

THE ONTARIO TABLE

# Holiday Baking

*the local way*



2020 COLLECTION



For so many families, Christmas baking is a treasured tradition. When the snow is falling outside, it's most likely there is a hive of activity inside the kitchen. Carols are being played, icing is being carefully stirred and trays of cookies are coming out of the oven, warm, sweet and delicious. A holiday tradition doesn't get much better.

From my holiday kitchen to yours, I hope this festive season is an abundant and delicious affair.

*Lynn*



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by **The Ontario Table**.  
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## Table of Contents

Introduction	7
Ontario Table's Local Food Challenge	9
<i>Recipes</i>	
Cream Cheese Sugar Cookies	11
Black Chocolate Merlot Cookies	13
Craig's Chocolate Shortbread Cookies	15
Caramel Chocolate Whisky Cookies	17
Cranberry Biscotti Biscotti	19
Lavender Macaroons	21
Pumpkin Cookies with Caramel Glaze	23
Chardonnay Glazed Cabernet Cookies	25
Candy Cane Meringues	27
Burrata Brownies	29
Buy, Eat, Drink and Think Local	31
Shop Local	32



## Introduction

No doubt, you've heard many definitions of local food. As Ontario's Local Food Ambassador I'm here to say there is only one definition for local food; follow the money trail.

Because at the end of the day it really doesn't matter why you buy local food. It could be for environmental reasons, for quality issues such as freshness and flavour or it may be for sustainability issues like supporting a farmer or the right to have access to the best food possible.

When you reach into your wallet to pay for food this holiday season, it only matters that the money remain in our local economy where it will work for you. Know that if you buy local, your money stays in your community to support farmers, employment, a food system, a tax base and a healthy community that you live in. Buying local is a gift to yourself.

But this is Ontario and eating local is not an absolute activity, it's an abstract activity. This means it's not about buying and/or eating 100% local food, it's about learning what is local and buying it over imported whenever you can. So your grocery budget in the summer may consist of 75% local food purchases and in the winter it may be 15%. In between it will vary depending on what is available and what you want to eat. But if you make a conscience effort to buy local whenever you can, you are doing 100% better than many people and I thank you from the bottom of my heart.

It's the time of year we celebrate with decadence and special ingredients, like chocolate, vanilla, and sugar. But when it comes to local, I hope you'll be surprised to learn about the other ingredients and where you can get them in Ontario.

Happy Holidays and may it be a sweet one!

---

LYNN OGRYZLO



THE ONTARIO TABLE'S

# HOLIDAY MESSAGE

*giving the gift of local*



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.\***

\* Please don't forget to credit **The Ontario Table** with all mentions of **The Ontario Table's Holiday Message** or the **\$10 Challenge**. They are copyright © 2012 by Lynn Ogrzylo. All rights reserved.

**O**ntario **F**lour There are a few small flourmills throughout Ontario. Artisanal, stone-ground flour has all of the grains original nutrients still intact so many people who are wheat intolerant find they can tolerate stone ground wheat easier. More than that, it simply delicious! Try these local suppliers: **Arva Flour, Castor River Farm, Grass Roots Organics, K2Milling, Morningstar Mill, Oak Manor Farms, Poschaven Farm.** You'll find more in The Ontario Pantry.

## Cream Cheese Sugar Cookies

1 cup (250 mL) sugar  
1 cup (250 mL) soft creamy butter  
1 4-ounce package cream cheese, softened  
½ teaspoon (2.5 mL) Ontario salt  
½ teaspoon (2.5 mL) almond extract  
1 teaspoon (5 mL) pure vanilla extract  
1 farm fresh egg yolk  
2 ¼ cups (560 mL) cups all-purpose flour


Preheat oven to 375F (190C). In a large bowl of an electric mixer combine sugar and butter until thick and creamy, about 2 minutes. While mixer is running on medium-low speed, add the cream cheese, salt, almond and vanilla extracts and egg yolk. Beat for another minute until smooth. Reduce speed and slowly add flour. Mix until well blended. Chill dough for an hour or freeze for up to 3 weeks.

On a lightly floured surface, roll out half the dough to 1/4-inch thickness. Refrigerate the rest. Cut into desired shapes with lightly floured cookie cutters. Place 1-inch apart on parchment lined cookie sheets and bake for 7 to 10 minutes or until edges begin to turn golden. Repeat with remaining cookie dough. Cool cookies completely before icing. Makes approximately 3 dozen cookies.

