



Cook*less* **Book**

Cut out your energy usage
& still make amazing meals

Niagara-on-the-Lake Hydro

Energy efficient cooking can be a sensory **extravaganza**

We've put together some great energy cutting tips and incredible recipes to show you that it's possible to create gourmet treats with minimal, or even zero energy use.

Thank you for taking the time to learn more about ways to **CUT** your energy use in your kitchen. We created this *Cookless Book* to help you think of ways to cook differently, reduce your carbon footprint, help the local economy and to eat healthier.

Special thanks to all our contributors, especially; [Chef Helene Belanger](#), [Chef Steve Berry](#), [ENERGY STAR®](#), [Victoria Gillett](#), [Jim Huntingdon](#), [Chef Amanda McSpadden](#), [Ontario Power Authority](#), [Chef Sam Seaver](#), [Chef Jill St Amour](#), [White Oaks](#), [Chef Elbert Wiersema](#), [Sarah Wood](#), [Bruce Worden](#) and [Amanda, Winston, Penelope & Mom Mosher](#).

Bon Appetite
Brodie Mosher, Author



How to use this Cookless Book

The following is a quick overview of how to navigate through this book and how to identify the various links and interactive elements.

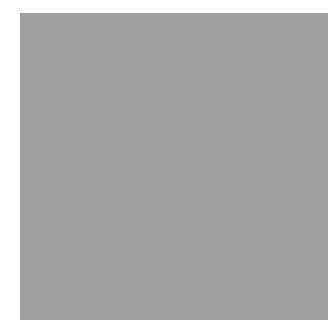
Niagara-on-the-Lake Hydro is not affiliated with any of the companies mentioned or linked to in this Cookless Book, but we've tried to give you the most appropriate information through reputable sources. Please note that we have included many links to other websites that may require an internet or data connection.

Enjoy your cutting.



Go to Quick Links Page

You'll see this icon at the bottom of each page. By clicking it, you will be taken to the Quick Links page.



Internal Information Link

Any Grey square box with text will take you to another location within this book.



Internal Recipe Link


Any Orange square box with text will take you to one of the recipes in the book. A recipe that requires no additional energy to prepare will have a ZERO logo in the bottom right area of the orange square.



External Link

Any Blue square box with text will take you to a 3rd party website. You will need an internet or data connection to access it.



Ahhhh, find what you need in a jiffy with our Quick Links section. 
Click on the section to be magically whisked away to the first page of that section.

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Energy Saving Options for Home

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Cookless Recipes Guide

Please use the following as a guide to find the recipe of your wish:

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Look for recipes with the ZERO POWER mark. These recipes can be done without any cooking device.

Cookless Recipes
App

Cookless Recipes
Main

Cookless Recipes
Deserts

Home Grown

Buy Locally

Ontario is a unique geographical wonder. It runs as far south as Northern California and north past the treeline. In between are large pockets of fertile land that produces many of the things that we eat on a daily basis.

When you buy locally, whether it's in Ontario or wherever you live, you are not only supporting the local economy, you'll also be purchasing food with lower greenhouse gas emissions to get to your dinner table (fuel for transportation and refrigeration).

Find Ontario Farmer Markets



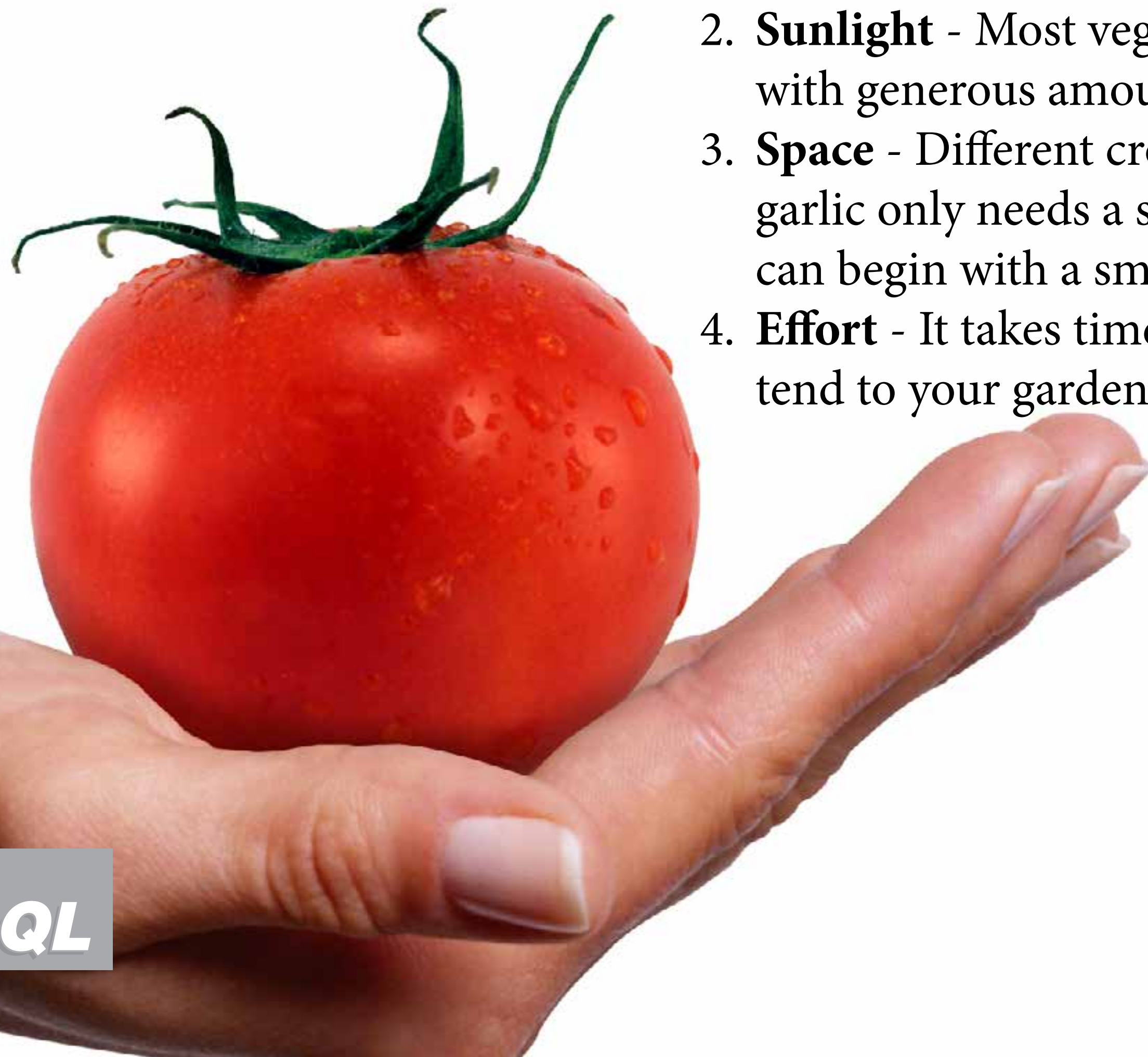
Home Grown

Start a Home Vegetable Garden

You can **CUT** out the middleman for a more do-it-yourself approach. Growing your own fruits and vegetables can provide you with the ultimate in freshness and are packed with nutrition. It's not for everyone and it's not always easy, but growing a successful garden can be very rewarding.

Preparing, growing and maintaining a garden at home can give you an appreciation for food as well as an opportunity to get some physical activity. There are a few things to consider when planning your own vegetable garden:

1. **Crop Selection** - What are you planning on growing? Start small until you can understand the amount of work and harvest yields of your desired crops. Some people go overboard and end up with too much food that goes to waste. Also, some crops may not give you yields to warrant the work.
2. **Sunlight** - Most vegetables need between 6-8 hours of sunlight to grow so pick a spot with generous amounts of sunlight.
3. **Space** - Different crops require different growing areas (and dirt composition). While garlic only needs a small area, a tomato plant may need several feet clearance. Starters can begin with a small herb garden in their kitchen.
4. **Effort** - It takes time to plant and harvest a good yielding garden and you will need to tend to your garden (weed and water) constantly.



**Ontario
Seasonal
Fruits &
Veggies**

**Food
Nutrition
Info**

Cooking Options

Appliances

There are a lot of options to choose from when cooking whatever it is that you're cooking. We're going to try to keep this simple and stick to the main cooking appliances. Our regrets go out to George Foreman, the Flavorwave and any other cooking device that may be available at this moment.

We will be sticking with the basics:

- Range Ovens/Stoves
- Countertop Toaster Ovens
- Microwave Ovens
- Slow Cookers (*aka Crockpots*)
- Pressure Cooker
- Barbecues (*BBQ*)

We won't be listing any new or alternate cooking products in this section though we encourage you to look at other efficient methods to cook your food.



Cooking Options

Appliances



Range Ovens

When looking at range ovens, you have a lot of competing brands to choose from. You are also confronted with a variety of heating options:

1. **Fully Gas** - Experienced cooks tend to favour gas and may find it easier to judge the heat provided with gas ranges. They require a gas hook-up and do not hold heat as well as electric coil/smooth tops when turned off. Note that gas prices are at an all-time low and can cost much less than electric fuel consumption.
2. **Combo Gas/Electric** - Combo units utilize a gas stove-top and an electric oven. Some people feel that gas ovens do not maintain their temperatures as well as electric. This is often a case of personal preference and differences in the quality of manufacture.
3. **Fully Electric Options**
 - **Conventional Coil Tops** - Generally the least expensive option and can heat up faster than smooth tops. They can be considered an eye-sore to many and require more work when cleaning.
 - **Ceramic Smooth Top** - Are quick to heat up and can be easier to clean than a coil top though they are more expensive. They retain heat well which can also be a safety issue as there is no visible sign an element is hot when turned off.
 - **Induction Stove Tops** - Use magnetic coils to directly heat a pot/pan and is the most efficient option (90% efficient) for electric ranges. They are generally more expensive than smooth tops and require induction compatible cookware.
 - **Convection Ovens** - Use a fan to circulate the hot air in the oven cavity—usually found in electric ovens. Convection fans reduce the cooking time, or cooking temperature, required to cook your dishes thereby using less energy.
 - **Dual Ovens** - Have two separate cooking cavities to cook different items at different temperatures. This can **CUT** energy as the cooking space is generally smaller which requires less energy to heat.

Cooking Options

Appliances

Range Oven - **CUTS**

Here are ways to **CUT** your energy use with your Range Oven. Many of these tips are very easy to do, though we often forget to use them:

1. **Always cook with the lid on your pans.** Cooking without lids can take three times as much energy.
2. If you have a convection oven, **use the convection feature.** Convection cooking can be 25-30% quicker than conventional ovens.
3. If you have a **gas range, make sure that the gas burns blue.** If the flame is yellow, the fuel is burning inefficiently and the range should be serviced.
4. Food cooks more efficiently in ovens where air can circulate freely. Don't lay foil on the racks. If possible, stagger pans on upper and lower racks to improve air flow.
5. **Using glass or ceramic pans in ovens** allows you to **CUT** cooking temperature by 25°F with no extra time required.
6. Just before your food is cooked completely, **turn off the oven or burner and allow the heat in the pot or pan to continue** the cooking process for you.
 7. Try to **cook more than one dish at a time** – fill the oven to make the most of the energy you're using.
 8. **Use the window to peek at a meals progress.** Opening the door releases a lot of energy and can slow your cooking time considerably.
 9. Use the stove-top element that is closest in size to the pot/pan that you are using. This will ensure that you are primarily heating your pot/pan, not empty space.



Photo Credit: LG Electronics

Cooking Options Appliances

Toaster Ovens

The kid brother of the oven, toaster ovens have their place in kitchen efficiency. Newer toaster ovens can also have convection options for added efficiency options. They will typically use around 1,500-1,800 watts versus a full-size oven that can use up to 3,500 watts. You'll **CUT** out up to 2,000 watts of demand per hour.

Quick Re-heating with Crispy Results

Many people desire the texture that an oven provides with their re-heated food that microwave ovens generally do not provide.

Energy Efficiency

A toaster oven will get to any desired heat quicker than a full sized oven. Due to generally having a smaller cooking cavity, a toaster oven has less space to heat and should use less energy.



Toaster Ovens - **CUTS**

1. **Use a toaster oven when cooking a meal for one instead of a full-size oven.** Meals for one are typically smaller and optimal for a toaster oven.
2. While toaster ovens are efficient, it's actually **still more efficient to use a regular toaster** to toast your bread/bagel/english muffin.
3. **Combo reheats can work well too.** Get your food hot quickly in the microwave and then crisp it in the toaster oven.

Cooking Options

Appliances

Microwave Ovens

Made popular in the 1980s, microwave ovens are found in most homes and have many uses for cooking and other household needs. Microwave ovens target water molecules inside food which creates the heat needed to cook. While microwaves may consume a lot of energy while in use, they also cook very quickly, so overall you'll **CUT** energy usage.

