

The 2022
Milk
Calendar

Recipe Collection



Featuring 17 classic
Canadian dairy-inspired
recipes, reimagined.





45 years of dairy inspiration

This 45th edition of the iconic Milk Calendar marks a milestone in the history of cooking and baking with local dairy, crafted on Canadian family farms. It's a celebration of the hundreds of delicious Milk Calendar recipes that have graced Canadian family tables for almost half a century. These recipes have been proudly developed over the years by talented Canadian Chefs and Culinary Creators.

To mark this very special occasion, we've selected and updated 17 of our favourites from over the years.

Muffin Mania

A look back through 44 past editions of the Milk Calendar shows that muffin recipes are incredibly popular. It's easy to understand why. These baked delights are one of the fastest, most versatile snack or dessert recipes around.

 Prep time: 15 min  Cook time: 20 min  Yield: 12 muffins*

Savoury Peach and Prosciutto

These savoury muffins are perfect for a sweet and salty take along snack.

Ingredients:

6 thin prosciutto slices
1 3/4 cups (425 mL) all-purpose flour
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
1/2 tsp (2 mL) dried basil
Pinch of each salt and pepper
1/3 cup (75 mL) Canadian butter, melted
2 large local eggs
3 tbsp (45 mL) granulated sugar
1 cup (250 mL) Canadian sour cream
1 1/2 cups (375 mL) diced, pitted peaches

Instructions:

1. In a skillet, cook prosciutto until crisp. Set aside to cool. Chop coarsely.
2. Preheat oven to 375°F (190°C). Line or lightly butter a 12-muffin tin.
3. In a bowl, whisk together flour, baking powder, baking soda, basil, salt and pepper.
4. In a large bowl, whisk together butter, eggs and sugar. Stir in one third of the flour mixture, then half of the sour cream. Repeat once, and stir in remaining flour with peaches and prosciutto into batter, stirring to distribute.
5. Divide batter among wells in prepared pan. Bake for 15 to 20 minutes or until tester inserted in centre comes out clean.

Plum and Fresh Basil Variation:

Omit peaches and substitute plums. Add 2 tbsp (30 mL) chopped fresh basil.

TIP

Store in freezer in airtight container for up to 2 weeks. Keep refrigerated for up to 4 days. Pop in the microwave to reheat or enjoy at room temperature.

You can substitute thawed frozen or canned peaches when fresh ripe peaches are not in season.

Nutritional Info per serving (1 muffin or 1/12th recipe):

190 calories, 10 g fat, 5 g saturated fat, 0.3 g trans fat, 55 mg cholesterol, 360 mg sodium, 20 g carbohydrates, 1 g fibre, 5 g sugars, 6 g protein.



This month's recipe was inspired by the Peaches'N Cream Muffin recipe from the 1995 Milk Calendar, created by The Bonnie Stern School of Cooking.

Scan the code to view the original recipe.

Sweet Peaches and Cream

This sweet snack or dessert muffin hides a surprise creamy centre.

Ingredients:

1 3/4 cups (425 mL) all-purpose flour
2 tsp (10 mL) baking powder
1 tsp (5 mL) baking soda
1/2 tsp (2 mL) ground cinnamon
Pinch of salt
1/3 cup (75 mL) Canadian butter, melted
2 large local eggs
2/3 cup (150 mL) granulated sugar
1 cup (250 mL) Canadian sour cream
1 1/2 cups (375 mL) diced pitted peaches
1/3 cup (75 mL) Canadian mascarpone cheese

Topping:

1 tbsp (15 mL) granulated sugar
1/4 tsp (1 mL) ground cinnamon

Instructions:

1. Preheat oven to 375°F (190°C). Line or lightly butter a 12-muffin tin.
2. In a bowl, whisk together flour, baking powder, baking soda, cinnamon and salt.
3. **Topping:** In a small bowl, stir together cinnamon and sugar; set aside.
4. In a large bowl, whisk together butter, eggs and sugar. Stir in one third of the flour mixture, then half of the sour cream. Repeat once and stir in remaining flour with peaches into batter, stirring to distribute.
5. Divide half of the batter among wells in prepared pan. Dollop mascarpone into centre of each. Top with remaining batter. Sprinkle sugar and cinnamon over top of each muffin. Bake for 15 to 20 minutes or until tester inserted in centre comes out clean.

Plum Mascarpone Variation:

Substitute plums for the peaches.

Blueberry Variation:

Substitute fresh or frozen blueberries for the peaches or plums.

TIP

Store in freezer in airtight container for up to 2 weeks. Keep refrigerated for up to 4 days. Pop in the microwave to reheat or enjoy at room temperature.

