Fair Trade CO-OPERATIVE Coffees. Add in our new CO-OP GOLD Dark Chocolate Coffee Beans for an extra boost. CO-OP GOLD PURE Restoration and Relaxation Blend Loose Leaf Teas, wild-harvested in northern Saskatchewan, are a refreshing addition when winding down is in order.



MEET THE MAKERS

Take a quick tour across Western Canada to see all of the delicious delights being produced locally.



1



Shoshauna and Will Routley

CO-OP GOLD PURE SODA

Functional Beverage Group, Abbotsford, BC

Shoshauna and Will Routley pursued their passion for sports, the outdoors and food together before founding a kombucha company, which has evolved into the Functional Beverage Group (FBG). They're behind the new CO-OP GOLD PURE Soda line, featuring high-quality and 100 per cent natural ingredients, sourced from Canadian suppliers. Try the ginger soda with FBG's homemade ginger juice, or Shoshauna's delicious custom-blended cream soda.

2



Ray Price

CO-OP GOLD CHARCUTERIE MEATS

Soleterra d'Italia, Acme, AB

The CO-OP GOLD Charcuteries Meats line is perfect for entertaining. The newest product, 250-gram salami chubs, has arrived just in time for the holidays. With six varieties to choose from, like Toscano and Chorizo, there's enough versatility to include it in everything from pizza to pasta and of course, on a charcuterie board.

Soleterra d'Italia, based in Acme, Alberta, came to be when two family-run businesses partnered in 2016. Today, Soleterra uses the Simonini founding family's recipes, with superior quality pork from the Price family-owned Sunterra Farms. Most of the cooked and cured Italian meats are produced in Canada, while other products, such as prosciutto and coppa are imported from Italy.



3



Mbaku Hamidu Admau

CO-OP GOLD FLAT TAIL PALE ALE

District Brewing, Regina, SK

Delicious locally craft-brewed, non-alcoholic beer is now a thing! Flat Tail Pale Ale was crafted by a partnership with Regina's District Brewing Company. Award winning brewmaster Mdaku Hamidu Admau developed Flat Tail Pale Ale from locally sourced malt and the same centennial and cascade hops as their Session IPA Pale Ale. Enjoy notes of sparkling citrus and pine with a refreshing aftertaste—without the afterbuzz. Coming soon to Saskatchewan, the CO-OP GOLD Session Pale Ale is a beer you've been waiting for. This naturally brewed IPA is balanced with notes of citrus and a mild hop bite. It's a lighter, easy-drinking, kick-back-at-the-end-of-the-day kinda beer.

Your Co-op cares. Please drink responsibly.



4



Trevor Schriemer

MANITOBA GROWN PRODUCE

Schriemer Family Farm, Otterburne, MB

Fresh produce grown close to home is any cook's dream – the taste is generally superior to anything shipped from afar. Schriemer Family Farm, located near Otterburne, Manitoba, grows a variety of delicious vegetables for Co-op, including red onions, squash and corn.

Trevor Schriemer and his family started their farm and greenhouse in 1999. "My wife and I had a vision to be able to raise our family where we could thrive and grow and work together. Where we are today, in large part, is due to Co-op investing in us."

Their oldest son Michael now owns the farm. "Co-op has often said they want our family here 20 years from now so they can build long-term relationships. It's given us the opportunity to be able to grow as a family," explains Trevor.

Schriemer Family Farm produce is bursting with flavour. Nothing can compare to Western Canadian-grown vegetables.



CHARCUTERIE FRIDAY

Charcuterie Friday is just the thing for fans of the snacking dinner. Do-it-yourself (or with-someone-you-love), these platters are perfect for relaxing after the hustle and bustle of shopping and Christmas prep. They're a simple and elegant offering for guests for the whole holiday season. Follow our suggestions, throw in some accessories and you'll have a beautiful charcuterie platter every Friday!

TASTE OF EUROPE

- CO-OP GOLD Sliced Prosciutto
- CO-OP GOLD Toscano Salami
- ALEXIS DE PORTNEUF Belle Crème Triple Crème Brie
- CO-OP GOLD PURE Homecoming Cheese
- CO-OP GOLD PURE Cranberry Raspberry Fruit Spread



COSMOPOLITAN DELIGHTS

- CO-OP GOLD Milano Salami
- CO-OP GOLD Sliced Coppa
- CO-OP GOLD PURE Muffuletta Salad
- CO-OP GOLD PURE Grand Trunk Cheese
- CO-OP GOLD PURE Capri Ella Goat Cheese



CLASSIC HOLIDAY

- CO-OP GOLD Tartufo Salami
- CO-OP GOLD Finocchio Slices
- CO-OP GOLD PURE Fontina Cheese
- CO-OP MARKET TOWN Camembert Cheese
- CO-OP GOLD Premium Dijon Mustard



A BIT OF HEAT

MASTRO SAN DANIELE Hot Charcuterie Trio
 CO-OP GOLD Chorizo Salami
 SUNNY DOG Herbs & Garlic Non-GMO Cheddar
 CO-OP GOLD PURE Wildwood Cheese
 In-store baked Cheddar Sticks or CO-OP GOLD
 Black Pepper Swiss Loaf



CLASSIC CARD PARTY

CO-OP GOLD Ungherese Salami
 CO-OP SIGNATURE SMOKEHOUSE Kaszubska Sticks
 ARMSTRONG Marble Cheddar
 CO-OP GOLD PURE Emmental
 CO-OP GOLD PURE Pickled Vegetables



ACCESSORIES

Round off your charcuterie platter with these additions.

CO-OP GOLD PURE Brie Brulée
 CO-OP GOLD PURE Roasted Tomatoes
 CO-OP GOLD PURE Unpasteurized Honey

CO-OP GOLD Apricots
 CO-OP GOLD Walnuts
 CO-OP GOLD Almonds
 CO-OP GOLD Cheddar Onion Baguette

CO-OP GOLD PURE Stuffed Olives
 CO-OP GOLD PURE Pickles
 CO-OP GOLD Honey Mustard

CANADIANS CRAVE Armstrong

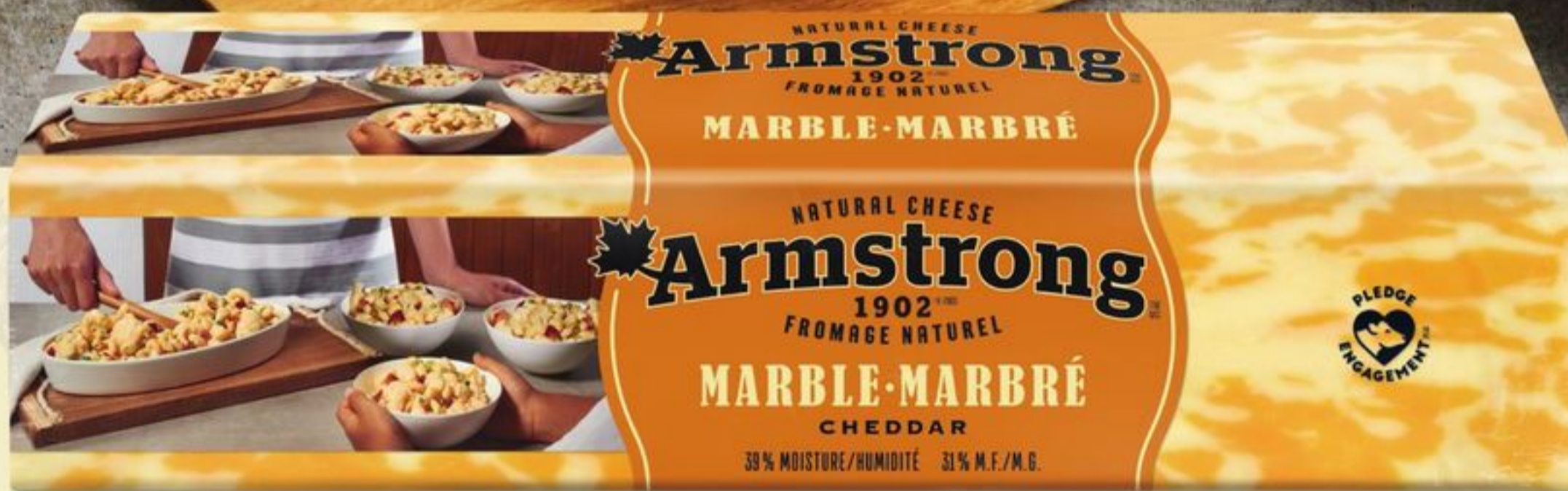


Lisa M

A great Canadian cheese that comes in many different flavours!



685



For more recipe ideas, ArmstrongCheese.ca



IT'S GONNA BE GREAT

White Chocolate Kissed Gingerbread Cookies

- | | | |
|--|---|--|
| 3 cups (750 mL) flour | ¼ tsp (1 mL) Club House®
Ground Nutmeg | ½ cup (125 mL) molasses |
| 2 tsps (10 mL) Club House®
Ginger, Ground | ¼ tsp (1 mL) salt | 1 egg |
| 1 tsp (5 mL) Club House®
Ground Cinnamon | ¾ cup (170 g) butter softened | 1 tsp (5 mL) Club House®
Pure Vanilla Extract |
| 1 tsp (5 mL) baking soda | ¾ cup (175 mL) firmly packed
brown sugar | ¼ cup (60 mL) granulated sugar |
| | | 60 white and milk chocolate swirled
kiss-shaped candies |

1. Mix flour, ginger, cinnamon, baking soda, nutmeg and salt in large bowl. Set aside. Beat butter and brown sugar in large bowl with electric mixer on medium speed until light and fluffy. Add molasses, egg and vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Press dough into a thick flat disk. Wrap in plastic wrap. Refrigerate 4 hours or overnight.
2. Preheat oven to 350°F (180°C). Shape dough into 1-inch (2 ½ cm) balls. Roll in granulated sugar to coat. Place 2 inches (5 cm) apart on ungreased baking sheets.
3. Bake 8 to 10 minutes or until edges of cookies just begin to brown. Immediately press a chocolate candy into center of each cookie. Remove to wire racks; cool completely. Store cookies in airtight container up to 5 days.

Visit clubhouse.ca for more recipe ideas.



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BAKE

ARTISAN BREAD

AT HOME

You don't have to be a professional baker to make bread that looks (and tastes) like it came from a fancy bakery. Heck, you don't even need a sourdough starter! You may be acquainted with no-knead bread recipes, and this recipe is similar: just throw the ingredients in a bowl, and with a little effort (or the help of a stand mixer), they come together into a soft dough.

