

Download Favourite Recipes From Old Brunswick Kitchens

Sun-dried tomatoes and casseroles cooked with tins of soup were all the rage in the '80s. CBC Calgary's food guru Julie Van Rosendaal shares a few 30-year-old classics that are worth another go. Click on the cover image above to read some pages of this book! Forget your preconceptions of vegan food. In *Smith & DELI-cious: a Deli (That Happens to be Vegan)*, Shannon Martinez and Mo Wyse are here to challenge them all with a collection of recipes that celebrates delicious plant-based food the way it should be: big, bold and flavorful. Airline chicken can be several things, depending upon who you talk to. It can be a fancy cut, a special presentation, or a negative appellation directed at inflight foodservice. Soup Food historians tell us the history of soup is probably as old as the history of cooking. The act of combining various ingredients in a large pot to create a nutritious, filling, easily digested, simple to make/serve food was inevitable., *Favourite Recipes From Old Brunswick Kitchens*.

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