



FEATURING
8 DELICIOUSLY LOCAL
RECIPES FROM 8 INSPIRING
ONTARIO CHEFS:

RICKY CASIPE

EVA CHIN

MICHAEL HUNTER

JOSHNA MAHARAJ

BASHIR MUNYE

JOSEPH SHAWANA

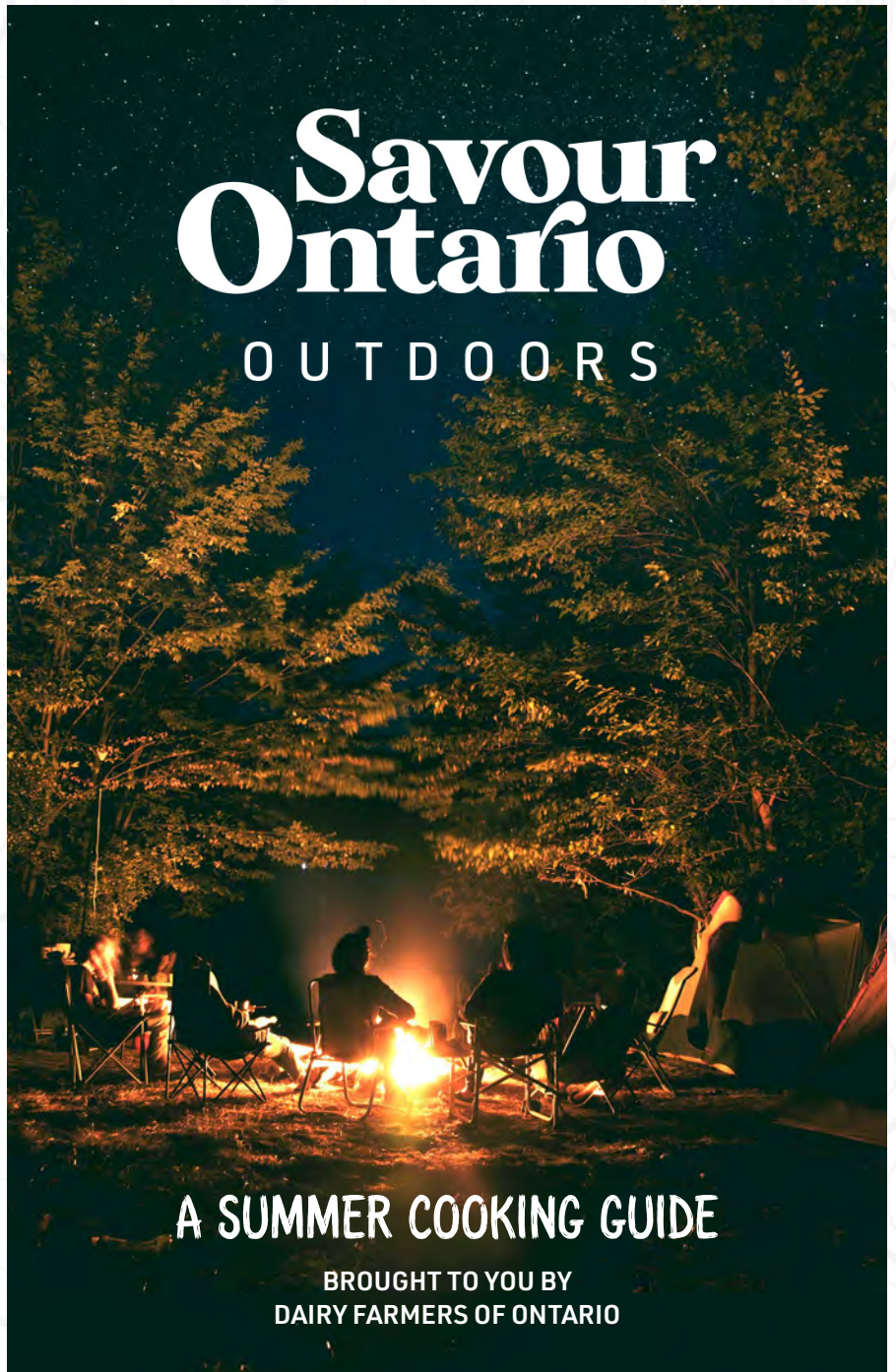
TAWFIK SHEHATA

OLIVIA SIMPSON



Savour Ontario

OUTDOORS



A SUMMER COOKING GUIDE

BROUGHT TO YOU BY
DAIRY FARMERS OF ONTARIO

SAVOUR ONTARIO OUTDOORS:

SAVOUR ONTARIO OUTDOORS: BECAUSE LOCAL FOOD PREPARED AND ENJOYED IN THE OPEN AIR JUST TASTES BETTER.



The sights, sounds and smells of a meal prepared and cooked in the natural world reminds us at an elemental level of where our food comes from. We are truly fortunate to live in Ontario, an undeniable land of agricultural bounty, world-class craft and culinary richness.

This is never more evident than when we source, prepare and enjoy local Ontario ingredients using slow, simple and enduring methods. The aroma of a grilled cheese sandwich stuffed with artisanal Ontario cheese sizzling in a cast iron skillet, just-opened foil wrapped packages of beautifully seasoned potatoes and buttery local vegetables or creamy hot chocolate poured into enamel mugs and topped with hand-whipped local cream are as much part of our memories as hikes through woodland trails, swims in pristine lakes or time spent listening to the birds in our own backyards.

Cooking outdoors over fire slows the process down, building anticipation and appreciation. It also fosters community. Beyond cooking, fires are places for storytelling—for sharing the history, lore and ideas that form our most powerful memories.

This collection of outdoor cooking recipes, tips and food ideas was curated for everyone—backyard foodies, provincial park campers and seasoned outlanders alike. Featuring recipes and thoughtful content from some of Ontario's most fascinating and beloved chefs, we hope you'll explore what's inside and take it with you on your next journey to the heart of Algonquin, the forests of northwestern Ontario, your backyard fire pit or your condominium balcony.





VQA WINES OF
ONTARIO

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 your 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 Savour Ontario Outdoors 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

OUR CONTRIBUTORS

Our chef contributors together represent a passion for local ingredients, a love for the flavours of outdoor food and a creativity that informs their unique culinary expressions and cuisines.

We encourage you to support and connect with Ontario's chefs, restaurants and culinary communities. The local food experiences and knowledge they offer enrich our bodies and souls.



CHEF RICKY CASIPE
*Chef /Owner Ricky + Olivia
Events*

Current gigs:

Ricky+Olivia Popups and Events, Feast On Ambassador, Westcott Vineyards resident chef

Culinary philosophy:

Celebrating Ontario's diversity while supporting Ontario's farmers and producers; playful takes on nostalgic food memories.

Proudest moment:

Starting my dream business with my partner Olivia

Guilty pleasure:

Meatball sub


Favourite Ontario dairy product:

Cheese curds

Favourite Ontario destination:

Toronto-Niagara and everything in between

Find Chef Ricky:

 @rickyandolivia
rickyandolivia.com



CHEF EVA CHIN
Executive Chef

Current gig:

The Soy Luck Club supper club

Culinary philosophy:

Cultivating community shared through cuisine and stories from our cultures.

Proudest moment:

Cooking for David Suzuki and some personal heroes

Guilty pleasure:

Ice cream

Favourite Ontario dairy product:

Crème fraîche made by Local Dairy in Ingersoll, Ontario

Favourite Ontario destination:

Sauble Beach

Find Chef Eva:

 @ridetowander



CHEF MICHAEL HUNTER

Chef /Owner Antler

Current gig:

Chef and owner,
Antler Kitchen & Bar

Culinary philosophy:

Wild food tastes better.

Proudest moment:

Being a dad

Guilty pleasure:

Chocolates, sweets... overeating
in general

Favourite Ontario dairy product:

Cheese

Favourite Ontario destination:

The woods

Find Chef Michael:

📍 @thehunterchef
thehunterchef.ca



CHEF JOSHNA MAHARAJ

Chef , Author & Activist

Current gig:

I'm most excited about my work
with The Communal Lunch
Project: communallunchproject.ca, helping postsecondary
students avoid food insecurity.

Culinary philosophy:

Everyone should eat food that's
wholesome, affordable and
delicious!

Proudest moment:

I was really proud the first time
a fresh, scratch-made lunch
tray was delivered to a hospital
patient.

Guilty pleasure:

90s pop, and I don't feel guilty
about it!

Favourite Ontario dairy product:

Butter

Favourite Ontario destination:

Don't make me choose just
one! Getting out on a boat over
sparkling water in Georgian Bay
is always soul soothing for me.

Find Chef Joshna:

📍 @joshnamaharaj



CHEF BASHIR MUNYE

*Culinary Professor, Chef
Activist*

Current gig:

Teaching in the Culinary
program at George Brown
College

Culinary philosophy:

Find your cultural food identity in
the composition of your dish.

Proudest moment:

Being the midwife (not by
choice!) and delivering my
youngest daughter, Lula

Guilty pleasure:

Emerald Grasslands butter...so
good

Favourite Ontario dairy product:

Fresco cheese from Monforte
Dairy in Stratford, Ontario

Favourite Ontario destination:

Black Creek Community Farm

Find Chef Bashir:

📍 @chefbashir
bashirmunye.com



CHEF JOSEPH SHAWANA

Professor at The School of Hospitality, Tourism and Culinary Arts at Centennial College, Board Chair of Indigenous Culinary of Associated Nations

Current gig:

All of the above, plus currently consulting with Wiikwemkoong Tourism

Culinary philosophy:

Respecting our food history, one plate at a time.

Proudest moment:

Seeing my son follow in my footsteps

Guilty pleasure:

Eating a big bag of chips

Favourite Ontario dairy product:

Butter

Favourite Ontario destination:

Wiikwemkoong Unceded Territory on Manitoulin Island

Find Chef Joseph:

@quell.now



CHEF TAWFIK SHEHATA

Executive Chef, The International Centre

Current gig(s):

Owner/Partner Julia's Child Family Food School

Culinary philosophy:

Keep it simple. Use the best local ingredients. Do as little as possible to them and let them shine. Knowledge is worthless unless it is shared.

Proudest moment:

When younger chefs tell me how I inspired them. Teaching kids how to cook and seeing them eat food that they never would have otherwise.

Guilty pleasure:

Hot dogs!!!

Favourite Ontario dairy product:

Cheese

Favourite Ontario destination:

Tobermory, Algonquin Park, Restoule Provincial Park

Find Chef Tawfik:

@tawfikshehata
 @juliaschildcooks
tawfik.ca juliaschild.ca



CHEF OLIVIA SIMPSON

Chef /Owner Ricky + Olivia Events

Current gig(s):

Ricky+Olivia popups and events, Feast ON Ambassador, Westcott Vineyards resident chef

Culinary philosophy:

Seasonal cooking and supporting farmers and producers in whatever region I am cooking in, collaborating and connecting with people through the sharing of food.

Proudest moment:

When Ontario Culinary's "50 Best Explores" came for dinner and we cooked our food for some truly inspiring and incredible chefs and judges.

Guilty pleasure:

Peanut butter

Favourite Ontario dairy product:

Blue Cheese

Favourite Ontario destination:

Ottawa, my hometown

Find Chef Olivia:

@rickyandolivia
rickyandolivia.com

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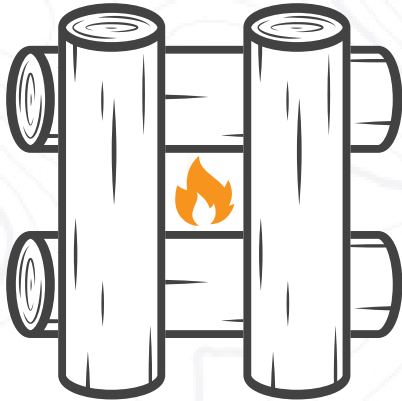


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COOKING FIRES IT'S ALL IN "THE LAY"

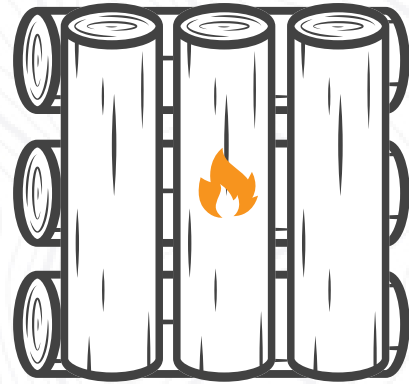
The secret to a great cooking fire is building a fuel log structure (called a "lay") that supports your grilling rack, provides even, consistent heat and nurtures a good bed of coals in the middle for cooking foil-wrapped bundles of delight. If you have a great structure, the means to light it, a good pair of long, sturdy tongs and a trusted grilling rack, you're in command.



THE LOG CABIN LAY

Many would argue that the Log Cabin campfire lay is king. Once it's blazing, it's fairly low maintenance and works itself down to a beautiful bed of coals in the centre while providing you with a stable and flat top to place your camp grill and cookware over.

Build it: Get a small, pyramid-shaped stack of tinder and kindling smoking first, then it's time to remember childhood hours spent with Lincoln Logs. Stack up to four interlocking walls of fuel logs or sticks around the kindling. Make sure your structure is low and even enough to support your cooking grill frame and pot or skillet.



THE PLATFORM LAY

Similar to the Log Cabin, the Platform lay is more like setting up a game of Jenga, with rows of three logs stacked in alternating directions that will slow-burn down the centre.

Build it: Lay three fuel logs close together in a row, then add another layer with three more logs facing the opposite direction. Repeat up to five layers. To light your fire, build a stick pyramid around a pile of kindling on the top of your platform and light it. Getting this lay lit can be a little tricky, but well worth it as it will burn slowly through the layers of your platform for a hot bed of constantly-renewing coals as it moves down the structure.

