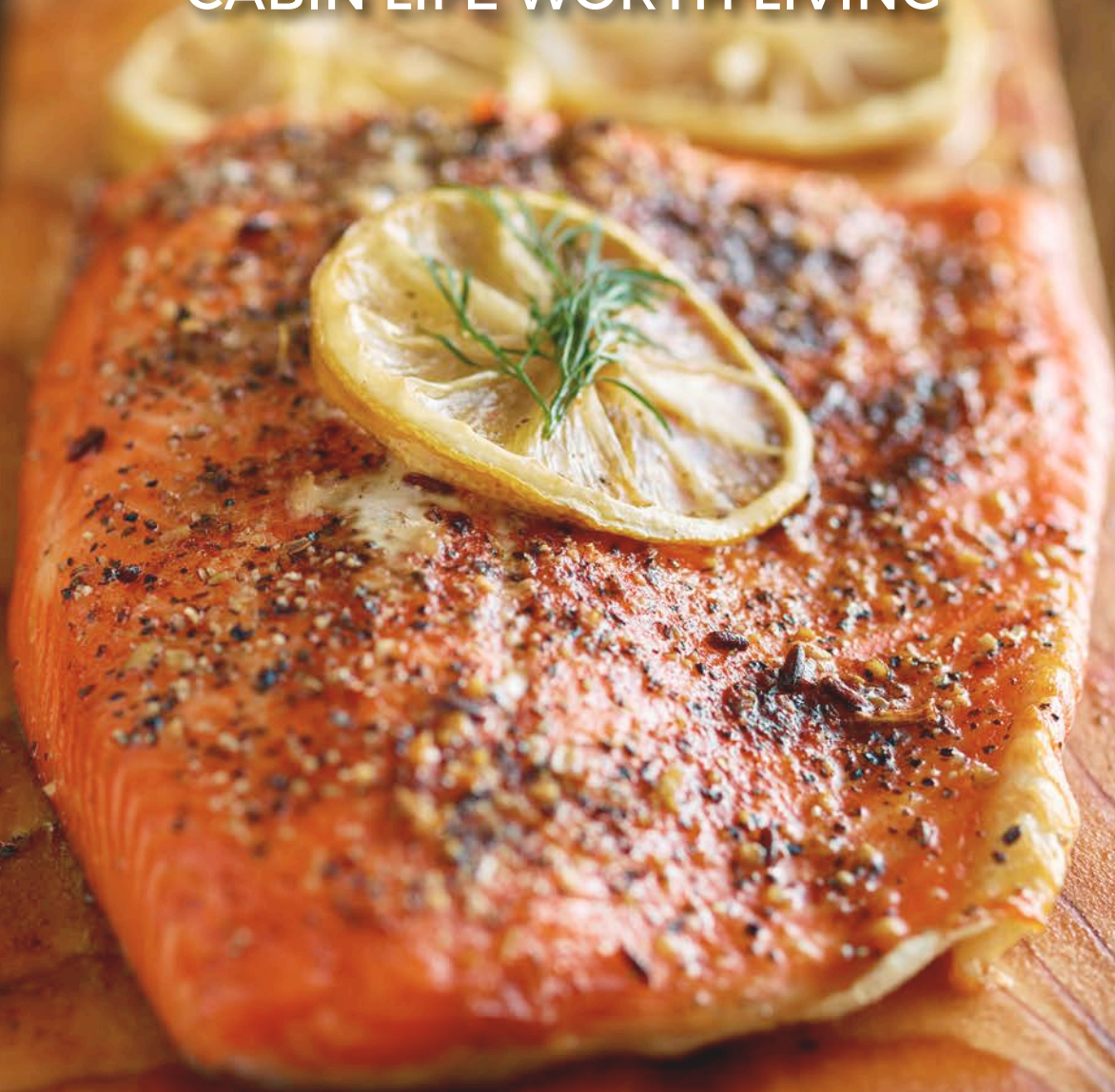


# simple pleasures

THE INDIAN FALLS CHALETS COOKBOOK

A COLLECTION OF DISHES THAT MAKE  
CABIN LIFE WORTH LIVING



**SIMPLE, SATISFYING DISHES PERFECT FOR SUMMER  
ENTERTAINING, DINNERS AT HOME, OR A WEEKEND AWAY.**

From the kitchen of Michelle & Shawn Rowsell,  
Indian Falls Chalets, Springdale, Newfoundland and Labrador, Canada