Time is the great benefactor of a delicious loaf of bread, and this recipe is no exception. It spends several hours rising and resting but the proof is in each tasty slice. Here are a few tips to set you up for success. Before you know it, you'll be slicing into your very own homemade artisan bread.

- Add full-fat Greek yogurt to the bread dough. It adds the tang of sourdough without the fuss of using a starter
- Bake the bread in a super-hot cast iron enamel Dutch oven. The lid traps the steam, ensuring the bread is light

and tender in the centre and yet has a crispy crust

- Switch things up by adding extra flavourings to your bread. Add wetter ingredients such as roasted garlic and olive oil earlier in the process when mixing the dough (adding one tablespoon of olive oil makes the bread more tender on the inside, and the crust extra crispy). Add any of the following combinations to the dough after it has risen in the fridge and is ready to be shaped into a round:
 - » Finely chopped olives and grated Parmesan cheese;
 - » Chopped pickled jalapeño peppers and shredded cheddar cheese;
 - » Dried cranberries and chopped pecans;
 - » Roasted sunflower and pumpkin seeds
- Use fresh herbs instead of dried



RECIPE BY CHEF RENÉE KOHLMAN

HOMEMADE ARTISAN BREAD

MAKES: 1 BOULE PREP: 11 HOURS 30 MINUTES TOTAL: 13 HOURS

- 2 ¼ cups all-purpose flour**
- ¾ cup whole wheat flour**
- 1 tsp salt**
- ¾ tsp instant dry yeast**
- 1 cup warm water**
- ½ cup full-fat plain Greek yogurt**
- 1 tsp liquid honey**

1. Combine all the ingredients in a mixing bowl. Using a wooden spoon or the paddle attachment if using a stand mixer, mix until the flour is thoroughly incorporated. The dough will be wet and sticky. Cover the bowl with plastic wrap or a kitchen towel and let sit at room

temperature for 2 hours or until doubled in size. Transfer the bowl to the refrigerator and let it rest overnight or for 8 hours.

2. Lightly flour a work surface. Scrape the dough onto the floured surface with a spatula or curved bench cutter. Sprinkle with a little more flour and fold the dough over itself a few times. Shape the dough into a ball and transfer to a piece of floured parchment paper, placing the dough seam-side down. Invert the bowl you used for proofing and place it over the dough. Let the dough rise for 1 hour or until doubled in size.

3. 30 minutes before the dough is ready, place a covered Dutch oven (4–6 quarts) inside the oven and preheat to 450°F. When the dough is ready, carefully remove the pot from the oven and use the parchment paper to lift the dough into the hot pot. Tuck the parchment paper into the pot. Use a sharp knife to cut a deep slit across the centre of the dough.
4. Cover the pot and bake for 30 minutes. Remove the lid and bake for another 15–25 minutes, or until the bread is crusty and golden brown on top. Remove the pot from the oven and let the bread cool for 30 minutes before slicing.



FELIZ

✦ Navidad ✦



Casa Mendosa

Weston Foods (Canada) Inc. © 2021

SPICY CARNITAS HOLIDAY ROLLUP

Preparation Time: 60 mins
Active Time: 20 mins
Serves: 6-8 as an appetizer

INGREDIENTS

- 4x Casa Mendosa® Chili Lime Tortillas
- 800g Pulled Pork, prepared (2 packages)
- 2 Tbsp Chili Seasoning, prepared
- ¼ Tsp Chipotle Hot sauce, or to taste (optional)
- 250g (1 cup) Spreadable Cream Cheese (optional Herb flavoured)
- 250g (1 cup) Monterey Jack Cheese, shredded
- 1 Roma Tomato, seeded and diced
- 4 radishes, washed, dried and thinly sliced
- ¼ cup fresh Cilantro, washed, dried, leaves picked
- ¼ cup pickled red onion, prepared
- ¼ cup pickled jalapeno, well drained (optional)
- Optional, to serve:
 - 1 Cup (225ml) Guacamole, homemade or prepared.
 - 1 Cup (225ml) Salsa, homemade or prepared.
 - Lime wedges

DIRECTIONS

For Pulled Pork: Heat according to package directions, discarding all but ¼ cup of the sauce once cooked. Once cooled to the touch, pull the pork, mix with a minimum amount of sauce to keep it moist, the chili seasoning and hot sauce if using. Reserve in the fridge.

Lay flour tortilla down on work surface and spread ¼ of the cream cheese evenly over each tortilla, leaving a ½ inch to 1 inch border all around the edge. Cover evenly with ¼ of the pulled pork and sprinkle with ¼ of the shredded cheese.

To roll, start at the bottom of the tortilla (closest to you), and roll up tightly towards the top. Place roll seam side down on a lined sheet pan, or large plate. Repeat with remaining tortillas and place in refrigerator, covered, for 30 minutes to several hours to chill and firm up.

Use a sharp serrated knife to slice each roll into 1 inch pinwheels. If needed, use a toothpick to keep the tortilla fully rolled.

Assemble the cut pinwheels on a heat safe plate, in a circle, in graduating layers so it resembles a tree. (approx. 8-10 pinwheels on the bottom layer to start). Microwave for 45 to 60 seconds, until cheese begins to melt, and pork is barely warm. Trim the tree with the chopped tomato, cilantro, sliced radish, pickled red onions and jalapeno. Serve with guacamole, salsa and lime wedges on the side.

THE ULTIMATE APPLE EXPERIENCE



envy 

Perfect for slicing and sharing, this sweet apple treat adds beautiful freshness to your holiday entertaining.

BITE & BELIEVE

share the Christmas magic

Coca-Cola



Coca-Cola

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BLOODY MARY

View this recipe
online at food.crs!



WINTER PARADISE

MOCK POMTINI

MOCK MULE

CITRUS BLIZZARD

Cocktails & Mocktails

In the mood for a cocktail? Try matching your drink to the food you eat. We've paired these cocktail and mocktail recipes with some of our favourite food suggestions so you can mix things up this holiday season.



PAIR WITH

Imagine you're on a beach, kicking back with tropically inspired appies! Try a mixed platter with CO-OP GOLD Oven Ready Coconut Shrimp, CO-OP GOLD Spring Rolls, and CO-OP GOLD Crab Rangoon.

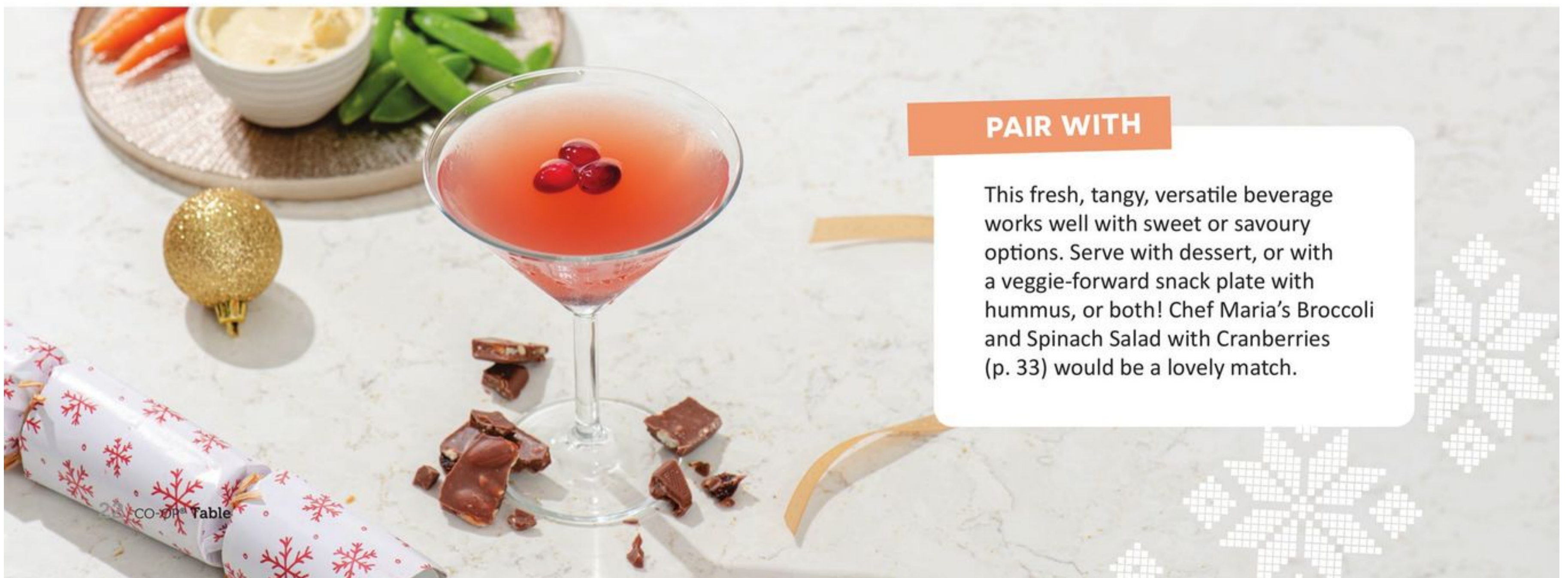
Your Co-op cares. Please drink responsibly.



PAIR WITH

This drink will stand up to a bit of spice. Stay warm and spice things up with nachos and salsa, tortilla rollups, CO-OP GOLD Chorizo Sticks, or the CO-OP GOLD Shrimp Variety Pack.

Your Co-op cares. Please drink responsibly.



PAIR WITH

This fresh, tangy, versatile beverage works well with sweet or savoury options. Serve with dessert, or with a veggie-forward snack plate with hummus, or both! Chef Maria's Broccoli and Spinach Salad with Cranberries (p. 33) would be a lovely match.

RECIPE BY MIXOLOGIST
CHRISTOPHER CHO

WINTER PARADISE

SERVES: 1 PREP: 20 MINUTES
TOTAL: 25 MINUTES

MANGO SYRUP

2 cups CO-OP GOLD 100%
Mango Juice

2 cups granulated sugar

COCKTAIL

2 oz white rum

4-5 fresh mint leaves
2 chunks fresh pineapple
1 oz freshly squeezed lemon juice
1 oz Mango Syrup
5 oz CO-OP GOLD PURE Pineapple
Mint Kombucha
fresh mint sprig
fresh pineapple wedge on skewer

1. To make the syrup, combine the mango juice and sugar in a small pot. Bring to a boil. Stir until all sugar crystals have dissolved. Cover and chill until needed.
2. To make the cocktail, pour the rum into a tall glass. Fill one-quarter full with ice.

