



THE
VIRTUALLY TOGETHER
PHYSICALLY APART

MOVING FORWARD COOKBOOK

By the Moving Forward and
Revelstoke Women's Shelter
Community



INTRODUCTION

Thank you to those who sent in recipes to contribute to this virtual cookbook. You and many others, including myself, may have been spending more time experimenting in the kitchen due to current social distancing recommendations.

My goal by creating this cookbook is for the Moving Forward community to have an opportunity to share, connect, and learn. I hope this cookbook brings some new light into your kitchen. There is a wide variety of recipes in here and I hope you enjoy cooking, and most importantly, eating them!

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DISCLAIMER

The Revelstoke Women's Shelter Society has no rights and claims none of the content in this cookbook as their own. These recipe's come from all different places, and may or may not be an original recipe.



GOLDEN MILK ICED COFFEE RECIPE

FROM [THEFIRSTMESS.COM](https://thefirstmess.com)

INGREDIENTS

3/4 cup plant-based or dairy milk

1 teaspoon chia seeds(optional)

1 teaspoon pure maple syrup

1/4-1 teaspoon turmeric powder
(or up to a 1 ½-inch piece of
fresh turmeric root)

1/4 teaspoon cinnamon

1/4 teaspoon vanilla extract

1/8 tsp ground cardamom
(optional)

tiny grind of fresh black pepper
ice

1/2 cup cold brewed coffee
concentrate (I usually buy it,
but there are recipes online to
make it from scratch)

INSTRUCTIONS

- In an upright blender, combine the milk, chia seeds (if using), maple syrup, turmeric, cinnamon, vanilla, cardamom (if using), and black pepper.
- Blend on high until chia seeds are quite ground up into the milk and all other ingredients are totally combined.
- Fill a glass with ice and pour the cold brew coffee over top.
- Add the turmeric and chia milk mixture to the iced coffee. Give it a stir and enjoy the golden milk iced coffee before it melts!

*The black pepper is for maximum Tumeric benefit/activation! Its taste is basically non existent.



PEANUT BUTTER COOKIE DOUGH BITES

INGREDIENTS

2 ½ cups gluten free rolled
oats

2 tbsp coconut oil

2 tbsp smooth peanut butter,
almond butter

¼ cup pure maple syrup or
other liquid sweetener

1 tsp pure vanilla extract

½ cup almond flour or almond
meal

¼ tsp fine grain sea salt

2tbsp mini dark chocolate chips
or chopped dark chocolate

INSTRUCTIONS

- In a high speed blender, blend the oats until a fine flour forms. Set aside.
- In a large bowl, combine the oil, peanut butter, maple syrup, and vanilla. Beat with a hand mixer until smooth. Add the almond flour and salt and beat again until combined. Fold in the chocolate chips
- Roll the dough into small balls (roughly 1 tbsp of dough each to make around 14 balls). If chocolate chips fall to the bottom, press them back into the dough when rolling. Place the finished bites on a plate lined with parchment paper
- Freeze the bites for 5-10 minutes or until firm. Store in freezer for a quick and easy snack!

*For a nut free recipe swap almond flour for oat flour and peanut butter for sunflower seed butter. Can add a splash of milk (dairy or non dairy) if the dough is dry



OVEN BAKED FRIES

INGREDIENTS

4 medium sized potatoes (russet suggested, but any kind works, even yams!)

1tbsp/15ml oil (olive oil recommended)

Rosemary, salt, and pepper to taste (or any other spices you like)

INSTRUCTIONS

- Preheat oven to 425F (220C)
- Cut potatoes into wedges. Place in large bowl and toss with olive oil, salt, pepper, and rosemary.
- Lay potatoes in single layer on baking sheet.
- Bake for 30 minutes, or until crisp.



KALE, ZUCCHINI, AND LEAK FRITTERS

INGREDIENTS

1 medium Leek, (about 2 cups)
chopped
½ Zucchini (about 1 cup)
2 1/2 cups Kale, chopped
3 Roasted Garlic Cloves, minced
1 teaspoon Sea or Pink Salt
½ teaspoon Black Pepper
3 Organic Eggs
1 cup grated Cheddar Cheese,
divided
¾ cup Gluten-Free Panko
Breadcrumbs, divided

Yogurt Sauce:
½ cup Greek Yogurt
1 Tablespoon Chopped Green Onions
¼ teaspoon minced Garlic
Zest of 1 Lemon
1 teaspoon Lemon Juice

