

Apple Strawberry Coffee Cake:

2 small OR 1 large apple (please follow the proportions)
200 grams (10 oz) strawberries
400 grams (2 cups) of flour
3 medium eggs
3/4 cup granulated sugar
1/4 cup melted butter
1 cup sour cream
1/2 cup milk
2 tsp baking powder
pinch of salt
1 tsp vanilla sugar or 1 tsp vanilla extract

Sweet Pickle Relish

3 to 4 pounds medium pickling cucumbers, unpeeled, finely chopped (6 to 8 cups)
2 cups finely chopped onions (2 to 3 medium onions)
3 tablespoons pickling or kosher salt (or 2 tablespoons if using Morton brand kosher salt)
2 to 3 quarts ice cold water
1 1/2 to 3 cups granulated sugar, depending on just how sweet you like your relish
2 cups cider vinegar
1 1/2 teaspoons mustard seeds
1 1/2 teaspoons celery seeds

Super Fresh Cucumber Salad

1/4 cup olive oil
2 Tbsp red wine vinegar
1 Tbsp lemon juice
1 tsp dried oregano
1/2 tsp salt
Freshly cracked pepper
2 cucumbers
4 Roma tomatoes (about 1 lb.)
1/2 small red onion
1 green bell pepper
1/4 bunch parsley
2 oz feta

Greek Style Oven Roasted Rutabaga

2 smallish rutabagas, about 750g | 1.75lb total
1/4 cup extra-virgin olive oil
2 tbsp Dijon mustard
2 tbsp lime juice
2 tbsp fresh thyme, finely chopped
1 tsp Himalayan salt
1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
1/2 tsp smoked paprika
1/2 tsp chili pepper flakes

Classic Burger

1 1/2 pounds 80% lean 20% fat ground beef or ground chuck
1 tablespoon Worcestershire sauce
1 1/2 teaspoons seasoning salt
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
Optional: 4 slices of cheese
4 hamburger buns

Nectarine Juice

Nectarine
Water

Spinach and Artichoke Dip

Spinach
Artichokes
Leeks
Cream cheese (made locally and sold at Vincenzo's)
Sour Cream (made on Ontario farms)
Parmesan and Mozzarella (made at 100km Foods Ontario)

Chips to dip with:

Corn
Cauliflower
Oil (Theo Rallis)
Water(local)
Salt (Goderich Salt Mine)

Zucchini and Summer Squash Soup

Water

Summer squash

Zucchini

Cooking Onions

Pizza

Dough:

Elmira flour

Flieshman's yeast

Salt from Goderich's Salt Mine

Local water

Theo Rallis's olive oil

Toppings:

Local tomatoes (for tomato sauce)

Buffalo mozzarella cheese

Local mushrooms

Local peppers

Peameal bacon

Crepes

Crepe Batter:

Ontario Eggs

Ontario Milk

Ontario Flour

Ontario Butter

Crepe Stuffing:

Ontario Grown Peaches

Ontario Grown Raspberries

Maple Syrup

Ontario Grown Strawberries

Peach Monkey Bread

Monkey Bread:

Peach

Milk (From 100km Farm Foods)

Brown Sugar (Tate and Lyle Sugar in Ontario)

Yeast (Fleischmanns)

Eggs (Ontario Pride Eggs)

Butter (100km Farm Foods)

Salt (Goderich Salt Mine)

Flour (Elmira)

Compote:

Gooseberries

Currants

Strawberries (For a sauce)

Raspberry white chocolate mousse

Donini Chocolate white chocolate

Eby Manor heavy cream

Local Raspberries

Candied Taters

Potato

Sweet Potato

Maple Syrup

Poutine:

Mushroom gravy

Potato fries

Cheese curds

Pizza

Mushrooms
Tomatoes
Garlic
Onion
Chess
Peppers (Field)
Jalapeno Peppers
Broccoli

Deutsche Wurst

Meat
Peppers (Field)
Onions
Garlic
Lemon juice
Salt

Escargot:

Snails
butter
salt
black pepper
garlic
finely chopped parsley
shallots

Mexican Burrito Bowl:

Beans
Tomatoes
Chicken
Rice
Onions (Red)
Corn
Garlic
Black pepper - peppercorn plant
Lime Juice
Chipotle paste
Salt
Salsa

Noodles Dish:

The noodles aren't actually Chinese noodles, because real Chinese noodles contain rice, but the vegetables and meat are prepared in the Chinese way, and it attempts to appear like Chinese noodles.