Microwaves are exceptionally efficient at heating most vegetables, popping popcorn and left-overs from the previous night's dinner. The main drawback of a microwave is its inability to cook at a high temperature to cause searing or crisping.

Also, while the microwave oven seems to be very good at many things, it is not for everything. For instance, boiling water is still most efficient with an electric kettle or an induction stove top.



Photo Credit: Whirlpool Corporation

Cooking Options

Appliances

Microwave Ovens - **CUTS**

We suggest that any NEW USE be completed in off-peak times when Ontario-wide demand is low and when electricity pricing is the lowest.

1. **Microwaves work most efficiently when they are clean.** Any debris from previously heated food that is stuck on the wall will attract the attention away from your intended meal. Keep your microwave clean.
2. **Baked Potatoes.** Why wait 45 minutes for your oven to do the trick when you can get it done in 12 or less? Poke some holes in your Russet (or my favorite Sweet Potato) with a fork and then microwave for about 5 minutes. Turn it over and microwave in increments of 1 to 2 minutes until it is at your desired texture. Once done, fix it with your favorite toppings and enjoy.
3. **Disinfect & Deodorize Sponges.** If you have a sponge that might have seen it's last days, try to reinvigorate them. Soak them in water with some vinegar (or lemon juice) and zap them for 1 minute. Be careful, they'll be hot, but they'll also be disinfected to be used again and again.
4. **Store Bread.** Microwaves have a large cavity and are fairly air-tight which is perfect for storing your fresh bread products. It will help to keep them fresher, longer.
5. Any recipe that calls for **braising, poaching or steaming** can be done in the microwave. **CUT** about 3 quarters of the normal cooking time using a range. Remember to stir liquids often to help distribute the heat evenly.
6. Bring your food back to life:
 - **Honey** - If your honey solidifies, uncover the lid and heat on medium for about a minute. It will be hot so be careful. To avoid leaching with plastic containers, store your honey in a glass container.
 - **Potato Chips** - They've been out too long and now they lost their crisp (absorbed moisture). Place them on paper towels & zap them for up to 30 seconds.



Photo Credit: Microsoft Clip Art

Cooking Options

Appliances

Slow Cooker

While it may seem inefficient to cook a meal over 7 hours, a slow cooker is an extremely efficient kitchen appliance. An electric range can use about 2 kWh while cooking an item at 350°F for 1 hour. In comparison, a slow cooker will deliver an equivalent 200°F over 7 hours and use about 0.7 kWh.

While rice cookers appear to be similar to a slow cooker, they are very different. You need to be aware of the cooking settings since they tend to be able to cook at higher temperatures and can use much more electricity than a slow cooker if you don't pay attention to your settings.

Conventional Recipe	Slow Cooker LOW (200 F)	Slow Cooker HIGH (300 F)
15 - 30 min	4 - 6 hrs	1.5 - 3 hrs
35 - 45 min	6 - 10 hrs	3 - 4.5 hrs
50 min - 3 hrs	8 - 18 hrs	4 - 7 hrs



Unlike this picture, don't fill your slow-cooker to the rim as it will not cook the food evenly.

Cooking Options

Appliances

Slow Cooker - **CUTS**

1. **Use your lid and avoid lifting it.** This is important especially if you are cooking on the LOW setting. Every time the lid is lifted, it can add another 20 minutes to your cooking time. Additionally, if you have a slow-cooker with a round lid, spin it until any condensation falls off so you can see inside.
2. The LOW setting on a slow cooker is typically about 200°F while the HIGH setting is typically about 300°F. The minimum you need to ensure safe cooking temperatures is about 140°F.
3. **One hour on HIGH is usually equal to two hours on LOW.**
4. Many people advise to initially cook on HIGH for the first hour of cooking, then switch to LOW to finish.
5. If you are using a recipe not designed for slow-cooking, **you can likely CUT your liquid needs** (water or broth). Expect to need 25-50% less liquid unless you are adding rice or making soup.
6. **Denser vegetables** like carrots, potatoes and other root vegetables cook best if they are less than 1" thick and placed at the bottom of the pot because they take longer to cook.
7. **If you are cooking with beans,** pre-soak them or use pre-soaked beans in order to cook properly.
8. **Spices are special.** If you are using whole herbs like bay leaves, add them when you start cooking so the flavor releases over time. Ground herbs and spices lose their punch over a long cooking period so add them closer to the end.



Photo Credit: Microsoft Clip Art

Cooking Options

Appliances

Pressure Cooker

What if you could cook a meal up to 70% faster than conventional range cooking...and not in a microwave? You might be referring to the sometimes forgotten cooking tool – the pressure cooker. These handy cookers can help you cook faster and thereby reduce your energy consumption. If you don't have time for a slow-cooker, then a pressure cooker might be the tool you need.

The thought of pressure cooking can scare many people with fears of food explosions. Today's pressure cookers are engineered to be safe and easy to use. As a rule of thumb, look up pressure cooker specific recipes before you cook until you are comfortable with the cooking method. Cooking times vary by the ingredient but there are many things you can do to ensure that you are cooking efficiently while ensuring a tasty meal.

Pressure Cooker - CUTS

1. **Read your manual.** It will also tell you when to replace certain parts to maintain the cooker's efficiency and safety.
2. **Limit the liquids.** Since the pressure cooker is sealed, the liquids inside will not evaporate so you don't need as much as normal cooking.
3. **Don't overfill the pot.** If you have too much food in the pressure cooker it will not work efficiently and may also cause untimely pressure releases.
4. **Go fast, then slow.** Once you've attained the optimal temperature for pressure cooking, you can reduce your heat. As pressure increases, you will need less heat to maintain the pressure.
5. Certain meats are lower in price because they tend to be tough when cooked, but a pressure cooker can make them tender, allowing you to **make "inferior" meats into exquisite meals.**



Cooking Options

Appliances

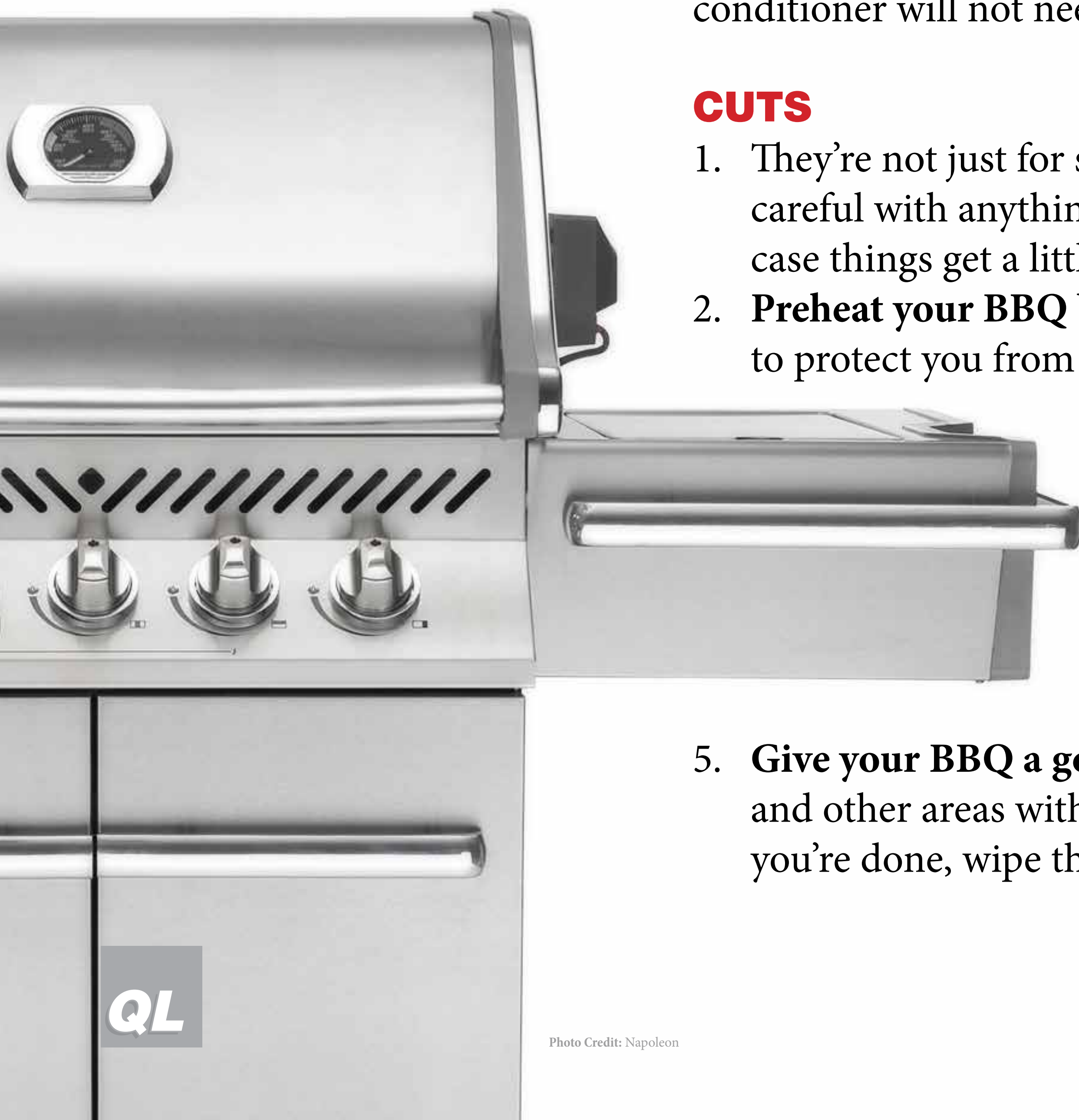
Barbecues

Your barbecue will typically use propane or a natural gas hook-up from your home. A BBQ can cook virtually any meal; hot dogs, hamburgers, steak, kabobs, pizza, grilled vegetables, baked potatoes, steamed vegetables and much more.

BBQs still use propane/natural gas so for the sake of this book's intentions, if you're going to grill, try to use your BBQ more in the summer months. You will get to enjoy the weather and will avoid heating your home as you would with your range oven. Your air conditioner will not need to work as hard to keep your home cool, resulting in savings.

CUTS

1. They're not just for steaks and burgers. You can cook an entire meal on a BBQ. Be careful with anything that can catch on fire and keep a spray bottle of water handy in case things get a little too hot.
2. **Preheat your BBQ before you put food on it.** This will clean and disinfect the grill to protect you from contaminated food.
3. **A covered grill is a hotter grill.** Depending on what you are cooking, it is best to try to keep the lid closed as much as possible.
4. **For an easy way to oil your grill,** chop an onion in half and dip the cut end in some vegetable oil. When you're ready, rub it all over the grill. Try to get an even coat throughout the cooking surface.
5. **Give your BBQ a good cleaning once a year.** Clean the grills, under the lid, burners and other areas with built up gunk. Don't forget to empty the fat catcher. When you're done, wipe the grill with some oil.



Food Storage

Refrigeration Tips

Refrigerators & Freezers

Most households have a refrigerator and a freezer and if you do, we hope it's an ENERGY STAR® rated appliance. If it's more than 20 years old, you're likely wasting electricity as newer appliances are VERY efficient.

Some of you may have multiple appliances to store your food, but unless you live far away from a grocery store, you likely don't need more than 1 of each. If you have more than one, consider the idea of removing it. Ontario conservation programs will pick up your full-sized refrigerator or freezer for free if it's over 20 years old. If it's under 20 years old consider selling it to a scrap metal collector or donating it to a local charity.

CUTS

1. IDEAL TEMPERATURE SETTINGS

- **Refrigerators** - between 2°C and 3°C (35°F to 38°F). If your fridge does not have a temperature reading, this is usually the middle setting.
 - **Freezers** - keep it at -18°C (0°F).
2. Keep your fridge/freezer away from sources of heat like an oven, heat vents and windows (if possible).
 3. Don't put hot food directly into the fridge or freezer. Allow the food to cool naturally for about an hour before placing it in the fridge.
 4. Ensure that any liquids are covered when you place them in your fridge. Open liquids release moisture causing the fridge to work harder to remove it.
 5. Fridges/freezers work better when they are almost full (not overfilled). Their chilled items help maintain the temperature. If you tend to have an empty fridge/freezer, think about filling it up, or think about downsizing to a more appropriate sized unit.



Photo Credit: LG Electronics

Food Storage

Refrigeration Tips

Refrigerator & Freezer CUTS

6. An airtight fridge is an efficient fridge. Check the seal on your door with a sheet of paper. Close the door on the paper, if you can easily move it, the seal is bad. Alternatively, put a flashlight in the fridge and close the door. If you see any light, then the seal is poor. Fix the seal or consider it time for a new appliance.
7. Clean behind your fridge once per year and ensure there is about 3 inches of space from the fridge to your back wall. If surrounded, allow for 1 inch on either side of the fridge to allow good airflow.
8. If you don't have an automatic defroster, defrost regularly. Especially if your freezer has ice built up more than the thickness of a pencil.

Food Shelf Life Info

Be aware of when your food is no longer safe to eat.



