



A taste of Ontario

DISTINCTIVE RECIPES FROM THE

Ontario Greenhouse Vegetable Growers





about the ogvg

The Ontario Greenhouse Vegetable Growers (OGVG) was formed in 1967 and represents more than 250 members who produce greenhouse tomatoes, seedless cucumbers and sweet peppers in Ontario. The OGVG mandate is to provide market access for producers and ensure opportunity for economic success.

The greenhouse sector is a powerful economic force in Ontario, spanning from Windsor to Niagara and as far north as Ottawa. Ontario is North America's leader in greenhouse vegetable growing.

OGVG shippers are FDA registered and bonded, ensuring on-time delivery of our fresh products with no unnecessary border delays or inspection problems.

Our professional growers utilize the latest advances in hydroponic technology, computerized climate control and integrated pest management (good bugs eating bad bugs) to eliminate pesticides and ensure that the vegetables you eat are sweet, nutritious and safe for consumption.

In fact, OGVG is the first horticultural organization in North America to have required all of its growers, packers and marketers to have ongoing third party food safety audits. This means that all of our members are checked every year to make sure they're following specific guidelines, as set out in our regulations.

Because they care about the environment, our growers recycle the water and fertilizer used to grow their vegetables. They also recapture the carbon dioxide before it is emitted into the environment and filter it back into the greenhouse to improve plant production.

Ontario greenhouse tomatoes are a good source of vitamin A, vitamin C and lycopene, a powerful antioxidant known to help prevent certain forms of cancer, heart disease and other diseases. Our seedless cucumbers are low in calories and packed with fibre and potassium. Ontario greenhouse sweet peppers are high in vitamin B⁶, folacin, and fibre and they have more than 200% of the recommended daily intake of vitamin C.

Ontario greenhouse tomatoes, seedless cucumbers and sweet peppers are harvested at the peak of their ripeness to deliver fresh, high quality produce to your table. As you prepare these fabulous dishes for your family and friends, know that you are serving a safe, healthy and nutritious meal to the people you love from our growers who care.

HEALTHY HEARTS, HEALTHY MINDS™

table of contents

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On the cover:
Spiced Up Ontario Greenhouse Vegetable Pasta

cool starters

- 3 baked artisan cheese with ontario greenhouse salsa
- 5 bursting ontario greenhouse tomato gratin with prawns
- 7 cinnamon brochettes with ontario greenhouse cucumber raita
- 9 grilled lamb chops with cucumber mint sauce
- 11 honey ginger marinated grilled short ribs with 3 pepper salad
- 13 mini duck kebabs with harissa on israeli couscous
- 15 mussels with mixed ontario greenhouse bell peppers in a red chili pesto broth
- 17 ontario greenhouse dip trio
- 19 scallop ceviche with xo sauce
- 21 tuna tartare

savoury salads

- 23 arugula salad with chorizo & roasted garlic vinaigrette
- 25 ontario greenhouse cucumber & wasabi salad
- 27 ontario greenhouse cucumber & watermelon salad
- 29 dried tomato, pesto, raisins, pine nuts & grilled chicken salad
- 31 greek summer salad
- 33 layered ontario greenhouse tomato salad
- 35 sirloin tip salad
- 37 tomato cheese strata
- 39 simple tomato salad
- 41 warm b.e.s.t. salad

soups to satisfy

- 43 creamy clam chowder
- 44 cucumber grape gazpacho
- 45 heated chilled bell pepper soup
- 47 saffron yellow bell pepper soup
- 49 tomato corn & basil soup

delicious dishes

- 51 A's spicy rib dinner
- 53 butter braised atlantic lobster with lobster bisque & mascarpone risotto
- 55 cedar planked salmon with cucumber noodles
- 57 charred sirloin with soy, garlic & coriander with zesty cucumber salad
- 59 chicken adobo with cucumber vinegar sauce
- 61 chipotle marinated grilled rib eye & creamy ontario greenhouse cucumber slaw
- 63 grilled halibut with grilled bell pepper and parsley anchovy relish
- 65 grilled salmon with tomato caper vinaigrette
- 67 grilled veal chop with garlic and baked tomatoes
- 69 ontario greenhouse tomato basil & ricotta risotto
- 71 osso buco ai pignoli
- 73 pan fried lake erie pickerel with romesco sauce
- 75 roasted leg of lamb marinated in red chili, citrus & thyme with cucumber relish
- 77 southern fried chicken with red pepper creole sauce
- 79 spiced up ontario greenhouse vegetable pasta



BAKED ARTISAN CHEESE WITH ONTARIO GREENHOUSE SALSA



baked artisan cheese with ontario greenhouse salsa

Serves 6 - 8

ingredients

- 2 tbsp. (30 ml) extra virgin olive oil
- 1 pound (454 g) artisan cheese, wax removed and cut into ½ inch slices
- 8 fresh herb sprigs: 2 rosemary, 2 sage, 2 thyme and 2 parsley

method for baked artisan cheese

1. Preheat oven to 375°F/180°C.
2. Pour the extra virgin olive oil into a 10 inch baking dish.
3. Arrange the cheese in an even layer on top of the oil and scatter the fresh herb sprigs on top.
4. Bake until the cheese is soft and gooey, about 25 minutes.
5. Serve immediately with pitas, toasted baguettes and fresh salsa.

flavour note

Artisan cheese is made with local ingredients. As a result, the cheese is often more complex in taste and variety.



ingredients

- 2 large ripe Ontario greenhouse tomatoes
- 1 - 2 green jalapeño peppers, roasted, peeled, seeded and minced*
- ½ tsp. (3 g) salt
- 2 tbsp. (30 g) fresh cilantro, minced
- 1 Ontario greenhouse yellow bell pepper, finely diced
- 2 tsp. (10 ml) freshly squeezed lime juice

method for salsa

1. Peel, seed and chop the Ontario greenhouse tomatoes.
2. In a mixing bowl, stir in the Ontario greenhouse tomatoes, peppers, cilantro, lime juice and salt.
3. Chill and serve when needed.

** See page 31 for roasting method.*

Nutritional Facts per serving (150 g): Calories 250
Fat 18 g (28 %), Saturated Fat 11 g + Trans Fat 0 g (55 %), Cholesterol 75 mg,
Sodium 700 mg (29 %), Carbohydrate 6 g (2 %), Fibre 1 g (4 %), Sugars 3 g,
Protein 17 g, Vit A (15 %), Vit C (100 %), Calcium (40 %), Iron (4 %).
% = % Daily Value



BURSTING ONTARIO GREENHOUSE TOMATO GRATIN WITH PRAWNS



bursting ontario greenhouse tomato gratin with prawns

Serves 4

ingredients

- 1 large egg
- 1 cup (250 ml) cream
- 1 tbsp. (15 g) all purpose flour
- 5 oz. (140 g) cream cheese, softened
- 1 ½ tbsp. (23 g) fresh rosemary
- ¼ tsp. (2 g) ground black pepper
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 pound (454 g) Ontario greenhouse cocktail tomatoes
- ¼ cup (63 g) fine dried bread crumbs
- 2 tbsp. (30 g) fresh grated Parmesan cheese
- 1 clove garlic, diced
- 16 pcs. (26/30) shrimp, peeled and deveined
- Salt to taste

quick tip

Prawns, similar in appearance to shrimp, can be refrigerated for up to 2 days and frozen for 1 month.

method

1. Preheat oven to 425°F/220°C.
2. In a small mixing bowl, beat the egg, cream and flour and mash in the softened cream cheese, ½ tbsp. (8 g) rosemary and pepper. Beat until mixture is well combined and creamy. If the mix is too thick, blend in more cream.
3. In a separate bowl, mix ½ tbsp. (8 g) rosemary with 1 tbsp. (15 ml) of olive oil and pour into a small shallow baking dish.
4. In a separate mixing bowl, combine and marinate the shrimp, garlic, ½ tbsp. (8 g) rosemary and olive oil to coat.
5. Place the Ontario greenhouse tomatoes in a small shallow baking dish and coat tomatoes with ½ tbsp. (8 ml) olive oil; then add the marinated shrimp on top.
6. Mix the bread crumbs, Parmesan cheese, garlic, salt and pepper. Sprinkle half the mixture over the Ontario greenhouse tomatoes and shrimp.
7. Spoon the cheese mixture over the tomatoes, shrimp and crumbs. Spread evenly. Sprinkle the remaining bread crumb mixture and olive oil on top.
8. Bake for 15 minutes or until golden brown.
9. Slice and serve hot.

Nutritional Facts per serving (176 g): Calories 260
 Fat 19 g (29 %), Saturated Fat 10 g + Trans Fat 0 g (50 %), Cholesterol 130 mg,
 Sodium 280 mg (12 %), Carbohydrate 9 g (3 %), Fibre 1 g (4 %), Sugars 2 g,
 Protein 13 g, Vit A (6 %), Vit C (15 %), Calcium (10 %), Iron (15 %).
 % = % Daily Value



CINNAMON BROCHETTES WITH ONTARIO GREENHOUSE CUCUMBER RIATA



cinnamon brochettes with ontario greenhouse cucumber riata

Serves 6 - 8

ingredients

- ½ pound (125 g) ground pork
- ½ pound (125 g) ground beef
- ½ pound (125 g) ground lamb
- 16 short cinnamon sticks
- 1 cup (250 g) Spanish onion, peeled and diced
- ½ cup (125 g) garlic, chopped
- 1 cup (250 g) parsley, chopped
- ½ cup (125 g) fresh thyme, chopped
- ½ tbsp. (8 g) dried oregano
- ½ tbsp. (8 g) dried basil
- ½ cup (125 g) chili flakes
- Salt and pepper to taste

method for brochettes

1. Combine all ground meat, onions, herbs, garlic, chili flakes, salt and pepper.
2. Form the meat mixture into 2 oz. (56 g) oval balls and skewer each piece with one cinnamon stick.
3. Line the brochettes on a plate. Cover and refrigerate overnight.
4. Preheat your grill to a medium/high heat.
5. On a well oiled grill (to prevent sticking), place the cinnamon brochettes on the grill. Ensure the cinnamon stick ends are not exposed to direct heat by placing a piece of foil on the grill under the sticks. Grill until cooked through.
6. Serve immediately with cucumber riata.

flavour note

This appetizer is sure to fill your home with warm spicy aromas. The brochettes are infused with cinnamon as they cook on the grill. This is great to serve as a passed hors d'oeuvre at cocktail parties.

ingredients

- 1 ½ cups (375 ml) plain yogurt
- ½ cup (125 ml) sour cream
- 5 Ontario greenhouse cucumbers, peeled, seeded and finely chopped
- 2 tbsp. (30 ml) fresh mint, finely chopped
- Sprigs of mint for garnish
- ½ tsp. (3 g) ground cumin
- ¼ tsp. (½ g) cayenne pepper
- Salt and pepper to taste

method for cucumber riata

1. In a medium mixing bowl, combine all ingredients together, cover and refrigerate.

Nutritional Facts per serving (332 g): Calories 300
Fat 15 g (23 %), Saturated Fat 7 g + Trans Fat 0.1 g (36 %), Cholesterol 70 mg,
Sodium 280 mg (12 %), Carbohydrate 18 g (6 %), Fibre 4 g (16 %), Sugars 6 g,
Protein 24 g, Vit A (25 %), Vit C (45 %), Calcium (20 %), Iron (30 %).
% = % Daily Value



GRILLED LAMB CHOPS WITH CUCUMBER MINT SAUCE



grilled lamb chops with cucumber mint sauce

Serves 4

ingredients

- 3 cups (750 ml) extra virgin olive oil
- 1 tbsp. (15 g) whole black peppercorns, crushed
- ½ cup (125 g) fresh rosemary
- ¼ cup (63 g) fresh thyme
- ¼ cup (63 g) sage
- 1 tbsp. (15 g) garlic, minced
- 1 bay leaf
- 2 Ontario racks of lamb frenched
- Salt and pepper to taste

method for lamb chops

1. Combine extra virgin olive oil, black peppercorns, rosemary, thyme, sage, garlic, bay leaf, 2 racks of lamb, salt and pepper in a resealable plastic bag. Turn bag to coat lamb with the marinade.
2. Refrigerate for at least 2 hours or overnight.
3. Preheat grill to a medium/high heat.
4. Drain and reserve the marinade from the lamb.
5. Pat the lamb dry with a clean kitchen towel.
6. Season the lamb with salt and pepper and place on the grill.
7. Grill the lamb for 15 minutes. Brush the marinade over the lamb occasionally while grilling.
8. Let the lamb rest for 10 minutes before slicing individual portions.
9. Serve with a cucumber mint sauce.

grilling tips

To judge how hot your grill is, carefully place the palm of your hand just above the grill rack and count the number of seconds you can hold that position.

