

MARILOU &
ALEXANDRE
CHAMPAGNE

THREE TIMES A DAY

Three Times a Day was born out of our shared passions: mine for cooking and the art of entertaining and Alexandre's for photography. It started as a blog called *Trois fois par jour*, and we've watched it grow beyond our wildest dreams. After working online for more than a year, we were finally ready to create our first cookbook. It took a lot of love, discipline, and laughs, and we are so pleased to share this book with you.

I invite you to discover the story of my love for simple, informal cuisine in this collection of recipes, designed to fit any budget and skill level, and divided into categories that include: lactose free, gluten free, vegetarian, economical, quick & easy, entertaining, and "his choice"—Alex's favorites.

We hope our book reminds you of the positive and healing nature of food in all of our lives.

— *Marilou & Alexandre Champagne*

THREE TIMES A DAY
by the creators of TROIS FOIS PAR JOUR

3 times a day

MARILOU & ALEXANDRE CHAMPAGNE

the creators of TROIS FOIS PAR JOUR



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GIBBS
SMITH

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QUANTITY 6 servings 🕒 30 min

CATEGORIES economical · gluten free · lactose free · quick & easy

THAI SHRIMP & VEGETABLE SOUP

INGREDIENTS

A bit of olive oil, for cooking
1 yellow onion, roughly chopped
Salt and freshly ground pepper, to taste
2 tsp garam masala
1 tbsp red curry paste
1 tsp Sriracha sauce
1 tbsp peeled and chopped fresh ginger
2 cloves garlic, roughly chopped
1 can (13.5 oz) coconut milk
¼ cup tomato paste
1 tbsp honey
Zest and juice of 1 lime
1 tbsp tamari (or soy sauce if not gluten free)
1 tbsp fish sauce
8 cups chicken stock
1 cup broccoli florets
8 baby bok choy, halved
1 lb raw shrimp, peeled and deveined
About 3 ½ oz rice vermicelli
A large handful of fresh cilantro, roughly chopped
2 green onions, sliced on the bias

STEPS

- 1 In a pot, heat a bit of olive oil and cook the onion for about 5 minutes, until soft. Season well with salt and pepper.
- 2 Add the garam masala, curry paste, Sriracha, ginger, and garlic, and cook for 3 more minutes.
- 3 Add the coconut milk and stir well.
- 4 Using an immersion blender directly in the pot, purée the mixture until nice and smooth.
- 5 Add the tomato paste, honey, lime zest and juice, soy sauce, fish sauce, and chicken stock. Bring to a boil and then reduce the heat.
- 6 Add the remaining ingredients and let it all simmer for about 5 minutes, or until the shrimp and vermicelli are fully cooked. Adjust the seasoning and serve.





I could write an entire book of one-bowl recipes: the possibilities are endless! Just take your favourite fresh ingredients, arrange them in a bowl, and serve with a vinaigrette. Need inspiration? Start with a few of the following ingredients and add from there: brown or wild rice, Brazil nuts, cashews, beets, tomatoes, tofu, or tempeh.

HEALTHY BOWL WITH RASPBERRY BALSAMIC VINAIGRETTE

INGREDIENTS

½ cup quinoa
½ cup grated carrots
½ cup shredded red cabbage
¼ cup walnuts
1 avocado, sliced

FOR THE VINAIGRETTE

½ cup fresh raspberries
2 tsp balsamic vinegar
1 tsp sugar
½ cup canola oil
Salt and freshly ground pepper,
to taste

QUANTITY *4–6 servings* 🍴 *30 min*

CATEGORIES *gluten free · lactose free · quick & easy · vegetarian*

STEPS

- 1 Rinse the quinoa in a fine-mesh strainer under cold running water. Transfer to a pot along with 1 cup of water. Bring to a boil.
- 2 Reduce the heat and let simmer for 15 minutes or until the quinoa has absorbed all the water.
- 3 Put all the vinaigrette ingredients into a blender, and blend until smooth. Season with salt and pepper.
- 4 Arrange the salad ingredients in a bowl and drizzle with the vinaigrette. Serve.

THREE-CHEESE PIZZA WITH ASPARAGUS, PROSCIUTTO & FIGS

INGREDIENTS

*1 portion store-bought
or homemade pizza dough
(see recipe on page 198)*

¼ cup grated Gruyere cheese

8 slices prosciutto

*1 cup thin asparagus, cut in half
4 figs, cut into quarters*

¼ cup mild chèvre (goat cheese)

1 tbsp olive oil

FOR THE RICOTTA SPREAD

½ cup ricotta cheese

2 tbsp pine nuts, toasted

1 tsp Dijon mustard

2 tbsp chopped fresh basil

1 tbsp lemon juice

1 tbsp orange juice

Salt and freshly ground pepper, to taste

STEPS

- 1 Preheat the oven to 450°F.
- 2 In a bowl, combine all the ricotta spread ingredients. Season with salt and pepper and set aside.
- 3 On a floured work surface, roll out the pizza dough into a 12-inch circle. Transfer to a pizza stone or baking sheet.
- 4 Spread the ricotta mixture evenly over the surface of the dough, leaving a 1-inch border. Cover with Gruyere.
- 5 Top with the prosciutto, asparagus, and figs and then crumble the chèvre over everything.
- 6 Brush the crust with olive oil and bake for 10 minutes.



Warning! This recipe is addictive. I love doubling the quantity and bringing a batch along to a dinner party as a gift for the host or hostess. They're also perfect for an indulgent snack, or to use instead of croutons in a salad.

SEASONED NUTS

INGREDIENTS

1 egg white
3 cups mixed nuts of your choice
(almonds, peanuts, Brazil nuts, cashews, macadamia nuts, walnuts, etc.)
Spice mix of your choice (see page 73)

STEPS

- 1 Preheat the oven to 300°F and line a baking sheet with parchment paper. Set aside.
- 2 In a bowl, whisk the egg white by hand or with an electric mixer until stiff peaks form.
- 3 Add the nuts, and then stir gently with a spoon.
- 4 Gently stir in desired spice mixture.
- 5 Spread the nuts in a single layer on the baking sheet, and then bake for 40 minutes, stirring halfway through cooking.
- 6 Transfer to a plate to let cool completely before serving.

QUANTITY *3 cups per spice mix recipe* 🥄 *8 min* ⌚ *40 min*

CATEGORIES *entertaining · gift · gluten free · indulgent · lactose free · vegetarian*



SPICED CINNAMON

½ cup sugar
1 tsp ground cinnamon
¼ tsp smoked paprika
⅛ tsp cayenne pepper
½ tbsp salt

MAPLE CURRY

½ cup granulated maple sugar
1 tsp curry powder
½ tbsp salt

BARBECUE

½ cup sugar
1 tsp paprika
¼ tsp cayenne pepper
½ tsp ground cumin
½ tsp ground dry mustard
½ tbsp salt

SWEET & SALTY

½ cup sugar
½ tbsp salt