



# Recipes from Dr. Cameron's *Child Study Lab*

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Volume II





## Contributing Lab Members and Their Recipes

<b><i>Dr. Ann Cameron</i></b> .....	Stop Light Citrus Salad
<b><i>Anne Hunt</i></b> .....	Parsley Soup
<b><i>Karin</i></b>	Persian Saffron Rice Cookies with Grated Pistachio
<b><i>Vanessa</i></b> .....	Queijadinhas
<b><i>Yingxi</i></b> .....	Vegetable Chinese Spring Rolls
<b><i>Angel</i></b> .....	Leche Flan
<b><i>Jessica</i></b> .....	Jessica's Apple Pie Filling
<b><i>Morgan</i></b> .....	"My" Maple Curry Chicken Penne
<b><i>Amy</i></b> .....	Mango Sago
<b><i>Andrea</i></b> .....	Blueberry Grunt
<b><i>Emily</i></b> .....	Fairy Bread
<b><i>Shawn</i></b> .....	Rotiboy Coffee Buns



# Stop Light Citrus Salad

Dr. Ann Cameron



## Ingredients

- |                                              |                                             |
|----------------------------------------------|---------------------------------------------|
| 1 green sweet bell pepper, sliced            | 1 sweet onion, sliced                       |
| 1 red sweet bell pepper, sliced              | Raspberry or other light fruity vinaigrette |
| 1 yellow sweet bell pepper, sliced           |                                             |
| 1 orange sweet bell pepper, sliced           |                                             |
| 1 white or pink grapefruit, sectioned and/or |                                             |
| 2 fresh mandarin oranges, sectioned          |                                             |

## Preparation

Toss all ingredients together with the chosen vinaigrette.

Easy Peasy.

“A salad I looked forward to having at the LBR dining hall on Thursday afternoons when I was Resident Fellow there, back in the day. I always felt boosted by all the VitC!”

Photograph by Dr. Cameron.



# Parsley Soup

Anne Hunt



## Ingredients

### For the stock:

Stalks from 1 large bunch of flat leaf parsley  
1 medium onion, chopped  
1 carrot, chopped  
1 garlic clove  
4 cups of water  
Salt and pepper

### For the Soup:

1 tbsp butter  
1 garlic clove  
2 large potatoes, diced  
Leaves from 1 large bunch of flat leaf parsley  
Your vegetable stock, strained  
2 cups of vegetable bouillon

## Preparation

### For the stock:

Place all ingredients in a pot, bring to a boil, simmer for 45 minutes, then strain.

### For the Soup:

Sauté the potatoes and garlic in butter until soft. Add the parsley, stock, and bouillon. Simmer until the parsley starts to collapse, then blend with an immersion blender. Serve immediately. Garnish it with some freshly cracked black pepper if you wish.

Taken from the  
cookbook her daughter  
Amelia and her husband  
created as a gift for her  
one Christmas.

**Parsley is a superfood! Nutritional info per 100g of parsley:** Calcium 245mg Potassium 1000mg Iron 8mg Phosphorus 128mg 1207mg Vitamin C 166mg Vitamin B1 0.30mg Vitamin B2 0.30mg



# Persian Saffron Rice Cookie with Pistachio Garnish

Karin



## Ingredients

½ cup of vegetable shortening

¾ cup confectioners (powdered) sugar

1 egg yolk

2 cups fine rice flour

¼ cup rose water

¼ tsp saffron

1-2 tbsp grated pistachio seeds\*

\*can be replaced with poppy seeds

\*\*can be made without saffron

## Preparation

1. In a large bowl, mix the shortening and sugar with a hand mixer on medium speed for 1-2 minutes.
2. Add yolk and mix for another 20-30 seconds.
3. Sift in the flour. Using a spatula, fold in the flour into the mixture. Do this in three batches.
4. Mix saffron with hot water and grind it until completely dissolved. Add it and the rose water to the mixture.
5. Knead the mixture for 5-10 minutes. Shape into a ball and wrap tightly with plastic wrap. Place in the refrigerator overnight.
6. Preheat oven to 325F and line baking sheet with parchment paper.
7. Roll dough into small 1-inch balls and flatten them into a small disc. Repair any cracks on the edges and place on the baking sheet.
8. Using the curve of a small teaspoon make overlapping arch-shaped indentation marks on the top. Sprinkle with grated pistachio.
9. Bake for 20-25 minutes until the bottom and edges begin to turn a light golden color.
10. Let completely cool before carefully removing from baking tray.

