

2022 Moya RECIPE CALENDAR



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FINANCIAL

Submit your favourite recipe!

Do you have a great family recipe or your own personal kitchen creation people can't get enough of? Choose a recipe that you love and use year after year and share it with all members of Moya Financial.

Send us your recipes for a chance to be featured in our 2023 Moya Recipe Calendar.

To submit your recipe, including detailed ingredients and preparation directions,

- Email marketing@moyafinancial.ca or
- Take a hard copy to one of our offices

Submit between January 1 and August 31, 2022, and watch for the 2023 calendar to see if your recipe is selected! Every participant will have a chance to win a prize.

For more information visit **MoyaCommunity.ca**.





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Dobrý den!

Klapavice na buzaro



STEAMED MUSSELS

Submitted by Saša

Shallots, garlic, and white wine make the perfect broth for steamed mussels. Serve the mussels in a big bowl with bread on the side so you can sop up all that delicious broth. Any leftover broth can be used to make a delicious pasta sauce the next day.

Serves 4

-
- 4 Tbsp butter
 - 2 small shallots, thinly sliced
 - 4 cloves garlic, finely chopped
 - salt and pepper to taste
 - 1 cup Sauvignon Blanc or other dry white wine
 - 1 cup water
 - ¼ cup roughly chopped fresh parsley
 - 2-3 Tbsp breadcrumbs
 - 4 lb mussels in the shell, scrubbed
 - bread for serving
-

In a large, deep pot over medium heat, melt the butter. Add the shallot and garlic, season lightly with salt and pepper, and cook, stirring, until the garlic is softened but not burned, about 3 minutes.

Add the wine and water. Bring to boil. Stir in parsley and breadcrumbs.

Add the mussels and stir for 1 minute. Cover the pot and steam the mussels until they open, 5-10 minutes. Remove from heat.

Transfer the mussels to 4 deep bowls, discarding any mussels that did not open.



January 2022

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
23/30	24/31	25	26	27	28	29



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

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Kifeljčki



JAM-FILLED VANILLA COOKIES

Submitted by Emma

These soft, light cookies will melt in your mouth. Treat yourself by pairing them with a cup of your favourite hot beverage and enjoy the perfect combination.

Makes 40 cookies

- 8 cups all-purpose flour
- pinch of salt
- 1 cup cold butter, cubed
- 2½ cups thickened cream (or 35% whipping cream)
- 250 mL jar of apricot or plum jam
- 1 cup granulated sugar
- 2 tsp vanilla sugar

Preheat oven to 180°C (350°F). Line a baking sheet with parchment paper.

Place 7 cups of flour and the salt in a large bowl. Toss lightly to combine. Add the butter and rub it into the flour until the mixture resembles coarse breadcrumbs. Work quickly to ensure that the butter does not melt. Add the cream and work the mixture into a firm dough. Do not overwork the dough.

Use the remaining flour to dust your work surface as needed. Roll handfuls of dough into 5 balls and then shape into discs about $\frac{1}{8}$ " thick. Using a sharp knife, divide each disc into 8 triangles (as evenly as possible).

Place about $\frac{1}{4}$ tsp of jam at the wider end of each triangle and roll into a crescent shape. Place the cookies onto the baking sheet, ensuring that the tip of the triangle is under the cookie so that it does not open when baking. Leave some space between the cookies, but they will not spread.

Bake for about 15 minutes, until golden brown. Meanwhile, combine granulated sugar and vanilla sugar.

Remove cookies from oven. While they are warm, roll each cookie in the sugar mixture and place on a wire rack to cool completely. Store in an airtight container.

February 2022

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



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Afriška arašídova enolončnica



MAAFE (WEST AFRICAN PEANUT STEW)

Submitted by Mark

This is my vegetarian version of a fantastic West African staple. The options for ingredients are plentiful and you can use your imagination and experiment, using vegetables you have on hand. This recipe suggests a wide range of ingredients, so simply select based on your preference.

