

# *Food For Life*



Recipes from members of the  
Royal Canadian Mounted Police and other friends

*Bruce Denniston Bone Marrow Society*

## President's Message

Constable Bruce Denniston was a respected RCMP officer, loving father, husband and friend. Bruce is featured on the cover of this cookbook, in a photograph taken when he was a member of the Musical Ride. In late 1987, at the age of 36, Bruce was diagnosed with Leukemia and told he would need a bone marrow transplant to survive. When no family members were found to be a match, his colleagues launched a "man hunt," looking for the person who could save Bruce's life.

The community of Powell River on the Sunshine Coast of British Columbia where Bruce was serving, rallied behind the cause and formed the Bruce Denniston Bone Marrow Society (BDBMS) in February of 1988. Working with the Red Cross, whose fledgling bone marrow donor registry had been operating in relative obscurity and held just 1500 names across Canada, volunteers worked tirelessly in their search for a donor. By November a combined total of \$150,000 had been raised by the RCMP and the Society, to pay the salary of a technician to test blood samples of potential donors, and to cover the cost of a computer search of other registries in the United States and Britain. In December a donor was found for Bruce in England.

Sadly, being in the advanced stages of his illness Bruce was unable to survive the transplant. But his memory lives on in the work of the society that bears his name. The donor registry has grown to over 225,000 and now operates as One Match. Society volunteers continue to work with One Match, raising funds to educate the public about the need for bone marrow donors, particularly younger donors, from diverse ethnic origins.

Your purchase of this cookbook will further the work the Society does for and on behalf of bone marrow transplant patients, donors, and their families.

Thank you for your support.

Larry E. Misner, National Board President  
Bruce Denniston Bone Marrow Society  
Staff Sergeant Powell River RCMP DET (Ret'd)



PLEASE NOTE: Not all of the recipes contained herein have been tested by the Bruce Denniston Bone Marrow Society (BDBMS), nor have the origins of all the recipes been verified. Like any community cookbook, this is just a collection of favourite recipes shared among friends for a common purpose.

Recipes allocated to a particular section of this cookbook may be of use in other sections as well. For example, it is possible that a recipe in the "Special Needs" section for diabetics may also be used for "Light Cuisine" or as part of our "Fundraising Recipes." To take full advantage of everything this cookbook has to offer, please refer to the complete list of recipes provided in the Index.

Special thanks to Debra McKinnon for lending her experience and expertise to the production of this cookbook. Debra, who serves as vice-president of the Society's BC Branch, owned and operated a gourmet coffee / lunch bar for 8 years, until she was diagnosed with Multiple Sclerosis in 2004. She has also catered numerous events. Having achieved the status of life-time member of Weight Watchers twenty years ago, as well as being a diabetic for 14 years, Debra's knowledge has proven to be invaluable, and we can't wait to use her recipes! Thanks also to her husband Bruce McKinnon, who provided the art work on some of the divider pages.

We want to thank everyone who has given their valuable support to this project, including The Right Honourable Stephen Harper, Prime Minister of Canada; The Honourable Peter Milliken, Speaker of the House of Commons; Government Ministers and other Members of Parliament and the Senate; Premiers and Members of Legislative Assemblies from across the country. We are honoured by your contribution. Special thanks to Western Forest Products for the use of their photocopier, and to all our generous sponsors. We trust you will support them as they encourage and inspire us.

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# *Light Cuisine*

**DONATE  
WEIGHT**

Whether you need to rid yourself of a Hazardous Waist or just want to tone your Fabulous Physique, this fitness campaign is for you! The recipes provided will help as you resolve to adopt a healthy diet and lifestyle.

