

A woman with curly blonde hair, wearing a white lab coat and a dark tie, is holding a clear glass beaker with red markings. She is looking down at the beaker. A young girl with dark hair, wearing a blue and yellow patterned dress, is sitting next to her, looking at the beaker. The background is a kitchen with a sink and various items on the counter.

AMELIA'S RANDOM FAVOURITES

my all time favorites

AMELIA J. VAN DALE



Dedicated to Barbara Jean Bowers, "Grammy"

Love you always

About Me

Hello! My name is Amelia Van Dale and I love to cook. My love for cooking started during covid when I had online school and I would make my lunch every day. However, way before covid, my Grammy was the first person to really teach me how to cook. Every summer when my family and I would go back to the US and visit my extended family, I would spend so much time in the kitchen with her just watching and seeing how she did things. Once I was old enough she started to properly teach me to cook and since then I've loved it. In this book are some recipes that she's taught me to make, one of her own recipes she came up with, as well as some of my general favorite foods. Enjoy!

Table of Contents

- Page 2: Orange Chicken
- Page 3: Beef Broccoli
- Page 4: Pork and Chive Dumplings
- Page 5: Buffalo Wings
- Page 6: Stir-Fried Glass Noodles
- Page 7: Grammy's Pork Ribs
- Page 8: Salsa

Orange Chicken

INGREDIENTS

- 4 Boneless Skinless Chicken Breasts cut into bite-size pieces
- 3 eggs whisked
- 1/3 cup Cornstarch
- 1/3 cup Flour
- Oil for frying
- 1 cup Orange Juice
- 1/2 cup Sugar
- 2 Tablespoons Rice Vinegar or White Vinegar
- 2 Tablespoons Soy Sauce
- 1/4 teaspoon Ginger
- 2 garlic cloves, finely diced
- 1/2 teaspoon Red Chili Flakes
- Orange Zest from 1 orange
- 1 Tablespoon Cornstarch

DIRECTIONS

- In a medium pot, add orange juice, sugar, vinegar, soy sauce, ginger, garlic, and red chili flakes. Heat for 3 minutes.
- In a small bowl, whisk 1 Tablespoon of cornstarch with 2 Tablespoons of water to form a paste. Add to orange sauce and whisk together. Continue to cook for 5 minutes, until the mixture begins to thicken. Once the sauce is thickened, remove from heat and add orange zest.
- To make chicken:
- Place flour and cornstarch in a shallow dish or pie plate. Add a pinch of salt. Stir.
- Whisk eggs in a shallow dish.
- Dip chicken pieces in egg mixture and then flour mixture. Place on plate.
- Heat 2 -3 inches of oil in a heavy-bottomed pot over medium-high heat. Using a thermometer, watch for it to reach 350 degrees.
- Working in batches, cook several chicken pieces at a time. Cook for 2 - 3 minutes, turning often until golden brown. Place chicken on a paper-towel-lined plate. Repeat.
- Toss chicken with orange sauce. You may reserve some of the sauce to place on rice. Serve it with a sprinkling of green onion and orange zest, if so desired.

Beef Broccoli

INGREDIENTS

- 1 lb. beef sliced into thin pieces
- 2 cups broccoli cut into florets
- 2 teaspoons ginger minced
- 2 cloves garlic minced
- 1 tablespoon cornstarch
- 1/2 to 3/4 cups water optional
- 1/4 cup cooking oil
- Salt and ground black pepper to taste 1/4 cup oyster sauce
- 1 tablespoon Knorr Liquid Seasoning
- 1/2 teaspoon Sesame oil optional
- 3 tablespoons cooking wine optional
- 1 teaspoon granulated white sugar

DIRECTIONS

1. Combine beef, oyster sauce, Knorr Liquid Seasoning, Sesame oil, cooking wine, and sugar in a bowl. Mix well. Marinate beef for 15 minutes. Add cornstarch and mix to blend with all the ingredients. Set aside.
2. Heat 2 tablespoons of cooking oil in a cooking pot. Sauté ginger and garlic. Add broccoli before the garlic starts to brown. Stir-fry for 1 to 2 minutes. Remove from the pot. Set aside.
3. Pour the remaining oil into the pot. Add marinated beef once the oil gets hot. Stir-fry until the beef browns. You can add water to tenderize the beef further. If water is added, let it boil and stir as it evaporates. Add salt and ground black pepper to taste.
4. Put the cooked broccoli into the pot with the beef. Stir-fry for 3 minutes.
5. Transfer to a serving plate. Serve!

