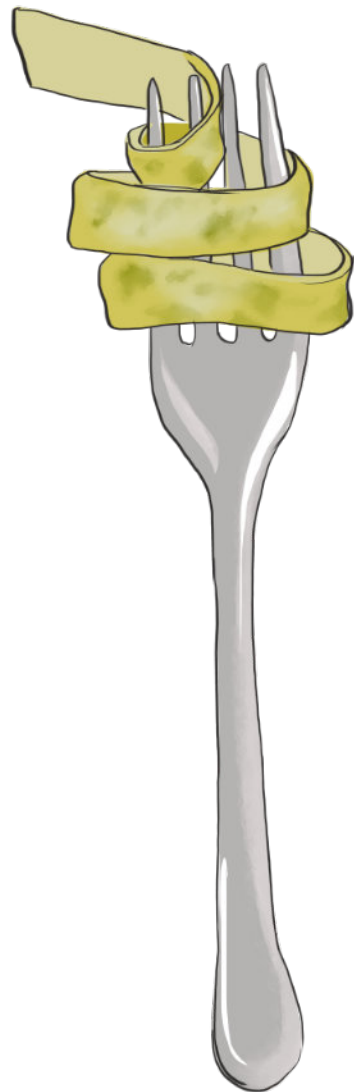


Giving back...



Thank you!

With every purchase of a Little Bites Cookbook, we donate \$5 to The SEED.

The SEED is a not-for-profit food project at the Guelph Community Health Centre that was created in 2015 by a coalition of community organizations and individuals.

The SEED is a do-it-together food movement.

We are working towards a connected community where everyone has access to healthy food. We are building a new kind of food system in Guelph-Wellington, fueled by community and filled with dignity.

Everyone is welcome.

Feed your soul #StepBiteStep



www.theseedguelph.ca

...tastes great!

Little Bites: Tastes from Isolation

By mid-March 2020, we were all thrown into shock and unclear about the future. Our restaurants, growers, makers, and server friends were immediately shut down and cut off. Some made their way back quickly, able to adapt to a restrictive new environment. Others were not so lucky. Businesses shuttered, rent could not be paid, food was going bad, and people lost their livelihoods. All so fast.

Reliant on these very partner businesses to survive, Taste Detours cancelled already booked food and drink tours, and wondered what to do next. A recipe book? To remain relevant and somehow continue to do what we do best — Telling the stories of the people and the places through food and drink — an homage to food and drink people within the region was the most promising idea my addled mind could conceive of. The response from the many I contacted was encouraging.

Amidst all this chaos though, much change has arisen. So much of it was long overdue. Deeply flawed systems, beliefs, and practices in our world have been challenged, new connections have been created, and borne of necessity, a greater spirit of collaboration has been cultivated. One such connection was with the illustrator of this book. Jenna Kessler (jennakessler.com) took on this project with beauty and imagination, turning these recipes pages into works of art.

Many more chefs, growers, and restaurateurs were eager to be in this publication but were working overtime to simply survive, leaving them unable to contribute. So, while this book spans Wellington County and highlights its diversity, it is by no means comprehensive. Our best hope is that it serves to celebrate and honour all the food people and places within the region, and keeps them top of mind.

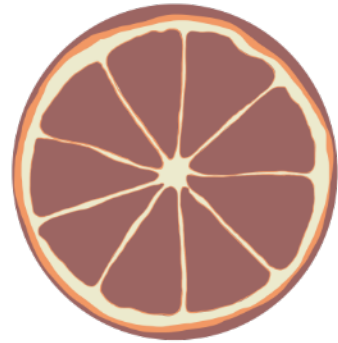
I need to especially thank those whose recipes you see on the following pages — they were able to participate with a true gift of good taste for all. I also hope you can try your hand at these recipes, and then go back to support the businesses as soon as you're able. Let's be mindful of — and grateful for — our deep agricultural roots: this heritage of food and creativity that surrounds us.

Lynn Broughton, Founder
Taste Detours
tastedetours.ca

Guelph, Ontario
June, 2020



Tastes



Quench

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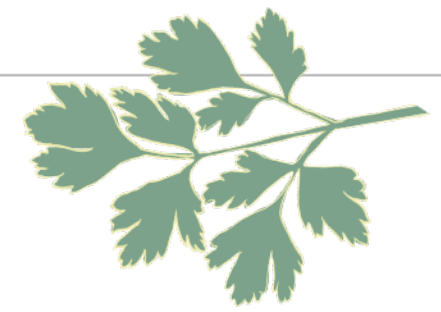
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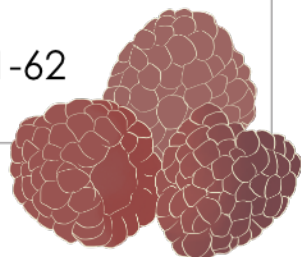
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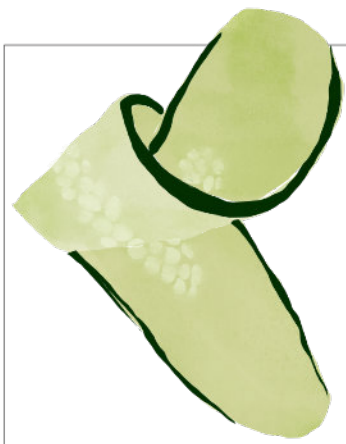
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Quench





Miijidaa

The word 'Miijidaa' is from the Ojibway language. It literally means "let's eat." For us it's an inspiration to celebrate the cuisines and foods around us. A chance to show off our northern bounty. There are many influences in what has come to define Canadian cuisine. Starting with the First Nations, followed by the influences of the French, English, there are many ideas and traditions that have motivated us to create something special. In a way, we've gone 'back to the future' – our menu is a very modern take on, and mélange of, our northern gastronomic history. We've even given a nod to the Vikings and the Portuguese who visited our shores before the early explorers. And, to be clear, we consider no cuisine superior to the other... each is equally inspirational.

For us, renowned Aboriginal Canadian artist Norval Morrisseau best articulates the spirit of Miijidaa:

"My art speaks and will continue to speak transcending barriers of nationality, of language and of other forces that may be divisive."

Cool as a Cucumber

At Miijidaa we try to showcase Canadian ingredients as much as possible and this cocktail is a great example. Ungava gin is distilled with crowberry and wild rose hips which makes the gin just fruity and acidic enough that we don't need to put any non-Canadian citrus in our cocktails when we use it. Cucumbers are also a great ingredient because they're grown year-round in Canada!



The Recipe

Making Cucumber Ribbons

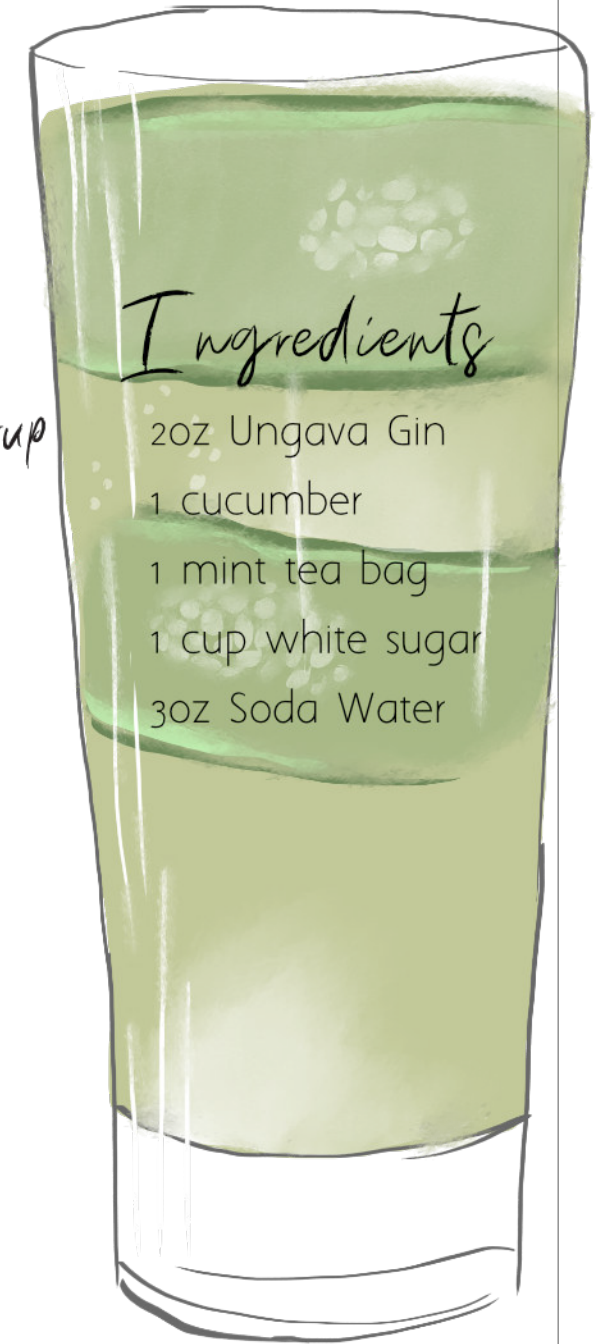
Using a Y peeler, peel the cucumber in long strips that are the full length of the cucumber. The best ribbons are the ones that are made closest to the outside of the cucumber. Avoid making ribbons with the seedy middle part of the cucumber. Keep the seedy part of the cucumber for the cucumber mint syrup. Keep your ribbons in a container filled with water until you're ready to make your cocktail.

