



*November 2022*  
***SPECIAL EDITION***

# The Wee Voice

Newsletter





The  
**Donway Covenant  
United Church**



## **Our Mission**

**"To follow Jesus by sharing God's  
unconditional love as  
the Spirit empowers us."**

## **Our Vision**

**We will follow Jesus...**

- By being a local Christian church within the United Church of Canada; a community anchor for spiritual exploration and growth where life, worship, knowledge, service and song all contribute to our larger story.
- By welcoming and involving people of diverse faith, ethnicities, abilities, ages and stages of life, economic situations, sexual orientation and gender identities.
- By caring for all members with compassion, empathy and joy.
- By acts of service, reaching out to engage and support our community, the country and the world.
- By building bridges within our community, as a congregation recognizing the variety of religions and spiritualities in the most diverse city in the world.
- By using our facilities for religious, social, cultural, educational, or other programs that reflect our values.

**We are an AFFIRMING  
Congregation**



*"Skillet Beef Stew"*

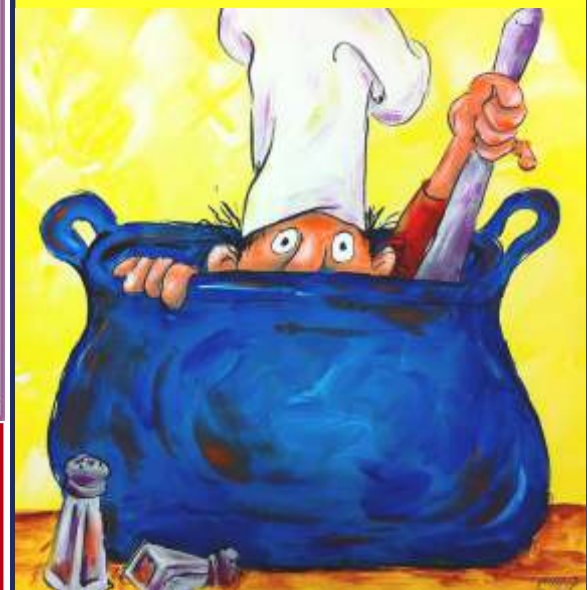


**A SOUTHERN SOUL**

# **Me-Stew**

by Shel Silverstein

I have nothing to put  
in my stew, you see,  
Not a bone or a bean  
or a black-eyed pea,  
So I'll just climb  
in the pot to see  
If I can make a stew  
out of me.  
I'll put in some pepper  
and salt and I'll sit  
In the bubbling water -  
I won't scream a bit.  
I'll sing while I simmer,  
I'll smile while I'm stewing,  
I'll taste myself often  
to see how I'm doing.  
I'll stir me around with  
this big wooden spoon  
And serve myself up  
at a quarter to noon.  
So bring out your  
stew bowls,  
You gobblers  
and snackers.  
Farewell - and I hope you  
enjoy me with crackers!



# The Origin of “Stews”

Stews have been made since ancient times. The world's oldest known evidence of stew was found in Japan, dating to the Jomon period. Additionally, Herodotus says that the Scythians (8th to 4th centuries BC) *“put the flesh into an animal's paunch, mix water with it, and boil it like that over the bone fire. The bones burn very well, and the paunch easily contains all the meat once it has been stripped off. In this way an ox, or any other sacrificial beast, is ingeniously made to boil itself.”*

Amazonian tribes used the shells of turtles as vessels, boiling the entrails of the turtle and various other ingredients in them. Other cultures used the shells of large mollusks (clams etc.) to boil foods in. There is archaeological evidence of these practices going back 8,000 years or more.

There are recipes for lamb stews and fish stews in the Roman cookery book **Apicius**, believed to date from the 4th century AD. **Le Viandier**, one of the oldest cookbooks in French, written in the early 14th century by the French chef known as Taillevent, has ragouts or stews of various types in it.



The first written reference to 'Irish stew' is in Byron's **“The Devil's Drive”** (1814): *“The Devil ... dined on ... a rebel or so in an Irish stew.”*

**“I'm Irish , so I'm used to odd stews. I can take it. Just throw a lot of carrots and onions in there and I'll call it dinner”**

**Liam Neeson**

## MOROCCAN CHICKEN STEW with COUSCOUS

### INGREDIENTS:

- 1¼ lb Chicken, boneless, skinless, cubed
- 3 Onions, thinly sliced
- 2 cups Water
- 1 tbs Minced Gingerroot
- 1 tsp Turmeric
- 1 tsp Cinnamon
- 1 tsp Granulated Sugar
- ½ tsp Saffron (optional)
- 1 Sweet Potato, peeled and cubed
- 4 Carrots, cut into chunks
- 1 cup Chick Peas
- ¼ cup Currants
- 1 tbs Lemon Juice
- 1 Small Zucchini, cut into chunks
- 2 tbs Chopped Fresh Parsley, or Cilantro
- Salt and Pepper



In a skillet or saucepan brown chicken over high heat. Remove chicken to plate and set aside.

