

Autism Ontario Adult Class E-book Fall 2021 By Chef Anthony Go



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Cook Together, Have Fun Together!
Explore the Foodie in You!

Autism Ontario
Adult Class E-book
Fall 2021
By Chef Anthony Go



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Explore the Foodie in You!



Simply Delicious Recipe

By Chef Anthony Go

Winter 2021



THANK YOU

Autism Ontario Families for joining my live cooking class.
This online class is made possible
by

Autism Ontario





INTRODUCTION

Thank you for joining my class.
Your feedback and photos are priceless.
Please enjoy reading this e-book!
.....as I enjoy writing it.

Cook together,
Have fun together!

Explore the Foodie in you!

Sincerely,
Chef Anthony Go



Chef Anthony Go



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Cook Together, Have Fun Together!
Explore the Foodie in You!



SAVORY AND DELICIOUS

Leek Potato Soup | Cinnamon Apple
Muffins | Garlic Butter Mushroom Pasta |
Orange Beet Salad |



Leek Potato Soup

Potato is the fourth most important crop behind corn, wheat, and rice.

Potatoes have the lowest water usage and greenhouse effect compared to pasta and rice.

Potatoes are an environmentally sustainable option.



Leeks' purple, lavender, or pink flowers are beautiful. After they go to seeds, you can plant them for next year. Leek is related to Onion. It has a mild sweet taste like onion.

Because it grows in sandy soil, it is important to wash it thoroughly before cooking.



LEEK POTATO SOUP

INGREDIENTS

Makes 4 to 6 servings

1. 3 Leeks (13" long, 2" diameter), white parts only = 170g, (see cleaning instructions below)
2. 8 Russet Potatoes (160g ea. = 3lbs = 1.36kg), peeled
3. 4 Tablespoon of Butter (1/2 stick = 57g)
4. 1 Teaspoon Salt & 1 Teaspoon of Pepper
5. 1 Teaspoon of Garlic Powder
6. 900ml store-bought Chicken or Vegetable broth
7. 2 cups Milk
8. To make Slurry: add 1 cup Water and 1 Tablespoon of Cornstarch
9. Salt & Pepper to taste.
10. Garnish:
 - a. Pinch of Nutmeg/serving
 - b. Pinch of ground Pepper/serving

INSTRUCTIONS

1. How to clean Leek: https://www.simplyrecipes.com/recipes/how_to_clean_leeks/



LEEK POTATO SOUP

INSTRUCTIONS

- a. Rinse the entire Leek under water to get rid of mud.
 - b. Slice the Leek length wise
 - c. Remove the tough outer layers and the top green part
 - d. Slice cross wise thinly (1cm thick)
 - e. Place in a big bowl, fill with water, agitate, (mud sinks, leek floats up), remove leeks to a new clean bowl.
-
2. Peel Potatoes, submerge in cold water. Slice into cubes for quick cooking, leave submerged in water until ready to cook.
 3. Melt Butter in a large saucepan over medium heat.
 4. Add cleaned sliced Leeks and stir fry until soft, 10 minutes.
 5. Add Salt, Pepper, Garlic Powder. Stir.
 6. Add Potatoes, Broth. Simmer until potatoes are tender, 15 minutes.
 7. Take soup pan off the stove.
 8. Use Potato Masher to mash potatoes for rustic soup. Be very careful as the pan is hot.
 9. Add Milk, and 4 pinches of Nutmeg. Return to stove at Medium heat until boiling.
 10. Make Slurry: add 1 cup Water and 1 Tablespoon of Cornstarch, stir.
 11. After boiling, add Slurry mixture, Stir. Cook for 2 minutes to activate cornstarch.
 12. Serve garnished with Nutmeg and Pepper enjoy! Crusty bread with butter would be a delicious accompaniment.



LEEK POTATO SOUP





CINNAMON APPLE MUFFINS



As a chef, what inspired me to create is the produce in the market. I love going to local markets. I think of what is in season and many ways to use that produce to show case its flavours

Apple, pumpkin and grapes are in season now.

The spices I used are Fall spices that will show case apple's flavour.

The interesting ingredient in this recipe is date.