INSTRUCTIONS

- Start by shredding the zucchini and leeks in a food processor until just shredded but not mushy. You can grate the zucchini and cut the leeks finely if you do not have a blender/food processor.
 - Place the mixture in a colander with a bowl underneath to allow mixture to drain for about 30 minutes to an hour.
 - Pre-heat oven to 375 degrees and line a baking sheet with parchment paper. Transfer the shredded zucchini and leek mixture to a large mixing bowl.
 - In a small bowl, beat eggs and add the zucchini, leek mixture, ¼ cup breadcrumbs, ¾ cup cheddar cheese and the rest of the ingredients, reserving the remaining cheese and breadcrumbs.
 - In a small plate or dish, combine the breadcrumbs and cheese. Form patties out of the mixture then coat both sides with the breadcrumb mixture.
 - Place fritters on the baking sheet. Bake for 10 minutes, then remove from oven and carefully flip the fritters and bake for another 9-10 minutes until edges are crispy and fritters are golden.
 - In a small bowl, prepare the yogurt sauce by mixing all ingredients together in a bowl until combined.
 - Serve fritters with the yogurt dipping sauce.
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PUMPKIN SOUP

INGREDIENTS

1 onion, diced
6 or 7 cloves of garlic, sliced
1 large can pumpkin puree
(not flavoured pumpkin pie
filling, just plain pumpkin)
1 can coconut milk or cream
1 1/2 cups vegetable stock
1 - 2 curry powder (to taste)

Toppings:

1 can chickpeas
2-3 cups greens of some
sort

INSTRUCTIONS

- Fry onions and garlic in oil just til soft.
- Warm the pumpkin puree, can coconut milk or cream, vegetable stock and curry powder in a pot.
- Puree with immersion blender if you like. Add salt and pepper to taste.
- Put a generous scoop of chickpeas and greens on top of a bowl of soup. We used gai lan, a Chinese broccoli, but any greens like spinach, bokchoy or broccoli would work.



CURRIED CARROT AND SWEET POTATO SOUP

INGREDIENTS

1 purple onion, chopped
2 cloves of garlic, chopped
1 1/2 cubes of chicken broth
4 cups of water
3-4 small to medium sweet potatoes, cut in large cubes
5 large carrots, cut in chunks
1-2 apples, cut in decent sized chunks
1 can of coconut milk

Spices to taste:

1-2 tbsp fresh ginger, chopped
1 tsp cinnamon
1 pinch of chilli flakes (optional)
1 tsp cumin
1 tsp turmeric
salt + pepper
fresh coriander for garnish

INSTRUCTIONS

- Fry onions and garlic in the soup pot with a bit of oil/butter/ghee.
- Add sweet potatoes, carrots and ginger. Fry for a couple of minutes, adding spices (cumin, turmeric, cinnamon, salt + pepper)
- Add water and soup stock and let cook for 25 min.
- Add apples and let simmer another 10-15 min.
- Blend using immersion blender or vitamix blender.
- Add coconut milk and chili flakes, stir.
- Serve with fresh cilantro

*Amounts are guestimates so feel free to experiment!



EGG ROLL IN A BOWL

INGREDIENTS

1 bag of coleslaw mix
ground pork (or any meat you want)

Fresh ginger, grated (to taste - powdered ginger works too)

Fresh garlic, minced (to taste - powdered garlic works too)

1/4 cup of coconut aminos (or soy sauce, tamino, or bragg)
cooking oil of your choice

INSTRUCTIONS

- Heat a large skillet on medium heat. Add cooking oil, ground meat and spices
- When meat is browned add coleslaw mix. Cook until the mix is just soft (about 5 min). Add coconut aminos and stir everything to mix together
- Reduce heat to medium low and let simmer for another 5 minutes
Adjust seasonings as necessary

*Coconut aminos are used for a gluten/soy allergy and can be expensive. Other suggestions listed should work fine!

*Replace meat with mushrooms for vegetarian option



GRANNIE'S RISOTTO

INGREDIENTS

1 cup of rice, washed and drained
1/3 cup of browned onions
1 medium chopped onion
5 1/2 cups of water
2 cup of stewed tomatoes
2 bay leafs

1 garlic clove
salt to taste
3/4 cup of grated old cheese
1 chicken
2-3 sage leaves
1 Tablespoon of flour

INSTRUCTIONS

Risotto:

- Brown onions in bacon fat or butter. After onions are light brown, put rice over it. Stir for about seven minutes then put three cups water over rice and onions
- Pour in 1 cup of stewed tomatoes, two bay leaves, one whole garlic clove and cook for about 20 minutes until done. Add salt to taste
- Stir now and then over medium heat.
- Stir in $\frac{3}{4}$ cups grated old cheese. That's it!

