

## Caniwi Pancakes

*This very simple recipe is whipped up by our New Zealand family to prepare Sunday pancakes for our 2 little granddaughters. I love remembering those days when our own kids were young and would be so excited when Dad would whip up a batch of pancakes. They particularly liked it when I made Micky Mouse pancakes. This same tradition now takes place with our little Kiwi family!*

*- Mayor John Borrowman, the Town of Canmore*



### INGREDIENTS

1 cup	Self-rising Flour
1 cup	Milk
1	Egg
2 tbsp	Canadian Maple Syrup
4-6	Kiwi Fruit

### No Self-Rising Flour?

1 cup	All Purpose Flour
1 tsp	Baking Powder
½ tsp	Salt



### DIRECTIONS

1. Separate the egg white, whisk the egg white until fluffy, and add the yolk, milk, flour (salt and baking powder if using), and maple syrup, mix until just blended - don't overdo it.
2. Heat you pan or grill - medium high heat is best - just high enough that a drop of water bounces off the grill and sputters.
3. Drop desired amount of batter in the pan or grill, it will be 2 or 3 minutes before the pancakes are ready to flip.
4. When bubbles appear on the upper surfaces, lift the cakes with a spatula to see how well they've browned. Turn the pancakes only once and continue until the second side is done.
5. Serve while hot. Top with sliced kiwi fruit and Canadian maple syrup, and you have the perfect Caniwi breakfast treat!

## Uncle J's BBQ Sauce

*Uncle J was really just my dad's buddy. They played hockey together and they use to have big BBQs at the house after summer league games. It would be a potluck-style affair and Jay would always bring ribs. I was probably nearing 16 at this point and I had a "date" where I was taking a girl for a picnic. He taught me how to make the BBQ sauce and I thought bringing ribs would be a good idea, but it just turned into a mess.*  
- Kenny Pillipow, General Manager of the Canmore Folk Music Festival



### INGREDIENTS

1 can	Tomato Sauce (28oz)
½ cup	Apple Cider Vinegar
1/3 cup	Honey
¼ cup	Tomatoe Paste
¼ cup	Mustard
3 tbsp	Soy Sauce
2 tsp	Liquide Smoke
2 tsp	Greek Seasoning
2 tsp	Garlic Powder (or fresh minced)

### DIRECTIONS

1. Mix all ingredients together in a pot and bring to simmer over medium-high heat for 15-20 minutes, stirring occasionally.
2. Wait for the texture to change, and once it does, you're done.
3. Serve hot or cold.



## Chocolatey Goodness (Chocolate Cake with Chocolate Filing & Glaze)

*For many years this was my go-to cake recipe for birthdays and special occasions. The page of the cookbook is so well worn that I've had to rewrite parts of the recipe in the margin. I haven't baked this cake in a long time but I think it's time!*

*- Chris Bartolomie, Manager, Arts & Events, Town of Canmore*



### INGREDIENTS - Cake

4 oz	Unsweetened Chocolate
1/3 cup	Butter
2 cups	All Purpose Flour
1 cup	Granulated Sugar
1/2 cup	Brown Sugar (packed)
1 1/2 tsp	Baking Powder
1 tsp	Salt
1 1/2 cups	Sour Cream
2	Eggs
1 tsp	Vanilla

### INGREDIENTS - Filling

2 oz	Unsweetened Chocolate
1/2 cup	Butter
4 cups	Icing Sugar (sifted)
1/3 cup	Light Cream
3 tsp	Vanilla

### INGREDIENTS - Glaze

1 cup	Semi-sweet Chocolate Chips
3 tbsp	Strong Coffee (hot)
1 tbsp	Brandy
3 tbsp	Soft Butter



### DIRECTIONS - Cake

1. In top of double boiler over hot, not boiling, water, melt together chocolate and butter, stirring frequently. Remove from heat and let cool.
2. In large bowl, blend flour, sugar, soda, salt, sour cream, eggs and vanilla.
3. Add cooled chocolate, beating at medium speed for 3 minutes.
4. Divide batter between 2 greased and floured 8 inch cake pans.
5. Bake at 350 F for 35 minutes or until tester comes out clean. Let cool in pans for 10 minutes, then remove to racks. Let cool completely before filling and glazing.

