

Great Tastes of Manitoba

...the cooking show that
features Manitoba products

Watch
Saturdays
at 6:30 p.m.
CTV
(Channel 7; Cable 5)



Show Dates 2006 /rerun 2007	Show Titles	
1. Sept 16/ Feb 17	Cozy up with Turkey	Helga Wheddon, <i>Manitoba Turkey Producers</i>
2. Sept 23/ Feb 24	Lean on Beef	Corinne Dawley, <i>Manitoba Cattle Producers Assoc.</i>
3. Sept 30 / Mar 3	Chicken- Still Keepin' It Simple	Karen Armstrong, <i>Manitoba Chicken Producers</i>
4. Oct 7/ Mar 10	Pork- Try a Little Tenderloin	Marlene McDonald, <i>Manitoba Pork Council</i>
5. Oct 14/ Mar 17	Canola Sweet and Simple Cakes	Ellen Pruden, <i>Manitoba Canola Growers</i>
6. Oct 21 / Mar 24	Let's do Lunch with Mushrooms	Barbara Bertrand, <i>Manitoba Mushroom Growers</i>
7. Oct 28 / Mar 31	Milk-Classic Family Favourites	Anna Pohorecky, <i>Dairy Farmers of Manitoba</i>
8. Nov 4 / Apr 7	Simply Tasty Beans	Julianne Kawa, <i>Manitoba Pulse Growers Assoc</i>
9. Nov 11 / Apr 14	Chicken- Fresh from the Market	Karen Armstrong, <i>Manitoba Chicken Producers</i>
10. Nov 18 / Apr	Pork with Panache	Marlene McDonald, <i>Manitoba Pork Council</i>
11. Nov 25 / Apr 28	Awesome Appetizers with Beef	Corinne Dawley, <i>Beef Information Centre</i>
12. Dec 2 / May 5	Canola & a Great Canadian Fish Tale	Ellen Pruden, <i>Manitoba Canola Growers</i>
13. Dec 9 / May 12	Lamb for All Occasions	Lindsay McDonald, <i>Manitoba Sheep Association</i>
14. Dec 16 / May 19	Milk- New Family Favourites	Anna Pohorecky, <i>Dairy Farmers of Manitoba</i>
15. Dec 23 / May 26	Quick Suppers with Mushrooms	Barbara Bertrand, <i>Manitoba Mushroom Growers</i>



Twice Baked Turkey Cheddar Potatoes

6	large baking potatoes	¼ cup (50 ml)	butter, softened
4 tbsp (60 ml)	olive oil, divided	¼ cup (50 ml)	milk
2 tsp (10 ml)	kosher or sea salt	¼ cup (50 ml)	parmesan cheese, grated
¼ cup (50 ml)	red onions, chopped	3 cups (750 ml)	cooked turkey, diced
1 tsp (5 ml)	minced garlic	¼ cup (50 ml)	parsley, chopped
1 tsp (5 ml)	dried rosemary	½ cup (125 ml)	cheddar cheese, grated
1 cup (250 ml)	cream cheese, softened		

Makes 6 servings

Pre-heat oven to 425°F (220°C). Scrub potatoes and prick several times with a fork. Rub potatoes with 2 tbsp oil, place on a baking sheet and sprinkle with salt. Bake for 45-60 minutes. Remove from the oven and let cool on a rack.

In a pan, heat remaining 2 tbsp oil over medium. Sauté onions until transparent. Add garlic and rosemary and continue to cook for five minutes. Remove from heat and set aside.

Cut each potato in half lengthwise. With a spoon carefully scoop the pulp out, leaving a ¼-inch of the pulp on the inside for stability. In a large bowl, mash the pulp well; add the cream cheese, butter, milk, parmesan, onion/garlic mix, parsley and turkey. Mix together well. Divide filling evenly between the halves and return to the baking sheet. Sprinkle each half with cheddar cheese and bake at 325°F (180°C) for 20 minutes or until heated through. Serve with a side salad and you have a complete meal!

Serve with Coopers Sparking Ale (Australia)

Asian Turkey Stroganoff

2 tsp (10 ml)	vegetable oil	3 tbsp (45 ml)	hoisin sauce
1	onion, thinly sliced	1 tbsp (15 ml)	soy sauce
2 cups (500 ml)	mushrooms, quartered	1 tsp (5 ml)	chili garlic sauce
1	garlic clove, minced	1 cup (250 ml)	light sour cream
1½ lbs (750 g)	turkey breast strips	2 tbsp (30 ml)	corn starch
1 cup (250 ml)	turkey or chicken broth, divided		

Makes 6 servings

In a large skillet heat oil; add turkey; cook over medium-high heat for 3-4 minutes or until no longer pink. Add onion, mushrooms and garlic and cook until the onions are tender.. Add ¾ cup of broth, hoisin sauce, soy sauce and chili garlic sauce, stir to combine; cook 5 minutes.

In a small bowl, combine remaining ¼ cup broth and cornstarch; stir into turkey mixture; heat to boiling; cook, stirring 1½ minutes or until thickened. Remove from heat and stir in sour cream. Serve over rice or egg noodles.

Serve with Andrea's Ice Agate (2 oz Iceberg Vodka, ½ oz Hypnotique, Ice Shake, Strain into a martini glass)

Creamy Turkey Stew in a Bread Bowl

1 lb (500 g)	turkey cut into cubes	1	clove garlic, minced
2 tbsp (30 ml)	all purpose flour	1 tbsp (15 ml)	fresh rosemary, chopped
3 tbsp (45 ml)	oil	2 cups (500 ml)	fresh button mushrooms
2 tbsp (30 ml)	butter	2 cups (500 ml)	dry white wine
3	onions, chopped	1 cup (250 ml)	chicken stock
2	celery stalks, sliced	½ cup (125 ml)	18% cream
2	large carrots, sliced		salt and pepper to taste
2	parsnips, sliced*	4	large kaiser buns

Makes 4 servings

Dust turkey with flour. In a large, heavy-bottom pot, heat oil and butter over medium-high heat. Add turkey and sauté on all sides until lightly browned. Remove turkey and set aside. Add onions, celery, carrots, parsnip, garlic, rosemary and mushrooms. Sauté for 10 minutes or until onions become transparent. Return turkey to the pot and add wine and chicken stock. Cover and reduce to simmer. Cook for 20 minutes or until vegetables are tender. Stir in cream and season to taste.

Slice the top third of the kaiser bun off. Hollow the bottom of the bun out, leaving a ¼ inch bread crust to form a "bowl".

Fill each bun with stew, place lid on top and serve.

*Two medium potatoes peeled and diced may be used as a substitute for parsnips

Recipes Courtesy of Ontario Turkey Producers' Marketing Board

Serve with Cordoniu Pinot Noir Brut Cava (Spain)

Slow-Roasted Beef with Roasted Ratatouille

2 tsp (10 mL) olive oil
 3 lb (1.5 kg) **Beef Sirloin Tip or Inside Round Oven Roast**

Roasted Ratatouille:

3 plum tomatoes, cored and quartered
 8 oz (250 g) zucchini (about 2), cut into ½ inch (1 cm) slices
 1 small Spanish onion, cut into 12 wedges
 1 baby eggplant, cut into chunks
 1 EACH sweet red and yellow pepper, seeded and cut into chunks
 4 oz (125 g) mushrooms, quartered

Makes 6 servings

Pepper
 1 tbsp (15 mL) basil pesto
 6 cloves garlic
 3 tbsp (45 mL) basil pesto
 1 tbsp (15 mL) balsamic vinegar
 1 tsp (5 mL) liquid honey
 ¼ cup (50 mL) pitted Kalamata olives (optional)

This recipe takes advantage of roasting both the vegetables and the meat at the same time. **Roasted Ratatouille:** In large bowl, combine tomatoes, zucchini, onion, eggplant, peppers, mushrooms, garlic and pesto; toss to coat. Spread on foil lined jelly roll pan lightly coated with vegetable cooking spray; set aside. **Heat** oil in heavy sauté pan or ovenproof skillet over medium-high heat. Season beef with pepper as desired; brown all over, turning with tongs, about 10 minutes. Spread pesto all over roast; place on rack in sauté pan. Insert oven safe meat thermometer into centre of roast. Cook beef and vegetables, uncovered, in 275°F (140°C) oven until thermometer reads 140°F (60°C) for medium-rare, about 1½ hours. **Remove** roast to cutting board. Tent with foil and let stand for 5 minutes to allow temperature to rise an additional 5°F (3°C). Lift foil and vegetables from pan and use rubber spatula to scrape vegetables into large bowl; toss with vinegar, honey and olives (if using). Set aside 2 cups / 500 mL of vegetables for Mediterranean Wrap recipe, if desired. Thinly carve roast across the grain. Make up a big batch of steamed rice or couscous to go with the roast meal, reserving approx. 2 cups (500 mL) of the cooked rice to use in the Mediterranean Wrap recipe the next day (if desired).