Chicken for Risotto:

- 1 fowl (not frying chicken) cut up into pieces and browned in fat
 - Have pan ready with about 2 cups boiling water. Put fowl in with one medium chopped onion, one bay leaf, one cup stewed tomatoes and two or three leaves of sage. Add salt to taste
 - Cook until tender, about two hours over medium heat.
 - To thicken gravy, stir one tablespoon of flour in $\frac{1}{2}$ cup water and pour over chicken and stir well
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CHILI GARLIC TOFU BOWL

INGREDIENTS

For Sesame Kale:

1 bunch of kale
cooking oil
2 garlic cloves
1 Tbsp of soy sauce
1 tsp of toasted sesame oil
1 Tbsp of sesame seeds

Chili Garlic Tofu:

14 oz block of firm tofu
2 Tbsp of garlic chili sauce
1 Tbsp of soy sauce
1 Tbsp of brown sugar

For the bowl:

4 cups of cooked brown rice
1 lime
1 bunch of cilantro (optional)

INSTRUCTIONS

- Prepare the kale by removing the stems, then cut the leaves into one-inch wide strips. Rinse the leaves well in a colander with cool water. Let drain
- Mince the garlic and add it to large pot with one Tbsp of cooking oil. Sauté over medium heat for about one minute. Add the washed kale and continue to stir. Cook until the kale is wilted (about five minutes). Stir in the soy sauce, sesame oil, and sesame seeds. Set the kale aside
- Prepare the sauce for the tofu. In a small bowl, stir together the chili garlic sauce, soy sauce, and brown sugar.
- Cut the tofu into small cubes or rectangles. Heat a large skillet over medium-high heat. Once hot, add one Tbsp of cooking oil and add the tofu pieces
- Let them fry until golden brown on bottom, then flip and fry until golden brown on the other side. (The tofu will stick until it is browned, at which point it will loosen from the skillet, so don't try to move or flip the tofu pieces too early.)
- Once the tofu is browned on most sides, turn off the heat, pour the prepared chili garlic sauce into the skillet, and stir to coat.
- To build the bowls add cooked rice, the sesame kale and chili garlic tofu pieces. Slice a lime into wedges and serve each bowl with one or two wedges and a few sprigs of fresh cilantro.

*The chili garlic sauce is store bought. You can also use sambal oelek or sirracha!



EASY BEER BATTER PIZZA

INGREDIENTS

3 cups of flour
1 can of beer (for yeast!)
A tablespoon of baking powder
A teaspoon of salt
A sprinkle of cornmeal
(optional)
Cooking oil of your choice
pizza sauce/toppings of your
choice

INSTRUCTIONS

- Mix flour, baking powder, and salt together in a large bowl. Pour in a can of preferably lukewarm beer and mix together. Shape into a ball and let sit for 20 minutes
 - Make either one sheet pan sized thick crust dough or two thin crust. You can roll the dough to your desired thickness
 - Preheat the oven to 400F
 - On your sheet pan/tray coat the bottom with a thin layer of oil. Sprinkle the cornmeal on the bottom (if you have it) and place your pizza dough on the tray.
 - Put desired pizza sauce (Olive oil, pesto, or tomato) and toppings on (mushrooms, pepperoni, cheese, pesto, garlic, spinach, olives, artichoke hearts, etc.. whatever you want!)
 - Put your pizza in the oven for 5-10 minutes or until cheese is melted and starting to brown/reaches desired melty-cheese goodness
 - Take your pizza out and cut on a cutting board.
 - Enjoy with ranch dipping sauce, or try putting honey and hot-sauce/chili oil on your pizza for a burst of sweet/savoury flavour!
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CLASSIC LASAGNA

INGREDIENTS

2 lbs ground beef
1 medium onion, chopped
3 cloves garlic, chopped
1 Tbsp olive oil
2 15 oz cans tomato sauce
1 15 oz can water
1 12 oz can tomato paste
1 tsp oregano

1 tsp basil
Salt and pepper
16 oz mozzarella cheese, grated
16 oz cottage cheese, small curd, (or ricotta cheese)
½ cup grated Parmesan cheese
1 16 oz box lasagna pasta

