

aka residency recipes



All writing and photography by
Jeanette Kotowich, Deanna Peters and
Victor Tran while at LEÑA, January 2024.

D's chili

1 lb ground meat (or not)
1 white/yellow onion
3 ribs celery
1-2 peppers (green, serrano, red...
dried or fresh), seeds removed
4 cloves garlic
3 carrots
1 lb sliced mushrooms
1 zucchini
2 cans black beans
1 can navy or cannellini beans
1 can red kidney beans
1 can diced tomatoes
1 can or half a bag of niblets corn
spices: cumin seed, coriander seed,
ground turmeric, cayenne
salt & pepper

- Wash and chop onion, celery, peppers, garlic, carrots, mushrooms, zucchini. Rinse beans.
- Heat pot to medium, add oil, add meat, break up meat and cook until browned (until it actually turns colour and may be sticking to bottom of pot). Add some spices, salt & pepper.
- Add onion, celery and peppers (if green). Cook until translucent or until a bit softened. Add garlic and chillies (if red).
- Add mushrooms and carrots and cook until mushrooms are cooked through.
- Add zucchini and cook for a couple of minutes.
- Add beans and more spices to taste.
- Add tomatoes and scrape any bits off bottom of pot. Add water to just cover chili.
- Raise heat to medium-high and bring to a boil. Cover pot and lower heat to simmer for 45 minutes.
- Add corn and cook for another 30 minutes.
- Serve right away with some toast and/or yoghurt. You can add green onions, if you have them. Enjoy. Or, let sit overnight to allow flavours to coalesce.

J's lasagne

DAY 1: SAUCE

1 lb ground elk
1 onion
some mushrooms
2-3 garlic cloves
yellow pepper
jalapeño 🍷🔥
oregano & any other spices you like
1 jar tomato sauce
olive oil

DAY 2

1 eggplant
1 zucchini
2 cups ricotta cheese
1 egg
1 box ready-bake lasagne noodles
1 mozzarella chunk

- Prepare sauce the day before to let all the flavours come together: brown elk meat with oil. Just before it's fully cooked, add onion and garlic. Then add the rest of the veggies and spices. Add tomato sauce last.
- The next day: roast eggplant and zucchini in oven with oil and salt. In a separate bowl, mix together egg and ricotta.
- To assemble lasagne: layer sauce, noodle, ricotta, repeat! Add a bit of mozzarella every once in a while to help the layers stick. Add a layer of roasted eggplant and zucchini as desired; I had two layers. Final layer is sauce topped with the rest of the mozzarella.
- Bake covered at 375°F for 45 mins. Bake for another 15 mins uncovered. Let stand for 10 mins before serving. Enjoy!



D's roast chicken

w/ potatoes, brussel sprouts
and carrots

1 whole chicken
1 lemon
2 sprigs rosemary
1 lb potatoes
olive oil
salt & pepper
brussel sprouts
carrots
fresh dill

- Pre-heat oven to 400°F.
- Place chicken in roasting pan.
- Prick lemon a few times with a fork and place in chicken's cavity, along with rosemary.
- Cover chicken with oil, salt & pepper.
- Cut potatoes and distribute around chicken.
- Place roasting pan in the oven. After 15 mins, reduce heat to 350°F and cook for another 45-60 mins (until skin is crispy and juices run clear when you cut along the leg joint). Let sit for 15 mins, then carve.
- While chicken is roasting, rinse and cut ends off brussel sprouts. Cut each sprout in half. Heat pan to medium, add oil and place sprouts cut side down. Sprinkle with salt & pepper. Once browned, add a couple of spoonfuls of water and cover for 5 mins. Steam until sprouts turn bright green and can be easily pierced with a fork.
- About 10 minutes before chicken is done, rinse and chop carrots and dill. Heat a pot to medium, add some oil, add carrots and cook covered for 5 minutes. Garnish with dill.

