

**Fresh breads, muffins and breakfast favourites might be the ultimate comfort foods. They can sometimes seem a little daunting to make, but you'll always be rewarded with the warm aroma that fills your home...and belly.**

# Meet the Petersen Family

Hay Lakes, Alberta



**When a teacher and a veterinarian return to their agricultural roots, their passion fuels a conservation project that brings wildlife back to their land.**



## Returning home

Clarann and Stephen Petersen feel very connected, not just to the land, but also to the animals that roam it—perhaps not surprising considering Stephen's previous career as a veterinarian.

"We care about the land. We love our land. It's our life," says Clarann. "We love seeing the wildlife. We love to keep it healthy and plant about a thousand trees a year."

And their conservation efforts appear to be working. Since they came here the wildlife has increased. "We try to make the belts natural areas for them, now there are grouse and rabbits coming back. The swans and pelicans came back this year too."





### Always a different day

What's a typical day like for the Petersens? "There is no typical day," says Clarann. In addition to the crops and garden, the family keeps 10 cows on the property—as pets, "they are almost old enough to vote," so there's always something going on. But that's part of the appeal for Clarann.

"I love the freedom and diversity of work. It's never the same old, same old," she notes. Ben, their son, adds "it can be a lot of work when you're working long days and long hours, but the time you have off is also amazing."





## Looking to the future

Over the years, the Petersens have passed their love of the land onto their two children. "I was working with my dad a while ago and we just shut off the tractor and stared longingly up at the hills, the nice Alberta rolling hills," says their son Ben.

It's in moments like this that Ben can see farming in his own future. "I certainly see myself getting into farming. I think I'd be interested in the marketing side of it, spending time in the city and meeting the people you sell to. It would be amazing if more restaurants wanted to buy farm-fresh chicken. People want to know where their food is coming from," Ben notes. "If you could do that, raise your animals ethically and sell them direct, it would be amazing."





## Homegrown goodness

Having grown up on farms, the Petersen family can definitely notice a difference in the taste of farm-fresh foods.

For Ben his pick for best farm-fresh food is easy: eggs. For Clarann, she's reminded of the number of meals they've sat down to and thought, "wow, we've raised everything on this table except the butter."

While the Petersens operate an orchard and a grain farm, they also have a large garden that supplies them with peas, beans, corn, kale, potatoes, carrots, Swiss chard and cucumbers. They grow so much that they're regularly giving it away.

With such an incredible bounty, it's no wonder why the Petersens are so invested in giving back to the land they live on.





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# Dill Onion Yogurt Bread

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## Ingredients

½ cup water  
¾ cup plain yogurt  
3 tbsp olive oil  
1½ tsp sugar, or honey  
1 tbsp dried dill weed  
1 tbsp onion, dried or fresh  
1½ tsp salt  
3 cups bread flour  
2¼ tsp yeast

## Directions

Put all ingredients in bread maker.  
Set for white bread, medium crisp.