Making Cucumber Mint Syrup

Mix 1 cup of white sugar with 2 cups of hot tap water. Stir until sugar is dissolved. Add the mint tea bag to the sugar water mixture. Let cool for 10 minutes. While cooling, dice up the remaining seedy cucumber and any cucumber scraps you may have. Add a ½ cup of the cucumber pieces to the syrup. Let the syrup steep in the fridge for at least 12 hours. Once ready to use, remove the tea bag and strain the syrup. Keeps for one week in the fridge.

Preparing the Cocktail

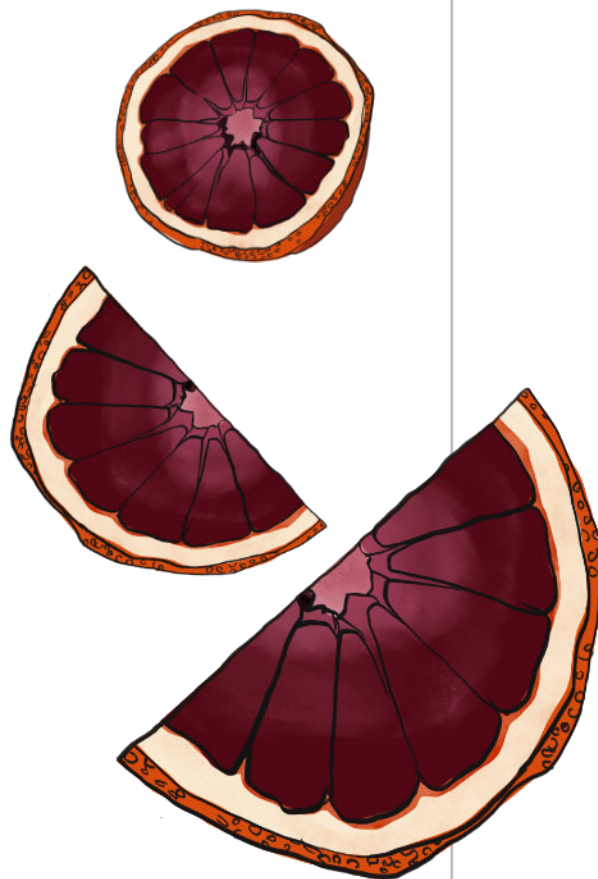
1. Line your glass with the cucumber ribbons. Usually we use 2.
2. Add ice to your glass
3. Add 2oz of Ungava gin
4. Add 2oz of the cucumber mint syrup
5. Add 3oz of soda water
6. Stir and serve!



Ingredients

- 2oz Ungava Gin
- 1 cucumber
- 1 mint tea bag
- 1 cup white sugar
- 3oz Soda Water

Gin Mill Guelph



GIN MILL is Guelph's destination for from-scratch cocktails. We make absolutely everything possible in house using only the freshest ingredients. Every syrup. Every infusion. Every concoction is made right here by our team of expert mixologists. We also boast Guelph's only speakeasy (but don't tell anyone). Come see us for everything craft cocktail!



Blood Orange Marmalade Bee's Knees

Ingredients

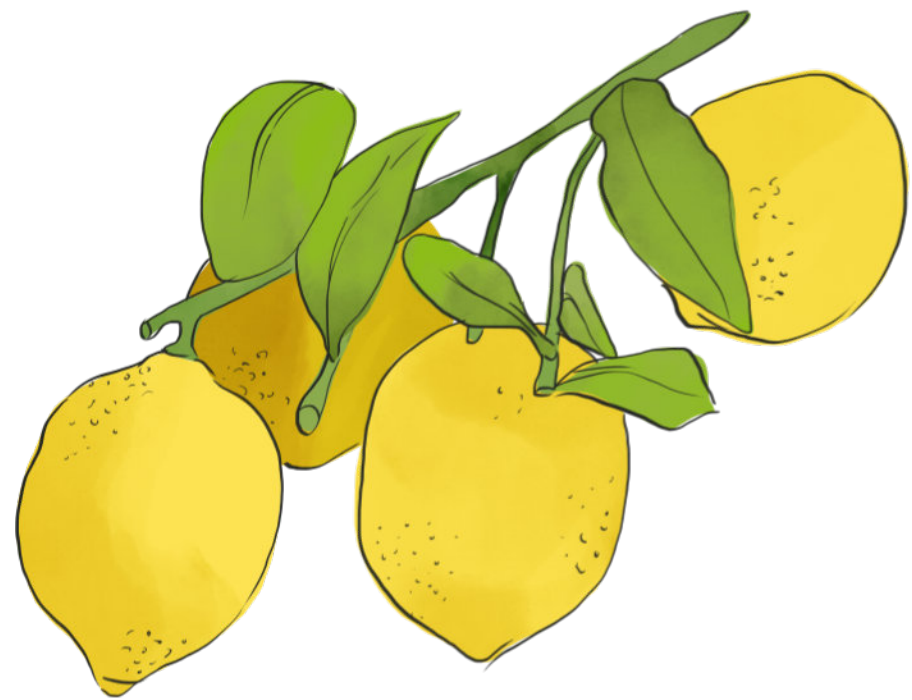
- 3 blood oranges
- 2 cups honey
- 4 cups water
- 3 cups sugar
- 18 oz fresh squeezed lemon juice
- 18oz Dixon's Wicked Gin



Instructions

1. Mix sugar, water and honey in a medium pot
2. Heat until rolling boil
3. Zest 2 blood oranges into pot, halve and squeeze blood orange juice into pot
4. Simmer for 20 mins, stirring often
5. Remove from heat and let cool to room temp
6. Strain through sieve or cheesecloth
7. In a cocktail shaker add:
 - 1.5oz fresh squeezed lemon juice
 - 1.5oz blood orange marmalade syrup
 - 1.5oz Dixon's Wicked Gin
8. Shake vigorously
9. Either strain into a coupe glass or pour dirty into a rocks glass.
10. Garnish with blood orange wheel and serve.

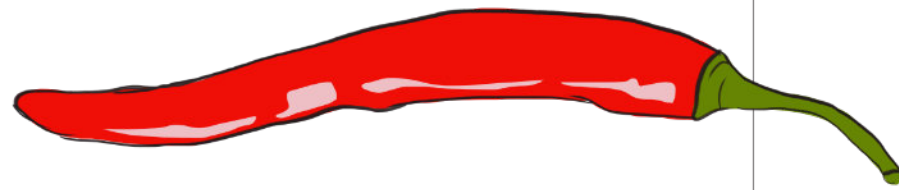




Bite



Na Ha Thai's Kitchen



Bangkok Style Papaya Salad

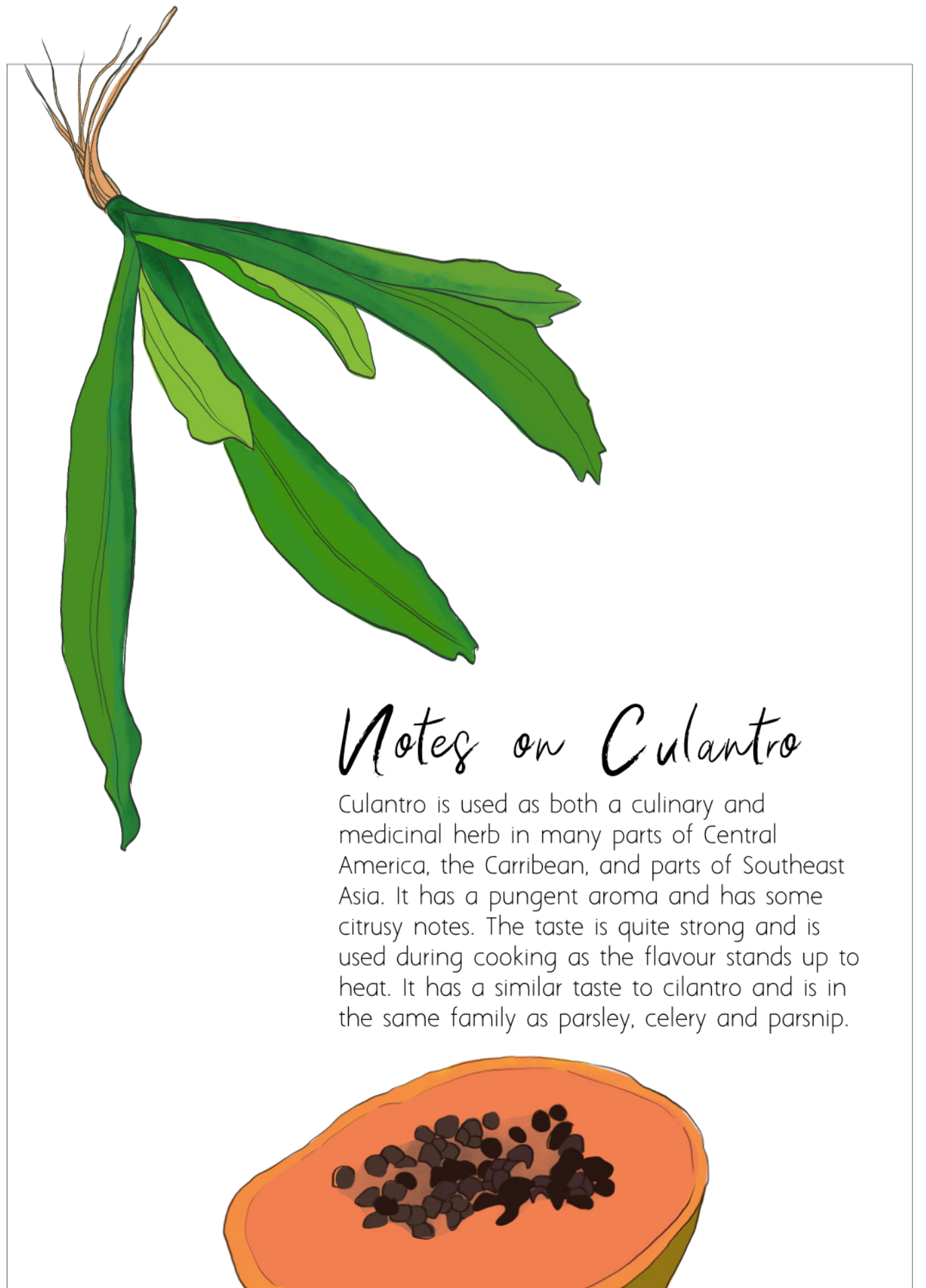
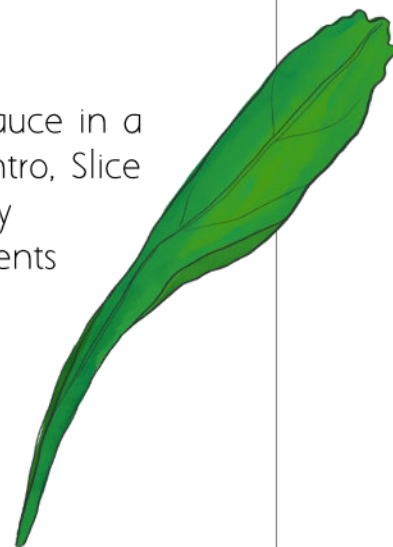
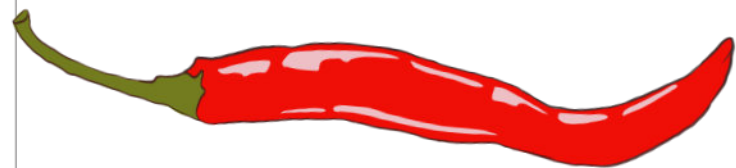
Ingredients

