



# FESTIVE FOODS

Food Advisory Division  
AGRICULTURE CANADA

Christmas is a time for entertaining old friends and getting the family together. This is the time to try out some new and different dishes using traditional Canadian foods. Here is a collection of recipes from Agriculture Canada for cocktail parties, late evening suppers, fireside snacks and Christmas giving.

## APPETIZERS

Serve these appetizers on plates, with forks.

### TURKEY STUFFED MUSHROOMS

- |  |                              |
|--|------------------------------|
| 1/2 pound large mushrooms                  | 1 teaspoon lemon juice       |
| 2 tablespoons finely chopped onion         | 1/2 teaspoon salt            |
| 2 tablespoons finely chopped celery        | Dash pepper                  |
| 1 tablespoon butter                        | 2 tablespoons butter, melted |
| 1/2 cup finely chopped turkey              | Pimiento                     |
| 2 tablespoons mayonnaise or salad dressing |                              |

Remove stems from mushrooms, chop and sauté with vegetables in 1 tablespoon butter 2 to 3 minutes. Add turkey, mayonnaise or salad dressing, lemon juice and seasonings. Dip mushrooms in the 2 tablespoons melted butter and place in buttered baking dish. Fill caps with stuffing. Garnish with strips of pimiento. Bake 20 minutes at 350°F. Serve hot. Makes about 12.

### SAVORY APPETIZER ROLL

- |                       |   |
|-----------------------|---|
| 1/3 cup flour         | 1 tablespoon melted butter                |
| Dash salt             | 2 1/2 cups chicken salad sandwich filling |
| 1 1/2 teaspoons sugar | Stuffed olives                            |
| 2 beaten eggs         | 4 ounces cream cheese, softened           |
| 3/4 cup milk          |   |

Mix flour, salt and sugar. Add eggs and milk and beat until smooth. Stir in butter. Pour into hot greased jelly roll pan and bake 25 minutes at 350°F. Turn out; spread with chicken filling. Place olives along long side and roll up; chill. Beat cheese and spread over roll. If desired, garnish with olive slices or sprinkle with chopped fresh parsley. Cut in 1/2-inch slices. Makes one 15-inch roll.

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Publication 1407  
Revised for Christmas 1977

## DIPS

Serve these dips with a tray of raw vegetables, such as carrot and celery sticks, radishes, chunks of green pepper and cauliflower flowerets.

### CHEDDAR CHEESE DIP

- |  |                                  |
|--|----------------------------------|
| 4 ounces cream cheese, softened                | ½ cup milk                       |
| 2 cups (8 ounces) grated medium cheddar cheese | 1 tablespoon minced onion        |
|  | 2 teaspoons chopped green pepper |

Beat cream cheese until fluffy and blend in remaining ingredients. Makes 1⅔ cups.

### CREAMY HAM DIP

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 4 ounces cream cheese, softened | 1 cup finely chopped ham           |
| 1 tablespoon milk               | 1 tablespoon chopped onion         |
| 1 teaspoon prepared mustard     | 1 tablespoon chopped pickle relish |
| Few drops tabasco sauce         |                                    |

Combine first four ingredients and blend. Add remaining ingredients and mix well. Makes 1 cup.

## SALADS

### CRANBERRY COLESLAW

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1 cup chopped cranberries      | 2 tablespoons chopped celery       |
| ¼ cup sugar                    | 2 tablespoons chopped green pepper |
| 3 cups finely shredded cabbage | 1 cup seeded, halved green grapes  |
| ½ cup orange juice             | ¼ cup mayonnaise or salad dressing |

Mix cranberries with sugar. Moisten cabbage with orange juice; add sugared cranberries, celery, green pepper and grapes. Toss lightly, with mayonnaise or salad dressing. Chill ½ hour. 6 to 8 servings.

### SPINACH MUSHROOM SALAD

- |   |                         |
|---|-------------------------|
| 1 10-ounce package spinach, trimmed and torn in bite-sized pieces | ⅓ cup oil               |
| 6 slices cooked bacon, crumbled                                   | ¼ teaspoon salt         |
| ¾ cup sliced red or Spanish onion                                 | ¼ teaspoon pepper       |
| 1½ cups sliced mushrooms  | 1 clove garlic, crushed |
| 2 tablespoons lemon juice   | ¼ teaspoon dry mustard  |
|   | Few drops tabasco sauce |
|   | 1 egg yolk              |

Mix spinach, bacon, onion and mushrooms. Combine remaining ingredients and blend well. Pour over salad and toss lightly. Serve immediately. 6 servings.