## Notes

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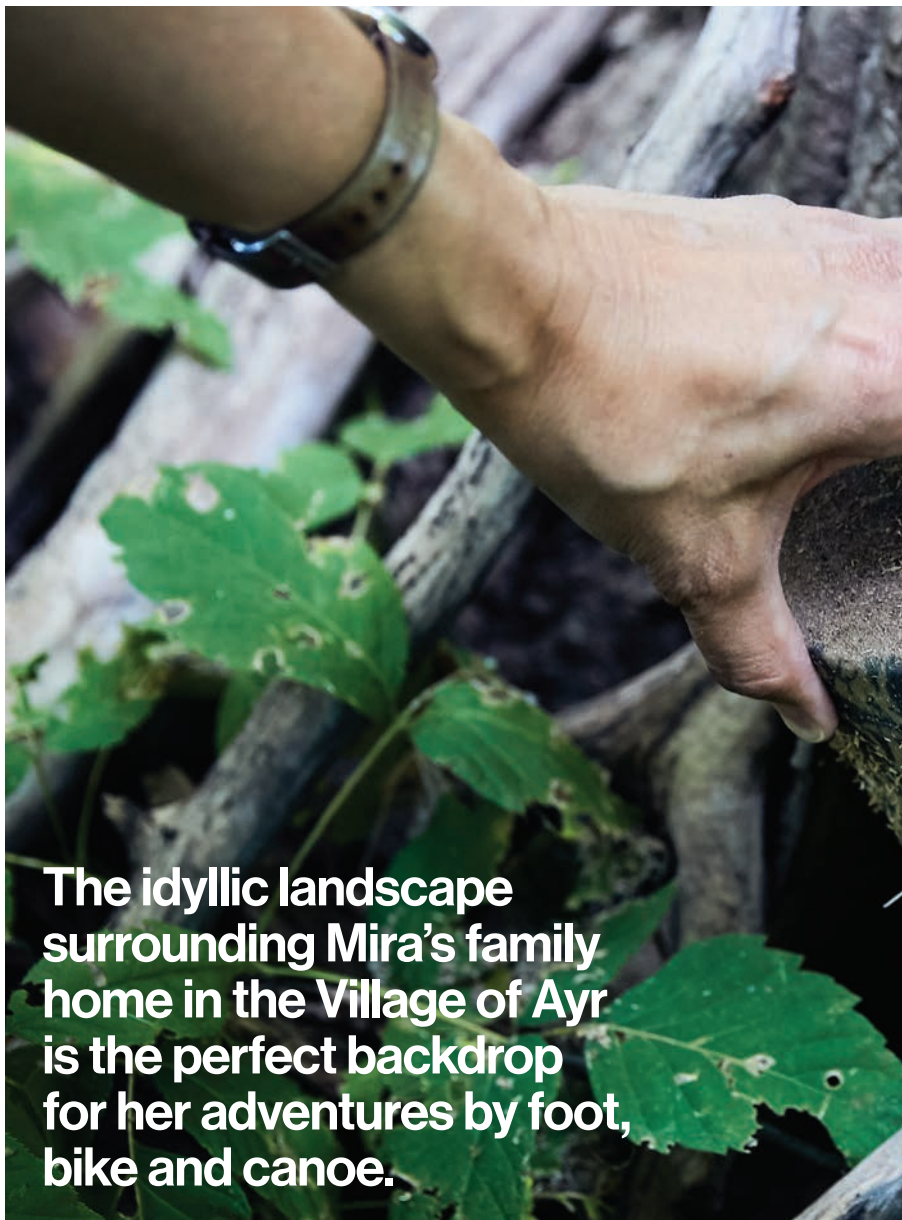
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**Clarann Petersen**  
Hay Lakes, Alberta

# Meet Mira van Bodegom

Ayr, Ontario





**The idyllic landscape surrounding Mira's family home in the Village of Ayr is the perfect backdrop for her adventures by foot, bike and canoe.**



### Fresh air

It's the great outdoors where Mira feels the most at home. When asked to describe her perfect day, the answer is simple, "on a trail, could be anywhere, having some snacks and enjoying the morning."





## Geocaching

To help guide her adventures, Mira is always on the lookout for “geocaches.” These tiny treasures are tucked away in hidden places for people to find using GPS—and there are millions to find worldwide. You can travel pretty much anywhere and discover something in places you never would have thought to look. The activity also allows you to see familiar places in a new light.





## Exploring Ayr

Located between Kitchener and Cambridge, the Village of Ayr offers more than just scenic hikes. If you happen to be passing through, or looking for a new place to explore, there's the cenotaph in the downtown area, a picturesque gazebo in Centennial park as well as an old ice house to visit.

### Family favourite

Mira's husband's grandfather was an accomplished baker and his much-loved banana bread recipe has "floated down through the family. It's delicious," Mira says. "The kids really like it, I can slice it up and pack it in their lunches, it's easily frozen too."

It isn't just the taste that's irresistible—it's also the smell. Mira's two children can arrive home from school and know if a loaf has been baked in an instant. Needless to say, there's never a slice left on the plate.





