FLUIX

Holiday Cookbook

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Disclaimer

Welcome to the Fluix Holiday Cookbook!

We hope you enjoy trying out these delicious recipes submitted by members of the Fluix team and some of our wonderful customers. Before you get started, there are a few ‘kitchen rules’ we’d like you to carefully read:

1. Fluix and all affiliates who have submitted recipes to this cookbook are not responsible for the outcome of any recipe you try from this cookbook, or any website linked to from it. You may not achieve the results desired due to variations in ingredients, cooking temperatures, appliances, typos, errors, omissions, or individual cooking ability (we can’t all be Nigella Lawson or Gordon Ramsey!)

2. You should always use your best judgement when cooking with raw ingredients such as eggs, chicken or fish, and seek expert advice before beginning if you are unsure. It is the reader’s responsibility to be aware of kitchen hazards. You should always take care when using sharp knives or other cooking implements, and always be aware of heated cooking surfaces while cooking. Remember to switch off appliances when you’re not using them.

3. These recipes are intended for use by adults. Please ensure that children are supervised in the kitchen at all times if they are helping out with any of the recipes contained in this cookbook.

4. Some of the recipes in this cookbook contain nuts, shellfish and other potential allergens. You should examine the contents of all ingredients prior to preparation and consumption of these recipes, in order to be fully aware of and to accurately advise others of the presence of substances which might provoke an adverse or allergic reaction. This includes the recipes for dogs and cats - please seek veterinary advice if

you are unsure of what ingredients your dog or cat might be intolerant or allergic to.

5. Some of the recipes in this cookbook contain alcohol. Those recipes are only intended for preparation and consumption by responsible adults who are of legal drinking age in their respective country and/or state and/or province. Please enjoy those recipes responsibly. Fluix and all affiliates who have submitted recipes for this cookbook take no responsibility whatsoever for any effect that alcohol may have on you.

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8. All copyrighted recipes and images that are featured in this cookbook have been correctly accredited and linked back to their original sources to the very best of our knowledge, and they remain the property of their original creators.

9. Please note that some recipes have country-specific oven temperatures. You can convert temperatures from/to fahrenheit, celsius and gas mark/number on the **Joy of Baking website**.

Enjoy!

Welcome letter from Julia Nikolaenko, Head of Product at Fluix

Dear Members of the Fluix Family,

I hope you allow me to address you this way in our Holiday Season greetings. I'm taking this liberty as I truly believe that over all these years together we've managed to build quite the relationship. So many of you have been with us for many, many years and it is hard for me to express in words how proud and grateful I am for this. So let me take this chance and yet again thank you for our fruitful partnership, for each and every email we get from you, for all the insights and ideas you share with our team, and for all the amazing conversations we've had over the years.

And of course let me share a couple of wishes I have for all of us this Holiday Season:

Let us all stay healthy and work together safely, let all the various troubles that 2020 brought our way finally be behind us, and let us all enjoy a happy and joyful celebration with friends and family.

All the best wishes for the festive period!

Julia

1

Julia’s Crepes with Red Caviar & Sour Cream

Traditionally at this time of the year and for the New Year’s night in particular the tables of many families in Ukraine will have at least two dishes that are very well known to all: the salad called Olivye and some red caviar with toasts, crepes or any other variation of a canapé.

“I personally love making and eating crepes, so decided to let everyone Google the Olivye salad and will here share my very simple, yet ever effective recipe of legendary thin crepes that you can serve with red caviar like I do, or with lachs, Philadelphia cream cheese, or with pretty much anything to your liking.”

Ingredients

- 2 eggs
- 3/4 cup milk (whole, low-fat or non-fat)
- Pinch of salt
- Unsalted butter to grease the pan
- 1/2 cup flour
- 1/4 of tsp of red caviar per blini

Method

1. Pre-heat (do NOT boil) the milk, the crepes will then be a lot more elastic and it'll be easier to mix the flour well into the milk this way.

2. Beat eggs well and combine with salt and flour. Mix to a creamy consistency. Add milk gradually and mix until smooth. If lumps remain, strain after mixing. I would also recommend using a hand mixer, works like a charm for me to get rid of those naughty lumps. Set mixture aside for a few minutes. The dough should be quite liquidy.

3. To prepare the blini (Russian word for crepes), grease a 6-inch skillet (there are special flat-bottomed skillets for making crepes, but it's totally not mandatory). Heat skillet over medium-high heat. Add butter (room temperature or preheated in advance) to the skillet and then using a small or large (depending on the skillet size) ladle pour the dough onto the skillet. Quickly tilt and rotate the skillet so the mixture is lightly and evenly spread over the bottom.

4. Heat until the edges start browning and come away from the pan easily and the top is set and dry. Turn the crepe onto the other side and cook till lightly brown again. Repeat this process to cook more blini, lightly re-greasing the skillet every two - three blini. Add milk if the mixture seems too thick.

To serve, arrange warm blini on a tray or a plate. Put a small dollop of sour cream in the center of each (if you like sour cream), then place a few grains of caviar atop the sour cream. Enjoy!

2

Igor’s Tagliatelle al Vino Bianco con Funghi

Igor Zhadanov, CEO at Fluix.

“This recipe by Two Greedy Italians is fast to cook, passionate, and makes little details shine when done right. Buon appetito!”

