THE ONTARIO TABLE

$10 CHALLENGE

a year of eating local

December 2012

Pork On The Holiday Table

Introducing Ontario Christmas Markets

Celebrate with Ontario Duck

www.ontariotable.com

THE ONTARIO TABLE

WELCOME

Welcome to **The Ontario Table**'s ezine, **$10 Challenge: A Year of Eating Local**.
Created as a complement to the Canadian bestselling cookbook to walk foodies through a year of eating local, this ezine will introduce you to more sources of local food and also to the associations that look after the development and promotion of local food groups.

December is a month for celebrating and feasting. It's a time for looking back at the amazing accomplishments and forward to a brand-new year of possibilities. In this issue we celebrate with fun recipes like Duck Poutine and Bacon Meatloaf Muffins, and feast elegantly with Ice Syrup Brined Pork Chops and Grilled Duck Breasts with Icewine Apricots.

From all of us at **The Ontario Table**, we wish you happy holidays filled with lots of love and a prosperous, happy and healthy new year. Join us and make 2013 a banner year for local foods. Use **The Ontario Table $10 Challenge** ezine to eat along with the season.

LYNN OGRYZLO

Farmers' markets are growing across the province. Find the market closest to you at

www.farmersmarketsontario.com

On-farm markets are bursting with seasonal flavours. Look for one close to you at

www.ontariofarmfresh.com

FEATURES

What the $10 Challenge Is All About

Ontario Pork

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What's Next

Plus . . .

Your best bet in a grocery store: **Marilu's Market**

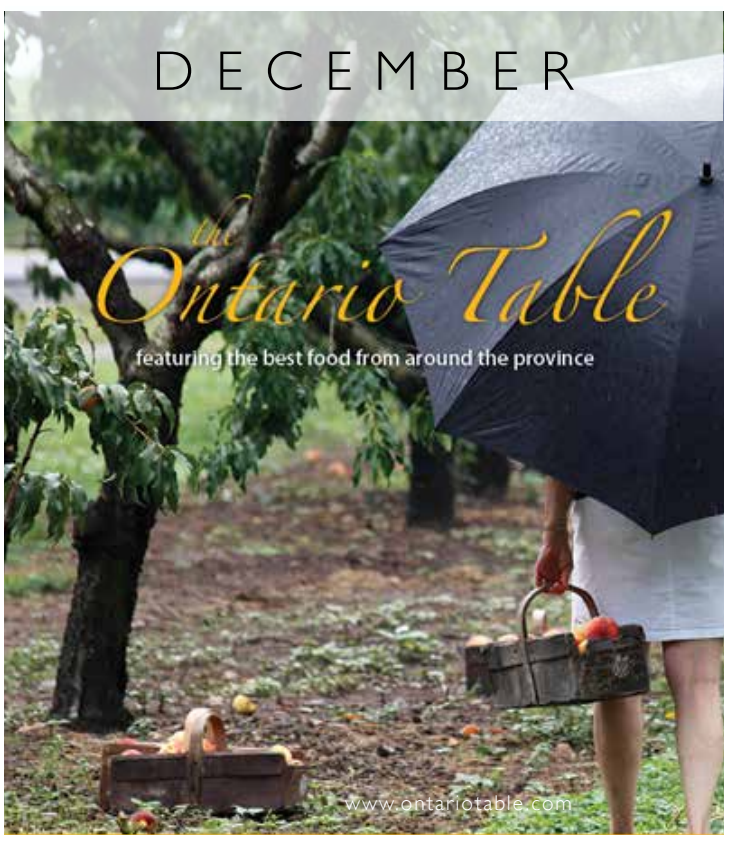
THE ONTARIO TABLE

$10 CHALLENGE

BILLION $$ IMPACT

If every household in Ontario spent $10 a week on local food, we'd have an additional $2.4 billion in our local economy at the end of the year. Keeping our money circulating grows those dollars to $3.6 billion and creates 10,000 new jobs.*

$$



Join **The Ontario Table's $10 Challenge** ezine on a delicious, seasonal journey through the very best local food produced in Ontario 12 months of the year.

Did you know...

SUSTAIN ONTARIO

Over 2500 products found in your grocery store use some form of corn in production or processing.

*The numbers were compiled by Dr. Kevin Stolerick of The Martin Prosperity Institute, University of Toronto, and Doug Vallery of Experience Renewal Solutions, Toronto.

WHAT TO EAT

december's food fresh from the farm

The Ontario Table $10 Challenge ezine is produced monthly by **The Ontario Table**.
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Photo on page 5 courtesy of Cronin Farms.
Photo on page 6 courtesy of Bumpercrop.
Photo on page 19 courtesy of Everspring Farms.
Photo on page 29 courtesy of Edible Toronto.
Photo on page 29 courtesy of Ontario Culinary Tourism Alliance.

You can buy **The Ontario Table** cookbook at the same places you find local food: at on-farm markets, farmers' markets, and independent grocers. You can also find it at respected bookstores across Ontario as well as online at **www.ontariotable.com**.

Spend
$10
a week on local food

WHAT TO EAT

december's food fresh from the farm

LOCAL FOOD AVAILABLE IN DECEMBER

December is a time for feasting, to roast and bake
the goodness of what the season has to offer.

apples
barley
beans, dried and canned
beets
butter
cabbage
carrots
charcuterie
cheese
chilies, dried
cooking oils, canola and soy
cucumbers, greenhouse
duck
eggplant, greenhouse
eggs
flour, pastry
flour, stone-ground and whole grain
garlic
hazelnuts
herbs, greenhouse and dried
honey
lake fish
leeks
lettuce, greenhouse
maple syrup
meat, farm-raised
milk and dairy
mushrooms
onions, cooking
onions, red
parsnips
pears
peppers, greenhouse
potatoes
poultry
rutabaga
salt
squash
sweet potatoes
tofu
tomatoes, canned and greenhouse
walnuts
wild game
wine

ONTARIO PORK

Pork is full of flavour, tender and very versatile. It has a natural affinity for a wide variety of accompanying flavours, from assertive BBQ sauces to subtle herbal accents, as well as well as for traditional pairings with fruits of all sorts. The sweet mildness of pork can be adapted to a huge range of recipes and all cooking styles. Your options are as varied as your imagination allows.

PORK CONSUMERS

Ethnic diversity in Canada is increasing. By 2017, more than half of Greater Toronto's population will be of non-European origin. People born outside of Canada will make up the larger percentage of the Canadian population (Hall, J.; 2005). The importance of the ethnic consumer market to Canada's agri-food industry is increasing, and as its overall influence upon dietary behaviour grows, the shift in consumption habits will have an impact on producers and other agri-food industry stakeholders. With over 600,000 Chinese consumers living in Ontario, they are the largest ethnic group in Ontario (the majority residing within the Golden Horseshoe). Presumed to be the largest consumers of pork (per person), they consume pork on average 3 to 4 times per week, compared to other ethnicities in Canada (3 times in a 12-week period).

PORK CUTS

Today, all fresh trimmed pork cuts, except ribs and bacon, are extra-lean, with 10 common cuts of pork having 6 grams of fat or less per serving. Some of these common cuts include pork tenderloin, pork loin, pork rib roast, pork shoulder blade boneless chop, pork sirloin steak, and pork rib chops. Pork tenderloin is just as lean as boneless, skinless chicken breast.

Did you know that in Ontario, growth hormones are not used in the pork industry!

DID YOU KNOW?

