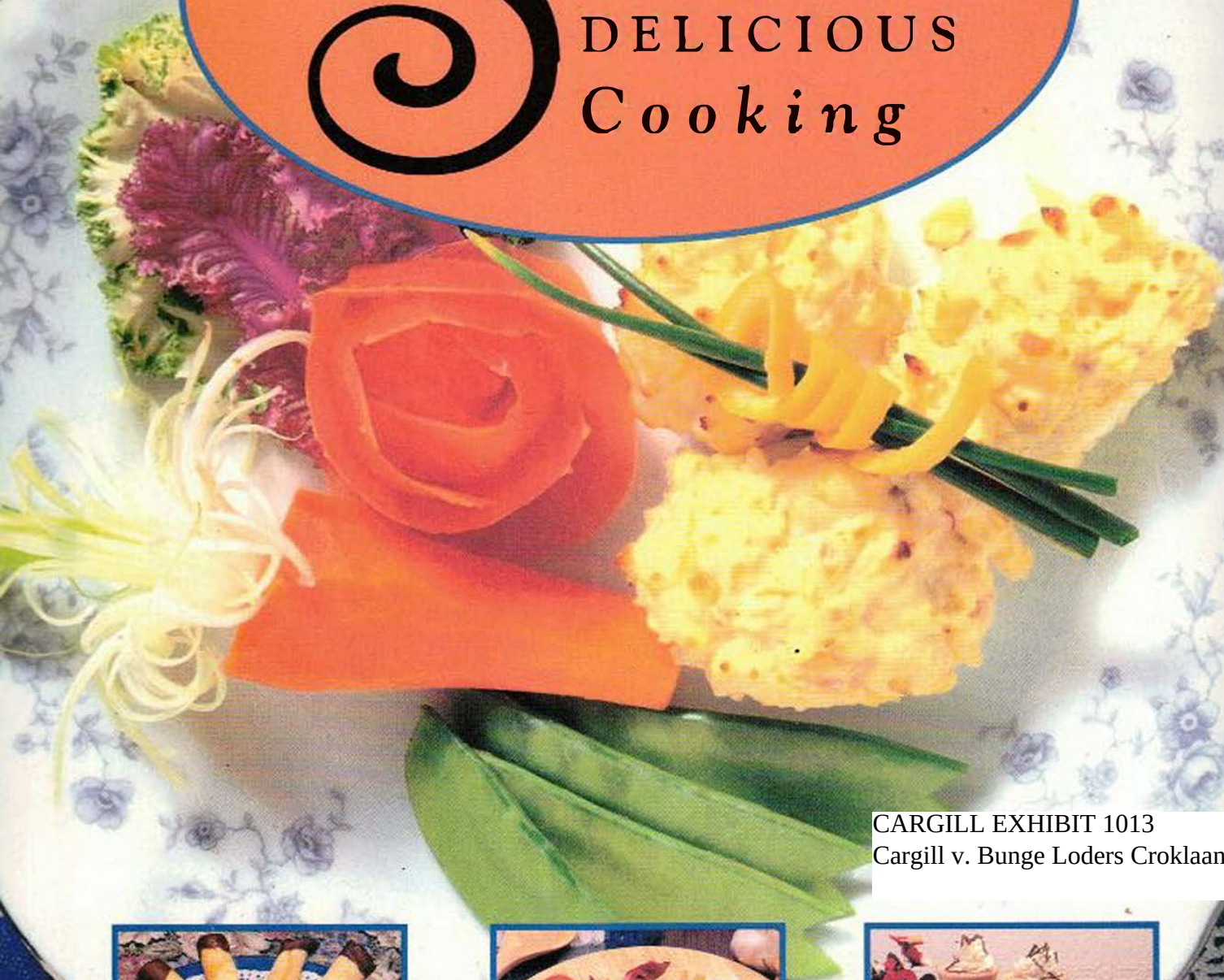
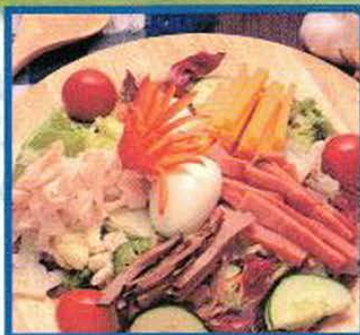


