

The 2021  
**Milk**  
Calendar

Recipe Collection

Celebrate local food throughout the year with these exceptional recipes brought to you by Canada's dairy farmers.





**The local food movement  
is about taking care of each  
other and the communities  
we call home.**

The 2021 Milk Calendar features 15 exceptional recipes inspired by local ingredients and our Canadian seasons. They are easy to make, beautiful to behold and a joy to share.

Throughout the coming year, Canada's dairy farmers invite you to explore the tastes and textures of foods that are grown, raised and produced by families near you.

# Living local keeps what matters close.



Sourcing food from local growers and producers reduces our environmental footprint and minimizes food spoilage and waste due to transport distance.



Eating in harmony with the seasons improves the freshness and flavour of the foods we eat and helps manage food costs.



Adopting a local lifestyle helps build local economies and strengthen community bonds.

## Canada is the fifth largest agricultural producer in the world.

The foods we grow, raise and produce nourish our communities and others around the world.

## Milk is a hyper-local food.

Fresh milk takes a maximum of three days to travel from the farm to the dairy aisle.

## 2.3 million Canadians (12.5%) work in agriculture or agri-food.

Supporting a local food system is an important part of stimulating and strengthening regional economic development and employment opportunities.

## Quality first, in all that we do.

All milk produced by licensed dairy farms in Canada goes through rigorous safety and quality testing to ensure it meets high Canadian standards. Every shipment of milk is sampled for quality during pickup at the farm, and tested before it's received by the dairy processor.



# Holiday Eggnog Brunch Pancakes

These are not your everyday pancakes. Made with ricotta cheese, drizzled with a salted caramel brown butter sauce and topped with mascarpone cheese, this lovely and delectable stack is perfect for a winter brunch.

 Prep time: **20 min**  Cook time: **20 min**

 Yields: **about 10 pancakes**

## Ingredients:

### Salted Caramel Brown Butter Sauce (Make Ahead)

1/2 cup (125 mL) local butter  
1 cup (250 mL) granulated sugar  
1/2 cup (125 mL) 35% whipping cream  
Pinch sea salt

### Eggnog Pancakes

1 cup (250 mL) all-purpose flour  
4 tsp (20 mL) granulated sugar  
1 tsp (5 mL) each ground nutmeg and cinnamon  
1 tsp (5 mL) baking powder  
1/4 tsp (1 mL) salt  
1 cup (250 mL) Canadian ricotta cheese  
1 cup (250 mL) eggnog  
2 large eggs, separated  
1 tsp (5 mL) vanilla bean paste or extract  
2 tbsp (30 mL) local butter, divided  
1 cup (250 mL) Canadian mascarpone cheese

## Instructions:

### Salted Caramel Brown Butter Sauce

1. In a small skillet, melt butter over medium heat until foamy and starting to turn amber in colour; remove from heat.
2. In a large, high-sided skillet, sprinkle sugar in an even layer. Over medium-low heat, melt sugar until caramel in colour, whisking as necessary to melt evenly. Slowly whisk in brown butter for 1 minute until smooth and remove from heat. Slowly drizzle in cream, whisking continuously until all the cream is added and bubbles subside. Add salt and whisk to combine. Carefully pour sauce into a heat-safe jar or pitcher and set aside.

### Eggnog Pancakes

3. In a bowl, whisk together flour, sugar, nutmeg, cinnamon, baking powder and salt.

4. In a large bowl, whisk together ricotta, eggnog, egg yolks and vanilla. Add flour mixture and mix with a handheld mixer to combine. Clean beaters and beat egg whites until stiff peaks form. Fold egg whites into batter.
5. In a large, non-stick skillet or griddle, heat about 1 tbsp (15 mL) of the butter over medium heat. Ladle about 1/3 cup (75 mL) of the batter into skillet and cook for 3 minutes or until bubbles appear on top. Flip and cook for 2 minutes or until golden. Repeat with remaining batter, using butter as necessary.
6. Stack pancakes and drizzle salted caramel brown butter sauce over top. Top with a liberal scoop of mascarpone and serve.

### Tip

For a rich brown butter flavour, whisk only the melted butter—not the milk solids—into the sauce.

**Nutritional Info per serving (2 pancakes with mascarpone and sauce\*):** 660 calories, 43 g fat, 27 g saturated fat, 1 g trans fat, 215 mg cholesterol, 430 mg sodium, 50 g carbohydrates, 1 g fibre, 29 g sugars, 18 g protein. \*This is not using all of the sauce



# Canadian Beef & Sweet Potato Winter Stew

Creamy with a zip of ginger, this stew is hearty and perfect on its own, served with a side of freshly baked bread and butter or generously ladled over rice.

 Prep time: **20 min**  Cook time: **1 1/2 hrs**  Serves: **4**

## Ingredients:

1 lb (454 g) cubed Canadian stewing beef  
1/2 tsp (2 mL) each salt and pepper, divided  
1 tbsp (15 mL) canola oil  
2 small or 1 large peeled and cubed sweet potato (about 1 lb/454 g)  
1 small chopped red onion  
1 tbsp (15 mL) minced fresh ginger  
2 cloves garlic, minced  
1 stalk lemongrass, cut into 4 pieces  
2 cups (500 mL) beef broth  
1 cup (250 mL) whole Canadian milk (3.25%)  
2 tbsp (30 mL) all-purpose flour  
2 cups (500 mL) chopped kale leaves  
1/2 cup (125 mL) plain Greek or Balkan-style yogurt  
2 tbsp (30 mL) chopped fresh cilantro

## Instructions:

1. Sprinkle beef with half each of the salt and pepper.
2. In a large, deep saucepan, heat oil over medium high heat. Brown beef all over and place on a plate. Reduce heat to medium. Add onion and cook, stirring for 3 minutes. Add ginger, garlic and lemongrass, stirring to coat well. Add broth, remaining salt and pepper and return beef and any juices to the saucepan; bring to a boil.
3. Reduce heat to a gentle simmer; cover and cook for 30 minutes. Stir in sweet potatoes; cover and simmer for about 30 minutes or until beef is tender.
4. In a small bowl, whisk milk and flour until smooth. Stir into stew along with kale and cook, stirring for about 5 minutes or until thickened and kale is wilted. Remove from heat and ladle into serving bowls.
5. In another small bowl, stir together yogurt and cilantro. Dollop on top of stew in each bowl to serve.






