



table®

FESTIVE 2024



MERRY & BRIGHT BRUNCHES

Wake up for a special breakfast feast.



HOLLY JOLLY HORS D'OEUVRES

Curate an impressive appetizer collection.



MAGICAL MEALS

Make suppertime magic with all the trimmings.



LOOK FOR THESE INTERACTIVE ICONS THROUGHOUT.



ARTICLE



RECIPE



SHOP RECIPE



WATCH



ENTERTAINING MADE EASY

DELICIOUS • ELEVATED • EASY

Visit your Co-op Food Store for more information about trays from the Co-op Deli, Bakery and Produce Departments, and make your event hosting easy.

[FIND OUT MORE](#)



Summer Fresh®

APPYNESS NEVER TASTED SO GOOD



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MAKING MEMORIES & LOOKING FORWARD

The end of the year always invites reflection. As we dig out boxes of decorations and compile our baking lists, we can't help but look back on family traditions and the joyful memories of holidays past.

This year, we're paying special attention to those memories, and thinking of ways to make more – including ideas for the little ones in your life. We have recipes and tips to help create magical moments for them, and for you.

Our chefs have put a new spin on the classics by reimagining holiday menus – from hearty holiday breakfasts to comforting main courses to sweet treats for dessert. We've also chosen a special recipe from a Co-op member who was generous enough to share a family favourite so you can share it with yours.

It's the small things that come together to make a holiday to remember. Take some time to savour those meals, gatherings, and moments, and look forward to their memory in the years to come.

Enjoy another season at our Table.



MEET OUR CHEFS



DALE MACKAY
SASKATOON, SK



CHRISTOPHER CHO
REGINA, SK



ANGIE QUAALE
LANGLEY, BC



NICOLE GOMES
VANCOUVER, BC



MARIA KOUTSOGIANNIS
CALGARY, AB



MEGAN STASIEWICH
LEDUC, AB

NATURAL CHEESE
Armstrong
1902®

YOU BROUGHT YOUR OWN
ARMSTRONG CHEESE?

OF COURSE! I LOVE IT!



SCAN FOR
THE RECIPE



IT'S OKAY TO BRING YOUR OWN ARMSTRONG CHEESE

TABLE OF CONTENTS

NEW TO YOU

Fill out your holiday spread with some new favourites from Co-op. >>

MEET THE MAKERS

Say hello to the Western Canadian producers who bring joy to our tables. >>

MERRY & BRIGHT BRUNCHES

Turkey dinner gets all the glory, but we say brunch deserves a spotlight, too.

Half & Half Sheet Pancakes >>

Bacon-Wrapped Chicken & Waffles >>

Coconut & Coffee French Toast >>



HOLLY JOLLY HORS D'OEUVRES

Get things going with ideas for appetizer spreads to impress.

Herb, Caper and Walleye Dip >>

HOLIDAY HAPPY HOUR

Mixologist Christopher Cho shares recipes for two new holiday mocktails.

Orchard Fog >>

Winter Solstice >>



MAGICAL MEALS

Our chefs have made some magic for you to share. Enjoy these holiday feast ideas.

Turkey with Apple Sausage Gravy >>

Lentil and Tofu Shepherd's Pie >>

Spiced Pork Roast with Artichokes >>

Green Goddess Salmon >>

Beet, Radish & Citrus Salad >>

ARTICHOKE 101

Incorporating fresh artichokes into your holiday meals is easy. We'll show you how. >>

TASTY TRAVELS

Chef Daniel Costa takes us on a journey to Italy with a beautiful seafood feast. Mangiamo!

Schiaffoni with Shrimp, Chili and Garlic >>

CHEERFUL TABLE TREATS

Get warmed up for the holidays with these baking ideas.

Pumpkin Crinkle Cake >>

Mini Chocolate Raspberry Trifles >>

Salted Caramel Cookie Crunch Bars >>

Maple Bacon Twist Cinnamon Rolls >>

Hummus, Feta & Olive Puff Pastry >>

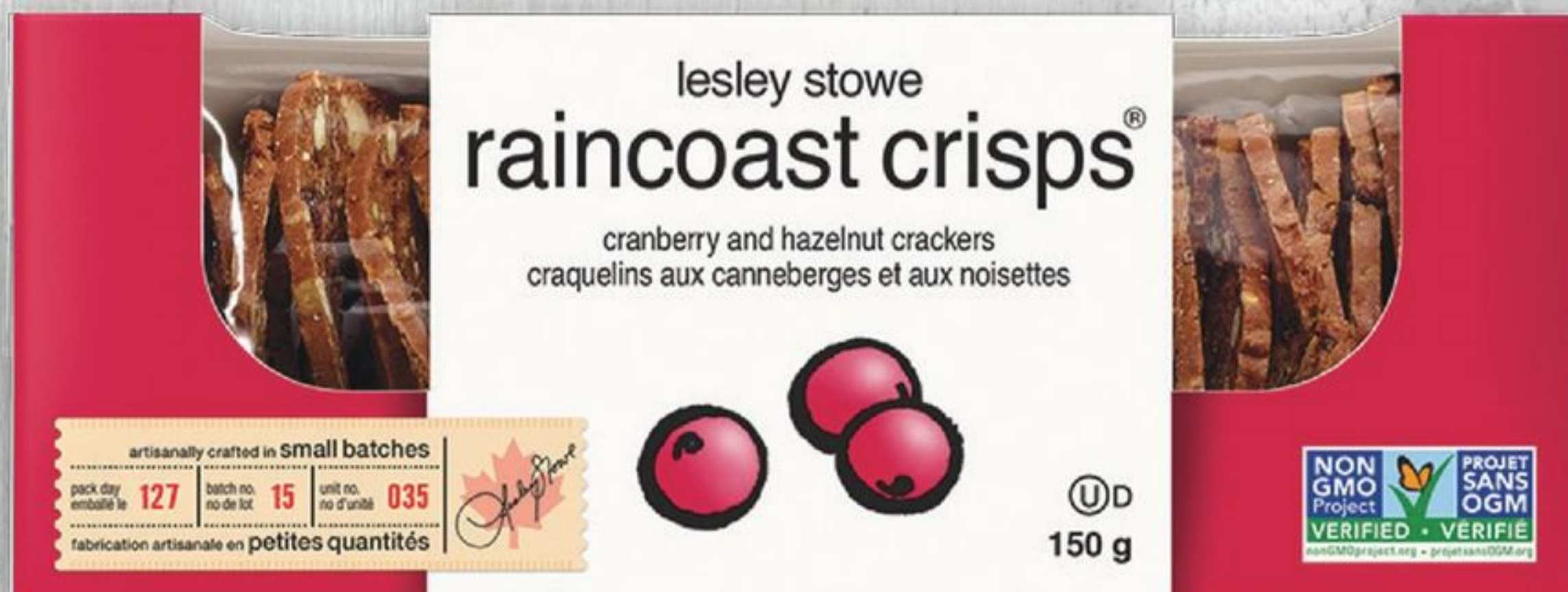
Roasted Apple Custard Pie >>

APPETITE FOR LIFE

Baby's first festive feast: Registered Dietician Brooke Bulloch adapts holiday meals for the new addition to your family. >>



Your perfect Holiday duo



NEW TO YOU

FIND NEW PRODUCTS TO ADD EXTRA FLAVOUR THIS HOLIDAY SEASON



CO-OP GOLD SWISS CHOCOLATE TRUFFLES

CO-OP GOLD Swiss Truffles are individually wrapped – perfect for popping into a stocking. Or pour them into a candy dish along with indulgent Mini Swiss Mountain Bars.

CO-OP GOLD BREAD AND ROLL MIX

Whether you're a beginner baker or you know your way around an oven, you're going to want CO-OP GOLD Bread and Roll Mix in your cupboard. Yeast packets are included, and you just add water to create fresh white bread!



CO-OP GOLD CHOCOLATE CHRISTMAS ORNAMENTS

CO-OP GOLD Chocolate Christmas Ornaments are a dreamy and delicious assortment of festive edible ornaments, gift boxes, yule logs and Christmas trees, coated in chocolate, flavoured with raspberry, caramel, vanilla and more—perfect for placing on your holiday table. Look for them in your local Co-op Bakery!

CO-OP GOLD BEEF BARBACOA & PORK CARNITA

These seasoned pork and beef portions have been slow cooked and spiced to perfection, so they're ready to heat and serve. Add them to nachos, tacos or quesadillas – or incorporate them into your appetizer platters to complete your holiday spread.



