

Here's one of my favourite recipes that is quite popular in my household:

Moroccan Pork Tenderloin with Carrot Salad

by Chef Lunchbox

(Note: I typically add couscous as a side dish to go with this)

I usually start with marinating the tenderloin first, then make the carrot salad, then cook the tenderloin.

Carrot salad:

- 4 large shredded carrots
- 2 green onions, thinly sliced
- 2 tbsp olive oil
- 3 tbsp lemon juice
- 2 tbsp chopped fresh cilantro
- 1 tbsp honey
- ½ tsp ground cumin
- ¼ tsp salt (I use kosher or sea, never table salt)

In a large bowl, shred the carrots using a grater and then combine with all of the other ingredients. Mix well and set aside in the refrigerator to chill.

Tenderloin:

- 1 pound (450 g) pork tenderloin
- ½ tsp sweet paprika
- ¼ tsp cinnamon
- ¼ tsp pepper
- 2 tbsp olive oil (1 for cooking, 1 for the sauce)
- 1 tbsp lemon juice
- 1 tbsp honey
- ½ tsp ground cumin
- ¼ tsp salt (kosher or sea, never table salt)

I often end up with a slightly larger tenderloin so I almost always double this recipe - the more the merrier. (Hell, even if you have a normal sized tenderloin, doesn't hurt to double it!)

Slice the tenderloin into 1-inch medallions.

Reserve 1 tbsp olive oil for cooking. In another bowl, combine the paprika, cinnamon, pepper, 1 tbsp olive oil, lemon juice, honey, cumin and salt. Mix well and pour over the tenderloin medallions to marinate, cover on both sides.

When you're ready to cook, pour 1 tbsp olive oil into a heavy skillet warmed up at medium heat. Cook the tenderloins for about 4-5 minutes on each side or until cooked thoroughly.

Bon appétit!



From Chef Homer's Bush:

Ingredients

jalapeno peppers

prosciutto ham

a brick of cream cheese

That's it!

1. cut jalapenos length wise - each pepper makes two little jalapeno "boats"
2. scrape out the seeds and ribs with a tea spoon (wear rubber gloves!)
3. fill the boats with cream cheese (tip - use a really cold brick of cream cheese so you can cut pieces approximately the size of the jalapeno and squish it in while the cheese has the consistency of putty... much easier and less messy that way)
4. wrap each filled jalapeno boat in a piece of prosciutto (I buy the double pack from Costco already sliced and separated with parchment - one slice of prosciutto usually does two boats depending on the size of the peppers)
5. bake them in the oven on 350 for about 10-15 minutes - just to crisp the prosciutto
6. serve hot and sit back and enjoy the compliments.

Spanish Garlic

Shrimp

INGREDIENTS **Nutrition**

- 1/3cup [olive oil](#)
- 4[garlic cloves](#), chopped
- 1/2teaspoon [red pepper flakes](#)
- 1lb [shrimp](#), unshelled
- 2teaspoons [sweet paprika](#)

- 1/4cup [medium-dry sherry](#)
- 1/4cup [fresh parsley](#), minced
- [fresh lemon juice](#), to taste
- [salt](#)
- [black pepper](#)

DIRECTIONS

1. In a large, heavy skillet set over moderately high heat, heat the oil until it is hot.
2. Add the garlic and cook, stirring, until it is pale golden.
3. Add the red pepper flakes and the shrimp and cook the mixture, stirring, for 1 minute, or until the shrimp are pink and just firm to the touch.
4. Sprinkle the shrimp with paprika and cook the mixture, stirring, for 30 seconds.
5. Add the sherry, boil the mixture for 30 seconds, and sprinkle with parsley.
6. Season the mixture with lemon juice, salt and pepper to taste, and transfer it to a serving bowl.
7. Serve at room temperature

Spanish Rice

Ingredients

- 2 tablespoons oil
- 2 tablespoons chopped onion
- 1 1/2 cups uncooked white rice
- 2 cups chicken broth
- 1 cup chunky salsa

Directions

1. Heat oil in a large, heavy skillet over medium heat. Stir in onion, and cook until tender, about 5 minutes.
2. Mix rice into skillet, stirring often. When rice begins to brown, stir in chicken broth and salsa. Reduce heat, cover and simmer 20 minutes, until liquid has been absorbed.

MK's Wacky Cake recipe - handed down from her mom

What this chapter does contain is one cockeyed cake recipe, a few frosting recipes, and a few cookie recipes — for those occasions when your ready-mix shelf is bare — plus some uncomplicated but rather festive things to do with fruit, ice cream, and odds and ends.

COCKEYED CAKE

(This is a famous recipe, I believe, but I haven't the faintest idea who invented it. I saw it in a newspaper years ago, meant to clip it, didn't, and finally bumped into the cake itself in the apartment of a friend of mine. It was dark, rich, moist, and chocolatey, and she said it took no more than five minutes to mix it up. So I tried it, and, oddly enough, mine, too, was dark, rich, moist, and chocolatey. My own timing was five and a half minutes, but that includes hunting for the vinegar.)

1½ cups sifted flour	5 tablespoons cooking oil
3 tablespoons cocoa	1 tablespoon vinegar
1 teaspoon soda	1 teaspoon vanilla
1 cup sugar	1 cup cold water
½ teaspoon salt	

Put your sifted flour back in the sifter, add to it the cocoa, soda, sugar, and salt, and sift this right into a greased square cake pan, about 9 x 9 x 2 inches. Now you make three grooves, or holes, in this dry mixture. Into one, pour the oil; into the next, the vinegar; into the next, the vanilla. Now pour the cold water over it all. You'll feel like you're making mud pies now, but beat it with a spoon until it's nearly smooth and you can't

Vermin Wells Ginger Im-Peach-Mint Cocktail

Peel and puree peaches. Add bourbon, ginger and mint. strain before serving because even microplaned, the ginger stays a bit too 'texturey' and the peach puree is a bit pulpy for a cocktail.. Additional pro tip: keep your ginger root in a ziploc in the freezer and rasp it into ginger 'snow' as needed.

MK's Cooking Clatch Decadent Chocolate-Beet Muffins

These moist and decadent treats keep in the freezer up to 2 months in sealed bags. Cut the sugar by subbing in sweet beets.

Ingredients

3 medium-size beets (about 500 g/1.1 lb)
4 oz (125 g) semisweet chocolate, chopped
1¾ cups (425 mL) all-purpose flour
2/3 cup (150 mL) granulated sugar
1/3 cup (75 mL) cocoa powder, sifted
1½ tsp (7 mL) baking soda
½ tsp (2 mL) salt
2 eggs
½ cup (125 mL) milk or almond milk
½ cup (125 mL) vegetable oil
½ tsp (7 mL) vanilla extract

Directions

1. Place beets in saucepan, with enough water to cover. Bring to boil, lower heat and simmer, covered, until tender when pierced with tip of sharp knife, about 45 minutes. Drain, cool, peel and coarsely grate beets (or process in food processor until puréed). Set aside.
2. Meanwhile, place chocolate in heatproof bowl placed over saucepan of hot (not boiling) water, stirring just until melted. Remove from heat.
3. Preheat oven to 350°F (180°C). Grease 12 muffin cups or line with paper liners. In medium bowl, whisk together flour, sugar, cocoa powder, baking soda and salt. In large bowl, whisk eggs, milk, oil, vanilla and beets; add dry mixture and melted chocolate, stirring until just blended.
4. Spoon batter into muffin cups; bake until toothpick inserted into centre comes out clean, 22 to 25 minutes. Remove from pan; let cool on rack.