**indian falls**  
CHALETs





# Table of contents

- 3 FRIDAY NIGHT BEER STEAMED MUSSELS
- 5 MICHELLE'S MOM'S FISH CAKES
- 7 SHAWN'S LEGENDARY BAKED BEANS
- 9 COD AU GRATIN
- 11 SUMMER SPINACH & BERRY SALAD
- 13 20-MINUTE FOIL BAKED TROUT
- 15 CHUNKY POTATO SALAD
- 17 INDIAN FALLS CEDAR PLANK SALMON
- 22 MESSY MOOSE BURGERS
- 24 NOT YOUR MAMA'S COLESLAW
- 28 FLATTENED BARBECUE CHICKEN
- 30 OLD-FASHIONED RABBIT STEW
- 32 BLUEBERRY GRUNT
- 36 NEWFOUNDLAND SLUSH

# Our food reflects our lifestyle



We like to live the simple life. We like good food, good friends, and the great surroundings. When you have those things, you don't need fancy distractions, and you can be free to enjoy life in the moment.

That's how we approach our life, and it's how we approached building Indian Falls Chalets.

When we set out to build Indian Falls Chalets, our goal was simple: create a relaxing, casual environment where people can unwind and enjoy the beauty of their surroundings - whether it's the breathtaking views of Indian River at our doorstep, or the relaxed luxury of our chalets.

We approach food the same way. When we're at Indian Falls, our favorite go-to meals are a mix of traditional Newfoundland family classics, fish and game caught on-site, and modern fare that's great for entertaining.

Each recipe in this book is simple to make, loaded with flavor, and can be planned ahead of time. Most of the recipes are quick to prepare, while others can slowly cook away while you're relaxing on the patio, reading a book by the fire, or enjoying the company of loved ones.

These recipes are loosely organized as they might flow through a weekend at the cabin. You'll have plenty of simple options to choose from. These sides are our regular go-to's and pair great with all of the entrées.

We hope you will try these recipes and make them a part of your own summer menu planning, whether your planning meals for a family getaway or cooking at home.


We invite you to enjoy these *simple pleasures*.

## Michelle & Shawn









It doesn't get much simpler than this, and there's nothing more tasty and satisfying on a Friday night at the cabin, than our simple beer-steamed mussels.

We don't like complicate this simple dish with ingredients that will take away from the flavor of the mussels.

So grab a cold one, a loaf of fresh crusty bread and a big bowl of these mussels, and enjoy the perfect feed outside on the deck as the sun sets over the river.



## Friday Night Beer Steamed Mussels

SERVES  
**2-4**

TIME  
**15**  
MINS.

GREAT ON  
THE GRILL



### Ingredients

- 2 - 1 pound sacks of mussels
- 1 bottle of beer
- 2-3 Tbsp butter
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- Pinch of sea salt and fresh ground pepper

Loaf of fresh crusty bread

### Directions

Rinse mussels under cool water, removing beards while discarding any that have opened.

In a large covered stockpot add butter, onion, garlic, salt and pepper, and stir to soften the onion and garlic for a few minutes. Add the beer and allow it to come to a simmer.

Once the beer broth is bubbling, add the mussels, place the cover on the pot and allow the mussels to steam for 5 minutes until shells open up.

Stir and serve immediately in a bowl with beer broth and crusty bread.







# Michelle's Mom's Fish Cakes

MAKES  
**18**



TIME  
**45**  
MINS.



MAKE  
AHEAD  
STEPS



## Ingredients

1 1/2 pounds salt dried cod  
1 onion, finely chopped  
1/4 cup butter  
8 medium potatoes, boiled and mashed  
1 egg, beaten  
2 Tbsp dried savory (optional)  
Ground black pepper to taste  
1/4 cup flour for dusting



## Prep ahead

Soak the salt cod in cold water overnight, draining and adding fresh water twice.

