

FLUID  LIFE

# Family Favorites

#FoodieFriday





# Mains



# Salmon Sushi Bake

Kailey Reekie: Account Manager

~30 minutes / makes 4 servings



## Ingredients

- 1 ½ cups sushi rice
- 4 small salmon fillets
- Salmon fillet seasoning:
  - 1 tsp garlic powder
  - 1 tbsp honey
  - 1 tbsp paprika
  - Add any other spices you like!
- 2 tbsp. Furikake seasoning
- 1 tbsp. Sushi rice seasoning (or to taste)
- ½ cup mayo
- Kewpie mayo (to garnish)
- 3 tbsp Sriracha sauce (and to garnish)
- Sesame seeds (optional)
- Salt and pepper
- Nori sheets

*Serve with your favorite sushi toppings like cucumber, avocados and green onions!*

## Preparation

1. Cook sushi rice as per instructions and set aside to let cool to room temperature. Once cooled add sushi rice seasoning.
2. Season salmon and cook in an air fryer for 10 mins (or preferred method).
3. In a bowl add mayo, sriracha, and salt and pepper to taste with the cooked salmon and fluff.
4. In a medium casserole dish, put the layer of seasoned rice, and pack flat.
5. Add Furikake seasoning and sesame seeds on top of the rice layer.
6. Add layer of salmon mixture.
7. Drizzle Kewpie mayo and sriracha and bake at 375C for 10 mins.
8. Serve with nori sheets and enjoy!

*Make it as spicy as you want! Just add more sriracha to garnish*



# Taco Bake

Kim McWatt: Director, Marketing

60 minutes / makes 4 servings



## Ingredients

500g (approx. 1 lb.) ground beef or ground beef and pork mixture  
1 pkg taco mix (whatever brand you prefer)  
3/4 cup water  
2 tbsp chili powder (optional – if you like it a little spicier)  
1 can (16oz / 398mL) refried beans  
1 medium red or orange pepper, sliced or rough chopped

8 white mushrooms, sliced  
1 medium yellow onion, sliced  
1-½ cups grated cheddar or Monterey jack cheese  
2 tbsp olive oil  
4 to 6 Small (8") white or whole wheat flour tortillas  
Sour cream, guacamole and/or salsa for serving.

## Preparation

1. Heat oven to 350°F. Prep a 7" or 8" round Dutch oven (or other round casserole dish) with non-stick cooking spray. Set aside.
  2. In large saucepan over medium heat, sauté the ground beef until browned.
  3. In separate frypan, on medium heat, add olive oil and sauté the peppers, mushrooms, onion till softened, but **not mushy**. Add sauteed vegetables to browned ground beef.
  4. Add taco mix, water, and chili powder (optional), stir till mixed and simmer for 5-10 minutes.
  5. Assembly:
    - Layer thin coating of taco mixture in bottom Dutch oven. Place one tortilla over top.
  6. Put in oven for 15-20 minutes until heated through and cheese is melted and bubbling.
  7. Remove from oven, let cool for 5 minutes.
  8. Serve with sour cream, guacamole, and/or salsa.
- Add refried beans, cheese, and taco mix to the layer. Place tortilla over top.
  - Keep layering until all layer ingredients are used – be sure you have some taco mix and cheese available to include on top!

*Experiment by adding or substituting other vegetables like corn, olives, jalapeño peppers.*



# Instant Pot- Chicken Burrito Bowl

Joshua Walkup: Account Manager

4 servings



## Ingredients

3-4 Chicken breasts (cubed)  
1 medium onion  
3 cloves garlic  
1tbsp chili powder  
1 ½ tsp cumin  
1 cup chicken broth  
1 can of black beans (15 oz)  
1 cup of corn kernels  
1 jar of salsa (16 oz)

2 packs of your favorite Spanish instant rice (or 1 cup of long grain)  
½ cup of sharp cheddar  
¼ cup of cilantro  
Beer of choice- recommended- Mexican cerveza  
Salt and pepper to taste

## Directions

1. Marinate cubed chicken in beer for at least 30 mins with salt and pepper to taste.
2. In an Instant Pot, turn on the sauté setting and add oil. Let it warm up. Add onion and garlic and stir occasionally until soft. Stir in your spices and cook until fragrant. Add ¼ cup of chicken broth and deglaze the bottom. Simmer for 1 minute.
3. Add chicken, beans, corn, salsa- stir to combine. Add rice on top and add the rest of the chicken broth (¾ cup), but do not stir. Set the pressure to high on manual. Close the lid and set the timer for 10 mins.
4. Release the pressure and take the lid off and stir gently.
5. Divide into bowls and top with cheese

*Top with fresh tomatoes, hot sauce, and your favorite burrito bowl toppings!*

# Beef Empanadas

Jonathan Rojas: Desktop Support Technician

Makes 8 to 12



You can use this video to see how to fold them (in video, chef uses egg, but you can use water). Watch the video first so you see the “semi end product” before assembling them.

<https://www.youtube.com/watch?v=gOwalgJSDPk>

## Ingredients

### For the filling:

- 500 grams of ground beef
- 1/2 cup beef broth
- 3 large or 4 medium onions chopped into very small cubes (about the same amount of beef when looking at it or a bit more)
- 1 tablespoon red pepper (non-spicy) or paprika
- 1/4 teaspoon ground cumin
- 1/2 teaspoon of salt and pepper
- 4 tablespoons vegetable oil

## Preparation

**For the filling**, (best to prepare it the day before but not necessary). If prepared the same day, let cool down.

1. In a large saucepan heat the oil and fry the meat until lightly browned, about 8 minutes, add the paprika, salt, pepper, and cumin, sauté a few minutes.
2. Add the broth and simmer 30 minutes over low heat. Add the onion and mix well and cook over medium heat until onion is tender about 30 minutes. Cool and/or refrigerate.

### For the dough

1. Make a brine with the water and salt, stir to dissolve the salt altogether. In a large bowl or in a stand mixer with the paddle attachment, (In this order - very important) put in the flour and the baking powder and stir thoroughly.
2. Dig a hole in the middle, add the melted shortening, add a bit of the brine (about half - so it cools down the melted shortening) add the egg at the very end, once all the rest of the liquids have cooled down, so it doesn't cook the egg.
3. Work the dough until it is soft and flexible (not too dry where it tears easily

- 10 - 12 black olives
- 4 hard-boiled eggs (Optional)

### For the dough:

- 1 1/2 cup warm water (will not use all)
- 1 tablespoon salt
- 1 1/2 teaspoon of baking powder (Magic)
- 500 grams of all-purpose flour
- 1 egg
- 90 grams (3-4 full tablespoons) of melted shortening, warm

and not too wet where it sticks to your fingers – kind of like a bubble gum texture). If needed, keep adding water, or add a little bit of cooking white wine instead (optional). If not, just add water.