**Tip**  
Remove lemongrass pieces before serving.

**Nutritional Info per serving (1/4 recipe):** 460 calories, 15 g fat, 6 g saturated fat, 1 g trans fat, 90 mg cholesterol, 770 mg sodium, 37 g carbohydrates, 5 g fibre, 11 g sugars, 42 g protein.



# Black Forest Cloud Cake

Surprise your loved one (or indulge yourself) this Valentine's Day! This flourless, gluten-free cake will cave in at the centre to create a lovely, fudge-like hollow to load with traditional black forest sour cherries, chocolate and real whipping cream.

 Prep time: **15 min**  Cook time: **35 min**  Serves: **8 to 10**

## Ingredients:

### Cake

6 oz (180 g) chopped bittersweet chocolate  
1/2 cup (75 mL) local butter  
3 whole eggs  
3/4 cup (175 mL) granulated sugar, divided  
2 tsp (10 mL) vanilla  
3 egg whites

### Filling

1 cup (250 mL) jarred red sour pitted cherries with juices  
1/3 cup (75 mL) granulated sugar  
2 tbsp (30 mL) cornstarch  
1 cup (250 mL) 35% whipping cream  
Shaved chocolate  
Fresh whole cherries for topping, if desired

## Instructions:

1. Lightly spray an 8-inch (2 L) springform pan and line bottom with parchment paper; set aside. Preheat oven to 350°F (180°C).
2. In a bowl over saucepan of hot water, melt chocolate and butter together. Let cool slightly.
3. In another bowl, whisk whole eggs with half of the sugar until it starts to thicken. Whisk in chocolate mixture and vanilla.
4. In a separate bowl, use a mixer on low or a whisk to beat egg whites until soft peaks form. Gradually beat in remaining sugar. Fold some of the egg whites into chocolate mixture and then fold in remaining whites until no streaks remain.
5. Pour into prepared pan and bake for about 30 minutes or until top puffs and starts to crack and centre is no longer wobbly (centre will still look wet). Let cool completely in pan on rack (centre will fall and sides will remain higher). Run knife around edge and release sides carefully. Place on cake plate.

## Filling

6. Meanwhile, in a saucepan, bring cherries, juices, sugar and cornstarch to a simmer over medium heat. Cook for about 2 minutes or until thickened. Remove from heat and let cool.
7. Whip cream, then spoon jarred cherries into centre of cake and top with the whipped cream. Sprinkle with shaved chocolate and garnish with fresh cherries if desired.

## Tips

6 oz (180 g) chopped bittersweet chocolate is about 1 1/4 cups (310 mL). For best results, use real chocolate instead of chocolate chips.

Cake can be made up to 2 days ahead, covered and stored at room temperature without the topping. Once topping is added, serve within 4 hours.

**Nutritional Info per serving (1/8th recipe):** 430 calories, 29 g fat, 16 g saturated fat, 0.4 g trans fat, 130 mg cholesterol, 110 mg sodium, 43 g carbohydrates, 2 g fibre, 37 g sugars, 6 g protein.



# Homestyle Mushroom Soup

While the canned, condensed version of mushroom soup has long been the multi-tool of home cooks in a hurry, this easy, elevated recipe is worth the modest extra effort. The rich, earthy flavours and creamy texture are heightened with the addition of local prosciutto crisps that add wonderful crunch and a hint of salt.

 Prep time: **15 min**  Cook time: **35 min**  Serves: **4**

## Ingredients:

2 tbsp (30 mL) local butter  
1 lb (454 g) sliced Button mushrooms  
1 lb (454 g) sliced Shiitake, Oyster or Cremini mushrooms  
1 small onion, diced  
2 cloves garlic, minced  
2 tsp (10 mL) chopped fresh thyme (1 tsp/5 mL dried)  
4 cups (1 L) vegetable or chicken broth  
1 cup (250 mL) 35% whipping cream  
1 tsp (5 mL) salt  
Fresh thyme sprigs (optional)

### Prosciutto Crisps

1 tbsp (15 mL) butter  
4 slices Canadian prosciutto

## Instructions:

### Prosciutto Crisps

**1.** In a large skillet, melt butter over medium-high heat. Add 2 slices of prosciutto at a time, cooking about 3 minutes or until edges are golden and crisp. Turn over and cook until golden brown. Remove to plate and repeat with remaining prosciutto slices.

### Mushroom Soup

**2.** In a soup pot, heat butter over medium-high heat and cook mushrooms, onion, garlic and thyme, stirring often for about 20 minutes or until golden and liquid evaporates. Add broth, cream and salt; bring to a boil and simmer gently for 10 minutes. Using an immersion blender, blend soup until smooth.

### Tip

For a smoother soup, purée in batches in blender and return to soup pot to heat through. For a more textured, rustic-style soup, do not purée.




**3.** Ladle soup into bowls and garnish with prosciutto crisp and fresh thyme sprigs, if desired.

**Nutritional Info per serving (1/4 recipe):** 390 calories, 31 g fat, 19 g saturated fat, 0.5 g trans fat, 110 mg cholesterol, 1,490 mg sodium, 20 g carbohydrates, 4 g fibre, 7 g sugars, 12 g protein.



