

BAKE FEST

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to you by:

Shreddies Mazola



Chipts



Fleischmann's®



Welcome to *Bake Fest 2010* – a brand-new collection of special treats and savory delights just for you. Start with the best ingredients and enjoy the baking, after all, it's the best part of the holiday season!



CHIPITS® baking chips are the quick and easy ingredient that adds creativity to your baking with delicious results every time! Whether for everyday baking or for special occasions, CHIPITS® amazing flavours and variety are perfect for any recipe. Visit chipits.ca for recipes that are family favourites for every occasion.



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Every Shreddies square is perfectly woven out of 4 layers of 100% whole grain wheat. Shreddies are a high source of fibre; they're not just great tasting, they're a smart choice too!



The finest, freshest cream and traditional butter making methods, make Lactantia® the gold standard of all butters. Canada's number one national brand of butter is available in many varieties to suit your taste and lifestyle.



New oil blends for healthier lifestyles from Mazola®. Mazola VegPlus!™ combines canola and vegetable oils, a delicious way to healthier meals. It's a light-tasting oil and a natural source of omega-3. Mazola® Rightblend!™ is the ideal blend of canola and extra virgin olive oil. Delivering a uniquely clean taste; not grassy like other canola oils or bitter like some extra virgin olive oils; and an exceptional nutritional profile. Visit: www.achfood.ca.

Savoury Bacon & Cheese Muffins

- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- 2 tsp (10 mL) granulated sugar
- 1 tsp (5 mL) dry mustard powder
- ¾ tsp (4 mL) salt
- 1¼ cups (300 mL) **Black Diamond® Sargento™ Italiano Shredded Cheese**, divided
- ⅓ cup (75 mL) crumbled, cooked bacon
- 1 cup (250 mL) milk
- ¾ cup (175 mL) **Mazola® 100% Pure Canola Oil**
- ½ cup (125 mL) finely chopped chives or green onion
- 2 large **Naturegg™ Omega 3 Eggs**
- 1 tsp (5 mL) **BeeHive® Golden Corn Syrup**

1. Preheat the oven to 400°F (200°C). Line a 12-cup muffin pan with paper liners.
2. Sift the flour with the baking powder, sugar, mustard and salt into a large bowl. Add 1 cup (250 mL) cheese and the bacon; toss to combine. Whisk the milk with the oil, chives, eggs and corn syrup in a separate bowl; add to the dry mixture. Stir just until combined.
3. Divide the mixture evenly between the muffin cups. Bake for 18 to 20 minutes or until a tester inserted in the centre of a muffin comes out clean. Remove from the oven and immediately sprinkle the tops with the remaining cheese; serve warm. Makes 12 muffins.



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STAKES™
2010

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Black-Bottom Pie

CRUST:

2½ cups (625 mL) chocolate wafer cookie crumbs

¾ cup (175 mL) **Lactantia® Unsalted Butter**, melted

FILLING:

3 cups (750 mL) milk

½ cup (150 mL) **Fleischmann's® Canada Corn Starch**

¼ cup (60 mL) dark brown sugar

¼ cup (60 mL) **BeeHive® Golden Corn Syrup**

1 large **Naturegg™ Omega 3 Egg**, beaten

3 tbsp (45 mL) **Lactantia® Unsalted Butter**

1 cup (250 mL) **CHIPITS® Milk Chocolate Chips**

2 tbsp (30 mL) dark rum or bourbon

1½ cups (375 mL) 35% whipping cream

2 tbsp (30 mL) granulated sugar

1. Crust: Preheat the oven to 350°F (180°C). Toss the wafer crumbs with the butter until coated. Press into the bottom and up the sides of a 9-inch (23 cm) deep-dish pie plate. Bake for 10 minutes or until set. Cool completely.

2. Filling: Meanwhile, whisk the milk with the corn starch, brown sugar and corn syrup until smooth in a large, heavy saucepan. Set over medium heat and cook, stirring, for 10 minutes or until thickened. Beat a little of the hot milk mixture with the egg. Whisk the warmed egg mixture into the milk mixture. Cook, stirring constantly, for 1 minute or until thickened. Remove from the heat; stir in the butter.