Reduce heat to medium and add onions. Cook, stirring occasionally, for about 5 minutes.

Add water, gingerroot, turmeric, cinnamon, sugar and saffron (if using). Bring to a simmer. Add carrots. Cover and simmer for 20 minutes.

Add chick peas, currants and lemon juice.

**(Recipe can be prepared to this point, cooled covered, and refrigerated for up to 2 days. Bring to a simmer before continuing.)**

Add zucchini, sweet potato and chicken. Cover and simmer for 10 minutes or until chicken is no longer pink inside and vegetables are tender. Add parsley. Season with salt and pepper to taste.

Cook couscous according to package directions, or if not available, serve with brown or white rice.

Makes 6 servings

1½ cup Couscous

submitted by **Anne Anderson**



# HARVEST PORK and CIDER STEW

Serve this stew of pork and fall vegetables over a Yukon Gold potato mash for an autumnal dish that mirrors the colours of turning leaves.

## INGREDIENTS:

3 tbs	Flour
½ tsp	Salt
½ tsp	Ground Cumin
pinch	Freshly Ground Black Pepper
1 lb	Boneless Pork, cut into 1½" chunks
2~3 tbs	Vegetable Oil (divided)
1	Red Pepper, roughly chopped
4 cloves	Garlic, peeled but left whole
1 cup	Chicken Broth
1 cup	Apple Cider
¼ tsp	Thyme
¼ tsp	Rosemary
1 bag	Pearl Onions (250 ~ 300 gm)
1½ lb	Butternut Squash (1 medium) peeled and cut into cubes
1 tbs	Brown Sugar
¾ cup	Dried Apricots, cut into large chunks (optional, but nice!)

Mix the flour, salt, ground cumin and pinch of pepper and use to dredge the pork.

In a large Dutch oven brown the pork in half the oil over medium heat. Remove to a plate.

In the same Dutch oven cook the red pepper and garlic in the remaining oil for 2 minutes.

Add the cider, broth, pork and spices. Bring to a boil, then reduce heat and simmer, covered, for about 45 minutes.

Meanwhile, peel the onions as per the instructions on the bag. Peel and cube the squash, and add the onions and squash to the stew. Simmer a further 45 minutes, or until the vegetables are just tender, adding the apricots in the last 15 minutes. Season to taste.

All you need is a green salad!

Serves 4

**Elda McDowell**



# HUNGARIAN GOULASH

Recipe from



## INGREDIENTS:

2	Medium Onions
2 tsp	Butter, or Lard (preferred)
1 tsp	Caraway Seeds
2 tbs	Paprika
¼ cup	Flour
1½ lb	Stewing Beef, trimmed and cut into 1" cubes
2 cups	Beef Broth
1 cup	Diced Tomatoes (canned)
1 tsp	Salt
¼ tsp	Pepper
1½ cups	Carrots (Optional)
3 cups	Potatoes (Optional)

In a large pot melt butter (lard) and add onions. Cook till translucent. Stir in caraway seeds and paprika and mix well.

In a bowl dredge the stew beef with flour. Add beef to the onion mixture and cook for about 2~3 minutes.

Slowly add about ¼ cup of the beef broth to lift the brown bits off the bottom of the pan. Then add remaining broth, diced tomatoes (and potatoes and carrots if using), salt and pepper.

Stir and bring to a boil. Cover, then reduce heat to a simmer for about 1½ to 2 hours or until tender.



*Typically Hungarian Goulash is served on a bed of rice, or pasta (egg noodles)*

# SPANISH RED BEAN and SAUSAGE STEW

## INGREDIENTS:

3 tbs	Extra Virgin Olive Oil
200 gm	Sausage (firm)
1	Small Onion
4 cloves	Garlic
1	Green Bell Pepper
1	Carrot
1 tsp	Sweet Smoked Paprika
½ tsp	Ground Cumin
2½ cups	Canned Kidney Beans, drained and washed
2 cups	Vegetable Broth
1	Bay Leaf
Handful	Finely Chopped Parsley
Pinch	Sea Salt
Dash	Freshly Ground Black Pepper



Heat a large deep fry pan, or stock pot with a medium heat and add in 3 tbs extra virgin olive oil.

Meanwhile, cut the sausage into ½ inch thick rounds, roughly chop the onion, roughly chop the garlic, cut the carrot into large chunks and finely chop the green pepper.

After heating the olive oil for 3 to 4 minutes, add in pieces of sausage and mix with the olive oil. Once the pieces of sausage are lightly sauteed, about 5 minutes, remove from the pan and set aside.

