GEORGE BROWN COLLEGE | CENTRE FOR Hospitality & Culinary Arts | Food Innovation & Research Studio

GREEN BELT

Possibility grows here.

St. Michael's Hospital

Training Manual, Recipe Book and Procurement Guide

St. Michael's

Inspired Care. Inspiring Science.

Developed in collaboration with The Centre for Hospitality & Culinary Arts, George Brown College

THE BENEFITS OF LOCAL FOOD

Food is connected to nearly every major problem we face as a society – rising medical costs, poverty and hunger, declining farm incomes, the paving-over of farmland, wildlife protection, urban sprawl, youth unemployment, and communities at risk.

What accounts for this new interest in a local sustainable food supply? According to Elbert van Donkersgoed of the Greater Toronto Area Agricultural Action Committee, those who have been buying local food for years – shopping in farmers' markets, gathering their own produce at pick-your-own operations, buying from farmers' stalls in the countryside – have generally done so because they find the food tastes better, because doing so helps local farmers and the local economy, because it is simply a lot more fun and sociable than shopping in a big box store, and because it builds new bridges between farmers and consumers. Chefs who work with local producers do so because they can get to know who is making the food and link the food back to the land, keep an eye on the quality of the food, and even have a say in what is grown. And members of the Slow Food movement emphasize the value of connections between growers and consumers in building a greater awareness of what one eats. One could call these "pull" factors – that is, factors that attract people to local food.

To these can be added "push" factors that are turning people off mass-produced or imported foods, primarily related to worries about the environment and human health, concerns about the loss of farms and the damage to the local economy caused by reliance on imported foods, and anxiety about the safety of the food supply. Institutional procurement can help. The benefit of procurement is that it ensures a market for local sustainable products. Once an institution commits to buying local sustainable food, everyone who gets food from that institution is automatically a consumer of local and sustainable products. These people do not have to make individual decisions to choose local tomatoes, rather than imported ones; they simply eat the local ones. Moreover, with a procurement contract, local producers have a steady, predictable market, which can help them expand, improve operations, take on new staff, or otherwise contribute to the economy.

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Reasons to Buy Locally Grown Food

It is sometimes difficult to justify the higher prices locally grown foods often demand. High subsidies for American and European exports, transport and farms make it difficult for Canadian farmers to compete. American brokers then "dump" any excess production into Canada at low prices in order to maintain high prices in the U.S. (Confirm this yourself by taking a trip to Buffalo and see the lower prices.) To provide justification to choose local, this list will help you make more sustainable purchasing decisions.

1. Locally grown food tastes better and is more nutritious.

Food grown in our own region was probably picked within the past few days. It is crisp, sweet, and flavourful. Produce trucked or shipped from California, Florida, China, Chile, or Holland has, on average, changed ownership 3 times, traveled over 4,000 km, is 7 days old, and used tremendous amounts of polluting fuel to reach you. Sugars are turning to starches, plant cells are shrinking, and nutrients and flavours are breaking down. Meanwhile Canadian produce frequently receives premium prices in U.S. markets because it is perceived to be more flavourful. Your customers will also find Canadian foods usually have premium flavour.

2. Locally grown food is becoming fashionable.

In the 80s it was "natural". In the 90s it was "organic". In the new millennium it became "ecological". Today the buzz is "local". However, it will be difficult for multi-national food corporations to usurp this word. Local farmers and growers along with local chefs and restaurateurs can now perfect this concept. This is already the basis of Culinary Tourism which has become a very important industry in Europe and Asia. This concept will provide tremendous potential for our hospitality industry as we switch from "California Cuisine in Ontario" to our own "Created in Ontario Cuisine"!

3. Locally grown food benefits local communities.

With less than 50% of our population claiming farming as their primary occupation and with the average age reaching 57 years, farmers are a vanishing breed. (Their children see little future in this career.) According to UN studies Canada continues to have the cheapest food in the world – 20% cheaper than the U.S., 50% cheaper than UK, and a ridiculous 65% cheaper than most other developed countries! Choosing local foods contributes to our own rural communities. You can gain insight into the local seasons and our traditional cuisines, and receive an introduction to the enormous variety of foods which could become available just for the asking. It can also give you access to a real farm where you and your children can experience first-hand the miracle of growing food.

4. Locally grown food preserves a healthy environment.

Farmers do much more for us than just grow food. They are also stewards of our environment. Farmers grow cover crops to store organic matter, which minimizes erosion, prevents flooding, and reduces drought. This organic matter is also very effective at cleansing the ground water (which you drink) of harmful organisms, and it is the most effective way to absorb carbon emissions (to reduce harmful global warming). Local food also pays to paint the barns and fences and to support local villages that provide visitors with picturesque and rejuvenating country drives.

5. Locally grown food maintains security.

For each dollar we spend on food, first-world governments spend two tax dollars to hold prices down (Financial Post Sept. 1996). Primarily this goes to support cheap transportation and to support industry and university research for high yield industrial agriculture. Excess food drives down profits to the point where farmers and shippers must take potentially dangerous shortcuts. Then governments around the world must bail out their farmers to maintain a secure food source. Poor people around the world are going hungry only because they have no money to buy food. If there really was a food shortage, prices would be rising dramatically.

6. Locally grown food preserves genetic diversity.

In the modern industrial agriculture system, only a few varieties fit the requirement of simultaneous ripening for single-pass harvesting; tough enough to withstand harvest equipment, packing lines, and long-distance shipping; and stable enough to withstand extended storage. Local farmers, on-the-other-hand, choose from the many varieties bred for extended harvest periods; textures so crisp they require careful hand-harvesting; and flavour that makes a chef's job easier. Lack of demand has meant that over 95% of varieties available a century ago have now become extinct! Remaining heirloom varieties can contribute to a unique, worth-checking-out, local cuisine for our hospitality industry.

CULINARY LAB RULES:

Welcome to George Brown College's Culinary Labs.

Please enjoy your experience by following these rules:

GBC's Rules for Student & Faculty Culinary Labs

No personal items are to be stored on the floor, above the workstation or on the counter top of the workstation. Please store back packs, bags or articles of outside clothing securely inside the workstation.

All equipment and items used are to be stacked and sorted neatly. ... after washing.

Cutting boards should be thoroughly scrubbed, dried and stacked in a manner that allows for air circulation and placed on draining racks at each sink.

Chinois strainers and mandolins must be cleaned after each use and not left in the dish area.

No equipment is to be removed from the demonstration or lab area.

Fridges to be emptied and checked by the Professor (assigned student).

Leave the lab's workspace clean and sanitized this is to include workstations, countertops, ranges and ovens.

All waste (organic and non-organic) must be properly disposed of according to the recycle waste management program as posted in the lab.

ECOLAB®

GEORGE BROWN COLLEGE | CENTRE FOR Hospitality & Culinary Arts

GBC & Ecolab's Gold Standards For Culinary Labs

HANDS:
Wash hands when entering the lab.

TABLE TOP:
Sanitize your work table.
Wipe up spilled or splashed food immediately with MAG FUSION.
Spray with an OASIS 146 solution; then wipe counters, tables, and shelving clean.
Dry with a clean cloth.

MOP & PAIL:

- Designated student to fill mop pail with warm soapy water out of dispensing system - clean mop.
- Prepare one bucket with a warm solution of "Wash & Walk".

- Fill the other bucket with clear, hot rinse water.
- Rinse mop out in clean water. Wring out excess water and pick-up cleaning solution and suspended soil. Keep the mop and the water clean. Change both the cleaning solution and the rinse water frequently. Clean at the end of the class. Follow product label instructions for use and concentrations.

POTS & PANS:
Fill all sinks for washing equipment with water, following posted Ecolab instruction on wall. In Sink No.1 (Wash Sink) prepare a hot solution of MAG FUSION. Sink No. 11 (Rinse Sink) is a clear, hot water rinse. In Sink No. 111 (Sanitizing Sink), prepare a solution of SAN MAX and tepid water:
Pre-soak/Wash. Scrape excess soil from ware. Soak for as long as possible. Scrub all surfaces. Remove ware. Let excess water run back into Rinse Sink.
Immerse ware in Sanitizing Sink for at least one minute.
Remove from Sanitizing Sink and invert on drain board. Let air dry. Do not wipe.

TROLLEY FOOD RETURNS:
The trolley being returned to receiving has been organized. (This should be done after the first hour of beginning the lab - no need for goods to sit around the kitchen. Trolley should go back to ICC in a manner that reflects pride of place.)

WASTE BINS:
Ensure that the debris in waste bins is appropriate - no non-compostable in the yellow bins.

CUTTING BOARDS:
- Cleaning, Sanitizing and Deodorizing Procedure for Rubber Cutting Boards, and Plastic Cutting Boards.
- Brush loose soil from the surface.
- Wet the surface with warm water and sprinkle with MIKRO-CHLOR. MIKRO-CHLOR has good bleaching action, in addition to cleaning and sanitizing.
- Scrub with a stiff bristled brush dipped in warm water frequently until all the powder is dissolved.
- Rinse with clear water.
- Sanitize in a MIKRO-CHLOR solution. Allow to air dry. Follow product label instructions for use and concentration.

SHELVES:
Clean the Spice Shelf Area and the Oils Area - ensure they are organized and wiped clean. Stainless steel bowls are cleaned and turned upside down.

SINKS:
- Clean sinks and empty out debris.
- At the end of each shift, scrub the entire sink, back splash, drain boards, legs, supports, and all the exterior areas with a warm solution of MIKRO-CHLOR
- Rinse with clear water.
- Sanitize work area.
- Brush floor free of debris and food.

Lab Classroom Organization

Please keep the same workstation for all lab classes. Each workstation is designed to safely accommodate four to six students. Students are encouraged to form into teams of two. Raw ingredients may or may not be divided onto trays based on teams of two.

Lab Cleaning and Sanitizing Duties

- All pots, pans, cutting boards and any other equipment required throughout the course will be found within

the lab classroom. All equipment used must be washed in the lab classroom sinks removing all food debris (grease, food, burns, etc). All washed equipment is to be returned to where it was taken from within the lab. At the end of each class the instructor may ask to review your workstation prior to dismissing you to ensure the workstation is left organized for the next class.

- All stainless steel bowls and trays can be obtained from the shelf above each of workstations. All stainless steel bowls and trays must be washed in the lab classroom sinks removing all food debris. All stainless steel bowls and trays are to be returned to the workstation and organized in the same manner they were found.

Waste and Recycling

- The instructor will explain the recycle waste program in accordance with the guidelines posted beside the waste bins found in each classroom. Any waste (organic and non-organic) is to be separated and placed in the appropriate waste bins. Any empty plastic, glass and metal packaging are to be placed in the blue recycling bins located inside the lab classroom.
- Anything other than food waste, glass and metal items are to be placed into the grey bins lined with a green garbage bag. This includes such items as plastic cutlery, paper towelling, toothpicks, bandages, gum, string, etc.

Yellow Bins – Are for all food waste and scraps including small quantities of cold fats. No other materials are to be placed into the organic waste bin.
Blue Bins – Are for empty glass and metal can items. Recyclable items may also be placed in this bin such as plastic and glass juice bottles and foam products.

Grey Bins – Are for anything that cannot be placed into organic or recyclable waste bins. This may include such things are plastic wrappings, toothpicks, and bandages etc.

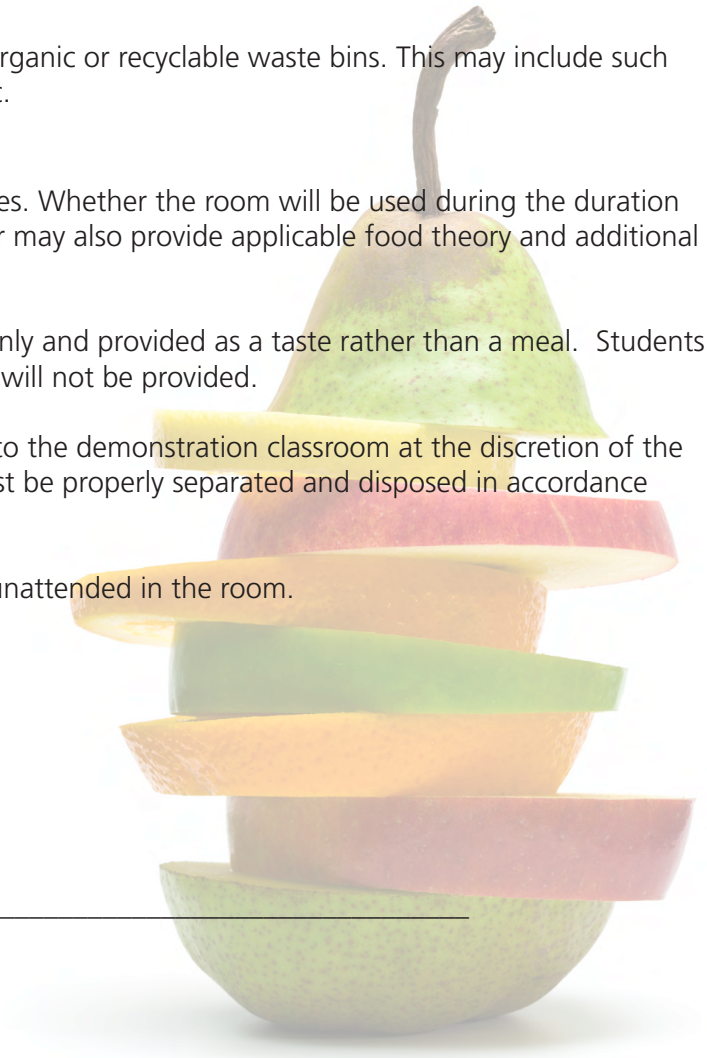
PLEASE NOTE

This room is reserved for culinary demonstration only classes. Whether the room will be used during the duration of the course is dependent upon the course. The instructor may also provide applicable food theory and additional information will be given to students.

