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# Farm to Fork

EAST GWILLIMBURY

# RECIPE BOOK

# PUMPKIN SOUP

## Ingredients

- 1 small pumpkin, peel pumpkin, remove seeds and cut flesh into small cubes
- 1 large onion, diced
- 1 tablespoon butter
- 1 teaspoon whole wheat flour
- 1 carton chicken stock (900ml)
- 1 bunch Parsley chopped
- Salt, Pepper, Nutmeg to taste



## Directions

- Melt butter in large saucepan, do not brown.
- Cook onions in the butter until transparent, add pumpkin, stir well.
- Sprinkle in flour and cook until it gives off light aroma, gradually add chicken stock & chopped parsley, bring to a boil, cover, turn down heat to simmer and cook until pumpkin is soft.
- Sprinkle nutmeg, salt & pepper. Stir and serve.

TIP: Fresh chopped thyme, marjoram, mint, or rosemary can be added with parsley.

**SHARON  
TEMPLE**

# PORT CHERRY ROAST DUCK

## Ingredients

- 1 King Cole whole duck, about 5 pounds
- 1 tablespoon canola oil
- 1 large shallot, finely chopped
- 2 cloves garlic, minced
- 2 cups ruby red port
- ½ teaspoon salt
- 12 fresh sage leaves
- 2 more shallots, halved
- ½ cup dried cherries
- Makes 4-6 servings



**KING COLE  
DUCKS**

## Directions

- Preheat oven to 325F.
- Trim excess skin from duck, remove giblets, and reserve for other use.
- In small saucepan, heat oil over medium heat and cook chopped shallot and garlic for about 6 minutes or until soft.
- Add port and bring to boil.
- Reduce heat and simmer for about 15 minutes or until reduced by half.
- Sprinkle duck with salt (seasoning or sea salt) inside cavity and on skin.

# PORT CHERRY ROAST DUCK



## DIRECTIONS CONT'D

- Place sage leaves and shallot halves into duck cavity.
- Use  $\frac{1}{2}$  cup of port mixture and brush over duck.
- Add cherries into remaining port, set aside.
- Place duck in centre of a 325F oven and roast for about 3 hours or until skin is crisp and golden brown; leg should move freely. Let stand for 10 minutes before cutting.
- Reheat port and cherries and serve with duck. Remember to quarter, not carve, a whole duck.



# PENNE WITH PEPPER-SMOKED DUCK AND KALE

## Ingredients

- 12 ounces penne pasta
- 1 King Cole Pepper-Smoked Duck Breast, thawed and thinly sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon each chopped fresh thyme and sage
- 1/3 cup dry red wine
- 1 cup sodium-reduced chicken broth
- 3 Roma tomatoes, diced
- 6 cups coarsely chopped kale (tough stems removed)
- Salt and freshly ground pepper to taste
- 1/2 cup freshly grated Parmesan cheese



**KING COLE  
DUCKS**

## Directions

- Cook pasta according to package directions, until al dente.
- Meanwhile, in large deep skillet, cook sliced duck over medium-high heat until lightly browned and fat is rendered, about 2-3 minutes.
- Remove duck pieces with a slotted spoon and keep warm.
- Add onion to same skillet and cook over medium heat until softened, about 3 minutes.
- Add garlic, herbs and wine; cook 1-2 minutes or until most of wine is absorbed.

# PENNE WITH PEPPER-SMOKED DUCK AND KALE



## DIRECTIONS CONT'D

- Add broth, tomatoes and kale; cover and cook 4-5 minutes, stirring half way through, or until kale is wilted.
- Stir in sliced duck and season to taste with salt and pepper.
- Drain pasta and add to duck mixture.
- Toss with Parmesan and serve immediately.



# NONNA'S PICKLED SHIITAKE MUSHROOMS

## Ingredients

- 3 pounds of small Shiitake mushrooms (stems trimmed)
- 1 cup of white vinegar
- 1 chopped red bell pepper
- 2 minced cloves of garlic
- Vegetable oil
- Salt and pepper to taste
- Oregano
- Mason Jars



# HOLBOURNE MUSHROOMS

## Directions

- Cut/trim stems of Shiitake mushrooms. Wash the mushrooms.
- Add the mushrooms to a stock pot, and add vinegar to the mushrooms.
- Bring to a boil for one minute.
- Remove and strain.
- Let cool.
- When cooled, squeeze mushrooms gently to remove excess water (they do not need to be dry).

# NONNA'S PICKLED SHIITAKE MUSHROOMS



## DIRECTIONS CONT'D

- Combine mushrooms in a mason jar, halfway. Push down the mushrooms in the jar, add a bit of vegetable oil, and top off with more mushrooms. Finish the jar off by adding more vegetable oil to just below the jar opening (about one inch below the opening).
- Seal the mason jar and put it into a stock pot to do a water bath.



# AUTUMN APPLE CAKE

## Ingredients

- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 2 large Apples thinly sliced
- Spiced cake mix
- Whipped cream



SHARON  
ORCHARDS

## Directions

- Heat butter and brown sugar medium heat 5 minutes.
- Remove from heat and stir in cinnamon and vanilla.
- Pour into buttered cake pan.
- Peel and slice two apples and arrange on top of sugar mixture.

# AUTUMN APPLE CAKE



## DIRECTIONS CONT'D

- Prepare the spiced cake mix as directed on the box and pour on top of apples.
- Tap to remove bubbles.
- BAKE at 325F for 50 minutes.
- Cool slightly and remove from pan.

TIP: squeeze lemon juice on the raw apples to prevent them from turning brown.



# Lavender

## Cold Brew Tea

### HEALTH BENEFITS ♥

Lavender tea is an antioxidant that can be very soothing. It promotes sleep, reduces anxiety, boosts immunity, detoxifies the body, supports the digestive system, and helps with respiratory health.

### LAVENDER MEANING

Lavender represents love, healing, serenity, purity, virtue and luxury. When given as a gift, it symbolizes new adventures and opportunities. When burned, cleanses your spirit and calms your soul.

### INGREDIENTS

- 1/2 - 1 teaspoon of loose Lavender Tea from The Giving Place
- 1 cup of cold water
- Tea infuser



### DIRECTIONS

1. Put the tea into a tea infuser.
2. Steep the tea in the water for at least 2 hours.
3. Serve and enjoy!



Our Pond



Our Products



Our Lavender



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**The Giving Place**  
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# Experience!

## EAST GWILLIMBURY

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## AE NATURAL MEATS



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