Using the same pan, with the same heat, add in the chopped vegetables and mix with the olive oil. After 3 minutes, and the vegetables are lightly sauteed, add in 1 tsp of sweet smoked paprika and ½ tsp of ground cumin. Quickly mix together then add 2½ cups of canned kidney beans (drained and washed). Season with sea salt and black pepper.

Add the sausages back into the pan. Gently mix together then add in 2 cups vegetable broth and 1 bay leaf. Turn up to high heat.

Once the broth comes to a boil place a lid on the pan and lower to a low-medium heat. Simmer for 10 to 15 minutes, then remove from the heat.

Ladle into shallow bowls and garnish with chopped fresh parsley.

## There Is No Cheap Dinner!

Stews were a “farmhouse” or a “downstairs” dinner, using cheaper ingredients than would be served “upstairs”. “Chuck” (which we call ‘blade’) and “Brisket” were common beef stewing meats, and “Shoulder” from lamb.

Many of us love the taste of a tender chop, or rib eye steak, or a prime rib roast. But with the “everyday” price of the finer cuts of meat being well over \$20.00 a pound it’s natural there is more interest in how to prepare the “cheaper” cuts.

Well, we quickly discover there is no “cheaper” cut! “Everyday” pricing on blade roasts, or lamb is over \$10.00 a pound. Even a small stew with a pound or so of meat, vegetables, broth, herbs.....will cost over

\$20.00 to put on the table!

What do we do? Well, my first suggestion is to rethink what “stew” is to you. Take it from being a “cheap” dinner, to being a succulent blend of flavours that will make your, and your guests’, mouths water! Really.....if you look through these few recipes you will discover unbelievable taste experiences. If you explore the internet, watch the videos on the “cooking web sites”, you may stop calling it “stew” and give them names like “*Ragout*”, or “*Estofados*” or “*Eintopf*”.....you get the drift!

A stew in any of its forms can be a “special treat”, especially in the winter time when we crave the rich flavours! (Not to mention the aromas that fill the house!!!)

# ARE YOU READY TO COOK A STEW?

A Dutch oven is, in essence, a big pot with a lid designed to let very little steam escape. (This is useful when you're braising or stewing something and don't want a lot of evaporation.) While Dutch ovens can be ceramic, aluminum or stainless-steel, they are most commonly made of cast iron, which makes them heavier than your average pot. Cast iron holds onto heat more readily and more evenly than other metals, which is a huge advantage in a pot that is designed to go from your stove into your oven and is why we recommend going with cast iron.

EatingWell

The best size of Dutch oven is 5 to 6 qt

bon appétit

*"Of all the attributes of eating quality, tenderness is rated the most important factor affecting beef palatability"*

Slow cooked meals are generally easier to make and more cost effective, using cuts of meat that improve in texture and flavour when cooked for long periods of time at low temperatures. These tough cuts of meat contain large amounts of collagen which require long cooking times to break down into a rich gelatin.

When you cook, collagen begins to melt at about 160°F and turns to a rich liquid, gelatin. This gives meat a lot of flavour and a wonderful silky texture. When cooking it is important to liquify collagen.

Cuts of meat, like blade, with all the fat and connective tissue make a better stew than expensive cuts!

## LOW, and SLOW

## GUINNESS BEEF STEW



GUINNESS

### INGREDIENTS:

- |          |  |
|----------|--|
| 3½ lbs   | Blade Roast, trimmed and cubed into 1½" pieces   |
| 3 tbs    | Vegetable Oil  |
| 2        | Onions, chopped fine   |
| ¼ tsp    | Salt   |
|          | Freshly Ground Black Pepper  |
| 1 tbs    | Tomato Paste   |
| 2 cloves | Garlic, minced   |
| ¼ cup    | Flour  |
| 3 cups   | Beef Broth   |
| 1¼ cups  | <b>Guinness</b> (divided)  |
| 1½ tbs   | Dark Brown Sugar, packed   |
| ½ tsp    | Thyme  |
| 1½ lbs   | Potatoes (Yukon Gold), unpeeled, washed, and cut into 1" pieces (or use mini potatoes) |
| 1 lb     | Carrots, peeled and cut into 1" pieces (or use baby carrots)                           |
| 2 tbs    | Fresh Parsley, minced  |



Adjust oven rack to middle position with clearance for a dutch oven. Preheat oven to 325°F.

Prepare the beef and season with salt and pepper.

In a large Dutch oven heat oil over medium heat until shimmering. Add onions, ¼ tsp salt and cook, stirring occasionally, until well browned (~ 10 minutes).

Add tomato paste and garlic, and cook until rust coloured and fragrant (~ 2 minutes). Stir in flour and cook for 1 minute. Whisk in broth, ¾ cup of **Guinness**, sugar and thyme, scrapping up any brown bits. Bring to a simmer and cook until slightly thickened (~ 3 minutes).