*These cookies are rich and dreamy. You can also hang them as an edible ornament on a Christmas tree. It's a great tradition for children to be able to pick one cookie a day the entire week before Christmas.*

*Did you know....*

**...Morningstar  
Mills** at Decew Falls stone  
grinds organic flour?



*O*ntario *W*ine is filled with a vast array of surprises. Enjoy delicious every day drinks, icewines, superblends and tasty expressions of terroir from family wineries, international wineries or virtual wineries. It's all local and it's all grown throughout Ontario. For a listing of all wineries and their websites, go to [www.winecountryontario.ca](http://www.winecountryontario.ca).

## Black Chocolate Merlot Cookies

1 1/2 cups (375 mL) all-purpose flour  
3/4 cup (180 mL) cocoa powder  
1 teaspoon (5 mL) baking soda  
1 teaspoon (5 mL) Ontario salt  
1/2 cup (125 mL) soft creamy butter  
3/4 cup (180 mL) sugar  
3/4 cup (180 mL) packed brown sugar  
1 large farm fresh egg  
1 teaspoon (5 mL) pure vanilla extract  
1/2 cup (125 mL) Merlot wine  
1 cup (250 mL) dark chocolate, broken into chunks  
icing sugar for dusting

Preheat oven to 375F (190C). Whisk together flour, cocoa powder, baking soda, and salt in a bowl. Set aside. In a bowl of an electric mixer beat butter and sugars until fluffy. Add egg, vanilla, and wine and beat until well mixed. Slowly add the flour mixture until just combined. Fold in the chocolate. Place a heaping tablespoon of dough for each cookie about 2 inches apart from each other. Bake 8 to 10 minutes. Cool on a wire rack and dust with icing sugar when completely cooled. Makes about 3 dozen cookies.

*Did you know....*

...the 2017 **Stratus Merlot** scored 92 points in the WineAlign Awards in October 2020



## Ontario Butter

With a huge dairy industry in Ontario it's natural we'd make some pretty great butter. The flavours and styles range from company to company and from season to season. Look for **Bright Cheese and Butter**, **Empire Cheese and Butter Co-op**, **Kawartha Dairy**, **Organic Meadow**, **Stirling Butter**. You'll find more butter producers in The Ontario Pantry.

Every year, to their delight, my children would find a Toblerone chocolate bar in their stocking on Christmas morning. We no longer hang stockings, but the Toblerone traditions continues in the form of cookies. These are the cookies of holiday memories.

## Craig's Chocolate Shortbread Cookies

2 cups (500 mL) soft creamy butter

1 cup (250 mL) fruit sugar

3 ¼ cups (800 mL) all-purpose flour

½ cup (125 mL) rice flour

12 ounces (375 grams) Toblerone bar cut into chunks (cut each Toblerone triangle into 3 smaller triangles)

¼ cup (50 mL) icing sugar

Preheat oven to 325F (160C). Beat butter and fruit sugar in a bowl of an electric mixer and continue to beat until sugar is dissolved, about 5 minutes. Sift the two types of flour together. Stir into butter mixture and knead well.

Saving about 50 large pieces of chocolate, stir the smaller pieces and shavings into the dough. Arrange mounds of batter on a non-stick cookie sheet or rubber liner and press one chunk of chocolate into each cookie. Bake for 20 to 25 minutes or just until lightly browned. Cool on racks. Dust cookies with icing sugar.

*Did you know....*

...in an *Ontario Table*  
butter tasting **Kawartha**  
**Dairy Butter** finished  
Numer One!





*Did you know...*

...that **Forty Creek Distillery** is located in Grimsby, Ontario?

## Caramel Chocolate Whisky Cookies

2 1/2 cups (625 mL) all-purpose flour  
1/2 teaspoon (2.5 mL) baking soda  
1/4 teaspoon (1.5 mL) Ontario salt  
1 1/2 cups (375 mL) dark brown sugar, firmly packed  
1 cup (250 mL) soft creamy butter  
2 large farm fresh eggs  
2 tablespoons (30 mL) Forty Creek Whisky  
1 cup (250 mL) Ontario Northern pecans, chopped  
36 whole Ontario Northern Pecans for garnish

### *Caramel glaze*

1 cup (250 mL) caramels  
4 tablespoons (60 mL) heavy cream

### *Chocolate glaze*

1 cup (250 mL) bittersweet chocolate chips  
4 tablespoons (60 mL) heavy cream

Preheat oven to 325F (160C). In a medium bowl combine flour, soda and salt. Whisk well and set aside. In a large bowl of electric mixer beat sugar and butter until smooth, about 2 minutes. Add eggs, one at a time, beating well. Add whisky. When well combined, add the flour mixture and chopped pecans alternately.