BUY LOCAL WOOD: PROTECTING BIODIVERSITY AT ONTARIO PARKS

In order to protect biodiversity and limit the spread of invasive species, it is forbidden to bring wood into Ontario Provincial Parks. You can always buy firewood at the Park Office though, so not to worry!

LEARN MORE.



WHICH WOODS BURN BEST?

Hardwoods are generally the best types of wood to use for a cooking fire. They burn slower and hotter, create less smoke and burn down to a beautiful bed of long-lasting coals.

Maple and ash are popular firewood varieties, and many campgrounds or neighbouring businesses will have bags of locally-sourced firewood for sale. Walnut, apple or other fruit woods add unique, smoky flavour notes to your meal.

FIRESTARTERS:

Good kindling is a crucial element of a quality campfire and to the experience of getting it going. Make sure you bring some along on your next culinary expedition:

- Dry leaves and grass
- Dryer lint
- Newspaper
- Wood shavings
- Fallen birch bark (Stripping bark from trees is a definite no-no.)
- Paper egg cartons
- Shredded paper or clean cardboard



PIT RULES: SMART & SAFE CAMPFIRE COOKING

- Look for and obey Restricted Fire Zone signs and check for local fire bans before you start any fire.
- Always have a bucket of water or sand nearby to quickly douse a fire.
- Never leave a fire unattended. Not even for a few minutes.
- Have a spray bottle handy for any flame flare-ups caused by oil and grease splatters and drips of fat. Alternatively, try avoiding foods that can produce a lot of grease and fat build up, and be sure to use proper fire-safe cookware rather than cooking right on a camp grill.
- Don't cook over naked flames to avoid burning your food or encountering unexpected raw pockets from uneven heat.
- Plan your meals around simple equipment and prepare your food ahead of time. Start marinades at home and pre-chop vegetables and store them in reusable containers to save time, mess and unwanted garbage outdoors.
- Don't forget tin foil. This multipurpose item can be used to line cookware, wrap fruits and vegetables for cooking directly in the coals and to make wraps for gently cooking proteins. If you're in a pinch, you can even mold it to form a basic pot or serving bowl.
- If you don't have a camp grill, you can use a flat, medium to large-sized granite, slate or marble stone slab. For best results, find one that is as flat and even as possible. Avoid other types of rock as these may shatter when heated.
- Make sure you invest in proper, quality utensils—nothing is worse than having your only set of tongs break when you're in the middle of turning your food over on the grill!
- The same goes for cookware. Low-quality cast iron pans and other cookware won't last as long and may rust or be harder to work with.
- Make sure to properly care for any cast iron cookware you have. Season them prior to your trip, clean gently with steel wool and be sure not to leave water standing in your pan after use.



THE PIE IRON: UNSUNG HERO OF THE FIRE PIT



PRO TIP:

For a little extra deliciousness, sprinkle a little Ontario-made Parmesan cheese on the buttered sides of your bread before adding your ingredients and cooking.



In our opinion, the glorious pie iron is a campfire culinary staple, as crucial to your outdoor kitchen kit as cast iron skillets, dutch ovens and marshmallow sticks.

What's a pie iron? Essentially, it's an analog sandwich press designed for use over a campfire. Typically available in hinged square, round and double-sized, rectangular metal press shapes, they have long handles finished with wood to keep hands cool and safely away from the cooking end.

Everything from pocket sandwiches and breads to stuffed French toast and sweet and savoury hand pies are fair game for this little gadget, but they are ideally designed for beautifully toasted and melty grilled cheese

sandwiches. The heat from the fire mixed with the woodsmoke enhances and elevates the flavour in these tasty pockets—one of the best (and easiest) ways to experience and experiment with local cheeses and seasonal ingredients.

To get you started on your pie iron journey, here are a few great Ontario-inspired ingredient combos to pack on your next trip to a provincial park or your backyard fire pit. Simply butter both outsides of your preferred bread, build your sandwich inside the pie iron, close firmly and cook over your campfire. Be sure to keep your iron away from direct flame and turn your iron often to avoid burning!

- Ontario Brie + Roasted Ontario Red Grapes + Rosemary + Balsamic Vinegar
- Ontario Mozzarella + Ontario Blue Cheese (crumbled) + Ontario Royal Gala Apple Slices
- Aged Ontario Cheddar + Homemade Sage Butter
- Ontario Brie + Pear slices + Walnuts + Honey
- Ontario Smoked Gouda + Local Bacon + Maple syrup
- Ontario Feta + Ontario Mozzarella + Spinach
- Ontario Provolone + Trail Mix + Local Greens
- Ontario Emmental Cheese + Spicy Sausage + Sauerkraut + Mustard





WOOD FIRE FRITTATA WITH ONTARIO BRIE

PREP TIME: 10 minutes COOK TIME: 15 minutes SERVES: 4

**CHEF
OLIVIA
SIMPSON**



Chef Olivia Simpson of Ricky + Olivia Events is a Feast On Chef Ambassador and brave lover of cooking with local ingredients over fire, in all weather conditions. Her cuisine is as creative as her method, and her signature twists on the foods we love will leave you craving more.

"Frittata is my go-to brunch dish—it's lighter than quiche, but when topped with Ontario Brie still delivers that indulgent decadence. This wood fire frittata is a quick and easy favourite—I love that it only uses one pan, making for a simple clean up. The frittata picks up a beautiful smoky aroma, cooking over the bbq grill or campfire, for a perfect summer dish."

Ingredients:

- 12 eggs
- 1/4 cup pesto (can use jarred store bought or homemade)
- 1/2 cup fresh mixed herbs (chive, parsley, thyme, rosemary, cilantro)
- 2 tbsp garlic, crushed or grated
- 1/2 cup Ontario sour cream
- 1 wheel of Ontario Brie, (usually sold in 125-200 g packages), cut in thick slices
- 2 tbsp canola oil
- Salt and pepper to taste

Method:

1. In a bowl, whisk eggs, pesto, garlic and sour cream until fully combined.
2. Place the cast iron skillet over the fire to get hot.
3. Add oil and evenly coat the bottom of the pan.
4. Pour in the egg mixture, cover with aluminum foil and cook over the fire for 10-12 minutes.
5. Remove the aluminum foil and top with sliced Brie. Return to the fire for an additional 5 minutes, or until the Brie is melted and the frittata is cooked in the centre.
6. Top with chopped fresh herbs.
7. Serve with roasted potatoes, grilled bread and a green salad for a full brunch spread.



WOOD FIRE FRITTATA WITH ONTARIO BRIE



UNLOCKING THE SMOKY DELICIOUSNESS OF CAMPFIRE COOKING WITH CHEF JOSHNA MAHARAJ



Chef Joshna Maharaj is one of Ontario's leading chefs and activists. She is recognized as a preeminent food rethinker and philosopher, delving into often overlooked kitchens in institutions and hospitals on a mission to overhaul our approach to the human right to nutrition without sacrificing efficiency. Less known, perhaps, is her rich personal relationship with the outdoors and camping in Ontario.

Chef Joshna and her family spent many summer weeks camping at Awenda Provincial Park, near Midland, Ontario. At home, her mother was the primary cook and access to sugary foods was limited. "When we went camping, all bets were off. My dad did a lot more of the cooking—because dudes and fire is always a thing—and we got to eat sugary cereal with milk in the morning. Camping meals were a rare opportunity for all four of us to get involved in the cooking. We favoured the log cabin build, with the starter in the centre made with dryer lint, egg cartons and paraffin wax. There was a family method, and we didn't mess with it."

Joshna considers herself a "full-on Girl Guide" with some of her happiest memories earned outdoors. "I have the knots and the badges and all of the things—I'm ready. I have recipes from the Girl Guide menu, jazzed up, of course. I remember putting a tarp over the woodpile to make sure the wood was dry in the morning to avoid a miserable situation. That got me tapped into the early morning on a campsite—that is the thing. We went camping as a family and my mom would always get up early to start the fire and have the coffee and the hot chocolate ready. What I love about this is making that fire, then letting it cool down and baking something on it in the early,

early morning. You have the beauty of the sunrise and the sweetness of that morning in the woods, and I also like that it's that time by yourself before everybody wakes up. It's a lovely thing to do as people are waking up in their tents. I love that moment in the morning to welcome people. It's just you and the fire and a cup of coffee hanging out with the trees and enjoying where you are."

You have to plan your menu well and ahead to take full advantage of the delicious, and Joshna has plenty of tips and tricks to share. "You need to choose things that are easy to put together," shares Joshna. "Keep it simple and choose recipes with few ingredients. I always prep the dry ingredients at home and pack them in freezer bags. That way, all you have to do is add the eggs, milk and other wet ingredients when you're ready to cook or bake. Also, choose things that cook quickly—muffins, griddle or pancakes or skillet corn breads work really well. Things that lend themselves to a bit of smokiness."

While many people associate camping cuisine with grilled or skillet fare, Joshna is as passionate about the potential of campfire baking. "My mom had this little tinfoil oven made out of a wine box—the kind that has the top like a door that flips open on one side. If you line it with tinfoil and put a plate of coals inside, you can bake a pizza in there or little biscuits or scones."

Her orange-baked muffin recipe featured in this Guide (see page 16) is really smart. "I like the infusion of the flavour of the orange into the muffin," shares Joshna. "Oranges are also great to pack on a camping trip because they last and stay relatively juicy for the length of the trip. I also like the idea of using the whole thing. My environmental senses are always heightened when I camp, particularly being more mindful about waste—how we generate it, how we deal with it. It's part of respecting the land."



"I LOVE THAT MOMENT IN THE MORNING TO WELCOME PEOPLE. IT'S JUST YOU AND THE FIRE AND A CUP OF COFFEE HANGING OUT WITH THE TREES AND ENJOYING WHERE YOU ARE."

Joshna also has an ingenious method for another common challenge—keeping vegetables, meats and dairy items cool longer in the outdoors. She recommends digging a hole about one and a half to two feet deep and storing your cooler inside where the temperature of the earth helps maintain the chill and keep foods fresh and cool. Another smart move is choosing less delicate ingredients and using the most fragile items at the beginning of your outdoor trip. Joshna has made mutter paneer, a classic Indian dish, in a cast iron skillet over an open fire. "You have the paneer, some fresh summer peas and a little tomato gravy. The paneer works because it's not as fragile and it's usually vac sealed so you can throw it in your cooler and bury it under an ice pack for a couple of days to hang out while you camp. The cheese takes on all that fiery goodness. It's delicious."

One of the most unique experiments Joshna developed in her youth in the outdoors was a technique she refers to as "analog sous vide." When their plastic milk bags were empty, they would wash them, get a pot of water

simmering over the stove and refill the bags with eggs, milk and salt, tying them off with an elastic. "It's essentially a sous vide egg on a fire, without any temperature control of course, but it coddles the eggs as they cook. The thickness of a milk bag is just like the vac bags you use for sous vide. We could do 12 eggs at a time that way and we'd just eat them with toast. It's a weird little hack for a lovely little omelette."

Resourcefulness and creativity are clearly among Chef Joshna's strengths. Once, as a teenager on a rugged wilderness camping trip—the serious kind where you canoe, portage and build your own shelter—Joshna's group's canoe overturned, dumping their food packet in the lake. Their whole menu was wet and randomly hashed together. Hungry, they huddled together around their fire, to see what could be salvaged to eat. "Picture six teenage girls with spoons over a random pot of raspberry cheesecake. Delicious."



ORANGE-BAKED HONEY SPELT BUTTERMILK MUFFINS

PREP TIME: 1 hour COOK TIME: 16 minutes YIELD: 6

**CHEF
JOSHNA
MAHARAJ**



Baked inside the peel of a juiced orange, these sweet, spiced campfire muffins are a fun and delicious way to greet the morning after a cool night outdoors. They're also perfect as a dessert, topped with fresh Ontario whipping cream!

"This is a great technique that infuses the muffins with a wonderful smoky orange flavour," says Chef Joshna. "Cardamom and orange are a perfect match in this perfect campfire breakfast. Enjoy the juice while the muffins are in the fire or add it to some sparkling wine for a breakfast mimosa."

Ingredients:

- 1 1/2 cups spelt flour
- 1/2 tsp kosher salt
- 1/2 tsp ground cardamom
- 2 tsp baking powder
- 1/2 cup buttermilk
- 1 large egg
- 1/2 cup vegetable oil
- 1/2 cup honey
- 1 tsp vanilla
- 6 navel oranges, 1/3 top sliced off, juiced and pith scraped out
- Heavy duty aluminium foil

Method:

1. Build fire and allow to burn for 45 minutes to 1 hour to create coals.
2. In the meantime, prepare oranges: slice 1/3 off the top of each orange, juice oranges, then scrape out pith. Tear 6 squares of foil that are large enough to wrap around one orange and set aside.
3. In a medium bowl, whisk together the spelt flour, salt, cardamom and baking powder.
4. In a pitcher, whisk together the buttermilk, egg, oil, honey and vanilla until combined.
5. Add the wet ingredients into the dry ingredients and stir just until smooth.
6. Fill each orange 3/4 full with muffin batter and wrap securely with foil, leaving a bit of room at the top for the batter to rise.
7. Nestle each foil-wrapped orange in the coals and cook for 8 minutes. Flip the packets over in the coals and bake for another 8 minutes. Pull one packet from the fire, carefully unwrap and pierce the centre of the muffin with a skewer. If it comes out clean, the muffins are done, if not, wrap muffin back up and return to coals for another minute or so.
8. Remove muffins from the fire and allow to cool. Unwrap and enjoy!