Pork and Chive Dumplings

INGREDIENTS

For the Jiaozi Dough:

- 3 cups all-purpose flour, more for dusting
- 1/4 teaspoon kosher salt
- 1 1/4 cups cold water

DIRECTIONS

Make the Dumpling Dough

1. Place the flour in a bowl and stir in the salt. Slowly stir in the cold water, adding only as much as is necessary to form a smooth dough.
2. Place the dough on a flat surface and knead into a smooth ball.
3. Cover the dough and let it rest for at least 30 minutes.

Make the Filling

1. While the dough is resting, make the filling. Place the meat in a bowl and add the soy sauce, salt, rice wine, and pepper. Stir in only one direction.
2. Add the remaining filling ingredients and mix well, stirring in the same direction until the mixture is sticky.

Form the Dumplings

1. Knead the dough again until it forms a smooth ball.
2. Divide the dough into 60 pieces, with each piece weighing about 1/2 ounce (15 grams). Roll each piece out into a circle about 3 inches in diameter, lightly flouring the surface as needed to keep the dough from sticking.
3. Place a small portion (about 1 level tablespoon) of the filling into the middle of each wrapper.
4. Wet the edges of the dumpling with water.
5. For a pleated look, gently lift the edges of the wrapper over the filling and bring it together at the top centre. Crimp the edges of the wrapper several times along the edge and pinch together to seal. For an easier option, simply fold the dough over the filling into a half-moon shape and pinch the edges to seal. Repeat with the remaining wrappers and filling.

Cook the Dumplings

1. Bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Once the water returns to a boil, add 1/2 cup of cold water and cover the pot. Once the water returns to a boil, add another 1/2 cup of cold water and cover.
2. When the water comes to a boil again, the dumplings should be fully cooked and ready to be removed from the pot and drained. You can cut open a test dumpling just to make sure.
3. If desired, they can be pan-fried at this point. Add 3 tablespoons of oil to a frying pan and cook until slightly golden.

Arrange the dumplings on a platter and sprinkle with scallions. Serve with a dipping sauce on the side. Enjoy!

INGREDIENTS

For the Filling:

- 1 pound ground pork, or ground beef
- 1 tablespoon soy sauce
- 1 teaspoon kosher salt
- 1 tablespoon Chinese rice wine, or dry sherry
- 1/4 teaspoon freshly ground white pepper
- 3 tablespoons sesame oil
- 1/2 medium scallion, finely minced
- 1 1/2 cups finely shredded napa cabbage
- 1/4 cup shredded bamboo shoots
- 1 tablespoon minced fresh ginger
- 1 clove garlic, minced

Buffalo Chicken Wings

INGREDIENTS

Sauce

- 4 tablespoons unsalted butter
- ½ cup hot sauce, preferably Frank's Louisiana Hot Sauce
- 2 tablespoons Tabasco sauce, or other hot sauce, plus more to taste
- 1 tablespoon dark brown sugar
- 2 teaspoons cider vinegar

Wings

- 1 - 2 quarts of peanut oil, (or vegetable oil) for frying
- 1 teaspoon cayenne pepper
- 1 teaspoon ground black pepper
- 1 teaspoon table salt
- 3 tablespoons cornstarch
- 3 pounds chicken wings, (18 wings), cut up

INGREDIENTS

Creamy Blue Cheese Dressing and Vegetables

- 2 ½ ounces blue cheese, crumbled (about 1/2 cup)
- 3 tablespoons buttermilk
- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 2 teaspoons white wine vinegar
- 4 stalks celery, cut into thin sticks
- 2 medium carrots, peeled and cut into thin slices

