



Co-op Family Recipes

Appetizers:

Filipino Egg Rolls
Spinach & Artichoke Cheese Balls

Side Dishes:

Loaded Scalloped Potatoes
Creamy Garlic Parmesan Brussels Sprouts with Bacon

Entrée:

Garlic Herb Butter Roast Turkey
Glazed Spiral Ham with Caramelized Pear

Dessert:

Christmas Sugar Cookies

Beverage:

Apple Orchard Punch

Snack:

Christmas Eve Party Mix

Breakfast:

Bacon & Cheese Quiche

Filipino Egg Rolls

Also known as Lumpiang Shanghai



Brenda T - Head Cashier

Directions:

1. Combine all filling ingredients in a bowl. Mix well.
2. Scoop around 1 to 1 1/2 tablespoons of filling and place over a piece of lumpia wrapper. Spread the filling and then fold both sides of the wrapper. Fold the bottom. Brush beaten egg mixture on the top end of the wrapper. Roll-up until completely wrapped. Perform the same step until all mixture are consumed.
3. Heat oil in a cooking pot. Deep fry lumpia in medium heat until it floats.
4. Remove from the pot. Let excess oil drip. Serve. Share and enjoy!

Ingredients:

- 50 pieces egg roll wrappers
- 3 cups cooking oil

Filling

- 1 1/2 lbs ground pork
- 2 pieces onion minced
- 2 pieces carrots minced
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 cup parsley chopped
- 1 1/2 teaspoons salt
- 1 tablespoon sesame oil
- 2 eggs

Yields:

50

Prep Time:

15 mins

Total Time:

25 mins

Spinach & Artichoke Cheese Balls



Directions:

1. Mix together cream cheese, artichokes, spinach, mozzarella, 1/2 cup Parmesan, and garlic powder and season with salt and pepper. Form into 18 small balls and refrigerate until firm, 1 hour.
2. In a shallow bowl, whisk together bread crumbs and remaining 1/2 cup Parmesan. Roll each ball in mixture to coat.
3. Insert pretzel stick into each ball and serve. (If not serving immediately, drape plastic wrap around cheese balls and refrigerate until 20 minutes before serving.)

Yields:

18

Prep Time:

10 mins

Total Time:

1 hour 10 mins



Brian T - Deli Manager

Ingredients:

- 12 oz. cream cheese, softened
- 1/2 c. finely chopped artichoke hearts
- 1/2 c. finely chopped spinach
- 1 c. shredded mozzarella
- 1 c. freshly grated Parmesan, divided
- 1 tsp. garlic powder
- kosher salt
- Freshly ground black pepper
- 1/2 c. bread crumbs
- Pretzel sticks

Loaded Scalloped Potatoes



Michelle T - Pharmacy Manager

Directions:

1. Preheat your oven to 400 F degrees.
2. Melt the butter in a saucepan or skillet over medium heat. Add the garlic and cook for 30 seconds until the garlic is aromatic.
3. Sprinkle the flour over the garlic/butter then whisk well until combined with the butter. Add the chicken broth and whisk until combined. It should look like a thick paste. Cook for another minute while stirring, then add the heavy cream and whisk until smooth.
4. Season with salt, pepper and nutmeg. Continue cooking for 2 more minutes until the sauce comes to a simmer and thickens. Remove the saucepan from the heat and set aside.
5. Start layering. Start with a spreading a couple ladlefuls of the sauce over the bottom of a 9x13 inch baking dish. Spread a third of the sliced potatoes over the sauce in an even layer (see video). Top with more of the sauce to cover the potatoes. Top with a third of the cheddar cheese and then a third of the bacon. You should have enough ingredients for 3 layers of potatoes. Continue layering with potatoes, sauce, cheese, bacon and repeat. Finally sprinkle with half the chives.
6. Cover with foil and bake for 45 minutes. Uncover and finish baking for for another 45 minutes or until the potatoes are fork tender.
7. Garnish with remaining chives and serve warm.