The food from the demonstration is for tasting purposes only and provided as a taste rather than a meal. Students are encouraged to eat prior to attending classes as a meal will not be provided.

Simple food and beverages may or may not be brought into the demonstration classroom at the discretion of the instructor. Garbage from personal food and beverage must be properly separated and disposed in accordance with the recycling guidelines posted in each classroom.

Do not leave any items (purses, knives, books, coats, etc) unattended in the room.



Instructor's Name(s): _____
E-Mail: _____

Instructor's Name(s): _____
E-Mail: _____

Lab Classroom and/or Demo Room(s): #_____

DAY 1

Introduction to Local Foods

Work Habits and Knife Skills

Theory

We will review: the importance, benefits, and limitations of local foods. Demonstrate and discuss knife sharpening and maintenance, wet stone versus dry stone, cleaning and storing of knives.

Demo/Lab Skills

Vegetable Cuts, demonstrate various cuts such as: julienne, paysanne, brunoise, bâtonnet, and macédoine.

Demonstrate how to peel and pare a vegetable

Practice various vegetables cuts

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

Describe some of the benefits and constraints of local food

Cut Julienne, Brunoise, Bâtonnet, Dice, Slice, Paysanne and Sharpen Knives

Equipment List

Knives
Mandolin
Aprons
Towels
Steel
Sharpening Stone

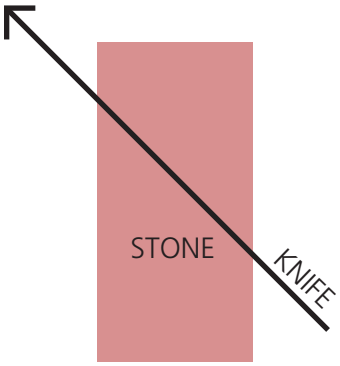
Video Links & Demos

https://www.youtube.com/watch?v=B4wEiX4kj5k
https://www.youtube.com/watch?v=Z5X0PBY0XgI
https://www.youtube.com/watch?v=Lwmpss5_8Sc
https://www.youtube.com/watch?v=mqcetdDZMn8
https://www.youtube.com/watch?v=jrF-5YECCoA
https://www.youtube.com/watch?v=zsvLjsm4G6c

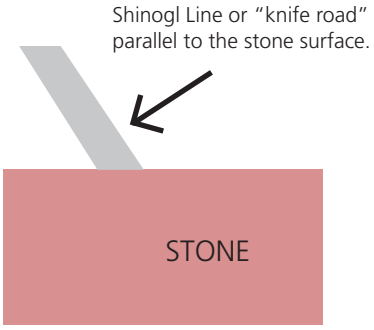
STEPS FOR SHARPENING A WESTERN-STYLE KNIFE

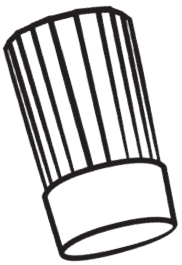
TOP SIDE:

- Make sure that you have soaked your stone for 10 minutes in water
- Anchor stone with towel to work surface
- Hand positioning
- Hold knife in right hand
- Place thumb on backside of knife
- Place index finger on top/spine of knife
- Set angle of knife to stone = 30 degrees or 11 o'clock



With left hand, place index and middle fingers 2cm from knife tip. Have fingers aligned with the center line of the sharpening stone.Place knife to correct angle of stone





Chef's Tip:

To set the angle for the top side of the knife place two pennies on the stone and use that to give an indication of the required angle.

Starting from the bottom of the stone; applying consistent pressure, make an upstroke traveling the complete length of the stone [STOP]. Now releasing pressure, pull the knife down for the down stroke [STOP]
After the down stroke, move the knife one finger's distance down and continue. Once you have travelled the complete distance of the blade you should feel a ridge or Kaeri on the backside

KEY POINTS:

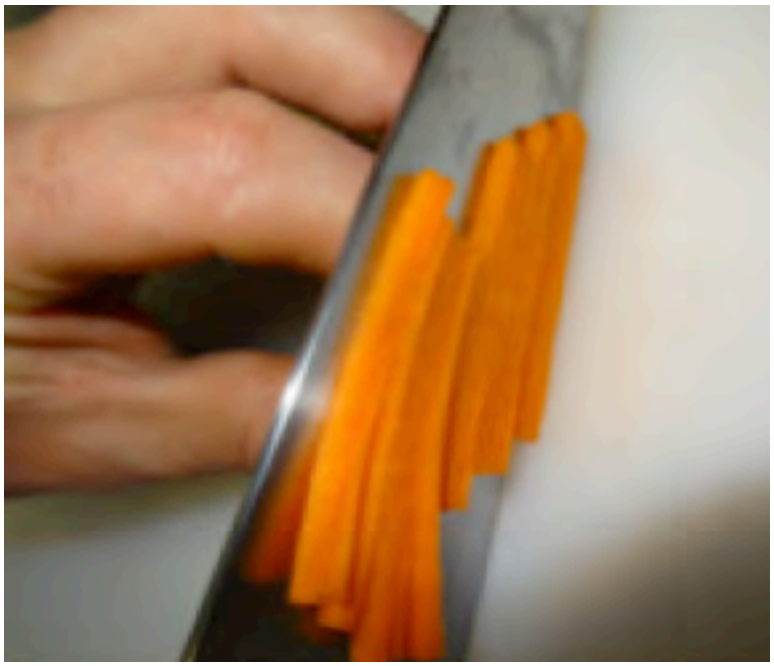
- Be consistent! Angles, positioning and pressure are important!
- Always release pressure on the down stroke.
- Sharpening takes place below the fingers. Make sure they are together and placed above the knife edge, NOT IN THE CENTER OF THE BLADE. Use the entire stone; longer strokes = more efficient sharpening.

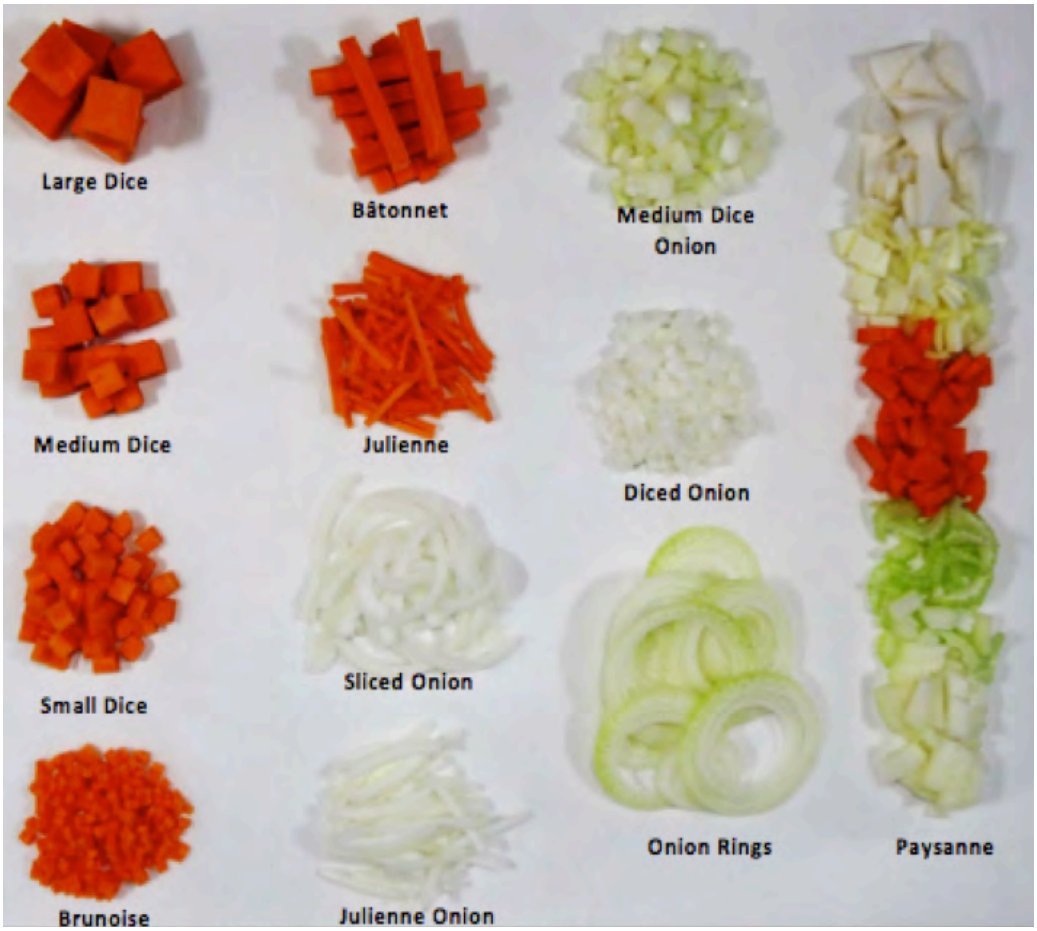
BACK SIDE:

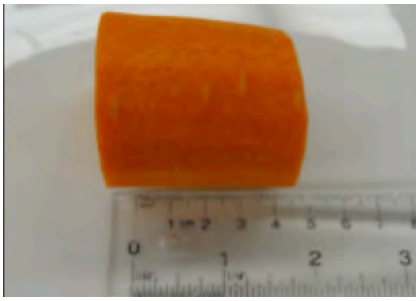
- Position right hand with thumb on the top side of the knife and index finger on the backside.
- Set knife to 30 degrees in relation to the stone.
- Starting at the top of the stone, pull the knife down keeping a consistent angle and pressure.
- Release pressure on the up stroke.
- Move knife one finger's distance down and continue. Once you have travelled the length of the blade you should feel a ridge or Kaeri on the front side (as we are now sharpening the opposite side).
- To remove this final ridge simply pulls the knife blade across the stone with light pressure.

ADDITIONAL NOTES:

You should have an edge balance as follows for your knife.




Large Dice
Bâtonnet
Medium Dice
Onion
Medium Dice
Julienne
Diced Onion
Small Dice
Sliced Onion
Onion Rings
Paysanne
Brunoise
Julienne Onion



DAY 2

Vegetable Cookery & Flavours

Theory

We will review: vegetables and their cooking methods including: steam, roast, sauté, braise, and boil. Local vegetables and seasonal variations.

