

**FALL 2014**

**Cultivating Community College  
Culinary Students**

**Ontario Greenhouse Vegetable Growers**



**Representing: Ontario Greenhouse Vegetable Growers  
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**&**

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Coast to Coast Culinary  
National Food Educator**



Possibility grows here.

The [Greenbelt Fund](#) supported the launch of this OGVG **Cultivating Culinary Students** program

# Ontario Greenhouse Indian Style “Twisted” Bruschetta

**Yield:** 6 cups (1.55L) or 12 x ½ cup servings (125 ml) servings

## Ingredients

### Seasoning

Coriander seeds	1 tbsp, 1 tsp.
Cumin seeds	1 tbsp, 1 tsp.

### Dressing

Fresh ginger, minced	½ oz.
Fresh jalapeno, seeded and finely diced	½ oz.
Fresh lime juice	1 tbsp, 2 tsp.
Extra virgin olive oil	1 tbsp., 2 tsp.
Cayenne pepper	1/8 tsp.
Sea Salt	½ tsp.
Granulated sugar	1 tsp.

### Bruschetta Mix

<b>Ontario greenhouse grape tomatoes</b>	2 lb, 3 oz.
various colours <sup>1</sup> (or other greenhouse tomato varieties)	
Fresh cilantro, chopped	1/3 cup
Fresh mint, chopped	2 tbsp.

### For service

Oven fired flatbreads 12" x 12"	8 each
Extra virgin olive oil	½ cup, 2 tbsp.

## Directions

1. Toast coriander and cumin seeds in a dry pan until fragrant, being careful not to burn them. Set aside to cool. When cooled, grind to a fine powder in a hand coffee grinder or mortar and pestle.
2. To make the dressing, combine ginger, jalapeno, lime juice, olive oil, cayenne, salt and sugar. Set aside in the refrigerator to develop flavour for at least an hour or overnight.
3. When close to service time, cut the tomatoes into bite-sized pieces – each grape tomato into approximately 2- 4 pieces, depending on size. Keep at room temperature.
4. About half an hour before service, gently combine tomatoes with dressing, cilantro and mint. Add the ground coriander/cumin mixture gradually and stir well to combine everything. Again keep at room temperature.
5. In the meantime, brush one side of each flatbread lightly with 2 tbsp. (30 mL) olive oil. Cut the flatbread into 3" x 3" squares. Each flatbread yields 16 pieces. Place olive oil side down on heated grill pan or char broiler and heat only on one side until grill marks appear.
6. Serve ½ cup (125 mL) bruschetta with 8 toasted flatbread pieces.

## **Asian Style Bruschetta**

**Yield:** 6 cups (1.55L) or 12 x ½ cup servings (125 ml) servings

### **Ingredients**

#### **Seasoning:**

- 2 tbsp. Chinese 5 spice powder

#### **Dressing:**

- ½ ounce fresh ginger root minced
- 2 cloves garlic, minced
- 1 tbsp., 2 tsp. fresh lime juice
- 1 tbsp., 2 tsp. extra virgin olive oil
- ½ tsp. sea salt
- 1 tsp. granulated sugar

#### **Bruschetta Mix**

- 2 lb, 3 oz. Ontario greenhouse grape tomatoes, or a mix of various colours of other greenhouse varieties
- 1/3 cup fresh cilantro, chopped
- 2 tbsp. fresh Thai basil, chopped

#### **For Service:**

- 60 Wonton wrappers

#### **Directions**

1. To make the dressing, combine ginger, garlic, lime juice, olive oil, salt and sugar. Set aside in the refrigerator to develop flavours, at least an hour.
2. Cut tomatoes into bite-sized pieces – each grape tomato into approximately 2-4 pieces, depending on size. Keep at room temperature.
3. About half an hour before service, gently combine tomatoes with dressing, cilantro and basil. Add the 5 Spice Powder gradually and stir well to combine everything. Keep at room temperature.
4. In the meantime, cut each wonton wrapper in half diagonally and either bake (brush with oil and bake for 5 minutes at 350F) or deep fry until crispy. Drain well.
5. Serve (125 ml) ½ cup bruschetta per portion with 5 crisp wonton triangles.

