

DECO *COMMUNITY RECIPE BOOK*





Good Food & Good Company

At DECO Homes, we believe in bringing people together. Whether in the home or throughout our many communities across southern Ontario, we strive to bring individuals and families closer in every aspect of their lives. Here, we are pleased to share the DECO Recipe Book.

We've gathered a series of recipes offered by our many community members to create a diverse collection of wonderful home-cooked meals. It is a reflection of a beautiful mosaic made of the many cultures and identities that call a DECO community home, and we are proud to share it all with you.



Hina's Glazed Chicken Wings

INGREDIENTS:

1.5 lb chicken wings

1/4 cup soy sauce

2 tbsp white vinegar

2 tbsp sriracha sauce

1 tbsp brown sugar

1 chili, chopped

1 tsp grated ginger

1 1/2 tsp sesame oil

DIRECTIONS:

1. Combine all ingredients in a baking dish, mix well.
2. Add chicken and coat well with sauce.
3. Bake at 425°F/ 200°C until done.
4. Top with sesame seeds and green onions, and enjoy!



Angela's Chocolate Cranberry Oat Cookies

INGREDIENTS:

1 1/4 cup oat flour

1 1/4 cups large flake oats

1/4 cup unsalted butter

3/4 cup granulated sugar

1/2 tsp baking soda

1/2 tsp salt

1 large egg

2 tsp vanilla extract

1/3 cup dried cranberries

1/3 cup semisweet chocolate chips

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small mixing bowl combine the oat flour, rolled oats, baking soda and salt. Set aside.
3. Place the butter and sugar into a mixer and beat until smooth.
4. Once the butter and sugar mixture is smooth, add in the egg and vanilla and mix until combined.
5. Slowly add in the dry ingredients, mixing continuously until the cookie dough forms.
6. Fold the dried cranberries and semisweet chocolate chips into the mixture.
7. Using a teaspoon, portion the dough into golf ball sized balls and place them onto a parchment-lined baking sheet.
8. Bake for 12-15 minutes, or until desired doneness.
9. Remove cookies from the oven and transfer to a cooling rack.



Khorshidnia's Tah Dig

INGREDIENTS:

- 1 pound ground beef
- 1 large onion, chopped
- 1 jalapeño pepper, finely chopped
- 2 tablespoons curry powder
- 5 cups chicken broth
- 1 cup tomato sauce
- 1 pound fresh green beans, cut into 1 inch pieces
- 3 cups uncooked basmati rice, rinsed and drained
- 3 tablespoons vegetable oil

DIRECTIONS:

1. Heat a large nonstick pan (one that has a lid) over medium-high heat. Cook and stir beef until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir in onion and jalapeno, and cook until tender. Season with curry powder; stir in chicken broth and tomato sauce. Bring to a boil, and stir in green beans. Reduce heat to medium and simmer until beans are tender, about 15 minutes.
2. Stir in rice, and cover the pan. Cook on medium heat for 10 to 15 minutes, or until much of the liquid is absorbed. (Be careful not to overcook rice at this point or the dish will be mushy; the rice should be firm.) Transfer everything in the pan to a bowl or heatproof container, and return pot to the stove.
3. Heat the oil in the nonstick pan over medium heat. Carefully dump the cooked rice mixture back into the pan. Wrap a clean dish towel around the inside of the pot's lid (the ends of the dish towel will be folded over the edges on top of the lid,) and put the lid on the pot. Cook over medium-low heat for 35 minutes, without uncovering or stirring. Remove lid and place a tray on top of the pot, then carefully flip it over. The rice will hold the shape of the pot and have a nice crust on top called tah dig.



