

Autism Ontario E-book

Fall 2021

By Chef Anthony Go



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



Simply Delicious Recipe

By Chef Anthony Go

Fall 2021



THANK YOU

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

Autism Ontario with the support of Big Spoon Lil Spoon
McMaster & Mississauga





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

Fennel Tomato Soup | Tex-Mex Cheese
Jalapeno Corn Muffins | Ravioli Brown
Butter Sage Butternut Pasta | Pear Salad
& Gouda |



Fennel Tomato Soup

The season for Fennel starts in the Fall and continues through to Winter. Fennel is low in carbohydrate. It is sweet & tastes like anise or licorice. It is very mild. Fennel is a rich source of fibers, vitamins C, B9, B6 and minerals.



Do you know that Tomato is originally a wild plant in South America? It then spreads around the world like wild fire. Now, there are around 10,000 varieties of tomatoes in the world. Tomatoes come in different colours.



FENNEL TOMATO SOUP

INGREDIENTS

Makes 4 to 6 servings

1. 2 Medium Tomatoes, remove core, halves
2. 1 bulb Fennel, remove stem and core, sliced. Keep frond for garnish
3. 1 Onion, peel, sliced
4. 1 Teaspoon of Garlic Powder
5. 1 Teaspoon of Fennel Seeds
6. 3 Tablespoon of Olive Oil
7. 1 can 796ml of Tomato Puree
8. 3 Cups of Water
9. Salt & Pepper to taste
10. 1 Teaspoon of Sugar to balance out the sourness of Tomato Puree

Note: if you have no allergy and you like strong umami flavor, you can add 2 Tablespoons of Knor Chicken Powder (has dried chicken stock and yeast extract) at the end, stir to combine

INSTRUCTIONS

1. Cut Tomatoes in halves. Remove core. Dice.
2. Cut Fennel in halves. Cut top green portion. Remove core, then Slice Fennel. Keep frond for garnish.
3. Cut Onion in halves. Peel. Dice.
4. In soup pot, add Fennel, Onion, Garlic Powder, and Fennel Seeds in Olive Oil over Medium-High heat. Stir fry often, until vegetables soften, 7 minutes.
5. Add diced Tomatoes, Tomato Puree and Water; simmer until vegetables are tender, 15 minutes.
6. For rustic presentation, you can serve the soup as is. For finer presentation you can use an immersion blender to puree roughly.
7. Salt & Pepper to taste
8. Serve hot. Garnish with fennel fronds and drizzle with Extra Virgin Olive Oil.
9. Enjoy with a Grilled Cheese or BLT sandwich!



FENNEL TOMATO SOUP





TEX-MEX CHEESE JALAPENO CORN MUFFINS

This recipe is a play of sweet and savory. This muffin is a great accompaniment when you bring CHILI for a potluck party or if you want a simple comforting meal in the Fall Season

Tex-Mex dish is Mexican Food infused with American taste.

The Tex-Mex cheese has 3 kinds of cheese. Queso Blanco, Cheddar and Monterey Jack. Queso Blanco is Mexican. It means white cheese. It has crumbly texture like Feta. Cheddar is English, like a village in England. It gives the yellow colour to the mix. The cheddar in Tex-Mex is mild Cheddar.

Monterey Jack has both Mexican and American roots.

It was created by Mexican Priest in Monterey, California in the 18th century,

The Jack is from David Jack, an American business man, who introduced it to all of us.



TEX-MEX CHEESE JALAPENO CORN MUFFINS



INGREDIENTS

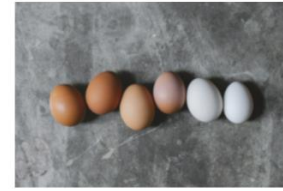
Makes 12 muffins.

1. 1 Jalapeno, remove seeds and veins, minced
2. 1 Cup of shredded Tex-Mex Cheese (Mozzarella, Cheddar, Monterey Jack)
3. 1 Scallion, slice thinly
4. 1 ½ Cups All-Purpose Flour
5. ¾ Cup Cornmeal
6. 1 Cup Sugar
7. 1 Tablespoon Baking Powder
8. ½ Teaspoon Salt
9. 2 Large Eggs
10. ½ Cup Becel margarine (= 8 tablespoon = 1 stick)
11. 1 Cup Milk
12. Toppings: 1 Cup shredded cheese, 1 Jalapeno (vein and seeds removed) sliced thinly



INSTRUCTIONS

1. Pre-heat oven 350F
2. Prepare 12 Muffins pan by placing paper muffin cups in each cavity.
3. Wash and dry vegetables. Portion Ingredients.
4. Combine DRY Ingredients in a bowl (Flour, Cornmeal, Sugar, Baking Powder, Salt)
5. Add Eggs, Becel and Milk, combine with spatula. Don't over mix
6. Add Cheddar, Jalapeno, Scallion. 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: shredded Cheese and Jalapeno slices
9. Bake at 350° until toothpick comes out clean, cheese topping blistering, about 25-30 minutes.
10. Serve warm, Enjoy with butter or margarine.