# Poured Pizza Bianca

A poured pizza is made from a batter instead of a traditional pizza dough for a thin crust similar to a flat bread. Pizza bianca ('white pizza') is simply a pizza without tomato sauce. This version features Canadian mascarpone and blue cheeses with sausage and rapini, but you can make and dress it any way you like all year, using seasonal local ingredients that suit your taste.

 Prep time: **15 min**  Cook time: **30 min**  Serves: **4 to 6**

## Ingredients:

- 2 tbsp (30 mL) canola oil
- 1/2 cup (125 mL) cornmeal
- 1 cup (250 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) each, garlic powder and dried oregano leaves
- 2 large eggs
- 2/3 cup (150 mL) local milk
- 1 cup (250 mL) Canadian mascarpone cheese
- 1 cup (250 mL) cooked and chopped rapini
- 1 local sausage, cooked and sliced
- 3/4 cup (175 mL) crumbled Canadian blue cheese
- 1/2 cup (125 mL) thinly sliced red onion
- 1 tsp (5 mL) hot pepper flakes (optional)

## Instructions:

**1.** Drizzle oil in large, cast iron skillet to coat, then sprinkle cornmeal all over and place in cold oven. Preheat oven to 400°F (200°C).

### Tip

A 10 or 12-inch (25 or 30 cm) cast iron skillet will work for this recipe.

**2.** In a blender, combine flour, baking powder, salt, garlic powder, oregano, eggs and milk. Blend for about 2 minutes on medium until smooth. Once oven reaches temperature, remove skillet with oven mitts, pour batter into skillet and return to oven. Bake for about 15 minutes or until golden brown.

### Tip

You can whisk the batter together if you do not have a blender.

**3.** Spread mascarpone over base and sprinkle with rapini, sausage, blue cheese and onion. Return to oven and bake for 5 minutes or until cheese melts. Sprinkle with hot pepper flakes, if using, before serving.




**Nutritional Info per serving (1/6th recipe):** 520 calories, 36 g fat, 17 g saturated fat, 0.4 g trans fat, 140 mg cholesterol, 960 mg sodium, 34 g carbohydrates, 2 g fibre, 7 g sugars, 16 g protein.





# Greek-Style Chicken Gyro Nachos

This recipe is a Greek-inspired take on nachos, a Tex-Mex classic. The gyro-spiced chicken is beautifully flavoured and combined with olives and local feta cheese, then laid on a bed of baked pita chips and topped with homemade tzatziki.

 Prep time: **20 min**  Cook time: **25 min**  Serves: **4 to 6**

## Ingredients:

2 tbsp (30 mL) local butter  
1 cup (250 mL) diced red onion  
12 oz (375 g) chopped boneless, skinless chicken breast  
1 tsp (5 mL) dry oregano leaves  
1/2 tsp (2 mL) each, salt and pepper  
1/2 cup (125 mL) pitted and sliced kalamata olives  
1 cup (250 mL) crumbled Canadian cow's milk feta cheese  
1 medium, chopped vine-ripened tomato

## Tzatziki

1 cup (250 mL) plain Greek yogurt  
1/2 cup (125 mL) grated and squeezed dry cucumber  
1 large clove garlic, rasped  
2 tbsp (30 mL) lemon juice  
1 tbsp (15 mL) chopped fresh dill  
1/2 tsp (2 mL) salt

## Baked Pita Chips

3 round pocket-style pitas  
3 tbsp (45 mL) melted butter  
2 tsp (10 mL) dry oregano leaves  
1/2 tsp (2 mL) salt

## Instructions:

### Tzatziki

**1.** In a bowl, stir together yogurt, cucumber, garlic, lemon juice, dill and salt. Cover and refrigerate until ready to use.

### Baked Pita Chips

**2.** Preheat oven to 400°F (200°C). Separate pitas around the circumference into 2 flat circles and place 3 on baking sheet. Stir together butter and oregano and brush over pitas. Sprinkle with half of the salt and bake for about 4 minutes or until golden. Repeat with remaining pitas. Let cool.

## Tip

For more pita chips, increase pitas to 4 or double the recipe and use 6 pitas for added crunch to serve alongside the main dish.

**3.** Meanwhile, in a large skillet, melt butter over medium heat. Add onion and cook for 5 minutes or until softened. Add chicken, oregano, salt and pepper and cook, stirring for about 10 minutes or until no longer pink inside.

**4.** Break up pita chips into large 'chip'-size pieces and spread evenly over parchment paper-lined baking sheet. Top with chicken mixture. Sprinkle with olives and feta. Bake for about 5 minutes or until feta melts slightly. Remove from oven and drizzle with tzatziki and tomato to serve.

## Tip




Try adding fresh toppings like shredded lettuce, herbs or cucumber after baking.

**Nutritional Info per serving (1/4 recipe):** 470 calories, 19 g fat, 10 g saturated fat, 0.3 g trans fat, 110 mg cholesterol, 1,810 mg sodium, 35 g carbohydrates, 2 g fibre, 7 g sugars, 38 g protein.



# Ultimate Rhubarb & White Chocolate Blondies

Blondies are a buttery, slightly butterscotch flavoured version of a brownie. These dense, chewy and delicious golden squares with the tart sweetness of local rhubarb are the ideal host for a scoop of real vanilla ice cream or enjoyed on their own as a midday treat. No matter how you serve them, we guarantee they won't last!