Serve with Tyrrell's Rufus Sone McLaren Vale Shiraz (Australia)

Mediterranean Wraps

Combine 2 cups (500 mL) EACH remaining Roasted Ratatouille vegetables and cooked rice or whole-wheat couscous. Flavour with 3 tbsp (45 mL) bottled sun-dried tomato vinaigrette dressing; set aside. Spread each of 6 large spinach tortillas (warmed) with 1 tsp (5 mL) pesto. Layer each with ½ cup (125 mL) EACH shaved roast beef, baby spinach leaves and ratatouille / rice mixture. Roll up and cut on diagonal to serve.

Serve with Half Pints Brewing Company (Local Winnipeg Micro Brewery), Bulldog Amber Ale & Little Scrapper IPA

Makes 6 wraps

Orange Beef Stir-Fry

1 tbsp (15 mL) canola oil
 1 lb (500 g) **Beef Top Sirloin Grilling Steak**, sliced into thin strips

Sauce:

1 tsp (5 mL) grated orange rind
 ¼ cup (50 mL) orange juice
 2 tbsp (30 mL) EACH sodium reduced soy sauce and rice vinegar
 1 tbsp (15 mL) EACH minced gingerroot, liquid honey and cornstarch
 2 cloves garlic, minced
 1 tsp (5 mL) EACH sesame oil and Asian chili sauce

Makes 4 to 5 servings

4 cups (1 L) stir fry vegetables
 Dried chili pepper flakes (optional)

The steam-sauté method used here for cooking the vegetable lets you minimize the oil when stir-frying while still getting the vegetables cooked to tender-crisp without scorching. **Sauce:** Whisk together orange rind, orange juice, soy sauce, vinegar, gingerroot, honey, cornstarch, garlic, sesame oil and chili sauce in small bowl; set aside. **Heat** canola oil in large skillet or wok over high heat. Stir-fry beef for 3 to 4 minutes or until brown; transfer to a bowl. Add vegetables and 3 tbsp (45 mL) water to pan and bring to boil; reduce heat, cover and cook for 4 minutes or until tender-crisp. **Return** beef and any juices to pan. Stir in reserved sauce mixture and return to boil; cook, stirring for 1 to 2 minutes or until thickened. Sprinkle with chili pepper flakes (if using). Serve stir-fry with rice noodles or whole wheat pasta.

Serve with Crown Royal Whisky Sour (2 oz whisky, 3 oz Whisky sour mix – shaken)

Show # 3

Chicken – Still Keepin’ It Simple

Balsamic Pepper Chicken

Makes 4 servings

Quick enough for everyday, elegant enough for company!

4 boneless skinless Manitoba chicken breasts
2 tsp (10 mL) lemon pepper
2 tsp (10 mL) canola oil
2/3 cup (150 mL) balsamic vinegar
1/2 cup (125 mL) chicken stock
2 cloves garlic, minced

Sprinkle lemon pepper on both sides of the chicken. In a skillet, heat oil over medium heat. Add chicken and cook for 5-7 minutes on each side or until a meat thermometer inserted into the chicken reads 170F. Remove chicken to a serving platter and keep it warm.

Mix vinegar, broth and garlic and add to the skillet. Bring to a boil and stir cook until the mixture is reduced and syrupy. Pour sauce over chicken breasts and serve.

Variation:

Grill chicken with the lid down on medium heat for 5-7 minutes per side. Combine the sauce ingredients in a small sauce pot. If you have a side burner on your grill, use it for the sauce, otherwise use your stove.

Serve with Seaview Sparkling Shiraz (Australia); Jamaican Shandygaff (Jamaican Red Stripe Lager, Jamaican style ginger beer in equal parts)

Quick Pad Thai for Two

Makes 2 servings

A taste of Thailand in 15 minutes or less

½ lb (250g) boneless skinless chicken thighs
1 Tbsp (15mL) canola oil
1 clove garlic, minced
1 tsp (5mL) ginger powder
4 tsp (20mL) lime juice
1 tsp (5mL) hot pepper sauce or Thai sweet chili sauce
3 cups (750mL) store bought broccoli slaw
½ cup (125mL) store bought Pad Thai sauce*
2 oz (50g) flat rice noodles

Soak noodles in hot water for 10 minutes.

Cut each chicken thigh in four. Heat oil in a skillet over high heat. Stir cook chicken for about 5 minutes or until just browned. Stir in garlic, ginger, lime juice, hot pepper sauce and broccoli slaw; continue cooking until chicken is cooked through (about 5-6 minutes). Add Pad Thai sauce, stirring until well blended.

Drain noodles well and divide onto two warm plates. Top with chicken and vegetable mixture.

*Pad Thai sauce is available in jars and envelopes in the Oriental section of most large grocery stores. If using an envelope, use 1 envelope for the recipe.

Serve with Sumac Ridge Gewurztraminer (Canada); Appleton Island Enticement (1 oz Appleton rum, 1 oz midori liqueur, 3 oz pineapple juice, ice. Stir well. Then add a splash of grenadine).

Roasted Tenderloin with Vegetables

- 2 Pork Tenderloins, well trimmed, about 12 oz/0.375kg each
- 1 **each** red and yellow pepper, thickly sliced
- 2 zucchini, sliced lengthwise
- 1 red onion, cut into 8 wedges

Makes 6 Servings

- 1 Tbsp (15 mL) canola oil
- 1 ½ tsp (2 mL) **each** salt and pepper, combined
- ¼ cup (50 mL) apricot or peach jam
- 2 Tbsp (25 mL) grainy mustard
- 2 Tbsp (25 mL) cider vinegar

Place vegetables on a foil-lined baking sheet (with rims). Sprinkle with oil and half the salt/pepper mixture. Toss to coat well. Push vegetables to sides of the sheet. Place pork tenderloins in the centre of the sheet. Combine remaining salt/pepper mixture with remaining ingredients. Brush generously over pork. Roast at 450°F (230°C) for about 25 minutes. Then broil until pork and vegetables are lightly browned. Let pork rest 5 minutes before slicing thickly. Serve on a platter, surrounded by vegetables.

Serve with Stoneleigh Marlborough Pinot Noir (New Zealand)

Nut-Crusted Tenderloin Crostini

- 1 (about 12 oz/0.375 kg) Pork Tenderloin, well trimmed
- ½ cup (125 mL) slivered almonds
- ½ cup (125 mL) fresh parsley leaves
- ¼ tsp (1 mL) salt

Makes 24 appetizers

- 1 lemon grated peel
- ¼ cup (50 mL) fresh lemon juice
- 4 oz (113 g) cream cheese or goat cheese
- Baguette slices diagonally cut

Pulse parsley and nuts in a food processor until crumbly. (Do not over process or mixture will be paste-like.) Combine mixture with lemon peel and salt; spread on large piece of waxed paper. Place lemon juice in a pie plate. Dip tenderloin in lemon juice to coat. Coat tenderloin with nut mixture, using waxed paper to press mixture onto pork. Roast pork on a rack in a shallow pan at 400°F (200°C) for 20-25 minutes or until meat thermometer registers 155°F (68°C). Remove from oven; cool on rack. Loosely wrap with foil; chill several hours. To serve, lightly toast baguette slices; spread with cream cheese or goat cheese. Slice tenderloin into ½" (1.25cm) slices. Place on top of cheese. Garnish as desired.

Serve with Campari and Soda; Apple Jim (2 oz Jim Beam Bourbon, 2 oz Apple Sour Mix, Ice – Layered)

Stuffed Pork Tenderloin with Lemon Wine Sauce

- 2 (about 12 oz/0.375 kg each) Pork Tenderloins, well trimmed
- 1 (6 oz/180 g) package long grain and wild rice mix, prepared
- 1 Tbsp (15 mL) butter
- 8 oz (0.25 kg) fresh mushrooms chopped

Makes 6 servings

- ½ cup (125 mL) sliced green onions
- 1 cup (250 mL) chopped pecans, toasted
- 2 Tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) dried Italian seasoning
- ½ tsp (2 mL) salt

Lemon-Wine Sauce:

- ½ cup (125 mL) **each** chicken broth, white wine
- 1 Tbsp (15 mL) **each** lemon juice, chopped onion

- 1 clove garlic, minced
- ¼ tsp (1 mL) **each** sugar, pepper
- 1 tsp (5 mL) **each** cornstarch, cold water

Cut each tenderloin lengthwise down the centre, cutting to but not through the opposite side; open flat. Melt butter in a non-stick skillet. Add mushrooms and onions; cook until tender. Remove from heat; stir in cooked rice mix, pecans and parsley. Reserve ¾ cup rice mixture. Place remaining rice in a covered casserole; bake with tenderloins. Divide ¾ cup rice mixture between two tenderloins, spreading evenly down the centre. Close tenderloins with toothpicks. Combine Italian seasoning and salt; sprinkle over top of pork. Roast on a rack in a shallow pan at 400°F (200°C) about 25 minutes or until a meat thermometer registers 155°F (68°C). Remove from oven. Tent loosely with foil; let rest 5-10 minutes before slicing. Meanwhile, prepare **Lemon-Wine Sauce**. Combine all ingredients except cornstarch and water; simmer 5 minutes. Combine cornstarch and water. Stir into broth mixture; simmer until thickened. Arrange pork slices on rice; drizzle with Lemon-Wine Sauce.