### DIRECTIONS - Filling

6. In top of double boiler over hot, not boiling, water, melt chocolate, remove from heat and let cool.
7. In bowl, beat butter until fluffy. Gradually beat in sugar, alternating with cream, and continue beating until sugar has dissolved.
8. Beat in vanilla, then cooled chocolate. Filling should be of good spreading consistency - if too thin, add more sugar, if too thick add more cream.



9. Arrange one cake layer on a serving plate; spread with filling.
10. Place second cake layer on top. Spread side of cake with remaining filling and refrigerate for 30 minutes.
11. If you'd like you can spread the filling on the top as well and call it a day or you can leave it bare and move onto the glaze.



#### **DIRECTIONS - Glaze**

12. In small bowl over hot, not boiling, water, melt chocolate chips in coffee.
13. Remove from heat.
14. Stir in brandy.
15. Gradually blend in butter until smooth.
16. Spread glaze over top of cake allowing it to dribble down side



## Mom's Brownies

*This was my Mother's recipe and is a family favorite! The brownies were one of the first things I made as a young cook and I have continued to make them for my husband, family, friends and neighbors! Brownies are an easy comfort food that remind me of my Mother and family time. We took these brownies to the cottage, picnics and barbeques. I have often made these as a finishing touch to a July 1st family get together.*

*- Barb Shellian, Director of Bow Valley Community and Rural Health*



### INGREDIENTS

1 ½ cup	Flour
1 tsp	Salt
2 cups	White Sugar
½ cup	Cocoa
2 tsp	Vanilla
1 cup	Oil
4	Eggs
½ cup	Cold Water
½ cup	Raisins

### DIRECTIONS

1. Mix all ingredients in a bowl, in list order.
2. Bake at 350° for 30 minutes.



## Lemon Butter

*Margaret Hill passed this recipe down to my mother who passed it down to me. The recipe originated in Scotland and I make it for special occasions or to gift a jar of lemon butter.*

*- Pat Grayling, YWCA Women of Distinction, celebrated volunteer and community supporter*



### INGREDIENTS

4oz	Butter
2 cups	Sugar
4	Eggs
3	Large Lemons (juiced & zested)

### DIRECTIONS

1. Melt butter in top of double boiler.
2. Add sugar and mix well.
3. Add juice and rind of 3 large lemons
4. Beat eggs and add to mixture
5. Stir over low heat until thick - approximately 15 minutes.
6. Decision time!  
Choice A: Pour into a pie shell or tart shells that have been baked for ten minutes - no further baking will be required.  
Choice B: Pour into sterilized jars, refrigerate for up to 3 months - spread on toast or eat by the spoonful.



## WLD Berry Punch

Check out this great punch recipe from the folks at WLD.

Provided by Matthew Widmer, Distiller & Co-Founder, Wild Life Distillery



### INGREDIENTS

50 g	Ginger Root (fresh & clean)
125 g	Fresh Blueberries
125 g	Fresh Raspberries
30 g	Fresh Mint
1L	Cranberry Juice
1L	Pineapple Juice
1L	Apple Juice
250ml	Fresh Lime Juice
1.5 L	Soda Water

### DIRECTIONS

1. Combine berries and ginger in a large punch bowl, lightly crush them to open up juices.
2. Add liquids except soda and let sit for at least 1 hour in the fridge.
3. Just prior to serving, add soda and fill bowl with ice.
4. Use the fresh mint to garnish each person's glass/cup.
5. Spice this recipe up by adding 1.5oz WLD Gin to your glass before filling with punch!
6. Enjoy!