Preparation for the Noodles

Get bread flour - 300g

Load salt - 1.2ml

Load water - 150ml

Using remote instance <https://thewoksoflife.com/chinese-handmade-noodles/>:

Add the bread flour and salt to the bowl of a stand mixer fitted with a dough hook attachment (or a large regular mixing bowl) and whisk together to incorporate.

Turn the mixer on low speed, and gradually add the water in two batches, giving the flour time to absorb the water with each addition. If doing this by hand, simply stir with your hands as you gradually add the water.

The mixture will eventually form a shaggy dough after 5 minutes of kneading. If the mixer fails to bring it all together, turn off the mixer and push the dough together with your hands.

Once the dough has formed a relatively cohesive ball (it will look lumpy), continue to knead by with the mixer for 10 minutes or by hand for 15 minutes. Avoid the temptation to add additional water, as this will affect the texture of your noodles.

Cover the dough with an overturned bowl, and allow it to rest for 30 minutes. During this time, it will continue to absorb moisture, and become more pliable and elastic.

After the dough has rested, knead it a few more times to get any air bubbles out of it. Form into a ball and cut the ball in half.

On a floured surface, roll one half of the dough into a thin sheet, about 2mm thick—this will take time! Flour the surface of the sheet thoroughly, flip over, and thoroughly flour the other side.

Once floured, fold the dough so you have 4 layers. Slice the noodles with a sharp knife to your desired thickness. We decided to cut them about 1/8-inch thick. As you're cutting the noodles, gently separate them out with your hands and toss them in flour so they don't stick.

Bring a pot of water to a boil and cook the noodles for 1 to 3 minutes, depending on the thickness. Keep an eye on the noodles as they cook and taste them to determine when they're cooked (there is a lot of variation depending on how thinly they were rolled and cut, so test in real time to determine when they're done). Serve in soup or with sauce as desired!

Prepare the Vegetables and Meat

Vegetables used:

Carrot

Green Onions

Garlic

Cabbage

Meat used:

Chicken

Prepare them by cutting them into moderately small sections, and then cook them with the noodles.

Sorbet

Ingredients:

Handful of Frozen Strawberries
About 6 Frozen Watermelon cubes
2 cups of milk

How to make watermelon cubes:

Cut a watermelon into cubes

add cubes in a single layer to a parchment-lined baking sheet and freeze for at least 4 to 6 hours or until firm. Once frozen, transfer the watermelon cubes to a sealed container or use immediately.

How to make Watermelon Strawberry delight:

First, put all the ingredients into a blender. (Strawberries, watermelon cubes, milk)

Then, turn the blender on and blend all the items.

After, put it into a container and into a freezer then, enjoy.

Stir Fry Lettuce Wraps

Lettuce

Quinoa

Chickpeas

Seasoning (to taste)

Beef

Green onions

Garlic

Eggs

Corn

½ cup of quinoa

½ cup of chickpeas

½ cup of ground beef

Green onions (to taste) thinly sliced

2 cloves of garlic

1-2 eggs

¼ cup of corn

Lettuce (one per wrap)

Barbecue Quesadillas

Ingredients:

- 1 cup (250 mL) cooked Ontario Corn kernels
- 1 medium Ontario Tomato, seeded and finely diced
- Half small Ontario Sweet Red, Green or Yellow Pepper, seeded and diced
- 1 cup (250 mL) mozzarella cheese
- 1 cup (250 mL) shredded Cheddar cheese
- 1/2 cup (125 mL) diced cooked ham or smoked turkey
- 1/4 cup (50 mL) finely chopped fresh coriander (optional)
- 2 tbsp (25 mL) salsa
- 4-8 flour tortillas (7 to 8-inch/18 to 20 cm)

Instructions:

Preheat barbecue to medium heat. In a medium bowl, stir together corn, tomato, red pepper, Monterey Jack and Cheddar cheeses, ham, coriander and salsa. Lay tortillas on a baking sheet. Spoon about 1/2 cup (125 mL) filling on half of each; fold over to form semicircles.

Place on barbecue, pressing top slightly; barbecue for 30 to 60 seconds. With wide spatula, carefully turn so as not to spill filling (don't worry, a little will probably spill out). Barbecue for 30 to 60 seconds or until the cheese is melted. Serve immediately, whole or cut into wedges.

