

The 2020  
**Milk**  
Calendar

*Featuring original  
recipes from celebrated  
Canadian Chefs:*

Afrim Pristine  
Vikram Vij  
David Rocco  
Abbey Sharp  
Emily Richards  
Brad Long  
Anna Olson  
Andrew Bullis



The best of Canadian local food recipes,  
brought to you by Canada's dairy farmers.



The 2020  
**Milk**  
Calendar

The 2020 Milk Calendar brings together the thoughts, ideas and creativity of some of Canada's most revered culinary personalities. Their recipes and dishes provide a lens through which we can understand their unique and fully immersive view of who Canadians are, what we want and how we eat.

## 2020 Milk Calendar Contributors



December 2019

*Afrim Pristine* Maître Fromager (Cheese Master) & Ontario Cheese Ambassador

Afrim Pristine is Canada's premier cheese expert and owner of the Cheese Boutique in Toronto. With over 23 years of experience in the art of cheese making, Afrim started with hands-on training from his father and studied with some of the world's most renowned cheese makers and dairy farmers. Afrim was honoured as one of the world's youngest people—and the only Canadian—to be awarded the title of Maître Fromager in 2013, by the *Guilde Internationale des Fromagers* in France. Afrim was also the youngest Canadian recipient of the Chevalier distinction from the *Confrérie des Chevaliers du Taste Fromage de France* in 2007 and was also named to the Top 30 Under 30 food industry list by the Ontario Hospitality Institute.



January 2020

*Vikram Vij* Chef, Restaurateur, Sommelier, Author & Dragon

At 20, Vikram Vij left India for Austria, where he received his chef certificate from the Salzburg Hotel Management School. In 1989, Vikram moved to Canada to work at the Banff Springs Hotel in Alberta and the rest is culinary history. Now a certified sommelier and visionary restaurateur with three award-winning restaurants in the Vancouver area—*Vij's*, *Rangoli* and *My Shanti*—Vikram has earned praise for his cuisine and numerous distinctions ranging from multiple culinary excellence awards to roles as a Canada 150 ambassador, a judge on *Top Chef Canada* and *Chopped Canada*, and the first Indo-Canadian Dragon on CBC's *Dragons' Den*. Also a prolific writer, Vikram has published three cookbooks with Meera Dhalwala and his autobiography, *Vij: A Chef's One Way Ticket to Canada with Indian Spices in his Suitcase*.



February 2020

*Andrew Bullis* Milk Test Kitchen Chef & Food Stylist

Andrew Bullis originally set out to study photography, but couldn't leave his first love—food—behind in the kitchen. Pulled in two directions, Andrew found a way to explore both. Now, he's not only an amazing chef, but a sought-after artist and recipe developer who knows how to bring out the beauty in plates, platters and boards. Having worked with some of the most influential names in Toronto food styling, Andrew is always on the hunt for new ingredients and new challenges. The recipes he's developed span many countries and cuisines, and continue to delight foodies around the world.



March 2020

## David Rocco

Celebrity Chef, Television Host & Author

Trailblazing international celebrity chef David Rocco breaks down cultural barriers by uniting people through the love of sharing a great meal. David brings his passion for food, travel and adventure to millions of homes worldwide through his hit television programs *David Rocco's Dolce Vita*, *Dolce Italia*, *Dolce India*, *Dolce Africa* and his latest, *Dolce SE Asia*. Named one of "Canada's Top Ten Style Makers" by *Flare* magazine, David has also authored three internationally bestselling cookbooks: *David Rocco's Dolce Famiglia* and the award-winning *David Rocco's Dolce Vita* and *Made In Italy*. Each features many of David's favourite easy to follow, classic Italian recipes and showcases his philosophy: that elegant and impressive cooking can still be quick and simple.



May 2020

## Abbey Sharp

Registered Dietitian, Author & Entrepreneur

Abbey Sharp is a culinary Registered Dietitian (RD), TV and radio personality, cookbook author, brand spokesperson, writer and blogger, and the founder of *Abbey's Kitchen Inc.*, a multi-platform food and nutrition media outlet developed with the goal of celebrating the pleasurable experience that is eating. Abbey has built a strong brand based on her core philosophy that a positive relationship with food, your body and your self is the fundamental secret to good health and it's this philosophy that inspired Abbey to write her first book, *The Mindful Glow Cookbook*. Abbey makes frequent guest appearances on *The Marilyn Denis Show* and many favourite Canadian television and radio shows.



July 2020

## Emily Richards

Celebrity Chef, Professional Home Economist & Author

Emily Richards is known for creating incredible recipes that are easy for busy people and families to prepare and enjoy together around the kitchen table. Her career started in restaurant and hotel kitchens, then grew to include the Canadian Living Test Kitchen, Food Network cooking shows and the online cooking videos and shows that help her connect with home cooks who want to learn more and have fun in the kitchen. She is the author and co-author of seven cookbooks which include topics from Italian cuisine, glycemic index diets and, most recently, a part of the Canadian *Best of Bridge* series. Emily's varied skills and warm personality have allowed her to engage with consumers and colleagues across multiple platforms to share a common love of food, family and the culinary arts.