Serve with Balthasar Röss Hattenheimer Shutzenhaus Rheingau Riesling Kabinett (Germany)

Sugar Dusted Wine Cake

1/3 cup (75 mL) sugar
 1 tsp (5 mL) cinnamon
 1 -18 oz (515g) pkg white cake mix
 1-4 oz (113g) pkg vanilla instant pudding
 1 tsp (5 mL) cinnamon

Icing

1 cup (250 mL) confectioners' sugar
 1-2 Tbsp (15-25 mL) milk
 Dash cinnamon

Makes one bundt cake

1/2 (2 mL) nutmeg
 1/2 (25 mL) **canola oil**
 1 cup (250 mL) white wine
 4 eggs

Preheat oven 350 F (180 C) Spray canola oil in a 10 inch (25 cm) bundt pan. In a small bowl, combine sugar and 1 tsp (5 mL) cinnamon. Dust bundt pan with sugar mixture. In mixing bowl, combine cake mix, instant pudding, cinnamon, nutmeg, canola oil, wine and eggs. Beat on medium speed for 5 minutes. Pour into prepared pan. Bake for 50-60 minutes or until cake tester comes clean. Let cool on rack in pan for 10 minutes. Remove from pan, place cake on wire rack and cool completely. **Icing:** Combine confectioners' sugar, milk and cinnamon in small bowl. Whisk until smooth. Stir in additional milk for desired consistency. Drizzle over top of cake.

Serve with Golden Delicious (1 oz Goldschlager, top with Rock Creek Cider)

Coconut Raspberry Cake

1-18 oz(515 g) pkg white cake mix
 1/3 cup (75 mL) **canola oil**
 1 cup (250 mL) water
 3 eggs

7 minute Frosting

1 1/2 cups (375 mL) sugar
 1/3 cup (75 mL) cold water
 1 egg white

Makes: 1 cake

1/3 cup (75 mL) tropical coconut rum
 1 tsp (5 mL) coconut extract
 1/2 cup (125 mL) flaked coconut
 1 1/2 cups (250-375 mL) raspberry jam

1/4 tsp (1 mL) cream of tartar
 1 tsp (5 mL) coconut extract
 2 cups (500 mL) flaked coconut

Preheat oven to 350 F (180 C) Canola oil spray 2 – 9 inch (23 cm) layer pans. In a large bowl, combine cake mix, canola oil, water, eggs, rum, coconut and coconut extract. Beat on medium speed for 2 minutes. Divide batter between the 2 pans. Bake for 25 minutes or until cake tester comes out clean. Cool 10 minutes on wire rack. Remove cakes from pans and cool cakes completely on wire racks. **Frosting:** Off the heat, combine sugar, water, egg white and cream of tartar in the top of a double boiler and mix until thoroughly blended. Place the top of the double boiler over rapidly boiling water and beat with a hand mixer for 7 minutes. Add extract and continue beating until the icing reaches a good consistency for spreading. **Assemble:** Place one cake layer on serving platter. Spread with raspberry jam. Set second layer on top of first. Spread top and sides of cake with frosting. Press coconut over top and sides of cake. Store cake in refrigerator

Serve with Huyghe Floris Ninkeberry (Belgian Fruit flavoured beer)/Martini Rossi Asti (Italy)

Cookie Crust for Favourite Filling

1 cup (250 mL) all purpose flour
 1/2 cup (125 mL) confectioners' sugar
 dash of salt

Makes 1 pie

1/4 cup (50 mL) **canola oil**
 1 egg
 1 Tbsp (15 mL) milk

In a large bowl, combine flour, confectioners' sugar and salt together. In a small bowl, whisk together canola oil, egg and milk. Pour liquid ingredients over dry ingredients. Quickly stir ingredients together, until just combined. Spoon mixture into 9 inch pie plate. Press mixture onto bottom and up the sides over the pie plate. Add your favorite filling and bake until done.

Note: (Cookie crust may be baked unfilled at 350 F for 10-12 minutes)

Serve with Harveys Bristol Cream Cocktail (slice of orange in bottom of glass, top with ice and sherry)

For more recipes and your free copy of the Sweet and Simple cake recipe brochure. Visit www.mcgacanola.org or www.canolarecipes.ca for your free copy.

Family Size Portabella Sandwich

3 portabella mushrooms
 2 Tbsp. (25 mL) olive oil
 2 Tbsp. (25 mL) balsamic vinegar
 1 loaf ciabatta bread, unsliced
 4 oz. (125 g) herb and garlic cream cheese
 1 cup (250 mL) thinly sliced sweet onions

Makes 8 servings

2 red peppers, roasted, seeded,
 cut into thick strips
 1/2 cup (125 mL) marinated artichokes
 4 slices Havarti cheese
 Fresh basil leaves or leaf lettuce

Remove stems from mushrooms by cutting with a knife or gently twisting out. Reserve for another use. Place mushrooms on lightly greased broiler pan. In small bowl, whisk together olive oil and balsamic vinegar. Brush both sides of mushrooms with mixture. Broil, 3–4 minutes per side, or until tender, basting frequently with mixture. Cool. Using electric knife, slice ciabatta loaf in half horizontally. Spread cream cheese on both halves of bread. Place cooled portabellas on bottom half. Layer with sliced onions, red peppers, artichokes, Havarti cheese and greens. Top with top half of loaf, pressing firmly. Wrap in parchment paper. Tie with string. Refrigerate at least 1 hour.

Serve with Half Pints Brewing Company (Local Winnipeg Micro Brewery)/Stir Stick Stout/Black Velvet (1 ½ oz stout, champagne to fill)

Mushroom Quiche

2 cups (500 mL) whipping cream or cereal cream
 4 eggs
 1/2 tsp. (2 mL) salt
 freshly ground pepper
 dash cayenne

Makes 8 servings

2 Tbsp. (25 mL) butter or margarine
 1/2 lb. (250 g) sliced fresh mushrooms (2 ½ cups/625 mL)
 2 Tbsp. (25 mL) chopped green onions
 1 cup (250 mL) grated Swiss cheese
 Pastry for 9-inch (23 cm) one-crust pie

In bowl of electric mixer, beat together whipping cream, eggs, salt, pepper to taste and cayenne. Set aside. In fry pan, melt butter over medium heat. Cook mushrooms and green onions in butter until softened. Remove from heat. Sprinkle Swiss cheese over bottom of pastry. Top with mushroom-onion mixture. Pour cream mixture over mushrooms. Bake at 375°F (190°C) 40–45 minutes or until knife inserted off centre comes out clean. Let stand 10 minutes before cutting.

Serve with French Sherbet Cocktail (1/2 oz gin, ½ oz cointreau, ½ oz orange juice, 1/2 oz lime juice, ice....shake then strain into a cocktail glass)

Warm Mushroom Salad with Walnuts and Feta

2 Tbsp. (25 mL) olive oil
 1 lb. (500 g) fresh mushrooms, sliced
 1 onion, chopped
 2 cloves garlic, minced
 1/4 cup (50 mL) cider vinegar

Makes 6 servings

1 Tbsp. (15 mL) soy sauce
 1 Tbsp. (15 mL) honey
 8 cups (2 litres) torn salad greens or baby spinach
 1/4 cup (50 mL) chopped walnuts
 1/4 cup (50 mL) crumbled Feta cheese

Heat oil in large fry pan over medium–high heat. Sauté mushrooms, onion and garlic in oil until mushrooms are tender, about 3 minutes. Whisk together cider vinegar, soy sauce and honey. Add to mushrooms, stirring constantly. Place salad greens in large bowl. Pour hot mushroom mixture over greens. Toss. Sprinkle with walnuts and Feta cheese. Serve immediately.