Demo/Lab Skills

Roasted Parsnip and Carrot

Spicy Lentils

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

Prepare vegetables for cooking

Apply various cooking methods to vegetables

Par boil and refresh vegetables

Roast vegetables

Roasted Parsnips and Carrots

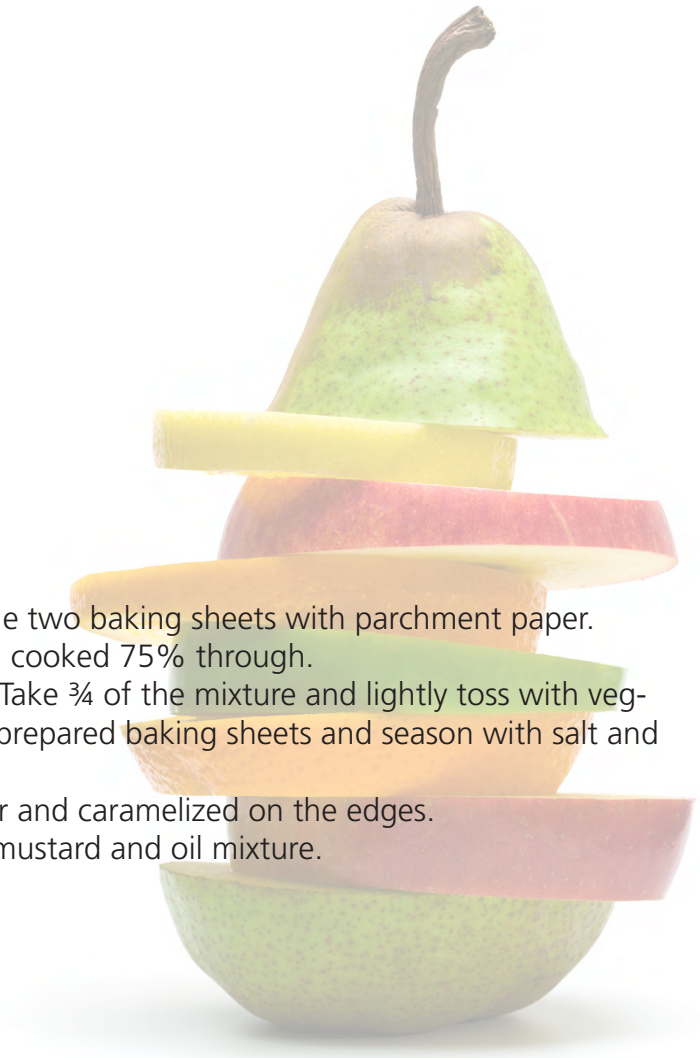
Prep Time: 15 minutes
Cook Time: 30 minutes
Servings: 24 servings

Equipment List:
Baking sheets
Medium bowl
Knife
Cutting board
Measuring cups
Measuring spoons
Parchment paper

Nutrition Facts Valeur nutritive Per serving (75 g) / par portion (75 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1.5 g	**2** %
Saturated / saturés 0.1 g + Trans / trans 0 g	**1** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 190 mg	**8** %
Carbohydrate / Glucides 16 g	**5** %
Fibre / Fibres 5 g	**20** %
Sugars / Sucres 5 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	80 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	4 %
Iron / Fer	6 %

Ingredients:

6 cup	(1 ½ L)	Carrots, cut into rounds
8 cup	(2 L)	Parsnips, cut into rounds
1 tbsp.	(15 mL)	Vegetable oil
½ cup	(125 mL)	Mustard
2 tbsp.	(30 mL)	Thyme, fresh
½ tsp.	(2 mL)	Salt
¼ tsp.	(1 mL)	Pepper



Method:

1. Preheat convection oven to 400°F (200° C) and line two baking sheets with parchment paper.
2. Steam carrots and parsnips for 15 minutes or until cooked 75% through.
3. Combine oil, mustard and thyme in a small bowl. Take ¾ of the mixture and lightly toss with vegetables until well coated. Spread vegetables onto prepared baking sheets and season with salt and pepper.
4. Roast for 10-15 minutes, turning once until tender and caramelized on the edges.
5. Transfer to a clean bowl and toss with remaining mustard and oil mixture.

Spicy Lentils

Prep Time: 15 minutes
Cook Time: 35 minutes
Servings: 12 servings

Equipment List:
Large pot
Large pan
Wooden spoon
Cutting board
Colander
Measuring cups
Measuring spoons
Knife

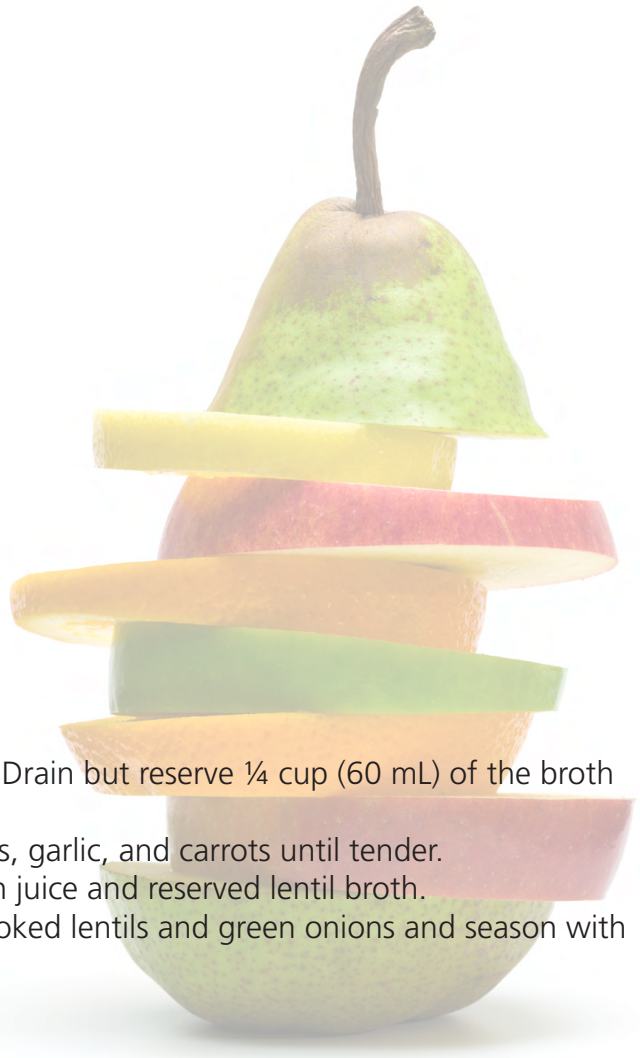
Nutrition Facts
Valeur nutritive

Per serving (195 g) / par portion (195 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 5 g	**8** %
Saturated / saturés 0.4 g + Trans / trans 0.1 g	**3** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 320 mg	**13** %
Carbohydrate / Glucides 21 g	**7** %
Fibre / Fibres 7 g	**28** %
Sugars / Sucres 6 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	50 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	4 %
Iron / Fer	20 %

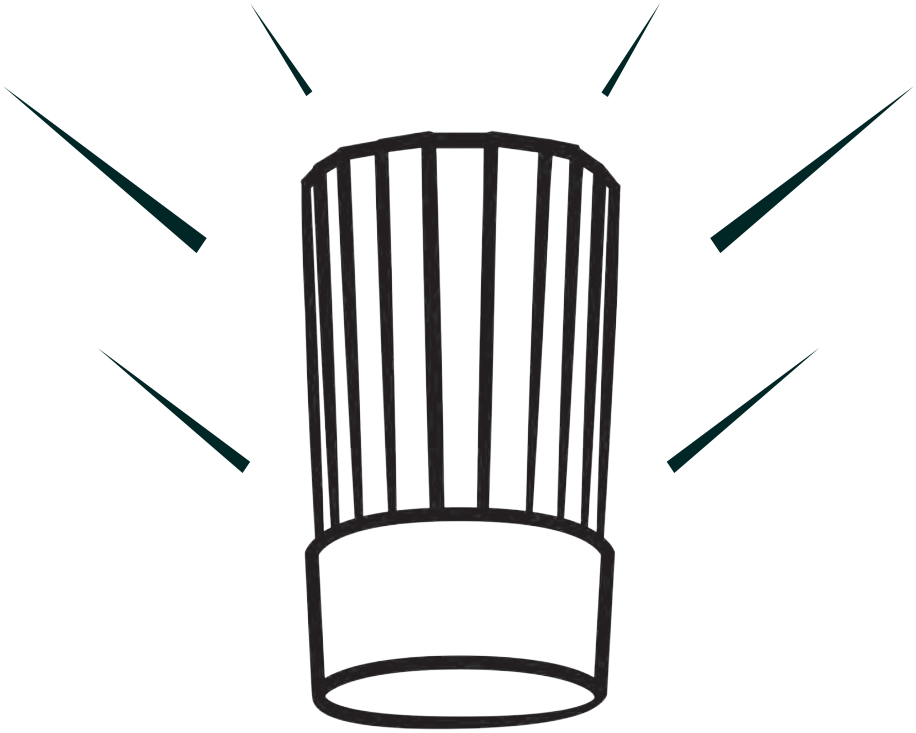
Ingredients:

1 ½ cup	(375 mL)	Green lentils, dry
10 cup	(2 ½ L)	Water
¼ cup	(60 mL)	Vegetable oil
3 cup	(750 mL)	Onion, chopped
2 tbsp.	(30 mL)	Garlic, minced
2 cup	(500 mL)	Carrot, small dice
2 tsp.	(10 mL)	Cumin
1 tsp.	(5 mL)	Cayenne pepper
1 tsp.	(5 mL)	Paprika
3 cups	(750 mL)	Tomato, seeded, chopped
2 ½ tsp.	(12 mL)	Lemon juice
1 cup	(250 mL)	Green onion, thinly sliced
1 ½ tsp.	(7 mL)	Salt



Method:

1. Boil lentils in water for 18 minutes or until just tender. Drain but reserve ¼ cup (60 mL) of the broth for later use. Spread onto tray and chill.
2. Heat oil in a pan on medium low heat and cook onions, garlic, and carrots until tender.
3. Add cumin, cayenne pepper, paprika, tomatoes, lemon juice and reserved lentil broth.
4. Bring to a simmer and cook for five minutes. Stir in cooked lentils and green onions and season with salt.



Create a Local Food Recipe Challenge:

Healthy local food recipes you would like to see served in the hospital

Now that you know about the benefits of local foods and had a chance to review some of the local food recipes our students developed at George Brown College it's your turn to try your hand at recipe development.

Overview of the assignment:
The goal is to develop a healthy recipe that can be scaled-up to feed 100-350 people utilizing fresh local ingredients. The recipe should be: fresh and tasty and contain as much local food as possible yet be relatively simple to prepare. Canadian comfort foods and authentic culturally diverse foods are the preferred themes. The recipe should also be reasonably priced, and potentially high in protein (for a main course) and low in sodium. They can also be low in potassium and phosphorus for special diets. The recipe will eventually be put through the cook/chill/retherm process for patients, so keep that in mind as you work out your idea. Potential categories include: Main course lunch, Main course dinner, All-in-One dish, Salad, Main dish salad/bowl served at room temperature, Vegetable side dish, Starch side dish, or a Dessert.

Details: This assignment is for groups of two. The progression is to research locally available foods and recipes and develop three ideas for dishes that conform to the guidelines above. Then speak with your chef instructor to decide which one to develop. From there, test your recipe at home and analyze it for taste, texture, colour, nutrient value, presentation, nutrients, and local food inclusion. Bring it to class and re-heat it for the chef to taste and critique. Do a second, improved version, and analyze that as well. For our last cooking lab, time permitting, everyone will present their dish for the whole class to taste. The recipes will be passed on to St. Michael's Hospital and hopefully, one or more will be developed for use there.

Challenge Schedule:

Week 1 – June 13-16
Research and develop three recipe ideas

Week 2 – June 17-23
Meet with your chef and determine which one to develop
Test your recipe at home and critique it
Bring it to class for the chef to critique
Using the improvements you identified make the item again, critique it and improve it again, then re-test it at least one more time

Week 3 – June 24-26
Bring the final (best) version of your recipe to class
Ensure you make enough for everyone to taste
Taste and compare everone's efforts and then…

...celebrate your achievement!

DAY 3

Starch Cookery

Theory

We will review: pasta, legumes, barley, grains, couscous, wheat berry, quinoa and discuss local legumes and grains.

Demo/Lab Recipes

Turkey Baked Pasta
Four Bean Chili
Mushroom and Thyme Risotto

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

Apply various cooking methods to grains and execute suitable garnishes, including: Rice, Legume and Pasta.

Turkey Pasta Bake

Prep Time: 15 minutes
Cook Time: 45 minutes
Serving: 12 servings

Equipment List:
Knife
Cutting board
Large skillet
Wooden spoon
Colander
Bowls
Grater

Nutrition Facts Valeur nutritive Per serving (280 g) / par portion (280 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 290	
Fat / Lipides 8 g	**12** %
Saturated / saturés 2 g + Trans / trans 0 g	**10** %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 240 mg	**10** %
Carbohydrate / Glucides 38 g	**13** %
Fibre / Fibres 5 g	**20** %
Sugars / Sucres 8 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	10 %
Iron / Fer	30 %

Ingredients:

5 cup	(1 ¼ L)	Penne, dry
1 tbsp	(15 mL)	Canola oil
1 ½ cup	(375 mL)	Onion, chopped
1 tbsp	(15 mL)	Garlic, minced
2 ½ cup	(625 mL)	Mushrooms, sliced
1 lb	(454 g)	Ground turkey
1 tbsp	(15 mL)	Tomato paste
6 cup	(1 ½ L)	Tomato, crushed, canned
1 ½ cup	(375 mL)	Water
1 tbsp	(15 mL)	Oregano, dried
1 tbsp	(15 mL)	Basil, dried
½ tsp	(2 mL)	Salt
½ tsp	(2 mL)	Pepper
¾ cup	(180 mL)	Mozzarella cheese, partly skimmed, shredded
¼ cup	(60 mL)	Parmesan cheese, grated

Method:

1. Cook pasta in unsalted water three minutes less than package directions. Drain, rinse with cold water and set aside.
2. In a large skillet, sauté onions, garlic and mushrooms in oil. Remove from pan and set aside.
3. Add ground turkey, to same pan and cook until browned.
4. Stir in tomato paste, canned tomatoes with juices, water, oregano, basil, salt and pepper.
5. Add sautéed mushrooms and onions back to skillet and bring to a boil. Reduce to a simmer and cook for 10 minutes stirring occasionally.
6. Divide sauce in 2 and reserve half for later use. Toss pasta in remaining sauce and allow to cool.
7. To plate, place pasta on retherm safe plate, top with 1/3 cup (80 mL) reserved sauce, 1 tbsp (15 mL) mozzarella cheese and 1 tsp (5 mL) parmesan cheese.

