

You know you've made a great main dish when people start popping into the kitchen just because it "smells so good." Hearty, and comforting, these dishes will satisfy all your senses...and cravings.

Meet Mike Fisher

Wawanesa, Manitoba



**After 37 years on the farm,
Mike Fisher is still finding
new ways to grow.**





Planning for the future

Mike's father, grandfather, great-grandfather, and great-great-grandfather have all farmed in the Wawanesa area. It's a more than 100-year-old family tradition that Mike and his children don't plan to break anytime soon.

After 37 years working on the farm, Mike has started succession planning with his own two sons, both of whom went to school for agriculture. "Once it's in your blood it's hard to get rid of it. It is truly a passion. You get up at 6:30 in the morning, you work until 9 or 10 at night—sometimes later as needed. You have to have a love for it, or you're not going to do it. I found the rainbow; I'm just trying to get the pot at the bottom."

Finding the nectar

About 10 years ago, the family also got into beekeeping.

Not only is it a diversification of their cattle business, but Mike says, “it gives my son an opportunity to stay close to us. It’s given him freedom and the opportunity to create his own marketing plan and make his own mark.”

“Bees are so important for the pollination of our crops. We’d have nothing if it wasn’t for the bees; wildflowers, fruit trees, they couldn’t survive,” notes Mike. With about 750 hives, and a bee season that lasts from April to September, the bees keep Mike and family busy as...bees during the warmer months.



Winding down

Raising cattle has always been a big part of Mike's life on the farm. And after so many years, he knows what he likes in a steak: "I want a New York steak, 1¼ inch thick, marinated for one to two days in vinegar, spices, barbeque sauce and HP sauce—stick your finger in until you like the taste."







Busy as a bee

With a passion for community, the farm isn't the only place Mike spends his time. He's also a very active member of the Wawanesa community as a part-time firefighter and paramedic, and also as an umpire for local baseball teams.

"I am totally committed to community. I want a school to remain here, I want a community to remain here. I'm very committed locally—I've been a Lions Club member for 37 years. I believe in it."

There's no doubt the Wawanesa community is lucky to have him.

Pulled Beef

Ingredients

5–6 lb beef roast
Onion soup mix
1 can Coke (not diet)
1 bottle BBQ sauce
¼ cup honey

Directions

Take 5–6 lb beef roast and sprinkle with an onion soup mix. Pour Coke in the crock pot, about half full. Cook in crock pot on high for 7–8 hours, turn roast to keep moist. About half an hour before serving, take roast out and pull meat with two forks. Pour juices out of pot and put meat back in. Add the BBQ sauce and honey. Stir together and let the sauce mix into the meat.

Serve on buns.

Notes

Mike Fisher
Wawanesa, Manitoba

Baked Salmon

Ingredients

4 salmon filets
¼ cup mayonnaise
2 tbsp parmesan cheese
⅓ tsp pepper
2 tsp lemon juice
¼ cup crushed Ritz
cracker crumbs

Directions

Heat oven to 400°F.

Place salmon on a baking sheet. Brush on the lemon juice. Mix mayo, cheese and pepper. Drop spoonfuls on each filet. Top with cracker crumbs.

Bake for 12–15 minutes.

Notes

Amanda Taylor
Oxbow, Saskatchewan

Beef Stroganoff with Rice

Ingredients

1–1½ lb beef round steak
cut in thin strips
1 tsp salt
1 tsp paprika
¼ tsp pepper
¼ tsp garlic powder
1 tbsp margarine
1 can mushroom soup
1¼ cup beef broth or water
1 cup chopped onion
2 tbsp flour
½ cup sour cream
3 cups hot cooked rice

Directions

Sprinkle meat with seasonings. Brown in margarine. Stir in soup and 1 cup broth. Cover and simmer for 30 minutes or until the meat is tender. Add onions and cook another 10 minutes. Mix remaining broth and flour. Stir into meat mixture. Cook about 5 minutes, stirring frequently. Add sour cream, heat thoroughly, but do not boil. Serve over bed of rice.