 Prep time: **15 min**  Cook time: **25 min**  Serves: **6 to 8**

## Ingredients:

3/4 cup (175 mL) packed light brown sugar  
1/3 cup (75 mL) local butter  
1 egg  
2 tsp (10 mL) vanilla  
1 cup (250 mL) all-purpose flour  
1 tsp (5 mL) baking powder  
1/4 tsp (1 mL) salt  
3/4 cup (175 mL) diced fresh rhubarb  
1/4 cup (60 mL) white chocolate chips  
Real vanilla ice cream or whipped cream for topping, optional

## Instructions:

1. Preheat oven to 350°F (180°C) and line an 8-inch (20 cm) square baking pan with parchment paper.
2. In a bowl, whisk together flour, baking powder and salt; set aside.
3. In a saucepan, combine sugar and butter over medium heat and stir until butter is melted and smooth. Remove from heat and transfer to a large bowl. Stir in egg and vanilla. Stir in flour mixture, rhubarb and white chocolate until blended.

### Tip

For a more tart rhubarb flavour and denser blondie, increase the amount of rhubarb to 1 cup (250 mL).

4. Spread into prepared pan and bake for about 20 minutes or until edges are pale golden and just starting to pull away from sides of pan. Let cool completely in pan on rack. Cut into squares and serve with a scoop of ice cream or whipped cream, if desired.

### Substitute

You can substitute diced, tart apple (Granny Smith, Idared, McIntosh, Empire or Crispin are all grown in Canada) for the rhubarb in the recipe or, for a brighter red colour, use local raspberries, strawberries or cranberries.



# Buttermilk Spiced Chicken Nuggets

These ultimate chicken nuggets are juicy, aromatic and layered with flavour. Seasoning the buttermilk marinade and flour coating is the key to the great taste that promises to make any picnic or occasion unforgettable.

Prep time: **15 min** Marinating time: **8 hrs** Cook time: **25 min**

Serves: **6 to 8 (about 4 dozen pieces)**

## Ingredients:

4 boneless, skinless chicken breasts (about 2 lb/1 kg)  
2 cups (500 mL) local buttermilk  
2 tbsp (30 mL) granulated sugar  
2 tbsp (30 mL) garam masala, divided  
2 tbsp (30 mL) salt, divided  
2 tsp (10 mL) ground coriander, divided  
2 tsp (10 mL) turmeric, divided  
2 tsp (10 mL) garlic powder, divided  
2 tsp (10 mL) black pepper, divided  
1 tsp (5 mL) ground ginger, divided  
1/2 tsp (2 mL) cayenne pepper  
1 1/2 cups (375 mL) all-purpose flour  
1/2 cup (125 mL) cornstarch  
1 tbsp (15 mL) paprika  
4 cups (1 L) canola oil

## Spicy Peach Yogurt Dip

1 local peach, peeled, pitted and diced  
1/4 cup (60 mL) spicy sweet chili sauce (Thai chili sauce)  
1/4 cup (60 mL) water  
1 1/2 tsp (7 mL) grated fresh ginger  
1/4 cup (60 mL) plain Greek yogurt  
1/2 tsp (2 mL) sriracha

## Instructions:

**1.** Cut chicken into 1 1/2-inch (3.5 cm) pieces and place in large bowl. In another bowl, whisk together buttermilk, sugar and half each of the garam masala, salt, coriander, turmeric, garlic powder, pepper and ginger. Whisk in cayenne and pour over chicken pieces. Cover and refrigerate for at least 8 hours or up to overnight.

**2. Spicy Peach Yogurt Dip:** In a small pot, combine peaches, chili sauce, water and ginger and bring to a simmer over medium heat and cook for about

15 minutes or until thickened and peaches are very soft. Let cool slightly and transfer to a blender with yogurt and sriracha; blend until smooth. Transfer to a jar and cover and refrigerate until cold.

## Tip

If fresh peaches are unavailable, substitute 3/4 cup (175 mL) frozen peaches, thawed and diced.

**3.** In a large, shallow dish, whisk together flour, cornstarch, paprika and remaining garam masala, salt, coriander, turmeric, garlic powder pepper and ginger. Dredge chicken, one piece at a time, in flour mixture, coating well, and then place on large baking sheet.

**4.** Meanwhile, in a large, heavy, high-sided pot, heat oil over medium heat to 350°F (180°C). Add chicken in batches to oil and fry for about 3 minutes or until golden brown and no longer pink inside. Using tongs, transfer chicken pieces to a rack set over baking sheet. Repeat with remaining chicken.

**5.** Serve chicken with spicy peach yogurt dip.

**Nutritional Info per serving (6 pieces with sauce or 1/8th recipe\*):** 470 calories, 26 g fat, 2.5 g saturated fat, 0.5 g trans fat, 75 mg cholesterol, 1,200 mg sodium, 27 g carbohydrates, 2 g fibre, 7 g sugars, 30 g protein.



# Late Summer Salad with Grilled Salmon, Feta & Beets

Buttery grilled salmon tops this salad featuring locally-grown beets and creamy Canadian cow's milk feta cheese. This bright, colourful dish is hearty enough to serve as a meal and perfectly conveys the freshness of late summer.

 Prep time: **20 min**  Cook time: **55 min**  Serves: **4**

## Ingredients:

- 4 red or orange beets, peeled (about 12 oz/375 g)
- 3 tbsp (45 mL) balsamic vinegar, divided
- 1 tbsp (15 mL) local butter
- 8 cups (2 L) spring greens
- 1 1/2 cups (375 mL) thinly sliced cucumber
- 1/4 cup (60 mL) thinly sliced red onion (optional)
- 1 cup (250 mL) crumbled Canadian cow's milk feta cheese
- 1/4 cup (60 mL) chopped fresh basil

### Grilled Salmon

- 3 tbsp (45 mL) melted butter
- 1 tbsp (15 mL) chopped fresh dill
- 2 tsp (10 mL) Dijon mustard
- 1 tsp (5 mL) salt
- 4 salmon portions (about 1 1/4 lb/625 g total), skin on
- 1/4 tsp (1 mL) pepper

## Instructions:

**1.** Preheat oven to 400°F (200°C). Place beets on a large piece of heavy foil. Add butter and 1 tbsp (15 mL) of the vinegar; wrap well and roast for about 45 minutes or until tender when pierced with knife. Let cool slightly and slice. Place beets and juices in a large bowl.