# Greek Style Bruschetta

**Yield:** 6 cups (1.55L) or 12 x ½ cup servings (125 ml) servings

## Ingredients

### Seasoning:

- 2 tbsp. Greek seasoning blend

### Greek Seasoning Blend

- 1 ¼ tsp. dried oregano
  - ¼ tsp. salt
  - ¾ tsp. onion powder
  - 1 ½ tsp. garlic powder
  - ¼ tsp. ground black pepper
  - ¼ tsp. dried thyme
  - 1 ¼ tsp. sweet paprika powder
  - Pinch ground cinnamon
  - Pinch ground nutmeg
- combine all ingredients and mix well.

### Dressing:

- ¼ cup fresh red onion, minced
- 1 tbsp. +2 tsp fresh lime juice
- 1 tbsp. +2 tsp extra virgin olive oil
- ½ tsp. sea salt
- 1 tsp. granulated sugar

### Bruschetta Mix

- 2 lb. 3 oz. Ontario greenhouse grape tomatoes or other various greenhouse tomato varieties
- 1/3 cup fresh dill, chopped
- 2 tbsp. fresh mint, chopped

### For Service

- 12 small pita bread rounds (8 servings per pita round)
- ¼ cup extra virgin olive oil

**Directions**

1. Prepare the Greek Seasoning blend.
2. To make the dressing, combine red onion, lime juice, olive oil, salt and sugar. Set aside in the refrigerator to allow flavours to develop for at least an hour.
3. Cut the tomatoes into approximately 2-4 pieces, depending on size. Keep at room temperature.
4. About half an hour before service, gently combine the tomatoes with dressing, dill and mint. Add Greek seasoning mixture gradually and stir well to combine everything. Keep at room temperature.
5. In the meantime, brush one side of each pita lightly with 1 tsp olive oil. Cut the pita into 8 triangles. Place olive oil side down on heated grill pan or char broiler and heat only on one side until grill marks appear.
6. Serve (125ml) ½ cup bruschetta per portion with 8 pita triangles.

**Student Competition Recipe: June 2014 WINNER**

**Breaded Fried Tomato with Cool Cucumber Guacamole &  
Roasted Red Pepper Sauce**

**Yield:** 10 appetizer-sized portions

**Roasted Red Pepper Sauce**

**Ingredients**

- 4 Ontario greenhouse red bell peppers
- ¼ cup vegetable broth (use less or more as needed to achieve desired thickness)
- 2 tbsp. half & half cream (use less or more as needed to achieve desired thickness)
- 2 tbsp. grated romano cheese, grated (use more or less to achieve desired thickness)
- ¼ cup finely chopped fresh basil
- 3 tbsp. extra virgin olive oil
- 2 tbsp. garlic, minced
- dash of salt
- dash of white pepper
- 1 zip-lock bag

**Directions**

1. Place peppers one at a time over high heat on a gas stove, using tongs to hold pepper, when the pepper begins to blister and turn black, rotate, continue roasting until entire pepper is blistered and charred. Place the roasted peppers directly into a zip-lock bag and seal. Meanwhile heat oil in a skillet pan and add garlic, cook until fragrant, about a minute, being careful not to burn garlic. Set aside. After about 20 minutes, remove the peppers from the bag and rinse with cold water (just my opinion, I would never rinse a roasted pepper! Removes much of the flavor) and rub the pepper until all the charred skin has been removed, or carefully scrape with a spoon. Discard skin, stem, and seeds. Cut the peppers into strips and place into a blender. Add all other ingredients including garlic into a blender, and blend until smooth. Taste and add more salt and white pepper if needed.
2. As the peppers are steaming in the bag, you can collect and prep the remaining ingredients.

## **Cool Cucumber Guacamole**

### **Ingredients**

- 1 ripe avocado, peeled and pitted.
- 3 Ontario greenhouse mini cucumbers washed, peeled and chopped
- 2 cloves garlic, minced
- 1 lime, juiced
- dash of salt

### **Directions**

1. Use a fork to mash the avocado in a medium bowl. Add remaining ingredients and stir gently to combine. Taste and add more salt if needed. Place a sheet of plastic wrap directly over mixture to keep air out and place in the refrigerator.