V's chicken cheater pho

serves 3

BROTH

Carcass and all leftover trimmings
from D's roast chicken
1 onion
2 thumbs ginger
2 sticks lemongrass
1 tbsp fish sauce
2 tbsp brown sugar
1 tsp chicken bouillon
1 block of Pho Ga bouillon
1 tsp salt

AROMATICS FOR BROTH

3 star anises
1 cinnamon stick
optional: fennel seeds, cloves,
cardamon pods

SATAY FOR ADDING TO BROTH

3 cloves garlic, finely minced
1 stick lemongrass, finely minced
1 tbsp dried chillies, finely minced
1 tsp salt
3 tbsp oil

THE GOODS

3 big handfuls pho noodles (can use
any rice noodles, just follow the
package instructions)
Leftover chicken, sliced
1 head broccoli, broken up into
bite-sized chunks

GARNISH

Chopped cilantro
Chopped green onions
Lime wedges

EXTRA

Hoisin sauce for dipping
Sriracha



- Cook broth: put all the broth ingredients into a big pot and let simmer for 1 hr. Add aromatics and continue simmering for 30 mins.
- Roast broccoli: place in a 450°F oven as is or with a bit of oil for 10-15 mins, depending on how crunchy you like 'em.
- Make satay: add all the ingredients to a pan and gently fry them on medium-low until dark brown but not burnt. It's gonna smell good. You should probably turn on your air filter or oven fan at this point, if you haven't already.
- Prepare noodles: I always leave this to the last step so that the noodles are freshly cooked and don't get cold.
- Put together bowls: make sure all the ingredients are prepared and close by. You must prepare this quickly and as hot as possible. Divide the noodles, broccoli, and chicken into bowls. Ladle HOTAF broth. Garnish and add sauces/satay to your liking.