Simply DELICIOUS *Cooking*



CARGILL EXHIBIT 1013
Cargill v. Bunge Loders Crokiaan



RON KALENUIK

Project Coordinator

Dianna Kalenuik

Editor

Lori Koch

Cuisine Coordinator / Food Stylist

Chef Ron Kalenuik

Cuisine Assistants

Mary Gifford
Jacqueline Hunt
Evelyn Hohn

Art Direction

Sylvia Cook

Photography

Kim Griffiths Photography,
Edmonton

Design / Colour Separations / Film

Creative Edge Graphic Design,
Edmonton

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51 Glenholme Dr., Scarborough, Ontario M1C 3S9

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CARROT APPLE SPICE BARS

125 ml	butter
250 ml	granulated sugar
2	eggs
250 ml	flour, pastry
5 ml	baking powder
3 ml	baking soda
3 ml	salt
15 ml	cocoa powder
5 ml	cinnamon
3 ml	nutmeg - grated
2 ml	cloves
250 ml	rolled oats
250 ml	apples - pared, cored, grated
180 ml	carrots - pared, grated
125 ml	walnuts - pieces

the butter and sugar until light and fluffy. Beat in the eggs at a time. Sift together the baking powder, baking soda, cocoa powder and spices. Add to the creamed mixture and mix with the oats. Stir in the apples, carrots and nuts. Pour into a 12" x 16" (30 x 40 cm) pan. Bake in a preheated (190°C) oven for 25 minutes. Insert a toothpick and remove if clean. Frost with Cream Cheese Frosting (see Pumpkin Frosting, page 623) before cutting.

MAKES 48

FLAMING PEARS

4	4	Bartlett pears
¼ cup	60 ml	butter
¼ cup	60 ml	granulated sugar
3 tbsp	45 ml	currants
¼ cup	80 ml	Calvados liqueur
1 tsp	5 ml	cinnamon
2 cups	500 ml	French Vanilla Ice Cream (see page 547)

Pare, core and cut the pears in quarters. Heat the butter in a skillet, saute the pears. Sprinkle with sugar and continue to saute to caramelize. Add the currants, liqueur and cinnamon. Tilt the pan away from self and flame. Serve over the ice cream at once.

SERVES 4

ROLLED OATS CRUST

1 cup	250 ml	rolled oats
½ cup	80 ml	all purpose flour
½ cup	80 ml	brown sugar - packed
½ tsp	3 ml	salt
½ cup	80 ml	shortening - melted

Preheat oven to 375°F (190°C).

Combine rolled oats, flour, sugar and salt in a mixing bowl. Add the shortening and mix until crumbly. Pack into a 9" (23 cm) pie plate on the bottom and side. Place a 8" (20 cm) pie plate filled with dried beans or peas into the 9" (23 cm) plate. Bake 15 minutes. Stand 5 minutes. Remove small plate. Cool, use as required.



Carrot Apple Spice Bars

DARK FRUIT CAKE

1 cup	250 ml	shortening
1 cup	250 ml	granulated sugar
4	4	eggs
1 cup	250 ml	molasses
1 cup	250 ml	strong coffee or rum
3½ cups	875 ml	all purpose flour
1 tsp	5 ml	each of salt, nutmeg, baking soda and cinnamon
¼ tsp	2 ml	cloves
1 cup	250 ml	strawberry jam
8 oz	225 g	cherries, glazed
8 oz	225 g	mixed fruit
2 lbs	900 g	each of raisins, dates, currents
1 lb	450 g	almond paste

Cream the shortening and sugar, add beaten eggs, molasses and coffee or rum. Mix well. Add spices to flour and add to mixture. Add strawberry jam and fruit last. Divide into two, five pound pans which have been greased and floured. Bake for 3 hours in a preheated oven at 275-300°F (150-160°C). Roll the almond paste and fit onto the cake. Refrigerate overnight or use as required.

