

James Douglas Elementary School Community Cookbook

Thanks for agreeing to be a part of this important project. Community cookbooks are a great way to build communities by sharing recipes that are meaningful for our families. We hope our cookbook will help draw our school families closer together during the pandemic. This cookbook will also act as a time capsule and memorial of the joy food has brought us in an otherwise difficult time.

Any and all families who want to may contribute a recipe for the book, and the cookbook will then be assembled by the PAC and sold as a fundraiser. Our goal is to have the cookbook ready for sale in March, 2021.

Deadline for submitting recipes is February 10, 2021.

Instructions for formatting recipes

The recipe template is provided in Word. Please use this template when submitting your recipe.

Instructions about how to format your recipes are included in the template. Please delete the instructions and replace them with your recipe information.

We ask that you follow these instructions as closely as possible to make editing and assembling the cookbook as easy as possible.

Please try to keep recipes to one page only.

A sample recipe is provided in this PDF. Please take a look at this sample recipe to help understand how your recipe should be formatted.

Instructions for submitting recipes

When your recipe is ready to submit, please email the completed word document to douglaspacprojects@gmail.com.

Please use the name of your recipe as the file name.

In your email, please include your name and phone number. We may need to contact you, if we have any questions about your recipe.

Feel free to provide a high quality photograph of your dish, as we may use some of them in the cookbook as well.

Deadline for submitting recipes is February 10, 2021.

If you have any questions, please contact me at the email below for further instructions.

Thanks again for being a part of this project to support and build our school community.

I look forward to trying your recipes!

Kera McArthur
douglaspacprojects@gmail.com

SAMPLE RECIPE

Anytime Waffles

Family: McArthur/Moncktons (Fred, Neil and Kera)

Why we love this recipe: Waffles are a favourite in our house because everyone loves them. We make a double batch on the weekend, then freeze the extras to have on busy weekdays.

Ingredients

1 ½ cups white flour	2 cups buttermilk
½ cup whole wheat flour (regular whole wheat, spelt or einkorn)	2 tablespoons agave syrup (can also use white sugar, if you don't have agave)
2 teaspoons baking power	2 large eggs
1 teaspoon baking soda	¼ cup unsalted butter
½ teaspoon salt	¼ cup canola oil

Method

- Preheat oven to 275F degrees. Set a wire rack on a baking sheet. You can keep the cooked waffles on these wracks until they are ready to eat and they will stay crisp.
- Preheat Waffle iron to 4.
- In a large bowl, mix together both flours, baking powder, baking soda and salt
- In another bowl, whisk together buttermilk, agave, eggs, butter and oil.
- Add wet ingredients to dry ingredients and mix until just combined. Do not over mix.
- Cook waffles according to your wafflemaker's instructions.
- As waffles are ready, transfer cooked waffles to rack/baking sheet and put in the oven to keep warm until ready to eat.
- Serve with maple syrup, fruit, whipped cream, or whatever your family enjoys! These waffles can also form the foundation of savory dishes like waffle pizzas.
- To freeze: cut into individual waffles. Put in a large ziplock bag with wax paper between waffles to keep from sticking together.
- To defrost: microwave for 20-30 seconds until just warm. Then toast on a low setting to make the waffles crisp again.