Ontario pork producers are represented by an association called **Ontario Pork**. Their website is loaded with delicious recipes plus booklets for managing diabetes and gluten-free diets, slow cooking, and grilling with pork as a main protein in your diet. Ontario Pork offers consumers a complete picture of pork, from ethnic dishes to sausage-making and roasting techniques. Perfect for the cooler weather.
www.ontariopork.com/recipes

COOKING WITH PORK

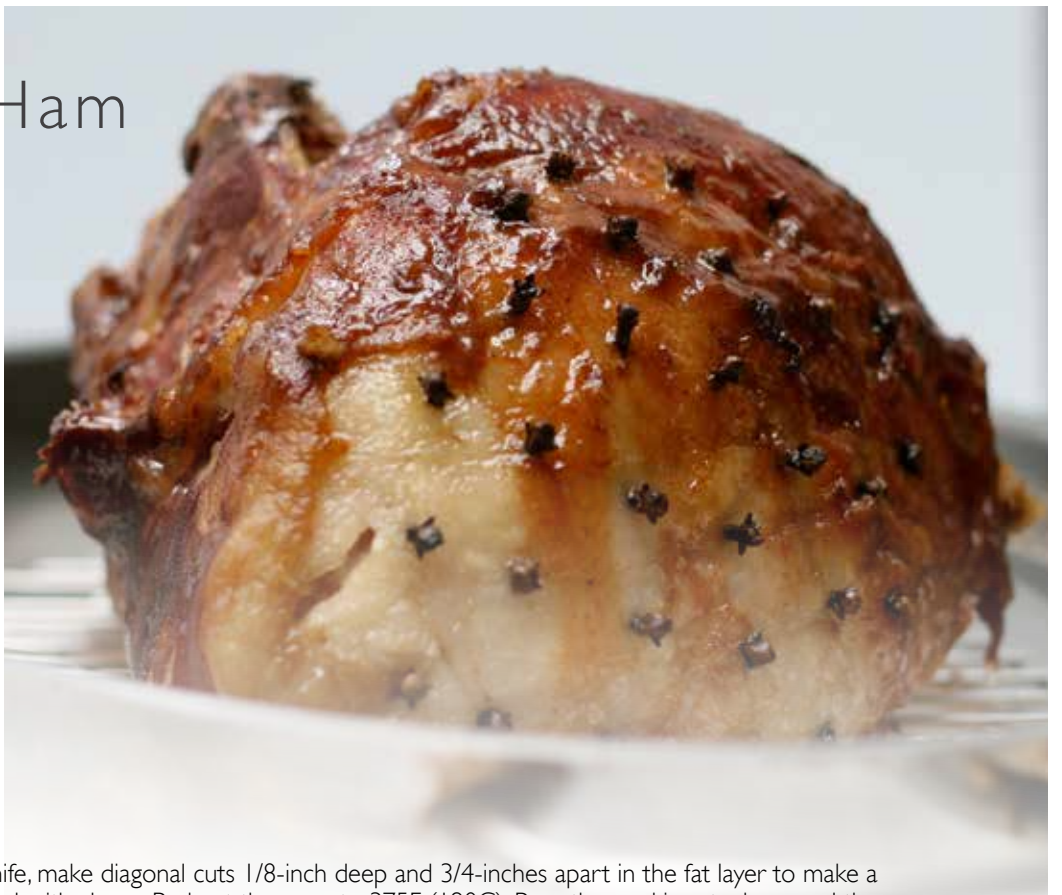
Pork is full of flavour and is tender and very versatile. It has a natural affinity for a wide variety of accompanying flavours, from assertive BBQ sauces to subtle herbal accents, as well as for traditional pairings with fruits of all sorts. The sweet mildness of pork can be adapted to a huge range of recipes and all cooking styles. Your options are as varied as your imagination allows. Improved production methods have resulted in leaner pork, and cooking to a hint of pink is both safe and desirable, especially for loin cuts. Cooking to an internal temperature of 155°F to 160°F (68°C to 71°C) and allowing the meat to rest for 10 minutes makes for a tender and delicious meal.

Fresh Ontario pork at your butcher's counter.

LOCAL DISHES

december's seasonal dishes

Craig's Honey Ham



1 country-cured ham
2 bay leaves
1 onion, peeled and stuck with 2 cloves
3 cups (750 mL) off-dry riesling
3 tablespoons (45 mL) brown sugar
1 teaspoon (5 mL) ground cinnamon
1/2 teaspoon (2.5 mL) ground nutmeg
2 tablespoons (30 mL) honey
whole cloves

Soak the ham for 24 to 30 hours in cold water to cover. Drain. Place in a kettle or roasting dish with a close-fitting lid. Tuck the bay leaves around the ham, add the onion, riesling, and enough water to cover. Bring to a boil, cover, and simmer very gently for 2 1/2 hours or until large bone in heavy end of ham becomes loose and protrudes. Lift the ham from the stock and place in a roasting pan to cool. Mix the brown sugar, cinnamon, nutmeg, and honey to form a paste. As soon as the ham is cool enough to handle, remove the skin and with a sharp knife, make diagonal cuts 1/8-inch deep and 3/4-inches apart in the fat layer to make a diamond pattern. Rub in the honey paste and stud with cloves. Preheat the oven to 375F (190C). Pour the cooking stock around the ham in the roasting pan to a depth of 1/2-inch. Bake, basting occasionally for 20 to 30 minutes or when the coating looks crisp and golden. Serve hot or cold, sliced thin with seasonal vegetables. Serves 8 to 10.

Read the story on Perth Pork Products on page 164 of **The Ontario Table** cookbook.

Roasted Pork with Rosemary White Beans recipe on page 167 of **The Ontario Table** cookbook.

Ice Syrup Brined Pork Chops

1/2 cup (125 mL) Cabernet ice syrup
1/2 cup (125 mL) light brown sugar, firmly packed
1/4 cup (60 mL) coarse salt
1 tablespoon (15 mL) mustard seeds
1 tablespoon (15 mL) black peppercorns
1 bay leaf
10 sprigs fresh thyme, coarsely chopped
4 cups (1 L) water
1 cup (250 mL) ice cubes
4 bone-in centre cut pork chops
3 tablespoons (45 mL) Cabernet ice syrup
Ontario canola oil

Make the brine: Combine the ice syrup, brown sugar, salt, mustard seeds, peppercorns, bay leaf, and thyme with the water in a saucepan. Heat the brine over high heat and stir until sugar and salt dissolve, about 5 minutes. Remove the pan from the heat and add the ice cubes. Pour the brine into a glass dish large enough to hold the pork chops and refrigerate until chilled, about an hour.

When the brine is completely cooled, place the chops in the brine making sure the meat is completely submerged. Add more water if necessary. Cover the dish and refrigerate the chops for at least 24 hours.

Remove the chops from the brine and discard the brine. Rinse the chops under cold water and dry them with paper towels. Brush both sides of the chops with ice syrup. Let the chops sit at room temperature for 1 hour. Preheat the oven to 425F. Warm the oil in a large oven-proof skillet over medium-high heat. Cook the chops until browned, about 3 minutes per side.

Transfer the skillet to the oven and bake the chops until they are firm to the touch, or 10 minutes. Remove from the oven and let the chops rest for 5 minutes. Serve warm. Serves 4.

Joey and Maddie Hill

WILLOWGROVE HILL FARMS

Paul and Rosie Hill raise great pigs without the use of growth promotants and without any antibiotics. Paul has been raising pigs all of his life on the home property where he grew up in Mitchell. Rosie was raised on a farm as well, and holds a diploma in food service management. Together, the Hills are the first pork producers in Ontario to enrich their products nutritionally with DHA and EPA omega-3 fatty acids. This amazing nutritional enrichment process is actually patented in Canada. It's all about the pigs' diet, which is a special formula designed by professional hog nutritionists from Grand Valley Fortifiers, located in Cambridge. Because Willowgrove is a local company, the pork gets to our tables faster, fresher, and with a reduced carbon footprint. They have a simple on-farm store. Inside the store is a freezer full of pork, sausages, back ribs, and bone-in and boneless chops, - Paul explains, "everything that is from a pig." Willowgrove Hill pork has delicious, purity of flavour in every bite.

4608 Road 164, Mitchell
www.willowgrovehill.com

Bacon Meatloaf Muffins

1 1/2 pounds (0.68 kg) ground pork
4 strips bacon, cooked and crumbled
1 small onion, cut into chunks
2 ribs celery, cut into 2-inch pieces
1 egg, beaten
1 cup (250 mL) plain bread crumbs
½ teaspoon (2.5 mL) smoked paprika
1/2 cup (125 mL) smoky barbecue sauce
1 tablespoon (15 mL) Worcestershire sauce
Vegetable oil
Ontario salt

Preheat oven to 450F (220C). In a large bowl, put ground pork with crumbled bacon and set aside. Put onion and celery into a food processor. Pulse to finely chop; add to the meat. Add egg, bread crumbs, and paprika to the bowl. Next, mix together the smoky barbecue sauce and the Worcestershire sauce. Pour over meat and season with salt. Mix together with your hands until well combined. Brush a 12-muffin tin with vegetable oil. Divide the pork mixture between all 12 muffin cups. Bake about 20 minutes. To serve, wrap each meatloaf in parchment paper and tie with butcher's twine. Makes 12 individual servings.

CRONIN FARMS

Farmers at heart, Amy and Mike Cronin grew up on dairy farms. When they got married they managed a nearby pig farm. Within 3 years, they bought the 600-sow pig farm and grew it to the 3500-sow pig business it is today. All of their six children, Alyssa, Tyler, Kyle, Liam, Emmy, and Sam, work in the business that supplies Ontario with a lot of high-quality, delicious pork. The commercial herd of pigs goes from their farm in Bluevale to a federal packer for sales throughout Canada and the United States. Chances are good that if you're buying pork at Costco, you're buying Cronin Farms pork. "Our team is what makes our operation work," says Amy of their 15 employees in Ontario. "They're a big reason why we do what we do." Cronin also owns a large pork production farm in Iowa. Cronin Farms do not sell from the farm.

