

PROTECT WHAT IS IMPORTANT TO YOU



Only **YOU** can
prevent cooking fires

COOKING IS THE #1 CAUSE OF HOME FIRES

**SERVE UP FIRE
SAFETY IN THE
KITCHEN**

Oro-Medonte Fire & Emergency Services

'MEAL EMERGENCY'

COOKBOOK

**MEAL EMERGENCIES
FOR THE ENTIRE
FAMILY TO ENJOY**

Firefighters around the world have been celebrating Fire Prevention Week since 1871.

Oro-Medonte Fire & Emergency Service is safely delivering this year's Fire Prevention Week messages while maintaining a physical distance.

Between Jan 1 and May 4, 2020 51 fire fatalities occurred in Ontario. This is a 65% increase over this same time last year.

17 of these deaths occurred in March stressing the need to promote and practice fire prevention.

This years Fire Prevention theme is "Serve up fire safety in the kitchen". We want to share some of our family's favourite recipes for you and your families to safely enjoy.

Bon appétit!

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PEPPERONI PIZZA

FIRE CHIEF

Hugh Murray

Ingredients

Quick Pizza Sauce:

- 1 can of Tomato Paste
- 1 teaspoon dried oregano, crushed
- 1 teaspoon dried basil, crushed
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon black pepper

Easy Pizza Crust:

- 3 ¼ cups all-purpose flour, or more as needed
- 2 (.25 ounce) envelopes FLEISCHMANN'S® Pizza Crust Yeast or RapidRise® Yeast
- 1 tablespoon sugar
- 1 ½ teaspoons salt
- 1 ½ cups very warm water (120 degrees F to 130 degrees F)
- ½ cup oil

Toppings:

- 1 (6 ounce) package Pepperoni
- 1 cup shredded mozzarella cheese, or more to taste

Directions

Step 1

For sauce: Combine all sauce ingredients with ½ cup water in a medium bowl; set aside for flavors to develop while making crust. Freeze remaining paste.

Step 2

For crusts: Combine 2 cups of flour with the dry yeast, sugar and salt. Add the water and oil and mix until well blended (about 1 minute). Gradually add enough remaining flour slowly, until a soft, sticky dough ball is formed.

Step 3

Knead for about 4 minutes, on a floured surface, until dough is smooth and elastic. Add more flour, if needed. (If using RapidRise® Yeast, let dough rest, covered, for 10 minutes.)

Step 4

Divide dough in half. Pat each half (with floured hands) into a 12-inch greased pizza pan OR roll dough to fit pans.

Step 5

For pizzas: Preheat oven to 425 degrees F. Top crusts with sauce, pepperoni and cheese.

Step 6

Bake for 18 to 20 minutes until crusts are browned and cheese is bubbly. For best results, rotate pizza pans between top and bottom oven racks halfway through baking.

STAND BY YOUR PAN!

DEPUTY DONNY WATCHES WHAT HE HEATS, WHILE GRILL'N UP SOME MEATS YUMMY STEAK MARINADE



Ingredients

- ½ cup soy sauce
- ½ cup olive oil
- ½ cup fresh lemon juice
- ¼ cup Worcestershire sauce
- 1 ½ tablespoons garlic powder
- 3 tablespoons dried basil
- 1 ½ tablespoons dried parsley flakes
- 1 teaspoon ground white pepper
- ¼ teaspoon hot pepper sauce
- 1 teaspoon dried minced garlic

Instructions

Step 1

Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.

Step 2

Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.

Only **YOU** can prevent cooking fires

COOKING IS THE #1 CAUSE OF HOME FIRES
WHAT'S THE RISK?

Cooking fires account for 22% of all home fires.

Cooking left unattended is the cause of 52% of all cooking fires.

Stovetop fires account for 71% of all cooking fires.



MELLY'S MIDNIGHT CALL MOLASSES COOKIES

Whipping up a batch of safety!