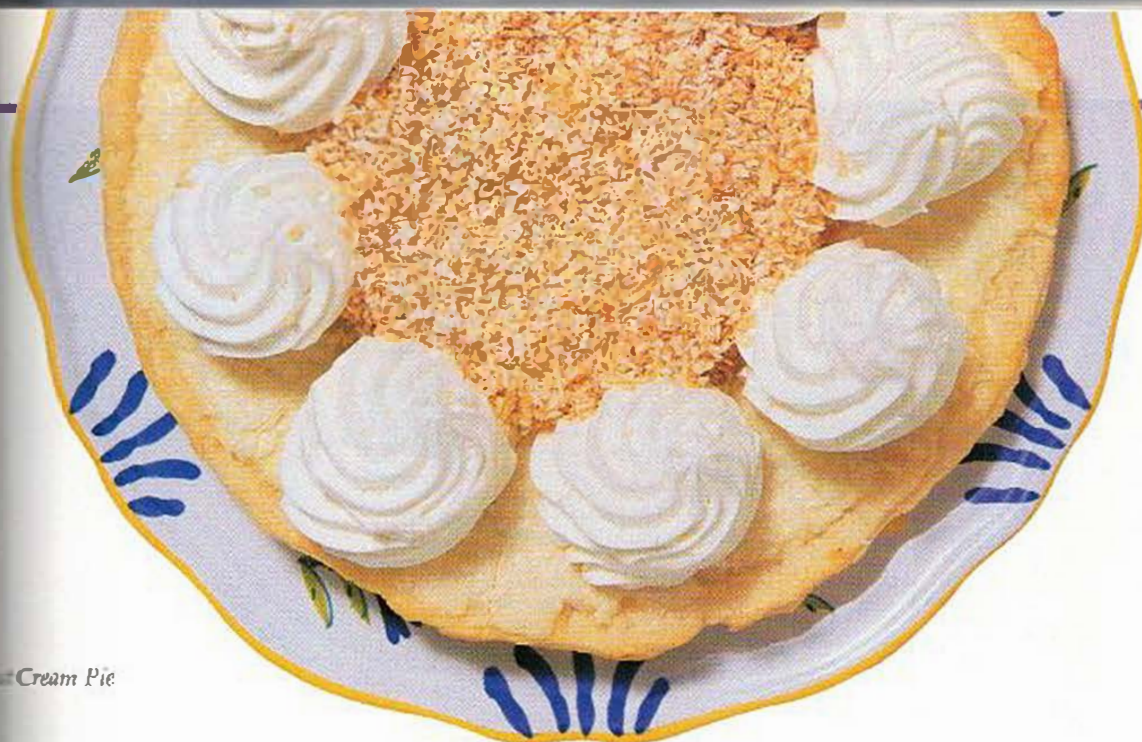
NOTE: If rum is used instead of coffee allow the fruit to soak in it overnight for a better flavour.

PINEAPPLE GRANOLA BAR

5	5	granola bars
¼ cup	60 ml	butter
1½ cups	375 ml	whipping cream
¼ cup	60 ml	confectioners' sugar
½ tsp	3 ml	vanilla
2 cups	500 ml	crushed pineapple drained
4	4	egg whites
1 cup	250 ml	granulated sugar

Crush the granola bars and mix in the butter. Press into the bottom and sides of a buttered 9 x 9" square bake pan. Whip the cream, fold in the confectioners' sugar, vanilla and pineapple. Pour into the shell. Whip the egg white stiff and slowly add the sugar. Fold over the pineapple. Bake for 7-10 minutes in a 500°F (260°C) preheated oven. Serve.

SERVES 6



Cream Pie

COCONUT CREAM PIE

60 ml	granulated sugar
60 ml	flour, all purpose
2 ml	salt
500 ml	cream - light
5 ml	vanilla
3	egg yolks
250 ml	shredded coconut
1	Rolled Oats Crust (see page 627)
250 ml	whipping cream
60 ml	confectioners' sugar
60 ml	toasted coconut

the sugar, flour, salt and a double boiler, whip both. Add the vanilla, egg and coconut. Cook until pour into pie shell and chill. cream, add the sugar onto the pie. Sprinkle toasted coconut. Slice and

SERVES 6

CHOCOLATE CREME BRULEE

5	5	egg yolks
4 tbsp	60 ml	granulated sugar
1½ tsp	8 ml	cornstarch
1¼ cups	310 ml	whipping cream
4 oz	120 g	semi-sweet chocolate - grated
¾ cup	180 ml	confectioners' sugar, sifted

Cream the egg yolks with the sugar and cornstarch in a sauce pan over low heat. Slowly stir in the cream and chocolate. Cook for 10 minutes stirring constantly. Pour in molds, cool. Refrigerate until set. Unmold custards onto serving plates, dust with confectioners' sugar or place into parfait glasses alternating layers with whipped cream or vanilla pudding.