Serves 5 or 6

- 3 Tbsp grapeseed, olive, or peanut oil
- 1 large onion (half minced, half chopped into bite-size pieces)
- 2-4 cloves garlic, chopped
- 1-2" piece of ginger, minced
- 1 dried chili, minced (use any type you like, or $\frac{1}{4}$ tsp cayenne pepper)
- 2 tsp curry powder (hot or mild)
- $\frac{1}{2}$ tsp dried thyme
- 4-6 cups of a combination of any of the following, chopped into even, bite-size chunks:
 - cabbage
 - carrots
 - celery
- chickpeas (canned or cooked)
- eggplant
- green or red bell peppers
- okra
- squash or pumpkin
- sweet potatoes
- 440 mL can chopped tomatoes
- kettle of boiling water
- $\frac{1}{2}$ cup peanut butter, smooth or chunky
- fresh collard, spinach, kale, chard, or similar greens, chopped or cut in rough chiffonade
- salt and pepper to taste
- steamed rice or cooked egg noodles to serve

In a large pot or Dutch oven, heat oil on medium heat. Add the onions, garlic, ginger, and chili. Cover and cook for 5 minutes, stirring every minute or two, or until onion is soft. Add thyme, stir for a minute, then add curry and stir for another minute.

Add the vegetables and stir to coat with the onion and spices. Cover and cook for 5-8 minutes, stirring every minute or two. Add tomatoes with their juice, stir to combine, and bring to a boil.

Add boiling water to cover all ingredients by an inch, stir, return to a boil, and then lower heat to simmer. Cover and simmer for 15 minutes or longer, stirring occasionally, until firmer vegetables such as potatoes, squash, or pumpkin are cooked.

Add peanut butter and stir, breaking up lumps against the side of the pot if necessary, until fully incorporated. Return to a boil, stirring constantly (peanut butter may burn on the bottom of the pot if not stirred sufficiently). Add more boiling water if the soup is too thick, but it should be the consistency of thick goulash or Thai curry.

Add greens to the pot and bring back to a simmer, stirring occasionally. Cook until the greens wilt, about 5 minutes, adding more boiling water if soup becomes too thick. Season with salt and pepper, stir for a minute, taste, and adjust to your liking.

Remove from heat and ladle over steamed rice or egg noodles.

Tip: This soup freezes and reheats very well, but note that okra will fall apart if frozen.

March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		Pust 2021 RRSP Deadline	Ash Wednesday			
		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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Svinjski Šnicl s pire krompirjem

PORK SCHNITZEL WITH MASHED POTATOES

Submitted by Tina

Who doesn't love a simple and delicious schnitzel and potato dinner? This has been our family recipe for 45 years. Serve with a green salad and you've got a complete meal.

Serves 6

Schnitzel

- 1 pork tenderloin
- salt and pepper, to taste
- paprika, to taste
- 4 eggs

- 2 cups all-purpose flour
- 2½ cups breadcrumbs
- oil for frying

Potatoes

- 6 large red potatoes
- 1 small sweet potato
- 2 Tbsp unsalted butter

- 3 Tbsp sour cream
- ¼ cup of milk

Preheat oven to 350°F (180°C).

Rinse the pork and cut into 1"-thick slices. Pound the pieces until they are thin - but not too thin or they will tear. Season the pieces with salt, pepper, and paprika. Set aside.

Crack the eggs into a large bowl and beat them. Put the flour and breadcrumbs in separate rimmed plates. Arrange the prepared ingredients on the counter in the following order: meat, flour, eggs, and breadcrumbs.

Place a slice of pork in the flour and turn to coat, ensuring it is completely covered. Then dip the slice in the eggs, ensuring it is completely coated. Finally, place the meat in the breadcrumbs and turn and pat to coat well. Place the coated slice on a plate. Repeat with remaining pork.

Fill a deep frying pan about halfway with oil. Heat the oil on medium-high heat. When the oil is hot, gently place several prepared schnitzels in the pan (depending on the size of your pan, you should be able to fit 4-6 pieces). Cook each side about 2-3 minutes, just until golden brown in colour.

Place cooked pieces on a foil-lined pan. Once all pieces have been fried, bake them for 40 minutes.

Meanwhile, scrub the potatoes. Peel and cut into 1" cubes, and then place in a large pot. Fill pot with water and season with salt.

Place the pot over high heat and bring the water to a boil. Once the water is boiling, reduce the heat to medium and cook potatoes for about 30 minutes. Pierce a piece of potato with a fork. If it falls off very easily, the potatoes are done.

