



HR Services. Training. Employment Law.



A division of MaxPeople

APPETIZERS, ENTREES, DESSERTS
AND DRINKS WORTH SHARING

Classic Recipes

Try Them Yourself,
and Let Us Know
What You Think!

A Cookbook Inspired by Our Team's Favourite Memories.

Table of Contents

Appetizers

Corn and Black Bean Salsa	3
Kelewele (Fried Plantains with Spices)	4
Air Fried BBQ Chicken Wings	5
Nacho Dip	6
Mini Beef Tacos	7
Caprese Skewers	8
Jalapeno Poppers	9

Entrees

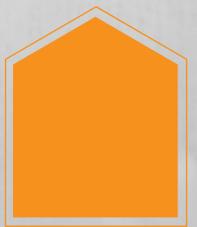
Classic Turkey Burger	10
Chicken Taco Salad	11
Peachy-Keen Summer Salad	12
Lemon Chicken and Cous Cous Salad	13
Chinese Sesame and Peanut Noodles	14
Steak Kebabs	15
French Onion Stuffed Chicken	16

Desserts

Strawberry Mini Cheesecakes	17
Cinnamon Rolls	18
Angel Food Cake with Fresh Berries	19
Buttermilk Pancakes	20
Chocolate Croissant Bread Pudding	21
Banana Chocolate Chip Cake	22

Drinks

Tequila Mule	23
Frozen Peach Bellini (Mocktail)	23
Strawberry Banana Smoothie	24
Raspberry Mojito	24
Cherry Shirley Temple (Mocktail)	25
S'mores Frappe	25



Corn and Black Bean Salsa

Directions:

1. Combine black beans, corn, red onion, salsa, and minced garlic in a bowl. Add juice from half a lime into the mixture.
2. Let sit in fridge for at least 1 hours.
3. Add diced green onion and chopped avocado to mixture.
4. Serve with plenty of tortilla chips.

Ingredients:

- 1 cup black beans
- 1 1/2 cup corn
- 3 green onions
- 1/4 red onion
- 1 cup mild salsa
- 1 clove garlic
- 1 avocado
- 1/2 lime juice



Air Fried BBQ Chicken Wings

Ingredients:

- 20 - 25 chicken wings, tips removed
- 2 bottles of Diana's BBQ Sauce (Ribs and Chicken and Original recommended!)
- 2 tsp salt
- 1 tsp pepper

Directions:

1. Season the washed wings with salt and pepper.
2. Preheat the air fryer for 5 minutes on 390 F. Set the timer for 20 minutes.
3. Fry in batches until golden brown and crispy (20 minutes each).
4. Drain chicken wings on paper towels,
5. Mix together 2 sauces in bowl, using 1/4 cup of sauce per bottle.
6. Preheat oven to 325 F.
7. Dip dried wings into sauce mixture and place on baking sheet.
8. Bake for 15 - 20 minutes, or until the sauce has dried.



Kelewele (Fried Plantains with Spices)



Kelewele is one of Ghana's most popular street foods. Kelewele are plantain cubes, sprinkled with ginger, hot peppers and fried in palm oil.

Ingredients:

- 3 yellow plantains
- 2 tbsp ground ginger
- 1/2 tsp salt
- 1 tsp paprika
- palm oil (for frying)

Directions:

1. Peel and dice the plantains.
2. Add plantains to frying pan, with just enough palm oil for plantains to float.
3. Cook over medium high heat until plantains are golden brown on both sides.
4. Drain on absorbent paper, sprinkle with spices and serve.