4. Separate the dough into 8-12 portions (a bit smaller than a tennis ball but not small like a golf ball).

### Assembly

1. Work each piece individually (flatten it into a disk) by rolling until thin, cut in a circle disk about 7" (use a small plate as a template) and fill with 1 (1 1/2) tablespoons of filling, a third of a hard-boiled egg (cut all eggs in 3), olives. Close by smearing the edge with a brush of water, pressing firmly and make the folds. Brush with an egg wash before baking.
2. Preheat the oven to 375F. Bake on the lower rack for about ~15 minutes (when the bottom gets a golden texture) Then move to 2nd to top rack in over until the top has a golden texture as well (another 10 -15).
3. Let it cool down a bit but eat (serve) while they are still hot. To reheat, Pop in microwave for 30 seconds and use the oven at the same temperature for 5- 7 minutes.



# Tourtière: Meat Pie

Carissa Twele: Laboratory Quality Manager

Roughly 8 servings



## Ingredients

1 onion  
2 cloves of garlic  
1 ½ lbs ground beef  
1 lbs ground pork  
1 cup mashed potatoes  
¼ tsp Cinnamon  
½ tsp All spice  
½ tsp Ground cloves  
½ cup beef broth

½ tbsp flour  
2 pie crusts (either bought or from scratch)

*This is a traditional Eastern Canadian dish that originates in Quebec!*

## Preparation

1. Preheat oven to 375F
2. In a large skillet add oil and onions and sauté until translucent. Add garlic and cook until fragrant
3. Add ground beef and pork and cook fully
4. Add mashed potatoes and spices
5. Combine beef broth and flour (no lumps) and pour into skill skillet. Cook until broth has thickened.
6. In a 9" pie plate, place one of the crusts at the

bottom and fill with the meat filling. Place remaining crust on top.

7. Seal the two crusts together gently with a fork, and brush with egg wash.
8. Bake 45-50 mins or until golden brown. Enjoy!!

# BBQ Cajun Chicken Pesto Pasta

Kim McWatt: Director, Marketing

Prep Time: ~45 min, Serves 6



## Ingredients

- 450g of dry pasta: penne, rotini, fusilli or your choice
- 1 x 270mL jar of your favorite basil pesto
- 1 yellow, orange or red bell pepper rough chopped
- 1 green and/or yellow zucchini split in half lengthwise and then cut into ½" chunks
- 2 large chicken breasts
- Cajun seasoning
- If sautéing vegetables, use 1 tbsp olive or avocado oil

*Mix and match with your favorite veggies: e.g., mushrooms, broccoli, cherry tomatoes, sugar snap peas*

## Preparation

1. Season chicken breasts with Cajun seasoning and wrap individually in tin foil. BBQ till internal temperature reaches 165F-170F. Chicken should be tender and juicy. Set aside.
2. While chicken is on BBQ, prep the vegetables by roughly chopping into 1" pieces, and either steam or sauté. If steaming, should take approx. 12 min. For sauté, use olive or avocado oil sauté on medium heat until tender/crisp. Set aside.
3. Also, while chicken is grilling, cook pasta in salted water according to package instructions until al dente.
4. Drain pasta water and place pasta back into cook pot.
5. Unwrap chicken and cut into 1" cubes, add to pasta in pot.
6. Add vegetables to pasta and chicken.
7. Add jar of pesto and mix thoroughly. You can experiment with adding only ½ the jar and then mix in more to taste.
8. Serve with Caesar salad and sprinkle with parmesan if desired.



# Creamy Tuscan Chicken \*Instant Pot Recipe\*

Joshua Walkup: Account Manager

6 servings

## Ingredients

1 tablespoon sun dried tomato oil from the jar  
3 tablespoons butter  
2 pounds (900 grams) chicken breasts skinless and boneless  
1 teaspoon salt  
¼ teaspoon ground black pepper  
5 cloves garlic (minced)  
½ cup chicken stock  
1 teaspoon Italian seasoning  
¼ teaspoon chili flakes

½ cup sundried tomatoes chopped  
1 cup heavy cream  
½ cup parmesan & mozzarella cheese (grated)  
2 cups baby spinach leaves

*Serve this over buttered pasta or rice with extra grated parmesan cheese!*

## Directions

1. On the Instant Pot choose the SAUTE setting.
2. Heat the oil and melt the butter.
3. Season the chicken with salt and pepper and cook the first side for 2-3 minutes until golden (adjust heat if browning too fast), then flip and cook for 2 more minutes.
4. Add minced garlic to the pot and cook for 30 seconds or until fragrant.
5. Add chicken/vegetable stock and deglaze the pot by removing any bits stuck to the bottom of the pot. These bits contain a lot of flavors that will enrich the cream sauce. This step is also important to avoid getting the BURN message.
6. Season with Italian seasoning, salt, pepper, and chili flakes.
7. Secure the lid and set the vent to SEALING. Select the PRESSURE COOK/MANUAL setting and set the cooking time for 5 minutes at high pressure/8 minutes if using bone-in chicken thighs. The Instant Pot will take around 6-7 minutes to come to pressure and start cooking. When the cooking program ends, quickly release the steam.
8. Carefully remove the lid, take the chicken out of the pot onto a plate and set aside.
9. Choose the SAUTE setting, stir in the heavy cream and the freshly grated parmesan & mozzarella.
10. Add sundried tomatoes, and spinach leaves to the pot. Switch off the SAUTE setting and allow the spinach leaves to wilt.
11. Put the chicken back in and spoon the cream sauce over it.



# Fish Tacos

*Austin Jose: Client Services Associate*

*~30 minutes / makes 4 servings*

## Ingredients

1-1/2 cups all purpose flour  
1 can of beer or ginger ale  
Pkg. corn tortillas  
6 to 8 fish fillets of your choice  
1 tsp salt  
1 tsp pepper  
1 tsp paprika  
1 tsp garlic powder  
Vegetable oil – quantity depends on if you will shallow or deep fry

## Toppings:

Onions  
Cilantro  
Tomatoes  
Lettuce  
Avocado  
Sour cream  
Siracha (Optional)  
Lime  
Marble Cheese

## Preparation

1. Add flour into a bowl based on the number of fish that will be fried. Start with 1-1/2 cups.
2. Add salt, pepper, paprika, and garlic powder into the bowl. Adjust based on your preference and the total amount of flour used.
3. Add and mix the beer or ginger ale into the bowl until the mixture becomes a smooth consistency, similar to pancake mix.
4. Dip the fish into this mixture and ensure that it is properly coated.
5. Ready a pan with hot oil to either shallow or deep dry the fish.
6. Fry the fish until golden brown and set aside to rest.
7. Ready a second pan and coat it with light vegetable oil.
8. Heat the corn tortilla to preference.
9. Add onions, cilantro, tomatoes, lettuce, avocado, lime, sour cream, siracha, and marble cheese to preference into the tortilla.
10. Add fish to the tacos and enjoy!

