

Nancy's Nifty Nook

BRADFORD'S ORIGINAL BULK FOOD & HEALTH SUPPLEMENT STORE



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as many Ontario /Canada products that we can)

Graham Cracker-Style Crumbs

Author: Marla Hingley

Looking for a Canadian recipe for this week, I visited foodnetwork.ca/recipes and found all kinds of truly Canadian recipes. Then I remembered my Laura Secord Canadian Cookbook. So I chose one recipe from each.

Bobby Flay shared this on the Food network:

SALMON WITH BROWN SUGAR SAUCE AND MUSTARD GLAZE

For the BBQ: On the side burner or on a stove, melt over medium high heat:

3 Tbsp. brown sugar 2 Tbsp. honey 2 Tbsp. butter

Remove from heat and whisk in & let cool:

¼ cup Dijon Mustard 2 Tbsp. soy sauce 2 Tbsp. olive oil

1 Tbsp. finely grated ginger

Preheat the grill to medium heat. Brush the salmon with vegetable oil and season with salt & Pepper to taste. Place the salmon skin side down on the grill. Coat the flesh of the **8 salmon filets** with the brown sugar mixture. Grill for 6-8 minutes to medium doneness, turning once after 5-6 minutes.

This sweet salmon recipe is the perfect complement to some fresh summer greens.

HOMESTEAD PIE

The pioneers hoarded spices, dried fruit and butter to make this special occasion pie.

Preheat oven to 450F and prepare enough pastry to line a 9 inch pie plate.

Cream together: ½ cup butter 1 cup lightly packed brown sugar

Beat in: 4 egg yolks 1 tsp. vanilla

Blend together and stir in:

½ cup pastry (soft wheat flour) 1 tsp. cinnamon ½ tsp. each allspice & nutmeg Stir in 1 cup cream (18%) ½ cup each of Chopped dates, raisins, coarsely chopped pecans. Turn into unbaked pie shell & bake at 450F for 15 min. or until crust is golden. Bake at 350F for another 30-35 min. or until set. Cool and top with meringue.



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Monday - Friday 10:00 - 6:00 Saturday 10:00 - 5:00 Sunday Closed

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