2 secs. – Hot 400°F to 450°F

3 secs. – Medium Hot 375°F to 400°F

4 secs. – Medium 350°F to 375°F

5 secs. – Medium Low 325°F to 350°F

ingredients

- 1 tsp. (5 g) cumin seeds
- 1 cup (250 ml) plain yogurt
- 1 cup (250 g) Ontario greenhouse cucumbers, peeled, seeded and diced
- 1 tbsp. (15 g) chopped fresh mint

method for cucumber mint sauce

1. Toast the cumin seeds in a frying pan on medium/high heat.
2. Crush the cumin seeds in a spice mill.
3. Mix the crushed cumin seeds in a bowl with yogurt, cucumber and fresh mint.
4. Serve immediately or refrigerate up to 3 days.

Nutritional Facts per serving (539 g): Calories 450
 Fat 32 g (49 %), Saturated Fat 8 g + Trans Fat 0 g (40 %), Cholesterol 75 mg,
 Sodium 190 mg (8 %), Carbohydrate 16 g (5 %), Fibre 4 g (16 %), Sugars 8 g,
 Protein 27 g, Vit A (6 %), Vit C (30 %), Calcium (20 %), Iron (25 %).
 % = % Daily Value



HONEY GINGER MARINATED GRILLED SHORT RIBS WITH 3 PEPPER SALAD



honey ginger marinated grilled short ribs with 3 pepper salad

Serves 4

ingredients

- 1 cup (250 ml) balsamic vinegar
- 1 cup (250 ml) soy sauce
- 1 tbsp. (15 ml) honey
- 1 tsp. (5 g) ginger, peeled and grated
- 1 tbsp. (15 g) garlic, crushed and peeled
- ½ tsp. (3 g) red pepper flakes, crushed
- ½ tsp. (3 g) dried oregano
- 1 tsp. (5 g) toasted crushed coriander seeds
- 1 tbsp. (15 g) grated orange zest
- 1 tbsp. (15 g) grated lemon zest
- 1 tsp. (5 g) salt
- ½ tsp. (3 g) black pepper
- 3 pounds (1.4 kg) bone-in beef short ribs, ½ inch thick

method grilled short ribs

1. In a casserole dish, combine the vinegar, soy sauce, honey, ginger, garlic, red pepper flakes, oregano, coriander, orange and lemon zests, salt and pepper.
2. Marinate the ribs in the mixture above overnight.
3. Preheat grill to a medium/high heat. Remove ribs from marinade and grill ribs for 3 minutes on each side. Slice ribs into pieces between the bones.
4. Garnish with pieces of lemon and orange and serve with 3 pepper salad.

grilling tips

When grilling, keep these tips in mind:

- Review the safety manual that came with your grill
- Don't wear exceptionally loose or highly flammable clothing
- Only grill outdoors in a well ventilated area
- Replace any hoses that show signs of cracking or brittleness.
- Always have a fire extinguisher handy

ingredients

- 1 Ontario greenhouse yellow pepper, seeded and julienned
- 1 Ontario greenhouse red pepper, seeded and julienned
- 1 Ontario greenhouse orange pepper, seeded and julienned
- ½ cup (125 ml) balsamic vinegar
- 1 tbsp. (15 ml) honey
- ½ (125 g) red onion, finely diced
- 1 tbsp. (15 g) fresh cilantro, finely diced
- Salt and pepper to taste

method 3 pepper salad

1. In a mixing bowl, add all the ingredients together.
2. Stand for 30 minutes, then mix well and serve immediately.

Nutritional Facts per serving (378 g): Calories 460
 Fat 18 g (28 %), Saturated Fat 7 g + Trans Fat 0 g (35 %), Cholesterol 80 mg,
 Sodium 2500 mg (104 %), Carbohydrate 32 g (11 %), Fibre 2 g (8 %), Sugars 21 g,
 Protein 39 g, Vit A (0 %), Vit C (390 %), Calcium (8 %), Iron (30 %).
 % = % Daily Value



MINI DUCK KEBABS WITH HARISSA ON ISRAELI COUSCOUS



mini duck kebabs with harissa on israeli couscous

Serves 4

ingredients

- 4 duck breasts, cut into cubes
- ¼ cup (63 ml) molasses
- 1 cup (250 g) cooked Israeli couscous
- Salt and pepper to taste

method for duck kebabs

1. In a mixing bowl, place the duck cubes, molasses, salt and pepper. Coat the duck with the molasses, cover and refrigerate overnight.
2. Prepare the Israeli couscous as directed on the package.
3. Preheat the grill to a medium/high heat.
4. Grill duck until brown on all sides.
5. Remove the duck and serve over couscous with a side of Harissa.

ingredients

- 2 roasted Ontario greenhouse red bell peppers*
- 1 garlic clove, peeled
- A pinch of ground caraway
- A pinch of ground coriander
- 2 tbsp. (30 ml) extra virgin olive oil
- ¼ tsp. (2 g) red pepper flakes
- ½ tsp. (3 g) salt
- ¼ tsp. (2 g) pepper

method for harissa

1. Blend the Ontario greenhouse roasted red peppers, garlic, caraway, coriander, olive oil, red pepper flakes, salt and pepper.

* See page 31 for roasting method.



flavour note

Harissa is a hot pepper based condiment that is popular in cuisines of the Middle East and North America.

Nutritional Facts per serving (211 g): Calories 280
Fat 11 g (17 %), Saturated Fat 2 g + Trans Fat 0 g (10 %), Cholesterol 65 mg,
Sodium 60 mg (3 %), Carbohydrate 29 g (10 %), Fibre 1 g (4 %), Sugars 14 g,
Protein 19 g, Vit A (2 %), Vit C (200 %), Calcium (4 %), Iron (35 %).
% = % Daily Value



MUSSELS WITH MIXED ONTARIO GREENHOUSE BELL PEPPERS IN A RED CHILI PESTO BROTH



mussels with mixed ontario greenhouse bell peppers in a red chili pesto broth

Serves 4

ingredients

- 2 dried ancho chilies and New Mexican chilies soaked in warm water for 5 - 10 minutes, reserve soaking liquid
- 3 cloves garlic, coarsely chopped
- ¼ cup + 2 tbsp. (90 g) of chopped fresh cilantro
- 2 tbsp. (30 g) pine nuts
- ½ cup (120 ml) extra virgin olive oil
- 2 tsp. (10 ml) honey
- 2 pounds (908 g) cultivated mussels
- 1 cup (250 g) Ontario greenhouse yellow, red and orange bell peppers, finely diced
- 2 cups (500 ml) dry white wine
- Kosher salt and fresh ground pepper to taste
- Fresh cilantro leaves to garnish

method

1. Remove the chilies from the warm water. Remove the seeds and chop coarsely. Reserve the liquid.
2. In a food processor, combine chilies, ¼ cup (60 ml) of the soaking liquid, ¼ cup (60 g) of cilantro, pine nuts and garlic. Process until smooth.
3. While the motor is running on slow, add the extra virgin olive oil until blended. Season with salt and pepper. This is the red chili pesto to be added later. Set aside.
4. Bring the wine to a boil in a large pot over high heat. Add the mussels. Cover and steam until the shells open (3 to 5 minutes). Discard any unopened mussels. Transfer the mussels to 4 large bowls with a slotted spoon.
5. Bring the cooking liquid to a boil and reduce by half. Whisk in the red chili pesto and honey. Season with salt and pepper to taste.
6. Stir in 2 tbsp. (30 g) of cilantro and the diced Ontario greenhouse bell peppers.
7. Pour the mixture over the mussels and serve immediately.
8. Garnish with cilantro leaves, if desired.

quick tip

Fresh and unshelled mussels will keep for up to 3 days in the warmest part of your refrigerator. Cover with a damp cloth in a container with ice and discard any open mussels prior to cooking.

Nutritional Facts per serving (446 g): Calories 660
 Fat 36 g (55 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 65 mg,
 Sodium 780 mg (33 %), Carbohydrate 37 g (12 %), Fibre 3 g (12 %), Sugars 19 g,
 Protein 29 g, Vit A (20 %), Vit C (110 %), Calcium (8 %), Iron (80 %).
 % = % Daily Value



ONTARIO GREENHOUSE DIP TRIO



ontario greenhouse dip trio

Serves 6 - 8

roasted red pepper hummus

ingredients

- 1 cup (250 g) Ontario greenhouse red bell pepper, roasted and chopped*
- 1 can (500 g) chick peas, drained and rinsed
- 1 garlic clove, minced
- ¼ cup (63 ml) lemon juice
- 3 tbsp. (45 ml) tahini
- 2 tbsp. (30 ml) olive oil
- 2 tbsp. (30 g) fresh parsley
- 1 tbsp. (15 ml) soy sauce
- ½ tbsp. (8 g) ground cumin
- ½ tsp. (3 g) ground red pepper

method

1. In a food processor, add all ingredients EXCEPT ½ cup (125 g) roasted bell peppers. Process until smooth.
2. Place mixture in a small bowl and add the reserved roasted bell peppers. Mix evenly.

* See page 31 for roasting method.

Nutritional Facts per serving
(284 g): Calories 370, Fat 23 g (35 %),
Saturated Fat 3 g + Trans Fat 0 g (15 %),
Cholesterol 0 mg, Sodium 530 mg (22 %),
Carbohydrate 34 g (11 %), Fibre 9 g (36 %),
Sugars 7 g, Protein 13 g, Vit A (20 %),
Vit C (150 %), Calcium (20 %), Iron (45 %).
% = % Daily Value

ontario greenhouse tomato dip with canadian bacon

ingredients

- 1 cup (250 ml) sour cream
- ½ cup (125 ml) mayonnaise
- 4 oz. (112 g) cream cheese
- ½ cup (125 g) cheddar cheese
- ¼ cup (63 g) chopped green onion (white and green parts of the onion)
- ¼ cup (63 g) diced green pepper
- 1 large Ontario greenhouse tomato, seeded and diced
- 1 pound Canadian bacon (454 g), cooked crisp, drained and crumbled
- ½ tsp. (6 g) garlic, minced
- Black pepper to taste

method

1. In a mixing bowl, combine sour cream, mayonnaise, cream cheese, cheddar cheese, onion, garlic, green pepper and black pepper.
2. Add crumbled bacon and chopped tomatoes. Mix evenly.

Nutritional Facts per serving
(325 g): Calories 940, Fat 87 g (134 %),
Saturated Fat 30 g + Trans Fat 0.4 g (152 %),
Cholesterol 170 mg, Sodium 1820 mg (76 %),
Carbohydrate 10 g (3 %), Fibre 1 g (4 %),
Sugars 4 g, Protein 30 g, Vit A (25 %),
Vit C (30 %), Calcium (20 %), Iron (10 %).
% = % Daily Value

oven dried tomato dip

ingredients

- 1 pound (454 g) Ontario greenhouse tomatoes dried in the oven
- 8 oz. (224 g) cream cheese, softened
- 1 tbsp. (15 ml) extra virgin olive oil
- 2 - 3 garlic cloves, minced

method

1. Preheat oven to 350°F/180°C.
2. Slice Ontario greenhouse tomatoes thinly and place on a perforated oven sheet to dry for 30 - 45 minutes.
3. In a blender, combine the cream cheese, tomatoes, garlic and olive oil. Process until ingredients are mixed, not creamy.

Nutritional Facts per serving
(264 g): Calories 780, Fat 40 g (62 %),
Saturated Fat 18 g + Trans Fat 1 g (95 %),
Cholesterol 95 mg, Sodium 3850 mg (160 %),
Carbohydrate 99 g (33 %), Fibre 21 g (84 %),
Sugars 67 g, Protein 29 g, Vit A (45 %),
Vit C (110 %), Calcium (25 %), Iron (10 %).
% = % Daily Value

finishing touches

Serve all dips with flat bread and/or fresh Ontario greenhouse vegetables, such as tomatoes, cucumbers or bell peppers.



SCALLOP CEVICHE WITH XO SAUCE



scallop ceviche with xo sauce

Serves 4

ingredients

- 4 Thai chilies, seeded and sliced
- 1 Ontario greenhouse red bell pepper, roasted, peeled, seeded and finely diced*
- 4 cloves garlic, halved
- 1 shallot, chopped
- 1 ½ inch (4 cm) fresh ginger, sliced
- 1 tbsp. (15 ml) white vinegar
- ½ tsp. (3 g) grated lime zest
- 1 tbsp. (15 g) minced coriander
- 1 ½ tbsp. (23 ml) sesame oil
- ½ tsp. (3 g) salt
- ½ tsp. (3 g) roasted white sesame seeds

method for bell pepper chili sauce

1. Grind the chilies, garlic, shallot, ginger and roasted bell pepper into a coarse paste.
2. Transfer to a bowl. Stir in the remaining ingredients and mix well.