You can substitute thawed frozen or canned peaches when fresh ripe peaches are not in season.

Nutritional Info per serving (1 muffin or 1/12th recipe):

240 calories, 12 g fat, 7 g saturated fat, 0.3 g trans fat, 60 mg cholesterol, 240 mg sodium, 29 g carbohydrates, 1 g fibre, 14 g sugars, 6 g protein.

*Prep time, Cook time and Yield are measured per muffin recipe.



Creamy Holiday Coffee Nog

 Prep time: **10 min**  Cook time: **8 min**  Serves: **6**

This inspired coffee drink can be enjoyed hot or cold. Adding real ice cream made with Canadian milk elevates it to a true indulgence to be enjoyed over the holidays or any time you want to treat yourself or your loved ones.

Ingredients:

4 large eggs
 1/2 cup (125 mL) granulated sugar
3 cups (750 mL) Canadian 2% milk
 1 cup (250 mL) espresso or strong coffee
1 cup (250 mL) Canadian 35% whipping cream
2 cups (500 mL) real Canadian vanilla ice cream or coffee ice cream
 Ground cinnamon

Instructions:

1. In a large saucepan, whisk together eggs and sugar until well combined. Whisk in milk; place over medium heat and whisk gently for about 10 minutes or until mixture has small bubbles around the edge of pan and thermometer reaches 160°F (71°C).
2. Remove from heat and pour through fine mesh strainer into a large bowl. Whisk in espresso. In another bowl, whip cream until soft peaks form, then fold into milk mixture. Divide evenly into cups and add scoop of ice cream to each (if using) and sprinkle with cinnamon to serve.

Rum Variation

Add 1/2 cup (125 mL) rum or coffee liqueur with espresso. Please enjoy responsibly.



This month's recipe was inspired by the **Fireside Coffee Nog** recipe from the 1975 Milk Calendar.

Scan the code to view the original recipe.



Bacon & Corn Chowder with Cheddar

 Prep time: **15 min**  Cook time: **35 min**  Serves: **4-6**

This hearty, smooth and creamy chowder is the perfect antidote to winter's chill. Serve it with a sprinkle of Canadian Cheddar on top and warmed crusty bread after your favourite outdoor winter activity for a little extra warmth and coziness.

Ingredients:

10 slices local bacon, chopped
 2 stalks celery, finely chopped
 1 small onion, finely chopped
 3 tbsp (45 mL) all-purpose flour
3 cups (750 mL) Canadian 2% milk
 1 cup (250 mL) chicken or vegetable broth
 2 potatoes (about 12 oz/375 g), peeled and chopped

3/4 tsp (4 mL) salt
 1/2 tsp (2 mL) pepper
 2 cups (500 mL) frozen or fresh corn kernels
 1 tbsp (15 mL) chopped fresh dill
 Fresh dill sprigs

Shredded aged Canadian Cheddar

Instructions:

1. In a soup pot, cook bacon over medium-high heat for about 8 minutes or until crispy. Remove bacon with a slotted spoon to a paper towel-lined plate.
2. Reduce heat to medium and add celery and onion; cook, stirring for about 5 minutes or until softened. Stir in flour to coat; cook for 1 minute. Whisk in milk and broth until smooth. Add potatoes, salt

and pepper. Bring to a simmer, stirring frequently, and simmer gently for 15 minutes or until potatoes are tender. Stir in reserved bacon, corn and dill and cook for about 5 minutes or until corn is heated through.

3. Ladle into bowls and top with Cheddar and garnish with dill sprigs to serve.



This month's recipe was inspired by the **Bacon Corn Chowder** recipe from the 1974 Milk Calendar.

Scan the code to view the original recipe.



Meatball Pitas with Buttermilk Herb Sauce

 Prep time: **25 min**  Cook time: **15 min**  Serves/Yields: **makes about 30 meatballs (6-8 servings)**

Packed with veggies, these spiced meatballs tucked in pita bread and topped with a fresh and tangy herbed buttermilk sauce are perfect for any occasion.

