GREATER VANCOUVER FOOD BANK PRESENTS

Vancouver-

Yolktales

A collaborative cookbook of local recipes

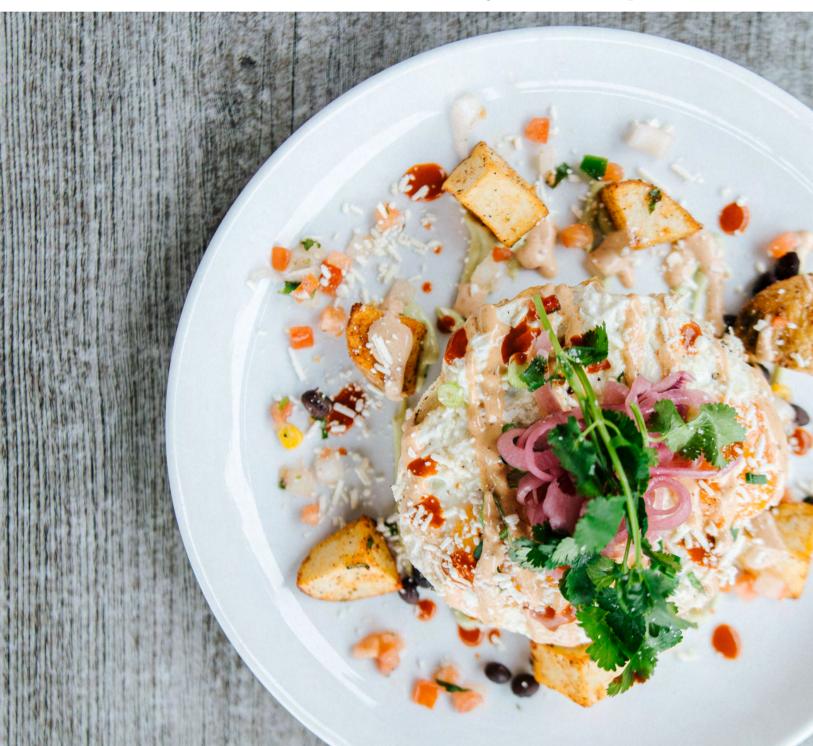


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A Book of Yolktales

Yolktales is the Greater Vancouver Food Bank's firstever collaborative cookbook. This free cookbook is a PDF collection of easy-to-follow egg recipes that include staple ingredients we would regularly give to our clients. The recipes and photos were provided by eight local chefs and two Greater Vancouver Food Bank staff.

The purpose of this cookbook is to highlight that delicious and nutritious recipes can be made from the food we provide to GVFB clients. We want to raise awareness about the high-quality, nutritious food the GVFB receives and purchases from local businesses.



El Santo showcases both the diversity of Mexican food and the fresh, local, and sustainable ingredients of the West Coast in creative dishes and a welcoming dining room that will have you wanting to come back to enjoy the experience over and over again.

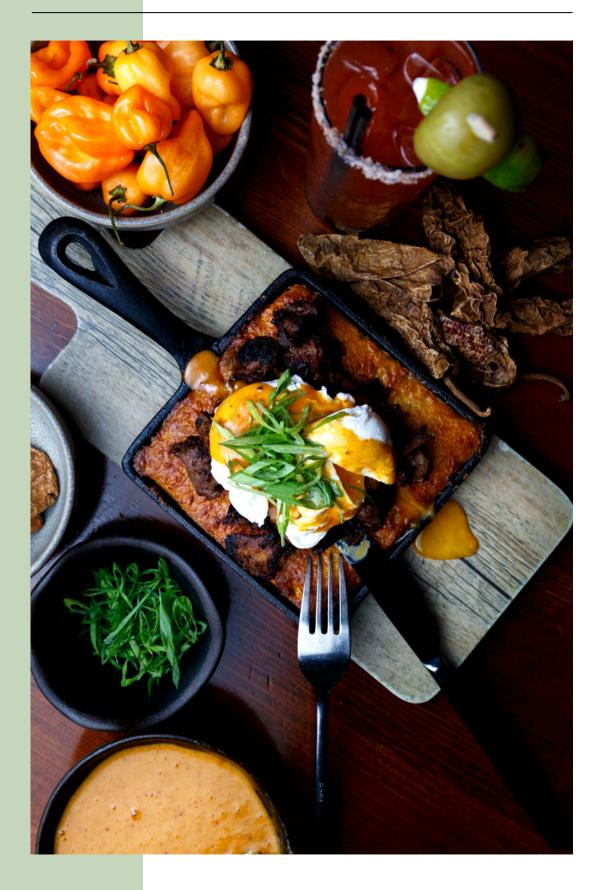
Since opening its doors in 2015, El Santo has prided itself on supporting local merchants. Both the bar program and food menu are a reflection of the fantastic ingredients of the Pacific Northwest, with a Mexican twist.