Drain the potatoes and return them to the pot. Add the butter, sour cream, and milk and mash the potatoes.

Serve the potatoes alongside the schnitzel and enjoy!

Tip: To test whether the oil is hot enough, place the handle of a wooden spoon in the centre of the oil. If the oil bubbles around the spoon handle, the oil is hot enough for frying.

April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						2
3	4	5	6	7	8	9
Easter Sunday	Easter Monday				Good Friday	
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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Piškotí s sivko



LAVENDER HONEY BUNCHES

Submitted by Melanie

Lavender can at times taste overpowering in desserts, but the honey and coconut in this recipe help to balance it. This lovely springtime recipe stays chewy on the inside and crispy and golden on the outside. Enjoy!

Makes 24 cookies

- 3 cups quick oats
- 2 cups flaked coconut
- 1 cup unbleached flour
- 1 cup packed brown sugar
- 1 cup butter
- ½ cup honey
- 1 tsp lavender (baking quality)

Preheat oven to 350°F (180°C).

In a large bowl, combine oats, coconut, and flour. In a heavy saucepan, bring sugar, butter, honey, and lavender to a boil. Add the wet mixture to the dry mixture, combining until everything is well mixed.

Drop by the spoonful onto a baking sheet. Bake for 8-12 minutes, until lightly golden. Cool before serving.

May 2022

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



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Narastek z jajci



BREAKFAST STRATA

Submitted by Sue

This is the dish I'm most often asked to make for a crowd on lazy weekend mornings. It's also a versatile recipe so you can switch up the ingredients to your liking – try it with peppers, onions, crumbled breakfast sausage, and fresh herbs!

Serves 8

-
- 8 large croissants, torn into chunks
 - 2 Tbsp butter, divided
 - 227 g package whole white mushrooms, sliced
 - 1 shallot, diced
 - 1 tsp dried thyme
 - 3 cups spinach
 - 8 eggs
 - 1½ cups milk
 - 1 Tbsp chili powder
 - 2 tsp Dijon mustard
 - 6 slices prosciutto, chopped
 - 2 cups shredded cheese, such as mozzarella or smoked gouda
 - salt and pepper to taste
 - Southwest ranch dip, such as Marzetti, for serving (optional)
-

Preheat oven to 350°F (180°C).

Toss croissant pieces with 1 Tbsp of butter and arrange evenly in a 9" x 13" casserole dish. Bake until toasted, about 8 minutes.

In the meantime, melt the remaining 1 Tbsp butter in a small saucepan. Add the mushrooms, shallot, and thyme. Sauté for about 6 minutes, until the mushrooms have shrunk and the shallots are translucent. Add the spinach and cover pan. Let wilt for 3-4 minutes.

In a large bowl, whisk together the eggs, milk, chili powder, and mustard. Fold in the mushroom and spinach mixture, prosciutto, and 1 cup of cheese. Season with salt and pepper. Add the toasted croissants and toss everything together until the bread is fully incorporated into the egg mixture. Grease the casserole dish and then carefully pour everything back into it. Sprinkle remaining cheese on top.

Cover with foil and bake for 45 minutes. Uncover and bake for another 10-15 minutes, until the cheese is bubbly and the eggs are fully cooked. Let stand 10 minutes. Serve with Southwest ranch dip on the side.

Tips:

- This is a great way to use up stale bread. Simply omit the first step of toasting the croissants and let the bread soak in the egg mixture for about 1 hour. Bake as instructed.
- You can prepare the strata a day ahead and refrigerate overnight. The next morning, bring it to room temperature and bake as instructed.

June 2022

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
Father's Day						Slovenian Statehood Day
19	20	21	22	23	24	25
26	27	28	29	30		



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Jabolčna torta



APPLE CAKE

Submitted by Millie

The warm and inviting scent of apples, cinnamon, and sugar is what you'll get from this easy and delicious cake. This treat can be enjoyed for breakfast, dessert, or an afternoon snack.

Makes 18-24 pieces

- $\frac{3}{4}$ cup oil
- $1\frac{1}{2}$ cups sugar
- 4 eggs
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp salt
- 4 tsp baking powder
- $\frac{3}{4}$ cup milk
- 4 or 5 apples, peeled and diced
- 1 tsp cinnamon
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup graham cracker crumbs or cookie crumbs

Preheat oven to 350°F (180°C). Grease a 9" × 13" baking dish.