Photo Credit: Microsoft Clip Art

Cleaning Up

Dishwashing Options

It's the part of dinner that everyone agonizes over, cleaning up. After a hearty meal, you're often tired and the dishes seem to be the last thing on your to-do list.

What you may not realize is that your dishwasher may actually be more efficient than hand washing your dishes. ENERGY STAR® says that over 10 years, approved dishwashers can save you up to \$431 in water and energy costs over hand washing. This doesn't include the estimated 230 hours saved from having to hand wash.

New efficient dishwashers can use less than 20 litres of water per cycle.
Machines older than 1994 can use up to 54 litres per cycle.

CUTS

1. **Only run your dishwasher with a full load.** It will use the same amount of water for one plate as the amount for a full load.
2. **Don't pre-rinse your dishes,** but be sure to scrape food off your plate. Most newer dishwashers were designed so dishes don't need pre-rinsing.
3. If you have a no-heat drying feature, use it. Even better, after the final rinse, turn off the dishwasher and open the door to **let the dishes air dry.**
4. Some plastic containers are not dishwasher friendly and can leach chemicals during washing. **Only clean with dishwasher safe containers.**
5. If the initial water entering the dishwasher is not hot enough, it may activate an internal heater which uses a lot of energy. Run the hot water in a faucet connected to the same water line as the dishwasher for a few **seconds.** This ensures that the water entering the dishwasher first is hot.
6. **Don't put non-stick coated pots and pans in your dishwasher.** This can damage the coating. Also, think twice about dishwashing good knives (can dull them), cast-iron skillets (rust) and anything made of wood (warping).



Photo Credit: LG Electronics



Cleaning Up

Hand Washing

While certain dishwashers are shown to use less water and energy than hand washing, that doesn't mean that you will never hand wash. Some of you may not have a dishwasher and you still need to hand wash anti-stick coated pots/pans.

Since your kitchen faucet likely has a flow of between 5.7 and 8.4 litres per minute, ensuring that you are washing efficiently as it is important to saving on water and water heating (gas or electric) costs.

CUTS

1. **Time is of the essence.** If you are able to wash your dishes and pots/pans before the food dries, it will make for a much easier wash. If you are able to clean while you cook, this will make cleaning even easier.
2. **Turn off the water when you don't need it. CUT** the waste. When you are not using the water to rinse, turn it off. If your faucet is running for longer than 3 minutes in total, you will have used about as much (or more) water as an ENERGY STAR dishwasher during its entire cycle.
3. **Scrape off all chunks of food before cleaning.** This will help ensure the soapy water stays cleaner longer, but also aids in loosening up any stuck on food.
4. Instead of filling the sink with soapy dish water, consider filling a pot or a bucket. This will use less water than filling your sink.
5. If a pot/pan has stuck on food, add some hot water to it and let it soak. The food should loosen up, requiring less water when you get around to cleaning it.

Buying Guide

Appliances

Choosing Your Next Appliance

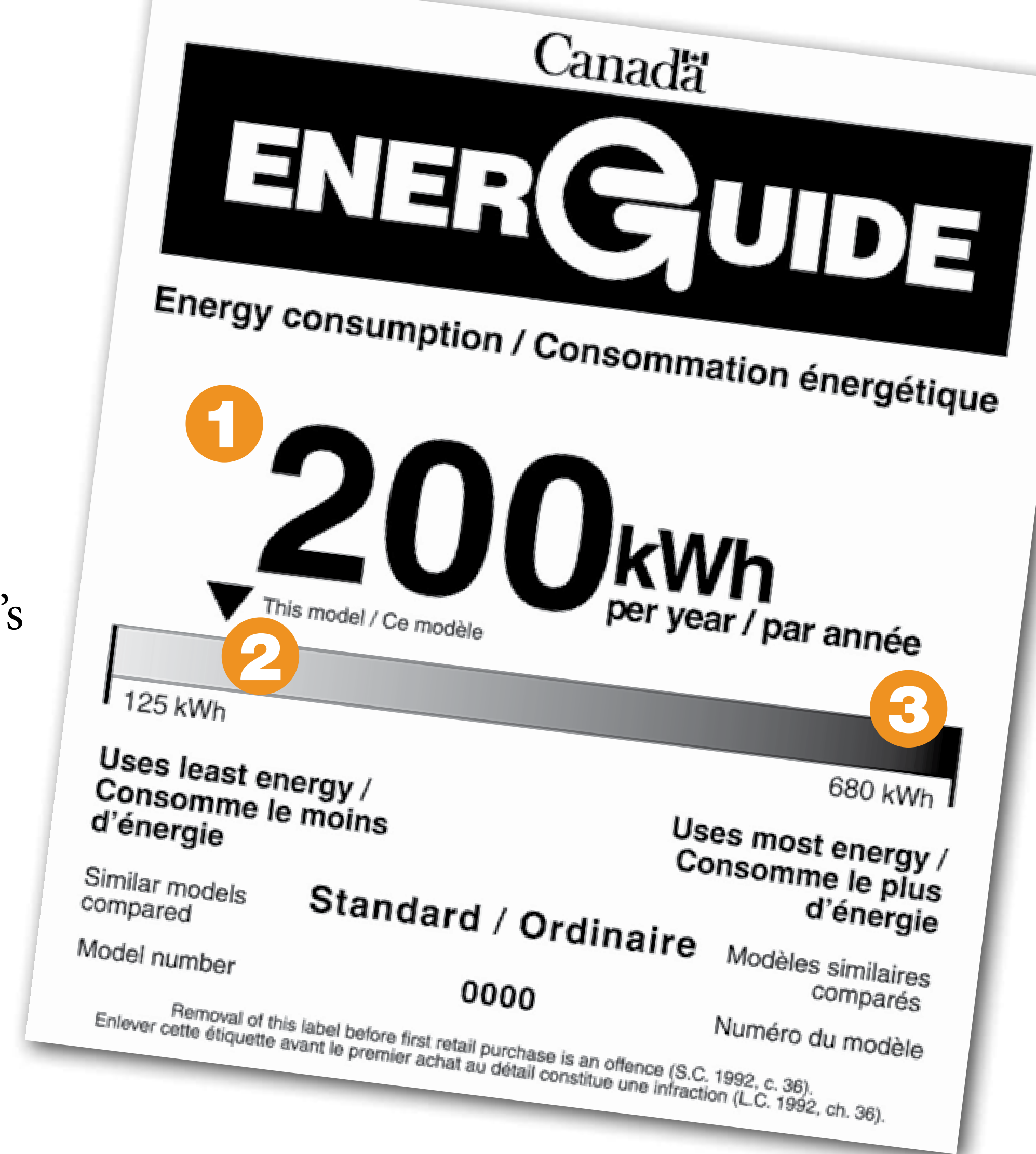
At some point in the near future, you will likely need to get a new appliance. Whether it be a new refrigerator, microwave, range or dishwasher you have tools available to help you pick a model that's efficient.

Look at the product's Energuide label, which should be found on all major appliances. Read the following descriptions based on the image above:

1. The annual estimated energy consumption of the appliance in kilowatt hours. The lower the number, the better.
2. The energy consumption indicator shows you how this model compares to others in its category. The bar below the indicator gives the energy efficiency range for this class of appliance. The further the indicator is to the left end of the scale, the better.
3. This bar shows you the energy consumption of the most and least efficient appliances in this class. In this case, the most efficient comparable model consumes 125 kWh per year while the least efficient uses 680 kWh per year.

Fridge Specific

- Get the right size fridge for your household. Too big — you're wasting energy. Too small — over-stuffing it will make it inefficient.
- Fridges with the freezer compartment below or above the fridge are more efficient than side-by-side models.
- Fridges with automatic ice makers are less efficient than manual ice makers.



We always recommend looking for an ENERGY STAR® rated product. To get this designation, a product is tested for its energy efficiency and compared to others in the same category. Only efficient models get approved.

Other Kitchen Energy Tips



5 Bonus CUTS

Here are a few bonus tips to ensuring you have an efficient kitchen:

1. **Keep your kitchen organized.** When you are wasting time searching for tools and ingredients, you might be wasting electricity. Your empty oven heats up or your pot of water starts to boil while you're looking for the pasta.
2. **Be Prepared.** Similar to being organized, any new or complex recipe will generally take longer to cook. Make sure you read any new recipe carefully to make sure you have everything you need ready and within arm's reach. This includes:
 - Having all your ingredients, mixing bowls, measuring spoons/cups and utensils gathered and ready to use.
 - Understanding your cooking timeline. If you are making a sauce for pasta that takes 45 minutes then you should wait to boil water for the pasta.
 - Thawing/Defrosting ahead of time. If you have items that need to thaw before cooking—start early. Place them in your refrigerator the night before your cooking session. This helps to ensure a slow sanitary thaw with no additional energy used. Microwave and warm water defrosting can use a lot of energy/water that is unnecessary.
3. **Preheating not necessary.** Most recipes, outside cooking breads and cakes, don't necessarily need a pre-heated oven. You can save a lot and **CUT** out the pre-heat.
4. **Cook LOTS.** Doubling or tripling your portions may add some time to your prep work but won't necessarily take longer to cook. Reheating food uses much less energy than to cook fresh so freeze whatever you don't want to consume in the following day or so and reheat it whenever you're in the mood.
5. **Plan your meals and pre-cook.** If you are an organized type, plan your meals for the week. You may find opportunities to pre-cook items that you plan on using in another dish later in the week. While cooking your lasagna tonight, you could be roasting garlic or the chicken and bacon for your Caesar salad tomorrow.

Photo Credit: Microsoft Clip Art

Energy Saving Food Swaps

Soaking your beans (if they are dry beans) is very important. Otherwise the beans will not cook properly.

Canned beans are pre-soaked but contain high amounts of sodium. You can reduce the sodium content in canned beans by rinsing or soaking them (up to 30 min).

Dried beans usually do not contain any sodium unless it is added during the cooking process.

Canned beans usually cost more than dried beans per prepared cup. In some cases, dried beans have been found to be about \$0.34 less per cup.

Important - timelines are approximate and may vary. Always follow the instructions provided by their manufacturer.

DRIED BEAN/LEGUME COOKING CHART

If you're cooking with one of the worst offenders, consider an option that takes less time to cook. You can also look at a canned option.

Type of Bean (1 cup of <i>dried</i> bean)	Cups of Water for Soaking	Soak Hours	Traditional Boiling (minutes)
Lentils (<i>all varieties except French Green</i>)	2	None Required	15 to 20
Lentils (<i>French Green</i>)	2	None Required	45
Black-Eyed Peas	3	None Required	45 to 60
Peas (<i>Split, Green or Yellow</i>)	4	None Required	45 to 60
Romano Beans	3	4 to 8	45 to 60
Yellow-Eyed Peas	3	6 to 8	45 to 60
Lima Beans (<i>Baby</i>)	4	8 to 10	50 to 60
Pink Beans	3	6 to 8	50 to 90
Appaloosa Beans	3	4 to 8	60 to 90
Calypso Beans	3	6 to 8	60 to 90
Kidney Beans	3	6 to 8	60 to 90
Lima (<i>Christmas</i>)	4	8 to 10	60 to 90
Pinto Beans	3	6 to 8	60 to 90
Red Beans (<i>Small</i>)	2	6 to 8	60 to 90
Black Beans	4	6 to 8	75 to 90
Lupini Beans	4	24	60 to 120
Great Northern Beans	3.5	6 to 8	90 to 120
Navy Beans (<i>White, Haricot</i>)	3	8 to 10	90 to 120
Fava Beans (<i>Broad Beans</i>)	3	10 to 12	120 to 180
Chickpeas (<i>Garbanzo Beans</i>)	4	12 to 24	120 to 240

Energy Saving Food Swaps

GRAINS COOKING CHART

A simple swap of grains to your recipe can **CUT** your bills.

Type of Grain (1 cup of <i>dried</i> grain)	Cups of Water for Cooking	Traditional Boiling (minutes)
Rice (<i>Instant/Minute, White</i>)	1	1 to 5
Couscous	1	5
Rice (<i>Instant/Minute, Brown</i>)	1	5 to 10
Rice (<i>Basmati, Baby</i>)	1.5	10
Rice (<i>Basmati, White</i>)	1.5	12 to 14
Rice (<i>Basmati, Aged</i>)	1.5	12 to 14
Rice (<i>Short Grain, White for Sushi</i>)	1.5	13 to 15
Bulger Wheat	2	15
Buck Wheat (<i>Groats, Hulled</i>)	2	15
Rice (<i>Calrose, White</i>)	1.5 to 1.75	15
Rice (<i>Long Grain, White</i>)	1.5	15
Rice (<i>Medium Grain, White</i>)	1.5 to 1.75	15
Amaranth	2 to 3	15 to 20
Quinoa	2	15 to 20
Rice (<i>Jasmine, White</i>)	1.5	15 to 20
Red Rice	2	20
Farro	3	15 to 25
Bhutanese Rice	1.5	20 to 25
Himalayan Rice	1.5	20 to 25
Rice (<i>Red</i>)	2	20 to 25
Rice (<i>Basmati, Brown</i>)	2	35 to 45
Barley (<i>Pearled</i>)	2.5 to 3	40 to 50
Rice (<i>Jasmine, Brown</i>)	2	45 to 50
Rice (<i>Sweet, Brown</i>)	2	45 to 55
Rice (<i>Long Grain, Brown</i>)	2	45 to 55
Rice (<i>Short, Brown</i>)	2	45 to 55
Rice (<i>Wild</i>)	2 to 2.33	45 to 55
Barley (<i>Hulled</i>)	3.5 to 4	60 to 90

Eating complex (brown) grains, over white rice, has been shown to have many nutritional and health benefits.

