

2021 Moya RECIPE CALENDAR



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FINANCIAL

In many cultures, cooking and food is an essential part of identity, and Canadian-Slovenians are no different. Slovenian cuisine is influenced by the diversity of Slovenia's landscape, climate, history, and neighbouring cultures. In Canada, it is additionally affected by ingredients and products that were available to immigrants. Slovenian mothers and grandmothers always spent a lot of time in the kitchen to prepare home-cooked meals. Recipes were handed down from generation to generation, and very few cookbooks were available.

One of Moya Financial's core mandates is based on the belief that we need to be engaged in a larger purpose to serve our community. Everything we do connects back to our core values, and we carefully approach each project with the intention of embracing our values and heritage.

In 2016 we created our first Moya Recipe Calendar. We recognize that every Slovenian household has at least one special Slovenian recipe in the family. We encouraged members to dig deep in their family's recipe box, find their favourites, and share the best ones with all members of Moya Financial. The calendar was an instant success and the 2021 calendar is the fifth edition.

We intend to publish recipes from the past five years in a celebratory cookbook that will be available for purchase. Moya will match the value of sales and donate the proceeds to the community.

For more information visit MoyaCommunity.ca.





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MAIN BRANCH

747 Brown's Line, Toronto, ON M8W 3V7

Tel: 416-255-1742

Toll Free: 1-888-728-1742

Email: main@moyafinancial.ca

HAMILTON BRANCH - Villa Slovenia

23 Delawana Drive, Hamilton, ON L8E 3N6

Tel: 905-578-7511

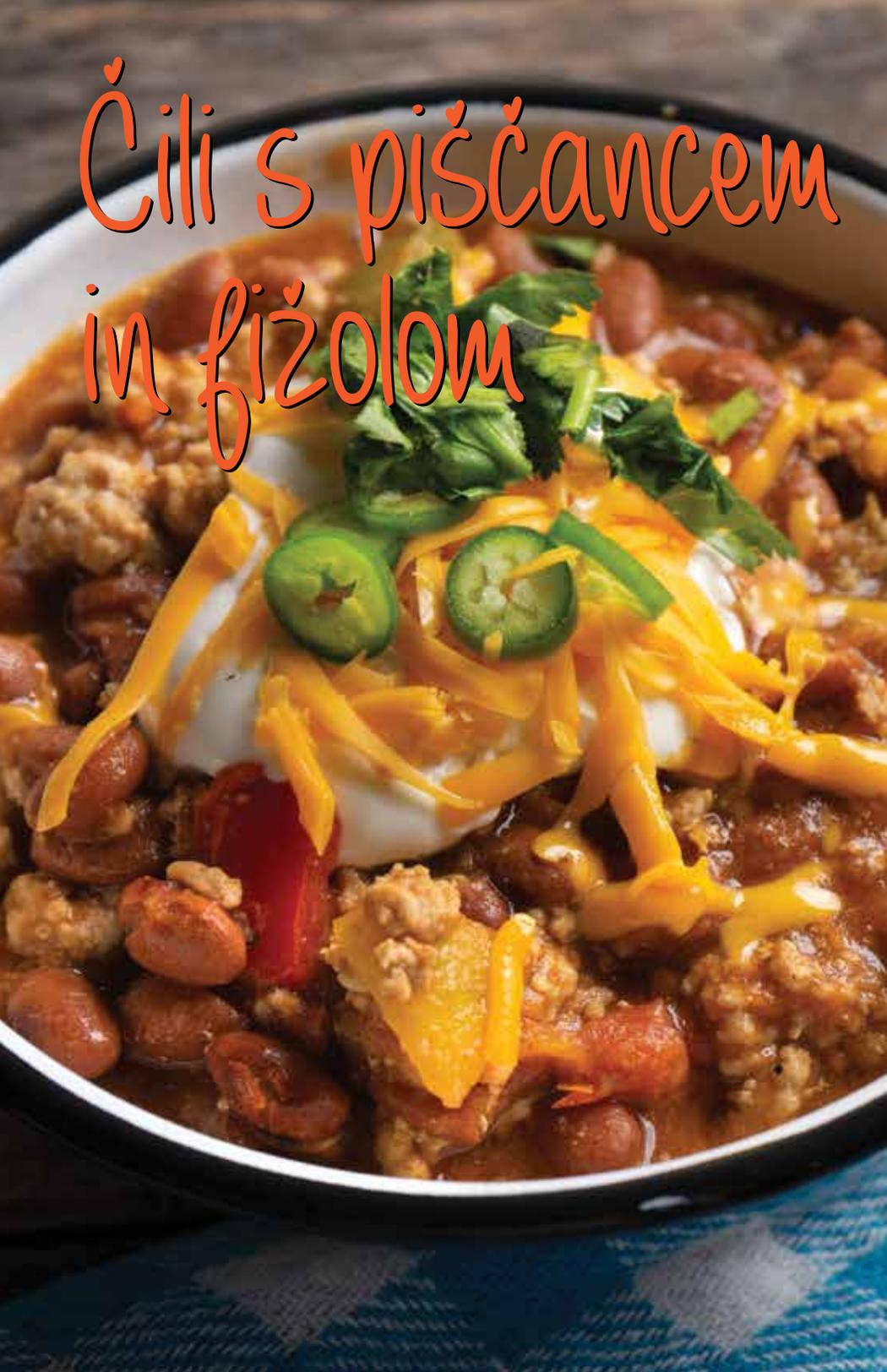
Email: hamilton@moyafinancial.ca

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Dober tek!

Čili s piščancem in fižolom



CHICKEN & WHITE BEAN CHILI

Submitted by Adriana

This one-pot dish is one of my favourites during the colder months and is my go-to recipe when feeding my friends and family after a day on the slopes. You can use ground meat of your choice, but I like chicken. Most people in my family aren't fans of spicy foods, so I use honey to cut through the heat of the jalapeño.

Serves 6-8

- 1 Tbsp olive oil
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 2 lb ground chicken
- 2 red bell peppers, diced
- 1 jalapeño pepper, seeded and chopped
- 2 Tbsp chili powder
- 1 Tbsp paprika
- 2 tsp cumin
- 1 tsp cinnamon
- 1½ tsp salt