In a large bowl, mix oil, sugar, eggs, and vanilla until thoroughly combined. In another bowl, sift together the flour, salt, and baking powder.

Add dry ingredients to egg mixture alternately with milk, mixing until the batter is smooth. Pour into prepared pan. Scatter apple pieces on top.

Mix cinnamon, brown sugar, and crumbs and sprinkle on top of apples.

Bake for 45–55 minutes until lightly browned and a toothpick inserted in the middle comes out clean.



July 2022

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
24/31	25	26	27	28	29	30



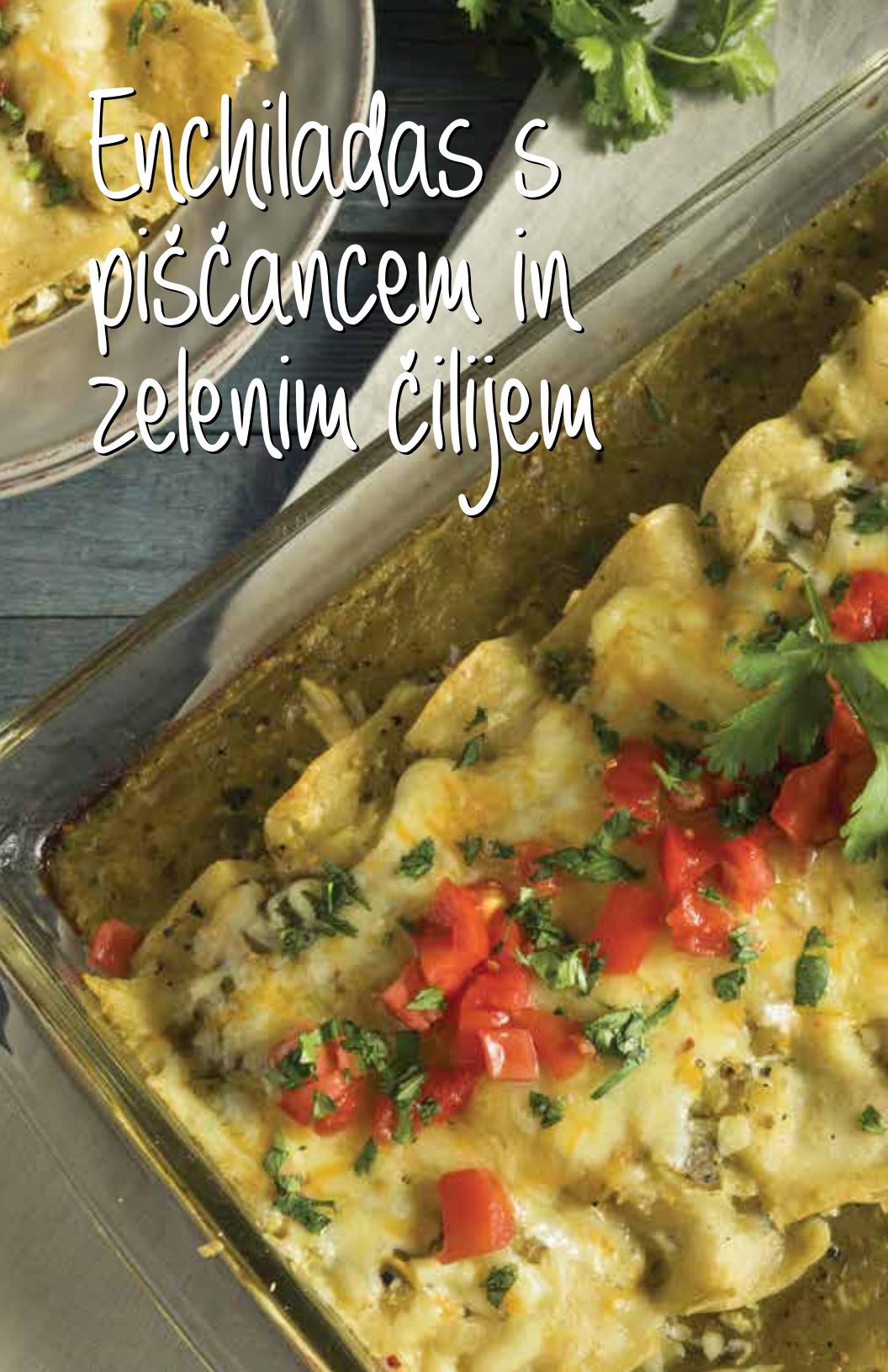
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Moya Financial
Scholarship
Deadline