- 2 Dried Chili peppers
- 2 Tbsp palm sugar
- 3 Tbsp lime juice
- 2 Tbsp + 1 tsp fish sauce
- 1 leaf of culantro
- ¼ of a medium Spanish onion
- 4 cherry tomatoes
- 1 hand full shredded papaya



Instructions

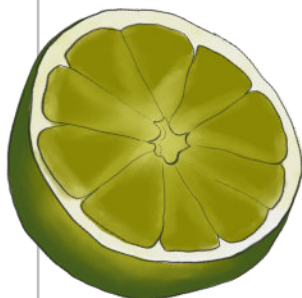
Combine dried Chili peppers, palm sugar, lime juice and fish sauce in a mortar. Mix these ingredients together and then add the culantro. Slice ¼ head of medium size of Spanish onion thinly, cut the cherry tomatoes in half and shred the papaya. Tossed all the ingredients together and the salad is ready to serve.



Notes on Culantro

Culantro is used as both a culinary and medicinal herb in many parts of Central America, the Caribbean, and parts of Southeast Asia. It has a pungent aroma and has some citrusy notes. The taste is quite strong and is used during cooking as the flavour stands up to heat. It has a similar taste to cilantro and is in the same family as parsley, celery and parsnip.

The Olive Experience



The Olive Experience Inc. opened its doors in July of 2017 at 132 Wyndham Street North, and has been thriving ever since! Owners Claire and Rick Zuccato are thrilled to be in Downtown Guelph, as Claire's family has deep roots in the community. Her ancestors, the Clairs (Clair Road is named after them) settled here in the 1820s!

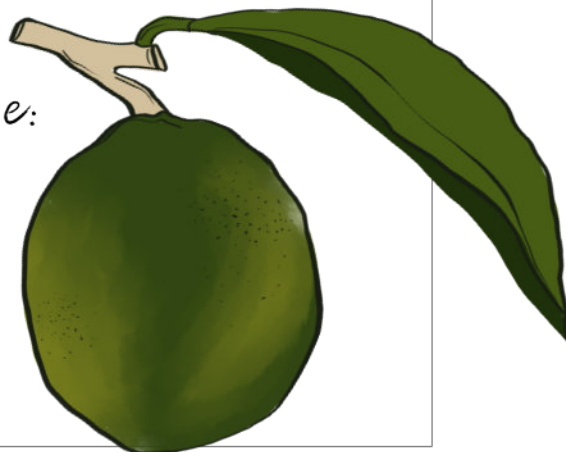
While the store is temporarily closed due to COVID-19, check out their active website for the best in Extra Virgin Olive Oils and real Balsamic Vinegars from Italy, They ship flat rate across Canada, with FREE delivery within Guelph!

Products featured in this recipe:

Coconut White Balsamic Vinegar

Persian Lime Infused Olive Oil

Chipotle Infused Olive Oil



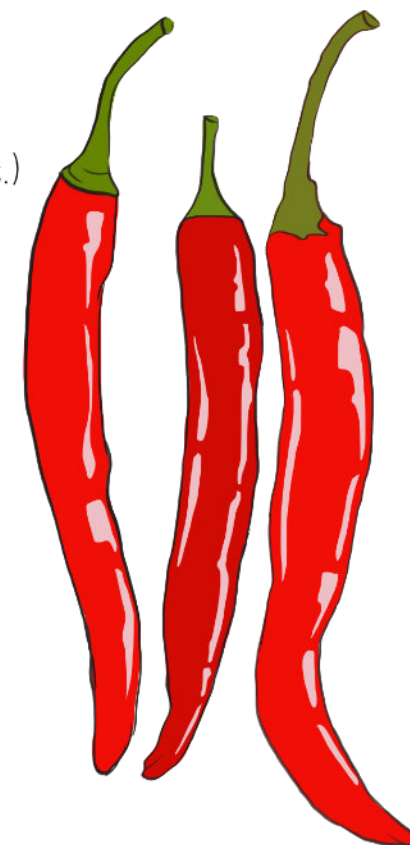
Chipotle Lime Roasted Cauliflower Bites

Created by Chef Connie Raso

Ingredient

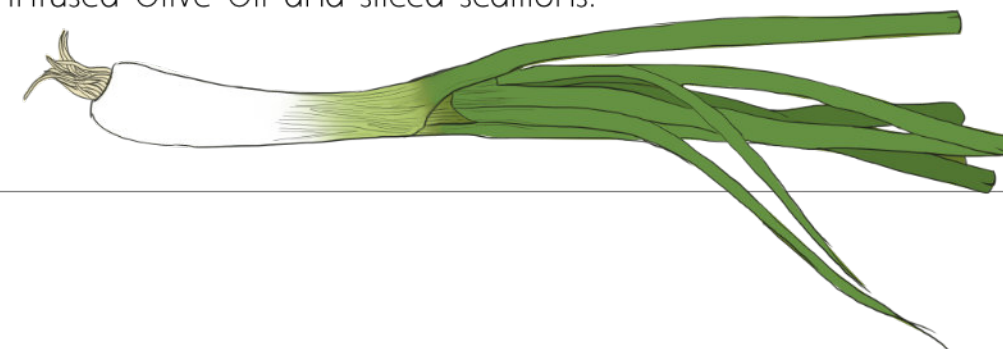
- 1 medium head cauliflower, cut into florets (1-1.5 lbs.)
- 1/3 cup Persian Lime Infused Olive Oil
- 1/3 cup Coconut White Balsamic Vinegar
- 1/2 tsp Sardinian Sea Salt
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tbsp Chipotle Infused Olive Oil *
- 1 scallion, sliced thinly

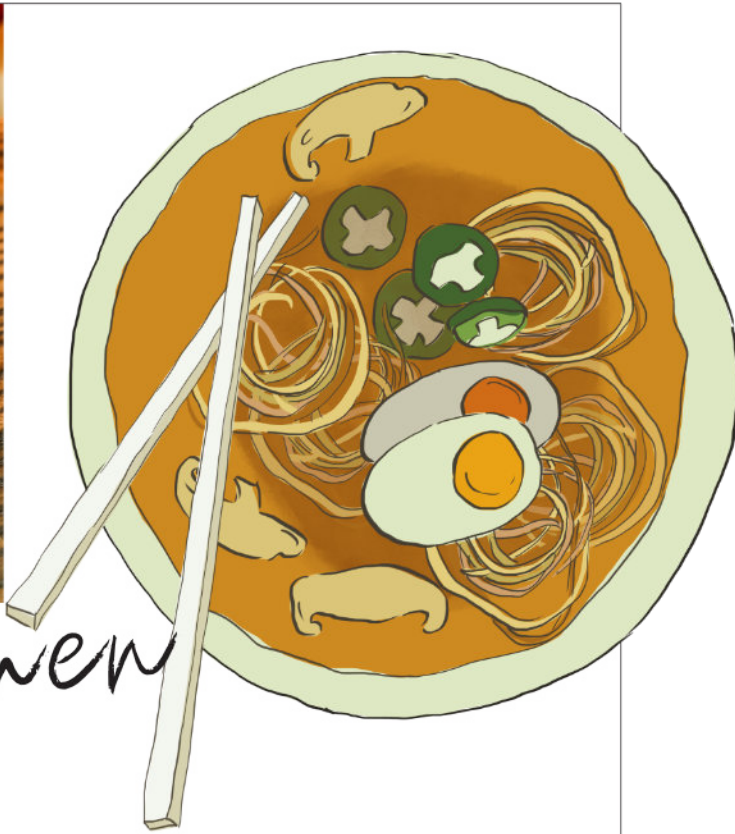
* Quantity can be increased or decreased based on personal preference



Directions

1. Preheat oven to 400°F.
2. Add all ingredients except for the scallions and Chipotle Infused Olive Oil in a mixing bowl and toss well.
3. Place seasoned cauliflower on a parchment lined baking sheet and place in oven.
4. Bake for 35-40 minutes, until cauliflower is tender and golden brown.
5. Remove from oven and place on a serving platter and drizzle with Chipotle Infused Olive Oil and sliced scallions.





