

## Vegetable Recipes

### Québec Baked Beans

Helen Gougeon *Original Canadian Cookbook* (Montréal: Tundra Books, and Toronto: Collins Publishers, 1975), p. 25

Contributed by Diane Wolford Sheppard

4 cups dried beans (2 lbs.)  
1 large onion  
1 teaspoon baking soda  
Dry mustard  
½ to 1 lb. salt pork, diced  
½ cup molasses

Soak beans in cold water (to cover) for at least 3 hours, rinse.

Cover with fresh, cold water, add soda, and bring to a boil. Boil for half an hour. Rinse well.

Put two slices of pork in the bottom of an earthenware pot (preferably a bean pot).

Pour beans into the pot. Bury the onion, rolled in dry mustard, in the middle of the beans.

Pour molasses over all. Cover with remaining pork slices and add enough hot water to cover the beans. Cover pot.

Bake for 4 hours (or more if desired) at 375°.

One hour before beans are finished, add a little water if they look dry. Cover may be removed during the last half-hour if a crisp surface is desired.

### Mushrooms Nicoise

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 149

Contributed by Diane Wolford Sheppard

12 large mushroom caps  
1 1-lb.-12-oz. can tomatoes, drained mashed  
½ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons vegetable oil  
1 tablespoon chopped parsley  
6 black olives pitted

1. Wash and drain mushrooms. Arrange in greased baking dish. Bake at 350° F for 5 minutes
2. Fill mushrooms with tomatoes. Add salt and pepper. Sprinkle with oil. Continue baking for 15 minutes more. Sprinkle with parsley. Garnish with olives.

Serves 4

### **Broiled Mushrooms**

Frances D. and Peter J. Robotti, *French Cooking in the New World* (Garden City, New York: Doubleday & Company, Inc., 1967), p. 377

Contributed by Diane Wolford Sheppard

1 ½ dozen large mushroom caps  
½ cup olive oil  
Juice of ½ lemon  
¼ teaspoon salt  
¼ cup melted butter  
1 teaspoon chopped parsley

Remove and conserve stems for other use, then wash and drain caps. Place in a deep dish. Pour oil and lemon juice over the mushrooms. Set aside for ½ hour, then remove from oil. Broil on foil for about 10 minutes. Sprinkle with salt. Spoon melted butter over mushrooms and sprinkle with parsley. Six servings.

### **Mushrooms in Cream Sauce**

Frances D. and Peter J. Robotti, *French Cooking in the New World* (Garden City, New York: Doubleday & Company, Inc., 1967), p. 377

Contributed by Diane Wolford Sheppard

¼ cup finely minced onion  
½ pound mushrooms, sliced  
2 tablespoons butter  
2 tablespoons flour  
1 cup milk  
1 tablespoon heavy cream  
¼ teaspoon salt  
¼ teaspoon white pepper

Sauté onion and mushrooms in butter for five minutes. Stir in flour, then gradually add milk. Simmer for 10 minutes. Add heavy cream, salt, and pepper. Four servings.

### **Mushrooms Mount Royal**

Frances D. and Peter J. Robotti, *French Cooking in the New World* (Garden City, New York: Doubleday & Company, Inc., 1967), p. 378

Contributed by Diane Wolford Sheppard

12 large fresh mushrooms  
3 slices bacon  
1 onion freshly chopped  
¼ cup chopped green pepper  
1 cup soft, stale breadcrumbs  
2 tablespoons chopped fresh parsley  
½ teaspoon garlic salt  
¼ cup chicken consommé  
¼ teaspoon salt  
1/8 teaspoon pepper

Wash and drain mushrooms. Remove stems and chop them. Cook bacon until crisp, then remove to absorbent paper. Pour off fat leaving about 2 tablespoons in pan. Add stems, onion, and green pepper and cook for 15 minutes. Add crumbs, bacon, parsley, garlic salt, chicken consommé, salt, and pepper. Stuff each mushroom cap and place in shallow baking dish with water only ¼” deep. Bake (325° F) for about 25 minutes. Six servings.

### **Stuffed Mushrooms**

Frances D. and Peter J. Robotti, *French Cooking in the New World* (Garden City, New York: Doubleday & Company, Inc., 1967), p. 378

Contributed by Diane Wolford Sheppard

12 mushroom caps  
¼ cup butter  
½ cup crumbled Roquefort cheese  
½ teaspoon dry mustard  
2 tablespoons chopped chives  
1 tablespoon chopped parsley  
1 tablespoon olive oil

Wipe mushroom caps. Peel only spots that are discolored. Blend together butter and cheese and mix in mustard. Stuff mushroom caps with cheese mixture. Sprinkle with chives mixed with parsley. Place in oiled pan in preheated oven (375° F) for 20 minutes. Six servings.

