



SIMPLY
DELICIOUS
RECIPES

By Chef Anthony Go





THANK YOU

Autism Ontario Families for joining my live cooking class.
This online class is made possible
by
President's Choice Children's Charity
with the support of
Big Spoon Little Spoon McMaster and Mississauga.





INTRODUCTION

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

Cook together,
Have fun together!

Explore the Foodie in you!

Sincerely,
Chef Anthony Go





SAVORY AND DELICIOUS

| Chicken Noodle Soup | Chicken pot Pie
with Biscuits | Potato Salad | Grilled
Cheese with Mushrooms



Chicken Noodle Soup

Chicken Noodle soup is a popular soup. Every culture in the world has at least one version of chicken noodle soup.

Chicken Noodle Soup is simple to make. It usually has some chicken, several types of vegetables such as carrots, onions, celery and chicken broth.

Different shapes of egg noodles can be used. It can be long and narrow noodles, like spaghetti or short and shaped noodles, like macaroni.

Some culture uses rice instead of pasta.

Chicken Noodle Soup is a comfort food.

Most people think chicken soup has benefit to strengthen the immune system and to help people recover from illness quickly.

That is why when children are not feeling well, mothers of the world give them chicken soup to eat.



CHICKEN NOODLE SOUP

INGREDIENTS

Makes 4 servings
2 tablespoons butter, Becel margarine, or olive oil
1 large onion, diced
1 large carrots, diced
1 stalks celery, diced
2 cloves garlic, minced
1/2 lb skinless, boneless chicken thighs (2 thighs)
900ml chicken stock
4 ounces egg noodles (or pasta of choice)
Salt and pepper, to taste
Water or more stock, as needed

If desired:
3 sprigs fresh thyme or 1 teaspoon dried thyme
1/4 cup fresh parsley, chopped
1 bay leaf

INSTRUCTIONS

1. Melt butter/olive oil/Becel in a large soup pot over medium heat.
2. Add onion, carrots and celery. Cook 5-7 minutes until soft.
3. Add garlic. If desired, add bay leaf, and thyme. Cook & stir 2 minute.
4. Pour in the chicken stock.
5. Put the chicken thighs into the soup. Simmer for an additional 25 minutes until the chicken is fully cooked, partially cover the pan.
6. Use tongs to take the cooked chicken. Put it on a plate to cool.
7. Add the pasta/egg noodles into the soup. Cook until al dente (6 to 7 minutes) depending on the pasta used. Add more water if there is not enough liquid in the pan.
8. Take the chicken a part using 2 forks or dice with a knife.
9. Put the chicken back into the pan. Adjust Salt and Pepper to taste. If desired, add the parsley and serve. Enjoy.



Chicken Pot Pie with Biscuits

In this recipe we learn about making short cuts that will save time and money.

A pot pie usually has a white sauce, meat like chicken, and vegetables. It is topped with either a pie crust, biscuit or dumpling.

It is an easy comfort food to make, especially in the Fall season.

If you are in a hurry or really hungry, use frozen vegetables. It saves you time by skipping washing, cleaning and chopping.

You can use chicken stock or to get a better flavour you can use water infused with chicken bouillon cubes.

Let's make one.



CHICKEN POT PIE WITH BISCUITS

INGREDIENTS

Make 4 servings

½ cup butter (about ½ of 1 stick)

1 onion

1 carrot

1 celery

½ cup all-purpose flour

½ teaspoon garlic powder or 2 cloves

½ teaspoon salt

½ teaspoon ground black pepper

1 ¾ cups chicken broth (450ml)

½ cup milk or cream

2 cups chopped cooked chicken (from 2 thighs)

1 cup frozen peas

2-3 potatoes, cut into bite size

1 Pillsbury Biscuits (8-10 pieces)

INSTRUCTIONS

1. Follow the package instruction and bake Pillsbury Biscuit. Set aside until use.
2. Wash and clean vegetables.
3. Dice potatoes. Skin-on. Put in boiling water. Simmer 20 minutes, until fork tender. Strain, let cool.
4. Boil chicken, let cool, cut into bite size.
5. Dice carrot, celery, onion.
6. Melt butter in a medium sauce pan over medium high heat. Cook and stir carrot, celery, and onion.
7. When the onions are translucent, add flour, salt, and pepper, stir. Cook about 1 minute.
8. Add chicken broth and milk or cream into the pan; stir to combine.
9. Bring the mixture to a boil and cook to thicken, about 3-5 minutes.
10. Add cooked chicken, peas, and potatoes into the pan. Fold, cook on Medium heat for 5 minutes.
11. Transfer into serving dish. Place baked Biscuits on top and serve. Enjoy.





Potato Salad

Potato salad has boiled potatoes, some herbs, and cut up vegetables and folded in cream-base dressing.

In this recipe, the dressing can be made with yogurt. It is a healthier alternative to sour cream.

For condiments, choose a combination of either sweet gherkins, olives, or capers.

To add protein, add boiled eggs or crispy bacon.