INSTRUCTIONS

- Preheat oven to 350°F
- In a large pan, add olive oil, chopped onions and garlic. Saute until onions are soft and translucent
- Add ground beef and cook until completely browned, drain fat. Return to pan
- Add tomato sauce, tomato paste, water, oregano, basil, salt and pepper
- Bring to a boil over medium heat, reduce heat to low, cover and cook for approximately 15-20 minutes
- Cook pasta according to package directions, rinse and set aside (I usually add a tsp of oil to the water so the pasta doesn't stick to each other)
- In a 14 x 11½ x 2¼ baking dish, or two smaller size baking dishes, put a small amount of meat mixture in the bottom of dish. Spread around
- Add lasagna noodles (approximately 5-6, and they will overlap onto each other)
- Next, spoon half of the cottage cheese on top of the pasta and spread covering the pasta
- Spoon meat mixture on top of cottage cheese. Sprinkle with Parmesan cheese. Next, add ⅓ of the mozzarella cheese.
- Repeat with another layer of pasta, cottage cheese, meat mixture, Parmesan cheese, mozzarella cheese.
- Final layer is pasta, topped with remaining meat mixture and remaining mozzarella cheese
- Cover with foil and cook for approximately 1 hour
- Serve with salad and garlic bread



FRUIT CRUMBLE

INGREDIENTS

4 large ripe peaches
2 cups of ripe blackberries
½ cup light brown sugar
3 pinches of ground cinnamon

For the topping:

1 cup flour
1 ½ cup jumbo rolled oats
½ cup light brown sugar
2/3 cup unsalted butter (diced)

INSTRUCTIONS

- Preheat the oven to 190C/375F
 - Cut around each peach and twist them so that they split in half. Scoop the stones out with a spoon. Slice the halved peaches in half again and chop each piece into three more chunks.
 - Rinse and thoroughly drain the blackberries
 - Mix the sugar and cinnamon together in a bowl. Fold in the peaches and blackberries until they are completely coated in the sugar mixture.
 - Sift the flour into a separate bowl and stir in the brown sugar. Add the oats to the bowl and stir them into the flour and sugar
 - Using your fingertips, rub the diced butter into the flour mixture. The mixture should come together in small lumps when it is ready.
 - Place the dish on a baking tray and spoon in the fruit filling. Scatter the topping over
 - Bake the crumble for 30 minutes or until golden brown
 - Serve with ice cream
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CHOCOLATE PUDDING

INGREDIENTS

1/2 cup sugar

1/3 cup cocoa's such as Fry's

3 tbsp cornstarch

1 tsp flour

Pinch salt

2 cups 1% milk

1 tsp vanilla or almond extract

INSTRUCTIONS

- Mix the first 5 ingredients in a saucepan. Add 1 cup of milk and whisk to dissolve the cornstarch. Whisk in the remaining milk. Mix thoroughly
- Heat mixture over medium heat, constantly stirring until thickened. Pudding will suddenly thicken and burn if stirring is not constant
- Remove and add vanilla
- Cool in refrigerator or enjoy while pudding is still warm
- Feel free to sprinkle with toppings of your choice (cookie crumbs, chocolate chips, whipped cream, etc..)



CARROT CAKE WITH CREAM CHEESE ICING

INGREDIENTS

2 cups all-purpose flour
2 tsp baking powder
2 tsp cinnamon
1 tsp baking soda
3/4 tsp salt
1/2 tsp nutmeg
3/4 cups granulated sugar
3/4 cups packed brown sugar
3 eggs
3/4 cups vegetable oil

1 tsp vanilla
2 cups grated carrots
1 cup drained crushed canned pineapple
1/2 cup chopped pecans
Icing:
1 8 oz (250g) package cream cheese softened
1/4 cup butter softened
1/2 tsp vanilla
1 cup icing sugar

INSTRUCTIONS

- Grease and flour 13- x 9-inch (3.5 L) metal cake pan and set aside
 - Preheat oven to 350F/180C
 - In large bowl whisk together flour, baking powder, cinnamon, baking soda, salt and nutmeg
 - In a separate bowl beat together granulated and brown sugars, eggs, oil and vanilla until smooth; pour over flour mixture and stir just until moistened.
 - Stir in carrots, pineapple and pecans. Spread in prepared pan. Bake for 40 minutes or until cake tester/wood stick inserted in centre comes out clean. Let cool in pan on rack.
 - while it is in the oven, make the icing. In a bowl beat cream cheese with butter until smooth. Beat in vanilla. Beat in icing sugar, one-third at a time, until smooth. Spread over top of cake.
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