- 3 cups chicken broth
- 1 796 mL can diced tomatoes
- 1 156 mL can tomato paste
- 2 Tbsp honey
- 2 bay leaves
- 1 540 mL can white beans, drained
- Sour cream and cheddar cheese for serving

In a large pot over medium heat, heat olive oil. When it shimmers, add onion and cook until translucent, about 5 minutes. Add garlic and cook until fragrant, 1-2 minutes. Add ground meat and brown all over, breaking up the meat as you go.

Add in the peppers and all spices; mix well to combine. Add 2½ cups chicken broth, tomatoes, tomato paste, honey, and bay leaves. Mix well and bring to a boil. Reduce heat and simmer, covered, for 1½ hours. Add the beans and mix well to combine. If chili is too thick, add remaining ½ cup of chicken broth to thin it. Simmer for another half hour.

Remove the bay leaves and serve with your toppings of choice and fresh crusty bread.



January 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					New Year's Day	
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30



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The dates in orange represent days we are closed. Please be sure to do your banking beforehand.

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Čajni piškoti



TEA BISCUITS

Submitted by Miriam

Perfect for a morning coffee with family and friends, these tea biscuits can be whipped up in no time flat. A hint of honey, a delicious aroma, and an airy texture will make them a go-to favourite for years to come.

Makes 10-12 biscuits

- 1¾ cups unbleached flour
- Pinch of salt
- 2½ tsp baking powder
- ½ cup + 1 Tbsp cold unsalted butter
- 1 extra large egg, beaten
- 1 Tbsp honey
- 2 Tbsp sugar
- 6 Tbsp cream (half and half or whipping cream)
- 1 heaping tsp sour cream
- ¾ cup raisins, dried cranberries, diced rhubarb, diced peaches, or blueberries

Preheat oven to 400°F (200°C). In a large bowl, mix flour, salt, and baking powder. Using a pastry blender, cut butter into flour mixture until it is crumbly. Add egg, honey, sugar, cream, sour cream, and your choice of dried or fresh fruit.

Mix with a wooden spoon and then with your hands until well combined. If dough is too wet, add a little more flour. Turn onto a lightly floured surface.

Pat the dough to ¾" thickness. Cut with a floured round cookie cutter or glass 2-3" in diameter.

Place cut biscuits on an ungreased cookie sheet. Bake for 12-15 minutes or until golden brown. Remove from cookie sheet and let cool.

February 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
Valentine's Day	Family Day	Pust	Ash Wednesday			
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