3. Divide the custard into two equal portions. Add the chocolate chips to one portion; stir until melted and smooth. Spread evenly over the bottom of the prepared crust. Add the rum to the remaining custard. Spread the rum custard evenly over the chocolate layer. Chill for 6 hours or until completely set. Just before serving, beat the whipping cream with the granulated sugar until thick. Garnish the pie with the whipped cream. Makes 8 servings.



tip: Substitute 1 tbsp (15 mL) of vanilla for the rum or bourbon. For firmer custard, increase corn starch to ⅔ cup (150 mL).

Mozzarella Stuffed Soft Breadsticks

¾ cups (800 mL) all-purpose flour (approx.)

1 tbsp (15 mL) **Fleischmann's® Quick Rise Yeast**

1½ tsp (7 mL) salt

1 cup (250 mL) warm water

¼ cup (60 mL) warm milk

3 tbsp (45 mL) **Mazola® VegPlus!™ Canola & Vegetable Oil Blend**

2 tbsp (30 mL) **BeeHive® Golden Corn Syrup**

3½ cups (875 mL) shredded **Black Diamond® Mozzarella Cheese**, divided

¼ cup (60 mL) **Naturegg™ Simply Egg Whites™**, well shaken

1½ tsp (7 mL) dried oregano leaves
2 cloves garlic, minced

1. Preheat the oven to 450°F (230°C). Line a 15 x 11-inch (38 cm x 28 cm) rimmed baking sheet with enough parchment paper to overhang the sides. Pulse the flour, yeast and salt in a food processor fitted with a metal blade until combined. Combine water, milk, oil and corn syrup; with the motor running, slowly add to flour mixture until dough forms a ball. Knead on a lightly floured surface for 3 minutes or until smooth and elastic.

2. Divide dough into 2 equal portions and roll one portion out to fit the baking sheet. Arrange dough on baking sheet, stretching as needed to meet edges. Sprinkle with 3 cups (750 mL) of the cheese, leaving a 1-inch (2.5 cm) border. Roll out the second portion of dough slightly larger than the first. Place over the cheese and fold the edges under the bottom layer of dough; pinch to seal. Cut through the dough with a sharp knife to create 20 breadsticks (do not separate). Cover with a kitchen towel and let rise for 20 minutes.

3. Meanwhile, whisk egg whites with the oregano and garlic; brush evenly over dough. Sprinkle evenly with remaining cheese. Bake for 15 to 17 minutes or until puffed and golden. Cut along the seams into breadsticks; serve warm. Makes 20 breadsticks.

tip:

Serve with warm marinara sauce to dip for a restaurant-style appetizer.



Tomato Cheese Tarte Tatin

TOMATOES:

9 to 10 plum tomatoes
(about 2 lb/1 kg)
1 tbsp (15 mL) **Mazola® Rightblend!™
Canola & Olive Oil Blend**
1 tbsp (15 mL) **Lactantia® Unsalted
Butter**, melted
1 tbsp (15 mL) balsamic vinegar
1 tbsp (15 mL) **BeeHive® Golden
Corn Syrup**
½ tsp (2 mL) each salt and pepper

PASTRY:

¼ cups (300 mL) all-purpose flour
(approx.)
½ cup (125 mL) cold **Lactantia®
Unsalted Butter**, cubed
1 cup (250 mL) **Black Diamond®
Sargento™ Italiano Shredded
Cheese**, divided (approx.)
2 tbsp (30 mL) ice water
Fresh basil leaves

1. Tomatoes: Preheat the oven to 400°F (200°C). Brush the oil over the bottom and up the sides of a 12-inch (30 cm) heavy, oven-proof skillet. Halve the tomatoes lengthwise and remove seeds, keeping halves intact. Whisk the butter with the vinegar and corn syrup; toss with the tomatoes to coat. Arrange tomatoes, cut-side-up, to fit snug in the skillet. Sprinkle with salt and pepper. Roast for 1 hour.

