

Milk & Honey

MENU



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Ontario**

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Milk & Honey

Savour Ontario is proud to present *Milk & Honey*, a collection of original recipes inspired by local food and the flavours of spring created in partnership with *Feast On* chefs across the province and paired with VQA Ontario wines. Now, more than ever, the abundance of locally grown, raised and produced foods, from Ontario's exquisite cheeses and fresh milk to the exceptional produce, proteins and wines that grace our tables, are treasures we need to celebrate and protect.

Inside, you'll find 20 local food recipes from 10 *Feast On*-certified chefs and venues paired with outstanding VQA Ontario wines. The recipes include helpful chef's tips and notes, ingredient substitution options as well as fun and engaging ideas and activities to keep spring in our hearts. Explore the culinary talent and bounty of Ontario through these recipes as you treat yourself to a chef's table experience inspired by local dairy. Thank you for supporting local food, restaurants and the culinary craft that truly makes Ontario a land of milk and honey.

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VQA WINES OF
ONTARIO



Feast On

Feast On® is a certification program that recognizes businesses committed to sourcing Ontario grown and made food and drink. Feast On® operates as a social enterprise managed by the Culinary Tourism Alliance with the goal to increase access and awareness of quality local products for those who offer consumers a certified taste of Ontario.

They make it easy for travelers and locals alike to identify restaurants and experiences that showcase Ontario grown and made ingredients. Through their programming, they connect chefs directly to farmers to support the development of sustainable and local sourcing systems. As a result, the program acts as a pan-provincial platform from which chefs, farmers and diners can share Ontario's local food identity.

Start by exploring the list of certified Feast On® Restaurants, then share your experience with #FeastOn.



VQA

Missing the magic of wine country? Why not enjoy it in your own backyard. Ontario's cool climate VQA wines are especially food-friendly and you can experience the diverse terroir of Ontario without leaving the neighbourhood. Remember, only Ontario VQA wines are certified 100% Ontario grown and crafted.

VQA Wines of Ontario has paired a VQA wine with each of the amazing dishes created by local Ontario chefs, exclusively for the *Milk & Honey* recipe collection. There truly is a VQA wine for every plate and every palate.

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca.



VQA WINES OF
ONTARIO

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CHEF
ANDREW **Wolwowiec**

Craft Farmacy | London, ON



A twenty-five-year veteran of the food service industry, Chef Andrew enjoys the challenges and demands of a service orientated career. As a Stratford Chefs School graduate, his experience in restaurant kitchens includes hands-on training with distinguished professionals throughout the industry and across the country.

Andrew takes pride in his style, energy and hospitable demeanour and promises to uphold these characteristics, catering to the guests' needs and surpassing their dining expectations.

Wolwowiec is also active in the local food scene and among a small group of local chefs who wield unprecedented influence and believes that part of his responsibility is to educate customers about the four pillars of sustainability: cultural vibrancy, economic prosperity, environmental responsibility and social justice.

Wolwowiec's menus reflected dishes crafted from local, regional and seasonal products long before it became the prevailing attitude. He was an early proponent of using locally grown ingredients from farms specializing in sustainable agriculture, organic growing practices and ethically raised livestock.

Currently, Andrew is chef/owner of Craft Farmacy in London, Ontario, which features farm to table cuisine and a large variety of craft beers and spirits.

 @craftfarmacy



Chef Andrew Wolwicz



Creamed Sunchoke Gratin

prep time: 40 minutes | cook time: 35 minutes | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Cave Spring Vineyard 2019 Rosé
(VQA Niagara Peninsula)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Sunchokes (also known as 'Jerusalem artichokes' or 'earth apples') are not actually artichokes at all. This slightly nutty-tasting, highly nutritious root vegetable is the edible tuber of helianthus tuberosus, a species of sunflower native to central North America. They are thin skinned and tubular in shape, looking more like ginger root and nothing like an artichoke. Sunchoke can be enjoyed boiled or roasted, and are especially delicious roasted and served in a rich, velvety cream sauce.

From Chef Andrew...

"Sunchoke. If you have never tried them, you are really missing out. Remember, flavour is at the heart of the matter here. I really feel this dish is quite meditative to prepare. I LOVE preparing it at the restaurant with my signature Carrot Butter and Honey Roasted Maitake Mushrooms & Beets. It has some very rustic tones, while the finished dish seems to be quite dramatic in its own right. The highlight to me is that each specific ingredient maintains its integrity and true flavour throughout. It is well worth it to invest some time with these ingredients. We want to use the best, freshest possible ingredients in the first place. Make it a habit to use local ingredients whenever possible. Challenge yourself!"

Ingredients

- 2 lbs sunchoke
- 2 tbsp extra virgin olive oil
- 3 shallots, peeled and chopped
- Pinch of kosher salt
- 1 cup Ontario heavy cream (35%)
- ½ cup Ontario 10% cream
- 3 tbsp grated ginger
- 3 cloves garlic, minced
- 1 tbsp sherry vinegar*
- 1 tbsp kosher salt
- 1 tsp pepper
- 2 tbsp cornstarch
- 3 tbsp Ontario unsalted butter, melted
- 1 cup dried breadcrumbs
- 1 tbsp fennel pollen*
- ½ cup fresh herbs, chopped and combined in even amounts (tarragon, flat leaf parsley, oregano, sage)

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Creamed Sunchoke Gratin

(continued)

*Substitutions:

Sherry vinegar - red wine or apple vinegar (you may wish to add a little sugar to taste to replace the sweetness of the sherry vinegar)

Fennel pollen - ground fennel seeds (use a coffee grinder or mortar and pestle to grind)

Method:

1. Preheat oven to 400°F (204°C).
2. Wash sunchoke thoroughly and pat dry.
3. Cut sunchoke into even 1-inch pieces and place into a bowl.
4. Toss with olive oil, shallots and pinch of kosher salt.
5. Place sunchoke into a shallow casserole dish and cover with foil. Roast in oven for approximately 35 minutes or until sunchoke have softened.

While the sunchoke are roasting...

1. In a saucepan, combine both Ontario creams, ginger, garlic, sherry, salt and pepper.
2. Simmer over medium heat, stirring constantly to combine the flavours.

3. In a separate bowl, combine cornstarch with an equal amount of water and whisk together well to make a slurry. Add to cream mixture.
4. Cook until slightly thickened and the cornstarch has cooked out.

Make the breadcrumb mixture...

1. Place chopped herb mixture into a food processor along with the breadcrumbs.
2. Pour in melted butter and buzz to combine the herbs with the breadcrumbs.

When the sunchoke are just cooked through...

1. Pour cream mixture over top of sunchoke and mix to combine thoroughly
2. Spread the breadcrumb mixture ovetop of the sunchoke in an even layer.
3. Cover casserole dish with tin foil and bake for 20 minutes. After 20 minutes, remove tin foil and return to bake uncovered, allowing the breadcrumbs to brown; approximately 15 minutes at 400°F (204°C).

Enjoy!



Chef Andrew Wolwowitz



2-Fry Ontario Artisan Cheese

with Tomato Tapanade and Grilled Crostini

prep time: 15 minutes | cook time: 10 minutes | serves: 4



VQA WINES OF ONTARIO

Wine Pairing:

Henry of Pelham, NV Cuvée Catharine Brut
(VQA Niagara Peninsula)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

A house-made San Marzano tomato tapenade from Chef Andrew at London, Ontario's Craft Farmacy is the perfect partner for Ontario-crafted artisan cheeses delicately fried to further tease out the flavour and texture for an incredible treat. The two cheeses featured here are available locally or in fine cheese shops across Ontario.

Guernsey Girl, from Upper Canada Cheese of Jordan Station, Ontario, is a grilling cheese crafted using milk from a local Guernsey cow herd. Guernsey milk is lusciously creamy and contains high amounts of protein and beta carotene, which gives it a golden yellow colour.

Oxford Harvest, from Gunn's Hill Artisan Cheese in Woodstock, Ontario, is a milk and creamy washed rind cow's milk cheese made in the style of the Swiss Mutchli.

From Chef Andrew...

"The inspiration for the 2-fry cheese comes directly for my love of cheese and tomatoes! What a combination, eh?! Since there is only a small window for tomato season, I became obsessed with creating a dish that was somewhat bold, yet approachable, where I could feature the tomato through different seasons. So, I took two high quality ingredients—

natures 'partners in crime', one can say—and executed what I feel is a dish that challenges your senses from start to finish. From the rich, savoury, aromatic San Marzano tomatoes to the tang and delicate texture of the local cheeses, both ingredients, while stunning on their own, become a whole new dramatic flavour experience. The magic is in the details—take your time, watch your heat and your senses will reap the reward! This simple dish goes far beyond nourishment!"

Ingredients

For the San Marzano tomato tapenade...

- 1 cup extra virgin olive oil
- 1 large red onion, diced
- 16 garlic cloves, sliced thin
- 1 x 100 oz can San Marzano tomatoes, removed from juice and lightly crushed
- 1/4 cup balsamic vinegar
- 1/8 cup fresh lemon juice
- 2 cups Manzanilla olives, rough chop
- 1 cup capers
- bouquet garni: 3 basil sprigs, 3 cilantro sprigs, 3 parsley sprigs, 2 mint sprigs, 2 tarragon sprigs, 2 oregano sprigs

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2-Fry Ontario Artisan Cheese

(continued)

For the Guernsey Girl cheese...

4 x 2oz slices Guernsey Girl* grilling cheese from Upper Canada Cheese, Jordan Station, ON

¼ cup cornstarch

¼ tsp fennel pollen*

Pinch of kosher salt

For the Oxford Harvest cheese...

4 x 1.5oz Oxford Harvest* cheese from Gunn's Hill Artisan Cheese, Woodstock, ON cut into batons

1 cup all-purpose flour

3 eggs, beaten with ¼ cup Ontario milk

2 cups Panko breadcrumbs (for Oxford Harvest cheese)

Vegetable or canola oil for deep frying

For the grilled crostini...

12 slices baguette, or any other crusty bread of your choice

2 tbsp extra virgin olive oil (for brushing)

Pinch of kosher salt

*Substitutions:

Fennel pollen – ground fennel seeds (use a coffee grinder or mortar and pestle to grind)

Guernsey Girl cheese – you can use any Ontario-crafted grilling cheese like Halloumi or Queso Fresco

Oxford Harvest cheese – you can use any mild, creamy Ontario cheese like Game Changer White, Ontario Harvarti or even a mild Ontario Provolone

Method:

For the San Marzano tomato tapenade...

1. In a large heavy bottom sauce pot, pour in oil, warm over medium heat.
2. Add slivered garlic and red onion and sweat for 5 minutes
3. Add crushed tomatoes into pot and stir.
4. Place tightly wrapped bouquet garni into pot
5. Add balsamic vinegar, lemon juice and simmer stirring occasionally for about 2.5 hours.
6. When tomatoes have cooked down by almost half, add manzanilla olives and caper and simmer over low heat for

another 45 minutes (the tomatoes should look darker and have a thicker texture).

7. Remove bouquet garni and reserve finished tapenade.

For the Guernsey Girl cheese...

1. In a medium bowl, combine cornstarch, fennel pollen and salt.
2. Dip each piece of sliced Guernsey Girl cheese into seasoned cornstarch to coat and set aside on paper towel.
3. Repeat until all slices are coated.

For the Oxford Harvest cheese...

1. Place flour, egg wash and panko in 3 medium bowls to create a breading station for the Oxford Harvest cheese batons.
2. One at a time, roll each Oxford Harvest baton first in flour, then egg wash, then Panko and set aside on paper towel.
3. Repeat until all batons are breaded.

For frying the cheese...

1. In a deep fryer or deep cast iron pan, bring oil to 350°F (177°C).
2. Place cheese in heated fryer or pan and fry at 350°F (177°C) and shallow fry in oil until browned, then turn over until you have a crust on both sides and the cheese inside just starts to bubble.