We urge you to look at the nutritional value that each type of grain provides and make a choice that helps your body and your electric bill.

Important - timelines are approximate and may vary. Always follow the instructions provided by their manufacturer.



Energy Saving Food Swaps

Fresh handmade noodles are typically the quickest to cook and only need a few minutes to cook.

Important - timelines are approximate and may vary. Always follow the instructions provided by their manufacturer.



PASTA COOKING CHART

Type of Pasta	Boiled for Minutes
Rice Noodles	0, See Notes
Angel Hair	4 to 5
Vermicelli	5 to 6
Fedilini	6
Egg Noodles	5 to 7
Ravioli (<i>Frozen</i>)	6 to 7
Gnocchi (<i>Packaged</i>)	6 to 8
Elbows	7 to 8
Rotini	7 to 8
Shells (<i>Small</i>)	7 to 8
Fusili	7 to 8
Spaghetti	8
Manicotti	7 to 9
Tortellini	7 to 9
Soba Noodles	7 to 9
Shells (<i>Medium</i>)	8 to 9

Type of Pasta	Boiled for Minutes
Spaghettini	8 to 9
Linguine	8 to 10
Ziti	8 to 10
Acini Di Pepi	8 to 10
Lasagna	8 to 10
Penne	8 to 10
Farfalle	8 to 10
Rotelle	8 to 10
Macaroni	8 to 10
Orzo	9 to 10
Ditalini	9 to 10
Rigatoni	9 to 10
Fettuccine	9 to 10
Udon Noodles	10 to 12
Shells (<i>Large</i>)	11 to 13

Rice Noodle Efficiency

We gave rice noodles a 0 minute rating, but how is this possible? Rice noodles only need to be soaked in hot water so all you need to do is boil some water in your kettle, place your noodles in a bowl and then cover them with the hot water. They'll cook quickly, typically in 5 to 6 minutes, so keep an eye on them. Once they are cooked, splash in cold water to stop the cooking process. Rice Noodles are light and have a much different texture than wheat noodles. Give them a try.

Energy Saving Food Swaps

MEAT COOKING CHART & MEATLESS ALTERNATIVES

Meat is in a different class of it's own due to it's safety. You can **CUT** your risk of food poisoning by thoroughly cooking your food. You are taking chances whenever you eat meat, poultry or fish that's raw or only partly cooked. Here are some figures from the Ontario Ministry of Health.

Type of Meat	Safe When at Temperature
Whole Poultry (chicken, turkey, duck)	82°C (180°F)
Poultry Pieces (chicken, turkey, duck)	74°C (165°F)
Stuffing in Poultry	74°C (165°F)
Duck, goose, pheasant	82°C (180°F)
Beef, veal, lamb or goat (pieces and whole cuts)	Medium Rare: 63°C (145°F)
	Medium: 71°C (160°F)
	Well Done: 77°C (170°F)
Pork or fresh cured ham (pieces and whole cuts)	71°C (160°F)
Beef, veal, lamb and pork ground meat & meat mixtures (burgers, sausages, meatballs, meatloaf, casseroles)	71°C (160°F)
Ground poultry	74°C (165°F)
Pork (pieces and whole cuts)	71°C (160°F)
Seafoods (fish, shellfish and other seafood)	70°C (158°F)
Egg Dishes	74°C (165°F)
Food Mixtures - poultry, eggs, meat or fish (soups, stews, casseroles, stocks, gravy)	74°C (165°F)

Meatless Alternatives

We are going to stay out of the meat vs no meat argument but will offer up some alternatives that can take less time to cook. All options except for Quinoa require little, to no, cooking.

Tofu - the classic and most popular meat substitute. This soy-base product is widely available. Tofu takes on the flavor of whatever it's cooked with. Inexperienced cooks may have trouble getting their desired texture from it. 100g provides about 7-14g of protein depending on the type.

Tempeh - soy-based tempeh provides twice the protein as tofu and has a texture closer to meat (when cooked). 100g provides about 18.5g of protein.

Seitan - made from wheat gluten, seitan is iron-rich, virtually fat-free and packs a protein punch. 100g provides about 20-23g of protein.

TVP - (*textured vegetable protein*) a soy-based ground meat substitute and only needs hot water to "cook" it. Like tofu, it takes on the flavor of the spices you add to it. 100g provides up to 48g of protein.

Eggplant - this low-calorie veggie offers a texture and is full of vitamins though low in protein. 100g provides about 1g of protein.

Portobello Mushroom - these fungi offer a hardy texture and can be grilled or baked. They are packed with vitamins and 100g of grilled portobello provides about 3.25g of protein.

Quinoa - this grain packs a punch with lots of nutrients and a good dose of protein. Quinoa is a good meat alternative but on the downside, takes up to 20 minutes to cook. 100g provides about 14g of protein (uncooked) and 4.4g when cooked (it expands when cooked).

...also try beans as a substitute



**Energy
Saving
Options**
for Home



**Save on
Energy**
Ontario

The Save on Energy conservation programs for home and business are designed to make it easier than ever to manage your electricity use.

This site will help you learn about the programs, and the benefits you can achieve by taking advantage of the energy-saving measures and incentives offered by these conservation programs.

The Save on Energy programs are offered through your local hydro company and powered by the Independent Electricity System Operator.

Join thousands of Ontarians who are already making a difference in their homes, and businesses. As of June 2018, Save on Energy home programs include:

- **Heating & Cooling Incentive:** Incentives on high-efficiency furnaces, air conditioners, heat pumps and Smart Thermostats.
- **Deal Days:** Instant discounts on energy-efficient products in retail locations. These sales only happen twice a year.
- **Home Assistance Program:** Providing a free in-home energy assessment with an energy-efficiency expert and no-cost efficiency upgrades directly installed for eligible residents and social housing providers.

Helping Ontarians take action on climate change.

Funded through proceeds from Ontario's carbon market, the Green Ontario Fund is a not-for-profit provincial agency tasked with reducing greenhouse gas pollution in buildings and industry to help meet Ontario's emission reduction targets.

Through programs and rebates the Green Ontario Fund helps people and businesses take climate action into their own hands. Green Ontario Fund Programs not only reduce energy use but help Ontarians grow their savings. Discover the greenhouse gas savings opportunities available to you:

- **Solar Rebates Program:** The Green Ontario Fund will offer rebates for Solar PV and Energy Storage systems to help Ontario homeowners and businesses use renewable electricity and reduce their greenhouse gas emissions.
- **Rebates for Insulation and High-Performance Windows:** Protect your home from the outside elements with rebates for insulation, air sealing and select high-performance windows for your home. A well-insulated home keeps the temperature of any room the way you like it while helping to reduce heating and cooling costs and shrink your home's carbon footprint.
- **Rebates for Air-Source Heat Pumps:** Use the outside air to heat and cool your home while reducing your carbon footprint. Air-source heat pumps (ASHPs) use heat exchangers to draw heat from the outside air to bring it indoors, keeping your home warm more efficiently. In the summer it reverses the cycle to keep you cool.

**Energy
Saving
Options**
for Home

**Afford
Ability
Fund™**

If the cost of energy-saving upgrades is out of reach, Ontario's new AffordAbility Fund is here for you.

Your local electric utility and community services are working together to help you improve your home's energy efficiency with free energy-saving upgrades, which can lower home energy use and your electricity bill.

There are three levels of support available:

- **Level 1:** Receive a Home Energy Kit with upgrades that you can easily install yourself. This may include ENERGY STAR® light bulbs, a power bar and/or faucet aerators along with energy-saving tips.
- **Level 2:** Receive an in-home visit from a professional Home Energy Advisor, a Home Energy Plan and upgrades that may include ENERGY STAR® appliances.
- **Level 3:** or electrically heated homes only: receive an in-home visit from a professional Home Energy Advisor, a Home Energy Plan and upgrades that may include insulation and/or an ENERGY STAR® heat pump.

If you live in Ontario visit www.affordabilityfund.org or call 1.855.494.3863.

Program exists as of June 2018.

Energy Saving Options for Home

Outside of Ontario?

Energy conservation is one of the most cost effective ways to ensuring the stability of the electric grid—anywhere. If you're not a resident of Ontario, you still likely have opportunities in your area.

Contact your local utility to find out what conservation programs are available. You may find out that you have more at your disposal than you thought.

Together, every little change is a change for the better so take some time to learn about ways that you can contribute and show your family & friends ways that they can make their lives a little more efficient. You'll all reap the rewards of lower usage and have the satisfaction that you are doing your part.

Photo Credit: Ontario Power Authority



submitted by
Chef Jill St Amour

Since its beginning in 1824, the long tradition of the Oban Inn dining experience has been enjoyed by generation after generation of our returning guests.

Dine in our delightful sunroom overlooking lush English gardens or cozy historic Shaw's Corner and in the chic elegance of our fireside dining room.

Savour delicious "Four Diamond" creations combining Oban classics with modern gastronomy focusing on the Niagara Region's fresh ingredients married with the outstanding harvest of Niagara Wines as chosen by our sommelier.

160 Front St., P.O. Box 94
Niagara On The Lake, ON
Phone 1.866.359.6226
e-mail: obgsa@obaninn.ca

**Visit
Website**

Scallop Escabeche

Prep Time: 10 min Total Time: 4-5 hrs Serves: 4

Ingredients

8	u-10 scallops	3 tbsp	olive oil, (to sear the scallops)
1	large red pepper (finely diced)	50 ml	capers
1	large yellow pepper (finely diced)	1	bunch thyme
1	large red onion (finely diced)	1	bunch dill
50 ml	fresh lime juice	2	jalapenos (finely diced)
1	bunch cilantro	75 ml	honey
1	bunch parsley	6 cloves	garlic (minced)
1 pint	cherry tomatoes	250 ml	white wine vinegar
2	gherkins (finely diced)	100 ml	virgin olive oil

Directions

1. Combine all ingredients in a large bowl except for the scallops and 4 tablespoons of Olive Oil; allow vegetables to marinate for approximately 4-5 hours.
2. In a hot pan with the Olive Oil, sear the scallops on both sides until golden brown; about 2 minutes per side.
3. Serve 2 scallops per bowl with a good ladle of Escabeche.
4. Serve immediately.





submitted by
Chef
Amanda
McSpadden
Queen B Catering Co.

There are two rules in my kitchen; food should be fun, and it must taste delicious. These salad rolls are the perfect way to celebrate Niagara's local bounty. They are so simple and versatile that combination options are endless. I find it easiest to wash and cut all vegetables, soak and then roll rice wrappers one at a time. It may take a little practice to get used to the consistency, but it's a skill worth mastering!

I love to experience the vegetable flavours 'straight up', but feel free to dress them with a little home made vinaigrette before rolling if you prefer a more traditional taste.

These rolls are a perfect picnic option. No utensils required!

Rice Wrapper Salad Rolls

Prep Time: 10-15 min Total Time: 20 min Serves: 4

Ingredients

- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow pepper
- 1 cucumber
- 4 ribs of celery
- ¼ seedless watermelon
- 8 Boston lettuce leaves
- ½ cup greek yogurt
- rice paper*
- fresh mint, to taste*
- salt and pepper, to taste*

Directions

1. Cut vegetables in thin strips, roughly 3 inches in length. Arrange 1/8 of each ingredient in the lettuce leave as shown in photo (*below*).



2. Boil kettle and pour water into large bowl. Allow to cool to a workable temperature, and soak rice paper until limp.
3. Lay wrapper on a flat surface and top with vegetable filled lettuce cup.
4. Fold over each end, and roll tightly (as if making a burrito).
5. Arrange on a serving platter, cover with a moist paper towel and refrigerate until ready to serve.

Dipping Sauce

6. Thinly slice mint and mix with yogurt. Season with salt and pepper to taste.





submitted by

Chef Steve Berry

Steve went to Niagara College and has worked at The Old Winery for five years starting as a line cook and progressing to the role of Senior Sous Chef under the guidance of our Consulting Executive Chef - Mr. Tony DeLuca.

Set in a beautifully restored old winery building, The Old Winery is a community meeting place. Here, like in the Italian trattorie, you'll experience an invigorating and lively atmosphere where you can enjoy delicious food that is modestly priced. You can even sit out on our deck overlooking Butler's Creek.