SERVES 4

ALMOND COOKIES

2¾ cups	680 ml	flour, pastry
1 cup	250 ml	granulated sugar
½ tsp	3 ml	baking soda
½ tsp	3 ml	salt
1 cup	250 ml	shortening
1	1	egg, slightly beaten
2 tbsp	30 ml	milk
1 tsp	5 ml	almond extract
24	24	blanched almonds, halved

Mix together the flour, sugar, soda and salt. Cut in the shortening until the mixture resembles cornmeal. Combine the egg, milk and extract; add to the flour mixture. Mix well. Shape dough into one-inch balls and place two inches apart on an ungreased cookie sheet. Place an almond half atop each cookie and press to flatten slightly. Bake in a preheated 325°F (170°C) oven for 16-18 minutes.

YIELDS 48 COOKIES

ORANGE CHIFFON CAKE

2 cups	500 ml	flour, all purpose
1½ cups	375 ml	granulated sugar
1 tbsp	15 ml	baking powder
1 tsp	5 ml	salt
½ cup	125 ml	vegetable oil
5	5	unbeaten egg yolks
½ cup	125 ml	orange juice
¼ cup	60 ml	water
1 tsp	5 ml	vanilla
2 tbsp	30 ml	orange rind, finely grated
1 cup	250 ml	egg whites
½ tsp	3 ml	cream of tartar

Preheat the oven to 325°F (170°C). Select a 10" (25 cm) tube pan making sure it is free of any grease.

Blend the flour, sugar, baking powder and salt into a bowl. Add the oil, egg yolks, orange juice, water, vanilla and orange rind. Beat until smooth. In another bowl beat the egg whites until frothy. Sprinkle with the cream of tartar. Continue beating until very stiff peaks form. Do not under beat. Gradually fold batter into the beaten egg whites. Turn batter into the tube pan. Cut through batter with a knife to eliminate air bubbles.

Bake in the oven for 1¼ hours. Invert cake immediately upon removal from the oven. Leave suspended until cold. Loosen with a knife or spatula and carefully shake cake from the pan. Frost with Creamy Orange Frosting (recipe follows).

CREAMY ORANGE FROSTING

2 tbsp	30 ml	butter, softened
½ cup	125 ml	icing sugar
pinch	pinch	salt
1	1	egg yolk
2 tsp	10 ml	orange rind, finely grated
1 tbsp	15 ml	orange juice
1½ cups	375 ml	icing sugar

Cream the butter, add the sugar and salt. Blend until smooth. Add the egg yolk, orange rind, and orange juice beating well. Gradually beat in the sugar. Beat until creamy.

FROSTS 1-9" (23 CM)
CAKE

PECAN PIE

½ quan	0.5	Plain Pastry (see page 616)
1 cup	250 ml	light corn syrup
½ cup	125 ml	brown sugar - packed
¼ tsp	2 ml	salt
1 tsp	5 ml	vanilla
1 tbsp	15 ml	lemon juice
3	3	eggs - beaten
1½ cups	375 ml	pecans - broken and whole
2 cups	500 ml	whipped cream

Roll out the pastry and flute the edges. Preheat the oven to 425°F (215°C).

Blend the remaining ingredients together, except whipping cream. Pour into the pie shell. Bake in the oven for 10 minutes. Reduce heat and continue baking for 40 minutes or until filling is set. Pipe whipped cream on top. Cool completely before serving.

SERVES 6



MOLASSES REFRIGERATOR MUFFINS

1 L	flour, all purpose
10 ml	baking soda
5 ml	each of salt, cinnamon, ginger
1 ml	each ground cloves, allspice, nutmeg
330 ml	vegetable shortening
250 ml	granulated sugar
4	eggs, slightly beaten
50 ml	molasses
50 ml	butter
250 ml	sour milk
50 ml	raisins

er flour, baking soda, mon, ginger, cloves, and nutmeg; set aside.

gether shortening and mixing bowl until light. Add eggs, beat well.

molasses, butter and sour dry ingredients all at mg just enough to stir in raisins. Spoon into (7.5 cm) muffin pan ing ½ full.