* See page 31 for roasting method.

quick tip

Versions of ceviche, pronounced (sub-vee-chee), exist in Latin and Philippine cuisine. Lemons and limes are most commonly used. The citric acid causes the proteins in the seafood to become denatured, which pickles or “cooks” the fish without heat.

ingredients

- 4 tsp. (20 ml) lime juice
- ½ tsp. (3 ml) bell pepper chili sauce
- ¼ tsp. (2 g) fresh ground pepper
- ¼ tsp. (2 ml) sesame oil
- ¾ inch (2 cm) fresh young ginger root, sliced thin
- 4 large fresh scallops
- 1 tbsp. (15 ml) XO sauce
- ½ Ontario greenhouse cucumber, sliced thin in disks

method for scallops

1. In a bowl, combine the lime juice, bell pepper chili sauce, salt, pepper, sesame oil and ginger. Mix well.
2. Cut each scallop horizontally into 3 thin disks. Marinate with the cucumber, lime juice and chili mix for 15 minutes.
3. Serve the scallop and cucumber disks, topped with ¼ tsp. (3 ml) XO sauce and some strands of ginger and bell pepper from the marinade.

Nutritional Facts per serving (65 g): Calories 30
 Fat 0.5 g (1 %), Saturated Fat 0.1 g + Trans Fat 0 g (1 %), Cholesterol 5 mg,
 Sodium 30 mg (1 %), Carbohydrate 3 g (1 %), Fibre 0 g (0 %), Sugars 1 g,
 Protein 3 g, Vit A (0 %), Vit C (8 %), Calcium (2 %), Iron (2 %).
 % = % Daily Value



TUNA TARTARE



tuna tartare

Serves 6 - 8

ingredients

- 4 tbsp. (60 ml) extra virgin olive oil
- 1 pound (454 g) sushi grade tuna, cut into ½ inch dice
- 1 Ontario greenhouse beefsteak tomato, peeled, seeded and diced
- 1 small shallot, minced
- ¼ cup (63 g) kalamata olives, pitted
- 2 tbsp. (30 g) capers
- 4 large fresh basil leaves, torn into small pieces
- Grated zest of half a lemon
- 3 tbsp. (45 ml) fresh lemon juice
- 1 Ontario greenhouse cucumber, sliced thin
- Salt and pepper to taste



quick tip

Ahi or Yellowfin tuna is widely used in raw dishes, especially in sashimi. This fish is also great for grilling.

method

1. On 6 cold plates chilled in your refrigerator, arrange the sliced Ontario greenhouse cucumbers in a circle.
2. In a large mixing bowl, combine the remaining ingredients and mix well. Season to taste with salt and pepper.
3. To serve, spoon tuna mixture on top of the cucumbers.

Nutritional Facts per serving (283 g): Calories 340
 Fat 22 g (34 %), Saturated Fat 4 g + Trans Fat 0 g (20 %), Cholesterol 45 mg,
 Sodium 470 mg (20 %), Carbohydrate 8 g (3 %), Fibre 2 g (8 %), Sugars 3 g,
 Protein 28 g, Vit A (4 %), Vit C (25 %), Calcium (4 %), Iron (15 %).
 % = % Daily Value



ARUGULA SALAD WITH CHORIZO & ROASTED GARLIC VINAIGRETTE



arugula salad with chorizo & roasted garlic vinaigrette

Serves 4

ingredients

- 1 tbsp. (15 ml) extra virgin olive oil
- 10 oz. (280 g) Spanish chorizo sausage, sliced in ¼ inch thick pieces
- 10 oz. (280 g) arugula, torn into bite size pieces
- Roasted garlic vinaigrette
- 3 Ontario greenhouse cocktail tomatoes, quartered
- Thinly shaved Asiago or Parmigiano-Reggiano cheese
- Chopped fresh cilantro for garnish
- Salt and pepper to taste

method for arugula salad

1. Heat extra virgin olive oil in a large skillet over high heat. Add the sausage and cook until lightly brown on both sides. Remove with a slotted spoon and place on a plate lined with paper towels.
2. Toss the arugula in a large bowl with ¼ cup (60 ml) of vinaigrette. Season with salt and pepper.
3. Toss the tomatoes in a separate bowl with a few drops of vinaigrette to coat.
4. Arrange the arugula among four plates. Place the Ontario greenhouse tomatoes and chorizo around the perimeter of the plates. Garnish with shaved cheese, chopped cilantro and drizzle the remaining vinaigrette.

ingredients

- 8 cloves of roasted garlic
- 3 tbsp. (45 ml) red wine vinegar
- 1 tbsp. (15 g) chopped red onion
- 1 tbsp. (15 ml) honey
- 1 tbsp. (15 ml) fresh lime juice
- ½ cup (120 ml) extra virgin olive oil
- Pinch of salt and pepper

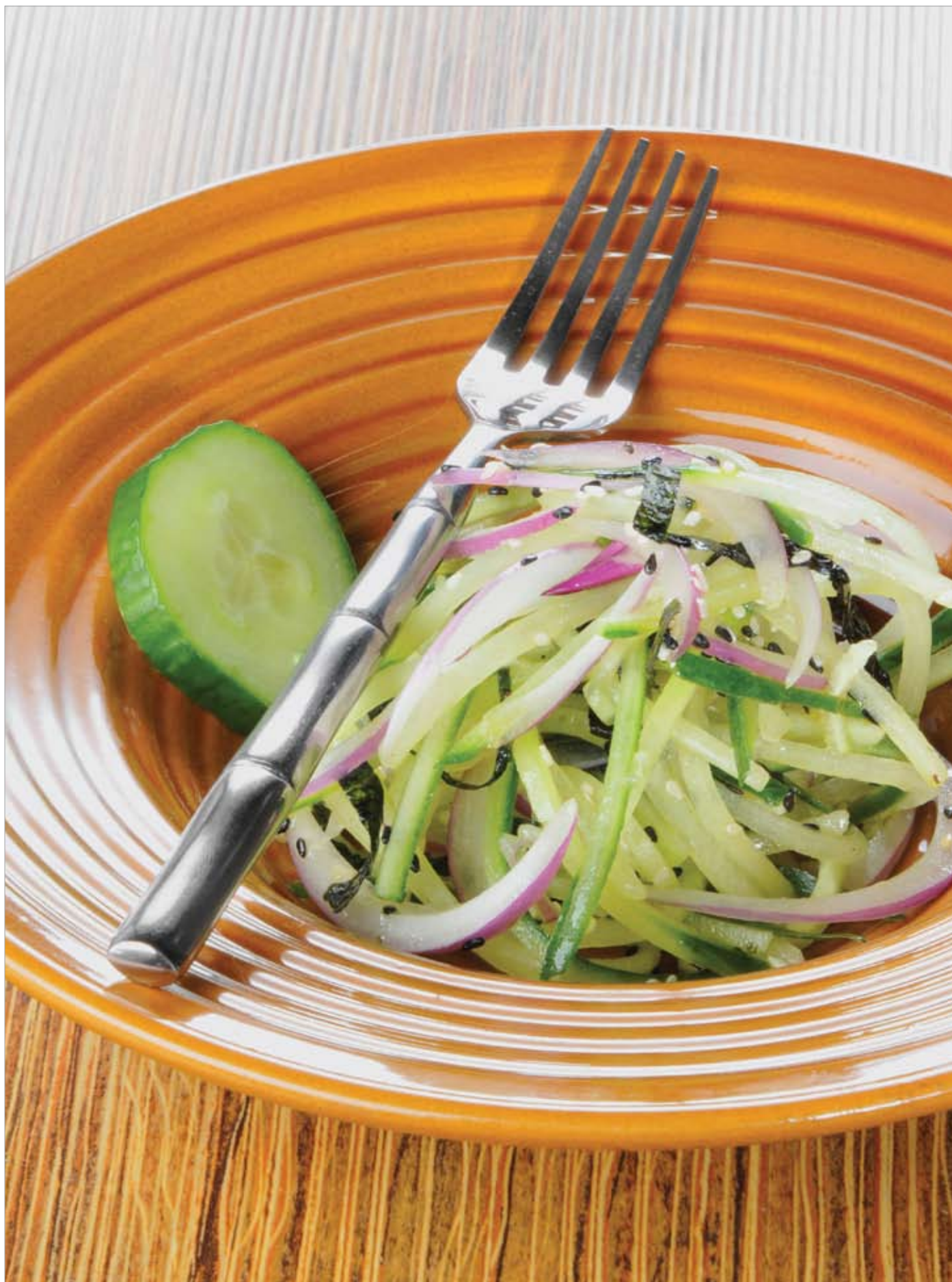
method for roasted garlic vinaigrette

1. In a blender, combine the vinegar, onion, honey, lime juice, salt and pepper. Blend until smooth, then add the olive oil until emulsified.

quick tip

Tear arugula leaves as opposed to cutting them. This will prevent the membrane from oxidizing and turning the leaf brown.

Nutritional Facts per serving (254 g): Calories 670
Fat 61 g (94 %), Saturated Fat 16 g + Trans Fat 0 g (80 %), Cholesterol 70 mg,
Sodium 1030 mg (43 %), Carbohydrate 13 g (4 %), Fibre 2 g (8%), Sugars 7 g,
Protein 21 g, Vit A (6 %), Vit C (35 %), Calcium (15 %), Iron (20 %).
% = % Daily Value



ONTARIO GREENHOUSE CUCUMBER & WASABI SALAD



ontario greenhouse cucumber & wasabi salad

Serves 6 - 8

ingredients

- 1 lb. of Ontario greenhouse cucumbers, sliced
- ½ tsp. (3 g) wasabi powder
- ½ tsp. (3 ml) water
- 2 tbsp. (30 ml) rice vinegar
- 1 tbsp. (15 g) sugar
- ¼ tsp. (2 ml) soy sauce
- 1 tsp. (15 g) salt

method

1. Slice the Ontario greenhouse cucumbers and add salt. Let stand for 30 minutes and then drain. With cold water, rinse salt off cucumbers and pat dry.
2. Mix wasabi powder with water.
3. Add vinegar, sugar and soy sauce. Mix until sugar dissolves.
4. Add cucumbers and toss.

flavour note

English cucumbers can grow as long as 2 feet. They are almost seedless and have a delicate skin which is pleasant to eat. They are also marketed as “burpless” because the seeds and skin of other cucumber varieties may cause digestive problems.



Nutritional Facts per serving (125 g): Calories 20
Fat 0.2 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg,
Sodium 600 mg (25 %), Carbohydrate 5 g (2 %), Fibre 1 g (4%), Sugars 4 g,
Protein 1 g, Vit A (0 %), Vit C (6 %), Calcium (2 %), Iron (2 %).
% = % Daily Value



ONTARIO GREENHOUSE CUCUMBER & WATERMELON SALAD



ontario greenhouse cucumber & watermelon salad

Serves 6

ingredients

- 5 lbs. seedless or regular watermelon
- 2 cups (500 g) Ontario greenhouse cucumbers, thinly sliced
- ½ cup (125 g) red onion, slivered
- 1/3 cup (170 ml) cider vinegar
- 3 tbsp. (45 g) fresh basil leaves
- 2 tbsp. (30 g) sugar
- Fresh basil sprigs
- Salt and pepper to taste

method

1. Cut watermelon into cubes to make 6 cups.
2. In a shallow bowl, gently mix watermelon pieces with cucumber, onion, vinegar, basil leaves and sugar.
3. Garnish with basil sprigs. Season to taste with salt and pepper.

finishing touches

Cucumber water is a great pairing for this refreshing salad. To maximize all parts of the Ontario greenhouse cucumber, add left over ends of cucumbers or slices into a pitcher of ice water. This makes for a thirst quenching beverage.



