

Crispy Chicken Bites

Vegetable Oil Cooking Spray or Parchment paper for baking tray
2 cups all-purpose flour
2 teaspoon Salt
¼ teaspoon Pepper
2 large eggs, whisked
4 cups bread crumbs
4 boneless, skinless chicken breasts cut into 1-inch strips
For the dipping sauce
1 tablespoon honey
1 tablespoon brown sugar, firmly packed
1/3 cup ketchup
2 tablespoons mustard
--Makes 4 servings--

Preheat the oven to 450°F. Lightly grease a rimmed baking sheet with cooking spray. Prepare 3 shallow bowls or pie pans for coating the chicken. In the first bowl, stir together the flour, 1 teaspoon of the salt, and the pepper. In the second bowl pour the eggs. In the third bowl, spread out the bread crumbs. Working with 1 piece at a time, dip the chicken into the flour, coating it completely and shaking off excess; then into the egg, allowing the excess to drip off; and finally into the bread crumbs, again shaking off the excess. Lay the coated chicken pieces on the prepared baking sheet. Bake until crisp and golden brown, about 30 minutes. Meanwhile, make the dipping sauce. In a bowl, whisk together the honey, brown sugar, ketchup, and mustard. Add the remaining 1 teaspoon salt until mixed. Transfer to individual dipping bowls. Serve the chicken hot from the oven with the sauce.

Roasted Sweet Potato Fries, Broccoli and Cherry Tomatoes

Peel and cut sweet potatoes to resemble the fries, cut broccoli florets with a little of the stem remaining. Toss sweet potatoes fries and broccoli with olive oil, season with salt and paper to coat. In another bowl drizzle cherry tomatoes with olive oil, sprinkle salt and pepper, add fresh thyme (optional). Cover baking tray with parchment paper and spread prepared vegetables in a single layer. Bake Broccoli and Cherry Tomatoes in the same oven as Crispy Chicken Bytes for about 15 min and Sweet Potato Fries for about 30 min. Assemble all prepared food on the plates. ENJOY!

Featuring products from Packham Poultry - chicken, Hewitt's Dairy - buttermilk, Richardson Farm - sweet potatoes and broccoli, Fisherville Green House- cherry tomatoes, Meadows-Maple Syrup.

Maple Syrup Pie

1 baked 9" pie shell, cooled
1 ½ cups maple syrup (preferably dark)
1 cup whipping cream (35%)
¼ cup cornstarch
¼ cup cold water

In a medium size heavy bottom pot, combine maple syrup and cream. Blend cornstarch together until smooth. Stir into cream mixture. Bring mixture to boil over medium heat and cook 2 to 3 minutes, stirring constantly until thickened. Pour into baked pie shell and let cool until set. Serve with dollop of whipped cream and seasonal fruits.

Ye Olde Fisherville Restaurant

905-779-3433

2 Erie Avenue South Fisherville

www.thetav.ca

HALDIMAND COUNTY FARMERS MARKETS



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Recipes

**Culinary Creations Featuring
Haldimand County Products**

Sweet Chicken Pepperpot Soup

2 tablespoons vegetable oil
2 large celery stalks, diced
3 large red pepper, diced
1 medium onion, diced
3 tablespoons flour
5 cups chicken or vegetable stock broth
½ cup 10 % cream
½ teaspoon red peppers and garlic spice

1 pound boneless, skinless chicken breast halves cooked & diced
¼ cup fresh chopped parsley

Take the first 4 ingredients and place into soup pot. Saute until peppers leak colour. Add your diced chicken, spice and stock. Mix your cream and flour together and wait for soup to come to a full boil. Turn off heat and add your cream and parsley. Serve warm with fresh bread or biscuits. Enjoy.

Flyer's Bakery & Cafe

905-701-8527

144 Queen Street Dunnville

www.flyersindunnville.com

Sweet Potato Soup

8 cups cubed local sweet potatoes.
7 1/2 cups home made or store bought chicken stock
1 can(400ml) Coconut Milk
4 tbsps finely diced fresh ginger root.

Boil all together in a pot until sweet potatoes are soft when pierced with a fork or knife. Cool. Blend in a blender, sieve and then add 2 tbsps of lime juice. Taste for salt. Serve. Yield: 10 cups.

We get our sweet potatoes from Richardson Farm market on River Road in Dunnville.