Yield: 24 small gluten-free cookies

Photograph by Karin.





Vanessa

# Queijadinhas “Cheesy Little Pieces”

## Ingredients

- 1 cup shredded coconut
- 14 oz. sweetened condensed milk
- 1 tbsp parmesan cheese, grated
- 2 egg yolks, slightly beaten

## Preparation

1. Preheat oven to 350F.
2. Line a cupcake pan (or baking sheet) with cupcake liners. Set aside.
3. In a bowl, mix all the ingredients until they are combined.
4. Pour 3 Tbsp of the batter onto each of the cupcake liners.
5. Bake for 30 minutes or until golden.

These sweet treats are very popular during Winter festivals in Brazil.

Yield: 8 units



# Vegetable Chinese Spring Roll

Yingxi



## Ingredients

Spring roll wraps

Carrots, washed, peeled, and shredded

Potatoes, washed, peeled, and shredded

Cucumbers, washed, peeled, and shredded (if you are using 1 carrot and 1 potato, then use  $\frac{1}{2}$  a cucumber)

Some salt, sugar, and oil

## Preparation

1. Add oil to a pan and heat it up.
2. Add all the carrots, potatoes, and cucumbers into the pan and fry them fully. Add salt and sugar according to your own taste while frying them.
3. Plate them and wait for them to cool down.
4. Wrap the vegetables with spring roll wraps (steps are complicated, please watch the video embedded in this article: <https://redhousespice.com/chinese-spring-rolls/>)
5. Deep fry the spring rolls until the cover turns golden-ish color.
6. Keep it frozen if you are not eating it now.

Chinese spring roll sheets, which can be purchased at Asian stores, are square and made of wheat flour.



# Leche Flan

Angel



## Ingredients

- 10 eggs
- 1 can of condensed milk
- 1 cup of fresh milk
- 1 cup of granulated sugar
- 1 tsp of vanilla extract
- 1 baking mold (any medium sized baking mold is fine) or a round pan

## Preparation

1. Separate the yolk from the egg white for all the eggs, as we are only using the egg yolks.
2. Place the egg yolks in a big bowl, then beat them.
3. Add condensed milk, then mix thoroughly.
4. Pour the vanilla and milk into the mixture, then mix thoroughly.
5. Put the mold/round pan on top of the stove. Use low heat.
6. Put in the granulated sugar on the mold/pan and mix thoroughly until the sugar turns into a liquid with a light brown color (i.e., the caramel).
7. Spread the caramel evenly on the flat side of the mold/pan.
8. Wait 5 minutes.
9. Pour the egg yolk and milk mixture on the mold/pan.
10. Cover the top of the mold/pan with aluminum foil for 30-35 minutes.
11. After steaming, let it cool down.
12. Refrigerate.
13. Enjoy!

*This Filipino dessert may have significantly contributed to Angel's sweet tooth!*

*"This dish means a lot to me because it was introduced by my aunt, who took care of me when I was a child while my parents were busy financially providing for my family."*