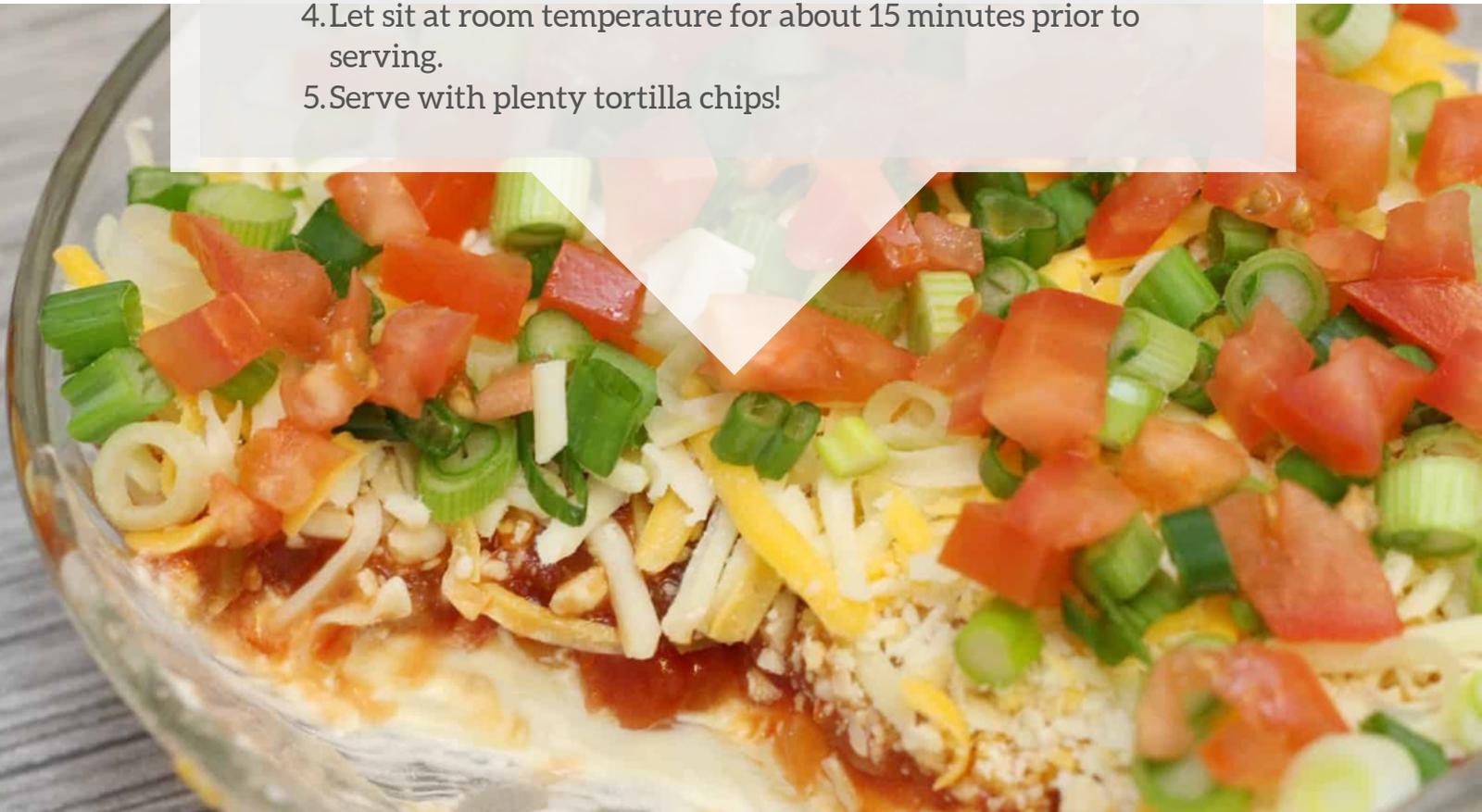
Nacho Dip

Ingredients:

- 1 package of cream cheese (softened)
- 1 cup sour cream
- 1 package taco seasoning
- 1-2 green onions (sliced)
- 1 small tomato (diced)
- 1-2 cups grated cheddar cheese

Directions:

1. Mix together cream cheese, sour cream and taco seasoning.
2. Spread mixture evenly in the bottom of serving dish.
3. Layer remaining ingredients starting with green onions, then tomatoes, and finally top with grated cheddar cheese.
4. Let sit at room temperature for about 15 minutes prior to serving.
5. Serve with plenty tortilla chips!