2228 Niagara Stone Road
Niagara On The Lake, ON
Phone 905.468.8900
e-mail: info@theoldwineryrestaurant.com

Spicy Sweet Citrus Shrimp Ceviche on Greens Salad

Prep Time: 10 min

Total Time: 15 min

Serves: 2-4

Ingredients

10	jumbo fresh (or cooked) shrimp	½ tsp	red chili flakes
1	lime	½	sprig fresh tarragon
1	orange	½	red onion
½	lemon, juiced	1	clove garlic
½ cup	extra virgin olive oil		<i>kosher salt & cracked black pepper</i>
1 tsp	brown sugar		

Directions

1. Slice the shrimp into thin medallions, and set aside in a stainless steel bowl
2. Zest ½ the lime and ¼ of the orange, add to shrimp
3. Segment ½ the lime and ¼ of the orange into slices
4. Add juice of lime, ½ orange, lemon and olive oil to shrimp
5. Dice ½ red onion and add to shrimp
6. Chop clove of garlic and add to shrimp
7. Incorporate brown sugar, chili & tarragon
8. Season with salt & black pepper to taste
9. Allow to marinate for 5-10 minutes in the fridge and serve on top of a light greens salad





submitted by

Chef Bruce Worden

Chef Bruce Worden hails from one of Canada's culinary capitals, the Niagara Region in Southern Ontario. With a wealth of local produce at his doorstep, Bruce has had the opportunity to hone his polished skill set at some of the region's finest establishments.

Today, Bruce is the Chef Manager of Benchmark Restaurant, a learning enterprise of the Canadian Food and Wine Institute at Niagara College. The ability to give a real world restaurant experience at the educational level is a task that Bruce feels is a truly unique opportunity and one that he is honoured to be at the helm of.

135 Taylor Road, S. S. #4
Niagara-on-the-Lake, ON

[Visit Website](#)

Zucchini Linguine with Bitter Greens & Pesto

Prep Time: 10 min

Total Time: 15 min

Serves: 2-4

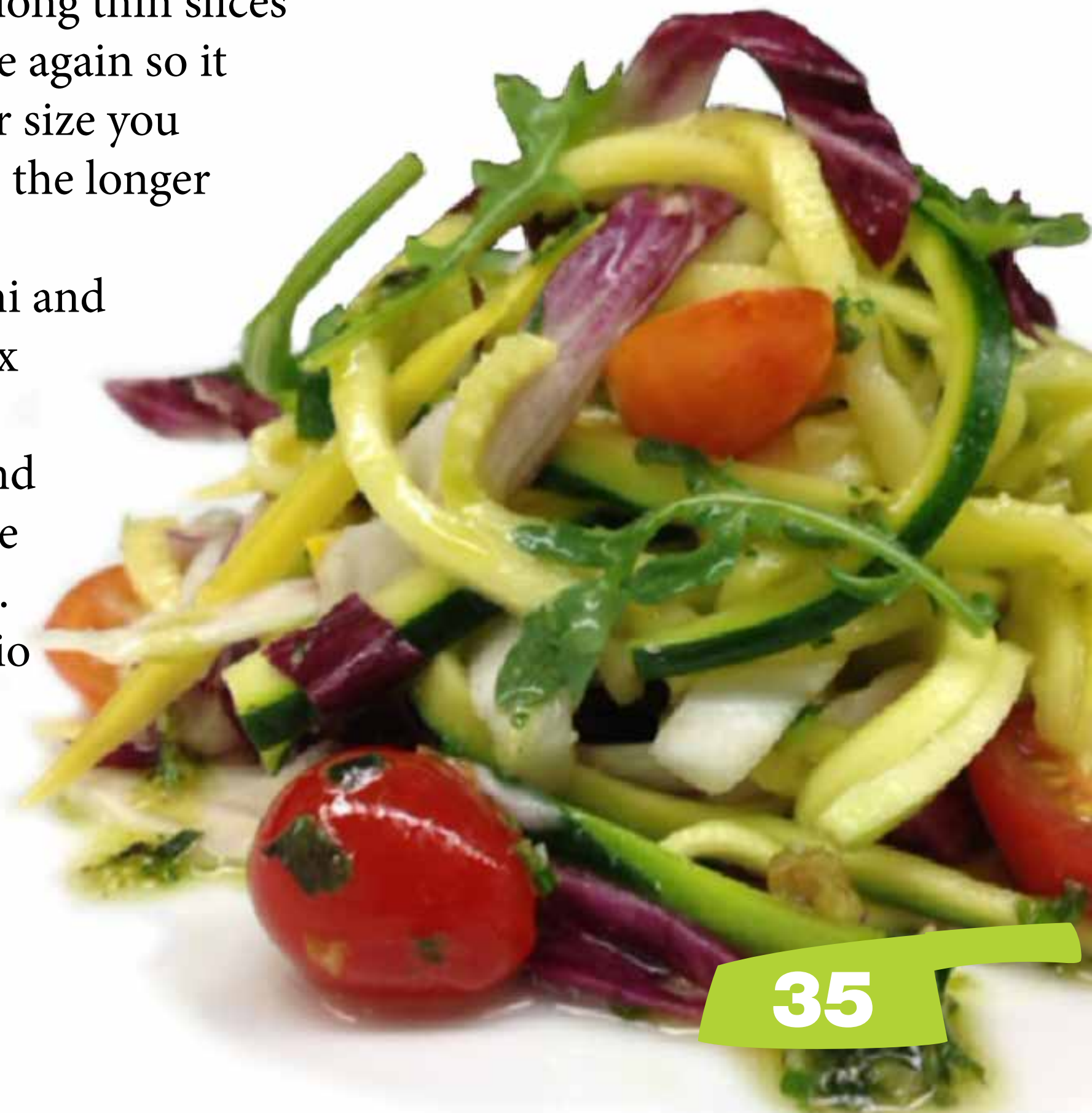
Ingredients

1	yellow zucchini	2 tsp	coarse/kosher salt
1	green zucchini	1 clove	garlic
3 leaves	radicchio	10 leaves	basil
½ cup	baby arugula	3 tbsp	olive oil
½	lemon (juice and zest)	1 tbsp	grated parmesan (<i>optional</i>)
6	cherry tomatoes (cut in half)	1 tsp	pine nuts (<i>optional</i>)

Directions

This easy recipe involves no cooking, you might want to sharpen your knife but it is a sure pleaser for children and foodies alike. Easily adaptable throughout the season, this quick recipe will be a staple for the summer as an appetizer, main course or a base for your favourite meat. Enjoy.

1. The first thing that you would like to do is clean the produce and crisp up the lettuces in cold water.
2. Next, cut both ends off of the zucchini and make long thin slices end to end along the zucchini and then lengthwise again so it resembles linguine. (Feel free to make it whatever size you would like, just keep in mind the larger the pieces the longer it will take to marinade)
3. Sprinkle the salt and lemon juice over the zucchini and mix around and let stand for 10 minutes; then mix around again and add 1 tbsp olive oil.
4. Make the pesto by chopping up the garlic, basil and toasted pine nuts quite fine and mixing in with the parmesan and remaining olive oil. Season to taste.
5. You are almost there. Julienne or tear the radicchio and Arugula depending on the size and mix into the zucchini with the tomatoes and sprinkle the pesto onto the mix.
6. Put the "pasta" into your dish and garnish the top with a little salt, lemon zest. Enjoy!



Cookless Recipes App



submitted by
**Chef Sam
Seaver**

Sam Seaver grew up in rural Markham, Ontario and realized that he had a passion for cooking at the age of 12. He attended the George Brown College Culinary Institute, won numerous awards and graduated with honours. Sam moved to Virgil in 2000 to work at Hillebrand Estate Winery and became an enthusiastic resident of the Niagara Region. He joined Niagara College in 2002 as a part-time Chef Professor while running at times a hotel and various restaurants in the Niagara region. In 2007, Sam joined Niagara College as one of the full time Chefs in the Benchmark Restaurant at the Glendale Campus. Sam is in the enviable position of teaching and practising one of his great passions in life-cooking.

135 Taylor Road, S. S. #4
Niagara-on-the-Lake, ON

[Visit
Website](#)

QL

Watermelon Gazpacho

Prep Time: 10 min Total Time: 1 hr Serves: 4

Ingredients

5 cups watermelon, diced
4 cups strawberries, diced
1 each english cucumber, seeded and diced
1 cup celery, diced
¾ cup red pepper, diced
¼ cup red onion, diced

½ cup cranberry juice
¼ cup fresh mint leaves, minced
1½ tbsp sherry vinegar
1 each fresh lime, juiced
course salt and cracked pepper to taste

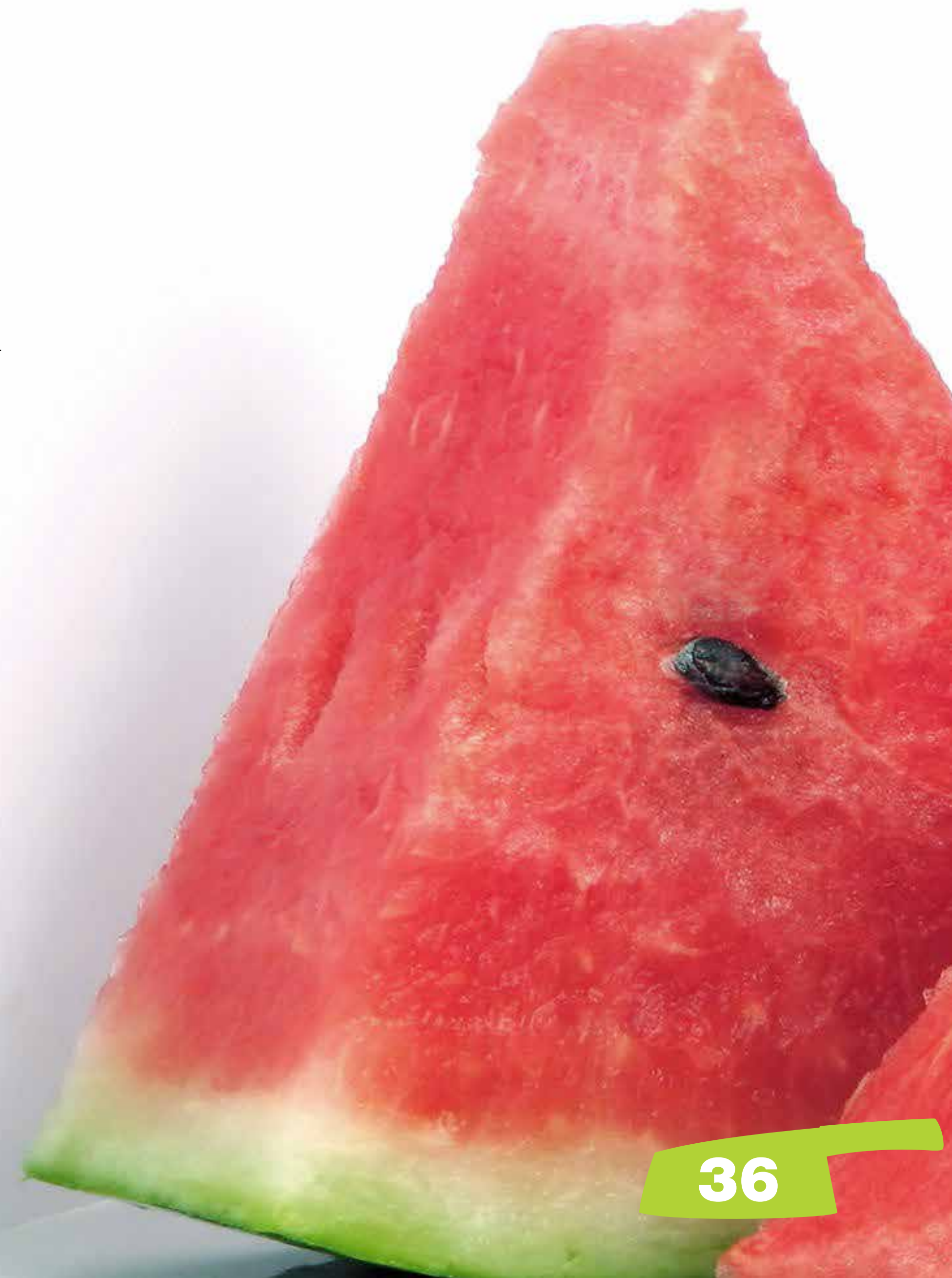
Directions

1. Combine 5 cups watermelon and the cranberry juice in the jar of a blender, and puree until mixture is smooth.
2. Add cucumber, celery, bell pepper, onion, herbs, lime juice, vinegar, to the watermelon liquid, and stir to combine.
3. Puree again.
4. Season to taste.
5. Cover with plastic wrap, and place in refrigerator until soup is well chilled, at least 1 hour. Serve, or store in refrigerator up to 1 day.

Optional Ingredients

1 cup chopped basil
1 cup chopped cilantro
1 cup chopped mint
1 each diced jalapeños

Add your choice of any of the herbs to change the flavour profile.