CO-OPERATIVE COFFEE CRÈME BRÛLÉE & BLUEBERRY COBBLER

Around the holidays, we've been known to indulge in a bit of dessert before breakfast, but these new dessert-inspired CO-OPERATIVE COFFEE blends take that idea a step further! Try new Blueberry Cobbler flavoured coffee or classic Crème Brûlée, and treat yourself to a good morning.

SHOP FOR THESE & OTHER FEATURED ITEMS NOW



MEET THE MAKERS

TAKE A TOUR ACROSS WESTERN CANADA TO SEE THE DELICIOUS FOODS BEING PRODUCED LOCALLY



KIRK HOMENICK
President

CO-OP GOLD PURE POPCORN & KETTLE CHIPS

NATURALLY HOMEGROWN FOODS

Naturally Homegrown Foods, maker of Hardbite chips, produces CO-OP GOLD PURE Plain Salted and Movie Theatre Popcorn in addition to seven flavours of all natural, Western Canadian-grown CO-OP GOLD PURE Kettle Cooked Potato Chips. "The team has been fun to collaborate with and has come up with unique flavour ideas, like honey dill," says Kirk Homenick. "They obviously have a passion for this, and we love developing new products with them."



PHILIP J. WIPF
Garden Manager, Springfield Colony

CO-OP GOLD PURE PICKLES

PRAIRIE FRESH FOOD CORPORATION

Did you know Co-op is the only Western Canadian food retailer to use Western Canadian vegetables in their pickles? Prairie Fresh Food Corporation supplies more than 50,000 pounds each of pickling cukes, baby cukes and baby carrots for the CO-OP GOLD PURE pickling program, made fresh four days a week throughout the growing season at the Food Development Centre in Saskatoon. "As Co-op customers, we're proud to be one of the Western Canadian suppliers for Co-op's pickling program," says Philip J. Wipf of Springfield Colony. "That makes us one of the biggest pickling cucumber growers in Western Canada."



RAY PRICE
President

CO-OP GOLD HAM

SOLETERRA D'ITALIA LTD.

The Simonini and Price families have partnered to supply Co-op with premium pork products through Soleterra d'Italia Ltd. Ray Price says, "We source our products from Western Canadian hog producers, many of whom are loyal Co-op customers, and process them at our Acme facility. Co-op makes a conscious effort to support local producers – they care about the integrity of their partnerships. We're pleased to be able to supply our quality products to Co-op and collaborate on new opportunities."



BRIAN BENEDICTSON
Director, Sales & Marketing

CO-OP SIGNATURE SMOKEHOUSE MENNONITE SAUSAGE

WINKLER MEATS

Winkler Meats in the Manitoba town by the same name partnered with Co-op to create CO-OP SIGNATURE SMOKEHOUSE Mennonite Sausage. Brian Benedictson says, "Our farmer's sausage recipe hasn't changed since we opened our doors in 1964. Co-op wanted to create a product for their line, and our collaboration turned out great. We are even launching an onion and garlic version, which our product development team has worked with Co-op to perfect."



pure
J.L. KRAFT
Pomegranate Zaatar
Zaatar à la grenade
355 mL

NO Artificial Preservatives, Flavours or Colours!

PHILADELPHIA
ORIGINAL
CREAM CHEESE
FROMAGE À LA CRÈME
no artificial flavours or colours
sans arômes ni colorants artificiels
250 g | 32% M.G. | 55% M.G.

Hazelnut Noisettes
Kraft
723 g

NO PALM OIL
LOW IN SATURATED FAT

Baking Memories

ONE RECIPE AT A TIME

Visit KraftHeinz.com/recipes for delectable festive recipes

Kraft
Smooth Crèmeux
1 kg

RECYCLABLE* CANISTER
*excludes freshness seal

ESTD 1896
NABOB
COFFEE CO.
1896 tradition
GROUND COFFEE / CAFÉ MOULU | 340 g

MAXWELL HOUSE
GOOD TO THE LAST DROP
BON JUSQU'À LA DERNIÈRE GOUTTE
ORIGINAL ROAST
TORRÉFACTION ORIGINALE
MILD-LÉGERE | MEDIUM-MOYENNE | DARK-FONCÉE
GROUND COFFEE / CAFÉ MOULU 864 g

KRAFT
Jet-Puffed
Original · Originales
MARSHMALLOWS · GUIMAUVES 250 g

strawberry fraise
JELLO
170 g

Merry & Bright BRUNCHES

Wake up and start your holiday the right way with a joyful feast. We have savoury and sweet new takes on waffles, French toast and pancakes that go big on flavour to boost these classic breakfast staples onto your yearly must-have list.



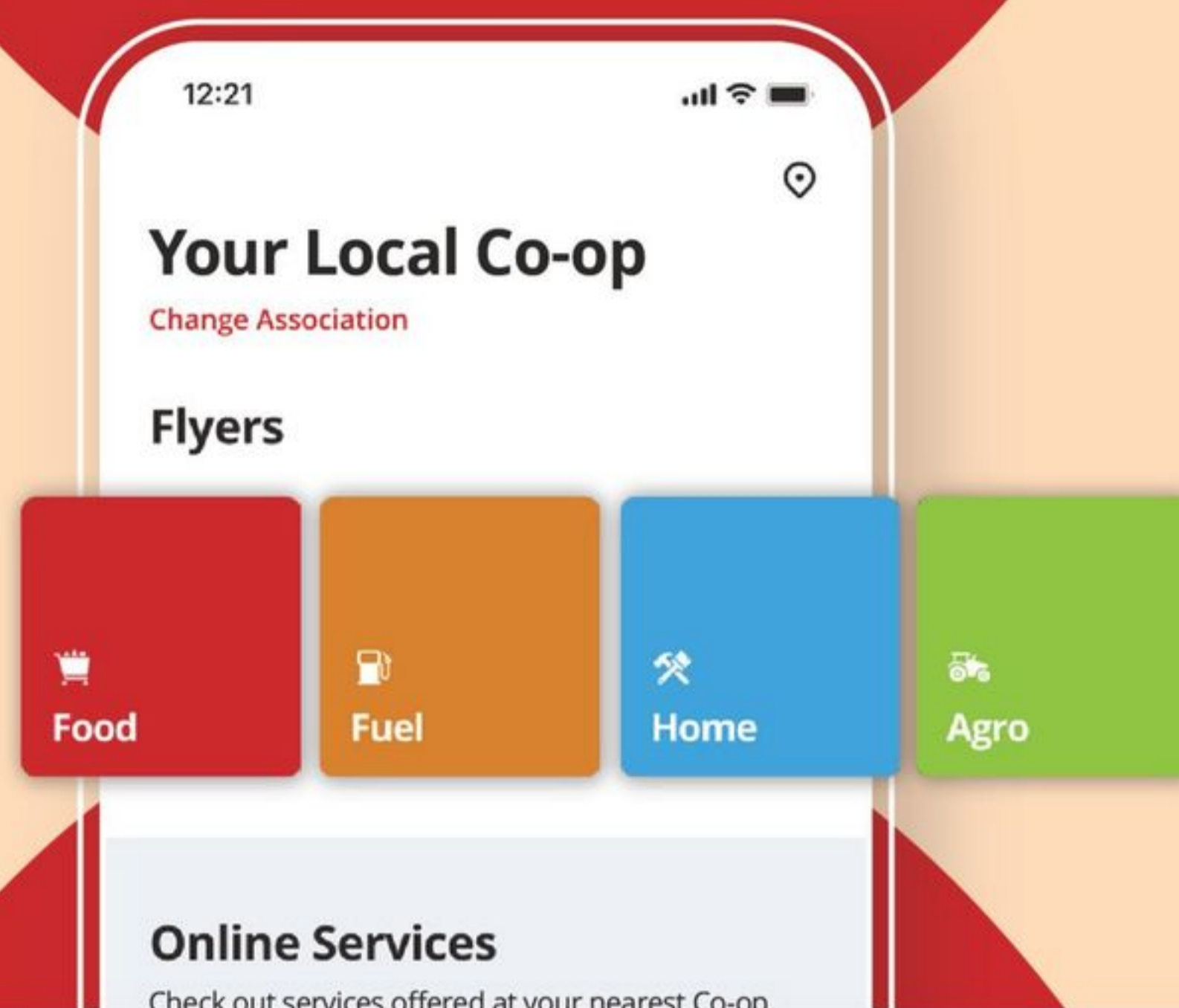
HALF & HALF SHEET PANCAKES

There's no need to choose with this recipe: Half strawberry and chocolate and half pineapple, it's double the breakfast options in one pan.



View additional flyers and coupons on the Co-op app.