Serve with La Dame Blanche Honey Wine (Canada)

Show # 7

Milk – Classic Family Favorite

Cream of Mushroom Soup

1 Tbsp (15 mL) butter
1 large onion chopped
1 clove garlic, finely chopped
1 lb (450 g) mushrooms, coarsely chopped
3 Tbsp (45 mL) butter
3 Tbsp (45 mL) flour
1 ½ cups (375 mL) chicken stock

Makes 4 to 6 servings

2 ½ cups (625 mL) evaporated milk
1 Tbsp (15 mL) Worcestershire sauce
1/4 tsp (1 mL) Tabasco sauce
1 tsp (5 mL) salt
¼ tsp (1 mL) pepper
2 Tbsp (30 mL) chopped fresh parsley

Melt butter in skillet. Add onions and garlic. Cook 2 to 3 minutes until onions are tender. Add mushrooms. Cook until all liquid is evaporated. Melt butter in a large saucepan. Whisk in flour. Cook, stirring constantly, 2 to 3 minutes without browning. Whisk in stock and milk. Add seasoning. Bring to a boil, reduce heat and cook 5 to 8 minutes. Stir mushrooms into soup. If desired puree some or all of the soup. Cook 5 minutes until heated thorough. Taste and adjust seasoning if necessary. If soup is too thick, add a little additional milk. Re-season if necessary. Serve garnished with parsley.

Serve with Glenmorangie Sherry Wood Scotch Whisky (Scotland)

All-Time Favourite Mac & Cheese

3 cups (750 mL) macaroni or small pasta shells
1 Tbsp (15 mL) butter
1 small onion, finely chopped
¼ cup (50 mL) flour
1 can (28 oz/ 796 mL) canned diced tomatoes, drained (optional)

Makes 4 servings

1 tsp (5 mL) Dijon mustard
2 cups (500 mL) shredded Cheddar cheese
¼ cup (50 mL) Parmesan cheese
3 cups (750 mL) milk, heated
salt and pepper to taste

Cook macaroni according to package directions; drain well. Meanwhile, in saucepan melt butter over medium heat; cook onion until softened. Add flour and cook, stirring for 1 minute without browning. Gradually whisk in milk until smooth; whisk in mustard. Cook, stirring often for 10 to 12 minutes or until thickened (do not boil). Remove from heat; stir in cheeses until melted. If adding tomatoes, drain tomatoes again and stir into sauce. Add salt and pepper to taste. Pour over macaroni and stir to coat.

Serve with Sebastiani Old Vines Zinfandel (USA)

Christine's Fabulous Rice Pudding

3 cups (750 mL) milk
1 cup (250 mL) whipping cream*
1/2 cup (125 mL) short grain rice (Arborio or Italian Style)
1/4 cup (50 mL) packed brown sugar

Makes 4 servings

1/2 tsp (2 mL) cinnamon
1/4 tsp (1 mL) salt
1/4 cup (50 mL) raisins (optional)
1 Tbsp (30 mL) vanilla

In heavy saucepan, bring milk, whipping cream, rice, sugar, cinnamon and salt to a boil over medium heat, stirring often. Reduce heat to low; cover and simmer, stirring occasionally for 20 minutes. Stir in raisins (if using). Cover and simmer, stirring occasionally, for 5 minutes longer or until rice is very tender. Stir in vanilla. Serve warm or cold. * Evaporated milk may be substituted.

Serve with Quady Essencia Orange Muscat Dessert Wine (USA)

Matching Beer with Food

STYLES	DESCRIPTION	FOOD PAIRING SUGGESTIONS
Ale	Made for thousands of years, one of two main types of beer. Wide variety of colours-amber to dark; fruity to sweet with varying degrees of alcohol. A top-fermenting beer.	Red meat, fish and chips, steak and kidney pie, cheddar cheese
Bière de Garde	French style meaning to keep. Strong, spicy ales bronze to amber in colour. Alcohol strength from 6% to 7.5%.	Lamb dishes, soups, stews
Bitter	A well-hopped English ale with a refreshing finish of acidity-usually draught. Stronger versions termed "best" or "special".	Grilled shrimp, veggie burgers, hot & sour soup, pesto
Bock	Strong, dark, sweet lager with a rich, malty body. Stronger versions called "dopplebock" or "eisbock".	Andouillettes, eisbein and sauerkraut, braised rabbit and noodle or dumpling dishes
Brown Ale	Sweetish, mild ale dark in colour and low in alcohol.	Light meals, baked beans, and salads with walnuts or bacon
Cream Ale	A North American term for a sweetish, smooth, golden ale made in the style of a lager.	Asparagus, pasta dishes, foccacia breads, and pizza
India Pale Ale	Originally brewed to withstand the long sea voyages to the outer reaches of the British Empire. A strong heavily hopped ale.	Roast beef, prime rib, steak, stews
Kriek	Cherries are used to flavour a lambic beer. Dry, fruity, deep in colour. Serve in Champagne flutes.	Cherry or chocolate desserts or other fruit like oranges marinated in Wit beer
Lager	The other main style of beer, but only 500 years old. A bright, clear, light-bodied brew highly effervescent. European lagers accentuate the hop flavour. A bottom fermenting beer.	Asian and Spicy hot Mexican food or roast chicken
Lambic	Spontaneous fermentation from wild yeast creates this unique beer from Belgium. A tart, sour beer; a throwback to ancient times.	Sushi, gravelax, mussels and fresh fish dishes
Light Beer	A North American term for low alcohol, low calorie lagers. Carbonated and refreshing.	Nachos, chips, cheesies, etc.
Pale Ale	A copper-coloured ale in a variety of styles. Characteristically fruity with an acidic backbone and pleasant bitter finish.	Curry, steamed clams, Thai noodles, Gazpacho
Pilsner	Originally brewed in the Czech town of Pilsen. A golden, hoppy, aromatic lager with a dry finish. Lighter bodied than an ale.	Caviar, smoked salmon, any fish, or as an aperitif
Porter	A dark, fruity, dry ale originally brewed in London. A lighter companion to stout.	Jambalaya, sweet potato, babaghanou, chocolate
Scotch Ale	Ale from Scotland. More malty in character than English ales. Usually dark and very strong in alcohol with an assertive finish.	Steak and kidney pie, hard cheese, desserts-chocolate in particular.
Stout	An almost black, roasted brew and heavily hopped. Strong complex flavours. Styles range from sweet to dry, medium to full-bodied, and low to high alcohol.	Smoke barbecue, leg of lamb, oysters, other shellfish
Trappist	Brewed by monks in Belgium. Strong, rich ales with a gold to deep brown colour. Always bottle-conditioned (sediment). Abbey beers are similar in style but produced by commercial companies.	Flemish beef carbonade, red meat dishes, asparagus, desserts like fruitcakes, custards
Weisse (Wheat Beer)	A lager made from a proportion of wheat. Thirst quenching, fruity and may be spicy. "Hefe" in the name implies a cloudy appearance because of sediment.	Black forest ham, soft pretzels, veal



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Matching Wine with Food

VARIETY	DESCRIPTION	FOOD PAIRING SUGGESTIONS
WHITE GRAPES		
Chardonnay	Medium to full-bodied. Crisp, apple-like flavours to silky tropical tones. Buttery, toasty or clove aromas when oak-aged.	Poultry, fish, shellfish, cream sauces, egg dishes, soft cheeses
Gewürztraminer	Spicy, rose petal, lychee fruit; exotic and perfumy. Can range from dry to sweet.	Spicy dishes, Asian dishes, Mexican, curries, smoked fish and salads
Pinot Gris	Medium to full-bodied. Notes of apple, peach, pear or spicy with a clean finish.	Sushi, seafood or chicken with a cream sauce
Riesling	Classic German varietal. Bone dry to dessert wines. Flavours range from steely, mineral to floral, tropical fruit or honey with increased sweetness.	Fish, shellfish, game bird, Asian cuisine, salads
Sauvignon Blanc (Fume Blanc)	Ranges from grassy, herbaceous to citrus, gooseberry or green fruit flavours. Fume Blanc may indicate oak-ageing.	Chicken, shellfish, fish, vegetarian dishes, salads
Viognier	Perfumy with hints of apricots, peaches or blossom. Medium bodied.	Appetizers, spicy-light dishes, chicken
RED GRAPES		
Baco Noir	French hybrid, medium to full-bodied. Deeply coloured, spicy with jammy red fruit aromas.	Bison, grilled meats, spicy fare, aged cheddar
Carmenère	Predominately in Chile. Deep colour, full-bodied. Spicy with hints of green and red pepper or fruitiness of black currant and plum.	Grilled and roasted meats, venison, stews
Cabernet Sauvignon	Deep colour. Aroma of black currant with notes of cedar, bell pepper, green bean, chocolate or tobacco. Medium to full-bodied, complex.	Grilled or roasted meats, lamb, duck, bison, mature soft and hard cheeses
Gamay (Beaujolais)	Light bodied, fresh and fruity. Aromas of cherry and plums. Drink young.	Hamburgers, pizza, ham, Chinese dishes, light cheeses
Malbec	Predominately from Argentina. Dark, lush and tannic. Fruity notes of bramble, blackberry or raspberry finishing with dark coffee or chocolate.	Full flavoured entrees such as BBQ meats, venison, roasts
Merlot	Soft mouthfeel, medium to full-bodied. A jammy aroma of blackberry, black currant or plum. Often blended with cabernet sauvignon.	Grilled or roasted meats, lamb, venison, game, hard cheeses.
Pinot Noir	Garnet colour, medium to full-bodied. Fruity aromas of raspberry, cherries, cranberry or may show an earthy character. A soft and elegant wine.	Grilled meats, roast chicken, salmon, light to soft cheeses
Sangiovese (Chianti)	Classic Italian grape. Medium to full-bodied. Fresh, fruity with hints of cherry, violet or licorice.	Pastas, casseroles, pizza, tomato-based dishes, parmesan cheese
Syrah/Shiraz	Dark, medium to full-bodied. Spicy, blackberry, cherry, black pepper to chocolate. Tannic, complex with ageing potential.	BBQ meats, wild boar, spicy, garlicky dishes, mature cheeses such as blue cheese
Tempranillo	Classic Spanish grape. Light, ruby colour, medium bodied. Strawberry, berry jam or spice and leather aromas.	Lamb, BBQ meats, ham, quiche
Zinfandel	Medium to full-bodied. Velvety, spice, blackberry flavour. Smooth and fresh. Used also to produce blush wine.	Pastas, pizza, BBQ meats, venison