Mike, Sam, Alyssa, Liam, Amy, Emmy, Tyler, and Kyle Cronin.

BUMPERCROP

It's a stressful dance when you run a food company that revolves around farmers. Sometimes the crop is small or nonexistent; often times it can't be picked because of rain; and seldom are crops ready to be harvested at the time that makes sense for a recipe. But Joanna Sable and Lisa Taerk are now three years into the dance and find it's becoming a beautiful waltz.

The two ladies from Toronto started Bumpercrop, inspired by what grows in Ontario. Their "local first, best always" philosophy reflects their belief that buying local is best for the economy, the environment, and our health. Armed with a warehouse full of canning jars and a team of farmers ensuring the products they need, Joanna and Lisa create seductively delicious recipes for their growing line of gourmet preserves and pickled products that are cooked in small batches and by hand to maintain the highest quality.

Among the delicious fruit and vegetables products the Beer line is most popular: Beer Beets, Beer Sweet Peppers, and Beer Onions, to name a few. These yummy products make weekday meals something to look forward to. Some are award-winning; all are made from Ontario craft beers.

Green Tomato Garlic Jam, and Apricot Mostarda are just two tasty examples from their savoury jam line. They're robust in flavour and seductive in texture. Try them as an accompaniment on a cheese and charcuterie board for an exciting burst of flavour.

Bumpercrop's third line is called Twisted. Created with their secret cider vinegar syrup and cool spice blends, these amazingly delicious fruit and vegetable products are palate-pleasers. Try the garlic scapes (frozen, used in martinis) and yummy asparagus.

Their unforgettable labels are simple tags tied around glistening canning jars, and you'll find them at specialty food shops and Wholefoods. Check their website for a location near you.

It's an uncomplicated concept: preserving Ontario fruits and vegetables using the simplest and most traditional canning methods. The excitement comes from the personal flair Joanna and Lisa imprint through each recipe and in every jar.

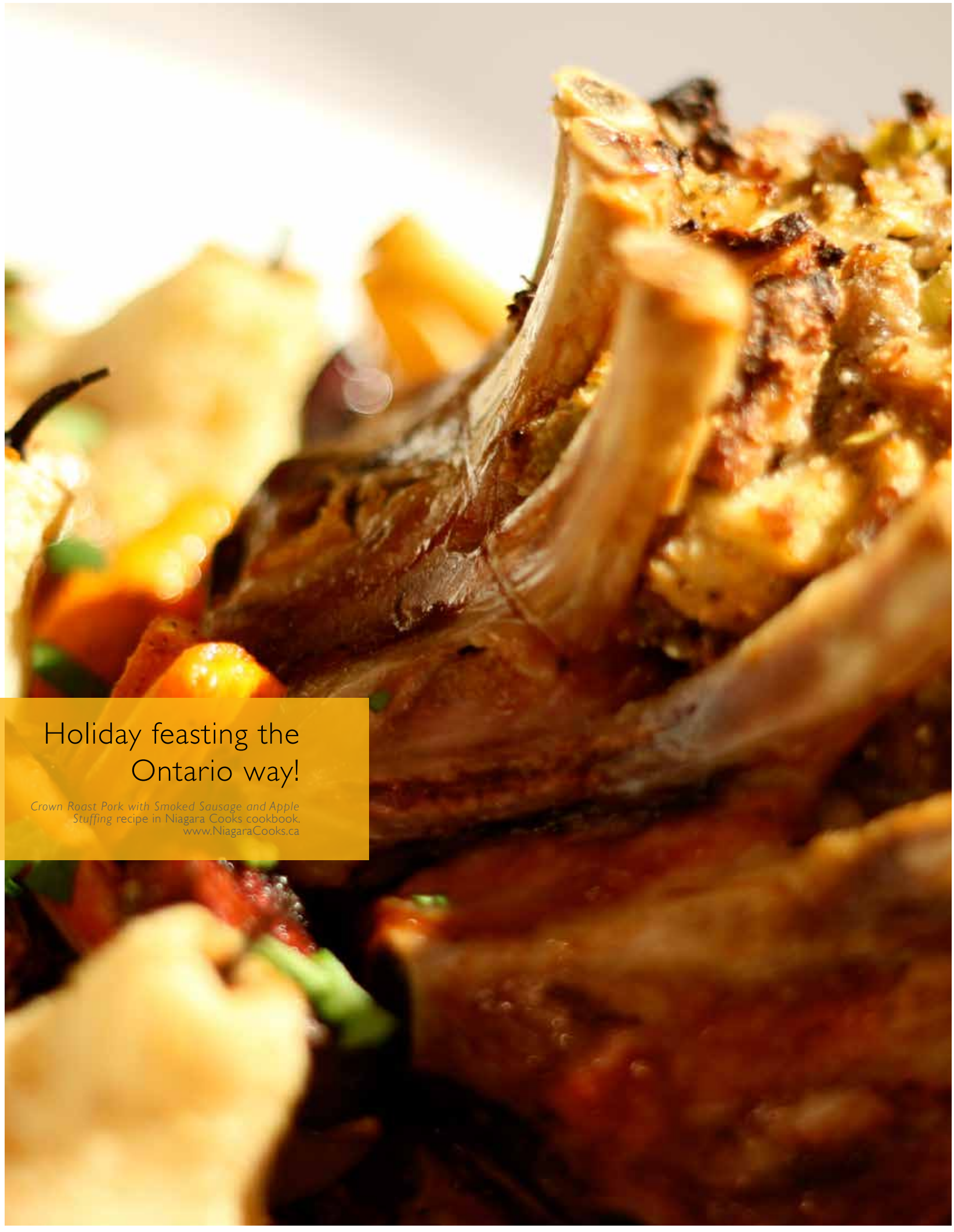
Toronto
www.thebumpercrop.com

Joanna Sable and Lisa Taerk

LOCAL

HARVEST

december's food fresh from the farm



Holiday feasting the Ontario way!

Crown Roast Pork with Smoked Sausage and Apple Stuffing recipe in Niagara Cooks cookbook. www.NiagaraCooks.ca

LOCAL **FOOD** *matters*

The Made in Ontario Holiday Challenge

The average Ontario shopper intends to spend almost $700 on holiday gifting this year. If just $70 or 10% of this was spent on edible gifts crafted from Ontario artisan producers, the economic impact would equate to $500 million extra dollars in our Ontario food system, supporting up to 10,000 food sector jobs.*

We all want to buy well during the holidays. It's the season for giving, sharing, and emphasizing our values, traditions, and priorities. It's the time of year we volunteer to help those less fortunate, to give generously to charity, and to help our neighbours. The season brings out the best in us, and we relish in the little acts that show we care.

One little act to show you care is to buy local. Make this season a time to show your family and friends you are a conscious consumer by feasting on local foods and by giving gifts that are made in Ontario. Not only are you supporting your own community, but the gifts you give can influence those around you in a positive way.

Make this holiday season a **Made in Ontario** holiday! You can buy a **Made in Ontario** gift basket from a shop that carries local food items (see our listing of local food shops in the November issue), create a gift basket yourself with local ingredients found in the new Ontario Pantry ebook, or buy a gift certificate from a farm that can be used in the summer.

Don't get caught up in the hustle and bustle of the holiday season. Instead, take control and take a stand. Buy local! Let's make this a **Made in Ontario** holiday!

Take the **$10 Challenge** year round and the **Made in Ontario** Challenge every holiday!

*The numbers were compiled by Doug Vallery of Experience Renewal Solutions, Toronto. www.experiencerenewal.com

LOCAL **FOOD** *matters*

Buy, Eat, Drink, and Think Local This Holiday Season

THE ONTARIO TABLE

$10 CHALLENGE

$10 + 1 Week = $2.4 BILLION

Buy local wherever you can.

If you can't buy local, buy organic.

If you can't buy organic, buy fair trade.

Buy Ontario products whenever you can.

If you can't buy Ontario products, buy from a local retailer.