### PEAR PERFECTION SALAD

- |                                      |   |
|--------------------------------------|---|
| 1 3-ounce package lemon jelly powder | ¼ cup finely chopped cabbage            |
| 1½ cups boiling water                | ¼ cup shredded carrot                   |
| ½ teaspoon salt                      | 1 tablespoon finely chopped onion       |
| 2 tablespoons vinegar                | 1 19-ounce can pears, drained and diced |
| ½ cup finely diced celery            |   |

Dissolve jelly powder in boiling water. Add salt and vinegar. Chill until partly set. Fold in remaining ingredients. Turn into mold and chill until firm (about 3 hours). 6 servings.

## VEGETABLES

### BUTTER-CRUMB CREAMED ONIONS

12 small onions, peeled (about 1½ pounds)	Dash salt
1 cup chicken bouillon	Dash nutmeg
¾ cup liquid from onions	½ cup milk
2 tablespoons butter	2 tablespoons melted butter
2 tablespoons flour	¼ cup dry bread crumbs
	Pimiento

Cook onions in bouillon until almost tender (about 10 minutes). Drain, reserving ¾ cup liquid. Melt 2 tablespoons butter, blend in flour, salt and nutmeg. Gradually add cooking liquid and milk; stir and cook until smooth and thick. Arrange onions in baking dish and pour sauce over top. Combine 2 tablespoons melted butter with bread crumbs and sprinkle over creamed onions. Garnish with strips of pimiento. Bake 10 minutes at 375°F. 6 servings.

### GLAZED SQUASH AND PARSNIPS

1 small acorn squash, peeled (about 1½ pounds)	¼ cup brown sugar
¾ pound parsnips, peeled	⅛ teaspoon nutmeg
	3 tablespoons butter

Cut squash in 1 x 3-inch strips. Halve parsnips lengthwise and cut in 3-inch pieces. Cook together in boiling salted water until almost tender (about 12 minutes). Drain. Combine sugar, nutmeg and butter. Add to vegetables and cook until glazed (about 15 minutes), turning frequently. 6 servings.

## MAIN DISHES

### CURRIED GREEN BEAN AND TURKEY CASSEROLE

1 cup sliced onion	¼ teaspoon savory
3 tablespoons butter	2 cups milk
1½ teaspoons curry powder	2 cups cooked green beans
3 tablespoons flour	3 cups cubed cooked turkey
1 teaspoon salt	2 tablespoons chopped pimiento
⅛ teaspoon pepper	¼ cup toasted slivered almonds

Sauté onion in butter until transparent. Add curry powder and cook 1 minute. Stir in flour and seasonings. Gradually add milk; stir and cook until smooth and thick. Combine sauce with beans, turkey and pimiento. Turn into greased baking dish. Cover and bake 30 minutes at 350°F. Uncover, sprinkle with almonds and continue baking 10 minutes more. 6 servings.

## TURKEY LASAGNA

- |  |   |
|--|---|
| 6 cooked wide lasagna noodles<br>(about 5 ounces uncooked) | 1/2 cup chopped celery                        |
| 1 14-ounce can tomato sauce                                | 1/3 cup chopped green pepper                  |
| 1 5 1/2-ounce can tomato paste                             | 1 tablespoon finely chopped<br>stuffed olives |
| 1/4 teaspoon savory  | 1/4 cup chopped parsley                       |
| 1/4 teaspoon chili powder                                  | 8 ounces sliced mozzarella cheese             |
| 1/2 teaspoon salt  | 3 cups cubed cooked turkey                    |
| 1/8 teaspoon pepper  | 1/2 cup grated cheddar cheese                 |
| 1/3 cup chopped onion                                      |   |

Arrange half the noodles in bottom of greased 8 x 11-inch baking dish. Combine tomato sauce, tomato paste, seasonings, vegetables, olives and parsley. Layer half mozzarella cheese, half turkey, then half tomato sauce mixture on noodles. Repeat, ending with sauce. Top with cheddar cheese. Bake at 350°F until bubbling (about 30 minutes). Let stand a few minutes before serving. 6 to 8 servings.

