

# The Ontario Pantry

by Lynn Ogryzlo

*eating local + healthy all year*

# Recipes

*C*ongratulations, you're here. This means you're using The Ontario Pantry to add more local ingredients to your food world, and you've joined many others who are making a delicious difference.



The Ontario Pantry will be updated periodically at [ontariotable.com](http://ontariotable.com).

# The \$10 Challenge

Spend  
*\$10*  
a week on local food

The Ontario Pantry Cookbook is produced by The Ontario Table.

Author + Producer: Lynn Ogryzlo  
Photographs generously submitted by Food Photographer,  
Jon Ogryzlo

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lynnogryzlo@gmail.com.

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ontariotable.com.

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.

The Billion Dollar Impact

You can make  
a difference!

Keeping our money circulating grows those dollars to  
**\$3.6 billion** and creates **10,000 new jobs**.\*

\* Numbers provided for The Ontario Table by Doug Vallery, Experience Renewal Solutions  
Inc., and Dr. Kevin Stolarick of the Martin Prosperity Institute, University of Toronto.

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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**.

Every dollar you spend on local food is a vote for the culinary culture you want.

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THROUGHOUT THE SECOND PART OF THE BOOK - THE FARMERS' DIRECTORY - YOU'LL FIND MOUTHWATERING LOCAL FOOD DISHES I'M SURE YOU'LL WANT TO PREPARE.

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## Potted Eggs and Canadian Bacon

4 farm fresh eggs, separated  
4 egg whites  
4 tsp (20 mL) heavy cream  
1 tsp (5 mL) butter, plus more for buttering ramekins\*  
1 tsp (5 mL) Ontario canola oil  
8 slices Canadian bacon (peameal)  
Ontario salt

Preheat the oven to 400F (200°C). Butter 4 small ramekins and place in a deep baking dish.

Break the eggs leaving the yolk in each of the 4 ramekins. Whisk the egg whites with cream until just incorporated. Season well. Divide between the 4 ramekins, just covering the yolk. Divide the butter between the ramekins and just lay on top of the egg mixture. To bake, pour boiling water into the baking dish, just half way up the sides of the ramekins. Bake for 15 minutes for runny yolks or 20 minutes for firmer yolks.

Meanwhile, Warm the oil in a skillet over medium heat and cook the bacon. Cook 2 minutes per side and transfer to a clean paper towel to absorb the excess oil.

Remove the eggs from the oven. They will appear runny but will firm up as they set. Carefully remove the ramekins from the hot water and allow them to sit on the counter for 5 minutes. Serve with bacon and toast on the side. Serves 4.



If you've eaten today,  
thank a local farmer.

## Sorrel and Egg Pie

1 kg/2lb fresh sorrel from an herb farm  
½ cup (125 mL) grated Ontario parmesan cheese  
1 tbsp (15 mL) dried marjoram  
9 farm fresh eggs  
2 cups (500 mL) Ontario ricotta cheese  
Ontario salt  
filo pastry leaves  
½ cup (125 mL) grass-fed butter, melted

Preheat oven to 400F (200 C). Remove filo pastry leaves from the freezer and let them warm at room temperature.

Wash sorrel, discarding any discoloured leaves and large stalks. Put it in a pan with only the water clinging to it, cover and cook gently over a low heat, stirring occasionally to make sure it does not stick to the pan. When it is cooked, about 8 minutes, squeeze the water out of it using cheesecloth, chop and add half the grated parmesan, marjoram and 3 eggs (scrambled) with the ricotta. Season well.

Line the inside of a 9-inch springform pan with 6 phyllo pastry sheets, overlapping the edges. Brush each pastry sheet with melted butter. Pour the sorrel filling into the prepared pan. Make 6 deep holes in the sorrel mixture with the back of a spoon and into each break an egg. Sprinkle the top with the remaining cheese.

Fold over the edges of the pastry sheets, basting each with more melted butter. Prick the top with a fork, brush with butter and bake in the preheated 375F (190C) oven for an hour, or until the crust is puffy and golden brown. Allow to cool for 10 minutes. Slice like a pie and serve warm. Serves 6.



How lucky are we to have  
food growing all around  
us when so many others  
live in a food desert.