CHEF'S TIP: Save packing space, time and packaging waste by preparing your dry ingredients in advance of your trip. Store them in a reusable container and just add the wet ingredients when you're ready to bake!





ORANGE-BAKED HONEY SPELT BUTTERMILK MUFFINS



SLOW FOOD WITH FAMILY AND FRIENDS WITH CHEFS EVA CHIN & TAWFIK SHEHATA

CHEF EVA CHIN

Outdoor cooking is huge for Chef Eva, who grew up on a farm in Hawaii. Her food is inspired by her Samoan, Singaporean and Chinese cultural traditions and elevated by her extensive experience and incredible talent. Having recently moved on from her role as Chef de Cuisine at Kōjin, one of the Momofuku group of celebrated restaurants, she is busy working on launching her next project, a pop-up called The Soy Luck Club, a Chinese banquet-style supper club inspired by Amy Tan's beloved novel, *The Joy Luck Club*. Eva minored in literature and the book just stuck with her.

Eva's culinary philosophy is, "Community, culture and cuisine" and she keeps these three pillars at the forefront of her personal and professional offerings. Her food inspires a sense of nostalgia. "People comment that my food reminds them of something else they enjoyed when they were young or on their travels. It reminds people of somewhere



they've been—somewhere you've eaten, someone you've known or talked to. But maybe that's just food in general."

Chef Eva was raised by her grandmother, a well-known leader in their village. Cooking and gatherings were part of the everyday. "Definitely to me, the concept of "outdoors" was not heading out to a provincial park with a little gas grill. There's no MEC in Hawaii, we sleep in hammocks on the beach. It was basic instinct. At a young age, if I was hungry, my grandmother would say, "Well, there's food on the farm—go outside, take a stroll and

get yourself some food." Sometimes we'd go fishing overnight or for a few days and we'd just cook on the beach. Driftwood was a huge source for our cooking fires. It was very natural. Part of my Samoan and Hawaiian culture is having an imu, which is a hearth oven in the ground. Cooking on hot embers and charcoal is very common."

"I think there's a lot more preparation involved than people think when you're cooking outside. If I'm cooking on an imu, I have to soak taro or banana leaves overnight, or for days sometimes. I wrap the meat in



"THERE'S NO MEC IN HAWAII, WE SLEEP IN HAMMOCKS ON THE BEACH. IT WAS BASIC INSTINCT. AT A YOUNG AGE, IF I WAS HUNGRY, MY GRANDMOTHER WOULD SAY, "WELL, THERE'S FOOD ON THE FARM—GO OUTSIDE, TAKE A STROLL AND GET YOURSELF SOME FOOD."



layers of them and then I stack them very strategically—sometimes with pineapples and sweet potatoes in between—so the fire's not just hitting the meat. It's a labour of love, it's not about convenience. It's the opposite of convenience—it's going back to how our ancestors cooked; how settlers on our island cooked and how to appreciate the food. The first form of cooking I did on the imu was learning how to wrap laulau, which is kalua pork wrapped in taro leaves and Hawaiian sea salt. It's simple, but all the flavours you're getting from the land—the pork is wrapped in the leaves and those leaves impact flavour when they're steamed in it. All of this is part of the procedure, and it helps you understand what you are cooking and why—the stories of our people."

"Cooking outdoors brings people together because it invokes storytelling, nostalgia and memories. It invokes learning and sharing between cultures and people. When we stoked a fire, we were ready to feed 20 or 30 people—it was a luau. The act of feeding people—even strangers—is in my culture. You don't lock your

backyards in Hawaii; you don't. If you smell fire, you pop in with a beer, say, "Hi" and that's it—you can have free food. People don't bar hop in Hawaii, they barbecue hop. That's how we make friends and meet."

When asked what she is most proud of in her career, Chef Eva answers simply. "I cook with love and good intentions, I'm that kind of cook."

Check out Eva's incredible Campfire Roasted Ontario Whole Trout recipe made resplendent with Ontario butter on page 21.

CHEF TAWFIK SHEHATA

Chef Tawfik Shehata is a huge talent and an Ontario treasure. Executive Chef at The International Centre in Toronto, he is also an admitted "food nerd" and beloved instructor at his virtual cooking school, Julia's Child. Born in Cairo, Egypt, and growing

up on Scarborough Bluffs, Tawfik's knowledge and passion for cooking and utilizing Ontario food lore and ingredients is as unmatched as his sense of humour.

Chef Tawfik's family has a unique tradition. Every year, they head out to camp for a week. "We never return to the same campsite. We want to do different hikes near different lakes and streams. We want everything to be new every time."

For the chef and his family, camping trips are all about time. "There is nothing to do, other than spend time with your family in the outdoors. We sit around the fire in the afternoon, have a little lunch, let the fire die down and head out for a swim or a hike. You come back, get the fire going again and make dinner. It's very communal. Everybody contributes and everyone sits down together for dinner. It's a very slow pace. You don't have to eat dinner and be done by 8:00 because someone has to drive home. It's very relaxing, and food on the fire takes you back to the roots of cooking."

Chef Tawfik has two children under 10 years old and they're "very much nature kids". "It's very much an educational experience for them. I'm a bit of a nerd when it comes to details about, "this grows like this, take a look at this edible plant." We do a lot of walking and exploring and it's a lot of fun for them. They have their parents' undivided attention. The kids are also actively involved—looking for roasting sticks and helping with the food and connecting. We love this time together. It brings us closer; a chance to be in nature, to reconnect and disconnect. To cuddle them by the fire, stay up late and simply talk. Having the opportunity to chat about all we have seen and learned. It's just a beautiful family experience and one we cherish."

For Chef Tawfik, these trips are not a one-off exposure to nature and the bounty of Ontario. He also presides over a home garden

"WHEN WE GO CAMPING, IT'S ABOUT THE EXPERIENCE AND THE FOOD IS SIMPLE, OUTDOOR FOOD SO WE CAN SPEND TIME AS A FAMILY. WE CAN GO SIT ON THE BEACH AND WATCH THE STARS. IT'S ALL ABOUT SLOWING DOWN LIFE."



where he grows a wide variety of his own food. His heirloom tomatoes, eggplants and peppers are both gorgeous and delicious, though he'll tell you that sometimes, "the ugliest food tastes the best." He is deeply enmeshed in Ontario's local food community, from dairy farmers and growers to apiarists and craft brewers, and is always ready with a recommendation for purveyors of amazing local cheeses, or a source for arcane ingredients.

Chef Tawfik shares that he once did a pilot for a cooking show titled *One Pan Man* about a chef who travelled with just one pan to cook in, challenging his skills by mastering the art of minimalism. For newcomers to outdoor cooking, he shares the essential tools for campfire cooking success. "You have to take a dutch oven, a cast iron pan, some sort of grill grate and a long pair of tongs. That's it. When I camp, everything is minimal. That's all you really need, and I plan my food around my two pots. It's uncomplicated, but that keeps it interesting. If I brought 10 pots and pans, I'll use all 10 and I would also use a lot of

extra food. You're in the outdoors. It should be simple."

For this Guide, Tawfik, a Red Seal Chef, embraced simplicity and fun with his Cheesy Campfire Hotdog Stickbread recipe. It is essentially an everyday hotdog weiner wrapped in delicious handmade dough stuffed with cheese and butter, and it's delicious. "The recipe I chose is kind of silly, which is an essential ingredient when camping. It doesn't have to be elaborate. It's about the experience as a family. Less about complicated meal plans and more about making memories together. Life slows down, making time for star gazing and campfire tales."

"Cooking over fire takes a lot more skill than cooking on a barbecue or indoors", says Tawfik, "but the payoff is awesome. It makes everything worth it."



CAMPFIRE ROASTED WHOLE ONTARIO TROUT

PREP TIME: 15 minutes COOK TIME: 20-30 minutes SERVES: 2

CHEF
EVA
CHIN



Chef Eva Chin grew up in Hawaii, where she used this recipe and method for locally caught fresh seabream, seabass and snapper fish over a driftwood fire. It adapts perfectly well to Ontario trout and we promise you the slow process of cooking fresh fish over fire finished with a delicious warm butter sauce is well worth it.

"This recipe stems from a nostalgic dish from growing up on the island that has transformed throughout the years as I've migrated to different countries. Upon arrival on the great Turtle Island (Toronto), I've brought together Ontario freshwater fish and luscious dairy products. Perth County crème fraîche is my absolute favourite dairy product from Ontario and it highlights the sauce for this dish!"

Ingredients:

- 1x whole fresh Ontario trout (scaled, gutted, rinsed clean and patted dry)
- 3 x lemons, whole
- 1 bunch fresh dill
- 1/2 cup finely cut chives
- 2 shallots, peeled
- 3 garlic cloves, peeled
- 1 cup Ontario 35% cream
- 1/2 cup Ontario whole milk
- 4 tbsp crème fraîche
- 6 tbsp Ontario unsalted butter
- 2 tbs white miso paste
- 1/4 cup nutritional yeast
- 1 x 30g jar trout or lumpfish roe
- 1 sheet konbu (5"x 5" size)
- Salt, to taste
- Black pepper, to taste

Method:

1. Start and bring your camp fire to heat.
2. Bring a pot of water to a boil and soak konbu in hot boiling water for 30 mins.
3. Cut open the fish through the belly slit, and carve the top loin wide open to 'butterfly' the whole fish; discard the bones.
4. Season the fish with salt and black pepper to taste.
5. Place half a bunch of dill, garlic cloves and one whole lemon sliced into rounds into the center of the fish.
6. Close the fish back into a whole shape. Remove the soaked konbu sheet from the water, reserving 1/2 cup of konbu water. Wrap the fish in the soaked konbu sheet.
7. Wrap the fish again with a layer of foil to ensure that it is completely covered and protected from direct flames.
8. In a medium sized pot over medium heat over your fire, add the reserved konbu water, milk and cream to start simmering.
9. Finely dice shallots and place into the simmering cream and milk.
10. Allow the milk and cream mixture to start reducing on a medium simmer.
11. Place your wrapped fish on to the fire and monitor closely while cooking, turning it every now and then to maintain an even heat and protect it from burning.
12. When the milk and cream mixture has reduced by half, add in miso and yeast and stir very well until completely dissolved.
13. Fully zest two lemons into the milk and cream mixture; season with salt to taste.
14. Once your fish is cooked, let it rest in a rack without opening the foil so it will capture all the flavours of the dill and lemon.
15. To finish the sauce, whisk in the cold butter and crème fraîche until you have a nice glossy finish.
16. Finely chop the remaining dill fronds and add to the sauce along with finely cut chives, the juice of half a lemon, and, at last, the roe (caviar).
17. Swirl your pan to spread the sauce out—avoid using a spoon because you will mash the caviar into the sauce.
18. To serve, open the foil and unwrap the fish, opening it up to remove the garlic, lemon, and dill.
19. Pour some warm butter sauce all over the fish and enjoy!

CHEF'S TIP: *Konbu* or *Kombu* is a type of edible sea kelp featured in many East Asian dishes and is one of the main ingredients in dashi noodle broth. You can find it at East Asian and fine grocery stores!





CAMP FIRE ROASTED WHOLE FISH



FISHING

A LESSON IN MINDFULNESS, AWARENESS & RESOURCEFULNESS

For many, fishing is a wonderful, accessible way to disconnect from our busy lives and de-stress while being in a natural environment. It's an activity that forces us to slow down, practice patience and be mindful of our surroundings and the present moment. And, because the best places to fish are often a little off the beaten path, it's an excuse like no other to explore and learn about local landscapes and wildlife.

Not to be overlooked, fishing is also a great step toward understanding where our food comes from and truly appreciating what it takes to feed ourselves. Whether you prefer catch-and-release fishing or plan to take charge of the whole process of earning your own dinner, there's little doubt that fishing makes us a little more thoughtful and a lot more grateful for the food we eat.



In spite of what seasoned anglers will say, beyond a mandatory Ontario Outdoors Card and fishing licence, fishing doesn't require much skill or equipment to get started. In fact, many of Ontario's provincial parks have a Tackleshare program that allows beginners to borrow a fishing rod and tackle free of charge. What you do need before you head out is a thorough knowledge of fishing regulations, best practices and limitations, which you'll find on the Ministry of Northern Development, Mines, Natural Resources and Forestry website.

Ontario is rich in freshwater fishing, and there's something magical and elemental about the experience of heading off the beaten path in search of dinner. Fishing is also a wonderful family adventure that gives children and youth a hands-on lesson on biodiversity, conservation, discovery and resourcefulness that will last a lifetime. Whether or not we catch anything, we're still left with a feeling of achievement and relaxation from spending a few hours in the natural world and reminding ourselves that food is a gift and a privilege.



QUICK TIPS FOR COOKING FISH OVER A CAMPFIRE:

Cleaning and preparing your fish: If you plan on cleaning and filleting your own fish, it's important that you have a good, sharp knife. You want nice, clean cuts for less mess and less waste. Remember to remove all innards, intestines and organs completely before rinsing your fillets well in clean water and cooking.

The fire and the heat: Use a cast iron pan or skillet over a small, low fire to avoid scorching and wasting any of your catch by exposing it directly to flames. A camp grill placed over the fire will help control the heat and stabilize your pan.

Tin foil package: If you have (or don't want to clean) a pan or skillet, wrap your fish in some aluminum foil and cover it with ample Ontario butter to flavour the fish and keep it from drying out as it cooks. Experiment with some lemon slices and fresh herbs like dill, lemongrass, garlic and chives. Try adding local vegetables like zucchini, asparagus and cherry tomatoes to the same package! You can cook the foil packets on the grill or on the coals, just be sure to turn them frequently to avoid scorching.

