

Submit your favourite recipe!

Got 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 2025 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 branches

Submit between January 1 and August 31, 2024, and watch for the 2025 calendar to see if your recipe is selected!

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







January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	New Year's Day					
	1	2	3	4	5	6
	-			-		
7	8	9	10	11	12	13
	0	9	10		12	
14	15	16	17	10	10	20
14	15	16	17	18	19	20
						2-
21	22	23	24	25	26	27
<i>2</i> 8	29	30	31			



747 Brown's Line, Toronto, ON M8W 3V7
Tel: 416-255-1742 Fax: 416-255-3871
Tell free: 1,888,738,1743

Toll-free: 1-888-728-1742 main@moyafinancial.ca







in /moya-financial

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



WALNUT TORTE

Submitted by Magdalena

Slovenian desserts go beyond potica, strudelj, and cookies. Tortes are essential at celebrations for weddings, name days, and other occasions. Walnut torte is always a crowd-pleaser.

Serves 12

Torte

- 2 cups walnuts
- 4 Tbsp all-purpose flour
- 5 tsp baking powder

- 8 eggs
- 1½ cups granulated sugar

Preheat oven to 350°F (180°C). Grease four 8" round cake pans and line bottoms with waxed paper or parchment.

Grind walnuts fine, as for potica filling. Whisk together flour and baking powder. With a stand- or hand mixer, beat eggs at medium speed until pale and just starting to thicken. Add sugar gradually while continuing to beat. When mixture has thickened, reduce speed to low and add flour mixture and nuts a spoonful at a time until combined. Pour into prepared pans and bake for 20 minutes, until golden brown. Transfer to cooling racks. Cool slightly. Run a knife around the edge to loosen the cakes, remove from pans, and gently peel off the paper. Batter will rise during baking but fall back while cooling; this is normal. Let cakes cool completely.

Mocha Cream

- 3 cups whipping cream (35%), cold
- 1 cup granulated sugar
- ½ cup cocoa, sifted

- 2 Tbsp instant coffee dissolved in 2 Tbsp hot water, cooled
- 4 tsp vanilla extract
- ½ tsp salt

Put a medium bowl and beaters in the freezer for 10–15 minutes before mixing to ensure cream whips well. Pour whipping cream into cold bowl and beat at low speed until cream thickens slightly. Add sugar and continue to beat until sugar dissolves. Add coffee mixture, vanilla, and salt. Beat at medium speed to combine. Increase speed to high and whip until cream holds its shape.

Note: when adding coffee, begin with 1 Tbsp then taste the cream and gradually add more coffee to achieve desired coffee flavour.

Garnish

walnut halves

Place desired number of walnut halves on a pie plate or cookie sheet and bake at 350°F (180°C) for 10–15 minutes until fragrant and lightly browned. Pay attention because the walnuts can burn quickly.

Assembly

On a platter, build four alternating layers of cakes and mocha cream. Garnish the assembled cake with toasted walnuts. Walnuts can be placed around the edge of the torte, chopped coarsely and sprinkled on top, or gently pressed into the sides. Get creative!

Refrigerate until ready to serve and refrigerate any leftovers.

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
		-	Valentine's Day Ash Wednesday			
11	12	13	14	15	16	<i>17</i>
	Family Day					
18	19	20	21	22	23	24
		-		2023 RRSP deadline		
<i>25</i>	26	27	28	29		



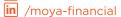
747 Brown's Line, Toronto, ON M8W 3V7 Tel: 416-255-1742 Fax: 416-255-3871

Toll-free: 1-888-728-1742 main@moyafinancial.ca











CABBAGE ROLLS

Submitted by Heidy

Indulge in the warmth of cabbage rolls. Tender cabbage leaves encase a savory blend of ground meat and rice, all bathed in a rich tomato sauce. This classic recipe promises comfort and flavour in every bite.