DOWNLOAD NOW >>



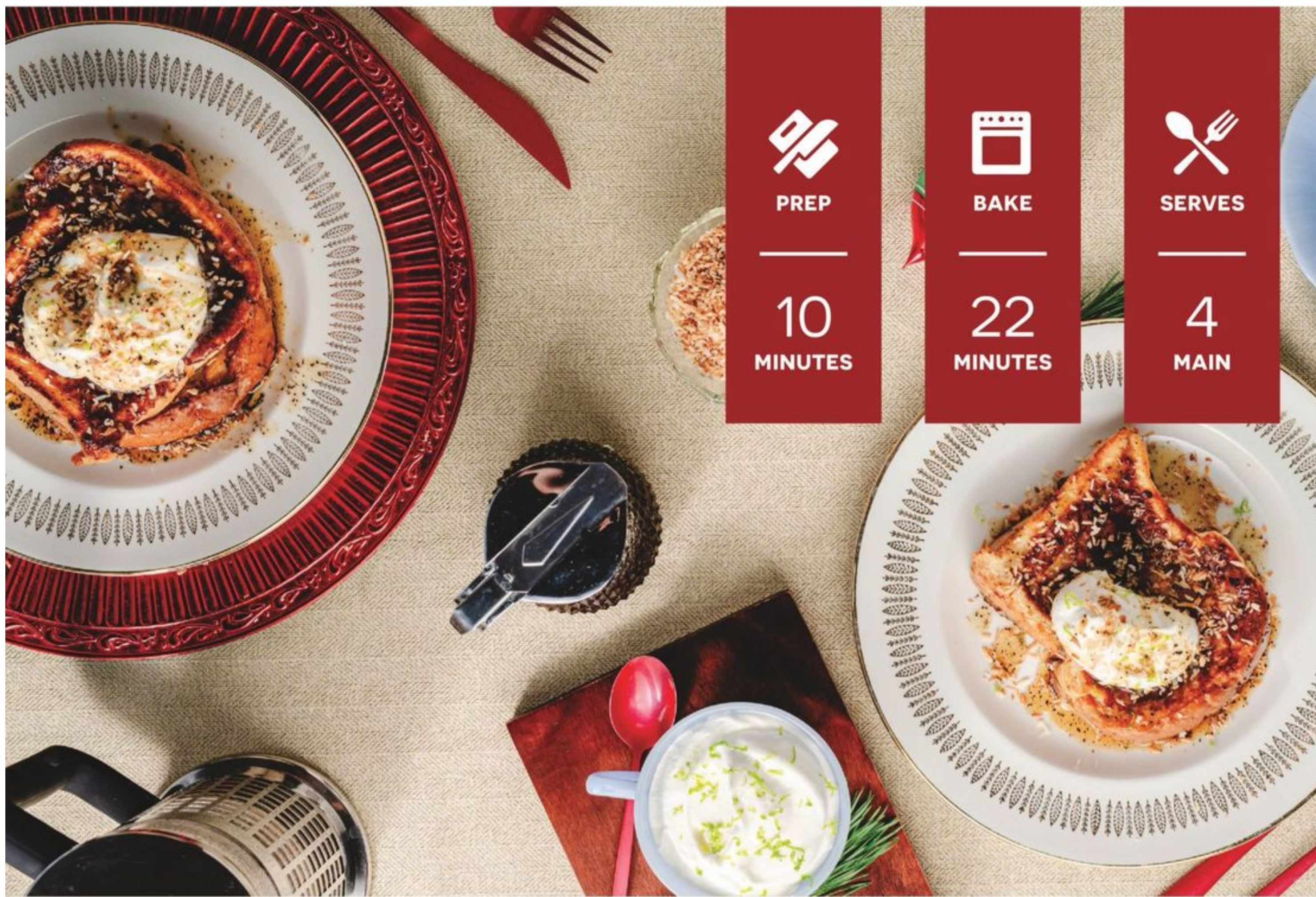
RECIPE TIP

Leftover waffles freeze well and can be reheated from frozen in a toaster.

BACON-WRAPPED CHICKEN & WAFFLES

For a twist on classic chicken and waffles, this chicken is stuffed with a cheesy filling, wrapped in bacon and served on savoury waffles.





COCONUT & COFFEE FRENCH TOAST

CHEF DALE MACKAY | SASKATOON, SK

INGREDIENTS

FRENCH TOAST

1 can (400 mL)	LUCKY DRAGON Coconut Milk
3	eggs
½ cup	sugar
1 tsp	vanilla extract
1 loaf	CO-OP Unsliced White Bread
1 tbsp	vegetable oil
1 tbsp	CO-OP CENTSIBLES Butter

TOPPINGS

⅔ cup	CO-OP GOLD Maple Syrup
½ tbsp	ground TIM HORTONS Coffee
1½ tsp	juice from 1 lime + zest
1 cup	whipping cream
2 tbsp	sugar
3 tbsp	shredded coconut, toasted

DIRECTIONS

1. Whisk together coconut milk, eggs, sugar and vanilla in a bowl. Slice four 1½-inch slices of bread and place them in a dish. Pour egg mixture over top. Let sit for a few minutes, flip, and continue to let sit until bread is soaked through.
2. Simmer maple syrup, coffee and lime juice in a small pot for 5 minutes and let cool to use later.
3. Use a whisk or electric mixer to beat whipping cream, sugar and lime zest together until stiff peaks form. Cover and chill until ready to serve.
4. Preheat oven to 350°F. Place a large frying pan on medium heat, add oil and butter and allow to warm up. Add egg-soaked bread slices to pan. Cook on each side until golden brown. Place on a parchment-lined sheet tray and bake in preheated oven for 10 minutes. Serve warm, garnishing each slice with infused syrup, whipped cream and coconut.



add some
flavour
to your
festivities



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Van Houtte® 12 K-Cup® pods



Van Houtte® 30 K-Cup® pods



Van Houtte® ground coffee 340 g



Van Houtte® 48 K-Cup® pods

Holly Jolly HORS D'OEUVRES

When you're trying to perfect the appetizer lineup you share with your guests, look no further – your local Co-op Food Store has an assortment of snacks and treats to grace your grazing table and spread good cheer.



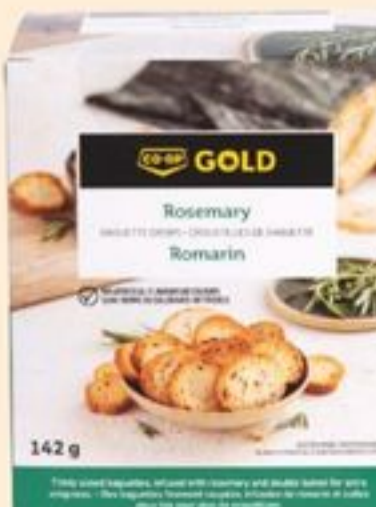
1
CO-OP GOLD Perogies
Potato Cheddar Jalapeno

- 2. CO-OP GOLD PURE Kettle Cooked Potato Chips
Ripple Sea Salt
- 3. CO-OP GOLD PURE Baby Dill Pickles



4
CO-OP GOLD Cracker Sticks
Garlic Chive & Hot Buffalo

- 5. CO-OP GOLD Fully Cooked Chicken Wings
- 6. CO-OP CENTSIBLES Cooked Shrimp Ring with Sauce
- 7. CO-OP GOLD Brie
- 8. CO-OP GOLD PURE Green Olives
Stuffed with Feta Cheese



9
CO-OP GOLD Baguette
Crisps Rosemary

10
CO-OP GOLD Korean Style
Yangnyeom Chicken

- 11. CO-OP GOLD PURE Pinsa Pizza
3 Meat
- 12. CO-OP GOLD Potstickers
Pork Vegetable & Ginger
- 13. VADIYA Naan Bites
Garlic
- 14. CO-OP GOLD Battered Mozzarella Cheese Sticks
- 15. CO-OP GOLD Peanuts
Spicy Dill Pickle



16
CO-OP SIGNATURE SMOKEHOUSE
Beef Jerky Strips



- 17. CO-OP GOLD PURE Hummus
Dill Pickle
- 18. PILLER'S CHARCUTERIE
Pepper Coated Salami

SHOP THE APPETIZER COLLECTION






HERB, CAPER & WALLEYE DIP

CHEF DALE MACKAY | SASKATOON, SK

 **PREP | 10 MINUTES**

 **CHILL | 2 HOURS**

 **BAKE | 10 MINUTES**

 **SERVES | 16**

INGREDIENTS

1 pack (454 g)	CO-OP GOLD PURE Walleye
1 tbsp	olive oil
½ tsp	salt
⅓ cup	diced cucumber
¼ cup	thinly sliced green onions
1 tbsp	capers, chopped
½ tsp	lemon zest
½ tbsp	lemon juice
1½ tbsp	fresh parsley, finely chopped
1 tub (227 g)	PHILADELPHIA Herb & Spice Dip
1 bag	CO-OP GOLD PURE Ripple Sea Salt Kettle Cooked Potato Chips

DIRECTIONS

1. Preheat oven to 325°F. Line a baking tray with parchment paper. Place walleye fillets on the tray. Brush with olive oil and season with salt. Bake for 10 to 12 minutes or until they have reached an internal temperature of at least 158°F (70°C) and flake easily.
2. Remove walleye from oven and allow to cool. Once cooled, flake walleye into a large bowl. Add all remaining ingredients except potato chips. Mix well with a spatula, place in a serving bowl, cover and chill thoroughly. Serve with potato chips on the side.

