

Common Recipe Formats

Recipes can be collected from cookbooks, websites, magazines, family and friends. They have a variety of different styles, but all recipes have similar information to use in preparing food.

It is a good idea to read the entire recipe before you begin cooking.

Ingredient List gives you the specific form (diced, chopped, etc.) and exact amounts of ingredients needed to prepare the food. Measurements may be given in Imperial or Metric.

Directions include step-by-step instructions, temperature, time to cook and equipment needed (size of saucepan, baking pan, etc.).

Follow instructions carefully for the best results. Directions may be a numbered list or written out in paragraph form.

Note the time required to prepare and cook before you start.

Brown Sugar Glazed Chops

ManitobaPork



Ingredients

½ cup / 125 mL packed brown sugar
 ½ cup / 125 mL apple juice
 ¼ cup / 50 mL canola oil
 1 Tbsp / 15 mL sodium-reduced soy sauce
 ½ tsp / 2 mL ground ginger
 1 Tbsp / 15 mL cornstarch
 ½ cup / 125 mL water
 Salt and ground black pepper to taste
 6 pork loin centre chops, boneless, about 1 ½ inches thick

Directions

1. In small saucepan, combine brown sugar, apple juice, canola oil, soy sauce, and ginger. Bring to a boil, then reduce heat and simmer for 5 minutes.
2. In small bowl, combine cornstarch and water; whisk until thickened. Remove saucepan from heat and let mixture cool for 5 minutes.
3. Season mixture with salt and pepper according to taste.
4. Preheat barbecue on high, reduce heat to medium. Place chops on grill. Cook for 5-7 minutes per side or until instant-read thermometer registers 145°F.
5. Brush chops often with glaze and again before removing from grill.

Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 15
- **Number of Servings:** 6

From the Kitchen of: Mary-Lou Brown
 Recipe For: Cranberry Chutney

2 lbs fresh cranberries
 ½ cup sugar
 ½ cup water
 ½ tsp
 1 tsp
 ½ tsp
 1 Tbsp

Oven Ten

Campbell's make in minutes
 Prep: 10 min. Bake: 25 min. Makes: 4 servings
Hearty Chicken & Noodle Casserole
 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
 1/2 cup milk
 1/4 tsp. ground black pepper
 1/4 cup grated Parmesan cheese
 1. Stir soup, milk, black pepper, grated Parmesan cheese.
 2. Bake at 400°F for 25 min. or until hot. Stir.
 3. Top with the Cheddar cheese.
 Make it Crunchy: Omit cheese. Use 1/2 cup French's® French Fried Onions.



Look for **Serving Size or Yield** and adjust to suit your family needs.