



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Christmas Mint Chocolate Brownie Tree Recipe

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Christmas Stollen Bread Recipe

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Homemade Oat Milk Eggnog Recipe

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DECEMBER WEEKLY CONTESTS

We continue to run weekly contests all December with some fun prizes from baking kits to blenders, ovens and more. Be sure to make your favourite Christmas recipe using any Rogers Foods product and tag us with #MadeWithRogers for your chance to win!

CHRISTMAS BAKING CONTEST



WEEKLY WINNERS!

Show us your favourite Christmas baking using Rogers Foods' products!

BE SURE TO USE #MADEWITHROGERS

100% NATURAL RATTAN

Lighter & more sustainable

Capable of creating the best shape, taste and texture for bread

The Gold Standard 100% Indonesian Rattan

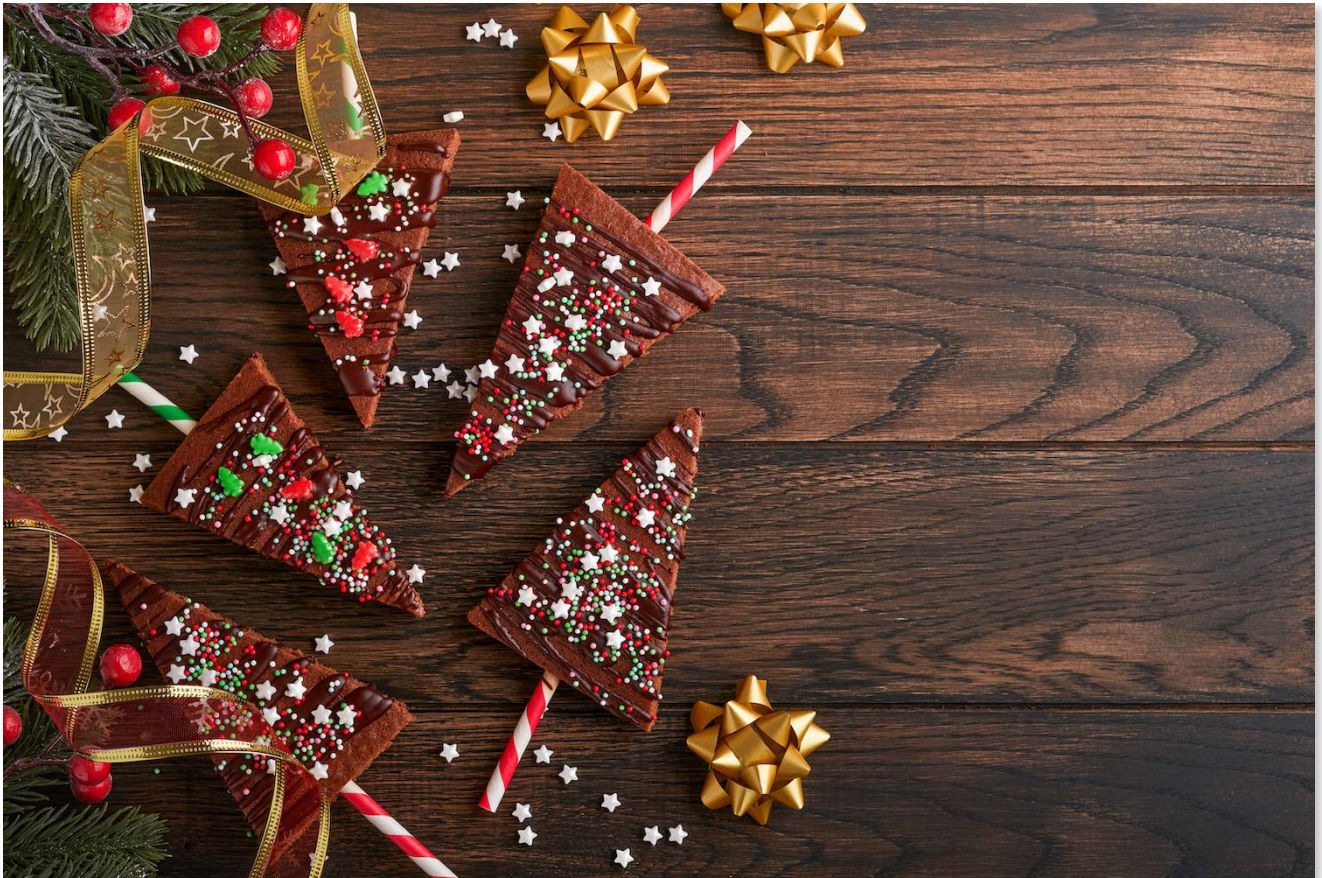
BLAZING BREAD

100%

This week's prize valued over \$100



Chocolate Mint Christmas Tree Brownies



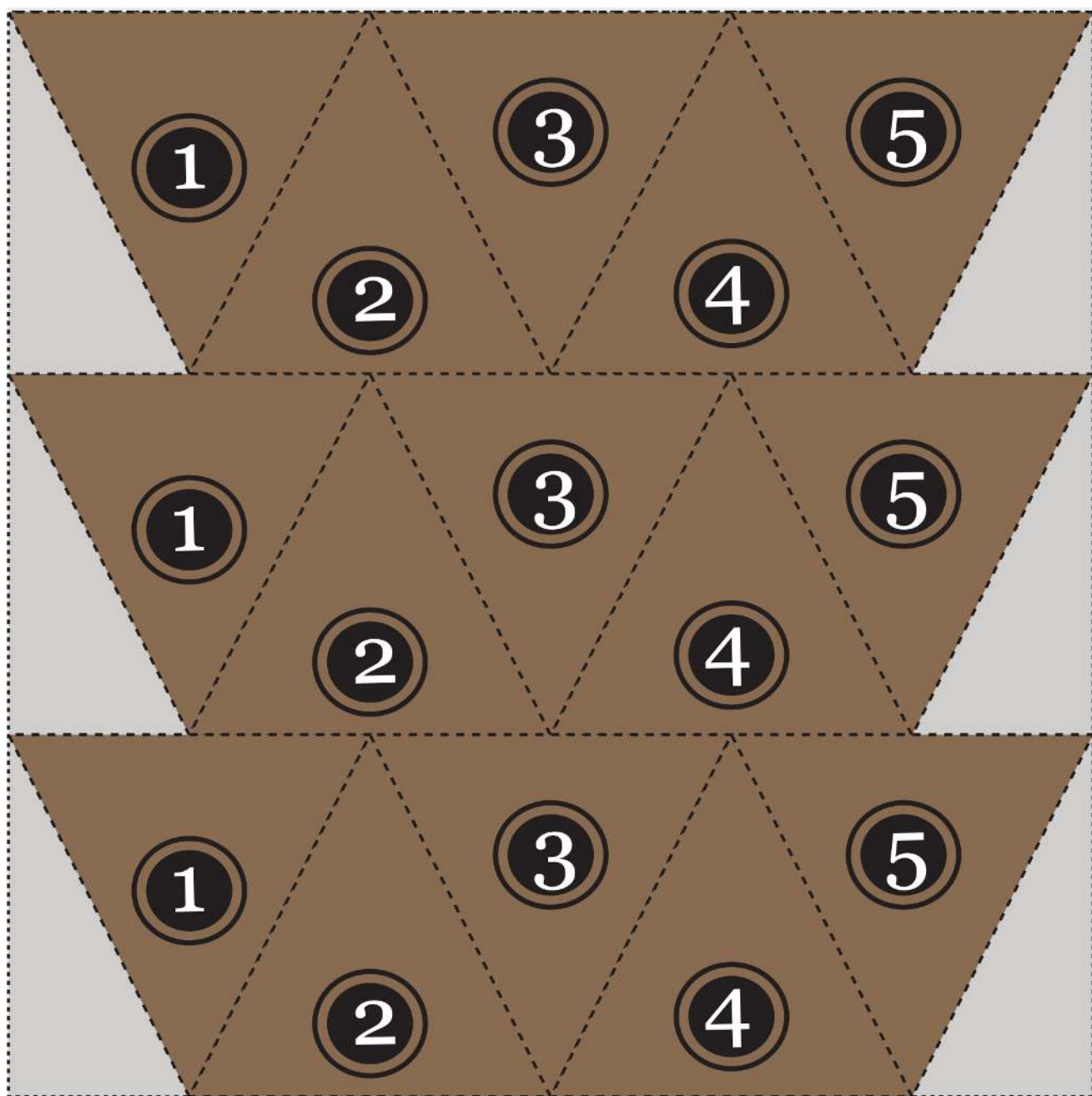
INGREDIENTS

- ½ cup unsalted butter (115g)
- 3 oz dark chocolate, in pieces (150g)
- ¾ cup dark brown sugar (150g)
- ½ cup white sugar (100g)
- 2 eggs, at room temperature
- 1 teaspoon good peppermint extract
- ⅓ cup ROGERS FOODS All Purpose Flour (45g)