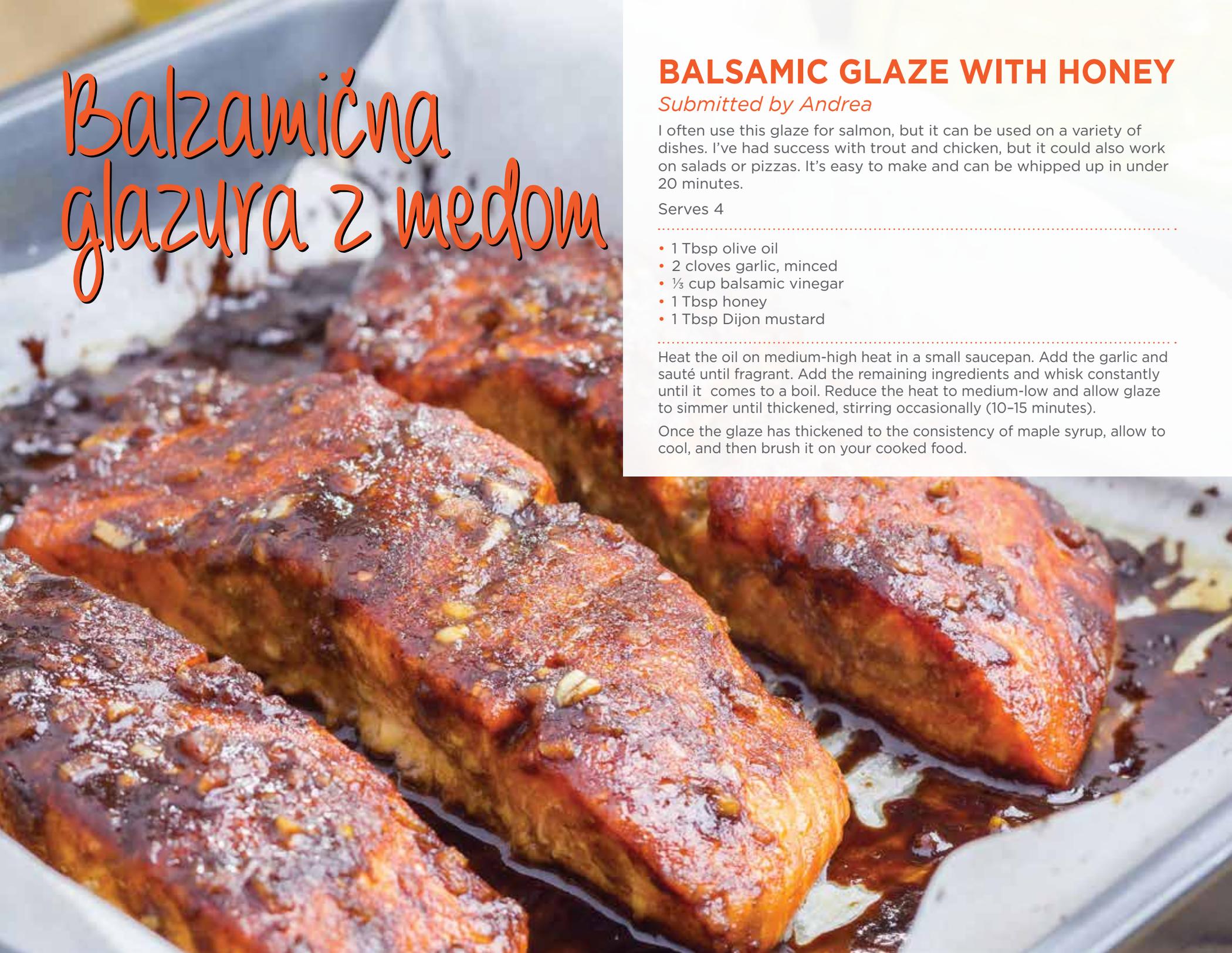


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 Tel: 416-255-1742 Fax: 416-255-3871
 Toll-free: 1-888-728-1742
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Balzamična glazura z medom



BALSAMIC GLAZE WITH HONEY

Submitted by Andrea

I often use this glaze for salmon, but it can be used on a variety of dishes. I've had success with trout and chicken, but it could also work on salads or pizzas. It's easy to make and can be whipped up in under 20 minutes.

Serves 4

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- ½ cup balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp Dijon mustard

Heat the oil on medium-high heat in a small saucepan. Add the garlic and sauté until fragrant. Add the remaining ingredients and whisk constantly until it comes to a boil. Reduce the heat to medium-low and allow glaze to simmer until thickened, stirring occasionally (10-15 minutes).

Once the glaze has thickened to the consistency of maple syrup, allow to cool, and then brush it on your cooked food.

March 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	2020 RRSP Deadline					
	1	2	3	4	5	6
7	8	9	10	11	12	13
			St. Patrick's Day			
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