Ingredients:

Buttermilk Herb Sauce:

2/3 cup (150 mL) Canadian sour cream
1/2 cup (125 mL) Canadian buttermilk
 4 tsp (20 mL) lemon juice
 1/4 cup (60 mL) chopped fresh dill or cilantro
 1/2 tsp (2 mL) salt

Meatball Pita:

1/2 cup (125 mL) seasoned dry breadcrumbs
1/3 cup (75 mL) Canadian 2% milk
 1 large egg
 2 cloves garlic, minced

1 tsp (5 mL) mild curry powder
 1 tsp (5 mL) dried thyme
 1/2 tsp (2 mL) salt
 1/4 tsp (1 mL) cayenne pepper
 1/2 cup (125 mL) shredded carrot
 1/2 cup (125 mL) shredded zucchini
 1 lb (454 g) lean Canadian ground beef, veal or pork
 1 1/2 cups (375 mL) thinly sliced cucumber
 1 1/2 cups (375 mL) thinly sliced red cabbage
 1 cup (250 mL) thinly sliced red onion (optional)
 6 to 8 pita breads

Instructions

- Buttermilk Herb Sauce:** In a bowl, whisk together sour cream, buttermilk, lemon juice, herbs and salt. Cover and refrigerate until ready to use.
- Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or foil.

- In a large bowl, stir together breadcrumbs and milk. Stir in egg, garlic, curry powder, thyme, salt and cayenne to combine. Stir in carrot and zucchini. Let stand for 5 minutes. Add meat and blend well using your hands until mixture is evenly combined (mixture will be soft).
- Using a heaping tablespoon at a time, roll into meatballs and place on prepared sheet. Bake for 15 to 20 minutes or until browned and no longer pink inside and thermometer inserted in centre reaches 165°F (74°C).
- Divide cucumber, cabbage and red onion (if using) among pita breads and top with meatballs. Drizzle generously with Buttermilk Herb Sauce to serve.



This month's recipe was inspired by the **Tiny Tasty Meat Loaves** recipe from the 2010 Milk Calendar, created by Jennifer Mackenzie. Scan the code to view the original recipe.



Rustic Sausage & Cheese Pasta Bake

 Prep time: 15 min  Cook time: 45 min  Serves: 4-6

This easy-to-make dinner classic loaded with sausage, pasta and melted Canadian cheese is one of those recipes you'll make again and again.

Ingredients:

12 oz (375 g) mild or hot Italian sausage
 4 cups (1 L) dried rigatoni or penne pasta (about 10 oz)
1/4 cup (60 mL) Canadian butter, divided
 1 small onion, finely chopped
 3 cloves garlic, minced
 2 tbsp (30 mL) all-purpose flour
2 cups (500 mL) Canadian 2% milk
 2 tbsp (30 mL) tomato paste
2 cups (500 mL) shredded Canadian fontina or provolone cheese, divided

1 cup (250 mL) frozen peas
 2 tbsp (30 mL) chopped fresh parsley
3 tbsp (30.45 mL) grated fresh Canadian Parmesan cheese

Instructions:

1. Preheat oven to 400°F (200°C). Place sausages in a small baking pan and roast for about 20 minutes or until no longer pink inside. Let cool slightly and slice. Leave oven on.
2. Meanwhile, in a pot of boiling, salted water, cook pasta for about 8 minutes or until al dente. Drain and return to pot; add 2 tbsp (30 mL) of the butter and stir to coat.
3. Add remaining butter to a saucepan and melt over medium heat. Add onions and garlic; cook, stirring for about 3 minutes or until softened. Whisk in

flour and cook for 1 minute. Gradually whisk in milk and cook, stirring for about 5 minutes or until starting to bubble and thicken. Whisk in tomato paste until smooth. Remove from heat and stir in 1 1/2 cups (375 mL) of the cheese until melted. Stir in peas. Add cheese sauce to pasta along with sliced sausages and stir to combine.

4. Pour into a baking dish and sprinkle top with remaining fontina, Parmesan cheese and parsley. Place in oven and bake for about 15 minutes or until bubbly and light golden on top.



This month's recipe was inspired by the **Pasta with Italian Sausage & Cheese Sauce** recipe from the 1990 Milk Calendar, created by Dale & Colnett Ltd. Scan the code to view the original recipe.



Canadian Feta & Roasted Pepper Chicken Alfredo

Prep time: 30 min Cook time: 25 min Serves: 4

If you love Alfredo sauce (and who doesn't?), you're in for an extra treat. This twist on the classic recipe features the added zip of delicious Canadian feta cheese with roasted red peppers. Enjoy with rice or your favourite long pasta.