Ingredients:

- 300 gr dried tagliatelle
- freshly grated parmesan (of your choice)

For sauce:

- 6 tbsp extra virgin olive oil
- 2 cloves of garlic, finely chopped
- 1 small red chili pepper, finely chopped (of your choice)
- 400 gr mixed mushrooms, brushed clean and roughly chopped
- 2 tbsp flat-leaf parsley, roughly chopped
- 4 tbsp white wine
- 3 dl vegetable stock

Method

1. Heat the olive oil in a frying pan, add the garlic and chili pepper if desired and braise over low heat.

2. Turn the heat up a bit and stir-fry the mushrooms for a minute. Pour over the wine, let it evaporate and add the stock to the pan.

3. Heat everything while stirring until most of the liquid has evaporated. Stir the parsley and salt into the mushroom sauce to taste.

4. In the meantime, bring a large pan of lightly salted water to the boil, add the tagliatelle and cook until al dente. (fresh pasta is ready in a few minutes, look for the dried pasta on the pack).

5. Drain the pasta (collect some cooking water) and toss it through the mushroom sauce. If it is too thick, add some cooking water.

6. Remove the pan from the heat and serve the pasta immediately, possibly with some freshly grated parmesan.

3

Susanne’s Risalamande

Susanne Svenningsen, TWI Program Manager, TWI Job Instruction Train-the-Trainer and Global TWI Trainer & Manager at Siemens Gamesa Renewable Energy A/S.

“My all-time favorite Christmas dessert is risalamande. It is so easy to make and still so easy to screw up. It is one of those desserts that each family prefers the one that their Mum makes — there is nothing like Mum’s risalamande!

I don’t eat meat, so I always make sure to have plenty of room for the risalamande. I simply love it. I actually love it so much that I get up Christmas morning on 25 December (we celebrate Christmas on the 24th, in the evening), and enjoy having it for breakfast – when nobody is watching, of course!

Another thing I love about risalamande is that no matter whether you like it or not, everybody wants dessert just to see if one is lucky enough to find the whole almond and get the prize! It adds extra fun for family members of all ages.”

For the rice pudding:

- 1 cup short-grained white rice
- 1/2 cup water
- 4 1/4 cups milk
- 2 vanilla beans (the seeds)

For Risalamande:

- 5 1/2 oz almonds
- 2 tbsp sugar
- 2 cups heavy cream
- 1 can cherry sauce

Method

In a saucepan; add rice and water. Heat up and let it boil for about 2 minutes. Add the milk to the pudding and heat up until boiling, constantly stirring.

Add the seeds from the vanilla beans. This is done by slicing the vanilla beans and scraping out the seeds using a knife. Mix the vanilla with 2 tablespoons of sugar. Also, add the empty vanilla beans to the pudding (they still have a lot of flavor).

Let the pudding simmer under a lid at low heat. The rice has a tendency to burn to the saucepan so remember to stir regularly. Let it simmer for about 35 minutes.

Remove the empty vanilla beans. The rice pudding is now done. Let it cool in the fridge before you proceed to make the Risalamande.

Risalamande

Heat some water until boiling point and pour it in a small bowl. Add the almonds and let them soak in the hot water for about 5-7 minutes. One-by-one take the almonds up and press them between two fingers so that the peel separates from the almond. Add more hot water if needed. It should be easy to skin the almonds.

Coarsely chop the almonds and mix them with the cold rice pudding.

If you used the original recipe for rice pudding (and not the one in this recipe) and boiled the rice pudding without the vanilla beans, then add the seeds of the beans to the pudding now. Add it to the cold rice pudding and mix well.

In a separate bowl, whisk the heavy cream into whipped cream and gently mix it with the rice pudding. The Risalamande is now done. Put it in the fridge until serving.

Serve the Risalamande with some warm cherry sauce. If you want to play the traditional Danish almond-game (mandelgave), leave a whole almond without the peel in the Risalamande - whoever gets the whole almond wins a small prize.

4

Kate’s Lamb Samsa & Quiche Lorraine

Kate Dubrovskaya, Product Expert at **Fluix**.

“Lamb samsa is a filling festive dish for me. I like to cook it for my friends and loved ones especially in Winter, when the weather outside is frightful, while the warm company is so delightful…

Being a big fan of French cuisine, I’ve realized that quiche is totally my favorite type of pie. It’s less common than pizza, but the taste is much more sophisticated, especially when you pick the right cheese. Tastes best with French wine, good mood and lovely people around!”

Lamb Samsa

For the dough:

- 2 cups flour
- 1 cup warm water
- 1/2 tsp salt
- 1/2 cup melted ghee

For the filling:

- 1 lb fatty lamb, minced
- 1 egg yolk, beaten
- 1 tsp cumin
- 3 medium onions, finely chopped
- 1 tsp freshly ground black pepper

Method

1. Sift the flour through the sieve into a mixing bowl. Add salt to a cup of warm water and mix until dissolved.

2. Combine the water with flour and knead the dough to form a dough ball. It took 10 minutes in the stand mixer.

3. Cover the dough ball and leave to rest for 30 min. Once rested, sprinkle the working surface with a little flour and roll the dough into a thin rectangular sheet approximately 2-3mm or ⅛ inch thick.