Ingredients:

- 4 tbsp butter unsalted
- 3 cloves garlic minced
- 4 tbsp all-purpose flour
- 2 cups chicken broth low sodium
- 2 cups heavy cream
- 1/2 tsp salt or to taste
- 1/2 tsp pepper or to taste
- 1/8 tsp nutmeg ground
- 3 lbs potatoes sliced, 1/8 inch thin
- 4 cups cheddar cheese shredded
- 12 slices bacon fried and crumbled
- 2 tbsp chives chopped

Yields:

10

Prep Time:

15 mins

Total Time:

1 hour 45 mins

Creamy Garlic Parmesan Brussels Sprouts with Bacon



Directions:

1. Preheat oven to 375°F | 190°C.
2. Fry the bacon in a large oven-safe skillet over medium heat until crispy. Use a slotted spoon to transfer to a paper towel lined plate to soak up some of the oil. Set aside.
3. Drain most of the bacon fat from the pan, leaving about 1-2 tablespoons for added flavour (adjust this amount to your liking). In the same pan, melt the butter, then add the brussels sprouts and season with salt and pepper. Scrape up any browned bits from the bottom of the pan, and cook while stirring occasionally, for about 6 minutes. The edges should start crisping and slightly charring.
4. Add in the garlic and stir it through the sprouts for a minute, until fragrant. Pour in the cream, reduce heat down to low and allow them to simmer until tender (another 3-4 minutes).
5. If the cream is too thin for your liking, add in the cornstarch slurry, stirring it through immediately, until combined.
6. Add the bacon in and give everything a good mix to combine all of the flavours together. Top the sprouts with the mozzarella and parmesan cheeses. Bake until cheese is bubbly and sprouts are done to your liking (about 15 minutes). If you like your cheese browned, change oven settings to broil for 2-3 minutes, until golden.
7. Season with a little extra pepper, if desired, before serving. You can also sprinkle with fresh chopped parsley, thyme or rosemary.

Yields:

10

Prep Time:

30 mins

Total Time:

40 mins



Christina S - Produce Manager

Ingredients:

- 10 ounces (300 g) bacon, cut into strips
- 2 tablespoons butter
- 2 pounds (1 kg) brussels sprouts, washed (trim bottoms and cut sprouts in half)
- Salt and pepper to season
- 5 cloves garlic finely chopped
- 1 1/2 cups (400 ml) light or heavy cream (thickened cream)
- 1 1/2 teaspoons cornstarch mixed with 1 tablespoon water (cornstarch slurry -- optional)
- 1/3 cup fresh shredded or grated mozzarella
- 1/4 cup fresh shredded or grated parmesan cheese

Garlic Herb Butter Roast Turkey



Directions:

1. Preheat oven to 400°F (200°C). Lower oven shelf to the lowest part of your oven.
2. Combine the Herb Butter ingredients in a bowl and mix well. Reserve half of the herb butter in the refrigerator for later.
3. Line a large roasting pan with foil or parchment paper. Arrange the 4 halves of garlic cut-side down on the bottom of the pan with 4 sprigs each of thyme and rosemary, half of the olive oil and 1 slice of lemon.
4. Thoroughly pat turkey dry with paper towels. Stuff with the remaining heads garlic halves, lemon slice, a squeeze of lemon from remaining slice, herbs and a drizzle of olive oil.
5. Melt the remaining butter. Rub butter all over the turkey and under the skin. Season generously all over with salt and pepper. Place turkey on top of the garlic and herbs in the pan. Drizzle with the remaining oil.
6. Cover and roast 2 hours for a small turkey under 10 pounds (5 kg), 3 hours for a 10-14 pound turkey (5-7 kg), or 4 hours for large turkey over 14 pounds (7 kg plus).
7. Uncover, baste with pan juices and continue roasting for 20 - 30 minutes until the skin is golden browned.
8. Turn turkey over to be breast-side up. Using the reserved herb butter, use a spoon to spread it over the top of your turkey for extra flavour (the turkey will be hot and the butter will melt nicely over the skin). Pour any remaining juices over your turkey.
9. Reduce heat to 300°F (150°C) and continue roasting while basting every 15 minutes, until completely cooked through.
10. Tent turkey with foil and allow it to rest for 15-30 minutes before carving and serving.

