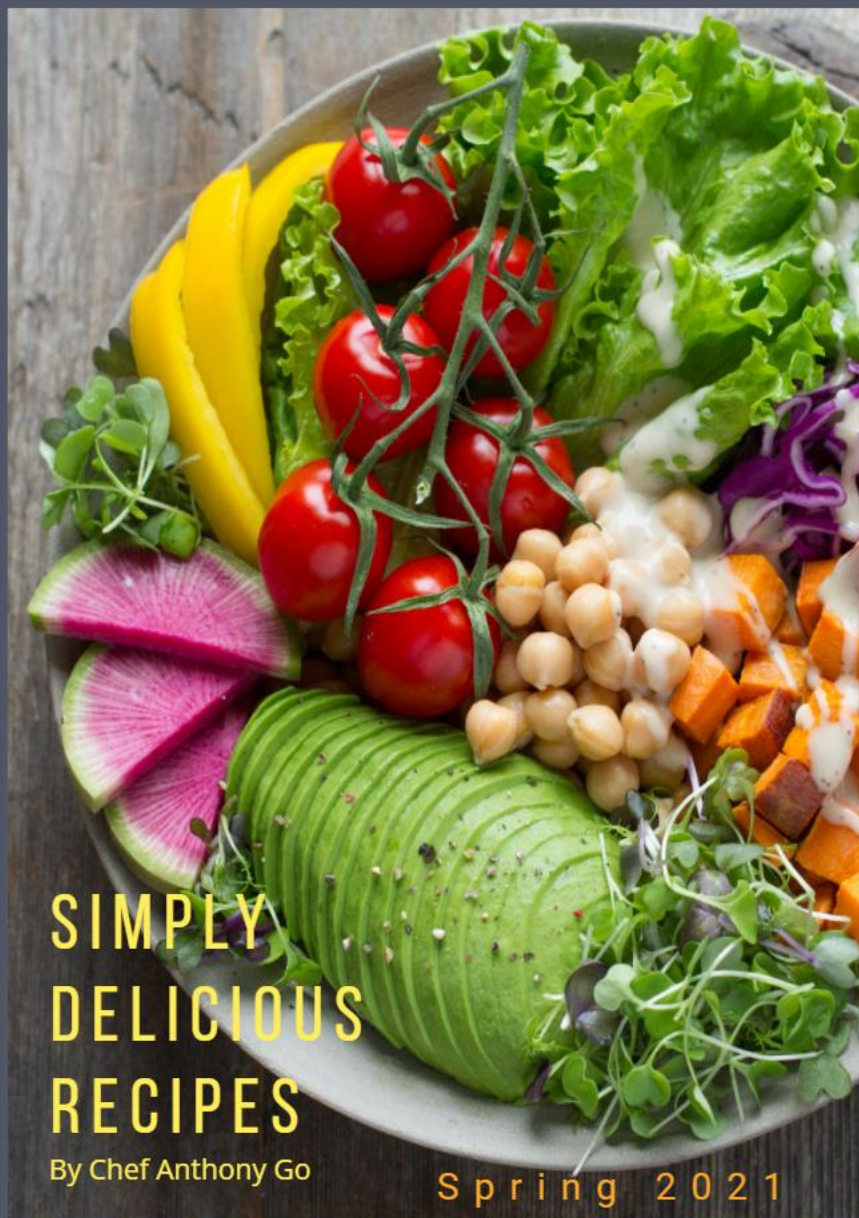


The background of the cover is a soft-focus photograph of cherry blossoms in shades of pink and white against a clear blue sky. The blossoms are in various stages of bloom, with some showing distinct yellow stamens. The overall mood is bright and fresh, evoking the season of spring.

SPRING 2021 E-COOK BOOK

By Chef Anthony Go



**SIMPLY
DELICIOUS
RECIPES**

By Chef Anthony Go

Spring 2021





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.





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





SAVORY AND DELICIOUS

| French Onion Soup | Irish Soda Bread
| Sweet Potato Salad | Muffuletta
Sandwich

French Onion Soup

The beauty of French Onion Soup is in its simplicity.

Do not try to add more ingredients than what are listed.

Another important point is to be patient.

Allow the onion to caramelize to deep golden brown slowly to extract the natural sweetness from the onion, about 30 to 40 minutes on medium-low heat.

