

Mini Kipper Croquette Flat Bread Tacos with Creamy Rosé Dity Rice
Diane Guzzwell

Flat Bread Soft Shell Taco

1 cup flour
½ tsp salt
¼ tsp onion powder
½ tsp Italian seasoning
1/3 – 2/3 cup water
2 tbsp flour

Creamy Dirty Rice

1 1/4 cup coconut milk
1 ½ cup drained tin tomatoes and 3/4 cup of juice from tomatoes
3/4 cup of kidney beans (drain and add water to can to rinse and drain again. Repeat if necessary)
2/3 package of onion soup mix
1 tbsp chopped sun dried tomatoes
1/2 tsp pepper
1 1/4 cup minute rice

Green Pea Guacamole

½ tin green peas
1 ½ tsp onion flakes
1 tsp red pepper flakes
¼ tsp pepper
½ tsp mustard

Tomato Salsa

4-5 tomatoes (from tin)
1 tsp Italian seasoning
1/2 tsp onion flakes
1/2 tsp ketchup
¼ tsp vinegar

Lazy Cheese Sauce

1/3 cup cheese soup
1 tbsp water
1 tsp pepper

Unfried Beans

1/4 cup kidney beans (drain and add water to can to rinse. Repeat if necessary)
1/8 tsp salt
1/8 tsp pepper

Mini Kipper Croquettes

3 tins of Kippers (drained well)
4 potatoes
½ tsp pepper
½ tsp salt
½ tsp garlic powder
½ tsp onion powder
1 tsp onion flakes
3 tbsp flour
3 tsp quick oats
1 cup canola oil

Pour mix of water and vinegar 1:1 into a bowl. Use as a hand wash as you will be using your hands in some of these recipes.

Flat Bread Soft Shell Taco

Place flour in a bowl. Add salt, onion powder, Italian seasoning and mix. Make a well in the flour and add water just in the centre of the well. Gradually bring flour mixture, a little at a time, into the water and mix. You should end up with somewhat sticky dough with a small amount of flour left on the sides. If your dough is too dry, add water. Gently kneed with your hands for 1 minute, and roll it into a log and cut into 3 pieces.

Heat cooking stove to medium high. Place frying pan on heated element.

Sprinkle small amount of flour on a plate or flat surface. Place dough piece on the flour and start rolling out with a rolling pin to approx. 8-9 inch diameter. Add another small amount of flour if the dough sticks to surface. If you do not have a rolling pin, a large tin will do (in this case a full tin of tomatoes). Roll out the other two pieces.

One at a time, place rolled out dough on the hot frying pan, at times pressing with spatula until you can see the underside slightly browned in spots (approx. 1 minute) Flip over with spatula and cook another minute (or until also slightly browned in spots). Do not overcook as this will cause your bread to become crispy. When slightly browned on both sides, remove from frying pan and put on plate with another plate covering it to keep warm.

If time permits, between cooking open all cans for all recipes with can opener. Any open and/or left over canned or packaged food will saved as ingredients for soup the next day.

In a saucepan, add all ingredients listed in rice recipe except the rice. If there is room on the stove, set burner to low and place saucepan on burner to heat. You can then easily bring to a boil when you are ready.

Creamy Dirty Rice

In a saucepan, bring coconut milk to a boil, stirring occasionally. Add tomatoes, tomato juice, kidney beans, onion soup mix, sun dried tomatoes, and pepper and bring back to boil. Stir in rice, cover, and remove from heat. Let sit at least 5 minutes or until ready to serve. If not creamy enough when ready to serve, add more coconut milk and stir.

The next 4 recipes can be made in between the frying of the croquettes (below) as time allows.

Green Pea Guacamole

Drain and place peas in a bowl and mash with slotted spoon. Add onion flakes, red pepper flakes, pepper, and mustard. Mix well.

Tomato Salsa

Remove 4-5 tomatoes from the tin and place in a bowl. Mash tomatoes with the back of slotted spoon. Drain any juice back into the can. Squeeze remaining excess juice with your hands. Add Italian seasoning, onion flakes, ketchup and vinegar. Mix well.

Lazy Cheese Sauce

Mix all ingredients in a bowl until combined.

Unfried Beans

Mash 1/4 cup of kidney beans on a plate with slotted spoon or hands. Add salt and pepper. Mix well.

Mini Kipper Croquettes

Place kippers in a bowl and press with slotted spoon to remove excess moisture. Mash kippers with slotted spoon. Drain tin of potatoes and place 4 in a bowl. Mash potatoes with slotted spoon or hands. Add potatoes to kippers.