3. Add the mint leaves and pineapple chunks. Fill glass with additional ice.
4. Add the mango syrup, lemon juice, and Pineapple Mint Kombucha. Stir.
5. Garnish with mint sprig and pineapple skewer.



RECIPE BY MIXOLOGIST
CHRISTOPHER CHO

CITRUS BLIZZARD

SERVES: 1 PREP: 20 MINUTES
TOTAL: 25 MINUTES

GRAPEFRUIT SYRUP

2 cups CO-OP GOLD Ruby Red
Grapefruit Cocktail

2 cups granulated sugar

COCKTAIL

1 ½ oz tequila

½ oz Cointreau (or other
orange liqueur)

¾ oz freshly squeezed lime juice
1 oz Grapefruit Syrup
½ cup grapefruit sparkling water
salt for the rim of the glass
slice of grapefruit

1. To make the grapefruit syrup, combine the juice and sugar in a small pot. Bring to a boil, stir until the sugar is completely dissolved, then cover and chill until needed.
2. To make the cocktail, pour the tequila, Cointreau, lime juice and grapefruit syrup into a cocktail shaker. Add ice and shake vigorously.

3. Rub half the rim of a tall glass with a wedge of grapefruit. Put some salt onto a saucer. Dip the rimmed glass into salt.
4. Strain the cocktail into the glass.
5. Fill the glass ¾ full of ice. Add grapefruit sparkling water to fill the glass.



MOCK POMTINI

Use martini glasses if you have them.

SERVES: 2 PREP: 5 MINUTES
TOTAL: 5 MINUTES

1 cup ice

4 oz pomegranate juice

Juice of one mandarin orange

Juice of half a lime
2 oz club soda
6 fresh or frozen cranberries
1 Tbsp CO-OP GOLD Frozen
Pomegranate Arils (approximately
20 seeds)

1. Fill a cocktail shaker with ice and pour pomegranate juice, citrus juices and club soda over the ice. Stir gently to chill.
2. Strain into two martini or cocktail glasses of your choice.

3. Divide cranberries and pomegranate arils between the glasses and serve.





MOCK MULE

Use classic cocktail glasses for your mocktails to dress up your drink. Moscow Mules are traditionally served in copper mugs, so use 'em if you got 'em.

SERVES: 2 PREP: 5 MINUTES TOTAL: 5 MINUTES

- 1 ½ cups crushed ice
- 1 cup CO-OP GOLD PURE Ginger Beer
- Juice of two limes (approximately 4 Tbsp)
- ½ cup sparkling water
- Fresh mint for garnish
- Lime wedges for garnish

1. Fill two copper mugs or highball glasses ¾ full with ice.
2. Add ginger beer, lime juice, and sparkling water. Stir to combine.
3. Garnish with mint and lime wedges and enjoy immediately.

PAIR WITH

Ginger matches well with hard cheeses. Enjoy your Mock Mule with a cheese and cracker plate including CO-OP GOLD PURE Emmental, Grand Trunk and Wildwood cheeses. For an extra cheesy kick, melt some Emmental on CO-OP GOLD PURE Cheddar Onion Baguette or Roasted Garlic and Cheese Bread. A Mock Mule would also be a great match for Raclette (see page 42).



Get your Home Ready for the Holidays!



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*vs. the leading All Purpose Cleaner with bleach spray on Kitchen grease

5X Faster Grease Cleaning*

*vs. Dawn Non-Concentrated

Doesn't just mask, cleans away odours

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NEW

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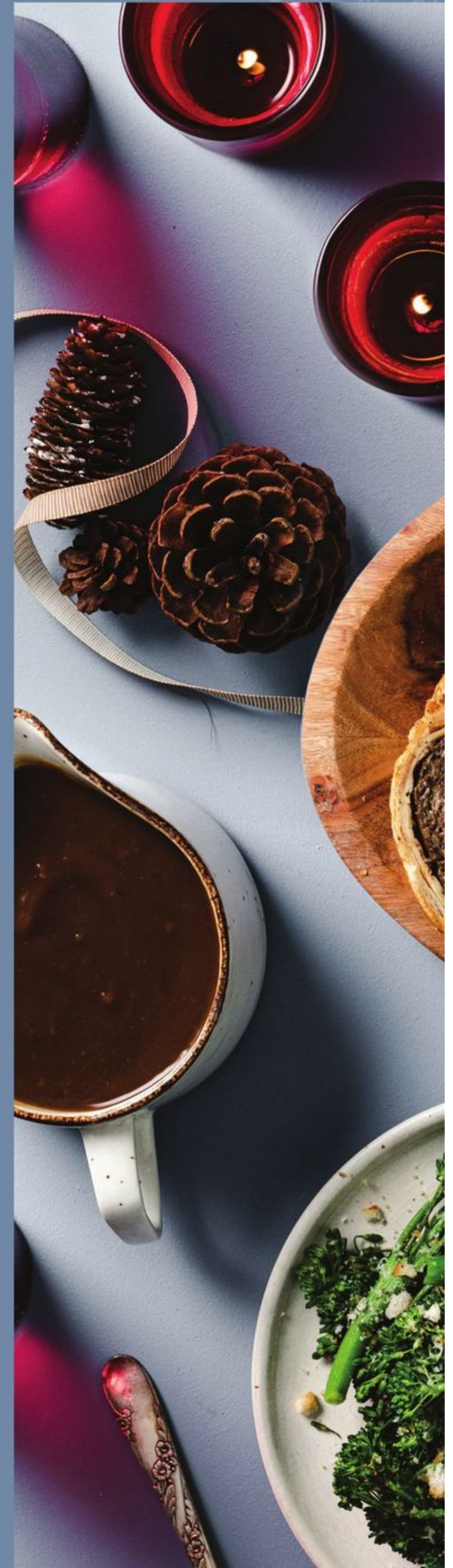
FESTIVE FEASTS

Plan ahead to create showstopping feasts with or without the turkey!

Try one of these plant-based, seafood or beef alternatives paired with delicious make-ahead side dishes at your next gathering.

Ease your holiday stress by prepping ahead. Mix dressings, chop veggies, brine the meat—you'll save precious time on the day you're serving dinner. All these sides are meant to be served at room temperature, so you can have them ready well ahead of the dinner rush.

Our main dishes can also be started or made ahead, then simply popped into the oven to finish. It's another way to offer your guests a festive feast without sacrificing your sanity.





BEEF WELLINGTON

Chilling is especially important! It makes the puff pastry easier to wrap around the meat. For a beautiful texture, ensure no air is trapped between the pastry and the meat, which may make it soggy. Brush the unbaked pastry with well beaten eggs (an egg wash) to create a nice glaze when the pastry is baked. –Chef MacKay



SERVES: 4 PREP: 2.5 HOURS TOTAL: 3 HOURS

BEEF AND MUSHROOM DUXELLE

12 oz (340 g) CO-OP Boneless Beef Tenderloin Premium Oven Roast, Center Cut

1 tsp salt, divided

½ tsp ground black pepper, divided

2 Tbsp vegetable oil, divided

3 cups cremini or button mushrooms, finely minced

¼ tsp fresh garlic, minced

¼ cup white wine

½ cup whipping cream

1 tsp Dijon mustard

3 slices CO-OP GOLD Prosciutto

HERB CRÊPES AND PUFF PASTRY

⅓ cup CO-OP GOLD All Purpose Flour

1 CO-OP GOLD Large Egg

½ cup milk

1 tsp fresh rosemary, chopped

1 tsp salt

1 Tbsp butter, divided

1 Box (400 g) CO-OP GOLD Puff Pastry Sheets

2 CO-OP GOLD Large Eggs, well beaten

BEEF

- Season the meat with half the salt and half the pepper. Place a large frying pan on medium-high heat, add half the oil and heat until it shimmers. Sear the beef until lightly browned on all sides, about 2 minutes per side.
- Transfer to a tray and chill uncovered in the fridge for 15 minutes.
- While the beef cools, return pan to medium heat, add remaining oil and heat. Add mushrooms and sauté until lightly browned. Add garlic and cook for 30 seconds. Season with remaining salt and pepper.
- Add white wine. Cook over high heat until the pan is almost dry.

- Add cream and cook over high heat to reduce the cream until thick enough to coat the mushrooms.
- Transfer mushroom mixture to a food processor and blend to a coarse paste. Transfer to a bowl and chill.
- Remove beef from the fridge and brush evenly with the mustard.
- Lay prosciutto slices flat on a cutting board with the edges slightly overlapping. Roll the beef in the prosciutto so it is completely encased. Chill.

CRÊPES

- To make the crêpes combine the flour, egg, milk, rosemary and salt in a medium-sized bowl. Whisk until smooth.
- Melt half the butter in a 10-inch non-stick frying pan or crêpe pan over medium-high heat. When the butter foams, pour half the batter into the pan. Swirl the batter to cover the base of the pan. Cook for approximately 2 minutes, or until lightly browned, then flip to brown the other side.
- Repeat with the next crêpe. Stack the second crêpe on the first and chill.

ASSEMBLY

- To assemble, bring all the prepared ingredients out of the fridge. Set up a cutting board with a roll of plastic wrap behind it. Pull a layer of clingfilm over the chopping board, keeping it attached to the roll.
- Lay the crêpes on the clingfilm so they slightly overlap. Spread the mushroom duxelle evenly over the crêpes approximately ½-inch thick.
- Place prosciutto-wrapped beef lengthwise on the duxelle.
- Wrap the crêpes around the beef, using the clingfilm to make a snug log, folding the ends of the clingfilm

underneath to secure. Refrigerate for at least 30 minutes.

- Lay out one sheet of puff pastry on a lightly floured counter and place the meat in the middle. Brush beaten eggs onto the pastry around the meat.
- Lay the second sheet of pastry on top of the beef. Press down the pastry around the edges to make a tight seal. Trim the edges of the pastry, leaving a ½-inch skirt. Brush beaten eggs over the top and sides of the pastry. Chill for 20 minutes.

COOKING AND SERVING

- Heat the oven to 375°F. Transfer the package to a parchment-lined tray and into the oven without letting the package come to room temperature. Bake for 20 minutes in the middle of the oven.
- Turn the oven down to 300°F and bake for another 10 minutes for rare, or longer for meat cooked to medium-rare, medium, or well-done. Insert a thermometer in the center of the package to check: for rare, aim for at least 57°C (135°F) internally when it comes out of the oven.
- Let the Wellington rest uncovered for 10 minutes, then check the internal temperature as it continues to cook while it rests.
- Use a sharp serrated knife to cut the Wellington in half, then carve and serve.