To help protect the environment and Ontario's wildlife, always make sure you clean up after yourself. Make all efforts to retrieve broken fishing line or lost lures and bobbers. Abandoned fishing line and fishing equipment is harmful for aquatic species and can cause injury or death. Do your part to keep Ontario's waters clean and safe for all.

To obtain your Ontario Outdoors Card and fishing licence, whether for the full year or a temporary day pass, visit www.huntandfishontario.com



CHEESY CAMPFIRE HOTDOG STICKBREAD

PREP TIME: 30 minutes PROOF TIME: 90 minutes BAKE TIME: 10 minutes YIELD: 8-10

**CHEF
TAWFIK
SHEHATA**



For his twist on traditional campfire fare, Chef Tawfik Shehata levels up his unabashed love for the humble hotdog. Ontario Cheddar-infused dough is baked to perfection on a stick, then the stick is replaced with a perfectly sized, flame roasted hotdog perfectly nestled in warm and cheesy goodness. Pure, delicious genius.

"You can't go camping without hot dogs (at least I can't!). I wanted to do something that was a little different and fun, with unique and tasty results."

Ingredients:

1 tsp (5 ml) dried yeast (1/2 pk dry yeast)
1 tsp (5 ml) sugar
2 1/2 cups (300 g) flour, plus more for dusting
3/4 cup + 1 tbsp (200 ml) warm water (not more than 110°F (43°C)—warm, but not hot to the touch)
2 tbsp (30 ml) olive oil
3 tbsp (45 ml) Ontario unsalted butter, melted (if you use salted butter omit 1 tsp (5 ml) salt)
2 tsp salt (10 ml), divided
1 tbsp (15 ml) garlic powder
1 1/2 cups shredded Ontario Cheddar cheese
8-10 hotdogs (regular size, not the big ones)
Ketchup and mustard, as desired

Method:

1. In a large bowl, add yeast, warm water and sugar. Stir to combine. Let sit 15-20 minutes until you see some foam or a beige patch on the surface.
2. Meanwhile, in a separate bowl, combine the flour and 1 tsp salt.
3. Combine flour mixture with yeast and water. Knead until a smooth dough forms (about 1-2 minutes). If the dough is still sticky, add more flour 1 tbsp at a time and knead to combine.
4. Cover the bowl and let the dough rise in a warm place until it has doubled in size (about 1 hour).
5. Punch down the dough in the bowl and knead it back into a ball.
6. Turn the dough out onto a lightly-floured work surface, dust the top with flour and roll into a rectangle about 1/2 cm thick.
7. Brush with melted butter and sprinkle on the garlic powder, shredded Cheddar, salt and parsley (if using).
8. Fold dough in half to cover the butter and cheese mixture and roll again into a rectangle about 1/2 cm thick. Cut into 5-7cm (1 - 1 1/2 inch) strips along the shorter side. Find sticks that are the size of your hotdogs or a bit thicker. On your cleaned sticks, wrap the strips of dough like a coil or a spring. You may need to pinch the ends a bit so they stay together.
9. Cook the hotdogs on a grate over a medium-hot fire. While the hotdogs are grilling, prop or hold dough sticks over the fire, turning until all sides are browned.
10. When you are able to handle them, slide off the stick, insert hotdog and dress to your liking!
11. Enjoy!

CHEF'S TIP: Putting the cheese and butter inside the rolls helps minimize flare-ups. The strips of dough can be made beforehand and frozen, giving you more time to enjoy the great outdoors.





CHEESY CAMPFIRE HOTDOG STICKBREAD



PRIMITIVE PLEASURE: FOOD ON STICKS



Part of the joy of outdoor experiences is exploring opportunities to do everyday things simply and naturally, using often-overlooked resources found in abundance in a natural setting. Trees, of course, define the forest areas we love to visit, and the thin branches they shed are a wonderful resource for cooking differently.

Cooking with sticks can bring the whole family or group into the preparation process, with each person cooking their meal together at the same time. These are the moments that build community and enhance the experience of eating together.

The best part? No mess and probably no leftovers.

SELECTING AND PREPARING YOUR ROASTING STICK

When it comes to selecting a stick, pretty much any long, sturdy, natural stick will do. And, particularly as they will be used over fire, there's very little risk of contamination. Of course, you can also purchase reusable metal or wood roasting sticks.

To clean a natural stick, remove all loose bark, whittle the roasting end to a point with a camp knife, then 'cure' the roasting end in the fire to sanitize.



WHAT CAN YOU COOK ON A STICK?

Most of us associate sticks with roasted marshmallows, but why stop there? Basically, if you can skewer an ingredient, it's fair game for the flame. Meats, hard or grilling cheeses, vegetables, fruits and breads take on new flavours when cooked over fire. The woodsmoke and slower cooking process enhances and transforms the experience, texture and taste.

Bacon: You haven't truly lived until you've tried threaded strips of bacon (ribbon candy-style) on a roasting stick. Add ripe cherry tomatoes and grated Ontario Asiago cheese for a real treat!

Eggs: Cut an orange in half to make a bowl, scoop out the fruit and pith, then skewer it on a roasting stick on the diameter. Add an egg, sprinkle with shredded Ontario cheese, salt and pepper and cook in the 'orange bowl'.

Watermelon or pineapple: Skewer thick chunks of fruit on your roasting stick and add a cube of Ontario halloumi grilling cheese between each piece of fruit. You're welcome.

Potatoes: Make crispy garlic butter potato tornados! Skewer a large potato lengthwise on a stick. Using a sharp knife, cut an angled slit at the top of the potato and rotate the potato to create a spiral cut from top to bottom. Combine melted butter, crushed garlic and parsley in a bowl and generously brush the butter mixture on the potato. Sprinkle with Ontario Parmesan cheese and roast to perfection!

String Cheese: Skewer Ontario string cheese lengthwise from top to bottom. Then, wrap tightly with sliced prosciutto and roast until the meat is browned and the cheese is beginning to melt. Add some local asparagus to make it a meal!

Ontario Halloumi: Season large pieces of Ontario halloumi cheese with a little olive oil, chili flakes and sliced ripe tomatoes, then skewer on sticks and roast until browned and bubbling.

Bread: There's nothing simpler than wrapping a simple bread dough around a stick with Ontario cheese and fresh herbs tucked inside. You can make your own or pick up ready-made dough at a grocery store. Try it with Ontario Brie, Gouda, mozzarella or any local cheese—there are no rules and no limits.

Apple Pie & Cheese: Coat large chunks of Ontario apples in a mixture of Ontario butter and cinnamon, skewer on sticks and roast over fire until soft. Load a separate skewer with cubes of aged Ontario Cheddar cheese and roast until just beginning to melt. Serve together on a platter.

GRILLED ONTARIO HALLOUMI ON A STICK





A FEAST FOR THE SENSES: THE JOY OF FOOD OUTDOORS WITH CHEF MICHAEL HUNTER & CHEF JOSEPH SHAWANA

Ontario Chefs Joseph Shawana and Michael Hunter are among the kings of local food, with key differences in their culinary styles. Chef Joseph sums it up very well. “We both use the same ingredients, but we use different cooking techniques. Our flavour profiles are different, we layer things differently and we season things differently. My Indigenous cooking and Michael’s Canadian cooking are similar in our difference from the general restaurants that serve a four-page menu of every different cuisine. We are more hyper-focused on the ingredients themselves, asking how Canada’s or the Indigenous food system showcased in that restaurant or experience?”

The word “experience” may be the key distinction between these chefs’ personal cuisines and those of so many others. Joseph’s cuisine is rooted in Indigenous food, whereas Michael’s is focused on hunted, fished and foraged Canadian dishes. In conversation with both, it soon becomes clear that we’re talking about something different. It’s less about specific dishes or techniques than a holistic sensory experience. Both chefs are deeply knowledgeable about Ontario terroir, flora, fauna and foraging, and this knowledge has been earned over time by both. It would be understandable to assume that the type of cuisine they pursue is beyond the reach of regular cooks, but education is a gift both chefs are willing to share without reservation.

“I try and bring as much knowledge and history of what Indigenous food is and what are the stories behind the ingredients,” explains Joseph. “Like how wild rice became a ceremonial food and why we can’t eat berries, like strawberries, at certain times of the year – all of these different teachings and ceremonial rites that are tied into food. I think about how



we can honour those ingredients and bring their stories to the general public.”

Joseph has been busy teaching at Centennial College and in the fall, will be teaching a local, sustainable course that’s heavily Indigenous food-involved. His work with Indigenous Culinary Associated Nations (ICAN), a federal not-for-profit, is focused on educating up-and-coming Indigenous chefs interested in working in the Indigenous tourism sector to truly offer an authentic Indigenous culinary

experience. As each region, food source and tribe are unique, Joseph and the organization are working in collaboration with Indigenous chefs and leaders from coast to coast to develop a multi-faceted chef education and placement strategy that represents and reflects every region and culture as authentically and fully as possible and delivers the true taste of each region. “It’s going to take a lot of work, but we’ll get there. We want to make sure everyone is represented as they

should be. We don't want to put words in each others' mouths, so to speak. I know the story of The Three Sisters in my region, but the stories they have in Six Nations, which is not too far from Toronto, are completely different. All of our food systems are understood through stories."

Storytelling and the lore of food are essentials for all who wish to venture off the beaten path. Both chefs are experienced foragers with deep knowledge of the culinary delights hidden away in the wilds of Ontario. They've earned this knowledge over many years and are eager and enthusiastic to share it. "When I was a kid, we used to peel back the cedar tree and chew on the white inner membrane of the cedar," says Joseph. "It was very sweet. Wild licorice is delicious and tastes exactly like the real thing, but you really have to know your plants because wild hemlock looks pretty much identical. And you don't want to eat that."

When it comes to fire as the element of cooking itself, Michael lights up. "When

you're sitting around a campfire, you can't take your eyes off of it and when you're cooking over a fire, you can't help but be completely mesmerized by what's going on. Cooking outside is a lot slower, unless you're fire roasting a steak, but for me it's a much more enjoyable experience. Endorphins are heightened when you're outside. It's more of a sensory experience – you can smell the fire and the food, whereas in an oven you can't see inside; the food is just in there. I think visually seeing the process builds expectation the entire time you're watching dinner be prepared. It heightens the satisfaction when you actually get to eat it."

Joseph agrees. "For myself, cooking outside evokes and builds on memories from my childhood. During the summer months, my mom would cook a big meal outside for the whole family. Not just our immediate family, but our aunts, uncles and cousins and her aunts and uncles too. We built a fire pit for her with a steel grate and she would

cook everything from her soups, meats and bannock—the whole thing. Now, every time I cook outside, I get a flash of her cooking. It's a method that we survived on for thousands of years. When you're outside and you're cooking and you smell and see the fire and hear the crackling of the wood it really brings back memories. It's like when people sit and stare into the fire—everyone sees something different, and it's the same thing with cooking. When you put something in the oven, you just turn on the timer and you walk away and forget about it. Outdoors, it's the whole mixture of things that can't be defined. You're completely actively involved—adding wood to the fire or taking it away. You're controlling the heat and managing it, every step of the way."

When you cook outdoors, your body just feels happy," says Joseph. "It's like going back to your roots. When I went out to Pokagon, Michigan for an Indigenous food summit, we ate one hundred percent off the land, rendering the whole animal down for cooking



"ENDORPHINS ARE HEIGHTENED WHEN YOU'RE OUTSIDE. IT'S MORE OF A SENSORY EXPERIENCE—YOU CAN SMELL THE FIRE AND THE FOOD, WHEREAS IN AN OVEN YOU CAN'T SEE INSIDE; THE FOOD IS JUST IN THERE"



fat, tanning the hides, learning how to make tools and different needle points out of the bones—everything. When I was eating the food, it felt like my spirit was truly happy. It was meant for me to consume. I think when you cook outside, it does something to that effect.”

“There is definitely a higher connection when you either grow your own food or you’re out picking mushrooms in the forest or hunting or fishing your own meal,” Michael acknowledges. “I think there are a lot of subconscious emotions that take place that you don’t get when you go to the store and buy your food. I was just showing a picture to somebody the other day and my son caught his first fish all by himself. I was sleeping, he got up early and I told him to go fishing off the dock and I woke up to him screaming “Dad!!!” because he needed help reeling this thing in. He caught this humongous fish all by himself and when we ate the fish for dinner that night.

It was just this overwhelming feeling of “Wow. I taught my eight-year old son to fish and he provided dinner for the family tonight.” It was an incredible feeling of satisfaction. It was a really weird emotion and a lot of people really miss that connection with their food these days. When you buy food or order takeout, you have zero connection to your food and where it comes from and who made it. It’s a very different experience when you’re part of the growing, foraging, hunting or fishing aspect of it.”

Joseph’s son has been part of their hunting trips since he was an infant, in all seasons. “He knows the whole process of hunting, fishing and foraging and getting our food off the land, letting Mother Nature nourish our bodies when we need her to. He knows what Indigenous food is and he knows where his food comes from. I had to pick up another freezer a few weeks ago because a friend brought over two bear hides for me and we filled that freezer with even more meat. We have moose meat and I have some elk heart in the fridge I want to experiment with.”

While most of us will never have the opportunity to experiment with elk heart, Michael has some simple ideas for those who wish to begin to build their food knowledge. “Start simply by supporting local farmers and producers by making the time to shop local farmer’s markets and source local products and sustainable wild ingredients. For example, I just met a fisherman who fishes Lake Huron and Georgian Bay. He’s actually part of an Indigenous commercial fishery. I would much rather support that company because there’s a greater connection with a person I met at Trinity Bellwoods Park who has a family-run fishery than with a large corporation. Just getting to know your purveyor – the local butcher or the local fishmonger or farmer makes a difference. And, if foraging is intimidating to people, even just growing a small herb garden or a couple of tomato plants will really change the way you look at food. Having grown tomatoes myself every year

for a long time, I rarely buy tomatoes from a store, unless it’s a farmer’s market. They taste terrible when they’re picked far away when their green and ripen on a truck. It’s a totally different experience when you grow something yourself.”