INGREDIENTS

- 2/4 cups margarine
- 1 cup brown sugar
- 1/4 cup molasses
- 1 egg- mix
- 2 cups flour
- 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1/2 cup white sugar (for coating)

PREP TIME

- Prep | 20 m
- Cook | 10 m

PROCEDURE

01

Preheat oven to 375 degrees F. Mix egg, brown sugar, molasses, and margarine in a medium bowl. Mix together

02

Then add flour, baking soda, salt, ginger, cinnamon and cloves in the same bowl. Mix well.

03

Shape into balls and roll in white sugar.

04

Bake for about 8-10 minutes. Cool on wire rack 5 minutes. And then enjoy after your late night call :)



*Hear the beep
where you sleep*

Helga's Rollover Rouladen Fire Admin

Timing: About 1 hour prep followed by 2 hours cooking.

Ingredients

- 6 – 6 oz. very thin beef/flank steaks (ask butcher to cut)
- 1 tbsp. Dijon mustard & 1 tbsp. Horseradish mixed together
- 3 large dill pickles – cut in ½ lengthwise
- 1 onion, thinly sliced
- 6 strips of uncooked bacon
- ½ cup red wine
- 1 ½ cups beef broth
- 1 tsp Worcestershire Sauce
- 1 tbsp. tomato paste
- 1 bay leaf
- 1 cup 35% liquid whipping cream
- 1 tbsp. cornstarch
- 2 tbsp. water
- 12 toothpicks or 12 pieces of string cut 8" long



Instructions

1. Lay steaks on a flat surface and brush with mustard/horseradish; lightly sprinkle each with salt & pepper. Lay a slice of bacon on each steak. Spread the onions evenly onto each steak and top with a pickle slice. Fold the ends of each steak in towards the centre about one inch to roughly form a rectangle shape. Roll into a tight cylinder and secure with a toothpick near the ends or use string and tie both ends to keep from unrolling.
2. Brown the rouladen evenly in vegetable oil (or shortening) in a thick-bottomed sauce pot or large fry pan. When browned, discard the oil.
3. Add wine, beef broth, tomato paste, Worcestershire and bay leaf to the sauce pot/fry pan. Bring to a quick boil then turn down to a low simmer. Cover with a tight fitting lid and simmer for about 1 ½ hours or until tender.
4. Remove the rouladen from the broth. Slowly whisk in the whipping cream. Stir together the cornstarch and water in a cup then whisk into the broth until the broth thickens. Adjust the seasoning to your taste. Serve with egg noodles, mashed potatoes or Firefighter Britton's German Potato Dumplings PG. 13

Station One Pork Chops and Sauerkraut

ORO-MEDONTE
FIRE & EMERGENCY SERVICES

STATION 1

Ingredients

Original recipe yields 8 servings

Ingredient Checklist

- 8 center cut pork chops
- 2 pounds sauerkraut, drained
- 1 large red apple, diced
- 1 onion, chopped
- 1 cup brown sugar
- 1 tablespoon caraway seeds



Directions

Step 1 Preheat oven to 350 degrees F (175 degrees C).

Step 2 Heat a large non-stick skillet over medium-high heat, and brown the pork chops on both sides, about 5 minutes per side. Place the chops into a 9x13-inch baking dish.

Step 3 Mix the sauerkraut, apple, onion, brown sugar, and caraway seeds in a bowl until well combined, and spread the sauerkraut mixture over the pork chops. Cover the dish with aluminum foil.

Step 4 Bake in the preheated oven until the pork is no longer pink inside, about 45 minutes. An instant-read thermometer inserted into the center of a chop should read 145 degrees F (63 degrees C).

STATION TWO



#2 EASY LEMON SQUEEZY CHICKEN

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 4 bone-in, skin-on chicken thighs
- Kosher salt
- Freshly ground black pepper
- 1/2 cup of flour
- 2 tbsp. butter
- 3 cloves garlic, minced
- 1/4 cup dry white wine
- Juice of 1 lemon
- 2 tbsp. capers
- 1 tbsp. of lemon zest
- Freshly chopped thyme, for garnish

PREP TIME

- Prep | 15 m
- Cook | 30 m
- Ready in | 45m



PROCEDURE

01

In a large skillet place over a medium-high heat, add cooking oil. Season chicken with a healthy amount of salt and pepper and then dust the chicken thighs with flour.