BEEF COOKING TEMPERATURES

RARE	57°C (135°F)
MEDIUM RARE	63°C (145°F)
MEDIUM	71°C (160°F)
WELL DONE	77°C (170°F)

RECIPE BY CHEF DALE MACKAY
SASKATOON, SK

View our
plant-based
wellington recipe!



MAKE-AHEAD ROASTED SQUASH AND LENTIL SALAD

SERVES: 8 AS A SIDE PREP: 30 MINUTES
TOTAL: 1 HOUR 30 MINUTES

ROASTED SQUASH

- 1 large kabocha squash
- 1 ½ Tbsp vegetable oil
- ¼ tsp ground cloves
- ¼ tsp ground allspice
- ½ tsp chili flakes
- 1 tsp smoked paprika
- ½ tsp salt

SALAD

- 1 cup CO-OP GOLD PURE French Green Lentils
- ¼ cup olive oil
- 3 Tbsp red wine vinegar
- 1 Tbsp CO-OP GOLD PURE Honey
- ½ tsp fresh garlic, minced
- ¼ cup SAPUTO Feta Cheese
- 3 Tbsp CO-OP GOLD Walnuts, toasted and chopped
- ⅛ tsp salt
- 2 Tbsp fresh dill, chopped

1. Heat oven to 450°F. Peel and seed squash, then cut into 1-inch pieces for about 4 cups of dice. Toss in a large bowl with the oil and seasonings.
2. Line a baking sheet tray with parchment. Spread the squash on the tray and bake for 10 to 12 minutes, or until tender. Remove from oven and let cool.
3. Combine the lentils with 3 cups of water in a medium pot. Cover and bring to a boil, then reduce to a simmer. Cook until tender, about 30 to 60 minutes, depending on the age of the lentils. Drain and chill.
4. To make the dressing, whisk together the oil, vinegar, honey, and garlic.
5. To a large bowl, add lentils, squash, feta and walnuts. Season with salt and toss with dressing. Garnish with dill.
6. Serve right away or hold until later.

Finish your meal with a CO-OP GOLD Pie!





Finish your meal with
CO-OP GOLD Single Serve Desserts!



HERB-CRUSTED STEELHEAD

Brining meats, poultry and fish results in a juicier, tastier protein, and can transform the results in your home kitchen. Your family and guests will wonder if you are a professional chef. Make the brine and immerse the food one day in advance if time allows; omit the brining if time is tight. The oven temperature is high to colour and dry the crust, which protects the fish from overcooking while keeping it wonderfully moist. –Chef Hitzer

SERVES: 2-3 PREP: 20 MINUTES TOTAL: 35 MINUTES MARINATING TIME: OVERNIGHT OR UP TO 24 HOURS

BRINE

- 2 cups water
- 1 Tbsp salt
- 2 Tbsp CO-OP GOLD Pure Maple Syrup

STEELHEAD

- 0.5 kg (10 oz) CO-OP Steelhead Fillet, skinned
- 8 slices white bread
- ½ bunch parsley, divided
- ½ bunch chives, divided
- ½ bunch dill, divided
- 1 container (227g) CO-OP GOLD Cream Cheese, at room temperature
- 1 Tbsp grainy Dijon mustard
- 1 lemon, juice and zest

salt and pepper

- 2 Tbsp salted capers
- 1 shallot, peeled and thinly sliced

1. To make the brine, put the water, salt and syrup in small pot and bring to a boil. Cool completely.
2. Place fish in a bowl or resealable bag, add brine, cover or seal, and refrigerate for up to 24 hours.
3. Preheat oven to 375°F. Remove fish from brine, place on a kitchen towel and pat dry. Set it aside until needed.
4. Cube bread and roughly chop the herbs, reserving a bit of each herb in leaf form for garnish.
5. Place bread and herbs in a food processor. Work in multiple batches if

necessary to avoid overcrowding the machine. Blitz on high until you have vibrant green fluff, 1 to 2 minutes. Set aside.

6. Combine cream cheese, mustard, lemon juice and zest in a small bowl. Mix well.
7. Pat the fish dry. Coat fish with the cream cheese mixture, then pat on the bread crust.
8. Bake on a parchment-lined tray for 10 to 15 minutes depending on how you like your fish. Use a thermometer for precise results: 70°C (158°F).
9. Remove from oven and let the fish rest for 5 minutes. Season with salt and pepper to taste. Garnish with the reserved herbs, capers and shallot.

RADISHES, MUSHROOMS AND GREEN BEANS IN FOIL

This is a simple, rustic and beautiful way to serve vegetables, and pairs well as a side dish to any meal. Prep the veggies ahead of time to easily toss together. This recipe can be cooked on the BBQ to save oven space. –Chef Hitzer

SERVES: 4 PREP: 10 MINUTES TOTAL: 25 MINUTES

- 1 bag or 2 bunches radishes, halved or left whole, 2 radishes reserved
- 227 g mushrooms (12–14), quartered
- 454 g green beans, stemmed
- ½ cup butter
- 2 lemons, juice and zest
- 2 cloves garlic, sliced
- 2 Tbsp chopped fresh dill, divided
- salt and pepper to taste

1 head kale or a bunch of chard, chopped flaky salt

1. Pre-heat oven to 350°F. Lay all vegetables except chard on a double layer of tin foil, top with butter, and squeeze the juice of 1 lemon over the mixture. Sprinkle with garlic and half the dill. Season with salt and pepper. Fold the foil lengthwise and fold or roll up ends to form a little package. Bake

for 15 minutes.

2. Test doneness by gently pinching the vegetables through the foil; the vegetables should give a little.
3. Remove from the oven. Open the parcel carefully and transfer to a serving bowl. Add the remaining dill, then add the remaining lemon juice and zest. Toss in kale or chard. Slice the remaining radishes, sprinkle them on top and sprinkle with flaky salt.





SHEPHERD'S PIE WITH MUSHROOM AND WALNUT FILLING

This vegetarian dish is as luscious as any meat-based version. When mashing the potatoes, remember when adding liquid that you need a solid mash to heap on top of the first layer. After assembly, scoring the mash with the tines of a fork adds fun texture. It will last up to a week in a tightly sealed container in the fridge, or 2 to 3 months in the freezer. –Chef Koutsogiannis

SERVES: 8 PREP: 20 MINUTES TOTAL: 1 HOUR 10 MINUTES

- 1 ½ cups walnuts, raw, whole
- 4–5 cups assorted mushrooms, whole
- 4 Tbsp olive oil, divided
- 1 medium sweet white onion, finely chopped
- 3 cloves garlic, pressed or finely chopped
- 2 Tbsp dried basil
- 1 Tbsp dried oregano
- 1 tsp cumin
- ½ tsp cinnamon
- ¼ tsp cloves
- ¾ cup tomato purée
- 2 generous tsp tomato paste
- 2–3 cups CO-OP GOLD PURE Vegetable Broth
- 2–3 cups hot water
- salt and pepper to taste
- 5 large white potatoes, peeled and cubed 1 inch
- ¼ – ½ cup almond milk
- 1 generous Tbsp plant based margarine
- 2 Tbsp + 1 tsp minced fresh thyme, divided

1. Finely chop the walnuts until crumbly using a knife or food processor. Transfer to a large bowl. Finely chop mushrooms using a knife or food processor in two separate bunches. Transfer to the bowl containing the walnuts.
2. Measure 2 Tbsp olive oil into a large pan and heat on medium-low heat for 30 seconds. Add the walnuts and mushrooms and cook for 5 to 7 minutes, or until the mushrooms are dry. Transfer the mixture to a bowl and set aside.

3. Add 1 Tbsp olive oil to the pan and heat for 30 seconds on medium-high heat. Add onions and cook for 5 to 10 minutes, or until soft and translucent. Add garlic, basil, oregano, cumin, cinnamon and cloves. Stir until onion is well coated and reduce heat to low. Cook for 3 minutes, stirring often.
4. Add tomato purée, tomato paste and vegetable stock. Stir, then increase heat to high. Add mushroom and walnut mixture. Sauté for 2 minutes, stir and add water. Bring to a boil, then reduce heat and simmer for 20 minutes until thick. Season to taste. Set aside.
5. While sauce simmers, put potatoes and cold water into a pot. Season to taste and cook potatoes until very tender, 15 to 20 minutes. Drain potatoes and add the almond milk and margarine. Use a hand masher to mash until creamy. Add thyme, reserving 1 teaspoon. Set aside.
6. Preheat the oven to 400°F and line a baking sheet with parchment paper.
7. Transfer walnut-mushroom mixture to a 9 x 13 baking dish. Flatten the mixture with a spatula. Dollop mashed potatoes on top of the mixture and flatten. Use the tines of a fork to score the surface of the pie. Spray or drizzle with remaining olive oil or an oil of your choice. Bake for 25 minutes.
8. Set the oven to broil, then broil the pie for 5 minutes. Watch closely so it does not burn. Garnish with remaining thyme.



Finish your meal with a CO-OP GOLD Cheesecake!



RECIPE BY CHEF MARIA KOUTSOGIANNIS
CALGARY, AB

BROCCOLI, APPLE AND SPINACH SALAD WITH CRANBERRY ORANGE DRESSING

If you choose to pre-dress your salad, consider your salad will be much more flavourful, but it may get soggy faster. Either way, you're guaranteed to have a party in your mouth. –Chef Koutsogiannis

SERVES: 6-8 AS A SIDE
PREP: 10 MINUTES TOTAL: 20 MINUTES

SALAD

- 8 cups broccoli, chopped
- 6 large handfuls fresh spinach
- 1 green apple, diced
- 2 tsp fresh lemon juice
- ½ cup chopped pecans
- ¼ cup sliced almonds

DRESSING

- 4 Tbsp olive oil
- ¼ cup fresh orange juice (½ an orange)
- 1 Tbsp maple syrup or melted honey
- ¼ cup unsweetened cranberries, finely chopped
- dash of salt and pepper

1. Bring a medium-sized pot of water to a boil. Add broccoli and cook for 5 to 7 minutes or to desired texture.
2. While the broccoli cooks, prepare dressing by putting all the ingredients into a medium-sized jar or bowl. Blend using an immersion wand or whisk.
3. Drain the broccoli and chill by immersing in a bowl filled with ice-water. Cool completely.
4. Put remaining salad ingredients into a large bowl. Add the broccoli. Dress the salad beforehand or just before serving.

