

Wisdom From the Farm

*It's easy to clean an empty house, but hard to live in one.
All children spill milk. Learn to smile and wipe it up.
Homemade's always better'n store bought.
A tongue's like a knife. The sharper it is the deeper it cuts.
A good neighbor always knows when to visit and when to leave.
A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.
Always light birthday candles from the middle outward.
Nothin' gets the frustrations out better'n splittn' wood.
Words that soak into your ears are whispered... not yelled.
Meanness don't jes' happen overnight.
Forgive your enemies; it messes up their heads.
Do not corner something that you know is meaner than you.
It don't take a very big person to carry a grudge.
You cannot unsay a cruel word.
Every path has a few puddles.
When you wallow with pigs, expect to get dirty
The best sermons are lived, not preached.
Most of the stuff people worry about ain't never gonna happen anyway.
Don't judge folks by their relatives.
Remember that silence is sometimes the best answer.
Live a good, honourable life... Then when you get older and think back, you'll enjoy it a second time.
Don't interfere with somethin' that ain't bothering you none.
Timing has a lot to do with the outcome of a Rain dance.
If you find yourself in a hole, the first thing to do is stop diggin'.
Sometimes you get, and sometimes you get got.
The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.
Always drink upstream from the herd.*



We humbly pray you, O God, our Father, to bless The Catholic Women's League of Canada. Bless our beloved country, our homes and families. Send Your Holy Spirit upon us to give light to our minds, and strength to our wills, that we may know and fulfill Your great law of charity. Teach us to share with others at home and abroad the good things You given us. This we ask through our Lord, Jesus Christ, and the intercession of our patroness, Our Lady of Good Counsel. Amen.

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The CWL Does The Cooking



From March 11, 2020 to the beginning of May, people all over the world were in isolation due to fears of the rapidly-spreading Coronavirus—COVID 19 and the projected deaths of millions of people. Children were homeschooled via social media and with the help of their parents. Some people worked from home; others were laid off or lost their jobs. Some people enjoyed their time at home; others did not fare well psychologically during the lockdown. Some people used the time to complete jobs around the home; others ate more. Some people went through their freezers and used up what was in there; others tried to stockpile food, just in case. Some people gave generously to worthy causes; others visited the food banks for the first time. Some people reached out to people they hadn't seen or heard in a long time; others retreated into complete isolation. Some people spent their time sewing masks and other Personal Protective Equipment; others stockpiled hand sanitizer and toilet paper. Some people spent more time in spiritual reflection; others railed against God for this isolation. Some babies were born; some people died.

All in all, it was a strange time and we're glad that you are all well. Luckily the projections were inflated and fewer people were affected. As a little bit of remembrance of this crazy time, we present this recipe book from our members. In it, you will find recipes we enjoy and probably made during this time.

Notre Dame de Lorette Catholic Women's League



Vegetables and Legumes

Japanese Coleslaw *submitted by Iris Swiderski*

1 pkg coleslaw mix
2 pkg Ramen noodles
Green onion
½ cup sunflower seeds
½ cup slivered almonds

Dressing:

4 T vinegar
4T sugar
½ cup oil
1 pkg noodle
seasoning (oriental or chicken is best)



Pour boiling water over noodles that have been coarsely broken. Let set for 30 seconds; rinse under cold water and drain in colander. Toast sunflower seeds and almonds under broiler. Combine all ingredients in a large covered container. Mix dressing ingredients together and pour over coleslaw mixture. Stores well.

If your man gets his truck stuck in the field, don't go in after him. Throw him a rope and pull him out with the tractor.

Keep the kerosene lamp away from the milk cow's leg.

It's a whole lot easier to get breakfast from a chicken than a pig.

Always pat the chickens when you take their eggs.

Chewy Chocolate Chip Cookies *submitted by Jaquelyne Cournoyer*

2 and 1/4 cups all-purpose flour
1 teaspoon baking soda
1 and 1/2 teaspoons cornstarch
1/2 teaspoon salt
3/4 cup unsalted butter, melted & slightly cooled*
3/4 cup packed light or dark brown sugar
1/2 cup granulated sugar
1 large egg + 1 egg yolk, at room temperature
2 teaspoons pure vanilla extract
1 and 1/4 cups semi-sweet chocolate chips or chocolate chunks
Whisk the flour, baking soda, cornstarch, and salt together in a large bowl. Set aside.