Serves 8

• 1 medium green cabbage

Sauce

- 1/4 cup vegetable oil
- 1/3 cup all-purpose flour

Filling

- 1 Tbsp vegetable oil
- 1 onion, chopped
- 1/4 lb lean ground beef
- 3/4 lb lean ground pork
- 1 cup parboiled rice (do not wash or add salt)
- ½ cup pearl barley, soaked for 2 hours, par-cooked, and rinsed
- 1 Tbsp dried MSG-free vegetable

 1.36 L can of tomato juice or tomato sauce

seasoning, such as Vegeta

- ½ Tbsp garlic powder
- ½ Tbsp ground black pepper
- ½ Tbsp seasoned salt
- salt to taste
- 900 g jar sauerkraut
- 1 lb bacon or other smoked meat, chopped (optional)

Sauce

Heat the oil on medium heat in a medium pot. Add the flour and whisk until smooth. Cook until the mixture is very light brown. Add the tomato juice or sauce 1 cup at a time and cook, stirring constantly, until desired consistency. Remove from heat.

Cabbage Rolls

Purchase a green cabbage about a week before you plan to make the cabbage rolls. Core the cabbage and freeze for one week. Remove the cabbage from the freezer the night before you make the rolls. Put it in a sink of hot water to make peeling off the leaves easier. Cut the cabbage in half lengthwise and remove the thick stem at the base of each leaf.

Heat the oil on medium heat in a medium pan. Sauté the onion until soft. If using bacon, remove onions from pan and add bacon and sauté until crisp. Remove from pan and drain on paper towel.

In a large bowl, thoroughly combine the ground meat, rice, barley, vegetable seasoning, garlic powder, pepper, seasoned salt, and salt to taste. Place the sauerkraut on the bottom of a large roasting pan. Preheat oven to 325°F (160°C).

Place a cabbage leaf in the palm of your hand. Place 1–2 Tbsp of filling on the leaf and roll diagonally, tucking in the ends (the amount of filling needed will vary depending on the size of the leaf). Place cabbage rolls in the dish, layering with sauce and bacon or smoked meat if using (save about one-third of each for the top layer). When the cabbage leaves become too small to use, dice the remaining leaves and sprinkle them on the top layer of rolls. Pour the rest of the sauce over top.

Cover with foil. Bake for about 2½ hours.

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					7	2
<i>3</i>	4	5	6	7	8	9
Daylight Saving Time starts	7	3				
10	11	12	17	14	15	16
St. Patrick's Day	11	12	13	14	15	16
Palm Sunday (24) Easter Sunday (31)	18	19	20	21	Good Friday	23
Laster Suriday (31)						
24/31	25	26	27	28	29	30



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

f /moyafinancial

y @moyafinancialCU

@moyafinancial

in /moya-financial



EASTER STUFFING WITH HORSERADISH CREAM SPREAD

Submitted by Anina

The Slovenian name of this recipe indicates its origin - the Goreniska region. Gorenjska prata is a stuffing made from leftover ingredients typically found in a traditional Slovenian Easter meal: bread, ham, and onions. The recipe can readily be adjusted to make use of whatever leftovers vou have!

Makes 2 loaves

Bread Mixture

- 1 large loaf stale bread, cut into small cubes
- 13/4 lb cooked smoked ham, cut into small cubes
- 1 Tbsp vegetable oil
- 1 large onion, chopped

Horseradish Spread

- 1 small horseradish root
- 1-2 Tbsp sour cream

- 8 eggs
- 4 Tbsp sour cream
- 1 bunch of fresh parsley, finely chopped
- 4-6 cloves garlic, minced
- salt and pepper, to taste
- salt. to taste
 - 1-2 tsp lemon juice, to taste

Bread Mixture

In a large bowl, combine bread and ham.

In a small pan, heat the oil and sauté onion over medium-high heat until translucent.

