

The 2019  
**Milk**  
Calendar

*brought to you by Canada's  
dairy farmers and real  
Canadian chefs*



This year's calendar is special. All 14 featured recipes were submitted by real Canadians, from outstanding home chefs to culinary professionals who share a love of cooking with Canadian dairy. The selected recipes represent the best sustainable, local, and creative ideas from real kitchens across our nation and can be made using accessible ingredients, by chefs of any skill level.

**To all who submitted, we offer our sincere thanks. The selection process was tough, and the quality of the submissions we received was outstanding.**

The recipe submissions were reviewed, shortlisted and tested, with winners selected by a team led by Emily Richards, Canadian professional home economist, cookbook author, and celebrity chef.

Emily is known for creating recipes that are easy for busy people and families to prepare and enjoy together. Throughout a career that began in restaurant and hotel kitchens and has grown to include the Canadian Living Test Kitchen, Food Network cooking shows, and recognition as a Canadian celebrity chef, Emily has stayed true to her love of good food and getting people interested in cooking and enjoying great flavours.

### *Celebrating Canadian Restaurants & Chefs...*

Canadian restaurants, chefs, and foodservice professionals are ambassadors of local agriculture and culinary craft. Ontario dairy farmers share a common goal of elevating and celebrating Canadian-made cuisine. Through leadership and open partnership, Restaurants Canada and Dairy Farmers of Ontario are committed to finding innovative ways to work together to increase foodservice and consumer access to local foods and protect the quality and integrity of our national cuisine.



**Emily Richards**

Canadian Professional Home Economist



**Charlotte Langley**

Chef and Culinary Curator for Restaurants Canada

Marine Stewardship Council (MSC) Chef Ambassador

Dairy Farmers of Ontario's new digital network, DairyOntario.ca, is devoted to Canadian food and healthy living and will feature recipes and kitchen inspiration shared by the world-class restaurants and foodservice provocateurs who are changing where, what, and how we eat.

Restaurants Canada's Chef and Culinary Curator Charlotte Langley is working with a select group of chefs to reimagine classic Canadian recipes in their own unique style, and share them on DairyOntario.ca.

Charlotte hails from PEI where she cultivated a deep love for the oceans and her signature 'Maritime Chic' style of cooking. Charlotte aims to nurture and inspire through food with consciously selected ingredients that celebrate season, terroir, and the delicate ecosystems that sustain us. Working with Restaurants Canada, Charlotte engages owners and operators of all levels in the food and hospitality industry by bringing chefs, growers, harvesters, and culinary partners to the table.







Classic Kitchen

# Middle Eastern Semolina Cake

This decadent cake is a perfect way to celebrate the holiday season!

**Preparation time:** 30 minutes | **Bake time:** 55 minutes  
**Yield:** about 36 pieces

## Ingredients:

1 cup (250 mL) plain Balkan-style yogurt  
2 tsp (10 mL) baking powder  
1/2 tsp (2 mL) baking soda  
3 cups (750 mL) fine semolina  
3/4 cup (175 mL) granulated sugar  
3/4 cup (175 mL) butter, melted  
1/2 cup (125 mL) blanched almonds

## Orange Blossom Water Syrup:

4 cups (1 L) granulated sugar  
3 cups (750 mL) water  
2 tbsp (30 mL) lemon juice  
1 tbsp (15 mL) orange blossom water or  
1 tsp (5 mL) grated orange zest

## Instructions:

### Orange Blossom Water Syrup:

1. In a saucepan, bring sugar and water to boil. Reduce heat to medium and simmer for about 30 minutes or until syrup is reduced by about half. Remove from heat; stir in lemon juice and orange blossom water or grated orange zest; set aside.
2. Grease a 13 x 9 inch (3 L) baking pan and line bottom with parchment paper; set aside. Preheat oven to 400° F (200° C).
3. In a small bowl, whisk together yogurt, baking powder, and soda; set aside for 10 minutes or until doubled in volume.
4. Meanwhile, in a large bowl, combine semolina, sugar, and butter. Use your hands to rub the butter into the semolina mixture. Add yogurt mixture and continue to mix thoroughly with your hands.
5. Press mixture evenly into prepared pan. *If mixture feels sticky, spray hands with cooking spray.*
6. Using a chef's knife, make lengthwise cuts down batter and then make diagonal cuts crosswise to create a diamond shape. Top each diamond with an almond.
7. Bake in prepared oven for about 25 minutes or until golden brown. Remove from oven and slowly pour Orange Blossom Water Syrup all over the cake. Let cool completely.