Nutritional Facts per serving (273 g): Calories 80
Fat 0.4 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg,
Sodium 55 mg (2 %), Carbohydrate 20 g (7 %), Fibre 1 g (4%), Sugars 16 g,
Protein 2 g, Vit A (15 %), Vit C (30 %), Calcium (2 %), Iron (6 %).
% = % Daily Value



DRIED TOMATO, PESTO, RAISINS, PINE NUTS & GRILLED CHICKEN SALAD



dried tomato, pesto, raisins, pine nuts & grilled chicken salad

Serves 4

ingredients

- 4 medium sized skinless, boneless chicken breasts, halved
- 1 tbsp. (15 ml) extra virgin olive oil
- 1/3 cup (80 g) raisins
- ½ cup (125 g) oven-dried Ontario greenhouse tomatoes, chopped
- ½ cup (125 g) toasted pine nuts
- Salt and pepper to taste

method for salad

1. Preheat grill to a medium/high heat.
2. Coat chicken with olive oil.
3. Season with salt and pepper.
4. Grill chicken, then slice when cool.
5. Preheat oven to 350°F/177°C.

Place tomatoes on a perforated baking sheet and dry tomatoes for 1 - 1 ½ hours.

6. In a large mixing bowl, combine sliced chicken, pesto, raisins, tomatoes and pine nuts.
7. Divide the mixture onto 4 salad plates and serve.



ingredients

- 2 cups of fresh basil
- 1 clove of garlic, peeled
- 3 tbsp. (45 g) pine nuts
- ½ tsp. (3 g) salt
- 2/3 cup (170 g) freshly grated Parmigiano-Reggiano cheese
- ¼ cup (63 ml) extra virgin olive oil

method for pesto

1. Blend the basil, garlic, pine nuts and salt until puréed.
2. Pour the blended mixture into a bowl. Combine the cheese and olive oil. Stir until smooth.

Nutritional Facts per serving (123 g): Calories 370
Fat 25 g (38 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 60 mg,
Sodium 530 mg (22 %), Carbohydrate 13 g (4 %), Fibre 3 g (12%), Sugars 2 g,
Protein 25 g, Vit A (10 %), Vit C (8 %), Calcium (15 %), Iron (15 %).
% = % Daily Value

chef's trick

How to make oven-dried tomatoes?

*Preheat oven to 250°F. Slice the stem, top off the tomatoes and cut in half. Place the tomatoes on a baking sheet, cut side facing up. Dry tomatoes until they reach the desired crispness.
Small tomatoes: 2 - 3 hours
Medium tomatoes: 3 - 4 hours
Large tomatoes: 4 - 6 hours*



GREEK SUMMER SALAD



greek summer salad

Serves 4

ingredients

- 6 tbsp. (90 ml) extra virgin olive oil
- 3 tbsp. (45 ml) red wine vinegar
- 2 tbsp. (30 g) fresh oregano, minced
- ¼ tsp. (2 g) dried oregano
- 1 ½ tsp. (23 ml) lemon juice
- 1 garlic clove
- ½ tsp. (3 g) salt
- Pinch of black pepper
- ½ cup (125 g) red onion, sliced
- 1 Ontario greenhouse cucumber, peeled and sliced ¼ inch thick
- 2 romaine lettuce hearts, torn into bite size pieces
- 2 cups (500 g) Ontario greenhouse cocktail tomatoes, halved
- 1 Ontario greenhouse red pepper, roasted, peeled, seeded and cut into ½ inch wide strips*
- ¼ cup (63 ml) vegetable oil
- ¼ cup (63 g) fresh mint, minced
- ¾ cup (189 g) kalamata olives, pitted
- 5 oz. (142 g) feta cheese, crumbled

* See roasting method at top right.

chef's trick

How to make roasted peppers

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

method

1. Whisk the first 8 ingredients together in a bowl large enough to hold the entire salad.
2. Add the onion and Ontario greenhouse cucumber, then marinate for 20 minutes.
3. Add the romaine lettuce hearts, Ontario greenhouse peppers and tomatoes and mint to the bowl and toss.
4. Arrange the salad on a platter or divide evenly on serving plates.
5. Sprinkle with kalamata olives and feta cheese.

Nutritional Facts per serving (327 g): Calories 400
Fat 37 g (57 %), Saturated Fat 9 g + Trans Fat 0 g (45 %), Cholesterol 35 mg,
Sodium 1150 mg (48 %), Carbohydrate 15 g (5 %), Fibre 3 g (12 %), Sugars 7 g,
Protein 8 g, Vit A (20 %), Vit C (140 %), Calcium (25 %), Iron (15 %).
% = % Daily Value



LAYERED ONTARIO GREENHOUSE TOMATO SALAD



layered ontario greenhouse tomato salad

Serves 4

ingredients

- 16 thin round mozzarella slices
- 4 large Ontario greenhouse vine ripened tomatoes, chilled
- 20 fresh basil leaves, chopped
- ½ cup (150 ml) extra virgin olive oil
- 1 tbsp. (15 ml) balsamic vinegar
- 3 tbsp. (45 ml) fresh lime juice
- Crushed dried chilies
- Salt and pepper to taste

method

1. In a large mixing bowl, combine balsamic vinegar, extra virgin olive oil and lime juice.
2. Add chopped basil leaves. Season to taste with salt, pepper and dried chilies.
3. Mix well and add sliced mozzarella cheese. Spoon the dressing over the slices.
4. Cut the Ontario greenhouse tomatoes into ¼ inch (6 mm) slices, including the tops and bottoms.
5. Reform each tomato, layering the ingredients to create a stack with a tomato cap.
6. Spoon dressing over the stack and garnish with sprigs of basil.



quick tip

Ontario greenhouse tomatoes are known for their distinctive, leafy green calyx—or crown stem. No other tomatoes have this distinguishing mark.

Nutritional Facts per serving (285 g): Calories 460
Fat 42 g (65 %), Saturated Fat 13 g + Trans Fat 0 g (65 %), Cholesterol 50 mg,
Sodium 390 mg (16 %), Carbohydrate 10 g (3 %), Fibre 2 g (8%), Sugars 6 g,
Protein 14 g, Vit A (15 %), Vit C (45 %), Calcium (30 %), Iron (6 %).
% = % Daily Value



SIRLOIN TIP SALAD

sirloin tip salad

Serves 6

ingredients

- 1 head romaine lettuce, washed in cool water
- 1 head of leaf lettuce, washed in cool water
- 7 tbsp. (105 ml) extra virgin olive oil
- 2 1/3 tbsp. (40 ml) balsamic vinegar
- 2 tbsp. (30 ml) heavy cream
- 2 tbsp. (30 g) blue cheese, crumbled
- 2 hard boiled eggs, finely chopped
- 2 slices of crisp cooked bacon, crumbled
- 1 Ontario greenhouse red bell pepper, seeded and diced
- 6 oz. (170 g) sirloin tip, grilled and sliced
- 4 tbsp. (60 g) fresh chives cut into even pieces
- 1/4 tsp. (2 g) fresh ground pepper

method

1. Mix olive oil and vinegar (3 parts olive oil, 1 part vinegar), add cream and crumbled blue cheese, and whisk until smooth.
2. Add fresh ground pepper and stir in half of the hard boiled egg, bacon and chive pieces.
3. Arrange the lettuce in a salad bowl, pour the dressing and toss well.
4. Garnish with remaining chopped egg, bacon, Ontario greenhouse red pepper and chives.
5. Top with sliced sirloin beef.



quick tip

Look for sirloin steaks with clear, red colour. Normally beef is purplish-red, but when exposed to oxygen, it takes on a cherry-red hue, known as the “bloom.”

Nutritional Facts per serving (248 g): Calories 280
Fat 23 g (35 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 95 mg,
Sodium 170 mg (7 %), Carbohydrate 7 g (2 %), Fibre 3 g (12%), Sugars 3 g,
Protein 12 g, Vit A (140 %), Vit C (120 %), Calcium (8 %), Iron (20 %).
% = % Daily Value



TOMATO CHEESE STRATA



tomato cheese strata

Serves 4 - 6

ingredients

- 4 - 5 slices French bread
- 6 tbsp. (90 g) butter, to coat cookie sheet
- 1 medium Ontario greenhouse red bell pepper, sliced
- 1/3 cup (170 g) onion, chopped
- 1 clove garlic, crushed
- 2 tsp. (10 g) sugar
- 1 ½ tsp. (8 g) salt
- 1 tsp. (5 g) oregano
- 8 medium Ontario greenhouse tomatoes, sliced
- 1 pound (454 g) mozzarella, sliced
- 4 slices of crisp bacon
- 3 eggs, beaten
- Pepper to taste

flavour note

"Strata" or "Stratta" is a casserole dish similar to a quiche, but without the crust. Strata is generally made from a mixture mainly consisting of bread, eggs and cheese. It may also include meat or vegetables.



method

1. Preheat oven to 400°F/205°C.
2. On a large greased cookie sheet, bake slices of bread in the oven until toasted. Cut the bread into 1 inch cubes.
3. Sauté Ontario greenhouse bell pepper, onion, garlic, sugar, salt and oregano until the peppers are tender.
4. Place bread cubes, bacon and sautéed vegetables in a greased baking pan. Pour beaten eggs over bread mix.
5. Arrange the Ontario greenhouse tomatoes and cheese slices over bread mix.
6. Bake at 400°F/205°C until cheese is melted.
7. Serve with your favourite salad mixed with Ontario greenhouse vegetables.

Nutritional Facts per serving (440 g): Calories 710
 Fat 44 g (68 %), Saturated Fat 25 g + Trans Fat 1 g (130%), Cholesterol 235 mg,
 Sodium 1760 mg (73 %), Carbohydrate 47 g (16 %), Fibre 5 g (20%), Sugars 9 g,
 Protein 33 g, Vit A (20 %), Vit C (80 %), Calcium (60 %), Iron (20 %).
 % = % Daily Value



SIMPLE TOMATO SALAD



simple tomato salad

Serves 6

ingredients

- 2 large Ontario greenhouse tomatoes, cored and cut into wedges
- 1 red onion
- 1 garlic clove
- ¼ cup (63 ml) extra virgin olive oil
- 2 tbsp. (30 ml) balsamic vinegar
- 1 sprig of fresh basil
- Coarse sea salt and fresh ground pepper to taste

method

1. Place the Ontario greenhouse tomatoes in a colander and sprinkle them with sea salt and black pepper.
2. Let it sit for 30 minutes, then brush off and remove seeds, salt and pepper.
3. Place the onions in a separate colander, sprinkle with salt and let it sit for 30 minutes. Brush off salt and squeeze out any excess water.
4. Prick the garlic with a fork and rub the clove inside the bowl.
5. Whisk in olive oil and vinegar. Season with salt and pepper.
6. Add the Ontario greenhouse tomatoes, onions and basil leaves, then toss with the vinaigrette.
7. Serve the salad on small well chilled plates and sprinkle some black pepper on top before serving.

quick tip

Did you know that the tomato is actually a fruit? Botanically, tomatoes are a fruit, because a fruit is defined as the edible part of the plant that contains seeds, while a vegetable is the edible stems, leaves and roots of the plant.

Nutritional Facts per serving (108 g): Calories 110
Fat 9 g (14 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 0 mg,
Sodium 105 mg (4 %), Carbohydrate 7 g (2 %), Fibre 1 g (4%), Sugars 4 g,
Protein 1 g, Vit A (6 %), Vit C (15 %), Calcium (2 %), Iron (2 %).
% = % Daily Value



WARM B.E.S.T SALAD



warm b.e.s.t. salad

Serves 4

ingredients

- 2 bags of baby spinach
- 10 slices of bacon, finely chopped
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 red onion, minced
- 2 garlic cloves, minced
- 1 tsp. (5 g) sugar
- ½ tsp. (3 g) salt
- ½ tsp. (3 g) pepper
- 6 tbsp. (90 ml) cider vinegar
- 3 large hard boiled eggs, peeled and quartered
- 2 large Ontario greenhouse tomatoes, seeded and diced

method

1. Place spinach in a large bowl.
2. Fry the bacon over medium heat until crisp. Transfer bacon to a paper towel lined plate and pour off all but 4 tbsp. (60 ml) of bacon fat. Add the extra virgin olive oil to the bacon fat and return to medium heat until shimmering.
3. Add the sugar, onion, salt and pepper.
4. Cook until onions are soft. Turn off heat, stir in vinegar, and then pour immediately over spinach. Toss until wilted.
5. Portion the salad onto 4 plates and garnish with bacon, eggs and tomatoes.



quick tip

How to seed a tomato?

Cut the tomato in half from side to side, not from top to bottom. If you were to cut it from top to bottom, you would expose some of the seed compartments inside of the tomato. Scrape the seeds out of the tomato with a small tool or your finger.