In another large bowl, beat the eggs. Mix in 4 Tbsp sour cream, the parsley, garlic, salt, and pepper.

Pour the onions and the egg mixture into the bread mixture and combine thoroughly. If the stuffing seems dry, add another egg and a tablespoon or two of sour cream.

Cover the bowl with plastic wrap and let rest for at least an hour, or refrigerate overnight.

Grease two loaf pans. Preheat oven to 350°F (180°C). Divide the rested mixture into the prepared pans and bake for 30-40 minutes, until golden brown.

Horseradish Spread

Finely grate the horseradish and mix with the sour cream. Salt the spread to taste and add lemon juice.

Remove the stuffing from the pans and slice. Serve with horseradish spread.

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	Easter Monday					
	7	2	7	A	_	6
	1		3	4	5	6
	8	9	10	11	12	13
14	15	16	<i>17</i>	18	19	20
Moya Financial Annual General Meeting						
24	22	27	24	25	26	27
21	22	23 Tax Return deadline	24	25	26	<u>27</u>
28	29	30				



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

f /moyafinancial

y @moyafinancialCU

@moyafinancial

in /moya-financial



WHOLE-WHEAT MUFFINS

Kickstart your day with quilt-free indulgence! These whole-wheat muffins are sweetened naturally, using honey or maple syrup, Packed with nutty goodness and your choice of berries, nuts, or chocolate chips, they're the perfect way to energize your morning.

- 1 cup dairy-free milk or 2% milk
- 1 Tbsp lemon juice or vinegar
- 1/3 cup old-fashioned rolled oats
- ½ cup maple syrup or honey
- ½ cup melted butter or vegetable oil
- 1 cup raisins (my choice is raisins soaked in rum for 2 to 3 months,

Grease a 12-cup muffin pan (or use paper liners).

Combine the milk and lemon juice or vinegar and set aside to curdle. In a large bowl, combine flour, oats, salt, baking powder, baking soda, cinnamon, and nutmeg. Add the milk mixture, syrup, butter, and applesauce, and stir until well combined. Add walnuts, raisins, and any optional ingredients. Once mixed, allow the dough to rest for 10-30 minutes. Meanwhile, preheat oven to 400°F (200°C).

Pour into prepared muffin pan and bake for 15-20 minutes, until the

Swap out the walnuts and raisins to your preference! Pecans. blueberries, or chocolate chips would work well with this recipe.

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
Mother's Day						
12	13	14	15	16	<i>17</i>	<i>1</i> 8
	Victoria Day					
19	20	21	22	23	24	<i>25</i>
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

f /moyafinancial

y @moyafinancialCU

@moyafinancial

in /moya-financial



June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						<u> </u>
2	3	4	5	6	7	8
	3	7	3	0		
	10	44	10	47	4.4	15
9 Father's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
		Slovenian Statehood Day				
23/30	24	25	26	27	28	29



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

f /moyafinancial

y @moyafinancialCU

@moyafinancial

in /moya-financial



July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	Canada Day					
	1	2	3	4	5	6
	,		3	7	3	
7			10	44	12	17
	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Mova Financial	25	26	27
			Moya Financial Scholarship deadline			
<i>2</i> 8	29	30	31			



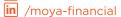
747 Brown's Line, Toronto, ON M8W 3V7 Tel: 416-255-1742 Fax: 416-255-3871

Toll-free: 1-888-728-1742 main@moyafinancial.ca











PORK RIBS

Submitted by Michael

Savour these mouthwatering ribs, slow-cooked to perfection with a smoky rye whisky sauce. This recipe comes to you from Moya member Last Request BBQ - your go-to source for amazing outdoor cooking ideas. Follow them on Instagram, TikTok, and YouTube!

Serves 2 or 3

Spice Mixture

- 1 Tbsp coarsely ground black pepper
- 1 Tbsp kosher salt
- 1 Tbsp smoked paprika

Combine all ingredients in a small bowl.