Ingredients:

4 boneless, skinless chicken breasts
(About 1 3/4 lb/875 g)
1/2 cup (125 mL) cooked spinach, drained well
1/2 cup (125 mL) roasted red pepper strips, patted dry
1/2 cup (125 mL) crumbled Canadian dairy feta cheese
1 tsp (5 mL) dried oregano
1/2 tsp (2 mL) salt
3 tbsp (45 mL) Canadian butter
1 clove garlic, minced

1 cup (250 mL) Canadian 35% whipping cream

1/4 cup (60 mL) fresh grated Canadian Parmesan cheese

1 tsp (5 mL) grated lemon zest

Instructions:

- Slice each chicken breast in half horizontally almost all the way through and open like a book. Flatten thicker end lightly with the flat side of a meat mallet. Divide spinach among inside of each chicken breast, then add red pepper to each and top with feta. Roll up each chicken breast firmly, beginning at thinnest end of breast. Secure each breast with a toothpick. Sprinkle each with oregano and salt.
- In a large, non-stick skillet, melt butter over medium-high heat. Add chicken breasts and brown well all over; remove to a plate. Reduce heat

to medium and add garlic; cook for 30 seconds. Add whipping cream and bring to a boil. Return chicken breasts to skillet and reduce heat to simmer sauce.

- Cover and cook for 5 minutes. Turn chicken breasts and simmer gently, uncovered for about 8 minutes or until chicken is no longer pink inside. Remove chicken breasts to a platter, remove toothpicks and keep warm.
- Stir Parmesan and lemon zest into skillet and continue stirring until melted. Pour sauce over chicken to serve.



This month's recipe was inspired by the **Easy-to-Bake Chicken in Alfredo Sauce** recipe from the 1998 Milk Calendar, created by James Barber with Wendy Bowen, Heather Taylor and Joan Ttooulias.

Scan the code to view the original recipe.



Asparagus & Cheddar Quiche

 Prep time: **20 min**  Cook time: **50 min**  Serves: **4-6**

Quiche has earned a place across all meal occasions. It's easy to make and lends itself to so many incredible flavour combinations. This classic pairing of old Cheddar with fresh spring asparagus is lovely with a side of salad greens for a perfect brunch, lunch or dinner combination.

Ingredients:

1 frozen 9-inch (23 cm) deep dish pie pastry shell
1 tsp (5 mL) Dijon mustard
9 spears fresh local asparagus, trimmed
2 tbsp (30 mL) Canadian butter
1 shallot, finely chopped
1/2 tsp (2 mL) salt, divided

1/2 tsp (2 mL) pepper, divided
1/4 cup (60 mL) chopped fresh basil
1 cup (250 mL) shredded Canadian old Cheddar cheese, divided
4 large eggs
1 cup (250 mL) Canadian 2% milk

Instructions:

1. Preheat oven to 375°F (190°C). Bake pastry shell for about 10 minutes or until light golden brown. Let cool slightly. Brush with mustard; set aside.
2. Chop asparagus, reserving tips to make about 1 cup (250 mL). In a skillet, melt butter over medium heat. Cook shallot, asparagus and half each of the salt and pepper for about 5 minutes or until softened. Stir in basil to coat.

3. Sprinkle pie shell with 3/4 cup (175 mL) of the Cheddar cheese. Spoon asparagus mixture on top (hold on to the tips for garnish).

4. In a bowl, whisk together eggs, milk and remaining salt and pepper. Gently pour mixture into pie shell. Sprinkle top with remaining cheese and place asparagus tips decoratively on top.

5. Bake about 30 minutes or until centre is set and knife inserted in centre comes out clean. Let cool about 10 minutes before slicing into wedges to serve.



This month's recipe was inspired by the **Asparagus Quiche with Cheddar** recipe from the 1986 Milk Calendar, created by The Bonnie Stern School of Cooking. Scan the code to view the original recipe.



Creamy Strawberry Panna Cotta

🕒 Prep time: **10 min** ⌚ Cook time: **5 min** ❄️ Chill time: **3 hrs** 🍽️ Serves: **6**

This iconic recipe is so delicious, we didn't change a thing! This recipe, originally submitted by a Canadian dairy farming family in 2014, has stood the test of time! This classic, cool dessert can be enjoyed simply with strawberries or elevated by the addition of dried lavender or rosemary for a fresh summer flavour.

Ingredients:

1 envelope (7 g) unflavoured gelatin (1 tbsp/15 mL)
 1/4 cup (60 mL) cool water
2 cups (500 mL) Canadian 35% whipping cream
1 cup (250 mL) Canadian 2% milk
 1/4 cup (60 mL) granulated sugar
 Half a vanilla bean or 1 tsp (5 mL) vanilla extract

Topping:

1 tbsp (15 mL) granulated sugar
 Pinch of dried, food-grade lavender or rosemary
 1 1/2 cups (375 mL) small fresh ripe strawberries

Instructions:

1. In a large bowl, sprinkle gelatin over water; let stand for 5 minutes to soften.
2. In a saucepan, combine cream, milk and sugar. Scrape the seeds out of the vanilla bean and add seeds and bean to saucepan. Bring to a simmer over medium heat, stirring often. Remove vanilla bean and pour cream mixture over gelatin. Stir well until gelatin is dissolved and smooth. Pour into six 1/2-cup (125 mL) jars, glasses or dessert dishes. Cover with plastic wrap and refrigerate for about 3 hours or until set.