In a medium bowl, whisk the melted butter, brown sugar, and granulated sugar together until no brown sugar lumps remain. Whisk in the egg, then the egg yolk. Finally, whisk in the vanilla extract. Pour the wet ingredients into the dry ingredients and mix together with a large spoon or rubber spatula. The dough will be very soft, yet thick. Fold in the chocolate chunks. They may not stick to the dough because of the melted butter but do your best to combine them. Cover the dough and chill in the refrigerator for 2-3 hours or up to 3-4 days. Chilling is mandatory. I highly recommend chilling the cookie dough overnight for less spreading.

Take the dough out of the refrigerator and allow to slightly soften at room temperature for 10 minutes. Preheat oven to 325°F. Use two large baking sheets with parchment paper or silicone baking mats. Set aside.

Roll the dough into balls, about 3 Tablespoons of dough each. The dough will be crumbly, but the warmth of your hands will help the balls stay together. Roll the cookie dough balls to be taller rather than wide, to ensure the cookies will bake up to be thick. Place 8 balls of dough onto each cookie sheet. Press a few more chocolate chips/chunks on top of the dough balls for looks, if desired.

Bake the cookies for 12-13 minutes. The cookies will look very soft and underbaked. They will continue to bake on the cookie sheet. Allow to cool on the cookie sheet for 10 minutes before transferring to a wire rack to cool completely. Cookies stay fresh covered at room temperature for up to 1 week.

Buttermilk Cinnamon Rolls *submitted by Susan Bernier*

2 (.25 ounce) packages active dry yeast
¼ cup warm water (110 F)
1 ½ cups buttermilk
½ cup vegetable oil
4 ½ cups all-purpose flour
1 teaspoon salt
½ teaspoon baking soda
½ cup butter, melted
1 ¼ cups brown sugar
1 ½ teaspoons ground cinnamon



In a large bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. In a small saucepan, heat the buttermilk until warm to the touch.

Pour the buttermilk and oil into the yeast mixture; mix well. Combine the flour, salt and baking soda. Stir the flour mixture into the liquid 1 cup at a time, until a soft dough forms. Turn dough out onto a lightly floured surface and knead 20 times. Cover and let rest for 15 minutes. In a small bowl, stir together the butter, brown sugar and cinnamon.

On a lightly floured surface, roll dough out into a large rectangle. Spread the brown sugar and butter mixture over the dough, roll up into a log and pinch the seam to seal. Slice into 1 inch pieces and place cut side up in a lightly greased 10x15 baking pan. Cover and let rise 30 minutes or cover and refrigerate overnight. If baking immediately, preheat oven to 400 degrees F (200 degrees C). Bake in preheated oven for 20 to 25 minutes, until golden brown. Let stand for 2 to 3 minutes before serving.

Arepas *submitted for Fr. Mario*

1 cup warm water
1 cup pre-cooked white corn meal
1 cup shredded mozzarella cheese
1 T butter
½ tsp salt, or to taste

Mix water, corn meal, mozzarella cheese, butter, and salt together in a large bowl. Knead until mixed well and the dough has a soft consistency. Form balls the size of a

medium orange and place them between 2 sheets of plastic wrap. Flatten with a rolling pin to your desired thickness. Cut the dough into circles using a cereal bowl or drinking glass, lip-down, through the plastic wrap. Remove the plastic wrap and remove excess dough. Coat a griddle with cooking spray and heat to medium-high. Add arepas and grill until golden brown, about 5 minutes per side. Serve immediately.

Fondant Potatoes *submitted by*

Lacey Bernardin

6 medium potatoes
1 tbsp olive oil
200g unsalted butter, cubed
4 large garlic cloves, bashed
2 sprigs rosemary
2 sprigs thyme
200ml chicken or vegetable stock



Slice the ends off the potatoes so they lay flat on either side.

Heat the oil in a pan over a medium-low heat. When hot, add the potatoes cut-side down. Fry for 5-7 mins, or until deep golden brown, then flip and fry on the other side. Add the butter to the pan to melt.

Scatter the garlic and herbs around the potatoes and season well. Carefully pour the stock around the veg, being aware of any hot butter that may splash out. Cover and simmer gently for 25-30 mins, or until the potatoes are tender, then serve.

Tomato, Cucumber, and Avocado Salad *submitted by Mary-Ann Novak*

1 cup grape tomatoes, halved
1/2 English cucumber, sliced and quartered
1 avocado, chopped
1/4 cup cilantro or curly parsley, chopped

Dressing

3 tbsp lemon juice (roughly 1/2 lemon)
1 tbsp extra-virgin olive oil
1/4 tsp pepper

Combine ingredients and toss with dressing





Casseroles & Entrees

Layered Fiesta Casserole *submitted by Jolene Capina*

1 lb. (450 g) extra-lean ground beef
 1 green pepper, chopped
 1 red pepper, chopped
 2 cups salsa
 1 can (19 fl oz/540 mL) diced tomatoes, undrained
 2 cups frozen corn
 12 small flour tortillas
 1 cup *Cracker Barrel* Shredded Tex Mex Cheese, divided



Heat oven to 375°F.