September 2020

## Brad Long

Chef, Author & Restaurateur

A renowned Canadian chef with a career spanning over 30 years including roles as executive chef at 360 Restaurant, MLSE and Veritas as well as appearances on the Food Network show *Restaurant Makeover*, Brad Long is a pioneer in advocating ethical, local, organic and sustainable practices from dirt to dish and a strong, vocal leader in the national food scene. Brad is currently chef and owner of Café Belong and Belong Catering, where his understanding of food is reflected in the fresh, delicious, local fare he procures and serves every day. Born and raised in Port Dover, Ontario, eating locally grown food as a simple fact of family life, Brad never strays from his deeply rooted belief that "Food is fuel. Food is medicine. Food is love." Brad's first cookbook, *Brad Long on Butter*, won Best in Canada at the Gourmand Cookbook Awards.



November 2020

## Anna Olson

Culinary Master & Television Host

Anna Olson is Canada's baking sweetheart and, with her positive and common-sense approach in the kitchen, she has become one of the country's most recognizable television chefs. Hosting Food Network's *Bake with Anna Olson*, *Fresh with Anna Olson*, and *Sugar*, she has earned a loyal following in over 190 countries worldwide, and her audience continues to expand through her YouTube channel, *Oh Yum with Anna Olson*. Recipe development is one of Anna's great accomplishments, with 10 successful cookbook publications to her name, including *Set for the Holidays*, *Bake With Anna Olson*, and more. Taste Canada Cookbook Awards, the Ontario Hospitality Institute, and the Canadian Food & Wine Institute have recognized Anna for her ongoing contributions to the development of Canadian food culture.



*Niagara GOLD*

Upper Canada Cheese Company,  
Jordan Station, ON

*Black Truffle Gouda*

Mountainoak Cheese,  
New Hamburg, ON

*5 Brothers Smoked*  
Gunn's Hill Artisan Cheese,  
Woodstock, ON

*Albert's Leap Bel Haven Brie*  
Quality Cheese,  
Woodbridge, ON

*Celtic Blue*  
Glengarry Fine Cheese,  
Lancaster, ON

## Ontario Local Cheese Board

Afrim Pristine

Cheese boards are more than the centrepiece of a gathering, they are a story of contrasting landscapes, creativity and craftsmanship. Each cheese should be selected with appreciation for the effort, time and care that went into every step of the cheesemaking process, because each batch represents a moment in an evolving tradition.

I chose these five Ontario cheeses because I feel they represent the Ontario terroir and cheese industry very well. Not only are they local, but these are all world class cheeses. The different flavours and textures showcase the vast landscape and

cheesemaking techniques of this great province.

**Here are a few tips I always use when creating a cheese board:**

- When selecting cheese for a custom cheese board, variety is key. There are so many different varieties of cheese—and that's the best part—make sure you showcase that.
- Instead of complementing each cheese with the next, you actually want to have contrasting cheeses so you can present a fuller, richer story through your selections.

- Remember that the cheese is the star of the show, always. Breads, crackers and fruit are great, but start off with great cheese and your cheese board will always come out on top.
- You don't have to overthink it. Don't get too technical about creating a cheese board. Trust your local cheese monger, try and taste before you buy anything and most of all, have fun with the whole process. Cheese is such a celebratory and social food; embrace the stink.
- Cheese is naturally beautiful, so try and keep it in its natural state. Whole wedges look great; try not to cut them into cubes. Firmer cheeses can be chipped off the block for that rough, rustic look. Investing in proper cheese knives is a great idea as well. The cheese on the board should look natural, raw with a good balance of organization.

**To learn more about Ontario's exquisite cheeses and where to find them, visit [savourontario.milk.org](http://savourontario.milk.org)**



## Vikram's Favourite Snack

Vikram Vij

🕒 Prep time: 15 min 🕒 Cook time: 10 min 🍽 Serves: 4

This recipe really is my favourite snack. It's essentially naan pizza made with leftovers from your fridge. Don't worry—it's the sauce that makes the dish. It is very versatile, so if you do not like mushrooms, substitute with zucchini, eggplant or even boiled potatoes. Try it with previously cooked steak or ground beef—suit yourself. Waste not, want not.