Mini Beef Tacos



Ingredients:

- 1 bag Tostitos Scoops
- 1/4 cup Tostitos Chunky Salsa
- 1/2 lb lean ground beef
- 1 tbsp Taco Seasoning Blend
- 1/2 cup shredded lettuce
- 1/2 cup grated cheddar cheese
- 1/4 cup sour cream
- 1/4 cup finely chopped green onion

Recipe taken from tostitos.com

Directions:

1. Set a non-stick skillet over medium-high heat.
2. Crumble in the ground beef.
3. Cook, stirring and breaking into small pieces, for 5 minutes or until browned.
4. Sprinkle the seasoning over the meat; stir in 1/4 cup water.
5. Simmer for 5 minutes or until liquid has evaporated and beef is cooked thoroughly.
6. Cool slightly.
7. Arrange Tostitos chips on a serving platter.
8. Divide the beef evenly between the chips.
9. Top each with lettuce, cheese, sour cream, salsa and green onion.
10. Serve immediately!

Caprese Skewers



Ingredients:

- 1 cup Balsamic Vinegar
- 8 oz mini mozzarella balls
- 2 pints grape tomatoes
- Fresh basil
- 16 4" skewers

Directions:

1. Add 1 cup of balsamic vinegar to a saucepan over medium heat.
2. Stir occasionally, until vinegar has reduced to about half a cup (approximately 15 minutes).
3. Spear a tomato, then a small basil leaf, mozzarella ball, and another tomato with each skewer.
4. Just before serving, drizzle with cooled balsamic reduction.

Jalapeno Poppers

Ingredients:

- 6 Jalapenos (5 inches)
- 12 strips of prosciutto or bacon
- 227 g container of Philadelphia Herb and Garlic Cream Cheese
- 1 cup cheddar cheese
- 12 toothpicks



Directions:

1. Cut jalapeno peppers in half and scoop out the core and seeds. (**Note:** wear gloves to prevent transfer to eyes!)
2. Fill each jalapeno half with 1 tbsp of cream cheese.
3. Sprinkle grated cheddar cheese onto jalapeno halves.
4. Wrap each jalapeno half with a strip of prosciutto or bacon and secure with a toothpick.
5. Cook on barbecue until prosciutto or bacon becomes crisp.

Classic Turkey Burger

Ingredients:

- 2 lb ground turkey
- 1 egg
- 1/2 cup bread crumbs
- 3 tbsp BBQ Sauce
- 1 tbsp Worcestershire Sauce
- 1 tbsp Soya Sauce
- 1 tsp salt and pepper
- 1/2 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp oregano

Directions:

1. Mix all ingredients together in a bowl.
2. Use hands to mold patties into 5 inch by 1 inch discs.
3. Cook patties on barbecue for approx. 20 minutes. (Make sure to check if centers are no longer pink!)



Chicken Taco Salad

Directions:

1. Sprinkle both sides of the chicken breasts with taco seasoning.
2. Heat the oil and butter in a large skillet over medium-high heat .
3. Cook the chicken on both sides until golden brown (internal temp of 165 F, about 4 minutes per side).
4. Set chicken aside to cool for 5 minutes, then dice into cubes.
5. Pour ranch dressing into a bowl and stir in salsa and cilantro.
6. Roll cobs of corn in skillet used to cook chicken, Grill cobs in separate skillet until corn is crisp but has colour. Slice off the kernels.
7. On a plate, layer shredded lettuce, diced chicken, tomatoes, cheese, corn, avocados, green onions, cilantro, and crushed chips. Drizzle dressing all over and serve!