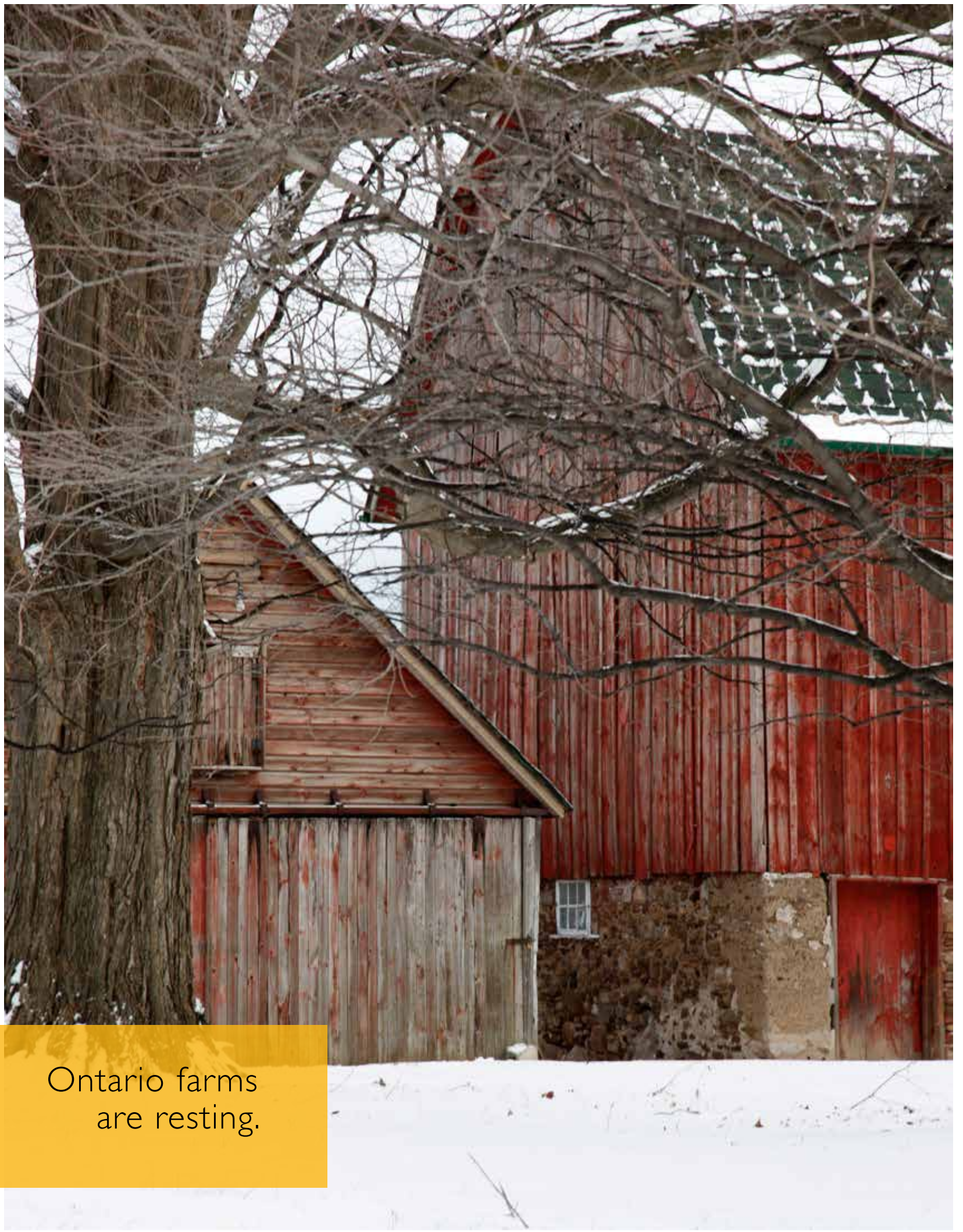
If you can't buy from a local retailer, buy Canadian.

Buying, eating, drinking, and thinking local is about keeping our money circulating in our community where we all prosper. This holiday season, give back to yourself and your community by becoming a conscious consumer. It's a great gift!

LOCAL

HARVEST

december's food fresh from the farm



Ontario farms
are resting.

LOCAL **FOOD** *matters*

Give the gift of an experiential and delicious culinary journey!

THE ONTARIO TABLE

$10 CHALLENGE

$10 + 1 Week = $2.4 BILLION

Ontario means a lot of different things to different people. It's our home, and we tend to take it for granted. It's natural. But what if you were to think of Ontario as a foreign country you're vacationing in? You'd see Ontario with new eyes.

Your home would be a special place that would give you a new sense of excitement, your neighbourhood would be a place of hidden discoveries, the markets would be gold mines, to dig deep into, food would be an expression of this new culture and place, and meeting the people who grow the food would be akin to meeting celebrities. This is the Ontario as told through *The Ontario Table* book.

The Ontario Table local food cookbook and agricultural guide gives the gift of travel experience. The book has over 110 recipes, 125 grower and artisan stories, 20 culinary travel stories, and Ontario wine pairings so you can use it to travel the province discovering local food, meet farmers, track down the latest artisan cheese makers, eat in restaurants whose chefs buy from local farmers, enjoy culinary festivals, dine on a farm, or enjoy a charming weekend in a quaint village in rural Ontario. It's all in *The Ontario Table: featuring the best food from around the province.*

With each food dollar you spend, you are voting for the kind of food community you want–vote wisely.

LOCAL FOOD

december's food fresh from the farm

INDEPENDENT GROCER

MARILU'S MARKET

Mario Antico and Luigi Nudo opened Marilu's Market in 1993 in their community of Burlington. This unusual grocery store has aisles of wooden shelving that look more like furniture than a place to store food; fresh Ontario meats are cut to your liking when you want them by the in-house butcher (and they specialize in fresh Ontario lamb); the aroma of just-baked bread wafts through the aisles; and Italian-trained pasta makers prepare fresh pasta on site. There is nothing about Marilu's that resembles your average grocery store. The shelves are stocked with hard to find gourmet foods as well as name-brand items. Mario and Luigi like to say "Marilu's is shopping the way it should be!"

4025 New Street (at Walker's Line), Burlington
www.marilusmarket.com

Tis the season of peace and solitude.

LOCAL

FOOD

december's food fresh from the farm

ONTARIO POPCORN

Ontario grows mainly three different kinds of corn: field corn for industrial and commercial uses, seasonal sweet corn that we all love to sink our teeth into, and popping corn. It's a home-grown, healthy snack we all enjoy, and, like other foods grown in Ontario soils, it comes in many varieties. Here are four Ontario-grown sources of popcorn. Have some delicious fun threading it with some fresh Ontario-grown cranberries and string it around your Christmas tree.

Uncle Bob's Popping Corn
Blair and Livia Townsend have a 50-acre farm in Norfolk County. Once tobacco farmers, Blair and Livia now grow popping corn. Along with the traditional yellow popping corn, they are able to grow a white, hull-less variety. Like tobacco, popping corn needs to be dried before being sold on the market. The Townsends converted their tobacco kilns into popcorn kilns, enabling them to dry the white hull-less variety which grows on a stalk too soft to dry in the field. They also make the whole popping cob that when placed in a paper bag in the microwave pops up into six cups of glorious, fluffy popcorn. Other varieties include Strawberry Red, Peaches and Cream, Shamu, and Purple Passion popcorn. Each one has a different look and flavour—try them all with a light sprinkling of Ontario salt!
www.ontariopoppingcorn.com

Jones Popcorn
A family farm in Blytheswood, just outside Leamington. Russell and Margaret Jones grow, harvest, dry, store, and package popping corn on their farm. The traditional popcorn pops up into a butterfly shape, light and fluffy. Their mushroom popcorn pops into a mushroom shape, great for making popcorn caramel balls. The white popcorn is smaller, more tender, delicate, with almost no hull. Their popcorn on the cob is a seasonal product, available in the late fall or until supplies last. Check their website for popping instructions and delicious, creative recipes.
www.jonespopcorn.com

White Meadows Farm
It's a family affair. Ann and Murray Bering's 200-acre farm includes a sugar bush for their maple syrup and a few acres of popping corn. They grow both the larger mushroom popping corn and cob corn for the microwave. It was their son Richard who put the two farm products together to make their most popular product, Maple Kettle Corn. Their popping corn is popped either daily or weekly in a beautiful copper kettle, and their very own maple syrup is used as the flavouring. You can buy White Meadows Maple Kettle corn at their on-site retail store called The Maple Sweet Shop and at a few select farmers' markets.
www.whitemeadowsfarms.com

From Farm to Table
Becky Smollett started Farm to Table Foods in 2009 . She buys popping corn from Ontario farmers with no pesticides, no GMOs, and all from within 100 kilometres of her popcorn factory. All her growers conserve energy and cut greenhouse gases, protect and enhance wildlife habitats, employ sustainable production systems, and ensure safe and fair conditions for farm workers. From the popping corn she makes delicious popcorn products. In many grocery stores you'll find bags of her popcorn in various flavours, from Butter & Salt to Kettle Corn with Omega-3, to Ancient Grains.
www.fromfarmtotable.ca

LOCAL

HARVEST

december's food fresh from the farm

Icewine season
begins in December.