### Tip

Don't throw away your beet greens! Beet greens are slightly sweet, and among the most tender, soft and nutritious of all the greens. Saute them in butter with a handful of pine nuts for a truly delicious side!

**2. Grilled Salmon:** Preheat grill to medium-high heat. In a small bowl, whisk together butter, dill, mustard and salt. Sprinkle salmon with pepper. Place salmon on grill, skin side down, and brush liberally with butter mixture. Close lid and grill for 5 minutes. Open lid and brush with remaining butter. Grill for another 5 minutes or until fish flakes easily when tested. Remove from grill.

### Tip

Substitute salmon for other thick, hearty fillets of fish like halibut or haddock.



**3.** Divide spring greens among 4 dinner plates. Add cucumber and red onion, if using. Top with sliced beets and juices. Sprinkle with feta and basil. Drizzle with remaining balsamic vinegar and top each plate with a piece of grilled salmon.

**Nutritional Info per serving (1/4 recipe):** 510 calories, 34 g fat, 16 g saturated fat, 0.5 g trans fat, 135 mg cholesterol, 1,320 mg sodium, 18 g carbohydrates, 4 g fibre, 11 g sugars, 34 g protein.



# Fall Apple & Sausage Sauté Sandwiches with Cheese Sauce

Sausage, apple and cheese is a perfect autumn flavour combination, but be warned, you may want to tackle this saucy sandwich with a fork and knife. The creamy Cheddar sauce amplifies the sweet fall apple and garlic seasoned sausage for a delicious dinner or hearty lunch best made with all-Canadian ingredients!

 Prep time: **15 min**  Cook time: **20 min**  Serves: **4**

## Ingredients:

2 tbsp (30 mL) local butter  
1 large onion, thinly sliced  
1 tsp (5 mL) chopped fresh thyme  
1/2 tsp (2 mL) each, salt and pepper  
3 fresh, raw garlic pork sausages (about 300 g), sliced on a diagonal  
1 large Canadian apple, cored and sliced  
4 sub-style or panini buns, sliced

## Cheddar Sauce

2 tbsp (30 mL) local butter  
2 tbsp (30 mL) all-purpose flour  
1 1/2 cup (375 mL) local milk  
1/2 tsp (2 mL) each salt and mustard powder  
2 cups (500 mL) extra old Cheddar cheese, shredded

## Instructions:

**1.** In a large skillet, melt butter over medium-high heat and cook onion, thyme, salt and pepper for 5 minutes, stirring often until it starts to turn golden brown. Add sausages and cook for 5 minutes or until sausage starts to brown. Add apples and cook, stirring for about 5 minutes or until sausage is no longer pink inside and apples have softened. Remove from heat; keep warm.

## Cheddar Sauce

**2.** In a saucepan, melt butter over medium heat and stir in flour, then cook for 1 minute. Whisk in milk, salt and mustard powder and cook for about 5 minutes or until thick enough to coat the back of a spoon. Stir in cheese until melted.

**3.** Lay buns open on dinner plates. Divide sausage mixture among buns and drizzle or ladle cheese sauce over top to serve.

## Tip


If you love cheese and don't mind the mess, softer buns will absorb more Cheddar sauce!

**Nutritional Info per serving (1/4 recipe):** 670 calories, 42 g fat, 19 g saturated fat, 0.5 g trans fat, 110 mg cholesterol, 1,840 mg sodium, 48 g carbohydrates, 4 g fibre, 11 g sugars, 26 g protein.



# Cast Iron Thanksgiving Dinner

 Prep time: **30 min**  Cook time: **1 hr 20 min**

 Serves: **8 to 10**

If you want the flavours of Thanksgiving but don't want to cook a whole turkey, this one-pan Thanksgiving strata is ideal. It has all of the flavours, texture and 'wow factor' of a traditional Thanksgiving dinner, but will leave you with time to enjoy the holiday. Don't forget the cranberry sauce!

## Ingredients:

2 mild Italian sausages, casings removed  
1 cup (250 mL) local butter, divided  
4 large onions, thinly sliced  
1 large or 2 small sweet potatoes (about 1 lb/454 g), peeled and cubed  
4 cups (1 L) cubed crusty bread (about 1 inch/2.5 cm pieces)  
2 cups (500 mL) chopped or pulled cooked turkey or chicken  
1 cup (250 mL) baby spinach, coarsely chopped  
2 tbsp (30 mL) each, chopped fresh thyme and sage  
1/4 cup (60 mL) brandy (optional)  
4 large eggs  
1 1/4 cups (310 mL) local milk  
Pinch each, salt and pepper

## Instructions:

1. In a large, cast iron skillet, cook sausage over medium heat until browned and no longer pink inside. Scrape into a large bowl and discard excess fat. Return skillet to medium heat and add 1/2 cup (125 mL) of the butter. Add onions, salt and pepper and cook, stirring occasionally, for about 25 minutes or until caramelized and very soft. Add to sausage.
2. Return skillet to medium heat and add sweet potato; cook, stirring for about 15 minutes or until tender and golden. Add to the bowl. Stir in bread, turkey, spinach, thyme and sage. Spread mixture into the same cast iron skillet.
3. Preheat oven to 350°F (180°C). In a small, microwaveable bowl, melt remaining butter and stir in brandy, if using. Drizzle over bread mixture.

4. In another bowl, whisk eggs, then whisk in milk, salt and pepper until combined. Drizzle over bread mixture. Bake for about 45 minutes or until golden and knife inserted into centre comes out clean. Let cool slightly before serving.