### Semolina Cake:

- Tip:** Pour syrup slowly to allow the cake to absorb the mixture.
- Cake can be stored covered at room temperature for up to 7 days.

### Nutritional info per serving (1 piece):

200 calories, 3 g protein, 37 g carbohydrates, 5 g fat, 1 g fibre, 50 mg sodium, 74 mg calcium





Classic Kitchen



# Cheesy Scalloped Potato Gnocchi

Serve up this comfort food alongside your favourite roast for a cozy meal the family will adore.

**Preparation time:** 15 minutes | **Cook time:** 35 minutes  
**Serves:** 4 to 6

## Ingredients:

1 pkg (500 g) fresh potato gnocchi	1 cup (250 mL) shredded old cheddar cheese
2 tbsp (30 mL) butter	1 cup (250 mL) shredded monterey jack cheese
5 slices prosciutto, cut into 1/2 inch (1 cm) strips	A pinch each of salt and pepper
1/2 cup (125 mL) thinly sliced red onion	1/2 cup (125 mL) panko bread crumbs
2 cloves garlic, minced	2 tbsp (30 mL) chopped fresh chives
1 1/2 cups (375 mL) 18% table cream	

## Instructions:

1. Preheat oven to 350° F (180° C). Butter an 11 x 7 inch (1.5 L) baking dish; set aside.
2. In a pot of boiling, salted water, cook gnocchi for about 8 minutes or until floating and tender. Using a slotted spoon, remove gnocchi into prepared dish.
3. In a large non-stick skillet, melt butter over medium high heat. Cook prosciutto, stirring occasionally for about 5 minutes or until crispy and browned. Drain on paper towel lined plate.
4. Return skillet to medium heat and cook onion and garlic for about 4 minutes or until softened and starting to brown. Add cream and bring to a simmer. Stir in cheeses, salt, and pepper until smooth. Pour evenly over gnocchi and sprinkle with prosciutto.
5. Sprinkle panko bread crumbs over top, then sprinkle with chives. Bake in oven for about 25 minutes or until bubbly around edges and light golden over top.

## Nutritional info per serving (1/6th recipe):

520 calories, 21 g protein, 48 g carbohydrates, 29 g fat, 2 g fibre, 640 mg sodium, 368 mg calcium.







Local Fusion



This rich and creamy dessert is a great make ahead, and delicious to serve to guests.

**Preparation time:** 20 minutes | **Cook time:** 15 minutes

**Chill time:** 6 hours | **Serves:** 12 to 16

#### Ingredients:

1 lb (454 g) semi-sweet chocolate, chopped

1 cup (250 mL) 35% whipping cream

1/4 cup (60 mL) butter

4 egg yolks

2/3 cup (150 mL) icing sugar

6 tbsp (90 mL) dark rum or Irish cream liqueur

Whipped cream (optional)

#### Strawberry Sauce:

1 lb (454 g) frozen strawberries

3 tbsp (4g) granulated sugar

1 tbsp (15 mL) water

2 tsp (10 mL) lemon juice

#### Instructions:

##### Strawberry Sauce:

1. In a saucepan, combine strawberries, sugar, water, and lemon juice over medium heat. Bring to a simmer and cook for about 8 minutes or until strawberries start to break down and soften. Remove from heat and mash slightly with potato masher. Let cool and refrigerate until ready to use.

Pour chocolate mixture into non-stick 8x4 inch (1.5L) pan and drop pan to even out and remove air bubbles. Cover with plastic wrap and freeze for at least 6 hours or overnight, or until firm.

##### Chocolate Semi Freddo:

2. Place chocolate in a bowl set over saucepan with barely simmering water to melt. Whisk in cream and butter until smooth and glossy. Remove from heat. Whisk in egg yolks, one at a time, stirring well after each addition. Whisk in icing sugar and rum until well combined.

3. Remove plastic wrap from top of loaf and turn out onto serving platter. Slice or alternatively, leave in pan and scoop into bowl. Serve with strawberry sauce and whipped cream, if desired.