Notes

Natalie Isaac
Cromer, Manitoba

Bruschetta Chicken Bake

Ingredients

1 can (19 oz) stewed
tomatoes, undrained
1 pkg chicken Stovetop
stuffing
2 cloves garlic, minced
1½ lb chicken breast, cut into
bite sized pieces
1 tsp dried basil leaves
1 cup shredded mozzarella
cheese

Directions

Preheat oven to 400°F.

Place tomatoes in a medium bowl, add stuffing mix and garlic; stir until stuffing is moist. Place chicken in a 3-litre baking dish, sprinkle with basil and cheese. Top with stuffing mix.

Bake 30 minutes or until chicken is cooked through.

Notes

Annis Simoens
Holland, Manitoba

Chicken Breast Supreme

Ingredients

3 chicken breasts, halved
1 cup sour cream
1½ tsp lemon juice
1½ tsp Worcestershire sauce
1 tsp seasoned salt
½ tsp paprika
½ tsp garlic salt
1½ cup fine bread crumbs
¼ cup melted margarine

Directions

Pat the chicken dry with a paper towel. Mix next 6 ingredients together in large bowl. Add chicken breasts and coat evenly. Cover. Chill for a few hours or overnight.

Remove the chicken, roll in bread crumbs completely. Place on foil lined cooking sheet, single layer. Chill one hour. Drizzle one tbsp melted margarine on each piece.

Bake, uncovered in 350°F oven for about 1 hour or until tender.

Notes

Linda Tomaszewski
Camrose, Alberta

Crock Pot Chicken Stuffing

Ingredients

1 can (10.5 oz) cream
of chicken soup
8 oz sour cream
1 box Stovetop stuffing
1 cup water
1 bag (16 oz) of green beans
3–4 large chicken breasts
salted and peppered

Directions

Fry the chicken slightly then place in the bottom of crockpot. Mix together soup, sour cream, stuffing (no need to cook) and $\frac{1}{2}$ cup of water, place over chicken. Place beans over chicken and add remaining water. Cook on high for 4 hours or on low heat for 6–7 hours. Stir periodically.

Notes

Rosemary Biever
Provost, Alberta

Green Pepper Steak

Ingredients

1 lb buffalo roast of
round steak
¼ cup soya sauce
1 clove garlic
½ tsp ground ginger
¼ cup olive oil
1 cup red or green pepper
cut into squares or strips
2 stalks celery, sliced thin
1 cup water
2 tomatoes cut into wedges

Directions

Cut meat into thin strips. Combine soya sauce, garlic, ginger. Add to meat. Mix and set aside. Heat oil in large frying pan. Add the meat and cook over high heat until browned. Add vegetables and water. Mix until vegetables are tender crisp, about 10 minutes. Add tomatoes and just heat through. Serve over rice or noodles.

Notes

Georgina Orcheski
Round Hill, Alberta

Herb Pork Tenderloin

Ingredients

¾ lb pork tenderloin
Ground pepper
3 tbsp butter
3 tbsp brandy
½ cup whipping cream
1 tbsp Dijon mustard
Pinch each of thyme,
marjoram, rosemary

Directions

Grind pepper enough to make 2 tsp and press into tenderloin on all sides. Melt butter in frying pan and add tenderloin. Sauté over medium heat until evenly brown, about 8–10 minutes. Reduce heat to low and add brandy and remaining ingredients. Whisk until blended, then cover pan and cook over low heat for 20 minutes, or until pork is cooked. Remove meat, slice into rounds and serve over rice or potato, sauce poured over top.

Notes

Trish Baker
North Portal, Saskatchewan

Honey Garlic Chicken

Ingredients

Chicken (skin may be left on
or removed)

1 cup honey

¼ cup butter

¼ cup prepared mustard

Pepper to taste

2–3 cloves garlic

Directions

Mix ingredients together and pour over chicken.

Cook, uncovered, at 350°F for 1½ hours.

Baste occasionally.

