

# SOO E-book Fall Oct 2021

By Chef Anthony Go



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





Chef Anthony Go

# SIMPLY DELICIOUS RECIPES

By Chef Anthony Go



Fall 2021



## THANK YOU

Reveal Your Champion Families for joining my live cooking class.

This online class is made possible

by

Special Olympics Ontario







## ABOUT ME

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

Cook together  
Have fun together

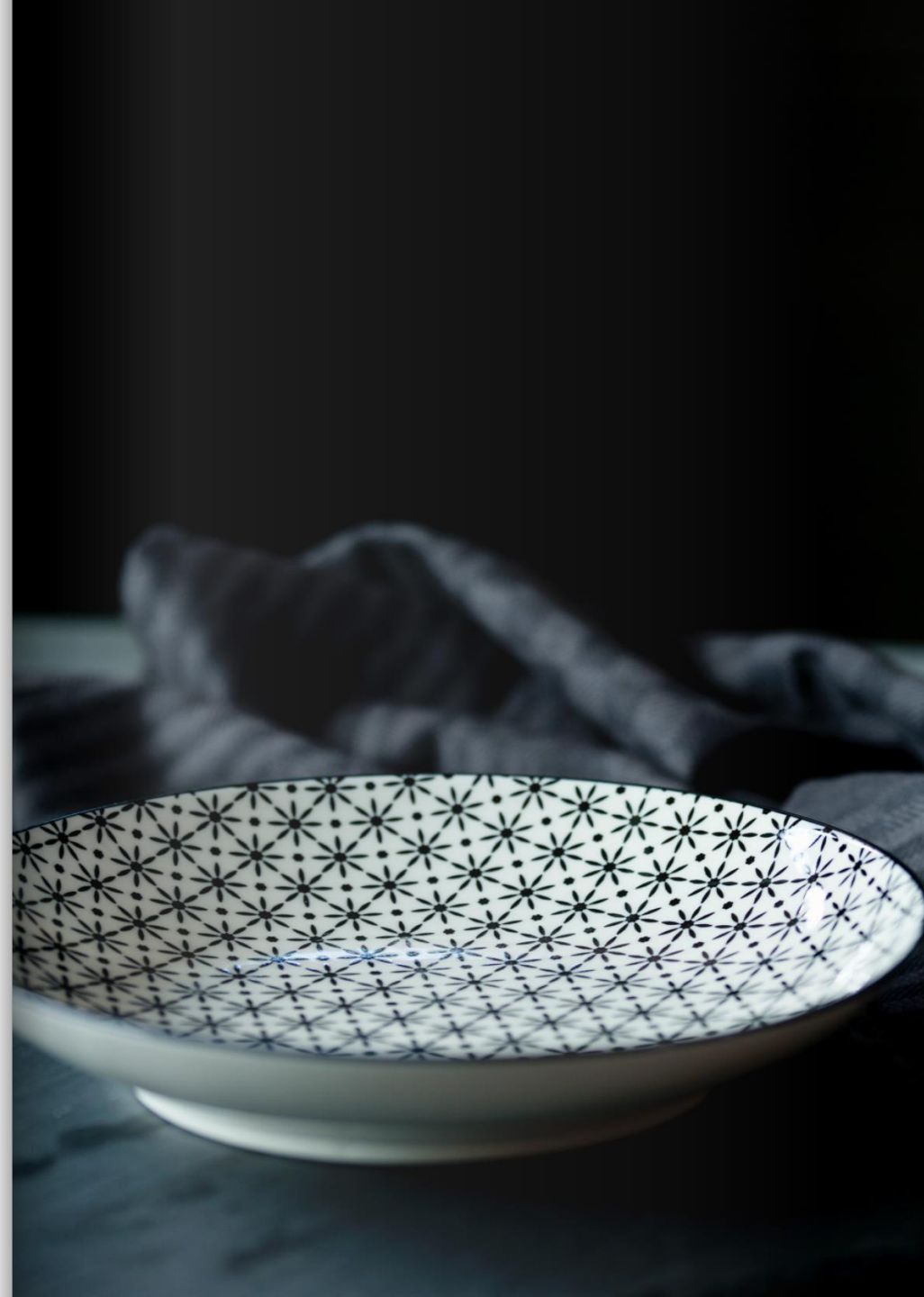
Explore the Foodie in you!