4. Cover the sheet with melted ghee.

5. Starting on one edge, roll the dough tightly like a cigar.

6. Cut the roll into 18 equal pieces. Press each piece with the palm of your hand to make a patty.

8. Stack patties with parchment paper between them in an airtight container, and place in the fridge to chill for at least 3 hours or overnight.

9. Now combine all the ingredients for filling and mix well. Leave to rest for at least 30 minutes.

Assembly

1. Take the dough patties out of the fridge and roll each patty out into a thin circle sheet using a rolling pin. Roll on one side only and never flip the dough.

2. Divide the filling between each circle evenly.

3. Bring two opposite sides together making a triangle. Pinch the corners. Then bring the bottom part and pinch together again. (Refer to the picture guide in the original recipe on the **Gastro Senses website** for visual help.)

4. Put the samsa on the baking sheet lined with parchment paper seam side down. Cover with beaten egg yolk and sprinkle with sesame seeds, if using.

5. Bake at 385 F for 30 minutes or until golden.

Quiche Lorraine

Ingredients for the one-crust 9″ pastry:

- 1.5 cups flour
- 8 tbsp chilled butter
- 1 egg yolk
- 3 tbsp cold water, approximately

Method

1. Put the flour into the container of a food processor.

2. Cut the butter into small cubes. Add it to the flour and start blending. When the mixture resembles coarse meal, add the egg yolk. Continue blending while gradually adding the water. Add enough water so that the dough will come away from the sides of the container and be firm but pliable enough to shape into a ball.

3. Wrap the ball of dough in wax paper and chill briefly. Lightly flour a flat surface, flatten the dough slightly and roll it out with a rolling pin into a circle.

4. Place the dough into a nine- or 10-inch pie plate or quiche tin. Build up and flute the rim of the pastry.

Ingredients for the Quiche:

- 4 strips bacon
- 1 onion, thinly sliced
- 4 eggs, lightly beaten
- 1 cup Gruyère or Swiss cheese, cubed
- 1/4 cup grated Parmesan cheese
- 1/4 tspn freshly ground pepper
- Basilic leafs (to serve)
- 2 cups heavy cream
- 1/4 tsp nutmeg
- 1/2 tsp salt
- Tabasco sauce to taste

Method

1. Preheat the oven to 400ºF.

2. Line a 9” pie plate with the pastry. By all means build a rim with the pastry and flute it. This is essential for the amount of custard indicated in this recipe.

3. Cover the bottom of the pastry with a round of parchment paper and add enough dried beans or peas to partly fill the shell. Bake for 10 minutes.

4. Reduce the oven heat to 375ºF. Remove and discard the beans and parchment paper and set the pastry-lined pie plate aside.

5. Cook the bacon until crisp and remove it from the skillet. Pour off all but one tablespoon of the fat remaining in the skillet. Cook the onion in the remaining fat until the onion is transparent.

6. Crumble the bacon and sprinkle the bacon, onion and cheeses over the inside of the partly baked pastry.

Combine the eggs, cream, nutmeg, salt, pepper and Tabasco sauce to taste. Strain the mixture over the onion-cheese mixture. Slide the pie onto a baking sheet.

Bake the pie until a knife inserted one inch from the pastry edge comes out clean, about 25 minutes. Remove to a wire rack. Let stand five or 10 minutes before serving.

5

Marilyn’s Caramel Corn

Marilyn Kassube, Operations Administrative Assistant at Smart Care Equipment Solutions.

