

A vibrant outdoor scene featuring a basket of yellow and white daisies, a green mug, and a white pitcher on a checkered tablecloth. The background is a lush field of green grass and flowers.

# E-book 500 Summer July 2021

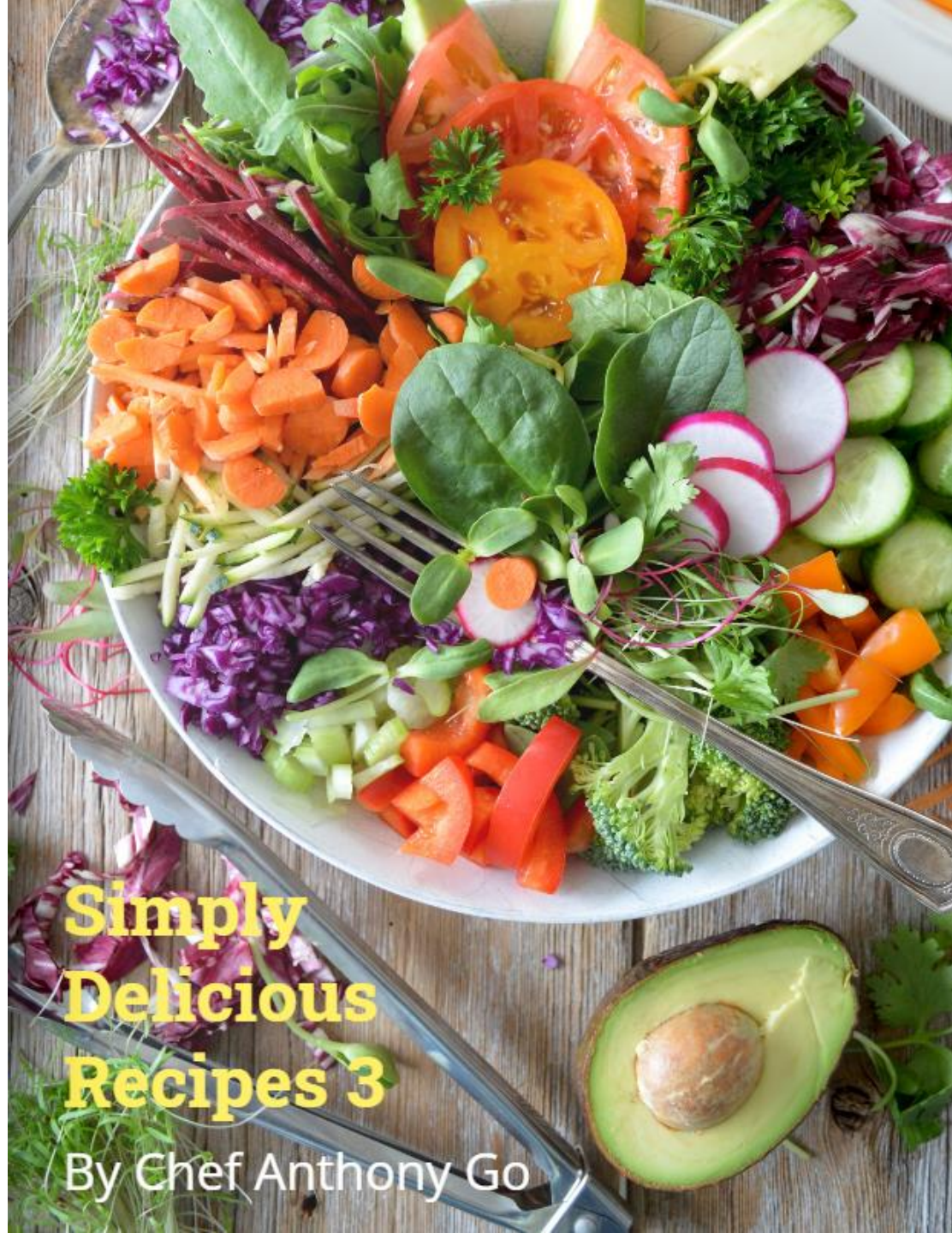
By Chef Anthony Go



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





**Simply  
Delicious  
Recipes 3**

By Chef Anthony Go



## THANK YOU

Reveal Your Champion Families for joining my live cooking class.