Ingredients:

(Chicken)

- 2 boneless, skinless chicken breasts
- 2 tbsp taco seasoning
- 1/4 cup vegetable oil
- 2 tbsp butter

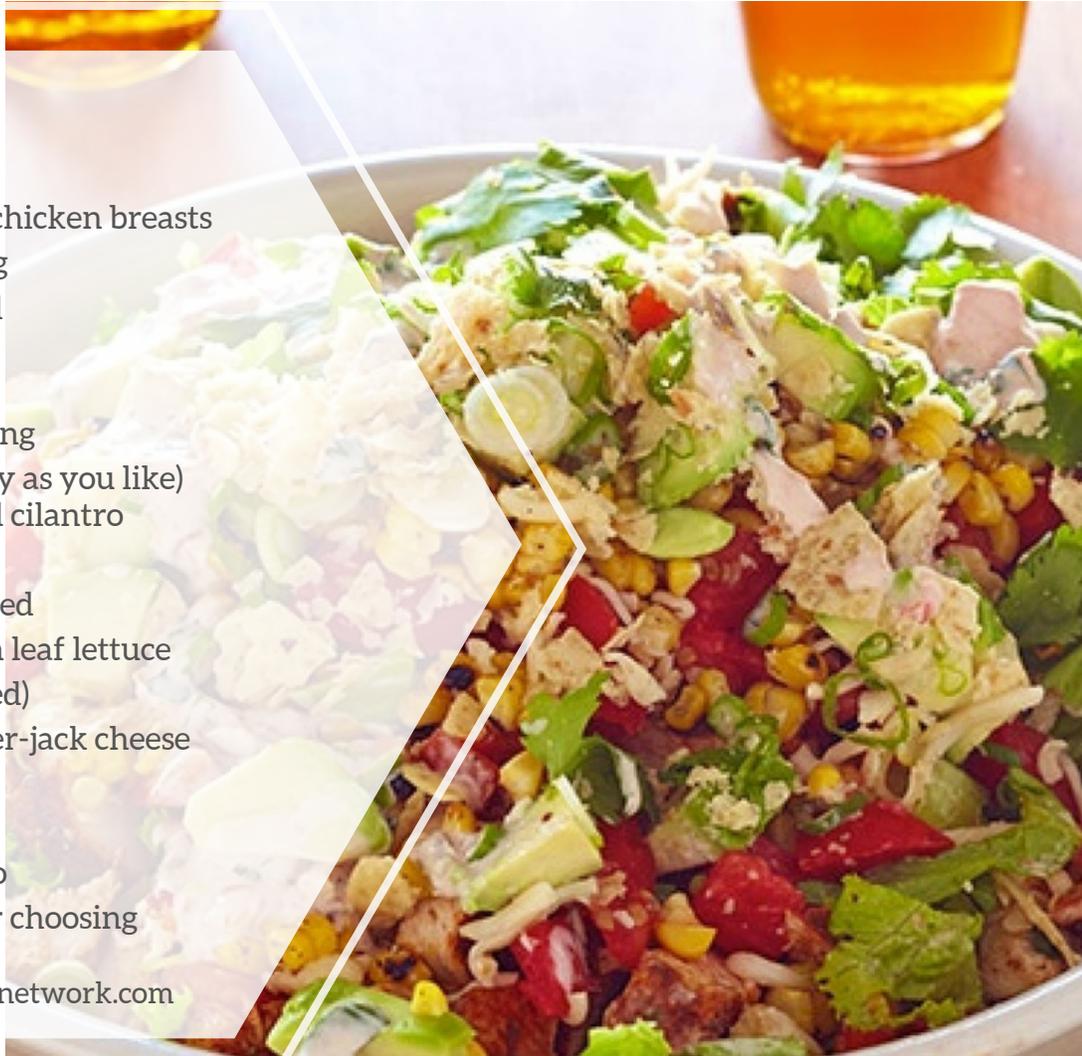
(Dressing)

- 3/4 cup ranch dressing
- 1/4 cup salsa (as spicy as you like)
- 3 tbsp finely minced cilantro

(Salad)

- 2 ears of corn, shucked
- 1 large head of green leaf lettuce
- 3 roma tomatoes (diced)
- 1/2 cup grated pepper-jack cheese
- 2 avocados
- 3 green onions
- 1/2 cup fresh cilantro
- Tortilla chips of your choosing

Recipe taken from: foodnetwork.com



Peachy-Keen Summer Salad

Ingredients:

- 3-4 ripe but firm peaches
- 1/2 tsp olive oil
- 6 oz baby arugula
- 1/2 cup blueberries
- 1/4 cup crumbled goat cheese
- 1/4 cup candied pecans
- 5 tbsp of balsamic dressing
- **Optional:** Grilled chicken breast