02

Add the thighs to the hot skillet and cook until the skin is a golden brown, flip about 8min each side. Once cooked thought and the skin is brown transfer the chicken to a plate and keep warm.

03

To the skillet, add the butter, garlic, lemon zest and then the white wine and lemon juice. Bring to a simmer and add the capers. Let it simmer for a few minutes and return chicken thighs to skillet. Let the chicken simmer in sauce for 5 minutes, then garnish with thyme before serving.

Station Three Rescue Me!

Pear and Blue Cheese Salad

INGREDIENTS

1 (10 OUNCE) BAG MIXED FIELD GREENS

½ CUP SLICED RED ONION

1 BOSCH PEAR, CORED AND SLICED

½ CUP CHOPPED CANDIED PECANS

½ CUP CRUMBLER BLUE CHEESE

¼ CUP MAPLE SYRUP

⅓ CUP APPLE CIDER VINEGAR

½ CUP MAYONNAISE

2 TABLESPOONS PACKED BROWN SUGAR

¾ TEASPOON SALT

¼ TEASPOON FRESHLY GROUND BLACK PEPPER

¼ CUP WALNUT OIL



INSTRUCTIONS

STEP 1

PLACE THE SALAD GREENS IN A LARGE BOWL. ADD THE RED ONION, PEAR, PECANS, AND BLUE CHEESE, AND TOSS TO MIX EVENLY.

STEP 2

TO MAKE THE DRESSING, PLACE THE MAPLE SYRUP, VINEGAR, MAYONNAISE, BROWN SUGAR, SALT, AND PEPPER IN A BLENDER, AND BLEND THOROUGHLY. WITH THE MOTOR RUNNING, SLOWLY POUR IN THE WALNUT OIL. BLEND UNTIL MIXTURE BECOMES CREAMY, ABOUT 1 MINUTE. POUR OVER SALAD MIXTURE, AND TOSS TO COAT GREENS EVENLY. SERVE IMMEDIATELY.



How to prevent cooking fires & injuries

- Always **be alert** and distraction free while cooking.
- **Never leave the stove unattended** while cooking.
- **Avoid loose-fitting clothing** while cooking
- **Keep combustible materials** (utensils, dishcloths, paper towel etc.) a safe distance **away** from the stove.

Wear tight-fitting or rolled up sleeves when using the stove. Loose, dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.

Station Four Chicken Cacciatore

Ingredients

- 4 chicken thighs
- 2 chicken breasts with skin and backbone, halved crosswise
- 2 teaspoons salt, plus more to taste
- 1 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup all purpose flour, for dredging
- 3 tablespoons olive oil
- 1 large red bell pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, finely chopped
- 3/4 cup dry white wine
- 1 (28-ounce) can diced tomatoes with juice
- 3/4 cup reduced-sodium chicken broth
- 3 tablespoons drained capers
- 1 1/2 teaspoons dried oregano leaves
- 1/4 cup coarsely chopped fresh basil leaves

Instructions

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.

In a large heavy sauté pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, sauté it in 2 batches. Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.





Station Five has what it takes, especially when baking delicious Welsh Cakes!



