



CAMEMBERT WITH MAPLE SYRUP

<u>Ingrédients</u>	<u>Steps</u>
<ul style="list-style-type: none">• Camembert cheese• Maple syrup to taste<hr/>• Walnuts to taste (optional)	STEP 1 PLACE THE PIECE OF CAMEMBERT IN AN OVENPROOF DISH. STEP 2 POUR MAPLE SYRUP INTO THE BOTTOM OF THE DISH, ENOUGH TO REACH HALFWAY UP THE CAMEMBERT. STEP 3 POUR WALNUTS OVER CHEESE. STEP 4 GRILL UNTIL CAMEMBERT BEGINS TO MELT.

Source : recettes du Québec, recettes.qc.ca

Our mission is to promote food autonomy and healthy habits by doing cooking workshops in group. You can become a member at anytime and it's free! Contact us at - 819 832-1176 / info@cchsf.ca



PIECES OF ZUCCHINI WITH GARLIC

<u>Ingrédients</u>	<u>Steps</u>
<ul style="list-style-type: none"> • 1 cup (250 ml) grated zucchini • 1 egg • 1/3 cup (85 ml) breadcrumbs • 1/4 cup (65 ml) grated Parmesan • 1 garlic clove, minced • 2 tablespoons thinly sliced chives • 1 tablespoon chopped fresh parsley • 1 teaspoon chopped fresh basil • 1 teaspoon chopped oregano • A pinch of salt and pepper • Tomato or marinara sauce for dipping 	<ol style="list-style-type: none"> 1. Preheat the oven to 400 degrees F (200 degrees Fahrenheit). Spray a little oil on a baking sheet and set aside. 2. In a bowl, combine all ingredients and mix well. 3. Use a tablespoon of the mixture and form balls. Place on the baking sheet. 4. Cook for 15 to 18 minutes or until golden. <p>Source : Chef Cuisto.</p>

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