Healthy eats from the Middle East

Tabbouleh is a Levantine Arab salad traditionally made of bulgur, tomatoes, cucumbers, finely chopped parsley, mint, onion and garlic, and seasoned with olive oil, lemon juice and salt.

Traditionally served as part of a mezze in the Arab world, it was adopted by Cypriots, variations of it are made by Turks and Armenians, and it has become a popular ethnic food in Western cultures.

wikipedia

Lazy Man Tabbouleh with Quinoa

Prep Time: 20 min

Total Time: 1.5 hr

Serves: 4-8

Ingredients

1 cup	quinoa	1 tbsp	chopped fresh cilantro
2 tbsp	fresh lemon juice	1	sweet onion, chopped
1 tbsp	chopped garlic	¼ tsp	cumin
½ cup	extra-virgin olive oil	½ tsp	kosher salt
1 pint	cherry tomatoes, halved	¼ tsp	ground black pepper
⅔ cup	chopped parsley		

Directions

1. Boil water in an electric kettle. Place quinoa in a container and add 2 cups of boiling water. Cover the container and let it sit for an hour. This will allow the quinoa to slowly absorb the water to become edible. After an hour, cool the quinoa in your fridge.
2. Mix lemon juice, cumin and garlic with a fork and then gradually mix in the olive oil.
3. Add tomatoes, parsley, cilantro and onion to the dressing and mix thoroughly.
4. Add salt and pepper to taste.
5. Once the quinoa is cooled, add it to the mixture and mix well. Salt and pepper to taste.
6. Eat immediately or refrigerate.



Bru-Sket-Ta

Bruschetta is an antipasto from Italy whose origin dates to at least the 15th century. It consists of grilled bread rubbed with garlic and topped with olive oil, salt and pepper. Variations may include toppings of tomato, vegetables, beans, cured meat, or cheese; the most popular recipe outside of Italy involves basil, fresh tomato, garlic and onion or mozzarella.

Bruschetta is usually served as a snack or appetizer. In some countries, a topping of chopped tomato, olive oil and herbs is sold as bruschetta.

wikipedia

Zesty Bruschetta Snacks

Prep Time: 7 min

Total Time: 15 min

Serves: As many, or little as you like

Ingredients - ratios

2 cups ripe grape tomatoes, quartered
1/3 cup red onion, chopped
1 tbsp fresh garlic, minced
4 leaves fresh basil leaves, minced
2 tbsp olive oil
1 tbsp balsamic vinegar
1 tbsp grated parmesan
salt and pepper to taste

Directions

1. Stir together all the ingredients
2. Add sea salt and pepper to taste. Cover for 5 to 10 minutes.
3. Serve on your favourite cracker or bread. I like to use regular Triscuit® crackers or any other cracker or bread that comes crispy so you don't have to toast them.
4. For a minimal cooking option, add shredded cheese to your crackers and microwave for 20 seconds. Then add the bruschetta mix (*picture below*).



Cookless
Recipes
Main

ZERO



submitted by
LIV Restaurant

LIV Restaurant, nestled within the landmark White Oaks Resort and Spa in Niagara on the Lake, in the heart of beautiful wine country. Along with its' unabashedly modern ambiance, and superb seasonal menu, LIV is an inspired dining experience.

253 Taylor Rd.
Niagara-on-the-Lake, Ontario, L0S 1J0
Phone: 905.688.2550 x5248

Visit
Website

QL

Mahi Ceviche Tacos with Pico de Gallo and Black Bean Salad

Prep Time: 20 min Total Time: 5+ hrs Serves: 4

Ceviche

1 lb fresh mahi mahi filet, sliced thinly
1 lime, juiced
½ lemon, juiced
½ tsp sea salt
¼ tsp cracked pepper
½ tsp honey

Directions

1. Combine all ingredients and marinate for 5 hours or until fish becomes opaque through the centre.
2. Drain liquid from fish.

Pico de Gallo

4 roma tomatoes, seeded and diced
1 tbsp spanish onion, diced
¼ jalapeno, seeded and chopped
2 tbsp cilantro, chopped
½ lime, juiced
1 tbsp olive oil
pinch chopped garlic
salt and pepper to taste

Directions

1. Combine all ingredients and let marinate for 30 minutes.

Black Bean Salad

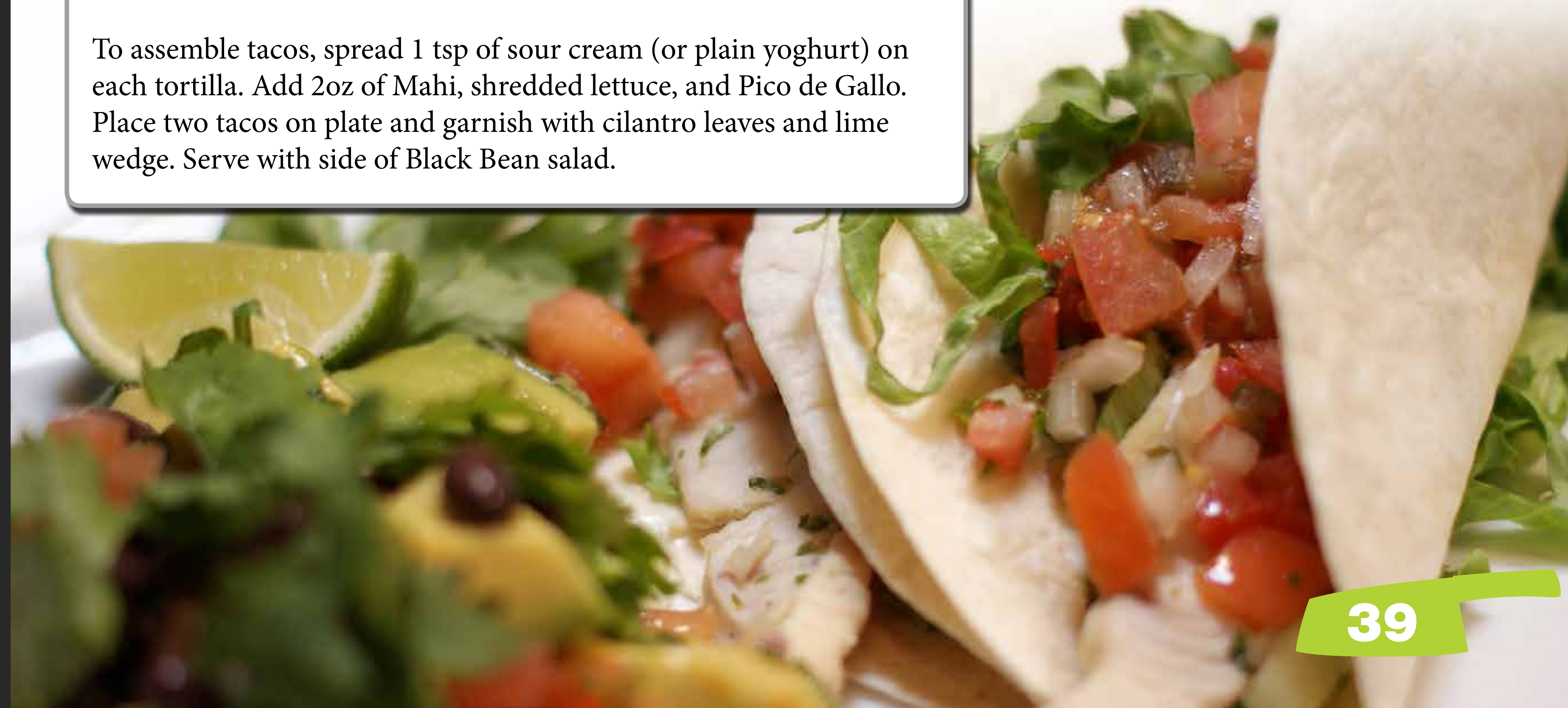
1 can black beans thoroughly rinsed and drained
2 ripe avocados, diced into ¼ inch cubes
2 roma tomatoes, diced
¼ red onion, diced
2 tbsp green onion, chopped
2 tbsp red pepper, diced
1 lime, juiced
1 tsp ground cumin
2 tbsp cilantro, chopped
½ tsp each sea salt, chopped garlic, and cracked pepper
1 tbsp olive oil

Directions

1. Mix all ingredients together and let flavors combine for 30 minutes.

Final Prep 6 inch flour tortillas, shredded lettuce, sour cream (or plain yoghurt), cilantro leaves and lime wedges for garnish.

To assemble tacos, spread 1 tsp of sour cream (or plain yoghurt) on each tortilla. Add 2oz of Mahi, shredded lettuce, and Pico de Gallo. Place two tacos on plate and garnish with cilantro leaves and lime wedge. Serve with side of Black Bean salad.



Cookless Recipes Main



submitted by

Chef Elbert Wiersema

Queenston Heights Restaurant offers an intimate and elegant ambiance in a rustic setting. The breathtaking views of the Niagara River and local vineyards are matched only by the culinary creations of our Chef.

Hand-picked recipes which capture the essence of Niagara's bountiful farms and lush vineyards are created with the purest ingredients. For the wine enthusiast, we are proud of our award-winning wine collection of select Niagara VQA wines. Perfectly situated as the Gateway to Niagara wine country, this beautiful and serene setting is a historic War of 1812 heritage site.

14184 Niagara Parkway
Queenston, Ontario, Canada
Phone: 905-262-4274
www.niagaraparks.com

Visit
Website

QL

Pressure Cooked Lamb Shank

Prep Time: 15 min Total Time: 45 min Serves: 2-4

NOTE

High pressure
cooker required

Ingredients

1lb	Ontario lamb shank, 2 peices	1	bay leaf
½ tbsp	olive oil	1 tbsp	whole black peppercorns
¼ cup	ribs fennel, chopped	1	garlic head, halved
½ cup	carrot, chopped	¼ cup	red wine
2	parsnips, cut	¾ cup	beef broth
½ sprig	lemon grass <i>(bruise with back of knife to release flavor)</i>	¾ cup	Oast House bierre de garde <i>(Niagara-on-the-Lake micro brewery)</i>
2 sprigs	thyme		<i>course salt and cracked pepper to taste</i>
2 sprigs	rosemary		

Directions

1. Add olive oil in the bottom of the cooker.
2. Add garlic, bay leaf, black peppercorn, fennel, carrot, parsnip, lemon grass, thyme and rosemary in the borrom.
3. Rub coarse salt and cracked pepper on lamb shanks then rub with some olive oil.
4. Place the lamb on top of the garnish in the bottom of the cooker.
5. Add all your liquids; wine, beef broth and beer.
6. Close cooker and put pressure release valve on the top as per cooker instructions.
7. Set cooker on gas stove, gas knob on 6 /10.*
8. Gentle pressure cook for 30 minutes.
9. Turn heat off and let cooker sit for at least 10 minutes.
10. Touch the pressure relieve valve to let remaining pressure escape.
11. Open the lid, scoop some garnish on the bottom and dress your lamb shank on top, serve immediately. You can serve boiled minted new potatoes on the side or any other starch you may wish to eat.

*7. Please use a similar heat range for electric stoves.



Cookless
Recipes
Main



submitted by

Peller Estates Winery

At the heart of our winery, lies the Peller Estates Winery Restaurant, where sweeping vineyard views and a warm ambiance make it easy to relax and enjoy life's simple pleasures. It is here that Winery Chef and CityLine personality Jason Parsons awakens your palate with evolving seasonal menus and Winemaker Katie Dickieson thoughtfully pairs her wines with each dish, creating a truly memorable meal. In fact, our restaurant recently received the highest possible rating for food by Zagat readers: "Extraordinary," and is included in the Top 10 on the Best Overall Dining Experience and Best Ambience lists (GTA/Ontario) on OpenTable.com.

290 John St E
Niagara-on-the-Lake, ON

QL

Visit
Website

Black Garlic Aioli and Poached Halibut

Serves: 2

- | | | | |
|--------|-----------------------------|------------|--------------------------------|
| 300g | fresh Halibut filet, sliced | ½ tsp | chopped garlic clove |
| 6 | P.E.I. mussels | 200ml | Peller Estates Sauvignon Blanc |
| 6 | little neck clams | 3 branches | of chopped lemon thyme |
| 1 tbsp | minced shallot | 6 | green asparagus tips |

In a deep frying pan, sweat the shallots and garlic with some grape seed oil; add the mussels and clams. Pour in the white wine and add the lemon thyme. Cover and cook until the mussels and clams are open, remove them from the pan and add the sliced halibut filet and asparagus tips to the hot broth. Turn off the burner and cover for 2 minutes until the fish is lightly poached.

- | | | | |
|---|----------------------------|-------|---------------------|
| 4 | quail eggs | ¼ tsp | black truffle paste |
| 4 | fingerling potatoes sliced | ½ tsp | grape seed oil |

Bring the quail eggs and the sliced fingerling potatoes to boil together in a saucepan. Cover the pot when it's boiling and stop the burner. Remove the eggs from the water after five minutes, cool down and peel. Remove the potatoes after 10 minutes, toss in with a little black truffle paste and oil and season to taste. (For hen eggs use the same technique but let them cook for 12 minutes.)

