



# From Verilea's Kitchen: A Side & A Snack

## Christmas Salad (serves 6)

### Salad:

- 8 cups spinach leaves
- 1 avocado, thinly sliced
- 1/2 cup thinly sliced red onion
- 1/2 cup dried cranberries or 1 cup pomegranate seeds (I prefer cranberries)

### Dressing:

- 1/4 cup cranberry juice concentrate
- 1/4 cup white wine vinegar
- 1 1/2 tsp. Dijon mustard
- 1/4 tsp. freshly ground pepper
- 1/2 cup canola or vegetable oil (I use less)

### To make salad:

Stem spinach, tear into bite-sized pieces and place in a large salad bowl. Place avocado and onion over spinach.

### To make dressing:

Combine cranberry juice concentrate, vinegar, mustard, pepper and oil in a jar with a tight-fitting lid. Shake until well blended. Drizzle over salad. Sprinkle dried cranberries or pomegranate seeds over salad, toss gently and serve. Sliced almonds are also nice with this salad.



## Spiced Mixed Nuts

- 2 large egg whites
- 2/3 cup white sugar
- 2 1/2 T Old Bay Seasoning
- 2 tsp. Worcestershire sauce
- 1 tsp. chili powder
- 1/2 tsp. cayenne pepper
- 1/2 tsp. salt
- 6 cups untoasted mixed nuts
- 1/4 cup butter, melted
- 1/3 cup finely grated parmesan cheese

### Method:

Preheat oven to 300 degrees. Use 2 large baking sheets.

Beat egg whites until foamy, gradually add sugar. Beat well and combine with seasonings and sauce. Divide mixture between 2 sheet pans and roast 30 to 40 minutes, giving a stir from time to time to prevent burning. Cool and enjoy.



# Baking Therapy

*with Denise*



## Chest Cakes

Here's an easy recipe Denise Rice makes every Christmas.

### Ingredients

- 1 box of Lemon or yellow cake mix-make as directed on box
- 2 cans of canned Cherries
- Pre made tart pie shells

### Streusel

- 1 cup of brown sugar
- 1 tsp cinnamon
- 2 tblsp flour
- 4-6 tblsp of melted butter.

Combine well.

Put tart shells in muffin tins, add 2 tblsp of pie filling, top with cake mix. add streusel topping

Bake for 15 minutes or so on 350. Makes 2 dozen or so.







# Paul's

## Warm & Boozy Christmas Tart (No, He's Not Talking About The Mrs)

### Ingredients:

- 1/2 cup of butter
- 1/4 cup brown sugar
- 1/2 cup of fresh, rinsed cranberries
- 1 cup of mincemeat (Crosse & Blackwell make a nice one, President's Choice isn't bad too)
- 3 cups peeled, cored, and cubed apples (I recommend Cortland, but most will work nicely)
- 1 package frozen pastry tart shells
- Cinnamon & nutmeg

- 1 - On low heat, simmer the apples, mincemeat, and cranberries with the butter & brown sugar. Add cinnamon & nutmeg to taste ... **and don't be afraid to add a splash of brandy or rum!**
- 2 - Par-bake tart shells as per instructions on the box.
- 3 - Once apples are starting to get tender, remove from heat and let reduce to luke warm temp.
- 4 - Fill the tarts evenly with the filling.
- 5 - Bake filled tarts for about 15 minutes at 375°.
- 6 - Let cool before eating or storing.

**Makes for a lovely snack, dessert or gift!**

### Why "Boozy Tarts" When Booze Is Optional?

We joke about calling these boozy tarts not because there's a drop of alcohol in the recipe, but because Paul is usually sipping his famous eggnog cocktail while he makes them. A festive drink in hand, Christmas music playing at full cheer, and suddenly every tart feels a little merrier. It's less about the ingredients — and more about the holiday spirit that goes into the baking.



# BON APPETITE!



## Daniela's Festive Salmon

A beloved recipe from our Chair, Daniela Beasant — always a favourite, especially with *Jim from Annapolis Royal's Crown & Anchor!*

### Ingredients

- Thinly sliced smoked salmon
- 1/4-1/2 small red onion, finely diced (you don't need much)
- Fresh dill, finely chopped & crushed black pepper
- A splash of flavoured vinegar (from martini capers or pepperoncini jars works perfectly)
- A drizzle of good-quality olive oil

### Directions

1. Arrange the smoked salmon slices beautifully on a serving platter.
2. Sprinkle the finely diced red onion lightly over the top.
3. Add a touch of fresh dill & crushed black pepper for colour and aroma.
4. Drizzle lightly with the flavoured vinegar and finish with a thread of olive oil.

## RED ONION TIPS!



Looks prettier in rings, but tastes better finely chopped



Try pickling onion at least 1 hr -24 hrs before serving. See below

Serve chilled — elegant, effortless, and always the first to disappear!



## Quick Pickled Red Onions with Aromatics

Bright, crisp, and delicately spiced — perfect for topping smoked salmon, salads, or sandwiches.

### Ingredients

- 1 large red onion, thinly sliced
- 3/4 cup apple cider vinegar
- 1/4 cup water
- 1 tbsp sugar
- 1 tsp sea salt
- A small strip of lemon zest or a few coriander seeds (optional twist)
- 1/2 tsp whole black peppercorns
- 1/2 tsp fennel seeds
- 1 small bay leaf
- 2-3 whole allspice berries (optional)

### Directions

**Prep the onion:** Slice the red onion thinly and place it in a clean heatproof jar.

**Make the brine:** In a small saucepan, combine vinegar, water, sugar, salt and optional aromatics.

**Bring to a light simmer** over medium heat, stirring until the sugar and salt dissolve.

**Pour and pickle:** Carefully pour the hot brine over the onions until just covered.

Let sit at room temperature for about 30 minutes, then seal and refrigerate.

Ready to enjoy in 1 hour, best after 24. Keeps up to 2 weeks.