Brown meat with peppers in large skillet; drain. Return meat mixture to skillet. Stir in salsa, tomatoes and corn.

Spread 1 cup meat mixture onto bottom of 13x9-inch baking dish; top with 6 tortillas, overlapping as necessary to fit. Cover with layers of half each of the remaining meat mixture and cheese; top with remaining tortillas and meat mixture. Cover.

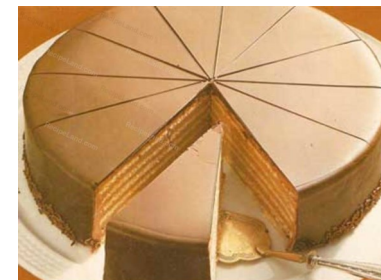
Bake 25 to 30 min. or until heated through. Top with remaining cheese; let stand, covered, 5 min. or until melted.

Prinzregenten Torte *submitted by Sue Johannesson*

Because it is difficult to pronounce, we call it Hilda's German torte after the friend who used to make this for my birthday every year - Sue

Dough:

½ lb (1 cup) butter
 8 T (1/2 cup) sugar
 1 tsp vanilla
 4 eggs
 7.5 T flour
 1.5 T cornstarch
 1 tsp baking powder



Cream butter. Add sugar, vanilla and eggs and mix well. Mix dry ingredients and add slowly to creamed mixture. Spread about 2T of the dough onto the bottom of a round pan. You should have enough dough for seven pans. Bake at 375 until golden brown; about 7 minutes.

Filling:

1 pkg chocolate pudding mix (not instant)
 2T cocoa

Cook the two ingredients with 2 cups milk. Remove from heat and stir in 7T butter, 1T at a time until melted. Cool mixture. Spread evenly over the layers of the torte and stack. Icing: Icing sugar, butter, cocoa and hot water. Mix, spread over the top and drip over the sides

Caramel Pecan Ice-Cream Desert *submitted by Kathleen Messner*

1 can of butterscotch caramel sauce
 Vanilla or butterscotch ice-cream (about 2 litres)

Crumble: 1 ¾ cup flour
 1 cup chopped nuts
 1 cup brown sugar
 1 cup oatmeal

Mix all together on a cookie sheet and bake at 400 degrees F for 15 minutes until golden brown; stir every 5 minutes. Remove from oven, crumble and let cool.

Press half of above crumble into 9 X 13 cake pan. Drizzle ½ of butterscotch caramel sauce over the crumble. Soften vanilla ice-cream and spread on top. Another layer of crumble. Another drizzle of caramel sauce. Freeze.



Pistachio Cheese Cake *submitted by Rolande Chernichan*

Base:

½ c chopped pecans (or almonds)

½ butter

1 c flour

1 tbsp sugar

Blend together using pastry cutter. Press into 9 x 13 pan Bake in pre-heated 325 F oven for 15 minutes; set aside to cool.



Cheese layer:

1 pkg (8 oz) cream cheese softened

1 c icing sugar

Blend well together. Add 1 L cool whip, fold in till smooth. Spread on pre-cooked base

Pistachio Layer:

2 ½ c milk

2 pkg pistachio pudding (4 serving size)

Whip together and spread over cheese layer

Top with 3 c cool whip and sprinkle with pecans (or slivered almonds)

Keep refrigerated. Yummy anytime!

Best Buttercream Icing *submitted by Lindsay Bouchard*

There hasn't been much extra time in this household for cooking. We did have 2 Covid-19 spring birthday "parties", so I could always share my go-to buttercream icing recipe.



4 cups of powdered sugar

1 Cup (2 sticks) of Softened butter (we have used both salted and unsalted, but we normally use salted.)

2-3 teaspoons of vanilla

1-2 tablespoons of milk

Whip butter for 2-3 minutes until fluffy. Add vanilla, followed by one cup of powdered sugar at a time, making sure to incorporate well. Add milk (or cream) until desired consistency is reached.

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Uncle Kelly's Meatloaf *submitted by Jennifer Poitra*

2lbs hamburger

1 box stovetop stuffing (any flavour)

1 pack onion soup mix

1 egg

1 cup milk

1 cup water



Preheat oven to 350°F. Mix all ingredients together and form into loaf/loaves. Place into loaf pan(s) and cook until internal temperature of 160°F.