2. Pastry: Meanwhile, pulse the flour, butter and ½ cup (125 mL) cheese in a food processor until uniformly crumbly. With the motor running, drizzle in the ice water until the pastry comes together in a ball; wrap and chill for 15 minutes. Roll out the pastry, on a lightly floured surface, into an 11-inch (28 cm) circle. Chill until ready to use.

3. Remove the skillet from the oven. Sprinkle tomatoes evenly with remaining cheese. Carefully arrange the dough over the tomatoes; folding back as needed so that it doesn't touch the sides of the skillet. Bake for 30 minutes or until pastry is golden. Remove from the oven and cool for 5 minutes. Place a large platter over the skillet; wearing oven mitts, flip the tarte onto the platter. Garnish with additional cheese and fresh basil leaves.



tip: Serve this tarte as a starter or light lunch accompanied with mixed greens and a drizzle of balsamic vinaigrette.

Pancetta & Mozzarella Calzones

FILLING:

1 cup (250 mL) chopped pancetta or bacon
½ cup (125 mL) finely chopped onion
3 cloves garlic, minced
1 tsp (5 mL) dried oregano leaves
¼ tsp (1 mL) each hot pepper flakes and fennel seeds (optional)
5 cups (1.25 L) chopped mixed mushrooms
½ tsp (2 mL) each salt and pepper
2 cups (500 mL) **Black Diamond Sargento® Italiano Shredded Cheese**
1 cup (250 mL) chopped fresh basil or parsley leaves

DOUGH:

3 cups (750 mL) all-purpose flour (approx.)
4 tsp (20 mL) **Fleischmann's® Pizza Yeast**
1½ tsp (7 mL) salt
1 cup (250 mL) warm water
2 tbsp (30 mL) **Mazola® VegPlus!™ Canola & Vegetable Oil Blend**
2 tbsp (30 mL) **BeeHive® Golden Corn Syrup**
2 tbsp (30 mL) **Naturegg™ Simply Egg Whites™**, well shaken

1. Filling: Preheat oven to 425°F (220°C). Set a large skillet over medium heat. Sauté the pancetta, onion, garlic, oregano, hot pepper flakes and fennel seeds (if using) for 5 minutes or until lightly browned. Increase heat to medium-high; add mushrooms, salt and pepper. Sauté for 5 minutes or until browned. Remove from heat; cool slightly and stir in cheese and basil. Reserve.

2. Dough: Meanwhile, pulse the flour, yeast and salt in a food processor fitted with a metal blade until combined. Whisk the water with the oil and corn syrup. With the motor running, slowly add the water mixture until the dough forms a ball. Transfer to a lightly floured surface. Knead for 4 minutes or until smooth.

3. Divide the dough into 24 balls. On a lightly floured surface, roll each ball of dough into a round. Place 2 tbsp (30 mL) of filling on one side of each round leaving a small border; fold the dough over the filling and crimp the edges to seal tightly.

4. Transfer the mini calzones to a parchment-lined or cornmeal-dusted baking sheet; brush tops with egg white. Bake for 12 to 15 minutes or until puffed and golden. Rest for 5 minutes before serving. Makes 24 calzones.



tip: For main-course calzones, divide the dough and filling into four portions; increase bake time to 15 to 18 minutes.