### Ingredients:

4 naan breads  
4 portobello mushrooms, stemmed (or vegetables of your choice)  
1 1/2 tsp (7 mL) of garam masala (or any Indian curry spice mixture)

Salt, to taste  
1/3 pkg of paneer, grated  
1/2 a small bunch of fresh cilantro, chopped  
**Curry Sauce:**  
2 cups (500 mL) 35% whipping cream  
1 tbsp (15 mL) lemon juice  
1 tbsp (15 mL) salt  
1 tbsp (15 mL) dried green fenugreek leaves  
1 tsp (5 mL) paprika  
1/4 tsp (1 mL) ground cayenne pepper  
2 tbsp (30 mL) canola oil  
2 to 3 tbsp (30-45 mL) garlic, finely chopped  
3/4 tsp (4 mL) ground turmeric

### Curry Sauce Instructions:

In a large bowl, combine cream, lemon juice, salt, fenugreek leaves, paprika, and cayenne. In a medium saucepan, heat oil over medium heat and sauté garlic until golden brown. Stir in turmeric and cook for 1 minute. Stir in the cream mixture and cook on medium-low heat for about 5 minutes or until the sauce is thickened to the consistency of gravy. (Do not over-boil as the lemon juice may separate the cream) Set aside. *Make-ahead:* Cover and refrigerate for up to 2 days. Reheat over low heat before using.

### Naan Pizza Instructions:

Pre-heat oven to 350°F (180°C). Spread 4 naans on large baking sheet. Cut mushrooms into long strips and spread on the naan. Sprinkle with garam masala and salt to taste. Cook naans in oven for 2 to 3 minutes until the mushrooms shrink a bit. Remove from oven and spread curry sauce on the mushrooms, evenly and generously. Sprinkle grated paneer on top and return to the oven for 3 to 4 minutes or until paneer is light golden on top. (Paneer is not meant to melt, so watch until they turn a light golden brown on top.) Sprinkle with chopped cilantro to serve and Namaste...

**Nutritional info per serving (1 naan pizza):** 850 calories, 59 g fat, 32 g saturated fat, 0 g trans fat, 180 mg cholesterol, 2,200 mg sodium, 63 g carbohydrates, 5 g fibre, 4 g sugars, 21 g protein.



# Artisan Mac n' Cheese Quartet

Andrew Bullis

📖 Prep time: **30 min** ❄️ Chill time: **8 to 24 hrs**  
 🕒 Cook time: **1 hr 20 min** 🍽️ Serves: **6**

Make this unreal mac and cheese with local cheese and beer for a truly indulgent Canadian dish that tastes even better than it looks.

**Ingredients:**

- 1 lb (454 g) pork belly with skin, patted dry
- 2 cups (500 mL) kosher salt
- 1 cup (250 mL) local craft beer
- 1 cup (250 mL) low-sodium soy sauce
- 2 tbsp (30 mL) butter, divided
- 2 cups (500 mL) sliced oyster mushrooms
- 1 1/4 cups (300 mL) 35% whipping cream
- 2 tsp (10 mL) chili powder

- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) dried thyme leaves
- Pepper, to taste
- 1 1/2 cups (375 mL) old cheddar cheese, divided
- 1 cup (250 mL) shredded smoked gouda
- 1 cup (250 mL) shredded firm cheese
- 1 cup (250 mL) shredded Asiago cheese
- Half a 500 g pkg short, dry pasta (gemelli or similar), cooked

**Instructions:**

Place pork belly, skin side up, in a baking dish. Refrigerate a minimum of 8 hours (or overnight).

Preheat the oven to 400°F (200°C). Spread salt on top of pork belly skin in a thick layer. Add beer and soy sauce to the pan, avoiding the salt layer. Roast pork for about 1 hour or until tender and skin has shrunk. Set aside. Meanwhile, melt 1 tsp (15 mL) of the butter in a large saucepan over medium heat and sauté mushrooms until golden and tender. Remove to plate and set aside. Return pan to medium-low heat and add remaining butter to melt. Add cream, Dijon, chili powder, thyme and pepper, whisking to combine. Increase heat to medium and bring the cream to a boil, stirring constantly. Reduce heat to low and simmer for 5-7 minutes or until cream starts to thicken. Stir in half of the cheddar, and all of the gouda, firm, and Asiago cheeses as well as the mushrooms, stirring until cheese is smooth. Add the cooked pasta and stir to coat. (If you haven't pre-cooked, add pasta to salted, boiling water and cook for about 4 minutes, stirring occasionally.)


Remove salt layer from pork and place under broiler for about 5 minutes or until the skin puffs up. (Careful not to burn the skin here, keep a close eye on the pork belly.) Remove pork belly from dish and slice thinly. Discard salt and liquid mixture. Scrape pasta and cheese mixture into a large baking dish and top with remaining cheddar cheese and pork slices. Broil for about 3 minutes or until cheese is golden brown and bubbly.



**Nutritional info per serving (1/6th recipe):** 1,155 calories, 93 g fat, 47 g saturated fat, 0 g trans fat, 230 mg cholesterol, 4,030 mg sodium, 40 g carbohydrates, 2 g fibre, 5 g sugars, 40 g protein.