Together, we've created a menu that includes popular Mexican favourites and regional specialties you won't find anywhere else on the Canadian coast — right down to our house-made corn tortillas.

We present our Cornbread Eggs Benedict which is up to you to customize with what you have. At El Santo, we serve this with braised short rib on top of cornbread but it will work perfectly with english muffins and ham!

> Follow El Santo online at: @elsantonewwest

Cornbread Eggs Benedict



Cornbread Eggs Benedict

by Chef Sam Fabbro

Ingredients

- 6 tbsp of white vinegar
- 11 eggs
- 2 cups of butter
- 2 pieces of cornbread or any bread you have
- 2 slices of ham or your protein of choice
- Salt and pepper to taste

Directions

- 1. Put butter on low heat to melt. While it's melting, separate the egg yolks from the whites of 9 eggs.
- 2. Salt the egg yolks and whisk together on heat for 10 seconds then off heat for 20 seconds, alternating until it's double in volume and smooth.
- 3. Slowly add butter and season with salt and pepper to taste.
- 4. Bring 4 litres of water to boil with 6 tablespoons of white vinegar. Once water has hit a boil, lower temperature until just simmering then stir gently until flowing around the pot, crack your 2 eggs into the water. You want to do this as close to the water as possible so the eggs maintain their shape.
- 5. Let your eggs poach for about 1 minute. Once cooked, remove with a slotted spoon onto a plate with an absorbent towel, to help remove any leftover vinegar.
- 6. Place your protein onto the carb. Gently spoon the eggs on top and pour some hollandaise over the whole thing.

Mary's on Davie

Mary's on Davie—the evolution of a classic Vancouver diner—reinvented. After an extensive renovation, a bold new design concept, and a fantastic new menu, Mary's on Davie is a fabulous food and drink destination for locals and visitors alike. Part upscale neighbourhood diner, part sassy brunch spot, and 100% part of the community, Mary's on Davie is a place where everyone's a little bit Mary.

Mary's on Davie is proud to support the Greater Vancouver Food Bank's cookbook. We know how hard hit our communities have been through COVID-19, so we are appreciative of everything the Greater Vancouver Food Bank is doing to support people in need. They have been working diligently to provide for those most vulnerable while ensuring safety measures are in place to protect everyone. We know how tirelessly the Greater Vancouver Food Bank has been working for communities in need. We are happy and excited to partner with them.

We present our take on a chorizo scramble made by Chef George Athanasiou.

Follow Mary's on Davie online at: @marysondavie



Chorizo Scramble

by Chef George Athanasiou

Ingredients

- 1/2 cup chorizo sausage (any type of sausage can be used)
- 2/3 cup potatoes
- 1/2 red pepper
- 1/2 onion
- 1/2 cup shredded cheese
- 2 eggs
- 2 slices bread (suggested sourdough)
- Canola oil (as needed)
- Green onion (optional)

Directions

- 1. Peel and dice potatoes and place into a pot of water and bring to a boil. Cook until soft and strain when completed and place aside in a bowl.
- 2. While potatoes are cooking, slice the pepper and onion and place aside.
- 3. Take sausage and roast in oven until cooked, about 15 mins from raw. Once cooked take out of oven and cool. When cooled, slice up the sausage and place aside.
- 4. Crack the eggs into a bowl, whisk with a fork to get them mixed and place aside.
- 5. Coat a large saute pan with oil. Once the pan is heated add the pepper and onion first, cook until soft then add sausage and potatoes.
- 6. Once everything has cooked together, add your eggs. Keep stirring in the pan to prevent sticking as much as possible. Once cooked, add in cheese and mix until melted.
- 7. Toast the sliced bread and cut in half and plate next to the scramble. Top with green onions.