Yields:

1

Prep Time:

15 mins

Total Time:

3 hours 15 mins



Dave L - Food Division Manager

Ingredients:

Roast Turkey

- 12 pound (6 kg) whole turkey, skin on (fully defrosted, washed, giblets and neck removed)
- 3 heads garlic cut in half horizontally divided
- 3 slices lemon divided
- 6 sprigs thyme divided
- 6 sprigs rosemary divided
- 1/2 cup olive oil divided

Herb Butter

- 4 ounces (125 g) unsalted butter
- 1 teaspoon chopped fresh thyme leaves or 1/2 teaspoon dried thyme
- 4 teaspoons minced garlic
- Salt
- Cracked Pepper

Glazed Spiral Ham with Caramelized Pear



Scott K - Meat Manager

Directions:

1. Combine one cup brown sugar and red wine vinegar in a medium sauce pot and cook over medium-high heat. Allow the mixture to simmer until it has reduced by half and reached a glaze-like consistency. Add $\frac{1}{2}$ cup bourbon as well as the cloves, garlic powder, molasses and mustard. Simmer for another three to five minutes. Remove cloves and set glaze aside.
2. Place ham in a roasting pan. To help the ham stay moist while it cooks, pour approximately four cups of water in the bottom of the pan; you may need to add more water as it evaporates. Roast ham at 400°F for approximately 15 minutes or until nicely browned. Reduce heat to 325°F and continue cooking for another hour. As the ham roasts, generously brush the ham with the glaze every 10 minutes using a pastry brush.
3. Peel and core semi-firm pears and chop into one-inch pieces. Combine chopped pears and remaining three tablespoons of brown sugar in a bowl and toss until pears are coated. Heat a large frying pan on medium-high and add butter and pears. Allow space between pears to allow them to caramelize. When pears are nicely browned, add remaining two tablespoons of bourbon and reduce until the pears are glazed. Place off to the side; keep pears in pan so you can lightly reheat when the ham is ready to be served.
4. When the ham is roasted and glazed, remove from oven and let rest for 15 minutes. Serve with warm caramelized pears.

Ingredients:

- 1 CO-OP GOLD Spiral Ham
- 1 cup + 3 tablespoons brown sugar, divided
- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{2}$ cup + 2 tablespoons bourbon, divided (optional)
- 10 whole cloves
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ tablespoon molasses
- $\frac{1}{2}$ teaspoon Dijon mustard
- 3 cups pears
- 2 tablespoons butter

Yields:

8

Prep Time:

10 mins

Total Time:

1 hour 30 mins

Christmas Sugar Cookies



Gloria W - Bakery Manager

Directions:

Cookies

1. Line cookie sheets with parchment paper. Beat first five ingredients in a large bowl with an electric mixer until well combined and sugar is dissolved. Combine next four ingredients in a medium bowl. Add to butter mixture in thirds, beating until soft dough forms. Turn dough onto lightly floured surface. Knead lightly until smooth. Divide dough in half. Wrap each half in plastic wrap and refrigerate for 30 minutes.
2. Preheat oven to 375° F. Roll dough on a lightly floured surface to ¼-inch thickness.
3. Cut out shapes with a cookie cutter lightly dipped in flour. Place on prepared cookie sheets about one inch apart. Bake in preheated oven for about eight minutes until edges of cookies start to brown. Let stand for five minutes before transferring to a wire rack to cool completely.

Icing

1. In a mixing bowl, combine butter and cream cheese, beating on medium speed until light and fluffy.
2. On low speed, mix in vanilla extract as well as icing sugar, slowly incorporating until combined.
3. Beat on high speed for about one minute, until fluffy. Spread icing on sugar cookies, and then sprinkle with coloured sugars.