Drop dough by rounded teaspoons 2-inches apart onto a parchment paper lined cookie sheet. Place one whole pecan in the centre of each cookie. Bake 15 minutes or until cookie edges begin to brown lightly. Transfer immediately to wire rack to cool.

Meanwhile, melt the caramels with the cream in a small saucepan over low heat. Stir until smooth. Remove from heat. Melt chocolate chips on the top of a double boiler with cream. Stir until smooth. Remove from heat. Drizzle cooled cookies with caramel glaze first and chocolate next. Makes 3 dozen cookies.

*O*ntario *N*uts Ontario grows Northern pecans, walnuts, chestnuts, peanuts and hazelnuts. Ontario is the largest producer of peanuts in Canada. Look for **Kernel Peanuts, P & H Farms, Warner Farms**. Look for more Ontario nut producers in The Ontario Pantry.

*O*ntario *D*ried *F*ruit: They're great for baking and even better for snacking. Here you'll find dried cherries, cranberries, grapes (raisins) and apples. at **Cherry Lane, Johnston's Cranberry Marsh, Martins' Apple Farm**, and at many on-farm markets or specialty food stores throughout Ontario.



## Cranberry Pistachio Biscotti

½ cup (125 mL) soft creamy 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 ½ teaspoons (7.5 mL) baking powder  
dash of Ontario salt  
1 cup (250 mL) Ontario walnuts  
½ cup (125 mL) Ontario dried cranberries

Preheat oven to 325F (160C). Beat the butter, sugar and eggs in a large bowl of an electric mixer until light and fluffy. Meanwhile, whisk flour, baking powder and salt together. Add dry ingredients to the whipped butter mixture and stir only to incorporate. Add the walnuts and dried cranberries and mix well.

Shape the dough into 2 logs on a parchment paper lined baking sheet. Flatten the logs gently with your fingers into ¾- thickness. Bake for 30 minutes. Remove from the oven and reduce the temperature to 300F (150C). Slice the log into 1-inch slices and place 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.

### *Did you know....*

...that **Bala**, Ontario is the cranberry capital of Ontario.



*O*ntario *L*avender is a delicious and exotic culinary ingredient, one I don't use nearly enough. You can grow your own lavender or buy from these experts. **NEOB Lavender Farm, Purple Daze Farm.** For more lavender farms in Ontario, check The Ontario Pantry.

## Lavender Macaroons

1 teaspoon (5 mL) culinary lavender  
¾ cup (180 mL) sugar  
3 farm fresh egg whites  
¼ teaspoon (.2 mL) cream of tartar  
Ontario strawberry preserves

Preheat oven to 200F (100C). In a small food processor, add lavender and sugar and pulse until both are the texture of a fine powder.

In electric mixer fitted with a whisk, beat egg whites until thick and foamy. Sprinkle in cream of tartar and lavender sugar a bit at a time and beat just until sugar has dissolved, approximately 3 more minutes. Beat only to the soft peak stage so the meringues will "fall" into a smooth cookie shape.

Drop 1-teaspoon of egg white mixture onto parchment paper 1-inch apart and bake for 2 hours. Turn off the oven and leave overnight to dry out. Do not open the oven. The next day make cookies by spreading strawberry preserves on the bottom of one meringue and lay it on the bottom of another. Repeat with all cookies. Makes 2 dozen cookies.

*Did you know....*

...that **NEOB Lavender Farm** in Niagara not only sells culinary lavender but they're North America's only producer of lavender syrup?



*O*ntario *S*alt: We have two salt mines in Ontario. Both dredge salt from deep beneath the earth's surface. Pockets of salt left behind before North America was formed as a continent. Does this mean Ontario produces sea salt? An interesting question indeed.

## Pumpkin Cookies with Caramel Glaze

- 1 1/2 cups (375 mL) soft creamy butter
- 1 1/4 (310 mL) sugar
- 2 cups (500 mL) fresh cooked pumpkin purée
- 2 farm fresh eggs
- 2 teaspoons (10 mL) baking soda
- 1 1/2 teaspoons (7.5 mL) ground cinnamon
- 1 teaspoon (5 mL) Ontario salt
- 3 cups (750 mL) all-purpose flour

### *Caramel Glaze*

- 3 tablespoons (45 mL) unsalted butter
- 1/4 cup (60 mL) whole milk
- 1/2 cup (125 mL) packed brown sugar
- 1 cup (250 mL) icing sugar
- 1 teaspoon (5 mL) pure vanilla extract

Preheat oven to 350F (180 C). Cream butter, sugar and pumpkin purée in an electric mixer. Add eggs one at a time, mixing well after each addition. Sift together baking soda, cinnamon, salt and flour. Add to pumpkin mixture and mix well.

