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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.



# CHEESY SHIITAKE ARUGULA OMELETTE

## Ingredients

- 1 tablespoon (15 mL) unsalted butter
- 1 cup (250 mL) shiitake mushrooms
- Pinch of salt
- Pinch of black pepper
- 3 eggs, beaten
- 1/3 cup (75 mL) baby arugula
- 1/3 cup (75 mL) grated cheese, such as Gouda, Cheddar or Fontina



# HOLBURNE MUSHROOMS

## Directions

- Melt the butter in a non-stick pan over medium heat. Add the mushrooms and sauté until beginning to get crisp around the edges (4 to 5 minutes). Transfer the mushrooms to a small dish and set aside.
- Pour the beaten eggs into the pan. Keeping the heat on medium, allow the eggs to cook undisturbed until just a little wet on top (3 to 4 minutes).

# CHEESY SHIITAKE ARUGULA OMELETTE



## DIRECTIONS CONT'D

- Sprinkle the cheese over the eggs. Arrange the arugula and mushrooms on just one side of the eggs. Continue cooking another minute or so just until the eggs have set. Gently flap over the eggs to cover the mushroom side of the omelette. Serve hot.





# SHIITAKE MUSHROOM & STEAK FLATBREAD ON SHIITAKE CRUST

## Ingredients

- 2 ounces dried shiitake mushrooms, stems removed
- 2 cups all purpose flour
- 1 teaspoon salt
- 1/3 cup + 2 tbsp vegetable shortening
- 3/4-1 cup water
- 2 tablespoons butter
- 2 tablespoons fresh rosemary, minced
- 1 large leek, sliced thinly into half moons
- 200 grams fresh shiitake mushrooms, sliced and woody, stems removed



HOLBURNE  
MUSHROOMS



# SHIITAKE MUSHROOM & STEAK FLATBREAD ON SHIITAKE CRUST

## Ingredients

- 1 clove garlic, minced
- 1 tablespoon Dijon mustard
- 1/3 cup white wine
- kosher salt to taste
- fresh cracked black pepper to taste
- 1/4 cup heavy cream (or half and half)
- 1/2 pound hanger steak (or any good quality steak such as, filet, strip, ribeye, etc.)
- 1 teaspoon olive oil
- 200 grams Gruyere cheese, grated fine
- 3 ounces fresh baby spinach, roughly chopped
- 1 tablespoon butter



## HOLBURNE MUSHROOMS

## Directions

- Pulverize dried shiitake mushrooms in the bowl of a food processor until it takes on a bread crumb like consistency.
- In a large bowl mix flour, salt and pulverized mushrooms.
- Cut in shortening until a fine crumb like texture forms.
- Pour in 3/4 cup water and if more is needed at a bit at a time. Knead dough until stickiness is gone and dough is slightly elastic. Let rest 30 minutes covered in bowl.

# SHIITAKE MUSHROOM & STEAK FLATBREAD ON SHIITAKE CRUST



## DIRECTIONS CONT'D



- In a large sauté pan, melt 2 tbsp of butter on medium heat. Add in rosemary, garlic, leeks and fresh shiitake mushrooms. Sauté until mushrooms are softened.
- Add Dijon salt and pepper and white wine. Continue to sauté until wine reduces by half and all vegetables are thoroughly cooked through.
- Stir in cream, cook for 2 minutes and remove from heat. Set aside.

# SHIITAKE MUSHROOM & STEAK FLATBREAD ON SHIITAKE CRUST



## DIRECTIONS CONT'D



- Rub steak with 1 tsp of oil and season with salt and pepper. Sear in a sauté pan on high heat (or on the grill) for 2 minutes per side. Just long enough to brown the outside leaving the interior very rare.
- Allow steak to cool for 10 minutes and slice as thin as possible against the grain. Set aside.