## **Breaded Fried Tomato**

### **Ingredients**

- 4 largest available Ontario greenhouse tomatoes-on-the-vine, washed and cut  $\frac{1}{2}$  or  $\frac{3}{4}$  inch in thickness
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{2}$  cup all-purpose flour
- 3 tbsp. Italian seasoning
- dash of salt
- dash of pepper
- 2 eggs
- 2 tbsp. water
- 3-4 tbsp. vegetable oil
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### **Directions**

1. Wash and cut tomatoes, season with salt and pepper – set aside. In a plastic bag combine the flour, bread crumbs and Italian seasoning and shake to incorporate completely. Gently empty into a shallow bowl that is large enough so the tomatoes can easily fit into it. In another bowl, whisk together the eggs and water.
2. Dip the tomatoes, one at a time, into the egg wash, then place into the breadcrumbs mixture, ensuring the entire tomato is covered with the mixture. Fry the tomatoes in the skillet until golden brown, about 1-2 minutes per side. Remove and set on paper towel to absorb excess oil.

- Look for the largest tomato; you should get 2-3 slices per tomato  $\frac{1}{2}$  -  $\frac{3}{4}$  in thickness (depending on the size of the tomato).

### **Pea sprouts garnish**

#### **Ingredients**

- 2 cups pea sprouts, washed

#### **Directions**

1. Break off any long stems and rinse under cold water, set on paper towel and dab dry. Set aside.

#### **Plating**

Using a shallow soup bowl, add just enough warm roasted red pepper sauce to cover just the middle of the bowl, about  $\frac{1}{4}$  cup, if using a large bowl. Place one freshly made breaded fried tomato on top of sauce, and dress the tomato with the cool cucumber guacamole, about 2 generous tbsp., and lastly garnish with fresh pea sprouts.



# **Panko-Crusted & Fried Cluster Tomato Salad**

*with*  
**Cherry Tomato Vinaigrette & Quick Pickled Vegetable**

**Yield: Serves 5**

## **Ingredients**

### **Vinaigrette**

- ¼ cup maple syrup
- 1 cup Ontario greenhouse cherry tomatoes
- 1 tsp. crushed garlic
- ¼ cup white balsamic vinegar
- ½ cup extra virgin olive oil

### **Directions**

1. Place syrup, cherry tomatoes, garlic, balsamic and in food processor. While processing, slowly add olive oil.

### **Quick Pickled Vegetables**

- 1 purple onion
- 3 Ontario greenhouse mini cucumbers
- 1 cup Ontario greenhouse mixed yellow, red, and orange bell peppers
- ¼ cup rice vinegar
- 1 tbsp. granulated sugar  
Kosher salt

### **Directions**

1. In a mixing bowl whisk together vinegar, sugar, and salt. On a mandoline, julienne onion, cucumber, and peppers and add to mixing bowl. Let vegetables sit in the liquid for 10 minutes.

### **Panko Crusted Tomato**

- 2 cups panko bread crumbs
- 1 cup all-purpose flour
- 4 eggs whisked
- ½ cup chopped fresh oregano leaves
- 5 Ontario greenhouse tomatoes-on-the-vine, sliced ½ inch thick
- 1 cup crumbled cheddar cheese

- 5 leaves romaine
  - 1 cup canola oil
- salt and pepper to taste

### **Directions**

1. Add oregano, salt and pepper to panko and set aside. Dip tomato slices one at a time in flour, then egg, then panko and transfer to parchment lined baked sheet. Heat oil in a medium high skillet and fry tomatoes until golden brown remove heat and set aside. Toss romaine with vinaigrette, and then lay one leaf on a plate and top with three pieces of tomato.
2. Top with crumbled cheddar. Finish with pickled vegetable and vinaigrette.

## **Tomato – Roquefort Pizza with phyllo crust**

**Yield: 15 - 2"x5" pieces**

### **Ingredients**

- 3 tbsp. butter, melted
  - 8 sheets phyllo pastry/ thawed
  - 8 tbsp. grated Parmesan cheese
  - 2 ounces Roquefort or Cambanzola cheese, crumbled
  - 2 Vidalia, onions, sliced and caramelized
  - 1 ½ lbs. Ontario greenhouse tomatoes-on-the-vine, seeded, sliced into rounds
- freshly chopped rosemary  
freshly chopped thyme  
coarse ground black pepper

### **Directions**

1. Preheat oven to 375 F.
2. Brush 15 X 10 X 1- inch baking sheet or pan with butter. Place 1 phyllo sheet in prepared pan (edges of phyllo may go up sides of baking sheet). Brush phyllo with butter, sprinkle with 1 tbsp parmesan cheese. Repeat layering with remaining phyllo, butter and parmesan cheese. Top with even layers of gorgonzola cheese, onion, and tomatoes.
3. Bake until crust is crisp and golden brown at edges, cheese melts, and tomatoes are tender, about 30 minutes.
4. Sprinkle with fresh herbs. Let stand 5 minutes before cutting into 15 square servings.