**Tip:** Semi Freddo can be frozen for up to 2 weeks.

#### Nutritional info per serving (1/16th recipe):

270 calories, 2 g protein, 28 g carbohydrates, 18 g fat, 2 g fibre, 30 mg sodium, 30 mg calcium

# Chocolate Semi Freddo with Strawberry Sauce





Classic Kitchen

This spring time pasta dish is an easy weeknight meal or dinner to share with friends.

**Preparation time:** 20 minutes | **Cook time:** 15 minutes

**Serves:** 4

**Ingredients:**

- |   |   |
|---|---|
| 1 pkg (350 g) fresh fettuccine pasta        | 1/4 tsp (1 mL) each, salt and pepper                  |
| 3 tbsp (45 mL) butter                       | 2 tbsp (30 mL) each, chopped fresh chives and parsley |
| 12 oz (375 g) asparagus, trimmed            |   |
| 1 cup (250 mL) 35% whipping cream           |   |
| 1 1/2 tsp (7 mL) grated lemon zest          |   |
| 4 oz (125 g) smoked salmon, cut into strips |   |

**Instructions:**

1. In a pot of boiling salted water; cook fettuccine for about 6 minutes or until al dente. Drain and keep warm.
2. Meanwhile, in a large, deep skillet, melt butter over medium heat. Sauté asparagus for 3 minutes. Add cream, lemon zest, salt, and pepper; bring to a boil.
3. Add pasta and smoked salmon; toss well to coat. Remove from heat and toss with chives and parsley to serve.

**Pea Variation:** Substitute 2 cups (500 mL) fresh or frozen peas for asparagus.

**Nutritional info per serving (1/4 recipe):**

580 calories, 19 g protein, 53 g carbohydrates, 33 g fat, 4 g fibre, 500 mg sodium, 82 mg calcium

# Lemon Asparagus Fettuccine with Smoked Salmon





Local Fusion



These cheese-filled rice balls are a wonderful first course or fun and different side dish.

**Preparation time:** 15 minutes | **Chill time:** 1 hour

**Cook time:** 25 minutes | **Yield:** 8

#### Ingredients:

2 1/4 cups (560 mL) vegetable broth	1 egg, beaten
1/4 tsp (1 mL) salt	1/4 cup (60 mL) fresh grated parmesan cheese
2 tbsp (30 mL) butter	2/3 cup (150 mL) seasoned dry breadcrumbs, divided
1/2 cup (125 mL) arborio rice	Canola oil for frying
1/2 cup (125 mL) shredded fruilano or provolone cheese	1 cup (250 mL) homemade or store-bought pasta sauce, hot
1 tbsp (15 mL) finely chopped, toasted walnuts (optional)	2 tbsp (30 mL) chopped fresh basil
1 tbsp (15 mL) chopped fresh parsley	

#### Instructions:

1. In a small saucepan, heat broth and salt over medium heat; keep warm.
2. In another saucepan, melt butter over medium heat. Toast rice lightly and start ladling broth into saucepan until absorbed. Stirring occasionally, continue to add broth for about 20 minutes or until all the broth is used and rice is tender. Scrape rice into a large bowl to cool.
3. In a small bowl, combine fruilano, walnuts, (if using), and parsley.
4. Stir egg, parmesan, and half of the breadcrumbs into the rice. Dampen your hands and divide rice into 8 mounds and roll each into a ball. Make a hole in each and stuff with some of the cheese mixture.
5. Heat oil in large, deep saucepan or deep fryer to 360° F (182° C).
6. Roll balls into remaining breadcrumbs. Fry rice balls in batches for about 3 minutes or until golden. Remove with slotted spoon to paper towel-lined plate.
7. Serve arancini with pasta sauce and sprinkle with basil.

#### Nutritional info per serving (1/8th recipe):

340 calories, 7 g protein, 22 g carbohydrates, 25 g fat, 2 g fibre, 790 mg sodium, 128 mg calcium

Double Cheese Arancini





Frugal Gourmet



Warm gooey cheese with zippy heat is always a hit when topping a crisp salad.