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## Beet Cakes

- 4 medium size beets, roasted and chilled
- 1 large potato, peeled, cooked and chilled
- 2 medium shallots
- ½ cup (125 mL) fresh garden parsley
- 1 farm fresh egg, beaten
- ½ cup (125 mL) Ontario all-purpose flour
- Ontario salt
- 1 cup (250 mL) seasoned breadcrumbs

Cut the beets, potato and shallot into chunks and put them in a food processor with parsley. Pulse 10 times or enough to create a coarse or fine texture – you decide. I like mine on the chunky side. Transfer mixture to a bowl and add the beaten egg, mix well. Add the flour and season with salt. Mix all together until the mixture is firm enough to handle. Add more flour if necessary.

Pour breadcrumbs into a dish. Scoop a bit of beet mixture into your hands and roll it into a ball. Place it in the breadcrumbs and flatten it into a disk with the back of your hand or a spatula. Working with a spoon, cover the top and sides of the beet cake with breadcrumbs and press slightly so they adhere to the beet cake. Transfer to a baking sheet lined with parchment paper and repeat with the remaining beet mixture.

Bake in a preheated 350F (180C) oven for 35 to 40 minutes or until cooked through. Remove from the oven and serve warm. Makes about 12 beet cakes to serve 6.



Recipe from Niagara Cooks, from farm to table

This book is dedicated to the farmers who risk it all to make our lives more delicious.

## Caramelized Onion Tart

- 4 tbsp (60 mL) Ontario canola oil
- 5 large white onions, peeled and sliced thin
- 3 anchovy fillets
- 1 tbsp (15 mL) dried thyme
- 2 cups (500 mL) all purpose flour
- ½ cup (125 mL) Ontario canola oil
- ½ cup (125 mL) whole milk, warmed
- 2 farm fresh eggs
- 4 tbsp (60 mL) Ontario table cream
- Ontario salt

In a large skillet, heat the oil and sauté the onions, anchovies and thyme. Cook stirring often until golden brown and very soft, about 25 to 30 minutes. Remove from heat and cool.

Meanwhile, combine flour, oil and milk in a mixing bowl and mix well to form a soft dough. Form into a ball, wrap in plastic wrap and chill for 10 minutes. Preheat oven to 425F (220C). Whisk eggs and cream and season well. Pour egg mixture over cooled onions and set aside.

Roll out the dough to 1/4-inch thick and cut circles with round cookie cutter to fit into tart shells or muffin tins. Fill with onion mixture and bake for 30 to 35 minutes until golden brown. Serve warm or at room temperature. A bit of cheese on top is optional.



Recipe from Niagara Cooks, from farm to table

Explore Ontario's rural communities where the best flavours run amok in fields, orchards, gardens, and vineyards.

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## Candied Garlic on Thyme Roasted Tomatoes

1 cup (250 mL) sugar  
2 cups (500 mL) water  
16 garlic cloves, peeled  
1 1/2 tbsp (22.5 mL) Ontario oil of choice  
8 greenhouse cherry tomatoes  
3 tbsp (45 mL) fresh thyme, minced  
Ontario canola oil  
16 thin slices of dried baguette  
1 raw garlic clove  
6 ounces (125 grams) Ontario chèvre, room temperature

Bring water and sugar to a boil, reduce heat and add peeled garlic cloves. Gently simmer garlic until soft, about 15 minutes. Drain and let dry.

Warm oil in a skillet and sauté garlic cloves until lightly browned, stirring to coat the cloves with the oil. Slice the tomatoes in half lengthwise, scoop out and discard the seeds and pulp. Place tomato shells on a cookie sheet, skin side down and sprinkle with salt and thyme. Drizzle with oil and bake at 250F (120C) for 1 hour. Remove from oven. Brush crostini with oil and rub with the raw garlic clove.

To serve, place a tomato slice on a crostini. Top with a smearing of Ontario chèvre and one or two cooked garlic cloves. Season with salt and pepper and enjoy. Makes 16 appetizers.



Recipe from Niagara Cooks, from farm to table

Local food is all about the unbroken arc from garden to table that includes growing, harvesting, preparing, eating, and sharing foods from local soils.