TEX-MEX CHEESE JALAPENO CORN MUFFINS



RAVIOLI BROWN BUTTER SAGE BUTTERNUT PASTA



Brown Butter or Beurre Noisette is a classic warm sauce in French Cuisine. It literally means Hazelnut Butter. There is no Hazelnut in it, but hazelnut is brown and nutty, so the name stuck, meaning brown butter.

Brown Butter has a deep yellow to brown colour and a nutty scent and flavour from the heating process.

When unsalted butter is melted over low heat and allowed to separate into butterfat and milk solids,

The milk solid sinks to the bottom and over gentle heat, it will turn golden brown.

When it reached a toasty hazelnut colour, you can remove it from the heat.

The result is brown butter.

RAVIOLI BROWN BUTTER SAGE BUTTERNUT PASTA

INGREDIENTS

Makes 4 Servings.

1. Olivieri Fresh Ravioli Pasta with Ricotta and Spinach 2x225g.
2. 1 Butternut squash (2 lbs)
3. 2 Tablespoon of Olive Oil
4. 4 Tablespoon (1/2 stick) Butter
5. 12 Sage leaves, fresh
6. Salt and Pepper to taste



INSTRUCTIONS

1. Prepare Butternut squash: wash and dry squash, cut ends, peel with vegetable peeler, cut across width, cut lower portion in half to remove seeds, cut into ½ inch cubes.



<https://www.gimmesomeoven.com/how-to-peel-seed-and-cut-butternut-squash/>

RAVIOLI BROWN BUTTER SAGE BUTTERNUT PASTA



INSTRUCTIONS

2. Stir fry Butternut squash:
 - a. In a non-stick frying pan on Medium High heat, add Olive Oil. Add squash. Cook for 7 minutes, stir around.
 - b. Add 1 Tablespoon Butter to coat squash.
 - c. Salt & Pepper to taste.
 - d. Continue to cook, cover until fork tender, about 5 minutes.
 - e. Transfer to a bowl.
3. Boil Ravioli:
 - a. Fill pan to boil pasta with water. Add Salt to taste. When water is boiling, add pasta.
 - b. Boil Ravioli, about 3 to 4 minutes & float to the top.
 - c. Drain. Let stand.
4. Make Brown Butter Sauce:
 - a. Use the same non-stick pan, wipe with paper towel to remove any debris. Add the rest of the 3 Tablespoons Butter.
 - b. When the Butter is foamy, add Sage leaves.
 - c. Cook until butter is browned, and Sage is crispy, 5 minutes.
 - d. It should smell intensely buttery and nutty.
5. Finishing:
 - a. Add ravioli to Brown Butter. Add squash. Stir fry to coat with sauce.
 - b. Serve topped with crispy Sage.
 - c. Enjoy with refreshing Soda Water; for the adults with Sauvignon Blanc or Pinot Noir!



RAVIOLI BROWN BUTTER SAGE BUTTERNUT PASTA





Pear Salad & Gouda

Pears are in season in the Fall.

They are sweet, buttery, and juicy.

It is a beautiful fruit to use in a salad.

In this recipe, warm juicy pears are stuffed with sweet dried cranberries and complimented by complex Gouda.

The salad green, Arugula, is spicy and slightly bitter, a contrast to the sweet pear.

To finish it, the tangy orange balances the creamy Gouda.

PEAR SALAD & GOUDA



INGREDIENTS

Makes 4 servings

Ingredients:

Salad:

1. 3 Bosc Pears, ripe but firm
2. ¼ Cup Dried Cranberries
3. 1 sweet Orange (ex: Navel)
4. 2 Tablespoons of Olive Oil
5. 5 oz or 140g Baby Arugula or Mixed Salad Baby leaves, washed and dried
6. Salt and Pepper to taste

Cheese: Choose one!

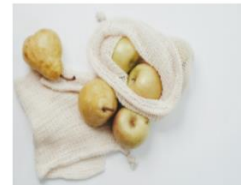
7. 200g Matured Gouda OR 200g Smoked Gouda – remove rind

Dressing:

1/4 Cup of Lemon Juice (2 Lemons),
1/4 Cup Red Onion (1/2 Medium Onion), 4 Tablespoons of Honey, 1/2 Cup Olive Oil, 1/4 Teaspoon Salt, 1/4 Teaspoon Black Pepper.