## **Beefsteak Tomato Curry** *with Bell Pepper & Cucumber Mint Raita*

### **Yield**

### **Ingredients**

#### **Raita**

- 1 Ontario greenhouse English cucumber halved, grated and squeezed dry
- 2 cups plain yogurt
- ¼ cup chopped mint
- 1 tbsp. honey
- ¼ cup Ontario Greenhouse red bell pepper, cut into small dice
- salt and pepper to taste

### **Directions**

1. In a mixing bowl, combine yogurt, honey, mint, cucumber and red pepper. Chill.

### **Curry**

#### **Ingredients**

- 5 Ontario greenhouse beefsteak tomatoes cut into ½ inch dice
- 5 Ontario greenhouse red bell peppers cut into ½ inch dice
- 3 tbsp. curry powder
- ½ cup vegetable oil
- 1 cup diced onion
- 1 cup Ontario greenhouse tomatoes-on-the-vine, macerated
- 1 cup cilantro leaves

### **Directions**

1. In a skillet, heat oil over medium heat. Add onions, peppers and curry powder. Mix well. Add honey and cook for 30 seconds
2. Add macerated beefsteak tomatoes. Cook for 30 more seconds.
3. Remove from heat and season with salt and pepper to taste.

Top with cilantro and honey drizzle.

## ***Frittata with Peppers & Roasted Cherry Tomato Sauce***

**Yield: 4-6 servings**

### **Ingredients**

- 2 tbsp. butter
- 1 Ontario greenhouse red bell pepper, seeded and thinly sliced
- 1 Ontario greenhouse yellow bell pepper, seeded and thinly sliced
- 1 Ontario greenhouse orange bell pepper, seeded and thinly sliced
- 1 medium Spanish onion, halved and thinly sliced
- 7 large eggs
- 7 egg whites
- 1/3 cup grated parmigiano- reggiano cheese
- 1 tbsp. finely chopped fresh oregano
- ¼ cup chopped fresh flat-leaf parsley
- fresh basil to garnish

### **Directions**

1. Preheat oven to 350°F.
2. Heat the butter in a 12-inch non stick skillet over medium-high heat. Add the peppers, and onions, season with salt and pepper and cook until softened, stirring occasionally.
3. Whisk together the eggs, egg whites. Add Parmesan, and oregano until light and fluffy, and then season with salt and pepper. Pour the egg mixture into the pan and stir with a rubber spatula. Cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set on top. Place the pan into the oven and broil for 3 to 4 minutes, until lightly browned and fluffy. Remove from pan and sprinkle the top with parsley. Carefully slide the frittata onto a cutting board and cut into wedges and top with some of the roasted cherry tomato sauce and garnish with fresh basil. Serve hot or at room temperature.

## **Roasted Cherry Tomato Sauce**

### **Ingredients**

- 3 tbsp. olive oil
- 454 g. Ontario greenhouse cherry tomatoes, cut into quarters

### **Directions**

1. Add the oil to a sauté pan and heat to medium. Add the tomatoes and garlic paste and cook 2 to 3 minutes or until the tomatoes burst and soften slightly. Remove the pan from the heat and stir in the basil. Serve.

## Golden Pepper Ice Cream

**Yield: 4 ½ cups**

### Ingredients

- 2 ½ lbs. Ontario greenhouse yellow bell peppers, oven roasted, cored, seeded and peeled
- 2 cups skim milk
- 1 cup granulated sugar
- 1- 2"x ½" piece, fresh ginger, peeled and sliced
- 5 egg yolks
- 1 tsp. freshly chopped thyme  
coarse ground black pepper

### Directions

1. Pass the peppers through a food mill fitted with the fine disc into a bowl. You will have about 1 ½ cups puree. Set aside.
2. Heat the milk, sugar and ginger to simmering in a heavy medium saucepan. Simmer for 10 minutes.
3. Beat the egg yolks in a medium bowl. Slowly strain the milk mixture into the egg yolks, whisking constantly. Pour the mixture back into the saucepan and cook over medium-low heat, stirring constantly, until thick enough to lightly coat the back of a spoon. Remove from heat and stir in the pepper puree.
4. Chill thoroughly and then freeze in ice cream machine according to the manufacturer's directions. Transfer to an airtight container and freeze until firm, about 4 hours.