Crafty Ramen

Crafty Ramen is Japanese inspired, locally influenced, and house-made. Owned and operated by Jared and Miki, a husband and wife who, after traveling throughout Japan and attending the Yamato School of Ramen, returned to Guelph in 2017 to open the first location of Crafty Ramen. Taking inspiration from the principals of regionality and innovation that are foundational to Japanese cuisine, Crafty Ramen seeks to answer the question: what would “Ontario style” ramen look like? Sourcing their ingredients as locally as possible, Crafty Ramen works extensively with butchers and purveyors from the surrounding area. Everything that can possibly be made in-house is, from the broths down to the noodles, which are crafted from organic Ontario wheat. With a wide range of snacks and bowls on offer, over half of which are vegan/vegetarian, Crafty Ramen has something for everyone – ramen veterans and newcomers alike!

Port Gyoza

A Japanese dumpling based on Miki’s family recipe. You can make your own wrappers, but buying them at your local Asian grocers saves some hassle and is standard practice for even the most prolific dumpling expert. These freeze well and are great to pull out as an appetizer or snack when friends are over!

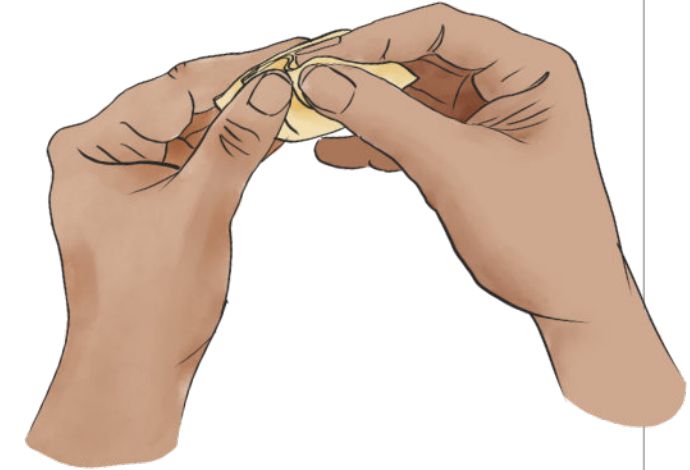


The Recipe

Makes approximately 50 dumplings

Ingredients

- ½ lb Ground pork
- 140 g Green cabbage
- 7.5 g Ginger – peel + roughly chop
- 4 g Garlic – peel + roughly chop
- 4 g Sesame oil
- 25 g Garlic chives – finely slice
- 25 g Aka miso (white)
- 25 g Shiro miso (red)
- 2.5 g Salt
- 1 g White pepper



Instructions for the Filling

1. Put ground pork in a mixing bowl large enough to accommodate all the ingredients.
2. Chop cabbage to pea size pieces.
3. In a blender combine roughly chopped ginger and garlic with the sesame oil and pulse until pureed. Remove and add to ground pork.
4. Add remaining ingredients to the ground pork mixture – finely sliced garlic chives, Aka miso, Shiro miso, salt and white pepper.
5. Mix thoroughly.

To Fold the Gyoza

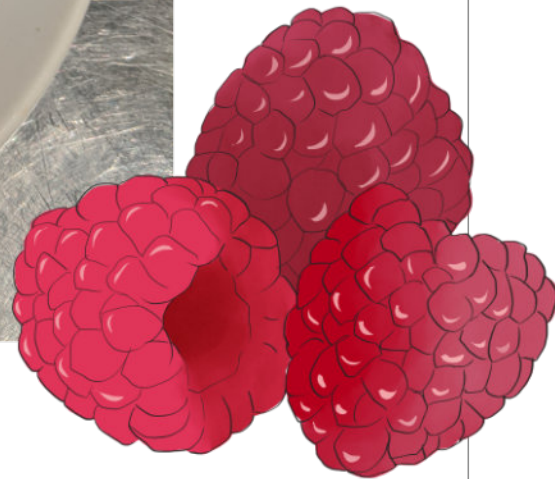
1. Place dumpling wrapper in palm of non-dominant hand. Wet a finger on your other hand by dipping it in a bowl of water (I like using my pinky) and use it to wet half the circumference of the wrapper.
2. Place a small amount of the filling (about 1 tbsp) in the middle of the wrapper.
3. Fold in half, and using a “pinch, fold, pinch fold...” motion with your fingers and thumb, make 5 or 6 pleats to seal.

To Cook

1. Heat neutral oil over medium-high in a non-stick frying pan.
2. Without crowding the pan, place gyoza in pan, and allow them to sear for 30 seconds to a minute.
3. Add a splash of water to the pan and cover with a lid, cooking for 5 or 6 minutes, or until internal temperature has reached 80°C.
4. Remove lid, and finish with a drizzle of sesame oil.
5. Serve with crispy golden brown side up, alongside gyoza dipping sauce (2 parts rice vinegar to 1 part soy sauce).



Bin 23 Restaurant



Located in the heart of downtown Guelph, Bin 23 offers a North American continental menu with multicultural flair along with daily features. Enjoy unrivaled consignment wines from around the world along with an extensive wine cellar. Relax in award winning ambiance and enjoy diverse music selections while being pampered by a team of professionals.

Bin 23 offers a unique dining experience with a seasonal menu options from locally sourced farms, bakery's, grocers & distributors as well as daily features and desserts all made in-house!



@Bin23Restaurant



@bin23restaurant

Lindt Chocolate Covered Sponge Toffee

Ingredients:

3 cups white sugar
1/2 cup corn syrup
1 cup water
1/4 tsp vanilla
1 tbsp baking soda
12 oz Lindt semi sweet chocolate
1oz 35% cream



Method:

1. Combine sugar, corn syrup, vanilla and water in a heavy bottom large sauce pot.
2. Bring to a boil and cook using a candy thermometer to 280F. While this is cooking prepare a 9 x 12 x 2" deep heat proof pan lined with parchment paper.
3. When the desired temperature is reached remove from the heat and quickly whisk in the baking soda. Be careful at this stage as the sugar will expand quickly. Just whisk enough to incorporate the baking soda, do not over whisk as this will deflate your sponge.
4. Immediately pour the sponge into your pan and let cool completely. Approximately 2hrs.
5. When the sponge has set, break it into approximately 2" sized pieces.
6. Melt the chocolate and the cream in a bowl over a pot of simmering water. Dip your sponge pieces and let cool on a baking tray lined with parchment paper.
7. Serve with your favourite fruit and a little whipped cream on the side. Toffee will keep in a sealed container at room temperature for 3-4 days.

Retour Bistro

Let us introduce ourselves: we are a culinary slice of Beirut in a distant land.

Retour Bistro offers the flavours of Lebanon with a blend of traditional and modern cuisine with home-style cooking that has a modern edge...like your mother made but still unique. We take you on a unique trip of taste exploring combinations of inherited ingredients that have been taken to another level. The handpicked ingredients undergo traditional preparation to conserve the authenticity of their taste and quality.

This is Retour bistro.

We've created the kind of restaurant we always wanted but could never find. Now we share it with you.