Enchiladas s piščancem in zelenim čilijem



GREEN CHILI CHICKEN ENCHILADAS

Submitted by Adriana

I won't lie, this recipe can be a bit messy to throw together (or maybe it's just me?) - but it's totally worth it! It's quick enough for a weeknight dinner, or you can make it ahead and refrigerate for up to 24 hours until ready to cook.

Serves 8-10

- 3 Tbsp olive oil
- 1½ Tbsp chili powder
- 1 Tbsp garlic powder
- 1 tsp salt
- 1 tsp pepper
- 2 skinless, boneless chicken breasts, sliced
- 4 skinless, boneless chicken thighs, sliced
- 2 green bell peppers, whole
- 4 cobs of corn
- 4 cloves garlic, whole
- 2 small onions, quartered
- 400 g brick Monterey Jack cheese with jalapenos, grated
- 3, 227 g pouches green chili enchilada sauce, such as Frontera (see tip)
- 24 6" flour tortillas
- sour cream or Greek yogurt, salsa, and guacamole for serving

Preheat oven to 400°F (205°C).

In a small bowl, combine the oil, chili powder, garlic powder, salt, and pepper. On a large rimmed baking sheet, toss the chicken pieces, peppers, corn cobs, garlic, and onions with the oil and spice mixture. Place the baking sheet in the oven and roast for 15 minutes, until the chicken is fully cooked. Remove the chicken from the pan but leave the vegetables. Switch the oven to broil and return the baking sheet to the oven. Broil to lightly char the vegetables, 5–6 minutes, turning halfway through. Be sure to check frequently to ensure they don't burn. Remove from oven. Let stand until cool enough to handle. Set the oven back to 400°F (205°C).

Shred the chicken, de-seed and dice the peppers, remove the corn kernels from the cobs, and dice the garlic and onions. Return chicken and vegetables to the sheet pan. Toss with 1 package of enchilada sauce and 1 cup of cheese.

Prepare two 9" × 13" baking dishes by pouring 3 Tbsp of enchilada sauce into the bottom of each, spreading to cover. Spoon about 1½ Tbsp of the chicken mixture onto the centre of a tortilla. Tuck in the sides and roll it up. Place in the baking dish. Repeat until all tortillas or chicken mixture have been used up.

Pour the remaining enchilada sauce over top of the enchiladas and sprinkle with the remaining cheese. Transfer to the oven and bake for 10–15 minutes, until the cheese is bubbly.

Serve immediately with desired toppings.

Tips:

- I find the Frontera brand of enchilada sauce to be the best. Others I've tried tend to be too tangy.
- If you have any leftover chicken mixture, serve it on tortilla chips for some quick nachos.
- For a shortcut, use leftover rotisserie chicken and frozen corn! The flavors will meld once you toss it all up.

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	Civic Holiday					
		1	2	3	4	5
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	Moya Recipe Submission Deadline		