- 1 Tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder

Barbecue Sauce

- 796 mL can San Marzano tomatoes
- 1 cup brown sugar

- 1 Tbsp spice mixture (above)
- 165 mL rve whisky

Place all ingredients in a blender and blend until well combined. Pour into a pot. Simmer on low heat for 30 minutes.

Ribs

- 1 rack St. Louis cut ribs (spareribs)
- ¼ cup prepared yellow mustard

1 Tbsp coarsely ground black

- ³/₄ cups Worchester sauce
- 2 cups apple or pineapple juice in a spray bottle

Remove the membrane from the underside of the ribs: use a table knife to get underneath the membrane on the surface of the first rib, grasp the membrane with a paper towel and pull; it should peel off.

Mix mustard and Worchester sauce well in a jar or squeeze bottle. Cover the ribs on all sides with this mixture. Season the ribs on all surfaces with the remaining spice mixture. Let stand 30 minutes.

Set your smoker or barbecue to 275°F (135°C). If using a conventional barbecue, use a smoker box and mesquite wood chips; heat until they are smoking liberally. Ensure air flows out of the barbecue so the smoke does not sit on the ribs, or they could become acrid. Set the ribs off the direct heat. Cook 3 hours. After the first hour, spritz with apple juice or pineapple juice every half hour.

After 3 hours, lay the ribs on a large sheet of heavy aluminum foil. Pour half the barbecue sauce in a line along the aluminum foil equal to the length of the rack of ribs. Put the ribs top-down on the sauce, wrap tightly, and return to the smoker or barbecue for another hour.

When cooked, the ribs should bend in the centre when you lift them with tongs, exposing some white meat at the bend point. Remove the ribs from the foil and place on a cutting board; let stand 10 minutes, then cut between the rib lines.

Warm the remaining barbecue sauce and pour about half across the ribs. Serve the rest in a bowl for quests who like saucy ribs!

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	<i>3</i>
	Civic Holiday					
4	5	6	7	8	9	10
		-				
11	12	13	14	15	16	<i>17</i>
18	19	20	21	22	23	24
						Recipe calendar submission deadline
<i>25</i>	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



y @moyafinancialCU



in /moya-financial



September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	Labour Day					
1	2	3	4	5	6	7
		3	4	3	0	
8	9	10	11	12	13	14
15	16	<i>17</i>	18	19	20	21
22	23	24	<i>25</i>	26	27	28
	National Day for Truth and Reconciliation		25	20	21	
29	<i>30</i>					



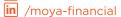
747 Brown's Line, Toronto, ON M8W 3V7 Tel: 416-255-1742 Fax: 416-255-3871

Toll-free: 1-888-728-1742 main@moyafinancial.ca











October 2024

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



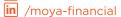
747 Brown's Line, Toronto, ON M8W 3V7
Tel: 416-255-1742 Fax: 416-255-3871

Toll-free: 1-888-728-1742 main@moyafinancial.ca











November 2024

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



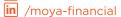
747 Brown's Line, Toronto, ON M8W 3V7 Tel: 416-255-1742 Fax: 416-255-3871

Toll-free: 1-888-728-1742 main@moyafinancial.ca











December 2024

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
9	10	11	12	13	14
16	<i>17</i>	18	19	20	21
	Christmas Eve	Christmas Day	Boxing Day		
2.3	24	25	26	27	28
23	New Year's Eve	20	20		
70	71				
	9 16 23	2 3 9 10 16 17 Christmas Eve 23 24 New Year's Eve	2 3 4 9 10 11 16 17 18 Christmas Eve Christmas Day 23 24 25 New Year's Eve	2 3 4 5 9 10 11 12 16 17 18 19 Christmas Eve Christmas Day Boxing Day 23 24 25 26 New Year's Eve	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 Christmas Eve Christmas Day Boxing Day 23 24 25 26 27 New Year's Eve



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