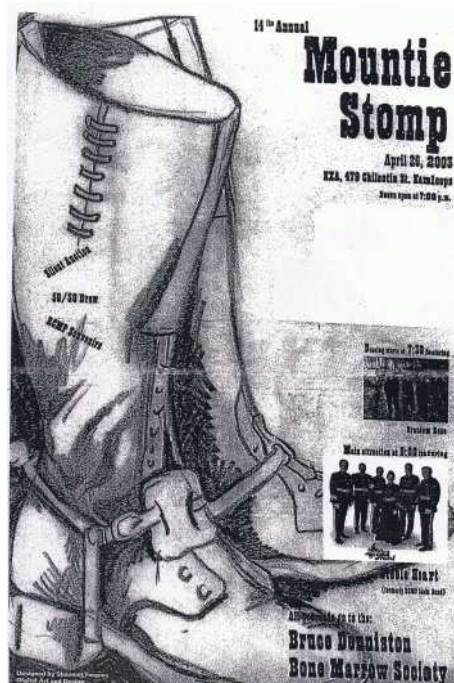
# *Fundraising Recipes*



In 2004 the creation of an annual “Bruce Denniston Bone Marrow Society Week” was approved by the RCMP Commissioner. Detachment Champions are identified in the provinces and territories, and empowered to organize local events to raise awareness and funds in support of the Society.

The following recipes can be used for a variety of fundraising events.

# Potluck Dishes



**Mountie Stomp** began in 1990 to raise funds for the Bruce Denniston Bone Marrow Society. The event was held in Kamloops until 2007, at which time it moved to Chilliwack, BC.

Recipes in this section represent down-home cooking for community get-togethers.

# *Training Recipes*

## **Annual Spirit Run**



In the Spring of each year, community members are invited to choose their own fitness level and participate in a 5km, 10km, 20 km relay, or half marathon run / walk and collect pledges to raise funds for the Society.

The recipes in this section are energy boosting and muscle building.

# *Duffers' Delights*



## *& Blackberry Recipes*

Annual golf tournaments are held to raise funds for the Society. In Powell River the tournament takes place at the end of August, when the sumptuous blackberries that abound in the area are ripe for the picking.

# *Tree Fruit Recipes*



Each fall supporters are invited to donate to our Tree of Hope, allowing the Society to educate Canadians about the need for bone marrow donors, and provide aid to bone marrow patients.

Recipes in this section are based on ingredients that grow on trees.

*Special Needs  
Recipes*

***Diabetes***  
***Heart Disease***  
***Celiac Disease***  
***Other Special Needs***

# *Recipe Potpourri*

A hodgepodge of culinary creations  
including everything from soup to nuts

*Soups*      *Salads*  
*Sauces*  
*Seafood*      *Snacks*      *Stuffing*  
*Soufflés*      *Stir-fry*

## **FUNDRAISING RECIPES**

### **Recipe for a Fundraiser**

Monster Dough Recipe  
Monster Dough Cheese Rolls  
Monster Dough Chocolate Cake  
Monster Dough Cinnamon Buns  
Monster Dough Donuts  
Monster Dough Light Cake  
Monster Dough Pancakes  
Monster Dough Plain Biscuits  
Monster Dough Raspberry Rolls  
Monster Dough Waffles  
Monster Sour Dough Bread

### **Breakfasts and Brunches**

#### **Recipe for a Pancake Breakfast**

E Z Pancakes  
Perfect Pancake Batter  
My Favorite Waffle  
Blueberry Scones  
Deb's Orange Cranberry Scone  
Raspberry White Chocolate Scones  
Deb's Breakfast Biscuits  
Deb's Chocolate Berry Cinny Biscuits  
Quick and Easy Cinnamon Biscuits  
Breakfast Loaves  
Cranberry Brie Muffins  
Old Fashioned Hot Cross Buns  
An Easter Family Tradition  
Crustless Quiche Recipe  
Day Before Divine Eggs  
Eggs 'Nuages'  
Hash Brown Egg Bake

### **Slices and Wraps**

#### **Recipe for a Successful Brunch**

Spicy Breakfast Burrito  
Santiago Breakfast Wrap  
Traditional Breakfast Wrap  
BBQ Beef Wrap  
Caribbean Glazed Chicken Wrap  
Hot BBQ Chicken Wrap  
Mexican Fiesta Wrap  
Pizza Wrap  
Rice Enchiladas Wrap