Add pepper, salt garlic powder, onion powder, and onion flakes and mix well.

Light burner if not already on and turn on medium high - high. Place frying pan on stove to heat.

Mix flour and quick oats on a clean plate. With hands, make small (1 ½ -2 inch) oval slightly flattened croquettes and roll in oat/flour mixture.

Add oil to pan. When oil is heated, fry the kipper croquettes until browned on one side (approx. 1-2 minutes depending on stove heat), and turning to cook another 1-2 minutes or until browned on the other side. Remove with spatula or slotted spoon. Place on plate. Do not cover croquettes once cooked as this will take away the crispness of the flour/oat coating.

To plate:

Place one flat bread on 3 plates. Spread one tablespoon of unfried beans on each. Place croquettes (2-3) on each bread (depending on the size of bread and croquettes). Top with salsa, guacamole, and drizzle with cheese sauce. On the side place a serving of rice. Enjoy!

Creamy Tuscan Chicken Fusilli
Sandy Woolfrey-Fahey

2 cans of Chunks of Chicken
1 can of Tomatoes (drained and diced)
175 g of Sun Dried Tomatoes (sliced)
Fusilli (500 g package)
1.5 liters + 1 cup of Water
4 + 1 Tbs of Canola Oil
1 + 1 Tbs Onion Flakes
¼ cup of Flour
1 can Evaporated Milk
1/2 can of Cheddar Cheese Soup (retain remaining for added sauce flavouring if desired)
2 + 1 tsp Garlic Powder
1.5 + 1 tsp Italian Seasoning
¼ + ¼ tsp Pepper
¼ + ¼ tsp Red Pepper Flakes
1 + ½ tsp Salt

On a plate combine 1 tsp garlic, 1 tsp Italian season, ¼ tsp pepper, ¼ tsp red pepper flakes and ½ tsp of salt. Set aside. Open all canned ingredients (chicken, milk, tomatoes, soup). Drain chicken.

Place 1.5 liters of water in large pot and place on high heat to boil. When the water in the pot is boiled add fusilli and boil for recommended time according to package directions (approximately 11 minutes). When cooked remove from heat and drain.

While pasta is cooking. Heat 1 Tbs oil in frying pan on medium heat. Add onion flakes and sauté lightly. Add chicken, half the tomatoes from can (reserve juice), sundried tomatoes and sprinkle with the plate of seasonings from above. Cook until heated thoroughly (approximately 5 minutes). Remove chicken mixture when heated and place into small pot to retain heat.

In frying pan add 4 Tbs of oil and heat on medium heat, add 1 Tbs of onion flakes and sauté lightly, slowly add flour to oil while stirring to create a flour rye. Add the can of milk to rye to create cream sauce. Stir continuously. Add ½ can of cheddar soup, liquid from canned tomatoes and 1 cup of water. Add 2 tsp garlic, 1.5 tsp Italian seasoning, ¼ tsp of pepper, ¼ tsp of red chili flakes, 1 tsp salt. Stir often and cook until thickened (approximately 5 minutes). When sauce thickens add the prepared chicken mixture.

Add the creamy Tuscan chicken sauce to the prepared and drained pasta and stir. Serve and enjoy.

Emergency Chicken with Coconut Rice and Cheese Bannock
Bronwen Trombley

1 1/3 cup minute rice
1 can coconut milk
Canola oil
2 cans of chunks of chicken
1 can mushrooms
1 package onion soup mix
1 can tomatoes
Flour
Baking powder
1 can cheddar cheese soup
Water

Rice

In 1.5L Sauce pan combine 1 1/3 (300ml) cups coconut milk, and 1 (5 ml) tsp canola oil bring to a boil and add 1 1/3 (300g) cups rice, cover and remove from heat.

Chicken

In 4.5 L sauce pan combine 2 142g tins of Chunks of chicken drained, 1 284ml can of mushrooms, drained and sliced, 1 tablespoon canola oil and 1 package of onion soup mix- sauté for approximately 2-4 minutes, then add 1 1/2 cups of canned tomatoes diced and 1/3 cup coconut milk cover and simmer for another 2 minutes.

Cheese Bannock

Combine 2 cup flour, 1 tablespoon baking powder, 1/3 cup canola oil and 1/2 cup cheddar cheese soup and 1/3 cup water, mix together and kneed, form into 8 patties, and cook in the 9.5" frying pan with canola oil (Approximately 2 cups) cooking for 2-4 minutes on each side until golden brown.

Each Plate consists of 3/4 cups Coconut rice, 3/4 cups chicken & 1 piece of Cheese Bannock.