## Cauliflower Puttanesca Pasta with Canadian Asiago

David Rocco

 Prep time: 20 min

 Cook time: 50 min  Serves: 6

I generally find cauliflower to be a very bland vegetable, so I like to use it in dishes that contrast that blandness with sharp-flavoured ingredients like anchovies and capers. Put that over pasta and you have a really interesting mix of tastes and textures. This is a hearty one-pot, family-style meal that everyone seems to enjoy... and yes, even those who say they don't like anchovies. When cooked, the anchovies melt and just add incredible flavour to the dish!

### Ingredients:

1/4 cup (60 mL) extra virgin olive oil, plus more for drizzling  
1 medium white onion, diced

1 cup (250 mL) black olives, pitted  
6-8 anchovy fillets, roughly chopped  
3 tbsp (45 mL) drained capers  
1/2 tsp (2 mL) hot pepper flakes  
1 can (28 oz/796 mL) crushed tomatoes  
1 head cauliflower, cut into small florets  
1 lb (500 g) pasta  
1 cup (250 mL) freshly grated Canadian Asiago  
Salt and pepper, to taste

### Instructions:

In a large, deep skillet or saucepan, heat 1/4 cup (60 mL) of the oil over medium-high heat. When the oil shimmers, add the onion, olives, anchovies and capers; sauté for a few minutes until the anchovies start to dissolve and the onions soften. Stir in the hot pepper flakes and tomatoes. Add the cauliflower and cook, stirring occasionally for 30 minutes or until the cauliflower is tender. Reduce heat to low.

Meanwhile, bring a large pot of water to a boil. Salt water liberally and stir in the pasta. Cook pasta for about 4 minutes or until about two-thirds of the way cooked. Drain pasta, reserving about 2 cups (500 mL) of the cooking water.

Stir pasta into the cauliflower sauce along with the reserved pasta cooking water and continue to cook the pasta on medium-high heat until al dente and the water has reduced. Remove from heat; sprinkle with cheese and drizzle with some extra virgin olive oil. Give everything a stir and then let rest for about 5 minutes before serving so all the flavours can come together.

**Nutritional info per serving (1/6th recipe):** 670 calories, 29 g fat, 8 g saturated fat, 0 g trans fat, 30 mg cholesterol, 1,650 mg sodium, 83 g carbohydrates, 7 g fibre, 9 g sugars, 23 g protein.



## Alfredo Ham & Potato Frittata

 Prep time: **20 min**  Cook time: **35 min**  Serves: **6**

This will be a wonderful addition to your brunch table for any weekend get together. It's also a clever way to use up leftover ham!

### Ingredients:

1/4 cup (60 mL) butter  
12 oz (375 g) small potatoes (about 4),  
cut into 1/2 inch (1 cm) pieces  
1 small onion, chopped  
2 cloves garlic, minced  
1/2 tsp (2 mL) dried thyme leaves  
1/2 cup (125 mL) 5% light cream  
2 cups (500 mL) chopped baby  
spinach  
1 1/2 cups (375 mL) diced ham

1/4 tsp (1 mL) each salt and pepper,  
divided  
8 eggs  
1/2 cup (125 mL) shredded hard  
cheese (like Parmesan or Asiago)

### Instructions:

In a large, ovenproof non-stick skillet, melt butter over medium heat and cook potatoes, onion, garlic, and thyme for 5 minutes, stirring often. Add cream, reduce heat to low, cover and cook, stirring occasionally for about 8 minutes or until potatoes are fork tender. Uncover and stir in spinach, ham, and a pinch each of the salt and pepper; cook, stirring for 2 minutes or until spinach is wilted.

In a large bowl, whisk together eggs and remaining salt and pepper, then pour into the skillet. Increase heat to medium and cook, lifting the edge with a rubber spatula to let the runny egg go to the bottom, for about 5 minutes or until bottom is light golden and sides are starting to set. Place skillet in 400°F (200°C) oven and bake for about 10 minutes or until a knife inserted in the centre comes out clean. Sprinkle with cheese and broil for about 2 minutes or until golden and bubbly on top.

Enjoy immediately.


**Nutritional info per serving (1/6th recipe):** 320 calories, 19 g fat, 9 g saturated fat, 0.5 g trans fat, 300 mg cholesterol, 790 mg sodium, 16 g carbohydrates, 2 g fibre, 3 g sugars, 20 g protein.







# Grilled Asparagus & Burrata Spring Salad

Abbey Sharp

 Prep time: 20 min

 Cook time: 8 min  Serves: 8

You can add a burst of colour to this recipe by swapping in purple or white asparagus (when in season) or adding a variety of different radishes or some chopped purple endive for the mache.