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## Root Vegetable Mash

2 carrots, diced  
2 sweet potatoes, peeled and diced  
1 turnip, diced  
1 clove garlic  
1/2 cup (125 L) whole milk  
1/4 cup (60 mL) chopped fresh sage  
1 tablespoon (15 mL) grass fed butter  
2 tbsp (30 mL) Maple Cream Liqueur from Kittling Ridge  
Ontario salt  
fresh rosemary, chopped

Pre-heat the oven to 350F (180C). Boil the carrots, sweet potato, turnip and garlic in a large pot, cover with salted water and simmer until tender, about 20 minutes. Drain the vegetables and transfer to a food processor or electric mixer. Add the milk, sage and butter and season well. Pulse or beat until smooth. Add the maple cream liqueur and mix in well. Put in an ovenproof casserole dish and garnish with sage leaves. Bake, uncovered for 15 minutes, or until thoroughly heated.



Recipe from Niagara Cooks, a seasonal attitude

## Shift your spending!

Within your existing grocery budget, plan on spending \$10 a week on local food.

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## Brussels Sprouts with Pancetta

18 - 20 Brussels sprouts, trimmed and halved  
6 slices pancetta, diced  
2 tbsp (30 mL) butter\*, melted  
Ontario salt

Preheat oven to 450F (230C). Trim each Brussels sprout and cut in half. Place in a large bowl and add the melted butter and diced pancetta ovetop. Season well. Stir the bowl to gently coat the sprouts. Add some Ontario canola oil if needed.

Transfer sprouts mixture onto a foil-lined baking sheet. Turn each sprout cut-side down. Bake 15 to 20 minutes or until Brussels sprouts are tender and begin to brown on the bottom. Transfer to a serving bowl. Serves 4.

\*feel free to substitute butter for duck fat



There's something romantic about knowing exactly where your food is from, who is growing it, and how they grow it.

## Black Bean Tart with a Chili Crust

1 1/4 cups (310 mL) Ontario all-purpose flour  
1 tsp (5 mL) ground cumin  
1 tsp (5 mL) ground chili powder  
1 tsp (5 mL) ground paprika  
1/2 cup (125 mL) chilled grass-fed butter, cut into bits  
5 tbsp (75 mL) ice water  
2 cups (500 mL) canned black beans, rinsed and drained  
2 tbsp (30 mL) sour cream  
1 cup (250 mL) frozen Ontario corn, thawed  
1 red bell pepper, chopped  
1/2 cup (125 mL) fresh coriander sprigs  
1 1/2 cups (375 mL) coarsely grated Niagara Gold cheese  
2 jalapeno chilies, seeded and chopped fine  
1/2 cup (125 mL) chopped scallions  
Ontario salt

Preheat oven to 350F (180C). In food processor blend flour, spices and salt. Add butter and pulse until mixture resembles coarse meal. Add ice water and pulse until incorporated and mixture forms a dough. Press evenly onto bottom and sides of a 10-inch tart pan and chill 15 minutes. Blind bake, 8 to 10 minutes. Remove weights and bake 10 minutes or until golden. Cool crust.

In a food processor, puree 1 cup (250 mL) of beans with sour cream until smooth. Season and spread evenly onto crust. In a skillet, heat oil over medium heat and sauté corn for 2 minutes. In a large bowl stir together corn with remaining ingredients and season. Mound corn mixture on bean puree in pie. Bake about 20 minutes or until hot and cheese is melted. Let tart cool in pan on a rack 15 minutes. Serves 6.



Recipe from A Year of Eating Local, February Issue

Food nourishes our body so choose it wisely - choose local.

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## Apple, Butternut Squash, and Beer Soup

- 1 tbsp (15 mL) Ontario canola oil
- 2 cups (500 mL) onions, chopped
- 1 clove garlic, minced
- 1 tsp (5 mL) dried thyme
- 4 cups (1 L) butternut squash, peeled and chopped
- 3 cups (750 mL) McIntosh apples, peeled and chopped
- 2 cups (500 mL) chicken broth
- 2 cups (500 mL) Ontario microbrewery lager
- 1/2 cup (125 mL) 15% table cream (optional)
- Ontario salt
- Croutons for garnish

Heat oil in a large soup pot over medium heat. Add onions and cook about 5 minutes or until softened, stirring occasionally. Stir in garlic and thyme, and cook 1 minute. Add squash, apples, broth, and lager. Turn heat to high and bring to a simmer; reduce heat and simmer for about 15 minutes or until squash is tender. Remove from heat and allow to cool. Purée in small batches in blender or food processor. Return to soup pot, add cream (if using), and reheat. Season with salt. Garnish with croutons and serve warm. Serves 8.