3. *Topping:* Meanwhile, using a mortar and pestle, grind sugar and lavender or rosemary together. Stir into strawberries and mash together using a potato masher or fork. Spoon on top of each panna cotta to serve.

⌚ Make Ahead

Panna Cotta and Topping can be made separately and refrigerated up to 2 days ahead.



This month's recipe was inspired by the **Strawberries & Potted Cream** recipe from the 2014 Milk Calendar, shared by Nichele & Gerhardus Steenbeek. Recipe contributor & testing by Jennifer MacKenzie. Scan the code to view the original recipe.



Grilled Shrimp & Cheese Kebabs with Lemon Sauce

 Prep time: **30 min**
 Marinate time: **15 min**
 Grill time: **10 min**
 Yields: **8-10 skewers**

This is the perfect recipe to refresh your grilling game with Canadian-crafted grilling cheese and shrimp with a bright and fresh citrus sauce for drizzling or dipping. Cheeses like halloumi, queso fresco and even provolone are simply divine on the grill, and pair perfectly with shrimp and local vegetables.

Ingredients:

1 lb (454 g) mini/baby potatoes (about 16)
 1/4 cup (60 mL) canola oil
 3 tbsp (45 mL) lemon juice
 1 tbsp (15 mL) chopped chives or green onions
 1 tsp (5 mL) chopped fresh tarragon or 1/2 tsp (2 mL) dried
 1/4 tsp (1 mL) each salt and pepper
 1 bag (340 g) jumbo raw shrimp peeled and deveined or sea scallops
1 pkg (200 g) Canadian grilling cheese, cubed (such as halloumi, queso fresco or provolone)
 1 large green pepper, cubed
 1 cup (250 mL) grape tomatoes

Lemon Sauce:

2 tbsp (30 mL) Canadian butter
 2 tbsp (30 mL) all-purpose flour
1 cup (250 mL) Canadian 2% milk
 2 tsp (10 mL) Dijon mustard
 1/2 tsp (2 mL) salt
 1/2 tsp (2 mL) grated lemon zest
 2 tbsp (30 mL) lemon juice

Instructions:

- In a small pot, boil potatoes for 10 minutes. Drain and let cool.
- In a large bowl, whisk together oil, lemon juice, chives, tarragon, salt and pepper. Stir in shrimp, cheese, potatoes, green pepper and tomatoes to coat. Cover and refrigerate for 15 minutes.
- Lemon Sauce:* Meanwhile, in a saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute. Gradually whisk in milk until smooth. Cook, stirring frequently for about 4 minutes or until bubbly and thickened. Remove from heat and whisk in Dijon, salt, lemon zest and juice. Keep warm.

- Place shrimp, potatoes, cheese and vegetables onto skewers in an alternating pattern.
- Preheat grill to medium-high heat. Grill skewers, about 6 minutes, turning occasionally or until shrimp is firm and cheese is grill marked (or beginning to melt if you're using provolone). Remove from skewer, spoon lemon sauce over top and enjoy!

TIP

Provolone cheese is delicious on the grill, but you'll want to cut it into small, 1/2-inch cubes and turn often as it will begin to melt as you cook.



This month's recipe was inspired by the **Seafood Kabob with Lemon Sauce** recipe from the 1982 Milk Calendar, created by Margaret Fraser.

Scan the code to view the original recipe.



Sensational Smoothies

 Prep time: **5 min**  Serves: **4 servings each**

Smoothies are a quick and nutritious morning ritual and these three smoothie recipes go beyond simple fruit and yogurt, by using different Canadian dairy products that pack a flavour punch.

Banana Blueberry Kefir

2 cups (500 mL) Canadian 2% milk

2 frozen, very ripe bananas, cut into chunks

2 cups (500 mL) frozen blueberries

1 cup (250 mL) blueberry (or plain) Canadian kefir

In a blender, combine milk, bananas, blueberries and kefir; purée until smooth. Pour into glasses to serve.

Creamy Raspberry Swirl

2 cups (500 mL) Canadian 2% milk

2 cups (500 mL) frozen raspberries

2 cups (500 mL) baby spinach

1/2 cup (125 mL) Canadian smooth lemon cottage cheese (you can also use regular Canadian cottage cheese)

1 tsp (5 mL) grated lemon zest

2 tbsp (30 mL) liquid Canadian honey (or to taste)

In a blender, combine milk, raspberries, spinach, cottage cheese, lemon zest and honey; purée until smooth. Pour into glasses to serve.