Shreddies Gingerbread Snack Mix

4 cups (1 L) **Post Shreddies Cereal**
1 cup (250 mL) each pecan pieces and slivered almonds
2 cups (500 mL) mini pretzels twists or sticks
1 cup (250 mL) green pumpkin seeds
1/3 cup (75 mL) melted **Lactantia® Unsalted Butter**
1/4 cup (60 mL) packed brown sugar
1 tbsp (15 mL) each ground ginger and cinnamon
1/4 tsp (1 mL) salt
Pinch ground cloves
1 cup (250 mL) dried cranberries or raisins
1 cup (250 mL) **CHIPITS® White Chocolate Chips** (optional)

1. Preheat the oven to 250°F (120°C). Arrange the pecans and almonds in an even layer on a rimmed baking sheet. Bake for 15 minutes or until golden and fragrant; cool slightly.
2. Combine the nuts with the Shreddies, pretzels and pumpkin seeds in a large bowl. Stir the melted butter with the sugar, ginger, cinnamon, salt and cloves until combined; drizzle over the cereal mixture. Toss thoroughly to coat the pieces evenly.
3. Spread mixture on two, large, rimmed baking sheets. Bake, rotating pans once, for 10 to 12 minutes or until crisp and fragrant; cool completely. Stir in the cranberries and white chocolate chips (if using); transfer to an airtight container. Reserve at room temperature for up to 1 week. Makes 12 cups (3 L).



Italian Eggplant Frittata

1/4 cup (60 mL) **Mazola® Rightblend!™ Canola & Olive Oil Blend**, divided (approx.)
1 small onion, thinly sliced
2 cloves garlic, minced
1 tsp (5 mL) dried oregano leaves
3/4 tsp (4 mL) each salt and pepper, divided
1 cup (250 mL) drained, canned diced tomatoes
1 large eggplant, sliced 1/2-inch (1 cm) thick rounds
3 cartons (250 mL each) **Naturegg™ Simply Egg Whites™**, well shaken
1 cup (250 mL) **Black Diamond® Sargento™ Italiano Shredded Cheese**, divided
1/2 cup (125 mL) 5% light cream
Warm marinara sauce (optional)

1. Preheat the oven to 375°F (190°C). Heat 1 tbsp (15 mL) oil in a large, oven-proof, nonstick skillet set over medium heat. Add the onion, garlic, oregano, 1/2 tsp (2 mL) each salt and pepper. Cook, stirring often, for 5 minutes or until vegetables are tender. Add the tomatoes and cook for 2 minutes; transfer to a plate.
2. Add half of the remaining oil. Brown the eggplant (in batches and adding more oil as needed) for 3 minutes per side. Remove skillet from heat and arrange eggplant in a single layer over the bottom. Season with remaining salt and pepper. Scatter the tomato mixture evenly over the eggplant.
3. Meanwhile, whisk the egg whites with 3/4 cup (175 mL) cheese and the cream. Pour evenly over the vegetables. Bake for 25 minutes or until set. Remove from the oven and sprinkle with remaining cheese. Let stand for 5 minutes before slicing into wedges. Serve with marinara sauce (if using). Makes 8 to 10 servings.



tip: If you do not have an oven-proof, nonstick skillet, transfer the vegetables to a greased, 13 x 9-inch (3 L) baking dish, top with egg mixture and bake as directed.



Chocolate Chip & Honey Shreddies Brownie Bars

2 cups (500 mL) **Post Honey Shreddies Cereal**

1 cup (250 mL) melted **Lactantia® Unsalted Butter**

1/4 cup (60 mL) **BeeHive® Golden Corn Syrup**

3 large **Naturegg™ Omega 3 Eggs**, beaten
1 cup (250 mL) each all-purpose flour and lightly packed brown sugar

1/2 cup (125 mL) unsweetened cocoa powder

1 tbsp (15 mL) baking powder

1/2 tsp (2 mL) salt

1 cup (250 mL) **CHIPITS® Milk Chocolate Chips**

1 cup (250 mL) chopped toasted walnuts or pecans

1. Preheat the oven to 350°F (180°C). Line a 13 x 9-inch (3 L) baking dish with parchment paper. Pulse the Shreddies in a food processor until crushed finely. Transfer to a bowl and stir with the melted butter, corn syrup and eggs. Let stand for 5 minutes.

2. Meanwhile, mix the flour with the sugar, cocoa, baking powder and salt in a separate bowl. Add the wet mixture to the dry mixture and stir, just until combined. Add the chocolate chips and walnuts; stir to distribute evenly. Spread batter evenly in the dish. Bake for 28 to 30 minutes or until set. Cool completely before removing from the dish and slicing into bars. Makes 32 bars.