# SHIITAKE MUSHROOM & STEAK FLATBREAD ON SHIITAKE CRUST



## DIRECTIONS CONT'D



- On a lightly floured surface roll out dough to desired shape and about 1/4" thick. Roll up edges to make a crust and pinch down to seal.
- Bake on a baking sheet in a 450°F oven until golden brown, about 15 minutes.
- When done, spread 1 tbsp butter over the crust, top with chopped spinach, leek mixture, steak and grated Gruyere.
- Return to 450°F oven for another 10-15 minutes or until cheese is bubbly and golden.
- Allow to cool for 5 minutes before slicing.

# GHOST MERINGUE TREATS



## Ingredients

- 4 large egg whites, room temperature
- 1 cup superfine sugar
- 1 teaspoon pure vanilla extract
- 1 teaspoon white vinegar
- 1 teaspoon cornstarch



ROSE  
FAMILY FARM

## Directions

- To make the meringue: preheat the oven to 225°F. Line a large baking sheet with parchment paper and set aside.
- With a handheld or stand mixer fitted with a whisk attachment, beat the egg whites until soft peaks form, about 5 minutes. Add the sugar in 3 additions, beating for 30 seconds between each. When it's all been added, continue beating on high speed until glossy stiff peaks form, about 2 more minutes. The peaks should be stiff enough that you can hold the whisk upright and the peaks won't move.

# GHOST MERINGUE TREATS



## DIRECTIONS CONT'D

- Add the vanilla extract and beat for 1 more minute. The peaks should still be very stiff. If not, keep on mixing on high speed. Using a rubber spatula, fold in the vinegar and cornstarch.
- Use a piping bag to make the ghost shapes. Don't allow them to touch on the baking sheet. Bake until the meringue is firm and dry, about 80 minutes. If you notice some spots starting to brown, rotate the baking sheet. Try to limit how many times you open the oven as the cool air can interrupt the baking.



# GHOST MERINGUE TREATS



## DIRECTIONS CONT'D

- Turn the oven off and let the treats cool inside the oven. Once cool, you can add a face with icing, then serve it immediately or store it covered tightly at room temperature for up to 2 days.





# NIEMI'S GINGER SNAPS

## Ingredients

- 1 cup sugar
- 1 cup butter
- 1 cup molasses
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 teaspoons ginger
- 3 1/2 cups flour
- 1/2 cup boiling water



NIEMI  
FAMILY FARM

## Directions

- Cream sugar and shortening. Add molasses and beat well.
- Sift dry ingredients together and add to the creamed mixture.
- Add boiling water and mix well. Dough should be very soft. Pinch off pieces the size of a walnut or small egg and roll with slightly floured hands into a ball.
- Place on a cookie sheet about 1 inch apart. Bake until dark brown and firm when lightly touched. Cookies should flatten and crack to have the right appearance.

# CYLINDRICAL PICKLED BEETS (ORGANIC)

## Ingredients

- 2 cups Apple Cider vinegar
- 1 cup water
- 1 cup sugar
- 1 teaspoon salt
- 1/4 teaspoon horseradish (optional) or a garlic bud



SHARON  
ORCHARDS

## Directions

- While cooking the beets put jars in oven at 225 degrees and lids in hot water to simmer.
- Cook beets in a large pan. Drain in a sink and slip off the skins.
- Make up vinegar solution and bring to a rolling boil.
  - 2 cups Apple Cider vinegar
  - 1 cup water
  - 1 cup sugar

# CYLINDRICAL PICKLED BEETS (ORGANIC)



## DIRECTIONS CONT'D



- Place salt and horseradish (optional) or a garlic bud in the bottom of each jar. Then slice the beets into the hot jar.
- Cover with the hot vinegar solution right to the top (almost to overflowing). Seal by putting on the tops and tightening them.
- Let cool and tighten the lids again. Store and enjoy when you wish.

# Experience!

## EAST GWILLIMBURY

**Farm  
to Fork**  
EAST GWILLIMBURY



EAST GWILLIMBURY  
Chamber of Commerce

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