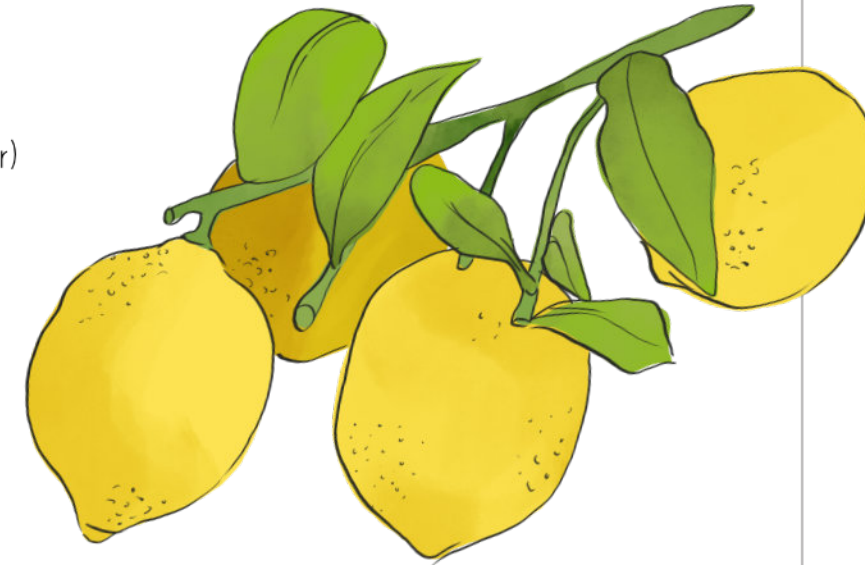


Eggplant Dip (Moultabal)

Makes 4-5 servings

Ingredients

- 1Kg (2lb + 4oz) large eggplants (Keep the stem of the eggplants. You will need it as a handle later)
- 1 teaspoon crushed garlic
- 1/3 cup tahini
- 1/4 cup lemon juice
- 1 teaspoon salt or as desired
- 1/4 cup olive oil



Instructions

1. Cook the eggplants, either by:
 - Baking the eggplants in the oven to 230°C/ 450°F turning them from time to time to soften (it takes about 20 to 25 minutes).
 - Or putting the eggplants on the barbecue, turning them from time to time to soften.
2. Remove from the oven or barbecue top and wait for the eggplants to cool down.
3. Peel the skin and chop the cooked eggplants.
4. Place in an electric blender, add the garlic, tahini, salt and lemon juice. Blend to your preferred consistency. Some prefer a chunkier consistency while others like a smooth paste.
5. Pour onto a serving plate.
6. Garnish with a vegetable of your choice or pomegranate seeds.
7. Drizzle olive oil on top and serve with pita bread or veggie sticks.

(Re)Fresh Juice Co.



We founded [RE]Fresh Juice Co., Guelph's first and only raw juicing company, on the belief that you should not have to choose between convenience and health. Our juices are blended with great taste in mind, nutritionally balanced to help you look and feel your best, and conveniently bottled so you can sip your way to better health anytime, anywhere.

We know first-hand that great food brings people together. As life-long friends, we've always bonded over our shared passions for cooking and health, and our drive to share the value of healthy eating with our families. We know what it's like to juggle demanding work and home lives and still make time for yourself, all while balancing responsibilities to your community and the planet.



www.refreshjuiceco.com

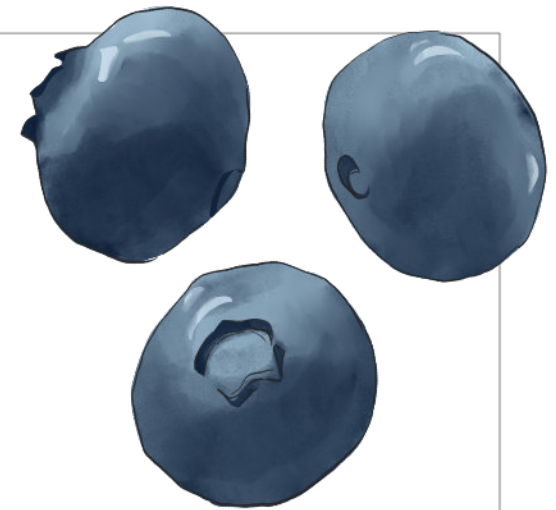


@refreshjuice



@refreshjuiceco

The Soul Bowl



Ingredients

Makes 1 16 oz Bowl

- 1 package frozen organic açai*
- *available at your local health food store
- 1/4 cup frozen slices organic strawberries
- 1/4 cup frozen wild blueberries
- 1/2 a frozen organic banana
- 1 tbsp almond butter
- 1 heaping tsp raw cacao powder
- 1/3 cup of almond milk.

Instructions

Add all ingredients to blender. Blend until smooth. You will need to scrape down the sides to incorporate ingredients after each blend cycle.

Trust the process and don't add more milk to ensure thick consistency!!

Top with favourite granola, cacao nibs, a large drizzle of almond butter and fresh fruit.



Tithorea

Providing Rockwood and its surrounding regions with the best Extra Virgin Olive Oil, Tea, Pastries, Honey, Spices, Herbs, Pottery, desserts, fresh cooked meals and so much more, that Greece has to offer. With majestic Mount Parnassos looking over the valley, the art of making superior olive oil has been passed down from generation to generation. For over a century, our family has cultivated the land by hand. Much like our artisan forefathers, we have continued this proud tradition. By applying innovative new practices to traditional processes, which has not only elevated our craft but our product, we continue to bring our products to market that help people heal and grow.

We believe that primary prevention of disease through the expanded use of integrative and lifestyle medicine represents the best hope for global health care reform. We produce olive oil for our children to eat. Our vision is to create a healing food of the highest biological value. To reconnect with the ancient land and its people. To build a sustainable farming model that supports the earth and heals those living on it.

My grandparents were the visionaries and architects in the power of the olive tree and more importantly our land.



@Tithoreaoliveoil



@tithorea_rockwood

Spanakopitakia



These spinach-and-cheese pies yield 48 rolls.

Spanaki = spinach
Pita = pie
Pitakia = mini pies

Spinach and Feta Cheese Filling

This is a fabulous filling, and once you've worked with it, you will undoubtedly find countless uses for it besides this one. Yields about 4 cups.

NOTE: There are 27-30 sheets of phyllo in a 1-pound box, each measuring about 12x17 inches. Generally, ½ cup (1 stick) of melted butter is needed to brush the sheets of phyllo.

½ cup plus 1 tablespoon extra-virgin olive oil

1 medium-size onion, shredded (1/2 cup)

1 medium-size leek, chopped (white part only)

2 packages (10 ounces each) frozen chopped spinach, thawed and drained and squeeze between palms of hands to remove most of the liquid

2 tablespoons chopped fresh dill, or 2 teaspoons dried dill

1 teaspoon salt

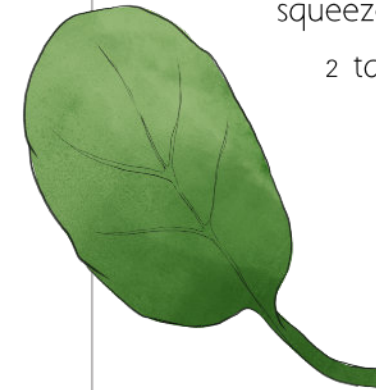
¼ teaspoon white pepper

2 eggs

1 cup crumbled feta cheese

1 tablespoon grated Parmesan cheese

1 tablespoon dry bread crumbs



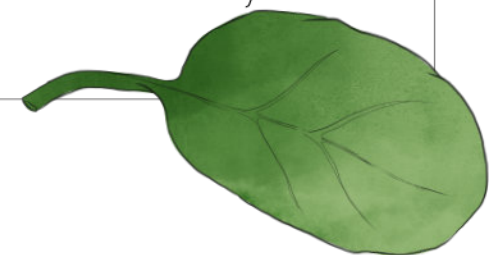
Heat 1 tablespoon of the olive oil in a large skillet. When it is hot, add the onion and leek and cook over medium heat, stirring frequently, until lightly browned.

Stir in the spinach and the remaining ½ cup olive oil. Continue to cook, stirring, until the mixture stops steaming.

Stir in the dill, salt, and pepper until well blended.

Turn the mixture into a large bowl and refrigerate until cooled.

When ready to proceed, stir in the eggs, cheese, and bread crumbs until very well blended.



Ingredients

1 Spinach-and-Feta-Cheese Filling

1 package (1 pound) ultra-thin phyllo dough, thawed according to package directions

2 cups (4 sticks) Clarified Melted Butter (you can substitute olive oil)