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# Dad's Banana Chocolate Chip Bread

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## Ingredients

2 cups all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
3 ripe bananas, mashed  
3 tbsp sour cream  
½ cup butter, softened  
½ cup sugar  
½ cup brown sugar  
2 eggs  
1 tsp vanilla  
1 cup chocolate chips

## Directions

Preheat oven to 350°F.

Grease a loaf pan. Mix flour, baking powder, baking soda and salt in a bowl.

In another bowl, mix bananas and sour cream.

Using a mixer, beat butter and sugars until light and fluffy. Add eggs to the butter mixture, one at a time, beating well after each addition. Stir in vanilla. Stir banana mixture into butter mixture. Add flour mixture until blended. Fold in chocolate chips until combined. Pour batter into prepared loaf pan.

Bake for approximately 1 hour or until a toothpick inserted into the centre comes out clean. Remove from oven and let cool in the pan for 10 minutes. Transfer to a rack and let cool completely before slicing.

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**Mira van Bodegom**  
Ayr, Ontario

# Meet the Turner Family

Mallorytown, Ontario





**From the food they eat  
to the neighbours they share,  
for the Turners, a local life  
is the most satisfying life of all.**



### Building a community

With a population of about 2,800 people, Diann says, “the Mallorytown community is close knit. We have wonderful neighbours who help each other. There are quite a few local farmers and we all have interconnectivity—we help each other out with harvest and sometimes with planting. It’s a small community, everyone knows each other—and we’re extremely supportive of one another.”



## A way of giving back

Husband Ross is a “true blood farmer” as Diann puts it. He loves the lifestyle and the perks that come with running his own farm—the independence and being his own boss. “He was born and raised in the country,” says Diann, “from the time he was very small he wanted to work the land. In his younger days he liked milking the cows, having owned his own dairy herd.”

And having been so connected to the land from such a young age has left him passionate about land conservation and stewardship. “He feels like he’s giving back to humanity by producing food.”





### Eating local

Mallorytown, located east of Kingston, has bountiful produce. But Diann's favourites are the sweet corn, potatoes, tomatoes, strawberries and blueberries. "Eating locally," she says, "supports our local farmers and our local businesses. All these people are trying to make a living and it's much healthier."

While the Turners grow corn, soybeans and small grains on their farm, Diann also has a large garden on the property for the family's personal use. "It's richly rewarding and it's exercise. Gardening is for sure healthy, you're eating your own food, and you know what goes into it. Nothing beats homemade taste."





## Challenges of farming

Working the land is a labour of love. As Diann explains the hours are long, Ross can leave the house at 6:30 a.m. and not return until 11 p.m., and you have to be dedicated year-round.

"It's not something you can get someone else to do for you, there's no such thing as a substitute farmer. You have to be driven all the time," Diann says.

But despite the hard work, and the job never really being done, for the Turners, there really is no other place they'd rather be.







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# Rhubarb Streusel Muffins

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## Ingredients

1½ cup brown sugar  
⅔ cup vegetable oil  
1 large egg  
1 tsp vanilla  
1 cup buttermilk  
2½ cups flour  
A pinch of salt  
1 tsp baking soda  
1 tsp grated orange zest  
1½ cups rhubarb, fresh or  
frozen, finely chopped

## Ingredients for topping

1 tbsp butter  
⅓ cup brown sugar  
⅓ tsp cinnamon  
½ cup chopped nuts

## Directions

Make topping and set aside.

Combine brown sugar, egg, oil and vanilla. Add buttermilk and mix well. In a separate bowl, mix dry ingredients. Blend into batter to combine and then add in rhubarb. Spoon batter into muffin tins using ice cream scoop. Top generously with streusel topping.

Bake at 350°F until medium to golden brown.

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**Diann Turner**

Mallorytown, Ontario

# Buns

## Ingredients

2 eggs, beaten  
¾ cup white sugar  
½ cup canola oil  
1 tsp salt  
3 cups warm water  
9 cups flour  
2 tbsp instant yeast

## Directions

Stir first 5 ingredients together with a wooden spoon. Add first 4 cups flour, mixing well. Add 1 cup flour. Sprinkle yeast on top and mix into mixture. Add final 4 cups flour. May need slightly less or more to make the dough not sticky. Knead dough in bowl. Let dough rise. Shape into buns. Let rise again.