For the grilled crostini...

1. Brush crostini with olive oil and lightly sprinkle with kosher salt.
2. Place on hot grill until golden and crusty, then flip to do the same on the other side of crostini.

Chef's tip: You can also bake or toast the crostini at 350°F (177°C).

To serve...

Serve hot cheese with warm tapenade and warm grilled crostini.

Speak like a chef...

Bouquet garni: fresh herbs bundled in fresh leeks, twine or cheesecloth and used to flavour soups, stews and other dishes

note: prep and cook times reflect the 2-Fry Artisan Cheese component of this dish only; for the Tapenade, please add 3 ½ hours' simmering time.



C H E F
B E N J A M I N **Leblanc-Beaudoin**

The Iron Kettle B&B | Comber, Ontario



IRON KETTLE

B E D & B R E A K F A S T

Benjamin Leblanc-Beaudoin is the Chef and Innkeeper of the Iron Kettle Bed and Breakfast in Comber, Ontario. With a focus on local ingredients and seasonal cuisine, he has taken his Feast On-certified business to new heights, developing a takeout business that has focused on bread.

Even while his award winning Inn was currently closed during the pandemic, he found a way to keep feeding hundreds of people every week.

 @ironkettlechef | @ironkettlebb



Chef Benjamin Leblanc-Beaudoin



Mascarpone Brioche Cinnamon Rolls

prep time: 30 minutes | bake time: 15 minutes | yield: 8



VQA WINES OF ONTARIO

Wine Pairing:

Sprucewood Shores Sparkling Riesling (VQA Ontario)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Few can resist the smell of freshly baked cinnamon rolls, and Chef Benjamin seals the deal with his twist on a classic recipe finished with an Ontario-crafted mascarpone cheese glaze.

Mascarpone is an Italian cream cheese best known as the magic ingredient in tiramisu. It's not as firm as regular cream cheese, with a velvety-smooth consistency and a richness comparable to a double cream Brie.

From Chef Benjamin...

"Cinnamon Rolls are an extremely popular item in our bakery - but it has always been missing something! With the addition of this smooth and rich mascarpone glaze, it completes the dish and makes you want to eat it at every meal of the day."

Ingredients:

For the brioche...

- 3 ½ cups all-purpose flour
- ½ cup granulated sugar
- 2 tsp active dry yeast
- 1 tsp salt
- ¾ cups warm water
- 3 local eggs
- 1 cup melted unsalted Ontario butter

For the filling...

- 1 cup brown sugar
- 1 tsp ground cinnamon

For the glaze...

- 1 cup Ontario mascarpone cheese (at room temperature)
- ½ tsp vanilla extract
- 1 cup icing sugar

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Mascarpone Brioche Cinnamon Rolls

(continued)

Method:

1. Using a stand mixer with a paddle attachment, combine wet ingredients (water, eggs, butter, sugar) with yeast and mix for 2 minutes.
2. Add half of the flour and mix to combine, followed by the remaining half. Mix for 4 minutes.
3. Change to the dough hook attachment, add salt and mix for 8 minutes on medium speed.
4. Remove the dough hook and cover the mixing bowl with plastic wrap. Let it stand at room temperature for 30 minutes or until the dough has doubled in size.
5. Remove the dough from the bowl and, on a generously floured work surface, use a rolling pin to flatten into a rectangular shape no thicker than ¼ inch.
6. Mix together brown sugar and cinnamon, and spread evenly over dough, reserving a 1-inch strip on the longest side of the dough (this will allow you to seal the cinnamon roll).
7. Roll the dough onto itself tightly in order to create one long loaf, while closing the seam at the edge that has no cinnamon topping.
8. Cut into 8 evenly sized cylinders and transfer to an oven-safe baking dish.
9. While oven preheats to 350°F (177°C), let cinnamon rolls proof, uncovered, for 30 minutes before baking.
10. Bake for 15 minutes or until golden brown.
11. In a bowl, mix mascarpone with vanilla, and incorporate icing sugar until you reach a smooth consistency. Top rolls with half of the glaze out of the oven, and the remaining half once it has cooled to room temperature. Enjoy!

Chef's Notes:

1. You can make the cinnamon rolls ahead of time, and freeze once proofed (30 minutes after assembly). Bake from frozen at 325°F (163°C), for 25 minutes.
2. If you love the glaze, double the recipe and load up!
3. Finished cinnamon rolls will keep their freshness in the fridge for up to 5 days after baking.

The Great Cinnamon Roll debate



What is the correct way to eat a cinnamon roll? Do you slice it, unroll it or bite into it like a donut?

Share photos of your cinnamon rolls with your online community with your opinion on the 'correct way to eat a cinnamon roll'. Sit back and enjoy the pastry, and the ensuing online debate.

#savourontario #ironkettlechef #feaston



Chef Benjamin Leblanc-Beaudoin



French Canadian Cheese Fondue

stuffed with Ontario-crafted Asiago, mascarpone and aged Cheddar

prep time: 30 minutes | cook time: 45 minutes | yield: 8



VQA WINES OF
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Wine Pairing:

Muscadere Vineyards Riesling
(VQA Lake Erie North Shore)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

These incredible and indulgent fondue squares are based on a traditional French Canadian recipe, perfected first by Chef Benjamin's grandmother and further elevated by the chef himself.

The chef's blend of three Ontario-crafted artisanal cheeses (aged Cheddar, Asiago and mascarpone) is a next-level way to experience the flavour, quality and texture of local cheeses, and he encourages home cooks to experiment with a variety of local Ontario craft cheeses to make this recipe their own.

From Chef Benjamin...

"Growing up, this was my grandmother's recipe that she made especially for me! I love it so much, that when I became a cook, it became a dish that I sought to make better—and the recipe wasn't the secret to doing so—it was the use of the right cheeses!"

Ingredients:

For the bechamel...

- ½ cup salted Ontario butter
- ½ cup all-purpose flour
- 2 cups grated 2-year Ontario Cheddar
- 2 cups grated Ontario Asiago
- ½ cup Ontario mascarpone
- 1 cup of 35% local Ontario cream
- 1 cup of 2% Ontario milk
- 2 local egg yolks
- 1 tsp salt
- ½ tsp black pepper

For the breading...

- 1 cup all-purpose flour
- 2 local eggs
- 1 cup Panko bread crumbs
- ½ cup Ontario milk

For frying...

- 1 cup canola oil

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French Canadian Cheese Fondue

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Method:

1. Line a baking pan with plastic wrap.
2. In a large pot, melt butter at medium heat. Once melted, add the flour and salt – You're making a roux!
3. Cook for 5 minutes while stirring, until the roux starts to thicken and become crumbly.
4. Slowly incorporate the cream and milk until the mixture thickens.
5. Bring to a simmer, then allow to simmer for about 5 minutes, while ensuring the mixture doesn't stick to the pot bottom by scraping and stirring every minute or so.
6. Once the mixture has a smooth consistency, add cheeses and stir until melted.
7. Remove from heat and immediately incorporate egg yolks.
8. Scrape mixture into plastic wrap-lined baking pan, and smooth out the top, while adding another piece of plastic wrap on top of the mixture.
9. Allow to cool and thicken in the fridge overnight.
10. The next day, cut into 2 x 2 inch cubes, and dredge in flour.
11. Mix milk and eggs, then bread each cheese fondue cube by covering in the egg mixture, followed by the breadcrumbs.
12. Repeat the previous step to create a thicker crust (double breading).
13. Transfer to the freezer for 1 hour.
14. Preheat the oven to 350°F (177°C).

15. In a thick-bottomed saute pan, heat oil on medium heat for 6 minutes. Pan fry 4 pieces of fondue at a time, while flipping after 4 minutes on each side. Transfer to a parchment-lined baking sheet and bake at 350°F (177°C) for a further 5-10 minutes or until all sides are golden brown.

Chef's Notes:

1. These fondue squares are best made ahead of time and cooked from frozen (in order to keep its firmness in the cooking process).
2. You can also use a deep fryer to cook the fondue.

Speak like a chef...

Bechamel: one of the 'mother sauces', bechamel is made with milk added to butter and flour

Roux: a mixture of butter and flour

Dredge: to lightly coat a food ingredient in flour



CHEF
JASON **Bangerter**

Langdon Hall | Cambridge, ON

LANGDON HALL
Country House Hotel & Spa

An influential leader in the culinary industry, Chef Jason's unbridled passion for excellence is fuelled by his dedication to supporting and developing sources for sustainably produced ingredients. As a focal point of his culinary vision, Chef Jason recognizes the importance of preserving a 'sense of place' throughout his work and its impact on the future.

As a champion for Canadian products, Chef Jason ensures over 80% of all food and drink in the restaurant is sourced from the Ontario region. This includes ingredients grown in Feast On-certified **Langdon Hall's** own kitchen garden, foraged from the surrounding Carolinian Forest and through supporting the local food community.

When sourcing beyond Langdon Hall's estate and surrounding region, Chef Jason's commitment to quality and sustainability does not waiver. That is why he ensures every seafood and fish item on his menu is an ocean and fresh water-certified choice. This enables guests to have an experience rooted in ethical choices that protect the health of the environment and the biodiversity of our food systems for generations to come.

Chef Jason has successfully crafted a talented team who share his philosophy and vision. Living by example, he is equally proud of his role as an innovator and a mentor, continuing to have a profound effect on Canada's culinary scene.

 @chefbangerter | @langdonhall



Chef Jason Bangerter



Chilled Ontario Shrimp

prep time: 2 hours | cook time: 30 minutes | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Malivoire 2018 Moira Rosé
(VQA Beamsville Bench)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Chef Jason Bangerter is known for his commitment to local food and sustainably sourced ingredients, but he is beloved for beautiful dishes that deliver the flavour and tastes of both season and place. His Chilled Ontario Shrimp perfectly pairs local buttermilk with fresh and citrus flavours that challenge everything you thought you were going to experience with this dish.

In an exciting development for those of us who crave fresh shrimp, Ontario is now home to several shrimp farms. Planet Shrimp in Aylmer, Ontario producing farm-raised Pacific White Shrimp certified ForeverFree™ of antibiotics, pesticides, hormones, chemicals and environmental waste.

From Chef Jason...

"The buttermilk enhanced with citrus flavoured plants from our greenhouse and gardens is a delicious refreshing recipe that pairs marvelously with the sweetness and meaty texture of poached shrimp, lake fish or with ripe fruits and blanched garden vegetables for a vegetarian option. By garnishing the dish with vibrant raw elements of the plants used to flavour the buttermilk, we add visual and textural qualities while bringing the overall flavours to a next level experience."

Ingredients:

For the seasoned buttermilk...

- 3 cups Ontario buttermilk
- 1 cup Ontario 35% cream
- 1 cup fresh lemongrass, finely sliced
- 3 lime leaves, roughly chopped
- 1 fresh lime zest and juice
- ½ tsp granulated sugar
- 1 tsp coriander seeds, crushed
- 1 cup fresh cilantro, roughly chopped

For the shrimp, make a court bouillon (makes about 3 litres)...

- 1 cup sliced white onion
- ½ cup sliced leek (white part only)
- ¼ cup sliced celery
- ¼ cup sliced carrot
- 2 garlic cloves, crushed
- 1 tsp sliced, peeled fresh ginger
- 4 star anise
- 1 tbsp coriander seeds
- 2 tbsp kosher salt
- 1 tsp black peppercorns

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Chilled Ontario Shrimp

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8 cups water

1 cup dry white wine

½ cup white wine vinegar*

¼ cup lightly packed, fresh flat-leaf parsley

¼ cup lightly packed, fresh tarragon leaves

1 fresh bay leaf

½ pound extra-large shrimp (size 16–20), peeled and deveined (8–12 pieces)

For the lime leaf powder...