Show # 8

Simply Tasty Beans

White Bean and Sage Crostini

2 tbsp olive oil, divided
3 green onions, chopped
2 cloves garlic, minced
1 tbsp chopped fresh sage
1¼ cup cooked navy beans or other white beans
(you can also use 1 - 398 ml (14 fl oz) can of beans, drained and rinsed)

Makes 12 slices

¼ cup water
1 tsp chicken flavored bouillon granules
¼ cup grated Parmesan cheese
12 slices French baguette, ½-inch thick
1 clove garlic, halved

1. Heat 1 tablespoon oil in a skillet over medium-heat. Add the green onion, garlic and sage and cook for about 2 minutes. Add beans, water and chicken granules and continue to cook until liquid is slightly reduced, about 5 minutes, then add the cheese. Cool to room temperature.
2. Place bean mixture in a blender or food processor and process until smooth. If desired, thin bean mixture by adding additional water 1 tbsp at a time.
3. Rub the bread on both sides with the cut side of garlic, and then brush lightly with remaining oil. Place on a baking sheet and place under broiler for about 1 minute or until golden on one side and turn for another minute. Place about 2 tablespoons of spread on each slice.

Per slice: 117 calories; 4 g fat; 5 g protein; 16 g carbohydrate; 2 g fibre; 1.6 mg cholesterol; 276 mg sodium

Served with Grey Opal (1/4 oz Opal Nera Sambuca, 2 oz Grey Goose Vodka, Shaken & strained into a martini glass)

Greek Pasta with Beans

2 - 398 mL (14 fl oz) cans diced tomatoes with basil, garlic, and oregano
2 cups cooked navy beans or other white beans
(you can also use 1 - 598 ml (19 fl oz) can of beans, drained and rinsed)

Makes 4 servings

6 cups fresh spinach, chopped
¼ cup fresh basil leaves, chopped
4 cups hot cooked whole wheat bow-tie or rotini pasta
½ cup finely crumbled feta cheese

1. Combine tomatoes and beans in a large nonstick skillet over medium-high heat; bring to a boil. Reduce heat; simmer 10 minutes.
2. Add spinach and basil; cook 2 minutes or until spinach wilts, stirring occasionally.
Place 1 cup pasta on each of four plates; top each serving with 1 1/4 cups sauce and 2 tablespoons cheese.

Per serving: 421 calories; 6.1 g fat; 22.1 g protein; 75.7 g carbohydrate; 13.3 g fibre; 18.2 mg cholesterol; 789 mg sodium

Served with Metaxa and Tonic (2 oz Metaxa floated on tonic and ice)

Lightened-Up Bean Brownies

¼ cup margarine, melted
1 ¼ cup cooked pinto beans *(you can also use 1 - 398 ml (14 fl oz) can of beans, drained and rinsed)*
½ cup cocoa
1 cup granulated sugar

1 ½ tsp vanilla
1 egg white
¾ cup all purpose flour
½ tsp baking powder
½ cup semi-sweet chocolate chips

1. Puree beans in a food processor, blender, or mash by hand.
2. Blend melted butter, bean puree, sugar and vanilla in a mixing bowl. Add egg white and beat well with spoon.
3. Combine flour, cocoa and baking powder. Gradually add to bean mixture until well blended. Stir in chocolate chips. Spread in a greased 8-inch square pan. Bake at 350°F for 40-45 minutes or until brownie begins to pull away from edges of pan. Cool. Cut into squares.

Per 1/16 of recipe: 149 calories; 5.1 g fat; 2.6 g protein; 26 g carbohydrate; 2.4 g fibre; 0 mg cholesterol; 79 mg sodium

Served with Navan Martini (1/2 oz Navan, 1 ½ oz Grey Goose vodka)

Chicken Sausages and Sweet Peppers

Makes 4 servings

Many of Winnipeg's specialty meat and grocery shops make delicious fresh Manitoba chicken sausages. These sausages are great on their own, or try them in a recipe like the one below.

- 2 Tbsp (30 mL) canola oil
- 1 lb (450g) fresh Manitoba chicken sausages*
- 1 each red, yellow, and green sweet pepper
- 1 Tbsp (15 mL) minced fresh herbs (basil, oregano, thyme etc)
- 1 red onion
- 3 cloves garlic

Preheat oven to 425F. Prick sausage casings in a few places and place on a foil lined baking sheet. Bake for 25-30 minutes, turning once, until a thermometer inserted into the sausages reads 175F. (Alternately grill or broil sausages for 15-17 minutes, turning once.)

While sausages are cooking, remove stem and seeds from peppers and slice them into ½ inch strips. Slice onion vertically and thinly slice garlic. Heat oil in a skillet and add vegetables. Stir cook until onions and garlic soften (about 8-10 minutes). Slice cooked sausages into 2 inch pieces. Add sausages and fresh herbs to vegetables and stir to mix. Serve immediately.

* Hot Lemon Chicken Sausages – Piazza De Nardi; Chicken Pesto Sausages, and Chicken Sundried Tomato & Mushroom Sausages – Stephen and Andrews.

Serve with Lobkowicz Baron Dark Lager (Czechoslovakia); Erdinger Dark Wheat beer (Germany); Fort Garry Dark Ale (Manitoba)

Ultimate Roast Chicken

Makes 6-10 servings depending on the size of the chicken

These heavy Manitoba roasting chickens are perfect when friends and family gather.

- 1 Heritage Lane Farms roasting chicken (6-9lbs)*
- 4 large onions cut in half widthwise

Remove the chicken from the fridge and let sit in the wrapper at room temperature for 30 minutes before roasting. Preheat the oven to 400F. Remove the neck from the chicken. Discard neck or save to make soup stock. Cover the bottom of a roasting pan with foil. Place onions in the bottom of the pan. Season the chicken with salt and pepper (or a spice blend such as Manitoba Chicken Spice** or Montreal Steak Spice). Do not stuff.

Using cotton string (butcher string), tie the legs together and tie wings to the body. Place the chicken, breast side up, on top of the cut onions. Cover loosely with a tent of foil and roast for 1 hour. Remove the foil tent, turn heat down to 350F and continue roasting until a thermometer inserted in the breast reads 185F/85C. The juices should be clear and the meat no longer pink. (Total cooking time will be approximately 55-65 minutes per kilogram or 23-30 minutes per pound).

Remove from the oven and transfer the chicken to a cutting board to sit, covered, at room temperature for 20 minutes to allow the juices to settle before carving. The internal temperature will rise another 5-10 degrees during this time. Pour the pan juices into a bowl. Put the bowl in the freezer to allow the fat to harden before making pan gravy. Carve chicken and put pieces on a warm platter. Serve with pan gravy, mashed potatoes and vegetables.

Pan Gravy - Skim hardened fat from pan juices. Add warm chicken stock or white wine to the juices to make 1 ¾ cups of liquid. Pour ½ cup of liquid into a sauce pan and heat. Stir in 2 Tbsp flour and cook for 1 minute, stirring constantly. Gradually whisk the remaining liquid and stir cook until the mixture boils and thickens. Strain if desired. Season with salt and pepper to taste. Makes about 2 cups.

* Heritage Lane Farms roasting chickens are available from meat shops such as Miller's Meats, De Luca's, Piazza de Nardi, Public Meats, and Stephen and Andrews. For a complete list visit www.chicken.mb.ca/buyingguide.html

** Manitoba Chicken Spice is available for \$4.00/1lb bag from Manitoba Chicken Producers, 1357 Kenaston Blvd in Winnipeg (Monday to Friday 8AM – 4PM).