# Jessica's Homemade Apple Pie Filling

Jessica



## Ingredients

A pre-made pie crust

6-7 apples, peeled and cored

1 ½ tsp cinnamon

8 tbsp unsalted butter

3 tbsp all-purpose flour

¼ cup water

1 cup granulated sugar

1 egg

## Preparation

1. Pre-heat oven to 425F
2. Melt butter in a medium sauce pan over medium heat. Whisk in flour then simmer for 1 minute, whisking constantly. Whisk in water, and sugar. Bring to a boil. Reduce heat and continue simmering for 3 minutes, whisking frequently. Remove from heat.
3. Thinly slice the apples and place in a large bowl. Sprinkle cinnamon on top and toss to combine. Pour the sauce over the apples then stir to coat the slices.
4. Sprinkle your worksurface with flour and roll out the bottom pie crust to a 12" diameter circle. Wrap it around your rolling pin to transfer it to the 9" pie plate. Add apple mixture, mounding slightly in the center and being careful not to get the filling on the edges which would make it difficult to seal.
5. Roll the second crust into an 11" round and cut into 10 even-thickness strips using a pizza cutter. Arrange strips in a woven lattice pattern over the top. Beat together the egg and 1 tbsp of water then brush the top of the pie with the egg wash.
6. Bake pie in the center of the oven for 15 minutes then reduce heat to 350F and continue baking for another 45 minutes or until the apples are soft and the filling is bubbling through the vents.
7. Rest at room temp to cool until it is no longer too hot to eat. Enjoy!

Time: 1 hour

Photograph by Jessica.



# “My” Maple Curry Chicken Penne

Morgan



## Ingredients

- 2 cups penne pasta
- 2 tbsp olive oil
- 2 tbsp butter
- ½ cup chopped onion
- ½ cup sliced fresh mushrooms
- ½ cup chopped bell pepper
- ½ cup pure maple syrup
- 3 cloves garlic, minced
- 1 tsp white sugar
- 6oz cooked skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 ½ cups heavy whipping cream
- 2 ½ tbsp curry powder

## Preparation

1. Bring a large pot of lightly salted water to a boil; add penne and cook , stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain.
2. Heat oil and butter together in a deep skillet over medium-high heat. Sauté onion, mushroom, and bell pepper in the hot oil-butter mixture until softened, 5 to 10 minutes.
3. Mix maple syrup, garlic, and sugar into onion mixture, reduce heat to medium-low and simmer until mixture is reduced and almost caramelized, about 5 minutes. Add chicken, cream, and curry powder to maple syrup mixture and cook until heated through and thickened, 7 to 10 minutes. Serve sauce over penne pasta.

“It’s my mother’s favorite dish that I make!”



# Mango Sago

Amy



## Ingredients

### For the base:

3 ripe mangos  
200 ml unsweetened coconut milk  
60 ml sweetened condensed milk  
60 ml evaporated milk (optional)  
½ teaspoon vanilla extract

### For the tapioca pearls:

½ cup mini tapioca pearls  
~4 cups water (to boil in)

## Preparation

1. Peel and cut the mangos. Put aside around half a mango worth of chunks to use as toppings.
2. Put the rest of the mango and all the other base ingredients into a blender and blend until smooth.
3. Chill the blend in the fridge as you prepare the tapioca pearls.
4. In a pot, bring the water to a boil and add in the mini tapioca pearls. Bring to a boil again and simmer for 15 minutes maximum or until the pearls are fully transparent (the pearls are ready when they do not have white dotted centers).
5. Stir consistently to make sure the pearls do not stick to each other or the bottom of the pot.
5. Once cooked thoroughly, drain, rinse, and soak the pearls in cold water until ready to serve.
6. To serve, pour the desired serving of mango blend into bowls. Drain the tapioca pearls and mix into the mango blend. Top off with the mango chunks.

Photograph by Amy.

**“Recently this recipe has been going really well for me and it’s easy to make.”**



# Blueberry Grunt

Andrea



## Ingredients

For the sauce:

- 4 cups of fresh or frozen blueberries
- 1 cup sugar
- ½ tsp cinnamon
- ¼ cup lemon juice
- A splash of water if you use fresh blueberries

For the dumplings:

- 2 cups all-purpose flour (I used whole wheat)
  - ¾ tbsp baking powder
  - ½ cup sugar
  - ½ tsp salt
  - 1 egg (I used a chia egg\*)
  - 2/3 cup milk (I used unsweetened plain almond milk)
  - ½ cup cold unsalted butter (I used vegan buttery sticks)
- Take a spoon and plop bits of dough into the sauce; evenly spaced but covering all the grunt.
  - Put the lid on and cook on the stovetop over low heat for 15 minutes before removing the lid and browning in the oven. Should take around 10 to 15 minutes.
  - Serve immediately topped vanilla ice cream or whipped cream (I used whipped coconut cream).