## Directions

While the fish is boiling, boil your potatoes. When done, drain, mash and set aside.

Drain the soaked salt fish and top with fresh water. Simmer the salt cod in boiling water for about 15 minutes.

Drain the water from the fish and allow to cool until almost room temperature. When the fish is cool, pull it apart into small flakes using a fork.

In a frying pan, melt the butter over medium heat, and add the onions. Cook until they are softened.

In a large mixing bowl, add the flaked fish along with the mashed potato, egg, pepper and savory.

Mix together until well combined, then form into small cakes and roll in flour.

Fry the fish cakes in oil over medium heat until golden brown on both sides.







# Shawn's Legendary Baked Beans

SERVES

6



TIME

8

HOURS



MAKE  
AHEAD  
STEPS



## Ingredients

2 cups dried white beans  
1 onion  
1/2 cup salt pork or bacon, finely diced  
2 Tbsp vinegar  
1 tsp salt  
1/4 cup fancy molasses  
1/4 cup ketchup  
1/2 tsp dry mustard  
1 Tbsp brown sugar  
Pepper to taste



## Prep ahead

Soak the dry beans in cold water overnight.

## Directions

Place beans and the water in which they were soaked, in a saucepan and simmer for about 30 minutes.

Place the beans in a roaster or casserole dish and add all of the other ingredients. Mix well. If the beans look a little dry, add a splash of boiling water to cover the beans.

Place the cover on the roaster or casserole dish and bake for 6-8 hours at 300 degrees F, removing the cover for the last 30 minutes of baking.

Add a splash of boiling water 2-3 times throughout the cooking time to keep the beans moist and covered with liquid; stir occasionally.

Do not add any water during the last half hour of cooking because you want the consistency to be a little thick.







# Michelle's Cod Au Gratin

SERVES

4

TIME

30

MINS.

MAKE

AHEAD

STEPS



## Ingredients

3-4 pounds fresh cod, cooked  
4 Tbsp flour  
4 Tbsp butter  
2 cups evaporated milk  
2 Tbsp Dijon mustard  
2 tsp lemon juice  
1/2 cup Parmesan cheese, grated  
1 tsp tarragon  
Salt and pepper to taste  
1/2 cup cheddar cheese, shredded  
1 cup bread crumbs



## Prep ahead

Precook your cod fish by layering it in a casserole dish, season with salt and pepper to taste, and bake for 15-20 minutes at 375 degrees F.

Remove from the oven and allow to cool. Once cooled, flake the fish into small pieces.



## Directions

Preheat oven to 350 degrees F.

In a heavy bottom saucepan, melt butter, and whisk in the flour, salt and pepper to make a paste.

Slowly whisk in the milk, stirring constantly until it thickens. Add mustard, lemon juice, salt and pepper, tarragon and Parmesan cheese, and whisk into the white sauce.

Remove from heat and set aside.

Lightly spray or grease a casserole dish and pour 1/4 of the white sauce over the bottom.

Layer half the fish with white sauce and shredded cheddar cheese. Repeat with the remaining fish, sauce and cheddar cheese.

Sprinkle the bread crumbs and Parmesan cheese over the top and bake for 30 minutes, until bubbly and the cheese has begun to brown.

Remove from the oven and allow to sit for 10 minutes.







# Summer Spinach & Berry Salad

SERVES

**4-6**

TIME

**15**  
MINS.

MAKE  
AHEAD  
STEPS



## Ingredients

2 Tbsp sesame seeds  
1 Tbsp poppy seeds  
1 Tbsp onion, minced  
1/4 tsp Worcestershire sauce  
1/2 cup sugar  
10 oz fresh baby spinach  
1/2 cup olive oil  
1 quart strawberries, sliced  
1/4 cup white vinegar  
1/4 slivered almonds  
1/4 tsp paprika  
salt and pepper to taste



## Prep ahead

The dressing for this salad needs to sit in the refrigerator for about an hour in order for the flavors to come together.