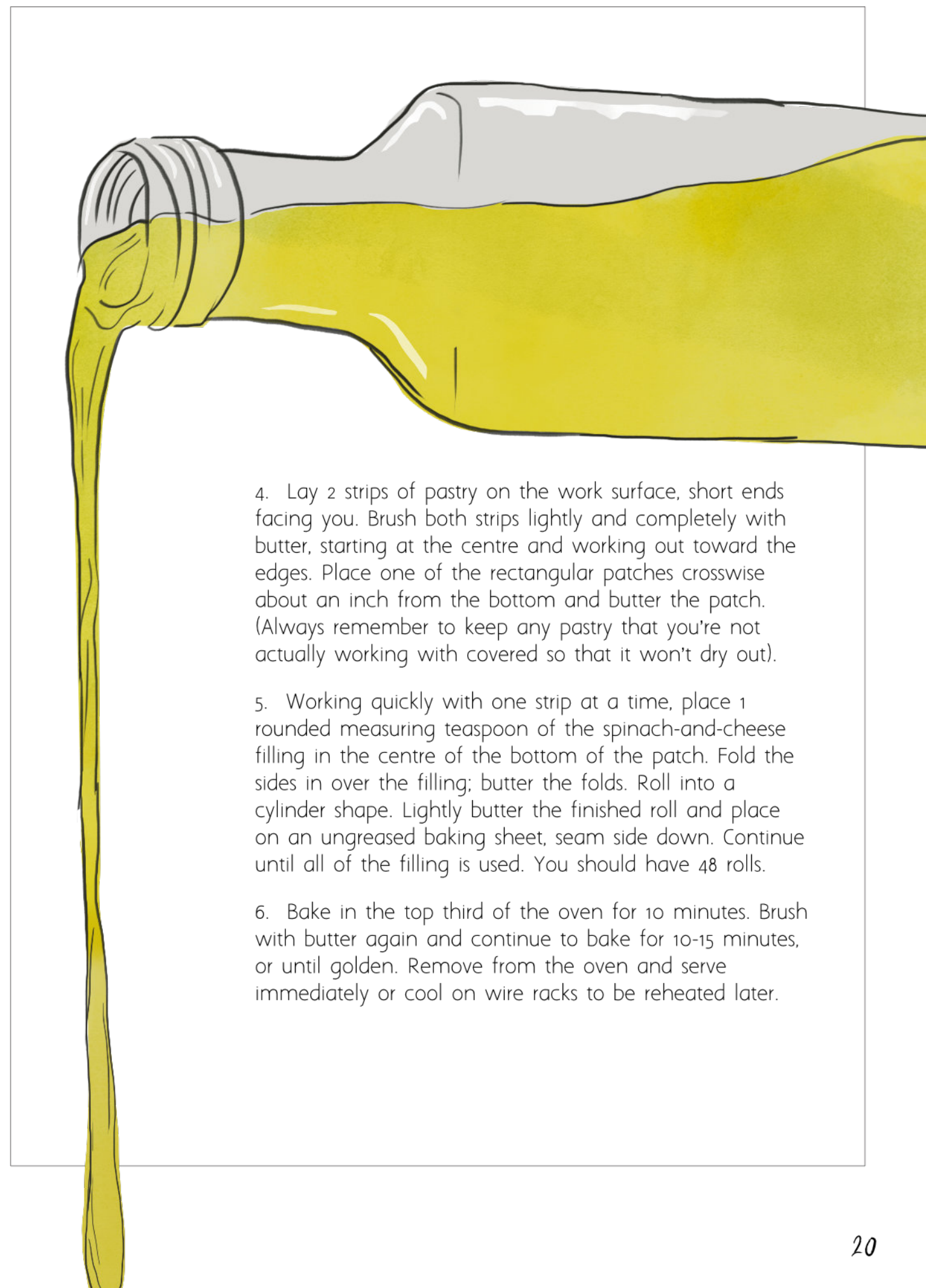
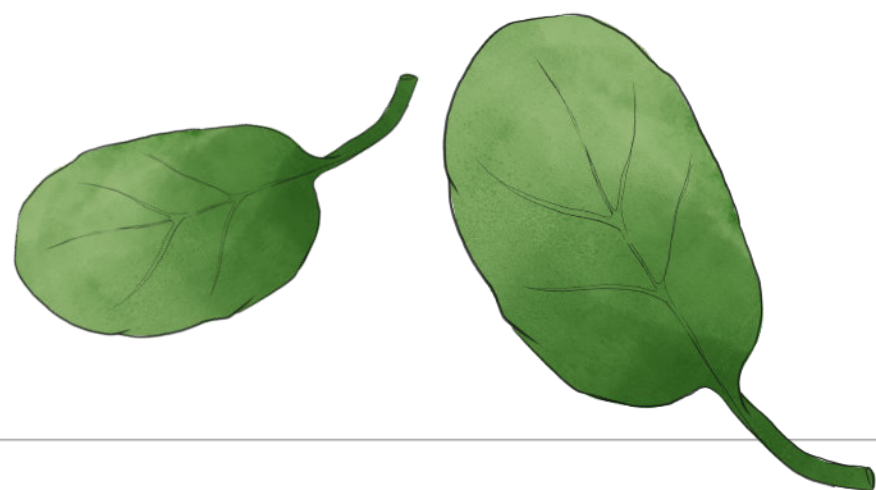
Instructions

Note: The point of clarifying butter is to remove the milky solids, which will burn when subjected to high heat. Both salted and unsalted butter can be clarified.

1. Place the butter in a small, heavy saucepan and melt it over low heat. Remove from the heat and set aside until the solids settle to the bottom of the pan. Spoon off the foam and then carefully pour off the clear fat (which is the clarified butter) and discard the residue. If not using immediately, refrigerate the butter (it will solidify and must be re-melted) until needed. It will keep for several weeks in the refrigerator and for about 6 months if it is frozen.

2. Preheat the oven to 400F. Remove 24 sheets of phyllo from the package. (This is 4 more sheets than are needed; the extra 4 are insurance for a few that might tear.) Wrap the remaining sheets tightly in plastic wrap or foil, return to the package, and refrigerate or refreeze.

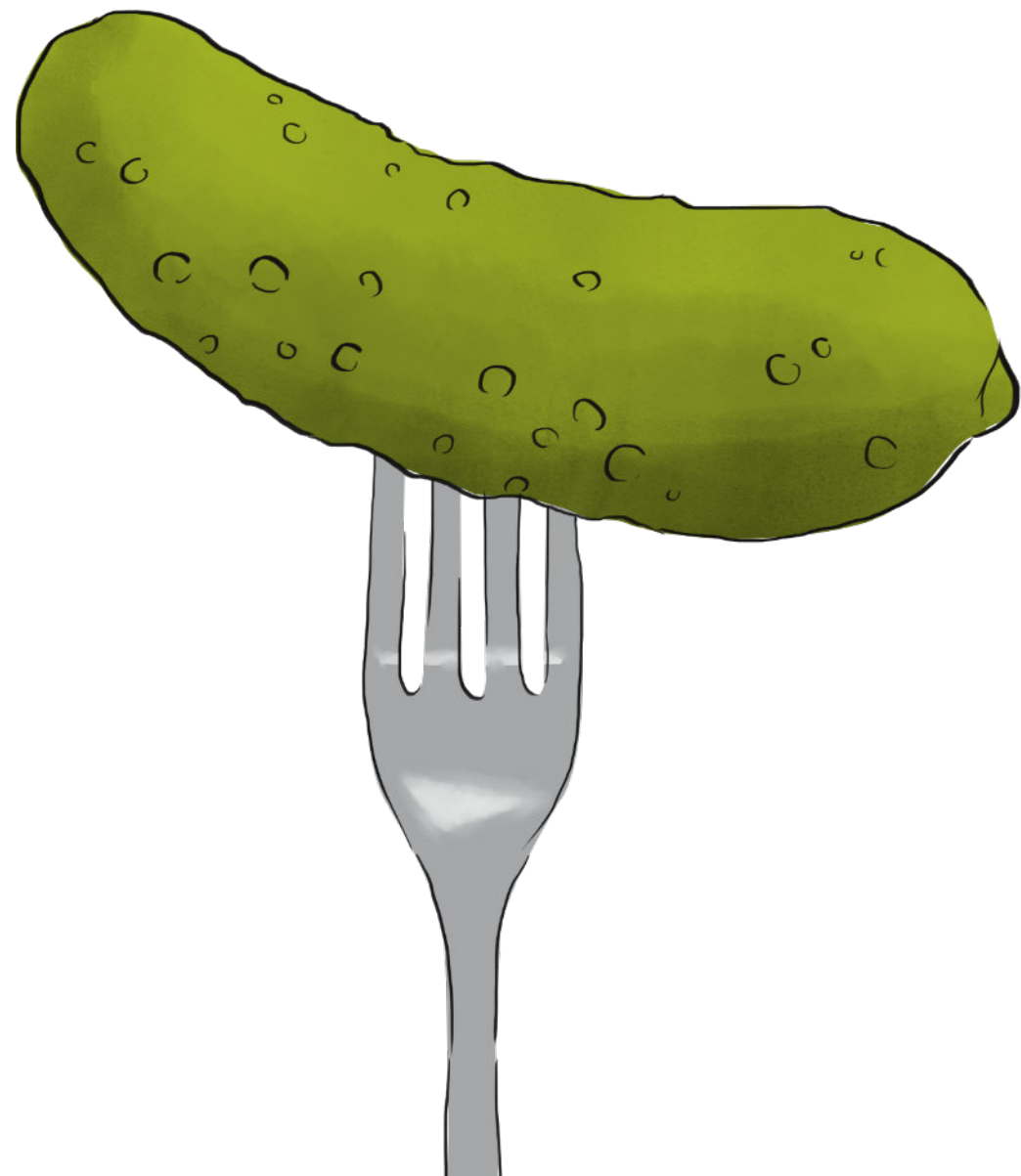
3. Lay the stack of 24 sheets of phyllo, the longest side facing you, on a large, flat work surface. Using a ruler and a pizza cutter or the tip of a sharp knife, cut the phyllo into 3 strips, each about 5 ½ inches wide. Take 12 of the strips and fold in half crosswise. Cut at the fold to make 24 pieces. Fold in half again and cut to make 48 rectangles. (These will be used as patches to reinforce the phyllo under the filling.)



4. Lay 2 strips of pastry on the work surface, short ends facing you. Brush both strips lightly and completely with butter, starting at the centre and working out toward the edges. Place one of the rectangular patches crosswise about an inch from the bottom and butter the patch. (Always remember to keep any pastry that you're not actually working with covered so that it won't dry out.)

5. Working quickly with one strip at a time, place 1 rounded measuring teaspoon of the spinach-and-cheese filling in the centre of the bottom of the patch. Fold the sides in over the filling; butter the folds. Roll into a cylinder shape. Lightly butter the finished roll and place on an ungreased baking sheet, seam side down. Continue until all of the filling is used. You should have 48 rolls.

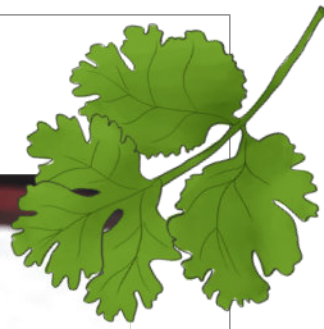
6. Bake in the top third of the oven for 10 minutes. Brush with butter again and continue to bake for 10-15 minutes, or until golden. Remove from the oven and serve immediately or cool on wire racks to be reheated later.