PREP TIME 15 mins
COOK TIME 10 mins
TOTAL TIME 25 mins

INGREDIENTS

- 2 cups all-purpose flour
- 1/3 cup caster sugar (do not substitute) (to make your own, pulse granulated sugar in a blender until ultra fine. Do NOT use powdered sugar)
- 1 teaspoon baking powder
- 1/2 teaspoon allspice (a highly aromatic, flavorful spice used in a lot of traditional baking.)
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 2 ounces lard, chilled (about 4 tablespoons) NOTE: Lard is critical for the wonderful texture of Welsh Cakes
- 2 ounces butter, chilled and cubed
- 1 large egg, lightly beaten
- 1/2 cup dried currants
- 2-3 tablespoons milk
- granulated sugar for finished cakes

INSTRUCTIONS

1. In a bowl combine the flour, sugar, baking powder, salt, allspice and cinnamon. Mix in the lard and butter using your fingers or a food processor until the mixture resembles coarse crumbs. Add the currants and stir to combine. Add the beaten egg and work it into the mixture adding a little milk as needed until you have a soft dough. It should not be wet or sticky. Wrap the dough and refrigerate for 30 minutes. (Dough can be made well in advance and chilled until ready to use.)
2. Roll the dough out onto a floured or non-stick surface about 1/4 inch thick. Cut out rounds using a biscuit cutter. Gather up the scraps, knead together and roll out again to cut the remaining rounds.
3. Heat and lightly butter a cast iron pan over medium heat (lightly butter it to later help the sugar adhere to the cakes when they're sprinkled). Add the cakes and cook on each side until lightly browned, about 3-4 minutes (lower the heat if needed to prevent the outside from burning before the interior is done).
4. Let them cool for about a minute. While the Welsh cakes are still warm, place them in a small bowl of sugar to coat all sides. Best eaten while a little warm. Reheat Welsh Cakes in a pan, toaster, or warmed oven (or if in a hurry, in the microwave for a few seconds).





Station 6

Laddered Up

Barbeque Ribs

Ingredients

- Rub
 - ¼ Cup Brown Sugar
 - 2 Tsp Chili Powder
 - 2 Tsp Paprika Powder
 - 1 Tsp Salt
 - 1 Tsp Oregano
 - 1 Tsp Mustard – Dry Powder
 - ½ Tsp Garlic Powder
 - ½ Tsp Onion Powder
 - ¼ Tsp Pepper
- Ribs – with silver membrane removed

Instructions

- Preheat Grill 275°F
- Mix all the dry rub ingredient and coat ribs rubbing seasoning into the meat.
- Place on grill bunched together to push meat closer to the bone for 1 ½ hours.
- Remove and wrap ribs in foil. Return to grill and cook an additional 1 ½ hours until rib temperature reaches 206-210°F.
- Baste with favourite barbeque sauce, and barbeque for 10 min on high to caramelize sugars in sauce.
- Let the Ribs stand for 10 minutes, serve and enjoy!

Keep combustible items such as cooking utensils, dishcloths, paper towels and pot holders a safe distance from the stove.



German Bread Dumpling (Mom's)

8 slices of stale bread
3 tsp. baking powder
1 egg
water

Combine stale bread (in cubes) with flour and baking powder. Beat egg and add to bread mixture. Then add enough water to to make loaf hold its shape. Put loaf into tea towell. Submerge in a pot of boiling water and cook for 25 to 30 min. Test to see if done and if not, cook a few minutes longer.



German Potato Dumplings (Mom's)

Boil potatoes the night before in their jackets or if too large, peel and cut like for mashed potatoes.

Put through meat grinder and pile on your work board.

Make a well into it.

Spoon some flour over it and $\frac{1}{2}$ tsp. salt and a little bit of cream of wheat doesn't hurt.

Break 2 eggs into well and mix with spoon and then with hands.

Add more flour if needed. Dough should be firm but not hard.

Work into a ball and then roll into a long roll and cut into pieces.

Throw into boiling water and cook about 10 minutes. Check for doneness by cutting dumpling in half. If it is mushy in centre, lift out immediately. Over cooking makes them mushy.

A stale bread cube inserted into the centre of the dumpling before cooking helps. The dough should not be mushy but too much flour will make them sort of hard. Only way to get it right is by making them more often.

Yorkshire Pudding (Aunt Sadie's)

$\frac{3}{4}$ c. flour
 $\frac{1}{2}$ tsp. salt
2 eggs
 $\frac{1}{2}$ c. milk and water mixed

Mix and beat well and let stand about 1 hour, beating at intervals. Have fat bubbling hot in pans. Bake in a 475 oven. Watch very carefully.