heated 350°F (180°C) minutes or until golden. Serve hot with butter and

IELDS 12

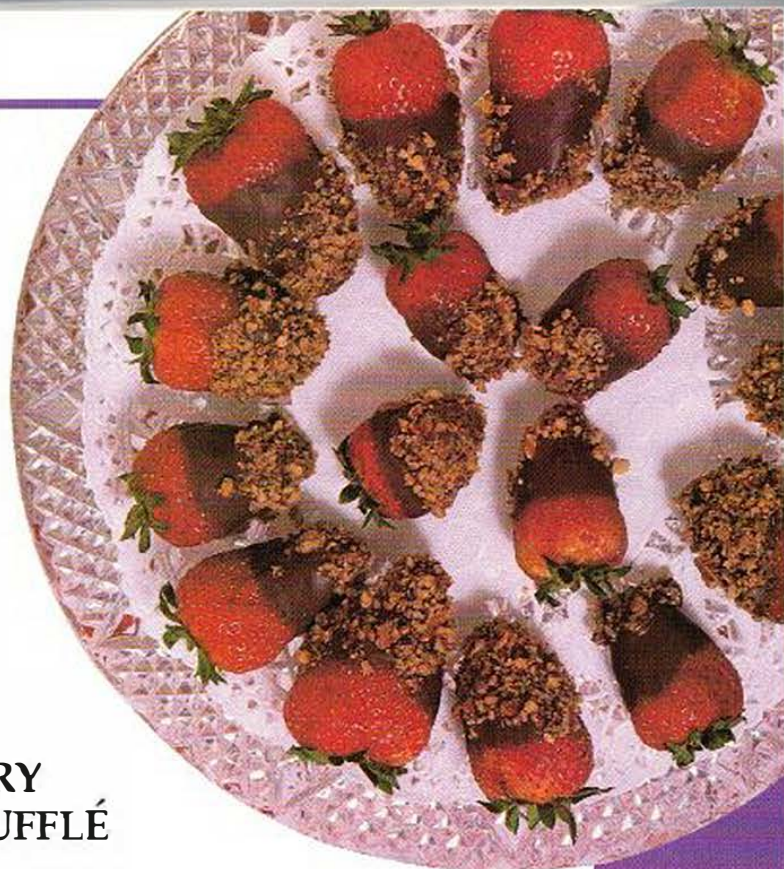
RASPBERRY APRICOT SOUFFLÉ

½ cup	125 ml	granulated sugar
¼ cup	60 ml	flour, all purpose
1 cup	250 ml	milk
½ cup	125 ml	apricots - puréed
¼ cup	60 ml	raspberry preserve
2 tbsp	30 ml	butter
4	4	eggs
2	2	egg whites

Butter a 6 to 8 quart (1.5-2 L) soufflé dish. Dust the sides and bottom with sugar.

In a sauce pan whip the flour into the milk and heat to boiling. Whip in the apricot, raspberry and butter, return to a boil and remove from heat at once. Beat in the egg yolks one at a time. Whip the egg whites stiff and fold into the mixture. Pour into the soufflé dish and bake for 40 minutes in a preheated 400°F (200°C) oven. Serve with an apricot brandy sauce.

SERVES 4



PECAN CHOCOLATE DIPPED STRAWBERRIES

25	25	fresh large strawberries
4 oz	120 g	semi-sweet chocolate - grated
1 tbsp	15 ml	butter - melted
1½ cups	375 ml	pecan pieces chopped fine

Wash the berries then dry them. In a double boiler melt the chocolate and stir in the butter. Dip the strawberries in the chocolate then into the nuts. Place on a sheet of wax paper, allow to harden before removing to a platter. Do not refrigerate.

BANANA PECAN BREAD

½ cup	125 ml	shortening or butter
¾ cup	180 ml	brown sugar
¼ cup	60 ml	granulated sugar
pinch	pinch	salt
1	1	egg
1 cup	250 ml	bananas, over ripe and pureed
1½ cups	310 ml	flour, pastry
½ tsp	3 ml	baking powder
½ cup	125 ml	butter
1 cup	250 ml	brown sugar
¾ cup	180 ml	pecans, whole

Cream the butter, sugars and salt until light and fluffy. Beat in the egg and bananas. Sift together the flour and baking powder. Fold into the banana mixture.

Heat the butter in a sauce pan and add the brown sugar. Cook until the mixture become smooth. Grease and flour a 9" x 5" (23 x 12 cm) loaf pan and put the sauce into the base. Sprinkle pecans on the sauce followed by the banana bread batter. Smooth the surface and place in a preheated 375°F (190°C) oven for 30-35 minutes.