Nutritional Facts per serving (360 g): Calories 300
 Fat 20 g (31 %), Saturated Fat 5 g + Trans Fat 0 g (25 %), Cholesterol 180 mg,
 Sodium 920 mg (38 %), Carbohydrate 15 g (5 %), Fibre 5 g (20%), Sugars 6 g,
 Protein 18 g, Vit A (150 %), Vit C (90 %), Calcium (15 %), Iron (35 %).
 % = % Daily Value



CREAMY CLAM CHOWDER



creamy clam chowder

Serves 4

ingredients

- 1 cup (250 g) onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp. (15 ml) clarified butter
- 1 cup (250 g) celery, chopped
- 1 tsp. (5 g) dried thyme
- ¼ cup (63 g) unbleached white flour
- 1 cup (250 ml) water
- 2 cups (500 ml) clam juice
- 2 cups (500 g) fresh Ontario greenhouse tomatoes, chopped
- 2 pounds (908 g) fresh clams or 1 can with shucked clams and clam juice
- 1 ½ cup (375 ml) white wine
- 1 tsp. (5 ml) Worcestershire sauce
- ¼ cup (63 g) ground pepper
- 1 ½ cup (375 g) potatoes, peeled and diced
- 1 tsp. (5 g) ginger, minced

flavour note

The two most common types of clam chowder are Manhattan and New England. Manhattan clam chowder uses tomatoes, while New England clam chowder calls for milk or cream. It is simply a matter of taste as to which one you choose!

method

1. Put the onions, garlic, ginger and clarified butter (or extra virgin olive oil) into a heavy pot, sauté on low heat for 2 minutes.
2. Add the celery and thyme. Cook for 3 minutes, stirring occasionally.
4. Sprinkle flour on top of the vegetables. Pour the water and clam juice in slowly and use a whisk to break up any large clumps of flour.
5. Add the potatoes and then turn up heat to medium/high until mixture comes to a boil. Boil for 10 minutes before turning down heat.
6. Add the Ontario greenhouse tomatoes. Simmer and cover for 20 minutes or until the potatoes are cooked completely.
7. Put clams and wine in a large lidded pot and steam until the shellfish open up. Reserve the wine and clam juice. Discard any unopened shellfish.
8. Take the shellfish out of the pot and reserve a few for garnish. Add the clam meat and cooking liquid to the soup and cook for another 5 minutes.
9. Season with Worcestershire sauce, salt and pepper.

Nutritional Facts per serving (517 g): Calories 280
 Fat 4.5 g (7 %), Saturated Fat 2.5 g + Trans Fat 0 g (13 %), Cholesterol 35 mg,
 Sodium 340 mg (14 %), Carbohydrate 31 g (10 %), Fibre 3 g (12 %), Sugars 6 g,
 Protein 13 g, Vit A (20 %), Vit C (45 %), Calcium (8 %), Iron (80 %).
 % = % Daily Value

cucumber grape gazpacho

Serves 8

ingredients

- 2 lbs. (908 g) seedless green grapes
- 1 Ontario greenhouse cucumber, peeled, seeded and chopped
- 2 tbsp. (30 g) fresh dill
- 6 green onions, green and white parts minced
- 1 cup (250 ml) plain yogurt
- 2 tbsp. (30 g) cream cheese
- 4 cups (1 L) heavy cream
- ¼ cup (63 ml) rice wine vinegar
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 bunch of chives, chopped
- Salt and pepper to taste

method

1. Place the first nine ingredients into a food processor until well blended. Add salt and pepper to taste.
2. Refrigerate the soup for 1 hour. Serve in chilled soup bowls and garnish with chives, toasted almonds or dill sprigs.

flavour note

Adding a ½ cup (125 ml) of toasted slivered almonds gives a nice crunch and delightful finish to the soup.



CUCUMBER GRAPE GAZPACHO

Nutritional Facts per serving (352 g): Calories 570
Fat 49 g (75 %), Saturated Fat 27 g + Trans Fat 0 g (135 %), Cholesterol 155 mg,
Sodium 180 mg (8 %), Carbohydrate 34 g (11 %), Fibre 3 g (12%), Sugars 24 g,
Protein 7 g, Vit A (8 %), Vit C (40 %), Calcium (15 %), Iron (8 %).
% = % Daily Value

heated chilled bell pepper soup



HEATED CHILLED BELL PEPPER SOUP

Nutritional Facts per serving (642 g): Calories 380
Fat 27 g (42 %), Saturated Fat 6 g + Trans Fat 0 g (30 %), Cholesterol 15 mg,
Sodium 210 mg (9 %), Carbohydrate 32 g (11 %), Fibre 5 g (20%), Sugars 15 g,
Protein 8 g, Vit A (20 %), Vit C (530 %), Calcium (8 %), Iron (15 %).
% = % Daily Value

Serves 4

ingredients

- 4 medium Ontario greenhouse bell peppers (red, yellow or orange)
- 2 pounds (908 g) Ontario greenhouse tomatoes
- 1 sweet onion, chopped
- 2 Scotch Bonnet chilies, finely chopped, stems and seeds discarded
- $\frac{1}{4}$ cup and 2 tbsp. (93 ml) extra virgin olive oil
- 2 cups (500 ml) chicken stock
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup (125 ml) cream
- Salt and white pepper to taste

method

1. Coat the Ontario greenhouse bell peppers with a thin layer of olive oil.
2. On high heat, roast bell peppers on gas burner racks or on a barbeque until skins are black.
3. Transfer to a medium bowl, cover and chill. Cut in half, remove black skin and discard the stem and seeds.
4. Bring water to a boil. Score the bottom of Ontario greenhouse tomatoes, reduce heat and blanch the tomatoes in simmering water for about 30 seconds, then place in an ice bath.
5. Peel and chop the tomatoes. Reserve the juices.
6. In a 4 quart saucepan over medium heat, add 1 tbsp. (15 ml) of oil, onions, garlic, chilies, 1 tsp. (5 g) salt and $\frac{1}{4}$ tsp. (2 g) pepper. Sauté for 10 minutes. Add the tomatoes, the tomato juice, bell peppers, broth and $\frac{1}{4}$ tsp. (2 g) salt. Cover and simmer for 5 minutes.
7. Purée soup in a blender, then strain. Add cream and season with salt and white pepper to taste.
8. Chill the soup and serve.



SAFFRON YELLOW BELL PEPPER SOUP



saffron yellow bell pepper soup

Serves 4

ingredients

- 4 large Ontario greenhouse yellow bell peppers, roasted, peeled and seeded*
- 1 tbsp. (15 g) butter
- 1 white onion, diced
- ¼ cup (63 ml) vegetable oil
- 1 garlic clove, minced
- 2 cups (500 ml) chicken stock
- 1 large carrot, sliced
- 1 small jalapeño
- ¼ tsp. (3 g) saffron threads
- 1 cup (250 ml) half and half cream
- Salt and white pepper to taste

method

1. In a large sauce pan, melt the butter over medium heat, then add garlic and onions.
2. Sauté for 5 minutes.
3. Stir in the stock, carrot, roasted Ontario greenhouse yellow bell peppers and jalapeño pepper. Crumble in saffron.
4. Bring stock to a boil and reduce heat to a simmer. Cover for 20 minutes or until vegetables are tender.
5. Purée in food processor until mixture is smooth. Strain, add cream and season to taste.
6. Serve immediately with sprigs of cilantro.

* See page 31 for roasting method.

chef's trick

To obtain an even colour with saffron, soak the threads in hot liquid for 15 minutes before adding another ingredient.



Nutritional Facts per serving (660 g): Calories 300
 Fat 14 g (22 %), Saturated Fat 7 g + Trans Fat 0.2 g (36 %), Cholesterol 35 mg,
 Sodium 580 mg (24 %), Carbohydrate 32 g (11 %), Fibre 3 g (12%), Sugars 8 g,
 Protein 13 g, Vit A (30 %), Vit C (580 %), Calcium (10 %), Iron (15 %).
 % = % Daily Value



TOMATO CORN & BASIL SOUP



tomato corn & basil soup

Serves 4

ingredients

- 1 cup (250 g) onions, finely chopped
- 2 tbsp. (30 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 2 lbs. (908 g) Ontario greenhouse tomatoes, diced
- 1 cup (250 ml) water or chicken stock
- 3 cups (750 g) fresh corn kernels
- 1 cup (250 g) fresh basil, chopped
- Salt and pepper to taste

method

1. Sauté onions in olive oil in a saucepan over medium/high heat until lightly browned. Add the garlic and sauté for 1 minute, stirring constantly.
2. Pour in the Ontario greenhouse tomatoes and cook, stirring occasionally until they give up their juices.
3. Cover and continue to cook for 5 more minutes.
4. Add the water or chicken stock and corn to the mixture and cook until the corn is soft and the kernels lose their raw taste.
5. Season with salt and pepper and add in the fresh basil. Mix well. Remove from heat and serve.



quick tip

Basil is believed to be antispasmodic, anti-septic and stomachic. It is said to help fight migraines, digestive problems and insomnia.

Nutritional Facts per serving (463 g): Calories 240
Fat 10 g (15 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 0 mg,
Sodium 190 mg (8 %), Carbohydrate 38 g (13 %), Fibre 7 g (28%), Sugars 12 g,
Protein 8 g, Vit A (25 %), Vit C (70 %), Calcium (6 %), Iron (15 %)
% = % Daily Value



A'S SPICY RIB DINNER



A's spicy rib dinner

Serves 4

ingredients

- 2 racks of baby back ribs
- 2/3 cups (158 ml) soy sauce
- Juice and grated zest of one orange, lemon and lime
- 1 tbsp. (15 g) fresh ginger, minced
- 2 cloves garlic, minced
- 1 tbsp. (15 g) sweet paprika
- 2 tsp. (10 g) each of Szechuan peppercorns, coriander seeds, cumin seeds and mustard seeds
- ½ tsp. (3 g) cayenne pepper
- 2 tsp. (10 g) brown sugar
- 2 tsp. (10 g) salt

method for ribs

1. Combine the soy sauce, citrus juice, zest, ginger and garlic in a blender and process to a smooth paste.
2. Spread the paste over both sides of the ribs and marinate in a refrigerator for 7 hours.
3. Combine the dry spices in a blender and grind to a fine powder.
4. Remove the ribs from the marinade and blot dry with paper towels.
5. Preheat oven to 200°F/93°C.
6. Rub spice mix on both sides of ribs.
7. Place the ribs in a pan with the orange juice and braise for 6 - 8 hours.
8. Preheat the grill to a medium/high heat.
9. Place the ribs on the grill and glaze with the roasted tomato ginger BBQ sauce.

flavour note

For added flavour, toast the spices over medium heat on a dry skillet until fragrant (about 3 minutes).

ingredients

- 2 oz. (336 g) Ontario greenhouse ripe tomatoes, seeded
- 1 tbsp. (15 g) ginger, minced
- Dash of lemon zest
- 1 hot chili, seeded
- 2 green onions, both white and green parts finely chopped
- 1 clove of minced garlic
- 2 tbsp. (30 ml) soy sauce
- 2 tbsp. (30 ml) sweet sauce
- 2 tbsp. (30 ml) honey
- 1 tbsp. (15 ml) rice vinegar
- 2 tsp. (10 ml) fresh lemon juice
- ½ cup (125 g) brown sugar
- 4 tbsp. (60 g) mustard

method for the roasted tomato ginger BBQ sauce

1. Preheat oven to 350°F/149°C.
2. Arrange the Ontario greenhouse tomatoes on a baking sheet and sprinkle with brown sugar. Roast the tomatoes for 1.5 hours.
3. Put all ingredients in blender and process until smooth.

Nutritional Facts per serving (185 g): Calories 600
Fat 43 g (66 %), Saturated Fat 17 g + Trans Fat 0.4 g (87 %), Cholesterol 180 mg,
Sodium 1110 mg (46 %), Carbohydrate 2 g (1 %), Fibre 0 g (0 %), Sugars 1 g,
Protein 47 g, Vit A (2 %), Vit C (10 %), Calcium (6 %), Iron (15 %).
% = % Daily Value



BUTTER BRAISED ATLANTIC LOBSTER WITH LOBSTER BISQUE & MASCARPONE RISOTTO



butter braised atlantic lobster with lobster bisque & mascarpone risotto

Serves 4

ingredients

- 4x1 pound (454 g) whole lobsters
- 1/3 cup (83 ml) white wine vinegar
- 3 tbsp. (45 ml) coarse sea salt
- 4 cups (2 quarts) water
- 2 ½ cups (625 ml) Beurre Monte
- 1/3 cup (83 ml) grape seed oil
- 2 lobster carcasses
- 1 cup Ontario greenhouse tomatoes, chopped
- 1/3 cup (83 ml) each of carrots, celery and onion, finely chopped
- 4 fresh tarragon sprigs
- 2 cups (500 ml) heavy cream
- 2 cups (500 ml) cooked risotto
- 2 tbsp. (30 g) mascarpone cheese

method lobster

1. Combine water, white wine vinegar, and sea salt. Bring to a boil.
2. Cook each lobster separately by submersing each lobster into boiling water for 2 minutes, then immerse the lobsters in an ice bath and allow to rest.
3. Remove the meat from the tail and claws. Reserve the carcass for the bisque.

method bisque

1. Heat the oil in a large stock pot over medium heat. Place the lobster carcasses in the pot and cook over medium heat for 10 minutes.
2. Add the Ontario greenhouse tomatoes, carrots, celery and onion and sauté over medium heat for 3 - 4 minutes. Add the tarragon and water to cover the shells and bring to a simmer.
3. Continue to simmer for 1 hour while skimming the foam off the top of the stock.