Tex Mex Wrap  
Thai Chicken Wrap  
Sausage Rolls  
Pizza Crust  
Fire Crackers

## **Barbeques**

### **Recipe for a Fundraising BBQ**

Barbecue Sauce  
Doug's Barbeque Sauce  
Western BBQ Ribs  
Teriyaki Beef Kebabs  
Joe Preston's Tequila Lime Lamb  
BBQ Rotisserie Chicken  
Saffron Chicken  
BC Salmon on the Grill  
Fresh Corn on the Grill  
Baked Onions on the Grill  
Sweet Corn  
Deep-Fried Turkey  
Deep Fried Turkey Cajun Style  
Maple-Mustard Glazed Chicken

## **Bake Sales**

### **Recipe for a Bake Sale**

Biscotti  
Christmas Biscotti  
Anzac Cookies  
Big Soft Ginger Cookies  
Black-Eyed Susans  
Candy Cane Cookies  
Chewy Chocolate Peanut Butter Chip Cookies  
Deb's Cookie Base  
Finger Cookies with Nails  
Linda's Famous Chocolate Chip Cookies  
Ruth's Cookies  
Springerle Cookies  
Weaver Cookies  
Chocolate Dipped Cappuccino Shortbread  
Shortbread (Scots)  
Whipped Shortbread  
Chocolate Swirl Cheesecake  
Garry's Chocolate Swirl Cheesecake  
Party Cheesecakes  
Skor Cheesecake  
Carrot Cake

Coffee Cake for Coffee Break  
Dark & Delicious Chocolate Cake  
Invaders Cake  
Mom's Chocolate Chiffon Cake  
Oatmeal Cake  
Pea Picking Cake  
Popcorn Cake  
Poppy Seed Chiffon Cake  
Rhubarb Coffee Cake  
Rhubarb Crumb Cake  
Sour Cream Coffee Cake  
Black Bottom Cupcakes  
Harvest Loaf Cake  
Don's Chocolate Banana Loaf  
Spicy Pumpkin Loaf  
Super Cinnamon Loaf  
Blueberry Cheesebread  
Cranberry Orange Bread  
Deb's Cinnamon Buns  
Pumpkin-Pecan Cake Roll  
Truffle Slice  
Pumpkin Torte  
Boston Cream Pie  
Chess Pie With Meringue  
Concord Grape Pie  
Fort Knox Pie  
Mom's Pumpkin Custard Pie  
Blueberry Buttermilk  
Deb's Buttermilk  
Banana Spice Muffins  
Bran Muffins (Freezer Batch)  
Deb's Fabulous Muffins  
Deb's Six Week Bran Muffin Recipe  
Deb's Brownies  
Frosted Pineapple Squares  
Mars Bar Squares  
O'Henry Bars  
Official Nanaimo Bars  
Scotch Teas  
Skor Bars  
Blueberry Rhubarb Crisp with Pistachio Crust  
Cheese Snowballs  
Churros (Mexican Doughnuts)  
Danish Puff  
Ginger Crinkles  
Peanut Butter Kisses

## **Pasta Dinners**

### **Recipe for a Pasta Nite Fundraiser - Bruce Denniston Bone Marrow Society Style**

Homemade Spaghetti and Meatballs with Garlic Bread  
Meatball Spaghetti Sauce  
Mexican Lasagne  
Mike's Best Ever Lasagna  
Pasta Alla Norma  
Pasta with Tomato, Basil & Balsamic Vinaigrette  
Spaghetti Pie  
Stuffed Manicotti  
Chunky Sausage & Tomato Pasta  
Jumbo Shells with Seafood Filling  
Lemon Basil Pasta and Shrimp  
Penne From Heaven

## **LIGHT CUISINE**

### **Appetizers, Salads & Side Dishes**

Cheese Spread  
Mini-Cheese Balls  
Mini Frittatas with Ham and Cheese  
Barley & Chicken Salad / Wraps  
Broccoli Salad  
Caesar Salad Dressing (Low Calorie)  
Quinoa Salad  
Spinach Salad with Orange Sesame Dressing  
Spinach Salad with Strawberry Poppy Dressing  
Eggplant Parmigiana  
Hal's Spaghetti Squash a l'Orange

### **Soups & Main Dishes**

Corn Chowder  
Festive Tomato Soup  
Hearty Soup with Rice  
Herbed Lentil and Barley Soup  
Awesome Veggie Chili  
Easy Meat Sauce  
Meatless Stew  
Spaghetti Sauce  
Spicy Prawn Cakes  
Spinach Lasagna