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## 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



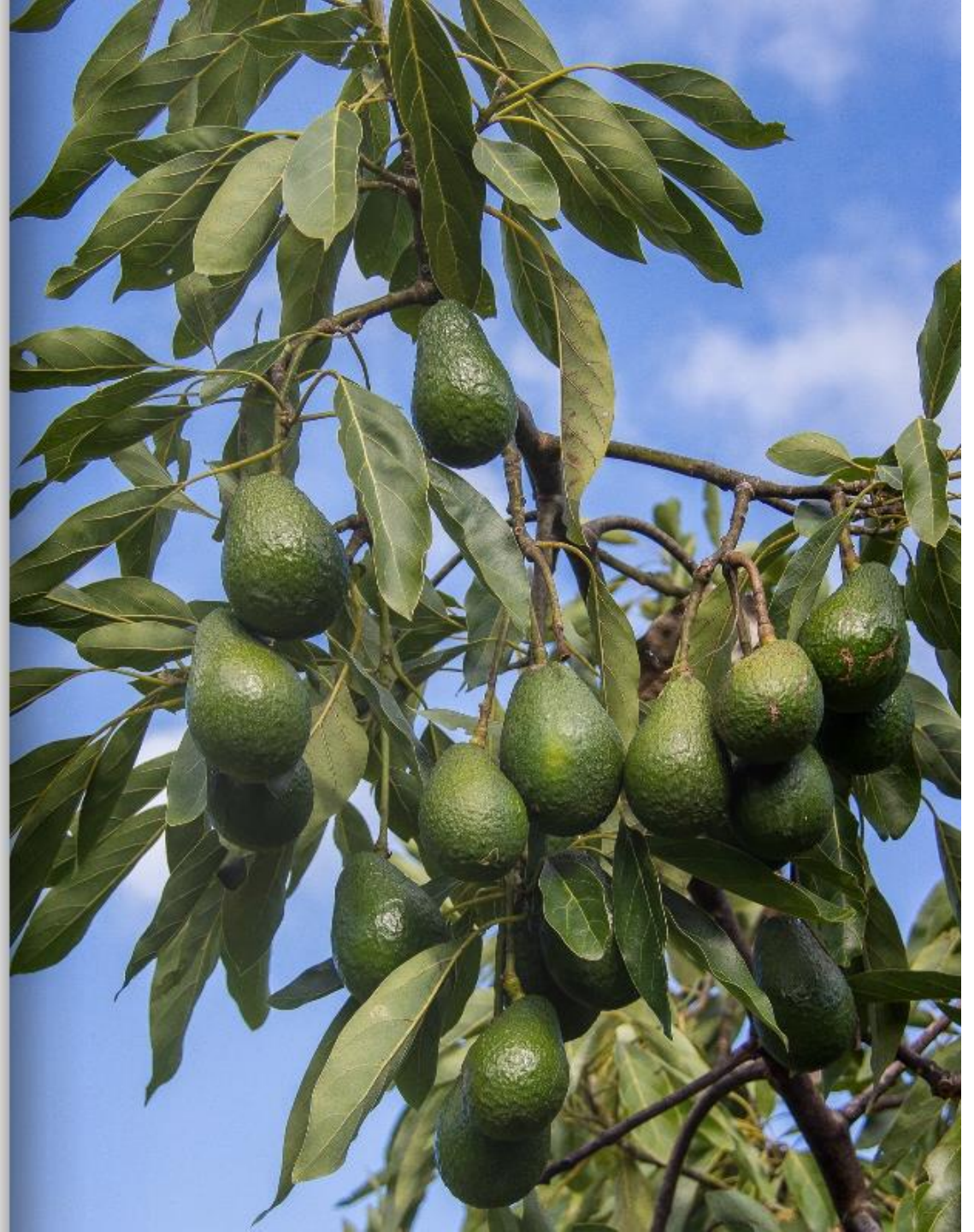
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## SAVORY SWEET AND DELICIOUS

Zucchini Tart | Tortilla Soup | Grilled  
Peach Salad | Vegetarian Muffuletta |  
Lemon Bars





# Zucchini Tart

We can all agree that summer will not be complete without eating a Zucchini. Zucchini is a summer squash.

July, Aug are the season for Summer Squash. Summer Squash is great for stir frying, baking, and grilling.



Zucchini is a fruit and not a vegetable. It comes from a flower. Like fruits, there are seeds inside zucchinis.

Whether it is white, green, yellow, round, long, big or small, all are delicious and can be used interchangeably.