6 lime leaves*

For the garnishes...

1 tbsp Ontario sour cream or crème fraîche in a small piping bag or squeeze bottle

Fresh citrus gem marigold flowers and leaves (optional)

Fresh Lemon verbena leaves (optional)

Fresh Lemon balm leaves (optional)

Fresh cilantro

Lime leaf powder *

*Substitutions:

White wine vinegar: apple cider vinegar

Lime leaf: Lime zest and juice

Lime leaf powder: Lime zest

Method:

For the seasoned buttermilk...

1. Place all the ingredients in a medium saucepan and bring to a gentle simmer over medium heat.
2. Remove from the heat and allow to cool at room temperature for one hour.
3. Strain the liquid through a fine sieve into a jar. Sealed jar can be stored in the refrigerator for up to 3 days.

For the shrimp...

1. Make a court bouillon! In a medium saucepan, combine the onion, leek, celery, carrot, garlic, ginger, lemongrass, star anise, coriander seeds, salt and black peppercorns.
2. Add the water and bring to a boil over high heat, then reduce the heat to a simmer and cook until the vegetables are tender, about 8 minutes.
3. Add the white wine, white wine vinegar, parsley, tarragon and bay leaf and continue to simmer for another 8 minutes.
4. Plunge in the shrimp and simmer for 1 minute, then remove the saucepan from the heat and leave the shrimp to poach for 2 minutes.
5. Using a slotted spoon, transfer the shrimp to a medium bowl of ice to cool rapidly.

For the lime leaf powder...

1. Microwave lime leaf on an even layer on a plate – 50% power for 2 mins. Check if crisp, additional 30 s if needed.
2. Cool, blend in a high-speed blender or spice grinder and pass through a fine mesh sieve.

To serve...

1. Using a sharp knife, cut cooled shrimp into one-inch, bite-sized pieces and place 4–6 pieces in 4 shallow bowls.
2. Dot the shrimp and the bowl with the sour cream.
3. Garnish the sour cream dots and shrimp with the cilantro, lemon balm, verbena and marigold.
4. Pour the chilled seasoned buttermilk in the bowls to just come halfway up the shrimp.
5. Dust with lime leaf powder.

Speak like a chef...

Court bouillon: an aromatic liquid typically made with white wine, onion, celery, carrot and herbs and often used for poaching fish.



Chef Jason Bangerter



Ontario Summer Fruits

prep time: 20 minutes | cook time: 4 minutes | serves: 4



VQA WINES OF ONTARIO

Wine Pairing:

13th Street Winery's 2017 Gamay Blanc de Noir (VQA Creek Shores) or 2027 Cellars 2013 Blanc de Blancs (VQA St. David's Bench)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

The seeming simplicity of this fresh early summer dish belies the talent of Chef Jason Bangerter. The sweetness of Ontario berries is enhanced by the addition of a complex palette of flavours, working together to elevate the experience in every bite. The fresh, made-in-Ontario mozzarella provides a delightful creamy texture and elevates the summer berry melange to new heights.

Raspberry jellies add a special texture to the dish and use a raspberry shrub for flavour. Shrubs, once-popular fruit-flavoured drinking vinegars, are making a comeback in cuisine and non-alcoholic bar menus. Shrubs are made from a base of fruit, sugar and, most typically, apple cider vinegar. They are a versatile way to use up the abundance of summer berries and can be enjoyed as a summer drink over ice as well as in dressings, jams, jellies and marinades. You can find them in fine food stores.

From Chef Jason...

"I love the milky wholesome taste of fresh mozzarella. Inspired by the delicious simplicity of favourites like juicy ripe tomatoes just off the vine with soft cheese and basil or sweet berries and cream accented with anise herbs, this dish is a perfect treat for a warm summer's day. I'm always looking for new and exciting ways to elevate my salads to the extraordinary. Recently I've been making jellies with vinegar to add a fun twist. I hope you enjoy it!"

Ingredients:

- 1 cup mixed cherry tomatoes (cut the large ones in half)
- ½ cup mixed fresh currants
- 2 heirloom variety tomatoes, cut into bite-sized pieces
- ½ cup gooseberries
- 1 ripe peach, cut into bite sized pieces
- 1 cup strawberries, sliced
- 1 cup mixed raspberry, blueberry and blackberry
- 2 fresh (~150g)Ontario mozzarella, torn or cut into bite-sized pieces
- 1 cup mixed leaves for garnish (anise hyssop*, purple shiso*, mint, basil, tarragon, sweet cicely*)
- For the raspberry jellies...
 - ½ L raspberry shrub vinegar
 - 5 leaves gelatin
- For the berry dressing...
 - ¼ cup cabernet franc vinegar*
 - ¼ cup granulated sugar
 - ¼ cup cranberry juice
 - 2 cups mixed berries

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Ontario Summer Fruits

(continued)

*Substitutions:

Cabernet franc vinegar: red wine vinegar (add a tsp of sugar when simmering)

Anise hyssop: lavender

Purple shiso: peppermint, lemon basil or cilantro

Sweet cicely: fennel, chervil or tarragon

Method:

For the raspberry jellies...

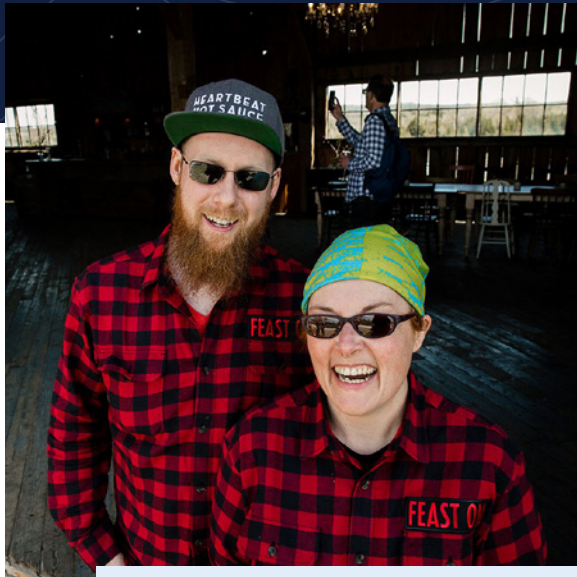
1. Place the gelatin leaves in a small bowl of water to soften.
2. In a medium saucepan, warm the vinegar to just under a simmer.
3. Remove the softened gelatin from the water and squeeze well to remove excess water. Remove the vinegar from the stove; add gelatin to the vinegar and whisk to dissolve completely.
4. Line a small dish with plastic wrap and pour the vinegar in to set. Store covered in the refrigerator until the vinegar jelly has chilled completely and is set firm. When ready to serve, unmold the jelly onto a cutting board and cut into half inch cubes.

For the berry dressing...

1. Place all the ingredients in a high-speed blender and puree until smooth. Strain through a fine sieve and store covered in the refrigerator for up to 3 days.

To serve...

1. Arrange the heirloom tomatoes, peach, cherry tomatoes and mozzarella on a serving platter.
2. Season with kosher salt and drizzle of berry dressing. Garnish with currants, mixed berries, strawberry slices, vinegar jellies and mixed leaves.



BRIANNA Humphrey & STEVE McIntosh

Radical Gardens | Timmins, ON



Radical Gardens in Timmins, Ontario started out as a small organic farm doing CSAs, local markets and operating an online market. As they grew, Brianna and Steve noticed they badly needed a fridge and more storage for their products as well as a centralized depot to aggregate produce that was coming in from other farms for the online market.

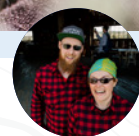
So, on a whim one day, they purchased their current location and opened within two weeks. Soon, they decided to start cooking to help pay the mortgage. That really took off, evolving into large catering gigs, a remarkably busy restaurant with a continuously changing menu and a specialty bakery making innovative desserts and cakes. The Radical Gardens team started farming organic mushrooms in 2018 to help manage their time between cooking and farming and, at the same time, bought a food truck and started expanding their reach, adding music festivals to their regular stops.

Through all the crazy things the duo have done over the last eight years of business, they have always put local North Eastern Ontario food first.

 @radical_gardens



Brianna Humphrey & Steve McIntosh



Smoked Whiskey Old Fashioned Cheesecake

prep time: 25 minutes | bake time: 1 Hour, 15 minutes | chill time: 12 Hours | yield: 1-8 inch cake



VQA WINES OF ONTARIO

Wine Pairing:

Tawse Winery 2018 Riesling (VQA Vinemount Ridge)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Radical Gardens draws people from across their region for their food and their creative desserts and cakes. For those of us who live far away from their Timmins location, we can now enjoy this incredible cheesecake at home.

Ontario cream cheese is readily available in grocery stores and is the perfect base for a whiskey flavour infusion. Ontario small-batch distillers now offer a wide range of whiskies to bring this cheesecake to life!

From Brianna and Steve...

"Cheesecakes are incredibly versatile desserts and can be made with sweet or savoury flavour profiles. In our opinion, the best cheesecakes offer a layered flavour experience, introducing new, complementary flavours in every bite."

Brianna and Steve from Radical Gardens recommend smoking this cheesecake as a finishing touch. "We're really enjoying mesquite, but feel free to use what you have available!"

Ingredients:

For the cheesecake...

Chef's note: You will need a water bath to make the cheesecake.

- 36 oz Ontario cream cheese, room temperature
- 1 ½ cups granulated sugar
- 2 tsp vanilla extract
- 1 tbsp all-purpose flour
- 3 local eggs
- 1 egg yolk
- ¼ cup Ontario heavy cream (35%)
- Zest of 1 large orange
- 2 tbsp Ontario-made whiskey, divided
- ¾ cup cherry pie filling
- 2 ½ to 3 cups chocolate cookie crumbs
- ¼ cup melted Ontario butter

For the whiskey chocolate buttercream...

- 5 to 6 cups frozen cherries
- ½ cup water
- 2 tbsp freshly-squeezed lemon juice
- Lemon zest of ¼ - ½ a lemon
- 1 cup granulated sugar
- 4 tbsp cornstarch

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Smoked Whiskey Old Fashioned Cheesecake

(continued)

Method:

1. Preheat oven to 350°F (177°C).
2. In a small pan, melt butter and combine with cookie crumbs; press into 8-inch springform pan and bake in oven until solid and toasted. Let cool.
3. Preheat oven to 450°F (232°C). Using a stand mixer with a paddle attachment, mix cream cheese and sugar until nicely creamed and fluffy, scraping the sides of the bowl and paddle multiple times while creaming. Make sure to get all lumps.
4. Add heavy cream, vanilla and flour and continue to cream together. Add eggs, one at a time, until all eggs are incorporated, making sure not to overbeat.
5. Separate the cheesecake filling into two bowls. Add cherries to one and orange zest to the other with 1 tbsp of whiskey per bowl. GENTLY fold everything together in their separate bowls. Do not overmix.
6. Pour the contents of the bowl with cherry filling straight into the springform pan, then spoon in the orange zest mixture in random dollops into the same springform pan. Use a butter knife to gently swirl them together.
7. Wrap the springform pan in tin foil so your water bath doesn't leak in.
8. Make a waterbath by heating water in a kettle to add to a large (must be large enough to fit your springform pan), oven-safe baking dish. Set the foil-wrapped cheesecake inside, then slowly pour in heated water from the kettle, taking care not to splash water in your cake mixture.
9. Place in oven and bake for 15 minutes, then turn oven down to 225°F (107°C) to bake about 60 minutes more or until the centre of the cheesecake is jiggly but set and springs back when you push it slightly.
10. Let cool 1 hour, then refrigerate overnight.

Chef's Notes:

Smoke the cheesecake (optional, but delicious...)

Set up your smoker (preferably a cold smoker) OR use a handheld smoker and a dome. Smoke cheesecake for about 5-10 minutes.