### **Desserts, Breads & Beverages**

Cherry Almond Cake

Cocoa Zucchini Cake  
Died & Went to Heaven Chocolate Cake  
Fabulous Fruitcake  
Pear Streusel Coffee Cake  
Pear Upside-Down Cake  
White Cake with Strawberries  
No-Fat Frosting  
Divinity Fudge  
Meringue Cookies  
Fat-Free Fudge Brownies  
Oatmeal Fudge Squares  
Very Blackberry Cobbler  
Applesauce Maple Muffins  
Cherry Walnut Muffins  
Orange Oatmeal Muffins  
Cinnamon-Raisin Sticky Buns  
Buttermilk Fruit Bread  
Graham Bread  
Orange Poppy Seed Bread  
Two-Bran Breakfast Bread  
Blackberry and Apple Smoothie  
Weight Control Milkshake

## **POTLUCK DISHES**

### **Appetizers**

Corn Taco / Tortilla / Chips  
Hot Broccoli Dip  
Mexican Appetizer (Dip)  
Party Spread  
Shrimp Dip for Chips  
Crab Stuffed Mushrooms  
Spinach Dip  
Warm Tomato and Artichoke Dip  
Dilly Cheese Ball  
Mary-Jane's Cheese Ball  
Fig Appetizers  
Zucchini Appetizer  
Deb's Beef Samosa Appies  
Deb's Quiche Appies  
Mushroom Turnovers  
Garlicky Chicken Wings  
Pleasance Japanese Chicken Wing Appies

### **Breads**

Deb's Cheeses Onion Biscuits

Dinner Buns  
Fried Bannock  
Garlic Monkey Bread (Buns)  
Hobo Bread  
Jalapeno Corn Scones  
Pull Aparts

### **Salads & Side Dishes**

ABC Potluck Pasta Salad  
Debra's Chinese Noodle Salad  
Baked Beans  
Bean Salad a l'Orange  
Beef & Broccoli  
Broccoli and Cauliflower Casserole  
Broccoli Buffet Salad  
Broccoli Mandarin Salad  
Rice & Broccoli Casserole  
Lemon Roasted Potatoes  
Old Row Potato Salad  
Potato & Leek Bake  
Potluck Potatoes  
Stuffed Baked Potatoes  
Maple Baked Squash  
Nachinka  
Red Pepper Salad  
Szechuan Green Beans  
Tailgate Salsa Potato Salad  
Yam and Pecan Casserole  
Zucchini Cheese Custard  
Zucchini Rounds  
Strawberry Spinach Salad  
Caesar Salad  
Garden Vegetable Torte  
Cobb Salad  
Chicken Salad Mold  
Grilled Steak Salad  
Pistachio Salad  
Summer Salad with Pistachio Dressing  
Waldorf Salad

### **Beverages**

Heavenly Eggnog For a Crowd  
Punch  
Slushy Punch

## Main Dishes

Auntie Val's Chicken  
Chicken a la Polly Kohen  
Chicken Casserole  
Chicken Hurry  
Chicken Pot Pie  
Chicken Schnitzels with Lemon Sauce  
Crispy Corn Drumsticks  
Edith Bottomley's Baked Chicken That Makes Its Own Gravy  
Honolulu Chicken  
Layered Mexicana Casserole  
Poulet de la France  
Quick Chicken with Lime Butter  
Saturday Chicken  
Deb's Incredible Chicken Wings  
Detroit Hot Honey Wings  
Japanese Chicken Wings  
Oriental Chicken Wings  
Creamed Turkey Noodle Casserole  
Tasty Turkey Casserole  
"Barbecued" Spareribs  
Barbecued Spareribs  
Easy Ribs  
Rum Ribs  
Pork Spare Ribs in Sauce  
Sweet & Sour Spareribs  
Marinated Pork Tenderloin  
Pork Tenderloin with Mushroom / Onion Sauce Supper  
Pork Tenderloin with Rosemary and Sour Cream  
Pork Adabo  
Saucy Pork Chops  
Baked Ham  
Studenetz  
Lazy Lasagna  
Lucian Casserole  
Noodle Casserole  
Deb's Meatball Stew  
Helen's Sweet & Sour Meatballs  
Sweet & Sour Meatballs  
Mom's Best Ever Meatloaf  
Savoury Meat Loaf  
The Best Meat Loaf  
Tourtiere  
Beef with Ravioli Dumplings  
David's Frontier Beef Stew  
Super Bowl Chili