Photo by Bob Deutscher



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Sweet & Salty Snacking Board

Ingredients

- Spinach dip
- **Ritz**[®] Crackers; **Triscuit**[®] Original Crackers; **Crispers**[®] Cheddar Crackers and **Crispers**[®] All Dressed Crackers
- Brie cheese and Colby Jack cheese
- **Chips Ahoy!**[®] Original Cookies and **Oreo**[®] Cookies
- **Maynards**[®] Fuzzy Peach Candy and **Maynards**[®] Swedish Berries Candy
- **Cadbury Dairy Milk**[®] Milk Chocolate and **Dairy Milk Oreo**[®] Chocolate Bars, broken into pieces
- Seedless green and red grapes
- Strawberries
- Cut-up fresh vegetables (carrots, celery, sweet peppers)

Preparation

Spoon spinach dip into small bowl; place on large board or platter. Add crackers, cheeses, cookies, and small bowls of candy and chocolate pieces to board.

Fill in empty spaces with remaining ingredients.



Snack boards can be prepared for any number of servings. For each guest, use a guideline of 30 g cheese, 20 g crackers and 2 Tbsp. dip. Add 30 to 40 g cookies or candy for a sweet treat. For a satisfying and well-balanced board, fill in any gaps with fresh fruit and/or cut-up fresh vegetables.



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SHARING CHANUKAH TRADITIONS

Talia Syrie's cooking skills came from trial and error and learning from her grandmother and mother. Syrie opened The Tallest Poppy in Winnipeg in 2007 as an opportunity to share her family's foods with her city. She says food is an incredibly important part of Chanukah, the Jewish winter holiday.

Chanukah's dates change yearly because the Hebrew calendar is based on a lunar model. In 2021, it's held between November 28 and December 6. It's a celebration of a military victory when a small group of Jews defeated an occupying Greek-Syrian army about 3,000 years ago.

"The essence of the story involves a miracle in which a small amount of lamp oil (used to light a holy fire needed for prayer) lasted eight days, the amount of time needed to receive a new supply," she explains.

To remember and celebrate the miracle, Jews light candles every night of the holiday and eat foods fried in oil, such as latkes (deep fried potato pancakes) and sufganiyot (jam-filled donuts).

Syrie's latke recipe comes from a cookbook her grandmother published in the 1980s. The original recipe was her great-grandmother's. Over time, Syrie tweaked it to match a more Mediterranean flavour profile.

"My grandmother liked to bake latkes first, then lightly fry them in a pan. This was an attempt to cut down on cholesterol. She found my deep-frying technique upsetting."

Syrie says they've used latkes as carriers for eggs, meat and even their own Jewish-style twist on poutine at The Tallest Poppy. Otherwise, latkes are saved for family meals as a Chanukah treat.





RECIPE BY CHEF TALIA SYRIE
WINNIPEG, MB

LATKES

Making latkes is messy and a little labour-intensive but the end product is delicious and worth the clean-up. Latkes are traditionally served with applesauce and sour cream. The applesauce we make at The Tallest Poppy has a little cinnamon, salt and a pinch of cayenne to brighten it up. Chag Sameach (Happy Holidays). –Chef Syrie

SERVES: 8 PREP: 15 MINUTES
TOTAL: 30 MINUTES

10 large Yukon Gold potatoes, coarsely grated, rinsed, squeezed and drained

1 medium-large sweet potato, coarsely grated

2–3 yellow onions, grated

3–4 cloves crushed garlic

8–10 large eggs, lightly beaten

1 ½ cups white flour

1 ½ Tbsp salt

1 Tbsp pepper

1 ½ Tbsp baking powder

1 tsp ground cumin or cumin seed

1 Tbsp dried parsley

oil or a mix of oil and butter for the pan

1. Combine all ingredients in a large bowl and mix well.
2. Use a large ice cream scoop or soup spoon to portion the latkes so they are about 2 inches in diameter.
3. Flatten each portion between your hands so it looks like a pancake.
4. Heat a sauté pan over medium-high heat. Add oil or a mix of oil and butter. When it is hot, add a single layer of latkes and panfry until golden brown, about 5 minutes on the first side and 3 minutes on the second side, turning once. At this point they can be cooled and stored to deep-fry or reheat in an oven or sauté pan later. If you do deep-fry them, pat them dry afterwards with a paper towel to remove any excess oil.



Stay warm this winter

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Summer Fresh

As we head into this holiday season, let's go forward with optimism and a focus on quality time with family & friends.

We love to spend time around delicious food and hope to inspire you with easy entertaining ideas.

Perfect for sharing!

Appetite for Life

EAT MORE PLANTS THIS HOLIDAY SEASON

'Plant-based' is a general term to describe a way of eating where the focus is on plant foods – fruit, vegetables, nuts, seeds, whole grains, and legumes like soybeans, beans, chickpeas and lentils. The goal is to add plant foods to your diet – while this can include veganism (avoiding all animal products), plant-based eating doesn't mean you have to cut out animal foods entirely.

Plant-based eating has certainly been trending this year. With the holidays approaching, people are looking for ideas on how to accommodate their plant-based loved ones, or how to incorporate more plants into their traditional holiday meals.

Here are five tips to keep your holiday season plant-based without giving up your favourites (hint: focus on what you can add to meals or snacks):

Include washed and cut-up fruit at breakfast and snacks. Don't be surprised when the bowl of berries or melon is devoured.

Add an extra vegetable dish to main meals. Make a holiday-inspired salad, such as Chef Maria's Broccoli, Spinach and Apple Salad with Cranberry Orange Dressing (p. 33) or invite a guest to bring a favourite vegetable dish.

Incorporate a plant-based protein into main meals. For example:

- Use smoked tofu as a substitute for cured meats like sausage or bacon
- Add lentils to a soup or salad, like Chef Dale's Roasted Squash and Lentil Salad (p. 29)
- Make a bean salad with green and yellow beans, kidney beans and chickpeas
- Use walnuts as an add-on with roasted veggies or as a meat replacement, as in Chef Maria's Shepherds' Pie with Mushroom and Walnut Filling (p. 32)

Build a plant-based snack platter for between-meal munching (along with your other favourites). This might include:

- Carrots, snap peas, olives and grape tomatoes
- Pickled vegetables like carrots, green beans or beets
- Plant-based dips like chickpea hummus
- Vegan meat substitutes like simulated sausage
- Finger fruits like grapes or strawberries
- Roasted flavoured chickpeas or lentils
- Mixed nuts
- Whole grain crackers

Bulk up your soups with plant-based add-ons. Keep it simple with canned beans, or grains like barley, wild rice or quinoa.

Whomever your guests, someone will appreciate your effort to add more plants.



Brooke Bulloch
Saskatoon, SK
Registered Dietitian



Fondue

Do you fondue? Fondue is the ultimate social meal.

Fondue is more than a meal—it's a social event where everyone gathers around the pot or raclette grill and nibbles the night away. Conversation flows as your guests create their own custom plate, selecting dips and flavour combinations that suit their tastes. As the host, once you've finished all the chopping and sauce prepping, you can sit down and enjoy spending time with your guests.

HOT POT FONDUE

This fondue is reminiscent of Chinese Hot Pot. When you make the dips, adjust the seasoning to the way you like: more honey if you like it a little sweeter or more soy sauce if you like things a little saltier. There are several steps to the recipe, but it's very flexible!
 –Chef Gomes

Do a three-course fondue meal with a cheese starter, broth or oil main course, with a sweet fondue for dessert. If this is your first fondue experience and that feels like too much, choose one fondue course and keep your other courses simple.

SERVES: 6 PREP: 3-3.5 HOURS TOTAL: 4 HOURS

DIPPERS

250 g CO-OP Pork Tenderloin, freeze until just slightly firm and slice very thinly

250 g CO-OP Chicken Breast, boneless & skinless, freeze until just slightly firm and slice very thinly

250 g CO-OP Beef Tenderloin, freeze until just slightly firm and slice very thinly

2 cups shitake mushrooms, remove stem and cut in half

340 g CO-OP GOLD Shrimp, thaw

2 CO-OP GOLD Cod Fillets, thaw and cut into 2-inch pieces

2 cups napa cabbage, cut into 3-inch pieces

2 cups spinach

2 cups bok choy, separate leaves

454 g package of medium or firm tofu, 1-inch cubes

250 g package of LUCKY DRAGON Rice Noodles

454 g package of CO-OP GOLD Potstickers

FONDUE

8 cups water

8 cups homemade stock or CO-OP GOLD PURE Chicken Stock

2-inch piece ginger, skin on, sliced and lightly pounded

2 cloves garlic, peeled and lightly smashed

1 bunch cilantro, stems only (reserve leaves for sauce)

4 green onion, white/light green only, 3-inch lengths (reserve darker stalks for vinaigrette)

1 tsp white peppercorns

2 shallots, peeled and halved

1 stalk fresh lemongrass, bottom 8" only, lightly smashed with the back of a knife

HOISIN SAUCE

½ cup water

¼ cup hoisin sauce

¼ cup tahini or smooth unsweetened peanut butter

1 Tbsp CO-OP GOLD Toasted Sesame Oil

2 Tbsp light soy sauce

2 Tbsp rice wine vinegar

1 clove garlic, peeled and minced

1 Tbsp ginger, peeled, sliced thinly

4 green onion, reserved from the fondue, finely chopped

SPICY SOY SESAME VINAIGRETTE

½ cup water

1 cup light soy sauce

CO-OP GOLD PURE Organic Sesame Oil

1 clove garlic, minced

1 Tbsp honey

1 Tbsp sambal oelek (optional)

½ bunch cilantro leaves, finely chopped

FONDUE BROTH

1. Put all the ingredients in a large saucepot. Bring to a boil and turn down to a low simmer and cook for 1 hour. Add salt to season.

2. Strain and discard solids. Keep liquid warm.

HOISIN SAUCE

1. Put the water, hoisin sauce and tahini or peanut butter, sesame oil, soy sauce, vinegar, garlic, and ginger into a food processor or blender.
2. Process until smooth.
3. If it is too thick add a tablespoon of water at a time until it is the consistency of a thick salad dressing.
4. Stir in green onions. Set aside.

SPICY SOY SESAME VINAIGRETTE

1. In a medium mixing bowl combine all ingredients. Set aside.

ASSEMBLY

1. Transfer dips into individual bowls for each guest.
2. Bring stock to boil. Transfer into fondue pot, and keep hot over heat source at table while each person cooks their choice of food using fondue forks.

Add a cheese fondue guests will love! Visit food.crs for the recipe.