Holiday **HAPPY HOUR**

Whether your holiday mood is warm and cozy or you're mixing up mocktails for a festive gathering, Mixologist Christopher Cho has created sweet sips for the season.

HOSTING TIP

These recipes yield enough syrup and ice cubes to prepare multiple drinks, making them excellent options for holiday hosting.

WINTER SOLSTICE

ORCHARD FOG



ORCHARD FOG

MIXOLOGIST CHRISTOPHER CHO | REGINA, SK

 PREP | 15 MINUTES

 COOK | 5 MINUTES

 SERVES | 1 DRINK

INGREDIENTS

VANILLA SYRUP

1 cup granulated sugar
1 cup water
1 tbsp vanilla extract

DRINK

3 bags CO-OP GOLD PURE Cinnamon Spice Tea
2 cups CO-OP GOLD Apple Juice
 $\frac{3}{4}$ cup cold water
1 cup whole milk
 $\frac{1}{2}$ oz vanilla syrup
1 oz Calvados or brandy (optional)
apple slices for garnish
freshly grated nutmeg for garnish

DIRECTIONS

1. To make syrup, combine sugar, water and vanilla extract in a small pot. Bring to a boil, stirring until sugar is dissolved. Take off heat and set aside to cool.
2. Combine tea bags, apple juice and water in a pot. Bring to a simmer and steep for 5 minutes.
3. Put milk in a pot and bring to a light boil. Remove from heat. Use a milk frother or immersion blender and froth until the milk has thickened.

TO MAKE 1 DRINK

1. Pour 3 ounces of tea mixture into a coffee mug.
2. Measure $\frac{1}{2}$ ounce of vanilla syrup into mug. Add optional brandy or Calvados.
3. Pour frothed and steamed milk into mug. Garnish with apple slices and grated nutmeg.



WINTER SOLSTICE

MIXOLOGIST CHRISTOPHER CHO | REGINA, SK

 PREP | 10 MINUTES

 FREEZE | 4 HOURS

 SERVES | 1 DRINK

INGREDIENTS

ICE CUBES

5 cups CO-OP GOLD Cranberry Juice
5 cups water
24 fresh mint leaves
 $\frac{1}{2}$ cup CO-OP GOLD Frozen Cranberries

TROPICAL SYRUP

2 cups CO-OP GOLD Tropical Juice
2 cups granulated sugar
 $\frac{1}{4}$ cup fresh mint leaves

DRINK

$\frac{1}{2}$ tbsp fresh lime juice
1 tbsp CO-OP GOLD Cranberry Juice
1 oz gin (optional)
 $\frac{1}{4}$ cup CO-OP GOLD PURE Watermelon Lemonade Kombucha
sprig of fresh mint as garnish

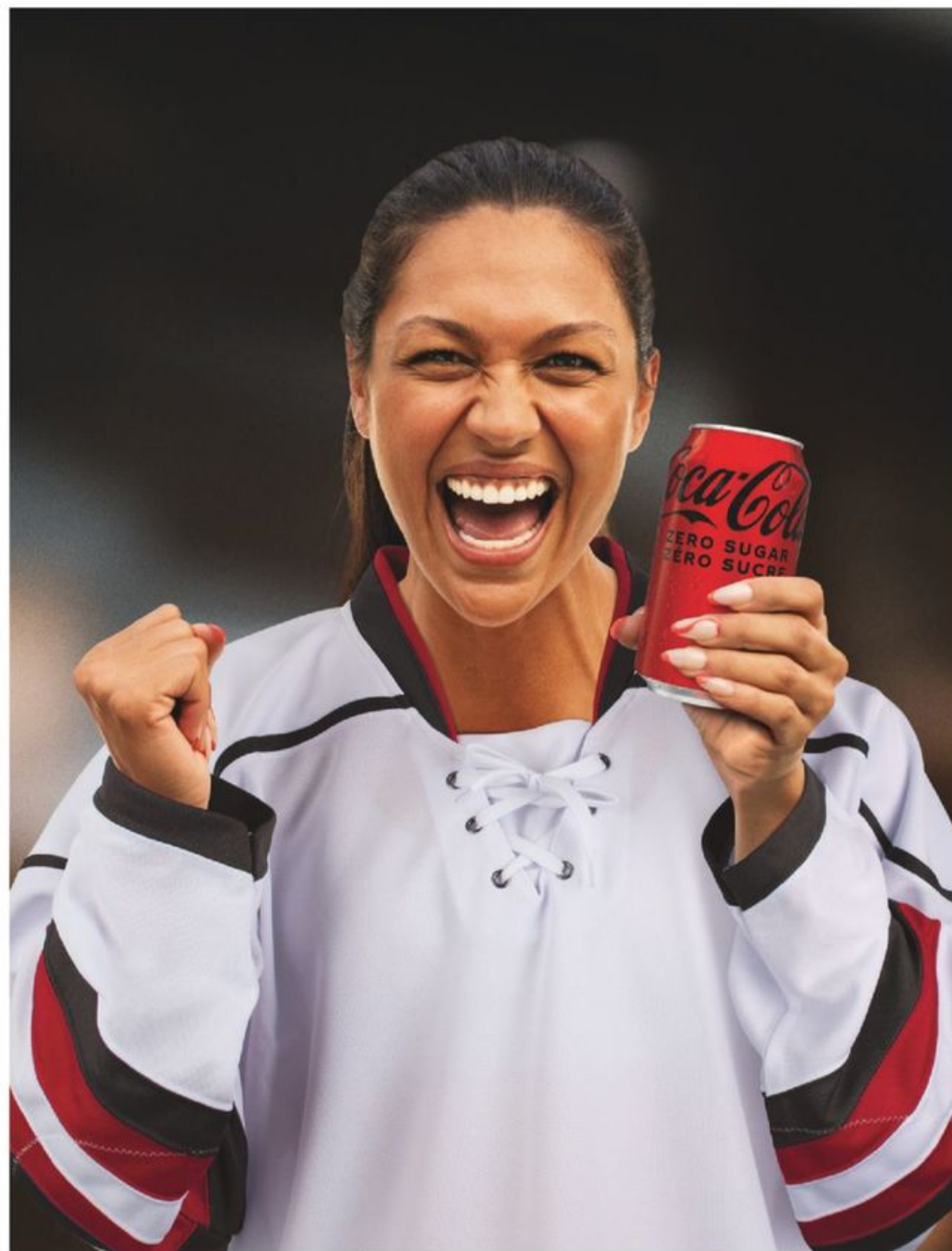
DIRECTIONS

1. Prepare ice cubes ahead of time. Combine cranberry juice and water. Pour half the mixture into ice cube trays. Add 2 mint leaves and 2 cranberries to each ice cube mold. Freeze for 1 hour. Add the remainder of the cranberry and water mixture over the cubes and let freeze completely.
2. To make syrup, combine tropical juice, sugar and mint in a pot. Bring to a boil and remove from heat. Whisk until the sugar has dissolved. Strain out the mint, cool, then chill.