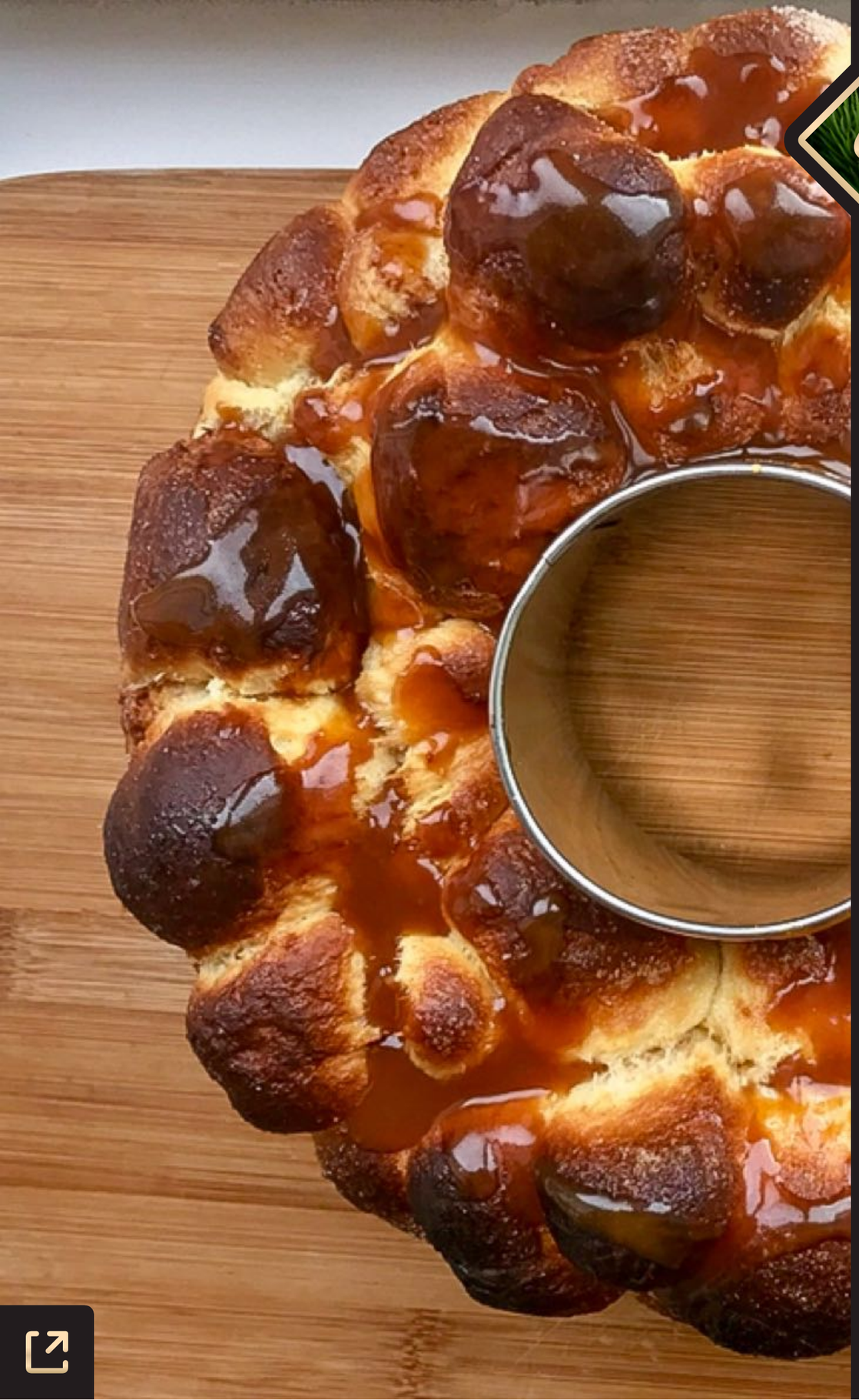
“This has been a family favorite since the 1970’s. It’s yummy!”

Ingredients:

- 5 quarts popped popcorn
- 3/4 cup butter
- 1/2 tsp salt
- 2 cups brown sugar
- 1/2 cup white corn syrup
- 1/2 tsp baking soda

Method

Mix all ingredients except baking soda in a heavy pan and bring to a hard boil. Once mixture is at a hard boil, start a timer for 5 minutes. Remove from heat after 5 minutes is up. Mix in ½ teaspoon baking soda. Pour mixture onto the popped popcorn and mix well. Place in a 250°F oven for 1 hour, turning every 15 minutes.



6

Serge’s Monkey Bread

Serge Romanov, Business Development Representative at Fluix.

“This is my favorite holiday dessert. I like it because it’s fun to cook, it looks great and it’s definitely delicious!”

Ingredients:

- 1/3 cup whole milk
- 1 cup chilled unsalted butter
- 3 cups (or more) flour
- 2¼ tsp envelope active dry yeast
- 3 tbsp sugar
- 4 large eggs, room temp.
- 1 tsp kosher salt
- 1 tbsp ground cinnamon
- 3/4 cup granulated sugar
- 6 tbsp unsalted butter, melted, slightly cooled
- Sanding sugar (for pan)
- Prepared caramel sauce

Special equipment:

- 10-inch tube pan or 10-cup Bundt pan

Method

1. Beat 1 cup butter in the bowl of a stand mixer fitted with the paddle attachment on medium-low speed until butter is smooth and pliable but still cold, about 1 minute. Scrape into a medium bowl; set aside. Save the mixer bowl because you’re going to use it again in a minute (no need to wash).

2. Gently heat milk in a small saucepan over low until warm to the touch but not steaming hot. It should be 110°–115°C. Whisk milk and yeast in a small bowl to dissolve yeast, then let sit until foamy, about 5 minutes.

3. Meanwhile, whisk flour, sugar, and salt in a reserved mixer bowl to combine. Add yeast mixture and eggs, fit bowl back onto mixer, and beat on low speed with dough hook, gradually increasing mixer speed to medium as dry ingredients are incorporated, until dough comes together around the hook. Continue to mix on medium speed until the dough is smooth, elastic, and no longer sticking to the sides of the bowl, about 5 minutes. Add more flour by the tablespoonful as needed if dough isn’t pulling away from the bowl cleanly.

4. With motor running, gradually add reserved butter about a tablespoonful at a time, waiting until it is absorbed before adding more. This process can take several minutes, so be patient. When you’re done adding the butter, the dough will be extremely smooth, soft, and supple, but not sticky. Place dough in a large buttered bowl and cover. Let sit in a warm, draft-free spot until nearly doubled in size, 55–65 minutes.

5. Uncover dough and punch down several times to deflate. Line a 13x9" baking dish with plastic wrap, leaving generous overhang on all sides. Place dough in the pan and press into an even layer, working all the way to the sides of the pan. Fold plastic up and over dough, eliminating air pockets between dough and plastic. Chill dough in the freezer until firm to the touch, 20–30 minutes.

6. Do Ahead: Dough can be made 1 day ahead. After punching down, pat into a plastic-lined pan and chill in the refrigerator instead of the freezer.