Stir in beef and return to simmer. Transfer Dutch oven to oven and cook, uncovered, for 90 minutes, stirring half way through.

Stir in potatoes and carrots and continue cooking until beef and vegetables are tender, (~1 hour), stirring half way through.

Remove from oven. Add remaining ½ cup of **Guinness** and parsley. Season with salt and pepper and serve.

Cook's Country

FROM AMERICA'S TEST KITCHEN



# MOM'S IRISH STEW

## INGREDIENTS:

- 2 lbs Beef Stew Meat, cut into 1" cubes
- ½ cup Flour, with some salt, pepper and a small pinch of thyme
- ¼ cup Butter
- 1 tbs Dijon Mustard
- 2 tbs Brown Sugar
- ½ can Cream of Mushroom Soup
- ½ pkg Lipton Dry Onion Soup
- 1 cup Brown Beer (I use 1 cup of red wine if I don't have beer)
- 1 tbs Wine Vinegar
- 1 pkg Beef Oxo Powder
- 1 cup Tomato Juice
- 1 Bay Leaf (optional)
- Chopped Garlic to taste (I like lots!)
  
- 1 cup Pearl Onions (peeling instructions on pkg)
- Potatoes, peeled and cubed
- Carrots, peeled and cubed
- Turnip, peeled and cubed
- Celery, cubed (optional)
- Sweet Red Peppers, cubed (optional)
- Peas (optional)

Preheat oven to 250°F.

Dredge meat in flour mixture and brown in butter. Transfer meat to overproof roaster.

Mix all the next ingredients (down to the garlic) and pour over the meat. Place in oven, covered and cook for 3 to 4 hours.



Meanwhile, prepare the vegetables. In a saucepan parboil the vegetables till just tender crisp, adding the onions along the way. Save the vegetable water in case you need to thin the stew.

Add to stew about ½ hour before serving. Can add celery, sweet red pepper, peas or whatever, near serving time.

## NOTE:

This makes a lot, so I sometimes cook the meat and freeze part of it before adding the vegetables. Veggies don't freeze well. For the second batch you can add a different variety of vegetables, or pasta.

**Elda McDowell**

**goodfood**

# EASY LAMB STEW

## INGREDIENTS:

- 2 tbs Vegetable Oil
- 800 gm Lamb Shoulder (about 1.8 lb) diced
- 1 Large Onion, roughly chopped
- 4 Large Carrots, cut into large chunks
- 1 tbs All Purpose Flour
- 1 tbs Tomato Puree
- 750 ml Stock, Vegetable or Chicken
- 2 Bay Leaves
- Rosemary Spring, or a pinch of dried Rosemary

Preheat the oven to 325°F.

In an oven proof pot (Dutch oven) heat the oil. Add the meat in batches and brown over a high heat for 5 minutes, then transfer to a plate. Tip in the onion and carrots and cook for 8 ~ 10 minutes until starting to colour. Scatter over the flour and stir for a few minutes, then stir in the tomato puree and cook for a few minutes more. Tip the meat and any resting juices back into the pot and stir well. Pour over the stock, tuck in the herbs and season well. Bring to a simmer, then remove from the heat.

Cover with a lid and put in the oven for 2½ hours until the meat is tender. Leave to rest for a minute or two, then serve with mashed potatoes and greens.



# FIREHOUSE CHILI GUMBO

The  
New York  
Times

This recipe is adapted from the one that a Louisiana firefighter named Jeremy Chauvin entered into a national cook-off run by **Hormel Foods** in 2017, and that took home the prize for **America's Best Firehouse Chili**. It is not really a chili in the Texas sense of the word. There is a roux at its base - it's more like a chili gumbo, a bayou take on the original red. Serve with grated cheese and corn chips.

## **CHILI:**

1½ lbs	Lean Ground Beef
1 can	Diced Tomatoes (14 ½ oz can)
1 tbs	Canola Oil
½ tbs	Kosher Salt
½ tsp	Ground White Pepper
½ tsp	Ground Black Pepper
½ tsp	Ground Cayenned Pepper
1 tbs	Chili Powder
½ tsp	Ground Turmeric
½ tsp	Dried Oregano
½ tsp	Ground Cumin
1½ tbs	A1 Steak Sauce
1 tbs	Worcestershire Sauce

## **GUMBO:**

1 tbs	Butter, unsalted
½ tbs	Olive Oil
1 tbs	All-purpose Flour
½	Large Yellow Onion, peeled and diced
1	Medium Shallot, peeled and diced
2	Bell Peppers, diced (1 green, 1 yellow)
1½ stalks	Celery, trimmed and diced
1½ cloves	Garlic, peeled and minced
½ can	Black Beans (540 ml)
½ can	Red Kidney Beans (540 ml)
1 can	Tomato Paste (156 ml)
1 can	Tomato Sauce (398 ml)
1 cup	Tomato Juice
½ cup	Ketchup
½ tbs	Apple Cider Vinegar, to taste
1 tbs	Hot Sauce, to taste

***Requires 2 heavy pots (Dutch ovens), and should be made a day ahead, refrigerated over night, to allow the flavours to "cure"***

## **Make the Chili:**

Heat oil in large, heavy pot (Dutch oven) set over medium-high heat. Working in batches, cook beef, stirring often until it has begun to brown at the edges. Using a slotted spoon, transfer browned meat to a bowl.