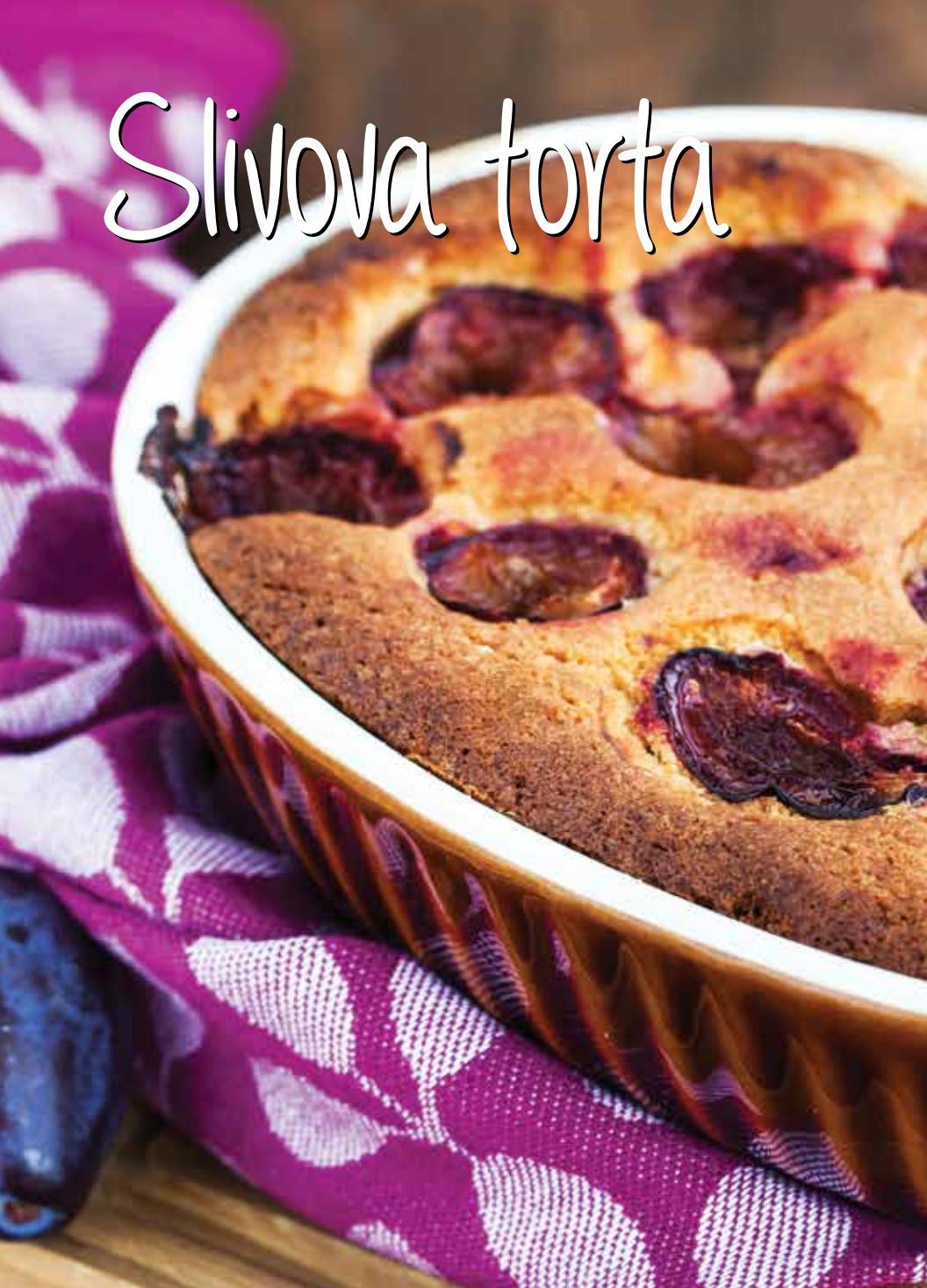


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SlivoVa torta



PRETTY PLUM CAKE

Submitted by Jozica

Baking this moist, mouth-watering cake is our yearly tradition during the short period in the fall when Italian plums are in season.

Serves 16

- 2 eggs
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup vegetable oil
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{8}$ tsp salt
- $1\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- 4 egg whites

Preheat oven to 350°F (180°C). Line a 10" springform pan with parchment paper. Butter the bottom and sides and set aside.

In a large bowl, beat the 2 eggs and sugar until pale yellow, then beat in the oil; set aside.

In a medium bowl, sift the flour, baking powder, and salt together; set aside.

In a large bowl, combine the salt and egg whites and beat until stiff peaks form; set aside.

Fold the flour mixture into the sugar and oil mixture, alternating with additions of the egg whites and folding in well. Spread into the prepared pan.

Topping

- 18 Italian plums, pitted, cut in half
- $\frac{1}{4}$ cup brown sugar
- 2 Tbsp all-purpose flour
- 1 tsp cinnamon
- $\frac{1}{4}$ cup cold butter, cut into small pieces

Arrange the plums, cut side up, over the batter in the pan. In a food processor, pulse the brown sugar, flour, cinnamon, and butter until crumbly. Sprinkle over the plums. Bake for 1 hour.

