UW FOOD SERVICES

ZERO WASTE - COOKING SHOW

RECIPE BOOKLET
table of contents

WHIPPED POTATOES 3
PERUVIAN CHICKEN 4
TRIO OF PARTY DIPS 6
  Caramelized Onion Bacon Dip 6
  Raita Dip 7
  Southwest Dip 8
STUFFED PEPPER SOUP 9
CURED SALMON ON ASIAN NOODLE SALAD 11
CARROT & CELERY CAKE 15
CARROT & CELERY JUICE 17
BAKED BARLEY PUDDING 18
FILIPINO BIKO 21
Whipped Potatoes

Ingredients

- 1 kg potatoes washed (peeled or unpeeled)
- 56 g salted butter
- 100 mL milk
- Salt and pepper to taste

Directions

1. Place potatoes into large pot and cover with salted water; bring to a boil. Reduce heat to medium low and simmer until tender. Drain and whip potatoes using a blender (or mash with hand masher) until desired consistency.
2. Cream butter and add into the potatoes until butter melts. Season with salt and pepper.

Chef's Tip!

- Elevate your potatoes by adding in extra cream cheese, sour cream or grated cheese!
Peruvian BBQ Chicken

Ingredients

- 45mL extra virgin olive oil
- 60mL lime juice fresh
- 6 large garlic cloves, chopped
- 16g salt
- 10g paprika
- 8g black pepper
- 16g ground cumin
- 8g dried oregano
- 10g sugar
- 1 whole chicken
Directions

1. Combine all ingredients except chicken in a blender or mini food processor and blend until smooth. This is the marinade.
2. Remove the giblets (if any) from the inside of the chicken and pat the outside of the chicken dry with paper towel.
3. Rub marinade thoroughly over the chicken.
4. Cover and refrigerate for at least 6 hours.
5. To cook the chicken: preheat oven to 425 F and cook chicken in a large roasting pan for 20 minutes, or until skin is golden.
6. Turn the heat down to 375 F and continue cooking until an internal temperature of 180 F at the thickest part of the thigh.

Chef's Tip!
- If you don't have a meat thermometer look for these signs of cooked chicken:
  - Clear juice from the meat when prodded with a knife
  - Meat should be tender, flaky and opaque at the thickest part
Trio Party of Dips: Caramelized Onion Dip

Ingredients

- 1 tbsp olive oil
- 6 slices bacon, uncooked and chopped
- 1 large onion, finely chopped
- 1 container sour cream
- 2 tbsp minced chives
- ½ cup shredded cheddar cheese
- Salt and pepper to taste

Directions

1. Heat skillet over medium high heat. Add oil and bacon and cook until crispy. Remove bacon and place on paper towel to drain.
2. Add onions into skillet with bacon grease and caramelize until fully brown and translucent. Remove onion and allow to drain and cool.
3. In medium bowl, stir together sour cream, bacon, onion, chives, shredded cheese, and salt and pepper.
4. Allow to sit in fridge in airtight container for at least 1 hour to fully chill and for flavours to blend together.
Trio Party of Dips: Riata Dip

Ingredients

- 1 large cucumber
- 2 cups plain yogurt
- ¾ tsp cumin
- ¼ tsp ground coriander seed
- ½ tsp cayenne
- 1 lemon, juiced
- Salt and pepper
- ¼ chopped fresh mint

Directions

1. Slice cucumber in half. Use a spoon to scrape out seeds, then grate cucumbers. Squeeze the cucumber onto paper towels to remove excess moisture. Set aside.
2. In a bowl stir together yogurt, cumin, coriander, cayenne, lemon juice, salt and pepper. Add the cucumber and stir to combine, then stir in the mint. Adjust seasoning to taste.
3. Cover and refrigerate for at least 1 hour to allow flavours to blend together.
**Trio Party of Dips: Southwest Dip**

**Ingredients**
- 1 package cream cheese, softened
- 1 packet dry ranch dip
- ½ tbsp taco seasoning
- 1 container sour cream
- 1 can corn, drained well
- 1 can low sodium black beans, drained and rinsed
- ½ cup grated cheddar cheese
- 4 green onions, sliced thinly

**Directions**
1. In a medium sized mixing bowl, beat cream cheese, ranch mix and taco seasoning until smooth.
2. Add in sour cream and continue to beat.
3. With a spoon, fold in corn, black beans, cheese and green onions.
4. Eat right away or refrigerate to let the flavours blend together.