You can make it ahead of time and store it in a sealed mason jar and keep it refrigerated for up to a week.

This salad is also fantastic with greens such as mache, arugula or other baby lettuces.

## Directions

In a medium bowl, whisk together sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce, onion, salt and pepper. Cover and chill for at least an hour.

In a large salad bowl, combine the spinach, strawberries and almonds.

Pour dressing over the salad and toss together.

Refrigerate for 10 minutes and serve.







# 20-Minute Foil Baked Trout

SERVES

4

TIME

20  
MINS.

GREAT  
ON THE  
GRILL



## Ingredients

4 trout, medium-sized  
1 lemon  
Fresh dill  
Salt and pepper to taste



## Great on the grill!

This recipe works great on the barbecue! Simply follow all the instructions, and cook over a hot barbecue instead of in the oven.

It's that simple!



## Directions

Preheat the oven to 400 degrees F. Cut four sheets of heavy duty aluminum foil that are larger than your fish.

Lightly oil both sides of each trout and season inside and out with salt and pepper. Place a sprig of dill and two lemon slices down the middle of each fish.

Fold up the foil by grabbing at the edges and crimping together to make a packet.

Place packets of fish onto a baking sheet, and bake for 15 minutes, checking one packet after 15 minutes.

Remove from the oven and carefully open the foil packets — take care not to let the steam burn you. Slide the fish and onto a plate, and pour juices over it.

Serve with a wedge of lemon.







# Chunky Potato Salad

SERVES

**4-6**

TIME

**20**  
MINS.

MAKE  
AHEAD  
STEPS



## Ingredients

6 potatoes, about 2 pounds, quartered  
2 Tbsp white vinegar  
1 large celery stalk, diced  
1 green onion, thinly sliced  
3 hard boiled eggs, peeled  
1 Red Delicious or Gala apple, peeled and diced  
1 1/2 cup Miracle Whip or mayonnaise (*or a combination of both*)  
Salt and pepper to taste  
Paprika for garnish



## Prep ahead

Cook your eggs and potatoes at least an hour ahead of time to allow them to cool.

## Directions

Boil the potatoes and eggs, and allow to cool.

Once cool, cut the potatoes into small chunks and place them in a large salad bowl.

Sprinkle the potatoes with vinegar, and add the diced celery, apple and chopped green onion, salt and pepper. Toss together.

Peel the eggs and cut each in half. Separate the whites from the yolks. Dice the egg whites and add to the potato mixture.

In a small bowl, mash the yolks and mix with the mayonnaise. Add the mayo and egg yolk mixture to the potato mixture and mix well.

Sprinkle with a dash of paprika and refrigerate until ready to serve.







# Indian Falls Cedar Plank Salmon

SERVES

6

TIME

20

MINS.

GREAT  
ON THE  
GRILL

MAKE  
AHEAD  
STEPS



## Ingredients

1 - 1 1/2 pound salmon fillet  
1/4 cup maple syrup  
2 Tbsp grainy mustard  
Salt and pepper to taste



## Prep ahead

Soak a 12- x 7-inch (30 x 18 cm) untreated cooking cedar plank in water for 30 minutes (or for up to 24 hours before you plan to cook the salmon).

*\*Cedar planks are generally inexpensive and easy to find in grocery stores. You can also find them on site at Indian Falls Chalets' Guest Boutique.*

## Directions

Place the salmon fillet on top of the soaked cedar plank.

In a small bowl, whisk together maple syrup, mustard, salt and pepper, and brush half of the mixture over the salmon.


Place the plank on the hot grill over medium-high heat and close lid to let the salmon cook.

After 15 minutes, brush the remaining maple syrup and mustard mixture on the salmon and cook for another 20-25 minutes, until fish flakes easily when tested with a fork.

Once the salmon is cooked through, remove from the grill and cut into 6 even pieces.

Transfer to serving platter or plates.





Sometimes there's nothing better  
than a messy burger and there's no  
better burger than a moose burger.