The caramel that has been formed in the bottom of the pan requires a little time to release itself so you must turn the mold over onto a cake wire, allow to sit for 30 seconds and then remove the mold. The nuts will be encrusted in the base of the bread and the hot caramel will soak into the base of the cake and set.

PINEAPPLE SNOW

1 tbsp	15 ml	gelatin - unflavoured
½ cup	60 ml	cold water
1 cup	250 ml	crushed pineapple, drained
½ cup	125 ml	syrup from pineapple
½ cup	125 ml	pineapple juice
2 tbsp	30 ml	lemon juice
2	2	egg whites
¼ cup	60 ml	granulated sugar

Soften the gelatin in the cold water. Place in a sauce pan with crushed pineapple, syrup and juices and bring to a boil then remove from heat. Cool and chill to almost set. Whip the egg whites until stiff then gradually add the sugar. Fold into the pineapple, pour in a mold or bowl. Chill until set, unmold and serve.

SERVES 4

BANANA GUMDROP LOAF

1½ cups	430 ml	unsifted all purpose flour
½ tsp	3 ml	baking soda
1½ tsp	8 ml	baking powder
¾ cup	180 ml	granulated sugar
5 oz	145 g	gumdrops, cut in pieces
1	1	egg, beaten
¼ cup	60 ml	oil
1 cup	250 ml	mashed bananas (approximately 3)
½ cup	125 ml	milk
2 tsp	10 ml	grated orange rind

Measure and sift the dry ingredients in a bowl, stir in the gumdrop pieces. Combine the remaining ingredients and stir into the dry ingredients. Stir until blended and put into a greased 9" x 5" (23 x 12 cm) pan. Bake in a preheated 350°F (180°C) oven for 50 minutes.

YIELD 1 LOAF



PECAN RAISIN STICKY BUNS

3 cups	45 ml	bread flour
2 tbsp	30 ml	baking powder
2 tbsp	30 ml	granulated sugar
1	1	beaten egg
1 cup	250 ml	table cream
1 tsp	5 ml	salt
¼ cup	90 ml	butter
1 cup	250 ml	brown sugar
1 tsp	5 ml	ground cinnamon
½ cup	125 ml	chopped pecans
½ cup	125 ml	seedless raisins

Sift the flour, baking powder, sugar and salt together.

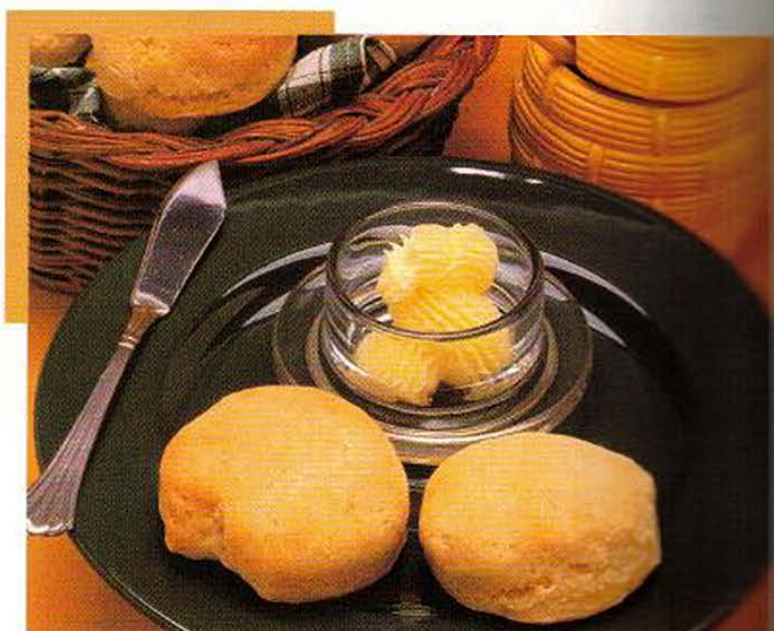
Beat the egg into the cream.

Cream ¼ cup (60 ml) of the butter until light, add the flour alternating with the cream in ¼rds.

Roll dough out on a lightly floured surface. Spread the remaining butter over the dough.

Combine the brown sugar, cinnamon, pecans and raisins, spread over the dough. Roll the dough very tight. Cut into 10-12 pieces, place on a greased baking sheet ¼" (6 mm) apart, bake in a preheated 350°F (180°C) oven for 20-25 minutes. Serve hot or cold.