**Dietitian's Tip!**

- Enjoy these dips with crisp veggie sticks, baked tortilla chips, or crackers
Stuffed Pepper Soup

Ingredients

- 1 tbsp olive oil
- ⅔ cup red pepper, diced
- ⅔ cup green pepper, diced
- ⅔ cup yellow pepper, diced
- ⅔ cup onion, diced
- 2 tsp garlic, minced
- 1 lb ground beef or veggie ground round
- 6 cups stock (chicken/veggie)
- 4 cups canned diced tomatoes
- 1 tbsp dried oregano
- 1 cup cooked rice
- Salt and pepper to taste
- Shredded cheddar for garnish (optional)
- Fresh parsley for garnish (optional)
Directions

1. Heat oil in a large pot over medium heat. Add bell peppers and onion and cook until soft, around 7 minutes. Add garlic and cook for another minute. Add ground beef (or vegetarian substitute) and cook until no longer pink. Drain fat and return to heat.

2. Add stock, tomatoes and dried oregano. Bring to a boil then reduce heat to a simmer. Add rice and let cook 20-25 minutes. Season with salt and pepper to taste.

3. Garnish with cheddar and parsley (optional).

Dietitian's Tip!
- Try adding in any other leftover veggies you have along with the peppers and onions; carrots, zucchini and celery will all add great flavour! This is also a great soup to prep and freeze for easy weeknight meals.
Cured Salmon on Chilled Asian Noodle Salad

Salmon Gravlax

Ingredients

- 2-3 lbs Salmon Trimmings
- $\frac{1}{3}$ cup fine sea salt
- $\frac{1}{3}$ cup brown sugar
- 1 tbsp black pepper
- $\frac{1}{4}$ cup dill, chopped (optional)
Directions

1. Rinse the salmon and pat them thoroughly dry. Use cleaned and sanitized tweezers or pliers to pull out any pin bones if necessary.
2. In a small bowl, combine the salt, sugar, and pepper. This is the cure mixture.
3. In the bottom of a baking dish, sprinkle half of the dry cure mixture. Place salmon trimmings in pan and cover the salmon with the remaining cure mixture and dill.
4. Cover with plastic wrap and place another dish or cutting board on top and apply weight with cans or a heavy skillet. Refrigerate for 12-24 hours depending on how large/thick the pieces of salmon are.
5. Rinse off a sample and test for desired degree of cure and flavour, if a drier result is desired allow to cure an additional 12-24 hours.
Asian Noodle Salad

Ingredients

- 5 cloves garlic
- 1 cup loosely packed chopped cilantro
- ½ jalapeno pepper, seeded and minced
- 3 tbsp white sugar
- ¼ cup fresh lime juice
- 3 tbsp fish sauce
- 1 (12 oz) package dried rice noodles
- 2 carrots, julienne
- 1 cucumber, halved lengthwise and chopped
- ¼ cup chopped fresh mint
- 4 leaves napa cabbage
- ¼ cup unsalted peanuts
- 4 sprigs fresh mint
- 1 bunch green onions, sliced
Directions

1. Mince garlic with cilantro and hot pepper. Transfer to a bowl, add lime juice, fish sauce and sugar; stir well. Let the sauce sit for 5 minutes.
2. Bring a large pot of salted water to a boil. Add the rice noodles; boil them for 2 minutes. Drain well. Rinse the noodles with cold water until they have cooled. Let them drain again.
3. Combine the sauce, noodles, carrots, cucumber, mint, and napa cabbage in a large serving bowl. Toss well and serve the salad garnished with the peanuts and mint sprigs. Top with cured salmon (if using).

Dietitian's Tip!

- This salad can be served with other protein options if you aren't a fan of cured salmon! Try tuna, sesame chicken, or chickpeas for an easy alternative.
Celery and Carrot Cake

Ingredients

Cake
• 740g flour
• 10g cardamom
• 14g baking soda
• 6g baking powder
• 820g sugar
• 580g canola oil
• 8 eggs
• 12g salt
• 200g celery pulp
• 160g apple pulp
• 600g carrot pulp
• 100mL water

Topping
• 500g herb cheese (softened)
• 2kg tobiko (flying fish eggs)
Preheat oven to 350 F and line a large 2x12x20 in pan with parchment paper.