### **Gratin Dauphinois (Gratin of Potatoes)**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 152

Contributed by Diane Wolford Sheppard

8 medium size potatoes  
½ teaspoon salt  
¼ teaspoon white pepper  
Pinch of grated nutmeg  
1 cup scalded milk  
1 cup light cream  
1 egg beaten  
¼ cup grated Swiss cheese

Peel potatoes and cut into slices approximately ¼ inch thick. In a bowl, combine potatoes, salt, pepper, nutmeg, milk, cream, egg, and grated cheese. Turn mixture into a buttered baking dish. Dot with butter. Bake at 400° F for 1 hour, or until potatoes are tender and top is browned. Serve hot.

Serves 4

### **Potatoes Lyonnaise**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 152

Contributed by Diane Wolford Sheppard

2 pounds potatoes, boiled and peeled  
¼ cup butter  
½ teaspoon salt  
¼ teaspoon pepper  
2 large onions, thinly sliced  
1 tablespoon parsley

Cut potatoes into slices ¼ inch thick. In heavy skillet, heat 2 tablespoons butter. Add potatoes, salt, and pepper and cook over medium flame for 20 minutes, shaking potatoes in pan approximately every 5 minutes. Meanwhile, heat remaining butter in small skillet. Add onions and cook until slightly browned. Add onions to potatoes. Mix well and continue cooking for 10 minutes, shaking potato mixture in pan occasionally. Sprinkle with parsley. Serve hot.

Serves 4

### **Quebec Potato Pie**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 18

Contributed by Diane Wolford Sheppard

#### **Pie Crust**

6 medium-sized potatoes, peeled and boiled  
3 tablespoons butter  
½ teaspoon savory  
2 tablespoons parsley, minced  
¼ teaspoons mint, chopped (optional)  
Salt and Pepper (to taste)  
2 medium-sized onions, sliced  
1 tablespoon fat  
1 8-ounce tin salmon

Line a baking dish pie crust.

Mash potatoes with butter, savory, parsley, and mint. Season with salt and pepper. Do not add any liquid to the potatoes.

Place mashed potatoes in baking dish.

Fry onions in fat until brown. Spread over potatoes.

Top onions with undrained flaked canned salmon and cover with a second pie crust with a little milk.

Bake in a 400-degree oven for 20 to 25 minutes or until golden brown in color.

Serves 6.

### **Two-Cheese Potato Gratin**

Betty Crocker, *Thanksgiving* (Minneapolis: General Mills, Inc., 2006), p. 31

Contributed by Diane Wolford Sheppard

½ cup butter or margarine  
½ cup Gold Medal all-purpose flour  
3 cups milk  
1 tablespoon Dijon mustard  
½ teaspoon salt  
10 cups thinly sliced (about 1/8 inch) Yukon gold potatoes (about 3 pounds)  
1 ½ cup shredded Gruyère cheese (6 ounces)  
1 ½ cup shredded Cheddar cheese (6 ounces)

1. Heat oven to 350° F. Grease 13 x 9 inch (3 quart) glass baking dish with shortening or cooking spray.
2. In 2-quart saucepan, melt butter over medium heat. Stir in flour with wire whisk until smooth. Gradually stir in milk. Heat to boiling. Reduce heat to low; cook about 5 minutes, stirring frequently, until sauce is slightly thickened. Stir in mustard and salt.
3. Place half of the potatoes in baking dish; top with half of the sauce and half of each of the cheeses. Repeat layers.
4. Bake 50 to 55 minutes or until potatoes are tender and top is golden brown. Let stand 5 to 10 minutes before serving.

12 servings.

### **Ratatouille**

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 147

Contributed by Diane Wolford Sheppard

1 small onion, chopped  
1 cup chopped sweet peppers, red, green, or yellow  
2 cloves garlic, minced  
2 tablespoons extra-virgin olive oil  
1 small zucchini, chopped  
½ medium eggplant, diced  
3 large tomatoes, chopped  
½ to ⅓ cup tomato juice  
1 tablespoon balsamic vinegar  
1 tablespoon chopped fresh basil, or ½ teaspoon dried  
1 teaspoon chopped fresh oregano, or ½ teaspoon dried  
1 teaspoon chopped fresh thyme, or ½ teaspoon dried  
1 tablespoon tomato paste  
Salt and pepper to taste  
Fresh basil leaves

In a large saucepan over medium heat, sauté onion, peppers, and garlic in oil, stirring frequently. Add zucchini, eggplant, and tomatoes, and sauté until all vegetables are tender. Stir in tomato juice, balsamic vinegar, and herbs. Bring to a boil and stir in tomato paste. Simmer until sauce has thickened. Season with salt and pepper and serve in individual dishes with fresh basil leaves.