## Salad Ingredients:

2 lbs (1 kg) green asparagus, trimmed  
 3 tbsp (45 mL) extra virgin olive oil  
 6 cups (1.5 L) mache salad greens  
 1/2 cup (125 mL) shelled, cooked peas (fresh or frozen)  
 1 small watermelon radish, thinly sliced  
 1 ball fresh Ontario burrata cheese  
 Pea shoots  
 Fleur de sel and freshly cracked black pepper

## Dressing Ingredients:

1 tbsp (15 mL) Dijon mustard  
 1 tsp (5 mL) lemon zest, grated  
 1/4 cup (60 mL) lemon juice  
 1 tbsp (15 mL) flat-leaf parsley leaves, minced  
 1 tbsp (15 mL) tarragon leaves, minced  
 1/2 cup (125 mL) extra virgin olive oil  
 Honey, to taste  
 Salt and pepper, to taste

## Instructions:

**Dressing:** In a bowl, whisk together the Dijon, lemon zest and juice, parsley, tarragon, and oil. Whisk in honey, salt, and pepper to taste; set aside.

**Salad:** Preheat a grill or grill pan over medium-high heat. Cut any very fat asparagus in half lengthwise so that they're all approximately the same size. Toss the asparagus in oil and place on the grill. Grill, turning for about 5 minutes or until lightly charred. Cut into 3-inch (7.5 cm) pieces and let cool to room temperature.

In a large bowl, toss the salad greens, asparagus, peas, and watermelon radish with the dressing and arrange on a serving platter. Rip burrata into pieces and place over salad. Garnish with pea shoots and a sprinkle of fleur de sel and pepper. Fresh and delicious!

**Nutritional info per serving (1/8th recipe):** 270 calories, 25 g fat, 6 g saturated fat, 0 g trans fat, 20 mg cholesterol, 500 mg sodium, 8 g carbohydrates, 3 g fibre, 3 g sugars, 8 g protein.



## Grilled Steak with Blue Cheese Sauce

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

This restaurant favourite is easy to serve up at home. If you love the zip of Canadian blue cheese, be sure to sprinkle a few extra crumbles over the sauce and steak when serving.

### Ingredient List:

3 tbsp (45 mL) canola oil  
2 tbsp (30 mL) red wine vinegar  
1 tsp (5 mL) chopped fresh thyme  
1 small clove garlic, minced  
1/4 tsp (1 mL) each salt and pepper  
2 beef grilling steaks, such as striploin or ribeye, about 2 lb/1 kg total (or 4 thinner steaks)

### Blue Cheese Sauce:

2 tbsp (30 mL) butter  
1 small shallot, minced  
1/2 tsp (2 mL) chopped fresh thyme  
1 tbsp (30 mL) chopped pecans or walnuts (optional)  
1/2 cup (125 mL) crumbled blue cheese  
1 tbsp (15 mL) chopped fresh parsley

### Instructions:

In a shallow dish, whisk together oil, vinegar, thyme, garlic, and salt and pepper. Add the steaks and turn to coat both sides well. Let stand for 10 minutes. Heat cast iron skillet over high heat and add the steaks. Brown

both sides well and place skillet in 400°F (200°C) oven for about 8 minutes or until medium rare or desired doneness. Let stand 3 minutes. Cut each steak in half (if using 2 larger steaks) or thin strips to serve.


*Blue Cheese Sauce:* Meanwhile, in a small skillet, heat butter over medium heat and sauté the shallot and thyme for 2 minutes or until softened. Stir in the walnuts (if using) and sauté for 1 minute to toast. Add cheese, reduce heat to low, and cook, stirring occasionally until melted. Stir in parsley and spoon over steaks to serve.



**Nutritional info per serving (1/4 recipe):** 650 calories, 45 g fat, 17 g saturated fat, 1.0 g trans fat, 155 mg cholesterol, 520 mg sodium, 1 g carbohydrates, 0 g fibre, 0 g sugars, 57 g protein.



## Planked Dill Butter Trout with Mustard Dressing & Greens

Emily Richards

 Prep time: 15 min

 Grill time: 15 min  Serves: 4

This summer recipe is a wonderful way to showcase your grilling skills while serving up a light and beautiful meal. You can grill the zucchini and peppers ahead of time or use up any leftover grilled veggies.

### Ingredients:

2 cedar or maple planks for the grill  
3 tbsp (45 mL) butter, softened  
1 tbsp (15 mL) Dijon mustard  
2 tbsp (30 mL) chopped fresh dill  
1/2 tsp (2 mL) each salt and pepper  
4 small rainbow trout fillets, about 1 1/4 lb/680 g total  
2 small zucchini or summer squash, sliced lengthwise

1 large red bell pepper, quartered  
1 tbsp (15 mL) canola oil  
8 cups (2 L) mixed spring greens  
1 handful of local sprouts or microgreens (optional)

### Mustard Cream Dressing:

1/2 cup (125 mL) light cream (5%)  
3 tbsp (45 mL) white wine vinegar  
1 tbsp (15 mL) Dijon mustard  
1/2 tsp (2 mL) each granulated sugar, salt and pepper

### Instructions:

Soak planks in water for at least 2 hours before starting.