- | | | | |
|--------|-----------------|-------|----------------|
| 4 | cherry tomatoes | 1 tsp | garlic flower |
| 1 tbsp | goat cheese | 100ml | grape seed oil |

Cut the top off the cherry tomato, empty the middle and fill with softened goat cheese. Put to marinate in a mixture of grape seed oil and garlic flower for at least 24 hours.

- | | |
|---|-----------------------------|
| 2 sliced baby heirloom carrots of each 3 colors | 2 sliced breakfast radishes |
| 2 sliced baby candy cane beets | A pinch of micro basil |

Place all the components of the dish on a service tray and jus enjoy with a nice glass of Peller Estates Sauvignon Blanc.



Aioli

- | | |
|--------|----------------------|
| 1 | egg yolk |
| 1 tsp | dijon mustard |
| 1 tsp | white wine vinegar |
| ½ tsp | chopped garlic clove |
| 250 ml | grape seed oil |
| 1 tsp | crushed black garlic |
- Salt, white pepper to taste*

Put the egg yolk, mustard, vinegar and garlic together in a mixing bowl. With a steady stream whisk in the grape seed oil to make an emulsion, add the black garlic at the end, season to taste.

Zorba, you make great Tzatziki...

Tzatziki is a great Greek sauce for anyone who likes feta cheese or cucumbers. Have fun with this recipe and feel free to swap some of the ingredients to taste:

- Kosher salt is a great substitute for regular table salt. It won't save you energy, but it can bring out more flavour than regular table salt.
- Naan bread or flour tortillas can be substituted for the pitas.

If your pita isn't so soft, warm it in the microwave for 10 seconds on high. It will wrap much easier.

Greek Chicken Wrap with Tzatziki

Prep Time: 20 min

Total Time: 25 min

Serves: 4

Ingredients - Sauce

- 2 tbsp olive oil
- 1 tsp crushed garlic
- ¼ tsp salt
- ¼ tsp ground pepper
- ¼ tsp onion salt
- 1 cup greek yogurt
- ¼ cup sour cream
- ¼ cup cucumbers, peeled & diced
- 1 tsp chopped fresh dill (or dried)

Directions - Sauce

1. Mix the yogurt, sour cream, olive oil, garlic, salt, onion salt, and pepper in a bowl until it is uniform.
 - *NOTE - ensure that you're using a thick & rich greek yogurt. If it's thin, then you'll need to strain it.*
2. Finally, add the cucumber and chopped fresh dill.
3. If possible, try to chill the sauce for about 2 hours before adding to the wrap.

Ingredients - per/Wrap

- 3 slices deli-cut chicken
- 1 tbsp feta cheese
- ¼ small sweet onion, sliced (thin)
- 1 tomato, sliced or diced
- 1 fresh pita
- 1 leaf romaine lettuce, chopped
- sliced black olives to taste*
- salt and pepper to taste*

Directions - Wrap

1. Add 1 to 2 tbsp of the fresh Tzatziki sauce to an open faced pita.
2. Add chicken, onion, lettuce, tomatoes and top with feta and black olives.



Go all out and make your own seasoning in a few minutes...

It's really easy:

2 tbsp chili powder
1/2 tsp garlic powder
1/2 tsp onion powder
1/4 tsp ground coriander
1/2 tsp crushed red pepper flakes
1 tsp paprika
3 tsp ground cumin
1 tsp table salt
1.5 tsp ground black pepper

Use about 2-3 tbsp per cup of TVP (or pound of meat)

Ten Minute TVP Tacos

Prep Time: 20 min Total Time: 25 min Serves: 4-5

Ingredients - "meat" mixture

2 cups TVP (textured vegetable protein)
2 cups water
2 tbsp soy sauce
2 tbsp olive or vegetable oil
1 pkg taco seasoning

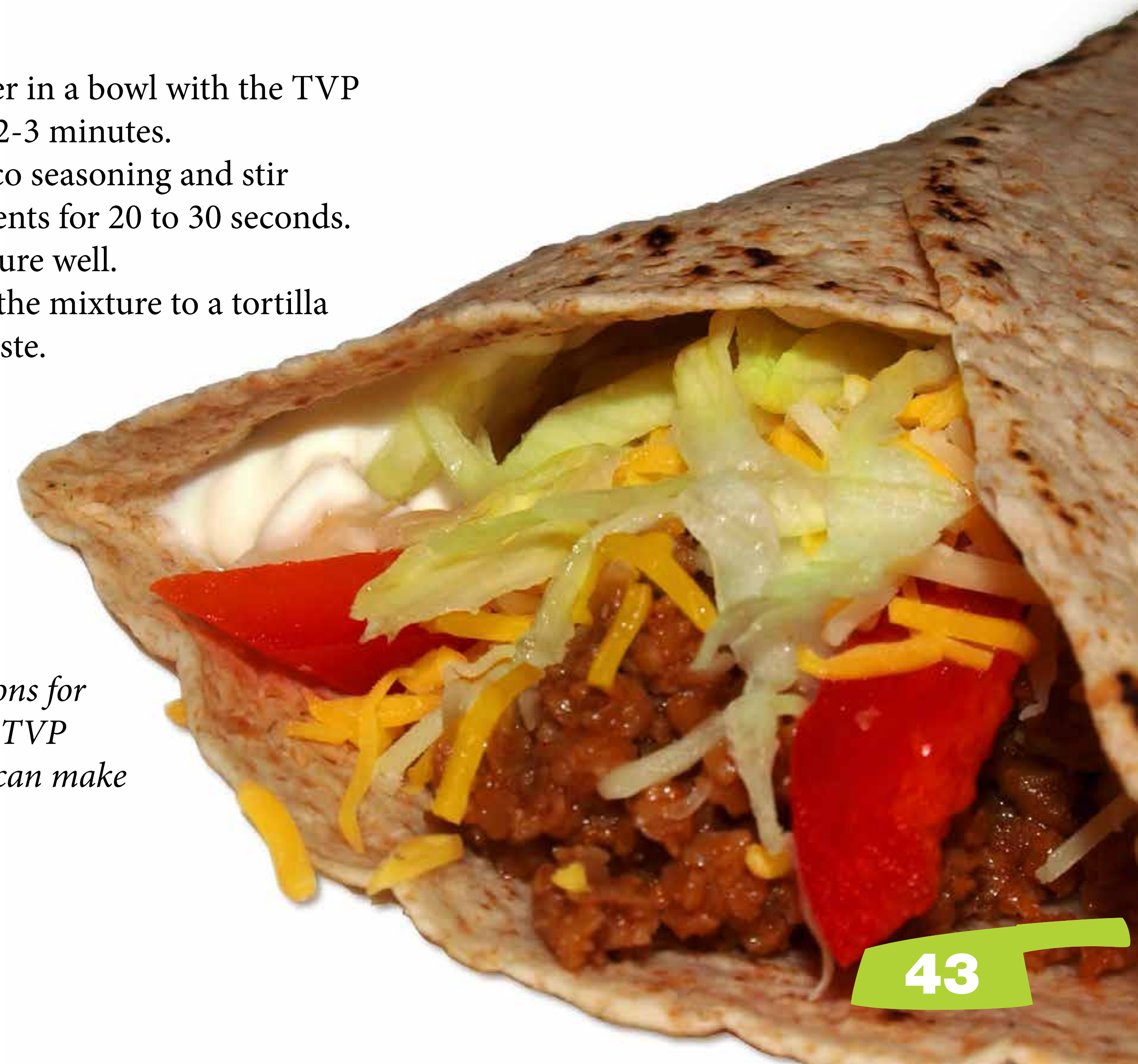
Ingredients - optional toppings

flour tortillas or taco shells
diced tomatoes
diced green/red peppers
chopped lettuce
diced/sliced onions
shredded cheddar cheese
sour cream *or plain greek yogurt*

Directions

1. Boil water in a kettle.
2. Add 2 cups of boiled water in a bowl with the TVP and stir. Let sit for about 2-3 minutes.
3. Add oil, soy sauce and taco seasoning and stir well. Microwave the contents for 20 to 30 seconds. Remove and stir the mixture well.
4. Add a desired portion of the mixture to a tortilla wrap and top it to your taste.

Note - you can cut your portions for smaller servings. "Uncooked" TVP stores well for months so you can make your "meat" on demand.



Why Sandwich?

Though the sandwich has been enjoyed since the ancient times, it wasn't given a name until the 1700's. The name stems from the Englishman, John Montagu, the 4th Earl of Sandwich.

It is said that in 1762, he was in the middle of a 24 hour gambling streak and asked his cook for a meal he could eat that would not interfere with his game. The cook came back with sliced meat in between fresh bread. Montagu sensationalized the creation and for one reason or another the name sandwich stuck.

Sandwiches slowly gained in popularity. It wasn't until the early 1900's, when sliced bread was invented, that they became a staple of most households in North America.

Tuna Especial Sandwich

Prep Time: 5 min

Total Time: 10 min

Serves: 4

Ingredients

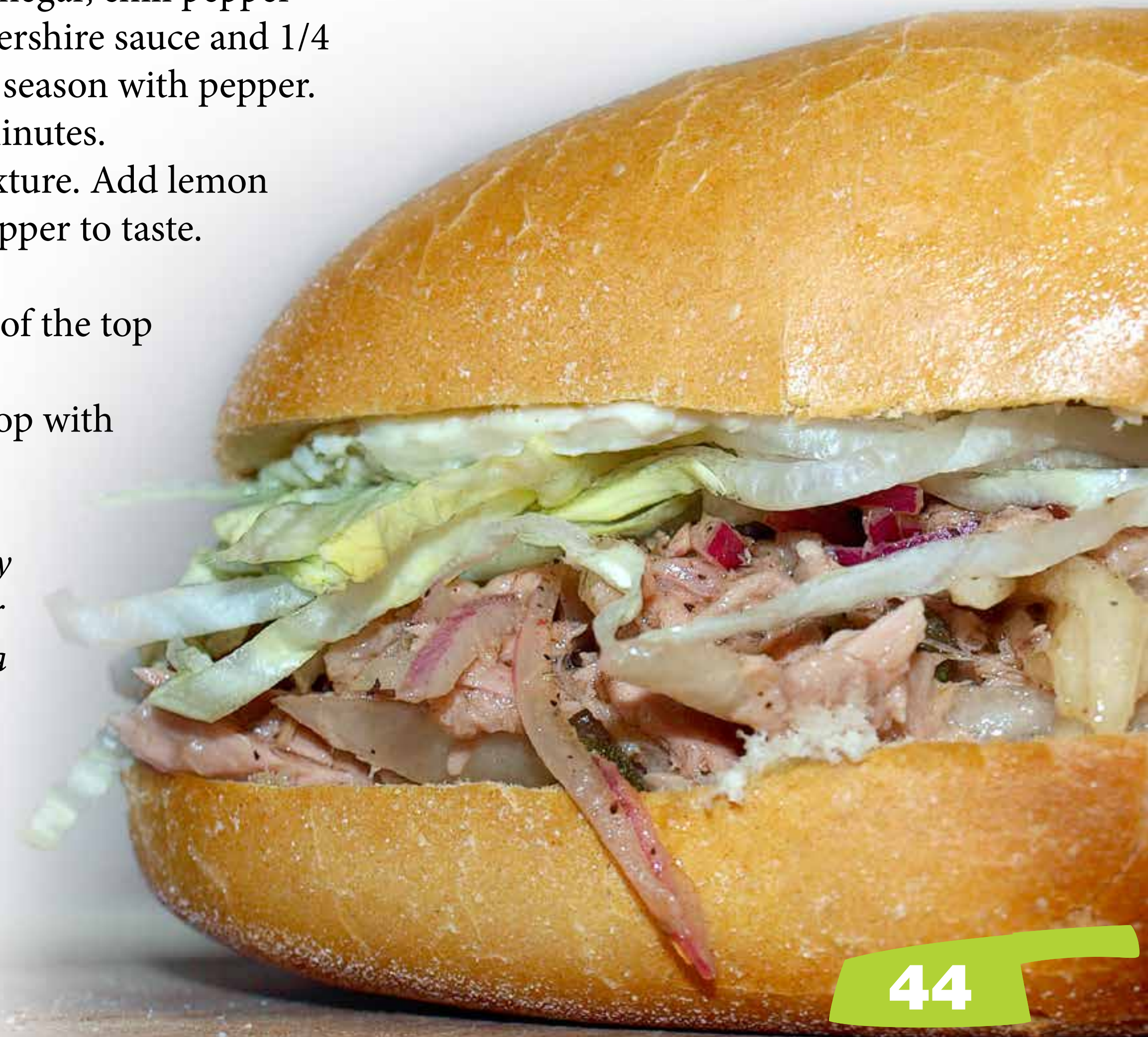
½ white onion, thinly sliced
½ red onion, thinly sliced
¼ cup extra-virgin olive oil
2 tbsp red wine vinegar
¼ tsp worcestershire sauce
2 cans tuna packed in olive oil
1 tbsp fresh lemon juice

½ head lettuce, shredded
½ cup green olives, sliced or chopped
pinch chili pepper flakes
your favorite bread or bun
goat cheese, capers (optional)
salt and pepper to taste

Directions

1. Toss together onions, olive oil, vinegar, chili pepper flakes, capers (optional), worcestershire sauce and 1/4 teaspoon salt in a medium bowl; season with pepper. Toss and then let it sit for 5-10 minutes.
2. Add tuna and its oil to onion mixture. Add lemon juice and season with salt and pepper to taste. Gently toss to combine.
3. Spread goat cheese on the inside of the top layer of bread/bun (*optional*)
4. Add tuna mixture to bread and top with olives and shredded lettuce.