Pour off excess fat, turn down heat to medium and return brown meat to the pot. Add salt, pepper (white and black), chili powder, turmeric, oregano, and cumin. Stir to combine. Add steak sauce, Worcestershire sauce and diced tomatoes and stir again. Cover the pot and cook, stirring a few times, for 15 minutes or so.

## **Make the Gumbo:**

In a second large, heavy pot (Dutch oven) set over medium heat add butter and oil. When butter is melted and foaming, sprinkle flour into the pan and whisk to combine. Continue whisking until mixture is golden brown, approximately 15 ~ 20 minutes.

Add onion, shallot, bell peppers, celery and garlic. Cook, stirring often, until vegetables have started to soften, Approximately 10 ~ 15 minutes.

## **Combine:**

Add beef mixture to the pot with the vegetables along with the black beans, kidney beans, tomato paste, tomato sauce, tomato juice and ketchup. Stir to combine. Cook stirring occasionally for 30 ~ 45 minutes, then add apple cider vinegar and hot sauce to taste.

Take pot off the heat and allow to cool. Refrigerate overnight to allow flavours to cure.

Heat before serving.

## **NOTE:**

I have halved the original recipe, and even this makes a lot of chili! If we have a lot of company, the chili often stays on the back burner, with everyone helping themselves at any time!

**Tom Joyce**





# UKRAINIAN GREEN CHICKEN STEW (SOUP)

submitted by **Bob McFadden**

## INGREDIENTS:

- 3 Chicken Breasts, bone in, skin on
- 7 cups Water
- 1 Onion, chopped
- 2 Carrots, cut into half moons
- 1 bunch Dill, chopped
- 1 bunch Parsley, chopped
- 1 bunch Scallions, chopped
- 4~5 Potatoes, Yukon Gold, cut into bite sized pieces
- 2~3 cups Baby Spinach, roughly chopped
- ¼ cup Rice
- Juice of Half a Lemon
- Salt and Pepper to taste
- Sour Cream

Add chicken and water to a large pot. Allow it to come to a boil and skim all the foam off the top.

Once the broth is clear and no more foam comes up, then add in the onions and the carrots

Allow this to simmer for 15 minutes, then add in the potatoes and rice.

Once the potatoes are ready, add in the scallions, dill, parsley and the baby spinach.

Incorporate everything in, and add salt, pepper and lemon juice. Taste and adjust accordingly.

Serve with sour cream

Recipe from  
**GIRL AND THE KITCHEN**



# BEEF STROGANOFF

## INGREDIENTS:

- 1 lb Sirloin Steak, 3/4" thick, sliced across the grain in thin strips
- 2 tbs Butter, divided
- ½ cup Onion, chopped
- 1 can Cream of Mushroom Soup
- 2 tsp Worcestershire Sauce
- ½ tsp Paprika
- ½ cup Sour Cream
- 4 cups Egg Noodles

At least 1 hour (preferably 2) prior to starting pierce the steak all over with a fork. Put the steak in a ZipLoc bag. Add the marinade, seal and refrigerate until ready to use.

In a large skillet over medium high heat, in 1 tbs of butter cook half the steak and half the onions until the meat is browned on all sides and the onion is tender. Set aside. Repeat with the remaining butter, steak and onions.

Cook the noodles

Return all the steak and onions to the skillet. Stir in the soup, 2 tsp of Worcestershire sauce and a ½ tsp of paprika. Heat through stirring occasionally.

Remove from heat and stir in sour cream. Serve over noodles with a sprinkle of additional paprika.

submitted by **Tom Joyce**



# STEAK MARINADE (for 1 lb of steak)

- 2 tbs Balsamic Vinegar
- 2 tbs Worcestershire Sauce
- 2 tbs Soy Sauce
- 2 tbs Olive Oil
- 1½ tsp Dijon Mustard
- 1 tsp Honey

- 2 cloves Garlic, minced
- ½ tsp Freshly Ground Black Pepper
- ½ tsp Dried Rosemary

Combine all ingredients. Put steak in a ZipLoc bag and pour marinade in to cover.