Serve with Louis Latour Mersault (France); Marques de Caceres Gran Reserva (Spain)

Show # 10

Pork – With Panache

Hawaiian Chili

1 ½ lbs (0.75 kg) Boneless Pork Cubes
1 Tbsp (15 mL) canola oil
1 cup (250 mL) chopped onion
2 cloves garlic, minced
1 small green pepper, coarsely chopped
1 can (19 oz/540 mL) chili-style stewed tomatoes
1 can (14 oz/398 mL) pineapple chunks, drained

Makes 8 servings

1 can (5.5 oz/156 mL) tomato paste
1 Tbsp (15 mL) chili powder
2 tsp (10 mL) cumin
1/8 tsp (0.5 mL) pepper
½ cup (125 mL) water
2 cans (19 oz/540 mL) white kidney beans, drained and rinsed

Heat oil in a frypan over medium-high heat. Add onion; sauté until soft and translucent. Add garlic and green pepper; sauté briefly. Transfer to Dutch oven or large saucepan. Add pork cubes to frypan; cook, stirring occasionally until browned, adding a small amount of oil if necessary. Add to Dutch oven. Add remaining ingredients except pineapple chunks. Cover and bring to a boil. Reduce heat; simmer 1 – 1 ½ hours or until pork is tender, stirring occasionally. Add a small amount of water if mixture becomes too dry. Just before serving, stir in pineapple. Heat through and serve.

Serve with Malivoire Gamay (Canada)

Savoury Pork Turnovers

½ lb (0.25 kg) Lean Ground Pork
1 Tbsp (15 mL) canola oil
1 cup (250 mL) finely chopped onion
2 cloves garlic, minced
2 tsp (10 mL) **each** ground coriander, chili powder
1 tsp (5 mL) grated ginger root
½ tsp (2 mL) cumin

Makes 32 turnovers

¼ tsp (1 mL) dry mustard
1 apple, peeled, cored and chopped
½ cup (125 mL) water
1 tsp (5 mL) salt
1 package (397g) frozen puff pastry, thawed
1 egg, slightly beaten

Heat oil in a skillet over medium heat. Add pork, onion, garlic, and spices. Cook and stir, breaking up pork, until onion is tender and pork is no longer pink, about 8 minutes. Add apple, water and salt. Reduce heat; cover and simmer about 20 minutes. Stir and mash apple into mixture. Cool completely. On a lightly floured board, roll out one piece of puff pastry to a 12"/30 cm square. Trim edges. Cut into 3"/7.5 cm squares. Place a teaspoon of pork mixture on each square. Fold over to make a triangle. Moisten edges with water and seal. Crimp edges with a fork. Repeat with remaining piece of puff pastry. Brush turnovers lightly with beaten egg; pierce each with a fork. Bake on ungreased cookie sheets at 400°F (200°C) until lightly browned, about 20 minutes.

Serve with Trius Brut Sparkling wine (Canada)

Manitoba Kir Royal (Trius and Rigby Orchards Dessert Alder & Lombard)

Loin of Pork with Fruit Stuffing and Cider Sauce

2-3 lb (1-1.5 kg) Boneless Pork Single Loin Roast
1 apple, peeled and diced
1 tsp (5 mL) **each** sugar, lemon juice
1/3 cup (75 mL) **each** chopped dried apricots, seedless raisins
1 ¼ cups (300 mL) apple cider, divided

Makes 8-10 servings

¼ tsp **each** dried sage, thyme
Pepper
½ cup (125 mL) chicken broth
1 tsp (5 mL) red wine vinegar
1 Tbsp (15 mL) cornstarch

Combine apple, sugar and lemon juice. Stir in apricots, raisins, ¼ cup/50 mL cider, sage and thyme. With a sharp knife, cut lengthwise almost all the way through the roast. Open and pat flat. Starting in the centre of the opened loin, cut almost all the way through the left side, parallel to the flat surface. Repeat on right side. Lay open; pat flat. Sprinkle with pepper. Spread evenly with stuffing. Starting with short side, roll up to enclose stuffing. Tie securely with kitchen string. Roast uncovered at 325°F (160°C) about 20 minutes per pound or until internal temperature registers 155°F (68°C). Tent loosely with foil; let rest 10 minutes before slicing. Meanwhile, make **Cider Sauce**. Pour off and discard any fat from pan juices. Stir in remaining cider, broth and vinegar. Bring to a boil, stirring to scrape up browned bits in pan. Dissolve cornstarch in 2 Tbsp (25 mL) cold water. Add to pan and cook, stirring until thickened and smooth.

Serve with Gray Monk Latitude Fifty (Canada) or Coyote's Run Pinot Noir Red Paw Vineyard (Canada)

Asian Beef Mixture

2 lb (1 kg) **Lean Ground Beef**
 4 green onions, sliced
 2 cloves garlic, minced
 1 tbsp (15 mL) minced fresh gingerroot
 2 carrots, grated

Makes 6 cups (1.5 L)

¾ cup (175 mL) water chestnuts, diced
 1/3 cup (75 mL) hoisin sauce
 ¼ cup (50 mL) soy sauce
 2 tbsp (30 mL) cornstarch
 ½ tsp (2 mL) pepper

These awesome appetizers start off with the same delicious base. Freeze the base immediately for later use, or use immediately. The Spring Rolls and Pot Stickers can be assembled in advance and placed uncooked, in airtight containers in single layer and can be refrigerated for up to one day or frozen for up to three months. **Cook** beef in nonstick skillet over medium-high heat, breaking up with potato masher or wooden spoon, until no longer pink, about 5 minutes; drain. Add onions, garlic, ginger, carrots and water chestnuts; cook over medium heat until onions are softened, about 3 minutes. **Whisk** together hoisin sauce, soy sauce, ¼ cup (50 mL) water, cornstarch and pepper. Pour into pan and cook stirring until combined and slightly thickened. **Proceed** to make two to three of the appetizers or make the Beef and Green Bean Stir-fry (freezing remaining 3 cups / 750 mL), or divide mixture into portions and freeze. To freeze mixture: cool completely and measure portions into airtight containers; freeze for up to 3 months. Defrost in refrigerator overnight or in microwave. Once thawed, do not refreeze.

Serve with Charantes Spritzer (2 oz Domaine du Chene Pineau des Charentes, top with club soda Chamisul of Plum (1 oz Gekkeikan Plum wine, 1 oz Jinro Chamisul Soju, ice, Shake, Strain into a Martini Glass Duvel Ale (Belgium))

Baked Spring Rolls

Use 3 cups (750 mL) Asian Beef Mixture and 12 egg roll wraps. Forming 1 roll at a time, place wrap on work surface; brush edges with water. Spoon ¼ cup (50 mL) beef mixture on bottom third, leaving ½-inch (1 cm) borders around filling; fold in 2 ends slightly and roll up. Bake, refrigerate or freeze. To bake (from fresh or frozen): place rolls, seam side down, on lightly oiled baking sheet; brush lightly with vegetable oil. Bake in 350°F (180°C) oven 20 minutes or until golden.

Makes 12 pieces

Serve with Charantes Spritzer (2 oz Domaine du Chene Pineau des Charentes, top with club soda Chamisul of Plum (1 oz Gekkeikan Plum wine, 1 oz Jinro Chamisul Soju, ice, Shake, Strain into a Martini Glass Duvel Ale (Belgium))

Asian Pot Stickers

Use 1 cup (250 mL) Asian Beef Mixture and 20 – 25 wonton wraps. Place several wraps on work surface; brush edges with water. Place heaping 1 tsp / 5 mL beef mixture in centre of each. Fold wraps diagonally in half, pressing edges to seal. Place on waxed paper, covering tightly with plastic wrap. Cook right away, refrigerate or freeze. To cook (from fresh or frozen): heat a large lightly oiled nonstick skillet over medium-high heat. In batches, lightly brown pot stickers on both sides. Add ¼ cup (50 mL) water; cover tightly and steam for 4 minutes. Transfer to baking sheet; keep warm in oven.

Makes 20 to 25 pieces

Serve with Charantes Spritzer (2 oz Domaine du Chene Pineau des Charentes, top with club soda Chamisul of Plum (1 oz Gekkeikan Plum wine, 1 oz Jinro Chamisul Soju, ice, Shake, Strain into a Martini Glass Duvel Ale (Belgium))

Asian Beef Tortilla Bites

Use 2 cups (500 mL) Asian Beef Mixture, 2 leaves leaf lettuce and 4 warmed large flour tortillas. Warm beef mixture on stovetop or in microwave. Cut tortillas into quarters. Lay piece of leaf lettuce on each quarter. Mound about ¼ cup (50 mL) beef filling on each and roll up into cone shape. Secure sides with toothpick.