Milk & Pomegranate Delight

2 cups (500 mL) Canadian 2% milk

2 cups (500 mL) frozen strawberries

1 cup (250 mL) vanilla flavoured Canadian Greek yogurt

1/2 cup (125 mL) pomegranate juice

1 tsp (5 mL) grated orange zest

In a blender, combine milk, strawberries, yogurt, pomegranate juice, orange zest and juice; purée until smooth. Pour into glasses to serve.



This month's recipe was inspired by the **Sensational Smoothies** recipe from the 2008 Milk Calendar, created by Jennifer Mackenzie.

Scan the code to view the original recipe.

Banana Blueberry Kefir Nutritional Info per serving (1/4th recipe): 200 calories, 4.5 g fat, 2 g saturated fat, 0 g trans fat, 15 mg cholesterol, 90 mg sodium, 34 g carbohydrates, 3 g fibre, 26 g sugars, 7 g protein.

Milk & Pomegranate Delight Nutritional Info per serving (1/4th recipe): 150 calories, 3.5 g fat, 1.5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 75 mg sodium, 23 g carbohydrates, 2 g fibre, 18 g sugars, 9 g protein.

Creamy Raspberry Swirl Nutritional Info per serving (1/4th recipe): 170 calories, 3.5 g fat, 1 g saturated fat, 0 g trans fat, 15 mg cholesterol, 90 mg sodium, 27 g carbohydrates, 5 g fibre, 21 g sugars, 8 g protein.



Cheesy Vegetable & Bacon Gratin

 Prep time: **30 min**  Cook time: **45 min**  Serves: **6-8**

A simple dish topped with a crispy crust of breadcrumbs and melted cheese, gratins are a rustic, crowd-pleasing way to serve up the flavours of fall. Rich and creamy with a beautiful crunchy and cheesy top, this dish is perfect to serve along all your favourite fall roasts.

Ingredients:

1 head local cauliflower, cut into small florets (about 8 cups/2 L)
 8 slices Canadian bacon, cut into thin strips, divided
 2 leeks, white and light green parts only, thinly sliced
3 tbsp (45 mL) Canadian butter
 3 tbsp (45 mL) all-purpose flour
 1 tsp (5 mL) chopped fresh thyme or 1/2 tsp (2 mL) dried
2 cups (500 mL) Canadian 2% milk
1/2 cup (125 mL) shredded Canadian Gruyère cheese
1/2 cup (125 mL) grated Canadian Parmesan cheese
 1 tsp (5 mL) salt

Topping:

1/2 cup (125 mL) fresh breadcrumbs
 1/4 cup (60 mL) shredded Canadian Gruyère cheese
2 tbsp (30 mL) Canadian butter, melted
 2 tbsp (30 mL) chopped fresh parsley

Instructions:

1. Preheat oven to 350°F (180°C).
2. In a large pot of boiling salted water, cook cauliflower for 5 minutes. Drain and set aside in a bowl.
3. In a large, deep, oven-proof skillet, cook bacon over medium heat for about 8 minutes or until crispy. Set aside on a paper towel-lined plate. Return skillet with bacon fat to medium heat and add leeks. Cook, stirring occasionally for 5 to 7 minutes or until very soft and becoming golden. Add to bowl with cauliflower.
4. Add butter to same skillet and melt over medium heat. Stir in flour, thyme, salt and pepper; cook, stirring for 1 minute. Gradually whisk in milk and

cook, stirring occasionally for about 5 minutes or until bubbly and thickened. Stir in Gruyère and Parmesan cheeses until melted. Stir cauliflower mixture and all but 1/4 cup (60 mL) of the bacon into sauce until well coated.

5. **Topping:** In a small bowl, stir together breadcrumbs with reserved 1/4 cup (60 mL) bacon, Gruyère cheese, butter and parsley until well coated. Sprinkle over top of cauliflower. Bake for 20 to 30 minutes or until bubbly and top is golden. Let stand about 10 minutes before serving.

TIP

If you do not have an oven-proof skillet, transfer the cauliflower mixture into an oven-proof casserole dish to bake.



This month's recipe was inspired by the **Cauliflower, Leek & Bacon Gratin** recipe from the 2015 Milk Calendar, created by Heather Trim.

Scan the code to view the original recipe.