Certainly, caramelization can be accomplished quickly on high heat, however the taste of low and slow method results in a complex delicious flavor and is superior to the high and fast way.

This soup is about savoring the delicate onion flavor. Adding garlic to the soup will overpower the onion.

The combination of beef stock and dry white wine give the specific richness and acidity that French Onion Soup is known for.

So, follow the recipe and enjoy the delicious soup!



FRENCH ONION SOUP

INGREDIENTS

Make 4 servings

1. 2 Large Yellow Onion – thinly sliced
2. 1 Tablespoon Butter
3. 1 Tablespoon Olive Oil
4. 2 Teaspoon Dried Thyme
5. 1 Tablespoon All Purpose Flour
6. 1/2 Cup Dry White Wine (ex: Sauvignon Blanc or Pinot Grigio).

if you don't drink replace white wine with apple juice or water.

6. 1 Box 900ml Beef Stock
7. Salt & Pepper to taste
8. Water or more stock, as needed

Serve with:

Toasted French baguette with melted Gruyere cheese.
If you don't have Gruyere, you can use mozzarella or Swiss or Provolone.

INSTRUCTIONS

1. Slice the onion thinly. Cutting across
2. Stir-fry onion with butter and olive oil in a LOW heat SLOWLY for 30 minutes until golden brown.
3. When the onion is translucent, add the thyme.
4. When the onion is golden brown and your kitchen smells like heaven then your onion is caramelized!
5. It is time to make the roux. Roux is a mixture of fat and flour. You make roux to thicken soup or sauce. Add the flour to the caramelized onion, stir until combined.
6. Deglaze with White Wine, keep cooking until it reduces to half.
7. Add the Beef Stock.
8. Make sure you cook the flour for 2 minutes. It is not safe to eat raw flour.
9. Simmer for 40 minutes.
10. Season to taste.
11. Serve with toasted French baguette with melted Gruyere cheese.





Irish Soda Bread

Irish Soda Bread
is
a quick bread
that is easy to make.

It smells wonderful and it is
delicious to eat with butter
and jam.

The key ingredients are butter
milk which is acidic
and
baking soda which is alkaline.

The acid in butter milk
activates the baking soda to
rise the bread.

It is soft on the inside, crusty
on the outside
and
it has a dense texture.

It is a good bread recipe to
learn for children because it
gives instant gratification.
There is no waiting for
fermentation by yeast.



IRISH SODA BREAD

INGREDIENTS

Make 1 x 8" loaf

1. 3 1/2 cups (497g) all-purpose flour
2. 1/2 cup whole wheat flour
3. 1 teaspoon salt
4. 1 teaspoon baking soda
5. 4 tablespoons (28g) cold unsalted butter, cut into cubes
6. 1 large egg
7. 1 3/4 cups (400ml) buttermilk (see note about Home made Butter Milk)
8. 1 cup old cheddar
9. 2 teaspoons Rosemary – chopped or 1 teaspoon dry

Home made Butter Milk:

If you do not have butter milk, make it as per below.

1 cup buttermilk = 2 Tablespoons white vinegar + 1 cup of milk + stir + let stand 10 to 30 minutes.

If you have one, this recipe is easier to be made in an electric mixer.

If you don't have an electric mixer, no need to worry, you can do it by hands as well.

Follow the steps accordingly.



IRISH SODA BREAD

INSTRUCTIONS

1. Pre-heat oven to 375F. Line a sheet pan with parchment paper.
2. Use Hands:
 - a. Combine flour, baking soda, and salt in a large bowl, stir with a fork.
 - b. Add cubed butter into the flour mixture, rub with fingertips until it looks like bread crumbs.
 - c. Combine butter milk and egg in a medium bowl. Beat with a fork.
 - d. In the flour mixture bowl, make a well in the center.
 - e. Pour the wet ingredients into the dry mixture.
 - f. Use a spatula to bring the dry and wet ingredients together into a dough. The dough should be soft, not sticky.
- OR
- Use Mixer:
 - a. Combine flour, baking soda, and salt in the mixing bowl. Use the paddle attachment.
 - b. Add cubed butter and mix on low speed until it looks like bread crumbs.
 - c. Combine butter milk and egg in a medium bowl. Beat with a fork.
 - d. On low speed, gradually add the wet mixture to the dry mixture until combined.
3. Combine the cheese and rosemary, toss it with a little flour enough to coat it. Mix into the dough.
4. Place the dough onto a well-floured work surface
5. Use your hands, to bring the dough together into a round loaf (+/- 8 inches diameter)
6. Place the loaf on the prepared sheet pan
7. Score an X at the center of round loaf.
8. Brush the bread with the leftover buttermilk in your medium bowl.
9. Bake for 45 minutes or until a skewer comes out clean.
10. It is done when you tap the bottom of the loaf and hear a hollow sound.
11. Cool 10 minutes on rack. Serve warm with butter.