# Messy Moose Burgers

MAKES

4

TIME

15  
MINS.

GREAT  
ON THE  
GRILL

MAKE  
AHEAD  
STEPS



## Ingredients

1 pound ground moose meat  
1 small onion, finely chopped  
1 clove garlic, minced  
1 egg  
1/3 pound bacon, finely chopped  
1/2 tsp salt  
1/4 tsp ground black pepper  
4 hamburger buns

## The Messy Part

4 slices extra old cheddar cheese  
8 large mushrooms, sliced  
1/4 tsp savory (optional)  
1 large onion, sliced  
1 Tbsp olive oil  
1/2 head lettuce, washed and separated  
2 Tomatoes, sliced



## Prep ahead

We like to prep the burger patties a day in advance and let the flavours come together in the fridge until we're ready to barbecue.

## Directions

In a large bowl, combine the moose meat with chopped onion, garlic, chopped bacon, egg, salt and pepper and mix until just combined.

Form into 4 patties, each about  $\frac{3}{4}$  thick, and transfer to a plate. Cover and refrigerate for about an 1 hour.

While your burgers are resting in the fridge, cook your onions and mushrooms in a frying pan with a splash of oil. Season with savory, salt and pepper to taste, and cook until the onions have caramelized.

In a frying pan, cook the mushrooms in a olive oil and onions and season with savory, salt and pepper. Cook until onions have carmelized.

Set aside in tin foil and place on the barbecue grill to keep warm wile you're cooking the burgers.

Heat grill to about 350 degrees F. Sear burgers for 2 minutes on one side, turn and repeat. Flip again for 3 minutes, then turn last time and let cook until desired doneness, about 3 minutes. Burgers will take about 15 minutes in total to cook.

Serve with cheese and all the toppings.







# Not Your Mama's Coleslaw

SERVES

**6-8**

TIME

**15**

MINS.

MAKE

AHEAD

STEPS



## Ingredients

1/2 cup sunflower seeds  
1/2 cup slivered almonds  
2 pkgs ramen noodles, oriental flavor  
1 green onion, chopped  
1/2 large cabbage (red or green), thinly sliced  
1/2 cup oil  
3 Tbsp vinegar  
4 Tbsp sugar



## Prep ahead

This salad needs to be refrigerated for up to 2 hours before serving to allow the flavors to come together.

The crushed noodles are added at the last minute before serving to give the salad crunch.

## Directions

In a jar, combine the oil, vinegar, sugar and seasoning packet from **one** package of the ramen noodles. Cover and shake well to combine. Set aside.

In a large salad bowl, add the cabbage, seeds, onions. Pour the dressing over everything and toss together.

Refrigerate for an hour or two to let the flavors come together.

Just before serving, crumble the dry noodles in your hands and add them to your salad. Toss everything together and serve.