Drop cookies by the tablespoon, 2 inches apart, onto prepared cookie sheet. Bake for 10 minutes or until edges are lightly golden. Remove from oven and transfer to wire rack to cool completely.

To make caramel glaze: melt butter in a small saucepan and add milk and brown sugar. Cook over medium heat until sugar is dissolved. Cool slightly and add icing sugar and vanilla. When cookies are completely cooled, drizzle glaze over cookies. Makes 48 cookies

### *Did you know....*

*...these two local food products* **Windsor Salt** and **Sifto Salt** are conveniently available on your grocery shelves?

*O*ntario *C*anola *O*il: Just drive through Ontario from Toronto up through to Ottawa in June and chances are you'll find golden yellow fields of beautiful canola. The name canola is a contraction of "Canadian oil, low acid" and is an accurate description of this versatile oil.



## Chardonnay Glazed Cabernet Cookies

3 cups (750 mL) all-purpose flour  
1 teaspoon (5 mL) baking powder  
3 tablespoons (45 mL) sugar  
1 cup (250 mL) Ontario cabernet sauvignon wine  
1/2 cup (125 mL) Ontario canola oil  
granulated sugar for decoration

Preheat oven to 350F (180C). In a large bowl whisk the flour, baking powder and sugar together. Add the wine and oil. Mix with a large fork and then roll out the dough onto a clean, floured surface and knead with your hands until well incorporated. Roll small pieces of dough between your hands to make logs. Roll in sugar and shape into crescents on cookie sheet. Bake for 25 minutes or until slightly brown. Cool completely before icing.

### *Chardonnay Glaze*

2 cups (500 mL) icing sugar  
2 tablespoons (30 mL) butter, soft  
1/2 teaspoon (2.5 mL) pure vanilla extract  
3 to 4 tablespoons (45 – 60 mL) chardonnay wine

Combine all icing ingredients in small mixing bowl. Stir until smooth and well blended. Adjust for spreading consistency if necessary, adding more chardonnay or more confectioners' sugar. Spread icing or drizzle

### *Did you know....*

*...Ontario has a premium  
cold pressed canola oil made by  
**Pristine Gourmet** in  
Norfolk County?*



*Every year, all year, it's important to buy local. And it doesn't stop with food...*

**O**ntario **E**ggs: Many farmers raise chickens for their own consumption of eggs but they're happy to share. Other farmers raise chickens just for their eggs. Some chickens are fed on vegetable scraps and natural diets while others are given enhancements like flax seeds so the level of Omega 3 is higher.

### Candy Cane Meringues

3 egg whites  
pinch of cream of tartar  
¾ cup (180 mL) sugar  
1 peppermint candy cane

Preheat oven to 200F (100C). In electric mixer fitted with a whisk, beat egg whites until thick and foamy, about 5 minutes. Sprinkle in cream of tartar and sugar a bit at a time and beat just until sugar has dissolved, approximately 4 more minutes. Put the candy cane in a plastic bag and crush by using a rolling pin until pieces of candy are to your desired size. Spoon meringue onto parchment paper 1-inch apart and sprinkle with candy cane dust. Bake for 2 hours. Turn off the oven and leave overnight to dry out. Do not open the oven door. Makes 2 dozen cookies.

*Leftover egg yolks  
make the best  
holiday ice cream!*

*Did you know....*

...that **Ontario Egg Farmers** are selling hard boiling eggs in sealed packages? You'll find them in corner stores and gas stations. What a great snack!

*Burrata* cheese in this recipe is so incredibly delicious. Burrata is a soft, luscious cheese as rich as marscapone. This recipe uses only the soft insides of the cheese which is available at Dolce Lucano in Woodbridge. These Burrata Brownies are so incredibly delicious you'll be moved to scream out like Pascal in the movie, *The Big Night* and say, "This is so good, I just have to kill myself!"

## Burrata Brownies

1 cup (250 mL) butter  
½ cup (125 mL) semisweet chocolate, finely chopped  
1 cup (250 mL) sugar  
½ cup (125 mL) burrata cheese  
3 large farm fresh eggs  
2 teaspoons (10 mL) pure vanilla extract  
½ cup (125 mL) all-purpose flour  
½ cup (125 mL) cocoa powder  
½ teaspoon (2.5 mL) Ontario salt

### Ganache

3 tablespoon (45 mL) butter  
6 tablespoons (90 mL) whipping cream  
¾ cup (180 mL) semisweet chocolate, finely chopped

Preheat oven to 325F and butter a 8 x 8-inch baking pan. In a metal bowl over simmering water, melt the butter and chocolate. Stir. Add sugar and stir for 2 to 3 minutes to ensure sugar has melted. Remove from heat and add the burrata, eggs, and vanilla. Mix until smooth. In another bowl, sift together flour, cocoa, and salt. Add to the warm burrata mixture and stir just until combined. Pour the mixture into the prepared pan and smooth the top. Bake for 40 to 50 minutes until toothpick inserted into the middle comes out clean. Let the brownies cool in the pan.