## HAM JAMBALAYA

- |  |                           |
|--|---------------------------|
| 3/4 cup uncooked rice                    | 2 tablespoons fat         |
| 1 1/2 cups chicken bouillon              | 1 14-ounce can tomatoes   |
| 1 cup chopped onion                      | 1/4 teaspoon chili powder |
| 1 clove garlic, crushed                  | 1/2 teaspoon salt         |
| 1/2 cup sliced celery                    | 1/4 teaspoon pepper       |
| 1/2 cup coarsely chopped<br>green pepper | 1/4 teaspoon thyme        |
|  | 3 cups cubed cooked ham   |

Cook rice in bouillon until tender and liquid has been absorbed (about 25 minutes). Sauté onion, garlic, celery and green pepper in fat until onion is transparent. Add tomatoes and seasonings and simmer 10 minutes. Combine rice, tomato sauce and ham in baking dish. Bake 30 minutes at 350°F. 6 servings.

## PORK CACCIATORE

- |   |                             |
|---|-----------------------------|
| 1 cup sliced onion                            | 1 teaspoon salt             |
| 1 clove garlic, crushed                       | 1/4 teaspoon thyme          |
| 2 tablespoons oil                             | 1/4 teaspoon oregano        |
| 1 1/2 pounds boneless pork<br>shoulder, cubed | Dash pepper                 |
| 1 tablespoon flour                            | 1 bay leaf                  |
| 1 19-ounce can tomatoes                       | 1 1/2 cups halved mushrooms |
| 1 7 1/2-ounce can tomato sauce                | 1 cup chopped green pepper  |
|   | Hot buttered noodles        |

Sauté onion and garlic in oil until onion is transparent. Add meat and brown; sprinkle with flour and brown again lightly. Add tomatoes, tomato sauce and seasonings. Cover and simmer 45 minutes. Remove bay leaf. Add mushrooms and green pepper. Simmer 15 minutes, stirring occasionally. Serve on hot buttered noodles. 6 servings.

## COOKIES AND SQUARES

### JAM CROSTATA

- |                                 |                           |
|---------------------------------|---------------------------|
| 3 cups sifted all-purpose flour | 1/4 cup milk              |
| 1/2 cup sugar                   | 1 teaspoon vanilla        |
| 1 tablespoon baking powder      | 1/2 cup grape or plum jam |
| 1/4 teaspoon salt               | 1/2 cup apricot jam       |
| 1 cup shortening                | 1/2 cup strawberry jam    |
| 2 beaten eggs                   |                           |

Sift together first 4 ingredients. Cut in shortening until mixture resembles coarse bread crumbs. Combine eggs, milk and vanilla and stir into dry ingredients to make soft dough. Turn onto lightly floured surface and knead gently about 3 minutes. Reserve 1/3 of dough. Pat remaining dough into ungreased jelly roll pan. Spread each jam on 1/3 of dough. Roll remaining dough into 12 x 10-inch rectangle, and cut in 1/2-inch strips. Form lattice top diagonally over jam. Bake 15 to 18 minutes at 400°F. Cut in squares and serve warm. Makes 35 squares.

### RIBBON BARS

- |                            |                                      |
|----------------------------|--------------------------------------|
| 1/2 cup butter             | 1/4 cup butter                       |
| 1/4 cup sugar              | 2 cups icing sugar                   |
| 1 beaten egg               | 2 tablespoons vanilla pudding powder |
| 1/4 cup cocoa              | 3 tablespoons milk                   |
| 2 cups graham wafer crumbs | 4 squares semisweet chocolate        |
| 1 cup shredded coconut     | 1 teaspoon butter                    |
| 1/2 cup chopped nuts       |                                      |

Melt 1/2 cup butter over hot water. Add sugar, egg and cocoa. Stir and cook until smooth. Combine crumbs, coconut and nuts and add to chocolate mixture. Blend well. Press into 9-inch square pan. Cream 1/4 cup butter, icing sugar, pudding powder and milk. Spread over base. Melt chocolate and 1 teaspoon butter over hot water. Spread over top. Chill. Makes 3 dozen bars.