Four Bean Chili

Prep Time: 30 minutes
Cook Time: 60 minutes
Servings: 12 servings

Equipment List:
Large pan
Cutting board
2 large pots
Containers with lids
Measuring cups
Knife
Measuring spoons

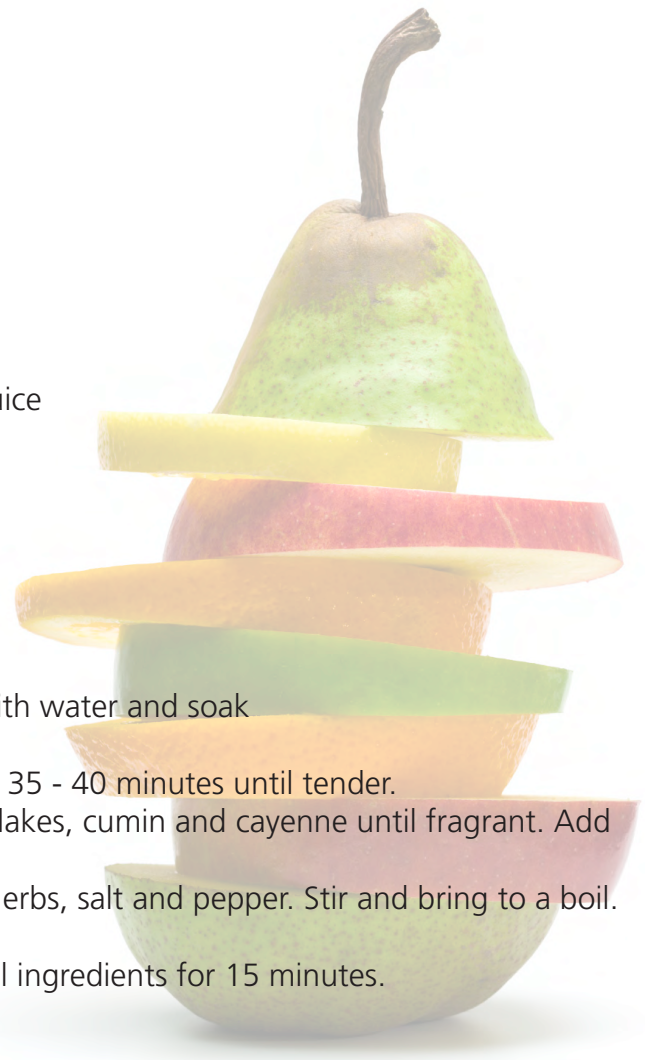
Nutrition Facts
Valeur nutritive

Per serving (245 g) / par portion (245 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 210	
Fat / Lipides 1.5 g	**2** %
Saturated / saturés 0.2 g + Trans / trans 0 g	**1** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 360 mg	**15** %
Carbohydrate / Glucides 39 g	**13** %
Fibre / Fibres 13 g	**52** %
Sugars / Sucres 7 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	4 %
Iron / Fer	20 %

Ingredients:

1 cup	(250 mL)	Black beans, dry
1 cup	(250 mL)	Navy beans, dry
1 cup	(250 mL)	Red kidney beans, dry
1 cup	(250 mL)	Black eyed peas, dry
2 tsp.	(10 mL)	Canola oil
2 ¼ cup	(560 mL)	Onion, diced
1 tbsp.	(15 mL)	Garlic, minced
¼ tsp.	(1 mL)	Chili flakes
2 tsp.	(10 mL)	Cumin
¼ tsp.	(1 mL)	Cayenne
1 cup	(250 mL)	Green pepper, diced
1 cup	(250 mL)	Red pepper, diced
1 tbsp.	(15 mL)	Tomato paste
10 cup	(2 ½ L)	Diced tomato, canned with juice
1 ½ cup	(375 mL)	Corn, frozen
4 tsp.	(20 mL)	Oregano, finely chopped
2 tbsp.	(30 mL)	Parsley, finely chopped
2 tsp.	(10 mL)	Salt
1 tsp.	(5 mL)	Black pepper



Method:

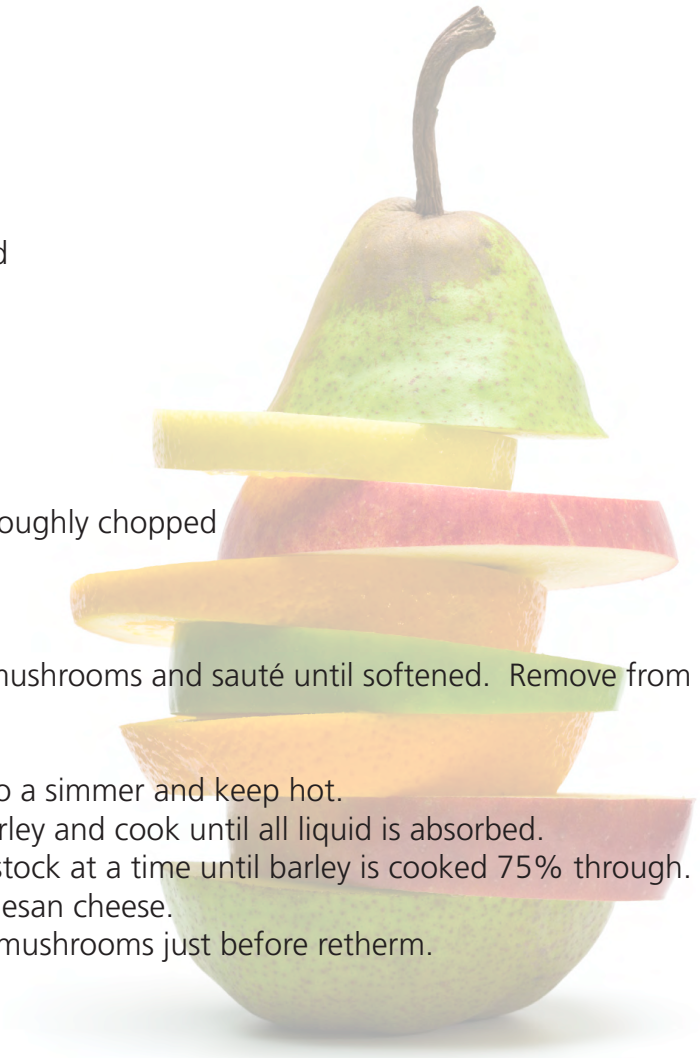
1. Separate beans into their own containers, cover with water and soak overnight.
2. Drain and cook beans separately in fresh water for 35 - 40 minutes until tender.
3. Heat oil in large pan and sauté onion, garlic, chili flakes, cumin and cayenne until fragrant. Add green and red peppers and cook until softened.
4. Add tomato paste, canned tomatoes, corn, fresh herbs, salt and pepper. Stir and bring to a boil. Reduce heat and simmer for five minutes.
5. Add cooked beans and continue to simmer until all ingredients for 15 minutes.

Mushroom and Thyme Risotto

Prep Time: 25 minutes
Cook Time: 40 minutes
Servings: 24 servings

Equipment List:
Knife
Cutting board
Grater
Wooden spoon
Measuring cups
Measuring spoons
Medium pan
Large saucepan
Laddle

Nutrition Facts Valeur nutritive Per serving (250 g) / par portion (250 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 5 g	**8** %
Saturated / saturés 2 g + Trans / trans 0 g	**10** %
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 180 mg	**8** %
Carbohydrate / Glucides 26 g	**9** %
Fibre / Fibres 5 g	**20** %
Sugars / Sucres 2 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	8 %



Ingredients:

3 tbsp	(45 mL)	Olive oil
20 cup	(5 L)	Cremini mushroom, sliced
3 ½ cup	(875 mL)	Pearl barley
14 cup	(3 ½ L)	Water
3 cubes		Vegetable base
¼ cup	(60 mL)	Thyme, roughly chopped
¼ cup	(60 mL)	Sage, chopped
3 cup	(750 mL)	Parmesan cheese, grated
6 cup	(1 ½ L)	Arugula, lightly packed, roughly chopped

Method:

1. Heat oil in large pan over medium heat. Add mushrooms and sauté until softened. Remove from pan and reserve.
2. Add barley and toast for 5 minutes.
3. In stock pot, bring water and vegetable base to a simmer and keep hot.
4. Ladle 3 cups (750 mL) of stock into toasted barley and cook until all liquid is absorbed.
5. Continue gradually adding 1 cup (250 mL) of stock at a time until barley is cooked 75% through. Stir in remaining stock, thyme, sage, and parmesan cheese.
6. Allow to cool and stir in arugula and reserved mushrooms just before retherm.

DAY 4

Salads & Appetizers

Theory

We will review: lettuce varieties, local and seasonal availability and salad variations, salad composition of diverse ingredients, oils, vinegars, vinaigrette.

Demo/Lab Recipes

Types of Oils and Vinegars (Demo Only)
Lettuce Types (Demo Only)
Wild Rice Salad
Asian Pasta Salad
Mediterranean Couscous

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

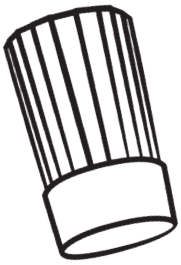
Identify and describe different types of lettuces, oils and vinegars, prepare grains and rice, a vinaigrette and mayonaise.

Wild Rice Salad

Prep Time: 30 minutes
Cook Time: 1 hour
Servings: 24 servings

Equipment List:
Knife
Small bowl
Measuring cups
Parchment paper
Measuring spoons
Baking sheet
Large mixing bowl
Cutting Board

Nutrition Facts Valeur nutritive Per serving (125 g) / par portion (125 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 3 g	**5** %
Saturated / saturés 0.3 g + Trans / trans 0 g	**2** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 310 mg	**13** %
Carbohydrate / Glucides 28 g	**9** %
Fibre / Fibres 2 g	**8** %
Sugars / Sucres 9 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	6 %



Chef's Tip:

Blueberries can be used to replace grapes in the summer.

Ingredients:

1 1/3 cup	(330 mL)	Wild rice, uncooked
1 tbsp	(15 mL)	Salt
¼ cup	(60 mL)	Canola oil
1 cup	(250 mL)	Dried cranberries, unsweetened
7 cup	(1 ¾ L)	Basmati rice, steamed
8 each		Oranges, segmented
1/3 cup	(80 mL)	Orange juice
¼ cup	(60 mL)	Lemon juice
3 tbsp	(45 mL)	Red wine vinegar
2 cup	(500 mL)	Green grapes, seedless, quartered
½ cup	(125 mL)	Green onion, finely chopped
1/3 cup	(80 mL)	Mint, finely chopped
2 tsp	(10 mL)	Black pepper

Method:

1. Rinse wild rice and place in a small hotel pan with 3 cups (750 mL) water. Add salt and place into steamer. Cook for 35 to 45 minutes and check after 30 minutes.
2. Stir in cranberries and allow to sit for 10 minutes. Drain any remaining water and toss with canola oil. Spread rice onto parchment lined baking sheet and chill.
3. When cooled, toss wild rice and basmati rice together with remaining ingredients and allow to sit for at least 30 minutes before serving.

Asian Noodle Salad

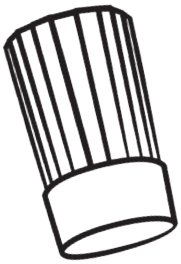
Prep Time: 20 minutes
Cook Time: 10 minutes
Servings: 10 servings

Equipment List:
Knife
Cutting board
Measuring cups
Measuring spoons
Whisk
Stock pot
Mixing bowls
Strainer

Nutrition Facts
Valeur nutritive

Per serving (125 g) / par portion (125 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 3.5 g	**5** %
Saturated / saturés 0.4 g + Trans / trans 0 g	**2** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 250 mg	**10** %
Carbohydrate / Glucides 15 g	**5** %
Fibre / Fibres 2 g	**8** %
Sugars / Sucres 4 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	130 %
Calcium / Calcium	2 %
Iron / Fer	10 %



Chef's Tip:

Extra dressing can be made and served on the side.

Ingredients:

1 ¾ cup	(430 mL)	Chow mien, dried
1 tbsp.	(15 mL)	Sesame oil
2 tbsp.	(30 mL)	Soya sauce
1 tbsp.	(15 mL)	Sweet chili sauce
1 tbsp.	(15 mL)	Lime juice
¼ cup	(60 mL)	Orange juice
½ tsp.	(2 ½ mL)	Black pepper
2 tsp.	(10 mL)	Ginger, shredded
1 ½ cup	(375 mL)	Red pepper, julienne
1 ½ cup	(375 mL)	Green pepper, julienne
1 cup	(250 mL)	Yellow pepper, julienne
3 cups	(750 mL)	Snow peas, cut on bias
½ cup	(125 mL)	Cilantro, chopped
½ cup	(125 mL)	Green onion, thinly sliced

Method:

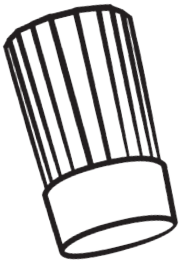
1. Cook chow mien noodles according to package directions. Strain and let cool.
2. In a bowl, whisk together sesame oil, soya sauce, sweet chili sauce, lime juice, orange juice, black pepper, and ginger.
3. In a large bowl add cooled noodles, peppers, snow peas, cilantro, and green onion. Add dressing and toss gently to coat.