**Preparation time:** 10 minutes | **Cook time:** 20 minutes  
**Serves:** 4

#### Ingredients:

- |  |  |
|--|--|
| 1 piece feta cheese (about 8 oz/250 g)     | 1 cup (250 mL) halved grape tomatoes or chopped tomato |
| 2 tbsp (30 mL) extra virgin olive oil      | 1/2 cup (125 mL) sliced cucumber                       |
| 2 tbsp (30 mL) honey                       | 1 tbsp (15 mL) red wine vinegar                        |
| 1 tsp (5 mL) chopped fresh rosemary        | Pinch each of salt and pepper                          |
| 1/2 tsp (2 mL) hot pepper flakes           |  |
| 1 pkg (5 oz/142 g) spring mix salad greens |  |

#### Instructions:

1. Preheat oven to 350° F (180° C).
2. Place feta in a small baking dish.
3. In a small bowl, whisk together oil, honey, rosemary, and chili flakes; reserve half of the mixture. Pour over feta; cover and bake for 20 minutes or until softened and slightly puffed. Uncover and broil for 2 minutes or until light golden. Let cool slightly.
4. Spread salad greens onto serving platter and toss with tomatoes and cucumbers. Using spatula, place feta on top of greens. Whisk vinegar, salt, and pepper into reserved oil mixture and drizzle over salad.

**Romaine Variation:** Substitute 1 large romaine heart, chopped for spring mix.

#### Nutritional info per serving (1/4 recipe):

280 calories, 10 g protein, 15 g carbohydrates, 21 g fat, 1 g fibre, 790 mg sodium, 343 mg calcium

# Marinated Feta Salad





Classic Kitchen

Creamy cheese sauce to top a juicy burger will make the start of summer super tasty!

**Preparation time:** 20 minutes | **Cook time:** 20 minutes  
**Serves:** 8

#### Ingredients:

2 lb (1 kg) medium ground beef  
1 pkg (450 g) turkey breakfast sausages (casings removed)  
pinch each of salt and pepper  
2 tbsp (30 mL) butter, softened  
8 pretzel or brioche hamburger buns, sliced  
Boston lettuce leaves

#### Gouda Beer Cheese Sauce:

1/2 cup (125 mL) India Pale Ale (IPA) beer  
1 tbsp (15 mL) all-purpose flour  
1 cup (250 mL) shredded gouda cheese  
2 tbsp (30 mL) 35% whipping cream  
2 tbsp (30 mL) cream cheese  
1/4 tsp (1 mL) each, paprika and ground mustard  
pinch each of salt and pepper

#### Instructions:

##### Gouda Beer Cheese Sauce:

1. In a saucepan, bring beer to a gentle boil over medium low heat. Whisk in flour until smooth. Whisk in cheese, whipping cream, and cream cheese until smooth. Whisk in paprika, mustard, salt, and pepper; set aside.
4. Place burgers on greased grill over medium heat and grill, turning once after about 15 minutes or until no longer pink inside or meat thermometer registers 165 F (74 C).

##### Burgers:

2. Preheat grill to medium heat.
3. In a large bowl, mix beef, sausage meat, salt and pepper with your hands until well combined. Divide into 8 and shape each mound into 3/4 inch (2 cm) thick patties. Gently make a small divot in the centre of the burger.
5. Spread butter on cut sides of buns and toast lightly on grill. Top bottom buns with lettuce. Place patties on top and spoon Gouda Beer Cheese Sauce over top. Top with buns.

**Nutritional Info per serving (1/8th recipe or 1 burger with cheese sauce):**  
760 calories, 45 g protein, 40 g carbohydrates, 44 g fat, 1 g fibre,  
1010 mg sodium, 178 mg calcium

# Gouda Beer Cheeseburgers





Local Fusion



# Lemon-Raspberry Ricotta Cake with Crème Anglaise

Fresh juicy raspberries make this moist cake a winner to tote along to your next summer get together.

**Preparation time:** 20 minutes | **Cook time:** 10 minutes

**Bake time:** 45 minutes | **Serves:** 10 to 12

## Ingredients:

1 1/2 cups (375 mL) all-purpose flour

1 tbsp (15 mL) baking powder

1/2 tsp (2 mL) salt

1 cup (250 mL) granulated sugar

3 eggs

1 1/2 cups (375 mL) ricotta cheese

1/2 cup (125 mL) unsalted butter,  
melted

1 1/2 tsp (7 mL) grated lemon  
or orange zest

1 tsp (5 mL) vanilla

1 1/2 cups (375 mL) fresh raspberries

## Crème Anglaise:

1 cup (250 mL) 35% whipping cream

1/2 of a vanilla bean

2 egg yolks

3 tbsp (45 mL) granulated sugar

## Instructions:

### Crème Anglaise:

1. In a saucepan, combine cream and vanilla bean over medium heat. Bring to a simmer for 5 minutes. Remove vanilla bean, scrape out seeds and return to cream.