### NO-BAKE FRUIT ROLL

- |   |                                  |
|---|----------------------------------|
| 4 cups miniature marshmallows                 | 6 cups graham wafer crumbs       |
| 1 6-ounce can frozen orange juice concentrate | 1 cup seedless raisins           |
| 2 teaspoons cinnamon                          | 1 cup coarsely chopped walnuts   |
| 1 teaspoon nutmeg                             | 2 cups mixed candied peel        |
| 1/8 teaspoon cloves                           | 1 1/2 cups candied cherries      |
| 1 can sweetened condensed milk                | 1 1/2 cups chopped dates         |
|   | 1 7-ounce package flaked coconut |

Combine marshmallows, juice concentrate and spices. Cook until marshmallows are melted. Add milk and stir into graham crumbs. Fold in remaining ingredients except coconut. Shape in six 8-inch rolls, 2 inches in diameter; roll in coconut. Wrap in waxed paper and refrigerate several days before serving. To serve, cut in 1/2-inch slices. Makes 8 dozen slices.

## LEMON SNOWFLAKES

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 cup butter, softened               | 1½ cups sifted all-purpose flour |
| 1 tablespoon lemon juice             | 1 cup chopped nuts               |
| 2 teaspoons finely grated lemon rind | 1 cup icing sugar                |
| ½ cup icing sugar                    | 2 tablespoons melted butter      |
| ¾ cup cornstarch                     | 1 tablespoon lemon juice         |

Cream softened butter, 1 tablespoon lemon juice and rind. Combine ½ cup sugar, cornstarch and flour; stir into creamed mixture. Chill 1 hour. Shape in 1-inch balls; roll in nuts. Flatten on ungreased baking sheet. Bake 10 to 12 minutes at 350°F. Cool. Mix 1 cup sugar, melted butter and 1 tablespoon lemon juice and spread on cookies. Makes about 4 dozen.

## BREADS

### STOLLEN

- |                            |                                |
|----------------------------|--------------------------------|
| 1 teaspoon sugar           | ¼ teaspoon cinnamon            |
| ¼ cup lukewarm water       | 4½ to 5 cups all-purpose flour |
| 1 package active dry yeast | 1 cup raisins                  |
| 1 cup hot water            | ¼ cup mixed candied peel       |
| ¼ cup shortening           | ½ cup chopped candied cherries |
| ⅓ cup sugar                | ½ cup blanched chopped almonds |
| 1 teaspoon salt            | 1 tablespoon lemon rind        |
| 2 beaten eggs              |                                |

Dissolve 1 teaspoon sugar in lukewarm water and sprinkle yeast over top. Let stand 10 minutes. Combine next 4 ingredients, stir until shortening melts and cool to lukewarm. Add eggs and stir in yeast mixture. Add cinnamon; gradually beat in 3 cups flour until dough is smooth. Add fruit, nuts and rind. Stir in enough remaining flour to make a soft dough. Turn onto lightly floured surface and knead until smooth and elastic (8 to 10 minutes). Shape in ball and place in greased bowl, turning to grease top. For first rising, cover and let stand in warm place until double in bulk (about 1½ hours). Punch down, divide in half and roll each half in 12 x 8-inch oval. Fold each one in half, along long side of oval. Seal edges and shape in crescent on greased baking sheet. For second rising, cover and let stand in warm place until double in bulk (about 1 hour). Bake 20 to 25 minutes at 350°F.

#### *Icing*

- |                         |                  |
|-------------------------|------------------|
| 1 cup icing sugar       | Candied cherries |
| 1 tablespoon milk       | Almonds          |
| 2 teaspoons lemon juice |                  |

Combine sugar, milk and lemon juice. When stollen are almost cool, spread with icing and decorate with cherries and almonds. Makes 2 stollen.

## CHERRY BREAD

- |   |                             |
|---|-----------------------------|
| 1 6-ounce bottle maraschino cherries, cut in halves | 1/3 cup syrup from cherries |
| 2 1/2 cups sifted all-purpose flour                 | 2/3 cup milk                |
| 4 teaspoons baking powder                           | 1 beaten egg                |
| 1/2 teaspoon salt                                   | 1/4 cup melted butter       |
| 1 cup brown sugar                                   | 1/2 cup chopped walnuts     |

Drain cherries, reserving syrup. Sift dry ingredients and add sugar. Combine syrup, milk, egg and butter. Stir into flour mixture until mixed but still lumpy. Fold in cherries and nuts. Turn into greased 9 x 5-inch loaf pan and bake at 350°F until skewer inserted in center comes out clean (about 60 minutes). Let stand overnight to blend flavors before serving. Makes 1 loaf.