### Tips

No turkey? No problem—substitute turkey with a rotisserie chicken!




This recipe can also be baked in a 13 x 9-inch (3 L) baking dish or baked and served beautifully in individual 1 cup (250 mL) ramekins.

**Nutritional Info per serving (1/8th recipe):** 540 calories, 36 g fat, 19 g saturated fat, 1.5 g trans fat, 205 mg cholesterol, 780 mg sodium, 38 g carbohydrates, 5 g fibre, 9 g sugars, 25 g protein.



# Hand-Rolled Cheese Noodles with Turkey Pistachio Sage Butter

This dish delivers the flavours and comforts of late autumn and has the makings of an entertaining tradition. The cheese noodles require no equipment and are fast and easy to make, with delicious results that will surprise and delight any palate.

 Prep time: **20 min**  Cook time: **15 min**  Serves: **2 to 3**

## Ingredients:

- 2 large local eggs
- 3/4 cup (175 mL) freshly grated Canadian Parmesan or Asiago-style cheese
- 1 cup (150 mL) dry seasoned bread crumbs (approximate)
- Turkey Pistachio Sage Butter**
- 8 oz (227 g) ground Canadian turkey
- 3 tbsp (45 mL) chopped fresh sage leaves or 1 tbsp/15 mL dried sage leaves
- 1/2 tsp (2 mL) each, salt and pepper
- 1/3 cup (75 mL) local butter
- 1/4 cup (60 mL) shelled and chopped pistachios or pumpkin seeds
- 1/4 cup (60 mL) grated Canadian Parmesan or Asiago-style cheese

## Instructions:

**1.** In a large bowl, lightly beat eggs with a fork, then stir in cheese until combined. Add 3/4 cup (175 mL) of the breadcrumbs and stir until crumbly dough starts to form. Using hands, knead dough together, gradually adding some of the remaining breadcrumbs until dough is stiff and no longer sticky. Using about 1 tsp (5 mL) of the dough, roll into thin strands using the palms of your hands. Set noodles onto a plate and repeat until all dough is used.

### Tip

You can make your noodles long and thin or short and wide—just be sure to make them all the same width so they cook evenly. They cook fast, so have the noodles ready while the sauce comes together and you're waiting for the water to boil.

**2. Turkey Pistachio Sage Butter:** In a non-stick skillet, cook turkey, sage, salt and pepper, breaking up with a spoon for about 5 minutes or until no longer pink. Stir in butter and pistachios and cook for about 3 minutes or until butter is starting to brown. Keep warm.

### Tip

For a kick of heat, add 1/4 tsp (1 mL) hot pepper flakes to the sauce.

**3.** Meanwhile, in a pot of boiling, salted water, cook noodles for about 3 minutes or until they float to the top. Remove with slotted spoon and add to sauce in skillet. Stir in noodles to combine with sauce and sprinkle with cheese to serve.


### Tip


If you end up with leftovers, this dish is excellent for the next day's breakfast with a fried egg on top.

**Nutritional Info per serving (1/3rd recipe):** 700 calories, 45 g fat, 22 g saturated fat, 1 g trans fat, 285 mg cholesterol, 1,400 mg sodium, 31 g carbohydrates, 4 g fibre, 4 g sugars, 41 g protein.



# Artisan Cheese Balls Three Ways

 Prep time: **25 min**

 Yield: **3 large cheese balls, serving 10 to 12 each**

## Ingredients:

3 pkgs (8 oz/227 g each) cream cheese, softened  
 1/2 cup (125 mL) unsalted butter, softened  
 2 tbsp (30 mL) lemon juice  
 1 tbsp (15 mL) Worcestershire sauce  
 1 1/2 tsp (7 mL) hot sauce  
 1/4 tsp (1 mL) each, salt and pepper

### Bacon, Onion & Cheddar

1 1/2 cups (375 mL) aged Canadian Cheddar, shredded  
 1/2 cup (125 mL) chopped green onions  
 1/2 cup (125 mL) chopped crispy cooked bacon  
 1 tbsp (15 mL) Worcestershire sauce  
 1 1/2 cups (375 mL) sliced, toasted almonds

### Blue Cheese, Caramelized Onion & Dried Cranberry

1 1/2 cups (375 mL) crumbled Canadian blue cheese  
 1/2 cup (125 mL) caramelized onions  
 1/2 cup (125 mL) dried cranberries

1 tbsp (15 mL) Dijon mustard  
 1 tsp (5 mL) honey  
 1/2 cup (125 mL) each, dried parsley, rosemary and thyme leaves

### Balsamic, Fig, Shallot & Aged Gouda

1 1/2 cups (375 mL) shredded aged Canadian Gouda  
 1 cup (250 mL) finely diced dried figs  
 1/2 cup (125 mL) finely diced shallots  
 1 tbsp (15 mL) each, Dijon and balsamic vinegar  
 1 1/2 cups (375 mL) chopped pistachios

## Instructions (make all three):

**Base:** In the bowl of a stand mixer using a paddle attachment, beat together cream cheese, butter, lemon juice, Worcestershire, hot sauce, salt and pepper until smooth. Divide equally into 3 bowls.

**1. Bacon, Onion & Cheddar:** In the first bowl, stir in Cheddar, onions, bacon and Worcestershire. Using plastic wrap, shape into a ball and roll in

almonds. Wrap well and refrigerate until ready to serve.

**2. Blue Cheese, Caramelized Onion & Dried Cranberry:** In the second bowl, stir in blue cheese, onions, cranberries, mustard and honey. Using plastic wrap, shape into a ball. Combine parsley, rosemary and thyme and roll ball into herbs. Wrap well and refrigerate until ready to serve.