4. Strain stock through a fine mesh sieve, crushing the lobster carcasses with a wooden spoon to extract as much liquid as possible. Once strained, place pot on stove and reduce stock further by 1/3.
5. Add cream and reduce to approximately 3 cups (750 ml). Season with salt and pepper.
6. Place the Beurre Monte over medium heat (be careful not to boil as it will separate).
7. Heat the lobster meat in the butter for 5 minutes until warmed through.
8. Place the lobster bisque in a sauce pan, bring to a simmer and reduce by half.
9. Add the cooked risotto (*see page 69 for basic risotto recipe*) and mascarpone cheese and season to taste with salt and white pepper. Simmer for another 2 minutes.
10. Remove from heat and keep warm.
11. To serve, divide the risotto among 4 serving bowls, top off with cooked lobster meat and drizzle a little Beurre Monte over the lobster.

ingredients

- 1 pound (454 g) unsalted butter
- 1 tbsp. (15 ml) water

method for beurre monte

1. Cut butter into small cubes and let sit until butter is at room temperature.
2. In a small sauce pan warm the water at low/medium heat.
3. When the water begins to steam, whisk in the butter cubes, one at a time until the sauce has emulsified.
4. Keep sauce in a warm place until ready to serve.

Nutritional Facts per serving (528 g): Calories 1150
 Fat 92 g (142 %), Saturated Fat 47 g + Trans Fat 1.5 g (242 %), Cholesterol 315 mg,
 Sodium 690 mg (29 %), Carbohydrate 49 g (16 %), Fibre 2 g (8 %), Sugars 5 g,
 Protein 33 g, Vit A (25 %), Vit C (15 %), Calcium (20 %), Iron (15 %).
 % = % Daily Value



CEDAR PLANKED SALMON WITH CUCUMBER NOODLES



cedar planked salmon with cucumber noodles

Serves 4

ingredients

- 1 cedar plank 6x14 inches
- 2 salmon fillets, 1 ½ pound (680 g) total
- 6 tbsp. (90 ml) dijon mustard
- 6 tbsp. (90 g) brown sugar
- Salt and ground pepper to taste

method for salmon

1. Soak the cedar plank in salted water, then drain.
2. Remove skin from salmon fillets.
3. Rinse salmon under cold water and pat dry with paper towel.
4. Generously season both sides of the salmon with salt and pepper.
5. Lay the salmon skin side down on the cedar plank.
6. Spread mustard on the salmon fillets.
7. Generously sprinkle the brown sugar over the mustard.
8. Set half the barbecue grill on medium/high heat.
9. Place the cedar plank salmon on the grill away from the heat, cover the grill and cook 20 - 30 minutes until cooked through. Internal temperature should read 275°F/135°C.
10. Serve with a side of cucumber noodles.

quick tip

You can purchase reusable cedar planks or thin one-time versions at cookware and grill stores or simply go to a lumberyard and ask to have untreated cedar board cut into lengths long enough for a salmon fillet.

ingredients

- 3 seedless Ontario greenhouse cucumbers, peeled
- 2 tbsp. (30 g) unsalted butter
- 2 tbsp. (30 g) mint, finely chopped
- ½ tsp. (3 g) salt
- ¼ tsp. (2 g) black pepper
- ½ tsp. (2 g) lemon zest
- 1 tsp. (5 ml) fresh lemon juice

method for cucumber noodles

1. Cut each cucumber into long 1/8 inch julienne strips. Slice until the core is reached, then rotate in ¼ turns, slicing until nothing is left but the core.
2. Blanch cucumber noodles in boiling salted water for 1 minute, and then drain in a colander. Immerse noodles into a large bowl of ice water to stop the cooking process.
3. Drain cucumber noodles and transfer to a clean kitchen towel to pat dry.
4. Heat butter in a heavy skillet on moderate heat until foam subsides.
5. Cook cucumber noodles, zest, lemon juice, salt and pepper. Toss the noodles to mix well. Serve immediately.

Nutritional Facts per serving (359 g): Calories 380
Fat 13 g (20 %), Saturated Fat 5 g + Trans Fat 0.3 g (27 %), Cholesterol 100 mg,
Sodium 930 mg (39 %), Carbohydrate 29 g (10 %), Fibre 1 g (4 %), Sugars 22 g,
Protein 37 g, Vit A (0 %), Vit C (15 %), Calcium (10 %), Iron (15 %).
% = % Daily Value



CHARRED SIRLOIN WITH SOY, GARLIC & CORIANDER WITH ZESTY CUCUMBER SALAD



charred sirloin with soy, garlic & coriander with zesty cucumber salad

Serves 4

ingredients

- ½ cup (125 ml) light soy sauce
- ¼ cup (65 ml) regular soy sauce
- ½ cup (125 ml) dark soy sauce
- 1 fresh green Thai chili, halved
- 1 fresh red Thai chili, halved
- 3 dried Thai chilies, seeded and crushed
- 1 ½ tbsp. (25 g) coriander seeds, toasted and crushed
- ¼ cup (65 ml) bourbon
- ¼ cup (65 g) fresh cilantro, crushed
- ¼ cup (65 g) fresh Thai basil, crushed
- ¼ cup (65 g) fresh mint leaves, crushed
- 4x8 oz. (225 g) sirloin or rib eye steaks, 1 inch thick at room temperature
- 2 tsp. (10 g) garlic salt
- ¼ cup (65 g) unsalted butter
- 10 oz. (284 g) fresh spinach leaves
- Salt to taste

method for charred sirloin

1. Combine the first 8 ingredients into a medium sauce pan and set over high heat. Bring to a boil, then immediately remove from heat and add the cilantro, basil and mint.
2. Stir well. Set aside to cool uncovered until mixture reaches room temperature.
3. Purée in a blender, then strain through a fine mesh sieve. Set aside extracted liquid.
4. Set grill to high heat for 10 minutes.
5. Before placing the steaks on the grill, brush the steaks liberally with the cooled soy sauce. Reserve any leftover sauce.
6. For a medium rare steak, grill the first side of the steak for 5 minutes, flip the steak and cover for an additional 5 minutes.

7. Remove the steak and let rest.
8. In a large skillet, melt the butter over medium high heat and then add the spinach. Season with salt.
9. Stir occasionally until almost wilted.
10. Stir in toasted sesame seeds and divide the spinach evenly onto 4 plates.
11. Serve the steaks over a bed of spinach, then brush each steak with the remaining sauce.

ingredients

- 1 tbsp. (15 g) white toasted sesame seeds
- 2 Ontario greenhouse cucumbers, peeled, seeded and diced
- ¼ cup (65 ml) rice wine vinegar
- ½ cup (125 g) sweet onion, diced
- ¼ tsp. (3 g) garlic, chopped
- ¼ tsp. (3 g) sugar
- 4 radishes, thinly sliced
- Salt and pepper to taste

method for zesty cucumber salad

1. In a glass bowl, mix together the cucumber, sweet onions, sugar, radishes, vinegar, any reserved chopped coriander, salt and pepper. Stand at room temperature for 5 minutes or make ahead and refrigerate overnight.
2. Serve the cucumber salad with the steak.

Nutritional Facts per serving (423 g): Calories 470
Fat 23 g (35 %), Saturated Fat 12 g + Trans Fat 1 g (65 %), Cholesterol 140 mg,
Sodium 1630 mg (68 %), Carbohydrate 9 g (3 %), Fibre 4 g (16 %), Sugars 3 g,
Protein 52 g, Vit A (70 %), Vit C (45 %), Calcium (15 %), Iron (70 %).
% = % Daily Value



CHICKEN ADOBO WITH CUCUMBER VINEGAR SAUCE



chicken adobo with cucumber vinegar sauce

Serves 4

ingredients

- 1 ½ cup (375 ml) rice vinegar
- 1 cup (250 ml) coconut milk
- ¼ cup (63 ml) soy sauce
- 12 garlic cloves, peeled and minced
- 3 bay leaves
- 1 ½ tsp. (8 g) ground black pepper
- 3 ½ pounds (1.4 kg) whole chicken, quartered and cut into pieces
- Steamed jasmine rice for a side

method for chicken adobo

1. In a resealable plastic bag, combine rice vinegar, coconut milk, soy sauce, garlic, bay leaves and ground pepper.
2. Add the chicken pieces and turn to coat the marinade.
3. Refrigerate for at least 2 hours or overnight.
4. In a large Dutch oven, heat the chicken with marinade over high heat and bring to a boil.
5. Reduce the heat to a simmer until chicken is cooked, stirring occasionally to coat chicken with the marinade.
6. Transfer the chicken pieces to a large serving platter. Serve with steamed jasmine rice and cucumber vinegar sauce.

ingredients

- 1 cup (250 ml) white vinegar
- 6 tbsp. (90 g) super fine sugar
- 2 tsp. (10 g) sambal oelek (red chilies ground with salt)
- 1 tbsp. (15 g) cilantro, finely chopped
- 2 tbsp. (30 g) Ontario greenhouse cucumbers, peeled, seeded and finely chopped

method for cucumber vinegar sauce

1. In a small pan over medium heat, combine the white vinegar, sugar, and the sambal oelek.
2. Gently heat the mix until the sugar is dissolved and the chili paste is thoroughly mixed.
3. Remove the mixture from the heat and pour into a bowl to cool.
4. Once the mixture is cool, stir in the cilantro and cucumber and serve immediately.

flavour note

Adobo refers to a large family of marinated meat dishes throughout the Spanish speaking world. It usually consists of vinegar, garlic, salt and pepper.

Nutritional Facts per serving (526 g): Calories 780
Fat 38 g (58 %), Saturated Fat 18 g + Trans Fat 0 g (90 %), Cholesterol 165 mg,
Sodium 1090 mg (45 %), Carbohydrate 50 g (17 %), Fibre 2 g (8 %), Sugars 19 g,
Protein 58 g, Vit A (15 %), Vit C (8 %), Calcium (6 %), Iron (35 %).
% = % Daily Value



CHIPOTLE MARINATED GRILLED RIB EYE & CREAMY ONTARIO GREENHOUSE CUCUMBER SLAW



chipotle marinated grilled rib eye & creamy ontario greenhouse cucumber slaw

Serves 4

ingredients

- 4 limes, juiced
- 3 chipotles in adobo sauce
- 3 tbsp. (45 g) brown sugar
- 1 cup (250 ml) olive oil
- 2x16 oz. (450 g) rib eye steaks, 1 inch thick
- 8 oz. (225 g) creamy Ontario greenhouse cucumber slaw
- Kosher salt to taste

method for grilled rib eye

1. In a blender, combine lime juice, chipotles and brown sugar. Blend until smooth, then add the olive oil and blend until ingredients are frothy (4 to 6 minutes).
2. Place the steaks in a large glass baking dish and pour half the chipotle marinade over the steaks, then turn steaks. Cover with plastic wrap, refrigerate and let sit for at least 2 hours or overnight. Refrigerate the remaining marinade separately.
3. Remove the steaks and the remaining marinade from the refrigerator 30 minutes prior to grilling.
4. Preheat the grill to high.
5. Remove the steaks from the marinade and season with salt and pepper on both sides.
6. Place steaks on the grill for 5 minutes. Flip steaks and cover for an additional 5 minutes for a medium rare steak.
7. Transfer the steaks onto a cutting board and let rest for 5 minutes.
8. Cut the steaks in half, drizzle with the remaining marinade and serve with the cucumber slaw.

quick tip

Chipotles are smoked jalapeño peppers. They generally come two ways, in a can with adobo sauce or simply dried.

ingredients

- 1 cup (250 ml) plain yogurt
- 1 cup (250 g) Ontario greenhouse cucumbers, seeded and cut into julienne strips
- 3 tbsp. (45 g) fresh dill
- Salt and pepper to taste

method for creamy ontario greenhouse cucumber slaw

1. Put the julienne cucumber strips into a strainer and add salt to drain excess water.
2. Mix with yogurt and dill. Season to taste with salt and pepper.