TO MAKE 1 DRINK

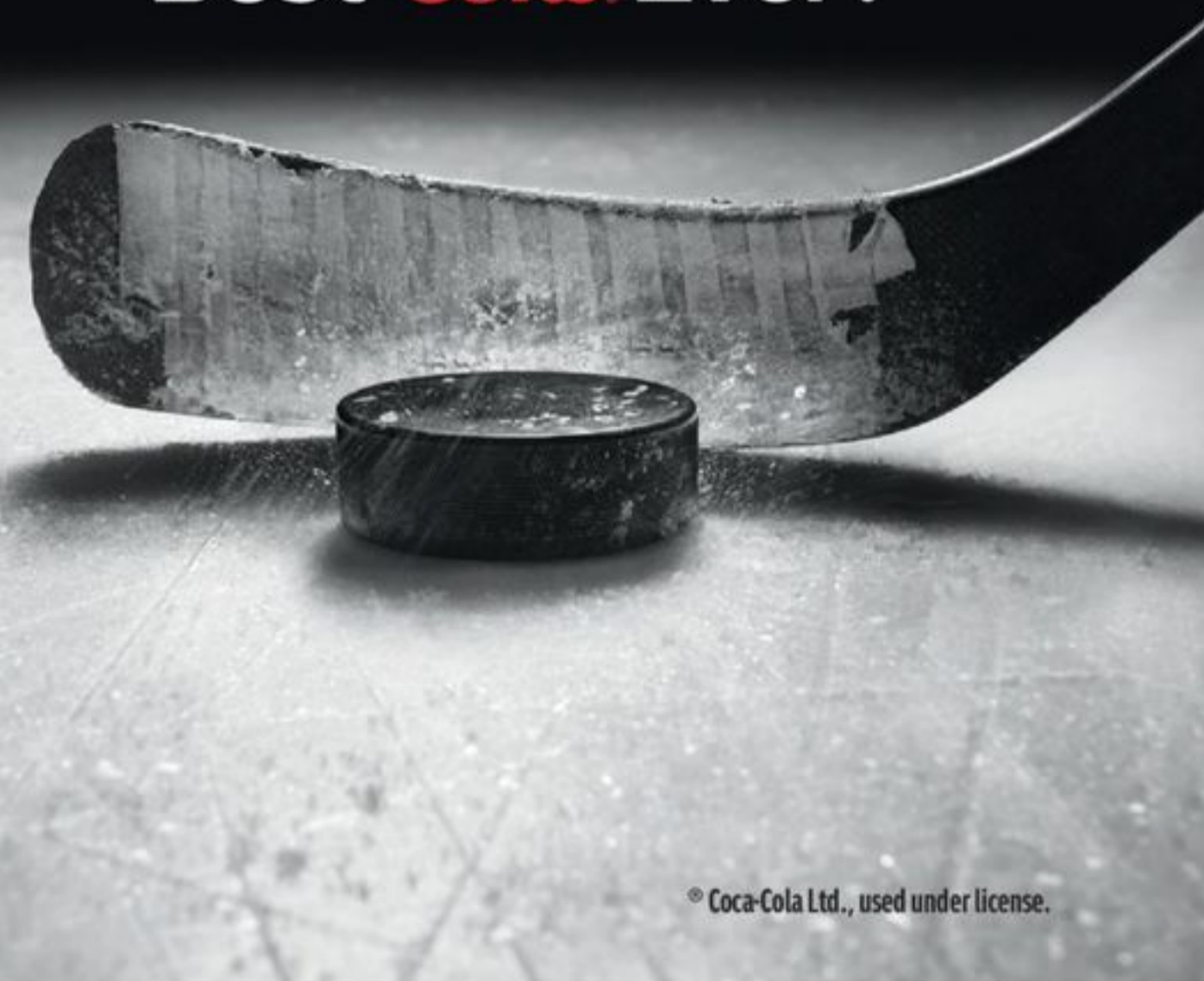
1. Measure $1\frac{1}{2}$ tbsp tropical syrup into a cocktail shaker with lime juice, cranberry juice and optional gin.
2. Add regular ice and shake vigorously. Strain into a tall glass.
3. Add cranberry and mint ice cubes. Pour kombucha into the drink. Garnish with fresh mint sprig.





TAKE A SHOT ON GREAT TASTE

Best **Coke**. Ever?



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JOLLY HOLLY NACHOS

INGREDIENTS

30 to 35 TOSTITOS® Restaurant Style Tortilla Chips	1/2 cup rinsed and drained black beans	2 green onions, sliced
1 cup TOSTITOS® Chunky Salsa Mild	1 1/2 cups shredded green leaf lettuce	1/3 cup halved cherry tomatoes
1 1/4 cups shredded sharp cheddar cheese	1/2 medium avocado, diced	1 small jalapeño, sliced
		1 red bell pepper
		2-3 tbsp sour cream

INSTRUCTIONS

- Step 1: Preheat oven to 400°F.
- Step 2: Place a 4 to 5-inch bowl in the center of a parchment-lined cookie sheet.
- Step 3: Arrange half of the chips lengthwise around the bowl.
- Step 4: Sprinkle with 1/2 cup of cheese.
- Step 5: Repeat layers tucking in remaining chips and 3/4 cup of cheese.
- Step 6: Next, top with black beans and drizzle 1/2 cup of salsa.
- Step 7: Bake on 400°F until cheese is melted and chip edges are golden brown (10 to 12 minutes).
- Step 8: Remove cookie sheet from the oven and allow wreath to cool.
- Step 9: Carefully remove bowl and using the parchment paper, slide the wreath onto a large serving dish.
- Step 10: Top with lettuce, avocado, green onions and remaining 1/2 cup of salsa.
- Step 11: Cut bell pepper, following along creases, into 4 wedges. Trim to create two sides of a bow, two ribbon tails, and a small circle.
- Step 12: Spoon sour cream onto the bottom of the nacho wreath, placing the pepper wedges and small circle on top to build a bow.
- Step 13: Complete the wreath with jalapeños and cherry tomatoes.



Magical MEALS

The festive season is all about balancing the old with the new while infusing a little magic. For this year's menu, our chefs have taken a look at traditional recipes and all the trimmings, and reimagined them for today's holiday table.



PREP

2³/₄
HOURS



COOK

3
HOURS



SERVES

6-8
MAIN

TOO MUCH TURKEY?

Try one of our leftover turkey recipes!



TURKEY WITH APPLE SAUSAGE GRAVY

CHEF DALE MACKAY | SASKATOON, SK

Gravy is one of those things that rarely changes in most families, because tradition is important... Unless you can make it taste WAY better! The sausage gives the gravy a great depth of flavour, and the apple and mustard is perfect with the turkey and sweet potato stuffing.

INGREDIENTS

TURKEY & STUFFING

1	10–12 lb. turkey	1½	onions, diced	1 tsp	salt
1 cup	butter	2 cups	diced sweet potato	1 carton (946 mL)	CO-OP GOLD Chicken Broth
1½ tbsp	minced rosemary, divided	1 cup	½-inch diced celery	10 cups	CO-OP Bread Cubes, dried
	salt to taste	1 tbsp	garlic, minced	2 cups	BOTHWELL Marble Cheddar Cheese, grated
2 tbsp	vegetable oil	½ tsp	nutmeg		