**3. Balsamic, Fig, Shallot & Aged Gouda:** In the third bowl, stir in Gouda, figs, shallot, Dijon and balsamic. Using plastic wrap, shape into a ball and roll into pistachios. Wrap well and refrigerate until ready to serve.

**To serve:** Unwrap cheese balls and place on serving platter with a variety of crackers and vegetables.

**Tree Variation:** Shape cheese balls into cone or tree shapes with a generous base to support the cheese structure. Refrigerate 10-15 minutes, then roll in coating ingredients. Refrigerate until ready to serve.

**Bacon, Onion & Cheddar—Nutritional Info per serving (1/10th cheeseball):** 280 calories, 25 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 330 mg sodium, 5 g carbohydrates, 2 g fibre, 2 g sugars, 10 g protein.

**Blue Cheese, Caramelized Onions & Dried Cranberry—Nutritional Info per serving (1/10th cheeseball):** 220 calories, 18 g fat, 10 g saturated fat, 0 g trans fat, 50 mg cholesterol, 430 mg sodium, 12 g carbohydrates, 3 g fibre, 6 g sugars, 6 g protein.

**Balsamic, Fig, Shallot & Aged Gouda—Nutritional Info per serving (1/10th cheeseball):** 220 calories, 14 g fat, 4.5 g saturated fat, 0 g trans fat, 25 mg cholesterol, 200 mg sodium, 17 g carbohydrates, 4 g fibre, 9 g sugars, 10 g protein.



# Entertain with Canadian Brie

## Brûléed Canadian Brie with Pear, Honey & Toasted Walnuts

Cover recipe:  
Savoury & Sweet Baked  
Brie en Croûte

## Savoury & Sweet Baked Brie en Croûte

This combination of fresh herbs, dried fruit, bacon and Brie is the kind of dish family and friends request along with your company at any winter gathering. Be sure to photograph your gorgeous creation before you set it out—we guarantee it won't last long!

 Prep time: **15 min**  Cook time: **15 min**  Serves: **12**

### Ingredients:

4 strips Ontario bacon, cooked crisp and crumbled  
1/4 cup (40 g) each dried cherries and cranberries  
1 1/2 tsp (7 ml) chopped fresh rosemary  
1/2 tsp (2 ml) chopped fresh sage or thyme  
2 tbsp (30 ml) Ontario honey, divided  
1 sheet frozen puff pastry, thawed (half a 400 g package)  
1 large wheel Canadian triple cream Brie (about 550 g)  
1 large egg, beaten  
1 tbsp (15 ml) water  
Crostini or crackers

### Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and set aside.
2. In a bowl, stir together bacon, cranberries, rosemary and sage. Stir in 1 tbsp (15 ml) of the honey to coat; set aside.
3. Using a sharp knife, cut off the top rind of the Brie and reserve for another use.

### Tip:

Don't discard your Brie rind! Cut it into small pieces and freeze it to add to your next bowl of mushroom soup, grilled cheese, mac n' cheese or cheese sauce!

**4.** On a lightly-floured surface, roll out pastry to a 12-inch (30 cm) square. Place Brie in centre and cut a circle at least 2 inches (5 cm) wider than the Brie wheel. Remove Brie and place pastry circle on prepared pan. Return Brie to pastry. Cut remaining puff pastry into desired shapes using a cookie cutter and place on baking sheet as well.

**5.** Fold up pastry along side of Brie, crimping edge around the top to create a lip, making sure to leave the centre of the cheese open.

**6.** In a small bowl, whisk together egg and water. Brush pastry around Brie and pastry cut-outs with egg mixture.

**7.** Bake for 10 minutes or until pastry cut-outs are golden. Remove pastry cut-outs from baking sheet and top Brie with bacon mixture and drizzle with remaining honey. Return to oven for about 5 minutes or until pastry is golden and Brie is molten and oozing slightly.

**Savoury & Sweet Baked Brie en Croûte—Nutritional Info per serving (1/12th recipe\*):** 290 calories, 20 g fat, 10 g saturated fat, 0 g trans fat, 55 mg cholesterol, 390 mg sodium, 15 g carbohydrates, 1 g fibre, 7 g sugars, 12 g protein.

# Brûléed Ontario Brie with Pear, Honey & Toasted Walnuts

Most of us have experienced the pleasure of crème brûlée, but brûléed Brie is extra divine. Try this delightful combination of Ontario ingredients over the crunchy, candied top of a warm soft wheel of local Brie and impress even the most discerning guests at your table.

 Prep time: **20 min**  Cook time: **15 min**  Serves: **12**

## Ingredients:

3 tbsp (45 ml) local butter, divided  
1/2 cup (125 ml) coarsely chopped walnuts  
1 tsp (5 ml) chopped fresh rosemary  
1 1/2 tsp (7 ml) ground cinnamon, divided  
Pinch salt  
1 ripe local pear, cored and thinly sliced  
1 tbsp (15 ml) Canadian honey (or maple syrup)  
1 large wheel Canadian triple cream Brie (about 550 g)  
2 tbsp (30 ml) packed light brown sugar  
Crostinis or crackers

## Instructions:

1. Preheat oven to 350°F (180°C). Line a small baking sheet with foil and set aside.
2. In a skillet, melt 1 tbsp (15 ml) of the butter over medium heat. Add walnuts, rosemary, 1/2 tsp (2 ml) of the cinnamon and salt to skillet. Toast, stirring often for about 4 minutes or until golden and fragrant. Stir in honey to coat and remove to a bowl.

3. Return skillet to stove and add remaining butter and melt over medium heat. Add pear and remaining cinnamon and cook, stirring for about 5 minutes or until pear is tender. Scrape into bowl with walnuts and stir to combine; set aside and keep warm.

4. Using a sharp knife, cut off the top rind of the Brie (reserve for another use). Place on prepared pan. Spread top of Brie evenly with brown sugar, making sure there are no lumps.