Sweet Potato & Lentil Stew with Crispy Paneer

 Prep time: **15 min**  Cook time: **35 min**  Serves: **6**

If you haven't tried Canadian-crafted paneer, you're missing out. This firm, Indian-style cottage cheese is panko-breaded, seasoned and oven-baked as a mouth-watering topping for this hearty vegetarian stew. Serve it up any day of the week or add it to your Thanksgiving table!

Ingredients:

2 tbsp (30 mL) Canadian butter
 1 onion, chopped
 2 cloves garlic, minced
 2 tbsp (30 mL) minced fresh ginger or 1 1/2 tsp (7 mL) ground ginger
 2 tbsp (30 mL) mild curry powder
 1/4 tsp (1 mL) each salt and pepper
 2 sweet potatoes (about 1 1/4 lb/625 g), peeled and diced

1 cup (250 mL) dried, split red lentils, rinsed
 2 cups (500 mL) vegetable broth
1 1/2 cups (375 mL) Canadian 2% milk
 1/4 cup (60 mL) chopped fresh cilantro or green onions

Crispy Paneer Topping:

1 pkg (350 g) Canadian paneer, cubed
2 tbsp (30 mL) Canadian butter, melted
 1 tbsp (15 mL) chopped fresh cilantro
 1/4 tsp (1 mL) pepper
 1/3 cup (75 mL) panko breadcrumbs

Instructions:

1. In a large, deep saucepan, melt butter over medium heat. Sauté onion for 3 minutes or until starting to soften. Stir in garlic, ginger, curry, salt and pepper and cook for 2 minutes. Stir in sweet

potatoes and lentils to coat. Pour in broth and milk; bring to a simmer. Partially cover and gently simmer, stirring frequently for about 20 minutes or until lentils and sweet potatoes are tender and soft.

- Crispy Paneer Topping:** Preheat oven to 425°F (225°C) and line a baking sheet with parchment paper.
- Meanwhile, in a bowl, toss paneer with butter, cilantro and pepper to coat. Sprinkle with breadcrumbs and toss well to coat evenly. Spread onto prepared baking sheet in single layer. Bake for about 10 minutes, turning halfway until golden.
- Spoon stew into bowls and top with Crispy Paneer Topping to serve.



This month's recipe was inspired by the **Butternut Squash Dal (Lentils)** recipe from the 2013 Milk Calendar, created by Jennifer Mackenzie.

Scan the code to view the original recipe.



Classic Canadian Mac & Cheese

🕒 Prep time: **15 min** ⌚ Cook time: **20 min** 🍽️ Serves: **4-6**

It would be unthinkable to share an anniversary edition of the Milk Calendar without a Mac & Cheese recipe! Unbelievably cheesy and creamy, this recipe features extra old Cheddar (a national favourite!) with the extra flavour of Canadian-crafted Asiago.

Ingredients:

2 cups (500 mL) shredded Canadian extra old white Cheddar cheese

1 cup (250 mL) shredded Canadian Asiago or provolone cheese

1 1/2 cups (375 mL) Canadian 2% milk

2 tbsp (30 mL) all-purpose flour

1/2 tsp (2 mL) Dijon mustard

1/4 tsp (1 mL) each salt and pepper

3 cups (750 mL) elbow macaroni
1/4 cup (60 mL) chopped sun-dried tomatoes
2 tbsp (30 mL) chopped fresh basil or parsley

Instructions:

1. In a blender or food processor (or in a tall container using an immersion blender) combine cheeses, milk, flour, mustard, salt and pepper. Process until fairly smooth.
2. In a pot of boiling, salted water, cook pasta for about 12 minutes or until al dente. Drain pasta well and return to pot. Add cheese mixture and cook over medium heat, stirring constantly for about 5 minutes or until sauce is bubbly, creamy and thick. Stir in sun-dried tomatoes and basil. Let stand 5 minutes before serving.

💡 TIP

Blending the sauce ingredients before cooking ensures a smooth, creamy cheese sauce you'll make over and over again.



This month's recipe was inspired by the **Nice & Easy One-Pot Macaroni & Cheese** recipe from the 2012 Milk Calendar, created by Jennifer Mackenzie.

Scan the code to view the original recipe.



Vanilla Sour Cream Cake with Buttercream Frosting

🕒 Prep time: 30 min 🕒 Bake time: 35 min 🍷 Serves: 16-20

This wonderful white cake can be dressed up or down for any occasion. A versatile showpiece for any celebration, it lends itself well to almost any decorator's vision! Use this recipe to make this month's Sugared Cranberry Cake, guaranteed to dazzle over the winter holidays or the Geode Anniversary Cake featured on the cover!

