

2024 Moya RECIPE CALENDAR



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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](https://www.moyafinancial.ca)**.





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Dober tek!

Piščančji paprikaš

CHICKEN PAPRIKASH

Submitted by Marta

Paprikaš originated in Hungary but is a common dish in the Prekmurje region of Slovenia, close to the Hungarian border. Numerous versions of the recipe developed during its trip through the countries of the Austro-Hungarian Empire, but they all include onion, peppers, sour cream, and of course paprika and chicken.

Serves 4

- 3 Tbsp cooking oil
- 2 large onions, diced
- 1 red pepper, diced
- 2½ lb chicken pieces, OR 1 lb boneless chicken breast, cut up
- 1 Tbsp Hungarian paprika
- ½ tsp salt
- 1 cup chicken broth
- 1 cup white wine
- 1 tsp flour
- 1 cup sour cream

Heat oil in a large pot over medium-high heat. Add onions and red pepper. Fry until softened, stirring frequently. Add chicken pieces and cook until no longer pink. Add paprika and salt. Mix for 1 minute. Add broth and wine to pot. Simmer on low for about 1 hour.

Mix flour into sour cream. Stir it slowly into the pot. Heat 5 minutes longer but do not boil.

Serve with noodles, gnocchi, or rice.



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
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



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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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Orehova Torta



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
11	12	13	Valentine's Day Ash Wednesday	14	15	16
18	Family Day 19	20	21	22	23	24
25	26	27	28	2023 RRSP deadline 29		



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Sarma



CABBAGE ROLLS

Submitted by Heidi

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

- ¼ cup vegetable oil
- ⅓ cup all-purpose flour
- 1.36 L can of tomato juice or tomato sauce

Filling

- 1 Tbsp vegetable oil
- 1 onion, chopped
- ¼ lb lean ground beef
- ¾ 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 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
					1	2
3	4	5	6	7	8	9
Daylight Saving Time starts						
10	11	12	13	14	15	16
St. Patrick's Day						
17	18	19	20	21	22	23
Palm Sunday (24) Easter Sunday (31)					Good Friday	
24/31	25	26	27	28	29	30



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Gorenjska prata s hrenovim namazom



EASTER STUFFING WITH HORSERADISH CREAM SPREAD

Submitted by Anina

The Slovenian name of this recipe indicates its origin – the Gorenjska 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 you have!

Makes 2 loaves

Bread Mixture

- 1 large loaf stale bread, cut into small cubes
- 1¾ lb cooked smoked ham, cut into small cubes
- 1 Tbsp vegetable oil
- 1 large onion, chopped
- 8 eggs
- 4 Tbsp sour cream
- 1 bunch of fresh parsley, finely chopped
- 4–6 cloves garlic, minced
- salt and pepper, to taste

Horseradish Spread

- 1 small horseradish root
- 1–2 Tbsp sour cream
- 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					
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Moya Financial Annual General Meeting						
21	22	23	24	25	26	27
		Tax Return deadline				
28	29	30				



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Polnozrnatí mafini



WHOLE-WHEAT MUFFINS

Submitted by John

Kickstart your day with guilt-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.

Makes 12 muffins

- 1 cup dairy-free milk or 2% milk
- 1 Tbsp lemon juice or vinegar
- 2 cups whole-wheat flour
- ½ cup old-fashioned rolled oats
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ cup maple syrup or honey
- ¼ cup melted butter or vegetable oil
- ¼ cup applesauce
- 1 egg, beaten
- 1 cup walnut pieces
- 1 cup raisins (my choice is raisins soaked in rum for 2 to 3 months, often used in potica)

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 edges begin to brown.

Tip:

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	17	18
	Victoria Day					
19	20	21	22	23	24	25
26	27	28	29	30	31	



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Poletna čičerikina solata



SUMMER CHICKPEA SALAD

Submitted by Michele

Celebrate summer with this chickpea salad, a vibrant medley of chickpeas, sweet corn, pepper, and onion. Tossed in a simple dressing, this salad embodies the essence of the season. Perfect for picnics, barbecues, or as a refreshing, healthy meal on any sunny day.

Serves 4

- 2, 19 oz cans chickpeas, drained and rinsed
- 100 mL can corn, drained and rinsed
- 1 red bell pepper, diced
- 1 red onion, diced
- 2 Tbsp olive oil, or to taste
- 2 Tbsp balsamic vinegar, or to taste
- salt and pepper to taste

In a large bowl, combine chickpeas, corn, red pepper, and onion. Drizzle with olive oil and balsamic vinegar and season with salt and pepper. Mix gently.

Refrigerate before serving. Enjoy!

Tip:




If you prefer, you can replace the chickpeas with 2 cans of 6-bean mixture.

June 2024

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



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Ovseni piškoti z rozinami

OATMEAL RAISIN COOKIES

Submitted by Genica and Christopher

Classic and comforting, these cookies are the epitome of home-baked goodness. Chewy oats and plump raisins come together in each bite, making these cookies the perfect treat to enjoy with a glass of cold milk.

Makes 30 cookies

- $\frac{3}{4}$ cup butter, softened
- $\frac{3}{4}$ cup lightly packed brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 egg
- 2 Tbsp water
- 2 tsp vanilla extract
- $\frac{3}{4}$ cup all-purpose flour (or whole-wheat flour)
- $\frac{3}{4}$ tsp baking soda
- 1 tsp cinnamon
- 3 cups rolled oats (not instant)
- $1\frac{1}{2}$ cups raisins

Preheat oven to 350°F (180°C). Grease two baking sheets.