## ZUCCHINI TART

### INGREDIENTS

Makes 4 servings

1. 1 Store-bought puff pastry (450g, 2 sheets 10x10 inch)
2. 2 Medium Zucchini (8" long and 2" diameter, 2 x 196g), cut round slice thinly 1/8"
3. 3 Tablespoons Olive Oil
4. Salt and Pepper to taste
5. ¼ cup slice Green Onion
6. 2 Tablespoons Mustard
7. 2 Tablespoons Sour Cream
8. ¼ Teaspoon Garlic Powder
9. 1 cup of Shredded Cheese (Cheddar, Monterey Jack)
10. 1 Tablespoon flour to roll puff pastry on work space

### 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 1 x ½ sheet pan (13"x18") with parchment paper (or a Silpat).
4. Slice green onion set aside
5. Cut zucchini in round thin slices, 1/8 "
6. Fold zucchini in olive oil and sprinkle with salt and pepper to taste.
7. Sprinkle work counter with some flour. Roll out the puff pastry so it is flat.
8. Place the rolled Puff Pastry on the prepared sheet pan.
9. Score the edge of the puff pastry to create a ½ inch border with a sharp knife, creating an inside square.
10. Dock (or pierce) the inside square with a fork to allow steam to escape, so that it remains flat.
11. Spread the mustard & sour cream in the inside square.
12. Sprinkle the cheeses over the mustard
13. Sprinkle the green onion
14. Place zucchini slices on top of the cheese
15. Bake for 20 minutes until cheese melted and puff pastry is golden brown.



ZUCCHINI TART



TORTILLA SOUP





# TORTILLA SOUP

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

A Tortilla Soup usually begins with a base made of tomatoes, onions, cilantro, jalapeno, garlic, and other spices. By using salsa as our soup base, we shorten cooking time and enjoy the convenience of using ready made sauce.

Tortilla Soup is refreshing, and comforting at the same time. It has freshness from the tomato base and beautiful fragrance from the coriander and lime. The avocado cubes provide creamy texture, hence comfort. The tortilla chips give crunchy texture to compliment the rest of the soup.

The addition of fresh corns adds sweetness that compliments the tangy lime and savory chicken broth. It is a complete meal in a bowl, protein from the chicken, lots of vegetables, and grains from the tortilla chips. Enjoy!



# TORTILLA SOUP

## INGREDIENTS

Makes 4 servings.

**Tortilla Crunch:** Store bought Tortilla chips, any kind that you like. Broken into bite size

### Soup:

2 Teaspoon of Vegetable Oil

1 cup frozen corn

¼ Teaspoon Sugar

1 large tomatoes, cut into cubes

½ Jar Tostitos Salsa Dip (418 ml), choose from mild to hot according to your taste.

4 cups chicken stock (ex. Campbell's Chicken Stock 900ml)

½ lb skinless, boneless chicken thighs (2 thighs)

1 Tablespoon of Lime Juice (1-2 Limes)

Salt & Pepper to taste

Water or more stock, as needed

### Toppings for serving:

1/3 cup Cilantro Leaves or parsley

1 Jalapeno pepper, slice in round thinly, ¼" (optional)

2 Avocados, cut into cubes

2 cups Shredded Monterey Jack Cheese

1 Lime, slice into 6 wedges

## INSTRUCTIONS

1. Wash and dry all vegetables
2. Cut tomatoes into cubes, set aside
3. In a soup pot, Stir-fry frozen corn with Vegetable Oil, add sugar, stir fry further until soft. This gives a slight sweetness to the soup.
4. Add broth into the soup pot.
5. Put the chicken thighs into the soup. Simmer for 25 minutes until the chicken is fully cooked. Partially cover the pan.





# TORTILLA SOUP

## INSTRUCTIONS

6. While the chicken is cooking in the broth, prepare toppings:
  - a. Pluck the Cilantro leaves
  - b. Slice Jalapeno pepper thinly  $\frac{1}{4}$ " round, remove seeds & vein to reduce heat
  - c. Peel & cut avocados into cubes
  - d. Slice 1 lime into 6 wedges
  - e. Grate cheese if necessary
7. After the chicken is cooked, use tongs to take the chicken out of soup pot. Put it on a plate to cool.
8. Add the Salsa & Tomato cubes into the soup pot. Add more water as needed. Bring to a boil.
9. Take the chicken a part using 2 forks or dice with a knife. Put back into soup pot.
10. Add salt and pepper to taste, lime juice
11. To serve: Ladle soup into serving bowl, sprinkle with cheese, add avocado cubes, jalapeno slices to taste, cilantro leaves, squeeze lime wedge, top with bite size Tortilla Chips. The lime juice brings out the flavour of the soup. The Tortilla adds crunch. If you like rich soup, add a spoonful of sour cream into your bowl. Enjoy!