Make Salad Dressing:

Mince the Red Onion. Combine all ingredients in a bowl, stir.



INSTRUCTIONS

1. Wash & dry all vegetables
2. Make your own Salad dressing or use store bought
3. MAKE PEAR STUFFING:
 - a. Combine Dried Cranberries and 4 Teaspoons of Salad Dressing in a bowl.
 - b. Remove waxy rind from cheese. Cut Cheese into slices.
4. PREPARE PEAR:
 - a. Slice Pears lengthwise in half, skin on.
 - b. Remove core and seeds, use a melon baller or pairing knife to make a hole for stuffing
 - c. Coat Pears in Olive Oil
 - d. Set aside 2 Pears halves, to be served raw and thinly sliced on salad plate
 - e. The other 4 Pear halves will be cooked and stuffed with cranberries and cheese.
5. COOK PEAR:
 - a. On Medium high heat, arrange 4 Pears halves on non-stick frying pan, cut side down. Cook for 3 minutes to get nice browning. Turn Pear halves over.
 - b. Turn heat off. Fill Pear halves with marinated Dried Cranberries. Cover with cheese slices. Cover pan to allow cheese to melt over Pear halves, 3 minutes on turned off stove. Set aside.
6. FINISHING – arrange salad:
 - a. Arrange Salad green on a plate.
 - b. Cut Pear halves into thin slices. Arrange like a fan around plate
 - c. Cut Orange into 8 slices, leave rind on. Arrange like a fan around plate
 - d. Place cooked Pear halves on the center.
 - e. Drizzle with Salad Dressing and remaining marinated Dried Cranberries.
 - f. Salt & Pepper to taste. Enjoy!



PEAR SALAD & GOUDA





SWEETS

| Lemon Bars





Lemon Bars

Often, we take lemons for granted. Because lemon trees bear fruits through out the year, we can get lemons easily.

Lemons bring such freshness to any dish, both sweet and savory. On savory dish, lemons change the entire flavour profile of the food. It is like adding salt to a dish. In sweet baked goods, lemons add beautiful refreshing fragrant and zing.

In pastry recipes, we use a lot of lemon zest like in this Lemon Bar's recipe because the lemony fragrant and flavour is in the rind.

Lemon Bar has 2 components: Shortbread and lemon curd. Both have been popular since the Renaissance era. However, only in the 20th century the two are combined together to make a delicious dessert called Lemon Bar.





LEMON BARS

INGREDIENTS

Makes 8 bars.

Crust:

1. ½ Cup Sugar
2. ½ lb (2 sticks=226g) unsalted Butter, room temperature
3. 2 Cups All-purpose Flour
4. 1/4 teaspoon Salt
5. 1 Tablespoon Flour for dusting work space

Lemon Filling:

1. 3 Cups Sugar
2. Lemon Zest from 4 Lemons
3. ½ cup Lemon Juice from 4 Lemons
4. ½ cup Milk
5. 6 Large Eggs, room temperature
6. 1 Cup All-purpose Flour

Icing Sugar for dusting (Optional)



INSTRUCTIONS

1. Preheat the oven to 350 °F.
2. Prepare Pan: line ½ sheet pan (13"x18") with parchment paper.
3. **Crust:**
 - a. Combine flour and salt in a bowl.
 - b. Cream sugar and butter in a bigger mixing bowl.
 - c. Add flour to the creamed butter. Mixed by hands until pea size.
 - d. Sprinkle flour on work space, transfer dough to workspace.
 - e. Shape into a ball.
 - f. Transfer dough on to a 9x13x2 inch baking pan. Spread and Press dough to cover the pan. Create 2cm edge on all sides. Use the bottom of a measuring cup to help flatten dough.
 - g. Dock with a fork.
 - h. Rest in fridge 15 minutes. Cooled dough reduces shrinkage in the oven.
 - i. Bake at 350F for 15-20 minutes until lightly brown. Cool on rack.
4. **Lemon Filling:**
 - a. Pre-heat oven to 350F
 - b. In a mixing bowl, combine eggs, sugar, lemon zest, lemon juice, milk and flour. Whisk to combine.
 - c. Transfer filling into the cooled crust and bake for 35 minutes at 350F until the filling is set.
 - d. Cool to the touch on rack.
5. Score to divide into 8 rectangles, then cut. Sprinkle with icing sugar if desired.



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2021

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*See you in the next
class*





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