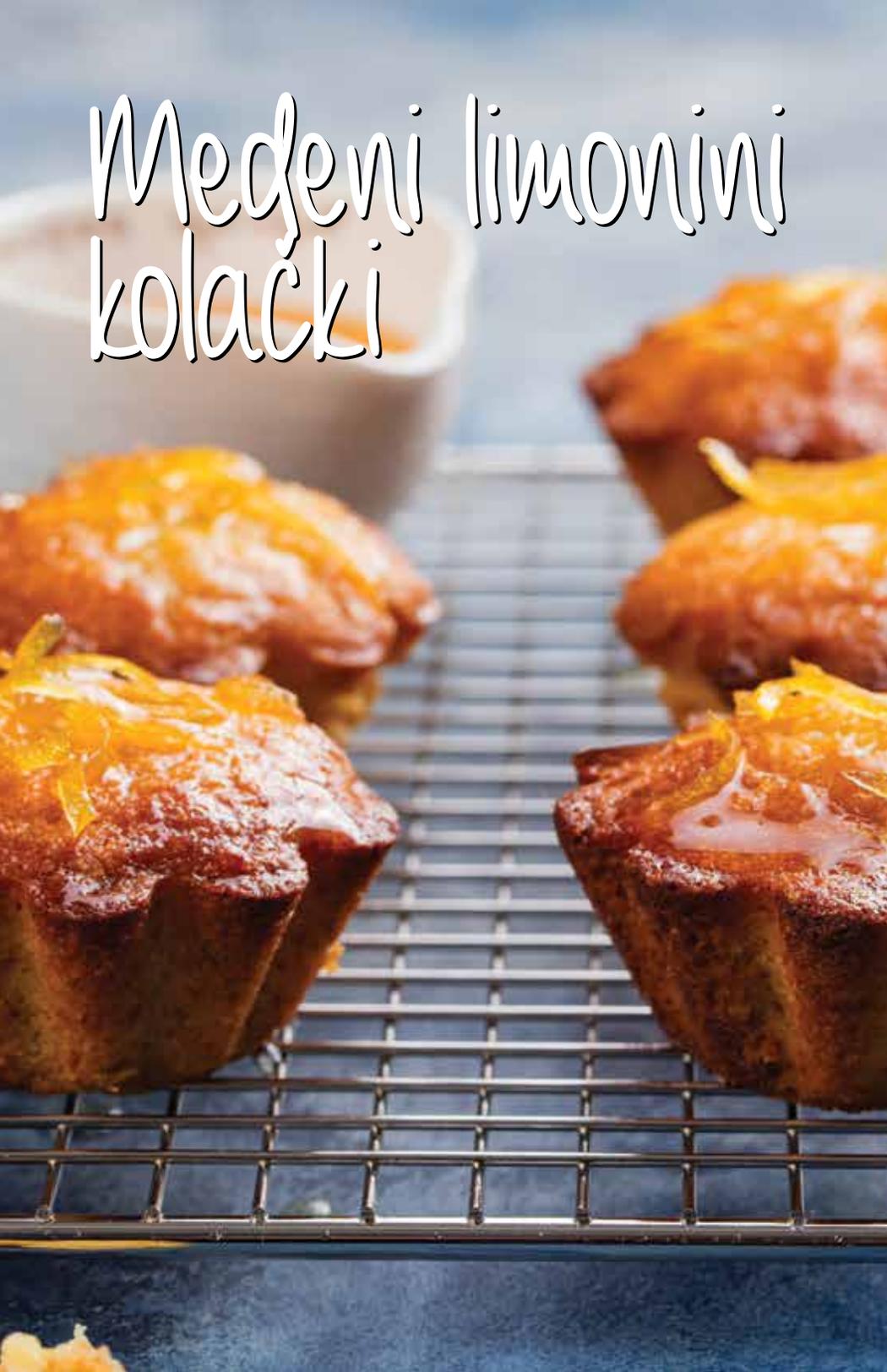


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Medeni limonini kolacki



HONEY LEMON CAKE BITES

Submitted by Stephanie

Our family loves lemon desserts – something sweet and tart is the perfect combination for any day. The sweetness of the honey and the tart lemon blends together to create a perfect bite-sized treat that goes well with coffee or tea.

Makes 48 small cake-bites

Cake

- 1½ cups all-purpose flour
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup butter, room temperature
- ½ cup sugar
- 2 eggs, room temperature
- 6 Tbsp honey
- 1 tsp vanilla extract
- zest of 1 lemon
- ½ cup lemon juice, room temperature
- ½ cup half and half cream, room temperature

Glaze (optional)

- 5 Tbsp honey
- 2 Tbsp unsalted butter
- 1½ Tbsp lemon juice
- 2 tsp honey liqueur

Preheat oven to 350°F (180°C) and spray a bitelet pan or mini-muffin pan with non-stick cooking spray.

In a medium bowl, whisk together flour, baking powder, and salt.

Using an electric hand mixer, in a large bowl beat the butter at low speed until creamy and whipped, about 30 seconds. Add the sugar and beat at high speed until the mixture is light and fluffy, about 2 minutes. Scrape down the sides of the bowl as needed.

Mixing on low speed, add the eggs, one at a time, beating until combined after adding each egg. Add the honey, vanilla extract, lemon zest, lemon juice, and cream and beat until combined. Gradually add the dry ingredients into the batter. Do not over mix!

