

E-book

Winter 2022

By Chef Anthony Go



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



Welcome to my class



Chef Anthony Go

RECIPES by Chef Anthony Go

1. Chicken Noodle Soup
2. Tomato Tart
3. Muffuletta Sandwich
4. Spanish Chicken Stew
5. Garlic Mushroom Pasta





RECIPES BY
CHEF
ANTHONY GO





Jordan
cooking in
class





Chef Anthony Go

SIMPLY DELICIOUS RECIPES

By Chef Anthony Go



Winter 2022



THANK YOU

for joining
Cooking with Chef Anthony Go

This E-Book is created for
Jordan Rocheleau-Chung
as a keepsake for
his enthusiastic participation in this program





INTRODUCTION

Please enjoy reading my e-book!
.....as I enjoy writing it.

Cook together
Have fun together

Explore the Foodie in you!

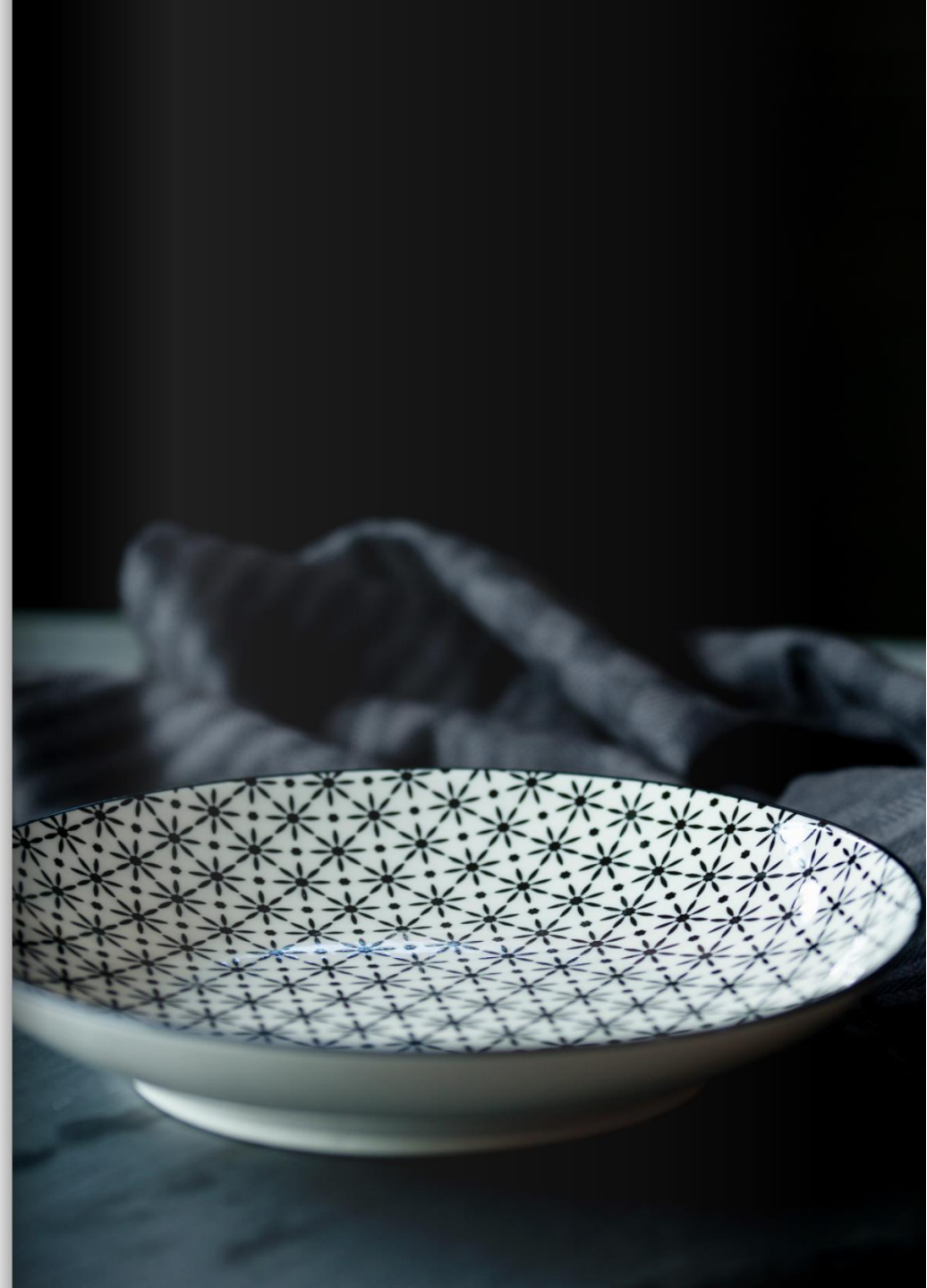
Thank you for joining my class
Let's get cooking.