Mediterranean Couscous

Prep Time: 20 minutes
Cook Time: 5 minutes
Servings: 20 servings

Equipment List:
Knife
Cutting board
Small saucepan
Wooden spoon
Fork
Measuring cups
Measuring spoons
Small baking sheet

Nutrition Facts Valeur nutritive Per serving (115 g) / par portion (115 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 3.5 g	**5** %
Saturated / saturés 1 g + Trans / trans 0 g	**5** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 240 mg	**10** %
Carbohydrate / Glucides 16 g	**5** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 1 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	4 %
Iron / Fer	2 %

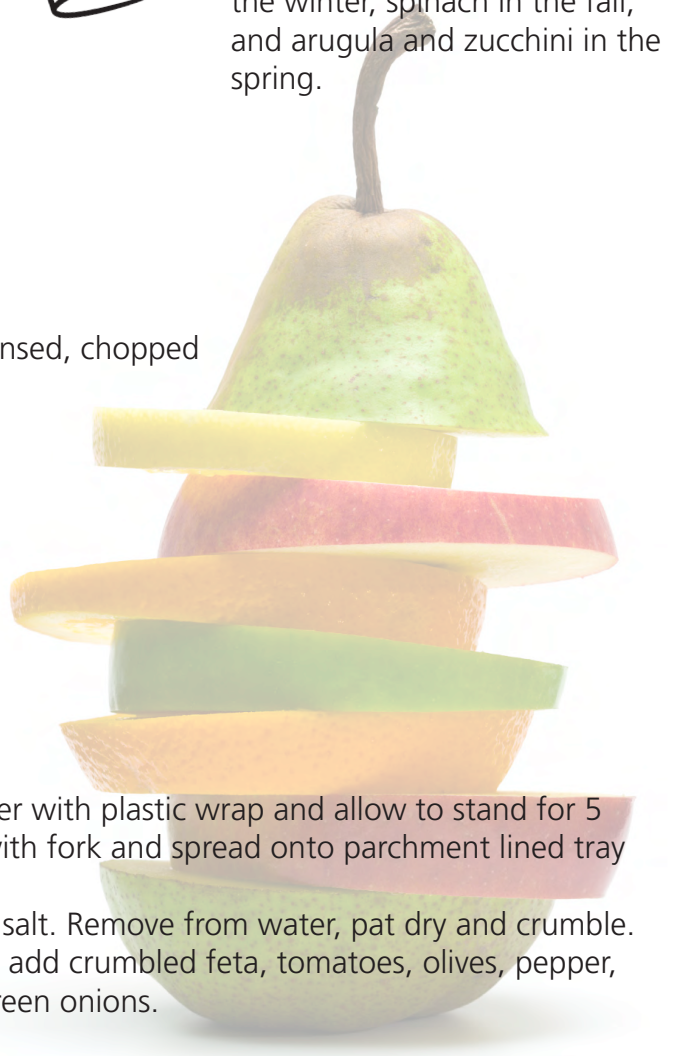


Chef's Tip:

Instead of tomato, red bell pepper can be substituted in the summer months, kale in the winter, spinach in the fall, and arugula and zucchini in the spring.

Ingredients:

4 cup	(1 L)	Water
2 cup	(500 mL)	Couscous, uncooked
1 cup	(250 mL)	Feta cheese
3 cup	(750 mL)	Tomatoes, ¼ in. dice
1 1/3 cup	(330 mL)	Kalamata olives, thoroughly rinsed, chopped
1 tsp	(5 mL)	Pepper
2 tbsp	(30 mL)	Parsley, finely chopped
¼ cup	(60 mL)	Basil, chiffonade
2 tbsp	(15 mL)	Mint, chiffonade
½ tbsp	(7 mL)	Lemon zest
4 tsp	(20 mL)	Lemon juice
½ cup	(125 mL)	Green onion, thinly sliced
½ tsp	(2 mL)	Salt



Method:

1. Bring water to a boil and pour onto couscous. Cover with plastic wrap and allow to stand for 5 minutes. When liquid is absorbed, fluff couscous with fork and spread onto parchment lined tray to cool.
2. Soak feta in water for 15 minutes to remove some salt. Remove from water, pat dry and crumble.
3. Once couscous is cooled, place in a large bowl and add crumbled feta, tomatoes, olives, pepper, parsley, basil, mint, lemon zest, lemon juice, and green onions.
4. Toss and season with salt.

DAY 5

Theory

We will review: poultry, beef, and other protein options as well as standards for local production and fluctuations in seasonal procurement.

Demo/Lab Recipes

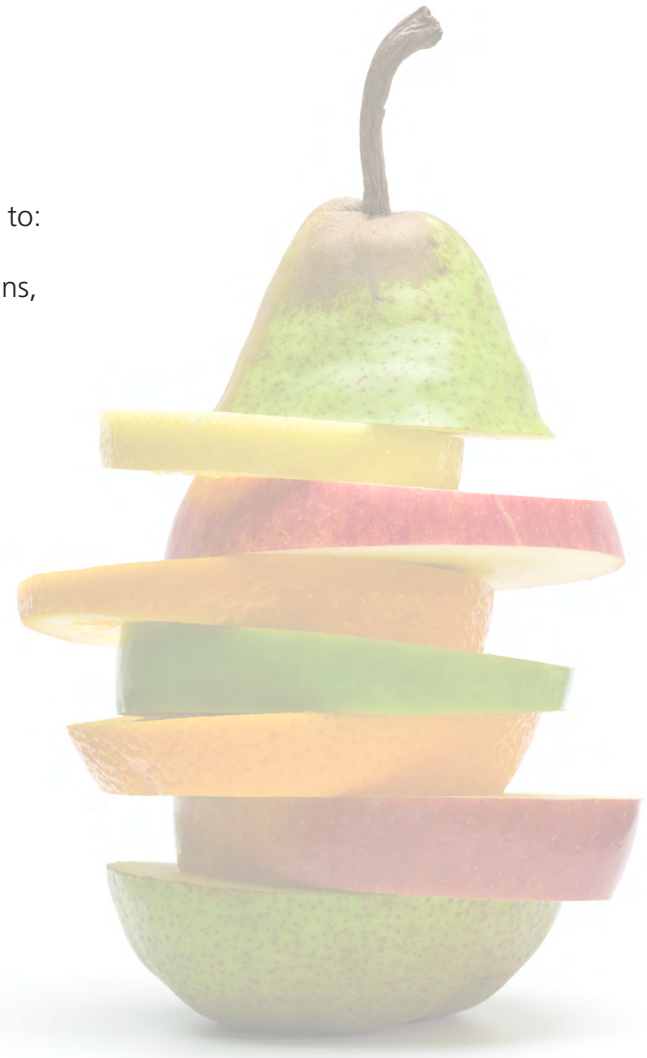
Chicken Tagine w/ Jasmine rice
Apple Cider chicken w/ fried rice

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

Demonstrate the proper storage and handling of Proteins, methods of determining doneness of cooked Proteins.

Apply searing and braising techniqes



Chicken Tagine with Rice

Prep Time: 20 minutes
Cook Time: 35 minutes
Serving: 12 servings

Equipment List:
Knife
Cutting board
Large pot
Wooden spoon
Microplane
Strainer
Measuring cups
Measuring spoons
Large pan

Nutrition Facts Valeur nutritive Per serving (250 g) / par portion (250 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 380	
Fat / Lipides 10 g	**15** %
Saturated / saturés 1.5 g + Trans / trans 0 g	**8** %
Cholesterol / Cholestérol 65 mg	
Sodium / Sodium 240 mg	**10** %
Carbohydrate / Glucides 56 g	**19** %
Fibre / Fibres 3 g	**12** %
Sugars / Sucres 5 g	
Protein / Protéines 17 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	25 %

Ingredients:

1/3 cup	(80 mL)	Canola oil
7 each		Chicken thighs, boneless, skinless. 1 in. dice
2 cup	(500 mL)	Onion, diced
2 ½ cup	(625 mL)	Carrots, diced
2 cup	(500 mL)	Sweet potato, diced
2 tbsp	(30 mL)	Ginger, grated
1 tbsp	(15 mL)	Cumin
2 cup	(500 mL)	Chicken stock, low sodium
1 cup	(250 mL)	Water
1 tbsp	(15 mL)	Turmeric, ground
2 tbsp	(30 mL)	Paprika
1 tsp	(5 mL)	Salt
2 tbsp	(30 mL)	Honey
12 cup	(3 L)	Basmati rice, steamed
1 tbsp	(15 mL)	Olive oil

Gremolata garnish (Optional)

1 bunch		Parsley, finely chopped
1 clove		Garlic, minced
1 tbsp	(15 mL)	Lemon zest

Method:

1. Heat oil over medium heat in a large pan. Add chicken and cook until lightly coloured.
2. Add onions, carrots, sweet potatoes, ginger and cumin to pan. Cook for 2 minutes.
3. Stir in chicken stock, water, turmeric, paprika, salt and honey.
4. Bring to a boil, cover and reduce heat to low. Cook for 15 minutes or until chicken is tender.
5. Remove lid and increase heat to medium. Cook for 5 minutes or until sauce is reduced.
6. Toss cooked rice in olive oil and set aside.
7. To make gremolata, combine chopped parsley, minced garlic and lemon zest.
8. Place 1 cup (250 mL) rice onto dish. Add 1 cup (250 mL) tagine on top of rice and garnish with gremolata.

Apple Cider Chicken

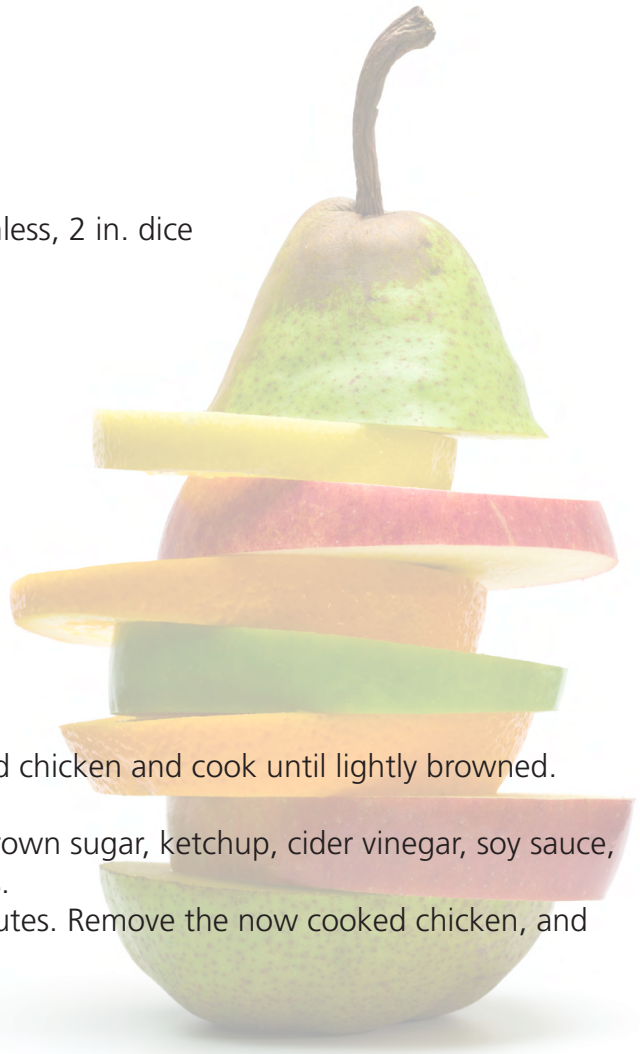
Prep Time: 15 minutes
Cook Time: 35 minutes
Servings: 10 servings

Equipment List:
Wooden spoon
Large pan
Measuring cups
Knife
Cutting board
Measuring spoons

Nutrition Facts Valeur nutritive Per serving (125 g) / par portion (125 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 240	
Fat / Lipides 11 g	**17** %
Saturated / saturés 2.5 g + Trans / trans 0.1 g	**13** %
Cholesterol / Cholestérol 120 mg	
Sodium / Sodium 280 mg	**12** %
Carbohydrate / Glucides 14 g	**5** %
Fibre / Fibres 0 g	**0** %
Sugars / Sucres 13 g	
Protein / Protéines 22 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Ingredients:

3 tbsp.	(45 mL)	Canola oil
6 cup	(1 ½ L)	Chicken thighs, boneless, skinless, 2 in. dice
4 tsp.	(20 mL)	Garlic, crushed
½ tsp.	(2 mL)	Red pepper flakes, crushed
½ cup	(125 mL)	Water
½ cup	(125 mL)	Apple juice
1/3 cup	(160 mL)	Brown sugar
¼ cup	(60 mL)	Ketchup
3 tbsp.	(45 mL)	Cider vinegar
¼ cup	(60 mL)	Soy sauce, light
2 tsp.	(10 mL)	Lime juice
2 tsp.	(10 mL)	Orange juice



Method:

1. Heat oil in a large pan over medium-high heat. Add chicken and cook until lightly browned. Remove chicken from pan.
2. Add garlic, red pepper flakes, water, apple juice, brown sugar, ketchup, cider vinegar, soy sauce, lime juice and orange juice. Simmer for 10 minutes.
3. Return seared chicken to pan and cook for 20 minutes. Remove the now cooked chicken, and reduce sauce until thicken to a glaze.
4. Reserve glaze and add to chicken before retherm.