# TORTILLA SOUP









# GRILLED PEACH SALAD



**Peach is equal to summer. The fuzzy yellow pinkish reddish fruit is juicy, sweet, and fragrant. In this recipe the sweet delicate peach is paired with savory umami turkey bacon. Turkey bacon is a low-fat and low-calories alternative to the real bacon. Besides minerals like zinc, selenium and phosphorus, turkey bacon also has Vitamin B12 which is only found in protein from animal. Our body needs Vitamin B12. It is a vitamin that is often forgotten in a vegetarian diet. The mixture of brown sugar and white wine vinegar gives a sweet tangy zing to the salad. When you bite into the Mint leaves tucked between baby salad greens, you get a jolt of freshness. Enjoy!**

# GRILLED PEACH SALAD



## INGREDIENTS

Makes 4 Servings.

Salad:

1. 4 Peaches, halved and pitted, not too ripe
2. 2 Teaspoon of Olive Oil
3. 1 Tablespoon Brown Sugar
4. 1 Teaspoon White Wine Vinegar
  
5. 112 g Applewood Smoked Turkey Bacon, 8 slices
6. 2 Tablespoon of Vegetable Oil to fry Turkey Bacon
  
7. 200g Baby fresh mozzarella cheese or Bocconcini
8. 5 Oz of Mixed Baby Salad Leaves (arugula, kale, spinach, lettuce etc)
9. 1 bunch Mint Leaves
10. Salt and Pepper to taste

Dressing: Kraft Sun-dried Tomato & Oregano or your favorite choice



## INSTRUCTIONS

1. Wash & dry all vegetables
  
2. GRILL PEACH:
  - a. Mix brown sugar and vinegar.
  - b. Cut peaches in half and remove seeds. Fold in olive oil. Salt and pepper to taste.
  - c. Grill peaches on a shallow frying pan or grill pan. Place it cut side down for 3 minutes or until you have nice browning or grill marks. Turn peaches halves over.
  - d. Put a Teaspoon of brown sugar mixture on each peach halve as it grills. Continue to grill an additional 3 minutes. Set aside.
  
3. FRY TURKEY BACON:
  - a. Heat 2 Tablespoon of vegetable oil on non-stick frying pan, Medium Heat.
  - b. Place bacon on pan, turn after 3 minutes, cook until brown and crispy, about 8 minutes total.
  - c. Put bacon on paper towel lined plate to drain oil.
  - d. Arrange Salad: arrange green leaves on a plate, top with plucked Mint leaves, place torn Bocconcini over salad, place grilled Peach around the plate, add Kraft dressing to taste, finish with Turkey Bacon, add Pepper to taste. Enjoy!





# GRILLED PEACH SALAD







## Muffuletta Sandwich

Muffuletta is a big sandwich from New Orleans.

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

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

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

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

For vegetarian, replace charcuterie with grilled vegetables (1/2 egg plant, 1 zucchini, 1/2 bell pepper, 1/2 onion) & 1 portobello mushrooms. Sprinkle with salt, pepper, drizzle with olive oil, then grill 5-7 minutes.

# MUFFULETTA SANDWICH



## INGREDIENTS

Makes 4 to 6 servings

Ingredients:

1. 1 large round bread loaf (8"), either sourdough or sesame

2. 1 cup olive salad, combine all ingredients in a bowl.

a. 1 cup pitted sliced green olives.

b. 1 cup pitted sliced black olives.

c. 1/2 cup olive oil

d. 2 Tablespoons White Wine Vinegar

e. 4 Tablespoons minced fresh parsley

f. 1/2 Teaspoon garlic powder

g. 1/4 Teaspoon of Salt

h. 1 Teaspoon ground black pepper

3. 350g of Charcuterie:

a. Prosciutto

b. Coppa

c. Salami

d. Mortadella

4. 350 g of Cheese:

a. Provolone or

b. Mozzarella

## INSTRUCTIONS

1. Pre-heat oven to 350F

2. Cut the bread in half horizontally, so you have a top and a bottom portion.

3. Use your fingers to remove the inside of the bread, both top and bottom. This is to make room for the delicious fillings.

4. Start layering the bottom half of the bread.

a. Spread olive salad on the bottom half of bread.

b. Place charcuterie on top of the olive salad.

c. Place cheese on top of the charcuterie

d. Repeat step a to c with different charcuterie and cheese, until the bread is filled

e. End with olive salad, so the top bread will soak in the flavour

5. Place the top half of bread over the last layer.

6. Wrap the sandwich in aluminum foil. Bake for 30 minutes until the cheese melted.

7. Sandwich can be eaten at room temperature as well. Let stand for 1 hour for the flavour to combined.

8. Cut into wedges, and serve with greens like arugula, enjoy!









# MUFFULETTA



# SANDWICH







# 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.







## 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)



# LEMON BARS

## 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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Have fun together!*



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Chef Anthony Go

2021





*See you in the next  
class*