POTATO SALAD

INGREDIENTS

Make 4 servings
2 lbs yellow potatoes, cooked, diced
1 tablespoon Apple Cider Vinegar or White Wine Vinegar
1/2 cup yogurt
1/4 cup mayonnaise
1 tablespoon mustard
1/2 medium red onion, dice
2 celery stalks, dice finely
1/3 cup of sweet gherkins, chopped (5-6 pieces)
1/4 cup herbs, chopped (dill/green onion)
Salt and black pepper
2 hard-boiled eggs, peeled and chopped

INSTRUCTIONS

1. Boil eggs:
 - a. Place eggs in small sauce pan. Cover with water. Bring to a boil.
 - b. Place cover on pan. Remove from heat. Let stand for 15 minutes.
 - c. Use spoon to transfer eggs into a bowl of cold water. Let stand until cool enough to peel.
 - d. Peel. Dice. Set aside.
2. Boil potatoes:
 - a. Wash potatoes. Dice to bite size. Skin-on.
 - b. Put potatoes in a soup pot. Cover with water. Add salt to taste.
 - c. Bring to a boil, 10-15 minutes, until fork tender.
 - d. Strain into a large bowl. Let cool.
3. Make dressing:
 - a. In small bowl, mix yogurt, mayonnaise, mustard, salt & pepper to taste.
 - b. Stir to combine. Set aside in fridge.
4. Dice red onion, celery finely. Chop herbs (green onion, dill), gherkins pickle.
5. Fold potatoes, chopped vegetables, pickle, eggs, herbs with the dressing. Fold. Serve.





Grilled Cheese with Mushrooms

Grilled cheese made with tortilla is called Quesadillas.

Quesadillas is a dish from Mexico.

It is crispy on the outside and cheesy on the inside.

It is simple to make and it is delicious.

The key is to caramelize the mushrooms before adding them to the quesadillas.

Use a good non-stick pan or cast iron skillet for this recipe.



GRILLED CHEESE WITH MUSHROOMS

INGREDIENTS

Makes 5 servings

2 tablespoons vegetable oil
1 lb cremini or button mushrooms, or a combination, thickly sliced (1cm wide)
¼ Teaspoon of Garlic Powder
1 stalk of green onion, thinly sliced
Salt and Pepper to taste
2 cups (166g) grated Mozzarella or Cheddar
10 (7-inch) tortillas, any flavour

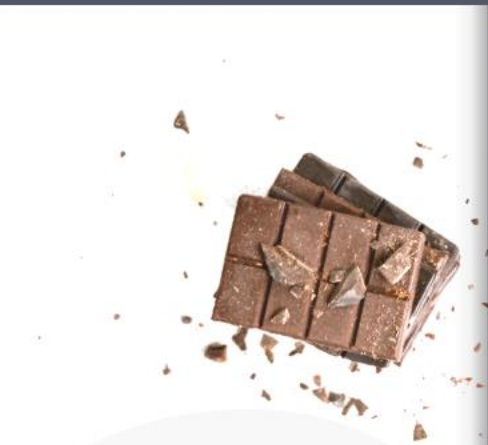
If Desired:

Salsa
Herbs (cilantro or parsley), chopped

INSTRUCTIONS

1. Caramelize mushrooms:
 - a. Clean mushrooms. Slice thick 1 cm wide.
 - b. In a large non-stick pan over Medium High heat, cook sliced mushrooms for 5 minutes, do not stir, so they are brown on 1 side. Do not over crowd the pan.
 - c. Salt and pepper to taste. Set aside.
2. Chop herbs if using.
3. Make the quesadillas:
 - a. Wipe the non-stick pan using clean paper towel. Set it on Medium heat.
 - b. Place 1 tortilla in the pan.
 - c. Sprinkle 2 Tablespoons of grated cheese.
 - d. Sprinkle 1 Tablespoon of caramelized Mushrooms
 - e. Sprinkle green onion, herbs and garlic powder to taste.
 - f. Sprinkle 2 Tablespoons of grated cheese.
 - g. Place a 2nd tortilla on top. Cook 30 seconds or until cheese melts.
 - h. Ask your caregiver to help you. Use a spatula to flip the tortilla to the other side. Cook 30 seconds or until tortilla has a few toasted spots or until crisp on the outside.
4. Repeat making the quesadillas for the remaining tortillas.
5. Serve with Salsa, enjoy!





SWEETS

| Corn Flake Cookies





Corn Flakes Cookies

Buttery, soft,
chewy on the
inside
and
crispy on the
outside...

Corn flakes
cookies are
addictive.

It is a perfect
dessert to end a
meal.

The brown sugar
and rolled oats
give comfort.

The corn flakes
and walnuts give
texture.

If you are allergic
to nuts, substitute
with chocolate
chips.





CORN FLAKE COOKIES

INGREDIENTS

Makes 28 cookies

- 2 cups of All-purpose flour
- 2 Teaspoons of Cornstarch
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsalted butter, room temperature
- 1 cup Brown Sugar
- 1 cup Sugar
- 2 Large Eggs
- 1 Tablespoon Vanilla extract
- 1 cup Corn Flakes
- 1 cup Rolled Oats
- 1 cup Walnuts

INSTRUCTIONS

Method:

1. Preheat oven 350°F. Line 2 x 1/2 sheet baking pans (13" x 18") with parchment paper.
2. Combine dry ingredients: flour, baking soda, and salt. Whisk. Set aside.
3. Cream by hands using a whisk, butter, both sugars, eggs, and vanilla until light and fluffy.
4. Sift dry ingredients into bowl. Fold gently until all dry ingredients are just combined.
5. Fold in the oats, walnuts then the corn flakes.
6. Place 1 Tablespoons of dough per cookie, shape into a ball, palce on the lined pan.
7. Bake 8 minutes 350 °F (180 °C). Cool on pan for 5 minutes, then cool on rack for 30 minutes





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AUTISM ONTARIO FAMILIES

FALL 2020 CLASS



















**Merry Christmas
&
Happy New Year**

*Cook together,
Have fun together!*



Explore the Foodie in You!

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AGO

2020

*See you in the next
class*