Make the cherry topping...

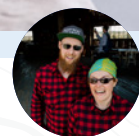
1. Combine cherries, lemon juice, zest, and sugar in saucepan and cook at medium heat.
2. Combine water and cornstarch in a cup and whisk until combined, then add to saucepan.
3. Let thicken for about 6-8 min on medium, then remove from heat and let cool; set aside. Reserve $\frac{3}{4}$ cup for your cheesecake and use the rest to make some pies!

Finish the cheesecake...

1. Drizzle cherry topping over cheesecake and serve.
2. Dollop the whiskey chocolate buttercream on top and add a maraschino cherry to finish.



Brianna Humphrey & Steve McIntosh



Duck Pierogi

prep time: 2 hours | cook time: 1 Hour, 30 minutes | serves: 4-5



VQA WINES OF ONTARIO

Wine Pairing:

Tawse Winery 2019 Grower's Blend Rose (VQA Niagara Peninsula)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

These hand-made bundles are made sublime with a filling of Ontario duck and potato and topped with a luscious lemon Parmesan cream sauce.

For those who crave Ontario made cheeses, you can easily find Ontario crafted Parmesan-style cheeses at the grocery store - it's worth the few seconds to double check the label. You won't be disappointed!

From Chef Brianna...

I wanted to create a dish that was an unsuspecting adventure. A good ingredient list that makes you question the whole thing, as entertaining as it is delicious.



What do you call a plate of Polish dumplings?

The word Pierogi' is actually already pluralized, so there's no such thing as 'pierogies'. The correct word for a single, lonely dumpling is 'pieróg'.

You're welcome.

Ingredients:

For the duck breasts:

- 4 Ontario duck breasts (6-8 oz each)
- ¼ cup high quality ground coffee (we use Rose N Crantz Roasting Company's (Thunder Bay, ON) single origin Rwanda)
- 1/8 cup 75% dark chocolate
- salt and pepper, to taste
- 1 tsp red pepper flakes
- ½ tsp minced ginger
- 1/4 cup of Cointreau to deglaze the pan and make a bit of sauce to add to shredded duck

For the mashed potatoes...

- 6 lbs local potatoes - boiled (reserve 1 cup water for pierogi dough)
- 6 egg yolks, whisked, at room temperature (this is important)
- green onions, diced
- salt and pepper, to taste
- 3-7 garlic cloves, depending on your garlic love
- 2 tbsp duck fat (you can also use bacon fat)

For the pierogi dough...

- 4 ½ cups (595g) semolina flour
- 4 ½ cups (595g) all-purpose flour
- 9 eggs + 2-3 additional eggs for egg wash

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Duck Pierogi

(continued)

5 tsp (28g) salt

240 ml potato water, reserved from mashed potatoes

2-3 eggs - combined for egg wash

For the Creamy Lemon Parmesan Sauce and garnish...

½ red onion, lightly sauteed

1-2lbs sauteed Ontario oyster mushrooms

¼ cup Ontario butter

1 cup Ontario 35% cream (for the wild rose petal steeped cream)

handful of rose petals (for the wild rose petal steeped cream)

½- 1 cup freshly grated Ontario Parmesan (depending on your preferred level of cheesiness)

zest of 1 lemon

salt and pepper, to taste

fresh strawberries, sliced (for garnish)

fresh chives, diced (for garnish)

fresh cracked pepper (for garnish)

Method:

Prepare the duck breasts...

1. Combine coffee, chocolate, salt and pepper, red pepper flakes and minced fresh ginger in bowl.
2. Score the duck breasts and season with the coffee mixture.
3. In a cold, non-stick pan on medium-high heat, pan fry duck, skin side down (so it crisps up). As the fat is released, spoon it up and reserve in a glass container. Cook about 6 minutes on the first side, then flip and cook for another 4 minutes or so until internal temperature reaches 165°F (74°C).
4. Remove from pan and let cool. Pour enough Cointreau to lift all stuff on bottom of the pan (deglazing) to make a sauce.
5. Chop duck breasts and put in bowl; add Cointreau sauce and mix together.

Make the mashed potatoes...

1. Boil potatoes until soft. Drain water and reserve 1 cup water for the pierogi dough.
2. While hot, mash potatoes and place into a stand mixer with paddle attachment. Whip until nice and smooth.

3. While potatoes are still hot, add green onions, salt, pepper, garlic, and duck fat. Whisk your egg yolks together, then add to the potatoes.

***Chef's tip:** I often whisk the egg yolks in a 1 litre container and then set the container on top of the mashed potatoes for about 3 minutes to temper the yolks a bit so they don't cook.*

4. Combine mashed potatoes and duck mixture and set aside to cool completely.

Make the pierogi...

1. In a stand mixer with dough hook, combine flours, eggs, salt and potato water.
2. Knead at medium until it comes together (3-4 minutes).
3. Cut dough into 4 pieces and knead until it's not that tacky.
4. Roll through machine at 1.5mm thickness (or use a rolling pin), then use a 6 cm cookie cutter (or pierogi maker) to cut 6cm diameter circles from the dough sheets. Brush edges lightly with egg wash.
5. Fill each pierogi with 1 tbsp of the mashed potato duck filling.
6. Boil in salted water (about 4-5min). Cool in ice bath.

Make wild rose petal steeped cream...

1. Microwave 1 cup 35% cream for 30-40 seconds.
2. Add a handful of rose petals and let it cool to room temperature, then refrigerate overnight.
3. Before using, strain petals out and discard.

Bring it all together:

1. In a large, non-stick pan, sautee oyster mushrooms until just about perfectly golden, then add the red onions to let them get a slight cook on.
2. Add cooled pierogi to the pan and fry in oil or your reserved duck fat...we are big believers in using duck fat for all! Fry on medium heat until they are golden (about 2-3 minutes per side).
3. In a saucepan on medium heat, melt ¼ cup butter. When it turns a nice golden colour, add half of the rose petal steeped cream (about ½ cup). Let it bubble until it gets shiny. Add your mushrooms and onions. Add additional steeped cream as needed for desired thickness of sauce. Add pierogi and stir to coat.
4. Remove pierogi to dish and add freshly cut strawberries, diced chives and fresh cracked pepper. Serve and enjoy immediately!



CHEF
TYLER **Scott**

Rare Restaurant | Peterborough, ON

RARE

ESTD 2007 | LOCAL RESTAURANT | NO. 166 BROCK ST. PETERBOROUGH ON

Tyler Scott was born and raised in Peterborough, ON. He's been magnetized to the kitchen pretty much his entire life. In 2019, his childhood dream was realized when he bought and took over ownership at Rare Restaurant with his wife and two small kids. Tucked away in the heart of downtown Peterborough, Rare's love and passion for quality ingredients is demonstrated by their commitment to supporting local and their connection with the farmers and growers in Peterborough and the surrounding Kawarthas. The kitchen team can be found creating innovative and traditional dishes based on the latest seasonal haul from the local Farmer's Market.

Currently, Rare is offering a hyperlocal farm-to-table #RareExperience.

 @tylerjonscott | @rarelocalrestaurant



Chef Tyler Scott



Sunday Dinner

Ontario milk poached beef tenderloin, Handeck cheese and Yukon gem smash, maple glazed carrots, wild leek compound butter

prep time: 1 hour | cook time: 3 hours | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Vineland Estates 2018 Cabernet Franc
(VQA Niagara Peninsula)

For more information on Ontario VQA wine and
food pairings, visit: www.winecountryontario.ca

This Sunday Dinner from Tyler Scott at Rare Restaurant in Peterborough serves up the exquisite flavours and textures of local Ontario bounty. Each dish is a delightful expression of the best of the province and together deliver a comforting and unforgettable meal.

Ingredients:

For the Milk Poached Niagara Hazelnut-Crusted Beef Tenderloin

24 oz local beef tenderloin
Salt, to taste
Oil (for searing)
1 cup 3.25% Ontario milk
1 cup Niagara hazelnuts

For the Honey Glazed Carrots

1 lb Ontario heirloom carrots
2 tbsp Ontario butter
2 tbsp local honey
salt and pepper, to taste

For the Yukon Gem & Handeck Cheese Smash

2 lbs Yukon Gem potatoes
¼ cup Ontario butter (melted)
½ cup Ontario heavy cream
6 sprigs fresh thyme
2 bay leaves
1 head of garlic

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Sunday Dinner

(continued)

2 cups grated Gunn's Hill Handeck cheese (or any aged, firm Ontario cheese)

Salt and white pepper, to taste

For the Wild Leek Compound Butter

227g block + ¼ cup Ontario butter, divided (Chef recommends Farmhouse Styler Churn 84 butter)

6 wild leeks (or 1 mature leek, chopped)

4 cloves garlic, smashed

¼ tsp kosher salt

Method:

Make the Milk Poached Niagara Hazelnut-Crusted Beef Tenderloin...

Chef's Tip: If you don't have sous vide equipment, you can marinate the tenderloin in whole milk in a sealed container overnight in the fridge, then roast it instead.

1. Preheat circulator to 133°F (56°C).
2. Season beef liberally with salt to taste.
3. Heat oil in cast iron pan until starting to smoke.
4. Place beef in pan and sear on all sides.
5. Cool on wire rack.
6. Once cool, place beef in vacuum bag with milk. Vacuum seal.
7. Place beef in circulator and set timer for 3 hours.
8. When timer is up, remove beef from bag. Reserve the juices.
9. While beef is cooking, roast hazelnuts until golden and aromatic.
10. Pulse the roasted hazelnuts in a food processor until they are fine crumbs.
11. Roll the tenderloin in the roasted hazelnut crumbs until well coated and let it rest on a wire rack.
12. Reserve juices to make the pan sauce.
13. Make the pan sauce: Place reserved beef juices in a pan and reduce by half.

Make the Honey Glazed Carrots...

1. Preheat oven to 350°F (177°C).
2. Cut carrots into 3-inch-long segments and quarter lengthwise.

3. Place in pan. Add butter and salt.
4. Wrap tin foil over pan and place in oven.
5. Remove from the oven when tender (18-20 minutes).
6. Add honey to pan and toss carrots until coated.

Make the Yukon Gem & Handeck Cheese Smash...

1. Cut potatoes into 1-inch pieces and place in large pot.
2. Cover with water (about 2 inches above potatoes), add salt.
3. On high heat, bring to a simmer, then reduce heat to medium low.
4. Meanwhile, in a saucepot over medium heat, add butter, cream, thyme, bay leaf and smashed head of garlic. Bring to a boil and then turn off the heat and allow to steep until potatoes are fully cooked.
5. Once potatoes are tender (about 15 minutes), strain them and allow to air dry for 5 minutes.
6. Place potatoes in a stand mixer with the paddle attachment.
7. Strain cream mixture into the potatoes, add cheese, and mix until nice and fluffy.
8. Season with salt and white pepper.

Make the Wild Leek Compound Butter...

1. In a medium skillet on medium-low heat, melt ¼ cup butter. Add leeks, garlic and salt, stirring often, until leeks are tender (about 15 minutes).
2. Transfer leeks to blender and blend until smooth.
3. Place room temperature butter in stand mixer with paddle attachment.
4. Add 2 tbsp wild leek puree and mix until well incorporated.
5. Using plastic wrap, roll butter into cylinder and chill in the fridge.

Chef's tip: Refrigerate leftover wild leek puree to use with sour cream for an amazing spring dip!



Chef Tyler Scott



Buttermilk Fried Chicken

prep time: 4 hours, 30 minutes | cook time: 40 minutes | serves: 3-4



VQA WINES OF ONTARIO

Wine Pairing:

Rosehall Run Vineyards (NV), Pixie Sparkling
Roséor Colio (NV) Lily Sparkling Rosé

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Nothing says picnic like fried chicken, and nothing beats Chef Tyler Scott's incredible Buttermilk Fried Chicken. While the chef uses a sous vide method (and swears by it), he's provided a simplified version to delight home cooks, made resplendent with simple seasoning and local honey.

