



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

January 2024

## Recipes for the month of January

The holiday season brought joy, warmth, and a delightful gathering where our community members generously shared their favorite recipes. We promised to compile these culinary treasures into a special Recipe Section, and here it is!





## **Dilly Carrots**

1 lb or 454 gm carrots, thinly sliced

1 tsp fresh dill (1/2 tsp. dried)

2 Tbsp butter

### **Preparation:**

In a 1-quart saucepan, steam carrots until tender (approximately 8 to 12 minutes). Drain and add butter and dill, mixing well.

## **Ginger Carrots**

1 lb or 454 gm carrots, thinly sliced

2 Tablespoons orange juice

¼ teaspoon ground ginger

¼ teaspoon ground cinnamon

### **Instructions:**

In a 1-quart saucepan, steam carrots until tender (approximately 8 to 12 minutes). Drain and stir in orange juice, ground ginger and ground cinnamon, mixing well.



## **Parsnips in Savoury Sauce**

4 parsnips, halved and cooked

2 Tablespoons butter

3 Tablespoons flour

1 Cup parsnip cooking liquid

1/4 teaspoon Worcestershire sauce

A few drops of onion juice

1/4 teaspoon prepared mustard

1/2 Cup grated cheese

### **Instructions:**

Melt butter in a 1-quart saucepan, add flour, stirring constantly. Add liquid, stir until thickened, and add seasonings. Arrange parsnips in an 8" baking pan. Cover with sauce, top with cheese, and bake at 350°F for 20 to 30 minutes.

### **Adjustments:**

Substitute Worcestershire sauce for soya sauce.

Use green onion or chives instead of onion juice.

Use ground mustard (pinch) instead of prepared mustard.



## **Cranberry, Apple, Orange Relish, Salad, or Dessert**

1 bag certified organic fresh cranberries

1 small certified organic orange (including skin and flesh, but remove seeds and most of the white layer underneath)

1 - 4 large certified organic apples (1 for relish, more for salad or dessert)

Sugar, coconut sugar, or thawed concentrated apple juice (to taste)

### **Instructions:**

Wash and process cranberries and orange in a food processor. Core apples and shred them. Mix all three ingredients together. Sweeten to taste and store in a glass jar; it keeps well in the fridge for weeks.

### **For Salad:**

Stir in 1/2 cup chopped pecans or walnuts and serve on lettuce, romaine leaf, or Napa cabbage leaf on individual plates.

### **For Dessert:**

Fold in nuts and whipped cream to your taste. Serve in dessert glasses, perhaps with a shortbread cookie on the side.

### **As a Side Dish:**

Serve without nuts, having folded in some quality sour cream. It pairs well with any meat, especially turkey, and vegetarian main dishes.



## **Almond Shortbread**

Shortbread:

3 cups almond flour - ground blanched almonds

3/4 cup butter -- slightly softened (1-1/2 stick in 1-lb (454 gm) pkg of unsalted butter)

6 tablespoons honey -- pasteurized (3/8 cup)

### **Glaze:**

4 tablespoons butter - 1/2 stick

2 tablespoons honey - (1/8 cup)

1 cup chopped pecans - finely chopped

Or 1 cup sliced almonds

1 teaspoon ground cinnamon

### **Instructions:**

Preheat oven to 325F convection

Bread:



Line large baking sheet with parchment paper. Mix all ingredients together very well in electric mixer. Scoop into large baking sheet and press down to get equal thinness.

Bake at 325F until golden brown - this should be fairly dry, not soft and crumbly - about 15-18 minutes. [check for colour at 13 min]

Glaze: While the shortbread is baking, melt butter in a small saucepan. Add honey and cinnamon and mix well.

Remove shortbread from the oven and cool the pan on a rack for 5 minutes. Brush the glaze on top of the shortbread with a pastry brush. Sprinkle finely chopped pecans or sliced almonds on top of the glaze.

Return the pan to the oven and bake for another 5 minutes.

Cool pan on a rack and serve.

Notes:

Serving Size: 16

Preparation Time: 0:40