Feast



Diana Downtown



In 2005 we immigrated to Canada to start a new life from the mountains of northern areas of Pakistan. With our values, determination, and zeal for life, we began to rebuild our lives, making Canada our new home. Diana came into our lives 7 years ago. We invested every penny we had into Diana and started on this new venture. Diana has been a kind soul to our family – embodying our love for food and people.



Diana provided us with an opportunity to embrace all that we were and all that we would become over time. Diana has seen various transformations which mirror the changes in our family, the local city of Guelph, as well as the evolving Canadian culture. From breakfast and homemade pies to award winning ethnic cuisine, we have all belonged to the story of Diana. We strive to combine the elements from Diana's beginnings with all that Diana Downtown is today- hearty comfort food inspired by a far away land and prepared with love.

It is not only our food and drink that makes us unique. You will see, taste and feel what makes us special. The people at Diana Downtown; from our guests, to our team also play a role in creating our atmosphere and identity. As you look around you will see the real Canada in all its' diversity. Our style and values are not only reflected in the artwork and music which decorate our space but they are represented by our staff and our Diana family.

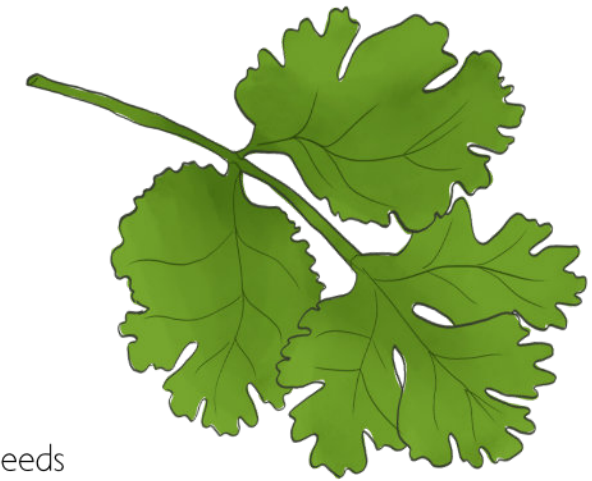
Diana is a place of stories and happy moments. Over the years we have changed together and shared in good times, laughter, and joy. All of this experience has helped Diana Downtown grow and mature into an accomplished establishment.

So we welcome you to be a part of our story, to share and be a part of Diana Downtown – a place that continues to live for celebrations, family and friendships, and of course for the love of food.

Diana Downtown Style Aloo Gobi

Ingredients

- 2 tbsp oil
- ½ tbsp turmeric spice
- ½ tbsp red chili powder
- 1 tbsp coriander power
- ½ garam masala
- 1 tbsp cumin seeds
- 1 tsp black pepper
- 1 tsp mustard and fenugreek seeds
- salt to taste
- Medium Cauliflower (cut into florets)
- 1 medium Spanish Onion
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 3 tomatoes
- 1 tbsp tomato paste
- chopped cilantro
- 2 potatoes

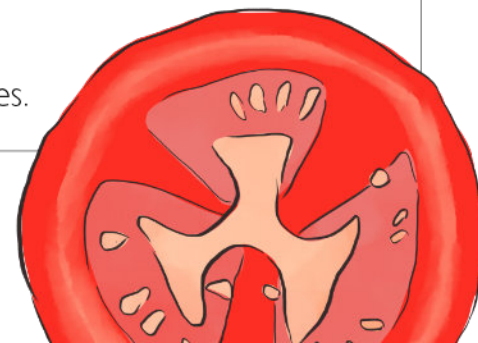


Definition

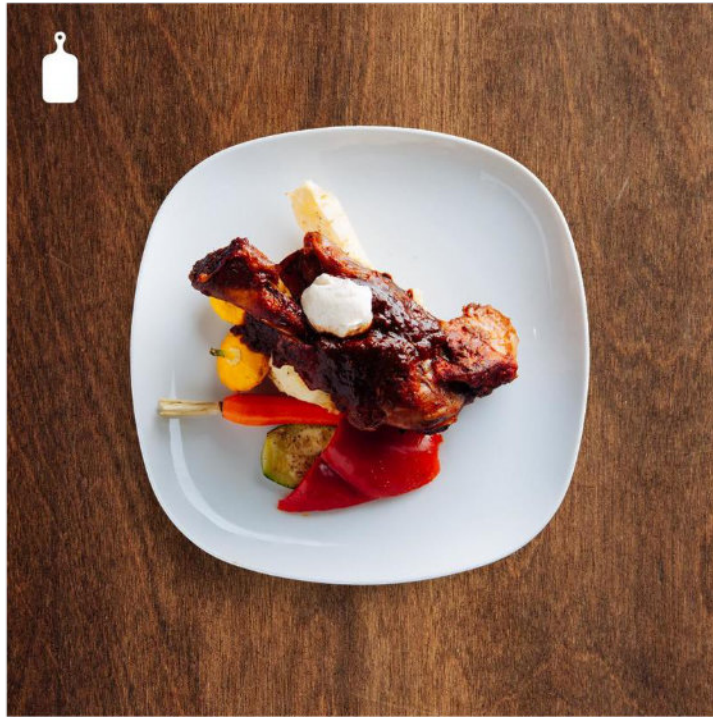
Aloo Gobi is a perfect vegan, gluten-free and lactose-free curry. Aloo Gobi is an Urdu/Hindi Term. Aloo means potato, while Gobi means cauliflower.

Method

1. In a wok or a large skillet over medium-high heat, heat up the oil and then add diced Spanish onion and cook until the onions are golden brown.
2. Add garlic and ginger paste and cook for one minute until fragrant.
3. Add all your dried spices (turmeric, red chili powder, coriander powder, garam masala, black pepper, cumin, mustard and fenugreek seeds) and thoroughly cook spices until fragrant.
4. Add salt to your taste
5. Add 3 small diced tomatoes and cook them until they are soft followed by the addition of tomato paste.
6. Add chunks of potato and cauliflower into the wok with 1 cup of water. Reduce heat to a low flame and cook with the lid on for about 15-20 mins until cauliflower and potatoes are tender.
7. Garnish with cilantro.
8. Serve it in a bowl with butter tandoori naan.
9. For spicy Aloo Gobi, add chopped green chilies and spices.



Atmosphere Cafe + etc.



In 2004, owner Nicole Hogg and Chef Shawn Gilbert launched Atmosphere Cafe + etc. Located in the heart of Market Square in downtown Guelph, Atmosphere is armed with an excellent array of innovative cocktails, craft beer & consignment wines; Over the past 16 years they have become one of Guelph's premier food and dining establishments. Their fresh concept, and commitment to local sourcing continues to please eager foodies.

"We didn't want to pigeonhole ourselves into being fine dining or strictly a coffee house. We wanted to be able to do a little bit of everything."

Atmosphere's style is strongly influenced by Montreal and European café-bistro scenes. Gilbert, whose culinary passion spans 28 years, employs French farmhouse cooking as the basis for many of his dishes. One of Gilbert's signature dishes is the Braised Lamb Shanks w/ Garlic Aioli. A hands down crowd pleaser time and again.

"We are always innovating. French peasant food is the foundation from which we connect traditional styles and flavours with those of the present."

Braised Lamb Shanks

Prep- 10 minutes

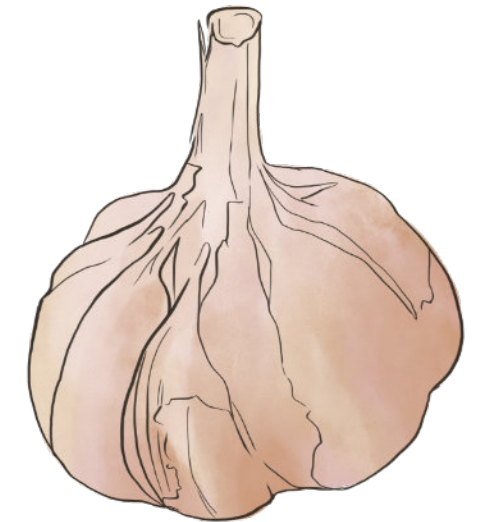
Cook- 3.5 hours

Ready- 4 hours



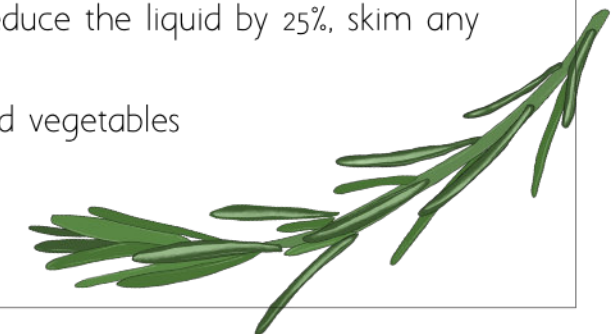
Ingredients

- 6-8 lamb shanks
- salt & pepper to taste
- 1 large onion, sliced
- 10 cloves garlic, whole & peeled
- 5 tsp. fresh rosemary
- 1 (28oz.) can whole plum tomatoes with juice
- 1 (40oz.) can beef broth
- 1 small can tomato paste



Directions

1. Pre-Heat oven to 325 Degrees.
2. Place shanks in a deep roasting pan.
3. Add all ingredients to pan.
4. Cover tightly with tin foil.
5. Bake at 325 degrees F for 3.5hrs or until meat is falling off the bone.
6. After the meat is cooked, remove shanks from pan and place on a rack to cool.
7. Strain the liquid from the pan into a medium sized pot
8. With the pot on the stovetop on high heat, reduce the liquid by 25%, skim any foam that forms
9. Serve with garlic mashed potatoes and sautéed vegetables
10. Drizzle reduced jus over lamb shank



@atmoscafeetc



@AtmosphereCafeGuelph



@atmospherecafeetc

Jewels Under the Kilt

In 2010 my husband and I moved to a 90 acre farm in Fergus, Ontario to begin pursuing our lifelong dream of leading a rural life. We chose the farm because it had frogs, it meant freedom and youth and images of putting our feet in the water searching for tadpoles. We got so excited about nature and space that another dream was created: being environmentally conscious farmers.