*Make it as spicy as you want! Just add more sriracha to garnish*





# Turkey and Zucchini Chili

Kailey Reekie: Account Manager

Makes 8 servings



## Ingredients

- 1 lb ground turkey
- 1 medium onion chopped
- 2 tbsp chili powder
- 2 cloves garlic
- 1 tsp chili flakes
- 1 15 oz can white kidney beans
- 1 15 oz can red kidney beans
- 1 15 oz can black beans
- 1 15 oz can pinto beans
- 4 small zucchini
- 2-3 cans tomato soup
- Salt and pepper

*This recipe is high in fibre! A healthier alternative to your standard chili recipe. Pairs nicely with garlic bread.*

## Directions

1. In a large pot add cooking oil of choice and cook onion until soft. Add chili flakes. Add turkey and cook fully. Add more chili powder and salt and pepper to taste.
2. Add zucchini and garlic and cook until zucchini starts to soften. Add half the chili powder, salt and pepper.
3. Rinse all beans and add to the pot. Cook about 5 mins.
4. Add 2 cans of tomato soup. If you feel the chili is too thick, you can add another can.
5. Let simmer on low heat for at least 45 minutes.

# Stuffed Pasta Shells

Kim McWatt: Director, Marketing

Serves 8



## Ingredients

- 1 box large pasta shells
- 1 jar of your favorite pasta sauce
- 1 jalapeño pepper, chopped
- 1 medium onion, chopped
- 5-6 mini peppers (red, yellow, orange), chopped
- 10 white or cremini mushrooms, chopped
- 454g (1 lb.) ground turkey (or ground beef)
- 454g (15 oz) ricotta cheese
- 1 cup grated parmesan
- 1 cup grated mozzarella
- 1 egg
- 2 tbsp olive or avocado oil
- Italian seasoning to taste
- Salt and pepper to taste

## Instructions

1. Preheat oven to 325°F. Prep a 9x13 baking dish.
2. Cook box of pasta until al dente (you don't want them too soft as they'll cook more when baking). Drain and rinse using cold water.
3. While pasta is cooking, heat oil and brown ground turkey. Add in onion, peppers, and mushrooms and sauté another 5 minutes. Drain any liquid and let cool for a few minutes.
4. Mix ricotta, ½ of the parmesan, and all the mozzarella cheese. Mix in one egg, seasonings, and ½ of the turkey/veggie mix.
5. Spread ¾ cup of pasta sauce on bottom of baking dish.
6. Stuff about 1-1/2 tbsp of filling into each shell and arrange into baking dish.
7. Combine the rest of the turkey/veggie mix with the remaining pasta sauce. Pour over the shells in the pan.
8. Sprinkle top with remaining parmesan cheese.
9. Cover dish with foil, bake for 30 minutes. Take foil off and bake for another 10 minutes.
10. Let cool for 5 minutes before serving.

*Mix and match with ground beef or chicken. Add chopped cooked (drained) spinach instead of mushrooms.*



# Chicken Chow Mein

*Anny Hennigan: Administrative Assistant*

*Makes 6 servings*

## Ingredients

2 Broccoli crowns  
½ a Cauliflower crown  
½ an onion  
8 large mushrooms  
3 carrots  
4 celery sticks  
3 chicken breasts  
1 pack fresh chow mien noodles  
Soy sauce

Thick teriyaki sauce  
1 tbsp Olive oil

## Directions

1. In a wok add olive oil and sliced chicken breast
2. Dice up all vegetables, add vegetables with cooked chicken
3. Add soy sauce, and thick teriyaki sauce to taste
4. Boil water in a separate pot and cook chow mien noodles
5. Add cooked chow mien noodles to stir fry
6. Enjoy!

*Pro tip: make sure to slice your mushrooms nice and big!*



# Kimchi Fried Rice

Jason Leung: Accounting Administrator

Serves 2



## Ingredients

- ½ cup of diced kimchi (about 2 cm pieces)
- 1 ½ cups of cooked rice
- 2 whisked eggs
- 2 tsp minced garlic
- ½ tbsp sesame oil
- ½ stalk of green onion
- ½ small onion diced
- ¼ can of canned luncheon meat diced to 1 cm cubes

Salt

Optional: chicken stock, kimchi juice

*Add kimchi juice and chicken stock for extra flavour!*

## Directions

1. On medium high heat, oil your pan with cooking oil
2. Add whisked egg, scramble, and remove when about 50% done
3. Add cubed luncheon meat. Flip the cubes as needed to sear all sides. Remove when majority of the meat is a darker red on most sides
4. Re-oil pan as needed, add minced garlic and onions and stir until fragrant. Immediately add kimchi. Stir until fragrant again, about 1-2 mins
5. Reduce heat to medium, add rice, meat, eggs, green onions, and sesame oil. Stir until well mixed
6. Adjust flavour with salt, kimchi juice and chicken stock as desired



# Pinkerton's Sassy Fajita Bowls

Marc Pinkerton: Senior Account Manager

Add some chipotle mayo  
to **really** spice it up!

Serves 4



## Ingredients

½ dozen boneless chicken thighs  
1 cup of rice (basmati preferred but can be instant)  
½ cups of corn kernels  
1 pack of taco seasoning mix of choice  
3 tbsp of olive oil  
3-4 units of green onion

1 bell pepper  
1 tomato  
2 tbsp minced garlic  
Optional toppings: shredded cheese, sour cream, lime juice, salt and pepper

## Instructions

### Preparation:

1. Oven: Preheat to 425F
2. Prepare rice: per instructions (good luck!)
3. Prepare chicken thighs: toss chicken thighs with half the garlic and half of the taco seasoning. Salt and pepper to taste. Set aside.
4. Chop your veggies: Slice bell pepper, tomato and green onion into little cubes. Don't ask me how big because I don't know, I'm not a chef.

