



# RECIPES TO THE RESCUE NEWSLETTER

## for the everyday cook

[www.recipestotherescue.ca](http://www.recipestotherescue.ca)

Spring 2011



**eat well**  
**simplify**

**get organized**

### RECIPES TO THE RESCUE

is a free seasonal newsletter written for the everyday cook. Helping to reduce the boredom of Monday-to-Friday dinner cooking by stirring some fun into your routine. We are committed to providing a variety of tested recipes which are fresh, seasonal and full of flavour

## When A Squash Is A Cucumber!

If you could be a fruit or vegetable what would you choose to be? Would you fancy yourself as a carrot, a favourite amongst many, or a humble but comforting potato? How about a fiery and saucy green jalapeno pepper or perhaps a sleek, velvety Japanese eggplant? My pick would be a long green, understated, cucumber. Not the hot house variety but an heirloom specialty.

Last summer, while attempting to grow vegetables for the second consecutive year, I decided to grow squash. I planted the seeds directly into the ground and large sprawling vine-like leaves soon stretched over a small corner of the garden. Eventually, bright yellow flowers popped open which then morphed into small green buds. A squash, or so I thought, until I lifted the leaves and inspected my prize and realized it was a cucumber. Being a beginner gardener, I had no

idea a cucumber plant could look like a squash.

Cucumbers are easy to eat and to prepare - no cooking required and if their skins are thin and not waxed they can be eaten unpeeled. They may appear bland and boring but their mild flavour increases their versatility, fitting in to many different kinds of sandwiches and salads.

My garden only produced one cucumber, which I eventually ate, and it was a memorable cucumber eating experience. It was tastier than the ordinary supermarket variety and gave me a new appreciation for the lowly cucumber.

This is my third year of venturing



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into the 'sustainable' world of helping the environment by growing my own vegetables. Although the only things I've grown to date are herbs, a few tasteless



tomatoes, and stubby carrots, my unassuming cucumber has inspired me to overlook my gardening ineptness and try again. And, of course, I will be growing cucumbers.

## Cucumber Salad

*Serves 4*

- 1 cucumber, sliced thin
- 2 green onions, chopped
- ¼ cup rice vinegar
- 1 tablespoon soy sauce
- ½ teaspoon salt
- 1 tablespoon sugar
- 1 carrot, grated
- ¼ teaspoon red pepper flakes
- 1 tablespoon, toasted sesame seeds

Combine first 8 ingredients together. Sprinkle sesame seeds on top and serve.

## Dilly Cucumbers

*Serves 4*

- ½ cup plain yogurt
- 3 green onions, chopped
- 2 tablespoons fresh dill, chopped
- 1 clove garlic, minced
- 1 cucumber, diced small
- 1 tablespoon honey
- salt and pepper to taste

Combine all ingredients together and serve.

## How To Grow

### Cucumbers

Wait until the ground is really warm and then plant seeds directly into the soil. This could be around mid-June (hopefully not mid-July!). Plant seeds into soil 2cm (1 in) deep in a well-drained area with full sun. Plant seeds every 2 to 3 weeks and pick cucumbers before they get too large so that they will continue to grow fruit.

### Cucumber Tidbits

Cucumbers are a member of the gourd family which also includes squash. They are actually a fruit but, like tomatoes, are eaten like a vegetable. They are 90% water. Cucumbers are often waxed to preserve their skin and in this case should be peeled before eaten. The hothouse variety however, is wrapped in plastic and not waxed so, like the home grown kind, can be eaten unpeeled. Remove the seeds if you have an older cucumber because they may be bitter. Choose firm cucumbers with no soft spots. Try different varieties (even organic), as they all taste slightly different. Keep refrigerated in the crisper for up to one week.

The *Recipes To The Rescue Newsletter* is written and published by Barb Kemp. To receive your free Newsletter and to be on our email list, simply email us a request to

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More recipes and food information can be found on the Recipes To The Rescue Survival Blog For The Everyday Cook:

[www.recipestotherescue.blogspot.com](http://www.recipestotherescue.blogspot.com)

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## Marinated Flank Steak

Serves 4

*Serve with mashed potatoes and cucumber salad*

1 ½ pound flank steak

Marinade:

¼ cup soy sauce

2 tablespoons rice vinegar

1 tablespoon fresh ginger, peeled and grated

1 clove garlic, minced

½ teaspoon sesame seed oil

2 teaspoons sugar

¼ teaspoon salt

Combine all ingredients for marinade in a bowl. Pour into a zip lock bag with the meat. Place in the fridge in a shallow bowl and marinate 1 hour or longer, turning a few times. Preheat barbecue and oil rack.