Captain Daoust's Giant Oatmeal Cookies

Yield: 20 Giant Cookies

Oven Temperature: 375°
(190°C)

Baking Time: 12-15
Minutes

Ingredients

Butter 1 Cup

Brown Sugar 1 Cup

White Sugar 1 cup

Eggs 2 Large

All-Purpose Flour 1 ½
Cup

Baking Soda ½ Tsp

Salt 1/8 Tsp

Ground Cinnamon 2
Tsp

Ground Allspice 2 Tsp

Ground Ginger 1 ½ Tsp

Ground Nutmeg ½ Tsp

Quick Cooking
Oatmeal 3 Cups

Golden Raisins 1 Cup

KEEP A PROPER-FITTING POT LID NEAR THE STOVE WHEN COOKING. IF A POT CATCHES FIRE, SLIDE THE LID OVER THE POT AND TURN OFF THE STOVE. DO NOT MOVE THE PAN.

Instructions

Preheat oven to 375°F (190°C) Line cookie sheets with aluminum foil, dull side up.

Cream butter, add sugars and beat until light and fluffy. Add eggs and beat well. In a large bowl combine remaining ingredients. Gradually beat into the creamed mixture and continue beating until dough is well blended.

Using an ice cream scoop place 5 cookies on each prepared cookie sheet.

Bake for 12-15 minutes. The center will still appear to be very soft but the edges will be golden and firm.

Remove from the oven and slide foil onto a cooking rack. After 5-10 minutes carefully remove cookies from foil and let them continue to cool on the racks.

5 TO A LINE 5 INGREDIENT CAKE



FIVE Ingredients

- 1 Pkg Lemon cake mix
- 1 Pkg Instant vanilla pudding mix
- 4 Eggs
- $\frac{3}{4}$ Cup Vegetable Oil
- 12 oz. Mountain Dew pop

Instructions

In a large bowl combine all the ingredients together. With mixer, beat on low speed for 30 seconds (or until thoroughly mixed). Beat for 2 min on high (or until lumps are no longer visible).

Pour mixture into a greased and floured 10" pan. Bake at 350°F for 45-50 minutes. Allow cake to cool in pan for 10 minutes before removing it and placing onto a cooling rack.

When cooled, dust with confectioner sugar.

“For a variation of this recipe substitute orange cake mix and orange pop in place of lemon cake mix and Mountain Dew”

PREVENT KITCHEN FIRES

GO TO FPW.ORG AND GET COOKIN' WITH FIRE SAFETY!



Spinach & Avocado Green Goddess Pasta

Ingredients

4 Cups packed baby spinach
2 avocados, pitted and peeled
3 cloves garlic, smashed
1/3 cup nutritional yeast
1/4 cup chopped fresh dill
2 tsp grated lemon zest
3 tbsp. lemon juice
1 tsp salt
1/4 tsp pepper

500 g rigatoni or farfalle pasta

1 bunch (about 450g) asparagus, trimmed and cut in 2-inch lengths

Instructions

In food processor, pulse together spinach, avocados, garlic, nutritional yeast, dill, oil, water, lemon juice, salt and pepper until smooth. Mixture will resemble pesto. Set aside.

In a large saucepan of boiling water, cook pasta according to package instructions. Add asparagus during the last 4 minutes of cooking. Reserve 1/4 cup of the cooking liquid, drain pasta and asparagus. Return to pan; gently stir in pesto until combine. If sauce is too thick gradually stir in enough of the reserved cooking liquid to thin. Garnish with sprigs of fresh dill and sprinkle with more nutritional yeast, if you wish.

Nutritional yeast is the secrete ingredient to this dish. It's a good vegan source of protein and vitamin B, with a rich cheese-like flavour reminiscent of parmesan.

Serve Up Fire Safety in the Kitchen



Cooking Safety

Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