### Cooking:

1. Heat a large non-stick pan over medium-high heat. Add the olive oil then the chicken thighs. Pan fry until they look nice and golden (i.e., like you want to eat them, but they probably aren't cooked yet type of thing). Around 2-3 minutes per side. Remove the chicken from the pan and place on a baking sheet. Cook those bad boys at 425F for about 7-10 minutes.
2. Take that same pan and keep on medium to high heat. Add more olive oil to the pan along with the peppers, corn, remaining garlic and taco seasoning. Stir often because the taco mix really makes

everything stick. Cook for 5-6 minutes and transfer contents to a bowl and set aside.

3. Hopefully, you did well on that rice because it's time to bust it out now. Add some more oil to that same pan and dump that rice in. Stir occasionally until rice starts to brown up and get some of that tasty taco seasoning remnants on it. Add the bell pepper and corn mixture to the rice along with the green onions. Add more salt and pepper at this point if necessary. Just get everything warm again at this point, say another 2-3 minutes.

4. When the chicken is done (test to make sure there's no pink in the middle), take it out and slice it into thick pieces. Again, don't ask me how long or thick – do what makes you feel good. Divide the rice mixture into bowls. Top with chicken and tomatoes. Sprinkle some cheese in there too if you want along with a couple globs of sour cream. Squeeze some lime slices for that juice if you want to – it's a free country after all!

# Korean Inspired Yaki Udon Noodles

Reinier Eubra: Client Services Associate

Serves 2-3



## Ingredients

### Sauce:

- 1 tbsp soy sauce
- 2 tsp toasted sesame oil
- 1 tbsp oyster sauce
- 1 tbsp mirin
- 2 tbsp honey
- 1 tbsp gochujang

- Stir fry noodles
- 500 g udon noodles

### Garlic oil

- 350 g bite sized tofu
- Half an onion- diced
- 2-3 cloves garlic (chopped)
- 200g chadolbagi (thinly sliced beef brisket)
- 2-3 sliced medium carrots
- Sliced shitake mushrooms (however much you'd like)
- Sesame seeds
- Chopped parsley

## Directions

1. Boil udon noodles for 5 mins or until cooked (set aside)
2. In a pan with garlic oil, cook tofu until it browns. Add a pinch of salt to draw out the moisture
3. Add diced onion and mix until transparent, then add garlic
4. Add chadolbagi, and mix until it's cooked
5. Add all other vegetables, stir until cooked
6. Add cooked udon and coat everything in sauce
7. Garnish with sesame seeds and chopped parsley. Enjoy!

*Want it spicier? Add extra gochujang!*



# Potato Pancakes

*Jonathan Coombs: Director, Reliability Services*

*Size of pancake determines number of cakes*

## Ingredients

4 Potatoes (any kind)

1 Egg (optional)

½ - ¾ cups Flour

Butter

Salt to taste

## Directions

1. Boil potatoes, when soft – drain and mash
2. Add one egg, salt, and ½ to ¾ cups of flour until the mixture holds together and forms a dough. Don't add too much flour!
3. Knead the dough and roll flat.
4. Cut into circles with a cup or cookie cutter
5. Fry in a frying pan or large griddle with butter until golden brown

*It's ½ - ¾ cups of flour so you can make as many pancakes as you want!*



# Chicken Dragon Eggs

Mark Blaise: Software Developer

Serves 4



## Ingredients

4 chicken breasts  
4 jalapenos  
½ cup cream cheese  
Cheddar cheese (optional)  
1 pack of bacon  
Your preferred BBQ spice blend  
BBQ sauce (optional)

*TIP: the center is cream cheese....don't insert the thermometer all the way to get an accurate temperature reading.*

## Directions

1. Empty and then stuff jalapenos with cream cheese. If you want to add cheddar cheese, add that in the center
2. Butterfly chicken breast and flatten with a mallet or rolling pin
3. Season chicken to taste with your favourite BBQ rub
4. Wrap jalapeno popper in chicken breast
5. Wrap the chicken breast in bacon (usually 3-5 strips)
6. BBQ until chicken is cooked.
7. Add BBQ sauce if desired



# Smoked Baby Back Ribs

Jeff Walkup: VP Sales and Marketing

Serves 4



## Ingredients

- 2 racks of pork baby back ribs
- Mustard
- Garlic powder
- Onion powder
- Salt/pepper
- Cayan pepper
- Honey
- Paprika
- Tabasco sauce
- Apple cider vinegar
- BBQ sauce of choice

## Directions

1. Smother ribs in all spices/ seasoning (to taste) except the apple cider vinegar and BBQ sauce.
2. In a Big Green Egg Grill (or equivalent outdoor cooker), grill for 2 hours meat side down at 250°F.
3. Every 15 minutes, spray ribs with a 50/50 mix of water and apple cider vinegar.
4. Flip and repeat for another 2 hours.
5. Take off grill and wrap in butcher or parchment paper.
6. Put back on grill and cook one additional hour.
7. Add BBQ sauce as desired



# Coconut Curry Chicken with Spicy Cucumber Salad

Kailey Reekie: Account Manager

Serves 6



## Ingredients

### Chicken:

- 6 chicken thighs, cubed
- 1 tbsp soy sauce
- 3 cloves of garlic, minced
- 1 tbsp fresh grated ginger
- 1-2 tbsp of curry powder
- 1 tsp red chili flakes
- 1 bay leaf
- 1 can of coconut milk
- 1 chicken bouillon cube

### Cucumber salad:

- 1 medium cucumber (or a few mini ones), diced
- 2 cloves of garlic, minced
- ¼ cup of thinly sliced onion (or cubed very small)
- 2 tbsp soy sauce
- 2 tsp sesame oil
- 2 tsp of gochugaru (the more you add the spicier it will be)

## Directions

### Chicken

1. In a deep frying pan, add oil of choice and chicken thighs. Add garlic, ginger, red chili flakes, half the curry powder, salt and pepper to taste. Cook chicken until no longer pink.
2. Add soy sauce, coconut milk, bay leaf, and chicken bouillon cube. Let simmer until sauce thickens. Add more chili flakes / curry powder until you are happy with the flavour. Take out bay leaf and serve.

sliced onions to a bowl

2. Add soy sauce, sesame oil, and sprinkle on gochugaru. Mix together.
3. Serve chilled.

### **Serve over rice.**

*If you don't have gochugaru, substitute crushed red pepper flakes, paprika, cayenne pepper flakes, or chipotle powder.*