Assembly

7. Mix granulated sugar and cinnamon in a medium bowl to combine. Lightly brush the tube pan with butter. Sprinkle with sanding sugar, tapping out excess; set aside. Remove dough from the freezer and peel back plastic. Brush the entire surface with melted butter and sprinkle generously with some cinnamon sugar. Shake excess sugar back into the bowl, then invert the baking pan and turn out the dough onto the work surface sugar side down. Remove plastic; discard. Brush the other side of dough with butter and sprinkle with more cinnamon sugar. Use a pizza cutter or a chef's knife to cut dough into a 12x6 grid.

8. Working relatively quickly so dough doesn't become too soft, separate pieces and, working one at a time, roll lightly between your palms into balls, dusting with more cinnamon sugar as needed to prevent sticking. Place in the prepared tube pan as you go. Cover pan with plastic wrap and let sit in a warm, draft-free spot until pieces have swelled to nearly double their size, 40-50 minutes. Preheat the oven to 350°C a little before monkey bread is ready to bake.

9. Remove plastic from the pan and bake monkey bread until golden brown, 25–35 minutes. Let cool for 10 minutes, then use a small offset spatula to loosen monkey bread from the sides of the pan. Pull bottom out from the pan and use spatula to loosen bread from bottom. Slide bread back into pan; invert onto a plate and remove pan. Place a wire rack over bread and invert right side up onto rack. If using a Bundt pan, just invert directly onto a wire rack. Let cool at least 15 minutes before serving.

10. Pour about ½ cup caramel sauce over monkey bread if desired. Serve with more sauce alongside for dipping.

7

Timo’s Hot Mulled Gin

Timo Göbel, Head of Corporate Group IT Department at Ludwig Freytag.

“Enjoy this winter warmer! Play around with the ingredients by adding something you like the taste of (vanilla or orange, anyone?) - take away what you don’t like. Be creative.”

Ingredients:

- 150ml apple juice
- Double or single measure gin
- 1 cinnamon stick
- 2 star anise
- 4 or 5 whole cloves
- Squeeze lime juice

Method

1. Add all of the ingredients in a saucepan.
2. Heat gently without boiling to steep the spices.
3. After 10 minutes, serve in a heat-proof mug.

Please enjoy this recipe responsibly.

8

Maria’s Pomegranate Bracelet Salad

Maria Curteanu, QA Team lead at Fluix.

“I like this dish very much because it’s my Mum’s favorite salad and it reminds me of home (I’m an expat; a Moldavian living in Ukraine), plus this one has less mayo than our usual holiday salads. Also, it has a lot of pomegranate which helps me think it’s healthier than others :wink: Lately, my Niece fell in love with pomegranate, so the “decoration” of pomegranates on top of this salad barely survives up to the day of the Holiday celebration!”

Ingredients:

- 300g chicken fillet
- 150g onions
- 300g potatoes
- 300g beets
- 50g walnuts
- 1 large pomegranate
- Salt
- Mayonnaise

Method

1. Boil the chicken fillet until tender (cook for about 20 minutes after boiling).

2. Boil the potatoes and the beets.

3. Finely chop the onion and fry it in a little vegetable oil until golden brown.

4. Finely chop the chicken fillet and add it to pan containing the fried onion. Add the salt and fry a little more, then allow to cool down.

5. Grate beets on a fine grater.

6. Chop the nuts in a blender or chop finely with a knife. Mix nuts and beets and add a little more salt.

7. Grate potatoes on a fine grater.

8. Peel the pomegranate and separate the seeds.

9. Place a glass in the center of a large flat dish and put the grated potatoes around it and cover with mayonnaise.

10. Put the chopped chicken fillet and onions on top of the potatoes and cover with mayonnaise.

11. Put the beets with nuts on the chopped chicken fillet and cover with mayonnaise.

12. Finally, put the pomegranate seeds on the beets. Remove the glass from the middle and serve.

Enjoy your meal!

9

Brandon’s Sugar Cookies

Brandon Hull, Head of Sales at Fluix.

“I don’t know a family in the U.S. who doesn’t buy or make sugar cookies during the Christmas season. But I don’t even know why they’re so popular — they aren’t as popular year-round. They bring back memories of me being a kid, and my wife has always made them. So it’s a good match.”

For the cookies:

- 2 cups butter
- 1.5 cups sugar
- 4 egg yolks
- 2 tsp vanilla
- 4.5 cups flour

For the icing:

- 2-pound bag of powdered sugar
- 3 tbsp powdered meringue
- 1 tsp clear vanilla
- 1 tsp butter flavoring
- 1/2 tsp almond flavoring (optional)

Method for the cookies:

1. First, cream butter and sugar. Then, add egg yolks and vanilla.

2. Add flour to the mixture gradually.

3. The dough will roll out best if it has been chilled for a few hours. Roll out cookie dough to ¼-½ inch thick, and cut into desired shapes.

5. Place cookies on a buttered cookie sheet or a cookie sheet covered with parchment paper.

6. Bake at 350ºF for 10-12 minutes.

Method for the icing:

1. Mix ingredients. Add water to the mixture incredibly slowly, until the icing is at the proper consistency for piping through a bag - but it should still be pretty thick.

2. Then, feel free to add some color if desired.

10

Lachlan’s Super Side Salads

Lachlan Jamieson, Project Manager/Product Support at NKT Australia.