Andrea MacLean

My name is Andrea MacLean and I have been a chef for more than 20 years working at several private clubs in Vancouver. I recently became a Chef Instructor in the Culinary Arts program at Vancouver Island University which has been fantastic!

I love to share my passion and experience with the next generation of cooks. This is why I was so excited to partner with the Greater Vancouver Food Bank and share one of my favourite recipes to help inspire people to change the way they think about some of the simple ingredients in their kitchen.

I present my recipe for a Croque Madame, which is essentially a grilled ham and cheese sandwich that has been taken to the next level with the addition of a sunnyside-up egg and a cheesy sauce! It is a great example of how to go from simple to spectacular using what you've got!

Croque Madame



Croque Madame

by Chef Andrea MaeLean

Ingredients

Sandwich

- 2 eggs
- 4 slices sandwich bread
- 6-8 pieces deli ham, thinly sliced
- 1/2 cup old cheddar, grated
- 3 tbsp butter

Cheese Sauce

- 11/4 cup milk
- 2 tbsp butter
- 2 tbsp flour
- Pinch of salt
- Pinch of pepper
- Pinch of nutmeg
- 1 cup old cheddar, grated

Directions

1. Preheat a small saucepot over medium heat, add the butter; it should foam up and sizzle. Add flour and mix together. Whisk in milk until smooth and cook over medium heat.

2. Stir the sauce constantly and season with salt and nutmeg.

3. It will thicken once it comes to a boil. Reduce heat to a medium-low and allow it to cook for five minutes. Stir in grated cheese until melted.

4. When the texture is thick like sour cream, remove from heat and set aside.

5. Butter one side of four pieces of bread. With the buttered side down, spread a thin layer of the cheese sauce on the other side of the four pieces of bread.

6. On top of two slices of bread, arrange three thinly sliced ham and sprinkle with the grated cheese divided between the two sandwiches and top each with the other piece of bread, sauce side in, butter side out.

7. Grill the sandwiches in a preheated frypan until golden then set aside on a foil-lined baking sheet. Smear a generous amount of sauce on top of the sandwich and sprinkle remaining cheese. Broil for five minutes.

8. Melt butter in a pan and fry two eggs sunny side up. Remove sandwiches from oven once golden brown then top with a fried egg.



Our culinary team at Water St. Café works with local suppliers to bring in the freshest of products to showcase the best that BC has to offer. We are what every small restaurant ought to be: a commitment to quality, service and value that keeps our guests coming back time and time again creating true guest connection and the best hospitality experience in Vancouver.

We use simple and fresh ingredients such as brioche bread from Cobs Bakery on Main Street – they bake us the most buttery brioche in Vancouver. We also use local free-run eggs from the young folks at Legends Haul, house-made syrup, and everyday baking spices. All of this is easy to prepare ahead of time or put together in the moment.

We present to you, our Stuffed French Toast by Chef Alan Tse. You can set the prepared French Toast in the refrigerator overnight, so all you need to do in the morning is take it out to warm to room temperature before baking in the oven.

> Follow Water St. Café online at: @waterstcafe

Stuffed French Toast







Stuffed French Toast by Chef Alan Tse

Ingredients

- 1 loaf of brioche bread/any buns or rolls, cut into four 3-inch blocks (day old bread works best because it soaks up liquid better)
- 1 cup whipping cream (33%)
- 8 free-run eggs
- 1 tsp ground cinnamon
- 3 tbsp vanilla extract
- 2 cups ricotta cheese
- 1/2 cup guava puree (or any fruit puree of your choosing)
- Fresh berries
- 1/2 cup pistachios, lightly crushed

Directions

1. Preheat oven to 350°F.

2. Place ricotta in a mixer. Start at a lower speed and slowly increase; whip ricotta on high speed until fluffy (about 5 minutes).

3. Turn off mixer and add your fruit puree. Whip until the ingredients are combined. Put mixture into a piping bag and store in fridge.

4. Mix eggs, cinnamon, vanilla extract, and whipping cream. Set aside and start prepping the stuffed brioche.

5. Use a small kitchen paring knife to insert a small hole on the side of the brioche blocks. Take the ricotta mixture out of the fridge. Evenly pipe all the ricotta into 4 brioche blocks.