**Mustard Cream Dressing:** In a small bowl, whisk together cream, vinegar, mustard, sugar, salt and pepper; refrigerate until ready to use.

Place soaked planks on grill over medium high heat for 5 minutes. Meanwhile, in a small bowl, mix together butter, mustard, dill, and salt and pepper. Using paper towel, pat the trout dry and spread butter over trout fillets. Toss zucchini and pepper with oil.

Turn over planks and place 2 coated trout fillets on each plank. Place zucchini and pepper on grill. Close lid and grill, turning the zucchini and pepper halfway through for about 10 minutes or until fish flakes when tested and vegetables are grilled and tender. Chop zucchini and slice pepper.

Toss greens in a bowl with mustard cream dressing, divide on to serving plates and top with grilled vegetables and a portion of the trout. Enjoy immediately.

**Nutritional info per serving (1/6th recipe):** 420 calories, 24 g fat, 9 g saturated fat, 0.5 g trans fat, 120 mg cholesterol, 950 mg sodium, 16 g carbohydrates, 3 g fibre, 6 g sugars, 36 g protein.



## Grilled Chicken & Corn Tacos

🕒 Prep time: **15 min** 🕒 Grill time: **15 min** 🍽 Serves: **4**

Grilled chicken and corn are a perfect pair in these late summer tacos. Equally perfect as an appetizer at an evening patio party or as the centrepiece of a family meal.

### Ingredients:

3 tbsp (45 mL) butter, melted and divided  
 2 cobs of corn, shucked  
 1 small red onion, cut into wedges  
 1 green bell pepper, quartered  
 1/2 tsp (2 mL) each salt and pepper, divided  
 1/4 tsp (1 mL) grated lime zest  
 1 tbsp (15 mL) lime juice  
 1 tsp (10 mL) chili powder

1/2 tsp (2 mL) each ground cumin and dried oregano  
 1 lb (454 g) boneless skinless chicken breasts (about 2)  
 12 small corn tortillas  
 1 cup (250 mL) shredded jalapeño gouda or havarti cheese  
 Fresh cilantro  
 Sour cream and salsa

### Instructions:

In a large bowl, toss corn, onion, and pepper with 2 tbsp (30 mL) of the butter and half each of the salt and pepper.

In another shallow bowl, whisk together the remaining butter with

lime zest, juice, chili powder, cumin, oregano, and the remaining salt and pepper. Add chicken and turn to coat.

Heat grill to medium high and add vegetables and chicken. Grill, turning occasionally for about 15 minutes or until vegetables are lightly charred and chicken is no longer pink inside. Place on cutting board and cut kernels from the corn, then slice pepper and onion into thin strips. Toss together in a bowl. Slice chicken into thin strips.

Lay corn tortillas on grill to warm through. Top each with some of the chicken and vegetables. Sprinkle with cheese and garnish with cilantro, sour cream and salsa and serve warm.

**Nutritional info per serving (3 tacos with garnishes):** 580 calories, 29 g fat, 17 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,070 mg sodium, 48 g carbohydrates, 4 g fibre, 11 g sugars, 26 g protein.



## Local Curds & Way-To-Go Salad

Brad Long

 Prep time: 15 min  Cook time: 45 min

 Yield: 4 appetizers or 2 mains

Cottage cheese reminds me of my mother in summer hurrying to get us fed and back outside in the pre-air conditioning era. It was Mum's way of upping the worth of the leftover fridge treasures that ultimately became our lunch.

The long, slender sweet potatoes are easier to roast and portion, but don't fuss, they all work. To save time, you can put them in the oven when you're making coffee on Saturday morning. When you're ready, just peel and cut, and the rest is a shrug and a wink.

### Ingredients:

2 sweet potatoes, scrubbed  
2 tbsp (30 mL) extra virgin olive oil  
1 tbsp (15 mL) cider vinegar  
Salt, to taste  
8 cups (2 L) baby arugula or spring greens  
1 tub (500 g) cottage cheese  
Half a small red onion, julienned  
3/4 cup (175 mL) dried cranberries  
2/3 cup (150 mL) pumpkin seeds, toasted and salted

### Instructions:

Preheat your oven to 375°F (190°C). Place your potatoes on a parchment-lined tray and bake for

45 minutes to an hour. Once they're cool, you rip a strip of the skin off one side, turn them over and slip them out of the rest. You can split them lengthwise or you can cut them into thick medallions. If you can't find pre-roasted and salted pumpkin seeds, toss them in a frying pan with a bit of olive oil over medium heat until they begin to sweat a pinch, heating them for about 5 minutes or until they're just browned. Toss in a bit of salt and it should stick to these sweaty little friends. Cut half an onion into lengthwise julienne strips, thicker than paper but thinner than a book cover, and you have finished the prep work. High five.