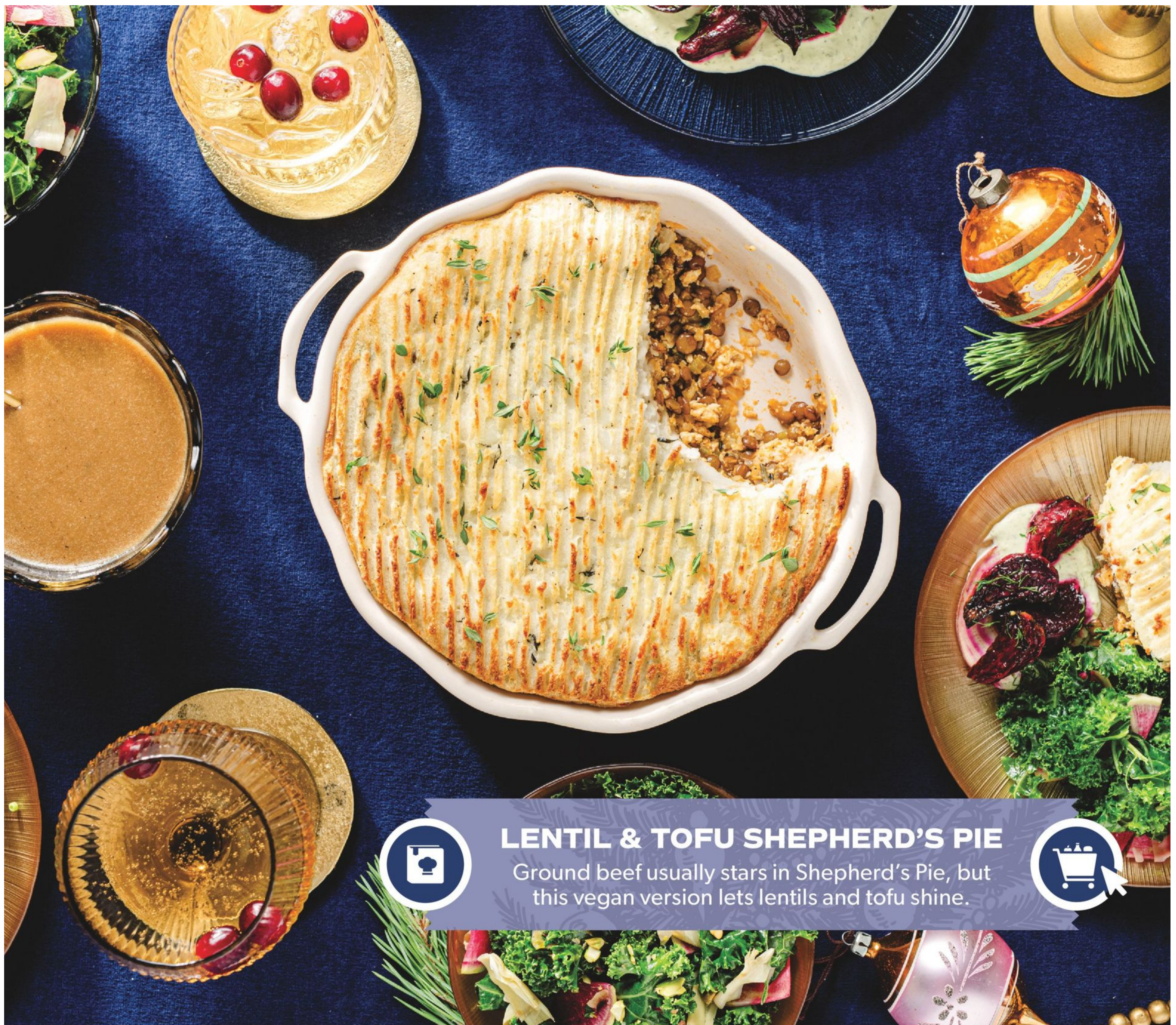
GRAVY

1 tbsp	vegetable oil	1 carton (1 L)	CO-OP GOLD Chicken Broth	½ tsp	salt
¾ cup	CO-OP Berkshire Bangers or CO-OP Smoky Applewood Pork Sausage	1	rosemary sprig	2 tbsp	butter
1	onion, 1/2-inch diced	¼ tsp	ground allspice	1½ tbsp	all-purpose flour
2	garlic cloves, sliced	1 tsp	CO-OP GOLD Dijon Mustard	1 cup	peeled, ¼-inch diced apple

DIRECTIONS

1. Take turkey out of the fridge for 1 to 2 hours to allow to come to room temperature before cooking.
2. Preheat oven to 325°F. Combine butter and 1 tbsp rosemary in a small pot over medium heat until butter melts.
3. Place turkey in roasting pan and season cavity and skin with salt. Glaze turkey's exterior with rosemary butter.
4. Put turkey in oven and roast, uncovered. Once turkey has browned, about halfway through cooking, place lid or tin foil over the turkey. Cook for about 12 minutes per pound, about 3 hours for a 10-pound bird, until internal temperature of the middle of thigh and breast reaches 180°F (82°C). Remove from oven and allow to rest, loosely tented with foil or covered with a lid, for 45 minutes before carving.
5. Make stuffing while turkey roasts. Place a large pot on medium-high heat. Add oil, onions, sweet potato and celery. Sauté for 5 minutes. Turn heat to medium and add remaining rosemary, garlic, nutmeg and salt. Sauté for 1 minute. Add broth, bring to simmer and remove from heat. Just before baking, reheat the pot.
6. Increase oven temperature to 350°F. Place bread cubes in a large bowl. Pour hot broth and vegetable mix over top. Stir until mixed evenly. Place in a shallow 2 to 3-quart casserole dish. Top with grated cheese. Bake for 25 to 30 minutes.
7. Make the gravy while stuffing bakes. Place a medium pot on high heat and add oil. When it is hot, add sausage and break apart with a wooden spatula. Sauté until deep brown on all sides. Remove sausage to a plate. Add onions to pan and sauté until brown. Add garlic and sauté for 2 minutes.
8. Add broth, rosemary, allspice, mustard and salt. Scrape up all brown bits from the pan's surface. Cook on a high simmer for 15 to 20 minutes. Strain through a fine-mesh strainer into a bowl and set aside.
9. Return pot to stove on low heat. Add butter and flour and stir constantly for 2 minutes until sandy in texture. Add ½ cup of strained broth, whisking while it thickens. Add remaining broth in several increments, whisking thoroughly. Bring to boil, then reduce heat, add diced apple and reserved sausage and simmer for 5 minutes. If gravy becomes too thick, add additional stock or water to thin it.
10. Carve turkey, then serve with stuffing and gravy.





LENTIL & TOFU SHEPHERD'S PIE

Ground beef usually stars in Shepherd's Pie, but this vegan version lets lentils and tofu shine.





RECIPE TIP

Read Artichoke 101 for more detailed instructions.

SPICED PORK ROAST WITH ARTICHOKES

CHEF DALE MACKAY | SASKATOON, SK

Just the smell of a pork roast makes me feel like a kid waiting to be called upstairs for dinner. I wanted to add something different to this classic, and I love using warm spices like nutmeg and allspice, especially around the holidays. I think this is better than my Mom's...just don't tell her!

INGREDIENTS

PORK

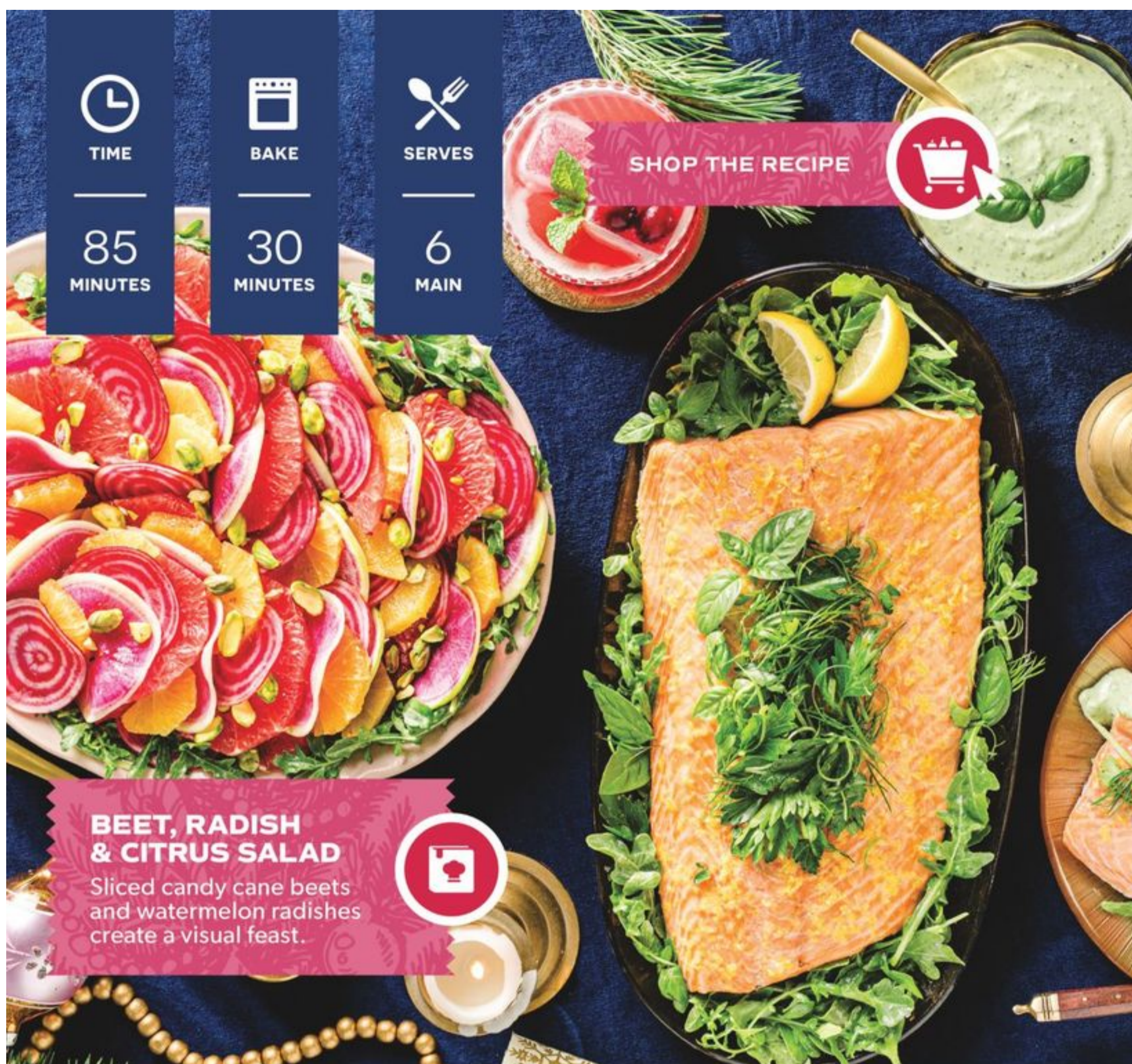
1.5 kg	CO-OP Boneless Pork Blade Roast	½ tsp	ground cinnamon
3 tsp	salt	½ tsp	ground nutmeg
1½ tbsp	NABOB Ground Coffee	½ tsp	ground allspice
1 tbsp	brown sugar	½ tsp	ground cloves
1 tsp	dried sage		