ONTARIO DUCK

In Europe, it's quite common to find a crispy, dressed Christmas duck adorning the table during the holidays. In Asian countries, duck is a staple in their diet year round. Rich and full of flavour, it is said that a well-cooked duck is measured by how crisp the skin is, how succulent the meat is, and how much fat is rendered.

ONTARIO DUCKS

White Pekin ducks are the most popular in the Ontario market. They have a heavier fat cap, intense flavour, and are an overall more tender bird than the second most popular duck in Ontario, Muscovy. Muscovy ducks are a slightly larger duck. The difference in size between the male and female is dramatic, and Muscovy duck breast can reach sizes up to one pound each.

They both have plump, succulent flesh with a savoury, robust, satisfying flavour. Duck is popular in Chinese and Thai cuisine as well as in European cuisine, which often pairs it with fruit such as oranges, raspberries, and cranberries. Whole ducks are good for roasting; breasts are best sautéed, grilled, or roasted; and legs are the choice for casseroles and stews.

Every part of the duck can be used. Besides breasts and legs, duck liver can be made into rich pâtés; duck eggs are delicious in baking; and Asian cuisine calls for duck feet, tongue, and gizzards.

When you're shopping in the grocery store, you're most likely to find White Pekin ducks, fresh or frozen. When buying duck, always look for birds or cuts that have clear, soft skin without bruises, blemishes, or tears.

When cooking a whole duck, an old Chinese trick is to place several heated metal forks in the cavity of the duck to intensify the heat.

DUCK FAT

The fat that melts away during a long, slow roast is considered culinary gold in chef's circles. One duck should render approximately half a cup of duck fat that when drained and refrigerated can last for months. Scoop out a tablespoon or two when roasting potatoes, root vegetables, or entire heads of garlic. The flavours become glorious. Duck fat hash browns are delicious, and if you use duck fat in your mashed potatoes, you'll never go back to butter! Rub the skin of a chicken with duck fat to give a deeper, more savoury flavour to the chicken.

COOKING DUCK

The best way to roast duck is using a slow-roasting method where the skin gets browned and crisped at the end. Begin by cutting off the excess skin. Then lightly pierce the skin, making sure you're not piercing the meat. Salt the duck inside and out, and truss the legs together.

At an oven temperature of 300F (150C), estimated roasting time is 30 minutes to the pound. For the first hour, roast the duck breast side up. After the first hour, flip the duck and roast for another hour, breast side down. Then flip the duck again and roast for an additional hour, breast side up. Continue to do this until the last 30 minutes of roasting.

For the last 30 minutes, ensure the duck is breast side up, brush with a glaze of your choice, and increase the oven temperature to 400F (200C). When cooked and crisped, remove the duck from the oven, let rest for 5 minutes, and

Crispy Duck with Blackberry Cream

1 (5 to 6 lb) Ontario Muscovy duck
2 cups (500 mL) boiling-hot water
1 tablespoon (15 mL) Ontario salt
1/2 cup (125 mL) ripe blackberries
2 tablespoons (30 mL) Ontario sparkling wine
1 teaspoon (5 mL) brown sugar
1 teaspoon (5 mL) butter

Put oven rack in the middle of the oven and preheat oven to 425F (210C).
Remove and discard excess fat from body cavity and neck of duck, then rinse inside and out with water. Prick skin all over with a sharp fork. Place duck, breast side up, on a rack in a deep roasting pan. Carefully pour boiling-hot water over duck, into the pan, to tighten the skin. Empty water from the cavity of the duck and pour out half the water from the pan. The water should not touch the bottom of the duck. Season well inside and out. Roast duck, breast side up,for 45 minutes.

Meanwhile, place blackberries, sparkling wine, and brown sugar in a small saucepan over medium-high heat. Cook for 2 minutes, breaking up blackberries with a fork. Remove from heat and stir in butter until melted.

After the first 45 minutes, turn duck over using two large forks and roast 45 minutes more. Then turn duck breast side up again, tilting duck to drain any liquid from cavity into pan. Continue to roast duck until skin is brown and crisp, about 45 minutes more. Total roasting time is about 2 1/4 hours. When cooked, transfer duck to a cutting board and let stand 15 minutes before carving. Discard liquid in roasting pan. Serve carved duck with plenty of blackberry sauce. Serves 4.

Duck Poutine

2 duck legs
1 tablespoon (15 mL) canola oil
¼ cup (60 mL) canola oil
3 garlic cloves, minced
8 large potatoes
½ cup (125 mL) homemade beef gravy
½ pound (250 g) fresh cheese curds
Ontario salt

Preheat oven to 450F (220C). Lay duck breasts on a large sheet of aluminum foil over a baking pan. Drizzle with 1 tablespoon of canola oil. Wrap up tightly and bake for 45 to 55 minutes or until meat is cooked through.

In a small saucepan, warm ¼ cup oil over medium-low heat. Add garlic and cook for 2 minutes; be careful not to let the garlic brown. Slice the potatoes into french fries and toss them in the garlic oil. Season well. Arrange them in a single layer on a baking sheet, and bake for 35 to 40 minutes or until golden brown.

Meanwhile, warm the homemade gravy in a small saucepan over medium-low heat. Set aside. When duck is cooked through, let cool, then shred. Set aside.

To assemble: Season the french fries well and divide amongst 4 dishes. Spoon gravy all over, top with fresh cheese curds, and top with shredded duck. Place dishes in a warm oven for 10 minutes to soften the cheese. Serve warm.

KING COLE DUCK

King Cole Duck Farm is Ontario's largest farm-to-table duck farm, and they're hands-on all the way. It starts with duck breeding, hatching, and raising, and continues with processing, product development, and marketing their rich, flavourful ducks. They produce approximately 2 million ducks a year, and you can buy them either raw or in fully cooked entrées. Raw products include both whole ducks and duck parts, such as breasts and legs. Fully cooked entrées include duck l'orange, barbecued duck, and smoked duck breast. King Cole also proudly presents The Great Amazing Duck Race. An event that allows culinary students to learn about duck through a competition that starts with them cutting duck at the King Cole facilities, continues at the St. Lawrence Market where contestants buy ingredients, then finishes with them racing off to George Brown College to whip up their duck dishes. Everyone else wanting to learn more about duck should check the King Cole website for great recipes. You can find King Cole duck at major grocery stores and at specialty food shops throughout Ontario. They also have an on-site retail store in Newmarket.

15351 Warden Ave., Newmarket
open 7 days a week from 9 a.m. to 4 p.m.
www.kingcoleducks.com

Grilled Duck Breasts with Icewined Apricots

8 dried apricots
4 tablespoons (60 mL) Vidal icewine
1 tablespoon (15 mL) unsalted butter
3 tablespoons (45 mL) Ontario canola oil
4 duck breasts
1 tablespoon (15 mL) Niagara honey
2 tablespoons (30 mL) unsalted butter
Ontario salt
Fresh thyme sprigs for garnish

Place apricots and icewine in a bowl and set aside to soak for approximately 20 minutes.
Preheat oven to 350F (180C). Warm an oven-proof skillet over medium-high heat and add butter and oil. Score the fat side of the duck breasts and lay them skin-side down in the skillet. Brush the duck breasts with honey and sprinkle with a little salt. Brown on both sides, about 4 minutes per side. Season with salt and transfer to oven to finish, approximately 6 minutes. Meanwhile, melt butter in a small skillet over medium heat and add icewine-soaked apricots with juices. Cook for 3 to 4 minutes or until warmed through. Remove duck from oven and let sit for 5 minutes. To serve, lay a duck breast on each of 4 dinner plates and top with warm apricots and icewine glaze. Serves 4.

Read about Mariposa Duck Farm on page 99 of **The Ontario Table**.

Duck Leg, Cherry Tomato, and Watercress Salad recipe on page 67 of **The Ontario Table** cookbook.

LOCAL DISHES

december's seasonal dishes

EVERSPRING FARMS

Just north of London is a large duck farm and processing operation. Marianne and Dale Donaldson first started their business with a small flock of 200 geese. Today, they raise ducks along with their geese, but it's not so much the flocks that have grown as the processing operation. Today, Everspring Duck Farm processes approximately 700 Muscovy and 2000 Pekin ducks every week, from six farms as well as from their own flocks. Many of their ducks go to Ontario's ethnic markets. For example, they raise and process special 6-week-old Pekin ducks for the Chinese market. Other ducks are distributed to restaurants and through grocery stores. Everspring sells fresh and frozen, whole and portioned duck, as well as Cranberry Herb Muscovy Duck Breast and Orange Ginger Marinated Duck Breast. They have a small retail store on the property.