When Joseph is on the hunt for pantry ingredients, he likes to head north to Manitoulin Island. “One of the stories we have is that the Creator created everything on Turtle Island first – plants, animals, humans; everything. Then he allocated Manitoulin Island as his own place for himself. That’s why we call it Mnidoo Mnising. You can find a great deal of natural wealth and ingredients. The geography of the island is so different from where we live in Wiikwemkoong where it’s more woodland with evergreens and maples to the more central part of the island where there’s more limestone and it kind of resembles farmers’ fields, and a lot of those are natural fields. Then you head toward the west of the island and it becomes more wooded again; more bush with cedars and evergreens. We have a whole ecosystem on the island so I like to just venture home as much as possible to forage the ingredients I like to use.”

By contrast, Michael grew up north of Toronto in Caledon, Ontario, and is a little saddened to see so many people encroaching on his formerly secret foraging grounds. “Once, I wouldn’t see anyone when I’d go out, but now I see 10 cars there. But truly, anywhere there’s green space, there’s food. Even something as simple as wild sumac or mint growing in the creek or dandelions. Once you’re a little educated and you learn what you can eat, you start to notice it all around you. I found huge Chicken of the Woods mushrooms growing in High Park in Toronto just walking the dog. People don’t even notice or see, and they walk right by. Meanwhile, I’m so excited because there’s like five pounds of these perfectly ripe mushrooms growing on a tree. They get tough and woody as they grow, but these ones were just perfect. I guess the fact no one noticed



"ONCE YOU'RE A LITTLE EDUCATED AND YOU LEARN WHAT YOU CAN EAT, YOU START TO NOTICE IT ALL AROUND YOU. I FOUND HUGE CHICKEN OF THE WOODS MUSHROOMS GROWING IN HIGH PARK IN TORONTO JUST WALKING THE DOG"

worked out for me! If you start to learn what's edible, you'll start to see it, even in the city."

When asked if the chefs might prefer to keep this food knowledge under wraps, Michael laughs. "Selfishly yes, but at the same time, I like teaching people and it's not mine to hoard either. It's coming from nature and the earth and should be shared with people."

As avid outdoors people and celebrated chefs, we wanted to know their must-have essentials for a minimalist trip into the wilds of Ontario. Laughing, the chefs acknowledged that this is "our dream." Chef Joseph chose wisely. "I just picked up a good cast iron dutch oven. That would definitely come with me, along with a good axe, a good knife, a tarp and a rod."

"I'd copy Joseph with a good dutch oven, a nice knife, an axe and some kind of grill or grate

to cook on for a nice outdoor set-up," Michael agrees.

When it comes to spices or flavouring agents, Joseph would find what he needs in the wild. "I would be sufficient just finding what I need. Most of the ingredients I have in my pantry are from the actual wild. I'd need some pine needle ash "salt", which is just pure pine needle ash that adds a little bit of sulphur. That's pretty much it." Michael would miss salt and would prefer to bring equipment over ingredients. "There's enough in the wild to flavour your food and create interest with. If we had to preserve fish or meat, I'd definitely want salt."

Michael's recipe in this Guide features his unbelievable Cheddar Corn Bread with a side of ribs. When asked the difference between regular pork ribs and wild boar, he gets into it.

"There was actually a breed of boar that was brought over from Germany and promoted to farm in Canada as an exotic meat in, I think, the 70s. I researched it for my cookbook, The Hunter Chef. The wild boar that are running around are not actually native. They're released farm animals. When pigs get out from pens, they are feral and self-sufficient, lasting through the winters. They don't have natural predators. The main difference between the two is their diet. Wild boar meat is more of a dark red than a pink, and their fat is more yellow than white. This specific breed has black fur and big tusks that grow out the side of their snout, whereas domestic pigs don't have those jaws and teeth. I find the meat has a richer flavour than regular pork, though they're actually very similar."

Joseph's Venison and Creamed Sunchokes recipe features his can't-do-without pine ash. It may be a new flavour profile for some, but it's a delicious gateway opportunity to expand your palate and your experience.

Chef Michael admits that of the culinary comforts he reserves room for in his kit, butter is a priority. "Butter makes everything taste better and it's shelf stable. I love cheese though too." Chef Joseph agrees. "Even when you're short on space, butter weathers the journey well, and is worth the little extra backpack weight."



SEARED PINE ASHED VENISON WITH CREAMY SUNCHOKES AND BUTTERY RAMPS AND MUSHROOMS

PREP TIME: 20 minutes COOK TIME: 30 minutes SERVES: 4

**CHEF
JOSEPH
SHAWANA**



More than most meals, dishes prepared in the wild over an open fire have the sensory power to create strong memories that transport us back to moments in our past. This dish by Chef Joseph Shawana is a gift from his past and the ultimate act of sharing and storytelling through food.

"Growing up on Manitoulin Island, hunting was—and is—our way of life. This recipe is based of a memory I have when I was a younger boy going out hunting with my family. I remember seeing my uncles process the whole deer. Fast forward a few years when I started cooking, I went out hunting and collected some pine needles as I was once told that if you make an ash out of them it will heighten the flavour of the meat. So I made a pine needle ash by wrapping a handful of fresh pine needle in foil and placing them into the coils, a few minutes later, when the smoke cleared, I uncovered the pine needles and used the ash inside to season the venison I was cooking. While I was out hunting I came across some nice mushrooms, and although they were not King Oysters but Chanterelles, I cooked them up with some ramps I got earlier that spring. And now every time I make this recipe a flash from my childhood comes to mind."

Ingredients:

2 x 6oz (170g) venison loins
2 cups (250 g) peeled and diced sunchokes
4 cups 35% Ontario cream
2 cups Ontario butter, divided
2 cloves garlic, crushed
2 1/2 cups (250 g) diced leeks
2 1/2 cups (250 g) King Oyster mushrooms
Coarse salt, to taste
Cracked black pepper, to taste
1 1/4 cup (150 g) pine ash (see Chef Joseph's method in notes at left)

Method:

1. Season venison loins with pine needle ash—you don't need much, just a light sprinkle. Add salt and pepper.
2. Bring a cast iron skillet to medium temperature, add 1 cup butter and melt. Once melted, add venison loin to pan and sear on all sides for 3 mins each side. Remove from heat and let rest while you make the sides.
3. In a medium-sized pot, add cream, diced sunchokes and crushed garlic. Simmer until fork tender (about 15 minutes). Remove from heat and mash with a fork until smooth and lump-free, then season with salt and pepper to taste.
4. In the same pan you used to cook the venison, add remaining 1 cup butter and melt at medium heat, then add in leeks and sauté for 5 minutes. Add in mushrooms—you want them chunky, so break off into larger pieces. Sauté for 5 minutes and season with salt and pepper to taste.
5. Plate and serve!



*SEARED PINE ASHED VENISON WITH CREAMY
SUNCHOKES AND BUTTERY RAMPS AND MUSHROOMS*



SMOKED CHEDDAR AND BUTTERMILK CORNBREAD WITH STICKY MAPLE CHILI AND BIRCH SYRUP BACK RIBS

**CHEF
MICHAEL
HUNTER**



Chef Michael Hunter is renowned for his food knowledge and ability to let the goodness of local, natural ingredients shine in his recipes. No surprise—this is the best cornbread we've ever tasted, and the ribs are divine. Taking our lead from Chef Michael, we encourage more adventurous foodies to substitute regular pork back ribs for Ontario-raised wild boar!

"Cornbread is one of my favourite BBQ side dishes, and that's probably because it's really more like a cake than bread. It's sweet from the corn and rich from the butter, with a hint of tanginess from the buttermilk. It's perfect for any BBQ or summer cookout."

Once you try dry roasting ribs over an open fire, slow cooking in a BBQ or using a smoker, you will never go back to braising ribs again. The flavour and texture are far superior and it's perfect for hot summer days when the last thing you want to do is stay inside and turn on your oven."

Smoked Cheddar and Buttermilk Cornbread

PREP TIME: 15 minutes
COOK TIME: 45-60 minutes
SERVES: 4-6

Ingredients:

1/2 cup Ontario butter
1 1/2 cups cornmeal
1 1/2 cups flour
2 tbsp sugar
3 tbsp baking powder
1 1/2 tsp baking soda
1/2 tsp salt
4 eggs
3 cups Ontario buttermilk
1 cup grated smoked Ontario Cheddar cheese

Method:

1. In a medium bowl, mix dry ingredients until evenly combined.
2. Cream soft, room temperature butter and sugar by hand, mashing butter into sugar with a whisk until fully combined and light and fluffy. Using a wooden spoon, mix until light and fluffy. Add one egg at a time, whisking each time until combined.
3. Fold or whisk in dry ingredients until combined - don't over mix.
4. Bake in a cast iron pan or bread pan at 375°F (190°C) until set. You can use a BBQ with a closing lid OR a cast iron pan with a cast iron lid set over a small amount of coals beside your cooking fire, placing extra coals on top of the lid to even out the heat.

Sticky Maple Chili and Birch Syrup Back Ribs

PREP TIME: 15 minutes + marinating time
(3-12 hours)
COOK TIME: 90 to 120 minutes
SERVES: 4-6

Ingredients:

2 racks Ontario pork back ribs
1 cup local maple syrup
1/2 cup birch syrup
1/2 cup brown sugar
4 tbsp smoked paprika
2 tbsp chopped thyme
2 tsp cayenne pepper
1 tbsp kosher salt
2 tsp cracked black pepper

Method:

1. Peel the membrane on the back of the ribs off with your hands and discard.
2. Rub the ribs with all of the spices, salt and pepper, brown sugar, brush with the maple and birch syrup. Marinate overnight, saving any remaining liquid from the marinade in the pan for brush while cooking.
3. Cook by roasting over low heat over coals or in a smoker for 1.5 - 2 hours until the ribs can be pulled apart. If the ribs are still tough after 2 hours, wrap with tin foil and cook for an additional 30 minutes to gently steam inside the wrap.
4. Brush the ribs hourly with the leftover syrup and liquid from marinating overnight.

CHEF'S TIP: If you need more liquid for brushing on the ribs, add a little maple syrup and melted butter to a bowl and mix.





*SMOKED CHEDDAR AND BUTTERMILK CORN BREAD
WITH STICKY MAPLE CHILI AND BIRCH SYRUP BACK RIBS*



THE TRAVELLING KITCHEN: PACKING LIST, TIPS AND TRICKS FOR A GREAT OUTDOOR COOKING EXPERIENCE



CAST
IRON
PAN



DUTCH OVEN

Whether you're a seasoned backwoods camper, dedicated backyard chef or starting your outdoor culinary journey, success in packing an outdoor kitchen is founded on just two things: simplicity and reliability.

In collaboration with our chefs and passionate outdoor cooks, we've put together a list of camp kitchen essentials, tips and hacks to help you achieve the perfect outdoor culinary getaway.

CAMP KITCHEN ESSENTIALS:

THE BARE MINIMUM:

- Dutch oven
- Cast iron skillet or pan
- A good knife
- Good, long-handled tongs
- Sturdy camp grill (for over the fire)
- Good camp axe (for wood and a great many other tasks)
- Reusable or compostable plates, cutlery and camp mugs
- Flint, lighter or waterproof matches
- Metal spatula
- Ladle
- Aluminum foil
- Water container

ESSENTIAL UPGRADES:

- Can opener
- Metal skewers
- Meat thermometer
- Portable camp grill (for over the fire)
- Pour-over kit, French press or fire-safe Turkish cezve
- Cutting board
- Scissors
- Pie iron



PRO TIPS:

Keep it cold. Rather than using bagged ice or frozen cold packs to chill your cooler, freeze drinking water and any foods and beverages that can or should be frozen to keep them and your cooler colder, longer. Avoiding a pool of water in the bottom of your cooler is an added bonus.

Three essential spices. Beyond simple salt and pepper, chili flakes are versatile and can be used in just about any meal to add a bit of heat. Cumin helps bring out a lot of flavours you'd otherwise miss in your camp meals and smoked paprika adds a bit of smoky sweetness that can't be beat.

Three crucial herbs. Perfect in scrambled eggs or added to a marinade for the perfect campfire steak, rosemary, thyme and sage are the top three herbs to tuck in your travel sack. They're versatile, handle heat well and add unique, earthy flavours to sauces, marinades, braises, rubs and soups or stews.

Zero food waste. One of the best ways to use up leftover proteins, vegetables, starches and grains is to make the ultimate breakfast hash. This can consist of leftover roasted meats and burger patties combined with cooked potato and rice and some grilled vegetables. Melt some butter in a pan and sweat off onions and garlic, then mince up whatever leftovers you're using and add it to the onions and garlic. Season it as you'd like (try using smoked paprika!) and cook until everything is browned. Top your creation with some Ontario cheese and serve it with a side of eggs!



Reusable food storage. Using reusable food storage containers and silicone sandwich bags is a great way to reduce the amount of waste in the outdoors. They help you keep certain foods fresh, stay organized and avoid cross contamination.

Aluminum foil alternative. If you run out or forget to pack aluminum foil and you want to cook up a nice piece of protein, wrap it in a few large leaves of lettuce or cabbage and place it on the bed of coals in your fire pit. The leaves will help keep your dinner from drying out. Better yet, try using banana leaves!