“I learnt these recipes whilst on a working visa in Canada, working in various kitchens across the country. They are absolute winners when you need to bring a plate to a party and you'd like to do something a little different, without needing to be a master chef.

I have a lot of vegetarian friends, so I love these recipes because they're full of flavour, you can make them days in advance no problem and they can be easily modified to be vegan. The vinaigrette ties into both recipes and can also be used for a simple salad dressing on its own!”

Ingredients

Based on making both salads together.

Beet & Feta Salad

- 8-10 beetroots
- 1/2 cup chopped dill
- 100 ml sherry vinegar
- Salt & pepper
- Crumbled feta (to serve)
- Roasted pepitas (to serve)

Cauliflower, Pear & Pomegranate Salad

- 1.5-2 heads cauliflower
- 1/2 lemon, zested & juiced
- 3/4 cup sherry vinegar
- 1/3 cup dried currants, soaked in water
- Virgin olive oil
- 2 pears
- Roasted almonds (to serve)
- Pomegranate seeds (to serve)

Sherry Vinaigrette

- 100ml sherry vinegar
- 1 tbsp dijon mustard
- 175ml vegetable oil
- 1 tsp of salt and pepper
- 75ml olive oil
- 1 tbsp shallots (rasped or minced)

Method

Cover with foil and roast beetroots in a moderate oven (180°C) until there is minimal resistance when poked with a knife (45 min-1 hour).

While they're roasting, prepare your sherry vinaigrette by mixing all ingredients except oil. Slowly incorporate oil whilst whisking by hand, season to taste if needed and store in the fridge.

Once the beets are tender, pull them out of the oven to cool, raise the temp. to 205-210°C and prepare cauliflower by chopping into bite-sized pieces.

Oil, season and roast the cauliflower and pears on separate trays until just cooked and starting to brown (8-10 minutes). Pull them out to cool.

Skin your beetroots whilst still warm but okay to handle, rubbing the skin with a paper towel will make them fall off easily - this can be a little messy so best to do it over a sink. Once peeled, dice into 2-3cm cubes.

In a bowl, mix cauliflower, lemon, vinaigrette & season. Dice roasted pears into small chunks and add to the mix with drained currants. To serve, top with roasted slivered almonds and pomegranate seeds.

In a 2nd bowl, mix chopped beets, dill and vinaigrette & season. To serve, top with crumbled feta and roasted pepitas (pumpkin seeds).

Serve at room temperature after cooking, or refrigerate up to 3 days and serve cold.

Any leftover vinaigrette is great simply on a leafy green salad and can store in the fridge up to 1 week.

11

Matt’s Ultimate Ginger Biscuits & Cowboy Cookies

Matt Kane, Operations Manager
at Emerson Automation Solutions.

“These cookies are a favorite at our house, it wouldn’t be Christmas without them!”

Did you know? Cinnamon, nutmeg and ginger are considered by many to be essential Holiday spices. It's no surprise, then, that the spices and seasonings market is expected to reach $22.87 Billion USD by 2026!

Ultimate Ginger Biscuits

Ingredients:

- 315g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground cinnamon
- 1.5 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/4 tsp salt
- 225g dark brown sugar
- 60ml vegetable oil
- 75ml unsulfured treacle
- 1 extra-large egg, room temp.
- Caster sugar
- 170g chopped crystallized ginger

Method

1. Preheat the oven to 180ºC/Gas mark 4. Line 2 sheet trays with greaseproof paper.

2. In a large bowl, sift together the flour, bicarbonate of soda, cinnamon, cloves, nutmeg, ginger and salt and then combine the mixture with your hands.

3. Scrape the bowl with a rubber spatula and beat for 1 more minute. With the mixer still on low, slowly add the dry ingredients to the bowl and mix on medium speed for 2 minutes. Add the crystallized ginger and mix until combined.

4. Scoop the dough with 2 spoons or a small ice cream scoop. With your hands, roll each cookie into a 4.5cm ball and then flatten these lightly with your fingers. Press both sides of each biscuit in caster sugar and place them on the sheet trays.

5. Bake for exactly 13 minutes. The biscuits will be crackled on the top and soft inside. Let the biscuits cool on the trays for 1 to 2 minutes, then transfer to wire racks to cool completely.

Cowboy Cookies

Ingredients:

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tbsp baking soda
- 1 tbsp ground cinnamon
- 1 tbsp salt
- 1.5 cups butter, room temperature
- 1.5 cups granulated sugar
- 1.5 cups light-brown sugar, packed
- 3 eggs
- 1 tbsp vanilla extract
- 3 cup semisweet chocolate chips
- 3 cups old-fashioned rolled oats
- 2 cups sweetened flaked coconut
- 2 cups chopped pecans

Method

1. Heat oven to 350ºF.

2. Mix flour, baking powder, baking soda, cinnamon and salt in bowl.

3. In an 8-quart bowl, beat butter on medium speed until smooth and creamy, 1 minute. Gradually beat in sugars to combine, 2 minutes. Add eggs, one at a time, beating after each. Beat in vanilla.