DIRECTIONS

1. For the Sauce: Melt butter in a small saucepan over low heat. Whisk in hot sauces, brown sugar, and vinegar until combined. Remove from heat and set aside.
2. For the Wings: Preheat oven to 200 degrees. Line baking sheet with paper towels. Heat 2 1/2 inches of oil in a large Dutch oven over medium-high heat to 360 degrees. While oil heats, mix together cayenne, black pepper, salt, and cornstarch in a small bowl. Dry chicken with paper towels and place pieces in a large mixing bowl. Sprinkle spice mixture over wings and toss with a rubber spatula until evenly coated. Fry half of chicken wings until golden and crisp, 10 to 15 minutes. With a slotted spoon, transfer fried chicken wings to a baking sheet. Keep the first batch of chicken warm in the oven while frying remaining wings.
3. For the Creamy Blue Cheese Dressing and Vegetables: Mash blue cheese and buttermilk in a small bowl with a fork until mixture resembles cottage cheese with small curds. Stir in remaining ingredients (up to carrot and celery sticks). Taste and adjust seasoning with salt and pepper. Can be covered and refrigerated up to 4 days.
4. To Serve: Pour sauce mixture into a large bowl, add chicken wings, and toss until wings are uniformly coated. Serve immediately with the carrot and celery sticks and blue cheese dressing on the side.
5. To Make Ahead: The fried, unsauced wings can be kept warm in the oven for up to 1 1/2 hours. Toss them with the sauce just before serving.

Stir-Fried Glass Noodles

INGREDIENTS

Ingredients

- 12 ounces glass noodles
- 1-2 carrots julienned
- 6-8 ounces enoki mushrooms cut off the root
- 6 imitation crab sticks separated
- 3 long jalapeno peppers cut into matchsticks
- 1/2 onion thinly sliced
- 1 fish cake thinly sliced
- 2-3 baby bok choy chopped
- 8 tablespoons gluten-free tamari
- 3 tablespoons sesame oil
- 3 tablespoons agave
- 1 tablespoon vegetable oil

DIRECTIONS

1. Soak noodles in cold water for 30 minutes, and drain. Bring a large pot of water to a boil and boil noodles for 5 minutes. Rinse in cold water and drain.
2. Heat vegetable oil in a wok over high heat until hot but not smoking
3. Add all veggies except for bok choy and cook, tossing occasionally 3-4 minutes.
4. Add noodles to the wok and toss. Add bok choy and toss, until bok choy is slightly wilted.
5. In a separate bowl combine soy sauce, sesame oil, and agave. Mix until smooth.
6. Add sauce to the wok and toss until combined. Remove from heat. Serve hot or cold.

Grammys Pork Ribs

INGREDIENTS

2 slabs of ribs

1 large onion

1 green pepper

6 cloves of garlic

1 cup ketchup

1/2 cup of brown sugar

Splash of cider vinegar

1 Tablespoon Sirache (optional/amount is flexible)

Worcestershire sauce, a splash

DIRECTIONS

1. Start by roasting the ribs in a pan at 200°C (400°F) for 1 hour
2. Saute onion, garlic and peppers after chopping
3. Add all other ingredients to pan and cook to taste
4. Spread sauce mixture over ribs and cook for 1 more hour

Salsa

INGREDIENTS

2 to 3 medui fresh tomatoes (1 to 1 1/2 pounds), stems removed

1/2 medium red onion

2 serrano or 1 jalapeño pepper; stems, ribs aand seeds removed

Juice of 1 lime

1/2 cup chopped cilantro

Salt and pepper to taste

1 pinch dried oregano (crumble in your fingers before adding)

1 pinch ground cumin

DIRECTIONS

1. Roughly chop the tomatoes, chili peppers, and onions (Note: When handeling the peppers be extremely careful. Avoid touching the eyes and face and wash hands after handling)
2. Add everything together and mix
3. Add more of any of the ingredients to taste