DAY 6

Theory

We will review: procedures for preparing baked goods, proper mixing and baking techniques, weights, weight conversion and measures, terminology.

Demo/Lab Recipes

Field Berry Sour Cream Cake
Pumpkin Cake
Seasonal Apple Torte

Demo/Lab Outcomes

Upon successful completion of this lab the student will be able to:

Prepare baked goods, demonstrate proper mixing and baking techniques;

Apply the cream and two-stage mixing methods;

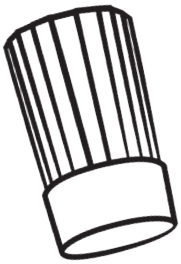
Execute proper baking and glazing of desserts.

Seasonal Apple Torte

Prep Time: 30 minutes
Cook Time: 50 minutes
Serving: 12 servings

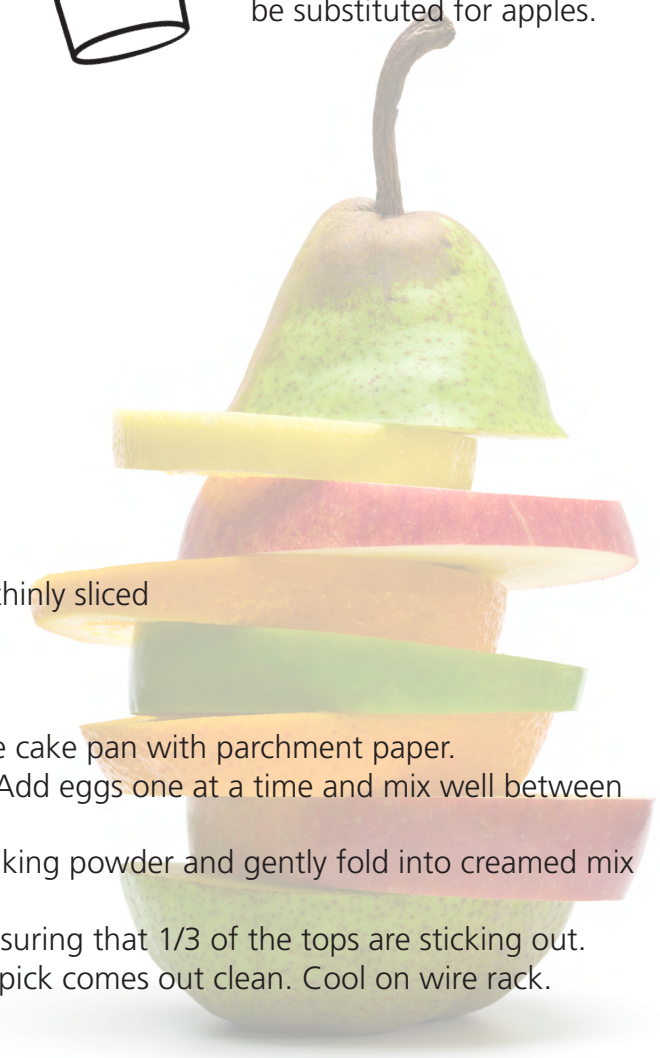
Equipment List:
Knife
Cutting board
Spatula
Stand mixer
Measuring cups
Measuring spoons
Sifter
Parchment paper
Mixing bowls
9 x 9- inch (2 L) Cake pan

Nutrition Facts Valeur nutritive Per serving (50 g) / par portion (50 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 8 g	**12** %
Saturated / saturés 5 g + Trans / trans 0.3 g	**27** %
Cholesterol / Cholestérol 50 mg	
Sodium / Sodium 160 mg	**7** %
Carbohydrate / Glucides 34 g	**11** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 20 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	8 %



Chef's Tip:

Depending on seasonality, plums, peaches and pears can be substituted for apples.



Ingredients:

½ cup	(125 mL)	Butter, room temperature
1 cup	(250 mL)	Sugar
2 each		Eggs
1 tsp	(5 mL)	Vanilla extract
½ tsp	(2 mL)	Salt
1 ¾ cup	(430 mL)	All-purpose flour
2 tsp	(10 mL)	Baking powder
3 each		Apples, peeled, halved and thinly sliced

Method:

1. Preheat convection oven to 350˚F (175˚C) and line cake pan with parchment paper.
2. In stand mixer, cream butter and sugar together. Add eggs one at a time and mix well between each additions and add vanilla.
3. In a separate bowl, sift together salt, flour and baking powder and gently fold into creamed mix ture. Spread batter into prepared pan.
4. Stand sliced apples into batter, curved side up, ensuring that 1/3 of the tops are sticking out.
5. Bake for 45-50 minutes or until an inserted toothpick comes out clean. Cool on wire rack.

Field Berry Sour Cream Cake

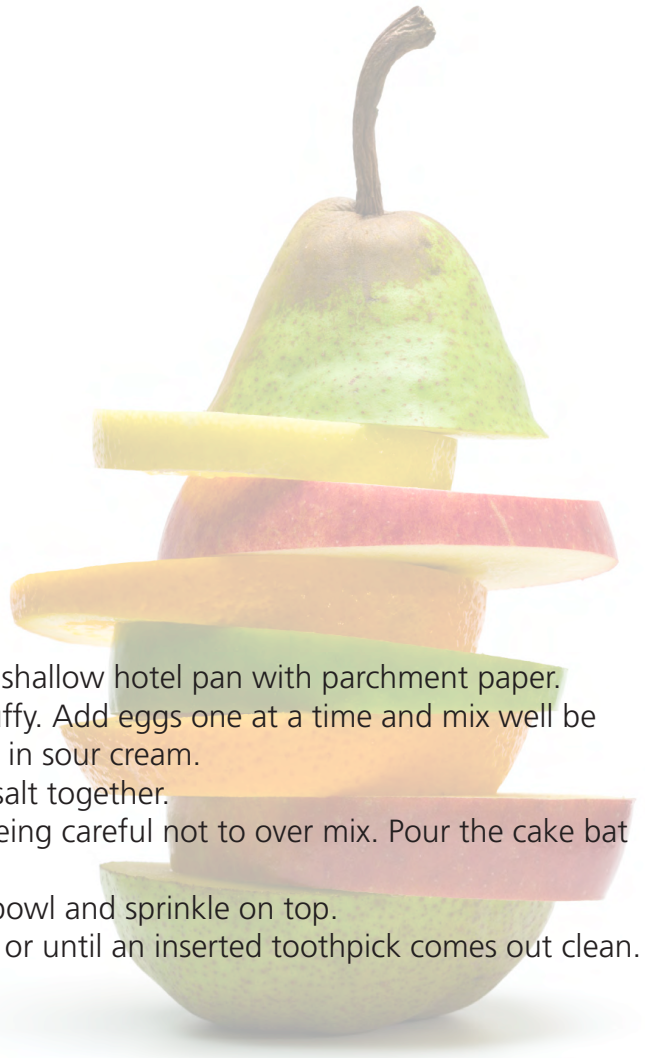
Prep Time: 20 minutes
Cook Time: 30 minutes
Servings: 24 servings

Equipment List:
Mixing bowls
Parchment paper
Rubber spatula
Measuring cups
Measuring spoons
Shallow hotel pan
Stand or hand mixer
Cooling rack

Nutrition Facts Valeur nutritive Per serving (84 g) / par portion (84 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 240	
Fat / Lipides 9 g	**14** %
Saturated / saturés 5 g + Trans / trans 0.3 g	**27** %
Cholesterol / Cholestérol 55 mg	
Sodium / Sodium 170 mg	**7** %
Carbohydrate / Glucides 38 g	**13** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 18 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	8 %

Ingredients:

1 cup	(250 mL)	Butter, unsalted
1 ½ cup	(375 mL)	Sugar
4 each		Eggs
1 tsp.	(5 mL)	Vanilla extract
2 cup	(500 mL)	Sour cream, fat free
4 cup	(1 L)	Flour
2 tsp.	(10 mL)	Baking powder
1 tsp.	(5 mL)	Salt
1 tsp.	(5 mL)	Cinnamon
1/3 cup	(80 mL)	Brown sugar
3 cup	(750 mL)	Blueberries



Method:

1. Preheat convection oven to 325° (160° C) and line shallow hotel pan with parchment paper.
2. Cream butter and sugar together until light and fluffy. Add eggs one at a time and mix well be tween each addition. Stir in vanilla extract and fold in sour cream.
3. In a separate bowl, mix flour, baking powder, and salt together.
4. Gently fold dry ingredients into creamed mixture being careful not to over mix. Pour the cake bat ter into the prepared pan
5. Mix cinnamon and brown sugar together in small bowl and sprinkle on top.
6. Top with blueberries and bake for 25 – 30 minutes or until an inserted toothpick comes out clean.
7. Let cool completely on wire rack before cutting.

Pumpkin Cake

Prep Time: 20 minutes
Cook Time: 15 minutes
Serving: 16 servings

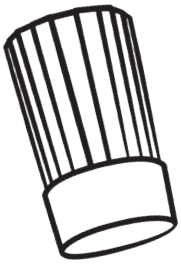
Equipment List:
Electric mixer
9′ x 13′ cake pan
Mixing bowls
Knife
Cutting board
Measuring cups
Measuring spoons
Spatula
Sifter

Nutrition Facts / Valeur nutritive	
Per serving (50 g) / par portion (50 g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 8 g	**12** %
Saturated / saturés 1 g + Trans / trans 0.2 g	**6** %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 300 mg	**13** %
Carbohydrate / Glucides 20 g	**7** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 9 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	6 %

Cake

Nutrition Facts / Valeur nutritive	
Per serving (65 g) / par portion (65 g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 210	
Fat / Lipides 8 g	**12** %
Saturated / saturés 1 g + Trans / trans 0.2 g	**6** %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 290 mg	**12** %
Carbohydrate / Glucides 32 g	**11** %
Fibre / Fibres 1 g	**4** %
Sugars / Sucres 21 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	6 %

With glaze



Chef's Tip:

If served cold, serve with glaze. If served hot, it is recommended to serve without glaze and retherm in a paper bag.

Ingredients:

Pumpkin Cake

3 each		Eggs
1/3 cup	(160 mL)	Sugar
1 cup	(250 mL)	Pumpkin puree, canned
½ cup	(125 mL)	Vegetable oil
1 ½ cup	(375 mL)	All-purpose flour
2 tsp	(10 mL)	Baking powder
2 tsp	(10 mL)	Baking soda
2 tbsp	(30 mL)	Cinnamon, ground
½ tsp	(2 mL)	Salt

Lemon Glaze (Optional)

2 cup	(500 mL)	Icing Sugar
¼ cup	(60ml)	Lemon juice

Method:

1. Preheat oven to 350°F (180°C). In a medium bowl, cream the eggs and sugar with an electric mixer until light and fluffy. Add pumpkin puree, a tablespoon at a time while mixing. Continue by slowly adding oil to the mixture.
2. Sift together the flour, baking powder, baking soda, cinnamon and salt. Gently fold into the pumpkin mixture until just combined.
3. Spread the batter evenly into greased pan and bake for 15 minutes. Cake is finished when an inserted toothpick comes out clean. Cool completely before glazing.
4. To make the glaze, slowly mix together icing sugar and lemon juice. Add more icing sugar or lemon juice to reach the desired consistency. Spread evenly on top of the cooled pumpkin cake. Cut into squares.

WEIGHTS AND MEASUREMENTS

Careful weighing and measuring is not all that important when making stocks, soups, sauces and stews; and the cook may jump from measuring in grams to measuring in ounces, cups or litres with impunity.

However, if following a recipe for the first time and certainly when making cakes, soufflés and desserts, it is quite inadvisable to jump from one system of measurement to another.

When testing a recipe and faced with an awkward equivalent, you can round down or up, depending on the ingredient. This means that the metric, imperial and American proportions will each work individually. But using, say, Imperial quantities for half the cake and metric quantities for the other half might be disastrous.

Similarly, the equivalents given are not strictly accurate, but are rounded up or down for convenience.