## Delightful, Delicious Dumplings

by **Stephanie Butler**

From Italian ravioli, to Polish piroshky, to Chinese pot stickers, the humble dumpling is beloved by eaters around the world. Truly a universal food, you'd be hard pressed to find a cultural cuisine that doesn't include dumplings in some form, be it stuffed or boiled. Ghanaians make fufu from pounded cassava flour, while Nepali diners enjoy momo and Brazilians eat empanadas. Dumplings are also an ancient food. Recipes for them appear in Roman texts, and it's certain that Chinese dumplings are even older.

Just like bread, dumplings probably arose independently in several cuisines. And in all likelihood they were invented as a way to stretch a small amount of meat to feed more people. A pound of pork or beef might not be enough for a family of four, but mix it with some cabbage and onions and wrap it in dough and it's a perfectly sufficient meal.



The first known recipes for dumplings appear in **Apicius**, a Roman cookery text, and they still sound delicious. One is simply roasted pheasant,

chopped fine and mixed with fat, salt and pepper and moistened with broth, then poached in seasoned water. Simple boiled dumplings like these are still popular around Europe: In Austria, stale bread is soaked in milk and mixed with other leftover ingredients to form dumplings, while German spaatzle is just a flour dough pushed through a sieve directly into boiling water.

Filled dumplings were probably a later development in Europe, but Chinese cooks have enjoyed a version known as jiaozi for more than 1,800 years. According to legend, Chinese stuffed dumplings were invented during the Han Dynasty by a man named Zhang Zhongjian. The event occurred when Zhang returned to his ancestral village during the winter, after a long absence. He noticed that many of his fellow citizens were suffering from frostbite. As a way to solve this problem, Zhang cooked up a batch of mutton, chili and healing herbs and wrapped them in scraps of dough. He folded the dumplings to look like little ears, boiled them and handed them out to his afflicted neighbours. Who knows if they cured frostbite, but the villagers loved the taste of Zhang's creation so much that they kept making the dumplings long after spring began.

## BEEF STEW with DUMPLINGS

**Roberta Walker-Ernst**

### INGREDIENTS:

3 tbs	Butter (or Shortening)
2 lbs	Stewing Beef, cut into 2" cubes
1 tsp	Lemon Juice
1 tsp	Worcestershire Sauce
1 clove	Garlic, sliced
1	Onion, medium, sliced
2	Bay Leaves
1 tsp	Salt
½ tsp	Black Pepper, freshly ground
½ tsp	Paprika
⅛ tsp	Allspice
1 tsp	Sugar
1	Oxo Bouillon Cube
6	Carrots, peeled and halved
8	Potatoes, medium, peeled and quartered
4	Onions, peeled and quartered

### Dumplings:

1½ cups	All Purpose Flour, sifted
2 tsp	Baking Powder
¾ tsp	Salt
¾ cup	Milk



Heat 3 tbs of butter (or shortening) in a large, heavy saucepan (or Dutch oven). Add 2 lbs of stewing beef, cubed, and brown well. Add 4 cups of boiling water and reduce heat to medium.

Add lemon juice, Worcestershire sauce, garlic, sliced onion, bay leaves, salt, black pepper, paprika, allspice and sugar. Stir well.

Closely cover and simmer for 2 hours, adding more boiling water if necessary.

Dissolve Oxo bouillon cube in ¼ cup of hot water. Add to stew.

Add carrots, potatoes, onions (quartered). Cover and simmer 25 to 30 minutes, until vegetables are done.

While stew is simmering with vegetables prepare the dumplings. Mix all the dry ingredients together. Stir in the milk. Blend well.

When vegetables are done, using a tablespoon drop the dumpling dough onto the stew (should be 6~8 dumplings). Cook, uncovered, for 10 minutes, then cover and cook 10 minutes longer.

This recipe is from my very first cookbook - an early Loblaw's cookbook in the late 50's



# JAMBALAYA

Jambalaya is a classic one pot recipe filled with chicken, sausage, shrimp, and rice. Completely irresistible, this easy recipe includes all the classic flavours of true Cajun/Creole cooking, like Cajun seasoning, and starts with finely diced onion, bell pepper, and celery - the holy trinity of Cajun cuisine!

## INGREDIENTS:

3 tbs	Olive Oil (divided)
1 lb	Andouille Sausage **
1½ lb	Chicken Breasts, or Thighs, boneless, skinless
3 tbs	Cajun Seasoning (divided) **
2	Yellow Onions, medium, diced
1	Green Bell Pepper, seeded and diced
1	Red Bell Pepper, seeded and diced
3 stalks	Celery, diced
6 cloves	Garlic, minced
1 tsp	Salt
1 tsp	Pepper
½ tsp	Cayenne
1 tbs	Italian Seasoning
1 tsp	Red Pepper Flakes
1 can	Diced/Crushed Tomatoes (14 oz)
2 tsp	Worcestershire Sauce
1½ cups	Uncooked Long Grain Rice
2¾ cups	Chicken Broth (low sodium)
1 cup	Okra, thinly sliced
1 lb	Raw Shrimp
	Fresh Chopped Parsley, garnish
	Chopped Green Onion, garnish

\*\* **Club House** offers both **Cajun** and **Italian** Seasoning



\*\* If you can't find **Andouille** sausage you can use either **Chorizo** sausage or **Kielbasa**.