Spoon the batter into the prepared pan. Fill each cup only three-quarters full to prevent overflow. Gently tap the tray on the countertop to remove any air bubbles.

Bake 10-12 minutes, until golden brown and a toothpick inserted into the centre of a cake bite comes out clean.

Allow to cool in the pan for 10 minutes before inverting onto a cooling rack.

To make the glaze, combine all ingredients in a small saucepan over medium-low heat, stirring until the butter is melted. Remove from heat and drizzle the glaze on top of the warm cake bites, allowing the glaze to sink into the cake.

April 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					Good Friday	
				1	2	3
Easter Sunday	Easter Monday					
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



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Pesto s tajsko baziliko

THAI BASIL PESTO

Submitted by Donna

If you have an indoor hydroponic garden and are wondering what to do with all that Thai basil, this is the answer. Because this pesto contains no cheese, it is suitable for vegans.

Serves 2 or 3 (about 1 cup)

- 2 cloves garlic, minced
- 2 Tbsp sesame oil
- 2½ cups Thai basil leaves and tender stems
- 3 Tbsp unsalted peanuts
- 1 Tbsp honey
- ½ Tbsp rice vinegar
- ½ of a finger hot or Thai chili, minced
- 1½ Tbsp soy sauce or fish sauce
- 1 Tbsp lime juice

Place the minced garlic and about 1 Tbsp of the oil in a small microwave-safe bowl. Microwave at 30% power for 90 seconds to tame the raw-garlic taste.

Combine the “roasted” garlic with all other ingredients in a blender or mini-food processor. You can also use a hand blender in a deep, narrow bowl. Puree to desired consistency.

Use as a sauce for rice noodles or for stir fries.



May 2021

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
Mother's Day						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	Victoria Day					
23/30	24/31	25	26	27	28	29



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Piščancji sendvič z medeno gorčico in fižolova solata



HONEY MUSTARD SHREDDED CHICKEN SANDWICH

Submitted by Katarina

Crockpot dishes are always an easy way to whip up dinner on those days you can't catch a break. I like slowly cooking down the chicken so the meat is tender and easy to shred. This dish is versatile so you can use the finished chicken however you like - on rice or pasta or in tacos or quesadillas.

Serves 6-8

- 2 lb boneless, skinless chicken (breasts, thighs, or both)
- Salt and pepper, to taste
- 2 cups chicken broth
- ½ cup thick Greek yogurt
- ¼ cup honey
- 2 Tbsp yellow mustard
- 1 Tbsp grainy mustard
- 1 tsp garlic powder
- Buns, for serving

Place chicken in the slow cooker. Season with salt and pepper and then cover with chicken broth. Cook on high for 2-3 hours. Once cooked, shred the chicken with two forks.

In a large bowl, whisk together the yogurt, honey, mustards, and garlic powder. Add in shredded cooked chicken and toss to combine. Add in reserved cooking liquid to reach your desired consistency. Pile high on toasted buns.

Try it alongside Marta's Black Bean Confetti Salad.

BLACK BEAN CONFETTI SALAD

Submitted by Marta

Serves 6-8

- 2 540 mL cans black beans, drained and rinsed
- 4 sweet peppers of various colours, diced
- ½ white onion, diced
- ¼ cup cilantro, chopped finely
- 3 Tbsp olive oil
- 1 tsp cumin
- ¾ tsp salt
- 1 tsp honey
- 1 or 2 limes, juiced

In a large bowl mix beans, peppers, onion, and cilantro. In a small bowl, mix oil, cumin, salt, honey, and lime juice to make the dressing.

Pour dressing over the salad and toss to coat.

Tip: Try combining Honey Mustard Shredded Chicken, Black Bean Confetti Salad and shredded cheese in a large flour tortilla. Fold in half and pan fry until lightly browned to make a quesadilla.

June 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Father's Day					Slovenian Statehood Day	
20	21	22	23	24	25	26
27	28	29	30			



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main@moyafinancial.ca

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Medena torta



HONEY LAYER CAKE

Submitted by Marta

Don't let the numerous steps scare you away from making this delicious treat! This layer cake is the perfect balance of cake layers and creamy filling. And the best part? It can be made ahead! This cake is best enjoyed the next day so the cake layers have a chance to absorb the cream filling and soften.

Serves 10-12

Cake

- ¼ cup lard
- 4 Tbsp honey
- 4 Tbsp milk
- 1 cup sugar
- 1 egg, beaten
- 1 tsp baking soda
- 3 cups all-purpose flour

Preheat oven to 350°F (180°C). In a medium pot, combine lard, honey, milk, sugar, egg, and baking soda and bring to a boil. Cook until foamy. Let cool.