Bake at 325°F for 20 minutes. Brush tops with a sugar and scant water solution.

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**E. Whitford**

Sherwood Park, Alberta

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# Buttermilk Pancakes

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## Ingredients

1½ cups flour  
3 tbsp sugar  
1 tsp baking powder  
1 tsp baking soda  
Pinch of salt  
1 egg  
1½ cups buttermilk  
1 tsp vanilla  
2 tbsp melted butter

## Directions

Whisk together flour, sugar, baking powder, baking soda and salt. In a large bowl add egg, buttermilk, vanilla and butter. Mix in the flour mixture and ensure there are no lumps. Drop the mixture onto a hot griddle and wait until bubbles form, or pancake appears nicely browned, then flip.

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**Ralph Balog**  
Kipling, Saskatchewan

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# French Toast

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## Ingredients

¼ cup flour  
¼ cup milk  
A little salt  
A little pepper  
2–3 eggs  
Bread slices

## Directions

Beat ingredients together with egg beater then add additional ¼ cup milk and mix well. Dip bread slices into mixture and fry in butter. Serve with corn syrup.

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## Mary Frates

Kipling, Saskatchewan



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# Grandma Shirley's Air Buns

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## Ingredients

2 tbsp yeast  
½ cup warm water  
1 tsp sugar

## Ingredients for dough

3½ cups warm water  
½ cup sugar  
½ cup canola oil  
2 tsp salt  
1 tbsp vinegar  
10 cups flour  
Butter for spreading  
Brown sugar and cinnamon  
for sprinkling

## Ingredients for vanilla buttercream frosting

¼ cup soft margarine  
2 cups icing sugar  
1–2 tbsp milk  
½ tsp vanilla

## Directions

Mix yeast, warm water and sugar and let rise for 10 minutes. Mix together 3½ cups warm water, sugar, canola oil and salt. Add yeast to the liquid mixture then add vinegar. Add in 3 cups flour and mix until smooth. Gradually add in 7 additional cups of flour. Knead until combined well. Let dough rise for 2 hours and knead again. Let rise for 1 more hour, knead.

Flour countertop, take a piece of dough, roll out. Spread with butter and brown sugar and sprinkle with cinnamon. Roll up and cut into bun size, let sit for about 30 minutes. Bake buns on a greased pan at 350°F for 20 minutes.

Beat together frosting ingredients until mixture can be spread. Add on top of buns.

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**Erika Land**  
Redvers, Saskatchewan



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# Granola Bars

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## Ingredients

3 cups rolled oats  
1 cup chopped nuts  
1 cup sunflower seeds  
1 cup raisins  
½ cup crystalized ginger,  
chopped  
1 can sweetened  
condensed milk  
½ cup melted butter

## Directions

Preheat oven to 325°F.

Grease 10 × 15" cookie sheet. In large mixing bowl, combine all ingredients, mix well. Press evenly into prepared pan.

Bake for 25 – 30 minutes or until golden brown. Cool slightly. Cut into bars. Store, covered, at room temperature.

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**Bev DeRoo**

Swan Lake, Manitoba

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# Honey Buns

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## Ingredients

½ cup honey  
1¼ cup warm water  
3 tsp yeast  
1 cup ground flax  
5 cups flour  
⅓ cup milk  
½ cup canola oil  
4 eggs  
¾ tsp salt

## Directions

Combine honey, warm water and yeast and put in bread machine. Add flax, flour, milk, oil, eggs and salt and put machine on mix setting. Take out dough and let rise. Make into balls and place on cookie sheets. Bake at 350°F in preheated oven for 10 minutes.

Makes approximately 24 buns.

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**Maureen Carles**  
Radville, Saskatchewan





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# Jamaican Banana Bread

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## Ingredients

2 cups flour  
¾ tsp baking soda  
½ tsp salt  
1 cup white sugar  
¼ cup softened butter  
2 large eggs  
1½ cups mashed banana  
¼ cup plain Greek yogurt  
3 tbsps dark rum  
½ tsp vanilla  
½ cup flaked coconut

## Ingredients for icing

½ cup of icing sugar  
1½ tbsps fresh lemon juice

## Directions

Combine flour, baking soda and salt, whisk together. In a separate bowl, beat together butter and sugar, add eggs, one at a time. Add bananas, yogurt, rum and vanilla. Beat. Add flour and beat at low. Stir in ½ cup of coconut. Pour into a sprayed 9×5" loaf pan. Sprinkle extra coconut on top.