## DESSERTS

### EGGNOG ANGEL CAKE

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1 10-inch angel food cake | 1/4 teaspoon brandy extract          |
| 1/2 cup butter, softened  | 1/4 teaspoon nutmeg                  |
| 2 cups icing sugar        | 1/2 pint (1 1/4 cups) whipping cream |
| 3 egg yolks               | 1/4 cup icing sugar                  |
| 1 teaspoon vanilla        | Candied fruit                        |
| 1/3 cup milk              |                                      |

Cut cake in 4 layers. Cream butter and 2 cups sugar. Blend in yolks, vanilla, milk, brandy extract and nutmeg. Chill 15 minutes. Spread between layers of cake. Whip cream with 1/4 cup sugar and spread on cake. Decorate with candied fruit. Chill at least 4 hours. Makes 10 to 12 servings.

### CHOCOLATE MINT PARFAIT

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 litre peppermint ice cream* | 1/2 cup whipping cream, whipped |
| 3/4 cup chocolate sauce       | Shaved chocolate                |

Layer ice cream and sauce alternately in parfait glasses. Top with whipped cream and garnish with shaved chocolate. 6 servings.

\*Use commercial peppermint ice cream or combine 1 litre softened vanilla ice cream with 2 crushed peppermint sticks. Ice cream is now sold by the litre.

### SPICED CRANBERRY CUP

A quick and easy dessert.

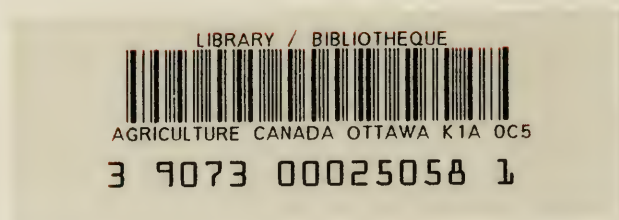
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|--------------------------------------|---------------------------------|
| 1 14-ounce can whole cranberry sauce | 1/4 teaspoon cinnamon           |
| 3 cups plain Swiss-style yogurt      | 1/2 envelope unflavored gelatin |
| 6 tablespoons sugar                  | 2 tablespoons water             |

Combine first 4 ingredients, reserving 2 tablespoons cranberry sauce for garnish. Soak gelatin in water 5 minutes, then heat to dissolve. Stir into yogurt mixture and spoon into serving dishes. Garnish with dollop of cranberry sauce and chill 2 hours. 8 servings.

## APPLE CRANBERRY PIE

- |                               |   |
|-------------------------------|---|
| 1 cup raisins                 | 1 tablespoon chopped mixed candied peel |
| ¼ cup boiling water           | ⅛ teaspoon salt                         |
| ¼ cup orange juice            | ⅛ teaspoon cloves                       |
| 1 tablespoon lemon juice      | ¼ teaspoon cinnamon                     |
| 1 tablespoon cornstarch       | ¾ cup brown sugar                       |
| 1½ cups cranberries           | 1 tablespoon butter                     |
| 1 cup chopped, peeled apple   | Pastry for 2-crust, 9-inch pie          |
| 1 teaspoon grated orange rind |   |
| 1 teaspoon grated lemon rind  |   |

Bring first 5 ingredients to a boil. Add cranberries and continue cooking until skins begin to pop (2 to 3 minutes). Add remaining ingredients except pastry. Cool. Line pie plate with half the pastry and pour in filling. Cover with remaining pastry, seal edges and cut steam vents. Bake 10 minutes at 450°F; reduce heat to 350°F and continue baking 25 to 30 minutes. 6 servings.



Copies of this publication may be obtained from  
INFORMATION DIVISION  
CANADA DEPARTMENT OF AGRICULTURE  
OTTAWA  
K1A 0C7

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Printed 1969  
Revised 1970, 1971, 1972, 1973  
Reprinted 1974  
Revised 1977

20M-10:77

Cat. no. A73-1407/1977  
ISBN 0-662-00695-X