In a large bowl, combine flour with the lard mixture and mix until a smooth dough forms. Divide dough into 4 equal pieces.

Roll out one piece of the dough on a well-floured surface until it's about 10" x 8" (26 x 20 cm). Transfer onto a large baking sheet lined with parchment paper. Bake for 8 minutes or until golden brown. Repeat with remaining pieces of dough.

Cream Filling

- 5-6 Tbsp dry Cream of Wheat cereal
- 1½ cups milk
- 1 cup butter
- 1 cup icing sugar
- 2, 9 g envelopes vanilla sugar

Combine cereal and milk in a medium pot and cook on medium heat, stirring constantly, until cooked and thickened. Let cool.

In a medium bowl, beat butter and sugars until smooth. Add to cooled cereal mixture and stir to combine. Divide into 3 equal portions.

Icing

- 1 egg white
- 1 cup icing sugar
- ½ lemon, juiced

In a medium bowl, beat all ingredients with an electric mixer until stiff peaks form.

Assembly

Place one cake layer smooth side down on a tray or board. Top with one-third of the cream filling, smoothing it evenly onto the cake. Add a second layer of cake, smooth side up. Add another one-third of the cream filling and smooth on evenly. Repeat with the third layer of cake and the remaining filling. Top with the fourth cake layer.

Spread icing on top of the cake. Wait until icing hardens before slicing and serving.

July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				Canada Day		
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Moya Financial Scholarship Deadline
						31



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Kruh z jabolki in briejem



APPLE AND BRIE FLATBREAD

Submitted by Sierra and Stephanie

This flatbread is a favourite in our student house. It may sound intricate, but it's super simple to make! The finishing touch of honey gives this dish the perfect amount of sweetness that pairs well with the apples and cheese. We enjoy this as an appetizer, but it can also work well as a main course for one.

Serves 2 or 3

- 1 125 g flatbread
- 2 Tbsp olive oil
- 1 Tbsp dried oregano
- 1-2 Granny Smith apples, thinly sliced
- ½ 450 g wheel of Brie cheese, thinly sliced
- 1 Tbsp honey
- Pinch of finishing salt
- 1-2 cups arugula
- 1 tsp balsamic vinegar

Preheat oven to 375°F (190°C). Place flatbread on a cookie sheet. Use a basting brush to evenly spread the oil on the flatbread. Sprinkle with oregano. Place the apple slices on the flatbread, then layer the Brie slices on top of the apples. Bake 10-15 minutes, or until the cheese has melted.

Remove flatbread from the oven. Drizzle honey over the flatbread and sprinkle finishing salt on top. Next, spread the arugula evenly on top of the flatbread and drizzle with balsamic vinegar.

Let the flatbread cool before cutting into small squares for serving.

August 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	Civic Holiday					
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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Bučni kruh

PUMPKIN SPICE BREAD

Submitted by Melanie

As the weather starts to cool and the leaves change colour, this moist and flavourful loaf is just what you need to get into pumpkin season. It's best enjoyed warm out of the oven paired with your favourite hot drink.

Makes 1 loaf

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup whole-wheat flour
- 1 cup loosely packed brown sugar
- 1 tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp allspice
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{8}$ tsp cardamom
- $1\frac{1}{4}$ cups pumpkin purée
- $\frac{1}{4}$ cup + 3 Tbsp grapeseed oil or olive oil (or apple sauce for a low-fat version)
- 3 Tbsp honey
- 2 Tbsp water
- $\frac{3}{4}$ cup chopped walnuts, almonds, or pecans

Preheat oven to 350°F (180°C). Grease and flour a loaf pan.

In a large bowl, mix flours, sugar, baking soda, baking powder, salt, and all the spices. In a medium bowl, stir together pumpkin, oil (or apple sauce, if using), honey, and water.

Add the wet mixture to the dry mixture, combining until everything is just moistened and forms a thick batter. Fold in chopped nuts.

Pour the batter into the prepared pan and place on the centre rack of the oven. Bake at least 45–50 minutes, or until a toothpick inserted in the centre comes out clean. Place on a wire rack and let cool for 10–15 minutes. Using a butter knife or spatula, gently loosen the bread from the sides of the pan and tip it out. Set the loaf on the wire rack to finish cooling.

Tip: This loaf freezes well, which makes it perfect to have on hand for unexpected company! Wrap either the whole loaf or individual slices with plastic wrap or aluminum foil and place in a freezer bag. It's best to use within 3 months of freezing.

September 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
	Labour Day					
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



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Maslo z bučo in citrusi



CITRUS PUMPKIN BUTTER

Submitted by Mary

If you've never tried pumpkin butter, allow me to introduce you. This versatile butter can be used in both sweet and savory dishes. From pancakes to pizza, from oatmeal to grilled cheese, the possibilities are endless. Feel free to get creative!