6. Dip brioche blocks in egg mixture. TIP: It tastes better when left to sit overnight in the fridge. Place the brioche blocks on the middle rack of the oven on any oven-proof dish or tray. Bake for 20-25 minutes, until it turns a golden colour.

7. To serve the French Toast, top with berries, pistachios, maple syrup, and whipped cream.

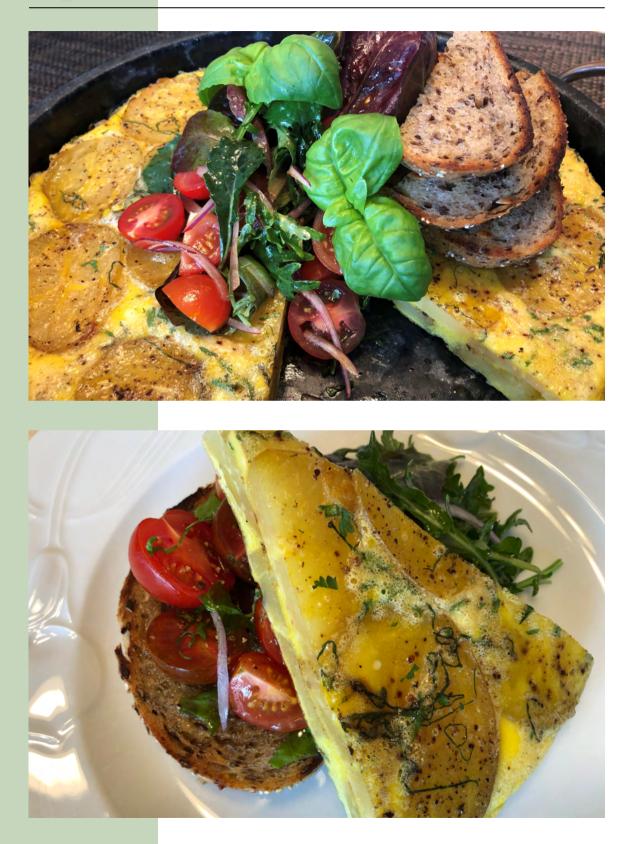
Jason Lloyd

A Nanaimo local, born and raised, I worked most of my career in Vancouver at the Pan Pacific Hotel, Granville Island, Fairmont Hotels, and Private Clubs. My technical training was completed at Malaspina College (now VIU) in 1993, followed by apprenticeship workplace training from 1993-1996. I feel extremely fortunate to have learned from some of the best chefs in Canada as I gained experience in this trade. Now returned to my roots in Nanaimo, I have been working at VIU since 2011 and have been fortunate enough to work through many roles, leading up to becoming chair of the culinary programs and now acting associate dean of Trades & Applied Technology.

I am delighted to work with the team at the Greater Vancouver Food Bank on this project and am sure this dish will add to the culinary prowess of all who attempt it.

A very simple egg and potato "omelet" from Spain is a great breakfast or brunch dish that is also tasty cold if you want to take it for a picnic or day outside. Served with a side of tomatoes, olive oil and salad adds a nice acidic complement to the rich textures of this Spanish Tortilla.

Spanish Tortilla



Spanish Tortilla

by Chef Jason Lloyd

Ingredients

- 8 eggs
- 4 large potatoes (Yukon gold or russet)
- 1/4 sweet onion, sliced very thin
- 4 tbsp unsalted butter (melted)
- 2 tbsp olive oil
- Salt, pepper to taste
- Mild chili powder (or paprika if less spice is desired)

Directions

1. Simmer the whole, skin-on potatoes in salted water for 35-40 minutes, or until a knife slides easily in. Remove from the water and let the potatoes air dry until completely cool.

2. Peel them carefully then slice 1/2 cm thick and place them on a baking sheet. Brush each slice with melted butter then season with salt, pepper, mild chili or paprika.