RECIPE BY CHEF DALE MACKAY
SASKATOON, SK

RACLETTE PARTY

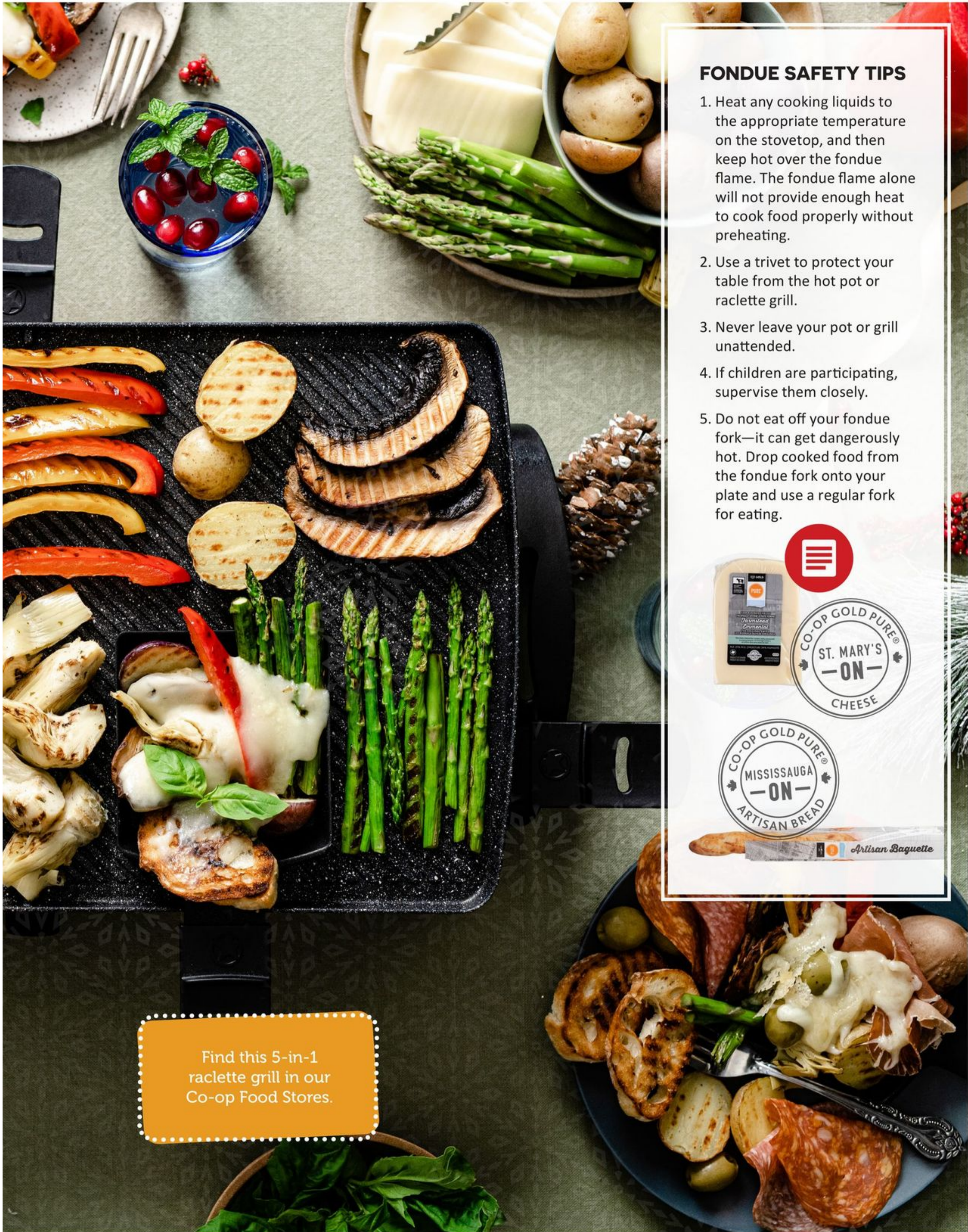
As well as grilling the vegetables and meats on the raclette grill while melting the cheese, try placing sliced bread, cured meat and basil in a raclette pan with cheese on top and grill that. There are no rules! Have fun and enjoy making your own flavour combinations and sharing with friends. –Chef MacKay

SERVES: 4 PREP: 30 MINUTES
TOTAL: DURATION OF DINNER

- 2 cups baby new potatoes, boiled
- 1 red bell pepper, in ½-inch slices
- 1 yellow bell pepper, in ½-inch slices
- 18 asparagus spears
- 2 portobello mushrooms, in ½-inch slices
- 1 Package CO-OP GOLD Charcuterie Trio
- 1 Package Sliced CO-OP GOLD Prosciutto
- 1 cup canned artichokes, halved lengthwise
- 750 g – 1 kg CO-OP GOLD PURE Farmstead Emmental Cheese (or Gruyere), in ½-inch slices
- 1 jar (280 mL) CO-OP GOLD PURE Green Olives
- 1 CO-OP GOLD PURE Artisan Baguette, in ½-inch slices
- ¼ cup fresh basil leaves
- salt

1. Heat the raclette grill.
2. Grill the raw vegetables until well coloured, seasoning with salt as they cook. Transfer the vegetables to the guests' plates.
3. Warm the cured meats and artichokes on the grill.
4. Meanwhile, put cheese in the raclette pans and place them under the grill until just melted or well done and a bit caramelized. When the cheese is ready, carefully slide it out of the pan onto the guests' plates.
5. Serve the vegetables, meats, olives, bread and basil leaves on platters around the raclette grill.





FONDUE SAFETY TIPS

1. Heat any cooking liquids to the appropriate temperature on the stovetop, and then keep hot over the fondue flame. The fondue flame alone will not provide enough heat to cook food properly without preheating.
2. Use a trivet to protect your table from the hot pot or raclette grill.
3. Never leave your pot or grill unattended.
4. If children are participating, supervise them closely.
5. Do not eat off your fondue fork—it can get dangerously hot. Drop cooked food from the fondue fork onto your plate and use a regular fork for eating.



Find this 5-in-1 raclette grill in our Co-op Food Stores.



RECIPE BY CHEF ANGIE QUAALE, LANGLEY, BC

BEEF BROTH FONDUE

For the most delicious results, always cook with the quality of sherry or wine you would drink. Otherwise, it may end up too salty. —Chef Quaale

SERVES: 4 PREP: 45 MINUTES TOTAL: 1 HOUR

DIPPERS

- 3 cups baby potatoes
- 12 pearl onions, peeled
- 300 g raw CO-OP Sirloin Steak, thinly sliced
- 285 g raw CO-OP GOLD PURE Peeled and Deveined Black Tiger Shrimp
- 16–20 small whole mushrooms, washed
- 1 medium zucchini, cut into cubes

FONDUE BROTH

- 4 cups CO-OP GOLD Beef Broth
- 3 cloves of garlic, peeled and halved
- 1 Tbsp LUCKY DRAGON Soya Sauce
- 2 tsp Worcestershire sauce
- 4 Tbsp sherry or red wine
- 2 Tbsp cornstarch
- 1 tsp ground black pepper
- 1 bay leaf

MUSTARD CREAM

- 1 cup CO-OP GOLD 14% M.F. Sour Cream
- ½ cup mayonnaise
- ¼ cup Dijon mustard
- hot sauce to taste

CREAMY HORSERADISH SAUCE

- 1 cup CO-OP GOLD 14% M.F. Sour Cream

- 4 Tbsp CO-OP GOLD Horseradish
- 1 tsp white wine vinegar
- ½ tsp each salt and finely ground black pepper

DIPPERS

1. To parcook the potatoes, put them in a pot with cold water and cook until three-quarters done, about 15 minutes. Drain and set aside.
2. To parcook the pearl onions, put water into a pot, bring it to the boil, and add the onions. Cook until three-quarters done, about 10 minutes. Drain and set aside.
3. Prepare the meat, shrimp, and vegetables for dipping by washing and slicing as needed. Chill meat and vegetable separately until needed.

FONDUE BROTH

1. Combine the broth and garlic in a heavy pot. Bring to a boil over medium-high heat.
2. Reduce the heat to a simmer and add the soya sauce, Worcestershire sauce and sherry.
3. Dissolve the cornstarch in 2 Tbsp of water in a cup or small dish and stir

into the broth. Add the pepper and the bay leaf.

4. Reduce the heat to a simmer and taste for seasoning. Keep warm.

MUSTARD CREAM

1. Stir together the sour cream with the mayonnaise, mustard and hot sauce. Chill until needed.

CREAMY HORSERADISH SAUCE

1. Stir together the sour cream with the horseradish, vinegar, salt and pepper. Chill until needed.

ASSEMBLY

1. Bring the fondue broth back to a boil to thicken.
2. Transfer to fondue pot.
3. Arrange beef, shrimp and vegetables on a large platter with the potatoes and onions.
4. Transfer the dipping sauces into individual serving dishes for each guest.
5. Keep the fondue liquid simmering over a heat source at the table while each person uses a fondue fork to dip meat, shrimp and vegetables into the liquid to cook.



RECIPE BY CHEF MEGAN STASIEWICH
LEDUC, AB

COOKIES AND CREAM DESSERT FONDUE

SERVES: 8 PREP: 15 MINUTES
TOTAL: 20 MINUTES

DIPPERS

- 2 lbs whole strawberries, hull on
- 2 apples, skin on, sliced or cubed
- 2 bananas, sliced
- 6 slices pound cake, cubed
- 6 brownies, cubed
- 2 cups CO-OP GOLD Pretzel Twists
- 8–12 CO-OP GOLD Dried Apricots
- CO-OP GOLD Panettone, cubed

FONDUE

- ¼ cup salted butter
- 1 cup whipping cream
- 3 cups CO-OP GOLD White Chocolate Baking Chips
- 15 CENTSIBLES Chocolate Crème Cookies, coarsely chopped

1. In a medium saucepan over medium heat, combine butter and cream. Bring to a simmer, stirring continuously.
2. Remove from heat and add chocolate. Stir until melted and smooth. Add cookies. Fold in until just combined. Arrange dippers on a platter or individual plates.
3. Transfer sauce into individual ramekins or one fondue pot with heat source. Serve immediately with dippers.





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Caramelized Apple & Maple Breakfast Sausage recipe at johnsonville.ca

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Coffee Tres Leches Cake

PREPARATION

CAKE

- 1 Preheat the oven to 350°F (175°C). Butter a 9" x 13" cake pan.
- 2 In a medium-sized bowl, combine the flour, baking powder and salt.
- 3 Separate the egg whites and yolks and put them in two bowls.
- 4 Beat the egg yolks with 3/4 cup of sugar until the mixture whitens, then add 1/3 cup of milk.
- 5 Combine the egg yolks with the dry ingredients and stir gently until smooth.
- 6 Beat the egg whites with the remaining sugar until stiff peaks form.
- 7 Fold the egg whites into the egg yolk mixture to combine. Pour the mixture into the cake pan and bake for 25 to 35 minutes, until you can insert a knife into the cake and pull it out cleanly. Let cool.