The rest is assembly—arugula down first, then the potato. Dollop the cheese around the plate or platter using a spoon. At this point I would encourage you to lightly hit the whole plate with about a teaspoon or so of vinegar, same with the olive oil, and add a little salt. The flavours are already waiting, so we don't need a hefty dressing, just some sour, fat, and salt to coax them out. The arugula covers the bitter, the cranberries add sweet, and the cheese kindly provides umami—so you have the full set of five tastes—and you're good to go. Share the onions around the top, same with the cranberries, last is the pumpkin seeds. Please enjoy.

**Nutritional info per serving (1/4 recipe):** 490 calories, 26 g fat, 5 g saturated fat, 0 g trans fat, 15 mg cholesterol, 490 mg sodium, 44 g carbohydrates, 6 g fibre, 25 g sugars, 28 g protein.



## Double Cheese & Walnut Fondue

 Prep time: **15 min**  Cook time: **10 min**  Serves: **6-8**

Cheese fondues are meant to be decadent and this one is no exception.

The blue and cheddar cheeses pair with the walnut and white wine for a dusky, velvety richness that reflects the season and is beautifully enhanced by the flavour of crisp harvest pear.

Enjoy as a perfect appetizer or serve as a finish to a meal with port and fruit.

### Ingredients:

1 1/2 cups (375 mL) dry Riesling wine  
1 lb (500 g) extra old Canadian cheddar cheese, shredded  
8 oz (250 g) local blue cheese, crumbled  
1 tbsp (15 mL) cornstarch  
1 tbsp (15 mL) water  
1/4 cup (50 mL) finely chopped toasted walnuts  
1 tsp (5 mL) chopped fresh thyme  
Pinch of pepper  
2 baguettes, cubed  
2 pears, cored and cubed

### Instructions:

In a large saucepan or fondue pot, bring wine to a simmer over medium heat. Add cheeses, stirring until melted and smooth. Take your time and add the cheeses gradually, melting slowly for a richer, smoother result.

In a small bowl, whisk together cornstarch and water. Add gradually, stirring into the cheese mixture. Add the walnuts, thyme, and pepper. Pour into fondue pot and bring to a gentle simmer over fondue burner.

Serve with baguette and pear.

**Nutritional info per serving (1/8th recipe with pear and baguette):** 580 calories, 29 g fat, 17 g saturated fat, 0 g trans fat, 80 mg cholesterol, 1,070 mg sodium, 48 g carbohydrates, 4 g fibre, 11 g sugars, 26 g protein.



## Chocolate Glazed Baked Pumpkin Doughnuts

Anna Olson

 Prep time: **25 min**  Bake time: **20 min**

 Yield: **18 large doughnuts or 6 dozen mini doughnuts**

These cake-style baked doughnuts are a real treat. Unlike their fried cousins which need to be eaten within hours of making, these baked doughnuts will keep for a few days.

### Doughnuts:

1 cup (250 mL) pure pumpkin purée  
1/2 cup (125 mL) granulated sugar  
1/2 cup (125 mL) packed light brown sugar  
1/2 cup (125 mL) unsalted butter, melted (warm is OK)  
1/2 cup (125 mL) full-fat sour cream  
2 large eggs  
1 tsp (5 mL) vanilla extract  
2 cups (500 mL) all-purpose flour

2 tsp (10 mL) baking powder  
1 tsp (5 mL) ground cinnamon  
1 tsp (5 mL) ground ginger  
1/2 tsp (2 mL) ground nutmeg  
1/2 tsp (2 mL) fine salt

### Chocolate Glaze:

6 oz (180 g) bittersweet chocolate, chopped  
6 tbsp (90 g) unsalted butter, cut into pieces  
1 tbsp (15 mL) corn syrup  
Chocolate sprinkles, for décor

### Instructions:

Preheat the oven to 350°F (180°C). Lightly grease your doughnut tins.

In a large mixing bowl, whisk the pumpkin purée, granulated sugar, brown sugar, melted butter, sour cream, eggs, and vanilla until evenly combined.

In a separate bowl, sift the flour, baking powder, cinnamon, ginger, nutmeg, and salt and add all at once to the pumpkin mixture. Whisk together until evenly combined with no lumps visible. Spoon the batter into a piping bag fitted with a large, plain tip and pipe the batter into the prepared tins. Bake for about 20 minutes, until the doughnuts spring back when gently pressed. Turn out onto a cooling rack and allow them to cool completely.

*Chocolate Glaze:* For the glaze, place the chocolate, butter, and corn syrup in a metal bowl and set this over a pot of barely simmering water, stirring gently with a spatula until melted. Remove the bowl from the heat and use immediately.