Add 1 tbs of olive oil to a large stock pot (or Dutch oven) set over medium-high heat. Add the sliced sausage and cook for approximately 1 minute per side. Remove to a clean plate and set aside.

Add the chicken pieces to a large bowl and season with approximately 1 tbs of Cajun seasoning, salt and pepper. Remove the pot used to cook the sausage to medium-high heat. Add 1 more tbs of olive oil and add the chicken. Cook stirring occasionally for 6 ~ 8 minutes, or until chicken is cooked. Transfer the chicken to a clean plate and set aside.

To the same pot, set over medium-low heat, add the last tbs of olive oil. Add in the minced onions, bell peppers, and celery mixing well to combine. Cook for 8 ~ 10 minutes, or until softening, stirring frequently.

Add the minced garlic, Cajun seasoning, salt, pepper, cayenne, Italian seasoning, and red pepper flakes. Mix well and continue to cook for an additional minute.

Mix in the crushed/diced tomatoes, Worcestershire sauce, white rice and low sodium chicken broth with the softened veggies. Mix well to combine. Bring to a simmer then cover with a tight fitting lid.

Cook for approximately 25 ~ 30 minutes, or until rice is nearly cooked through, gently stirring every 5 minutes to prevent the rice from burning and sticking to the bottom of the pot.

As the rice cooks add 2 tbs of butter to a large skillet set over medium-high heat, and sear the shrimp for 2 minutes on each side.

When the rice is nearly finished cooking, stir in the shrimp and the sliced okra, and return the chicken and sausage back to the pot. Gently mix to combine with the rice. Continue to cook on low, stirring as needed, until the shrimp is cooked, approximately 5 ~ 8 minutes.

Remove from heat and serve warm garnished with chopped parsley and green onion (optional).

Leftovers can be refrigerated for up to 4 days.

**As written, this recipe is very spicy. Omit the added cayenne and red pepper flakes if you are sensitive to spicy foods.**



# OSSO BUCO MILANESE

## Classic Italian Fare - A Flavourful Stew Made With Veal Shanks

Can be prepared a day ahead which I always love!

**Elda McDowell**

### INGREDIENTS:

- |          |  |
|----------|--|
| ½ cup    | Flour  |
|          | Salt, and  |
|          | Freshly Ground Black Pepper  |
| 6 pieces | Veal Shank, about 2" thick   |
| ⅓ cup    | Oil  |
| 3 tbs    | Butter   |
| 2        | Large Carrots, peeled and sliced   |
| 2        | Shallots, finely chopped   |
| ½        | Large Onion, diced   |
| 2        | Celery Stalks, sliced  |
| 2 cloves | Garlic, peeled and chopped   |
| 1 tsp    | Dried Marjoram   |
| 1 tsp    | Dried Basil  |
| 1 cup    | Chopped Fresh Parsley  |
|          | Grated Rind of 1 Lemon   |
| 1 can    | Italian Plum Tomatoes (19 oz can)  |
|          | drained and coarsely chopped   |
| 1 tbs    | Brown Sugar  |
| 1½ cups  | Dry White Wine   |
| 1½ cups  | Chicken Broth  |
| 1        | Bay Leaf (optional - may be added to the sauce and removed part way through the cooking) |

Dredge the veal in the flour mixture and brown in oil in a large frying pan.

Remove veal and reduce heat. Add butter, carrots, shallots, onions, celery, garlic, basil, marjoram, parsley, and lemon rind. Saute for 5 minutes. Add wine and continue cooking for 5 minutes more. Stir in tomatoes and broth. Season to taste.

Preheat oven to 325°F. Place veal in one layer in a large oven proof casserole. Spoon the sauce over and around the veal. Cover and bake at 325°F for 3 hours.

If the sauce needs thickening you may use the leftover dredging flour.

Serve with rice, or orzo (pasta), or couscous.

### GREMOLATA:

- |         |                        |
|---------|------------------------|
| 4 tsp   | Fresh Parsley, chopped |
| 2 tsp   | Grated Lemon Rind      |
| 1 clove | Garlic, finely chopped |

**Gremolata** adds a fresh, intense flavour to Osso Buco. Mint can be substituted for parsley. At serving time **Gremolata** can be sprinkled over the veal, with extra passed at the table.