5. Turn oven to broil and using an oven mitt, move oven rack to about 6 inches (15 cm) below broiler. Place Brie under broiler for about 5 minutes or until sugar is melted and golden. Be sure to keep an eye on it because sugar burns quickly and oven times vary.

6. Remove from oven and let stand, allowing sugar to cool about 2 minutes before serving.

## Tips

Make sure your Brie is cold with it is time to remove the top rind. Using a knife run under hot water may help you move quickly and smoothly through the Brie to remove the rind.

Save your Brie trimmings for your next grilled cheese, mac and cheese or cheese sauce!

You can substitute double cream Brie for the triple cream.

**Brûléed Ontario Brie with Pear, Honey & Toasted Walnuts—Nutritional Info per serving (1/12th recipe):** 210 calories, 16 g fat, 9 g saturated fat, 0 g trans fat, 45 mg cholesterol, 280 mg sodium, 7 g carbohydrates, 1 g fibre, 5 g sugars, 9 g protein.

## Fun Facts...

While the origin and mastery of Brie are deservedly points of national pride in France, it's worth noting (and celebrating) the fact that Canadian Bries have beat French champions in multiple international competitions over the last 20 years.

Print out and save this handy reference. Post it on your fridge or kitchen board!

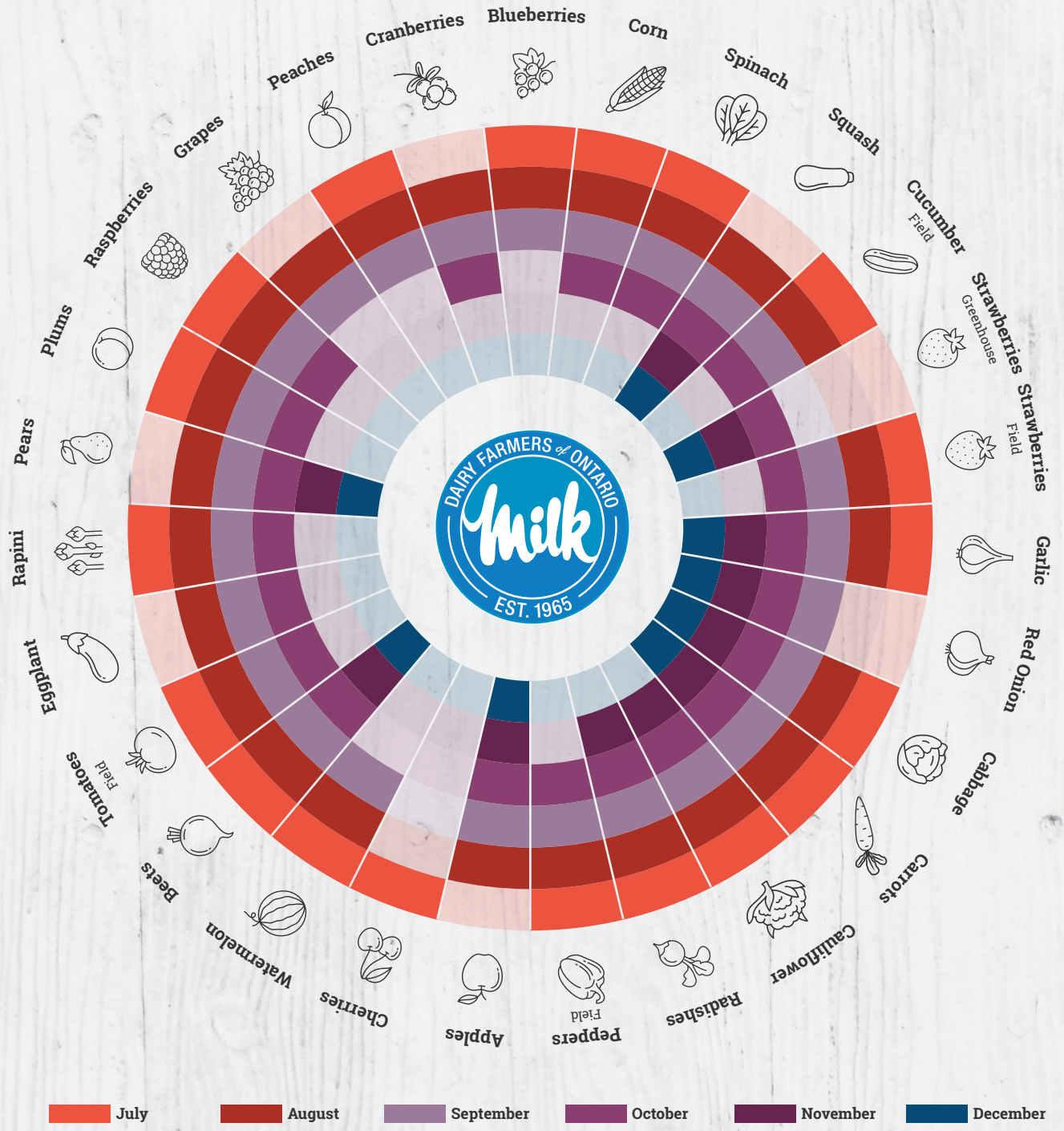
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**Available Year-Round in Ontario:**  
Mushrooms, Cooking Onions, Potatoes, Sprouts, Sweet Potato, Greenhouse Cucumbers, Rutabaga

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# ONTARIO SEASONAL PRODUCE AVAILABILITY: JULY - DECEMBER



July
  August
  September
  October
  November
  December

**Available Year-Round in Ontario:**  
Mushrooms, Cooking Onions, Potatoes, Sprouts, Sweet Potato, Greenhouse Cucumbers, Rutabaga



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# Savour Ontario

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