Notes

Patricia Muirhead
Sedgewick, Alberta



Lazy Sour Cabbage Rolls

Ingredients

1 quart jar of sour
shredded cabbage
2 cups rice
1 lb ground beef
1 clove garlic
1 onion
2 cans tomato sauce
(unsalted)

Directions

Boil the rice. Fry the ground beef, chopped garlic and chopped onions. Combine mixture, rice, sour shredded cabbage and tomato sauce in roasting pan. Pack down and bake in oven at 300°F for 2 hours.

Notes

Ted Lubomsky
Edmonton, Alberta

Mom's Curried Chicken

Ingredients

4 tbsp butter or margarine
½ cup honey
¼ cup prepared mustard
1 tsp salt
1 tsp curry powder
3 lbs chicken, cut up

Directions

Melt the butter in a pan with sides. Stir in honey, mustard, salt and curry powder. Roll chicken pieces in pan mixture, allowing to coat and cook. Place chicken, meaty side up in pan.

Bake at 375°F for 1 hour, turning and basting occasionally.

Notes

Lorrie Pihng

Craik, Saskatchewan

Mike's Hot Wings

Ingredients

1 package of wings
2 tbsp Heinz 57 sauce
¼ cup Louisiana hot sauce
(add more to taste)
¼ cup brown sugar

Directions

Place wings in 9 × 13" baking dish. Combine sauce and baste on wings. Cook at 350°F for 1 hour, basting often.

Tip: If you want, you could cook wings plain first and then shake the wings in sauce. Serve with favourite dressing.

Notes

Dawn Huber
Wawanesa, Manitoba

Nebraska Beef Rolls

Ingredients

2 eggs, beaten
¼ cup ketchup
2 tbsp Worcestershire sauce
1 cup shredded cheddar
cheese
2 tbsp grated parmesan
cheese
¼ cup onion, finely chopped
1 tsp salt
¼ tsp pepper
2 lbs ground beef
12 strips bacon

Directions

Combine first 8 ingredients. Add beef and mix well. Shape into two 6-inch rolls. Place 6 bacon strips side-by-side on a large sheet of wax paper. Place 1 beef roll over bacon. Roll up wrapping bacon around roll. Secure with toothpicks. Repeat with other roll. Place in an ungreased 13 × 19 × 2" baking pan. Bake at 375°F for 45 – 50 minutes or until meat is no longer pink and meat thermometer reads 160°F.

Notes

Katie Sorethan
Lougheed, Alberta

Paprika Hamburgers

Ingredients

1½ lbs ground beef
1 egg
1½ tsp salt
¼ tsp pepper
¼ cup bread crumbs
⅓ cup milk
¼ cup minced onion
1 tbsp butter
1 tsp flour
½ cup vegetable juice
cocktail
1 tbsp paprika
½ tsp steak sauce
1 can (10 oz) cream of
mushroom soup
½ cup sour cream

Directions

Lightly mix first 6 ingredients and 2 tbsp onion. Shape into patties. Using butter, brown both sides in a skillet. Remove fat, leaving only 1 tbsp in skillet. Blend flour into fat in skillet. Add remaining onion, vegetable juice, paprika and steak sauce. Bring to boil and put patties back in skillet. Cover and let simmer 15–20 minutes. Serve with mashed potatoes or noodles.

Notes

Kathy Mercz
Orono, Ontario

Pork Chops

Ingredients

8 pork chops
8 tbsp uncooked rice
2 cups consommé
Freshly ground pepper
1 can tomatoes
8 carrots, sliced
2 Spanish onions, sliced
1½ tsp salt

Directions

Remove some fat from pork chops and melt it in a pan. Sauté pork chops in fat on high heat until golden brown on both sides, then remove. In a large dish, place a layer of sliced carrots and place pork chops on top. On each chop, place 1 tbsp uncooked rice, onion slices and a piece of tomato. Pour consommé and rest of tomatoes over pork chops. Bake in a 325°F oven for 3 hours.