Directions:

1. Preheat your BBQ to high.
2. Cut peaches in half and remove the pits.
3. Cut each peach half into three large wedges.
4. Place the peaches in a medium-sized bowl and toss with the oil.
5. Grill the peaches for 2-3 minutes per side, then remove from grill and set aside.
6. Add the arugula, blueberries, pecans, and peaches to a large bowl and add balsamic dressing.
7. Toss salad lightly to coat all ingredients in the salad dressing.
8. Sprinkle goat cheese on top and serve!



Lemon Chicken Cous Cous Salad

Ingredients:

- 4 boneless chicken breasts
- 4 chopped garlic cloves
- 2-3 peppers (chopped)
- 3-4 potatoes (chopped)
- 2 cooking onions (chopped)

{Marinade}

- Olive Oil (enough to make paste)
- Lemon juice (to taste)
- 1 tbsp paprika
- Dried herbs (oregano, thyme, parsley, sage and rosemary)
- Garlic paste
- 1 tbsp Ginger Paste
- 1 tbsp Garlic Cloves
- 1 tbsp Coriander
- Red chili flakes to taste

Directions:

1. Mix all marinade ingredients and marinate the chicken over night..
 2. Grease a pan and place the marinated chicken over onions, garlic cloves and potatoes.
 3. Bake at 400 F for 1 hour (30 minutes covered with aluminum foil)
 4. After intial 30 minutes of cooking, rotate chicken, and add peppers.
- Prepare Cous Cous Salad for side (include parsley, cucumber, red onion, and cherry tomatoes.) Use Italian dressing (if lazy).



Chinese Sesame and Peanut Noodles

Ingredients:

- 1 tbsp minced fresh ginger
- 1/3 cup soy sauce
- 1 tbsp Sesame Oil
- 3 tbsp natural, unsweetened, salted peanut butter
- 3 tbsp sugar
- 3 tbsp rice vinegar
- 2 tbsp rice wine or sake
- 1 small garlic clove (minced)
- 3 tbsp Chinese sesame paste or tahini
- 1 small shallot (minced)
- 1 lb dry Chinese noodles
- 1/2 large seedless cucumber (peeled and cut into slivers)
- carrots (cut into slivers)
- 4 scallions (thinly sliced)
- 1 lb shredded cooked chicken

Directions:

1. In a blender combine ginger, soy sauce, sesame oil, peanut butter, sugar, vinegar, rice wine, garlic, sesame paste, shallot and 2 tbsp of oil and puree until smooth.
2. Transfer the sauce to a bowl and refrigerate for 45 minutes.
3. In a large pot of boiling water, cook the noodles until al dente.
4. Drain and rinse the noodles under cold running water until chilled.
5. Shake out the excess water and blot dry.
6. Transfer the noodles to a bowl and toss with 2 tbsp of sesame oil.
7. Add the peanut-sesame sauce and toss well to coat.
8. Top with cucumber, carrots, scallions and chicken.



Steak Kebabs

Ingredients:

- 1 cup olive oil
- 1/2 cup soy sauce
- 3 garlic cloves (minced)
- 1 tsp black pepper
- 2 lbs Sirloin Steak
- 1 red bell pepper
- 1 orange bell pepper
- 1 green bell pepper
- 1 red onion
- 8-19 Metal Skewers



Directions:

1. In a medium bowl, whisk together olive oil, soya sauce, garlic and pepper.
2. Add cubed sirloin steak to marinate and toss to coat. Let marinate covered for 1 hour.
3. Thread meat onto skewers alternating with pieces of bell pepper and red onion.
4. Grill kebabs over medium heat, turning often, for about 12 to 15 minutes.