Dates are fruits of palm trees. It is often used as natural sugar substitute. Date is a low glycemic index food. It means it does not spike your blood sugar when eaten in moderation.

Date is nutritious. It has vitamin B, vitamin K, and minerals, such as calcium and iron.

It also has fiber. Fiber is good for digestion. Date is also rich in anti oxidants. Antioxidants protect our cells from damage.

CINNAMON APPLE MUFFINS

INGREDIENTS

Makes 12 muffins.

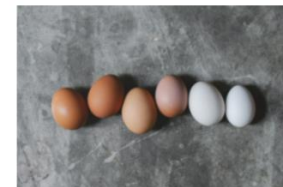
1. 1/3 Cup of Raisin
2. 1/3 Cup of Dates, chopped
3. 1/3 Cup of Pumpkin Seeds
4. 1 Cup of Apple, peeled, diced (suggestions: Granny Smith, Pink Lady, Honey Crisp, Royal Gala)
5. 1 1/2 Cups All-Purpose Flour
6. 1/2 Cup Rolled Oats
7. 1 Cup Sugar
8. 1 Tablespoon Baking Powder
9. 1/2 Teaspoon Salt
10. 2 Large Eggs
11. 1/2 Cup Becel margarine (= 8 tablespoon = 1 stick)
12. 1 Cup Milk
13. SPICES: 2 Teaspoons of Cinnamon, 1/4 Teaspoon of Ground Nutmeg, 1/4 Teaspoon of Ground Ginger, 1/8 Teaspoon of Ground Cloves
14. TOPPINGS: 1/2 Cup mixed of Raisin, Chopped Dates and Pumpkin Seeds



CINNAMON APPLE MUFFINS

INSTRUCTIONS

1. Pre-heat oven 350F
2. Prepare 12 Muffins pan by spraying with vegetable oil and placing paper muffin cups in each cavity.
3. Wash, dry, peel, dice Apple. Portion Ingredients.
4. Combine SPICES & DRY Ingredients in a bowl (SPICES, Flour, Rolled Oats, Sugar, Baking Powder, Salt)
5. Add Eggs, Becel and Milk, combine with spatula. Don't over mix
6. Add diced Apple, Raisins, chopped Dates, Pumpkin Seeds. Stir until combined.
7. Fill the paper-lined muffin cups, use 2 tablespoons to transfer batter into each muffin cup. Use 1 spoon to get the batter, use the 2nd spoon to push the batter into muffin cups.
8. Sprinkle Toppings on each muffin.
9. Bake at 350° until toothpick comes out clean, about 20-25 minutes.
10. Serve warm, Enjoy with butter or margarine.



CINNAMON APPLE MUFFINS



Cinnamon



Nutmeg



Clove



Ginger

<https://www.quiet-corner.com/growing-cloves/>

<https://www.hobbyfarms.com/when-do-you-harvest-ginger>

GARLIC BUTTER MUSHROOM PASTA



In this recipe we are using mushroom as the STAR ingredient.

Mushrooms are fungi. They belong in a kingdom of their own. Separate from animals and plants.

Mushroom is meaty, earthy and has that umami flavour when stir fry until all its water evaporated.

Mushrooms are good substitute for meat in a vegetarian diet.

For this dish, we are using Cremini which is baby Portobello.

I chose it because it is flavourful, stays firm after cooking, and it compliments the soft pasta.

The Maple Syrup and White Wine Vinegar combination make this dish special.

GARLIC BUTTER MUSHROOM PASTA



INGREDIENTS

Makes 4 to 6 Servings.

1. Pasta: (100-125g/person)
 - a. 400g Any Short Pasta: farfalle, orecchiette, penne, macaroni
 - b. 400g Any Long Pasta: spaghetti, fettuccini, linguine
2. Sauce:
 - a. 24 oz Cremini Mushrooms (= 681g)
 - b. 3 Tablespoons of Olive Oil to sauté mushrooms
 - c. 6 Tablespoons of Becel margarine or Butter
 - d. 1 Tablespoon of Olive Oil for sauce
 - e. 1 Tablespoon of Garlic Powder
 - f. 1/8 Cup White Wine Vinegar
 - g. 1/8 Cup Maple Syrup
 - h. Salt & Pepper to taste
3. Garnish:
 - a. Chives
 - b. 1/4 Cup Parmesan Cheese



INSTRUCTIONS

1. Portion all ingredients
2. Prepare Pasta:
 - a. Boil pasta water, add Salt for flavour.
 - b. After boiling, add pasta
 - c. Cook for 7 minutes (pasta will continue to cook after it is transferred into a bowl until sauce is ready).
 - d. Set aside 1 cup of Pasta water.
 - e. Add Olive Oil to cooked pasta, toss. Set aside.