Soaking the chicken overnight in buttermilk ensures it stays tender and juicy – the very essence of incredible fried chicken.

From Chef Tyler...

"I've been serving this fried chicken at the restaurant and at my farmers' market pop-up for years and people can't get enough! At the restaurant, we use a circulator and vac pac method to keep our chicken super tender. Most home cooks don't have this at the ready, so the 'soak and sit' method will get you as close as possible to what we make. It won't be exactly the same, but it will still be delicious.

For the real deal, come visit us in Peterborough when it's safe to do so!"

Ingredients:

Chicken...

- 6 Ontario chicken legs
- Salt, to taste
- 2 L Ontario 2% Buttermilk
- 2 tbsp liquid local honey (for drizzle)
- 1 L canola oil, for frying (or more depending on pan size)

Dredge...

- 2 cups Red Fife wheat flour
- 1 cup corn starch
- 3 tbsp baking powder
- 2 tbsp salt

Substitution:

Red Fife Wheat Flour – regular, all-purpose flour

Method:

1. Generously season chicken legs with salt.
2. Add seasoned chicken legs to a medium-size bowl and cover with buttermilk. Refrigerate, covered, for four hours.
3. Meanwhile, mix all dredge ingredients together in a medium bowl.
4. After 4 hours, remove chicken from the fridge, discard buttermilk mixture and lightly pat chicken dry.

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Buttermilk Fried Chicken

(continued)

5. Toss the chicken in dredge and coat evenly. Let the chicken sit in the dredge for 5-10 minutes - this helps form a good crust around the chicken.

Fry...

1. Pre-heat deep fryer to 350°F (177°C). If you don't have a deep fryer, fill a Dutch oven one third of the way to the top with oil (about 2 litres), and use a candy thermometer to heat the oil to 350°F (177°C).
2. Working in batches, carefully place chicken in the deep fryer or Dutch oven. Be careful not to overcrowd, and, if using a Dutch oven, use a thermometer to check and maintain temperature, flipping chicken occasionally. Once golden brown and crispy (about 10-15 minutes depending on your stove), remove the chicken and place on a wire rack to make sure the chicken stays crispy.
3. Repeat until you've fried all the chicken pieces.

Finish & Serve...

1. While still hot, lightly season the chicken with salt and drizzle local honey on top. Serve immediately.

Speak like a chef:

Dredging: coating food with flour and/or breadcrumbs prior to cooking

Red Fife flour: Regarded as the oldest variety of wheat grown in Canada and the standard in the latter half of the 1800s, Red Fife wheat had almost disappeared from Canadian fields by the 2010s. Due to preservation and planting efforts, Red Fife has once again surged in popularity, and is the preferred choice of many Canadian bakers and chefs.



CHEF
CARL **Heinrich**

Richmond Station | Toronto, ON



RICHMOND
STATION

Carl Heinrich is the Co-Owner of Richmond Station. He is the recipient of the 2015 Pinnacle Award for Chef of the Year and winner of the Food Network's Top Chef Canada Season 2. Avid gardener and food lover, Carl creates food he knows his mom would like to eat and gets his culinary inspiration from local, seasonal ingredients.

Richmond Station is a stopping place, a bustling neighborhood restaurant in Toronto's downtown core. They are dedicated to delicious food and excellent hospitality.

 @richmondstation



Chef Carl Heinrich



Wild Leek Vichyssoise

prep time: 20 minutes | cook time: 15 minutes | serves: 4



VQA WINES OF ONTARIO

Wine Pairing:

Hidden Bench 2017 Riesling "Bistro"
(VQA Beamsville Bench)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Vichyssoise is a thick, creamy potato and leek soup most commonly served cold. There is some debate as to whether the soup's culinary roots belong to France or America, but our favourite origin story is that King Louis XV of France, who was famously nervous he may be poisoned, ate it cold as a consequence of having so many servants taste it before he could be convinced it was safe to consume. Now a favourite of chefs everywhere, vichyssoise was reinvigorated in the early nineteenth century by Chef Louis Diat at New York City's Ritz Carlton hotel.

"In the summer of 1917, when I had been at the Ritz seven years, I reflected upon the potato and leek soup of my childhood which my mother and grandmother used to make," said Diat, "I recalled how during the summer my older brother and I used to cool it off by pouring in cold milk and how delicious it was."

This recipe from Chef Carl at Richmond Station is a treasure elevated by Ontario crème fraîche, hazelnuts and chervil. Treat yourself to something special!

From Chef Carl...

"This soup screams spring. The unmistakable aroma and flavour of fresh wild leeks, available for such a short period of time. The subtle earthiness from the nicola potatoes and hazelnuts and the brightness of fresh chervil. Don't be afraid of cold soup - it's delicious!"

Ingredients:

- 4 cups Ontario asparagus trim
- 1 cup onion, diced
- ¼ cup celery, diced
- 1 cup leek, thinly sliced
- 1 cup wild leek bulbs*, thinly sliced
- 1 clove garlic, minced
- ¼ cup Ontario butter
- 1 cup nicola potato*, peeled, large dice
- 3 ¾ cup water
- ½ cup local cream
- ½ cup raw asparagus
- ¾ cup spinach, blanched, chopped
- ½ cup wild leek greens, blanched, chopped
- 1 tbsp salt

For the garnish...

- ½ cup Ontario whipped crème fraîche
- ¼ cup crushed toasted hazelnuts
- 2 tbsp chervil* or parsley leaves

*Substitutions:

Wild leek bulbs: regular leeks from the grocery store

Nicola potato: any Ontario-grown, yellow-fleshed potato

Chervil: fresh parsley

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Wild Leek Vichyssoise

(continued)

Method:

For blanching leeks...

1. Fill a large pot with water and bring to a boil. Add leeks and submerge in boiling water for 30-45 seconds. Remove leeks and transfer into a large bowl of cold water to stop the cooking process.

For the vichyssoise...

1. Sweat onion, celery, leek and garlic in butter for 5 minutes.
2. Add in the potato and asparagus trim.
3. Add water and salt, simmer until potatoes are almost tender.
4. Add the cream and simmer for 10 more minutes being careful not to boil.
5. Remove from heat and purée in a blender or food processor on high adding in the blanched greens and raw asparagus as you go.
6. Pass through a fine chinois into a container sitting on top of ice to help the soup cool quickly.

Chef's tip: If you don't have a chinois, you can use a very fine strainer!

7. Adjust seasoning and consistency if necessary.
8. Serve the soup cold and garnish with a dollop of Ontario crème fraîche and a sprinkle of hazelnuts and herbs.

Wild Leeks in Ontario



Ramps (or wild leeks) often grow in loamy soil patches in mixed deciduous forests and are one of the first of many Ontario culinary treasures to appear spring, though for a very short while.

For those lucky enough to discover ramps in the wild, there is a lot to know about how to harvest them and how much to take to ensure there are ramps aplenty for years to come.

For more on the do's and don'ts of wild leek foraging, check out this great article from Culinary Tourism Alliance. What is a "Wild Ramp" anyway?



Chef Carl Heinrich



Ontario Apple Posset

with walnut streusel, Ontario Honeycrisp apple compote

prep time: 15 minutes | chill time: 12 minutes | cook time: 20 minutes | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Kew Vineyards 2016 Pinot Meunier "Natural Brut"
(VQA Beamsville Bench)

For more information on Ontario VQA wine and
food pairings, visit: www.winecountryontario.ca

Posset is a magical, but relatively underhyped dessert made simply from cream, sugar and citrus (typically lemon, but this time we're going with apple cider vinegar!). Once you've made this posset, you'll find yourself coming back to this recipe again and again, with thanks to restaurateur, chef and local food advocate Carl Heinrich of Richmond Station neighbourhood restaurant in Toronto.

From Chef Carl...

"This dessert is perfect. It has the perfect texture - the just set cream with the crunchy, nutty streusel. It's sweet and it's sour. It's beautiful in our dining room and also travels really well for takeout. When you use the Empire Apple Cider Vinegar from Niagara Vinegar, the local Ontario cream takes on kind of an Apple Jolly Rancher taste."

Ingredients:

For the posset base...

- 1 L Ontario whipping cream
- 1 cup sugar
- 100 ml apple cider vinegar
- 3 gelatin sheets

For the walnut streusel...

- ½ cup brown sugar
- ½ cup rolled oats
- ½ cup walnuts, chopped
- ¼ cup all-purpose flour
- ¼ cup Ontario butter, cold
- ½ tsp salt
- ½ tsp cinnamon powder

For the apple compote...

- ¼ cup sugar
- 1 tbsp water
- 1 cup Ontario Honeycrisp apple, peeled and diced
- 2 tbsp dried black currants

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Ontario Apple Posset

(continued)

Method:

For the posset base...

1. Bloom the gelatin sheets in cold water.
2. Boil the cream and sugar for 3 minutes, whisking the whole time.
3. Remove from heat and stir in the vinegar and gelatin sheets until fully dissolved.
4. Pour mixture into desired bowls and let set in the fridge overnight.

For the walnut streusel...

1. Preheat your oven to 325°F (163°C).
2. In a large mixing bowl, combine all of the walnut streusel ingredients together and incorporate until the mix resembles the size of large peas.
3. Spread the mixture evenly on a parchment paper lined sheet pan and bake for 15-20 minutes or until the edges turn golden brown.
4. Cool down and store in an airtight container.

Chef's Note:

You can store the streusel for up to a week before using!

For the apple compote...

1. Soak the currants in hot water for 10 minutes, strain.
2. In a small saucepan over medium heat, add the water and sugar together and caramelize.
3. When the syrup has turned golden brown, remove the pan from the heat and add the apples and currants.
4. Place the pan back on the heat and continue cooking until the apples are soft but still hold their shape.

To serve (the next day)...

Remove the fully chilled posset from the fridge, top with the streusel and compote and enjoy!



Ricky + Olivia

Westcott Vineyards, Jordan Station, ON

Ricky+Olivia

Ricky + Olivia are a chef duo with a focus on local sourcing. They celebrate diversity through playful and thoughtful dishes built to be shared.

Ricky Casipe gravitated towards athletics and sports instead of academics in school. Through athletics, he developed the leadership skills he now uses in the kitchen. "Being a good captain and teammate translates to being a good leader and chef. It's like being part of a team again. But most importantly, I was always told that girls love a guy that can cook, so that pretty much made my decision for me..."

Ricky became executive chef at Hawthorne Food and Drink at the young age of 23. He was also a teacher and instructor at Hawthorne, which doubles as a training facility for youth and those on social support. Ricky's trainees can be found working around the GTA in restaurants and hotels today.

After three years at Hawthorne, Ricky joined his then sous chef, Olivia Simpson, in a partnership role at AFT Kitchen and Bar. Eventually, they felt they needed to create their own path, which is why they decided to create their own culinary start-up: Ricky+Olivia.

Similar to most chefs, Olivia Simpson cooked at home quite often with her family. Her mom's side of the family is Eastern European, and food was always the main event at their gatherings. She developed a true appreciation of how to connect with people through food and different cultures. Olivia studied food science and nutrition at George Brown College, but ended up in the kitchen and fell in love. What also sparked her interest was the experience you can create with people and the ability to connect with complete strangers on a common level: food. Prior to co-launching Ricky + Olivia, Olivia worked in many kitchens in Toronto, including; Bar Buca, Oliver & Bonacini Catering, Saturday Dinette and Hawthorne Food and Drink. Olivia also travelled and lived in New York City, staging and working in some of New York's finest; including Dirt Candy, Mission Chinese and Blue Hill Stone Barns.