Meal and ingredient prep. Plan and prepare all meals ahead and prepare them for the cooking process in advance. Store cut/prepared foods in the same reusable containers you'll need to keep leftovers and transfer spices, herbs and ingredients needed in small quantities into smaller, labelled containers.

Multi-use containers. Look for collapsible buckets and wash basins for cooking and washing. They don't take up much space and you can use the water to put out your campfire before you head to your tent for some shuteye!

Leftover fruit. Make tasty grilled fruit skewers (yes, it's really a thing) with leftover pineapple, watermelon, peaches, apples or pears. Better yet, add some halloumi grilling cheese for protein! You can also make a simple yogurt dip by adding some smoky, savoury paprika or drizzle in a little local maple syrup or honey for a sweet, no-waste experience.



EDIBLE ONTARIO: FORAGING FOR WILD INGREDIENTS



If there's anything the last year has taught us, it's that resourcefulness, sustainability and thrift are areas we can all improve. Our kitchens and pantries are a good place to start. Food knowledge unlocks the untapped abundance of our province and is the key to growing our appreciation of the food we eat and further elevates the local milk, cheese, meats, fruits and vegetables, legumes and grains we recognize and celebrate.

Beyond the blueberries, strawberries and raspberries that grow wild on roadsides and forest meadows, Ontario is rich with wild, edible plants that can add flavour and nutrients to almost any meal, from salads and creamy soups to locally-inspired cheese and charcuterie boards. We walk by many of these species everyday, oblivious to their rich history of use as food and medicine.

Here are just a few of the forageable edibles that call Ontario home:



WILD GINGER | *ASARUM CANADENSE*

TRY: MAKING YOUR OWN WILD GINGER ICE CREAM FROM SCRATCH!

Harvest Time: Spring-Fall

Identification: Low-laying, colony-forming perennial that grows to only about 4-8 inches high. Each plant bears a pair of large, velvety, heart-shaped leaves and a single flower at ground level, hidden underneath the leaves.

Location: Moist, shaded areas near hardwoods across Ontario.

Flavour: Tastes similar to the ginger you would find in grocery stores, but a little woodier and earthier.

General Description & Uses: The edible, sought-after piece of this plant is the root. Indigenous people use wild ginger as a seasoning or to treat colds and fevers. The wild ginger rhizome is commonly used to make tea, and is used as a flavouring agent or ginger substitute. Flowers appear in May and can also be used as a flavouring agent.

Cautions: Can be mildly toxic if consumed in excess amounts (4.5 pounds worth, to be exact). Leaves may cause some skin irritation; wear gloves.





DANDELION | TARAXACUM OFFICINALE

TRY: DEEP FRIED DANDELION BLOSSOMS OR DANDELION SALAD WITH ONTARIO BLUE CHEESE, PECANS AND MAPLE VINAIGRETTE!

Harvest Time: Spring-Summer

Location: Hillsides, grassy areas, forest floor, backyards, roadsides across Ontario.

Identification: Can grow to 5-45 cm in height, with a long taproot and a rubbery stem containing a milky, white liquid inside. Grows a bright yellow flower at the top of the stalk.

Flavour: Dandelion leaves taste earthy and bitter - it's similar to endive or radicchio. The earlier they're picked, the less bitter they will be.

General Description & Uses: Leaves can be eaten fresh in salads (including the flowers), cooked into soups and stews or dried and used to make tea (young leaves are better as older leaves become bitter over time). When roasted in the oven for several hours, the roots develop a coffee/cocoa-like flavour, and when ground up they're good for making tea or as a baking ingredient. Stems can be boiled and used as a substitute for pasta.

Dandelion is thought to decrease blood pressure, blood sugar, and cholesterol. The leaves of dandelion plants grown in shady areas are less bitter than the leaves of plants grown in sunny areas. You can dry or freeze dandelions to preserve them for later use.

Cautions: Avoid eating dandelions from lawns or urban areas where pesticides and pollutants may have been used. Avoid dandelions if you have a sensitivity to latex as the milky liquid in the stem contains natural latex.



COMMON EVENING-PRIMROSE | OENOTHERA BIENNIS

TRY: MAKING YOUR NEXT AU GRATIN WITH EVENING PRIMROSE AND OTHER ONTARIO ROOT VEGETABLES!

Harvest Time: Summer

Location: Tends to appear on disturbed or waste land where there is sun, thin soil, and good drainage as well as along Ontario roadsides.

Identification: Grows to about 0.5-1.5 metres in height, with a hairy stem. The leaves are slightly toothed at the margins and are attached directly to the stem with a leafy spike of large yellow flowers at the top of the plant.

Flavour: The roots of this plant are edible and said to resemble those of the salsify plant, both in its appearance and their parsnip-like taste. Young shoots have a peppery flavour and should be used sparingly.

General Description & Uses: The roots, which are similar in taste and texture to parsnips, can be eaten raw or boiled for two hours (changing out the water several times lessens the peppery flavour). Cooked roots can be fried, pickled, roasted, and served as a side dish, added to soups and stews or candied in syrup. Young leaves, flower buds, and green pods can all be boiled like other leafy greens (be sure to change the water several times), and can be used in salads.

Native to North and South America, Evening Primrose was brought over to Britain and Germany by early colonists who learned of its uses from the Indigenous North Americans, who used the whole plant in poultices to help heal bruises and wounds.

Cautions: Avoid harvesting from lawns or urban areas where pesticides and pollutants may be present.



RED CLOVER | TRIFOLIUM PRATENSE

TRY: ADDING RED CLOVER AND GARLIC TO YOUR PLAIN ONTARIO CREAM CHEESE!

Harvest Time: Spring-Summer

Location: Fields, pastures, roadsides and backyards across Ontario.

Identification: Grows to about 5-40 cm in height, with hairy stems. Has the classic clover leaf with three leaflets, and light green V-shaped markings on each of the leaves. The flower is usually round and red/pink in colour.

Flavour: Floral and bean-like.

General Description & Uses: The flowers can be eaten raw in salads, made into a detoxifying tea, or can be lightly battered and deep fried. Clover is thought to reduce bad cholesterol and the plaque that causes heart disease. The leaves and flowers can be dried and stored for later use. This incredible flower is a wonderful source of several nutrients and dietary fibre.

Cautions: Only consume the leaves and flowers in moderation as they may cause bloating. Avoid eating clover if you're pregnant or nursing as it can affect the hormonal balance of the body.



GARLIC MUSTARD | ALLIARIA PETIOLATA

TRY: ADDING A FEW YOUNG GARLIC MUSTARD LEAVES TO YOUR HOUSE-MADE PESTO!

Harvest Time: Spring-Early Summer

Location: Open forests, trails, backyards, roadsides and creek-sides across Ontario.

Identification: First-year plants produce a rosette of dark green, kidney-shaped leaves with scalloped edges. Second-year plants produce white, four-petal flowers in May and grow a stem 0.3-1.2 metres high with triangular, sharply toothed leaves. Lower leaves are broad, kidney-shaped and up to 10 cm across. Upper leaves are triangular and 5-10

cm across, narrowing toward the tip.

Flavour: Slight garlic flavour, mild bitterness.

General Description & Uses: Garlic mustard is an invasive herb native to Europe. It was brought to North America in the early 1800s for use as an edible herb. Since its arrival in North America, it has escaped into the wild and is now one of Ontario's most aggressive forest invaders. Luckily, Garlic Mustard is quite delicious and people are encouraged to forage and use it.

The flowers, leaves, roots and seeds are edible; however, when hot weather arrives, the leaves take on a bitter taste and are better cooked. The leaves are a great addition to pesto recipes and the flowers can be chopped and tossed into salads. The root can be eaten from spring to fall and has a pungent, horseradish flavour, especially when mixed with white vinegar.

Cautions: Just like spinach and almonds, garlic mustard contains small amounts of cyanide, so be sure to eat it in moderation. Avoid eating if you suffer from kidney issues or disease.



BLACK TRUMPET | CRATERELLUS CORNUCOPIOIDES

TRY: USING BLACK TRUMPET MUSHROOMS IN YOUR RISOTTO!

Harvest Time: Summer–Fall

Location: Hardwood forests, near streams and mossy areas, areas with lots of deadfall and along trails across Ontario.

Identification: This edible fungus has a distinct funnel or trumpet-shape and can appear black, grey or brown in colour. The top edges of the mushroom are rolled outwards. Black trumpets are somewhat unusual as they do not have gills. Instead, the underpart of their cap is smooth or just a bit wrinkled.

Flavour: Rich, nutty, smoky flavour.

General Description & Uses: The Black Trumpet mushroom is a distinctly trumpet-shaped member of the chanterelle family. Known as the “poor man’s truffle,” black trumpets have a rich, smoky aroma. Black trumpets have one of the most potent flavours of all wild mushrooms, especially when they’re fresh. They are perfect for enhancing soups, sauces, butters, salads and pastas. They are also very easy to preserve if you have a bountiful harvest, just remember to rehydrate them in warm water when needed. There are no poisonous look-a-likes, making this a great mushroom for beginners to identify; however, they’re not always easy to find. Their dark colour and shape can make them look like little black holes on the forest floor.

Cautions: Can be sometimes confused with *Urnula Craterium*, the Devil’s Urn. Luckily, the Devil’s Urn is not poisonous, it just has an unappetizing flavour. Devil’s Urns have a more cup-like appearance when fruiting in the spring (Black Trumpets fruit in the summer and fall).



LAMB’S QUARTERS | CHENOPODIUM ALBUM

TRY: ADDING A FEW LAMB’S QUARTERS LEAVES TO ANY YOGURT SMOOTHIE OR BOWL!

Harvest Time: Summer

Location: Forest clearings, gardens, near rivers and streams, fields, waste places and disturbed soils across Ontario.

Identification: Grows to 3-5 feet and is a branching annual with a grooved stem which is often tinged with red, particularly at the node (the leaf joint). The leaves have alternate, triangle to diamond-shaped leaves that are coarsely toothed or shallowly lobed. The leaves have a whitish-grey powdery coating, which is especially noticeable on emerging young leaves.

Flavour: Earthy flavour similar to chard or spinach.

General Description & Uses: The leaves, shoots, seeds and flowers are edible. Lamb’s quarters can be eaten in modest amounts in salads or added to smoothies and juices. You can steam this edible weed or it can be added to soups and sautés. This nutritious plant can also be dried and added to your meals throughout the winter or the leaves can be blanched and frozen.

Cautions: Saponins in the seeds, similar to those found in quinoa and legumes, can irritate your stomach if you eat too much, so take it easy. Raw leaves should be eaten in small amounts as they contain a small amount of oxalic acid that is eliminated during the cooking process.



JERUSALEM ARTICHOKE (OR SUNCHOKES) | HELIANTHUS TUBEROSUS

TRY: CHEF JOSEPH SHAWANA'S CREAMED SUNCHOKES RECIPE ON PAGE 32.

Harvest Time: Spring-Fall

Location: Moist meadows and valleys in Southern Ontario.

Identification: Jerusalem artichoke, also known as a Sunchoke, is a perennial plant that reproduces by seed and by fleshy rhizomes (underground stems) which bear small, potato-like tubers. The stems are stout, 1-3 metres in height, and become woody over time. The leaves are simple, rough-hairy and oval to lance shaped, with coarsely toothed edges. The flower heads are bright yellow and resemble a sunflower, but are smaller and produced at the ends of stems and axillary branches.

Flavour: Jerusalem artichoke tastes slightly nutty and savoury, somewhere between an artichoke heart and a potato.

General Description & Uses: Unlike regular potatoes, Jerusalem artichoke tubers are not affected by freezing and thawing. You can leave them in the ground and get them whenever you want, as long as the ground isn't too frozen. If you decide to put them in your freezer, make sure that they are not washed and still have some dirt on them; this prevents them from getting mushy. If you store them for long periods of time, they will become sweeter. Similar to other tubers, Jerusalem artichokes are best cooked; however, they can also be eaten raw in salads or smoothies. Sliced thinly, they can have a crispness to them that is similar to a radish. They become somewhat mushy when boiled, so roasting is a better method of cooking as it adds depth to the flavour by caramelizing some of the natural sugars the tuber produces. You can also make thin-sliced sunchoke chips by baking them on a cookie sheet with a little oil and salt.

Jerusalem artichokes were (and are) an important food for Indigenous peoples and were among the first foods Europeans brought back to Europe.

Cautions: Jerusalem artichokes are high in inulin, a type of carbohydrate that causes gas and bloating. This effect seems more common when the tubers are eaten raw, so go easy the first few times you serve it in a salad or smoothie.



THINKING OF HITTING THE FOREST TRAIL?

Do your research and forage with confidence and respect.

Foraging is a fun and educational way to supplement your diet with natural ingredients. Before hitting the trails, get informed and make sure you forage with the ecosystem in mind and take only what you can use.

- Unless authorized, foraging is not permitted in provincial parks.
- if you are foraging in parks or on private property, always make sure you have permission.
- Avoid foraging in areas where there may be pesticide use or a nearby waste area. Many plants have the ability to absorb nutrients and toxins from the soil, so make sure the environment is clean and natural.
- Depending on the plant species, be sure to leave root systems and bulbs in the ground to ensure they will grow back the following year and, if they have produced seeds, leave some behind.
- Forage with care and respect for the ecosystem and be sure the species you harvest are not protected or restricted from harvesting.



EMBRACING THE CHAOS OF ELEVATED OUTDOOR CULINARY EXPERIENCES WITH RICKY + OLIVIA



**ONTARIO
"HAWAIIAN" PIZZA**

Chef duo Ricky Casipe and Olivia Simpson, professionally known as Ricky + Olivia, preside over the culinary program at Westcott Vineyards in Jordan Station, Ontario. Similar to nomadic winemakers, they draw inspiration and infrastructure from the winery and surrounding terroir, but the food experience is all their own, and theirs is no ordinary kitchen.