Remove meat from bag and discard marinade. Cook the steak 14 minutes, turning every 3 ½ minutes (7 minutes per side). Cut thin slices diagonally across the grain.

## Bulgur Wheat and Cucumber Salad with Feta Cheese

Serves 4

½ cup bulgur wheat

1 cup boiling water

2 green onions, chopped

1 medium cucumber, peeled and chopped into small pieces

3 tablespoons fresh dill, chopped

1 clove garlic, minced

1 jalapeno pepper, seeded and diced

2 tablespoons olive oil

1 tablespoon fresh lemon juice

salt and pepper to taste

½ cup feta cheese, crumbled



Place bulgur in a small bowl. Pour boiling water on top, cover and let stand 30 minutes. Drain off excess water and fluff up with a fork. Add next 7 ingredients. Season with salt and pepper. Sprinkle feta cheese on top.

## Bulgur Wheat

Bulgur Wheat is a staple cereal grain in the Middle East with a slight chewy texture. It is a wheat kernel which is cleaned, parboiled, dried and ground to either coarse, medium or fine. Bulgur wheat is precooked so it involves little or no cooking whereas cracked wheat, which is often confused with Bulgur, requires cooking.



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## Fish Taco

*Serves 4*

1 pound flaky white fish such as cod or halibut

Marinade:

¼ cup olive oil

2 teaspoons chili powder

1 teaspoon dried oregano

1 teaspoon ground cumin

Pinch cayenne pepper

**Sauce:**

½ cup mayonnaise

½ cup sour cream

2 tablespoons lime juice

salt and pepper to taste

8 flour 6" tortillas

shredded lettuce or cabbage

salsa

hot sauce

Combine olive oil, chili powder, oregano, cumin and cayenne pepper into a small bowl. Place fish in a shallow pan and cover with marinade. Leave for at least 20 minutes while preparing other ingredients. Preheat oven to 420 degrees F. Remove fish from marinade and bake in oven until cooked through, about 10 minutes.

**For Sauce:** Combine mayonnaise, sour cream and lime juice.

Wrap tortillas in foil and heat in oven for 5 minutes or heat in microwave.

Build your own taco with fish, sauce, cabbage, salsa, and hot sauce.



## Chocolate Cake

½ cup Fry's cocoa powder

1 ¾ cups all purpose flour

1 teaspoon baking soda

½ teaspoon salt

1 ½ cup sugar

1/3 cup soft butter

2 eggs

2 teaspoons vanilla

½ cup boiling water

2/3 cup buttermilk

Preheat oven to 350 degrees F.

Lightly oil a 13x9 inch pan. In a bowl combine cocoa, flour, baking soda and salt. In a separate, medium-sized bowl beat together sugar and butter until smooth. Add eggs one at a time and beat until fluffy. Add flour mixture, vanilla, boiling water and buttermilk. Mix until smooth. Pour into prepared pan and bake until cooked, about 25–30 minutes. When cool, spread chocolate icing on top.

Chocolate Icing:

1 ¼ cups icing sugar

3 tablespoons Fry's cocoa powder

2 tablespoons milk

2 teaspoon butter

1 teaspoon vanilla

Beat all ingredients together until smooth.



## Easy Snacking Nuts



*A fast easy snack that will disappear in seconds.*

1 cup pecans

¼ cup maple syrup

½ teaspoon black pepper

½ teaspoon cayenne pepper

Preheat oven to 400 degrees F. Toss all ingredients together then spread out in a single layer on a baking sheet lined with parchment paper. Bake 8 minutes, tossing frequently.

## FOOD SAFE

### When shopping:

- ◆ Purchase refrigerated or frozen items near the end of your shopping.
- ◆ Avoid choosing meat or poultry in packages that are torn or leaking.
- ◆ Avoid foods past their "sell by date," "use by" or another expiry date.