ARTICHOKES

2 tbsp	lemon juice, divided	1 tbsp	butter
4	large artichokes	¼ tsp	salt
½ tbsp	olive oil		

DIRECTIONS

1. Preheat oven to 425°F. Season pork with salt. Create a spice blend by mixing coffee, brown sugar, sage and spices. Coat all sides of pork with spice blend. Place pork roast on a metal rack on a tray.
2. Roast uncovered for 15 minutes, then reduce heat to 325°F and cook for another 60 to 70 minutes, until the meat reaches 71°C (160°F) internally using a meat thermometer. Remove from oven and allow to rest for 20 minutes.
3. While the pork roasts, prepare the artichokes. Set a bowl of cold water with about a tablespoon of lemon juice in it close by your workspace. Cut horizontally across the artichoke to remove the top third. Snap off the remaining leaves one at a time, starting at the bottom. Trim the stalk to about 2 inches, then use a small knife or peeler to peel the stem and outside of each artichoke.
4. Use a spoon to scrape out the hairy and spiky centre, leaving a hollow cup. Quarter each artichoke lengthwise and put the quarters in the lemon water before you move on to the next artichoke.
5. Heat a frying pan on medium heat. Add olive oil. Dry the artichokes and add to the hot oil to pan-roast them. After a couple minutes, add the butter and salt and continue to roast, turning several times, for about 8 to 10 minutes. Once golden brown and cooked through, add a tablespoon of lemon juice. Toss the artichokes until the juice is reduced and glazes the artichokes.
6. Carve the pork. Serve artichokes on the side.



TIME

85
MINUTES



BAKE

30
MINUTES



SERVES

6
MAIN

SHOP THE RECIPE



BEET, RADISH & CITRUS SALAD

Sliced candy cane beets and watermelon radishes create a visual feast.



GREEN GODDESS SALMON

CHEF NICOLE GOMES | VANCOUVER, BC

This is one of my favourite ways to prepare salmon when entertaining many people at home. The salmon is served buffet-style and at room temperature, so you don't have to worry about cooking it when people are around. My rule of thumb with salmon is low and long for delicate buttery flakiness.

INGREDIENTS

SALMON

whole salmon 2½–3 lb. fillet, skin on or off, ½-inch thick	2 tsp	CO-OP GOLD Himalayan Sea Salt
1 lemon		olive oil, for brushing

GREEN GODDESS DRESSING

1 tbsp extra virgin olive oil	1	large garlic clove
½ cup fresh basil leaves	4	anchovy fillets
2 tbsp fresh dill fronds	2 tbsp	red wine vinegar
2 tbsp fresh cilantro leaves	1 tsp	white sugar
¼ cup fresh mint leaves	2 cups	CO-OP GOLD Plain Greek Yogurt
½ cup Italian parsley leaves	½ cup	CO-OP GOLD Sour Cream
2 green onions, roughly chopped		salt and black pepper

DIRECTIONS

1. Bring salmon to room temperature, approximately 30 minutes out of the fridge. Place salmon on an ovenproof dish suitable for serving.
2. Preheat oven to 300°F on bake, no fan. Twenty minutes before baking, salt salmon evenly. Let stand for a minimum of 20 minutes. With a microplane zester, zest lemon peel over salmon, then brush with olive oil. Reserve the rest of the lemon (for its juice) to use later when assembling Candy Cane Beet, Watermelon Radish & Citrus Salad (scan QR code for recipe).
3. Bake salmon for 15 to 30 minutes, checking internal temperature after 15 minutes. Bake until the thickest part of salmon reaches 125°F (52°C) or until the salmon just starts to flake in the thickest part. Cooking times always depend on individual ovens and the size and thickness of foods, but as it cools it continues to cook with residual heat. If you like your salmon more cooked, add two-minute increments until the internal temperature reaches 158°F (70°C). You'll know you're going too far when white dots of protein come to the surface – that's when you will end up with canned salmon texture.
4. Place salmon in a fridge to cool. Remove from fridge 30 minutes before serving.
5. To make Green Goddess dressing, blend all the ingredients in a food processor except yogurt, sour cream, salt and pepper until smooth.
6. Fold in yogurt and sour cream. Add salt and black pepper to taste. Cover and chill until needed. Serve alongside the salmon.



WHY SALT THE SALMON?

Chef Gomes recommends salting the salmon for 20 minutes to quickly cure it. It retains moisture as the fish is cooked to medium and opaque.

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Artichoke

1 0 1

NEVER COOKED OR EATEN A FRESH ARTICHOKE? 'TIS THE SEASON TO START!

Artichokes are the flower buds of giant thistles. They've been cultivated in Italy for 2,000 years, and they're available at most Co-op Food Stores. Globe artichokes are the most common variety and a great place to start.

Think of the artichoke as a veggie-forward, interactive version of chips and dip. Once steamed, you pull away artichoke petals (also called leaves) one at a time, dipping in your favourite dip and scraping the tender inner flesh off the tougher petals with your teeth. Eventually, you'll get to the tasty heart, which is a delicious finale. The only inedible parts are the tough outer edges of the petals and the fuzzy "choke" at the centre.

ARTICHOKE PREP: WATCH & LEARN



Artichokes need trimming to prepare for cooking:

- Trim the cut end of the stem.
- Trim about an inch off the pointy top of the flower bud.
- If the ends of the petals are thorny, trim about a half-inch from each one with kitchen scissors.

Artichokes brown easily when exposed to air. Don't forget to rub the cut edges with lemon or dip in 2 cups of water mixed with the juice of one lemon.

The classic way to prepare an artichoke is to steam it whole for about 30 to 45 minutes. The time required depends on the size; a jumbo artichoke may need to be steamed for 60 minutes. It's done when you can easily pull one of the outer petals from the base or when the inside of the stem is tender. Cut the artichoke in half lengthwise and use a spoon to remove the choke.

If you want to stuff a whole artichoke, go in from the top. Remove the centre leaves, pull out the little pocket containing the choke and then fill the cup surrounded by the edible petals and the heart with your favourite meat sauce or cheesy filling.

Pre-steam artichokes ahead of time and then reheat on the grill, roast in the oven or air fry. You can also oven roast raw artichokes – just trim, halve, remove the choke, rub them with lemon juice, then rub with olive oil, fill the cavity with chopped garlic and mixed fresh herbs, then place cut-side down in a pan and roast at 375°F for 40 minutes. You can also pan roast them like Chef Dale MacKay does in his [Spiced Pork Roast with Artichokes](#) recipe.

TIPS FOR ARTICHOKE DIPS

- Hollandaise sauce (the traditional choice)
- Tzatziki
- Melted garlic butter with a squeeze of lemon
- Mayonnaise or garlic aioli
- Honey mustard



ITALIAN Coastal Christmas

The holidays are a great time to be Italian. That's when Chef Daniel Costa, owner of Edmonton's Corso 32 Group, gathers with family to celebrate their roots in Campania, Italy.

Chef Costa says, "You almost have to think of each region in Italy as its own country. The food can differ drastically, reflecting historic influences from other countries that once occupied the lands. In Sicily, for example, there is a heavy Arabic influence, and they use a lot of saffron, raisins and pine nuts. Campania is on the coast, so we focus on seafood and pastas that evolved alongside seafood. Each region has its own style of doing things and they're protective of their traditions."

For Costa and his family, Christmas Eve celebrations centre around a seafood feast. The menu includes one or two pastas – spaghetti vongole (with clams) and another with prawns. Baccalà (salt cod) makes an appearance in some form: possibly croquettes, or simply fried. Count

on a fresh fish dish and anchovies served atop hot toasted bread with a slab of cold butter. Orange, fennel and red onion salad is a favourite side dish.

"Christmas Eve is our favourite day of the year. A small core of the family gathers, and we all cook together. We start fairly late, and cook and eat over several hours, sampling one dish at a time. At the end of the night – close to midnight – we open a bottle of Amaro or Grappa to serve with panettone (sweet bread filled with dried fruit and nuts) or struffoli (fried pastry balls smothered in honey) for dessert."

Chef Costa shares a favourite recipe but insists on two rules: use pastas that originated in Campania and no Parmesan on seafood!