4. Stir in flour mixture until just combined. Add chocolate chips, oats, coconut and pecans.

5. For each cookie, drop 1/4 cup dough onto ungreased baking sheets, spacing 3 inches apart.

6. Bake in a 350ºF oven for 17 to 20 minutes, until edges are lightly browned; rotate sheets halfway through. Remove cookies to a wire rack to cool.

12

Bill’s Garbage Plate

Bill Knitter, Principal Consultant at Innovative Solutions.

“In Rochester, NY we have a local specialty called a Garbage Plate. This is not a healthy choice – let's call it a ‘sometimes food'. I'm a Rochester transplant (came here in 1999) and it took me about 15 years to warm up to the idea of the Garbage Plate, but now after having a few, I get it.

It looks gross, and like a heart attack on a plate, but I came to find that the combination of ingredients is awesome together and if done well you can not beat this for that real Rochester feel! I do suggest keeping your consumption to 2 per year; unless you're sharing with friends!

There are many variations. My personal favourite is a base of mac-salad and crispy home fries, topped with two beef burgers with 4 slices of American cheese, topped with meat hot sauce, topped with chopped raw onions and drowned out with plenty of yellow mustard and ketchup…”

Ingredients:

- Baby white potatoes
- 4-pack of burger patties
- Sliced American cheese
- Pre-made macaroni salad
- Onion powder
- Salt & pepper
- Water
- Tomato ketchup
- Yellow mustard
- Chili powder
- Red pepper flakes
- Garlic powder

Method

For the hash browns: after washing the baby white potatoes, cut into fourths and place them in a greased pan over medium heat. Add salt and pepper for flavor and cook until golden brown or as desired.

For the burgers: cook two patties in a greased pan over medium heat. Season with salt/pepper, onion powder, and garlic powder. Cook until slightly pink in the center, or at personal preference.

Tip: Only flip the patties once to cook evenly and don't press down on the patties to keep them juicy.

For the meat sauce: place the two leftover patties into the greased pan over medium heat. Break patties into small pieces until there is an even consistency. Add 1/4 cup of water and cook until the meat is a nice even brown. Add chili powder, red pepper flakes, onion powder, garlic powder, mustard and ketchup. Stir until the sauce thickens up and ingredients are evenly mixed

To Serve

Layer 1: hash-browns and macaroni salad (or baked beans). Lay the desired amount of hash-browns and macaroni salad side-by-side on the plate. The foods that are high in carbs serve as the base of the dish.

Layer 2: add burger (sausage or hot dog). Simply place the burger meat on top of the bottom layer, adding a slice of American cheese. This layer can be substituted with sausage or hot dogs. The second layer is the main protein layer of the dish.

Layer 3 and toppings: add meat sauce and condiments. Pour meat sauce over all the other layers. Top with ketchup, mustard, and hot sauce and serve with a slice of bread. Bon Appétit!

13

Sasha’s Chocolate Marble Cookies

Oleksandr (Sasha) Karpov, Front-end Engineer at Fluix.

“I love tea….no, I LOVE tea! Tea reminds me of my Dad; he used to make amazing tea on the furnace with leaves and sticks. But I can’t drink tea without eating something. So, the choice usually ends up being cookies. These particular cookies remind me of movies about Christmas.”

Ingredients:

- 160g flour
- 2 eggs
- 300g icing sugar
- 60g butter
- 50g cocoa
- A pinch of salt
- 10g baking powder

Method

Combine dry ingredients in a bowl - flour, icing sugar, cocoa powder and baking powder. Mix everything well with a whisk, do not forget to add a pinch of salt, it will help to reveal the taste of cocoa even more.

In a separate container, lightly beat the eggs with a mixer or a whisk, about 30-40 seconds, add to a bowl with dry ingredients and stir in butter at room temperature. Stir the dough until smooth, cover the bowl with cling film and put it in the refrigerator for 1.5-2 hours.

When the dough has cooled well, it is more convenient to form balls from it, I did it using a round ice cream spoon. Now we put these balls in a container with powdered sugar and roll well. Do not shake off the powder too much, it will turn out cookies with beautiful cracks.

Next, put the balls on a baking sheet covered with baking paper, at a distance from each other, because they will increase in size during baking.

Put in an oven preheated to 190 degrees Celsius for 12-15 minutes. Let the cookies cool down and a delicious dessert is ready for tea! Enjoy your cooking and eating!

Image Credit: **Goodies By Anna**

14 Ann’s Strawberry Soufflé

Ann Golovatyuk, iOS Team Lead at **Fluix**.

“This is my own recipe. I love this sweet treat, especially for the Holidays! It allows me to feel great even after New Year.”

Did you know? World Strawberry Day is celebrated on February 27th each year, so you'll definitely have to try Ann's recipe in celebration of that day in 2021!

Image Credit: **Goodies By Anna**

Ingredients:

- 200g frozen strawberries
- 25g gelatin
- 2 scoops sweetener
- 300g fat-free yogurt without additives
- 20g flavored protein (of your choice)

Method

1. Mix the frozen strawberries with the yogurt.

2. Add the sweetener and protein as desired and beat with a hand blender. If you do it without protein, you may want to add a sugar substitute, too.

3. At this time, soak the gelatin in 100 ml of cold water and leave for 5-10 minutes to swell.

4. Then melt the gelatin on the stove or in the microwave. Pour into the yoghurt and strawberry mix while continuing to beat with the blender. If you do not beat the gelatin, it will get lumpy and it will not be tasty.