Servings: 12
Preparation: 30 minutes
Cooking: 35 minutes

INGREDIENTS

CRUST

- 1 cup all-purpose flour
- 1 1/2 tsp. baking powder
- 1 pinch salt
- 5 eggs
- 1 cup sugar
- 1/3 cup milk
- 1/3 cup brewed Van Houtte® Vanilla Hazelnut K-Cup® pod coffee
- One 350 ml can evaporated milk

- One 300 ml can sweetened condensed milk
- 1/4 cup milk

WHIPPED CREAM

- 2 cups 35% cream
- 3 tbsp. icing sugar
- Ground cinnamon
- Van Houtte® Vanilla Hazelnut ground coffee, extra-fine grind

- 8 Combine flavoured coffee, evaporated milk, sweetened condensed milk and 1/4 cup of milk
- 9 Pierce the cake with a fork in several places and gently pour the milk mixture all over the cake's surface. Place the cake in the refrigerator for at least one hour, or until all the liquid has absorbed into the cake.

WHIPPED CREAM

- 1 Whip the 35% cream with the sugar until stiff peaks form.
- 2 Finally, top the cake with the whipped cream, sprinkling it with cinnamon and ground coffee. Serve immediately.



UNWRAP SEASONS EATINGS

FETA DATE & HONEY DIP

Ingredients:

- 1 bag Tostitos® Strips tortilla chips
- 1 pkg plain, brick-style cream cheese, softened
- 2 cups sour cream
- 4 tsp honey, divided
- 1 cup crumbled feta cheese, divided
- 1/2 cup pitted medjool dates, chopped
- 1/4 cup finely chopped fresh parsley
- 1/4 tsp freshly ground black pepper
- 1/4 cup toasted slivered almonds

Directions:

1. Beat the cream cheese with the sour cream and half the honey until smooth.
2. Stir in 3/4 cup feta, the dates, parsley, and pepper.
3. Transfer to a shallow serving dish.
4. Scatter the remaining feta and almonds over top.
5. Bake at 375° F (190° C) for 15 minutes or until warmed through.
6. Drizzle with the remaining honey.
7. Serve with Tostitos® Strips tortilla chips.



TIP: Prepare the dip up to one day in advance and bake before serving.





BAKE AWAY

Whether you already have your own holiday baking traditions or you're excited about starting some new traditions, here are some fresh takes on baking classics.

Creative holiday baking projects are a great way to get the whole family involved. Gingerbread people and gingerbread houses are especially fun for kids (of all ages). Try our mint-chocolate gingerbread recipe or go for a more traditional recipe on [food.crs](https://www.foodcrs.com).

Build and decorate your very own gingerbread house using our online template on food.crs!



RECIPE BY CHEF MEGAN STASIEWICH, LEDUC, AB

CHOCOLATE MINT GINGERBREAD PEOPLE

MAKES: 12 PREP: 30 MINUTES TOTAL: 40 MINUTES

COOKIE DOUGH

- 2 cups CO-OP GOLD All Purpose Flour
- ¼ cup cocoa powder
- 2 tsp cinnamon
- ½ tsp allspice
- ½ tsp nutmeg
- ¼ tsp ground ginger
- ¼ tsp baking soda
- ¼ tsp baking powder
- a dash of salt
- ½ cup plus 1 Tbsp BECEL Plant-Based Bricks, softened
- ½ cup sugar
- ⅓ cup CO-OP GOLD PURE Honey
- ½ tsp CO-OP GOLD Vanilla Extract
- ½ tsp CLUBHOUSE Mint Extract

ICING

- 1 cup heavy whipping cream
- 2 cups CHIPITS
- Mint leaves for garnish, optional

1. Preheat oven to 350°F. Lightly grease or line two baking sheets with parchment.
2. In a large bowl mix together the cocoa powder, spices,

baking soda, baking powder and salt.

3. Use a standing or hand mixer on medium speed to combine BeceL, sugar and honey until smooth. Add the vanilla and mint extract. Mix until smooth and well combined.
4. Reduce the mixer speed to low and add dry ingredients slowly until the dough is thick and sticks together.
5. Transfer the dough to a piece of parchment paper or a floured surface. Roll into a round ½-inch thick.
6. Use a cookie cutter to cut out gingerbread people shapes. Carefully transfer them to baking sheets.
7. Bake for 10 minutes on a middle rack. Cool completely on the baking sheet.
8. For icing, heat whipping cream in heavy pot over medium heat until it bubbles. Pour over Chipits in a bowl. Cool until thick. Pipe or spread on top of cookies. Garnish with mint leaves if desired.

RECIPE BY CHEF DALE MACKAY
SASKATOON, SK

GRAHAM CRUMB CREAM CHEESE COOKIES

Use wet hands to shape the cookies into balls instead of flouring your hands for a soft, slightly tacky dough so the crumbs will stick. These cookies may seem a bit undercooked after baking, but they will continue to cook as they cool. They will be crunchy on the outside and soft inside. –Chef MacKay

MAKES: 20 PREP: 10 MINUTES
TOTAL: 20 MINUTES

½ cup PHILADELPHIA Cream Cheese, room temperature

½ cup butter, room temperature

1 cup sugar

1 large egg

2 tsp CO-OP GOLD Vanilla Extract

2 cups ROBIN HOOD All Purpose Flour

½ tsp baking powder

½ tsp salt

½ tsp cornstarch

½ cup HONEY MAID Graham Crumbs

1. Pre-heat to 375°F. Line two baking sheets with parchment. Place cream cheese and butter in a mixing bowl. Beat at high speed until smooth. Scrape down the sides of the bowl.
2. Add sugar, egg and vanilla. Slowly increase speed to high and mix for a minute. Scrape down bowl and briefly mix again.
3. Add flour, baking powder, salt and cornstarch and mix on low speed to incorporate, scraping down sides one more time. Chill dough for 30 minutes.
4. Use a spoon to scoop out 1-inch balls of dough. Roll them in your hands to eliminate any cracks.
5. Place crumbs in a bowl. Toss each ball in the crumbs and place on baking sheet. Bake for 9 to 10 minutes.





RECIPE BY CHEF DALE MACKAY, SASKATOON, SK

PUMPKIN-COCONUT PIE

SERVES: 8 PREP: 10 MINUTES TOTAL: 50 MINUTES

¼ cup sugar
 2 CO-OP GOLD Large Eggs
 1 tsp vanilla extract
 ½ Tbsp lime juice
 2 Tbsp cornstarch
 1 ¼ cups E.D. SMITH Pumpkin Pie Filling
 1 can (398 ml) coconut milk
 1 TENDERFLAKE Deep Dish Pie Shell, thawed
 1 cup whipping cream
 ¼ cup icing sugar
 ¼ cup CO-OP GOLD Shredded Coconut, toasted

1. Pre-heat oven to 325°F with a baking tray set on the middle rack. Place sugar and eggs in a stand mixer with a whisk attachment, or use a whisk and bowl. Whisk on high speed until doubled in volume.
2. Add vanilla extract, lime juice, cornstarch, pumpkin pie filling, and coconut milk. Whisk on low-medium speed until completely blended.
3. Partly pull out oven rack and place pie shell on the tray. Pour filling into the pie shell right to the top of the rim. You may have a bit of mix

left over. Carefully slide the rack in and close the oven. Bake for 35 to 40 minutes or until set. Let the pie cool, then chill it.

4. Using a mixer, whip cream and sugar on high speed until stiff peaks form. Slide a star tip into a piping bag and fill the piping bag half-full with cream, pleating the top of the piping bag to contain the contents. Decorate pie with whipped cream rosettes or swirls of your own devising, then garnish with toasted coconut.



RECIPE BY CHEF MEGAN STASIEWICH
LEDUC, AB

BROWNIE RASPBERRY CAKE SQUARES

MAKES: 30 SQUARES PREP: 15 MINUTES
TOTAL: 1 HOUR

BASE LAYER

1 box DUNCAN HINES Chewy Fudge
Brownie Mix

1 CO-OP GOLD Large Egg

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup TENDERFLAKE Lard, melted

3 cups fresh raspberries

1 Tbsp lemon juice

2 tsp vanilla extract

$\frac{1}{2}$ cup sugar

2 Tbsp cornstarch

$\frac{1}{4}$ tsp salt

TOP LAYER

1 box BETTY CROCKER Devil's Food Cake Mix

3 eggs

1 $\frac{1}{4}$ cups water

$\frac{1}{2}$ cup TENDERFLAKE Lard, melted

1. Preheat oven to 375°F. Grease and flour two 9 x 13 cake pans.
2. To make the base, mix brownie mix with egg, water and lard until smooth. Spread evenly in the cake pans.
3. Gently combine raspberries with lemon juice and vanilla in a medium-sized bowl.
4. Stir together sugar, cornstarch, and salt. Sprinkle over raspberries and toss to coat.
5. Spread raspberries over brownie mixture.
6. To make the topping, stir together cake mix, eggs, water and melted lard. When blended, drop by the spoonful on top of the raspberries. Bake for 35 to 45 minutes, until a toothpick inserted into the centre emerges clean of batter. Let cool before slicing.

Baking Made Simple

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Hot from the Oven

Tender, toasty scones are guaranteed crowd-pleasers, and the flavour possibilities are endless!

Satisfy your sweet tooth with Chef MacKay's fruit-studded beauties, made even more scrumptious with the addition of maple syrup. Serve with CO-OP GOLD PURE Applesauce (dip if you dare). Savoury scones can be breakfast on their own or the perfect handle for a breakfast sandwich. Layer lettuce, tomato, eggs and more cheese to Chef Mandel's ham and cheese scone for a hearty holiday breakfast.