Makes 14 – 16 pieces

Serve with Charantes Spritzer (2 oz Domaine du Chene Pineau des Charentes, top with club soda Chamisul of Plum (1 oz Gekkeikan Plum wine, 1 oz Jinro Chamisul Soju, ice, Shake, Strain into a Martini Glass Duvel Ale (Belgium))

Beef and Green Bean Stir-fry

Use 3 cups (750 mL) EACH Asian Beef Mixture and trimmed cut green beans, 1 sweet red pepper (thinly sliced), and chopped roasted peanuts (optional). In large nonstick skillet, heat 1 tbsp (15 mL) vegetable oil over medium-high heat. Add beans, red pepper; stir-fry briefly. Add 2 tbsp (30 mL) water; cover and steam until tender-crisp, about 3 minutes. Add beef mixture; cook, stirring, 3 minutes or until hot. Serve over noodles sprinkled with peanuts (if desired).

Makes 6 main or 12 starter courses

Serve with Charantes Spritzer (2 oz Domaine du Chene Pineau des Charentes, top with club soda Chamisul of Plum (1 oz Gekkeikan Plum wine, 1 oz Jinro Chamisul Soju, ice, Shake, Strain into a Martini Glass Duvel Ale (Belgium))

Fusion Grilled Salmon**Makes 6 servings**

6 salmon steaks
 ¼ cup (50 mL) canola oil
 2 Tbsp (25 mL) soy sauce
 2 Tbsp (25 mL) fish sauce

1 tsp (5 mL) sugar
 1 garlic clove, minced
 ½ tsp (2 mL) minced ginger
 1 tsp (5 mL) Sriracha (hot chili sauce)

Fruit Salsa:

1 mango, cubed
 1 avocado, cubed
 1 tomato, finely chopped
 1 green onion, thinly sliced
 ¼ cup (50 mL) red onion finely, chopped

juice of 1 lime
 2 Tbsp (25 mL) canola oil
 3 Tbsp (45 mL) chopped cilantro and mint
 salt and pepper to taste

In a sealable bag add canola oil, soy sauce, fish sauce, sugar, garlic, ginger and chili sauce. Add salmon steaks. Marinate for 2-4 hours. Turn at least once. Grill steaks for 3-4 minutes per side or until fish flakes easily. **Fruit Salsa:** Combine all ingredients in a bowl. Refrigerate. Serve salmon with fruit salsa.

Serve with Georges DuBoeuf Regnie (France)**Grilled Fish Tacos with Citrus Slaw****Makes 4 servings**

4 pickerel fillets
 1 Tbsp (15 mL) mild or hot chili powder

¼ cup (50 mL) canola oil
 2 Tbsp (25 mL) fresh lime juice

Citrus Slaw

2 cups (500 mL) prepared coleslaw mix
 1 cup (250 mL) oranges sections, diced
 1 cup (250 mL) thinly sliced red bell peppers
 ½ cup (125 mL) sliced red onion
 ¼ tsp (1 mL) pepper

¼ cup (50 mL) canola oil
 3 Tbsp (45 mL) sugar
 1 tsp (5 mL) salt
 ½ cup (125 mL) vinegar

Tacos

4 flour tortillas
 lime wedges
 cilantro leaves

Preheat grill. Combine chili pepper, canola oil and lemon juice. Add fillets and marinate for 20 minutes. Grill fish 6-8 minutes on each side or until fillets flakes easily when tested with a fork. **Coleslaw:** Combine mix, oranges, red bell pepper and onion in a bowl. In a small bowl, whisk together canola oil, sugar, vinegar, salt and pepper. Pour over slaw mixture. Toss gently. Cover and Chill.

Assemble: Place one fillet on tortilla, top with ¾ cup Citrus Slaw. Squeeze lime. Garnish with cilantro.

Serve with Hoegaarden White Beer (Belgium)**Highland Halibut****Makes 4 serving**

½ cup (125 mL) orange juice
 ¼ cup (50 mL) Scotch whisky
 2 Tbsp (25 mL) Grand Marnier
 2 Tbsp (25 mL) lemon juice
 3 Tbsp (45 mL) canola oil
 3 Tbsp (45 mL) maple syrup
 1 Tbsp (15 mL) orange zest

1 Tbsp (15 mL) Dijon mustard
 2 tsp (10 mL) Worcestershire sauce
 1 green onion, finely chopped
 salt and pepper to taste
 4 halibut steaks
 ¼ cup (50 mL) chopped toasted walnut halves
 fresh parsley

Combine all ingredients except halibut, walnuts and parsley. Mix well. Place halibut into shallow glass dish. Pour marinade over top. Refrigerate 2-4 hours. Turn at least once. Preheat broiler. Broil halibut 4 minutes on each side or until fish flakes easily. Garnish with fresh parsley and toasted walnuts.

Serve with Horin Gekkeikan Sake "Ultra Premium Junmai Daigenjo" (Japan)

Note: Cook fish between 400-450° F for 10 minutes per one inch of thickness

Find more canola recipes at www.mcqacanola.org or www.canolarecipes.ca

Show # 13

Lamb For All Occasions

Madras Curry Lamb

1 ¼ lb (625 g) leg of lamb (or other lamb stewing meat)
cut into 1 inch (2.5 cm) cubes
¼ cup (50 mL) Madras curry powder
1 tsp (5 mL) canola oil plus 2 tbsp (25 mL)
½ cup (75 mL) slivered blanched almonds
1 yellow onion, thinly sliced
3 cloves garlic, thinly sliced

In a small bowl combine curry powder and ¼ cup (50 mL) water to form a paste, set aside. Heat 1 tsp (5 mL) canola oil in a large frying pan over medium heat. Add almonds and sauté, stirring until golden brown about 3 minutes. Transfer almonds to bowl, set aside. Add 1 tbsp (15 mL) oil to pan and return to medium heat. Add onion and sauté until soft and golden, about 6 minutes. Add garlic and ¼ tsp (1 mL) salt and cook, stirring constantly for another minute. Remove onion mixture from pan. Add remaining 1 tbsp (15 mL) oil, heating over medium high heat. Add lamb and brown on all sides (about 4 minutes). Reduce heat to low, add curry paste, stirring to coat lamb. Add onion mixture, tomatoes, soy sauce, honey, and a pinch of pepper. Cover pan and cook, simmering very gently, for 15 minutes. Add potatoes and coconut milk. Cook, covered, stirring occasionally, until lamb and potatoes are tender, about 30 minutes. Garnish with almonds.

Serve with Antinori Cassasole Orvieto (Italy); Three Thieves Bandit Cabernet Sauvignon (USA)

Makes 4 Servings

Salt and freshly ground pepper
⅔ cup (150 mL) canned crushed tomatoes
2 tbsp (25 mL) soy sauce
1 tbsp (15 mL) honey
½ lb (250 g) boiling potatoes, peeled and
cut into ½ inch/1.25 cm cubes
1 ¼ cups (300 mL) coconut milk

Leg of Lamb with Spinach Walnut Stuffing

3 lb (1.5 kg) boneless butterflied leg of lamb
½ tsp (2 mL) pepper
¼ tsp (1 mL) salt
1 tsp (5 mL) EACH dried oregano and basil

Stuffing:

10 oz (300 g) package frozen chopped spinach
1 tbsp (15 mL) butter
½ onion, finely chopped
2 cloves garlic, minced
1 tsp (5 mL) EACH dried oregano and basil

Makes 8 Servings

¼ cup (50 mL) dry white wine
3 cups (750 mL) chicken stock
1 tbsp (15 mL) all-purpose flour

½ tsp (2 mL) EACH pepper and salt
½ cup (125 mL) freshly grated Parmesan cheese
½ cup (125 mL) day old bread crumbs
½ cup (75 mL) toasted walnuts
1 egg, beaten

For stuffing thaw spinach and squeeze out excess water. In a frying pan over medium heat, melt butter. Cook onion, garlic, oregano, basil, pepper and salt, stirring occasionally until softened, about 5 minutes. Add to spinach and let cool completely. Stir in cheese, bread crumbs, walnuts, and egg until well combined.

Trim any excess fat from lamb, leaving a thin layer. Place fat side down on work surface. Sprinkle with half of each of the pepper and salt. Spread spinach mixture over lamb leaving a 1 inch (2.5 cm) border. Starting at narrow end, roll up jelly roll style. Tie at 1 inch (2.5 cm) intervals with kitchen string. Rub with oregano, basil, and remaining pepper and salt. Place on greased rack in roasting pan; pour in wine and 1 cup (250 mL) chicken stock. Roast in a 325°F (160°C) oven, basting occasionally and adding more stock if necessary to maintain level, for 1½ hours or until meat thermometer registers 140°F (60°C) for rare or 160°F (70°C) for medium. Transfer lamb to platter and tent with foil; let rest for 15 minutes. Remove string and slice ½ inch (1.25 cm) thick. Meanwhile, stir flour and 2 tbsp (25 mL) of the remaining stock into pan drippings; cook over medium-high heat, stirring, for 1 minute. Add remaining stock; bring to boil. Reduce heat and simmer, whisking, for 5 minutes or until thickened slightly; strain. Serve with lamb.