Recipe from A Year of Eating Local, October Issue

Keep your friends close and  
your farmers closer.

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## Potato Crusted Chevré Salad

- 1 small log chevré, cold
- 1 large potato, thinly sliced (24 slices)
- 4 tbsp (60 mL) sundried tomato pesto
- 2 tsp (10 mL) Ontario vegetable oil
- 2 large bunches mixed fresh baby greens
- 2 tsp (10 mL) finely chopped shallots
- 6 tbsp (90 mL) good quality extra virgin canola oil
- 2 tsp (10 mL) Ontario verjus
- 1 tbsp (15 mL) red wine vinegar
- 1-inch slice chevre, room temperature
- Ontario salt

Cut chevré into 12 thick slices. Smear pesto on one side of a potato slice, top with chevré and another potato slice. Continue until you have 12 potato sandwiches. Warm oil in a skillet over medium heat. Cook goat cheese filled potatoes about 5 minutes each side. Drain on paper towels.

Put shallots, canola oil, verjus, red wine vinegar, chevré, and salt in a jar with a tight fitting lid. Shake vigorously until thick. Pour over salad greens and toss lightly. Divide salad greens among 6 individual salad plates and top each with 2 chevre sandwiches. Serves 6.



Recipe from A Year of Eating Local, April Issue

Buying your food from local  
sources is about creating culinary  
independence and prosperity.

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## Red Lentil Salad

4 tbsp (60 mL) Ontario canola oil  
1 clove garlic, minced  
1/2 tsp (2.5 mL) fresh thyme, chopped  
2 large portobello mushrooms, sliced  
1 small bunch baby asparagus, stalk ends trimmed, chopped  
1 cup Ontario red lentils or black beluga lentils, rinsed  
1 clove garlic, peeled  
1 bay leaf  
2 1/2 cups (625 mL) pure spring water  
Ontario salt

Preheat oven to 450F (220C). Mix oil, garlic and thyme together. Toss sliced Portobello mushroom in half the garlic oil. Reserve the rest. Spread mushrooms on a large baking sheet and bake for 15 minutes. Add chopped asparagus and bake for an additional 10 minutes.

Meanwhile, combine lentils, garlic, bay leaf and water in a pot and bring to simmer. Partially cover, simmer until lentils are tender, about 5 minutes. Drain well, place in a large bowl and discard garlic and bay leaf.

Remove mushrooms and asparagus from the oven and add to lentils. Season with salt and remaining garlic oil. Stir to combine. Add more oil if necessary. Serves 4 as a side salad or 2 as a main meal.



"My philosophy is simple; eat well, buy local and live a good life."  
Lynn Ogryzlo

## Oven Baked Black Bread Soup

3 strips of country thick bacon, diced  
1 onion, diced  
3 garlic cloves, minced  
6 slices of dark rye bread, cut in half  
1/2 small head of fall cabbage, sliced very thin  
1 cup (250 mL) Ontario brick cheese, grated  
1/2 cup (125 mL) Ontario gouda cheese, grated  
5 cups (1.25 L) beef broth  
1 cup (250 mL) dry red wine  
1/2 tsp (2.5 mL) marjoram  
1/4 tsp (1 mL) fennel seeds  
Ontario salt  
3 tbsp (45 mL) butter  
4 tbsp (60 mL) Ontario vodka

Preheat the oven to 350F (180C). In a large skillet, put the bacon, onion and garlic. Cook on medium high until onion is beginning to brown, about 4 minutes. Set aside to cool. In 6 deep oven-proof soup bowls, place a bread slice in the bottom, trimming to fit. Cover with a layer of cabbage, then cheeses, Divide the bacon mixture between all of the ramekins and repeat with bread, cabbage and a thicker layer of cheese.

Warm the stock and wine with herbs and season well. Pour over the ingredients, totally immersing them. Dot with butter and bake for 45 to 50 minutes or until the soup is bubbling and has a golden crust. Serve with a drizzle of Vice directly over each portion. Serves 6.



Recipe from The Ontario Table

Local food is about purity of produce, transparency in production, creating jobs and vibrant communities and supporting our health.