### Cucumber salad

1. Add diced cucumbers, minced garlic and thinly



# Coconut Mango Curry Chicken

Kim McWatt: Director, Marketing

Makes 4-6 servings



## Ingredients

- 1-2 tablespoon coconut oil
- 1 medium onion, chopped
- 4 cloves garlic crushed (use garlic presser)
- 2-3 tbsp hot yellow curry powder (to taste)
- 1 tsp salt
- 1 tsp pepper
- 3 large ripe mangos (peeled and chopped into ½" cubes)
- 1-1/2 cans coconut milk (approx. 20 oz or 600 mL)
- 1-1/2 lb. or 650 g boneless chicken breasts
- 1 cup broccoli
- 1 large yellow or orange bell pepper
- Prepared Basmati rice

## Directions

1. Heat coconut oil in large frying pan or wok over medium heat. Add onion and garlic, sauté for 3 minutes or until the onion is translucent.
2. Add 1-1/2 cups of mango, curry powder, salt, pepper, coconut milk, and the sauteed onion/garlic mix to a blender. Blend on high until smooth. Taste test and add more mango, salt, pepper or curry to taste.
3. Cube chicken breasts into 1" pieces.
4. Add cubed chicken to hot pan/wok and sauté until no longer pink. If pan is dry, add 1 tbsp coconut oil before adding chicken.
5. Add broccoli and yellow pepper and sauté for 3-5 minutes to soften.
6. Add the sauce back to the pan, cover and let cook for an additional 10-15 minutes stirring a few times. Lower the heat if the sauce begins to stick to the pan.
7. Add cooked Basmati rice to the mix.
8. Serve with remaining mango.

*Substitutions: 3 cups frozen/thawed mango and chicken thighs*

# Avocado Toast and Eggs

Jeff Walkup: VP Sales and Marketing

Serves 1



## Ingredients

- 2 slices of toast (multigrain)
- Butter
- 1 ripe avocado
- 2 eggs
- Arugula
- Thinly sliced red onion
- Sliced tomatoes

*Try adding different vegetables, or a balsamic glaze on top!*

## Directions

1. Make two eggs to preference.
2. Slice avocado, onions, and tomatoes.
3. Toast bread of choice and butter.
4. Assemble in this order: toast, arugula, avocado slices, tomato and onion slices, eggs, salt and pepper to taste.



# Pizza Dough

Patricia Makenson: Laboratory Manager

Makes 3 crusts



## Ingredients

2 2/3 cups warm water  
1/2 cup extra virgin olive oil  
7 cups all-purpose flour  
2 tbsp sugar  
3 tsp salt  
4 tsp SAF yeast

*Can be stored in fridge for 24 hours. They can also be stored in the freezer for up to 3 months. Be sure to thaw over night before using*

## Directions

1. Place warm water and yeast in stand mixer bowl- waiting for a little foam to appear. Add rest of ingredients
2. Mix until dough isn't sticky and well combined (add flour a little at a time as needed)
3. Remove from mixer and split into three balls, and cover with a warm moist towel and rest at least 30 mins
4. Roll/ stretch/ or throw (if feeling daring) out to desired thickness – usually 12–16-inch crusts



# Pizza Sauce and baking instructions

Patricia Makenson: Laboratory Manager



## Ingredients (sauce)

- 6 oz tomato paste
- 1 can of tomato sauce (15 oz)
- 2 tbsp dried oregano
- 2 tbsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp garlic salt
- ¼ pepper
- Sugar to taste

## *Topping combinations:*

*Ham and Pineapple  
Peppers, Ham and olives  
Brussel sprouts and bacon (make sure to add  
parmesan cheese)*

*The possibilities are endless!*

## Directions

1. Add tomato paste and sauce into a medium mixing bowl and combine until smooth
2. Add spices and stir until evenly distributed. Add sugar to taste
3. Use sauce with Patricia's dough recipe!

Ovens will vary, keep an eye on your pie!

## Directions for baking:

1. Stretch out dough to around 12-16 inch pies
2. Add sauce, toppings and cheese
3. Bake from fresh at 425C for around 20 mins or until golden brown



# Power Pancakes

Sean-Patrick Craig: Account Manager

1 x recipe will make ~5 pancakes with ½ batter portions

## Ingredients

- 1 cup of oats (flakes)
- 2 bananas
- ¾ cup of milk (or oat, almond, skim milk etc..)
- 1 ½ teaspoons baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon

*The banana/oat batter base creates protein dense, energy filled pancakes that are economical, quick and easy to make plenty at once. No added sugar and can be vegan friendly and gluten free with a switch of an ingredient. They freeze and thaw very well, so large batches don't go to waste. We find them a great breakfast option for kids since they are filling and very fast/easy to serve even from the freezer.*

## Directions

1. In a blender, add the oats, and cinnamon.
2. Blend until all the oat flakes are essentially powder.
3. Now add it to a mixing bowl. Add the bananas (cut into chunks), milk, baking powder and vanilla extract.
4. Use a hand mixer until all the ingredients come together and are the consistency of pancake batter.
5. Use a ½ cup as the batter portion for each pancake to cook.

*Boost nutrition by adding flax, chia or hemp seed to the batter. Also spreading peanut butter on the pancake before serving tastes great.*

*Make triple batches at a time to freeze some and have some in the fridge.*





# Lasagna Soup

Joshua Walkup: Account Manager



## Ingredients

½ pack of lasagna noodles  
5 Roma tomatoes  
1 lbs of Italian sausage  
1 tsp garlic powder  
1 tsp Italian seasoning  
1 onion  
3-4 cups chicken broth  
¼ cup cab sav red wine  
1 small can of tomato paste

1 bag of parmesan cheese  
8 oz of heavy whipping cream  
Salt and pepper to taste

*Serve with garlic bread!*

## Directions

1. In a large pot sauté 1 diced onion until it starts to turn clear. Add Italian sausage and cook fully. are done.
2. Deglaze the bottom of the pot with a bit of wine. Add garlic powder and Italian seasoning
3. Add tomato paste and stir. Add your tomatoes and let cook until softened.
4. Add chicken broth, and heavy cream. Bring to a boil
5. Add half box of noodles broken into pieces. Turn your heat to low and cook until noodles
6. Take off the heat and stir in your parmesan cheese.
7. Serve and enjoy!