Ingredients:

2 3/4 cups (675 mL) all-purpose flour
 2 tsp (10 mL) baking powder
 1/2 tsp (2 mL) baking soda
 1/4 tsp (1 mL) salt
 1 cup (250 mL) Canadian 2% milk
 1 cup (250 mL) Canadian sour cream
 4 tsp (10 mL) vanilla extract
 1 cup (250 mL) Canadian butter, softened
 1 1/2 cups (375 mL) granulated sugar
 4 large local eggs, at room temperature

Vanilla Buttercream Frosting:

1 1/2 cups (375 mL) Canadian butter, softened
 6 cups (1.5 L) icing sugar
 1 cup (250 mL) Canadian 35% whipping cream
 1 tbsp (15 mL) vanilla extract

Instructions:

1. Butter two 8-inch (2 L) spring form or 2-inch (5 cm) high cake pans and line bottoms with parchment paper. Preheat oven to 350°F (180°C).
2. In a bowl, whisk together flour, baking powder, baking soda and salt; set aside. In a small bowl, whisk together milk and sour cream.
3. In a large bowl, using a stand or handheld mixer, beat butter and sugar until smooth. Beat in eggs one at a time, then beat mixture for about 2 minutes or until light coloured and very fluffy. Beat in vanilla. Stir in 1/3 of the flour mixture then 1/2 of the milk mixture, repeat once ending with remaining flour. Stir until well combined. Pour batter into prepared pans equally and smooth top. Bake for about 35 minutes or until tester inserted in centre comes out clean and cakes are light golden all over. Let cool in pan on rack for 20 minutes, then turn out onto rack and remove parchment paper. Let cool completely.
4. Vanilla Buttercream Frosting: Meanwhile, in a large bowl, using a stand or handheld mixer, beat butter until very light in colour. Slowly beat in half of the icing sugar. Add cream and vanilla and beat until combined. Beat in remaining icing sugar until light and fluffy. Set aside at room temperature.
5. Turn cakes over and, using a long serrated knife, trim cake top to be level if necessary. Cut each cake in half to get 4 layers. Place 1 layer on cake stand or board and spread with a generous 1/2 cup (125 mL) of the buttercream. Repeat with remaining layers. Spread some of the buttercream all around the cake to create a thin layer of buttercream, which will set the crumbs. (Keep remaining buttercream at room temperature, simply cover with plastic wrap.) Refrigerate cake for at least 1 hour or until buttercream is firm and set. Remove cake from fridge and spread with remaining buttercream and decorate as desired. Refrigerate up to 2 days ahead. Let come to room temperature before cutting to serve.

See the next page for decorating instructions to transform this Vanilla Sour Cream Cake with Buttercream Frosting into the Sugared Cranberry Cake or the Geode Cake featured on the cover!

Cake Decoration Ideas

Decorate the Sugared Cranberry Cake:

1. Tint half of the vanilla buttercream with a touch of red paste food colouring. Use the plain buttercream for your crumb coat. Carefully swirl any remaining into tinted buttercream and spread all over cake in a decorative pattern.
2. Bring a small pot of equal parts water and sugar to boil (1/2 cup (125 ml) each). Add 1 cup (250 mL) whole fresh cranberries and let simmer for 1 minute. Using a slotted spoon, remove cranberries onto a parchment paper lined baking sheet. Let stand for 30 minutes. Sprinkle cranberries with 1/2 cup (125 mL) of sugar, rolling well to coat evenly. Let dry for 4 hours before adding to cake decoration.



Decorate the Geode cake:

1. Once layers are together cut out a small chunk of the cakes in a v-shape or "V" to create the space to create the geode look (enjoy the cake you take out) then spread some buttercream in the exposed cake layers as well as all over the cakes. Refrigerate cake for at least 1 hour or until buttercream is firm and set.
2. Spread remaining buttercream all over cake. Using rock candy or pop rocks candy, press into the "V" space to fill in the whole area. If you have some gold or silver flakes carefully place along edge of cake with tweezers to finish the look. Refrigerate until firm.

Fondant variation:

Spread cake with layer of buttercream and roll out fondant to cover cake. Carefully place over cake and smooth on sides including into cut piece where geode will go. Refrigerate until firm. Spread some more buttercream into cut side of cake and start placing rock sugar into it with darker pieces on the inside and lighter on the outside. You can place some silver edible glitter or flakes along the edges to finish the look.



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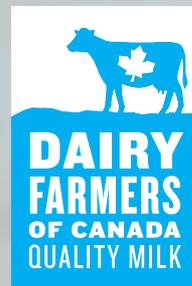
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