Optional glaze:

Mix ketchup and brown sugar together to desired consistency, quantity and taste. Spread over meatloaf during final 5-10 minutes of cooking. Broil if desired.

Keto Mexican Seared Salmon in Creamy Poblano Sauce

submitted by Nettie Lambert

Salmon fillets or steaks

10 cups fresh spinach, diced

4 T olive oil

4 cloves garlic, peeled and diced OR 3 tsp crushed garlic

Coarse pepper & pink salt to season salmon

8 mini tomatoes, sliced OR 8 sundried tomatoes

*spicy peppers sautéed added to sauce last (optional)

2 cups Heavy Whipping Cream (33%)



Steam spinach and set aside. Season salmon and fry in olive oil for 3-4 minutes on each side. Remove from pan and remove skin.

Add whipping cream and garlic to pan, heat and add tomatoes, spinach and salmon. Cover with tin foil and bake for 30 minutes @ 350.

Meatloaf with Chickpeas *submitted by Maryse Chartier*

1 large onion chopped
3 cloves garlic, chopped
1lb extra-lean ground beef
2 cups cooked chickpeas (1 x 19-oz can rinsed and drained, or cook your own dried chickpeas; you can replace the chickpeas with another pound of beef)
¼ cup fresh breadcrumbs (whole wheat or regular)
1 egg
1 cup chili sauce or ketchup
2 T Dijon mustard
½ T Worcestershire sauce
1 tsp hot red pepper sauce
1 tsp ground cumin
½ tsp salt
½ tsp pepper
2 T fresh parsley, chopped



Topping:
2 T chili sauce or ketchup & 1 T Dijon mustard

In a food processor, puree onion and garlic (or mince by hand). Add chickpeas and chop very finely. In a large bowl, combine all ingredients. Knead together lightly. Transfer the mixture to a 9 x 5 loaf pan and smooth the top. Cover with foil and bake at 350F for 45 minutes. To prepare topping, combine chili sauce and mustard. Spread over loaf and continue to bake uncovered for 45 minutes or until internal temperature reaches 160T. Cool for 15 minutes before serving.

Baked Chili Cheese Corn *submitted by Connie Haas*

4 cups fresh corn kernels
1 cup grated cheddar cheese
1 7-oz can diced green chilies
2 tsp chili powder
2 tsp ground cumin

Preheat oven to 350. Butter 1 1/2 qt baking dish. Mix all ingredients until well combined and transfer to prepared dish. Bake until bubbling, about 30



No Bake Blueberry Pie *submitted by Rolande Chernichan*

Pre-bake 9 inch pie shell.

Filling:

4 c blueberries
½ c sugar
3 tbsp corn starch
½ tsp salt
1 tbsp butter
1 c water

Place 1 c of blueberries in a sauce pan. Refrigerate the remaining 3 c blueberries. Add sugar, corn starch, salt, and water to the 1 cup of blueberries in the saucepan. Cook on low heat until thick, clear and smooth. Remove from heat, add butter, and stir to melt butter completely. Stir in chilled blueberries and set mixture aside for about 30 minutes. Place filling in pre-baked pie shell.



Topping:

1 c whipping cream
1 tbsp icing sugar
¼ tsp almond extract (or vanilla)

In a chilled bowl, whip cream, sprinkling in icing sugar while whipping. Stir in flavouring. Ready to serve

Cottage Cheese Pie *submitted by Marcia Poirier*

2 cups cottage cheese or dry curd
1 cup of sugar
2 eggs
1 tsp. of vanilla
1 tbsp. flour
½ cup of cream
1 tsp. salt
1 uncooked pie shell



Mix all ingredients together. Pour mixture into pie shell. Sprinkle top with a bit of cinnamon. Bake at 375 degrees for 30-35 minutes.



After Dinner Delights

Banana Pudding *submitted by Heather Kolowca*

Ingredients

¾ cup sugar
 ½ cup all purpose flour
 ½ tsp salt
 2 cups whole milk
 ½ tsp vanilla extract
 2 tbsp margarine
 2 egg
 1 box vanilla wafers
 3 bananas



On medium heat, melt the margarine/butter and whisk in the sugar. Whisk in the salt, flour, and pre-beaten eggs. (Beating the eggs before ensures that the whites get fully incorporated into the pudding.) In small increments, begin whisking in the milk. Add the vanilla and continue whisking the pudding on medium-low heat. If the pudding begins to boil, turn the heat down a bit so it doesn't burn. While the pudding is cooking, it's most important to keep whisking or else pudding will clump up. Take the pudding off the heat when it has just begun to thicken up, right before it's ready. The pudding will cook some more and thicken up as it cools. Put the bottom of the saucepan with the pudding into a bowl of ice-cold water for a minute to cool it down a bit.