Oriental Steak Strips  
Rouladen  
Wiener Schnitzel  
Lamb Stew  
Buffalo Fajitas  
Moose Stew  
Sweet & Sour Moose Stew  
Wolf Island Duck or Venison  
Creamed Walleye  
Fish Fillets  
Hearty Prawn Jambalaya

## **TRAINING RECIPES**

### **Beverages / Bars**

Ernalee's Protein Smoothie  
Loading Zone Breakfast Drink  
Strawberry Power Blast  
Power Smoothie  
Energy Bars  
Goey Mixed Nut Bars  
Our Faithful Walking Partner Doggie Biscuits

### **Breakfast**

Enchilada Style Scrambled Eggs  
Mexican Cheese Omelette  
Monte Cristo  
Pumpkin Raisin Muffins  
Stuffed French Toast

### **Lunch**

FlexMex Taco  
Grilled Cayenne Vegetable Wrap  
Hot and Spicy Asian Chicken Wrap  
Volcanic Curried Cashew Chicken Wrap  
Stuffed Albacore  
Thin Elvis Special

### **Dinner**

Beef / Sweet Potato / Butternut Squash Stew  
Hearty Minestrone  
Spinach Frittata  
Chicken with Parsley, Orange, and Fresh Ricotta  
Garlic-Pesto Chicken

Muscle Burger  
Keep-It-Off Stroganoff  
Kung Pao Beef  
Turbo Joe  
Risotto & Sausage Wrap  
Sea Salad  
Tuna Pot Pie

### **Dessert**

Almond Macarons  
Deb's Granola  
Energy Boosting Oatmeal Cookie

### **“Spirited”**

Bub's Blur Marguerita  
Chicken Frangelico  
Grapefruit Scallops  
Chocolate Cups  
Iced Grand Marnier Soufflé  
Kahlua Chocolate Mousse  
Margarita-Berry Pie/Cake

## **DUFFERS' DELIGHTS & BLACKBERRY RECIPES**

### **Duffers' Delights**

DROP Breakfast Cookies  
DUFFER's Puffs  
PUTTER Porridge  
BIRDIE & Vegetable Soup  
COURSE (First) Tomato Soup  
FORE First Course Tomato Soup's Parmesan Twists  
GREEN 24 Hour Salad  
BOGEY Bean Cake  
FAT (Low) Oven Fries  
WEDGE Potatoes Nacho Style  
IMPACT (Total) Jalapeno Relish  
GRAIN (Multi) Bread  
CLUBHOUSE Wrap  
OPEN FACE Reuben Sandwich  
HOLE with a Toad in it  
IN THE ROUGH Quesadillas  
BALLS of Sweet and Sour Chicken  
DOGLEG Dynamite Drums with Mango-Lime Sauce  
BEER and Beef Stew  
MULLIGAN Stew

RUB OF THE GREEN  
GIMME More Pickled Prawns  
SANDTRAP Oysters  
BOOZE BALLS  
CADDY's Creeping Crust Cobbler  
CHIP Cookies (Chocolate) by Ted  
CUP Cakes  
HAZARDous Fudge  
OUT OF BOUNDS Cookies  
PAR Excellent Neopolitan Cake  
TEE TIME Tarts  
DRIVER's Delicious Daiquiri