4. In a bowl, whisk together flour, baking powder, and salt; set aside.

5. In a large bowl, beat together sugar and eggs until thickened and ribbons remain when lifted. Slowly beat in ricotta cheese, butter, lemon or orange zest, and vanilla. Stir in flour mixture until combined. Fold in raspberries. Scrape batter into prepared pan and bake for about 45 minutes or until tester inserted in centre comes out clean. Let cool completely on cooling rack.

6. Turn cake out onto serving platter and serve with Crème Anglaise.

### Lemon-Raspberry Ricotta Cake:

2. In a bowl, whisk together egg yolks and sugar until thickened and lightened in colour. Slowly whisk cream into eggs and return mixture to saucepan, stirring gently for about 3 minutes or until thickened enough to coat back of spoon. Cover surface with plastic wrap and refrigerate until ready to use. *Make-ahead:* Can be refrigerated for up to 3 days.

3. Preheat oven to 325° F (160° C). Line 9 inch (23 cm) round cake or springform pan with parchment paper and brush bottom and sides with butter; set aside.

### Nutritional info per serving (1/12th recipe):

360 calories, 8 g protein, 35 g carbohydrates, 21 g fat, 2 g fibre, 240 mg sodium, 195 mg calcium.





Frugal Gourmet



Picking zucchini blossoms in season from the garden make this tart extra special. Not to worry—zucchini squash adds just as much colour and flavour as a topping as well.

**Preparation time:** 15 minutes | **Bake time:** 20 minutes  
**Serves:** 4 to 6

#### Ingredients:

1 9 inch (23 cm) pie crust (homemade or store-bought)	1/2 tsp (2 mL) grated lemon zest
1 cup (250 mL) ricotta cheese	2 tbsp (30 mL) butter, melted and divided
3 eggs	1 small clove garlic, minced
1/4 cup plus 1 tbsp (75 mL) fresh grated parmesan cheese, divided	Pinch each of salt and pepper
2 tbsp (30 mL) chopped fresh basil	12 zucchini blossoms (flowers), stemmed with stamens removed or one each small yellow and green zucchini squash
1 1/2 tsp (7 mL) chopped fresh chives	

#### Instructions:

1. Preheat oven to 400° F (200° C).
2. Place pie crust into pie plate and flute edge of crust; set aside.
4. Bake on bottom rack of oven for about 20 minutes or until pastry is golden and knife inserted in centre comes out clean.

3. In a bowl, whisk together ricotta cheese, eggs, 1/4 cup (60 mL) of the parmesan cheese, basil, 1 tbsp (15 mL) of the butter, chives, garlic, salt, and pepper until smooth. Pour into pastry crust and spread evenly. Place zucchini blossoms decoratively on top. Brush with remaining butter and sprinkle with Parmesan cheese.

**Zucchini Variation:** Thinly slice 1 small green or yellow zucchini and substitute for the zucchini flowers.

**Smooth Cottage Cheese Variation:** Substitute for ricotta cheese.

#### Nutritional info per serving (1/6th recipe):

270 calories, 11 g protein, 13 g carbohydrates, 19 g fat, 1 g fibre, 320 mg sodium, 165 mg calcium.

# Ricotta Squash Blossom Italian Tart





Classic Kitchen



# Cauliflower Crust Pizza

This hearty vegetarian pizza will go on repeat for a weeknight meal.

**Preparation time:** 25 minutes | **Bake time:** 35 minutes

**Serves:** 6 to 8

## Ingredients:

- 1/2 cup (125 mL) pizza sauce
- 1 cup (250 mL) shredded mozzarella cheese
- 1 red or yellow bell pepper, diced
- 4 fresh mushrooms, sliced (optional)
- 1/4 cup (60 mL) sliced pitted black olives
- 1 cup (250 mL) baby arugula

## Cauliflower Crust:

- 1 large head fresh cauliflower
- 3/4 cup (175 mL) fresh grated parmesan cheese
- 3/4 cup (175 mL) shredded mozzarella cheese
- 2 eggs
- 1 tsp (5 mL) each dried basil and oregano leaves

## Instructions:

1. Preheat oven to 450° F (225° C). Line baking sheet or pizza pan with parchment paper.
3. Bake for 25 minutes or until golden brown and set. Let cool slightly.