 @rickyandolivia | @westcottvineyards



Ricky + Olivia



Ontario “Hawaiian” Pizza

prep time: 1 hour, 20 minutes | cook time: 25 minutes | yield: 2 x 8-10-inch pizzas



VQA WINES OF
ONTARIO

Wine Pairing:

Westcott Vineyards 2019 Temperance - Gamay/
Pinot blend (VQA Vinemount Ridge)

For more information on Ontario VQA wine and
food pairings, visit: www.winecountryontario.ca

Ricky + Olivia's Ontario Hawaiian pizza was inspired by a weekend getaway to Ontario's wine country. There is nothing better than fresh squeaky cheese curds cooking on a pizza in a wood oven. (They also make the best instagram cheese pull pictures).

One of their favourite combinations from their go-to restaurant in Montreal, Le Vin Papillon, is ham, old Cheddar and brown butter. Substituting Niagara peaches for the classic pineapple, they added ham, local cheese curds and brown butter to create their version of the much-loved Hawaiian pizza. A rich fried dough balanced with sweet, salty and nutty flavours make this one of the chef duo's favourite summer pizzas to make.

Pizza Dough

Make your own or substitute for premade dough!

prep time: 50 minutes

cook time: 10 minutes

yield: 2 x 8-10-inch pizza crusts

2 ½ cups all-purpose flour

2 tsp instant yeast

2 tsp granulated sugar

1 tsp salt

¾ to 1 cup warm water

2 tbsp + ⅓ cup canola oil

Pizza Dough Method:

1. In a large mixing bowl or stand mixer (using the dough hook), combine all dry ingredients and mix until evenly combined.
2. Add warm water and begin to knead the dough.
3. As the dough comes together, add one tbsp oil and continue kneading until the dough forms an elastic ball and separates from the edges.

Chef's Tip: *The dough should be smooth and bounce back.*

4. With one tbsp oil, grease another bowl and transfer the dough to the greased bowl.
5. Cover and let rise for 30 minutes or until doubled in size.
6. Once the dough has risen, gently deflate the dough with

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Ontario “Hawaiian” Pizza

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your hands and divide the dough evenly into two separate balls.

7. On a lightly floured surface, with your hands, gently knead each ball into a round 8” circle.
8. On the stove top, in an 8-10” frying pan, add ½ cup of oil and bring up to medium heat. The oil should not simmer or boil.
9. Shallow fry the formed dough, one at a time, for 2 minutes or until golden brown and flip to cook the other side for 2 minutes or until golden brown.
10. Remove from the pan and transfer the dough to a sheet tray. Repeat with other formed dough.

Ontario Hawaiian Pizza Ingredients:

1 Ontario peach, pitted and sliced thinly (or peach preserve if not in season)

300 g Ontario cheese curds

150 g cured ham, diced or sliced

¼ cup Ontario butter

½ cup crushed tomatoes or pizza sauce

¼ cup fresh basil leaves

Optional garnish: sea salt

Brown Butter Method:

1. Heat a small pot over medium heat and add butter.
2. Whisking frequently, melt the butter. While whisking, the butter will start to foam and brown specks will appear.
3. Once the butter turns a light brown in colour and you smell a nutty aroma, remove from heat and let cool. If the butter is getting too dark, you can transfer to a bowl to stop it from cooking further.
4. Keep warm and set aside.

Building your pizza:

1. Preheat the oven to 450°F (232°C).
2. Place fried dough forms on a sheet tray and spread ⅓ cup brown butter evenly on each.
3. Evenly coat the top of each dough form with ¼ cup of crushed tomato or pizza sauce.
4. Garnish generously with cheese curds, ham and peaches.
5. Bake in the oven for 6-8 minutes, rotating halfway through, until the cheese curds are melted and bubbly and the crust is golden brown.
6. Remove from the oven and garnish with basil and sea salt (if using) and serve.

DIY outdoor dining



Pack your favourite meal, grab a lantern and blanket, and go for an evening walk in the woods to find the perfect spot to spread out a blanket and enjoy - we promise it will taste twice as good! If you don't happen to live by a forest, create a beautiful dinner experience in your backyard and enjoy by candlelight.



Ricky + Olivia



Schmaltz Carbonara

prep time: 20 minutes | cook time: 1 hour and 30 minutes | serves: 2



VQA WINES OF
ONTARIO

Wine Pairing:

Westcott Vineyards 2019 Reserve Chardonnay
(VQA Vinemount Ridge)

For more information on Ontario VQA wine and
food pairings, visit: www.winecountryontario.ca

Reducing waste and using the whole animal is very important to Ricky + Olivia. When creating recipes, they keep this in mind and look for ways to get creative with ingredients that might have otherwise been overlooked. This staple on their restaurant menus is inspired by the classic Italian carbonara, but instead of using bacon or guanciale, they use chicken skins and schmaltz; ingredients that are often left over after breaking down a chicken.

This dish is an indulgent take on a cream-based pasta, topped with sharp Ontario cheese and crispy chicken skins for a simple and well-loved meal.

Ingredients:

- 200 g linguini, spaghetti or bucatini pasta
- 1 - 1½ cups chicken skins, for rendering
- ½ cup Ontario 35% cream
- 1 lemon
- 1 cup (or a large handful) fresh bitter greens (Ricky + Olivia recommend dandelion, mustard or baby kale)
- ½ cup grated aged Ontario gouda or similar hard, cow's milk cheese
- 2 fresh local egg yolks
- Salt and pepper to taste

Method:

1. In a medium pot, add chicken skins and ¼ cup of water. Cook over medium-low heat, stirring often, about every 5-8 minutes. This will take about 45 minutes - 1 hour. You want the fat to completely render off the chicken skins, leaving them crisp and golden— they will look like fried chicken or crackling.
2. Strain chicken skins and reserve strained fat (schmaltz).
3. Lay chicken skins to cool on a paper towel to absorb any remaining chicken oils and season with salt. Set aside. Once cooled, break apart any large pieces.
4. In a medium saucepan over medium-high heat, add 40 g (or 2 tablespoons) of schmaltz and slowly stir in cream. The mixture will emulsify as it comes up to a boil.

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Schmaltz Carbonara

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5. Once the cream and schmaltz come together to a boil, lower the heat to medium and allow the sauce to slowly reduce.
6. Meanwhile, cook pasta in boiling, salted water, until al dente or desired doneness.
7. Once cooked, remove pasta from water and add to the pan with the cream sauce, reserving and adding a couple spoonfuls of the pasta water to help thicken the sauce.
8. Add $\frac{1}{4}$ cup grated cheese and a squeeze of lemon. Stir and toss to evenly coat pasta with sauce. Add bitter greens and remove the pan from heat.
9. Stir until well combined and season with salt and pepper to taste.
10. Divide pasta into two bowls and garnish each with remaining cheese and crispy chicken skins.
11. Separate egg yolks from the whites, and in the centre of each bowl, gently top each pasta with an egg yolk.
12. Season with salt and pepper and serve.



Sumac + Salt

Grey County, ON



Sumac + Salt is the brainchild of Hannah Harradine and Chef Joel Gray. They refer to what they do as a 'food project' as they are ever changing menus, locations and formulas; however, they've recently posted up at the Good Family Farms in Meaford, Ontario.

They invite 12 people to join them on the farm to enjoy a hyper-local, blind tasting menu focused exclusively on seasonal and local offerings. A duo constantly inspired by their surroundings and the local purveyors within Grey County, they strive to showcase the amazing work our local farms do and tell their stories through food.

Chef Joel Gray is the one half of Sumac + Salt. Nova Scotia born and Grey County bred, Joel has had a passion for food and supporting local for at least a decade. Starting his culinary career in large chain restaurants, he soon discovered what a difference quality and local ingredients make during his time at The Wooden Monkey in Halifax. This sparked a passion in him to explore the best local ingredients within his surroundings. Joel's undeniable passion and knowledge on wild and local native ingredients is vast and ever growing.

After moving back to Grey County, Joel continued his passion for quality and local ingredients, pursuing his own series, The Harvest Dinners, out of his then home in Flesherton.

Hannah Harradine started in the industry on the beverage side of it all, with wine! She studied at the Niagara Institute of Oenology and Viticulture, and worked in wineries in Niagara, Europe and Australia. After returning home from her travels, to Barrie, Ontario, Hannah decided to dive into the hospitality side of the industry and began working for the lovely people at Bruce Wine Bar, where she learned the importance of supporting local. Once Crow Bar and Variety opened, she worked with the team there to help create a fun and interesting local beverage and cocktail menu.

 @sumac_salt



Sumac & Salt



Creamy Spinach & Leek Velouté

prep time: 15 minutes | cook time: 30 minutes | serves: 4 (1L)



VQA WINES OF ONTARIO

Wine Pairing:

The Roost 2019 "Bunch'a Trouble" Sparkling Rosé (VQA Ontario)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Velvety, smooth with the freshness of spring, this velouté from chef team Sumac + Salt is perfect for the Milk & Honey Menu. Sumac + Salt use vegetables rather than flour to thicken the dish, adding to its depth and delightfulness.

From Sumac & Salt...

"Adding the leeks and spinach to this savoury soup adds such a beautiful vibrant colour. To complete this dish in our restaurant, we like to pair it with local smoked trout, cured trout potato cakes, pickled onions and foraged fiddleheads. Sustainable Ontario-grown trout is a standout ingredient from right here at home."

Ingredients:

- 4 oz or 1/4 lb Ontario grassfed butter
- 2-3 medium white onions, peeled and cut into chunks
- 1 oz fresh garlic, sliced
- 2 sprigs fresh thyme
- 1/2 cup white vermouth
- 1.5 tbsp local honey
- 2 oz salt
- 2 cups Ontario 35% cream
- 2 oz blanched and drained wild leek tops (you can use regular leeks if you don't have a secret foraging patch)
- 1 bag or 5.75 oz organic spinach
- Small splash of apple cider vinegar for brightness

Method:

1. In a medium, heavy-based pot, melt butter over medium heat.
2. Add onions, garlic and thyme—we are looking to sweat the onions, not caramelize.
3. Continue cooking on medium-low heat until onions are transparent. Add vermouth, honey and half of the salt, then stir to incorporate.

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Creamy Spinach & Leek Velouté

(continued)

4. Turn up the heat slightly and reduce vermouth by half. Add cream and simmer for 20 minutes.
5. We are now going to blend the mixture with the addition of the spinach and leeks in 2 rounds so as not overwhelm your blender. In a high-power blender, add half of the cream base, discarding the sprigs of thyme.
6. To the cream base in the blender, add half of the wild leeks and half of the spinach. Blend until smooth and pass through a fine mesh sieve.
7. Repeat with second half of the mixture.
8. Combine both rounds of the veloute together and blend in the mixer to ensure even seasoning.
9. Check your seasoning to taste and add splash of apple cider vinegar for brightness.

To serve...

Warm to desired heat and serve with dollops of fresh local cream.

Speak like a chef:

Velouté: one of the French mother sauces



Sumac & Salt



Buttermilk Panna Cotta with Preserved Hot House Rhubarb

prep time: 15 minutes | cook time: 30 minutes | chill time: 2 hours | serves: 4-6 (3.5 cups)



VQA WINES OF ONTARIO

Wine Pairing:

Georgian Hills Viva Vidal (VQA Ontario)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

A favourite Italian molded dessert, 'Panna Cotta' literally means 'cooked cream', so you know you're in for a treat. Panna cotta is similar to other 'pudding-esque' dishes like crème brûlée and custard; however, its more neutral flavouring is a perfect, creamy backdrop for either sweet or savoury flavours.

This exquisite recipe from culinary creators Sumac + Salt introduces buttermilk and hot house rhubarb to help you get the jump on the season as you wait for your garden rhubarb patch to come in!

From Sumac & Salt...