Bake at 350°F for 1 hour or until cooked. Let cool, about 10 minutes. Mix icing sugar and lemon juice and pour onto cooled loaf.

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## Cheryl Knell

Leduc County, Alberta

# Lemon Loaf

## Ingredients

½ cup butter or margarine  
1 cup sugar  
2 eggs  
½ cup milk  
1½ cup flour  
1 tsp baking powder  
½ tsp salt  
1 grated rind of lemon

## Ingredients for glaze

Juice from 1 lemon  
¼ cup sugar

## Directions

Mix all ingredients. Spoon into greased 9×5×3" loaf pan. Bake at 350°F for 1 hour or until it tests done. Remove from oven and glaze. Cool in pan for 10 minutes. Remove from pan, cool and wrap.

For the glaze, combine lemon juice and ¼ cup of sugar in small sauce pan. Heat and stir to dissolve sugar. Spoon evenly over top of hot loaf.

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**Frances Thiessen**  
Quesnel, British Columbia



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# Maritime Brown Bread

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## Ingredients

1½ cups water  
¾ cup rolled oats  
⅓ cup molasses  
1 tbsp shortening  
1½ tsp salt  
3–4 cups bread flour  
2 tsp yeast  
1–2 tsp sugar

## Directions

Traditional yeast: Proof yeast in ¼ cup warm water and 1–2 tsp sugar. Let yeast rise, 10 minutes.

Combine molasses and shortening, mix well. Add rolled oats, salt, 2 cups flour. Mix in yeast, blend well. Add another cup of flour, mix. Place moist dough on generously floured surface and knead in remaining flour to make a soft, smooth ball. Grease bowl and top of dough. Cover with greased plastic wrap and towel. Let rise in warm area until doubled. Gently knead and shape in loaf. Let rise until doubled.

Bake at 350°F for 40–45 minutes.

Tip: Recipe can also be made in a bread maker. Use 1 cup less flour and use instant yeast. Also eliminate ¼ cup water and the 2 tsp sugar. Bake on whole wheat setting for 4 hours and 10 minutes.

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**Helen Parks**  
Trenton, Ontario

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# Mom's Blueberry Muffins

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## Ingredients

1 cup plain yogurt  
¾ cup sugar  
½ cup vegetable oil  
2 eggs  
1 tsp vanilla  
1 tsp grated lemon zest  
2 cups all-purpose flour  
2 tsp baking powder  
½ tsp baking soda  
1 cup fresh or frozen  
blueberries

## Directions

Preheat oven to 375°F.

Add muffin liners to muffin pan. In a large bowl, whisk together yogurt, sugar, oil, eggs, vanilla and grated lemon zest.

In another bowl, stir together the flour, baking powder and baking soda. Add the flour mixture to the yogurt mixture and whisk until just combined. Stir blueberries into the batter. Spoon into prepared muffin pan, filling the cups equally.

Bake 18–20 minutes or until a toothpick poked into the middle of a muffin comes out clean.

Remove from oven and let cool in the pan for 5 minutes. Transfer muffins to a rack and let cool completely.

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**Mira van Bodegom**  
Ayr, Ontario





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# Multigrain Bread

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## Ingredients

3 cups warm milk  
2 eggs  
¼ cup honey  
¼ cup molasses  
¼ cup butter  
2 tsp salt  
1½ tsp instant yeast  
3 cups multigrain flour  
5 or so cups white flour  
(unbleached)

## Directions

Mix first 6 ingredients well. Add 3 cups multigrain flour, sprinkle instant yeast. Mix well. Add white flour, 1 cup at a time. Knead 8–10 min until not sticky. Place in greased bowl. Let rise until doubled. Punch down. Let double again.