Gingerbread House Country Inn & Restaurant

905-772-1776

311 Haldimand Highway 54 Cayuga

www.th Gingerbreadinn.com

Snyders Sweet Corn Risotto With Seared Sea Scallops

Ingredients

1/4 cup of extra virgin olive oil	1/2 cup of Grana Padano parmesan cheese, freshly grated
1 medium cooking onion, fine diced	small bunch of Italian parsley, rough chopped
3 1/2 cups chicken stock	1 tbsp chopped fresh garlic
1/2 cup white wine	1 cup of Snyder's Sweet Corn – right off the husk!
2 cups of Arborio rice	1 lb sea scallops, muscles removed – patted dry
1/2 stick, or 4 tbsps of unsalted butter	salt & pepper to taste

Instructions

1. Heat the oil in a large skillet over medium heat and add the onion and garlic, and "sweat out" until they are softened, but not browned (approx 3-5 minutes). 2. In a separate pot, heat the chicken stock, just until boiled. 3. Add the rice to the translucent onions and stir over medium heat with a wooden spoon for approx 3-5 minutes, or until the rice becomes opaque and slightly toasted. 4. Add the wine to the rice and onion mixture, and deglaze. 5. Ladle hot stock into the rice mixture, stirring constantly until the liquid is absorbed. Continue this process repeatedly, remembering to not add more stock to the rice until the previous ladle of stock has been absorbed. Continue until the rice is tender and creamy, yet slightly al dente. (Approximately 15 minutes). 6. Toss in the Snyder's Sweet Corn, and chopped Italian parsley. 7. Stir in the butter and cheese, blending well. 8. Season the scallops with salt and pepper and sear in a hot pan, then finish in a pre-heated oven (at 350° F) for about 3 minutes, until scallops are medium-rare (another minute or 2 for larger scallops). Serve risotto in a shallow bowl and place scallops on top. Garnish with fresh herbs and shaved Grana Padano parmesan cheese.

Serves 4

Twisted Lemon Restaurant & Flavour Junkies

905-772-5636

3 Norton Street West Cayuga

www.twistedlemon.ca

Grilled Bosc Pears & Italian Plums placed on Puff Pastry

topped with a Spiced Rum and Cinnamon Sabayon drizzled with a Raspberry Honey.

Makes an 8 ½ x 11 Tart

10 Italian Plums	1 Puff Pastry Sheet
4 Bosc Pears	1 Egg
¼ cup of Sugar	2 tbsps. Raspberry Honey
¼ tsp. Cinnamon + a pinch of cinnamon	

Halve the Italian plums and remove the pits. Peel and core the Bosc pears and cut in half lengthwise. Place the fruit (Bosc Pears and Italian Plums) in a bowl and add the sugar and the cinnamon and toss the fruit until the fruit is nicely covered with the sugar and cinnamon mixture. Place the fruit the flat side down onto the grill (hot grill) and grill both sides having a nice caramelization but not losing the structure of the fruit. Remove the fruit from the grill. Let it cool.

Puff Pastry ~ do an egg wash over the entire puff pastry surface and folding over the ends and sides to create a ledge for the dessert. Take your fork and "dock" (poke) the interior portion of the puff pastry. Place the puff pastry now into the oven at a temperature of 375 °F until golden brown. Once the puff pastry is at a nice golden brown colour, remove from the oven and let cool. Once all is cool (fruit mixture and puff pastry), slice the pears lengthwise about ¼ of an inch thick and arrange plums and pears on the puff pastry. Design to your own culinary creation...Cut individual portions and top it with the Rum and Cinnamon Sabayon (see recipe below) and then drizzle with the Raspberry Honey.

Sabayon

2 Egg Yolks	Splash of Dark Rum
½ oz Sugar	Pinch of Cinnamon

Fill a small sauce pot half full of water bring to a boil. Turn off your heat and place your egg yolks in a med size bowl. Place your bowl on top of your pot and begin to whisk your yolks till they start to thicken, add your sugar and a splash of rum and your pinch of cinnamon and continue to whisk till the volume has doubled in size and you have a nice smooth consistence.

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Tarte Tatin

Rough Puff or frozen puff pastry
1/2 stick (1/4 cup) unsalted butter, softened
1/2 cup sugar
7 to 9 Tart Apples (3 to 4 pounds), peeled, quartered lengthwise, and cored

Preheat oven to 425°F.

Roll pastry sheet into a 10 1/2-inch square on a floured work surface with a floured rolling pin. Brush off excess flour and cut out a 10-inch round with a sharp knife, using a plate as a guide. Transfer round to a baking sheet and chill.

Spread butter thickly on bottom and side of skillet and pour sugar evenly over bottom. Arrange as many apples as will fit vertically on sugar, packing them tightly in concentric circles.

Cook apples over moderately high heat, undisturbed, until juices are deep golden and bubbling, 18 to 25 minutes.

(Don't worry if juices color unevenly.)

Bake tart until pastry is browned, 20 to 25 minutes. Transfer skillet to a rack and cool at least 10 minutes.

Just before serving, invert a platter with lip over skillet and, using potholders to hold skillet and plate tightly together, invert tart onto platter. Replace any apples that stick to skillet. (Don't worry if there are black spots; they won't affect the flavor of the tart.) Brush any excess caramel from skillet over apples. Serve immediately with whipped cream

Rough Puff (more delicious than store bought)

2 c. flour

¾ c. cold butter

@10 T. cold water

Cut butter into walnut sized pieces and mix into flour. Pour water into mixture and stir until combined. Turn out onto lightly floured table and roll out dough into rectangle. Fold into thirds, like you would a business letter (this is called a turn) . Turn the rectangle and perform two more turns. Chill dough for 15 minutes until butter re-hardens and then repeat three more turns. Chill again and then roll for use

Hagersville High School Culinary Program

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