Abbreviations

tsp	=	Teaspoon	clv	=	Clove
tbs	=	Tablespoon	con	=	Container
c	=	Cup	cu	=	Cube
pt	=	Pint	dz	=	Dozen
qt	=	Quart	ea	=	Each
gln	=	Gallon	xlg	=	Extra Large
oz	=	Ounce	hd	=	Head
lb	=	Pound	lg	=	Large
ml	=	Millilitre	lf	=	Loaf
l	=	Litre	md	=	Medium
g	=	Gram	pkg	=	Package
kg	=	Kilogram	pc	=	Piece
oF	=	Fahrenheit	pnc	=	Pinch
oC	=	Celsius	ptn	=	Portion
in	=	Inch	sh	=	Sheet
ft	=	Foot	sl	=	Slice
cm	=	Centimetre	sm	=	Small
m	=	Metre	stk	=	Stalk
btl	=	Bottle	tn	=	Tin
bu	=	Bunch	tt	=	To Taste

Solid Measure Equivalents

Ounces	Pounds	Grams	Kilograms
.25		7	
.50		14	
1		28	
2		57	
3		85	
4	1/4	113	
5		142	
6		170	
7		198	
8	1/2	227	
8.8		250	1/4
9		255	
10		284	
11		313	
12	3/4	341	
13		369	
14		397	
15		425	
16	1	454	
17.6		500	1/2
24	1 2	680	
26.5		750	3/4
32	2	907	
35.3		1000	1

CONVERSION FACTORS

Ounces to Grams §
multiply ounce figure by 28.3.

Grams to Ounces §
multiply gram figure by 0.0353.

Pounds to Grams §
multiply pound figure by 453.59.

Pounds to Kilograms §
multiply pound figure by 0.45.

Liquid Measure Equivalents

Ounces	U.S.A	Imperial	Millilitres
	1 tsp	1 tsp	5
.25	2 tsp	2 tsp	9
.50	1 tbs	1 tbs	14
1	2 tbs	2 tbs	28
2	1/4 c	4 tbs	57
3			85
4	1/2 c	1/2 c	125
5		1/4 pt	142
6		3/4 c	170
7			199
8	1 c / 2 pt	1 c	227
8.8			250/¼ L
9	256		
10	1¼ c	2 pt	284
11			313
12	1 ½ c		341
13			369
14			398
15		3/4 pt	426
16		2 c / 1 pt	455
17.6			500/2L
20	2 ½ c	1 pt	568
24	3 c		682
25		¼ pt	710
32		4 c / 1 qt	909
35.1			1000/1L
40	5 c	5 c / 1 qt	1136

CONVERSION FACTORS

Ounces to Millilitres **§**
multiply ounce figure by 30.

Cups to Litres **§**
multiply cup figure by 0.24.

Oven Temperature Equivalents

Fahrenheit	Gas Mark	Description	Celcius
150 (65.5)			70 (158)
175 (79.4)			80 (176)
200 (93.3)			90 (194)
			100 (212)
225 (107.2)	.25		110 (230)
250 (121.1)	.50	Very Slow	120 (248)
			130 (266)
275 (135.0)	1		140 (284)
300 (148.8)	2	Slow	150 (302)
325 (162.7)	3		160 (320)
			170 (338)
350 (176.6)	4	Moderate	180 (356)
375 (190.5)	5		190 (374)
400 (204.4)	6	Hot	200 (392)
			210 (410)
425 (218.3)	7		220 (428)
450 (232.2)	8	Very Hot	230 (446)
475 (246.1)	9		240 (464)
			250 (482)
500 (260.0)	10	Extremely Hot	260 (500)
			270 (518)
525 (273.8)			280 (236)
550 (287.7)			290 (554)
575 (301.6)			300 (572)
			310 (590)
600 (315.5)			320 (608)

CONVERSION FACTORS

Fahrenheit to Celsius §

Subtract 32 from the oF figure, multiply by 5 then divide by 9.

Celsius to Fahrenheit §

Multiply oC figure by 9, then divide by 5, then add 32

Ontario Farmers by Region

Guelph-Dufferin-Wellington

Birkbank Farms
ERIN, ONTARIO
Produce: Vegetables, Fruits, Soybeans, Beef, Cheese, Eggs
P: (519) 855-6519
Web: http://www.greenbeltfresh.ca/search-results-profile/46

Willow Creek
ERIN, ONTARIO
Produce: Vegetables, Cherries, Melon
P: (519) 833-1144
Web: http://www.willowcreekheirlooms.com/plans.htm

Everdale Organic Farm
HILLSBURGH, ONTARIO
Produce: Vegetables, Herbs
P: (519) 855-4859 x 106
Web: http://www.everdale.org

LOVE Garlic
HILLSBURGH, ONTARIO
Produce: Garlic
P: (519) 855-9472
Web: http://www.lovegarlic.ca

Maranatha Farms
ORANGEVILLE, ONTARIO
Produce: Asparagus, Potatoes, Pumpkins, Squash
P: (519) 941-8298
Web: http://www.greenbeltfresh.ca/search-results-profile/229

Halton

Greenfields Organic Farm
CAMPBELLVILLE, ONTARIO
Produce: Herbs, Vegetables, Strawberries
P: (905) 854-5458
Web: http://www.greenfieldsfarm.ca

Josling Farm
CARSLISLE, ONTARIO
Produce: Fava beans, Cabbage, Cauliflower, Eggplant, Peppers, Potatoes, Tomatoes, Onions
P: (905) 689-5523
Web: http://www.greenbeltfresh.ca/search-results-profile/407

Marshall's RealFarmer's Market
MOFFAT, ONTARIO
Produce: Herbs, Vegetables, Watermelon, Soybeans, Flour, Eggs
P: (289) 971-0701
Web: http://www.realfarmersmarket.ca

Stonehaven Farm Market
CAMPBELLVILLE, ONTARIO
Produce: Vegetables, Fruit, Dairy
P: (905) 878-1870
Web: http://www.stonehavenfarms.com

Whole Circle Farm
ACTON, ONTARIO
Produce: Herbs, Vegetables, Melon, Watermelon
P: (519) 856-1384
Web: http://www.wholecirclefarms.ca
York

Smalley's Produce Ltd
EAST GWILLIMBURY, ONTARIO
Produce: Potatoes, Flour
P: (905) 473-5450
Web: http://www.greenbeltfresh.ca/search-results-profile/462

Summerside Farm
HOLLAND LANDING, ONTARIO
Produce: Beets, Carrots, Celery, Kale, Leeks, Lettuce, Onions, Peppers, Radish, Spinach, Swiss Chard
P: (905) 895-8510
Web: http://www.greenbeltfresh.ca/search-results-profile/488

Murray Farm
STOUFFVILLE, ONTARIO
Produce: Vegetables, Peaches, Rabbit, Dairy
P: (416) 555-1212
Web: http://www.greenbeltfresh.ca/search-results-profile/619

Thompson Potato Farm
MOUNT ALBERT, ONTARIO
Produce: Cabbage, Carrots, Cucumber, Potatoes, Pumpkin, Apples
P: (905) 473-3460
Web: http://www.greenbeltfresh.ca/search-results-profile/290

Whittamore's Farm
MARKHAM, ONTARIO
Produce: Vegetables, Currants, Gooseberries, Melon, Raspberries, Strawberries, Watermelon
P: (905) 294-8200
Web: http://www.whittamoresfarm.com

Peel

WholeVillage Sustainable Farm
CALEDON, ONTARIO
Produce: Vegetables
P: (519) 941-1099
Web: http://www.wholevillage.org

Winterbrook Farm
CALEDON, ONTARIO
Produce: Herbs, Vegetables
P: (519) 927-5881
Web: http://www.greenbeltfresh.ca/search-results-profile/787

Pete's Fresh Organics
BRAMPTON, ONTARIO
Produce: Vegetables
P: (905) 454-1314
Web: http://www.greenbeltfresh.ca/search-results-profile/815

Botanix Alton Greenhouse
CALEDON, ONTARIO
Produce: Cucumber, Peppers, Tomatoes
P: (519) 941-8354
Web: http://www.greenbeltfresh.ca/search-results-profile/325

Albion Orchards
CALEDON EAST, ONTARIO
Produce: Apples, Pears, Plums,
P: (905) 584-0354
Web: http://www.albionorchards.com
Simcoe

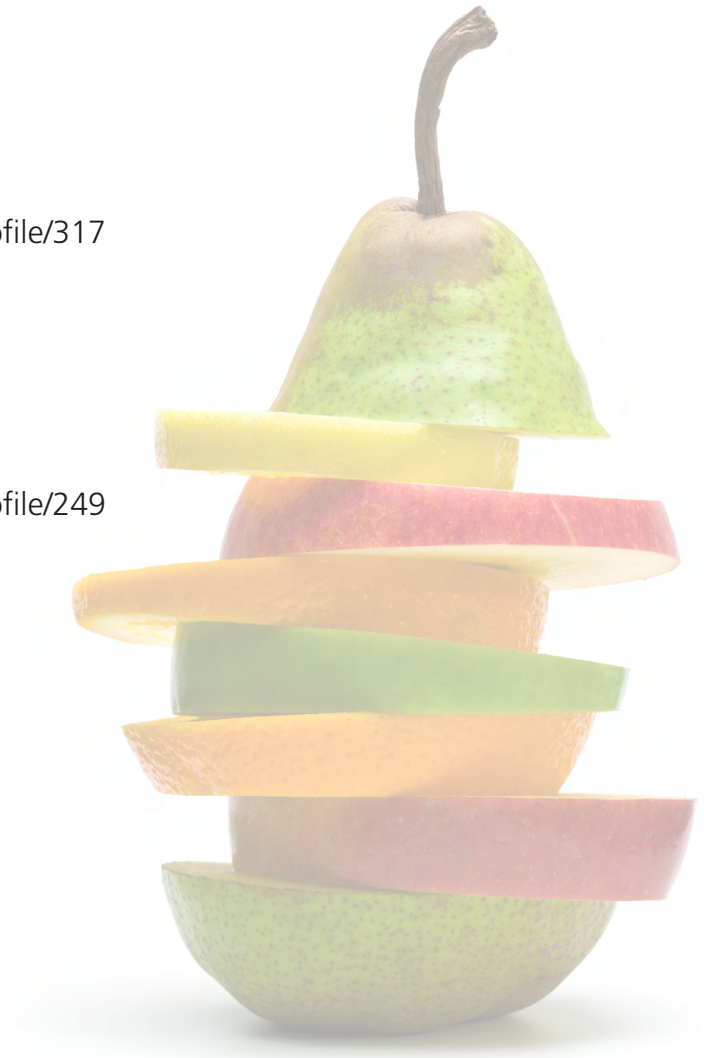
Walter Bak Farms Ltd
BRADFORD, ONTARIO
Produce: Celery, Carrots, Parsnips, Turnips, Onions
P: (905) 775-5321
Web: http://www.greenbeltfresh.ca/search-results-profile/682

Gwillimdale Farms Ltd
2026 Line 11
BRADFORD-WEST GWILLIMBURY, ONTARIO
Produce: Beets, Carrots, Onions, Parsnips, Potatoes, Corn
P: (905) 775-2889
Web: http://www.greenbeltfresh.ca/search-results-profile/476

R. Singh Farm
1169 Canal Rd.
BRADFORD-WEST GWILLIMBURY, ONTARIO
Produce: Vegetables
P: (905) 775-2437
Web: http://www.greenbeltfresh.ca/search-results-profile/646

P.T. Growers
116 Day St.
BRADFORD, ONTARIO
Produce: Herbs, Asian Vegetables, Sprouts
P: (905) 775-3761
Web: http://www.greenbeltfresh.ca/search-results-profile/317

Morrison's Berry Patch
4449 County Road 124
CLEARVIEW, ONTARIO
Produce: *Apples*
P: (705) 445-8833
Web: http://www.greenbeltfresh.ca/search-results-profile/249



Niagara

St David's Hydroponics Ltd.
822 Concession #7 RR#4
NIAGARA-ON-THE-LAKE, ONTARIO
Produce: Eggplant, Bell Peppers
P: (905) 988-5636 x226
Web: http://www.stdavidshydroponics.com

Lincoln County Growers
1316 Concession 2 Rd
NIAGARA-ON-THE-LAKE, ONTARIO
Produce: Vegetables
P: (905) 246-3379
Web: http://lincolncountygrowers.com

D. Smith and Son – Two Century Farm
400 Main St. West
GRIMSBY, ONTARIO
Produce: Tomatoes, Fruit
P: (905) 945-4294
Web: http://www.twocenturyfarm.com

Warner's Farm
4054 John St.
BEAMSVILLE, ONTARIO
Produce: Garlic, Zucchini, Fruits
P: (905) 562-5637
Web: http://www.warnersfarm.ca

Whitty Farms
ST CATHERINES, ONTARIO
Produce: Pumpkins, Tomatoes, Fruit, Dairy
P: (905) 684-9593
Web: http://www.greenbeltfresh.ca/search-results-profile/296

Durham

Wilmot Orchards Inc.
CLARINGTON, ONTARIO
Produce: Apples, Blueberries
P: (905) 987-5279
Web: http://www.WilmotBlueberries.com

Price's Country Market
BOWMANVILLE, ONTARIO
Produce: Vegetables, Fruits
P: (905) 623-3280
Web: http://www.greenbeltfresh.ca/search-results-profile/260