Notes

Christina Imbeault
Montréal, Québec

Shipwreck

Ingredients

1 large onion, chopped
1 lb ground beef
1 cup minute rice
1 cup celery, chopped
Salt and pepper
1 can tomato soup
1 can boiling water
½ cup ketchup

Directions

In a large bowl, mix together ground beef, onion, rice, celery, salt and pepper. Place into a 10-cup casserole dish. Do not pack. Mix together tomato soup, ketchup and water. Pour over top.

Bake, covered, in 350°F oven for 2 hours, until vegetables are tender.

Notes

Florence McLaren
Arcola, Saskatchewan

Shishli Kee Russian Lamb Kebobs

Ingredients

3 lbs fresh lamb, cubed
3 tbsp mustard seed
2 tsp pepper
1 cup chopped white onions

Directions

Combine all ingredients. Let marinate for 24–48 hours in a cold place. Cook in a low oven at 250°F for 4–5 hours.

Notes

Doreen Kosmachuck
Regina, Saskatchewan



Sloppy Joes

Ingredients

2 lbs ground beef
½ cup chopped onion
2 celery ribs with leaves,
chopped
¼ cup chopped green pepper
1⅔ cup canned crushed
tomatoes
¼ cup ketchup
2 tbsp brown sugar
1 tbsp vinegar
1 tbsp Worcestershire sauce
2 tbsp BBQ sauce
½ tsp garlic salt
¼ tsp ground mustard
½ tsp paprika
Buns and cheese to serve

Directions

Fry ground beef and onion until browned. Add celery and green pepper and fry for 5 more minutes. Add all other ingredients to the pan, mix well and let simmer for 30 minutes. Serve on buns and top with cheese.

Notes

Brad & Frances Thiessen
Quesnel, British Columbia

Sticky Pork

Ingredients

- 1 pork loin
- ¼ cup marmalade
- 1 tsp ginger, crushed
- 1 tsp garlic, crushed
- 2 tbsp soya sauce
- ½ cup orange juice
- ¼ cup honey or agave

Directions

Put ingredients in container (e.g., glass jar). Shake up until mixed. Brown pork loin. Remove from pan and cut into pieces, then put back in pan. Pour mixture over top of pork loin. Let thicken, about 15 minutes.

Notes

Denise Young

Alameda, Saskatchewan

Sweet & Sour Spare Ribs

Ingredients

2 lbs spare ribs
1 cup brown sugar
 $\frac{3}{4}$ cup pickling vinegar
 $\frac{1}{2}$ cup water or more
1–2 tbsp corn starch
2–3 tbsp soya sauce

Directions

Cut up ribs and fry until brown. Drain off grease and put ribs in a roaster. In another pan, mix brown sugar, corn starch, vinegar, water and soya sauce. Boil to thicken, stirring consistently. Pour ribs into pan and bake at 350°F for 1 hour or until done.

Notes

Stella Schaff

Lampman, Saskatchewan



Sweet & Tangy Chicken

Ingredients

8–12 boneless, skinless
chicken thighs
1 small chopped onion
½ cup brown sugar
½ cup ketchup
½ cup chunky salsa
⅛ tsp cayenne pepper
⅛ tsp salt

Directions

Place chicken in pan. Bake at 350°F for 30 minutes. Combine everything else and pour over chicken. Cover and bake 50 minutes. Uncover the last 12 minutes.

Notes

Amanda Taylor

Oxbow, Saskatchewan

Upside Down Pizza

Ingredients

2 lbs hamburger
¼ cup chopped onion
2 cups pizza sauce
2 cups mozzarella cheese
1 cup sour cream
1–8 oz pkg crescent rolls
¼ tsp salt
¼ tsp pepper
2 tbsp melted butter
2 tbsp parmesan cheese

Directions

Fry meat and onion. Add pizza sauce. In a bowl, mix together mozzarella cheese, sour cream, salt and pepper. Spread meat mixture in 9×13" pan. Top with cheese mixture. Roll crescent roll dough out on top to make a crust. Brush with melted butter, sprinkle with parmesan cheese.

Bake at 350°F for 20 minutes or until browned.

Notes

Sue Reimer
Cromer, Manitoba