Sincerely,
Chef Anthony Go



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Chef Anthony Go





SAVORY AND DELICIOUS

| Chicken Noodle Soup | Tomato Tart | Muffuletta
Sandwich | Spanish Chicken Stew | Garlic
Mushroom Pasta



Chicken Noodle Soup

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

Chicken Noodle Soup is simple to make. It has chicken and some vegetables such as carrot, onion, celery and chicken broth.

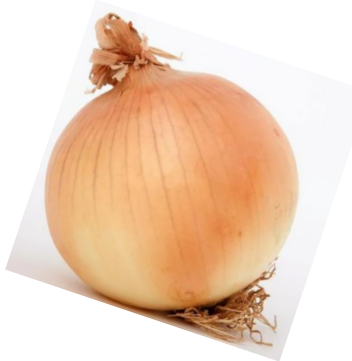
Different shapes of pasta or egg noodles can be used. It can be long noodle like spaghetti or short ones like macaroni.

Some cultures use rice instead of pasta.

Chicken Noodle Soup is a comfort food.

Most people think chicken soup has benefits to strengthen 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 6 servings
2 Tablespoons Butter or Olive Oil
1 large Onion, diced
2 large Carrots, diced
2 stalks Celery, diced
3 cloves Garlic, minced or 2 Teaspoons of Garlic Powder
1 lb skinless, boneless Chicken Thighs (4 Thighs or 2 Breasts)
900ml Chicken Stock
4 Cups of Water (1 Liter)
250g Pasta/egg noodles of choice (ex: Macaroni)
Salt and pepper, to taste

If desired:

3 Sprigs Fresh Thyme or 1 Teaspoon Dried Thyme
¼ 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 with Garlic Bread or Green Salad. Don't forget to throw the Bay Leaf out before serving.





TOMATO TART

Tomato Tart is a quick and easy recipe.

The key ingredient in this recipe is the mustard. It gives a beautiful base tone to the tart.

You can use different kinds of tomatoes.

The important thing to remember is to place the tomatoes cut side up on the tart, so that it will not be soggy.

Adding olives in between the tomatoes will give a salty punch to each bite.

Delicious!



TOMATO TART

Makes 8 servings

1. 1 box of Store-bought puff pastry (450g, 2 sheets 10x10 inch).
2. 2 pints or 560g Grape Tomatoes or Cherry Tomatoes, halves
3. 4 Tablespoons Olive Oil
4. Salt and Pepper to taste
5. ½ cups Chiffonade Fresh Basil or 1 Teaspoon dry Oregano
6. 2 Tablespoons Mustard
7. 2 Cups of three cheese combo (Mozzarella, Cheddar, Monterey Jack)
8. ½ Cup Olive, pitted and halves
9. 2 Tablespoons of Flour to roll puff pastry on work counter