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, diced into cubes, skin on
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

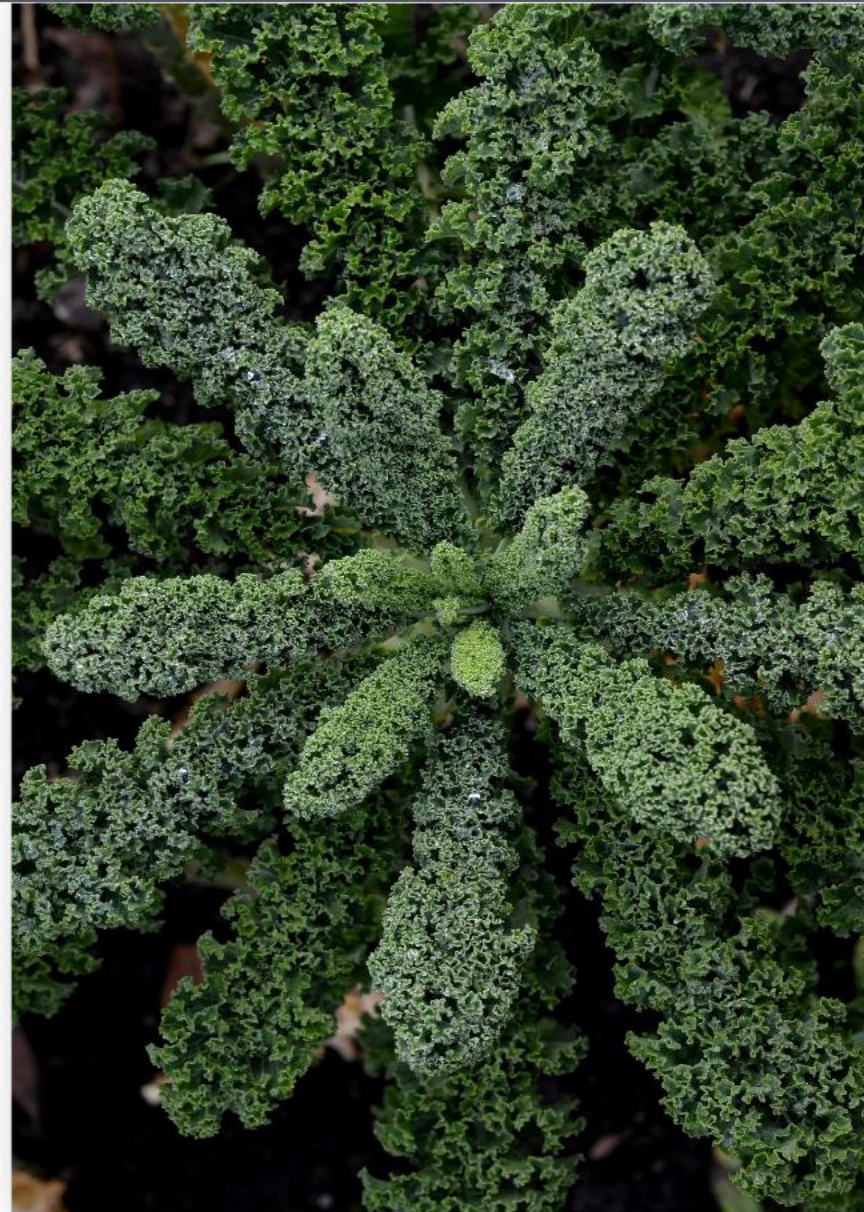




SWEET POTATO SALAD

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.





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 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 bell pepper, 1/2 onion) & 3 portobello mushrooms. Sprinkle with salt, pepper, drizzle with olive oil, then grill 5-7 minutes.