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## Vineyard Leg of Lamb

- 1 - 7 pound (3.18 kg) leg of Ontario lamb
- 2 Ontario garlic cloves, sliced thin
- 2 sprigs fresh rosemary, destemmed
- 1/2 cup (125 mL) Ontario brandy
- 1 cup (250 mL) Ontario dry red wine
- Ontario salt

Using a sharp knife, make small slits all over the lamb and insert garlic slivers and rosemary leaves. Soak a cheesecloth or tea towel in brandy and wrap around lamb. Cover with plastic wrap and marinate, refrigerated for 4 hours. Unwrap the lamb and place fat side up on a roasting rack in a roasting pan. Pour wine in the roasting pan. Roast 450F (230C) for 30 minutes. Reduce heat to 350 (180C). Using a basting brush, baste lamb with wine. Continue to roast, basting frequently for 1 hour or until done. Let stand 10 minutes before carving.



Recipe from Niagara Cooks, from farm to table

Food is not rational. Food is community, culture, habit and identity. What is your culinary identity?

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## Maple Pecan Whisky Steak Sauce

- 1/4 cup (60 mL) Ontario Northern pecans, toasted
- 1 tsp (5 mL) canola oil
- 1 tbsp (15 mL) shallots, minced
- 2 garlic cloves, minced
- 1/2 cup (125 mL) pure Ontario maple syrup
- 1/2 cup (125 mL) Forty Creek Whisky
- 1 cup (250 mL) beef broth
- Ontario salt
- 1 tbsp (15 mL) farm-fresh butter
- toasted pecans as garnish

Chop pecans very fine in a food processor and set aside. Preheat a skillet and warm the oil over medium heat. Add shallots and garlic, and cook until the ingredients start to change colour, about 5 minutes. Pour in the maple syrup and whisky, increase temperature to high and reduce by half, about 6 minutes. Add the broth, season with salt, and bring to a boil. Stir in butter to give the sauce a smooth finish. Remove from heat and serve over or under a char-grilled steak of your choice. Garnish with toasted pecan halves. Serves 2



Recipe from A Year of Eating Local, March Issue

Cooking nourishes your soul and the soul of those you cook for.

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## Porchetta

1 butcher made Porchetta, half or whole  
1 bottle of Ontario, dry white wine

Start with a room temperature porchetta and fill the bottom of the roasting pan with white wine – no more than a bottle, no less than 1/2-inch on the bottom. It should not touch the bottom of the Porchetta. Cook it at 500F (250C) for 40 minutes to an hour. Turn the oven down to a low 300F (150C) and cook for 20 minutes per pound. It will take approximately 4 hours for a whole Porchetta. Do not open the oven door and baste it. When it is done, remove it from the oven and let rest for 30 minutes. The skin keeps it hot inside so more resting time is necessary. Use a very sharp knife for carving, the meat is so tender you will tear it apart with a dull knife. The pan juices make a delicious gravy.

*Porchetta can be made from the loin, the belly or the shoulder. Massive amounts of herbaceous flavours and seasonings are layered on top of a butterflied piece of pork, rolled tightly with skin, sewn together into a roast.*

*You get the most delicious bits of crackling on the skin; it's like candy. The pork is rich, luscious, very savoury, sexy, succulent and – a total herbaceous blast when you bite into it.*



Recipe from A Year of Eating Local, January Issue

Spend just \$10 a week on local food and it will contribute over \$2.4 billion into Ontario's economy.

## Garlic Roasted Game Hens with Crispy Sage

2 garlic cloves, minced  
1/2 teaspoon (2.5 mL) Ontario hot chili pepper flakes  
16 garden picked sage leaves  
3 tablespoons (45 mL) Ontario canola oil  
2 game hens or very small chickens, halved  
4 garlic heads crispy sage leaves  
Ontario red wine vinegar for drizzling  
Ontario salt

Preheat oven to 400F (200 C). Combine the garlic, chili flakes, sage leaves and oil. Season well. Set aside. Lay the hens on a baking sheet lined with parchment paper. Slice the top of each garlic head, exposing the cloves inside and place on baking sheet with the hens. Brush all with garlic oil.

Roast for 55 minutes, basting periodically or until game hens are cook through and the garlic is tender. Top with crispy sage leaves and drizzle with red wine vinegar. Serves 2.

Crispy sage leaves: fill a small saucepan with 1-inch of oil and heat over high heat. When oil is hot, drop 3 to 4 sage leaves into the hot oil and cook for one minute. Remove with tongs and drain on paper towels.