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

Sincerely,  
Chef Anthony Go



Chef Anthony Go





## SAVORY AND DELICIOUS

| Roasted Cauliflower Soup | Spanish  
Chicken Stew | Sweet Potato Salad |  
Macaroni and Cheese



## Cauliflower Soup

Cauliflower is a humble vegetable. Vegetarians love it because it is meaty and can absorb great flavours.

When cauliflower is roasted, it changes its profile.

It is smokey, umami, and very delicious.

This recipe will highlight these great qualities.

Enjoy!



## ROASTED CAULIFLOWER SOUP

### INGREDIENTS

Make 2 servings

1. 2 Teaspoon of Vegetable Oil
2. 4 Tablespoon of Vegetarian BECEL margarine (no milk powder)
3. ½ onion, diced
4. ½ carrot diced
5. ½ celery stalk, diced
6. ½ cauliflower head, roughly chopped
7. 4 cups vegetable stock (ex. Campbell's Vegetable Stock 900ml)
8. 4 Tablespoon of whole grain wheat flour
9. 1 cup of soy milk
10. Salt & Pepper to taste
11. Water or more stock, as needed.

### INSTRUCTIONS

1. Stir-fry cauliflower with 1 teaspoon of Vegetable Oil, until brown and toasty on certain spots. This gives a slightly smoky flavor to the soup.

2. Make a mirepoix in the soup pot. Combine carrots, onions, and celery with 1 Teaspoon of Vegetable Oil. Cook until onion is transparent, and celery and carrots are soft, about 5 minutes. This gives a fragrant and flavourful soup base.

3. Add the cauliflower and the vegetable stock to the soup pot. Cover and cook for 15 minutes.

4. Make the bechamel or white sauce to thicken the soup. In a small saucepan, melt 4 Tablespoon of Vegetarian BECEL margarine. Whisk in the flour. Cook for 2 minutes. Pour in the soy milk. Whisk to combine. Remember! Cold milk, hot flour, no lumps!

5. Pour the bechamel mixture into the soup pot. Whisk. Simmer 30 minutes.

6. The soup will thicken. Add salt and pepper to taste.

Note: You can blitz the soup with hand blender for a finer presentation, but it is not necessary, it will still be delicious as it is.

7. Serve with warm bread. Enjoy!



## 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!







## Sweet Potato Salad

Sweet Potato salad is sweet and satisfying.

The addition of chickpeas gives the much-needed protein in a vegetarian dish.

Kale is a nutrient-dense food that is low in calories. Kale has vitamin A, C, K, and antioxidants.

To get the most benefits of kale, eat it raw. Slice the curly kale in this dish into thin ribbons and mix it with some acid such as lemon or vinegar to soften the leaf, so it is enjoyable to eat.

The herbs mixed into the kale will give a surprise freshness in every bite. Enjoy!



# SWEET POTATO SALAD

## INGREDIENTS

Make 4 Servings

1. 2 sweet potatoes, peeled , diced into cubes
2. 1 can chickpeas, rinse, drained
3. 2 tablespoons Olive Oil (1 Tablespoon each to bake Sweet Potato and Chickpeas)
4. 2 teaspoons Paprika (1 Teaspoon each to bake Sweet Potato and Chickpeas)
5. Curly Kale, 5 to 6 leaves only, no stem.
6. 1 Tablespoon of Apple Cider Vinegar
7. 1 Teaspoon of Olive Oil
8. Herbs mixed into salad base:
  - a. 2 green onion, sliced diagonally
  - b. 1 bunch Cilantro or Parsley, chopped
9. Dressing:
  - a. 3 tablespoons Olive Oil
  - b. 3 tablespoons Apple Cider Vinegar
  - c. 1 tablespoon Honey
  - d. 1 tablespoon orange zest
  - e. 1 teaspoon Cumin
  - f. 1/2 teaspoon Cinnamon
  - g. Salt & Pepper to taste
  - h. If desired: 1/2 teaspoon Cayenne or chili flakes to taste