RECIPE BY CHEF DALE MACKAY, SASKATOON, SK

MAPLE-APPLE-NUTMEG SCONES

MAKES: 20 PREP: 10 MINUTES TOTAL: 30 MINUTES

3 cups CO-OP GOLD PURE All-Purpose Flour

2 tsp baking powder

¼ cup + 1 ½ Tbsp granulated sugar, divided

⅛ tsp salt

½ tsp ground nutmeg

½ cup + 2 Tbsp butter, chilled

1 cup finely diced or coarsely grated apple, peel left on

3 CO-OP GOLD Large Eggs, divided

¾ cup milk

¼ cup CO-OP GOLD Pure Maple Syrup



1. Preheat oven to 375°F. Line a baking sheet with parchment. In a large bowl, blend flour, baking powder, ¼ cup of sugar, salt and nutmeg.
2. Cut ½ cup butter into small cubes or grate on a coarse grater. Mix butter into flour mixture, using your fingers, two table knives, or a pastry blender until mixture resembles coarse meal. Stir in the apple.
3. Whisk 2 eggs, milk and maple syrup in a small bowl and add to the dry mixture, using your fingers until it just comes together, being careful not to overwork the dough.
4. Transfer the dough to a lightly floured counter and roll out to 1 inch thick. Using a 2-inch ring cutter, cut out as many scones as you can. Gather up the trimmings, gently roll out again, and cut out as many rounds as you can. (Cut into squares or rectangles in the absence of a ring cutter.)
5. Place scones on parchment-lined tray.
6. Whisk remaining egg in a small bowl. Using a pastry brush, brush egg on the top of each scone. Sprinkle remaining sugar on the scones.
7. Bake for 18 minutes, or until golden brown. Let cool before serving.

RECIPE BY CHEF MANDEL HITZER, WINNIPEG, MB

SAVOURY HAM & CHEESE SCONES

These scones are excellent with any meal, stew or soup. I love making them for brunch, topping them with a poached egg and hollandaise sauce – an instant brunch Hall of Famer. Before you start cooking, gather all your ingredients together and set them up, measured out so you save time. In the kitchen we call this mise en place, (“everything in its place”). It is the cornerstone of working like a professional chef. Don’t overwork the dough at any point. I prefer cutting squares to using a circle cutter, for the best yield and to eliminate the need to re-shape and re-roll the dough. –Chef Hitzer

SERVES: 10 PREP: 20 MINUTES TOTAL: 50 MINUTES

2 cups unbleached all-purpose flour, plus more for dusting

2 tsp baking powder

2 Tbsp fresh dill sprigs, minced

1 ½ tsp kosher salt

¼ tsp freshly ground pepper

½ cup (1 stick) cold unsalted butter, cut into ½-inch pieces

¾ cup buttermilk

⅓ cup CO-OP GOLD Homestyle Roasted Carving Ham, diced

1 ¼ cups grated sharp cheddar, divided

6–8 thinly sliced green onions, divided
pinch of sea salt

1. Pre-heat oven to 425°F. Line a baking sheet with parchment.
2. In a large bowl mix together flour, baking powder, dill, salt, and pepper. Toss the butter in the dry ingredients and use your fingers or two table knives to gently mix butter and dry ingredients into coarse pea-sized crumbs.
3. Combine buttermilk, ham, cheese, and green onions, reserving a bit of cheese and onions for garnish. Pour the mixture over the dry ingredients. Use forks to gently stir together until dough forms.
4. Dust countertop with flour. Turn out the dough and knead just enough to combine. Pat out into a rectangle about ½-inch thick, and cut into 2½-inch squares.
5. Transfer each scone to the baking sheet and sprinkle with a pinch of cheese, green onion, and salt.
6. Bake for 20–25 minutes or until lightly browned. Serve warm.

WINTER

WARM-UPS

Beat the winter blues with a big pot of comfort simmering in the kitchen. When temperatures drop, nothing is homier than a big bowl of soup with some fresh bread for dipping or a saucy stew ladled over potatoes. Soups and stews are a perfect way to use up holiday leftovers. Bits of vegetables and even bones from roast meat and poultry can all be put to delicious use in the soup pot. Tough cuts of meat like short ribs turn succulent and tender when prepared in the oven. Get cozy with these delicious recipes.

BRAISED HONEY HOISIN PINEAPPLE SHORT RIBS

SERVES: 8 PREP: 30 MINUTES TOTAL: 4 HOURS

8 bone-in CO-OP Beef Short Ribs, about 6 lb (2.7 kg)

5 Tbsp grapeseed oil, divided

1 large yellow onion, peeled, halved, and thickly sliced

2 stalks celery, cut in ½-inch chunks

2 carrots, peeled and cut into chunks

4 cloves garlic, peeled and halved

1 to 2-inch piece of ginger, peeled and thinly sliced

4 Tbsp tomato paste

1 tsp Chinese five spice blend

2 Tbsp KNORR Concentrated Beef Bouillon

4 cups water

1 cup CO-OP GOLD Pineapple Juice

1 cup hoisin sauce

2 Tbsp CO-OP GOLD PURE Unpasteurized Honey

2 bay leaves, dried

kosher salt to taste

1. Preheat the oven to 375°F. Season each short rib generously with salt. In a pot large enough to accommodate all of the meat and vegetables, add 3 Tbsp grapeseed oil and bring to high heat. Add the short ribs to the pan a couple at a time and brown very well, about 3 minutes per side until well-browned on all sides. Do not overcrowd the pan. Cook the ribs in batches, setting them aside on a tray or plate as you work on the next batch.
2. While your ribs are browning, use a food processor to purée the onion, celery, carrots, garlic and ginger into a coarse paste.
3. Once all the short ribs have been browned, drain any excess fat from the pan and return the pan to the stove with the remaining oil. Add the puréed vegetables. Salt generously and sauté them until they brown, about 7 minutes, stirring and scraping the bottom of the pan constantly.
4. When the veggies are dark and dry, add the tomato paste and the Chinese five spice, stirring for 4 minutes to cook the tomato paste through.
5. Add the beef bouillon and water and stir to deglaze the bottom of the pan. Drop heat to medium-high and reduce the liquid by about a third.
6. Return the short ribs to the pan. Add the pineapple juice, hoisin sauce and honey to almost cover the meat. Add the bay leaves and stir to combine. Cover with a lid or tin foil and place it in the oven. Cook for about 3 ½ hours.
7. Check periodically during the cooking process and add water if needed to keep the meat three-quarters covered. Use tongs to turn over the ribs halfway through the cooking time.
8. For the last 20 to 30 minutes, remove the lid to let the ribs colour and to let the sauce reduce. The meat should be very tender but not falling apart.
9. Remove the ribs from the sauce, skim off any excess fat, and serve the ribs with a generous ladle of the braising liquid over a bed of buttery mashed potatoes.



EXTRA SERVICE
NO EXTRA COST



HERBED GARDEN VEGETABLE CHICKEN SOUP

I sometimes freeze chicken stock in large silicone flexible ice cube trays until hard, then remove them to store in a freezer bag so I can use a little at a time when needed. When I buy a rotisserie chicken, I eat the legs, save one breast for sandwiches or salads, and use the last breast in soups such as this one. I buy tomato paste in a tube, so I can use the rest later for something else instead of possibly wasting the extra. This soup freezes really well. Add leftover rice or pasta noodles when heating up to serve, and use whatever vegetables you may need to use up. –Chef Gomes

SERVES: 4 PREP: 30 MINUTES TOTAL: 4 HOURS

BROWN CHICKEN STOCK

1 CO-OP Deli Oven-Roasted Rotisserie Chicken carcass, including any skin

1 large carrot, peeled, cut into 2-inch pieces

2 stalks of celery, cut into 2-inch pieces

1 large onion, cut into 2-inch pieces

1 bay leaf, dried

1 tsp black peppercorns

2 stalks fresh thyme

SOUP

2 Tbsp extra virgin olive oil

½ large onion, finely diced small

1 medium carrot, peeled and finely diced

2 stalks celery, peeled & diced small

2 large cloves garlic, finely chopped

½ tsp dried chili flakes

1 Tbsp minced fresh rosemary

1 Tbsp minced fresh thyme

1 bay leaf, dried

1 small yellow, orange or red bell pepper (or a mix), finely diced

2 Tbsp tomato paste

1 cup diced CO-OP Deli Oven-Roasted Rotisserie Chicken breast or thigh meat

4 cups brown chicken stock

1 can (398 mL) CO-OP GOLD Diced Tomatoes

½ medium zucchini, diced

¾ cup frozen peas

salt to taste

1 cup Parmesan, grated (optional)

1. To make the stock, preheat an oven to 375°F. Remove meat from carcass. Place chicken carcass in an ovenproof frying pan or cast iron pan. Roast chicken carcass until golden brown, approximately 20 to 30 minutes.
2. Transfer carcass to a large saucepot, add all the vegetables, herbs, and spices, and add 5 litres (20 cups) of water. Simmer for 2 to 3 hours.
3. Set a colander or strainer over a large bowl. Strain stock into the colander or strainer. Discard chicken carcass and discard or compost vegetables. Chill stock until needed; freeze the extra.
4. To make the soup, heat olive oil in a large saucepot on medium heat, add onion, carrot and celery. Gently sauté vegetables without allowing them to colour for 5 minutes.
5. Add garlic, chili flakes, rosemary, thyme and bay leaf, and cook for 2 minutes.
6. Add peppers, tomato paste and chicken. Season with salt.
7. Add chicken stock and tomatoes, bring to a medium simmer, and cook for 8 minutes.
8. Add zucchini, peas and a pinch of salt. Simmer for another 10 minutes.
9. Taste for seasoning and add more salt as desired. Serve with a sprinkle of Parmesan cheese if desired.

THAI RED CURRY BUTTERNUT SQUASH SOUP

SERVES: 4 PREP: 20 MINUTES
TOTAL: 1 HOUR

2 Tbsp vegetable oil

1 large butternut squash, peeled, seeded and cut into 1-inch dice (about 4 cups)

1 cup onions, diced

½ Tbsp fresh garlic, minced

½ Tbsp fresh ginger, minced

2 Tbsp Thai red curry paste

1 tsp salt

1 can (400 mL) LUCKY DRAGON Coconut Milk

2 tsp Sriracha or similar hot sauce

3 cups CO-OP GOLD PURE Chicken Broth or water

GARNISH

2 Tbsp fresh cilantro, chopped

2 Tbsp fresh spearmint, chopped

2 Tbsp CO-OP GOLD Unsweetened Shredded Coconut

1. Add oil to a medium-size pot on medium-high heat. Heat the oil and add squash. Cook for 5 to 8 minutes allowing squash to brown.
2. Add onion and cook for another 5 minutes. Add garlic, ginger, and red curry paste, turn heat down to medium, and cook for 2 minutes.
3. Add salt, coconut milk, Sriracha, and broth. Mix well. Cover and simmer for 25 to 30 minutes or until the squash is very soft.
4. Use an immersion wand or blender to purée the soup. Add a bit more broth if the consistency is too thick.
5. Divide among four bowls and garnish each bowl with cilantro, mint, and coconut. Serve immediately.



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