3. Roast in a 400°F oven for 25-35 minutes or until golden and slightly crispy.

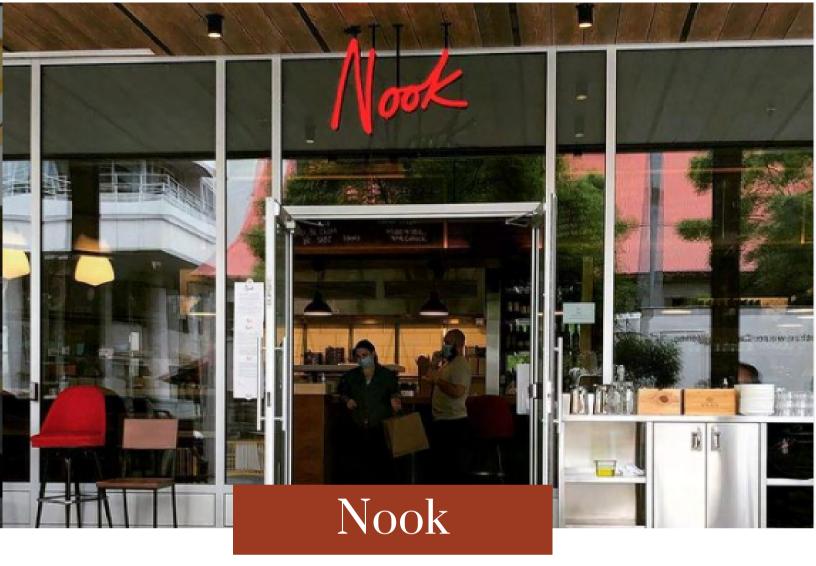
4. Once the potatoes are done, turn the oven down to 350°F.

5. Place the potato slices in an oven-proof dish with thin slices of sweet onion in between each layer of potato.

6. Mix 8 eggs in a bowl and whisk together with salt, pepper, and a pinch of paprika. Pour egg mixture over potato slices then bake the dish for 25-30 minutes.

7. The eggs will begin to firm up and will "soufflé", or rise. Once the dish is a light golden brown on top, remove it from the oven.

8. Let cool then drizzle olive oil over the dish before serving. Serve with sliced tomatoes, salad greens, and a light sprinkling of fresh chopped herbs.



In the Spring of 2009, Nicole and Mike created Nook in the West End of Vancouver. The idea was to create a neighbourhood restaurant that served good pizza, pasta and antipasto with good wine in a fun atmosphere.

This location, all 30 seats, is still going strong. Over the last six years, three more locations have been added – Kitsilano, Olympic Village and The Shipyards (North Vancouver).

At the beginning of 2020, Nook restaurants kindly donated to the Greater Vancouver Food Bank to help ensure sufficient funding towards their multiple food programs.

Nook presents their Eggs in Hell dish that can easily be made from staples in your pantry: canned tomatoes, garlic, and a number of delicious spices.

Follow Nook online at: @nookrestaurant

Eggs in Hell



Eggs in Hell

Ingredients

- 28 oz tin canned diced tomatoes
- 3 cloves garlic
- 5 tbsp olive oil
- 1-2 tsp chili flakes (or to taste)

- 1/2 tsp dried oregano
- 5 fresh basil leaves
- 1tsp salt
- 1/4 cup ground parmesan cheese
- 6 eggs

Directions

- 1. Preheat oven to 450°F.
- 2. Carefully crack the eggs into a bowl.
- 3. With the flat side of a knife smash the garlic, roughly chop it.
- 4. Using a 10-11 inch frying pan, place over medium heat and add the olive oil and garlic. When the garlic begins to brown on the edges, add the chili and tomatoes.
- 5. Stir in the salt and oregano and simmer for 5 min or until the sauce reduces a little bit. When the sauce is ready, tear the basil up and stir it into the sauce.
- 6. Using a spoon, make a small divot in the sauce and pour one of the eggs into it. Move around the pan continue placing eggs then season top of the eggs with salt and pepper.
- 7. Place the pan in the oven for 5 min. To check if the eggs are done, pull the pan from the oven and shake it a bit. If the eggs are still jiggly, put the pan back in the oven and continue cooking. Keep checking the eggs every few min until the whites are firm.
- 8. When the eggs are done, remove them from the oven and sprinkle with the ground parmesan cheese and serve with some toasted bread.



Colony Bar opened its first location in 2013 with the singular goal of being a home away from home by always encouraging guests to "Keep Good Company". The name Colony was chosen in reference to a honey bee hive and Colony's desire to create a community gathering space. Having expanded to its current four locations, Colony's delicious and affordable menu, excellent sports programming, music selections, daily specials and live entertainment have cemented its place as a Vancouver hub.