INGREDIENTS

Makes 4 to 6 servings

Ingredients:

- 1 large round bread loaf (8"), either sourdough or sesame
- 1 cup olive salad, combine all ingredients in a bowl.
 - 1 cup pitted sliced green olives.
 - 1 cup pitted sliced 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
- 350g of Charcuterie:
 - Prosciutto
 - Coppa
 - Salami
 - Mortadella
- 350 g of Cheese:
 - Provolone
 - Mozzarella

INSTRUCTIONS

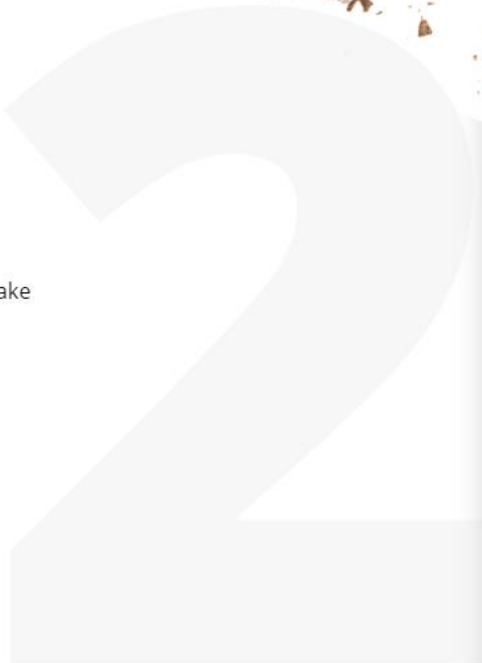
- Pre-heat oven to 350F
- Cut the bread in half horizontally, so you have a top and a bottom portion.
- Use your fingers to remove the inside of the bread, both top and bottom. This is to make room for the delicious fillings.
- Start layering the bottom half of the bread.
 - Spread olive salad on the bottom half of bread.
 - Place charcuterie on top of the olive salad.
 - Place cheese on top of the charcuterie
 - Repeat step a to c with different charcuterie 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.
- Sandwich can be eaten at room temperature as well. Let stand for 1 hour for the flavour to combined.
- Cut into wedges, and serve with greens like arugula, enjoy!





SWEETS

| New York Cheesecake





New York Cheesecake

New York cheesecake is different from other cheesecake because it is rich and has a dense, smooth, and creamy texture.

The sour cream gives a tangy touch.

The extra egg yolk adds richness.

Cheesecake is not a cake. It is a custard.

The uncooked custard is poured into a crust, then baked.

This recipe creates New York Cheesecake that is irresistible.

You cannot just have one bite.





NEW YORK CHEESECAKE

INGREDIENTS

Makes 2 x 8" pan

Ingredients:

1. 1/2 cup sour cream
2. 2 x 8oz Cream Cheese (1 pack = 250g), Room temperature
3. 2 x 8" Inch Tart Crust
4. 3/4 Cup white sugar
5. 1 1/2 Tablespoon cornstarch
6. 1/4 Teaspoon salt
7. 2 Large Eggs + 1 Large Egg Yolk, Room temperature
8. 1 Tablespoon Vanilla extract
9. 1 Tablespoon Lemon Juice



INSTRUCTIONS

- 1.. Pre-heat oven 305 °F, place water bath on 2nd rack.
2. Make Egg Mixture:
 - a. Mix egg, lemon juice, vanilla.
 - b. Beat with whisk.
 - c. This is the egg mixture.
 - d. Set aside until use.
3. Mix Dry Mixture:
 - a. Combine cornstarch, sugar, salt in 1 bowl.
4. Make Creamy Mixture:
 - a. Use hand mixer to cream the cream cheese, mix low speed 1 minute until smooth & creamy. Note: For a stand mixer, use paddle attachment.
 - b. Scrape down sides, add sour cream.
 - c. Mix low speed 1 minute until combined.
 - d. Add Dry Mixture, mix low 1 minute.
5. Combine:
 - a. Add Egg Mixture to Creamy Mixture.
 - b. Mix low speed 1 minute, until combined.
6. Pour batter into tart crust.
7. Tap pan on counter to get rid of air bubbles.
8. Bake:
 - a. Bake 40 minutes 305 °F on top rack above water bath.
 - b. When done, leave it in oven for 1 hour. Crack oven door open.
9. Chill 1 hour in fridge. Decorate with seasonal fruits and whipped cream.



*Cook together,
Have fun together!*



Explore the Foodie in You!

Chef Anthony Go



Spring 2021



*See you in the next
class*