During warmer weather months, guests experience their menu outdoors on the patio, with the chefs and their team serving directly from their fully outdoor kitchen—in the sun, rain and in high winds—for all to see. Outdoor cooking kind of just fell into our laps," says Olivia. "We're both from traditional restaurants and are pretty much city people. When we started cooking barbecue, that kind of triggered it. I fell in love in love with outdoor cooking at the Rural Retreat for Feast On at the Terroir Symposium. It just seemed to be such a communal thing. Now, it's become such a huge

part of our well-being. It really grounds you. I don't know why being outdoors and cooking over a fire is so connective, but I think people feel really rooted—even just having a piece of grilled bread and that slower pace—it's not just toast."

The menu is signature Ricky + Olivia, with playful dishes created from a sense of fun and elevated irony that's completely credible and utterly delicious. For example, one of their most popular dishes this year is the "Big Mac" Steak Tartare. "At the Westcott patio, we're focused on elevating rustic dishes,"



says Chef Ricky. "We pay a lot of attention to the ideas behind our food and we're always playing with these wacky, nostalgic flavours and food memories. We poke some fun and encourage our guests to expand on what's familiar. In Toronto, foodies would get the idea of the tartare right away, whereas here, they understand the idea after they try it." Other popular menu items include their Ontario "Hawaiian" Pizza and BBQ Smoked Half Chicken with hot sauce beurre monté and garlic and dill crème fraîche. "I LOVE our BBQ half chicken," says Olivia. "Ricky created it this year and it's been a huge hit. You get this awesome char from the grill and the wood oven. It's fantastic."

While many of us will spend this summer close to home, there is much we can take away from Ricky + Olivia's bold and tenacious approach, even in our own backyards. The chefs' recipes in this Guide, Wood Fire Charcuterie Skewers and a Wood Fire Frittata featuring Ontario-crafted Brie cheese, are a perfect example of how traditional food ideas and cooking methods can be hacked for outdoor cooking, with even better results. The trick is to allow the chaos of outdoor cooking—the unpredictability and the extra effort—become part of the dish and food experience. That element of chaos has been ingested into the Ricky + Olivia guest experience, which starts the moment guests realize they will be dining in a true outdoor environment, under a tent. There are no walls, and barely a roof. "Recently, it poured rain at 6:30, just as our big seating started," shares Ricky. "It rained sideways as we seated the dining room, and

no one was upset. It's almost a fun thing, and such an experience for the guests to see the rain literally blowing into the grill and the team trying to keep the fires going and their food dry. We're having a terrible time, but to them it's a kind of a show. They're super nice and patient, actually."

The relationship between Westcott and the chefs is symbiotic, with Ricky + Olivia sourcing their firewood from a forest lot on vineyard land as part of their forestry management strategy. "We use ash wood," says Olivia. "It burns very quickly and very hot, so we go through a lot of it. During the winter, Ricky and I spend a lot of time chopping down wood to have enough wood for the summer. The fact that we have to chop our own wood increases our own connection and makes us appreciate every log that goes on to the fire. Sometimes we have peach, walnut or other fruit wood, which gives off a beautiful aroma."

Ricky attributes some of the success of their experience to the smell of the wood fire itself. "You can have the best grill in the world and it won't come close to a wood-fire meal. The

moment guests walk in, they comment on the smell. It's the campfire that hits their senses first—they're not even smelling actual food yet. Then, they watch the meal prepared, cooked and served and have the opportunity to engage with the kitchen team and ask questions. You are literally creating and manipulating the element needed to cook your food. You're not hitting an igniter or turning on a stove or an oven. By the time you get to enjoy the food, you'll taste a massive difference. They say open kitchens help guests appreciate the food more, but this takes the experience and storytelling to the next level."

Guests love the story behind a meal and its ingredients. As Feast On Chef Ambassadors, Ricky + Olivia's menus feature local produce, meats and cheese sourced from Upper Canada Cheese just down the road from the vineyard as well as other Ontario local food gems sourced from across the province. Storytelling is an important part of their menu design and a common area of interest for any cook interested in creating a special experience. Olivia believes these stories and tips on



"IT MAKES YOU MORE HUMBLE ABOUT FOOD. IT'S SO DIFFERENT FROM ANYTHING I'VE DONE AS A CHEF. I THOUGHT IT WOULD BE A CHALLENGE, BUT I DIDN'T KNOW WE WERE GOING TO BE HERE FOR MORE THAN THREE YEARS. AS A YOUNG CHEF, YOU'RE ALWAYS TRYING TO BE BETTER THAN THE LAST CHEF. NOW I CAN LAUGH WHEN WE'RE WET, AND THE GARNISH IS BLOWING OFF THE PLATES."

where to find some of Ontario's best are an important part of their offering. "We try and use as many local and seasonal ingredients as possible and share our favourite local roadside food stops with our guests. We also have a chefs' garden beside the kitchen. A lot of our herbs, garnishes and vegetables come from Westcott's chefs' garden and guests can take a walk through and see what's going to be on their plate."

The particular challenges of offering an outdoor-only experience have gifted the chefs with a sense of humour. "For example," says Olivia, "yesterday was super windy and guests were asking what they should order from the menu. I said, "Well...maybe not the salad because it won't make it to your table. Order heavier things that will stay on your plate. We really work hard to set guest expectations correctly." Ricky agrees. "It makes you more humble about food. It's so different from anything I've done as a chef. I thought it would be a challenge, but I didn't know we were going to be here for more than three years. As a young chef, you're always trying to be better than the last chef. Now I can laugh when we're wet, and the garnish is blowing off the plates."

If you're lucky enough to live in or visit the Niagara region, we strongly recommend you make reservations, because the word is out that this kitchen is one of the hottest in Niagara.

HOW TO CREATE THE ULTIMATE BACKYARD LOCAL FOOD EXPERIENCE:

Embrace wood fire cooking. Try and do the entire meal without using a barbecue or any indoor equipment. It's true that calamity may strike; embrace it as part of the experience. Preparing and cooking around a fire is not only a wonderful social activity, it delivers the greatest pay off when you sit down to enjoy.

Try a little placemaking. Instead of eating from plates on your laps around the fire, create and decorate a special seating area. Cover the ground with outdoor rugs and mats and use wood palettes or low tables made from plywood elevated with bricks or stones. Drape fairy or solar lights in trees around your table. Cover the table with a vibrant assortment of tablecloths or other textiles and accent with garden or wildflowers, lanterns and tea lights in votives. Seat guests on cushions and pillows to enjoy their meal.

Celebrate your region on a board. Cheese and charcuterie boards are a beautiful way to showcase a wide variety of local foods, and the presentation lends itself perfectly to storytelling as your guests sample from the board. Pair with local Ontario wines, if desired. Boards featuring Ontario cheeses and local, artisanal ingredients are also an efficient appetizer to be enjoyed while you stoke your wood fire.

Enjoy coffee and dessert by the fire. When dinner is done, prepare and serve dessert and coffee over the fire. The slower process will build anticipation for what's next and is a natural segue into great stories told in the darkness by firelight. Pie iron pastries with ice cream, dutch baby griddle cakes topped with whipped cream or pastry rolls with butter and cinnamon sugar wrapped around sticks are always a hit!





WOOD FIRE CHARCUTERIE SKEWERS

PREP TIME: 15 minutes COOK TIME: 8 minutes SERVES: 4 (makes 8 skewers)

**CHEF
RICKY
CASIPE**



Chef Ricky Casipe of Ricky + Olivia Events is a Feast On Chef Ambassador known for his playful takes on classic recipes and dishes. His Wood Fire Charcuterie Skewers take charcuterie boards a step further, grilling the ingredients to tease out even more deliciousness.

"When camping, the thing I look forward to the most is sitting next to a fire by the lake and roasting spider dogs. This is when you split a skewered hot dog, leaving the centre uncut. As it cooks it becomes grilled and charred and resembles an eight-legged spider. My Charcuterie Skewers are a play on this fun and nostalgic dish, but instead fancied up by using local Ontario charcuterie and cheese and building them into a skewer, grilled over an open flame with all the works."

Ingredients:

16 slices mortadella (you can substitute with salami)

16 slices prosciutto

24 1-inch cubes (about 1 large block of cheese) Ontario gouda, (you can substitute with Ontario Cheddar or halloumi)

1 bunch Ontario asparagus

1 jar sundried tomatoes

12 marinated green olives, pitted

1 baguette, cut into 1 or 2-inch cubes

1/4 cup mayonnaise

2 tbsp dijon mustard

Salt and pepper to season

Method:

1. Skewer charcuterie, cheese, asparagus, tomatoes, bread and olives, alternating as you add them to the skewer, until the skewer is full. Lay out on a tray, ready to grill.
2. To make your dijonaise, in a small bowl, mix dijon and mayonnaise, until evenly combined. Season with salt and pepper to taste. Set aside until ready to serve. You can also purchase ready-made dijonaise, if you prefer.
3. Once your grill or campfire is hot and ready, on a grate or rack, grill skewers for 3-5 minutes on each side, or until the vegetables, bread, cheese and meats are tender and hot and grill marks appear.
4. Serve hot and with dijonaise for dipping.

CHEF'S TIP: Fold the mortadella and prosciutto in half or in quarters before adding to the skewer and leave a little bit of space between each piece so as to not overcrowd the skewer.





FOOD FIRE CHARCUTERIE SKEWERS



CHEESE & EGG “MEATBALLS” WITH NAAN ON A SKILLET

**CHEF
BASHIR
MUNYE**



In this regional Italian dish known as “polpettine cacio e uova,” the cheese and egg fritters are gently stewed with the summer vibrance of ripe heirloom tomatoes and fresh herbs. The light, creamy taste of Ontario-crafted Asiago and ricotta cheese with local eggs and breadcrumbs can be enjoyed on its own or as a snack.

“Two can enjoy this recipe as a meal (9 x 30g pieces each) or serve it with a naan and side salad for four—that’s four polpettine per person with two extra to fight for! Polpettine can also be added as a garnish in some of your classic soups such as broccoli and Cheddar or cauliflower and Parmesan.”

Cheese & Egg “Meatballs”

PREP TIME: 10-15 minutes

COOK TIME: 15 minutes

SERVES: 2-4

Ingredients:

1 cup (225 g) Ontario ricotta

2 cups breadcrumbs

4 large local eggs

2 + 1 garlic cloves

6 to 8 sprigs fresh parsley, finely chopped

6 to 8 bunches of basil, hand torn

Sunflower oil for frying

4 1/2 cups (2 lb) roughly chopped, ripe fresh Ontario heirloom tomatoes

1/4 cup olive oil

1 bird eye chili

1 medium size onion, finely chopped

Salt, to taste

1/2 cup grated Ontario Asiago

Method:

1. In a bowl, combine cheese, breadcrumbs, eggs, 2 cloves of garlic and parsley and mix thoroughly. Form the mixture into golf-size balls and set them on a wax paper-lined tray. You should end up with 18, weighing about 30 g (1 oz) apiece. Chill for 30 minutes.
2. In a deep, cast iron skillet, heat 5 cm (2 inches) sunflower oil to 190° C (375° F). Line a plate or baking sheet with paper towels. Fry the cheese balls, in batches, for 1 to 2 minutes, until golden brown, turning them as they cook for even browning. Using a slotted spoon or skimmer, transfer cheese balls to the paper towel-lined plate to drain briefly.
3. In a skillet or frying pan, add olive oil and onions and cook at a low heat for 1 minute. Add 1 clove garlic and chilies and cook for an additional minute. Add tomatoes, season with salt and cook at medium heat for 3 minutes. Add the cheese balls, stir gently and simmer for 5 to 10 minutes (depending on how ripe the tomatoes are).
4. Check for seasonings, then enjoy the polpettine and sauce in shallow bowls, topped with fresh basil and grated Asiago on top.

See Chef Bashir’s Naan on a Skillet recipe on the next page.

TIP: Bird eye chilis are available in two nearly identical varieties—African bird eye (peri-peri) and the Thai chili. They have a Scoville Heat Scale rating of 50,000-100,000 units – about 10 times hotter than a jalapeño or half as hot as a habanero. It’s a good idea to wear gloves when handling chilis as the capsaicin—the component of the plant that causes its heat—can irritate skin.





CHEESE & EGG "MEATBALLS" WITH NAAN ON A SKILLET (CONTINUED)

**CHEF
BASHIR
MUNYE**



Skillet bread is one of the simplest, most delicious companions to a meal prepared and enjoyed outdoors. Chef Bashir's 'Naan on a Skillet' is a wonderful companion to his Cheese & Egg Meatballs and tomato sauce, but we promise you'll make and enjoy this versatile bread with many meals to come!

"You can top your naan with anything your heart desires, from simple roasted garlic, ghee, chili oil and sesame to peanut butter and jam. Turn it into a pizza with your favourite toppings or classic chocolate hazelnut spread and marshmallows and bake for 30 seconds."

Naan on a Skillet

PREP TIME: 1 hour 20 minutes

COOK TIME: 2-3 minutes per side

YIELD: 8 pieces

Ingredients:

1 tsp sugar

1/2 cup warm water

2 1/4 tsp active dry yeast

2 1/4 cups all-purpose flour

1/2 cup plain Ontario yogurt (any recommendation on type/fat content?)