Glaze

- $\frac{1}{4}$ cup icing sugar
- 1 tsp milk
- $\frac{1}{4}$ tsp almond extract

Combine the icing sugar, milk, and extract. Drizzle over the cake.

September 2022

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	20	21	22	23	24
25	26	27	28	29	30	National Day for Truth and Reconciliation



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Pita s sladkim krompirjem



SWEET POTATO PIE

Submitted by Erica and Josh

This is one of our family's all-time favourites. Whether it's a holiday such as Thanksgiving or a Sunday family dinner, this dish fits in perfectly and completes the meal with a bit of sweetness. It is quick and easy to make and will satisfy even the pickiest eater.

Serves 4-6

Filling

- 6 medium sweet potatoes, unpeeled
- 250 g package cream cheese, softened
- $\frac{1}{4}$ cup brown sugar
- $\frac{3}{4}$ cup of dried cranberries (optional)

Preheat oven to 375°F (190°C).

Place sweet potatoes on a rimmed baking sheet and roast until tender, about 30 minutes. Allow to cool for 10 minutes. Spoon sweet potato out of its skin and place pulp in a large mixing bowl.

Add softened cream cheese and brown sugar and mix until blended. Spoon the filling into a 10" x 6" baking dish. Top with dried cranberries if desired.

Oat Topping

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup rolled oats
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup salted butter, softened

In a medium bowl, mix all ingredients until crumbly. Sprinkle mixture on top of prepared sweet potato filling.

Bake uncovered for 35-40 minutes or until the topping is lightly browned.

October 2022

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



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Teletina z zelanjavo v pečici



VEAL POT ROAST WITH VEGETABLES

Submitted by Tomi

Veal shoulder is, in my opinion, the best cut of veal. This dish is one to which “less is more” applies – there is really only a little spice, so the meat has an extraordinary taste and pleasant aroma.

Serves 4

- 2½ lb veal shoulder
- salt and pepper to taste
- 3 large onions
- 4 carrots
- 3 tomatoes
- 1 red bell pepper
- 1 small leek
- 1 celery stalk
- ¼ cup vegetable oil
- 4 cloves garlic
- 1 cup red wine
- 2 cups water or vegetable stock

Preheat oven to 350°F (180°C).

Season the meat with salt and pepper. Cut onions, carrots, tomatoes, pepper, leek, and celery into ½" pieces.

Heat the oil in a large Dutch oven. Brown the meat on all sides. Arrange the chopped vegetables around the veal. Pour in the wine and water or stock. Cover and bake for 75 minutes, stirring the vegetables occasionally to ensure they cook evenly.

Remove veal from the oven and let rest for 10 minutes before slicing. Transfer the sliced veal back into the baking dish with the vegetables.

Serve with bread dumplings or mashed potatoes and a salad. Bon appetit!

November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
					Remembrance 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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Ingverjevi piškoti



GINGER SNAP COOKIES

Submitted by Sylvia

With the aroma of ginger and cinnamon and the texture that molasses adds, over the years this recipe has become a favourite for the holidays among our immediate and extended family and many of our friends.

Makes 48 cookies

- 2 cups all-purpose flour
- 2 tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- 1½ tsp ground ginger
- 1½ cup granulated sugar
- ¾ cup butter, divided
- ¼ cup molasses
- 1 egg
- ½ cup granulated sugar

Preheat the oven to 350°F (180°C).

In a medium bowl, combine flour, baking soda, salt, cinnamon, and ginger. Set aside.

In a large bowl, cream together 1 cup sugar and butter using a hand mixer on medium speed. As you continue mixing, add the molasses and egg. Mix until light and fluffy.

Slowly add dry ingredients and mix until fully combined. Chill dough in refrigerator for 2 hours.

Remove chilled dough from fridge and shape into ¾" balls. Place remaining sugar on a plate, and roll cookies in sugar to coat.

Place sugar-coated balls on ungreased baking sheets, leaving 2" between balls. Bake for 10 minutes or until edges are browned.

Remove and cool on wire racks.

December 2022

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



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