While it uses energy, feel free to lightly toast your bread/buns in a toaster (or toaster oven) prior to adding the tuna mix and topping. It will add a little extra crunch.



Slow Cooked Cherry Cola Pulled Pork Sandwich

Prep Time: 20 min

Total Time: 6 hr

Serves: 4-8

Ingredients

2 lbs pork tenderloin
1 can cherry cola
1 bottle barbecue sauce of your choice (591 ml)
8 hamburger buns
package of french fried onions

Directions

1. Place the whole piece of pork tenderloin in a slow cooker on LOW heat. Pour the can of cola over the meat.
2. Cover and cook for approximately 6 hours or until the meat can shred easily.
3. Once cooked, drain the liquid in the slow cooker.
4. Remove the pork and shred it. Place the shredded pork back in the slow cooker.
5. Pour in the barbecue sauce (as much as needed) and stir until all the meat has a coating of sauce.
6. Serve immediately on the buns or keep warm in the slow cooker until ready to serve. Top with french fried onions.

Variations...

Pulled pork is commonly slow-cooked by a smoking method, though a non-barbecue method might also be employed using a slow cooker or a domestic oven.

The preparation of pulled pork differs from region to region. In areas such as Tennessee, pulled pork is typically made from a mixture of the blade shoulder and arm shoulder meat and served with a tomato-based barbecue sauce. In areas such as North Carolina, either a whole hog, mixed cuts of the hog, or the shoulder cut alone are commonly used, and the pork is served with or without a vinegar-based sauce. South Carolina pulled pork usually comes with a mustard sauce, and Georgia barbecue is served with a tomato-based sauce.

wikipedia



Curry

Curry powder, a commercially prepared mixture of spices, is largely a Western notion, dating to the 18th century. Such mixtures are commonly thought to have first been prepared by Indian merchants for sale to members of the British Colonial government and army returning to Britain.

Dishes called “curry” may contain meat, poultry, fish, or shellfish, either alone or in combination with vegetables. They may instead be entirely vegetarian, especially among those for whom there are religious proscriptions against eating meat or seafood.

Curries may be either “wet” or “dry.” Wet curries contain significant amounts of sauce or gravy based on yoghurt, coconut milk, legume purée (dal), or stock. Dry curries are cooked with very little liquid which is allowed to evaporate, leaving the other ingredients coated with the spice mixture.

wikipedia

Slow-Cooker Chicken Curry

Prep Time: 20 min Total Time: 5.5 hours Serves: 4

Ingredients

2 lbs	boneless chicken breasts	½ cup	chicken broth
1 can	great northern beans, rinsed/drained (about 439ml)	1 tbsp	curry powder
¾ cup	sweet onion, chopped	½ tsp	sea salt
1	tomato, diced	¼ tsp	fresh ground pepper
½ cup	sweet red pepper, chopped	2 tbsp	cornstarch
		½ cup	cold water

Directions

1. In a small bowl, mix the diced tomato, chicken broth, curry powder, salt and pepper.
2. Place the chicken and great northern beans in slow cooker. *Chicken can be cut into chunk or placed in whole.*
3. Pour the curry mixture over top.
4. Cover and cook on low for 4-5 hours or until chicken is tender.
5. Add onion and red pepper.
6. In a separate dish slowly combine the cornstarch with the water. Whisk until the mixture is smooth. Slowly stir the mixture into the slow cooker.
7. Cover and turn the slow-cooker to high for 30 minutes or until sauce is thickened.
8. Serve with minute rice.



But I want it now...

The saying goes, “Good things come to those who wait”. This is a prime example of why people use a slow-cooker. This appliance is relatively new to the cooking landscape. The “Crockpot” was not introduced until 1971. Since then, slow-cookers have been used to create hearty meals, chilis and other creations.

Part of the reason for the success of the slow-cooker is its convenience. One can place all their ingredients in the cooker in the morning, go to work, and come home to a fully cooked meal.

Slow Cooker Buffalo Chicken Wing Soup

Prep Time: 20 min Total Time: 7-8 hours Serves: 10

Ingredients

3 cans	condensed cream of chicken soup	3	celery stalks, diced
4	boneless chicken breasts, thawed	2	potatoes, peeled and cubed
1 cup	Franks® hot sauce	2/3 cup	crumbled blue cheese
2 tbsp	butter	1 cup	sour cream (or plain greek yogurt)
5 cups	half-and-half cream		<i>salt and pepper to taste</i>
4	carrots, diced		

Directions

1. Place chicken in the slow cooker with the hot sauce, potatoes and cream of chicken soup.
2. Cover and cook on low for 6 to 7 hours.
3. When the chicken is cooked, remove the chicken and shred it with a fork.
4. Add the butter, cream, carrots, celery and blue cheese. Stir.
Note - this step will ensure your celery and carrots are crisp when eaten. If you want them cooked thoroughly, add them in step 1.
5. Allow to cook for another 30 minutes to 1 hour.
6. Serve in a bowl with a spoonful of sour cream (or plain greek yogurt).



Ah mom! You thought you could keep this one secret...

This is a staple of my youth that made it to adulthood for special get togethers. It's not healthy in any sense, but it is tasty, rich and addictive.

After some time in the fridge, you may notice that there is a lot of moisture on the cheeseball. Don't drain it, otherwise you may dry it out. It will look odd, but it tastes great.

Love you mom.

Mosher Cheeseball Delight

Prep Time: 15 min

Total Time: 1 hour

Serves: 1 or many



Ingredients - Jr version

- 2 large cream cheese packages
- 1 cup sharp havarti cheese, shredded
- 4 green onions, chopped fine
- 5 jalapeño peppers, chopped
- 1/8 red onion, chopped fine

panko bread crumbs

cayenne pepper

lemon juice

Directions

1. Mix the cream cheese and cheddar cheese with a wooden spoon.
2. Mix in everything else, except the panko bread crumbs, and mix with a wooden spoon.
3. Take a handful of the mixture and roll into a ball about the size of a baseball. You should get 2 or 3 balls out of this recipe.
4. Immediately wrap each ball in plastic wrap and place in your refrigerator until you wish to serve the desert. Minimum of 1 hour.
5. Spread out the panko bread crumbs on to a flat clean surface. Roll the ball in the panko until the exterior is covered.
6. Serve with crackers of your choice.



Ingredients - Mom version

- 2 large cream cheese packages
- 1 cup old cheddar cheese, shredded
- 1 vadelia onion, chopped fine
- 1/2 green bell pepper, chopped
- 3/4 cup crushed walnuts

cayenne pepper

lemon juice

maraschino cherries

Directions

1. Mix the cream cheese and cheddar cheese with a wooden spoon.
2. Mix in everything else, except the walnuts, and mix with a wooden spoon.
3. Take a handful of the mixture and roll into a ball about the size of a baseball. You should get 2 or 3 balls out of this recipe.
4. Immediately wrap each ball in plastic wrap and place in your refrigerator for 30-45 minutes.
5. Spread out the crushed walnuts on to a flat clean surface.
6. Remove the cheese balls from the fridge/wrapping and roll them in the walnuts until the exterior is covered with the nuts.
7. Place a maraschino cherry on top of the cheeseball and wrap it again. Place the ball in the fridge.
8. Make it a day or so ahead of time to let the flavours intensify.
9. Serve with crackers of your choice.

Wide World of Peaches

Fun fact

Saturday August 10th, 2013 also marks Niagara-on-the-Lake's **Peach of a Celebration** (peach festival). The main street is closed for the day for food, music, displays and lots of peaches. Try out a few wild recipes for peaches and some other locally grown fruits/veggies.

In the New World, peaches date back to the 1500's, brought first to Latin America by early Spanish colonists. Peach trees flourished in temperate parts of Canada almost from the time of the first European settlement.

Summer Peach Caprese Salad

Prep Time: 20 min

Total Time: 25 min

Serves: 4

Ingredients

2 peaches, ripe
8 oz fresh mozzarella
¼ cup extra virgin olive oil
Fresh basil leaves
salt and pepper to taste

Directions

1. Slice each peach into 6 wedges.
2. Slice the mozzarella into 8 slices.
3. Layer, alternating between fruit and cheese—starting and ending with fruit.
4. Carefully place basil leaves beneath the salad.
5. Drizzle with olive oil and sprinkle with salt and pepper to taste



Moroccan Oranges with a North American twist...

We've substituted prunes for dates in this recipe, so if you like dates, substitute them back.

Prunes are not only considered a remedy for constipation, they're quite tasty. Prunes are dried plums and can be added to virtually any desert dish to provide a flavour and colon punch.

This dish provides some surprising flavours and is easy to make.

North Moroccan-Spiced Oranges

Prep Time: 5 min Total Time: 25 min Serves: 4

Ingredients

6	medium orange, peeled and cut into sections	1 tbsp	powdered sugar
1/4 cup	chopped or slivered almonds	1 tbsp	fresh lemon juice
4	chopped pitted prunes	1/4 tsp	ground cinnamon
			<i>orange zest</i>

Directions

1. Prior to peeling the oranges, rinse and zest some of the skins. You'll need it later for presentation.
2. Put the oranges, almonds, prunes, sugar, lemon juice and cinnamon in a medium bowl and toss.
3. Cover and chill for 20 minutes.
4. Remove from the fridge and toss. Place desired amount in a serving bowl.
5. Garnish with orange zest and additional cinnamon.



A classic that's easy to make

This is the classic desert dish that seems to have gone out of style, but it's back with a vengeance and there are many options for making it healthier.

While many favour the classic rich vanilla ice cream with peanuts, chocolate, caramel and strawberry syrup, you can make yours a little healthier.

Neo-Classic Banana Split

Prep Time: 20 min Total Time: 25 min Serves: 1-2

Ingredients

1	banana	¼ cup	fresh raspberries
1 cup	plain greek yogurt	½ tsp	lemon juice
½ tbsp	vanilla extract	¼ tsp	icing sugar
½ cup	fresh strawberries		<i>chocolate syrup</i>
¼ cup	fresh blackberries		<i>shredded coconut</i>

Directions

1. Mix the vanilla with plain greek yogurt. Add some sugar if you need a little extra sweetness.
2. Cut the strawberries into bite-size quarters and mix with the blueberries, raspberries, sugar and the lemon juice.
3. Cut the banana into bite sized pieces.
4. Drizzle a martini glass with the chocolate syrup and then place the bananas in the glass.
5. Add a few large spoonfuls of the yogurt mixture to the glass.
6. Add the berry mixture to the top of the yogurt and finish off with a sprinkle of coconut.
7. Enjoy.



Cookless Recipes wanted



We had a great time putting this book together and would like to make this cookless book a living document. If you have an amazing recipe that you'd like to share, we encourage you to send it to us for a future **CUT** update.

We'd appreciate the following in any submission:

- Your name
- If you're a chef, where do you work?
- A brief bio of yourself or your place of work (chefs)?
- Recipe Name
- Recipe Ingredients
- Recipe Directions
- A picture of your finished dish

Any recipe that uses no heating power (electric or gas) have the edge in making the next version of **CUT**. Please send your energy efficient creations to bmosher@NOTLhydro.com

I can't believe I ate the whole thing...

I hope that you've enjoyed reading all about efficiency in the kitchen. Any little way that you can **CUT** your electricity usage can bring about big savings. It all adds up.

Remember to have fun creating new dishes and it's not hard to create something new. The adventures of cooking will bruise your ego occasionally, but when you find that special dish that you created, it will taste so much better.

Cook safe and eat well!

Stay weird,

A handwritten signature in blue ink that reads "BMM".



Niagara On-The-Lake HYDRO

Niagara-on-the-Lake Hydro

The town of Niagara-on-the-Lake (NOTL) is world renown for its history, beauty, culture and its fertile lands producing wine and a wide variety of fruit and vegetables.

NOTL Hydro distributes power to over 9,000 customers in Niagara-on-the-Lake, Virgil, St. David's and Queenston. We are committed to operating as a sustainable high performance, customer-driven business. NOTL Hydro delivers value-added, energy-related services and products while assessing green energy opportunities. We are also proud of our commitment to providing the highest standard safety, service and reliability.

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First Edition