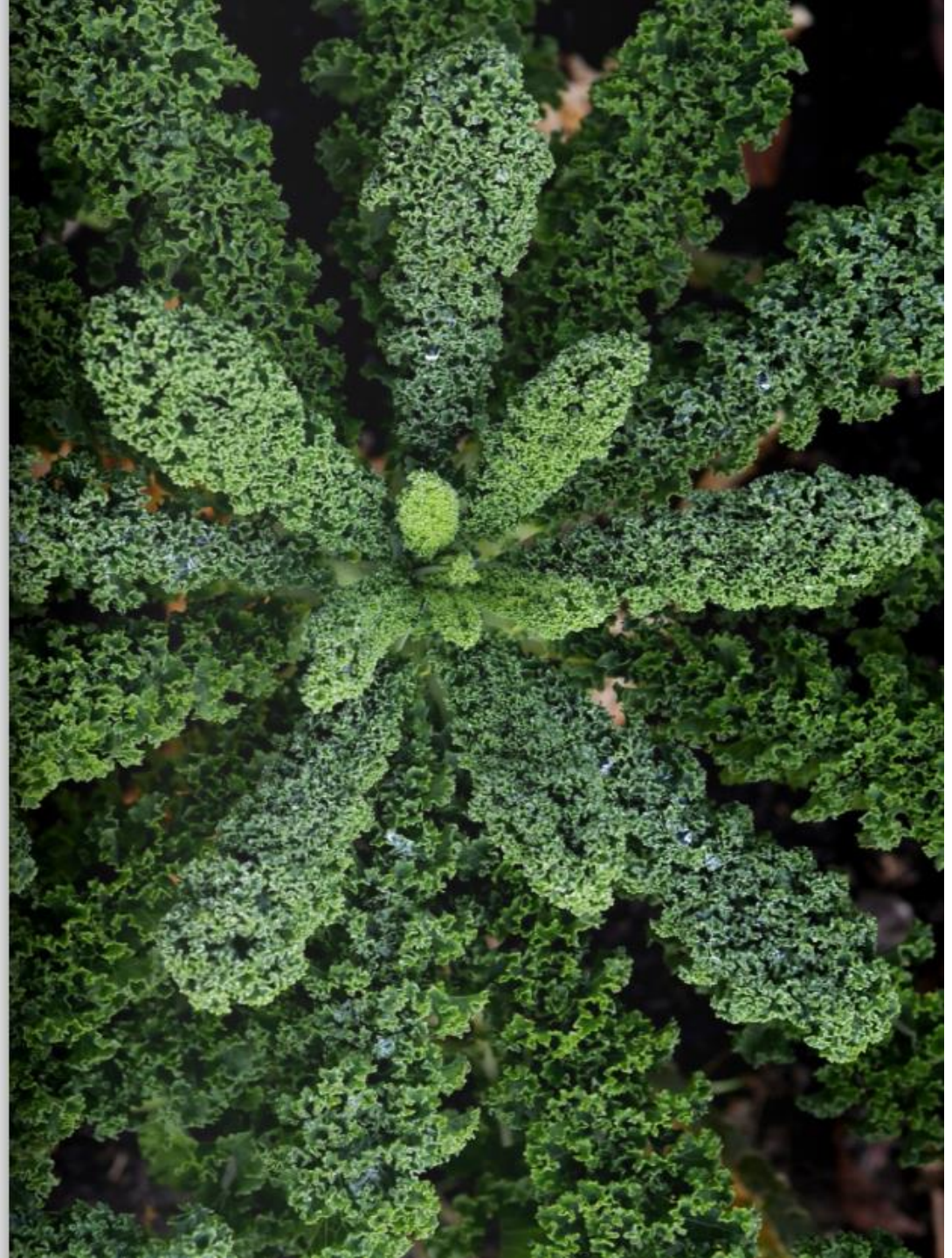




# SWEET POTATO SALAD

## INSTRUCTIONS

1. Preheat oven to 425°F
2. Line 2 x ½ sheet pan with parchment paper
3. Prepare Sweet Potatoes:
  - a. Dice sweet potatoes (into bite size), skin on
  - b. Place them on a lined sheet pan.
  - c. Sprinkle with olive oil, paprika, salt, and pepper
  - d. Spread it out.
4. Prepare Chickpeas:
  - a. Place chickpeas on the 2nd lined sheet pan.
  - b. Sprinkle with olive oil, paprika, salt, and pepper
  - c. Spread it out.
5. Prepare the kale:
  - a. Remove leaf from stem.
  - b. Stack leaves and fold, then slice thinly.
  - c. Sprinkle with 1 Teaspoon of Olive Oil, 1 Tablespoon of apple cider vinegar. Toss.
  - d. Let stand 30 minutes.
6. Bake sweet potatoes and chickpeas on different pans for 15 minutes. Toss, rotate. Bake for another 10 minutes until crisp. Cool 10 minutes.
7. Fold chickpeas, green onion, cilantro, olive oil, vinegar, honey, orange zest, cumin, cinnamon, and cayenne in a bowl to combine.
8. Add Sweet Potato to the bowl. Fold.
9. Serve with the kale.







## Macaroni & Cheese

The best Mac and Cheese is ooey-goey, creamy and cheesy  
The worst one tastes grainy, stringy and greasy.

The best Mac and Cheese has more than one type of cheese.  
Young and processed cheese melt smoothly but taste bland.  
Aged and funky cheese cannot melt easily but add a lot of complex flavor.

However, there is one cheese that you always need in Mac & Cheese and that is sharp cheddar.

Sharp cheddar has good flavor and melts well. Sharp cheddar is your base cheese.

Fun thing about cooking Mac & Cheese is to mix and match your choice of cheese.