Dip the tops of the doughnuts into the glaze and place upright onto a rack or tray. Sprinkle the doughnuts with chocolate sprinkles and let set for an hour before eating.

**Nutritional info per serving (1 large doughnut):** 250 calories, 14 g fat, 8 g saturated fat, 0.5 g trans fat, 45 mg cholesterol, 110 mg sodium, 30 g carbohydrates, 2 g fibre, 16 g sugars, 3 g protein.



## Orange Scented Cheesecake with Cranberry Clementine Sauce

🕒 Prep time: 20 min 🕒 Cook time: 1 hr

🕒 Stand time: 1 hr 45 min

❄️ Chill time: 4 hrs 🍽️ Serves: 12-16

This cheesecake brings the colours, textures, and flavours of the holidays together in an unforgettable dessert you'll save to make year after year.

We promise.

### Ingredients:

- 1 1/2 cups (375 mL) graham cracker crumbs
- 1/4 cup (60 mL) butter, melted
- 3 pkgs (250 g each) cream cheese, softened
- 1 cup (250 mL) granulated sugar
- 3 eggs
- 2 tsp (10 mL) vanilla extract
- 1/2 tsp (2 mL) grated orange zest
- 1 small tub (250 mL) sour cream

### Cranberry Clementine Sauce:

- 2 cups (500 mL) fresh or frozen cranberries
- 1/3 cup (75 mL) granulated sugar
- 1/4 cup (60 mL) orange juice
- 1 tbsp (15 mL) cornstarch
- 1 tbsp (15 mL) water
- 2 clementines, peeled

### Instructions:

In a small bowl, stir together graham cracker crumbs and butter until well moistened. Spread out into a 9 or 10 inch (23 or 25 cm) springform pan. Pat in bottom and slightly up sides (about 1/2 inch/1 cm) of pan. Place on baking sheet and bake in preheated 350°F (180°C) oven for about 12 minutes or until fragrant and firm to the touch. Let cool slightly. Reduce oven to 300°F (149°C).

In a large bowl, using a hand mixer or stand mixer fitted with a paddle, beat the cream cheese for a bit to smooth it out. Scrape the sides of the bowl with a rubber spatula. Gradually beat in the sugar until smooth and starting to lighten in texture. Add the eggs, one at a time, beating well after each addition. Scrape the sides of the bowl again and beat to smooth out any lumps. Beat in vanilla and orange zest. Add sour cream and beat slowly until combined. Pour the cream cheese mixture into prepared crust and smooth out top. Place in oven for about 50 minutes or until sides are set and slightly puffed and the centre is still slightly jiggly. Carefully and slowly run a small paring knife between the edge of the pan and the cheesecake. Turn the oven off and leave cheesecake in the oven for 45 minutes. Take the cheesecake out of the oven and let it come to room temperature (about 1 hour), and refrigerate for at least 4 hours or until chilled through.

*Cranberry Clementine Sauce:* In a saucepan, combine the cranberries, sugar, and orange juice and bring to a gentle boil over medium high heat, stirring often. Let the cranberries simmer for 2 minutes. In a small bowl, whisk together the cornstarch and water, then stir into the cranberries and cook, stirring for about 1 minute or until sauce is slightly thickened. Remove from heat, stir in the clementines and let the sauce cool to room temperature. Top the cheesecake with the sauce and serve, cutting wedges with a thin knife.

**Nutritional info per serving (1/12th recipe):** 460 calories, 30 g fat, 17 g saturated fat, 0.5 g trans fat, 135 mg cholesterol, 350 mg sodium, 40 g carbohydrates, 2 g fibre, 29 g sugars, 8 g protein.



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# CANADIAN

## — Dairy Profile —



There are **10,670 dairy farms** in **Canada**, producing **fresh, high-quality milk** for **local communities**.



**Canadian milk** is **artificial growth hormone free**. The most popular variety in Canada is **2% milk**, with over **1 billion litres sold** in Canada **each year**.



**98% of Canadian dairy farms** are **family owned** and operated, with an **average herd size** of **just 89 cows**.



**Canadians love yogurt!** On average, each Canadian consumes a little over **11 litres every year**.



The **Holstein** is the **most popular** dairy cow breed in Canada, representing about **93% of the national herd**.



**Butter**, the superstar of the culinary world, enhances the flavour of ingredients. **Canadians** consume over **3 kg** of butter per capita **each year**.



**Jersey** cows have the **richest milk** with the **highest butterfat** content. Jerseys are the **second** most popular dairy cow breed, making up about **4%** of the **Canadian herd**.



**Canadians consume** an average of nearly **14.5 kg** of **cheddar cheese** each year. **Orange cheddar** gets its pigment from the **naturally vibrant annatto seed**.



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