



# Heritage Project

## Hello! I am Mary Verbunt

(Mary was photographed while she toured The Jungle Farm with some of her friends from a retirement home in Innisfail.)



Mary was born in Holland and was just 15 when WWII broke out, so she remembers it well.

“You don’t forget something like that - sometimes I feel like I’m still there,” said Mary. “I remember digging ditches to hide in, and two of us had to stay awake overnight while the others slept just to keep an eye on things.

“But then my family moved to Canada in 1952. We landed first in Halifax and eventually came to the farm near Innisfail, and I’ve been here ever since. First with my family from Holland and then with my own family, so the rest of my story has been happy since moving to Canada. Although I couldn’t speak a word of English when I first came here! And now here we are - I can’t believe I’m 95 already.”

Mary’s daughter had her 50th wedding anniversary recently, so they all went to Holland to celebrate. “I can’t believe she’s been married that long - time has gone really fast. And being back in Holland was strange, too, it had been such a long time since I left - and under very different circumstances. I was happy to go but I couldn’t find any Dutch Cream Puffs!”

---

## MARY’S RECIPE - DUTCH CREAM PUFFS (Called Room Soezen in Dutch)

“I loved making Dutch Cream Puffs when my kids were growing up - and I made a lot because we all loved them!”

- 1 cup water
- 1/2 cup butter
- 1 cup all purpose flour
- 4 eggs
- 2 tsp vanilla extract
- 1 cup heavy cream
- 1 tbsp sugar
- Whipped cream stabilizer, use according to package directions
- Preheat oven to 400F. Bring water and butter to a boil. Stir in the flour until mixture forms a ball. Remove from heat.
- Add eggs, beat with a wooden spoon until smooth. Line the baking dish with parchment paper and spray with no stick baking spray. Drop the batter on the cookie sheet. Bake in preheated oven for 30-35 min or until golden brown.
- Cool and cut off the tops. In a cold bowl add the heavy cream, whipped cream stabilizer and sugar, then beat till it forms peaks. The stabilizer allows the whipped cream to hold its shape, otherwise it will turn runny. Fill the cream puff with the whipped cream and top off with your favourite fruit or powdered sugar. Serve immediately or refrigerate.