"After a long winter getting our hands on hot house rhubarb is the first refreshing ingredients telling us that Spring is almost here! The poached rhubarb gives this dish a sweet tartness which is balanced by the creaminess of the panna cotta."

Ingredients:

For the preserved rhubarb...

6 stalks hot house rhubarb cut into thumb size pieces (you can substitute for garden or local field-grown rhubarb)

2 cups granulated sugar

1 cup water

For the Buttermilk Panna Cotta...

4 tsp powdered gelatin

1/4 cup cold water

1 1/4 cup Ontario 35% cream

1.5 tsp vanilla paste

1/3 cup granulated sugar

1 tsp salt

1 1/4 cup Ontario buttermilk

1 cup Ontario plain Greek yogurt

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Buttermilk Panna Cotta with Preserved Hot House Rhubarb

(continued)

Method:

Make the Persevered Rhubarb...

1. In a small saucepan over medium heat add the sugar and water to make a 2:1 simple syrup. We want that sugar to dissolve slowly—if it starts to boil, turn down the heat.
2. Once all sugar is dissolved, add your pieces of rhubarb to the hot liquid to poach, and allow to slowly simmer until they become slightly tender.
3. Remove from heat and cool immediately. Stir a few times while it is cooling to ensure you are extracting a good amount of rhubarb colour.
4. This can stay in the fridge until we are ready to assemble.

Make the Buttermilk Panna Cotta...

1. In a small dish, bloom the gelatin in 1/4 cup of cold water; set aside.
2. In a medium saucepan over med-low heat, heat the cream, sugar and salt, whisking to dissolve and bring to a simmer (it should be hot to the touch).
3. Add the vanilla paste, then remove from heat and quickly whisk in the gelatin.

4. Set aside and cool liquid until lukewarm, stirring throughout to release some of the heat.
5. Once mixture has cooled, whisk in the buttermilk followed by the yogurt. Whisk until smooth.
6. Once your mixture is smooth, divide evenly into your vessels.

Chefs' note: We find 1/2 - 3/4 cup is a great portion. We like to use a teacup; however, a clear water glass or small mason jar is perfect also.

7. Refrigerate for at least 2 hours to set.
8. Once your panna cotta is set, strain the poached rhubarb to separate the rhubarb from the remaining simple syrup (keep the liquid/simple syrup!). Add a 1/4 cup of the rhubarb on top of each panna cotta serving and serve!

Chefs' tip: You will likely have rhubarb simple syrup and poached rhubarb left over. The syrup is a great addition to cocktails and the rhubarb chunks can be used on a cheese board.

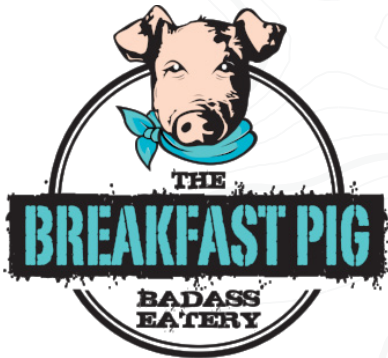
Speak like a chef:

Bloom: to pre-soften gelatin in cool liquid so that it dissolves more readily when heated



CHEF ANGELA **Caputo**

The Breakfast Pig | Sault Ste. Marie, ON



The Breakfast Pig started out as a dream and a hope for Chef and owner Angela Caputo. "Having served in all types of restaurants and bars, I knew what people wanted. I spent years listening to people's compliments and complaints and had become as big of a foodie as anyone I knew. I put faith in my experiences and decided to move forward with my plan to create and serve the best tasting, most creative, mind-blowing food possible. I wanted to do it with the focus being on the most important meal of the day.

Established in 2015, The Breakfast Pig opened its doors at 265 Bruce St in Sault Ste Marie on June 27, 2015. Now simply known as 'The Pig' to their faithful followers, they have become a Sault Ste Marie staple. The concept is breakfast, but in its most badass form, providing the very best of everything, with a menu crafted to bring patrons choices from traditional to outrageous and everything in between.

Partnering with Sunnynook Farms, they have been able to totally up their game by having their own local farmer provide all of their pork. Says Chef Angela, "Our pork not only tastes better, but we are able to boast community support, sustainability and the fair treatment of our animals. We will continue to challenge ourselves to be the best we can be every single day. We have won numerous awards like Best Breakfast on the Lake from Lake Superior magazine and Best Breakfast in The Sault two years in a row from The Sault Star. Our food has been featured in magazines, but our greatest satisfaction comes from the smiles, compliments and return visits from our customers."

 @thebreakfastpig



Chef Angela Caputo



Smoky Ontario Chicken, Cheddar & Bacon White Chili

prep time: 15 minutes | cook time: 2 hours 15 minutes | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Megalomaniac 2019 Homegrown Rosé
(VQA Ontario)

For more information on Ontario VQA wine and
food pairings, visit: www.winecountryontario.ca

This chili is the perfect make-ahead to pack on a spring excursion or enjoy at a backyard campfire. The fresh and spicy flavours within summon the promise of the bountiful Ontario growing season and memories of cozy spring and early summer nights.

From Chef Angela...

"This recipe is a hit no matter what! It warms your soul on a wet, chilly spring day and brings all the summer feels with the warm spices and hint of lime. It's so versatile and can be paired with a hearty cornbread for dipping, topped with tortilla strips, graced with more peppers for extra heat—whatever you'd like to make it your own. It's one of those dishes that the whole family will gather around to enjoy together. Food bringing people together is such a beautiful thing and this dish embodies that exact feeling."

Ingredients:

For the chili...

- 1 tbsp vegetable oil
- 6 slices thick cut Ontario bacon
- 2 large Spanish onions, diced
- 1 4 oz can chopped green chiles
- 2 cloves garlic, diced
- 1 tbsp paprika
- 1 tbsp chili powder
- 1 tbsp salt
- Freshly grated nutmeg, to taste
- 4 cups chicken stock
- 2 cans white kidney beans
- 1 cup Ontario heavy whipping cream (35%)
- 2/3 cup Ontario sour cream
- 4 oz Ontario cream cheese
- 2 skinless, bone-in Ontario chicken breasts

For the topping...

- Grated Ontario Cheddar cheese
- Fresh avocado
- Fresh cilantro
- Lime zest + slices

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Smoky Ontario Chicken, Cheddar & Bacon White Chili

(continued)

Method:

1. In a large pot on medium heat, sauté onions and garlic until translucent and fragrant (about 3 minutes).
2. Chop bacon and add to pot with green chiles.
3. Add salt, paprika, chili powder and fresh nutmeg (or a pinch of ground nutmeg) and cook 2-3 minutes.
4. Add chicken stock and bring to boil.
5. Add chicken breasts, whipping cream, sour cream and beans; simmer for 1 ½-2 hours.
6. Stir in cream cheese to thicken. Simmer for 15 min.
7. Remove chicken, shred and add meat back to pot.
8. To serve, add chili to bowls, grate lime zest and add to bowl with chopped cilantro and Cheddar. Top with avocado and lime wedge.



Chef Angela Caputo



Lemon & Blueberry Ricotta Pancakes

prep time: 15 minutes | cook time: 10 minutes | serves: 4



VQA WINES OF ONTARIO

Wine Pairing:

Trius Winery NV Trius Brut
(VQA Niagara Peninsula)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

These pancakes from Chef Angela at The Breakfast Pig in Sault Ste. Marie will brighten any table and any spring morning with the lightness of ricotta and the splash of berry and citrus to spark the palate.

Using ricotta in your pancake mix is a chef's secret that guarantees lighter, fluffier pancakes and elevates both sweet and savour flavours in your mix. There are many Ontario-made ricotta options out there to choose from, no matter where you live in the province. A quick look at the label will help you find them at your grocery store or neighbourhood cheesemonger!

From Chef Angela...

"The ricotta makes the pancakes so light and fluffy, while the lemon is just the perfect hit of sunshine for a Sunday morning. My favourite part about pancakes is that they're so easy to make. Sharing time making food creates memories that your family will never forget!"

Ingredients:

For the ricotta pancakes...

- 1 cup all-purpose flour
- ½ tsp baking powder
- 1 ½ tbsp granulated sugar
- pinch of salt
- 1 cup Ontario ricotta cheese
- ¾ cup Ontario milk
- 2 large local eggs
- 1 tbsp vanilla
- zest of one lemon (optional)
- Ontario butter (for frying the pancakes)

For the lemon cheesecake drizzle...

- 8 oz Ontario cream cheese (at room temperature)
- 1/3 cup Ontario 18% cream
- 3 tbsp confectioner's sugar
- zest and juices of 1 lemon

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Lemon & Blueberry Ricotta Pancakes

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Method:

Ricotta pancake mix...

1. In a medium bowl, mix together flour, baking powder, sugar and pinch of salt.
2. Add ricotta, milk, eggs, vanilla, and lemon zest (if using) to the dry mix and allow to settle for 10-15 minutes.

Lemon cheesecake drizzle...

1. While your mix is coming together, you can make your lemon cream cheese drizzle. In another bowl, add cream cheese, 18% cream, confectioner's sugar and lemon zest and juice and mix with a stand mixer until combined.

Fry the pancakes...

1. In a large frying pan on medium heat, melt butter to keep the pancakes from sticking.

2. Spoon pancake mixture into pan, allowing room between each for expansion.

Chef's tip: Use an ice cream scoop to make the perfect size and shape of pancake!

3. Add fresh or frozen blueberries and allow pancakes to cook until you see bubbles popping through (about 5 minutes).
4. Flip to cook the other side for another 2-3 minutes.
5. Remove from heat and plate.

Serve the pancakes...

1. Add butter and more blueberries on top and drizzle with your lemon cream cheese to serve.



CHEF
TRAVIS **Mindle**

The Waring House | Prince Edward County, ON

The.
Waring
House

The Waring House chef, Travis Mindle, is a native of Prince Edward County. His favourite downtime/pastime is fishing for pickerel in the waters around The County. He grew up and attended school with members of the local farming community, and truly has a genuine farm-to-table philosophy. Chef Travis has developed his skills through a thirst for knowledge and a true devotion to food and the culinary arts.

Travis began his culinary career at the age of 14 and has honed his skills from the grassroots up. He creates and develops the menus for Amelia's Garden Dining Room as well as The Barley Room Pub, and oversees a staff of 20 in The Waring House's busy kitchen. Travis is a hands-on chef devoted to the teaching and advancement of his staff.

With many ingredients supplied by local food producers, Amelia's Garden is a taste of the best Prince Edward County has to offer. The focus on local ingredients fuses with flavours from different cuisines from around the world to create a truly unique menu. The Barley Room Pub is locally referred to as The County's gathering spot. With its authentic 19th century stone walls, classic fireplace and a welcoming bar, The Barley Room prides itself on presenting classic pub fare accompanied by local and international beer, wine and cider. With 22 taps and live music, it is a bustling favourite stop for locals and tourists alike.

While sourcing locally produced food is a priority, the Waring House is proud to have its own kitchen garden, lovingly designed and tended.

Their garden and the surrounding family farms help ensure that, during the growing season, the produce on your plate was grown, not kilometres, but mere metres away, and harvested that morning for your dining enjoyment.

 @thewaringhouse



Chef Travis Mindle



Prince Edward County Maple Mousse

prep time: 15 minutes | cook time: 3 minutes | serves: 4



VQA WINES OF
ONTARIO

Wine Pairing:

Huff Estates 2019 First Frost (VQA Ontario)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

The French word 'mousse' simply means 'froth' or 'foam' and speaks to the lightness of this delicious dish typically made with fresh cream and egg whites. Mousse can feature sweet or savoury ingredients, but this mousse from Chef Travis Mindle at PEC's The Waring House is not only sweet, but a truly local marvel of flavour and texture. The house-made candied pecans push this dessert over the top, but we warn you: it's tough not to eat your first batch before the mousse sets!