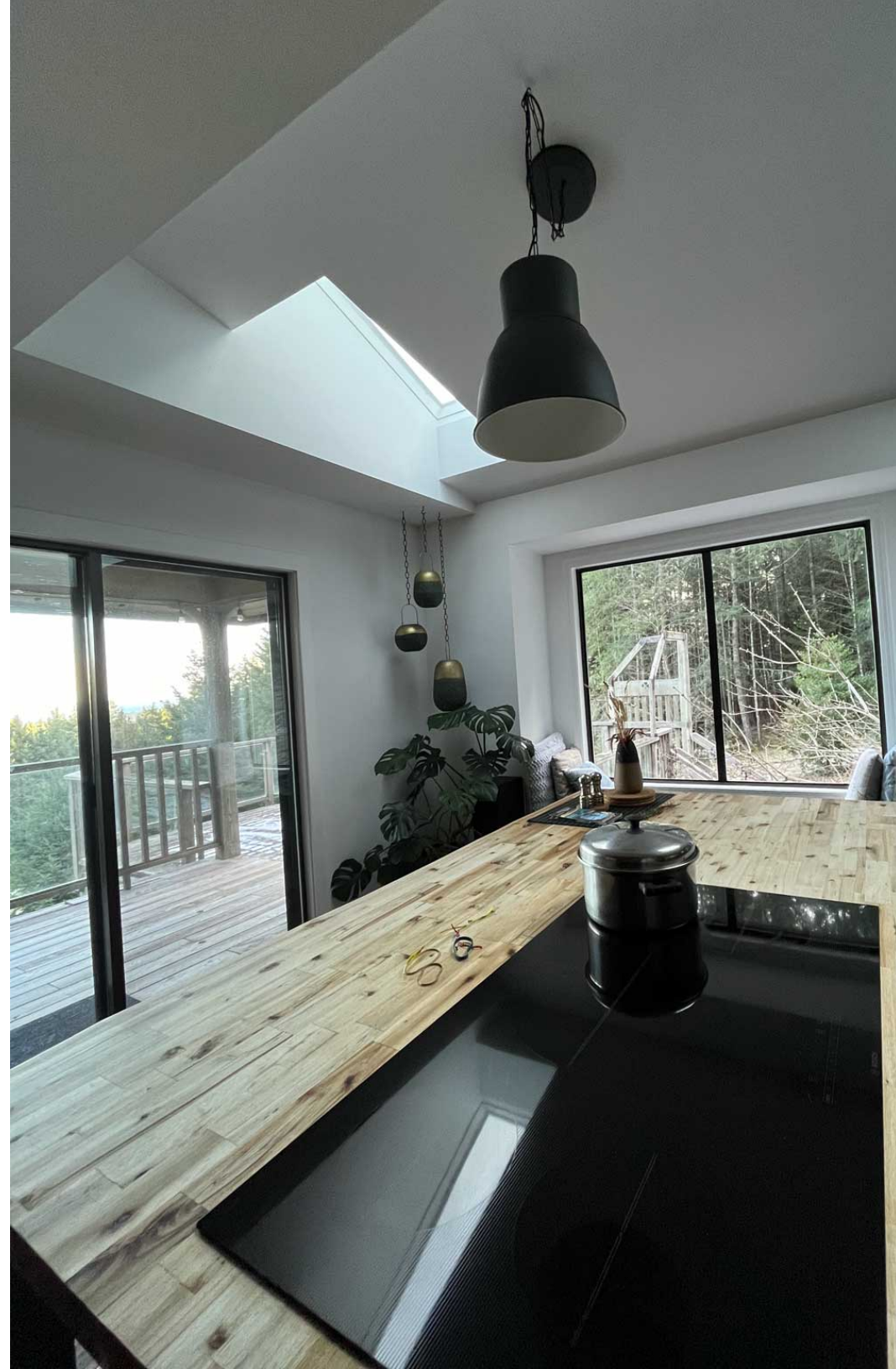
D's popcorn

3 tbsp oil

1/3 cup popcorn kernels

variety of spices, whatever your heart desires, but definitely salt, nutritional yeast, garlic powder and cayenne, imo. Also good are sumac, dill, turmeric, etc.

- Bring your popcorn pot from home, so you don't wreck any pots at the residency space.
- Heat stove to medium-high. Add oil, then kernels. Shake it around a bit. Cover pot with lid, but leave a bit of space for steam to get out.
- Meanwhile, melt butter in a separate pot.
- Once there's about 1 second between any popping sounds, or if you smell any burning, remove popcorn from heat and pour into bowl(s).
- Drizzle with butter. Add salt and other spices to taste.



V's Québec toast

2 eggs
1 tsp vanilla bean
1 tsp cinnamon
1 cup milk
1 tbsp brown sugar
2 bananas, sliced in half
Thick cut sourdough bread
Butter and oil for frying
Yoghurt for dolloping

- Whisk together eggs, vanilla, cinnamon, milk and brown sugar. Soak bread slices one at a time in the mixture and fry in a hot pan/skillet with 1 tsp of oil and 1 tsp of butter. Fry for about 3 minutes on each side or until golden. At the same time, fry bananas on both sides until caramelized.
- Place toast with a big dollop of yogurt on top. Dust some cinnamon on top and finish with fried banana.
- We had this with an apple banger sausage and sliced cara cara oranges.

V's tuna

2 cans tuna, drained
1 tbsp mustard
1 cup mayo
1 cup plain yogurt
1 dill pickle, finely diced
1 tbsp freshly chopped dill
Zest of 1 lemon
5 cracks of salt
10 cracks of pepper, or more

- Combine ingredients in a bowl.
- Self-serve with romaine lettuce, crackers and celery sticks.