## Preparation

- Pour the berries into a Dutch oven. Add sugar, cinnamon, lemon juice, and the water if you are using fresh berries. Cook over medium heat until sauce is bubbling and slightly tacky to the touch. Approximately 20 minutes.
- While the berries cook, pre-heat the oven to 400F. Then start the dumplings by sifting the dry ingredients into a large bowl.
- Grate the cold butter into the dry ingredients then stir to combine.
- Add the milk to the egg and beat together; pour into the dry ingredients. Mix until just combined. The dough should be sticky so you might need to add a little more milk.

This traditional Atlantic Canadian dessert gets its name from the sounds the blueberries make while the dumplings are cooking.

Chia Egg: 2 tbsp ground chia seeds (you can also use ground flax seeds), 1/8 tsp baking powder, 3 tbsp water. Mix all together in small bowl and wait for it to congeal before using. 1 chia egg = 1 whole chicken egg

Photograph by Andrea.



# Fairy Bread

Emily



## Ingredients

White bread

Butter

Hundreds and Thousands

## Preparation

1. Cover a wide and shallow plate in a thin surface of hundreds and thousands.
2. Spread butter onto bread slices.
3. Dip each slice, butter side down, into the hundreds and thousands, until covered.
4. Cut diagonally.

A staple at kids' birthday parties!

Photograph by Emily.



# Rotiboy Coffee Bun

Shawn

Yield: 6 buns

Time: 2 to 3 hours



## Ingredients

### For the buns:

110 ml full cream milk  
25g granulated sugar  
4g dry yeast  
Half a whisked egg  
200g bread flour  
3g salt  
30g unsalted butter  
18g salted butter

### For the coffee coating:

3g instant coffee powder  
5 ml water  
Half a whisked egg  
35g powdered or icing sugar  
40g all-purpose flour  
40g unsalted butter

\*All butter is to be at room temperature

## Procedure

### To make the buns:

1. Mix together the cream, sugar, and yeast into a bowl. Then add the half egg.
2. Add the flour and salt to the mixture to form the dough. Knead the dough for 10 minutes.
3. Add the unsalted butter to the dough and continue kneading for 10 minutes or until the butter has combined with the dough.
4. Allow the dough to rise for 45 to 60 minutes (until the dough has expanded to twice its original size).
5. Knead the dough for a few minutes to remove the air bubbles, then split the dough into 6 even pieces.
6. Allow the pieces to rise for another 15 minutes.
7. Taking each piece at a time, press it down into a circle and add 3g of salted butter before closing the bun.
8. After filling each bun, once more allow them to rise until they double their size (approximately 35 minutes).

### To make the coffee coating:

1. Dissolve the instant coffee into the water.
2. Add the other half of the egg (from the bun recipe).
3. Add the powdered or icing sugar to the wet ingredients.
4. Add the flour to the mixture and mix.
5. Add the unsalted butter and mix until well combined.
6. After the buns have doubled for the final time, pipe the coffee coating onto the bun, fully covering the top (in order to allow the mixture to melt and coat the sides).
7. Bake at 108C or 365F for 15 to 20 minutes. Ideally, the coffee crust that results should be crispy.

These coffee buns are sold primarily under the name of “Mexican buns” in Malaysia, and “Rotiboy” is the name of the store that sells these buns. Roti also directly translates to “bread” in Malay, which results in the endearing name of “bread boy”. While they aren’t directly connected to Malaysian culture, these buns were one of my favourite snacks back when I was a child, and I have a lot of nostalgia for them. After we found this recipe, we set out to make some and were quite successful, even for our first attempt :)

Follow this link: <https://www.youtube.com/watch?v=cI0S-kT7x6M> for a cute ASMR rotiboy coffee bun making video!

Photographs by Shawn.





*Add your photos*

Thank you to all the lab members who  
contributed!

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