Here are some examples: Gruyere is a classic, has a nutty flavor.  
Other classics : Gouda, Muenster, Parmesan, Fontina, Havarti and Monterey Jack.

Brie is also good, but you must remove the rind.



# MACARONI & CHEESE

## INGREDIENTS

Makes 4 to 6 servings.

Ingredients:

1. 1 lb of Elbow Macaroni Pasta or other short pasta like Rigatoni
2. 4 Tablespoons of Butter
3. 1/4 Cup Flour
4. 2 Teaspoons Mustard
5. 3 Cups Milk
6. 1 Cup shredded Monterey Jack Cheese
7. 2 Cups shredded Cheddar
8. 1 Cup grated Parmesan
9. Salt and Pepper to taste

## INSTRUCTIONS

1. Boil Pasta: Bring a pot of salted water to a boil. Add pasta, cook according to package, about 6-7 minutes until al dente. Take pasta out of water using a spider. Set aside. Reserve 1 cup of pasta water for sauce later.
2. Make Bechamel or White Sauce: In the empty pot, heat butter until melted. Add flour, whisk and cook about 2 minutes. Add milk carefully, whisk. Add mustard, whisk. Bring to a boil.
3. Reduce heat to Medium, cook about 3-4 minutes, until thick enough to coat the back of the spoon.
4. Reduce heat to Low.
5. Add Cheddar cheese to the sauce, stir. Add Monterey Jack cheese to the sauce, stir. Add Parmesan to the sauce, stir.
6. Combine boiled Pasta into the sauce.
7. Season with salt and pepper to taste







## SWEETS

| Blueberry Cobbler



# 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!



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 Becel (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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*See you in the next  
class*