YIELDS 10-12 LARGE ROLLS



Buttermilk Honey Biscuits

BUTTERMILK HONEY BISCUITS

2 cups	500 ml	bread flour
2 tsp	10 ml	baking powder
¼ tsp	1 ml	baking soda
½ tsp	3 ml	salt
¼ cup	60 ml	shortening
½ cup	125 ml	buttermilk
¼ cup	60 ml	liquid honey

Sift the flour, baking powder, baking soda and salt together. Cut the shortening in until a coarse dough is formed.

Stir in the buttermilk and honey, knead forming a soft dough. Roll the dough into a ½" (1.5 cm) thick square. Cut with a floured biscuit cutter. Bake for 15-18 minutes in a preheated 400°F (200°C) oven.

YIELDS 12 BISCUITS

COTTAGE COUNTRY BISCUITS

1 cup	250 ml	sieved cottage cheese
2 tbsp	30 ml	half & half cream
1	1	beaten egg
2 tbsp	30 ml	butter
¼ tsp	pinch	basil
2 cups	500 ml	bread flour
½ tsp	3 ml	salt
4 tsp	20 ml	baking powder

Cream the cheese, cream, egg, butter together.

Combine the basil, flour, salt, baking powder together.

Fold the creamed mixture into the flour kneading into a soft dough. Turn the dough out onto a lightly floured dusted surface and knead into a ½" (1.5 cm) square. Cut with a floured dusted biscuit cutter, place on an ungreased baking sheet. Bake for 15-18 minutes in a preheated 400°F (200°C) oven.

YIELDS 12 BISCUITS

BAGELS

4 cups	1-1.25 L	flour, all purpose
1 tsp	15 ml	instant yeast
1 tsp	10 ml	salt
3 cups	375 ml	hot water 130°F (55°C)
1 tsp	30 ml	honey
1		egg white
1 cup	15 ml	cold water

Combine 4 cups (1 L) of the flour, along with the yeast and salt together. Add the hot water and honey, and enough of the remaining flour to form a smooth dough ball, and knead for 5 minutes.

Knead and allow dough to rest for 10 minutes.

Roll the dough into 12 even balls, roll into balls and then flatten. Poke a hole in the centre, stretching the dough causing the hole to increase to 1½" (3.75 cm) in size. Place on a lightly flour dusted surface, cover and allow to rise for 10 minutes.

Boil in a large kettle or Dutch oven with enough water to cover 2" (5 cm) of the bottom, bring to a boil. Boil the bagels in the water for 2 minutes a few at a time. Remove from water, pat dry and transfer to a baking sheet.

Beat egg white with the cold water and brush the bagels, then roll with poppy seeds and bake in a preheated 375°F (190°C) oven for 30 minutes or until golden brown or cooked through. Serve with cream cheese and smoked salmon.

YIELDS 12 BAGELS

Bagels

NORTHERN ONTARIO WILD BLUEBERRY MUFFINS

1 cup	250 ml	granulated sugar
½ cup	125 ml	butter
2	2	eggs
½ cup	90 ml	milk
½ tsp	3 ml	vanilla extract
2 cups	500 ml	flour, all purpose
2 tsp	10 ml	baking powder
½ tsp	3 ml	salt
1 cup	250 ml	fresh wild blueberries, washed and picked through

Combine the sugar, butter, eggs, milk and vanilla together.

Sift the flour, baking powder and salt together. Stir the liquids into the flour to form a smooth batter. Fold in the blueberries.

Spoon the batter into 12 well greased muffin tins, bake in a preheated 375°F (190°C) oven for 20-25 minutes. Serve hot or cold.

YIELDS 12 MUFFINS

DATE 'N' NUT BISCUITS

2 cups	500 ml	bread flour
1 tbsp	15 ml	baking powder
¼ tsp	1 ml	salt
½ cup	60 ml	shortening
¾ cup	190 ml	milk
½ cup	125 ml	chopped dates
¼ cup	60 ml	chopped walnut pieces

Sift together the flour, baking powder and salt.

Cut the shortening into the flour to make a coarse meal. Stir in the milk until dough is soft. Knead for 30 seconds adding the dates and nuts.

Roll the dough out to ¼" (6 mm) thick on a lightly flour dusted surface. Cut the biscuits out with a small flour dusted biscuit cutter. Place on an ungreased baking sheet.

Bake for 15-18 minutes in a preheated 400°F (200°C) oven.

YIELDS 16 BISCUITS