French Onion Stuffed Chicken



Ingredients:

- 2 tbsp unsalted butter
- 4 large onions (sliced thinly)
- Pinch of salt and pepper
- 2 tsp thyme (chopped)
- 2 garlic cloves (minced)
- 1/2 cup beef broth divided
- 1 tbsp olive oil
- 4 boneless, skinless chicken breasts
- 2 tsp garlic powder
- 1 tsp ground thyme
- 1 cup shredded Gruyere cheese (or mozzarella cheese)
- 4 tbsp freshly grated Parmesan cheese

Directions:

1. Melt butter in a large skillet over medium-high heat.
2. Add onions and season with salt, pepper, and half of the fresh chopped thyme and cook for 5-8 minutes.
3. Reduce heat to medium and cook, while stirring occasionally, until onions are caramelized and jammy (about 15 minutes). Pour in 1/4 cup of broth if pan gets too dry, and keep stirring until onions are browned.
4. Stir in garlic and let cook for 1 minute. Turn off heat and let cool slightly.
5. Cut chicken breasts in half to create pockets. Season with salt, pepper, garlic powder, and ground thyme.
6. Stuff 1-2 tbsp of caramelized onions and cheeses into each pocket. Seal with toothpicks.
7. Heat oil in same skillet over medium heat. Sear chicken for 4 minutes each side.
8. Arrange chicken over remaining caramelized onions in baking dish. Top with thyme and bake at 400F for 15-20 minutes.

Strawberry Mini Cheesecakes

Ingredients:

- 1 cup strawberries
- 1/2 tbsp lemon, zest
- 2 tbsp lemon juice, fresh
- 3/4 tsp salt
- 7 tbsp sugar
- 1 1/4 cup Graham Cracker crumbs
- 5 tbsp butter, unsalted
- 230 g cream cheese
- 500 g Ricotta cheese, fresh

Directions:

(Crust)

1. In a small pan, melt the butter with the sugar over low heat until the sugar dissolves.
2. In a bowl mix graham cracker crumbs with salt, and stir in the melted butter until crumbs are completely moist.
3. Press the crumbs evenly on a tart pan, cover it and refrigerate for 1 hour.

(Filling)

1. In a large bowl, use a mixer to beat Ricotta with cream cheese, lemon zest, lemon juice, and salt until smooth.
2. Spread the filling in the chilled crust. Refrigerate for 2 hours.
3. Top with cut strawberries.



Cinnamon Rolls

Directions:

1. Place yeast and 2 tbsp sugar in a medium bowl , then pour in water. Leave for 5 minutes until it froths.
2. Mix flour, remaining sugar, and salt in a bowl.
3. Make a well in centre of mixture, and add milk, butter, eggs and pour in yeast liquid (including froth).
4. Mix until combined with wooden spoon. Will form a sticky muffin like batter.
5. Cover with cling wrap and place in a warm place (25 C) for 1.5 hours to rise until tripled in volume. (Dough surface should be bubbly).
6. Mix cinnamon and sugar in a bowl. Uncover dough, mix with a spoon to deflate.
7. Sprinkle extra flour onto work surface, pour on dough. Use hands to incorporate flour into dough until no longer sticky.
8. Add more flour to work surface if bare and shape dough into a log, then roll into 28 X 48 cm rectangle.
9. Pour over butter, then brush all over, then sprinkle with cinnamon sugar.
10. Roll up firmly and shape into log.
11. Cut into 12 pieces (4 cm) and place evenly on baking paper covered 9 X 13" tray.
12. Cover with tea towel and place in warm place for 40 minutes to rise again.
13. Preheat oven to 350 F. Bake for 20 minutes, rotating at 16 minutes. (**Note:** Buns are ready when outer ones are golden brown and middle ones sound hollow if tapped.)
14. Lift rolls with baking sheet over hang onto cooling rack, to cool for 1 hour.
15. To make glaze place butter, cream cheese and vanilla in a bowl. Beat until smooth (10 - 15 seconds).
16. Add icing sugar, beat to incorporate. Add enough milk to make it a consistency that can be spooned over the buns and drips slightly.
17. Glaze buns and enjoy!