- ⅓ cup dark chocolate chips or chunks (50g)
- ⅓ cup white chocolate chips or chunks (50g)
- ¼ teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F / 180°C.
2. Line the bottom and 2 sides of an 8-inch square pan with parchment paper.
3. Melt dark chocolate with butter in the microwave (at 10 second intervals) or in a double boiler with the bottom not touching the water.
4. Take off the heat and add sugars. Mix well.
5. Add eggs and mix until it's creamy and mixed well.
6. Add flour and combine.
7. Add the chocolate chips or chunks, mint and vanilla extracts, and mix well.
8. Pour batter into the prepared pan. Smooth the top.
9. Bake for about 25 minutes, until a bit puffed and the surface is dry. They still have to be a little jiggly in the middle.
10. Let cool completely on a wire rack before lifting the paper carefully so they come out in one piece. Place brownies on a flat surface and cut them into squares.
11. I prefer to put them for a day in the fridge, well wrapped. It makes cutting them much easier into tree shapes. To cut brownie into triangles, cut into 3 rows. (See link below for diagram.) Cut each row into 5 triangles. Set aside leftover pieces for snacking. See diagram below for cutting into trees.
12. Drizzle with chocolate or icing and favourite candies. Insert half a straw!



Christmas Stollen Bread



INGREDIENTS

For the Dough:

- 1 cup lukewarm whole milk
- 3 teaspoons active dry yeast
- 1/2 cup granulated sugar
- 4 cups **Rogers Foods All Purpose Flour** ***NOTE: Amount will vary depending on how much liquid is in your fruit/nut mixture. Be sure to drain any excess liquid. Add more flour as needed if dough is too wet.
- 1 large egg
- 2 large egg yolks
- 3/4 cup unsalted butter (1 1/2 sticks) , at room temperature so it's very soft

- 2 teaspoons quality pure vanilla extract
- zest of one lemon
- 1 teaspoon salt
- 3/4 teaspoon ground cardamom
- 3/4 teaspoon ground mace (recommended but can substitute nutmeg)
- 1/2 teaspoon ground cinnamon
- 8 ounces Homemade or store bought Marzipan/Almond Paste , divided in half

For the Fruits & Nuts:

- 9 ounces raisins (you may want to include some raisins or candied cherries)
- 3 ounces candied lemon peel , finely diced
- 3 ounces candied orange peel , finely diced
- Candied Citrus Peel
- 3 ounces blanched slivered or sliced almonds , finely chopped
- 1/3 cup quality dark rum

For the Glaze & Dusting:

- 1 stick unsalted butter , melted
- Powdered sugar for generous dusting

INSTRUCTIONS

•Place the raisins, candied citrus peel and almonds in a medium bowl and pour the rum over, stirring to combine. Set aside to allow the fruit to soak up the rum.

•Stir yeast and 2 tablespoons of the sugar into the lukewarm milk and let sit in a warm place for 12-15 minutes until it begins to bubble.

•Place flour, remaining sugar, egg, egg yolks, butter, vanilla extract, lemon zest, salt, cardamom, mace and cinnamon in the bowl of a stand mixer. Fit with a dough hook.

•Add in the yeast/milk mixture. Stir then knead the dough on the bread setting for 7-8 minutes. Remove the dough ball, lightly rub the bowl with some oil, return the dough ball, cover loosely with plastic wrap and place it in a warm place or lightly warmed oven. Allow to rise until it has nearly doubled in size, at least 1 hour (maybe

closer to 2 hours depending on the temperature in your home).

- Punch down the dough and add the soaked fruit/nut mixture to the dough (it should have absorbed all the rum by now but if there is excess liquid, pour it out before adding the mixture to the dough). Using the dough hook, knead the fruit/nut mixture into the dough until combined. If the dough is too wet to handle, add a little bit of flour until the dough pulls away from the sides of the bowl.



- Turn the dough out onto a floured work surface and cut it in two equal halves. Press or roll each piece into an oval to about 1 inch thickness. Roll each piece of marzipan into a log the length of the oval. Press the marzipan gently into the middle of the dough. Fold the left side of the dough over to cover the marzipan, then fold right side over on top of the left side so that the edge of it sits just left of the middle of the stollen (see pics). In other words, don't fold the right side all the way over to the left edge of the stollen. Pinch and tuck the top and bottom ends of the stollen to

cover the marzipan. Use the bottom edge of your hand to press down along the length of the stollen towards the right of the center to create a divot and characteristic hump (see pics). Place the stollen on a lined baking sheet. Cover the stollen loosely with plastic wrap and let them rest in a warm place or lightly warmed oven for 40-60 minutes until puffy. At that point you can pick off any raisins that are sticking out of the dough (they will burn during baking).