Mini Chocolate Chip Oat Scones

1/2 cup (125 mL) 5% light cream

1/4 cup (60 mL) **BeeHive®**

Golden Corn Syrup

1 large **Naturegg™ Omega 3 Egg**

2 cups (500 mL) all-purpose flour (approx.)

2 tbsp (30 mL) baking powder

1/2 tsp (2 mL) salt

2/3 cup (150 mL) cold **Lactantia® Unsalted Butter**, cubed

1 1/2 cups (375 mL) toasted, large flake rolled oats, divided

1/2 cup (125 mL) toasted, chopped pecans

1 pkg (270 g) **CHIPITS® Milk Chocolate Chips**, divided

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper. Whisk the cream, corn syrup and egg until well combined; measure out 1 tbsp (15 mL) and set aside for brushing the tops.

2. Pulse the flour, baking powder and salt in a food processor until combined; add the butter and pulse until crumbly. Transfer to a large bowl. Measure out 2 tbsp (30 mL) of the oats and set aside. Add the remaining oats, pecans and 1 cup (250 mL) chocolate chips to the flour mixture; blend well. Make a well in the dry ingredients and pour in the cream mixture. Mix until a ragged dough forms.

3. Transfer the dough to a lightly floured work surface; pat into an 8 x 6-inch (20 cm x 15 cm) rectangle. Brush with the reserved milk mixture and sprinkle with reserved oats. Using a sharp knife, cut the dough, lengthwise into 3 long strips. Cut each strip into 4 squares, cut each square in half on the angle to make 24 wedges. Transfer to the baking sheet. Bake for 12 minutes or until golden. Melt remaining chocolate in a bowl set over simmering water; drizzle over scones.



tip: Dust with icing sugar to garnish.



Toffee Thumbprint Cookies

COOKIES:

1½ cups (375 mL) granulated sugar

1⅓ cups (325 mL) **Lactantia®**

Unsalted Butter, softened

8 oz (250 g) plain, brick-style cream cheese

2 large **Naturegg™ Omega 3 Eggs**

4 cups (1 L) all-purpose flour

1½ tsp (7 mL) baking powder

½ tsp (2 mL) salt

1 pkg (200 g) **CHIPITS® Skor**

Toffee Bits

FILLING:

¼ cup (60 mL) 35% whipping cream

¾ cup (175 mL) **CHIPITS®**

Semi-Sweet Chocolate Chips

1 tbsp (15 mL) **BeeHive® Golden**

Corn Syrup

1. Beat the sugar, butter and cream cheese in a large bowl until light and fluffy. Beat in the eggs, one at a time. Stir the flour with the baking powder and salt. Add to the cream cheese mixture; mix until well combined. Stir in the toffee bits. Chill for 1 hour.

2. Preheat the oven to 350°F (180°C). Roll the dough into 1-inch (2.5 cm) balls (about 1 tbsp/15 mL each). Place 2-inches (5 cm) apart on parchment paper-lined baking sheets. Use the end of a large wooden spoon to make an indentation in the centre of each ball. Bake, in batches, for 10 minutes or until edges are golden. Remove from the oven; reinforce the indents with the wooden spoon. Cool on the baking sheet for 5 minutes; transfer to a rack to cool completely.

3. Filling: Meanwhile, heat the cream until steaming. Pour over chocolate chips; whisk until melted and smooth. Stir in the corn syrup. Spoon about 1/2 tsp (2 mL) into each cooled cookie. Let stand until set. Makes about 6 dozen cookies.



tip: Hold shaped cookies in the refrigerator while baking off batches.