## Cauliflower Crust:

2. Cut leaves and stem off of cauliflower. Cut into smaller pieces. Place in food processor in batches and pulse into small rice-like pieces. Place in a large microwavable bowl. Cover and microwave on high for 5 minutes; let cool and pat dry with paper towels. Add parmesan and mozzarella cheeses, eggs, basil and, oregano. Press and shape cauliflower mixture onto prepared pan to create an 11 inch (28 cm) round pizza crust about a 1/2 inch (1 cm) thick.

## Pizza Topping:

4. Spread pizza sauce over top of crust; sprinkle with half of the mozzarella. Scatter pepper, mushrooms (if using), and olives all over. Sprinkle with remaining mozzarella.
5. Bake for about 10 minutes or until cheese is melted and golden. Sprinkle with arugula.

## Nutritional info per serving (1/8th recipe):

180 calories, 13 g protein, 9 g carbohydrates, 11 g fat, 3 g fibre, 360 mg sodium, 295 mg calcium.





Classic Kitchen



Get ready to serve up this creamy soup as a starter for your next harvest dinner.

**Preparation time:** 20 minutes | **Cook time:** 40 minutes

**Serves:** 10 to 12

#### Ingredients:

8 oz (250 g) bacon slices, chopped	5 cloves garlic, chopped
2 tbsp (30 mL) butter	1 tbsp (15 mL) dried sage leaves or 1 tsp (5 mL) ground sage
4 small sweet potatoes (about 2 lb/1 kg), peeled and chopped	7 cups (1.75 L) chicken broth
3 potatoes (about 1 lb/454 g), peeled and chopped	1 cup (250 mL) 35% whipping cream
2 carrots, chopped	1/4 tsp (1 mL) each salt and pepper
2 onions, chopped	3/4 cup (175 mL) shredded marble cheese (optional)
	3 tbsp (45 mL) chopped fresh parsley

#### Instructions:

1. In a soup pot, cook bacon over medium high heat until crispy. Remove with slotted spoon to paper towel lined plate. Reduce heat to medium; discard all but 2 tbsp (30 mL) of the bacon fat. Add butter to pot.
2. Stir in sweet potatoes, potatoes, carrots, and onions and cook for about 10 minutes or until onions start to soften. Stir in garlic and sage; cook for 1 minute. Pour in broth and bring to a simmer. Cover and simmer for about 25 minutes or until vegetables are very soft.
3. Using an immersion blender, puree soup. Alternatively, ladle into blender or food processor in batches to puree. Stir in cream, salt, and pepper and heat through.
4. Ladle into soup bowls and sprinkle with bacon, cheese (if using), and parsley.

**Tip:** Soup can be made up to 2 days ahead and reheated over medium low heat.

#### Nutritional info per serving (1/12th recipe):

250 calories, 7 g protein, 24 g carbohydrates, 14 g fat, 4 g fibre, 420 mg sodium, 60 mg calcium.

# Creamy Sweet Potato & Bacon Soup





Classic Kitchen



# Indian Spiced Chicken

Change up your weeknight dinner and make this hint of spice and creamy chicken meal.

**Preparation time:** 20 minutes | **Marinating Time:** 10 minutes

**Cook time:** 45 minutes | **Serves:** 6

## Ingredients:

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|---|--|
| 1 cup (250 mL) plain yogurt                                 | 1 1/2 tsp (7 mL) each garam masala and ground cumin    |
| 4 large cloves garlic, minced                               | 1 tsp (5 mL) each ground turmeric and ground coriander |
| 1 tbsp (15 mL) fresh ginger, minced                         | 1 can (28 oz/796 mL) diced tomatoes                    |
| 2 tsp (10 mL) garam masala                                  | 1 tsp (5 mL) salt                                      |
| 1 tsp (5 mL) ground turmeric                                | 1/4 tsp (1 mL) cayenne pepper (optional)               |
| 1 tsp (5 mL) ground cumin                                   | 1 1/4 cups (310 mL) 35% whipping cream                 |
| 1 tsp (5 mL) salt   |  |
| 1 1/2 lb (750 g) boneless, skinless chicken thighs, chopped |  |

## Spiced Tomato Cream Sauce:

- |  |  |
|--|--|
| 1/4 cup (60 mL) butter                 | 1 cup (250 mL) chopped green beans     |
| 1 large onion, finely diced            | 1/4 cup (60 mL) chopped fresh cilantro |
| 1 1/2 tbsp (22 mL) minced fresh ginger |  |