Makes 1.5 L (6 250 mL jars)

- 1 medium pumpkin, washed
- 2-3 large oranges, washed
- 2 cups sugar
- ½ cup liquid honey
- 2½ tsp pumpkin pie spice
- 1 49 g package “no sugar needed” fruit pectin
- 2 Tbsp bottled lemon juice

Cut pumpkin into large pieces. Remove seeds and membranes. Place pumpkin in a large saucepan, cover with water and bring to a boil. Reduce heat and boil gently, uncovered, for 20 minutes or until pulp is tender and rind is easily removed. Drain. Remove rind and discard. Measure 4 cups (1 L) tightly packed pumpkin pulp.

Fill boiling water canner with water. Place 6 clean half-pint (250 mL) mason jars in the canner over high heat. Place snap lids in boiling water; boil 5 minutes to soften sealing compound.

Grate rind from oranges to yield 1 Tbsp of zest. Remove remaining pith and peel; chop orange pulp and measure 2½ cups. Combine orange pulp and zest, pumpkin, sugar, honey, and spice in a large food processor or blender and puree until smooth. Turn mixture into a large, deep stainless steel or enamel saucepan over medium heat.

Gradually add fruit pectin, stirring until dissolved. Bring mixture to a full boil, stirring constantly. Boil hard 1 minute. Remove from heat and stir in lemon juice.

Ladle butter into hot jars to within ¼ inch (0.5 cm) of the rim (head space). Remove air bubbles by sliding rubber spatula between glass and food; re-adjust head space to ¼ inch if necessary. Wipe jar rim clean. Centre snap lid on jar, apply screw band just until fingertip tight. Repeat for remaining butter.

Return water in canner to a boil. Place jars on a rack in canner and process for 10 minutes. Remove jars and let cool for 24 hours. Check jar seals (sealed lids curve downward). Remove screw bands. Wipe jars, label, and store in a cool, dark place.

October 2021

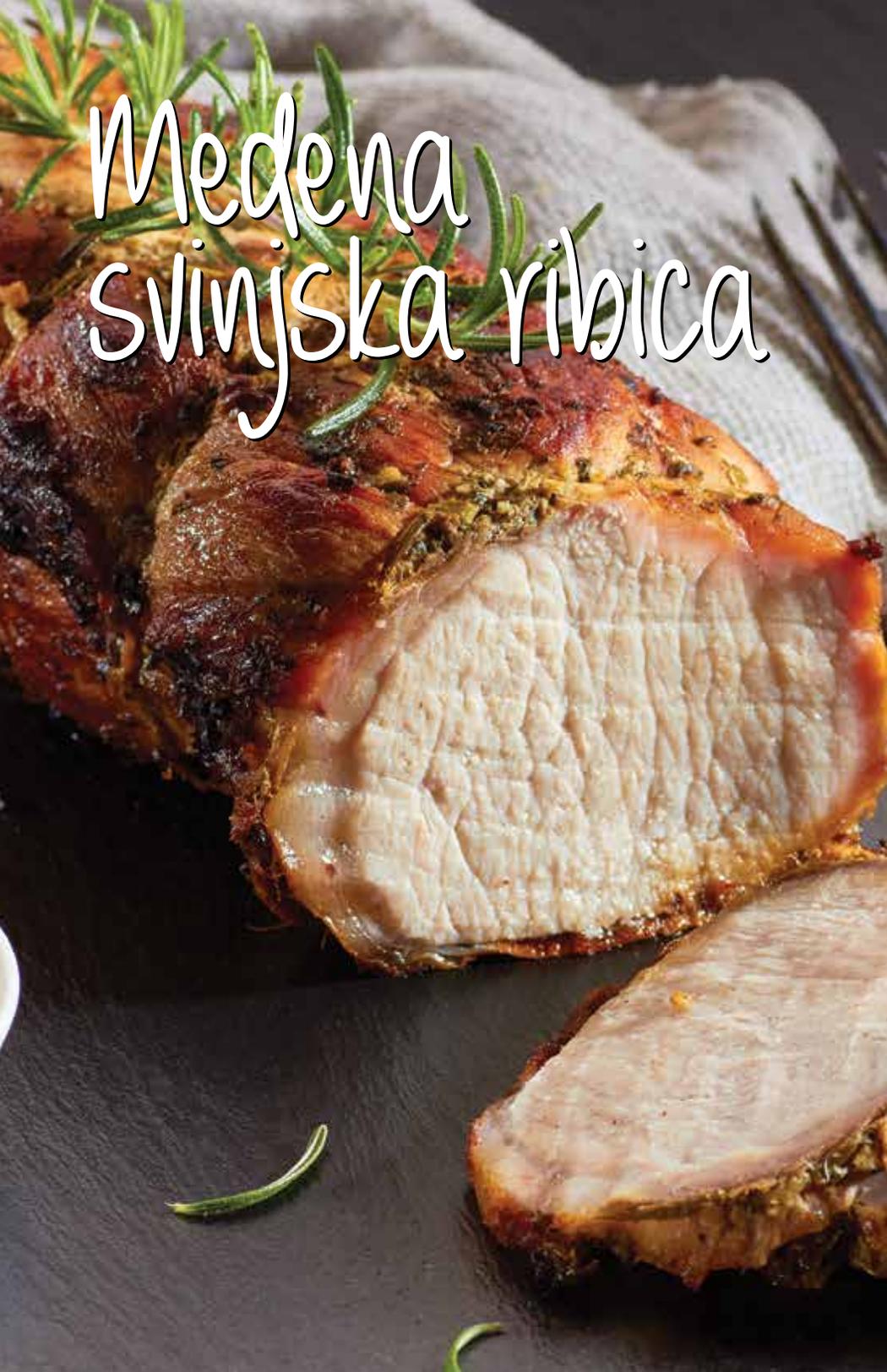
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
	Thanksgiving					
10	11	12	13	14	15	16
				International Credit Union Day		
17	18	19	20	21	22	23
Halloween						
24/31	25	26	27	28	29	30



