

# SOCIAL

with a purpose

Staying connected,  
even while staying  
physically apart.

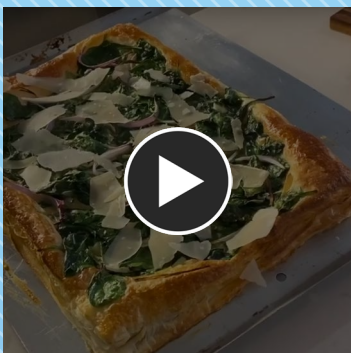
## SPINACH PUFF PASTRY TART

### INGREDIENTS:

- Frozen puff pastry dough, thawed
- 1 TBSP olive oil
- 2-3 cups fresh spinach
- 2 cloves garlic, thinly sliced or minced
- 2 eggs, beaten
- Sliced red onion (~1/4 small bulb)
- Salt and pepper (to taste)
- Shavings of parmesan to finish

### DIRECTIONS:

- Pre-heat oven to 425 F.
- Roll out dough (1/8 in. thick) Place on baking sheet.
- Over medium heat, wilt spinach with garlic, with a splash of olive oil (2 minutes).
- Remove from heat. Add eggs. Spread mixture over dough. Top with red onion.
- Use pastry brush to apply remaining egg wash to crust.
- Bake 12 minutes, until golden.
- Top with shavings of parmesan before serving.



Watch the video instructions by visiting:

<https://www.youtube.com/watch?v=949VMR7hKFY&feature=youtu.be>

# PENNE WITH SMOKED SALMON

## INGREDIENTS:

- 3/4 lb penne
- 1/2 lb smoked salmon
- 2 TBSP butter
- 5 green onions julienned
- 2 TBSP chopped flat leaf parsley
- 2 TBSP lemon juice
- 1/2 cup chopped watercress or 1 cup of baby arugula\*
- Pepper

\*Note: The original recipe calls for watercress which can be difficult to find. Baby arugula is a good substitute. Make the recipe to your taste.

## DIRECTIONS:

- Cook penne in salted water according to package directions until al dente.
- Cut salmon into strips.
- In skillet, melt butter over medium heat without burning.
- Cook salmon, onions, parsley, and lemon juice for 1 minute or until heated through.
- Add penne and watercress or baby arugula to skillet and toss gently to coat.
- Season with pepper to taste.



Watch the video instructions by visiting:

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# CHOCOLATE MOLTEN LAVA CAKES

## INGREDIENTS:

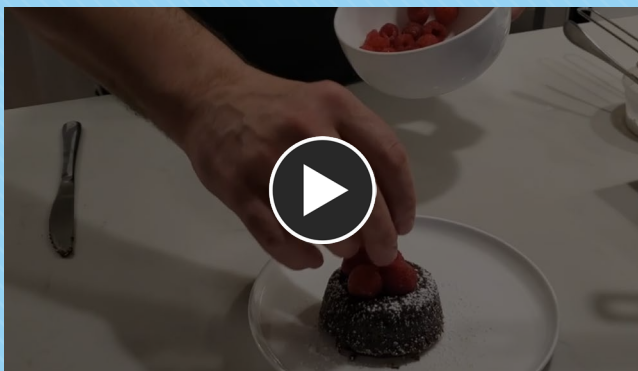
- Makes two, 6oz ramekins
- 2 eggs
- 2 TBSP brown sugar
- 1/4 cup of butter
- 4oz (100-120g) dark chocolate
- 1 TBSP of cocoa powder

### Optional:

1 TSP vanilla or 1-2 TSP of other flavouring (coffee, orange liquer, grand marnier, peppermint liquer)

## DIRECTIONS:

- Preheat oven to 400 F. Grease and sugar two ramekins.
- Beat eggs and brown sugar.
- Melt chocolate and butter together in a heat-proof bowl over a pot of simmering water. (Remove from heat and let cool for 5 minutes).
- Add small amount of chocolate mixture to egg mixture, gradually incorporating all the chocolate and butter.
- Add cocoa, stirring until well incorporated.
- Fill ramekins about 2/3 full.
- Bake for 10-12 minutes. Let stand for 10 minutes.
- Unmold and serve with berries and/or whipped cream, to cut the richness.



Watch the video instructions by visiting:

<https://www.youtube.com/watch?v=ErZ9xqPURkl&feature=youtu.be>