Colony has been a partner of the GVFB since 2018, through our annual holiday eggnog drive every December. It's truly a privilege to work and align with an organization doing so much to give back to our communities.

We present Huevos Rancheros from Chef Scott Little. Enjoy crispy cumin-scented tortillas topped with sunny side eggs, black beans, green onion, tomato salsa fresca, fresh cilantro, and crispy fried onion!

Follow Colony Bar online at:

@colonygranville, @colonynorthwoods, @colonymainst, @colonykits

Huevos Rancheros



Huevos Rancheros

by Chef Scott Little

Ingredients

Salsa fresca

- 1 tbsp lime juice
- 1 tbsp chopped cilantro
- 1/4 oz chopped jalapeno pepper (seeds removed)
- 1/2 lb roma tomatoes
- 1 tsp red wine vinegar
- 2 oz red onion
- 1/4 tsp ground cumin

Roasted potato

- 1 large potato
- 1 tsp canola oil

Crispy tortilla

• 3 corn tortillas

Sunnyside eggs

- 2 large eggs
- 1/2 tsp canola oil
- Salt and pepper
- Chopped green onion
- 1 tsp feta crumbles

Toppings

- 1 can of black beans
- 1 tbsp chopped cilantro
- 1/4 tsp minced garlic
- 1 tsp chopped green onion

Additional Toppings

- Avocado cream
- Pickled onions

Directions

1. Preheat oven to 375°F.

2. Fine dice the red onion, tomatoes and jalapenos then combine them in a mixing bowl. Then add the chopped cilantro, red wine vinegar, cumin and lime juice then season to taste with salt and pepper.

3. Chop the potato into inch square pieces, toss in the canola oil, season with salt and pepper and then roast in the oven for 20 minutes or until cooked.

4. Bake the tortilla in the oven for three minutes.

5. Heat a non-stick pan over medium heat and add canola oil. Once the oil is hot, crack the eggs into the centre of the pan and season with salt and pepper.

6. Cook for 1.5 minutes then add 0.25 fl oz of water to ensure the egg whites cook fully. Once cooked, sprinkle crumbled feta cheese and chopped green onions over the yolks.

7. Open a can of black beans and pour into a colander then rinse with cold water. Toss them with minced garlic, chopped cilantro, and chopped green onions.

8. On a large plate, place a corn tortilla in the centre and top 1/3 of the black bean mix and 1/3 of the salsa fresca. Duplicate the same for the other tortilla.

9. Add a third tortilla then place the egg on top with fresh cilantro sprigs, and Valentinas hot sauce.

10. Plate with roasted potatoes around the outside of the dish.

Rocky Mountain Flatbread

ROCKY MOC CO

PIZZA RESTAURAN

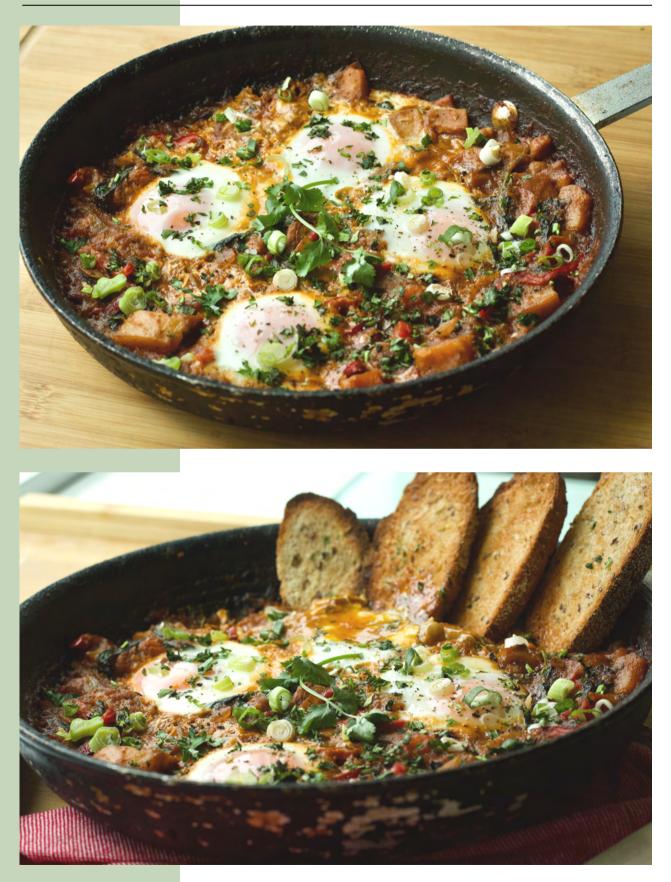
Rocky Mountain Flatbread Co. is a family-owned and operated Canadian pizza and pasta restaurant co-founded by the husband and wife team of Dominic and Suzanne Fielden. Inspired by a 'Farm to Table' concept, Executive Head Chef Oliver Zulauf and his team have created a menu to showcase the best locally sourced Canadian and organic ingredients. At Rocky Mountain Flatbread, everything is made fresh in-restaurant, and we are proud to support over 50 local farmers and suppliers.