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Medena Svinjska ribica

HONEY PORK TENDERLOIN

Submitted by Sasa

Trying to figure out what to make for Sunday dinner? This roasted pork tenderloin with honey garlic glaze is sure to be a crowd pleaser for any family. Serve with rice or potatoes and a side of greens and you've got yourself a full meal.

Serves 4

- 1 lb pork tenderloin
- 1 tsp salt
- 1 tsp pepper
- ½ tsp chili powder
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 Tbsp butter
- 1 Tbsp honey
- 1 Tbsp brown sugar
- 2 cloves garlic, minced
- 2 Tbsp soy sauce
- 3 Tbsp fresh orange juice
- 1 Tbsp corn starch
- 2 Tbsp water

Preheat oven to 400°F (200°C). Cut any fat from the meat. Combine salt, pepper, chili powder, rosemary, and thyme. Rub seasonings well over the meat. Heat the butter in a pan on high heat. Sear the meat on all sides until brown. Place the pork in a baking dish, drizzled with butter from the pan and roast for 20 minutes.

While the meat is roasting, prepare the honey glaze. In a bowl, mix honey, brown sugar, garlic, soy sauce, and orange juice. Bring the liquid to a boil, then remove from heat. In a small bowl, mix the cornstarch and water. Add to honey glaze liquid and bring back to a boil to thicken.

Remove pork from the oven and increase heat to 430°F (220°C). Spread the glaze over the meat and bake for another 10 minutes. Baste the meat every 2 minutes while baking.

November 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
				Remembrance Day		
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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Medenjaki



SLOVENIAN HONEY COOKIES

Submitted by Martina

These popular Slovenian biscuits are well-received at any Christmas party or gathering. Get the kids involved! Have them form the dough into little balls and decorate with your choice of nuts! To present as a gift, find a festive cookie tin and line with parchment paper, fill with cookies, and wrap it up in a bow.

Makes 30-40 cookies

- ½ cup honey
- 2½ cups flour
- 2 tsp ground cinnamon
- Pinch of salt
- 2 tsp baking soda
- ½ cup butter, room temperature
- 2 eggs
- ¼ cup sugar
- 1 cup walnuts for decorating

Preheat the oven to 350°F (180°C) and line a baking tray with parchment paper.

If honey is solid, heat on low until melted and set aside to cool. Otherwise it is difficult to knead.

In a medium bowl, mix flour, cinnamon, salt, and baking soda.

In a large bowl, combine butter, eggs, and sugar. Add the dry ingredients and cooled melted honey. Mix dough with your hands until it's combined. Wrap in plastic and refrigerate for 1-2 hours or overnight.

Roll the dough into walnut-size balls and press them lightly on a baking sheet. Place one walnut in the middle of each ball.

Bake the cookies for 8-10 minutes or until lightly golden.

December 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
					Christmas Eve	Christmas Day
19	20	21	22	23	24	25
Boxing Day					New Year's Eve	
26	27	28	29	30	31	



747 Brown's Line, Toronto, ON M8W 3V7
 Tel: 416-255-1742 Fax: 416-255-3871
 Toll-free: 1-888-728-1742
main@moyafinancial.ca

 /moyafinancial
 @moyafinancialCU
 @moyafinancial
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moyafinancial.ca

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Moya Financial Credit Union Limited