Meanwhile, make the ganache. Heat the butter, cream and chocolate in a saucepan over low heat until chocolate has melted. Stir until all lumps disappear. Immediately pour over warm brownies. Transfer to the refrigerator and allow to cool completely, about an hour. Cut brownies into 16 squares with a warm knife. Enjoy.

*Ontario Artisanal Cheese*: Ontario was once a province that produced and exported cheese in a big way. Today, Ontario is giving birth to many small artisan cheese makers who are producing some pretty exciting, unique and incredibly delicious cheeses in very small quantities. Here are a few to watch out for, **Alpenblick Farm, Back Forty Artisan Cheese, Best Baa Farm, Cross Wind Farm, Ewenity Cheese and Dairy Co-op, Gunn's Hill Artisan Cheese, Le Brebis Sure le Toit Bleu, Mariposa Dairy, Milkhouse Dairy, Monforte Dairy, Mornington Goat Dairy, Organic Meadow, Paron Cheese, River's Edge Goat Dairy, Upper Canada Cheese.** For more Ontario cheese producers, check out [The Ontario Pantry](#).



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



**LOCAL FOOD**

Buy local wherever you can.

If you can't buy local, buy organic.

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

**LOCAL PRODUCTS**

Buy Ontario products wherever 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!

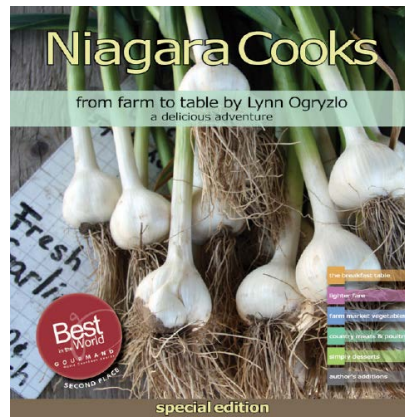




# SHOP LOCAL!

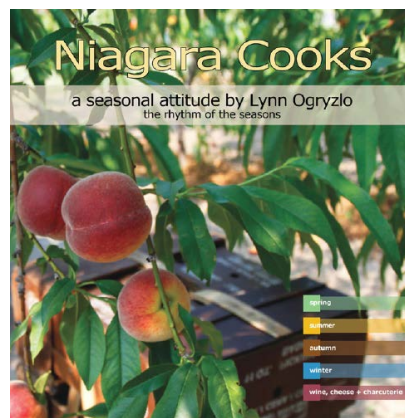
## NIAGARA COOKS

This amazing Canadian Best Seller, *Niagara Cooks, from farm to table* has been recognized with three international awards including Best Local Cookbook in the World, Best Illustrated Cookbook and Best Local Food Cookbook in Canada. It combines the author's passion for fresh local food into 99 easy to prepare recipes using fresh local ingredients that home cooks can access from their own agricultural neighbourhood. It is a tribute to great food and to a region rich in agricultural abundance. \$24.95



## NIAGARA COOKS

Cooking will never be a spectator sport, not if Lynn Ogryzlo has anything to do with it. The second in the *Niagara Cooks* series, *Niagara Cooks, a seasonal attitude* is an award winning, Canadian Best Seller all about a new attitude towards eating local. It takes advantage of seasonal harvests and the ever-changing moods, colors and flavour of the seasons with 96 quick and easy recipes organized by season for timely market shopping and complete menus that fit snugly into anyone's kitchen. \$24.95



## 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 story of a farmer 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 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. \$29.95



# Digital Local Food Resources

## \$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. \$7.95



## 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. \$2.95



## LOCAL FOOD EBOOK

In true agricultural form, *10 Things You Didn't Know You Wanted To Know About Local Food* is about planting seeds. It's about offering up a broader definition of local food than the majority of consumers now hold. It's about common sense and a reasonable perspective about buying local food. Read about what you didn't know you wanted to know about local food. \$FREE



## BUY LOCAL TEDx TALK


Ontario Table author Lynn Ogryzlo talks on TED.com about how buying local makes sense for our health, our family, our community and the economy. Listen to how one person can make a difference - \$10 at a time. Click on the TED icon to listen. \$FREE



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