We hold community very close to our hearts, and we are always eager to lend a helping hand to those who need it. Access to delicious and nutritious food should be a basic human need, and food banks like the Greater Vancouver Food Bank work tirelessly to help realize this goal. Since launching our Frying Pan Pizza Kits in November, we have been donating \$1 per kit to the Greater Vancouver Food Bank, and we are further delighted to contribute to this incredible cookbook.

We present the One-Pan Vegetable Hash by Chef Ajith Priyathunga, Kitchen Manager at Rocky Mountain Flatbread - Main Street. It is a quick, healthy and versatile dish that can be served for Breakfast, Lunch or Dinner, using everyday staple ingredients. Get ready to enjoy beautifully poached eggs nestled in a rich, vibrant, tomato sauce full of gorgeous vegetables. Serve with some warm crusty bread to dip into the yolks, or just dive right in!

> Follow Rocky Mountain Flatbread online at: @rockymountainflatbread

One Pan Vegetable Hash



One Pan Vegetable Hash

by Chef Ajith Priyathunga

Ingredients

- 2 tbsp olive oil
- 1 small red onion, sliced
- 1 garlic clove, minced
- 1 small red bell pepper, sliced into strips
- 2 tomatoes, diced
- 400 g can crushed tomatoes
- 1 tbsp tomato paste
- 1/2 cup chicken or vegetable broth
- 1/2 cup canned chickpeas
- 1 medium potato, cubed
- 1 cup of spinach
- 1tsp paprika
- 1 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (adjust to your spice level)
- pinch of nutmeg
- pinch of cinnamon
- 1/2 tsp salt
- 1/2 tsp maple syrup or honey
- 4-6 eggs

Directions

1. Preheat the oven to 350°F or you can cook on just your stove-top.

2. Heat oil in a medium-size cast-iron or oven-proof pan on your stove-top on medium-high heat. Add garlic and onion, cook for 2 minutes until onion is translucent.

3. Add red pepper, cook for 1 minute. Then add diced tomatoes and cook for 2 minutes until softened to a paste.

4. Add canned tomatoes, cubed potatoes, chickpeas, spinach, tomato paste, broth, maple syrup and dried spices (paprika, cumin, cinnamon, nutmeg, salt, and pepper). Mix to combine well.

5. Lower stove to medium-low and simmer for 5 minutes until just thickened enough to make indentations.

6. Make indentations or small holes in the mixture and carefully crack the eggs in. Leave to cook for 1 minute until the edges of the whites are set.

7. Transfer to the oven and bake for 7 to 12 minutes until whites are just set but yolks are still runny (or to your preference). If you would like to forgo the oven, cover the pan with a lid on the stove (low-heat) for 5 minutes.

8. Remove from the oven and garnish with green onions, parsley and/or cilantro.

9. Serve with crusty bread or just dive right in!

David Long

I am the Chief Executive Officer for the Greater Vancouver Food Bank (GVFB). While I held many other senior roles before joining the GVFB team, I launched my career as a classically-trained chef. I was the team captain of the Irish Culinary Team that won Gold at the Hotelympia competition in London, England. Once in Canada, I ran Terminal City Club, one of Canada's most prestigious private members' clubs.

I am a passionate and engaging leader who is very fortunate to be working with many talented and dedicated individuals. I have been leading the GVFB team into great successes through our collective sense of innovation, spirit, and resilience. With this cookbook, I want the public to know that the GVFB distributes nutritious and fresh food that can easily be incorporated into hearty meals.