22370 Adelaide Street North, Ilderton
www.everspringfarms.ca

Duck Legs with Portobello's

6 duck legs
1 onion, chopped
4 garlic cloves, minced
bundle of thyme, bay leaf, rosemary, and a red chili, tied together
2 celery ribs, sliced
2 cups (500 mL) chicken stock
8 ounces (200 g) medium-sized Portobello or brown mushrooms, trimmed and quartered

Preheat oven to 350F (180C). In a cast iron skillet or ovenproof roasting dish over medium heat, lay duck legs fat side down. No need to add oil as the duck fat will begin to melt into the pan. Brown the duck legs slowly on all sides for about 15 to 20 minutes. Remove the duck from the pan and pour off all but a tablespoon of fat. Return pan to heat and add the onion, garlic, and herb bundle; cook for 5 minutes, and then add the celery.

Lay the duck legs, skin side up, over the vegetables and pour the chicken stock over top. Roast for 1 hour, until the stock is gently bubbling. Remove from oven and scatter the mushrooms into the puddles of stock between the duck legs. Make sure the mushrooms are well basted in the juices. Return the skillet to the oven for an additional 30 minutes, until the duck legs are very tender and the mushrooms are cooked. Serves 6.

discover the flavours of...

CHRISTMAS MARKETS

It's that time of year when farmers' markets dress up for the holidays and offer up special treats and crafts. The concept originated in Europe over 200 years ago, and the markets are still popular cultural events today. In Europe, these huge outdoor Christmas markets are different from traditional farmers' markets in that they have very few fresh fruits and vegetables and more items appropriate for the upcoming special day.

The world's most decadent, beautiful, and incredible Christmas market is in Paris, France, where over 350 stalls spill out along the Champs Elyse and Christmas lights are strung across the boulevard and around every tree, and festive music plays while shoppers stroll casually with a cup of vin chaud (hot wine). There are stalls of gourmet foods and silk scarves; bins of nuts and charcuterie hanging from poles. In between are steaming cauldrons of creamed mushrooms and sizzling grills laden with different kinds of sausages. These special markets run every day, the full month of December.

Farmers' Markets dress up for the holidays!

Here in Ontario, Christmas markets are traditionally one-day events not to be missed. Find one near you and take the whole family. Make visiting an Ontario Christmas farmers' market a family tradition.

Christmas Market along the Champs Elyse in Paris, France

Continued on page 23.

TRAVEL

discover the flavours of...

Christmas Markets in Ontario

TRAVEL

discover the flavours of...

Christmas decorations at an Ontario farmers' market.

Christmas Markets in Ontario

CHRISTMAS MARKETS

Continued...

Barrie Christmas Market
Every Saturday until Christmas
8 a.m. to 12 noon
Barrie City Hall Rotunda

Carp Christmas Market
Saturday, December 1
8 a.m. to 2 p.m.
Carp Fairground, 3790 Carp Road
Come with a donation of non-perishable food for the food bank, money for the 50/50 draws, and pick up your fresh Christmas tree.

Christmas Market on Broadway
Saturday, December 15
9 a.m. to 1 p.m.
Orangeville Town Hall

Cobden Christmas Market
Saturday, December 1
9 a.m. to 4 p.m.
Cobden Agricultural Fairgrounds,
Farmers' Market Building
More than 90 vendors make up this festive market.

Cobourg Christmas Market
Every Saturday until Christmas
8 a.m. to 1 p.m.
Market Square behind Victoria Hall
Delicious holiday baking, preserves, fine handmade crafts, and live Christmas trees round out this holiday market.

Creemore Christmas Market
Saturday, December 1
9 a.m. to 1 p.m.
Inside Station on The Green, Caroline Street West
Don't miss the Santa Claus Parade that begins at 10 a.m.

Cumberland Christmas Market
Saturday, December 1
9 a.m. to 4 p.m.
Location 1: 1115 Dunning Road, Halls A, B, and C
Location 2: 2557 Old Montreal Road, St. Andrew United Church Hall. Breakfast with Santa, 8 a.m. to 1 p.m. Cumberland Lions Club Maple Hall across from St. Andrew United Church Hall
Holiday gift items raffled off for special Christmas charities at both locations.

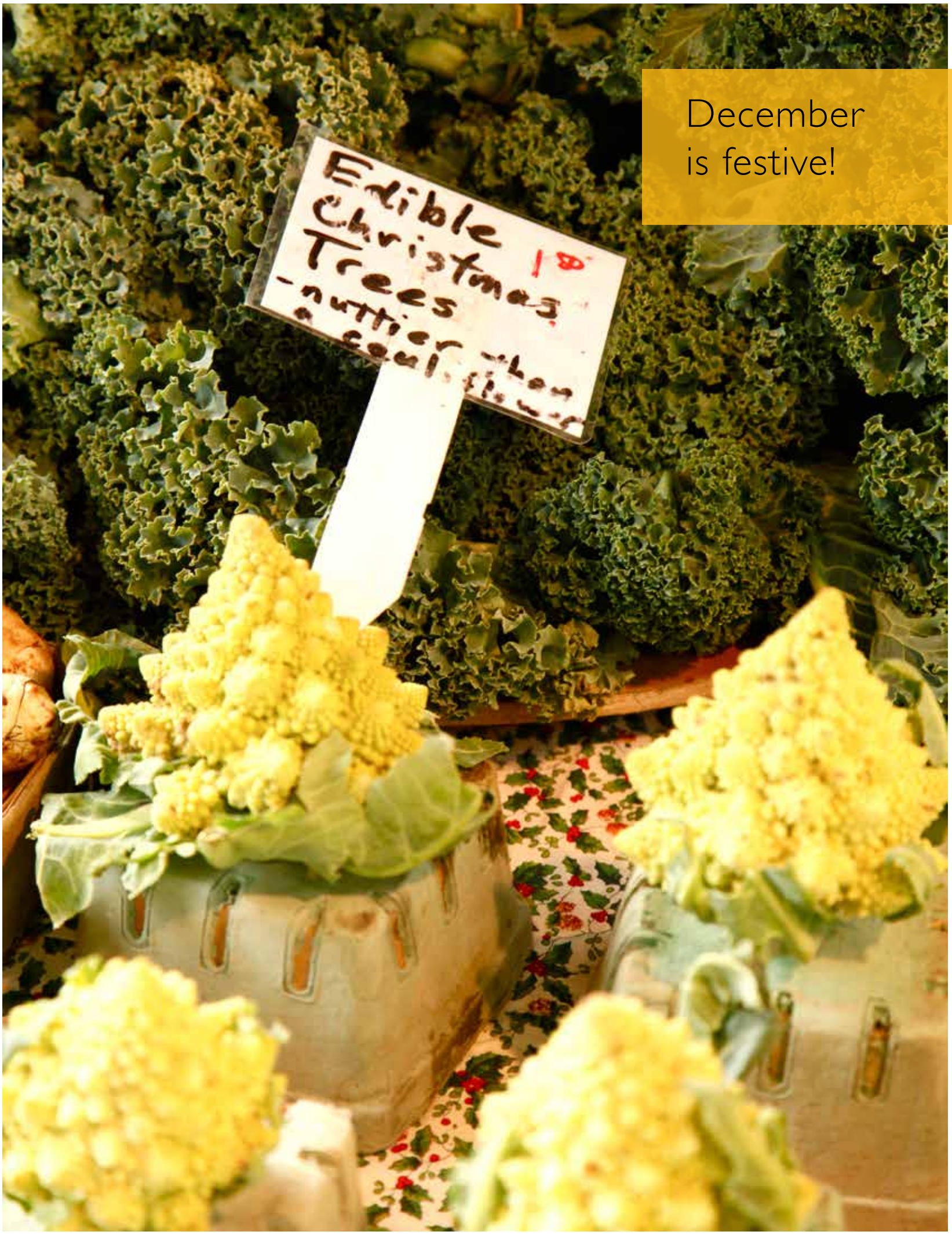
Frontenac Christmas Market
Saturday, December 15
9 a.m. to 2 p.m.
Lions Centre, 4504 Verona Sand Road in Verona (45 seconds from Hwy. 38)
Enjoy hot apple cider, tasty treats, and holiday music.

Continued on page 25.

LOCAL

FOOD

december's food fresh from the farm



December is festive!

CHRISTMAS MARKETS

Continued...

Georgetown Christmas Market
Friday, December 7
3 p.m. to 8 p.m.
Knox Presbyterian Church

Grimsby Christmas Market
Saturday, December 1
9 a.m. to 1 p.m.
Senior Centre on Livingston Street (indoors)
Unique holiday gift items, young artists selling Christmas cards for charity with cookies and apple cider being offered in the spirit of the holidays.