TOMATO TART

INSTRUCTIONS

1. **The Day Before:** Take frozen puff pastry the night before to thaw in the fridge over night.
2. Preheat oven to 400F.
3. Prepare pan: Line 2 x ½ sheet pan (13"x18") with parchment paper (or a Silpat).
4. Cut tomatoes in half. Fold in olive oil and sprinkle with salt and pepper to taste.
5. Chiffonnade basil, add to tomatoes halves.
6. Sprinkle work counter with some flour. Roll out the puff pastry so it is flat.
7. Place the rolled Puff Pastry on the prepared sheet pan.
8. Score the edge of each sheet of puff pastry to create a ½ **inch** border with a sharp knife.
9. Dock (or pierce) the puff pastry with a fork to allow steam to escape, so that it remains flat.
10. Spread the mustard over the Green rectangle.
11. Sprinkle the cheeses over the mustard
12. Place tomato halves on top of mustard (**cut side up**, so tart will not be soggy).
13. Place Olives slices on top of mustard
14. Bake for 20 minutes until cheese melted and puff pastry is golden brown. Enjoy with soup or green salad.



MUFFULETTA SANDWICH

Muffuletta Sandwich

Muffuletta is a big sandwich from New Orleans.

The sandwich has delicious layers made of Italian Charcuterie, cheese, and Olive Salad.

Muffuletta has 3 types of charcuterie (salami, mortadella, and ham) and 2 types of cheese (provolone, mozzarella)

You can vary the cheese and charcuterie according to your taste.

Muffuletta is fun to make. Anyone can layer the flavours that they like and try new ones.

For vegetarian, replace charcuterie with grilled vegetables (1/2 Eggplant, 1 Zucchini, 1/2 Red Bell Pepper, 1/2 Red Onion, 1 Portobello Mushroom). Sprinkle with salt, pepper, drizzle with Olive Oil, then grill 5-7 minutes

INGREDIENTS

Makes 4-6 servings

- 1 large round **Bread** (8") or other shape, weighs 450g (ex: sourdough or sesame)
- 1 cup **Olive Salad**, combine all ingredients in a bowl.
 - 1 cup **Pitted Sliced** Green or Black Olives.
 - 1/2 cup Olive Oil
 - 2 Tablespoons White Wine Vinegar
 - 4 Tablespoons minced fresh Parsley
 - 1/2 Teaspoon Garlic Powder
 - 1/4 Teaspoon of Salt
 - 1 Teaspoon ground Black Pepper

- For meat lovers, get any combination of **250g of cured meat**:
 - Capocollo Ham
 - Mortadella
 - Prosciutto Ham
- 200 g of Cheese:
 - Provolone **or**
 - Mozzarella

INSTRUCTIONS

- Pre-heat oven to 350F
- Cut the bread in half horizontally, so you have a top and a bottom portion.
- Use your fingers to remove the inside of the bread, both top and bottom. This is to make room for the delicious fillings.
- Start layering the bottom half of the bread.
 - Spread olive salad on the bottom half of bread.
 - Place grilled vegetables on top of the olive salad.
 - Next, place cheese on top of it
 - Repeat step a to c with different grilled vegetables and cheese, until the bread is filled.
 - End with olive salad**, so the top bread will soak on the flavour.
- Place the top half of bread over the last layer.
- Wrap the sandwich in aluminum foil. Bake for 30 minutes until the cheese melted. Cool for 5 minutes.
- Cut into wedges, and enjoy with sparkling water!



Spanish Chicken Stew

Spanish Chicken Stew is a dish that you want to make when you need a quick delicious meal.

The three magical ingredients are Spanish smoked paprika, Turmeric, and Tomatoes.

Together, these three ingredients create a synergy of new gastronomic experience.
Enjoy!



SPANISH CHICKEN STEW

INGREDIENTS

Makes 4 to 8 servings.