5. Spoon the mixture into cups or bowls, cover with cling film and refrigerate overnight.

Your delicious and low-calorie dessert is ready!

15

Jen’s Apple Cinnamon Oatmeal Dog Treats & Irish Coffee

Jen Butler, Customer Success Manager & Content Producer at **Fluix**.

"My family includes 5 very adorable Bernese Mountain Dogs. Like all doggos, they love treats! They’re particularly partial to apples, which they love to eat raw, or as part of apple cinnamon oatmeal treats. The treats can be made at any time of the year, but if you use some Holiday-themed cookie cutters, then they’re perfect Holiday gifts for your dogs and their friends!

The second recipe I’m sharing is one for you to enjoy - an Irish coffee. It’s a favourite of many as an alternative to a dessert of christmas cake or pudding. Beannachtaí na bhFéilte daoibh!”

Apple Cinnamon Oatmeal Dog Treats

Ingredients:

- 1/2 cup apple sauce
- 1 cup Dry Quick Cook Oatmeal
- 1/2 tsp cinnamon
- 1 large free-range egg

Note: use unsweetened/sugar free and non-processed sauce - never feed your dog anything that contains sweeteners, especially xylitol!

Method

Preheat the oven to 350ºF.

In a large clean but dry mixing bowl, pour the cup of oatmeal. Add the apple sauce and cinnamon and mix well. Once everything is mixed together, add the egg and mix again. Line a baking sheet with parchment paper.

Place a cookie cutter on the parchment paper and scoop the mix into it (you can get all kinds of shapes for the Holidays!), or place spoonfuls of batter a couple of inches apart to make cookies.

Once the oven is at the required temperature, place the tray/pan in it for 22 minutes.

The cookies should just pop right out of the pan or slide off of the tray immediately. Allow them to cool on a wire rack. When they've cooled down, you can feed them to your dog. Happy Howlidays

Irish Coffee

Ingredients:

- 6oz strong espresso coffee, freshly brewed
- 25ml/1 fl oz of good Irish whiskey
- 3/4 tbsp of brown sugar
- A few tbsp of heavy whipping cream

Method

1. Start by making the coffee you'll need for the number of servings you're making.

2. Meanwhile, you'll want to lightly whip the cream with a whisk or electric mixer. Be careful though, you don't want to over-whip it! The cream is ready when it starts to thicken and will form peaks that fall immediately. Most importantly, you should still be able to pour it *(a little trick: if you over-whip it, just add a little more cream and stir it in!)*.

3. Now, you just have to put the drinks together! Start by placing a small metal spoon in each glass (really, this isn't a joke. It'll absorb the heat of the coffee and prevent your

glasses from breaking).

4. Pour the coffee and sugar into the glasses and stir gently until the sugar dissolves. Be sure you leave room for the whiskey and cream!

5. Add about one shot of whiskey to each glass and give it a quick stir.

6. Finally, the cream! To make it easy, you'll want it in something you can easily pour from - a bowl with a spout or a liquid measuring cup. You can also use a larger spoon to slowly pour the cream. Hold the small spoon from each glass upside down over the coffee and pour the cream so it falls gently over the spoon and rests on top of the coffee. Create a half-inch or thicker layer of cream.

7. Add a light dusting of cocoa powder, ground nutmeg or 3 coffee beans on top of the cream, if desired. Sláinte!

Please enjoy this recipe responsibly.

16

Vita’s Couscous Chicken for Cats

Vitalina Vypovska, Product Content Writer at Fluix.

"My cat is a pure food lover. When it comes to meat, she starts meowing, jumping, and doing everything she can to catch my attention and get her favourite piece of chicken!

I love this recipe because it has the perfect balance of everything she needs, from proteins to carbohydrates, and fat. It’s also very easy to cook.”

Ingredients:

- 1/3 cup couscous
- 1 carrot
- 1 egg
- 1 tomato
- 1 chicken fillet

Method

1. Chicken. Make sure to use good quality chicken. Do not use spices, cats need to feel the smell of food clearly.

Add water to the pot to cover the chicken about 0,5 an inch above the chicken. Set on stove over high heat, once the water comes to a boil lower heat to medium to keep a nice simmer. Cook for 15 +/- minutes.

When it’s ready, take the chicken out of the pot.

And leave the broth. You will use it for the next step. My cat loves when couscous is flavoured with chicken broth.

2. Couscous. Bring that cooking liquid to a boil in a medium pot. Add a drizzle of olive oil, and a pad of butter. Next, add the couscous.

Use 0,5 cup liquid to 1/3 cup couscous. Take the pan off the heat. Cover it, and let the couscous steam for 3-5 minutes.

Use a fork to fluff couscous up and break up the clumps to make the dish fluffy.

3. Boil vegetables and eggs. This is the simplest step. Take carrot, take tomato. Put veggies in the pot. And cook them on low heat until they are ready.

Take another pot and boil an egg.

4. Bring it all together. Cut the chicken fillet to pieces along with an egg, and carrot. Then mix them with couscous. Take a boiled tomato and punch it with a fork, so as to make the cat’s dish flavored. Voila!

Thank you for being with us in 2020!
Merry Christmas and a Happy New Year to you and your loved ones!

Fluix Team

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