1/2 tsp salt

1 tbsp olive oil

Some sunflower or grapeseed oil, for greasing the skillet

3 tbsp melted Ontario butter

Method:

1. In a small bowl, add the sugar, warm water and yeast together. Stir to combine well. The yeast should be activated when it becomes foamy (about 10 minutes). Transfer the flour to a flat surface and make a well in the middle. Add the yeast mixture, yogurt, salt and oil, and knead the dough until the surface becomes smooth and shiny (about 10 minutes). Cover the dough with a damp cloth and let it rise in a warm place (for example: in the sun or somewhere fairly warm but not in direct heat). The dough should double in size (about 1 hour).
2. Divide the dough into 8 equal portions. Using a rolling pin, one at a time, roll the dough into 8-inch circles.
3. Heat up a skillet (cast-iron preferred) over high heat and lightly grease the surface with some oil to avoid the dough sticking to the skillet. Place dough circle on the skillet. When it puffs up and bubbles and burnt spots appear, flip it over and cook the other side. Repeat the same until all are done.
4. Brush the naan with the melted butter, serve warm.

TIP: Bring mason jars on your outdoor cooking expedition to safely store cooking oils for disposal at home. You can also pre-fry the polpettine and naan at home and take them with you!





CHEESE & EGG "MEATBALLS" WITH NAAN ON A SKILLET



EXPLORING THE MEANING OF LOCAL FOOD WITH CHEF BASHIR MUNYE



photo credit: Lady Mensah

Chef Bashir's life and cuisine has been shaped by his travels. Born in Mogadishu, Somalia and raised in Italy, the man destined to become a celebrated chef then travelled across Europe and moved on to the U.S. before coming to Toronto, Ontario. In 1996, he fell in love with cooking and began working in restaurants and studying culinary management. Young and in demand, Bashir opened a catering company, consulted for Toronto restaurants on Italian and Mediterranean cooking, worked in boutique hotels and owned a dumpling shop in downtown Toronto. As he moved through his career, he became increasingly focused on the intersectionality between ideas of "local" and diversity. "I'm able to celebrate diversity and multiculturalism and the right for people to seek their own food sovereignty and find food that is culturally appropriate. As a chef, when I'm looking at or composing a plate,

most of the time I don't really see myself reflected in it. The ideal for me is when I'm able to celebrate a locality and bring to the plate ingredients that perhaps are not commonly seen or grown here in Ontario. This is called "nomadic cooking".

He defines this cooking style as using the methodology of nomadic living as his ancestors have done for hundreds of years—moving from one place to another—as a chef, moving from one kitchen to another kitchen. Being able to find ingredients and adapt to a new environment. "So now, I'm in Ontario, what are the dishes I can cook to make me feel like I'm home? When a rutabaga and I look each other in the eye, there's very little joy I get out of it. It's not like it's not sweet and delicious, it just doesn't speak to my own cultural food identity. So, I'm seeking to redefine my cooking and looking for food that has been in my DNA for hundreds of years. It

might be okra, it might be callaloo, sorghum or corn. Now, many young cooks are cooking within their own cultural identity, but mine is based specifically on my own heritage as a nomad."

Bashir's journey has been as philosophical as it has been literal. After five years operating My Little Dumplings, a culturally diverse dumpling venture, he felt it was important for someone to represent and speak to the contribution and vibrancy of multi-ethnic African cuisine through a lens of local food. "That has been my transition," he says. "I've done a research project with Greenbelt Fund Ontario and the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA), researching locally grown world crops like okra, bok choy and peanuts and have now been teaching at George Brown for about four years. I teach foundation cooking and two theoretical classes that are really special to me—The Sustainable Chef and Slow Food, which is part of the post graduate Italian program."

"When I teach my students in the Sustainable Chef course about eating from the land—la terroir—how do we speak about terroir and not speak about whose land this is? What is the experience of those communities and how were they sustaining themselves for

thousands of years before the arrival of the Europeans and their food? I ask them, "When you think about "Canadian food" what comes to mind?", because Canada is such a broad country. You never hear "wild game, beluga, seal or wild rice or blueberries." They're not responding from a place of awareness and understanding of local food. An understanding of local ingredients is really important. Chefs and passionate cooks should think about this and where and from whom they buy their food. People want to support local food and Ontario ingredients, but what does that really mean? "

When people begin to explore their relationship to local food, what can they do to educate themselves and apply these learnings to their home kitchen? How do these big ideas translate to our tables? Chef Bashir encourages an active, exploratory approach. "Social media and food channels encourage people to be adventurous and try new food. Go to a new neighbourhood and explore new ingredients and try to learn other cultures through their food. Get out of your comfort zone and find vibrant new

dishes by trying ingredients from other communities that are also grown locally, right here."

Through his project with the Ontario Greenbelt Fund, Chef Bashir produced a guide that identifies farms that are growing world crops in Ontario from ginger, turmeric and eggplant to the largest peanut community in Canada. "If people have more awareness of how vibrant southern Ontario can be, particularly within the Greenbelt, then people will understand they can make callaloo and sweet potato dishes with local ingredients. I think it's important for people to know the possibilities that are out there. I think I sound like an Ontario discovery ad."

Bashir acknowledges the growth in chefs' support of local ingredients and the direct relationships they've nurtured with Ontario growers and producers, but he feels there's a need to grow the conversation and advocacy for diversity on the plate. "For me, this project is an educational piece to show Ontario chefs that when they are buying local ingredients, they should seek redefine "local" and include diverse local ingredients in their food. It was

driven by wanting to "eat delicious that looks like me." For this project with Savour Ontario, Bashir originally wanted to create a recipe that features wagashi cheese, which is not currently made in Ontario. Wagashi is a fresh, cow's milk cheese made with an enzyme from the Apple of Sodom plant, native to Africa. The cheese was first created by the Fulani community in northern Ghana. He would love to see an Ontario dairy processor take the opportunity to host an African cheesemaker to co-produce the cheese.

Ultimately, Bashir would love to see more outreach from chefs to farmers, requesting locally grown, culturally representative crops, proteins and dairy. The farmers featured in his project bring their farming knowledge and techniques from the Maldives, the Caribbean and China and are growing their food to cater to the needs of their communities. He encourages chefs and consumers to support these farms to help grow their capacity and increase the awareness and availability of these locally grown and produced foods.

"As much as I love everything Ontario grows, I'll give you an example—asparagus is not really native to Ontario. But when people gush that spring is coming! Fiddleheads and asparagus are the first things that come to mind, but what about us? When we celebrate diversity, we need to celebrate diversity in the composition of our plates. I think it's really cool that the largest urban farm in Canada, The Black Creek Community Farm, is right behind the Black Creek Pioneer Village. Thousands visit every year, but hardly any visit the actual farm, and they're missing out."

"Support diverse farmers. Try something new."

"GO TO A NEW NEIGHBOURHOOD AND EXPLORE NEW INGREDIENTS AND TRY TO LEARN OTHER CULTURES THROUGH THEIR FOOD. GET OUT OF YOUR COMFORT ZONE AND FIND VIBRANT NEW DISHES BY TRYING INGREDIENTS FROM OTHER COMMUNITIES THAT ARE ALSO GROWN LOCALLY, RIGHT HERE."





MARVELLOUS MILKSHAKES



To celebrate ice cream month (July) and the flavours of summer, we're sharing two Ontario-forward twists on a classic vanilla milkshake. Whether you prefer natural or French vanilla, the creamy coolness of Ontario-crafted ice cream made from fresh local cream delivers the sweetness of summer in a tall glass. Of course, it's delicious on its own, but why not up your milkshake game with these locally-inspired flavours?

Our Vanilla Butter Tart Milkshake features Reunion Butter Tart Moonshine, crafted by Perth Ontario's Top Shelf Distillers and topped with a real butterscotch made from Mrs. Garrett's Bake Shop in Inverary, Ontario. This moonshine was inspired by Ontario's Best Butter Tart Festival - the world's largest - which takes place annually in Midland, Ontario.

For younger folk and those who prefer a non-alcoholic option, we have our Marvellous Maple Vanilla Milkshake, made with local maple syrup, real maple candies and classic maple cookies!

While these are some of our favourites, vanilla is a perfect companion for so many flavours! We encourage you to experiment with your own flavours and garnishes like vanilla strawberry mint, vanilla salted caramel pretzel and vanilla lavender!

Buttertart Moonshine Milkshake

PREP TIME: 5 minutes
SERVES: 2

Ingredients:

- 4 cups + 1 scoop real vanilla ice cream
- 1 cup Ontario 2% milk
- 65 ml (1.5 jiggers) + 1 tsp Reunion Buttertart Moonshine from Top Shelf Distillers in Perth, ON
- 1 butter tart (optional)

Method:

1. In a blender, combine ice cream, milk and 65ml Butter Tart Moonshine. Blend on low speed until mixture blends freely and desired thickness is reached.
2. Pour milkshake mixture into a heavy, tall glass and top with scoop of ice cream.
3. Slowly push the point of a wooden or metal barbecue skewer through the diameter of the butter tart, twisting gently as you push to avoid crumbling the pastry shell. When the skewer is fully through the tart, place inside your milkshake glass.
4. Drizzle 1 tsp Butter Tart Moonshine over the ice cream scoop and serve immediately!

Please enjoy responsibly!

Vanilla Maple Milkshake

PREP TIME: 5 minutes
SERVES: 2

Ingredients:

- 4 cups + 1 scoop real vanilla ice cream
- 1 cup Ontario 2% milk
- 5 + 1 tbsp Ontario maple syrup
- 6 + 2 hard maple syrup candies
- 4 maple cream cookies

Method:

1. Place 6 of the maple candies on a cutting board. Using the flat side of a chef's knife covered by a clean kitchen towel, crush candies to desired fineness and set aside.
2. Take one of the maple cookies and, working from the stem to the tip of the cookie, slowly push the point of a thin wooden skewer through the cream layer. Continue to move the cookie down the skewer until there is room to add the second cookie. Add second cookie. When both cookies are in place, use kitchen scissors to snip off the sharp end and set aside.
3. In a blender, combine ice cream, milk and 5 tbsp maple syrup. Blend on low speed until mixture blends freely and desired thickness is reached.
4. Pour milkshake mixture into a heavy, tall glass, top with scoop of ice cream and insert cookie skewer with cookies on top.
5. Drizzle 1 tbsp maple syrup over the ice cream scoop and sprinkle on crushed maple candies. Add one whole maple candy to each glass and serve immediately!

CHEF'S TIP: If you like a thicker milkshake - add more ice cream; if you prefer it less thick, add a little more milk!





**BUTTERTART
MOONSHINE
MILKSHAKE**

**VANILLA
MAPLE
MILKSHAKE**



SAVOURY CAMPFIRE HOT COCOA

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVES: 4



Hot chocolate is arguably the most versatile, feel-good hot beverage, perfect for any occasion, including camping! Its smooth creaminess is an ideal palette for complementary seasonal ingredients, spices and flavours or endless creative toppings like fresh whipped cream, ice cream and even more chocolate.

There's nothing better than sitting around a nice fire after a good meal with a hot cup of cocoa, so we've come up with a beautiful, savoury hot chocolate recipe, with a secret ingredient to level up the flavour and velvety texture: Ontario butter.

Ingredients:

- 6 cups Ontario whole milk
- 4 tbsp Ontario unsalted butter
- 1/4 cup cocoa powder
- 2/3 cup sugar
- 1 tsp nutmeg
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground cardamom

Method:

1. In a measuring cup or bowl, add all dry ingredients and stir until evenly combined.
2. Bring milk to a simmer, then add butter and stir until combined and butter is fully melted. Remove from heat.
3. Pour milk and butter mixture evenly into 4 mugs and add 1/4 cup dry ingredients to each.
4. Whisk together until butter is combined and dried ingredients are fully dissolved. Enjoy!



TIP: To save valuable packing space on camping trips, you can pre-mix dry ingredients together. This recipe yields about 1 cup of dry ingredients, with a 1/4 cup portion size of dry ingredients per serving.



For those who wish to elevate their summer gatherings with a celebration of VQA Ontario local wines, we encourage you to take advantage of the expert pairings for the recipes in this guide, courtesy of the experts at Wine Country Ontario.



VQA WINES OF ONTARIO



Cheesy Campfire Hotdog Stickbread
by Chef Tawfik Shehata
pair with an off-dry VQA Riesling

Wood Fire Charcuterie Skewers
by Chef Ricky Casipe
pair with a VQA Gamay

Wood Fire Frittata with Ontario Brie
by Chef Olivia Simpson
pair with a VQA Rosé

Smoked Cheddar and Buttermilk Cornbread
with Sticky Maple Chili and Birch Syrup
Back Ribs
by Chef Michael Hunter
pair with a VQA Cabernet Franc

Campfire Roasted Whole Ontario Trout
by Chef Eva Chin
pair with an oaked VQA Chardonnay

Seared Pine Ashed Venison with Creamy
Sunchokes and Buttery Ramps and Mushrooms
by Chef Joseph Shawana
pair with a VQA Pinot Noir

Orange-Baked Honey Spelt
Buttermilk Muffins
by Chef Joshna Maharaj
pair with a Traditional Method
VQA Sparkling

PLEASE ENJOY RESPONSIBLY.



Thank you.

Dairy Farmers of Ontario would like to thank...

The passionate and talented team of eight Ontario chefs who shared their professional gifts, experiences and perspectives to produce recipes and ideas that reflect the quality and bounty of Ontario local food.

The Ontario Wine Marketing Association for outstanding pairings with VQA Ontario wines. Choosing VQA certified, Ontario-crafted wines and local food and ingredients is the perfect way to celebrate the bounty of our province. Please enjoy responsibly.

All our friends and subscribers for supporting Ontario local food and chefs.
We encourage you to continue to follow their initiatives and support their restaurants and events.

Savour Ontario

Inspired by the people who grow, raise, produce and elevate local food.

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