Serves 4 to 6

### **Harvest Casserole**

*Best Recipes – Home for the Holidays – Thanksgiving Classics* (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), p. 69

Contributed by Diane Wolford Sheppard

1 maple-flavored or regular pork sausage  
2 (2 pound) acorn squashes  
1 cup cooked rice  
½ cup dried cranberries  
½ teaspoon ground cinnamon

½ teaspoon salt  
½ teaspoon pepper  
1 can (10 ¾ ounces) chicken broth, divided

1. Preheat oven to 350° F.
2. Crumble sausage into skillet and cook until brown. Remove from heat and drain fat.
3. Meanwhile, pierce squash in several places using a sharp knife. Microwave on high 8 minutes, turning over halfway through. Remove. When cool enough to handle, cut off top and bottom ½ inch of both squash. Cut squash horizontally to yield 2 rings each, about 1 ½ to 2 inches thick. Remove seeds and membrane. Place rings in a greased 11x7 inch casserole.
4. Add rice, cranberries, cinnamon, salt, and pepper to sausage. Add ¼ cup chicken broth to sausage to moisten. Spoon sausage mixture into squash rings. Pour remaining broth into casserole around rings.
5. Cover dish with foil. Bake for 15 minutes. Remove foil and bake another 5 to 10 minutes, or until squash is tender.

Makes 4 servings.

Note: for a side-dish casserole, eliminate pork sausage and double the rice.

### **Tomatoes Provençal**

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23<sup>rd</sup> printing – 1970s), p. 151  
Contributed by Diane Wolford Sheppard

6 medium size tomatoes  
¼ cup olive oil  
1 teaspoon salt  
¼ teaspoon freshly ground pepper  
1 clove garlic, finely chopped  
3 tablespoons parsley, finely chopped  
½ cup fresh bread crumbs

Cut tomatoes in half. In large skillet, heat oil. Add tomatoes, cut side down, and cook for 10 minutes. Turn tomatoes and cook other side for 10 minutes. Remove tomatoes to baking dish. Reserve cooking oil. Salt and pepper tomatoes. Sprinkle with garlic and parsley. Cover with bread crumbs. Sprinkle with reserved oil from skillet. Bake at 400° F for 30 minutes, or until top is well browned. Serve hot. Serves 4

### **Wild Rice with Dried Apricots and Cranberries**

*Best Recipes – Home for the Holidays – Thanksgiving Classics* (Lincolnwood, Illinois: Easy Home Cooking Publications, 2002), p. 70  
Contributed by Diane Wolford Sheppard

½ cup uncooked wild rice  
3 cups chicken broth, divided  
1 cup apple juice  
¾ cup uncooked long-grain white rice  
½ cup golden raisins  
½ cup dried apricots  
½ cup dried cranberries  
2 tablespoons butter  
¾ cup chopped onion  
½ cup coarsely chopped pecans  
½ cup chopped fresh parsley

1. Rinse wild rice in fine strainer under cold-running water. Drain. Set aside,
2. Combine wild rice, 1 ½ cups chicken broth and apple juice in 2-quart saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered, about 45 minutes or until rice is tender. Drain.
3. Combine white rice and remaining 1 ½ cups broth in separate 2-quart saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered 12 to 15 minutes.
4. Stir in raisins, apricots, and cranberries; simmer 5 minutes or until rice is tender and fluffy and liquid is absorbed. Remove from heat. Let stand covered 5 minutes until fruit is tender; set aside.
5. Melt butter in large skillet over medium heat. Add onion; cook and stir 5 to six minutes until tender; set aside.
6. Add wild rice and white rice mixtures to skillet. Stir in parsley; cook and stir over medium heat about 2 minutes or until heated through. Garnish with fresh thyme, orange slices, and whole cranberries, if desired.

Makes 6 to 8 servings.

### **Zucchini Crêpes**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 172.

Contributed by Gail Moreau-DesHarnais

3 cups grated zucchini, coarse or fine  
½ cup flour  
1 egg  
1 teaspoon baking powder  
Salt and pepper to taste  
Melted butter  
Grated Parmesan cheese

Combine grated zucchini, egg, salt, and pepper in a bowl

Sift flour and baking powder over zucchini and mix thoroughly.

Drop by large spoonful onto a lightly-oiled frying pan or griddle and cook till brown on both sides.

Serve with melted butter and grated Parmesan cheese.

These make delicious *hors d'oeuvres* in which case you should make them very small. Serves 6.