D's risotto

w/ roasted broccoli and
caramelized onions

1 broccoli crown
2 cups arborio rice
6 cups broth
4 cloves garlic
½ cup white wine
1 cup white cheddar or parmesan
1 white/yellow onion
butter/olive oil
rosemary
salt & pepper

- Heat pan to low and melt butter/oil. Add onions and allow to caramelize for 45 mins. Stir occasionally and add water if they're drying out.
- Preheat oven to 425°F. Cut broccoli into florets and place on a baking sheet. Toss with olive oil, salt & pepper. Roast for 15-20 minutes.
- In a separate pot, heat stock on low until it's warm.
- In another saucepan or pot, heat olive oil on medium-low heat. Stir in garlic, rosemary and salt & pepper. Stir in rice. Cook for 3-5 mins, stirring often, to toast the rice until it's translucent.
- Add white wine (or you can use extra stock). Cook until the wine's absorbed. Add 1 ladle of stock, stirring continuously, until the stock is absorbed. Repeat until the rice is creamy and al dente. This process should take about 25 minutes.
- Stir in cheese until melted. Season with salt & pepper to taste. Top with roasted broccoli and onions. Serve immediately.

J's Quiche

aka spinach ricotta pie

1 pie shell (pre-made frozen because we're busy)

bunch of spinach, chopped

1 onion, chopped

1-2 cloves garlic, chopped

1 cup ricotta cheese

½ cup cheddar cheese, shredded

1 jalapeño, very finely chopped

2 eggs

sour cream

dash of nutmeg

1 tbsp of flour

salt & pepper

paprika

- In frying pan sauté onions in olive oil. Add garlic, spinach, jalapeño, nutmeg, salt & pepper. Cool for a few mins.
- In a bowl, whisk together eggs. Add ricotta and cheddar cheese.
- Stir spinach mixture into ricotta mixture. Pour into frozen pie shell. Add a layer of sour cream and spread carefully (trying not to mix).
- Bake at 365°F for 45 mins. Check with a fork to make sure that it's cooked all the way through.



J's vegan miso ramen for breakfast

1 bunch broccoli
8-10 mushrooms, sliced
1 onion, roughly chopped
1 pack smoked firm tofu, cut into
bite-sized pieces
2 green onions, chopped
1 tbsp sambal extra garlic sauce (or
more if you like it HAWT)
miso, generous helping
1 tsp Braggs or soy sauce
1 pack Lotus Foods Organic Rice
Ramen Noodles

- Steam the veggies in a small amount of water. Add tofu, sambal and soy sauce.
- In a separate pot, boil water and cook noodles quickly (making sure not to overcook).
- Add ramen water and noodles to the veggies. Only add the amount of water you want for the soup. Add miso and stir in until miso is dissolved (do not boil once miso is added).
- Add green onion as garnish. Add sriracha if you want more heat. Serve and enjoy!

D's lemon tart

for A's birthday

3 eggs

zest and juice of 3 lemons

¼ cup brown sugar

2 tbsp cream

½ cup butter

1 frozen pie shell

- In a medium heatproof mixing bowl, add eggs, sugar, lemon zest, lemon juice and cream. Whisk to combine.
- Simmer a few inches of water in a pot over medium heat and place mixing bowl overtop (bain-marie). Cook curd, whisking constantly until it's thick enough to coat a spoon. Leave curd to cool and thicken.
- Meanwhile, heat oven to 400°F. Prick empty pie shell a few times with a fork and cook for 10-12 mins. Remove from oven and let cool.
- Add curd to pie shell and place in fridge for at least 4 hrs.
- Slice, then serve with whatever you have on hand... berries, whipped cream, basil, mint leaf, etc.

D's ginger syrup

1 lb ginger

2 tbsp sugar

2 cups water

- Slice ginger.
- In a small pot, dissolve sugar in water, then add ginger and bring to a boil.
- Reduce heat to low, cover and simmer for 15 mins.
- Let steep for 1-4 hours, depending on how strong you want it.
- Drain through a mesh sieve, into a jar that also has a lid. Cover and store in fridge for up to 1 week.
- Add syrup to club soda for a homemade ginger beer/ale.