- Towards the end of the last rise, preheat the oven to 350 degrees F and bake the stollen for 30-40 minutes or until golden. You can use an instant read thermometer to aim for an internal temperature of 190 degrees F. Let the Stollen sit for 5 minutes, then use a toothpick to poke holes all over the stollen (this will allow the butter to seep in), then generously brush the stollen with the melted butter while the stollen are still warm. Immediately sprinkle with a generous amount of powdered sugar, rubbing it into the creases and down the sides. Let the stollen cool completely. You may want to give it another dusting of powdered sugar once cooled.

- The stollen can be sliced and eaten now or wrapped tightly (wrap in plastic wrap then foil) and left to "ripen" in a cool place for 2 weeks. The liquid from the dried fruits will further penetrate the dough for more flavor and moisture. Stollen can also be frozen for longer storage.

- Makes 2 large or 3 medium Stollen.

- We love this recipe by The Daring Gourmet. Made a few tweaks but overall this is a great recipe!

WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

Take Care This Holiday Season

Make 2023 Special for You!



Life is crazy! I promised myself that for 2023 I would slow down some and try to stop and smell the roses more, make my family time a priority with more memorable moments before my final child leaves for university and genuinely appreciate the fruits of my labour.

Part of my (new) routine is to take a quiet moment, with devices off, and reflect. I don't know about you, but quiet time has never been part of my routine! Not that I have a tough time sitting still; I don't. It's just that whenever I'm not doing something, the only thing that I can think about is what I HAVE to do. I'm jamming into my work day, the equivalent of what two people do daily. And I know that I'm not alone!

I realize now that enough is never enough for me. There's always more that I want to do, make, and accomplish, and I have to tell myself that I can only do as much as a

workday gives me. I'm sure if I had a therapist, they would have a hay day telling me everything I could be doing differently.

Big breath in.....exhale...

I'm giving myself a self-imposed time-out over the holiday break. I'm forcing myself to turn everything off and just look out the window with a warm drink in hand. Give my mind, eyes, and thoughts a minute to do nothing.

I don't know how to do nothing. I want to learn the behaviour of just being in a moment. After living in a Buddhist Temple with monks for several years in Tokyo in my 20s, this is something I should have mastered! But didn't.

Today was my first day of sitting quietly and reflecting on all that happened in 2022 and where I want to be in 2023. Life is short. We all know this, and life is meant to be lived.

All the crew at Rogers Foods and I hope that each of you enjoys the holidays with family and friends and that 2023 brings you and yours health and joy. Thank you always for supporting our organization, along with the farmers and employees who take pride in bringing the best products to your kitchen.

Here's my favourite Oatmilk Eggnog Recipe....I steamed it and topped it in my afternoon coffee drink. Perfection!

ROGERS FOODS OATMILK EGGNOG RECIPE

- 6 large egg yolks
- ½ cup (100 g) granulated sugar
- ½ teaspoon (3 g) salt
- 3 cups (710 ml) oat milk - see recipe below to make your own using Rogers Oats
- 2 whole cloves - or a pinch of ground cloves
- ½ teaspoon (1 g) ground cinnamon
- ¼ teaspoon (1 g) nutmeg - preferably freshly grated (plus more for topping)
- ½ teaspoon (2 ml) pure vanilla extract
- 4 teaspoon (20 ml) rum extract - or substitute alcohol of your choice



INSTRUCTIONS

- Whisk together egg yolks and sugar in a large bowl until smooth. Set aside.
- Combine oat milk, cloves, salt, nutmeg, and cinnamon in a medium saucepan. Heat over medium heat and slowly bring to a near boil.
- Gradually pour about 1 cup of hot oat milk mixture slowly into egg yolk mixture, whisking constantly, to temper the egg yolks.
- Pour egg and oat milk mixture gradually back into the saucepan, stirring constantly. Continue to heat over medium heat until thickened, about 5 minutes, stirring constantly.
- Taste and add more sugar if needed. Strain to remove cloves and let cool for about 1 hour.
- Stir in vanilla and rum extract (or alcohol of your choice to taste). Refrigerate before serving, 8 hours to overnight.

Serve on ice with or without dark rum or add to your favourite hot beverage like coffee!

HOW TO MAKE OATMILK FROM SCRATCH!

INGREDIENTS

1 cup **ROGERS FOODS LARGE FLAKE OATS**

4 cups water (cold)

Pinch of salt

Optional add-ins or sweeteners, like 1 teaspoon vanilla extract, 1 tablespoon maple syrup, or 2 pitted dates



Add oats and cold water (and add-ins if using) to a food processor or high-speed blender; process until the mixture is frothy (about 2-3 minutes). Strain through cheesecloth or a very fine mesh strainer (there are also nut milk bags for this purpose). Depending on the grind of the oat particles, you may need to strain the oats a few times to achieve the preferred consistency.

Use leftover oat pulp to make oat pancakes, muffins, or quick breads.