Ingredients:

(Rolls)

- 1 tbsp Dry Yeast
- 1/3 Cup Caster Sugar
- 600 g All Purpose Flour
- 1/2 tsp salt
- 1 Cup Milk
- 9.5 tbsp unsalted butter
- 2 large eggs
- 1 Cup Brown Sugar
- 2 tbsp Cinnamon Powder

(Cream Cheese Glaze)

- 3 oz cream cheese
- 3 tbsp unsalted butter
- 1 tsp Vanilla extract
- 1 1/4 Cup Icing Sugar
- 2-3 tbsp Milk

Recipe taken from recipetineats.com



Angel Food Cake with Fresh Berries



Ingredients:

- 1 3/4 cups (350 g) granulated sugar
- 1 cup and 2 tbsp (130 g) cake flour
- 1/4 tsp salt
- 12 large egg whites, at room temperature
- 1 and 1/2 tsp cream of tartar
- 1 and 1/2 tsp pure vanilla extract
- **Optional:** confectioner's sugar for dusting, whipped cream, and fresh berries to top cake once baked and cooled!

Directions:

1. Adjust oven rack to lower middle position and preheat oven to 325 F.
2. In a food processor or blender, pulse the sugar until fine and powdery (**Note:** if you have caster sugar, you can use this instead). Remove 1 cup and set aside to use in step 3; keep the rest inside the food processor.
3. Add the cake flour and salt to the food processor. Pulse 5 - 10 times until sugar/flour/salt mixture is aerated and light.
4. In a large bowl using a hand mixer or a stand mixer fitted with a whisk attachment, whip egg whites and cream of tartar together on medium-low until foamy, about 1 minute. Switch to medium-high and slowly add the 1 cup of sugar you set aside. Whip until soft peaks form (about 5-6 minutes). Add vanilla extract, then beat until incorporated.
5. In 3 additions, slowly sift the flour mixture into the egg white mixture using a fine mesh strainer, gently folding with a rubber spatula addition. To avoid deflating or a dense cake, don't add the flour mixture all at once. Sift and very slowly fold in several additions.
6. Pour and spread batter into an **ungreased** 9 or 10 inch tube pan. Shimmy the pan on the counter to smooth down the surface.
7. Bake the cake for 40-45 minutes, until an inserted toothpick comes out clean.
8. Remove cake from oven and set upside-down on a wire cooling rack, for about 3 hours.

Buttermilk Pancakes

Ingredients:

- 2 cups All-Purposed Flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tbsp granulated sugar
- 2 cups buttermilk
- 2 large eggs (lightly beaten)
- 1 tsp vanilla extract
- **Optional:** 1 pint strawberries and baking sugar



Directions:

1. Whisk together the dry ingredients in a large bowl.
2. Whisk in buttermilk, eggs and vanilla extract just until combined. Some lumps are okay!
3. Let pancake batter rest for 10 minutes.
4. Heat a large skillet over medium-high heat.
5. Spray with PAM or brush with butter or oil.
6. Ladle 1/2 cup of batter onto the skillet for each pancake.
7. Flip the pancakes over when small bubbles appear on the surface, remove from skillet when both sides are golden brown.
8. Stack pancakes on a plate, and top with 1 tsp of butter, a sprinkle of baking sugar, slices of strawberries and plenty of real Canadian Maple Syrup!

Chocolate Croissant Bread Pudding



Directions:

1. Combine melted butter and sugar and mix until well blended.
2. Add cinnamon and vanilla to mixture.
3. Add 5 eggs and mix to combine.
4. Add the heavy cream and mix to combine.
5. Break up the croissants into 1 inch pieces and combine with mixture. You will need to push croissant pieces down during this time to ensure even coverage by egg mixture.
6. Add pecans and dark chocolate and gently mix to incorporate. Soak for 5 minutes.
7. Lightly butter a 9 X 13 inch baking dish and add mixture.
8. Cover with foil and bake for 35 minutes. Remove foil and bake for additional 10 minutes until brown on top. (The croissant bread pudding is done when the custard is set, but still soft).
9. Allow to cool, and serve with vanilla ice cream!