Now it's assembly time! Begin with a layer of vanilla wafers, then sliced banana, and lastly pudding. Repeat those steps until you are out of pudding. The amount of each ingredient you put in every layer is up to you! This recipe works in in single serving sizes or you can make a big batch in a large bowl. Let the pudding cool in the fridge for at least 2 hours. Serve and enjoy!

Dill Chicken *submitted by Lucille Chay*

Mix together:

1 pk onion soup mix
 1 can mushroom soup
 1 cup sour cream
 1 tbsp dill weed

Pour over 4 chicken breasts.

Cover with foil.

Bake at 350 degrees for 1 hour



Bubble & Squeak *submitted by Lacey Bernardin*



This is a great recipe for children (or adults) who dislike vegetables.

Peel, boil and mash the potatoes. Add the leftover veggies and stir them all in really well



Spoon the mixture into a casserole and rough up the top with a fork

OR shape the mixture into little patties

And bake until golden. It's also nice, if you've baked it in a casserole, to pop it under the broiler for a few minutes just to get the little spiky bits of potato really golden!

I boil the potatoes, drain them, then throw them in the mixer and mix with the flat beater. It means I don't have to do any mashing and it makes them so smooth! Then I just throw the veggies right in there and let it mix them all in before transferring to a casserole.

Whenever you return a borrowed pie pan, make sure it's got a warm pie in it.

Invite lots of folks to supper. You can always add more water to the soup.

There's no such thing as woman's work on a farm. There's just work.

Make home a happy place for the children. Everybody returns to their happy place.

Always keep a small light on in the kitchen window at night.

Tortilla Layered Mexican Casserole *submitted by Suzanne Moore*

1 1/2 cups rice
3 cups water & salt
1 cup salsa
1 1/2 lbs ground beef
2 T chili powder
1 T basil
1 tsp cumin
1/2 tsp cayenne pepper
Grated cheese (cheddar, mozzarella and/
or Tex Mex)
4-6 10-inch tortillas



Line 10-inch springform pan with foil or parchment paper and spray with non-stick oil

Cook rice in water until done (20 minutes) and mix in 1 cup salsa to rice
Brown ground beef, drain any fat, and add the spices

Lay one tortilla on bottom of pan. Spread a layer of rice mixture on the tortilla. Add a layer of spiced ground beef. Add a layer of shredded cheese
Cover with tortilla. Press down and repeat layers until pan is full.

Cover with foil; bake at 350 for one hour. Invert onto large plate and cut in wedges
Serve with sour cream and salsa

Spinach Tarts *submitted by Suzanne Moore*

3-4 eggs
1 1/2 c mozzarella cheese
1 pkg spinach, thawed and drained
1/2 onion and chopped garlic, sauteed with sliced mushrooms
Chopped dill
1/3 cup cream
Feta cheese



Put 3" tart shells on cookie sheet. In each tart shell, put in some onion, garlic, dill and mushroom mixture, feta cheese, mozzarella cheese and spinach. Mix eggs and cream and spoon in each tart to fill approximately 2/3 full. Cook at 350 for 15-20 minutes.

Spreadable Butter *submitted by Mae Ross*

1 cup butter

3/4 cup Avocado Oil (*you can use Canola Oil, Grapeseed Oil or Light Olive Oil – although I much prefer the Avocado Oil plus has great health benefits*)

1/4 teaspoon of salt, or to taste

Let the butter slowly come to room temperature – do NOT try to soften in microwave it will change the texture of the butter. *I cut the butter in small chunks to help speed up the process.*

Place butter (once softened) in a food processor or along with your choice of oil and salt. – *A mixer works well too.*

Process or beat until the butter is smooth and soft. It will be kind of liquidy but will firm up in the fridge.

Pour the softened butter into a container (glass preferably). Refrigerate until firmed up (1 – 2 hours).

Do not leave the butter out on the counter as it will start to separate. If that happens, just stir and put back in fridge.



Spreadable Garlic Butter *submitted by Mae Ross*

2 cups of Spreadable Butter

4 large Garlic Cloves, minced

1 tablespoon Parsley (and/or other herbs you like such as Chives, Basil...)

1/2 teaspoon Seasoned Salt

Dash of Pepper

Blend well and pour into glass container.

I use it when I fry eggs, in stir-fried veggies, etc... Adds extra flavour!!!

Biscuits brown better with a little butter brushed on 'em.

Check your shoelaces before runnin' to help somebody.

Visit old people who can't get out. Some day you'll be one.

The softer you talk, the closer folks'll listen.

The colder the outhouse, the warmer the bed.