GARLIC BUTTER MUSHROOM PASTA



INSTRUCTIONS

3. Prepare Mushrooms:
 - a. Wash and dry mushrooms
 - b. Slice into 1 to 2 cm thick (meaty and delicious when chewed)
 - c. Stir Fry in Olive oil until water leeches out and golden brown. Do this in 3 batches, so pan is not over crowded. Transfer to a bowl. Set aside.

4. Make sauce:
 - a. Add Olive Oil, Beceel or Butter, Garlic Powder into a frying pan on Medium High heat.
 - b. When it is bubbly, add Mushrooms into the pan. Stir to combine.
 - c. Add the Vinegar and Maple Syrup mixture. Stir to combine.
 - d. Add pasta water as needed (+/- 1/2 Cup) to make a sauce.
 - e. Salt & Pepper to taste.

5. Finishing:
 - a. Transfer sauce into the pan used to boil pasta.
 - b. Add cooked pasta. Coat pasta with sauce.
 - c. Garnish with Chives and Parmesan Cheese. Serve, enjoy!



GARLIC BUTTER MUSHROOM PASTA





Orange Beet Salad

This salad is an arranged salad, meaning we do not toss all things in a bowl.

Today's salad profile is LIGHT and REFRESHING.

Sweet is from the Beets and Sour is from the Citrus or Orange.

A good quality Olive Oil balances the flavours.

Arugula is the salad green of choice to add bitterness and spice.

This is a good salad to serve for Christmas or Holidays dinner because both Beet and Orange are in season now and the red and orange colours are very festive.



ORANGE BEET SALAD

INGREDIENTS

Makes 4 to 6 servings

Ingredients:

- 1 Grape Fruit
2. 1 Navel Orange
3. 1 Mandarin Orange
4. ½ Onion finely sliced
5. 0.5 lb (=225g). Pickled Sliced Beets in a jar
6. ¼ cup Baby Arugula, washed and dried



7. Dressing:

Make your own Salad Dressing:

1. 1 Tablespoons of White Wine Vinegar
2. ½ Tablespoon of Dijon mustard
3. ¼ Teaspoon of ground Cinnamon
4. 2 Tablespoon of Brown Sugar
5. ¼ cup Olive Oil
6. Salt & Pepper to taste

INSTRUCTIONS

1. Make Salad Dressing: combine all ingredients in a bowl. Set aside.
2. Slice Onion, place slices in salad dressing.

3. Prepare Citrus:

a. Navel: Sunrise cut

i. Zest the rind of Navel Orange. Set aside.

ii. Cut top and bottom.

iii. Slice into halves.

iv. Cut into half moon slices, 1 cm thick.

v. Peel the skin of each slice.

b. Mandarin: Peel by hand

i. Peel the skin.

ii. Remove stringy white pith.

iii. Separate wedges.

c. Grape Fruit: Chef cut

i. Cut top and bottom of Grape Fruit.

ii. Peel skin all around.

iii. Cut away each wedge from its membrane



Cut top and bottom

<https://youtu.be/V1M8rU95IUJ>



Cut into half moon slices



Peel skin of each slice



Sunrise cut



Peel skin all around



Cut down along a membrane



At the center, turn knife up and cut along the other membrane



Chef cut

ORANGE BEET SALAD

INSTRUCTIONS

4. Prepare Beets:
 - a. Open Beet jar.
 - b. Take out 10 slices into a bowl.
 - c. Fill bowl with water to submerge beet and get rid of the acid. Pat dry.
 - d. Cut in halves