Recipe from A Year of Eating Local, September Issue

People who pull carrots from the earth or sift through sacks of potatoes with soil still clinging to them will make the connection between their food and the place it comes from.

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## Bacon Meatloaf Muffins

- 1 1/2 lbs (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
- 1/2 tsp (2.5 mL) smoked paprika
- 1/2 cup (125 mL) smoky barbecue sauce
- 1 tbsp (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 butchers twine. Makes 12 individual servings.



Recipe from A Year of Eating Local, December Issue

Meet a new farmer each week and before long you will have built your very own local food community.

Be a Local Food Champion by spending **\$10** a week on local food.

## Skillet Duck Legs

- 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 any oil as the duck fat will begin to melt into the pan. Brown 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.



Recipe from A Year of Eating Local, December Issue

Eating local isn't something that just happens one day—it's about a conscious effort to be more connected to your food.

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## Vodka Chicken

- 4 Ontario chicken breasts, skinless, boneless
- 1 cup (250 mL) all-purpose flour
- 2 tbsp (30 mL) Ontario canola oil
- 2 shallots, minced
- 2 garlic cloves, minced
- 3 dried chili peppers
- 1/2 cup (125 mL) Ontario Vodka
- 1 cup (250 mL) chicken broth
- 3 tbsp (45 mL) Ontario tomato sauce
- 1 vine ripened tomato, diced
- 1/4 cup (60 mL) Ontario parmesan cheese
- 1/2 cup (125 mL) whipping cream
- Ontario salt

Trim chicken breasts of any fat. Season flour with salt and whisk to mix thoroughly. Heat the oil in a large skillet over medium high heat. Dredge chicken breasts in seasoned flour and place in skillet. Discard remaining flour. Cook until browned on both sides, about 2 minutes per side. Transfer to a platter and keep warm.

Reduce heat to medium and add shallots, garlic and chili peppers to skillet. Cook until shallots are soft, about 2 minutes. Add vodka and cook until vodka has almost evaporated, another 2 minutes. Add broth and tomato sauce and reduce by half again, another 4 minutes.

Finish the sauce by adding diced tomato, parmesan cheese and cream. Heat through, then return chicken breasts to the skillet and cook until done, about 5 minutes. Serves 4.



Recipe from The Ontario Table

Each dollar you spend on local food is a vote for the kind of culinary culture you want.

## Salmon Cakes

- 1 pound (.45 kg) fresh salmon, cooked
- 2 white flesh potatoes, cooked and mashed
- 2 tbsp (30 mL) country fresh butter, melted
- 1 tbsp (15 mL) whole grain Ontario mustard
- 1 tsp (5 mL) garden fresh dill, chopped
- 1 tsp (5 mL) garden fresh parsley, chopped
- 1/2 cup (125 mL) breadcrumbs
- 3 tbsp (45 mL) Ontario canola oil
- Ontario salt

Break up the salmon into small pieces. Put it in a bowl with mashed potato, melted butter, mustard, fresh dill and parsley. Season with salt and mix thoroughly. Divide the mixture into 8 equal portions and roll each into a ball shape before flattening them to make patties. Dredge the fish cake patties with breadcrumbs, making sure they are evenly coated.

Heat the oil in the frying pan until it is very hot, then fry the fish cakes in batches of 2 until each one is crisp and golden. Makes 8 salmon cakes.



Recipe from The Ontario Table

Always play music in your kitchen and invite friends over to help with a meal. Good food demands to be shared.

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**.

**Be a Local Food Champion by spending**  
**\$10** a week on local food.

## Red Fife Wheat Pasta

- 1 pound (.45 kg) red fife wheat fettuccine
- 1/4 cup (60 mL) country fresh butter
- 2 cloves garlic, minced
- 1 shallot, minced
- 1/2 cup (125 mL) light cream
- 1 cup (250 mL) Paron Montasio cheese, finely grated
- 1 ounce (25 g) Monforte Black Sheep cheese
- 1/2 cup (125 mL) Ontario parmesan cheese, freshly grated
- 2 tbsp (30 mL) orchard walnuts, chopped
- 1 tbsp (15 mL) fresh parsley, torn
- Ontario salt

In a large pot, bring salted water to a boil. Add pasta. Return to boil and reduce heat slightly. Boil, uncovered, for 2 to 4 minutes for fresh pasta, or until al dente, stirring occasionally. Drain. Meanwhile, sauté garlic and shallots in butter over low heat until shallots are soft. Add cream and stir until warmed through. Add cheeses and stir until cheeses have melted and sauce is creamy. Taste and season. Add drained pasta and mix to coat. Garnish with walnuts and parsley. Serves 4 to 6.