Emily’s Lobster Bisque

INGREDIENTS:

- | | |
|--------------------------------------|-------------------------|
| 2 carrots, chopped | tarragon |
| 1/2 onion, chopped | cayenne |
| 1 hot pepper (optional), chopped | 1 garlic clove, chopped |
| 1 whole lobster | 1 cup dry white wine |
| 1 box seafood broth (approx. 4 cups) | 2 tbsp butter |
| 2 cups water | 1 tbsp olive oil |
| 1 small can coconut cream | |
| thyme | |

DIRECTIONS:

1. Discard meat from lobster. In a deep pot boil carcass and broth and reduce to a simmer for 20-30 minutes.
2. In a separate pot, on medium heat, saute carrots, onion, hot pepper, garlic in olive oil and 1 tbsp butter until soft and translucent.
3. Put stove to high heat, after pan is hot, add white wine and reduce to half.
4. Strain your simmering stock and add to vegetable pot.
5. Add water to pot and simmer for 20-30 minutes until everything is soft.
6. Blend soup in blender / food processor until your desired smoothness.
7. Return soup to stove on a low heat.
8. Saute lobster meat in 1 tbsp butter until just cooked 1-2 minutes.
9. Add coconut cream to soup followed by the lobster meat.
10. Stir until combined and all heated through.



Maddalena's Pasta "NICE"

INGREDIENTS:

1/4 cup olive oil

2 or 3 garlic cloves

chili pepper

2-3 anchovies

15 - 20 cherry tomatoes

2 tablespoons of salt

spaghetti

DIRECTIONS:

1. In a medium size pot boil water.
 2. In a small frying pan pour a 1/4 cup olive oil.
 3. Peel 2 or 3 garlic cloves and cut into 3 and place in the olive oil and simmer at low heat stirring the garlic to brown each side. Once the garlic is browned turn off heat and let sit in the oil to allow the oil to continue taking on the flavor of the garlic. During this process, if you wish you may add some chili pepper for heat, anchovies (2-3) for extra flavour or you can cut up 15 - 20 cherry tomatoes and also allow to simmer in the oil.
 4. Once your water is boiling add approximately 2 tablespoons of salt to your water. Add your favorite spaghetti to the water, following the direction on the box .
 5. Remove the garlic cloves from the oil which you had set aside.
 6. Strain your pasta, keeping one cup of the water from the pasta aside.
 7. Place the pasta back in the pot and add the infused garlic olive oil and mix gently adding some of the pasta water set aside (approximately 1/4 to 1/2 a cup depending on the amount of pasta which was cooked).
- ** Optional: Chop some parsley, sprinkle on top. Or, enjoy with your favorite grated cheese or hot pepper!



Joseph's Morning S Cookies

INGREDIENTS:

10 extra large eggs (no Omega-3)

2 cups of sugar

3 lbs. – 10.8 cups Monarch cake and pastry flour

1 (30 g) ammonium Bicarbonate -Aurora or similar

2 packets (64 g) of Bertolini Lievito or baking powder

3 packets (2 g) of Bertolini Vanillina or similar

1 brick (454g – 1 lb.) of Crisco

DIRECTIONS:

1. Mix the ingredients together using a stand mixer (or by hand).
2. Add 50% of the flour after the sugar, add the remaining flour at the end while mixing the Crisco into the dough.
3. Start with a flat beater and then switch to a kneading hook attachment as you introduce the second half of the flour.
4. Should mix to a dry to touch texture.
5. Let the dough rest for 2 hours under cover before shaping cookies onto baking trays with parchment paper.
6. Bake at 380°F for approximately 16 minutes. Time may vary slightly depending on oven, reduce temperature if using a convection oven.



Natalie’s Chimichurri Steak Tacos

INGREDIENTS: MARINADE

- 1 jalapeño
- 1 handful cilantro
- 5 garlic cloves
- juice of 2 limes
- juice of 1 orange
- 2 tablespoons vinegar
- 2 tablespoons Worcestershire
- 1/2 cup olive oil
- 1 tablespoon brown sugar
- 1 tablespoon cumin
- 1 tablespoon salt
- 1 teaspoon pepper

INGREDIENTS: FOR THE STEAK TACOS

- 2–3 pounds flank steak
- corn or flour tortillas
- red onion
- cotija cheese
- cilantro
- guacamole (see notes)
- chimichurri (see notes)

DIRECTIONS:

1. Marinade: Blend marinade ingredients together until smooth. Place the steak in a large bowl or dish, cover with the marinade, and let rest in the fridge for 1-8 hours (4 hours is pretty ideal).
2. Toppings: Prep your other toppings!
3. Grilling the Steak: Preheat grill to medium heat. Remove meat from marinade and discard remaining marinade. Sprinkle with salt and pepper on both sides. Place steak on grill (it should sizzle!) and grill for 7-9 minutes per side, flipping just once. When a meat thermometer reads 140-145, remove from grill and cover in foil. Let it rest for 5 minutes and boom: perfect medium rare. Grill to 155/160 for medium.
4. Assembly: Slice your steak against the grain into long strips and build your tacos – steak, chimichurri, cotija, cilantro, red onion, and guacamole for good measure.

NOTES:

Chimichurri: 1 cup (packed) fresh Italian parsley, 1/2 cup olive oil, 1/3 cup red wine vinegar, 2 garlic cloves, 1 teaspoon crushed red pepper, 1/2 teaspoon ground cumin, 1/2 teaspoon salt. Pulse through a food processor till somewhere between chunky and smooth. Can also add a handful of fresh cilantro.

Guac: 3 avocados, squeeze of lime, chopped cilantro, garlic powder, salt, and pepper to taste.



Vanessa's Honey Garlic Shrimp

INGREDIENTS: MARINADE

1/3 cup honey

1/4 cup soy sauce (we usually use reduced sodium)

2 garlic cloves, minced (or 1 Tablespoon jarred minced garlic)

optional: 1 teaspoon minced fresh ginger

1 lb medium uncooked shrimp, peeled & deveined

2 teaspoons olive oil

optional for garnish: chopped green onion

DIRECTIONS:

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. You will use half for the marinade in step 2 and half for cooking the shrimp in step 3.
2. Place shrimp in a large sealable container or zipped-top bag. Pour 1/2 of the marinade/sauce mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, we usually steam broccoli and microwave some quick brown rice.)
3. Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard used marinade.) Cook shrimp on one side until pink, about 45 seconds, then flip shrimp over. Pour in remaining marinade/sauce and cook it all until shrimp is cooked through, about 1-2 more minutes.
4. Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed vegetables on the side.



Julia’s Quick Biscuit Cinnamon Rolls

INGREDIENTS: DOUGH

- 2 1/4 cups flour
- 3 tbsp sugar
- 1 tbsp baking powder
- 1/4 tsp salt
- 1/3 cup cold butter, cubed
- 1 cup milk

INGREDIENTS: FILLING

- 1/4 cup butter, softened
- 1/3 cup brown sugar
- 2 tsp cinnamon

DIRECTIONS:

1. Preheat oven to 400°F.
2. Lightly grease baking pan.
3. In small bowl, cream together butter, brown sugar, and cinnamon. Set aside.
4. In large bowl, combine flour, sugar, baking powder, and salt.
5. Use pastry blender or finger tips to cut-in butter until mixture is crumbly. Add milk, mix.
6. Turn out mixture onto lightly floured surface and knead lightly until smooth.
7. Keeping surface floured, roll out to 16x10 inch rectangle.
8. Spread with filling leaving a small border around edge.
9. Starting at opposite end, roll up “jelly-roll style,” pinching seam to seal.
10. Cut into 10-12 slices. Place cut side down in pan. Brush with milk.
11. Bake for about 30 minutes or until rolls are brown in center.
12. Let cool slightly on wire rack.
13. Glaze: In a small bowl, combine 1 cup icing sugar and 1 teaspoon milk. Stir until smooth. Add more milk if needed. Drizzle over top of cinnamon buns before serving.



Mike's Oven Roasted Tomato Bruschetta

INGREDIENTS:

cherry tomatoes, halved

olive oil

garlic, diced thin

salt

pepper

fresh thyme

1 teaspoon of sugar

fresh bread, sliced

DIRECTIONS:

1. Preheat oven to 300°F.
1. Combine cherry tomatoes, olive oil, garlic, salt, pepper, thyme and sugar in a baking dish and place in the oven.
1. Bake tomatoes for approximately 3 hours, turning them over as necessary for even cooking.
1. Top fresh bread slices with the oven roasted tomatoes and enjoy!

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