From Chef Travis...

"Prince Edward County has many dairy farms and sugar shacks. In early March you can take a drive in almost any direction and see the steam rising from the sugar shacks as they boil the sap to make the maple gold! This recipe gave me a chance to combine the two ingredients into a light fluffy dessert! With the added crunch of the candied pecans it makes an excellent finish to any meal."

Ingredients:

For the mousse...

- ¾ cup Ontario maple syrup
(Chef Travis chose Vader's as it's local)
- 3 local eggs, separated
- 2 cups Ontario 35% whipping cream
(Chef Travis recommends Reid's Dairy cream)
- ½ tsp cream of tartar

For the candied pecans...

- 1/3 cup brown sugar
- 1/3 cup granulated sugar
- 1 tsp kosher salt
- 2 tbsp ground cinnamon
- Pinch of nutmeg
- 2 local egg whites, lightly whisked
- 3 cups Ontario pecan halves

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Prince Edward County Maple Mousse

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Method:

1. In a small saucepot, bring the maple syrup just to a simmer on medium-low heat.
2. Whisk a small amount of syrup into the egg yolks (2 tbsp at a time) until it is all added and whisked together. Be careful not to add too much of the hot syrup to the mixture at a time or it will cook the egg yolk.
3. Return the mixture to the pot and place back on the stove with the burner set to low and continue whisking until it starts to thicken (around 3 minutes).
4. Place mixture into a large bowl and set aside to allow to cool (you can use an ice bath to speed this process up).
5. In a bowl, whisk 2 cups of whipping cream until stiff peaks form; set aside.
6. Whisk the egg whites until small air bubbles start to form (about a minute and a half) and then add the cream of tartar and continue whisking until stiff peaks form.
7. Fold the whipped cream with a rubber spatula into the maple mixture until evenly mixed.
8. Gently fold the egg whites into the mixture with a rubber spatula until evenly mixed.
9. Spoon the mixture into your serving dishes and place in the freezer for at least 1 hour.

Chef's tip: The mousse can be kept in the freezer for up to one week, if needed.

Make the candied pecans...

1. Whisk together the white sugar, brown sugar, salt, cinnamon and nutmeg.
2. In a large bowl, toss the pecans with the egg whites until evenly coated.
3. Add the sugar mixture to the pecans and continue tossing or stirring until evenly coated
4. Place on a parchment-lined baking sheet in a single layer. Depending on the size of your baking sheet, you may need to use 2 so the nuts cook evenly and don't stick together.
5. Place in a 300°F (149°C) oven for 35 minutes.
6. At the 20-minute mark, remove the nuts from the oven and toss them around the tray, then return to oven for another 15 minutes.
7. Remove from oven and allow to cool for at least 15 minutes (it is hard to wait, but worth it!)
8. Once cooled put the nuts in a sealed container (dump the little bits of sugar that fell of onto the baking tray into the container as well).

Chef's tip: These will last in the sealed container for quite a long time, up to a month.

To serve...

1. Pull from the freezer 15 minutes before serving.
2. Drizzle 1 tbsp of your favourite maple syrup over the top of the mousse.
3. Break the pecans into pieces and sprinkle over the top.
4. Remember the little sugary bits I told you to keep from the baking tray? Sprinkle some of those on the top as well!
5. Voila! Enjoy!



Chef Travis Mindle



Parisiennne Gnocchi

with Ontario Cheddar, fresh herbs, grilled mushrooms and onion in a VQA Ontario Chardonnay cream sauce

prep time: 45 minutes | rest time: 30 minutes | cook time: 30 minutes | serves: 4



VQA WINES OF ONTARIO

Wine Pairing:

Closson Chase 2018 Chardonnay
(VQA Prince Edward County)

For more information on Ontario VQA wine and food pairings, visit: www.winecountryontario.ca

Gnocchi are little culinary delights. Though they originated in Northern Italy, these potato dumplings are loved around the world for their unique ability to convey and enhance the flavour of ingredients. They add wonderful texture to creamy sauces like this where the richness of the gnocchi and cream sauce is emboldened by fresh herbs, local oyster mushrooms and Ontario Chardonnay.

From Chef Travis...

"When my wife and I were on our honeymoon in Las Vegas we enjoyed some exceptional meals at some exceptional restaurants. One thing that stood out to me was the Parisienne gnocchi, if I think hard enough, I can still taste them! After we got home, I decided to try my hand at making the delicious little pillows of goodness. I've played around with the recipe for a few years and I am happy with how they have turned out! This recipe allows me to star local cheese, mushrooms and wine to put an Ontario twist on a dish I love!"

"I like this recipe because it can be utilized in many ways. You can play around with the ingredients you serve it with. For example you can serve it with grilled chicken and sauteed peppers, sliced steak and mushrooms, braised rabbit and shallots. You are free to add whatever you like to these gnocchi!"

Ingredients:

For the gnocchi...

- 1 ½ cups water
- 1 tbsp + 2 tsp kosher salt
- 2 tbsp Dijon mustard
- 12 tbsp (6oz) unsalted Ontario butter
- 2 cups all-purpose flour
- 1 ¼ cup loosely packed Ontario Cheddar cheese (Chef Travis recommends Black River Cheddar)
- 1 tbsp chopped tarragon
- 1.5 tbsp chopped parsley
- 1 tbsp chopped chives
- 5 to 6 large eggs

For the cream sauce...

- 1 tbsp unsalted Ontario butter
- 1 tbsp olive oil
- ½ cup of diced red onion
- 2 tbsp chopped garlic
- 1 cup of your favourite VQA Ontario Chardonnay (I chose Huff Estates Catherine's Chardonnay)

(continued on next page)

Parisiennne Gnocchi

(continued)

1 litre of 35% cream (Chef Travis recommends Reid's Dairy cream)

2 tsp kosher salt

For the grilled mushrooms...

2 large bunches of oyster mushrooms, cleaned but left in whole bunches (around 2lbs)

3 tbsp olive oil

Pinch of salt and pepper

For the caramelized onions...

3 medium red onions

3 tbsp olive oil

Pinch of salt and pepper

Method:

Have all ingredients ready before you start. Set up mixer with paddle attachment.

Make the gnocchi...

1. In a medium saucepan, add the water, butter and 2 tsp of salt and bring to a simmer over medium-high heat until butter is melted.
2. Reduce heat to medium, add the flour all at once and stir quickly with a wooden spoon until the dough pulls away from the sides of the pan and the bottom of the pan is clean. The dough should be glossy and smooth.
3. Continue to stir for about 5 minutes, adjusting the heat as necessary to prevent the dough from colouring. A thin coating will form on the bottom and sides of the pan.
4. Enough moisture must evaporate from the dough so it can absorb the eggs. When this has happened, steam will rise from the dough and the smell of cooked flour will be present.
5. Quickly transfer the dough to the mixer bowl and add the herbs, mustard and remaining 1 tbsp of salt.
6. Mix for a few seconds to incorporate the ingredients and let some of the heat escape, then add the cheese.
7. On lowest mixer speed, add three eggs, one at a time, mixing until each egg is completely incorporated before adding the next.
8. Switch mixer speed to medium and add another 2 eggs, one at a time.

9. Turn the mixer off, lift some of the dough up with wooden spoon, turn the spoon and let the dough run off. It should slide off very slowly, if it does not move at all or is dry and falls off, beat in the additional egg.
10. Put the dough into a large pastry bag with a plain tip (5/8-inch) and let rest for about half an hour at room temperature.
11. Bring a large pot of lightly salted water to a simmer.
12. Squeeze about 1 inch of the dough out of the bag and cut with a small knife directly into the water (about 15 gnocchi at a time).

Chef's tip: A fun trick... if your pot has a handle on either side, you can tie a piece of butcher's twine from one handle to the other (as tight as you can) and you can use that to cut the gnocchi into the water. This is the way I do it because I do 10 times this batch at a time and my arm gets quite tired.

13. Keep the water at a simmer, not a boil!
14. The gnocchi will drop to the bottom and then slowly float to the top, once they come to the top cook for 3 1/2-4 more minutes.
15. Remove the gnocchi from the water with a slotted spoon or strainer and place on a baking sheet lined with parchment paper.
16. After all gnocchi are cooked, cover with plastic wrap and put into the refrigerator for up to one day.

Chef's tip: If you want to keep them longer than a day, they freeze well. You can put the baking sheet directly into the freezer until the gnocchi are frozen solid, and then transfer them into a zip top bag.

Make the grilled mushrooms...

1. Preheat grill to medium-high.
2. Toss the mushrooms with 3 tbsp olive oil and a pinch of salt and pepper.
3. Place the mushrooms on the grill for 3 minutes.
4. Flip and continue cooking for 3 minutes.
5. Flip one last time and cook for 2 minutes.
6. Remove mushrooms from heat and cut to your desired size

Make the caramelized onions...

1. Preheat medium sauce pot to medium heat.

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Parisienne Gnocchi

(continued)

2. Peel and slice the onions
3. Add the olive oil to the heat and allow to warm for 1 minute.
4. Add the onions and sautee until they start to turn fragrant and translucent.
5. Reduce heat to medium low and continue cooking for 30 minutes, stirring occasionally, until the onions develop and golden brown caramelized colour.

Chef's tip: If the onions start to stick to the pan, you can add 2 tbsp of water to deglaze the bottom of the pan and loosen the onions. Just ensure you let the water evaporate before removing from the heat.

Make the cream sauce...

1. In a medium saucepan on medium heat, add the butter and olive oil, and melt the butter.
2. Add the onions and stir for about 2 minutes.
3. Add the garlic and continue cooking on medium heat until the onions appear translucent.
4. Remove the pan from the heat and add the flour to the onion and garlic mixture; stir with a whisk until everything is well mixed together.
5. Turn the heat on the burner to low and cook the flour mixture for 2 minutes.
6. Add your wine to the pot and turn the heat to high, whisking until the mixture is smooth.
7. Continue cooking, constantly whisking on high heat for 2.5 minutes (until the alcohol is cooked out of the wine).

8. Slowly add cream while whisking to ensure the mixture has no lumps.
9. Turn heat back down to medium and bring to a simmer. Let simmer for 3 minutes.
10. Whisk in salt (you can add more salt if you like it saltier).
11. At this point, your sauce is done. You can pour through a small strainer if you want to remove the pieces of onion and garlic, but you don't have to!

Serve the gnocchi...

1. In a large, non-stick pan add 1.5 tbsp of oil and let warm up on medium heat.
2. Add your gnocchi (about 18 pieces per person) to the pan and give them a quick toss to cover them with some oil.
3. Let them sautee on one side until they start to turn golden brown.
4. Add your grilled mushrooms and onions and continue to sautee for 3-4 more minutes while tossing occasionally
5. Add your cream sauce to the pan at this point, you can use as much or as little as you like, it's up to you!
6. Let the cream sauce warm up.
7. Transfer to serving bowl and top with extra sauce from the pan.
8. Garnish with some fresh chopped parsley and a bit of shaved Ontario Parmesan if you like.
9. Time to eat!

Thank you.

Dairy Farmers of Ontario would like to thank...

The exceptionally talented group of **Ontario chefs and Feast On-certified venues** that contributed to this special collection. Our culinary heritage is enriched by their knowledge and our experiences are elevated by their skill and creativity.

Our partners, **Culinary Tourism Alliance** and the **Wine Marketing Association of Ontario (VQA Wines of Ontario)**, for adding their support and rich knowledge to the collection.

While this has been an incredibly challenging period for all of us, our restaurant and culinary tourism partners have struggled more than many. **A special thanks to all who have safely supported local farmers, restaurants and agriculture during the past period.** We hope you'll continue to follow this talented group of people and support their restaurants and endeavours across our province.

We all look forward to reconnecting and experiencing the joy of local food experiences soon.

**Savour
Ontario**

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