Nutritional Facts per serving (248 g): Calories 620
 Fat 45 g (69 %), Saturated Fat 15 g + Trans Fat 1 g (80 %), Cholesterol 115 mg,
 Sodium 740 mg (31 %), Carbohydrate 8 g (3 %), Fibre 0 g (0%), Sugars 6 g,
 Protein 45 g, Vit A (2 %), Vit C (10 %), Calcium (2 %), Iron (40 %).
 % = % Daily Value



GRILLED HALIBUT WITH GRILLED BELL PEPPER AND PARSLEY ANCHOVY RELISH



grilled halibut with grilled bell pepper and parsley anchovy relish

Serves 4

ingredients

- 4x6 oz. (168 g) skinless halibut fillets
- Olive oil
- Salt and pepper to taste

method for grilled halibut

1. Heat the grill to high.
2. Brush both sides of the halibut with olive oil and season with salt and pepper.
3. Put the fish on the grill with skin side up. Grill the fish until lightly browned and firm on the bottom, (4 minutes). Turn the fish over, reduce the heat to medium and cook for an additional 2 - 3 minutes.
4. Remove the fish and place on serving plates. Top each piece with spoonfuls of parsley anchovy relish.

chef's trick

Halibut can be grilled or poached in red or white wine, but it is important not to overpower its delicate flavour.

ingredients

- 2 Ontario greenhouse red peppers, roasted, peeled, seeded and coarsely chopped*
- 2 Ontario greenhouse yellow peppers, roasted, peeled, seeded and coarsely chopped*
- 2 cloves garlic
- 8 white anchovies, coarsely chopped
- ½ cup (125 ml) extra virgin olive oil
- 3 tbsp. (45 ml) red wine vinegar
- ¼ cup (63 g) fresh parsley, chopped
- 1 tbsp. (15 g) fresh oregano, chopped

method for grilled bell pepper and parsley anchovy relish

1. In a bowl, combine the peppers, garlic, extra virgin olive oil, vinegar, parsley, oregano and anchovies. Season with salt and pepper. Set aside and let rest at room temperature for 30 minutes.

** See page 31 for roasting method.*

Nutritional Facts per serving (311g): Calories 250
 Fat 5 g (8 %), Saturated Fat 1 g + Trans Fat 0 g (5 %), Cholesterol 60 mg,
 Sodium 390 mg (16 %), Carbohydrate 10 g (3 %), Fibre 2 g (8%), Sugars 3 g,
 Protein 39 g, Vit A (4 %), Vit C (480 %), Calcium (10 %), Iron (20 %).
 % = % Daily Value





GRILLED SALMON WITH TOMATO CAPER VINAIGRETTE



grilled salmon with tomato caper vinaigrette

Serves 4

ingredients

- 3 ripe Ontario greenhouse beefsteak tomatoes, cored, seeded and diced
- ¼ cup (63 g) red onion, finely chopped
- 2 tbsp. (30 g) capers, drained
- ¼ cup (125 ml) aged sherry vinegar
- ½ cup (250 ml) extra virgin olive oil
- 2 tsp. (10 g) fresh thyme, finely chopped
- 2 tbsp. (30 g) fresh basil, chopped
- 4x8 oz. (224 g) salmon fillets, 1 inch thick with the skin
- Canola oil to brush salmon
- Salt and pepper to taste

quick tip

Salmon spoils quickly because the flesh is so fatty. Keep refrigerated for no longer than 3 days.



method

1. Mix the first 7 ingredients in a medium bowl and season with salt and pepper.
2. Let the mixture sit at room temperature for 30 minutes. This is the tomato caper vinaigrette.
3. Heat the grill to medium/high.
4. Brush the fish with oil on both sides and season with salt and pepper.
5. Grill the salmon skin side down until the skin is lightly charred and crisp.
6. Turn the fillets over, reduce the heat to medium and cook until cooked through, but not falling apart.
7. Move the fish to the serving plates and spoon the tomato caper vinaigrette over each fillet. Serve immediately.

Nutritional Facts per serving (400 g): Calories 570
Fat 37 g (57 %), Saturated Fat 6 g + Trans Fat 0 g (30 %), Cholesterol 110 mg,
Sodium 340 mg (14 %), Carbohydrate 9 g (3 %), Fibre 2 g (8 %), Sugars 4 g,
Protein 49 g, Vit A (10 %), Vit C (35 %), Calcium (10 %), Iron (15 %).
% = % Daily Value



GRILLED VEAL CHOP WITH GARLIC AND BAKED TOMATOES



grilled veal chop with garlic and baked tomatoes

Serves 2

ingredients

- ½ cup (125 ml) of extra virgin olive oil, plus extra for brushing
- 6 cloves of garlic, finely chopped
- 8 sprigs of fresh thyme
- 2x12 oz. (336 g) veal chops
- Salt and freshly ground pepper to taste

method for grilled veal chop

1. Combine the oil, garlic and thyme in a shallow dish and add the veal chops. Turn to coat, cover and refrigerate for one hour.
2. Remove the veal chop from the refrigerator 20 minutes before grilling.
3. Preheat the grill to high and season the veal chops on both sides with salt and pepper.
4. Grill the veal chops until lightly charred (4-5 minutes).
5. Turn the veal chops over and reduce the heat to medium. Grill until cooked through.
6. Serve immediately and place each chop with 2 baked tomatoes on each plate.

ingredients

- 4 Ontario greenhouse tomatoes cut cross wise and halved
- 1 cup (250 g) 3-year-old cheddar
- 1 cup (250 g) walnut pieces
- 2 cups (500 g) cilantro leaves
- 1 jalapeño pepper, seeded and chopped
- ½ tsp. (3 g) salt
- 1 tbsp. (15 ml) cider vinegar
- ¼ cup (63 ml) water

method for baked tomatoes

1. To make the pesto sauce, combine the walnuts, cilantro, salt, pepper, vinegar and water in a food processor and blend.
2. Cut the Ontario greenhouse tomatoes in half and seed.
3. Spread the pesto within each of the tomato cavities and top with cheese.
4. Place the tomatoes in a preheated oven at 375°F/191°C for 10 minutes.
5. Serve immediately.

quick tip

Tomatoes are an excellent source of vitamin A, vitamin C, folacin, thiamine, magnesium and potassium.

Nutritional Facts per serving (737 g): Calories 1150
Fat 77 g (118 %), Saturated Fat 19 g + Trans Fat 0.3 g (97 %), Cholesterol 260 mg,
Sodium 1040 mg (43 %), Carbohydrate 24 g (8 %), Fibre 9 g (36 %), Sugars 12 g,
Protein 96 g, Vit A (30 %), Vit C (90 %), Calcium (45 %), Iron (50 %).
% = % Daily Value



ONTARIO GREENHOUSE TOMATO BASIL & RICOTTA RISOTTO



ontario greenhouse tomato basil & ricotta risotto

Serves 4

ingredients

- 4 Ontario greenhouse heirloom tomatoes, seeds and flesh removed - roughly chopped
- 2 tbsp. (30 ml) red wine vinegar
- 1 cup (250 ml) virgin olive oil
- 9 oz. (255 g) crumbly ricotta cheese
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 dried chili, crumbled
- 1 tsp. (5 g) dried oregano
- 7 tbsp. (105 g) salted butter
- 1 - 2 handfuls of freshly grated Parmesan cheese plus a block for grating
- 1 large bunch of fresh basil leaves
- Salt and pepper to taste

method for the tomato basil mixture & ricotta cheese bake

1. Preheat the oven to 350°F/177°C.
2. Marinate the tomatoes in the red wine vinegar, olive oil and a dash of salt and pepper.
3. Place ricotta in a small baking pan, rub the cheese with extra virgin olive oil and sprinkle the dried chili and oregano over the cheese, season it with salt and pepper and place in the preheated oven for 10 minutes, until golden brown.

ingredients for ontario greenhouse risotto

- 4 tbsp. (60 g) butter
- 2 tbsp. (30 ml) olive oil
- 1 medium sized onion, thinly sliced and cubed
- 12 oz. (225 g) risotto
- 4 cups (1 L) vegetable or chicken stock



method for ontario greenhouse risotto

1. Brown the onion in the olive oil in a medium-sized saucepan until golden brown.
2. On medium heat add the risotto and stir with a wooden spoon for a few minutes.
3. Pour in 3 cups of stock until the rice is completely covered. Cook on medium heat.
4. As the rice absorbs the stock add in $\frac{3}{4}$ of the tomato basil mixture and the remainder of the stock, bring to a gentle boil until the rice is cooked. Stirring all the time until rice mixture is creamy and oozy. The overall texture should be slightly loose.
5. Turn off heat, beat in the butter and Parmesan cheese, tear up the large basil leaves and place into mixture leaving the smaller leaves for garnishing.
6. Add salt and pepper to taste.
7. Stir in baked ricotta and remainder of tomato basil mixture; put a lid on the pan to rest, 5 minutes.
8. Prior to serving, garnish with remaining basil leaves, sprinkle Parmesan cheese and drizzle with a little extra virgin olive oil.

Nutrition Facts per serving (1180 g): Calories 1530 Fat 109 g (168 %), Saturated Fat 36 g + Trans Fat 2 g (190 %), Cholesterol 135 mg, Sodium 1520 mg (63 %), Carbohydrate 107 g (36 %), Fibre 4 g (16%), Sugars 17 g, Protein 37 g, Vit A (25 %), Vit C (50 %), Calcium (35 %), Iron (25 %).% = % Daily Value



OSSO BUCO AI PIGNOLI



osso buco ai pignoli

(osso buco with toasted pine nut gremolata)

Serves 4

ingredients

- 4x4 lb. (1.8 kg) 3 inch thick veal shanks
- 6 tbsp. (90 ml) extra virgin olive oil
- 1 medium carrot, sliced into ¼ inch rounds
- ½ cup (125 g) Ontario greenhouse red peppers, finely diced
- ½ cup (125 g) green peppers, finely diced
- 1 small Spanish onion, chopped into ½ inch dice
- 1 celery stalk, sliced into ¼ inch thick pieces
- 2 tbsp. (30 g) fresh thyme leaves, chopped
- 2 cups (500 ml) basic tomato sauce
- 2 cups (500 ml) chicken stock, plus additional stock if necessary
- 2 cups (500 ml) dry white wine
- Gremolata
- Salt and freshly ground black pepper to taste

method for osso buco

1. Preheat the oven to 375°F/190°C. Season the shanks with salt and black pepper to taste. In a heavy bottomed 6 to 8 quart oven safe pan, heat the olive oil until smoking. Place the shanks in the pan and brown all over, turning to get every surface for 12 to 15 minutes. Remove the shanks and set aside.

2. Reduce the heat to medium, add the carrot, onion, celery, bell peppers and thyme leaves. Cook, stirring regularly until golden brown and slightly softened for 8 to 10 minutes. Add the tomato sauce, chicken stock, and wine and bring to a boil.
3. Return the shanks back to the pan. If sauce doesn't come halfway up the shanks, add more stock.
4. Cover the pan with a tight lid (if it doesn't have a lid, cover it tightly with aluminum foil).
5. Cook in the oven until the meat is nearly falling off the bone (2 to 2 ½ hours). Remove the pan from the oven and let stand for 10 minutes before serving with Gremolata.

ingredients for gremolata

- ¼ cup (63 g) finely chopped parsley
- ¼ cup (63 g) pine nuts, toasted
- Zest of one lemon

method for gremolata

1. Mix the parsley, pine nuts, and lemon zest loosely in a small bowl. Set aside until ready to serve.

Nutritional Facts per serving (686 g): Calories 900
Fat 46 g (71 %), Saturated Fat 12 g + Trans Fat 0 g (60 %), Cholesterol 335 mg,
Sodium 950 mg (40 %), Carbohydrate 19 g (6 %), Fibre 3 g (12 %), Sugars 8 g,
Protein 81 g, Vit A (15 %), Vit C (90 %), Calcium (8 %), Iron (35 %).
% = % Daily Value



PAN FRIED LAKE ERIE PICKEREL WITH ROMESCO SAUCE



pan fried lake erie pickerel with romesco sauce

Serves 4

ingredients

- ¼ cup (63 g) all purpose flour
- 4 Lake Erie pickerel fillets
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 tbsp. (15 g) lemon zest
- 1 tbsp. (15 g) fresh parsley
- Salt and pepper to taste

method for pickerel

1. Place flour, salt and pepper in a shallow bowl. Dredge fish one piece at a time in flour. Shake off any excess. In a medium size pan, heat oil over medium/high heat. Add fillets and sprinkle with salt, pepper and lemon zest.
2. Cook for 3 minutes on each side.
3. Transfer to serving plates and garnish with fresh parsley and keep warm.

quick tip

Pickerel can be cooked whole or in fillets. It is often poached, steamed or prepared “à la meunière,” meaning lightly floured and fried in butter.

ingredients

- 3 ripe Ontario greenhouse tomatoes, finely chopped
- 2 Ontario greenhouse yellow peppers, roasted, peeled and sliced*
- 4 cloves of garlic, peeled
- 6 tbsp. (50 g) toasted pine nuts
- 2 dried ancho chilies, seeded and diced
- 2 tbsp. (30 ml) white wine vinegar
- 1 cup (250 ml) extra virgin olive oil
- ½ cup (125 ml) 35% cream

method for romesco sauce

1. In a food processor, combine the tomatoes, peppers, garlic, pine nuts, chili peppers and vinegar.
2. Slowly add the extra virgin olive oil until blended.
3. Pour into a medium size skillet over medium heat and reduce to half.
4. Over medium heat, strain the sauce into a clean pan. Slowly add the cream and reduce to 1/3.
5. Season to taste and serve over the Lake Erie pickerel.

