

150 Years of *Cooking* in the Ottawa Valley

Dear Seniors, Friends of Seniors, Volunteers, Board Members and Staff:

We are working on producing a collection of recipes to be published in a cook book to be sold as a Fundraiser for the Agency. It is planned to have the book distributed in May as part of the Town of Arnprior's 150 Anniversary celebrations.

We would love for you to be a part of this publication.

To become involved....

1. Choose a Favourite family recipe. And keeping within the theme, the older the recipe the better – all categories welcomed
2. Submit to the agency **attention Liz Wall.**

Submit by mail: Arnprior-Braeside-McNab Seniors At Home Program Inc
106 McGonigal St. W., Arnprior, Ont K7S 1M4

Email: lizwall@CSSAgency.ca

Fax: 613-623-8927

In Person at office: 106 McGonigal Street (there will be a file at the front for submissions)

3. If you have a story to go along with the recipe, you are encouraged to include this as well.
4. Provide your name, address and phone number
5. All who supply a recipe will be entered into a draw with a chance to win one of three appreciation gifts (items yet to be confirmed)
6. More than one entry per person is encouraged
7. **Deadline for all submissions – March 15, 2012**

**Please see second page for sample of recipe submitted.*

Any questions please feel free to contact me.

Liz Wall, Development Coordinator
CSSAgency

Office 613-623-7981 ext 23
Cell 613-913-6610

Sample:

Pumpkin Bread

From the kitchen of Liz Wall, Arnprior

This Pumpkin Bread recipe is one I inherited from the Wall family of the late DJ and Emma Wall of Arnprior. Mrs. Wall made this special family recipe every Christmas. A tradition she carried on from her mother and one that dates back to the 1800's. It is, and remains one of my family's favourite desserts at Christmas time. Of course you could bake it anytime of the year.

3 ½ cups of flour
2 tsp baking power
1 ½ tsp salt
½ tsp ground cloves
½ tsp. baking soda
1 tsp. of cinnamon

*Mix these items together in large bowl

In smaller bowl beat the following

4 eggs
1-14 oz can of pumpkin
½ cup Crisco oil
2 -2/3 cups white sugar
2/3 cup of water

Make a well in the centre of the dry ingredients. Add all liquid mixture at one time. Mix only enough to moisten and no visible flour. Mix in 2/3 cup of raisins, 2/3 cup chopped walnuts or one package of dates (sliced)

*P.S. I enjoy it best with dates only

Pour into two loaf pans lined with greased wax paper. Bake in 300 degree oven for 55 to 60 minutes. Done when toothpick comes out clean. At times the toothpick will look moist. Over time you will learn when the loaf is cooked best. It is a very moist loaf.

Enjoy!