Serve with Nederburg Cabernet Sauvignon (South Africa)

Sweet and Savory Lamb Medallions

8 – 12 lamb loin medallions or chops
1 tsp (5 mL) canola oil
¼ cup (50 mL) blue cheese or cream cheese

Makes 4 Servings

½ cup (125 mL) fig jam or raspberry jam
¼ cup (50 mL) balsamic vinegar

Heat canola oil in a medium frying pan over medium high heat; brown medallions 3-4 minutes on each side. Remove to baking sheet and top each medallion with cheese. Broil 3 minutes or until cheese is browned. Meanwhile stir jam and vinegar into pan juices and bring just to a boil, stirring until jam is completely melted. Serve medallions on a pool of sauce.

Serve with D.D. Leobard Wild Chokecherry Wine (Manitoba)

Scalloped Pork and Potato Casserole

Makes 6 servings

- oil for browning meat
- 1 1/2 lbs (750 g) boneless pork (e.g. loin) cut into 1/4" (6 mm) thick slices
- 3 Tbsp (45 mL) butter
- 3 Tbsp (45 mL) flour
- 2 tsp (10 mL) salt
- 1/2 to 3/4 tsp (2 to 4 mL) each dried sage and thyme leaves
- 1/2 tsp (2 mL) pepper
- 3 cups (750 mL) milk
- 1/2 cup (125 mL) skim milk powder
- 5 cups (1.25 L) sliced potatoes, approximately 5 large
- 2 small onions, thinly sliced
- Grated Parmesan cheese

In a deep skillet, brown meat in a small amount of hot oil. Remove meat and place in bottom of 3 quart (3 L) rectangular casserole dish. In same skillet, melt butter over low heat. Blend in flour, salt, sage, thyme and pepper. Dissolve skim milk into 3 cups of milk. Gradually stir milk mixture into the flour and spices. Cook and stir over medium heat until mixture boils and thickens. Remove from heat. Stir in potatoes and onions. Pour vegetable mixture over meat in casserole dish. Bake, covered, in 350° F (180° C) oven for 30 minutes. Remove cover and bake uncovered and additional 30 minutes. Remove from oven. Preheat broiler. Sprinkle Parmesan cheese over casserole. Broil until golden brown.

Serve with La Crema Pinot Noir Sonoma Coast) USA)

Mediterranean Frittata

Makes 8 servings

- | | | |
|---|--------------------------------------|------------------|
| 1 Tbsp (15 mL) oil | 6 | eggs |
| 1 onion, chopped | 1/2 cup (125 mL) milk | |
| 3 cups (750 mL) sliced mushrooms (about 8 oz/250 g) | 1/2 cup (125 mL) skim milk powder | |
| 1 clove garlic, minced | 3 cups (750 mL) crumbled feta cheese | |
| 1/2 tsp (2 mL) each dried oregano and salt | 1 cup (250 mL) cooked shrimp | |
| 1/4 tsp (1 mL) pepper | 1 cup (250 mL) cooked crab | |
| 10 oz bag (284 g) fresh spinach, trimmed and coarsely | 1-2 | tomatoes, sliced |

In large non-stick skillet, heat oil over medium heat; cook onion, mushrooms, garlic, oregano, salt and pepper, stirring occasionally, until liquid is evaporated, about 8 minutes. Add spinach; cover and cook, stirring once, just until spinach is wilted, about 5 minutes. In bowl, whisk eggs with milk and skim milk powder; mix in cheese, shrimp and crab. Add to pan and stir gently to combine. Reduce heat to medium-low. Top with tomatoes; cook, uncovered for 15 minutes or until slightly runny. Broil for 5 to 7 minutes or until set. Cut into wedges. Serve hot or cold.

Serve with Appleton Extra 12 yr. old Rum (Served neat or with a splash of water)

Yummy Yummy Yogurt Cheesecake

Makes 8 servings

- | | |
|-----------------------------------|---|
| Crust | Cheesecake |
| 1 1/3 cups (325 mL) graham crumbs | 1 1/2 - 750 g containers (1125 g) plain yogurt* |
| 1/4 cup (50 mL) sugar | 2 Tbsp (30 mL) sugar |
| 1/3 cup (75 mL) butter, melted | 1 Tbsp (15 mL) cornstarch |
| 1/4 tsp (1 mL) cinnamon | 1 Tbsp (15 mL) fresh lemon juice |
| 1/4 tsp (1 mL) nutmeg | 1 tsp (5 mL) lemon zest |
| | 1 Tbsp (15 mL) vanilla |
| | 2 |
| | eggs, lightly beaten |

The day before making the cheesecake drain the yogurt. Line a colander with damp paper towel. Set colander into a bowl. Pour yogurt into lined colander and put into refrigerator. Lightly grease a 9" (23 cm) spring form pan. Crust: Combine graham crumbs, sugar, butter and spices in bowl. Press mixture onto bottom of pan; set aside. Cheesecake: Place drained yogurt in a medium sized bowl. Add sugar, cornstarch, lemon juice, zest and vanilla. Mix gently with a whisk until blended. Stir in eggs. Pour into pan and smooth top with spatula. Bake at 300° F (150° C) until centre is set, about 50 to 60 minutes. Cool on wire rack. Refrigerate. To serve top with fresh berries or your favorite pie filling.

* 3% or 6% MF yogurt. Use gelatin-free yogurt (check ingredient listing).

Serve with Sangsters Jamaica Rum Cream Liqueur (Chilled and topped with soda)

Hot and Sour Soup with Mushrooms

- 1 tsp. (5 mL) oil
- 3/4 tsp. (3 mL) Thai red curry paste
- 5 cups (1.25 litres) chicken broth
- 1 tsp. (5 mL) grated lime rind
- 1 Tbsp. (15 mL) chopped fresh ginger
- 1 lb. (500 g) uncooked medium shrimp, peeled, deveined

Makes 6 servings

- 2 ½ cups (625 mL) shiitake mushrooms, stems removed and discarded, sliced
- 4 cups (1 litre) sliced Chinese cabbage or bok choy
- ¼ cup (50 mL) fresh lime juice
- chopped fresh cilantro
- chopped green onions

In large saucepan, heat oil over medium heat. Add red curry paste. Cook, stirring constantly, about 2 minutes. Stir in chicken broth, lime rind and ginger. Bring to boil. Reduce heat. Simmer, covered, 5 minutes. Add shrimp and mushrooms. Cook until shrimp turn pink, about 3 minutes. Stir in cabbage. Cook additional 1 minute. Stir in lime juice. Serve immediately, sprinkled with chopped cilantro and green onions.

Serve with Jose Cuervo Classico Tequila (chilled)

Rigatoni with Mixed Mushrooms

- 2 Tbsp. (25 mL) olive oil
- 2 red onions, cut in half, thickly sliced
- 1 lb. (500 g) assorted fresh mushrooms (crimini, white, shiitake, oyster), thickly sliced

Makes 6 servings

- 2 red peppers, seeded, cut into thick strips
- 1 lb. (500 g) uncooked rigatoni pasta
- 1 cup (250 mL) chicken broth
- 2 Tbsp. (25 mL) chopped fresh herbs
- 1 cup (250 mL) grated Asiago or Parmesan cheese

In large fry pan, heat oil over high heat. Add onions. Sauté, stirring constantly, until soft and slightly browned. Reduce heat to medium. Add mushrooms. Stir fry until softened, about 3 minutes. Add red peppers. Stir fry additional

1 1/2 minutes. Meanwhile, in large pot of boiling water, cook rigatoni according to package directions. Drain. Stir chicken broth into mushroom mixture. Transfer mushroom mixture to large bowl. Add drained pasta, chopped herbs and Asiago cheese. Toss. Serve immediately, sprinkled with additional cheese, if desired.

Serve with Lenz Moser Gruner Veltliner (Austria)

Stacked Portabella Burger

For each burger:

- 1 portabella mushroom
- 1 Tbsp. (15 mL) balsamic vinegar
- 1 slice sweet onion (1/4 inch/.5 cm thick)
- 1 slice Mozzarella cheese (1/4 inch/.5 cm thick)

Makes 1 burger

- 1 slice large tomato (1/4 inch/.5 cm thick)
- 1 Tbsp. (15 mL) grated Parmesan cheese
- Pinch dried basil
- Salt and freshly ground pepper

Remove stem from mushroom by cutting with a knife or gently twisting out. Reserve for another use. Place portabella, gill side down, on lightly greased baking sheet. Brush top with balsamic vinegar. Top with onion slice, Mozzarella slice and tomato slice. Sprinkle with Parmesan cheese, basil, salt and pepper to taste. Bake at 375°F. (190°C) 20 minutes or until vegetables are tender and cheese is melted. Serve on large multigrain bun or bagel, if desired.

Serve with Casillero del Diablo Carmenere (Chile)

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