## Instructions:

1. Preheat oven to 350° F (180° C). 30 seconds. Add tomatoes, salt, and cayenne, if using. Simmer gently for 15 minutes, stirring occasionally or until sauce is thickened slightly.
2. In an ovenproof baking dish, whisk together yogurt, garlic, ginger, garam masala, turmeric, cumin, and salt. Add chicken and stir to coat well. Let stand for 10 minutes or cover and refrigerate overnight.
3. Bake chicken, uncovered for about 15 minutes or until yogurt is golden.
4. Meanwhile, in a large shallow saucepan, melt butter over medium heat. Cook onion for about 3 minutes or until softened. Add garlic and ginger; cook for 1 minute. Stir in garam masala, cumin, turmeric, and coriander for
5. Add cream and beans to the sauce along with chicken and all the juices from the pan. Cook, stirring occasionally for about 10 minutes or until chicken is no longer pink inside and beans are tender. Sprinkle with cilantro to serve.

## Spiced Tomato Cream Sauce:

4. Meanwhile, in a large shallow saucepan, melt butter over medium heat. Cook onion for about 3 minutes or until softened. Add garlic and ginger; cook for 1 minute. Stir in garam masala, cumin, turmeric, and coriander for

## Nutritional info per serving (1/6th recipe):

370 calories, 25 g protein, 13 g carbohydrates, 25 g fat, 2 g fibre, 1080 mg sodium, 171 mg calcium.





Classic Kitchen



Get ready to make and take these two shortbreads to family and friends this holiday season. Perfect to serve with drinks and more cheese!

## Bacon, Maple & Cheddar Shortbread

Preparation time: 15 minutes | Chill time: 2 hours

Bake time: 15 minutes per batch | Yield: about 7 dozen

### Ingredients:

4 slices of bacon	2 cups (500 mL) all-purpose flour
1/2 cup (125 mL) butter	1/2 tsp (2 mL) baking powder
1/3 cup (75 mL) packed brown sugar	1/2 cup (125 mL) grated extra old cheddar cheese
1/4 cup (60 mL) maple syrup	

### Instructions:

1. In a nonstick skillet, cook bacon over medium high heat until crispy; reserve fat and remove bacon to paper towel lined plate. Pour bacon fat into small heat proof bowl to cool. Finely chop bacon.
2. In a large bowl, beat together butter, sugar, maple syrup, and cooled bacon fat until smooth and creamy. Stir in chopped bacon.
3. In another bowl, whisk together flour and baking powder. Stir in cheese. Gradually stir flour mixture into butter mixture until dough comes together. Knead together and divide dough into 4 equal pieces. Roll each into a log and wrap with plastic wrap. Shape into a square log and refrigerate for at least 2 hours or until dough is very firm. *Make-ahead: Refrigerate for up to 5 days or freeze for up to 2 weeks.*
4. Preheat oven to 325° F (160° C).
5. Slice into 1/2 inch (1 cm) slices and place on parchment paper lined baking sheet. Bake for about 15 minutes or until light golden. Repeat with remaining dough.

### Nutritional info per serving (2 cookies):

70 calories, 1 g protein, 8 g carbohydrates, 3.5 g fat, 0 g fibre, 45 mg sodium, 20 mg calcium

# Bacon, Maple & Cheddar Shortbread





Classic Kitchen



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## Cheddar & Rosemary Shortbread

Preparation time: 10 minutes | Chill time: 2 hours

Bake time: 20 minutes per batch | Yield: about 7 dozen

### Ingredients:

1 cup (250 mL) butter, softened	Pinch pepper
2 tsp (10 mL) chopped fresh rosemary	2 cups (500 mL) shredded aged cheddar cheese
1 tsp (5 mL) ground mustard	
1/4 tsp (1 mL) salt	1 3/4 cups (425 mL) all-purpose flour

### Instructions:

1. In a large bowl, beat butter until fluffy. Beat in rosemary, mustard salt, and pepper.
2. In a separate bowl, toss cheese and flour together. Stir flour mixture into butter mixture until combined well. Knead together and divide dough into 2 and shape into 11 inch (28 cm) logs. Wrap with plastic wrap and refrigerate for at least 2 hours or until dough is firm. *Make-ahead: Refrigerate for up to 5 days or freeze for up to 2 weeks.*
3. Preheat oven to 325° F (160° C).
4. Slice log into 1/2 inch (1 cm) rounds and place on parchment paper lined baking sheet. Bake for about 20 minutes or until edges are crispy. Repeat with remaining dough.