Ingredients:

- 1/2 cup of unsalted butter
- 1/2 cup sugar
- 1 1/2 tsp ground cinnamon
- 1 tsp vanilla extract
- 5 large eggs, lightly beaten
- 2 1/2 cups heavy cream
- 12 croissants
- 1 cup pecans , roughly chopped small
- 3/4 cup dark chocolate roughly chopped small
- **Optional:** Serve with vanilla ice cream

Banana Chocolate Chip Cake

Ingredients:

- 3/4 cup of margarine
- 1 1/2 cup of sugar
- 2 eggs
- 3 large bananas
- 2 1/2 cups flour
- 1 tsp baking soda
- pinch salt
- 1/4 cup milk
- 1 tsp vanilla
- chocolate chips

Directions:

1. Preheat oven at 375 F.
2. Cream together margarine and sugar.
3. Add eggs and mashed bananas.
4. Add cups of flour, baking soda, salt, milk, and vanilla.
5. Mix in chocolate chips (as many as you like!)
6. Bake for 25 to 35 minutes.

Note: You can use this recipe to make Banana Chocolate Chip Muffins instead!



Tequila Mule

Ingredients:

- 2 oz Tequila
- 0.5 oz lime juice, freshly squeezed
- Ginger Beer (to top)
- Lime wheel (for garnish)
- Mint sprig (for garnish)

Method:

1. Add all ingredients, save for garnishes, to a copper mug with 4 ice cubes.
2. Stir it a few times with a bar spoon.
3. Garnish with lime wheel and mint sprig.



Frozen Peach Bellini (Mocktail)

Ingredients:

- 2 ripe peaches (peeled, sliced, and frozen) or 1 cup frozen
- 1 cup apple juice
- 1/4 cup ice cubes
- 2 tsp honey
- 1 tsp lime juice
- splash of gingerale

Method:

1. Put all ingredients, save gingerale, into a blender. Blend until smooth.
2. Fill glass to leave 1 inch and top off with gingerale.
3. Stir and enjoy!



Strawberry Banana Smoothie



Ingredients:

- 2 cups frozen strawberries
- 2 medium fresh bananas
- 1.5 cups Strawberry kefir
- 1/2 cups ice

Method:

1. Add all ingredients, except a single banana and strawberry slice, to a blender.
2. Blend until ice is broken down and all ingredients are thoroughly mixed.
3. Pour into glass, place banana slice on rim and enjoy!

Raspberry Mojito



Ingredients:

- 1 cup sugar
- 1 cup water
- 2 oz rum
- 4 ice cubes
- mint leaves
- fresh raspberries and lime
- sparkling water

Method:

1. Prepare simple syrup, by combining sugar and water and bringing to a boil.
2. Stir until sugar dissolves and let cool.
3. Add mint leaves, raspberries, lime juice, rum and syrup to glass and muddle.
4. Add ice and top up glass with soda water.

Cherry Shirley Temple (Mocktail)

Ingredients:

- 1 can Sprite
- 2 limes, whole
- 4 tsp Grenadine syrup
- 5 ice cubes
- 4 Maraschino cherries (with stems)

Method:

1. Add 2 Maraschino cherries to a glass.
2. Add ice cubes, Grenadine, 3 lime wedges, and top glass with Sprite.
3. Add last 2 cherries to very top!



S'mores Frappe



Ingredients:

- 2 tbsp chocolate sauce
- 2 tbsp vanilla syrup
- 3 oz espresso
- 1 cup milk
- 2 cups ice
- whipped cream
- Graham cracker crumbles

Method:

1. Brew 3 oz espresso and place in fridge to cool.
2. Place all ingredients into a blender and combine.
3. Pour into glass and top with whipped cream, chocolate sauce, and Graham cracker crumbles.

How to Reach Us

Location



1 West Pearce St., Suite 308
Richmond Hill, Ontario
L4B 3K3

Contact Us

MaxPeople



905.709-1236 or 1.866.709.1236



info@maxpeoplehr.com



www.maxpeoplehr.com

Rodney Employment Law



905.695.5995 or 1.866.709.1236



info@rodneyemploymentlaw.com



www.rodneyemploymentlaw.com