Bake at 350°F for 15–20 minutes. Makes 3–4 loaves.

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**Ken & Doris Ford**  
Irma, Alberta

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# Omelette Roll

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## Ingredients

6 eggs  
Parmesan cheese  
Mayonnaise  
Sliced ham  
White Kraft cheese slices

## Directions

Beat eggs and add a handful of parmesan cheese, beat together. Put oil into frying pan and make omelette. Once omelette is slightly warm, spread mayonnaise on it and cover with sliced ham and cheese slice. Roll omelette and serve.

To store, place in parchment paper and aluminum foil and place in refrigerator.

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**Anna Argento**  
Montréal, Québec

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# Overnight French Toast

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## Ingredients

2 cups brown sugar  
1 cup butter  
2 tsp cinnamon  
18 slices French bread  
3 cups milk  
6 eggs, beaten  
⅓ cup white sugar  
2 tsp vanilla

## Directions

Melt brown sugar, butter and cinnamon. Layer bread in well-greased 9 × 13" pan. Drizzle butter mixture over layer of bread. Add more bread, then drizzle, making 3 layers ending with drizzle. Mix milk, beaten eggs, sugar and vanilla and pour the mixture over bread. Cover the pan with tinfoil and put into refrigerator overnight. Bake at 350°F for 1 hour, covered, and at 15 minutes, uncovered.

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**Merva Ulrich**

Alameda, Saskatchewan





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# Soft Cinnamon Buns

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## Ingredients for dough

½ cup warm water  
1 tbsp yeast  
2 tbsp sugar  
1 pkg (3½ oz) vanilla  
instant pudding  
½ cup melted butter  
2 eggs, beaten  
1 tsp salt  
6 cups flour (or enough  
to make dough soft,  
but not sticky)

## Ingredients for filling

½ cup butter  
¾ cup brown sugar  
2 tbsp cinnamon

## Directions

Mix water, yeast and sugar. Allow to sit 10 minutes. Meanwhile, mix pudding according to package directions. Add butter, eggs, salt and yeast mixture. Add flour and knead. Allow to rise 30–45 minutes. In two 9 × 13" pans, splash with water and drizzle corn syrup. Roll out dough and spread with ½ cup butter, ¾ cup brown sugar and 2 tbsp cinnamon. Roll up and cut into 1½–2" slices. Allow to rise for 25–30 minutes.

Bake at 350°F for 15–20 minutes.

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## Linda Bator

Shellbrook, Saskatchewan

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# White Bread or Buns

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## Ingredients

4 cups warm water  
½ cup instant potato flakes  
⅓ cup sugar  
1½ tsp salt  
¼ cup oil  
2 tsp instant yeast  
10 cups flour

## Directions

Combine water, potato flakes, sugar, salt and oil in mixing bowl. Mix yeast with half of the flour, add to the liquid and mix well. Add the rest of the flour to make dough easy to handle. Knead well until the dough is smooth and elastic. Cover and rise for 1 hour. Make into loaves or buns and let rise for 1 more hour in a warm place.

Bake at 350°F for 35 minutes if making loaves. Bake for 20 minutes if making buns. Makes approximately 4 loaves of bread or 42 buns.

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**Norma Bueckert**  
Winkler, Manitoba

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# Whole Wheat & Flax Bread

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## Ingredients

½ cup sugar  
3 cups warm water  
2 packages ¼ oz dry yeast  
2 large eggs  
½ cup cooking oil  
1 tsp salt  
9–10 cups whole wheat flour  
½ cup ground flax

## Directions

Stir sugar in large bowl of warm water. Sprinkle yeast over top and let stand for 10 minutes. Stir.

Mix in eggs, cooking oil and salt. Work in enough flour until dough pulls away from sides of bowl. Turn dough onto floured surface and knead for 8–10 minutes.

Allow to rise, 1 hour. Punch down.

Divide into 4 loaves and place in 5 × 9" loaf pans. Allow to rise for another 45–50 minutes. Bake at 375°F in preheated oven for 35 minutes. Place on racks to cool.

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**Ben & Anne Friesen**  
Morden, Manitoba