Cheesy Rapini and Pine Nut Stuffing

2 tbsp (30 mL) **Lactantia® Unsalted Butter**

2 tbsp (30 mL) **Mazola® VegPlus!™ Canola & Vegetable Oil Blend**

1 large Spanish or sweet onion, very thinly sliced

2 cloves garlic, minced

1 tsp (5 mL) dried oregano leaves

½ tsp (2 mL) each salt and pepper

Pinch hot pepper flakes

2 tbsp (30 mL) **BeeHive® Golden Corn Syrup**

2 tbsp (30 mL) balsamic vinegar

1 bunch rapini, trimmed and coarsely chopped

2 cups (500 mL) **Black Diamond® Sargento™ Italiano Shredded Cheese**, divided

8 cups (2 L) cubed Calabrese or crusty bread

⅔ cup (150 mL) **Naturegg™ Simply Egg Whites™**, well shaken

½ cup (125 mL) chicken broth

¼ cup (60 mL) toasted pine nuts

1. Preheat the oven to 375°F (190°C). Heat the butter and oil in a large, nonstick skillet set over medium-high heat. Add the onion, garlic, oregano, salt, pepper and hot pepper flakes. Cover and cook, stirring often, for 10 minutes or until onion is tender and lightly browned. Add the corn syrup and cook, stirring constantly, for 5 minutes or until very browned but not scorched. Add the vinegar and cook for 2 minutes or until liquid evaporates; cool slightly.

2. Meanwhile, cook the rapini, in boiling, salted water, for 2 minutes or until tender; drain well. Toss the rapini, onion mixture and 1 cup (250 mL) cheese with bread until well combined; transfer to a greased 13 x 9-inch (3 L) casserole dish.

3. Whisk the egg whites with the chicken broth. Drizzle evenly over the stuffing. Sprinkle the remaining cheese and pine nuts over the stuffing. Bake for 25 to 30 minutes or until golden and set. Makes 12 servings.



for keeping:

Get the Right Measure

Liquid ingredients

Use liquid measuring cups, which range in size from 1 cup (250 mL) to 8 cups (2 L). Imperial and metric divisions are clearly marked on the side.

- Place measuring cup on flat surface; bend down so you are at eye level with the marking on the measure while you are filling.
- For small amounts, use measuring spoons, filling spoon to top.

Dry or thick ingredients

These measuring cups usually come in $\frac{1}{4}$ cup (60 mL), $\frac{1}{3}$ cup (75 mL), $\frac{1}{2}$ cup (125 mL), and 1 cup (250 mL) capacities.

- **ALL-PURPOSE FLOUR, GRANULATED AND ICING SUGAR, AND COCOA POWDER** Lightly spoon ingredient into dry measure until heaping. Push flat edge of knife across top to level, letting excess fall back into canister. (When measuring cake-and-pastry flour, sift before filling the measure.) Do not pack down or tap on counter to level.
- **BROWN SUGAR** Pack into dry measure until level with top and firmly enough that sugar holds its shape when turned out.
- **BAKING POWDER AND SODA, SALT AND SPICES** Use measuring spoons. Fill to top and level with flat edge of knife.
- **BUTTER** Use butter measuring guide or markings on foil wrapper. Or use this guide: 1 lb (454 g) butter is 2 cups (500 mL). Halve butter for 1 cup (250 mL), quarter for $\frac{1}{2}$ cup (125 mL).
- **YOGURT, SOUR CREAM, RICOTTA AND COTTAGE CHEESE** Spoon into dry measure just until overflowing; level with flat edge of knife, returning any excess to container.

Get the Right Finish

Using parchment paper to line your cake pans keeps your baked goods from sticking, and makes it easy to clean and care for your baking pans. Scan the QR code to watch a Canadian Living video on your mobile that shows you how to line cake pans like the pros! Standard data charges may apply.

SCAN TO WATCH!

- Launch the QR code scanner on your mobile phone and scan the code to go directly to the Canadian Living video.



- Don't have a scanner? Go to www.getscanlife.com on your mobile phone or search for "QR code scanner" in your app store.
- Download the FREE application and you are ready to scan! Standard data charges may apply.

You can also watch the video on your computer at www.youtube.com/user/canadianlivingdotcom