## Mastering the Art of French Cooking

On the next page, the last in our **Special Edition - Stews**, is a recipe made famous by a woman who changed the culinary landscape in America. Before Julia Child launched her epic "**Mastering the Art of French Cooking**" most women were preparing simple dinners using processed food to make casseroles or even frozen TV dinners. With the publishing of her iconic cookbook (1961) and her television show, **The French Chef**, Julia took the mystery out of



French cuisine and gave everyone the confidence to experiment with good food at home.



**CLICK HERE** to watch Julia Child prepare

**Beef Bourguignon** on her inaugural show (1962)

<https://www.youtube.com/watch?v=NIGFkXd-QT0>

And if you enjoyed that, I encourage you to watch, or rewatch the 2009 film "**Julie & Julia**" starring Meryl Streep and Amy Adams!





# BEEF BOURGUIGNON



Adapting this **Beef Bourguignon** from **Julia Child's** best seller, **Mastering the Art of French Cooking**, this dish raises a simple beef stew to an art form and is not too difficult to make at all. You don't need to be an experienced cook to try this in your kitchen at home.

## INGREDIENTS:

1 tbs	Extra Virgin Olive Oil
175 gm	Bacon, roughly chopped
1.4 kg	Blade Roast, trimmed, cut into 2" cubes
1	Large Carrot, peeled, sliced ½" thick
1	Large White Onion, diced
6 cloves	Garlic, minced (divided)
1 pinch	Course Salt
	Freshly Ground Black Pepper
2 tbs	Flour
12	Small Pearl Onions
3 cups	Red Wine (710 ml)
2 cups	Beef Stock
2 tbs	Tomato Paste
1	Beef Bullion Cube
1 tsp	Fresh Thyme, finely chopped
2 tbs	Fresh Parsley, finely chopped (divided)
2	Bay Leaves
1 lb	Fresh Small White Mushrooms (454 gm), quartered
2 tbs	Butter

We taste tested it immediately after cooking and found that the wine was an extremely strong flavour in the gravy. **PLEASE** don't worry or try to adjust it straight away! Let it rest for 15 minutes and the flavours begin to settle into each other. The wine

flavour mellowed out and we **LOVED** it. If you're serving it the next day, the flavours are even better.

Want to see how it's done?  
**CLICK HERE** to watch

[https://www.youtube.com/watch?v=\\_Bx9P32tdaM](https://www.youtube.com/watch?v=_Bx9P32tdaM)

*Cafe Delites*  
for all good food lovers

Adjust oven rack so Dutch oven will sit in lower part of the oven. Preheat oven to 350°F.

Heat oil in a large Dutch oven. Saute the bacon over medium heat for about 3 minutes, until crisp and browned. Transfer with slotted spoon to a large dish and set aside.

Pat dry beef with paper towel; sear in batches in the hot oil/bacon fat until browned on all sides. Remove to the dish with the bacon.

In the remaining oil/bacon fat, saute the carrots and diced onions until softened (~ 3 min), then add 4 cloves of minced garlic and cook for 1 minute. Drain excess fat (leave about 1 tbs in the pan) and return the bacon and beef back into the pot; season with ½ tsp coarse salt and ¼ tsp ground pepper. Sprinkle with flour, toss well, and cook for 4 ~ 5 minutes to brown.

Add the pearl onions, wine and enough stock so the meat is barely covered. Then add the tomato paste, bullion and herbs. Bring to a simmer on the stove.

Cover the Dutch oven, and transfer to lower part of the oven and simmer for 2 to 3 hours, or until meat is fall apart tender (adjust the heat so that the liquid simmers very slowly).

In the last 5 minutes of cooking time prepare your mushrooms. Heat the butter in a medium sized skillet over heat. When the foam subsides, add the remaining 2 cloves of minced garlic and cook until fragrant (about 30 seconds), then add the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper if desired. Once they are browned, set aside.

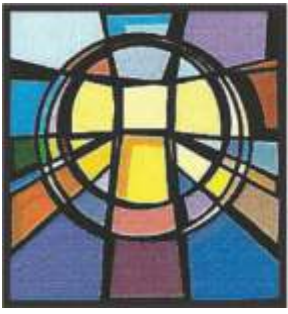
Place a colander over a large pot. Remove the Dutch oven from the oven and carefully empty its contents into the colander (you want to collect the sauce only). Discard the herbs. Return the beef mixture back into the Dutch oven. Add the mushrooms over the meat.

Remove any fat off the sauce (if any) and simmer for a minute or two, skimming off any additional fat which rises to the surface. You should be left with about 2½ cups of sauce thick enough to coat the back of a spoon lightly.

If the sauce is too thick, add a few tbs of stock. If the sauce is too thin, boil it over medium heat for about 10 minutes, or until reduced to the right consistency.

Taste for seasoning and adjust salt and pepper if desired. Pour the sauce over the meat and vegetables. Garnish with parsley and serve with mashed potatoes, rice, or noodles





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