Ingredients:

1. 8 chicken drumsticks bone-in
2. 2 small Onions, chopped
3. 1 x 8oz. Cremini Mushrooms, cut in halves
4. 1 Teaspoon of Garlic Powder
5. 1 Tablespoons ground Paprika
6. 1 Teaspoon ground Turmeric
7. 1 can of Whole Tomatoes (796ml)
8. ½ Cup of Stuffed Manzanilla Olives with Pimento (+/- 15 pieces)
9. 4 Tablespoons Olive Oil
10. Salt & Pepper to taste



SPANISH CHICKEN STEW

INSTRUCTIONS

1. Open can Tomatoes. Set aside.
2. Wash, Dry, and Peel Onions. Chop. Set aside.
3. Pat Chicken drumstick dry with paper towel. Discard paper towel after used. Wash your hands with soap and water.
4. In Dutch oven or Soup pot, on Medium High heat, cook Chicken with 3 Tablespoons of Olive Oil to get some browning, about 7 minutes per side.
5. Remove chicken to a plate. Set aside. The chicken is not fully cooked. It is fine because it will be cooked again with the vegetables later.
6. In the same Dutch oven or Soup pot, on Medium heat, cook chopped Onions. Add ground Paprika, ground Turmeric and Garlic Powder. Stir-fry, about 5 minutes.
7. Add Mushrooms.
8. Add Tomatoes and 1 Cup of water.
9. Add Olives and 4 Tablespoons of Olive pickling water.
10. Put Chicken back to pot.
11. Cover, bring to a boil then simmer for 15 to 30 minutes until meat fall apart or separate from bone.
12. Salt & Pepper to taste.
13. Serve and Enjoy with rice or crusty bread!



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 leached 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





Blueberry Cobbler

A cobbler is a fruit dessert topped with biscuit.
It is an easy dessert to make to utilize seasonal fruits.
In the Fall, blueberries are abundant.
In this recipe, we can use fresh or frozen blueberries.
Serve with vanilla ice cream, yummy!

SWEETS

| Blueberry Cobbler



Lemon and Blueberries are
a perfect combination of
flavours



BLUEBERRY COBBLER

INGREDIENTS

Makes 6 servings

1. Blueberries Mixture:
 - a. 600 grams (3 Cups) of Blueberries (fresh or frozen)
 - b. 1/2 cup granulated sugar
 - c. Zest of 1 Lemon
 - d. 2 Tablespoons of Flour
2. Dry Ingredients:
 - a. 2 Cups of All-Purpose Flour (240g), spoon flour into cup, do not pack
 - b. 1 1/2 Teaspoons Baking Powder
 - c. 1 Teaspoon Baking Soda
 - d. 1/2 Teaspoon Salt
 - e. Juice of 1 Lemon
3. Wet Ingredients:
 - a. 1 stick unsalted Butter or 1/2 Cup Beel (113g)
 - b. 1 1/3 Cups Buttermilk. Make your own, combine 1 1/3 Cups of Milk with 6 Teaspoons of Vinegar, let stand for 10 minutes.
4. For Brushing:
 - a. 1/3 Cup of Buttermilk. Make your own, combine 1/3 Cup of Milk with 1.5 Teaspoons of Vinegar, let stand for 10 minutes.
5. Serve with Vanilla ice cream

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Line 8" diameter round pan, 2" height with aluminum foil. You can also use 8"x8" Square pan.
3. Put dry ingredients in a bowl, whisk to combine.
4. In a separate bowl, toss blueberries, sugar, lemon juice, zest, and 2 Tablespoons of Flour.
5. Work the butter into the flour mixture using hands or fork and knife until the mixture resembles coarse sand.
6. Add the buttermilk, and stir to just combine.
7. Spoon the dough onto the blueberry mixture so that the dough is evenly dispersed but pockets of blueberries peek out from below.
8. Brush all over with buttermilk.
9. Bake until the biscuit topping is golden brown and the blueberries are juicy and bubbling, about 45 minutes. Let cool 10 minutes before serving.
10. Serve the warm cobbler with Vanilla ice cream. Enjoy!