Ingredients:

Cookies

- ¾ cup butter, softened
- 1 cup granulated sugar
- ⅓ cup sour cream
- 1 large egg
- 1 teaspoon vanilla extract
- 2 ¾ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt

Icing

- ⅛ cup butter, softened
- 2 ounces cream cheese, softened
- ½ teaspoon vanilla extract
- 1 cup icing sugar

Yields:

2 dozen

Prep Time:

1 hour

Total Time:

2 hours

Apple Orchard Punch



Shawn T - Grocery Manager

Directions:

1. In a punch bowl, add apple juice, cranberry juice, lemon juice, water and sugar. Whisk until sugar dissolves.
2. Add the apple and lemon slices, cinnamon sticks and cranberries.
3. Place ice in a heavy plastic bag, and crush with a rolling pin. Fold crushed ice gently into the punch bowl to prevent fruit from breaking. Add ginger beer.

Ingredients:

- 3 cups apple juice
- 2 cups cranberry juice
- ¼ cup lemon juice, freshly squeezed
- ⅓ cup cold water
- ½ cup granulated sugar
- 1 Granny Smith apple, cored and thinly sliced
- 1 lemon, thinly sliced
- 2 cinnamon sticks
- 12 whole cranberries, fresh or frozen
- 4 cups ice, crushed
- 2 cups CO-OP GOLD PURE Ginger Beer

Yields:

12 cups

Prep Time:

5 mins

Total Time:

1 hour 5 mins

Christmas Eve Party Mix



Trina C - Neilburg Grocery Manager

Directions:

1. Pre - heat oven to 250 degrees F.
2. In large bowl, mix the Chex, Cheerios, Shreddies, mixed nuts, and pretzels. Set aside.
3. Melt the butter in a bowl and mix in the Worcestershire sauce, seasoned salt, garlic powder, onion powder and a good pinch of pepper. Pour the butter over the cereal mixture, tossing well for 3-5 minutes or until the cereal mixture is evenly coated.
4. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes (or just start eating!!). Store in airtight container.

Ingredients:

- 3 cups corn Cheerios
- 3 cups rice Chex
- 2 cups Shreddies
- 2 cups mixed nuts
- 2 cups bite-size pretzels
- 1 1/2 sticks (3/4 cup) butter, melted
- 4 tablespoons Worcestershire sauce
- 2 teaspoons seasoned salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

Yields:

12 cups

Prep Time:

5 mins

Total Time:

1 hour 5 mins

Bacon & Cheese Quiche



Directions:

1. In a mixing bowl, mix flour and one teaspoon salt. Using your fingers, a pastry blender or a fork, work butter into flour until mixture forms a very coarse meal, about the size of peas. Sprinkle in the water, and mix until crumbly dough forms. Do not overwork dough. Wrap the dough in plastic wrap, and refrigerate for one hour.
2. Preheat oven to 300°F.
3. Roll out dough to ¼-inch thick. Press into a 9-inch round pie plate, and bake for 15 to 20 minutes or until lightly golden brown. Set aside to cool.
4. In a large bowl, whisk eggs, cream and ½ teaspoon salt together. Place the bacon and cheese into the bottom of the baked pastry, and pour the egg mixture on top. Bake for 30 minutes.
5. Let cool completely, and cut into eight pieces. Serve at room temperature.

Chase S - Vice President of Operations

Ingredients:

- 2½ cups all-purpose flour
- 1½ teaspoons salt, divided
- ½ cup unsalted butter, ¼ inch diced and chilled
- ¼ cup ice-cold water
- 6 large eggs
- 2 cups whipping cream
- 10 strips sliced bacon, cooked and chopped
- 2 cups swiss cheese, shredded

Yields:

8

Prep Time:

1 hour 10 mins

Total Time:

45 mins