# Tater Tot Hot Dish

Fredrina Latu: Customer Care Specialist

Serves 4-7 people



## Ingredients

- 2lbs of ground beef
- 1 lb. package of tater tots
- 1 can cream of mushroom soup
- 1 can cream of celery
- 1 can of corn (optional)
- 1 small bag of frozen veg (carrots, corn, beans)
- 1 chopped small onion
- 1 tbsp. chicken bouillon
- ½ tsp garlic powder
- 1/2 tsp ground pepper
- 1 tbsp Worcestershire sauce

*For easy clean up use a deep-dish aluminum take out container!*

## Directions

1. Preheat oven to 450F
2. Brown ground beef in a large pot, after it is brown add onion, chicken bouillon, garlic powder, pepper, Worcestershire sauce. Simmer for 5 mins and mix well
3. Once all mixed in add your cans of soup, corn, and frozen veg to the mix
4. Once all mixed transfer everything to a 7" X11" deep baking dish.
5. Place tater tots on top of the dish, and season on top as desired.
6. Bake for 45 mins
7. Enjoy!



# Poached Eggs with Cayenne Curry Sauce

Kim McWatt: Director, Marketing

Serves 6



## Ingredients

### Sauce:

- ½ cup mayonnaise
- 4 tbsp melted butter (unsalted)
- 3 tsp lemon juice
- 2 tsp Dijon mustard
- ¼ tsp cayenne pepper (or to taste)
- 1/8 tsp curry powder (or to taste)
- Salt to taste

### For assembly:

- 6 slices prosciutto, baleron, ham, or bacon
- 6 poached eggs
- 6 slices toast
- Green onion for garnish

## Directions

### For Sauce:

- In a medium measuring cup, combine mayo, lemon juice, Dijon, and spices.
- Drizzle hot melted butter in gradually while stirring quickly until combined and creamy.

### For Assembly:

- On the plate, put two pieces of toast (buttered or unbuttered, your choice). Put a slice of meat on each and add a poached egg on top. Drizzle with sauce and top with chopped green onion.
- Enjoy!

*A super simple  
replacement for  
hollandaise sauce!*



# Turkey Meatball Pasta Bake

John Novalis III: Business Development Executive

Serves 8

## Ingredients

- ¾ lb ground turkey
- ¾ cup ricotta cheese
- ¼ cup parmesan cheese
- 4 cloves of minced garlic
- ¼ cup sundried tomatoes (chopped)
- 2 tsp oregano
- 1 jar of marinara (or sauce of choice)
- ¼ cup balsamic vinegar
- 3 beaten eggs
- 1 pack of penne pasta
- 1 cup mozzarella
- Fresh basil leaves (cut into slivers)
- Salt and pepper to taste

*Try making this with ground chicken or beef! Add diced vegetables such as broccoli, red/yellow peppers or mushrooms into the mix before baking for added nutritional value.*

## Directions

- 1) Meatballs:** In a bowl, mix turkey, ricotta cheese, parmesan cheese, sun dried tomatoes, half your garlic and oregano, and salt and pepper to taste. Make meatballs into 2 tbsp sized balls and place them in a deep baking dish. (9X13 recommended). Drizzle some of the sun-dried tomato oil on top of the meatballs and bake at 375F for 10 mins. Meatballs should be crisp on the outside, but not fully cooked.
- 2) Sauce:** In another bowl combine marinara, 2 cups of water, balsamic vinegar, eggs, remaining garlic and oregano, and penne pasta. You can add a pinch of red pepper flakes if desired.
- 3) To assemble:** Pour the pasta and sauce mixture around the meatballs. Top with the mozzarella cheese. Cover with aluminium foil and bake at 375F for about 40 mins (or until pasta is cooked). Take the foil off and broil about 5 mins to brown the cheese. Top with fresh basil and enjoy!





# Stuffed Zucchini

Jonathan Rojas: Desktop Support Technician



## Ingredients

4-6 zucchini  
250 g ground beef  
¼ of an onion (chopped)  
1 egg  
½ cup breadcrumbs  
1 tbsp of oil of choice  
1 clove of garlic (minced)  
¼ tsp paprika  
Fresh parmesan (or favourite blend of cheese)

Salt and pepper to taste

*Tex mex cheese or a 4-cheese blend works great also!*

## Directions

1. Boil the whole zucchini so that they are soft but not overcooked (don't peel them). Take them out and cut them in half the long way. Use a spoon or a fork to remove the inner flesh but leave the skin thick enough as to not break. Put aside.
2. Mash the flesh of the zucchini in a separate bowl.
3. In a deep skillet, fry chopped garlic and onions on medium heat with oil of choice. Add beef and cook until brown. Add salt and pepper to taste. Add the flesh of the zucchini, egg and breadcrumbs- mix.
4. Grab zucchini shells and put them on a sheet pan. Fill them with the mixture of beef and zucchini. Top with your favourite cheese blend.
5. Bake at 375C until cheese is melted and then broil until the cheese is brown. Don't burn.
6. Serve with favourite side. Rice is recommended!



# Soups & Sauces



# Cauliflower and Carrot Soup with Garlic Confit Spread

Reinier Eubra: Client Service Associate



## Ingredients

1 or more garlic bulbs  
1 head of cauliflower  
4-5 medium sized carrots  
1 medium onion  
4-5 cups of vegetable stock (or chicken)  
1 tsp of thyme, rosemary, and marjoram

Salt and pepper  
Olive oil

*This recipe can be made vegan! Just use vegetable stock instead of chicken*

## Preparation

### Part 1: Garlic confit

1. Remove garlic skin and separate all the cloves.
2. Put into a saucepan and make sure all the cloves are covered in olive oil. The amount will vary with your saucepan.
3. Bring to a simmer over low heat for 1 hour. Add spices if desired.
4. Leave to cool at room temperature. Take the garlic out, and feel free to use the garlic oil for other recipes!

2. Over medium heat in a large pan, using the garlic oil from step one, sauté onions and garlic. Once golden add cauliflower and carrots.
3. Add 4-5 cups of stock of choice and add your spices
4. Stir and gently bring it to a boil. Reduce heat and simmer for 15-30 mins or until vegetables soften
5. Blend with an immersion blender or standard blender. Season with salt and pepper
6. Serve with chopped parsley. Spread the garlic confit on toasted bread and season with salt and enjoy!

### Part 2: Soup

1. Dice 4 cloves of garlic and onion. Chop carrots and cauliflower into small chunks

*Save the garlic oil for future use*



# Sean's Mango Habanero Hot Sauce

Sean-Patrick Craig: Account Manager

Makes 1L of sauce



## Equipment & Ingredients

### Equipment:

- Oven or toaster oven
- Food processor or blender
- Cutting board and knife

### Ingredients:

- Carrot – 2 cups chopped
- Onion – 1.5 cups chopped
- Garlic – 3 cloves chopped

- Mango – 1.5 cups chopped (or thawed out frozen cube kind)
- White vinegar – 6 tablespoons
- Water – 2 cups
- 20 raw habanero peppers
- 8 raw jalapeno peppers (green or red)
- Vegetable, canola or olive oil

**Wear gloves when cutting.** Use a washable cutting board or use a few sheets of paper towel as a makeshift cutting board for the peppers. Throw out paper towels after. Try not to rub your eyes if you touched the cut peppers directly – it will HURT.