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2021





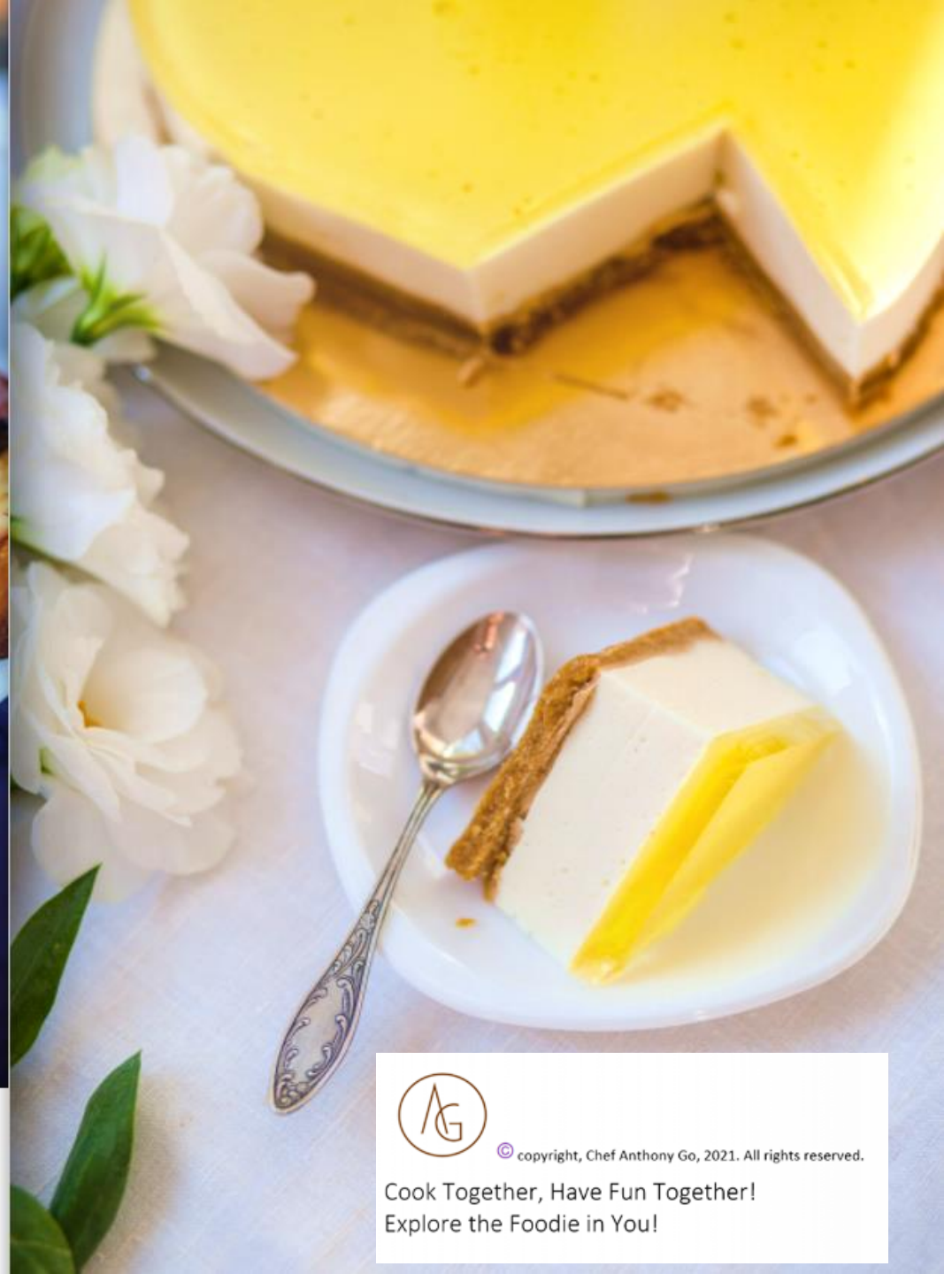








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