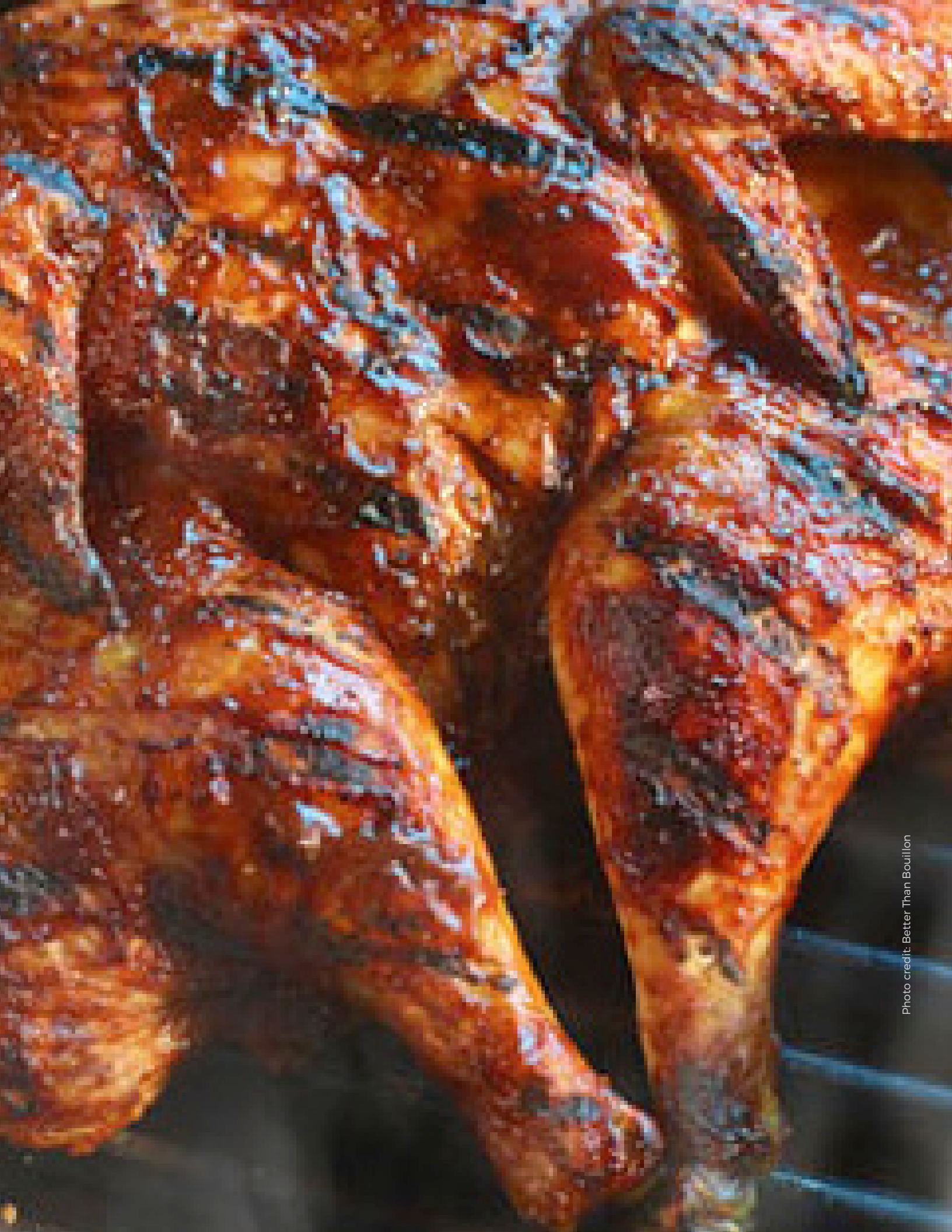
## *Sunday dinners at the cabin*

A simple roasted chicken is our go-to Sunday dinner but, when we're at the cabin, this barbecued butterfly chicken recipe is one of our favourites.

This chicken is full of flavour, takes no time at all, and it looks super impressive when we have friends over for dinner!

We usually do the prep work before heading to the cabin, and just pop it in a Ziplock freezer bag to let the flavors marinate until it's time to pop the bird on the barbecue.









# Flattened Barbecue Chicken

SERVES

4

TIME

45

MINS.

GREAT  
ON THE  
GRILL

MAKE  
AHEAD  
STEPS



## Ingredients

1 whole roasting chicken, butterflied  
Juice and zest of 1 lemon  
2 cloves garlic, crushed  
1 tsp dry savory  
Salt and pepper to taste



## Prep ahead

To butterfly the chicken, simply cut out the backbone and flatten the chicken by pulling both halves, breast side, toward each other.

Zest and juice the lemon, placing both in a bowl. Add the crushed garlic, savory, salt and pepper and mix everything together.

Place the chicken in a large zip-lock freezer bag and add the marinade. Mix well to ensure the chicken is completely coated and refrigerate for at least 12 hours.



## Directions

Preheat your grill to medium-high. Place the chicken on the grill bone-side down, and turn heat down to medium to prevent the skin from burning.

Grill chicken for 5 minutes, turn over and grill another five minutes. Turn again and repeat until the chicken has cooked 40 minutes or until juices are clear. Once cooked, remove from the grill.

Cut into pieces and serve.









# Old-Fashioned Rabbit Stew

SERVES

4-6

TIME

2.5

HOURS.