* See page 31 for roasting method.

Nutritional Facts per serving (536 g): Calories 1010
 Fat 84 g (129 %), Saturated Fat 17 g + Trans Fat 0 g (85 %), Cholesterol 235 mg,
 Sodium 150 mg (6 %), Carbohydrate 23 g (8 %), Fibre 6 g (24 %), Sugars 4 g,
 Protein 49 g, Vit A (30 %), Vit C (320 %), Calcium (30 %), Iron (40 %).
 % = % Daily Value



ROASTED LEG OF LAMB MARINATED IN RED CHILI, CITRUS & THYME WITH CUCUMBER RELISH



roasted leg of lamb marinated in red chili, citrus & thyme with cucumber relish

Serves 6

ingredients

- 2 dried ancho chilies, stems removed and seeded
- 2 dried New Mexico chilies, stems removed and seeded
- 3 cups (750 ml) of orange juice
- ½ cup (125 ml) fresh lime juice
- 1 small red onion, coarsely chopped
- 3 cloves garlic, chopped
- 2 tbsp. (30 g) fresh thyme, chopped
- 1 leg of lamb
- 4 oranges
- Mild vegetable oil
- Salt and pepper to taste

method for roasted leg of lamb

1. Coarsely chop chilies. Place in blender with orange and lime juices. Blend until smooth. Add garlic, onion and thyme and blend until smooth. Season to taste with salt and pepper.
2. Place the lamb in a large dish. Pour the marinade over it and turn to coat. Cover and refrigerate for at least 4 hours or overnight. Remove from the fridge 30 minutes before grilling.
3. Heat the grill to medium/high.
4. Remove the lamb from the marinade and season all over with salt and pepper. Sear the lamb until brown on the grill.
5. Preheat oven to 360°F/182°C.
6. Place lamb onto a vegetable oil greased baking pan.
7. For medium rare, cook your lamb until it reaches an internal temperature between 140 - 150°F/60°C - 65°C on an instant read thermometer.

8. Remove lamb and let rest for 10 minutes, while resting brush the lamb with the drippings from the baking pan.
9. Slice the lamb into 4 portions and garnish with orange halves.

ingredients

- 3 cups (750 g) Ontario greenhouse cucumbers, peeled, seeded and chopped
- 1 cup (250 g) Ontario greenhouse red peppers, seeded and chopped
- 1 cup (250 g) green pepper, seeded and chopped
- 1 cup (250 g) celery, chopped
- ½ cup (125 g) onion, chopped
- ¼ cup (63 g) kosher salt
- ¼ cup (63 g) white sugar
- 1 cup (250 ml) white vinegar
- 1 tsp. (5 g) mustard seeds
- 1 tsp. (5 g) celery seeds

method for cucumber relish

1. Put all the vegetables into a mixing bowl. Sprinkle the salt over the vegetables, mix and cover for 4 hours.
2. Rinse vegetables well after 4 hours and press out excess moisture.
3. Combine the rest of the ingredients into a large pot. Mix well and bring to a boil.
4. Add vegetables and boil gently for 10 minutes.
5. Remove from heat and let cool before serving.

Nutritional Facts per serving (566 g): Calories 600
Fat 19 g (29 %), Saturated Fat 7 g + Trans Fat 0 g (35 %), Cholesterol 215 mg,
Sodium 500 mg (21 %), Carbohydrate 32 g (11 %), Fibre 4 g (16 %), Sugars 23 g,
Protein 71 g, Vit A (25 %), Vit C (190 %), Calcium (8 %), Iron (45 %).
% = % Daily Value



SOUTHERN FRIED CHICKEN WITH RED PEPPER CREOLE SAUCE



southern fried chicken with red pepper creole sauce

Serves 4

ingredients

- 4 cups (1 L) buttermilk
- 3 tbsp. (45 g) salt
- 2 tbsp. (30 g) curry powder
- 4x4 lbs. (2 kg) bone-in chicken pieces
- 5 cups (1.25 kg) all purpose flour
- 5 tsp. (25 g) baking powder
- 5 tsp. (25 g) dried thyme
- 1 tsp. (5 g) pepper
- 5 tbsp. (75 g) corn starch
- Pinch of garlic powder
- 6 cups (1.5 L) canola oil

method for southern fried chicken

1. In a large bowl, whisk in buttermilk, salt and curry powder until the salt dissolves. Coat the chicken in the mixture and cover for 1 hour (do not let the chicken soak longer than an hour or it will become salty).
2. Whisk the flour, baking powder, thyme, pepper, corn starch and garlic powder in a large bowl.
3. Remove the chicken from the mixture, coat thoroughly with the flour mixture and lay it on a wire rack that is set over a baking sheet.
4. Place an oven rack in the middle of the oven and preheat oven to 200°F/93°C.
5. Pour 1 inch of the oil into a Dutch oven and heat to 375°F/190°C.
6. Add half of the chicken, skin side down. Cover and cook until deep golden brown on the first side for 10 minutes.

7. Turn the chicken pieces over and continue to fry about 7 minutes or until a deep golden brown. Uncover while maintaining an oil temperature of at least 315°F/160°C.
8. Transfer the chicken to a paper towel lined plate to drain for 5 minutes. Place on a wire rack over a baking sheet in the oven to keep warm.
9. Add additional oil to the pot as needed. Return the oil to 375°F/190°C and complete the remaining chicken.
10. Serve with the Creole sauce.

ingredients

- ¼ cup (125 ml) heavy cream
- 2 tbsp. (30 g) Cajun spice
- ¼ cup (125 ml) white wine
- 1 Ontario greenhouse red pepper, seeded and diced
- ¼ cup (125 g) fresh cilantro
- Salt and pepper to taste

method for red pepper creole sauce

1. In a skillet, roast the Cajun spice, add the red peppers and sauté for 1 minute.
2. Deglaze the pan with white wine and reduce to half.
3. Add the cream and reduce to half.
4. Season with salt and pepper.
5. Serve alongside the southern fried chicken.

Nutritional Facts per serving (290 g): Calories 680
Fat 39 g (60 %), Saturated Fat 12 g + Trans Fat 0 g (60 %), Cholesterol 225 mg,
Sodium 1010 mg (42 %), Carbohydrate 10 g (3 %), Fibre 1 g (4 %), Sugars 1 g,
Protein 66 g, Vit A (6 %), Vit C (90 %), Calcium (4 %), Iron (25 %).
% = % Daily Value



SPICED UP ONTARIO GREENHOUSE VEGETABLE PASTA



spiced up ontario greenhouse vegetable pasta

Serves 6

ingredients

- ¼ cup (63 g) Ontario greenhouse yellow, orange or red bell peppers, finely chopped
- ¼ cup (63 g) Ontario greenhouse tomatoes, peeled, seeded and diced
- ¼ cup (63 g) eggplant, peeled and diced
- 4 cloves of garlic, minced
- ¼ cup (63 ml) dry white wine
- ¼ cup (63 g) shallots, peeled and diced
- 1 pound (454 g) dry spaghetti noodles
- 4 sprigs of fresh thyme, picked and diced
- 4 sprigs of fresh rosemary, picked and diced
- 7 basil leaves, sliced
- 1 tbsp. (15 g) chili flakes



method

1. Bring a large pot of salted water to a rolling boil, then add the dry spaghetti noodles. Cook until al dente for 10 minutes.
2. In a large skillet, sauté the shallots, then add the bell peppers and eggplant. Cook for 3-5 minutes. Deglaze the pan with white wine. Add the garlic and reduce.
3. Drain the pot of water and add the cooked spaghetti noodles to the skillet.
4. Sauté the spaghetti noodles, then add the chopped fresh herbs, tomatoes and chili flakes.
5. Divide the noodles into 6 bowls and serve immediately.

finishing touches

This finishing touch is sure to add an artistic flair to your pasta. To make basil crisps, pour vegetable oil (about 1 ½ inches) in a medium Dutch oven. Heat to a temperature of 300°F/149°C and add fresh basil. Using a slotted spoon, flip the basil leaves over to complete frying. Scoop out and drain excess oil on a plate lined with paper towels.

Nutritional Facts per serving (223 g): Calories 310
 Fat 2 g (3 %), Saturated Fat 0.4 g + Trans Fat 0 g (2 %), Cholesterol 0 mg,
 Sodium 5 mg (1 %), Carbohydrate 60 g (20 %), Fibre 4 g (16 %), Sugars 2 g,
 Protein 11 g, Vit A (6 %), Vit C (15 %), Calcium (2 %), Iron (20 %).
 % = % Daily Value



looking forward

food safety

Ontario Greenhouse Vegetable Growers were the first group of growers to regulate food safety in their industry.

All Ontario Greenhouse Vegetable Growers are required to have a yearly audit by a third party to ensure that they are following important food safety standards. This is an important step to ensure all Ontario greenhouse tomatoes, cucumbers and sweet peppers are kept safe.

Ontario Greenhouse Vegetable Growers have one of the highest food safety standards in North America.

environmental stewardship

Ontario Greenhouse Vegetable Growers are taking proactive steps to help the environment.

Ontario Greenhouse Vegetable Growers are investing in green technologies and conservation techniques to reduce emissions, reuse biomass and recycle water. To help maintain air quality, Ontario Greenhouse Vegetable Growers capture carbon dioxide before it is emitted into the atmosphere and release it to the plants to ensure optimal growth and development.

Helping to keep the world green, one Ontario greenhouse tomato, cucumber and sweet pepper at a time.

integrated pest management

Ontario Greenhouse Vegetable Growers understand the importance of keeping their tomatoes, cucumbers and sweet peppers safe.

Ontario Greenhouse Vegetable Growers keep their facilities virtually pesticide free by using integrated pest management. This means that insects found throughout nature are placed in greenhouses to keep the bad pests out and the good ones in. Just another way Ontario Greenhouse Vegetable Growers keep their produce safe.

Ontario Greenhouse Vegetable Growers are committed to working on research projects to further benefit the sector.

efficiency

Ontario Greenhouse Vegetable Growers maximize the use of their space by growing up to 64 times the amount on one acre, when compared to most conventional growing methods.



bon *appetit!*



A taste of Ontario

DISTINCTIVE RECIPES FROM THE

Ontario Greenhouse Vegetable Growers

about this book

The Ontario Greenhouse Vegetable Growers represent more than 250 members, who grow Ontario's freshest greenhouse tomatoes, cucumbers, and sweet peppers. The Ontario Greenhouse Vegetable Growers are committed to raising awareness and supporting Ontario's rich and unique greenhouse agriculture sector through various innovative and exciting approaches. This year, the OGVG is proud to present our 2nd gourmet cookbook, including distinctive recipes featuring Ontario's most delicious greenhouse tomatoes, cucumbers, and sweet peppers.

Our members yield the freshest crops delivered right to your neighbouring food store. Our vegetables are all-natural, with no additives or preservatives. Ontario greenhouse tomatoes, cucumbers, and sweet peppers are grown under carefully controlled conditions in a hydroponic environment, meaning they are grown in nutrient-rich water instead of soil. This method and our carefully controlled regulation ensure the highest quality produce for all customers.

Our exquisite recipe book would not be possible without funding from the Ontario Market Investment Fund.

Please enjoy our flavoursome collection of nutritious recipes that will sure inspire you to buy locally and taste the benefits of Ontario greenhouse vegetables.



Ontario



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