In a large bowl, cream together butter, sugars, egg, water, and vanilla using an electric mixer on medium speed until light and fluffy.

In a medium bowl, combine flour, baking soda, and cinnamon. Add to creamed mixture, beating on low speed until blended. Stir in oats and raisins.

Drop dough in heaping tablespoons onto prepared baking sheets. Press flat for crisp cookies or leave mounded for chewy cookies.

Bake for 12-15 minutes or until edges are golden brown. Don't overbake.

Tip:




For a more decadent cookie, replace raisins with 1 cup of chocolate chips.

July 2024

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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Svinjska rebrca

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

Combine all ingredients in a small bowl.

Barbecue Sauce

- 796 mL can San Marzano tomatoes
- 1 cup brown sugar
- 1 Tbsp coarsely ground black pepper
- 1 Tbsp spice mixture (above)
- 165 mL rye 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
- ¾ 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 guests who like saucy ribs!

August 2024

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



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Jabolčna pita

APPLE CRISP

Submitted by Allison

Our family has enjoyed apple picking in Ontario for three generations and we love baking delicious desserts with freshly picked apples. On a crisp autumn day, we love our warm apple crisp with vanilla ice cream.

Serves 8

Apple Filling

- 7 medium apples
- ½ cup granulated sugar
- ½ tsp cinnamon
- 1 Tbsp all-purpose flour
- 2½ Tbsp water

Topping

- 1 cup rolled oats (not instant)
- 1 cup all-purpose flour
- 1 cup brown sugar
- ½ tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- ½ cup unsalted butter, melted

Preheat oven to 350°F (180°C).

Peel, core, and cut the apples into ½" cubes.

Combine the apples, granulated sugar, cinnamon, and flour in a large bowl. Pour the water over the apples and mix until evenly distributed. Spread the apple mixture into an 8" × 10" baking dish.

In a medium bowl combine the oats, flour, brown sugar, baking powder, cinnamon, salt, and melted butter. Using a spoon or your hands, mix well until thoroughly combined and crumbly. Sprinkle over the apple filling. Bake for 35-40 minutes, until the top is golden brown.



Let cool for 10 minutes and enjoy with vanilla ice cream.

September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	Labour 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					
	National Day for Truth and Reconciliation					



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Solata s peso in kozjim sirom

BEET & GOAT CHEESE SALAD

Submitted by Mateja

Pickled beets meet creamy goat cheese on a bed of tender greens, all drizzled with a balsamic vinaigrette. There's a delightful burst of sweet, earthy, and tangy notes in every bite, perfect for a light and refreshing lunch.

Serves 2

- 4 medium pickled beets
- ½ a red onion
- 2 cups spring salad mix
- 3 oz soft goat cheese
- 2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- salt and pepper to taste

Cube beets to your preferred size and finely slice the red onion. In a large bowl, combine beets, onion, and spring mix. Crumble the cheese on top. Drizzle with olive oil and balsamic vinegar and mix until well combined. Season with salt and pepper to taste.

Tip:

Add your own personal touch by adding chopped walnuts or diced apples, or swap the spring mix for arugula!







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		



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Divjačinska endlončnica

NEWFOUNDLAND MOOSE SOUP

Submitted by Susan

This soup is very hearty, like a stew. Moose meat is often compared to beef, but with a slightly gamier taste and texture. When cooked low and slow, as in this recipe, the moose is tender and delicious, and you can't tell the difference!

Serves 10-12

- 1 lb Newfoundland Salt Beef, cut into 1" cubes
- 2¼ lb moose meat, cut into 1" cubes
- 16 cups water
- 1 large onion, diced
- 3 carrots, sliced
- 1 rutabaga, cubed
- 3 potatoes, cubed
- 284 mL can condensed tomato soup
- 1½ cups instant rice

Soak salt beef in cold water for 2 hours to remove salt. Pour off water. Soak again in fresh cold water for another hour. Drain and discard the water.

In a large pot, place beef, moose, and onion. Add 16 cups of water. Bring to a boil, lower heat, and simmer for 1 hour.

Add carrots, rutabaga, potatoes, and tomato soup. Cook for 1½ hours, until vegetables are soft. Add rice. Cook 15 minutes.

Tips:



- Newfoundland Salt Beef is sold in pails in the meat section of most grocery stores.
- You can substitute beef for the moose meat.
- If you are not using Newfoundland Salt Beef, be sure to add salt to the soup.

November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
Daylight Saving Time ends						
3	4	5	6	7	8	9
	Remembrance Day					
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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Rumove kroglice



RUM BALLS

Submitted by Livija

Rum balls make the perfect holiday treat – they're festive and easy to whip up and always make a nice addition to your assortment of baked goods. But no baking is required! Simply mix the ingredients. What's more, you can prepare them in advance and freeze them.

Makes 20-25 balls

- 200 g vanilla wafers
- ½-¾ cup icing sugar
- ¼ cup cocoa powder
- ½ cup butter at room temperature + 2 Tbsp melted butter for decorating
- 4-10 Tbsp rum, to taste
- 2 tsp vanilla extract
- ½ cup sweetened desiccated coconut

In a food processor, pulse wafers, ½ cup sugar, cocoa, ½ cup butter, rum, and vanilla until fine. Add additional sugar and rum to taste and mix again.

Shape the mixture into balls and roll them in coconut.

If the coconut does not stick, quickly roll the balls in the melted butter, then in the coconut.

Store in the refrigerator.

Tip:





- I find Stroh Original 54 Spiced Rum best for baking.

December 2024

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
		Christmas Eve	Christmas Day	Boxing Day		
22	23	24	25	26	27	28
		New Year's Eve				
29	30	31				



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