Paul Watson Farms Ltd.
BOWMANVILLE, ONTARIO
Produce: Peas, Pumpkin, Rhubarb, Beans, Corn, Apples, Raspberries, Strawberries
P: (905) 623-9109

Web: http://www.watsonfarms.ca

Nature's Bounty Farm
PORT PERRY, ONTARIO
Produce: Pumpkins, Squash, Apples
P: (905) 985-2096
Web: http://www.naturesbountyfarm.com

Kent Farms
ORONO, ONTARIO
Produce: Herbs, Vegetables, Fruits, Soybean, Flour
P: (905) 983-5706
Web: http://www.greenbeltfresh.ca/search-results-profile/412

Grey-Bruce

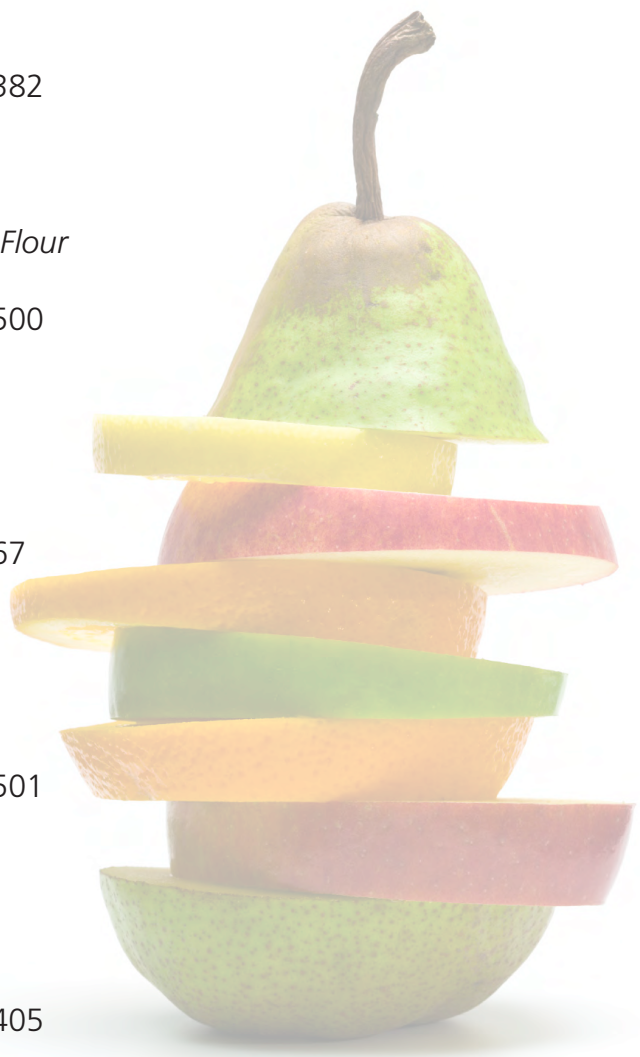
Appletop Farm
CLARKSBURG, ONTARIO
Produce: Beets, Carrots, Potatoes, Tomatoes, Apples
P: (519) 599-6177
Web: http://www.greenbeltfresh.ca/search-results-profile/382

Pine Grove Farm
NORTHERN BRUCE PENINSULA, ONTARIO
Produce: Vegetables, Currants, Strawberries, Barley, Oats, Flour
P: (519) 973-3765
Web: http://www.greenbeltfresh.ca/search-results-profile/500

Marvellous Edibles Farm
OWEN SOUND, ONTARIO
Produce: Herbs, Vegetables,
P: (416) 578-2681
Web: http://www.greenbeltfresh.ca/search-results-profile/67

Oakley's Field Fresh
THE BLUE MOUNTAINS, ONTARIO
Produce: Herbs, Vegetables, Fruit
P: (705) 444-9060
Web: http://www.greenbeltfresh.ca/search-results-profile/501

Wylie Mycologicals Ltd.
WIARTON, ONTARIO
Produce: *Mushrooms*
P: (519) 534-1570
Web: http://www.greenbeltfresh.ca/search-results-profile/405



Hamilton-Wentworth

J.B. Puddicombe and Sons Ltd.
HAMILTON, ONTARIO
Produce: Pumpkin, Corn, Fruit
P: (905) 643-1015
Web: http://www.puddicombefarms.com

Sherlea Acres
LYNDEN, ONTARIO
Produce: Vegetables, Berries
P: (519) 647-2415
Web: http://www.greenbeltfresh.ca/search-results-profile/278

Drummond Farms/Belvedere Orchards
WATERDOWN, ONTARIO
Produce: Apples
P: (905) 689-4724
Web: http://www.greenbeltfresh.ca/search-results-profile/125

Our Fathers Farm
HAMILTON, ONTARIO
Produce: Beets, Lettuce, Tomatoes, Pears
P: (905) 628-8195
Web: http://www.ourfathersfarm.com

Murphy's Country Produce Ltd.
HAMILTON, ONTARIO
Produce: Vegetables, Melon, Cantaloupe, Raspberries, Strawberries
P: (905) 692-5733
Web: http://murphyscountryproduce.com

Northumberland

Pieter's Appleyard
CRAMAHE, ONTARIO
Produce: Apples, Pears
P: (905) 355-5725
Web: http://www.pietersappleyard.com

Bramble Brae Farm
HAMILTON-NORTHUMBERLAND, ONTARIO
Produce: Herbs, Vegetables, Currants, Raspberries
P: (905) 342-3824
Web: http://www.greenbeltfresh.ca/search-results-profile/96

101 Mile Market
PORT HOPE, ONTARIO
Produce: Herbs, Vegetables, Fruit
P: (905) 753-2302
Web: http://www.101milemarket.ca

Willow Grove Farm
PORT HOPE, ONTARIO
Produce: Herbs, Vegetables
P: (905) 753-8448
Web: http://www.greenbeltfresh.ca/search-results-profile/485

Jansen Farm
GRAFTON, ONTARIO
Produce: Asparagus, Rhubarb, Strawberries, Potatoes, Corn, Beans, Tomatoes, Pumpkins
P: (905) 344-7304

Peterborough and the Kawarthas

Lunar Rhythm Gardens
KAWARTHA LAKES, ONTARIO
Produce: Herbs, Vegetables, Cantaloupes, Melon, Watermelon
P: (905) 986-9612
Web: http://www.csafarmdurhamkawartha.com/

Circle Organic Community Farm
MILLBROOK, ONTARIO
Produce: Vegetables, Herbs, Sprouts
P: (705) 932-9888
Web: http://www.circleorganic.ca/

Don Brown Farm
PONTYPOOL, ONTARIO
Produce: Potatoes, Pumpkins, Squash, Beets
P: (705) 277-2147

Harvest Road Farm
DUNSFORD, ONTARIO
Produce: Vegetables, Potatoes, Pumpkins
P: (705) 793-1745

McLean Berry Farm
LAKEFIELD, ONTARIO
Produce: Strawberries, Raspberries, Vegetables
P: (705) 657-2134
Web: www.mcleanberryfarm.com

Western Ontario

Nature Fresh Farms
LEAMINGTON, ONTARIO
Produce: Tomatoes, peppers, cucumbers, eggplant, hot peppers, specialty products
Web: http://www.naturefresh.ca/definitive-greenhouse-facility/#sthash.MpjE8hAu.dpbs

Sovereign Farms
WATERFORD, ONTARIO
Produce: Tomatoes, beans, beets, cucumbers, gourds, zucchini, squash, late raspberries, peppers, mosaic mix
Web: http://www.sovereignfarms.ca/contact

Beverly Greenhouses
DUNDAS, ONTARIO
Produce: Cucumbers
Web: http://www.facesoffarming.ca/index.php/beverly-greenhouses/

Coppola Farms
KINGSVILLE, ONTARIO
Produce: Cucumbers, tomatoes, peppers
Web: http://coppolafarms.com/

Orangeline Farms
LEAMINGTON, ONTARIO
Produce: Peppers, beans, strawberries
Web: http://orangelinefarms.com/

Central Ontario

Marina and Pete Greenhouse
BRIGHTON, ONTARIO
Produce: Tomatoes, cucumbers, sweet peppers, herbs, zucchini, lettuce
Web: http://www.ylm.ca/ylm/ylm_comp_detail.aspx?comp_id=308370

Link Greenhouses
BOWMANVILLE, ONTARIO
Produce: Tomatoes, cucumbers, boston lettuce, potatoes, asparagus, radish, peas, corn, beets, zucchini, green onion
Web: http://www.linkgreenhouses.ca/about-link-greenhouses/

Walkers Greenhouse
PICTON, ONTARIO
Produce: *Tomato*
Web: http://www.buildanewlife.ca/site/index.php/Agribusiness/Farms/Walker-s-Greenhouse.html

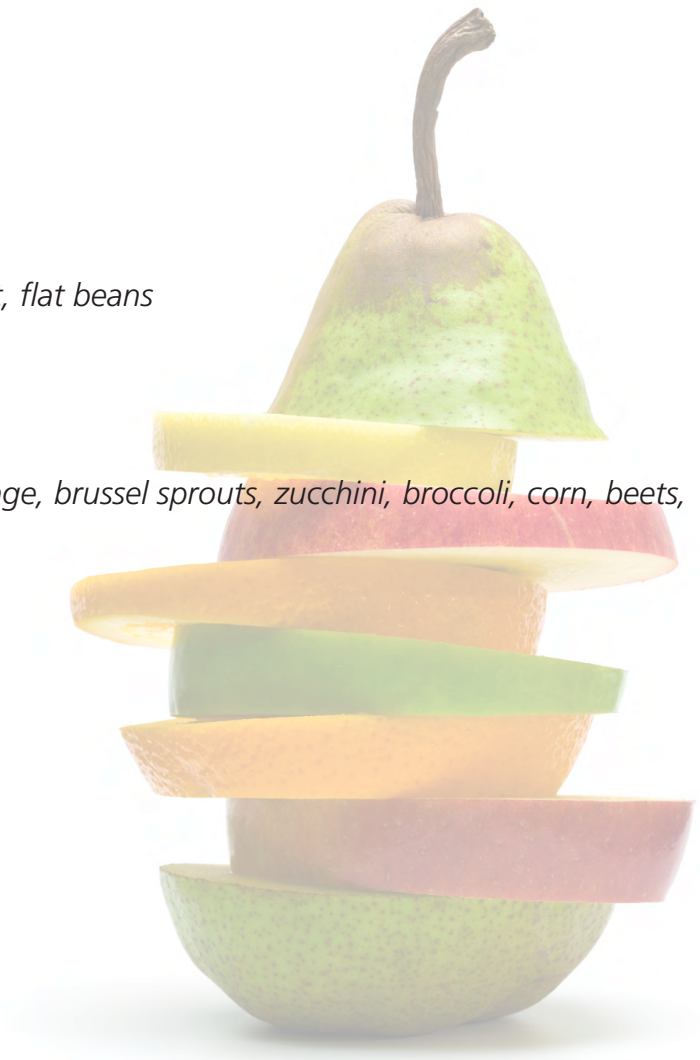
Eastern Ontario

Burts Greenhouse
ODESSA, ONTARIO
Produce: Garlic, mixed greens, sweet potato
Web: http://burtsgh.com/store/#!/Vegetables/c/338711/offset=0&sort=normal

Casteel Greenhouse
BALTIMORE, ONTARIO
Produce: Tomatoes
Web: http://www.ruralroutes.com/7574.html

Sun Tech Greenhouse LTD
MANOTICK, ONTARIO
Produce: Tomatoes, green beans, cucumber, eggplant, flat beans
Web: http://www.suntech.ca/products.html

Forman Farms
SEELEY'S BAY, ONTARIO
Produce: Pumpkin, fingerling potatoes, carrots, cabbage, brussel sprouts, zucchini, broccoli, corn, beets, garlic



Ontario Produce Availability

FRUITS	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples												
Apricots												
Blueberries												
Cherries												
Cranberries												
Currants												
Gooseberries												
Grapes												
Muskmelon												
Cantaloupe												
Nectarines												
Peaches												
Pears												
Plums												
Rhubarb												
Strawberries												
Watermelon												

VEGETABLES	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Artichoke												
Asian Vegetables												
Asparagus												
Beans												
Beets												
Golden Beets												
Bok Choy												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumber (field)												
Cucumber (greenhouse)												
Eggplant												
Leeks												
Lettuce (assorted)												
Lettuce (greenhouse)												
Mushrooms												
Onions (cooking)												
Onions (green)												
Onions (red)												
Parsnips												

cont'd

VEGETABLES	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Peas (green)												
Peppers (field)												
Peppers (greenhouse)												
Potatoes												
Pumpkin												
Radicchio												
Radishes												
Rapini												
Swiss Chard (red/green)												
Rutabaga												
Spinach												
Kale (green)												
Sweet Potatoes												
Tomatoes (field)												
Tomatoes (greenhouse)												
Grape Tomato												
Zucchini												
Collards (green)												
Dill Cucumber												
Napa Cabbage												
Coriander												
Parsley												
Belgium Endive												
Summer Squash												
Squash												

St. Michael's

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