"I'm a bit of a purist. You do not put cheese on fish. Parmesan on this pasta would destroy the beautiful seafood flavour, overpowering everything you just created. You'd lose the simplicity and the pure expression of what it is you're trying to highlight."



SCHIAFFONI WITH SHRIMP, CHILI & GARLIC

CHEF DANIEL COSTA | EDMONTON, AB

Schiaffoni or paccheri are large tubular noodles that originated in Campania. They work perfectly with seafood sauces like this, or you can substitute spaghetti. Make sure your pasta is al dente (firm to the bite). Using the shrimp shells (and heads if you have them) to make a quick broth gives your sauce a ton of extra flavour. I like adding cherry tomatoes or saffron to this sauce.



PREP

15
MINUTES



COOK

15
MINUTES



SERVES

4
MAIN

INGREDIENTS

6 tbsp	CO-OP GOLD PURE extra virgin olive oil, divided
1 lb. (454 g)	CO-OP GOLD Uncooked Pacific White Shrimp, shells removed and reserved, flesh cut into marble-sized chunks
2 cups	water
500 g	schiaffoni pasta (substitute CO-OP GOLD PURE Spaghetti)
4	medium garlic cloves, thinly sliced
1 cup	dry white wine
1 tsp	dried chili flakes
1	handful whole basil leaves or chopped Italian parsley
1 tbsp	fresh lemon juice
1½ tsp	kosher salt

DIRECTIONS

1. For the broth, heat 1 tbsp oil over high heat in a small pot. Add the shrimp shells, fry for 30 seconds until bright red, and add 2 cups water. Simmer for 10 to 15 minutes, then strain. Discard the shells and reserve the broth. Approximately ¾ cup should remain.
2. For the pasta and sauce, bring a large pot of salted water to a boil. Add the pasta.
3. While the pasta is cooking, heat ¼ cup (4 tbsp) oil over medium-high heat in a wide-bottomed pot or a deep and wide frying pan. Add garlic and fry for 30 seconds. Just before the garlic begins to colour, add wine and chili flakes. Boil for 1 minute. Check pasta for doneness – if it is nearly cooked, proceed with finishing the sauce. Otherwise wait until the pasta is al dente.
4. Add shrimp broth to sauce pan, simmer for 2 minutes, then add chopped shrimp and cook for an additional 30 seconds or until internal temperature reaches 165°F (74°C).
5. Use a slotted spoon to pull pasta directly from water to pan of sauce. Cook for 1 minute over high heat, stirring frequently, until the sauce has thickened and coats the pasta.
6. Remove pan from heat, stir in remaining 1 tbsp olive oil, as well as basil, lemon juice and salt. Serve immediately. Top with extra chili flakes but please, no cheese!



FEELING INSPIRED?

Your Co-op Food Store has a wide selection of items to help you bring Italy to your kitchen.



Cheerful Table TREATS

What better way to get into the spirit of the season than baking up some holiday delights? Share the joy with your loved ones, whether you're recreating old favourites from long-ago childhoods or introducing little ones to easy-to-make desserts.



SALTED CARAMEL COOKIE CRUNCH BARS

This treat is a little bit sweet and a little bit salty - with half the sugar of a normal square.



PUMPKIN CRINKLE CAKE



MINI CHOCOLATE RASPBERRY TRIFLES

Try making these desserts that combine the flavours of cheesecake, chocolate and raspberries with your kids!



PUMPKIN CRINKLE CAKE

CHEF DALE MACKAY | SASKATOON, SK

PHYLLO FOLDING:
WATCH & LEARN



PREP | 10 MINUTES

COOK | 50 MINUTES

SERVES | 12-16 SLICES

Make sure you choose the right can. The E.D. Smith Pumpkin Pie Filling that this recipe calls for is seasoned and sweetened, whereas E.D. Smith Pure Pumpkin contains no sugar. For strands of orange zest that will look gorgeous on top of the baked cake, use a zester, not a rasp, to strip the zest in long strips.

INGREDIENTS

BASE & CUSTARD FILLING

1 box (454 g)	CO-OP GOLD Phyllo Pastry
1 cup	CO-OP CENTSIBLES Butter, melted
2	eggs
½ cup	milk
1¼ cups	E.D. SMITH Pumpkin Pie Filling
1 tsp	CO-OP CENTSIBLES Vanilla Extract

SYRUP & GARNISH

1 cup	sugar
½ cup	water
4	fresh thyme sprigs
½ cup	CO-OP GOLD Dried Cranberries
½ cup	CO-OP GOLD Toasted Almond Slivers
1	orange, zest only

DIRECTIONS

1. Preheat oven to 350°F. Spray a 9 by 13-inch cake pan or casserole dish with PAM Cooking Spray. Take 2 sheets of phyllo at a time and hold them in both hands at the short end. Crinkle or accordion-pleat the sheets together, working from one end to the other, until you have a long narrow accordion-roll of phyllo about 1 inch wide. Lay it in the pan. Repeat with remaining phyllo, tucking each crinkled length snugly against the rest to fill the pan entirely.
2. Bake for 10 minutes. After 10 minutes, evenly pour melted butter over top. Bake for another 10 minutes. Remove from the oven.
3. Whisk eggs, milk, pie filling and vanilla in a bowl to make a custard. Evenly pour custard over the top of the phyllo, return the pan to the oven and bake for another 30 minutes until custard is set.
4. While the phyllo and custard bake, make the syrup by simmering sugar, water and thyme in a small pot for 10 minutes.
5. When the custard is set, remove cake from oven and evenly pour syrup over the cake's top. Garnish with dried cranberries, almonds and orange zest. Allow to cool before serving.



ROASTED APPLE CUSTARD PIE

A sweet custard over roasted apples is a delightful twist on the classic apple pie.

HUMMUS, FETA & OLIVE PUFF PASTRY

This light appetizer showcases the flavours of Greece.

THE GREAT CO-OP RECIPE CONTEST

WINNER

Maple Bacon Twist Cinnamon Rolls with Caramel Icing

RECIPE BY IRENE C., LANGLEY, BC, OTTER CO-OP

"This has become a family favourite, and I have tweaked it over the years to suit our palates. Also, we have delivered many of these to our local fire and RCMP detachments in gratitude for their service to our communities."



Get your home
READY
for the

Holidays



APPETITE FOR LIFE *Baby's* FIRST FEAST



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Including your baby at family meals is important, even during the festive season. This helps to build their skills through observation, imitation and practice. Feeding your baby during the holidays doesn't have to be complicated. Minimize overwhelm with these baby-friendly holiday food tips:

LET BABY LEAD

It's okay if your baby is not interested in eating. The excitement and commotion of company might be distracting. Trust and respect your baby's cues – they will likely continue to enjoy regular milk feedings.

PACK A FEW BACK-UP OPTIONS

Having familiar foods that your baby already eats will help them feel comfortable and gives you peace of mind if food options are limited. For example:

- Freeze homemade baby food in ice cube trays so it's ready to use and easy to transport.
- Pack a few purée pouches. They're convenient and occasional use is fine.
- Bring other whole food options that are texture-safe: grated cheese, boiled eggs, canned, low-sodium beans, whole bananas, soft-cooked pasta like spirals or bow ties.

BE MINDFUL OF SALT AND SUGAR

By the time babies are six months old, both salt and sugar are safe ingredients and the occasional taste is fine. Here are a few ways to minimize exposure:

- When preparing Roasted Apple Custard Pie, set aside a few plain apple slices and bake without the brown sugar blend. Once baked, these apples can be served to your baby. Alternatively, rinse a few of the roasted apples under water to remove some of the sugar.
- For Bacon-Wrapped Chicken, once cooked, remove the bacon and slice up the chicken as needed for your baby. The cheese, herbs and spices are safe.
- For Cheddar and Chive Waffles, serve with butter instead of syrup and cut waffles into strips or small pieces.

ADAPT TABLE FOODS FOR BABY

- Meats, poultry or fish cooked to safe temperatures are safe for babies as long as texture is age-appropriate. For Spiced Pork Roast, you may wish to rinse the meat to remove the salt and ground coffee prior to feeding your baby.
- Choose cooked vegetables that are easily mashed with a fork (or that pass the squish test – easily squishable between your thumb and forefinger). For example, cooked carrots, parsnips, green peas, turnip and boiled potatoes.
- Offer toast strips with butter over a chewy, sticky dinner roll.
- For a mixed meal like Lentil and Tofu Shepherd's Pie, you can either separate the lentils from the potatoes or mash everything together into one. Ensure the lentils are soft-cooked and remove any hard celery.

This is for informational purposes only. Follow the advice of your healthcare provider, or consult the Canada Food Guide for more information on introducing solids to your infant.





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