### **Blackberry Recipes**

Blackberry Buttermilk Pancakes  
Cornmeal Jam-Buster Muffins  
Many Berry Muffins  
Deb's Multigrain Blackberry Bread  
Blackberry and Apple Pie  
Blackberry Pie Recipe  
Deb's Blackberry Cream Pie  
Deb's Blackberry Forest Pie  
Deb's Blackberry Buttermilk Tarts  
Deb's Blackberry Pastry Slice  
Blackberry Flan  
Blackberry Cheesecake  
Blackberry Cheesecake with Glazed Blackberries  
Deb's Blackberry Cheesecake  
Imperial Blackberry Cheesecake  
Light Cheese Cake & Blackberry Sauce  
Rocky Mountain Famous Blackberry Cheesecake  
Vanilla Cheesecake with Blackberry Compote  
Blackberry & Ginger Cream  
Blackberry Mint Sauce  
Blackberry Sauce  
Ultimate Blackberry Sauce  
Blackberry Buckle  
Nora's Blackberry Buckle  
Blackberry "Upsidedown" Cake  
Deb's Blackberry Tiramisu  
Blackberry Gelato  
Pedro's Ice Cream  
Blackberry Smoothie

## TREE FRUIT RECIPES

### Meat Dishes

Aunt Lela's Baked Chicken  
Dustin's Teryaki Lime Ginger Chicken  
Zesty Grilled Lime Chicken  
Olive Stuffed Pot Roast  
Sausage and Apple Casserole

### Salads

24-Hour Fruit Salad  
Diane's Alternative Waldorf Salad  
Emerald & Ruby Salad  
Pear Salad  
Romaine Papaya Salad  
Papaya Prawn Salad  
Crab & Mango Salad  
Island Pork Tenderloin Salad  
Mango-Chicken Salad

### Baking

Almond Butter Crunch  
Apple Crisp  
Apple Pan Dowdy  
Apple Turnovers  
Applesauce Cake  
Aunt Lela's Apple Cobbler  
Baked Apples  
Upside-Down Carmel-Apple Tart  
Apricot Cake  
Banana Muffins  
Banana Oat Muffins  
Banana Pudding  
Chocolate Chip – Banana Muffins  
Grandma Anne Girard's Banana Bread  
Aunt Laverne's Cherry Dessert  
Black Forest Dump Cake  
Black Forest Cookies  
Cherry Almond Cheesecake  
Cherry Cha Cha  
Cherry Coconut Squares  
Coconut Rice Pudding  
Coconut Tarts  
French Coconut Pie  
Chinese Chews  
Roasted Figs with Marscapone Chocolate Cream

Lemon Jelly Roll  
Lemon or Orange Loaf  
Lemon Poppy Seed Bread  
Lemon Poppy Seed Tea Loaf  
Uber Lemon Bars  
Mediterranean Muffins  
Mom's 1<sup>st</sup> Prize Orange Cake  
Orange Muffins  
Fresh Peach Cream Pie  
Peach Cup Pudding  
Brandy Pear Pie  
Butter Pecan Cake  
Cheesy Pecan pie  
Chewy Pecan Cookie Squares  
Pecan Cake  
Pecan Crisp  
Southern Pecan Pie  
Plum Cake  
Plum Squares (Platze)  
Plum Torte  
Streusel Plum Cake  
Fruit Cocktail Cake  
Fruit Pizza  
Christmas Cake  
Grannie's Christmas Cake

## **SPECIAL NEEDS RECIPES**

### **Diabetes / Heart Disease**

Lemon Shaker Dressing  
Bean Salad Wraps  
Black Bean Soup  
Brown and Wild Rice Pilaf  
Crispy Tofu and Vegetables  
Jalapeno Sweet Potato Soup  
Spaghetti Squash with Balsamic Beans  
Herb Roasted Cornish Hens  
Quick Chicken Parmesan  
Pork Chops with Caramelized Apples and Onions  
Three Cheese Pasta Salad With Shrimp

### **Celiac Disease**

Biscotti – Gluten Free  
Brownies – Best Ever  
Cocoa Krispie Cake

Debra's Celiac Friendly Brownies  
Flourless Chocolate Cake  
Gluten Free Cranberry Crumb Square  
Gluten Free Granola  
"Graham Wafer Crumbs" – Gluten Free  
Grandmother Fran's Peanut Butter Cookies  
Granola  
Peanut Butter Squares  
Blueberry Muffins  
Light Apple Bran Muffins Gluten Free  
Strawberry Banana Muffins (Gluten-Free)  
Pancakes or Waffles  
Bread Sticks (Gluten Free)  
Brown Gluten-Free Buns  
Corn Flour Blend  
Cornbread – Gluten-Free  
Gypsy Soup  
Green Rice Pilaf  
Roasted Veggie Mexican Salad  
Chuck's Favorite Pasta