My food philosophy is simple. Buy local, cook it lightly with care, share it with someone you love, and don't waste a bit of it.

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## Skillet Apple Pie

- 2 tbsp (30 mL) grass-fed butter
- 2 large Niagara apples, cored and sliced
- 3 tbsp (45 mL) sugar
- 1/2 tsp (2.5 mL) ground cinnamon
- 3 farm fresh eggs
- 1/2 cup (125 mL) whole milk
- 2 tbsp (30 mL) grass-fed butter, melted
- 1/2 tsp (2.5 mL) pure vanilla extract
- 1/2 cup (125 mL) all-purpose flour
- 2 tbsp (30 mL) sugar
- pinch of Ontario salt

Preheat the oven to 425F (220C). In a large ovenproof skillet, melt the butter over medium heat. Add the sliced apples and sprinkle with sugar and cinnamon. Sauté for 1 minute. Place eggs, milk, butter, vanilla, flour, sugar and salt in a blender and process for 1 minute or until smooth and well incorporated. Pour the batter over the apples and bake for about 20 minutes or until the popover is puffed and golden brown.



Recipe from Niagara Cooks, a seasonal attitude

Eating local means you help keep farmers in business, and they help keep you fed. The sustainability of that exchange makes more sense than gambling on faceless producers thousands of miles from home.

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## Pumpkin Cookies with Caramel Glaze

1 1/2 cups (375 mL) grass-fed butter, room temperature  
1 1/4 cups (310 mL) sugar  
2 cups (500 mL) fresh cooked pumpkin purée  
2 farm fresh eggs  
2 tsp (10 mL) baking soda  
1 1/2 tsp (7.5 mL) ground cinnamon  
1 tsp (5 mL) Ontario salt  
3 cups (750 mL) all-purpose flour

**Caramel Glaze**  
6 tbsp (90 mL) grass-fed butter  
1/2 cup (125 mL) whole milk  
1 cup (250 mL) packed brown sugar  
2 cups (500 mL) icing sugar  
1 1/2 tsp (7.5 mL) pure vanilla extract

Preheat oven to 350F (180C). 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 baking 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.



Recipe from Niagara Cooks, a seasonal attitude

When we respect the food we're about to eat, we automatically respect the animal, the land and yes, the farmer.

## Walnut Sour Cream Cake

1 1/2 cups (375 mL) all-purpose flour  
2 tbsp (30 mL) grass-fed butter, room temperature  
1 tsp (5 mL) ground cinnamon  
1/2 cup (60 mL) Niagara ice syrup  
1 1/4 cups (310 mL) Niagara walnuts, coarsely chopped  
2 cups (500 mL) all-purpose flour  
1 1/2 tsp (7.5 mL) baking powder  
1 tsp (5 mL) baking soda  
1/2 tsp (2.5 mL) Ontario salt  
3/4 cup (180 mL) sugar  
1/2 cup (125 mL) unsalted butter, room temperature  
2 farm fresh eggs  
1 tsp (5 mL) pure vanilla extract  
1 1/4 cup (310 mL) Ontario sour cream

Preheat oven to 350F (180C). Butter a 9 or 10-cup bundt, cake pan. Using fork, mix flour, butter, cinnamon and ice syrup in small bowl until crumbly. Stir in walnuts. Set aside.

Whisk flour, baking powder, baking soda and salt in medium bowl. Using electric mixer, beat sugar and butter until fluffy. Beat in eggs, one at a time. Add vanilla and beat in flour mixture in two additions, alternating with sour cream, just until blended.

Spoon half of batter into prepared pan. Spoon about two-thirds of walnut filling over batter. Spread remaining batter over filling and smooth top. Dot with remaining filling. Bake until tester inserted near center of cake comes out clean, about 40 minutes. Transfer pan to rack and cool.



Recipe from Niagara Cooks, a seasonal attitude

This book is dedicated to the farmers who risk it all to make our lives more delicious.

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