Blueberry Cobbler



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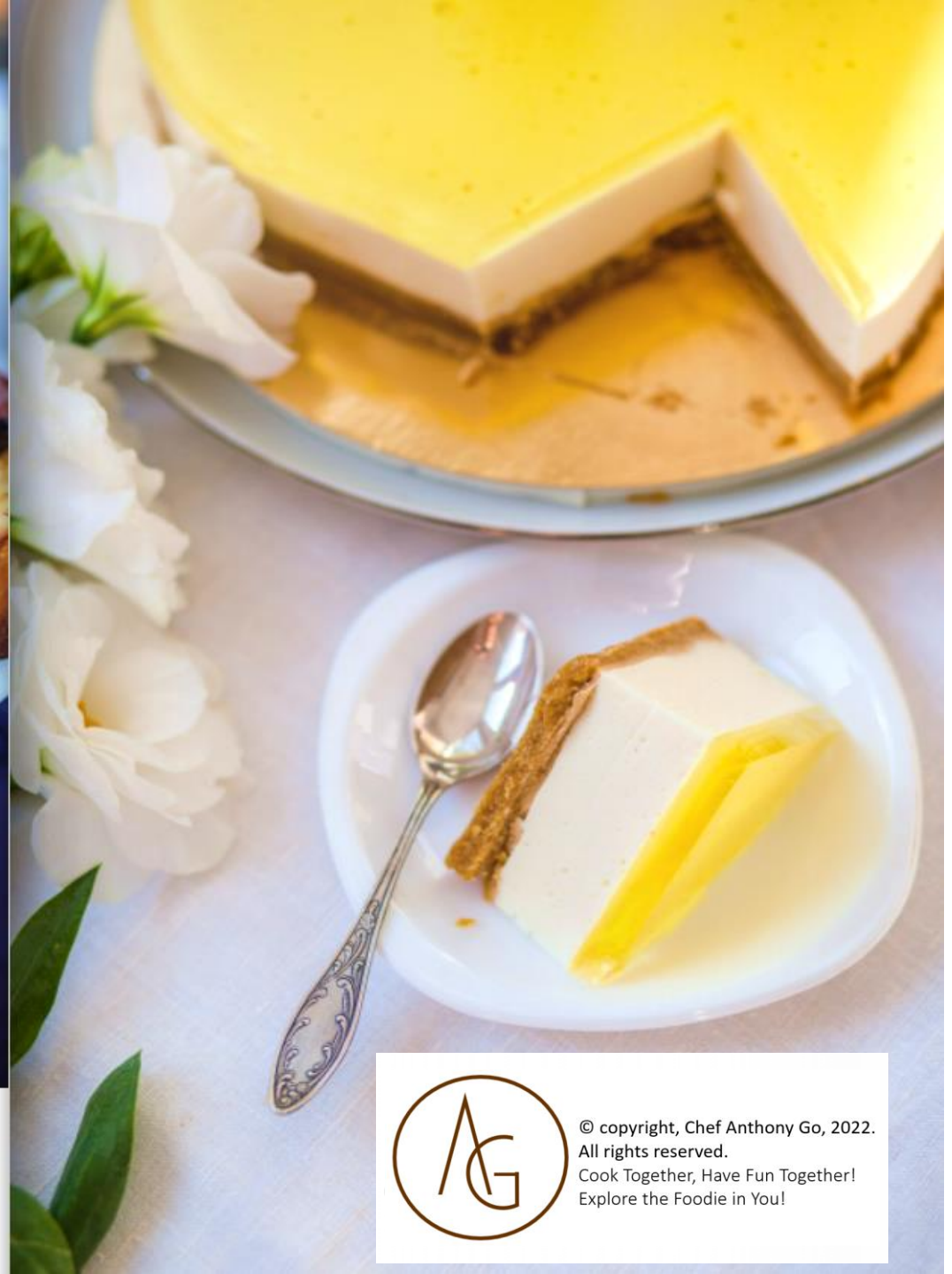
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class*



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