Mix dry cake ingredients together in a large bowl (flour, ground cardamom, baking soda, baking powder, sugar, and salt).

Add canola oil, eggs, water, celery, apple and carrot pulp to the dry ingredients until combined.

Pour into prepared pan and bake for 40-45 minutes, or until toothpick inserted into the centre of the cake comes out clean.

Let cool completely. Cover and refrigerate overnight before topping.

To top the cake, spread softened cream cheese over the cake and top with Tobiko.

Chef's Tip!

- This recipe can easily be halved to make a smaller cake size! Try using different toppings if you're not a fan of cream cheese or Tobiko.
Celery and Carrot Juice

Ingredients

- 4 carrots, unpeeled
- 1 apple, unpeeled
- 2 stalks celery
- ½ lemon
- water

Directions

1. Wash fruit and vegetables. Core the apple and peel the lemon.
2. Cut all produce into large chunks and juice using a juicer. Dilute with water as needed for desired consistency.

Chef's Tip!

- Try using different juicing combinations with leftover fruit and veggies you have in your fridge at the end of the week! It's a great way to use up leftover produce and reduce waste.
Baked Barley Pudding

Ingredients

- 2 cups cooked pearl barley (see next page)
- ½ cup dried cranberries
- ¼ cup sliced almonds toasted
- 1 tbsp lemon juice
- 1 tsp lemon zest
- ¼ cup honey
- ½ tsp vanilla extract
- 2 eggs
- 2 ½ cups milk
- Pinch sea salt
**Ingredients**

- 1 cup pearl barley
- 5 cups water
- Juice of ½ lemon to taste
- 1 tbsp of honey
- 1 cinnamon stick (optional)
- 1” sliced fresh ginger (optional)

**Directions**

1. Preheat oven to 350 F. In a 2 quart baking dish place cooked barley, cranberries, almonds, lemon juice and lemon zest.
2. In a separate bowl mix together honey, vanilla, eggs, milk and salt.
3. Pour over barley and cranberry mixture. Stir to mix well. Bake 30-35 minutes.
Directions

1. Place the barley in strainer, rinse for a minute under running water.
2. Place the barley, water, ginger and cinnamon in large pan.
3. Bring to a boil and simmer 20-25 minutes with lid off, you will know it's done when water has reduced by $\frac{1}{3}$ and barley is soft.
4. Pour through strainer, reserving liquid then add honey and lemon juice to taste, chill and keep in fridge up to 3 days.

Chef's Tip!

- Try serving with plain Greek yogurt for breakfast, or with whipped cream for dessert. Sprinkle cinnamon or hemp hearts on top for extra pizzazz!
Filipino Biko (rice cake)

Ingredients

- 32oz glutinous rice (sticky rice, or arborio rice)
- 42oz coconut cream
- 12oz water
- 20oz dark brown sugar packed
- 1 tsp kosher salt
- 12oz shredded unsweetened coconut

Directions

1. Soak rice in cold water overnight.
2. Reserve ¼ of coconut cream for the sauce. Combine the remaining coconut cream and water in a sauce pot and bring to a simmer.
3. Add rice, making sure it does not burn along the sides of the pot. Continue to cook at medium heat stirring often.

4. Reduce heat and add ½ the brown sugar, and salt to rice mixture. Continue to cook at medium heat stirring often until thick and sticky. Turn heat off and fold in shredded coconut. Spread into a greased 9x13 baking pan and let cool.

5. In a small sauce pot combine the reserved coconut cream and remaining brown sugar. Bring to a boil until sugar has dissolved. Remove from heat and let cool for a few minutes.

6. Using the end of a wooden spoon, poke several holes into the rice mixture to ensure even spread.

7. Pour the cream and sugar mixture over the rice, sprinkle more shredded coconut and a pinch of salt. Cover pan with parchment paper and tin foil and bake at 350 F for 1-2 hours. The biko should be dark and sticky, and the layer of sauce should be thick and bubbly on top.
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