## Preparation

1. Coat your chopped carrots and onions in oil. Roast in oven (or toaster oven) @ 400C for 20min (until soft and bronzed).
2. In your blender/food processor add your peppers (cut stems off and place in as whole \*deseed optional), garlic, vinegar, water and thawed (or fresh) mango.
3. Once carrots/onions are done roasting then place them in blender/processor with rest of ingredients.
4. Blend all together until no large chunks, small pieces acceptable.
5. Place in container and refrigerate. (You can purchase sauce bottles from the dollar store to store and serve.)

### Notes:

- Sauce is ready to enjoy once made but waiting 7 days will settle all the flavors together.
- In sealed a jar, sauce can be refrigerated well up to a year or more. Once opened should be enjoyed in the next few months.
- Sauce will be a like a thick Siracha sauce. Doesn't run and sticks to food well.
- If you would like to tone down the heat, make more volume or simply thin it out then add more water as desired when blending.
- \*You can deseed the peppers if you like. Seeds are very spicy. Once the stem is cut you can circle the knife inside the pepper, cut in half and seeds will fall off.

# Apricot and Orange BBQ Sauce

*Kailey Reekie: Account Manager*

*Makes about 750 mL of sauce*



## Ingredients

- Half an onion
- Apricot marmalade (3-4 tbsp, but really to taste)
- Apricot jelly (1 tbsp)
- 1 cup of ketchup
- 1 cup orange juice
- ¼ cup apple cider vinegar
- ¼ cup molasses
- 3 cloves garlic (plus garlic powder if you really like garlic!)
- 2 tsp honey
- 2 tbsp Worcestershire sauce
- 1 tsp balsamic vinegar
- Sriracha (optional)
- Red pepper flakes (optional)
- Baking soda (to taste- this is to cut the acids, add is SLOWLY at the end until your desired acidity is reached)

## Directions:

1. In a saucepan, add onion in some neutral oil, with red pepper flakes (if desired) and start to caramelize.
2. When onions are soft and starting to brown add apricot jelly (this replaces the bit of sugar you add in the caramelization process. Once done add half the apricot marmalade, honey and garlic. Let simmer for a couple minutes.
3. Once that mixture starts to look combined, add your ketchup, apple cider vinegar, molasses, balsamic vinegar, Worcestershire sauce, and sriracha. Simmer a few minutes.
4. Add remaining marmalade and orange juice and taste. Depending on how spicy/sweet you want it, add more sriracha or honey. If sauce is too acidic, add baking soda, sparingly and slowly. Classic grade school experiment – it will bubble! Add a sprinkle of baking soda at a time, mix, taste, and repeat until desired acid level is reached
5. Once desired flavour is reached, simmer for a few more minutes. Blitz with a hand blender or stand up blender. Enjoy!!!

*This was made special for Kailey's Dad as a Father's Day gift! It didn't last long during BBQ season! It goes great with chicken*





# Cocktails & Desserts

# Banana Pudding

John Novalis III: Business Development Executive

Serves: A lot!



## Ingredients

- 3 Small or 2 Large boxes of Instant Vanilla Pudding (Jell-O Brand)
- 4 Cups of Milk (can be any % or Whole)
- 12 Oz. Coolwhip
- 1 Cup Sour Cream
- 4-6 Bananas
- 1 Box Vanilla Wafers

## WILL NEED

- Large Bowl
- 9x13" pan 2-3 inches deep
- Whisk
- Spatula for scooping and spreading

## Instructions

1. Whisk pudding and milk together in a large bowl until smooth.
2. Softly mix in your Coolwhip and Sour Cream but STOP before it is homogeneous.
3. In your pan, lay down a layer of the delicious mixture followed by a layer of whole vanilla wafers and sliced bananas, covering the surface.
  - a) Slicing bananas long ways can be a fun alternative!
4. Continue this layering pattern, finishing with bananas and wafers on the very top.
  - a) Crumble some left over wafers and sprinkle on top for garnish!
5. Chill in the refrigerator before serving (30+ minutes). Enjoy!

## ***The story behind this recipe:***

*John's wife's grandmother, Mama Jane, used to work in the kitchen of Fort Worth Christian Private School. She fed hundreds of boys and girls daily. Jane requested the children to bring their parents' favorite recipes. This banana pudding recipe was brought in by a child, their mother named June.*

*June ended up contributing many other recipes to the school kitchen and became friends with Jane over time. They now enjoy this desert at every family gathering – it never gets old.*



# Chocolate Brownies with Chocolate Glaze

Nicole Spence: Lab Technician

60 minutes / makes 9 servings



## Ingredients

### For Brownies:

- 1 cup butter (or margarine)
- $\frac{3}{4}$  cup cocoa
- 1  $\frac{1}{2}$  cup sugar
- 3 eggs
- 1 tsp vanilla
- $\frac{3}{4}$  cup flour

### For Glaze:

- 2tbsp butter (or margarine)
- 2 oz unsweetened chocolate
- 1 cup icing sugar
- 2 tbsp boiling water

*Experiment by adding your favorite nuts, dried fruit, Skor bits, M&M's or mini marshmallows in the brownie mix or on top before glaze firms. Great to eat on their own or warmed with a scoop of vanilla ice cream.*

## Preparation

### For Brownies

1. Preheat oven to 350°F.
2. Line an 8x8 inch square pan with aluminum foil and grease.
3. Melt the butter or margarine and cocoa together in the microwave. Stir to combine.
4. Stir in sugar and let sit to cool slightly. Beat in eggs and vanilla, and then stir in flour.
5. Pour brownies into prepared pan and bake at 350°F for 30-35 minutes. Let cool in pan while preparing glaze.

### For Glaze:

1. Melt butter or margarine and chocolate together in microwave.
2. Add sugar and water and stir together.
3. Pour/spread over cooled brownies.
4. When brownies are firm enough, remove brownies and aluminum foil from pan and let cool until glaze is firm to a gentle touch.
5. Cut and enjoy!