## Ingredients

2 rabbits, cleaned and cut into pieces  
Fatback pork or bacon  
3 carrots  
1 stalk of celery, chopped  
1 onion, chopped  
1 small turnip, diced  
4 medium potatoes, peeled and diced  
1 bay leaf  
3 cups water  
1/2 cup flour  
1 teaspoon salt  
Pepper to taste

## Directions

Dredge the rabbit pieces with the 1/2 cup of flour.

Melt the fat pork (or bacon) in a Dutch oven, or a large heavy bottom pot, over medium heat to render the grease.

Add the rabbit pieces, and brown on all sides.

Add the carrots, turnip, onion, celery, potatoes, salt, pepper and bay leaf.

Cover everything with 3 cups water and bring to a boil. Reduce heat to a low simmer, cover and let everything cook for 2 hours.

## Dumplings

1 1/2 cups flour  
1 tsp salt  
3/4 to 1 cup milk  
2 teaspoons baking powder  
1/4 cup margarine or butter

Stir with a fork until the ingredients are combined. Drop on top of the simmering stew and cook for 10 minutes. Cover the pan and continue simmering for 10 minutes longer, gently stirring occasionally to keep the stew from scorching.







# Blueberry Grunt

SERVES

**6**

TIME

**30**

MINS.

GREAT  
ON THE  
GRILL



## Ingredients

4 cups blueberries  
1 cup sugar  
1/2 cup water  
1 Tbsp lemon juice

## Dumplings "Grunt"

2 cups flour  
1/4 cup sugar  
2 tsp baking powder  
1/4 tsp salt  
2 Tbsp butter  
1 cup milk



## Great on the grill!

This recipe is perfect for outdoor cooking as well! Simply follow all the same steps cooking on a hot barbecue or over a fire.

## Directions

In a heavy bottom pan (a cast iron pan works great), combine the blueberries, sugar, water and lemon juice.

Bring to a boil and reduce to a simmer when the mixture has begun to thicken.

In a large bowl, mix together the flour, sugar, baking powder and salt.

Cut the butter into the mixture with two dinner knives then mix in the milk. The resulting batter will be thick and sticky.

Spoon blobs of the dough on top of the cooked blueberries. Don't worry, it doesn't have to look fancy!

Cover the pan with tin foil and allow to simmer for 17-20 minutes. The tops of the biscuits will be soft but firm to the touch.

Serve warm with Fussels cream or ice cream.







A rustic wooden surface serves as the background. In the upper left, a whole bright yellow lemon sits. To its right, a lemon is cut in half, revealing its juicy segments. In the bottom left corner, a portion of a clear glass filled with a yellow, frosty slushy is visible. The wood grain is prominent and aged.

*Frosty, slushy and refreshing*

This traditional slushy cocktail is a favorite around these parts at Christmastime, but we prefer it's refreshing tanginess in the warmer months.







# Newfoundland Slush

SERVES

**20**



TIME

**15**

MINS.



MAKE  
AHEAD  
STEPS



## Ingredients

7 1/2 cups water  
1 1/2 cups sugar  
1 can of frozen orange juice concentrate  
1 can of frozen lemonade concentrate  
1 - 1-litre container pineapple juice  
1 - 26oz bottle of vodka

Ginger ale, Sprite, 7-Up or club soda for mix



## Prep ahead

We will often boil the syrup the night before, that way it has a good chance to cool down and we don't have to constantly be checking it to see that it's ready.

## Directions

In a large pot, bring the water and sugar to a boil for a minute or two until the sugar has dissolved. Turn off the heat and let the syrup cool.

Once cool, transfer the syrup to a large freezer-safe container. We use a small bucket, but a 4-litre ice cream container works perfectly.

Add the frozen orange juice and lemonade concentrate, pineapple juice and vodka to the syrup and give everything a good stir.

Cover and place your slush mixture in the freezer.

Check on the freezing mixture a few times throughout the day and stir well to ensure it freezes completely and has a scoopable texture.

When you're ready to drink, simply use an ice cream scoop to scoop the slush out into a glass and top with the carbonated drink of your choice.