### **Other Special Needs**

Low Cholesterol Orange-Nut Rice  
No Cholesterol Vegetable Tofu Stir-Fry  
No Cholesterol Italian Lemon Cookies  
Easy on the Tummy Magic Rice (IBS)  
Easy Vegan Gluten-Free Muffins  
Mo's Vegan Lasagna  
Vegan Chocolate Chip Cookies  
Vegan Wrap  
Great Grandma Alice Giasson's Eggless, Butterless, Milkless Wartime Cake  
Recipe for Successful Social Housing Policy Puddings

## **RECIPE POTPOURRI**

### **Salads**

Blender Poppy Seed Dressing  
California Salad  
Curry Spinach Salad  
Hawnski's Caesar Salad  
Japanese Coleslaw  
Jeanene's Salad  
Pistachio Salad  
Popcorn Salad  
Strawberry Spinach Salad  
Sweet 'N Sour Bean Salad  
Taco Salad

Warm Spinach Salad with Mustard Dressing  
Watergate Salad

**Salsas / Sauces / Sautés**

Black Bean Salsa  
Laureen Harper's Salsa  
Chili Sauce  
Deb's Peanut Sauce  
Exotic Plum Sauce  
Oriental Plum Sauce  
Hot Pepper Jelly  
Red Pepper Jam  
Rhubarb Relish  
Indian Curry Sauté

**Seafood**

Just for the Halibut  
Diane's Broiled Salmon with Potato Crust  
Salmon Crunch Pie  
Salmon Pie  
Smoked Salmon with Pasta in Tomato Sauce  
Crab-filled Portabello Mushrooms  
Shrimp Crab Casserole  
Hot-Coconut Ginger Shrimp  
Joe Preston's Camarones Diablo  
Seafood Delight  
Ginger Garlic Seared Prawns on Bruschetta  
Gulf Island Prawns  
Oysters Rockefeller  
PEI Bar-B-Qued Oysters  
Thai Fragrant Mussels

**Snacks**

Basil Tomatoes  
Grapes or Brie  
Larry's FUNdue  
Nuts and Bolts  
Spiced Nuts

**Soufflés & Soups**

Cheese Soufflé  
Cheese Soufflé with Extras  
Sweet Potato Soufflé  
Bacon Potato Chowder  
Clam Chowder Soup  
Deb's Clam Chowder

Manhattan Clam Chowder  
Dick's Favourite Seafood Chowder  
Seafood Chowder  
Valerie's Seafood Chowder  
Slit Pea Soup  
Exotic Nile Split Pea Soup  
Roasted Red Pepper Tomato Soup  
Tomato Soup  
World's Fastest French Onion Soup & Pot Roast  
Hamburger Soup  
Italian Wedding Soup  
Oxtail Soup  
Tom Kha Gai (Thai Soup)  
Toscana Soup

### **Stir-frys, Stuffings, & Supper Solutions**

Almond Beef Stir-Fry  
Quick Beef Stir-Fry  
Pork Stir-Fry with Mango  
Stir-Fry Shrimp  
Apple Pecan Stuffing  
Favourite Sage Stuffing  
Pauline Amazing Turkey Stuffing  
Super Spring Session Salad Rolls  
Dim Sum Dumplings  
Baked Chicken Kiev  
Chicken Jubilee  
Curried Chicken  
Mike's Chicken  
Thai Chicken with Capelli d'Angello  
Thai Curry  
Rouladen – Stuffed Meat Rolls  
Stuffed Zucchini  
Andy's Lamb Shank Delice

### **Sweet Stuff**

Dirt Pie / Black Forest Pie  
Honey Puffs  
Spice Cookies with Pumpkin Dip  
Strawberry Delight  
Crème Brulee  
Pineapple Cre'me  
Self Saucing Pudding  
Individual Chocolate Lava Cakes  
5 Minute Chocolate Mug Cake  
Wacky Chocolate Cake

*For Those Patients Who Can't Wait For The Future*



**The Bruce Denniston  
Bone Marrow Society**

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