Kitchener Christmas Market
Saturday, December 22
7 a.m. to 2 p.m.
300 King Street East
Christmas shop while carolers stroll the market.

Lindsay Christmas Market
Saturday, December 15 and 22
9:30 a.m. to 3:30 p.m.
Victoria Park Armoury
Admission is a looney or toonie or a donation to the Kawartha Lakes Food Source.

London Christmas Market
Saturday, December 15
10 a.m. to 2 p.m.
Covent Garden Farmers' Market, London
Bring the family to a special Christmas celebration in conjunction with the food bank.

Metcalfe Christmas Market
December 8
9 a.m. to 2 p.m.
Greely Legion, 8021 Mitch Owens Drive, Ottawa
Stroll, shop, and muse to holiday organ music.

North Gower Christmas Market
Saturday, December 1
9 a.m. to 3 p.m.
North Gower RA Centre, 2300 Community Way
Come with a mitt full of non-perishable food (or cash!) for the food bank and be rewarded with a draw for a holiday gift basket.

Orangeville Christmas Market
Saturday, December 15
8 a.m. to 1 p.m.
Orangeville Town Hall, 87 Broadway

Penetang Christmas Market
Saturday, December 15 and 22
9 a.m. to 1 p.m.
Village Square Mall
Handmade, home grown, and fair trade.

Port Hope Christmas Market
Saturday, December 8
10 a.m. to 3 p.m.
Port Recreation Centre on McCaul Street.

Simcoe Christmas Market
Thursday, December 20
9 a.m. to 4 p.m.
Norfolk County Fairgrounds, Homecraft Building
In the spirit of the holidays, enjoy strolling, shopping, and mingling. Complimentary coffee, tea, eggnog, apple cider, and holiday goodies. Draws for market bucks, gift baskets, and, as always, the monthly market hamper will be drawn.

St. Catharines Christmas Market
Saturday, December 8, 15, and 22
10 a.m. to 2 p.m.
91 King Street next to the old courthouse
Sip on hot apple cider and snuggle under a blanket on a horse-and-carriage ride.

Welland Christmas Market
Saturday, December 22
9 a.m. to 11 a.m.
50 Market Square
Buy a ticket to win a basket of local food offered by the vendors. Bring the children to meet Santa, enjoy Christmas carolers, and discover what a snowman soup giveaway is all about.

NIAGARA FALLS FARMERS' MARKET

The Niagara Falls Farmers' Market takes place every Saturday throughout the year. It's a busy place in a quiet parking area behind the Niagara Falls Museum. The long gazebo shelters against harsh weather and the small indoor area houses the meat counter and a few other vendors selling farm-fresh eggs, and baked goods. In the summer months the market vendors double with the harvests, starting with asparagus and strawberries. In the late summer and early fall the parking lot swells with bushels upon bushels of peppers, tomatoes, and eggplant. You'll find unique foodstuffs here, from tender zucchini flowers to giant globes of cauliflower to jars of pickled peppers. DeVries Farm pulls up the big cube truck with the makeshift side door for customers to enter. The walls in the truck are lined with bushels and baskets of dozens of apple varieties.
5943 Sylvia Place, behind the Niagara Falls Museum, Niagara Falls
Saturday mornings from 6 a.m. to 12:00 p.m., year round

ONTARIO CHRISTMAS BISCOTTI

½ cup (125 mL) unsalted butter
1 cup (250 mL) sugar
2 farm-fresh eggs
1 teaspoon (5 mL) pure vanilla extract
2 cups (500 mL) all purpose flour
1 1/2 teaspoons (7.5 mL) baking powder
dash of Ontario salt
1 cup (250 mL) Niagara walnuts
1/2 cup (125 mL) dried Niagara cherries
or dried Ontario cranberries

Preheat oven to 325F (160C). In a large bowl of an electric mixer, beat the butter, sugar, and eggs until light and fluffy. Meanwhile, whisk together flour, baking powder, and salt. Add dry ingredients to the whipped butter mixture and stir only to incorporate. Fold in the walnuts and died cherries or cranberries.
Divide the dough in half and, using your hands, shape the dough into 2 logs and place on a baking sheet lined with parchment paper. Flatten the logs to ¾-inch thickness. Bake for 30 minutes. Remove from the oven and reduce the temperature to 300F (150C). Cut each log into 1-inch slices and return the cookies to the baking sheet, placing each slice on its side. Bake for 10 minutes, remove from oven, turn the cookies over, and bake another 10 minutes. Remove from oven and cool. Makes approximately 4 dozen cookies.

TASTING NOTES

WINE

pressed from Ontario's finest fruit

ONTARIO WINE

December is the month to celebrate with special wines and special drinks, so I've decided to share my favourite Ontario drinks with you as my gift of the season. I hope you enjoy them!

LYNN OGRYZLO

Stratus Wildass Red ($19.95) offers a beautiful seductive burst of blackberry and plum flavour on a harmonious, extraordinarily supple frame. It lingers long and elegant with depth and intensity that give it staying power. A great gift for a wine lover and an even better sipper for oneself. This wine is very rare so contact the winery to reserve.

2095 Niagara Stone Road
Niagara-on-the-Lake
www.stratus.com

Ripe, round, and immensely fragrant, **Peller Estate Ice Cuvée Rosé** ($34.95) offers gorgeous peach, pineapple, and nutmeg aromas and flavours that linger on the soft, generous finish. Tastes drier than the addition of icewine would suggest.

290 John Street East
Niagara-on-the-Lake
www.peller.com

The aroma that has been known to fill a room can only be described as seductive. The **Southbrook Framboise** ($15.95) has shades of raspberries laced with hints of vanilla, honey, and cream on an incredibly spry and delicate framework, all balanced and intense. The finish takes on a life of its own while it's big enough to stand up to any holiday dessert.

581 Niagara Stone Road
Niagara-on-the-Lake
www.southbrook.com

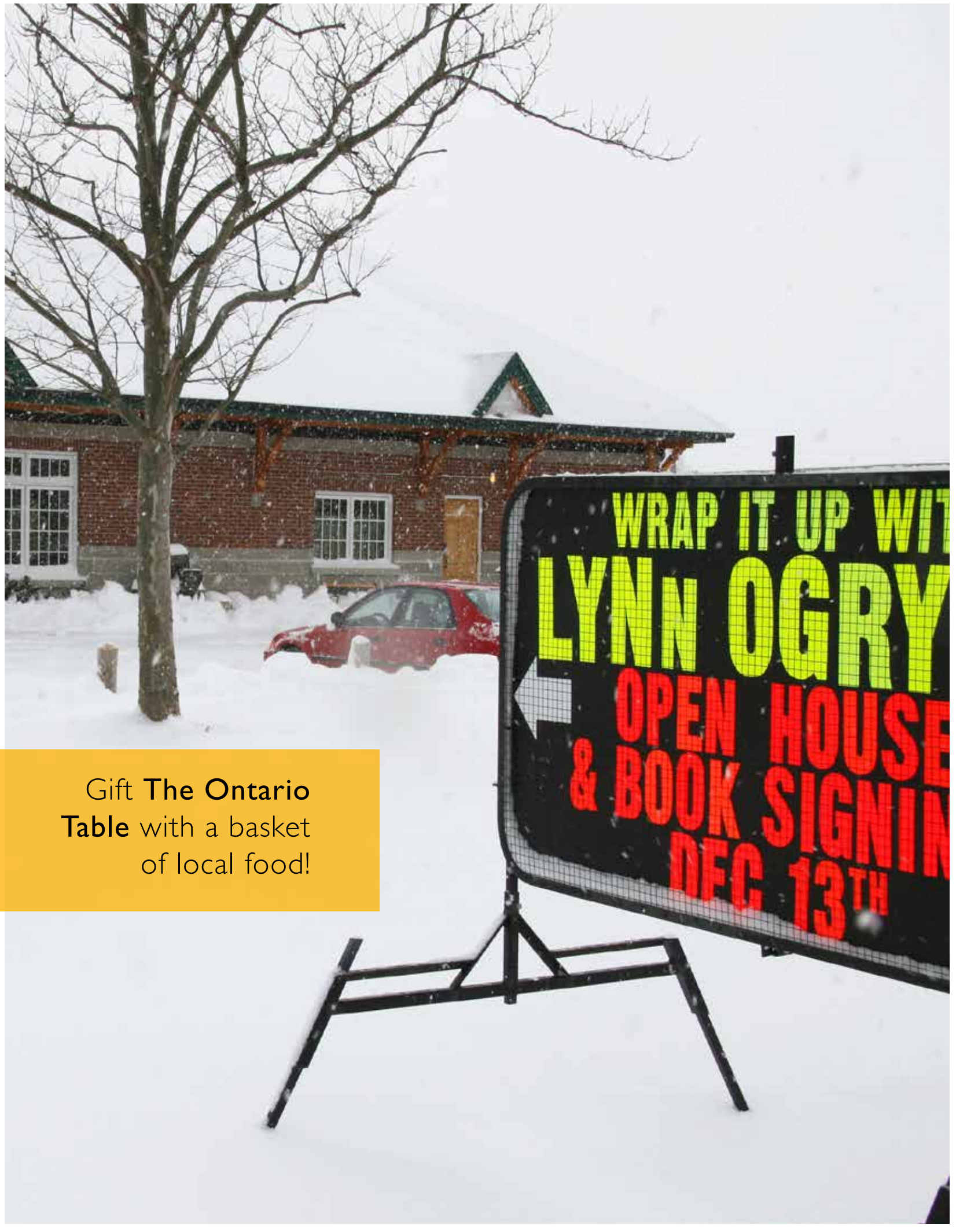
This is the number-one rated whisky in North America, and for good reason. **Forty Creek Barrel Select Whisky** ($25.90, 750 mL) has tons of caramel, walnuts, spice, and wood on an intense frame. A great sweet and dry balance lingering long after the spiceness—yum!