### Nutritional Info per serving (2 cookies):

80 calories, 2 g protein, 4 g carbohydrates, 6 g fat, 0 g fibre, 80 mg sodium, 46 mg calcium

# Cheddar & Rosemary Shortbread





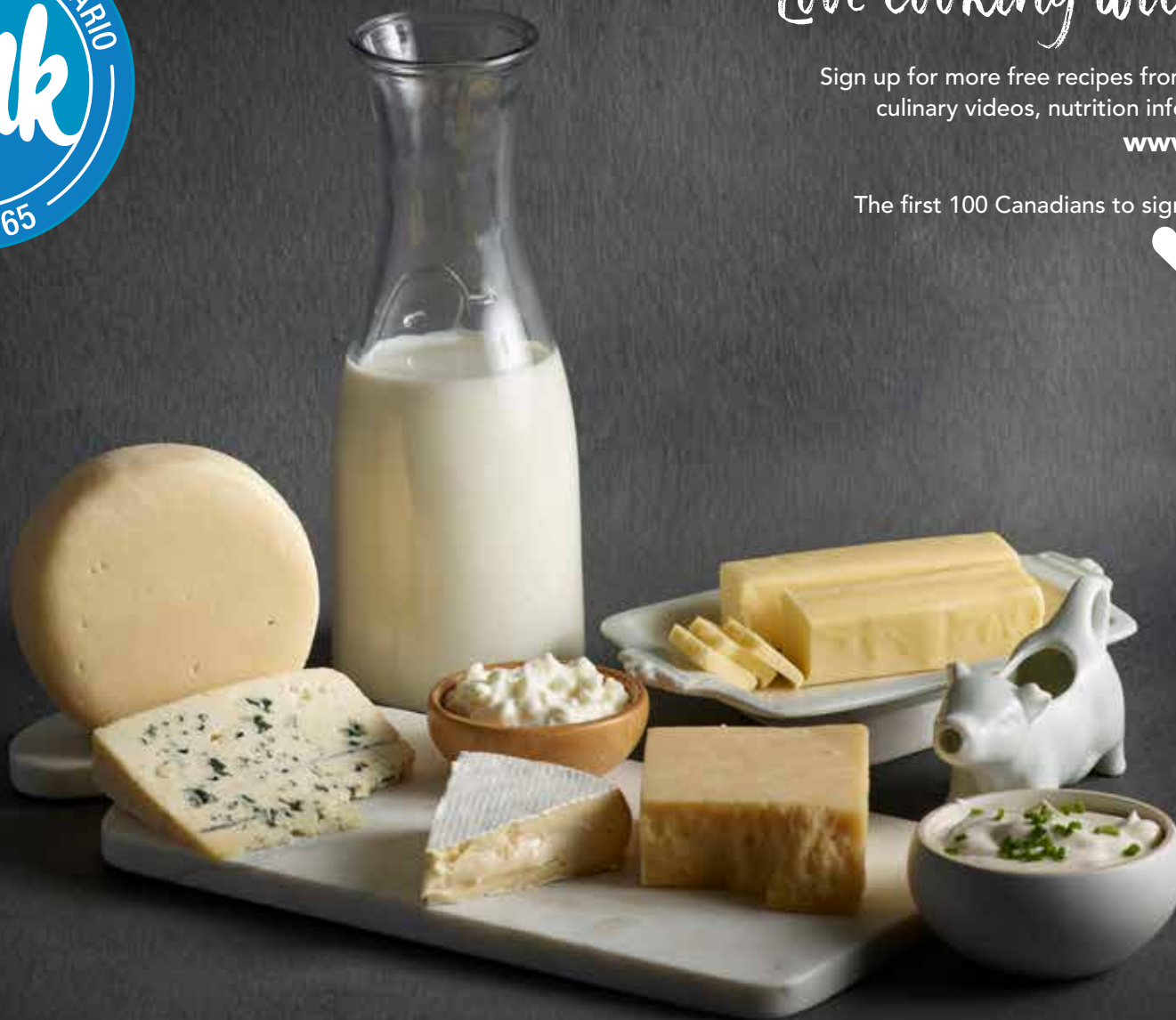
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