I present my hearty egg casserole featuring bacon, potatoes, red peppers, and lots of cheese!

Hearty Egg Casserole



Hearty Egg Casserole

Ingredients

- 1 lb bacon, cut into 1/2-inch strips
- 1 yellow onion, diced
- 1 red bell pepper, seeds removed and diced
- 3 cloves garlic minced
- 12 large eggs

- 1 cup milk
- 3 cups diced potatoes
- 2 cups shredded cheddar cheese divided
- 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 green onions chopped

Directions

1. Heat the oven to 350°F. Grease a 9x13 baking dish with nonstick cooking spray and set aside.

2. In a large skillet, cook bacon over medium heat, stirring occasionally. Cook until it is a nice crispy brown. Remove bacon with a slotted spoon and place on a paper towellined plate. Roughly chop the bacon and set it aside.

3. Pour out the bacon grease then add the potato, onion and red pepper to the skillet and cook over medium heat until tender. Add the garlic and cook for 2 minutes. Set aside.

4. In a large bowl, beat the eggs and whisk in the milk. Stir in the cooked vegetables and 1 cup of the shredded cheese. Set ³/₄ cup of bacon aside and stir in the rest. Season with salt and pepper.

5. Pour the mixture into the prepared baking dish and top the remaining cheese and green onions. Bake for 20 minutes so the eggs start to set. Carefully add the remaining bacon to the top of the casserole. Bake for an additional 20 to 30 minutes or until the eggs are firm and the top is slightly golden brown. Let stand for 10 minutes. Cut into squares and serve warm.

6. Note: This casserole can be made in advance. Pour the mixture into the pan and refrigerate for up to 24 hours. Bake when ready to eat. You can also reheat the casserole.

Rita Chan

CONVER

I am one of our Distribution Managers at the Greater Vancouver Food Bank (GVFB). In my role, I am responsible for overseeing our frontline staff and volunteers who support and interact with our clients during our direct distribution hours. Prior to my position at the GVFB, I was working as a chef at a chain of resorts in the Caribbean and Brazil. To this day, I continue crafting simple and delicious recipes for my family and friends to enjoy.

At the GVFB, one of my favourite moments is when our clients and I share recipes using the food that we distribute. It brings me so much joy to see clients return and share stories of the marvellous meals that they were able to make. With this cookbook, I encourage others to utilize what they have available in their fridge and cupboards to create delicious meals.

I present my take on a frittata with red bell peppers, mushrooms, and zucchini. It can be enjoyed for breakfast, lunch, and dinner and can satisfy anyone's egg craving. Enjoy!

Simple Frittata



Simple Frittata

by Chef Rita Chan

Ingredients

- 1 onion, chopped
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped fresh mushrooms
- 1 cup chopped zucchini
- 1 tomato, diced
- 1/4 cup shredded cheddar cheese

- 6 eggs
- 1tsp salt
- 1/2 tsp ground black pepper
- 1/4 cup chopped fresh parsley
- 2 tbsp olive oil

Directions

1. Preheat oven to 350°F.

2. In a frying pan, heat olive oil over medium-high heat. Saute onion and red pepper until soft, then stir in mushrooms.

3. When mushrooms start to shrink, add the zucchini and tomato. Transfer to an oven-proof dish.

4. Beat together the eggs, salt, pepper and parsley. Pour over the cooked vegetables; gently stir to combine.

5. Sprinkle cheese on top of eggs and place in preheated oven.

6. Bake until eggs are firm, about 20 to 25 minutes. Allow to cool briefly before serving.



The Greater Vancouver Food Bank provides assistance to approximately 8,500 individuals and families and 95 Community Agency Partners each month across Vancouver, Burnaby, New Westminster, and the North Shore. One of the most popular items that we distribute is eggs!

Eggs are a great source of protein and they are used in culturally-diverse cuisines. In fact, our clients' love for eggs inspired us to create this cookbook.

Our mission is "providing healthy food to those in need." We strive to continue improving the quality and quantity of food that we provide to our clients. *Yolktales* shows you a glimpse of the delicious possibilities that can be made with some of the fresh food we distribute.

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GVFB Impact









46,363 lbs of tomatoes distributed to our clients since July 2020.

185,210 lbs of potatoes distributed to our clients since July 2020.