297 South Service Road
Grimsby
www.kittlingridge.com

LOCAL

HARVEST

december's food fresh from the farm



Gift **The Ontario Table** with a basket of local food!

Keep Reading

about local food and local food fun!

ONTARIO: THE TRAVEL GUIDE

If you're like me and you love to travel for food, you know how exciting a weekend getaway anywhere in Ontario can be. Travel writer Carolyn Heller also loves to travel Ontario, and in her new book, *Ontario*, she records all of the amazing things to do in between amazing local food experiences. Together *Ontario* and *The Ontario Table* uncover an exciting province with hidden gems, not at all pretentious or elaborate, but destinations with ordinary people doing extraordinary things. Stumble upon the Butter Tart Trail, Apple Route, Wine Route, Apple Pie Trail, and Taste Trail. Use both books to plan your own weekend getaway: gaze at places of natural beauty, search for Ontario's history, and have lots of fun and good food. $19.95 **www.moon.com**

EDIBLE TORONTO

In its 5th year, Edible Toronto is about serious food matters, from sustainable seafood to Ontario's home-grown food, all within the Greater Golden Horseshoe region. The quarterly magazine focuses on farmers, foods, and delicious dishes. The stories go beyond the superficial by digging deeper into humane husbandry, organic possibilities, and sustainable farming practices. Each issue is filled with stories of farmers and artisan entrepreneurs with a passion to make a difference in our local food world. You can find Edible Toronto at many of the same retail stores that are committed to providing a bounty of local foods. You can also check it out online at **www.edibletoronto.com.** $28.00 annual subscription

ONTARIO CULINARY ADVENTURE GUIDE

Get your copy of this annual guide that recognizes and celebrates the regions that provide the ingredients for our local food journey. It offers an incredible mix of delicious rural and urban experiences. You'll read about leading-edge activities that push the farm-to-fork philosophy further than any other and makes the connections in the unbroken arc from garden to table, producer to eater, and from terroir to fresh flavours. It allows you to keep in the loop by offering must-follow Twitter streams and some hints on where to get the tastiest local foods. My favourite is the Great Ontario Cheese & Ale Trail, but you might like the Wine & Dine Delights section. You can find the Ontario Culinary Adventure Guide at select tourism locations throughout Ontario or online at **www.ontarioculinary.com**. The best part is that it's free.

One Year Later

It's been a great year!

It began... January 1, 2012, the very first issue of **The Ontario Table $10 Challenge: A Year of Eating Local** was released. But...

It's now over It's hard to believe, but this issue marks the end of one year. We found an oasis in Forest Glen Herb Farm, we tasted Milkhouse Cheese before it even went to market, we sipped on unhomogenized milk from champagne glasses-how decadent! I hope you enjoyed it as much as we enjoyed putting it all together for you.

What's next? Ebooks!

The Ontario Table $10 Challenge: A Year of Eating Local - the ebook.

We're taking the past 12 issues of the ezine and compiling it into one new ebook.
Release date: January 2013.

The Ontario Pantry - the ebook.

We have expanded on "The Ontario Pantry" chapter in **The Ontario Table**. We've added more local food products and expanded it to include dairy, charcuterie, and eggs.
Release date: January 2013.

The Ontario Table, featuring *the best food from around the province* - the ebook.

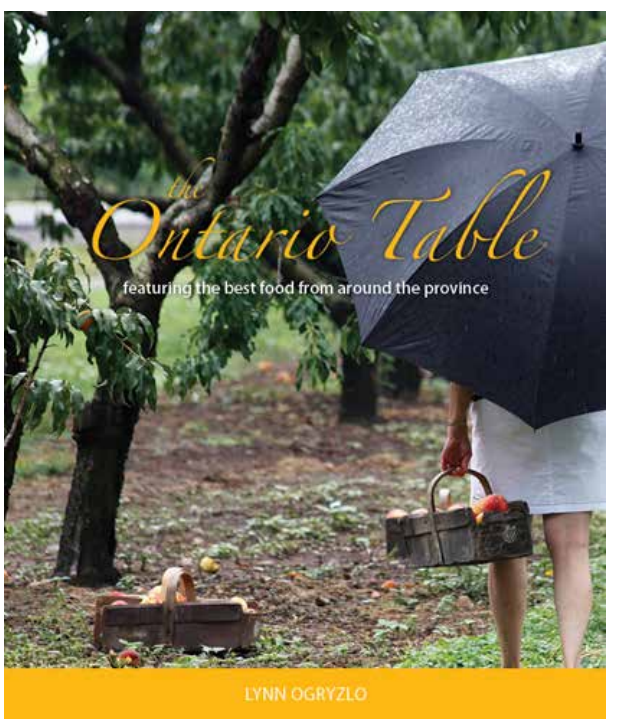
The award winning, Canadian best selling local food cookbook and agricultural guide book is going digital.
Release date: January 2013.

Connect with us, every day

ontariotable.com

Are you looking for more sources of local food for yourself and your family? The Ontario Table is a one-stop local food resource.

Go online to find the best places to buy seasonal as well as year-round local foods, learn how to buy local food, and access quick and easy recipes to turn your local food into delicious dishes—and do it all knowing you're joining a great food community for yourself and your family.



THE ONTARIO TABLE BOOK

The Ontario Table is Ontario's one and only award-winning, Canadian best-selling, local food cookbook and agricultural guide that inspires everyone to buy local. Each recipe is accompanied by a grower story to introduce you to the people who grow your food. You'll also find 20 culinary travel stories that describe where our food grows best and why. Included as well are wine pairings, culinary resource maps, and a chapter on The Ontario Pantry that sources local food in grocery stores. Last but not least, it includes the $10 Challenge that calls for everyone to work together for a better food culture.

THE $10 CHALLENGE EBOOK

Beginning in January 2012, *The Ontario Table* launched the *$10 CHALLENGE: A Year of Eating Local* ezine, a complement to the bestselling, award-winning cookbook and agricultural guide. Now the ezine has been compiled into an ebook. Find it on the website starting January 2013.

THE ONTARIO PANTRY EBOOK

In *The Ontario Table*, Canada's bestselling, local food cookbook and agricultural guide, there is a chapter called "The Ontario Pantry." This chapter lists local foods you're likely to find in grocery stores that come in bags, boxes, bottles, and tins. Now this popular resource has been expanded into an ebook. You can find it on the website starting January 2013.

Stay connected with The Ontario Table wherever you are!

Find us on facebook.com/ontariotable

Find us on @ontariotable

Find us on pinterest.com/ontariotable

FUTURE ISSUES

The Ontario Table $10 Challenge: A Year of Eating Local

December rounds out a full year of eating local food.
Now the ezine becomes an ebook.

Celebrate

It's the holiday season and the time to make sure you're celebrating with Ontario's local foods.

2013

This is the end of one year of **The Ontario Table $10 Challenge,: a year of eating local** ezine. For the past 12 issues we've brought you delicious and easy ways to eat local food in Ontario-at any time of the year. We hope you've enjoyed it. Watch for the ebook and ***Happy New Year!***

THE ONTARIO TABLE

$10 CHALLENGE

$10 + 1 Week = $2.4 BILLION

Put it on your website!

Email OntarioTable@bell.net and we'll be happy to send you The Ontario Table $10 Challenge icon for your website.

Every year, all year round, this is why it's important to buy local. And it doesn't stop with food...