5. Finishing:
 - a. Arrange Citrus Slices randomly on a big salad plate.
 - b. Tuck in Beet Slices under citrus slices on salad plate.
 - c. Arrange Baby Arugula and Onion slices in between Beet Slices and Citrus Slices.
 - d. Drizzle with dressing

6. Serve, enjoy!



<https://www.epicurious.com/recipes/food/views/blood-orange-beet-and-fennel-salad-378345>



ORANGE BEET ET SALAD





SWEETS

| Speculoos



SPICES IN SPECULOOS



The Dutch claims Speculaas originated in The Netherlands, back in the 17th century when the spices used are brought from Asia to Europe by their Dutch East India Company



Speculoos Rolling Pin - <https://www.wish.com>

Speculoos

Belgium is the place where Speculoos is known from. Belgium is surrounded by France, German and the Netherlands. It has 3 official languages French, German and Dutch.

That is why the cookies has 3 names:

Speculoos is French, Speculass is Dutch, and Speklatius is German. They all mean the same thing.

So what is SPECULOOS? They are crunchy cookies with spices similar to our Ginger Bread cookies.

Speculoos means MIRROR because the cookies reflect the image of the MOLDS that they are shaped.

The MAJOR DIFFERENCE between our Gingerbread and Speculoos is the use of HONEY instead of MOLASSES And the use of PEPPER, ANISE, and CARDAMOM spice mix to replace GINGER.



<https://amoretti.com/products/natural-speculoos-cookie-crumbs?variant=6450168496160>



<https://www.baking-sense.com/2019/11/19/speculaas-cookies/>



INGREDIENTS

Makes 43 cookies

1. 1 Cup of Butter (2 Sticks=226g) Room Temperature
2. ½ Cup of Brown Sugar (100g)
3. ½ Cup Honey (150g)
4. 1 Egg
5. 2 Teaspoons ground Cinnamon
6. ½ Teaspoon of ground Nutmeg
7. ¼ Teaspoon ground Cloves
8. ½ Teaspoon ground Cardamom
9. ¼ Teaspoon of ground Anise
10. ¼ Teaspoon Black Pepper
11. 3 Cups All Purpose Flour (375g)
12. ½ Teaspoon of Baking Powder
13. ½ Teaspoon of Baking Soda
14. ½ Teaspoon of Salt



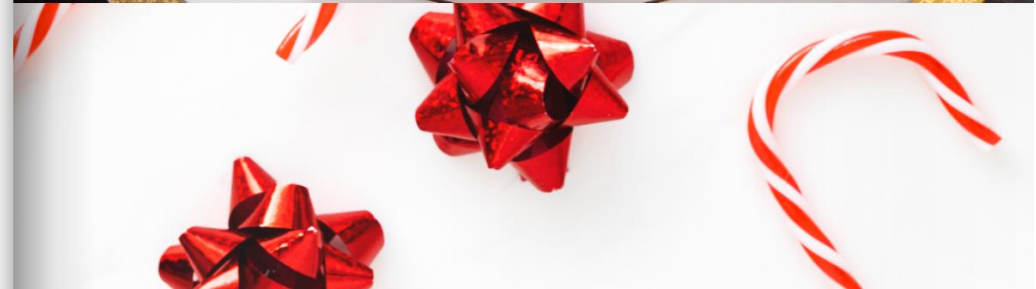
SPECULOOS

INSTRUCTIONS

1. Cream Butter, Brown Sugar, Honey by hand, until smooth in a mixing bowl.
2. Add Egg, mix to combine.
3. Shift dry ingredients into mixing bowl, whisk to combine.
4. Transfer dough into a parchment paper.
5. Use parchment to shape dough into a long rectangle
6. Cover with plastic wrap. Chill dough for 2 hours. This is important to allow dough to rest and butter to solidify so cookies can be cut.
7. After 2 hours rest, Pre-heat oven to 325F
8. Cut dough into 0.7cm (= ¼ inch) thick slices
9. Bake 12-15 minutes. The goal is to get the dough crisp and dry, with slight caramelization.
10. Leave cookies on sheet pan, place pan to cool on rack for 20 minutes before serving. Enjoy!



SPECULOOS



*Cook together,
Have fun
together!*



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Chef Anthony Go

2021

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*See you in the next
class*





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