# Easter Shortbread Cookies

Jessica Boychuk: Accounting Administrator

Makes 2 dozen cookies



## Ingredients

1 cup softened butter  
½ cup icing sugar  
¼ cup corn starch  
½ tsp vanilla  
1 ½ cups all-purpose flour  
¾ cup rainbow chocolate min easter eggs  
1 pinch of salt

*These are fun to make  
with the whole family!*

## Directions

1. Pre-heat oven to 325F. Line one or two cookie sheets with parchment paper
2. In the bowl of a mixer, add butter and icing sugar and on medium speed cream until very fluffy. Then add the salt, cornstarch, vanilla and flour. Beat until very light, approx.. 3-4 minutes.
3. Stir in chopped up mini chocolate eggs
4. Drop the cookie dough by heaping teaspoon or roll into balls the size of a golf ball and lightly flatten with a fork, place on prepared cookie sheet
5. Bake for approximately 15-20 minutes (depending on your oven) **\*\*Important\*\*** until very lightly golden, almost white, never browned. Start to check the cookies after 14 minutes- to make sure the bottoms don't burn.
6. Let cool for 5 minutes, then very carefully move to a wire rack to cool completely.



# Strawberry Jello Graham Cracker Dessert

Fredrina Latu: Customer Care Specialist

Serves 12



## Ingredients

- 6 oz strawberry Jello
- 2 cups boiling water
- 2 ½ cups graham crackers (14-15 crackers)
- ¼ cup sugar (will also need ½ cup for a second step)
- 8 tbsp salted butter
- 8 oz pack of softened cream cheese
- 8 oz whipping cream
- 1 lb fresh strawberries, hulled and sliced

*Have a slice with a cup of coffee!*

## Directions

1. Combine strawberry Jello with 2 cups boiling water. Stir until dissolved. Set aside to cool to room temperature
2. Crush 2 ½ cups of graham crackers and set aside
3. In a medium saucepan, melt butter and add ¼ cup sugar and stir
4. Pour butter and sugar mix into the crushed graham crackers and mix together
5. Put mixture into a 13X9 glass casserole dish and press the graham cracker layer evenly on the bottom. Set aside.
6. With an electric mixer (or by hand) beat cream cheese and sugar together until fluffy and white. Fold in whipping cream. Spread mixture evenly over graham cracker layer and seal the edges. Refrigerate 30-40 mins
7. Add sliced strawberries to room temperature Jello. Pour and spread strawberry Jello mix over cooled cream cheese layer. Refrigerate until Jello is set (2-4 hours)

# Sweet Manhattan

Patricia Makenson: Laboratory Manager

1 cocktail, a few minutes



## Ingredients

Dash of aromatic bitters  
2 oz Honey Whiskey Liqueur  
 $\frac{3}{4}$  oz sweet red Vermouth  
Sparkling Water (optional)

*Try using different types of bitters to change the flavor profile!*

## Preparation

1. Add Honey Whiskey Liqueur, and Sweet Vermouth into your glass of choice
2. Add a dash of bitters
3. Top up with sparkling water if desired
4. Enjoy!



# Fresh Fruit Cobbler

Carissa Twele: Laboratory Quality Manager

Serves 8



## Ingredients

### Fruit mixture:

- 3 cups fresh fruit diced (strawberries, blueberries etc.)
- ½ cup sugar

### Cobbler crust

- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ cup sugar
- 1 cup whole milk- warm

- ½ tsp vanilla
- 8 tablespoons melted butter

### Crumble topping

- 1 cup all-purpose flour
- ½ cup packed brown sugar
- ½ cup cold butter-cubed

## Instructions

1. Preheat oven to 375F
2. Grease large casserole dish
3. In a bowl add fruit and sugar, mix until coated
4. In another bowl mix flour, baking powder, salt and sugar
5. Add in milk, vanilla, and melted butter and combine with dry ingredients (a few lumps are okay)
6. Pour in batter and evenly distribute fruit mixture over the batter. DO NOT STIR
7. Bake 35-40 mins or until brown
8. Sprinkle flour, sugar and cold butter on the top and bake again at 350 until golden.

*Serve with your favorite  
vanilla ice cream!*



# Caramel Butter Tarts

Jennifer Ponsford: Senior Lab Technologist

Makes 12 tarts



## Ingredients

- 12 tart shells
- 1/3 cup butter
- 3/4 cup brown sugar
- 1/4 cup corn syrup
- 1 tsp vanilla
- 1 tsp apple cider vinegar
- 2 tbsp heavy or whipping cream
- 1 large egg (or 2 small eggs)

*Add pecans, walnuts, or raisins if you like!*

## Directions

1. In a medium saucepan melt 1/3 cup of butter, once melted add brown sugar until dissolved, then add corn syrup and mix well.
2. Add vanilla, apple cider vinegar, and cream- stir until everything is mixed
3. Allow mixture to cool slightly and add your eggs. Mix thoroughly.
4. Pour mixture into tart shells and bake at 375 for 13-15 mins. Should be golden brown on top.





# Contributors

## **Editors:**

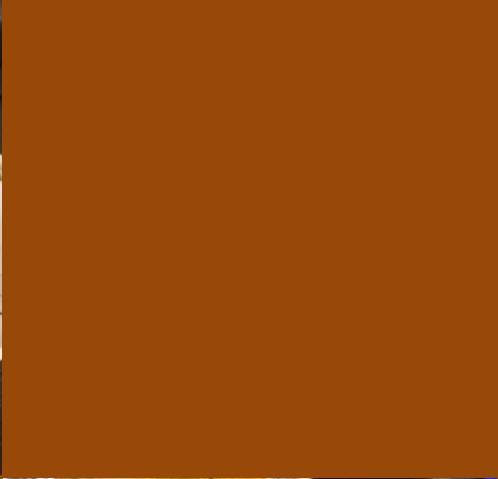
- *Kim McWatt*
- *Kailey Reekie*

## **Recipes by:**

- *Anny Hennigan*
- *Austin Jose*
- *Carissa Twele*
- *Fredrina Latu*
- *Jason Leung*
- *Jeff Walkup*
- *Jennifer Ponsford*
- *Jessica Boychuk*
- *John Novalis III*
- *Jonathan Coombs*
- *Jonathan Rojas*
- *Josh Walkup*
- *Kailey Reekie*
- *Kim McWatt*
- *Marc Pinkerton*
- *Mark Blaise*
- *Nicole Spence*
- *Patricia Makenson*
- *Reinier Eubra*
- *Sean-Patrick Craig*

*Published December 19, 2023*





**FLUID LIFE**  
EQUIPMENT RELIABILITY SERVICES