We eat a lot of nuts! We love them and they're healthy. We would buy 50 lbs at a shop, but the nuts didn't taste good. We tried roasting them, which tasted better but the process destroyed the health or nutritional benefits.

We were going to plant 5 nut trees for the family, but then we thought, why 5? So, we planted 100. The nuts tasted great. We loved living off the land. We gave them to our friends and neighbors, and for 2 years I would farm, cook and create recipes with our home grown nuts. It was during this time that I developed my patent-pending roasting process and created our maple roasted nut recipes. People loved them. Jewels Under the Kilt was born.

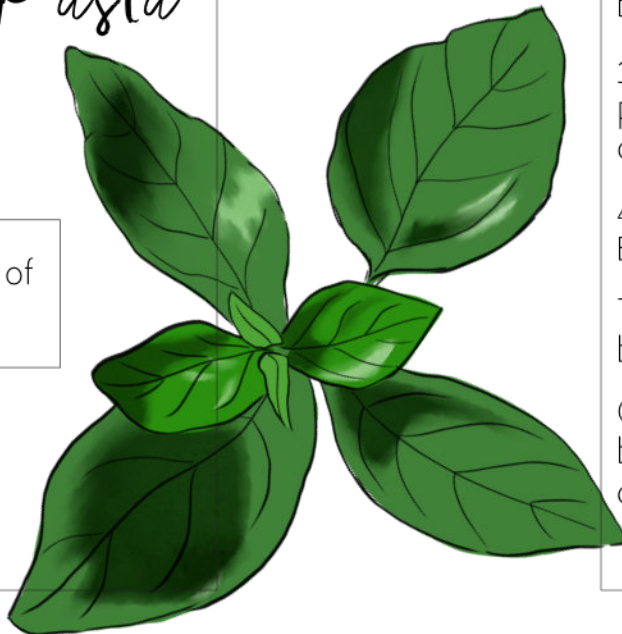
Legacy for Jessie...

Our 3rd dream. We have shared and brought our family together, our community together and even our country. Our daughter Jessie, who has Upsyndrome will have this as our legacy.

Broccoli Black Walnut Pesto Pasta

8 oz broccoli florets (remove larger stems)
2 large garlic cloves
1/2 cup Black Walnuts, chopped
2/3 packed cups fresh basil leaves, dry
1/3 packed cups fresh spinach, dry
1/4 cup Black Walnut Oil
1/2 cup extra-virgin olive oil, + more for serving
1 lemon, zested and juiced
Salt and pepper
1/2 cup Parmigiano-Reggiano, + more for serving

Yields approx. 2.5 cups of pesto



Instructions for the Pesto

1. Bring a large saucepan of water to a boil over high heat. Add 1/4 cup salt, then add the broccoli. Cook, stirring occasionally, until bright green and just tender, about 4 minutes. Use a spider or slotted spoon to transfer to a bowl of ice water to stop the cooking.
2. RESERVE the cooking water to use for the pasta. When broccoli is cool, using a salad spinner and/or paper towels, dry broccoli as much as possible without smashing it.
3. In the food processor, pulse the garlic until fine. Add the walnuts and pulse until they are in small pieces but not as small as sand. Add the basil, spinach, 2 Tablespoons of lemon juice. Pulse scraping the bowl often, until leaves are finely diced. Add the broccoli and quickly pulse until it is incorporated into the leaves but not turned to paste.
4. Slowly add the oil with the machine running.
5. Finish pesto with a quick pulse adding the cheese, lemon zest, and 1 teaspoon salt and 1/2 teaspoon pepper. Pesto may be covered with plastic wrap and refrigerated at this point, until ready to serve.

Instructions for the Pasta

1. Use 1/2 to 1-pound pasta, such as medium shells or linguine. If you're making pasta for a salad I like to use the Gluten Free Vegan Pasta.
2. RESERVE 1/2 cup of the pasta water. Drain the pasta well and transfer to a large bowl.
3. While the pasta is hot, stir in the pesto. Use a generous 1/2 cup pesto for each 1/2 pound of pasta. If the mixture seems thick, moisten with the reserved pasta water or remaining lemon juice.
4. Season to taste with parmesan, salt and pepper and garnish with additional Black Walnuts.

Tip: The pesto will keep in the refrigerator for up to 3 days or if packed in Ziplock bags, it will freeze for use later.

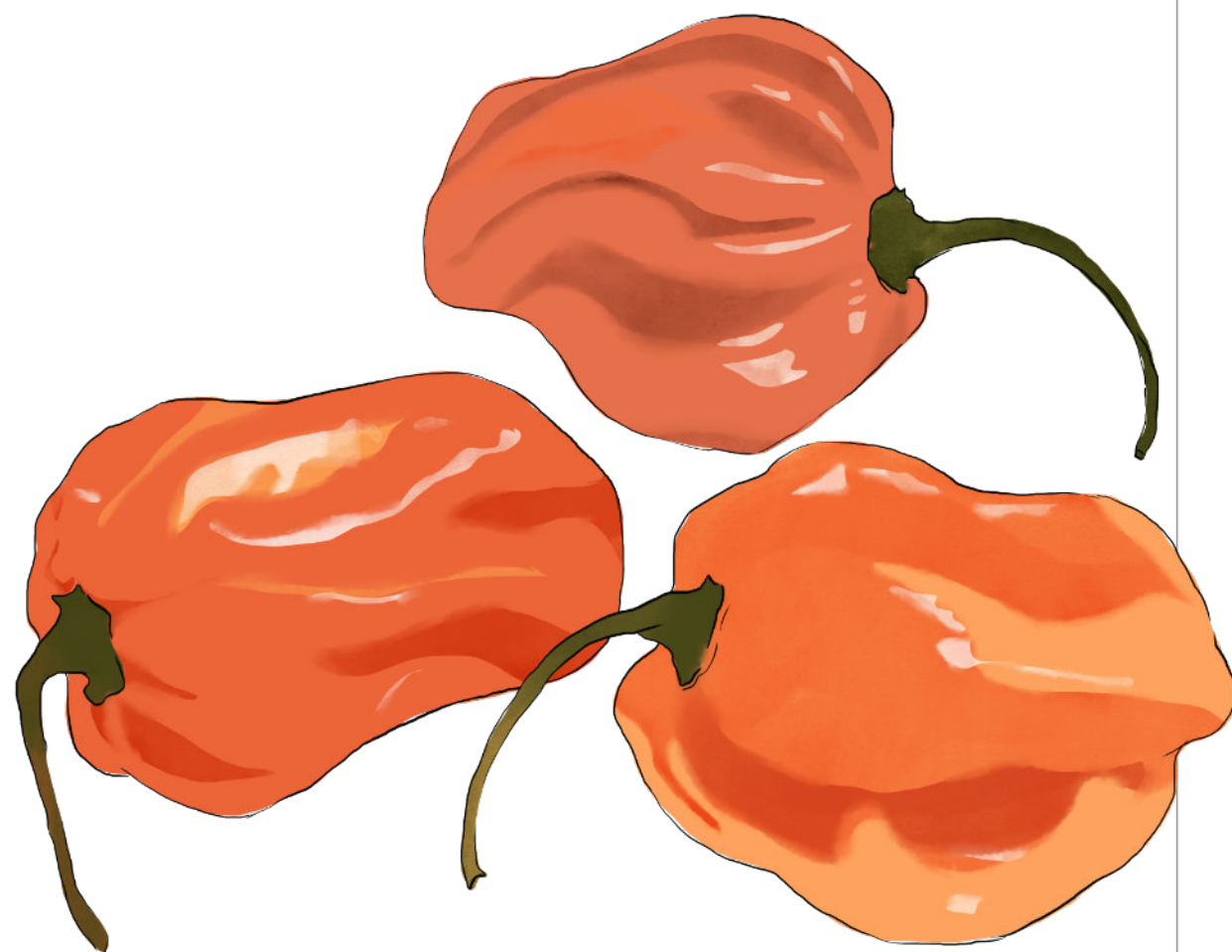
One more customization idea! Try chilling the pasta and adding diced chicken, broccoli florets, diced tomatoes and/or other vegetables to create a delicious main dish pasta salad.



Guelph Caribbean Cuisine

Guelph's Caribbean Cuisine authentic Trinidadian Cuisine since 2008. Family owned and operated by Lorenza, Lochan and Loretta.

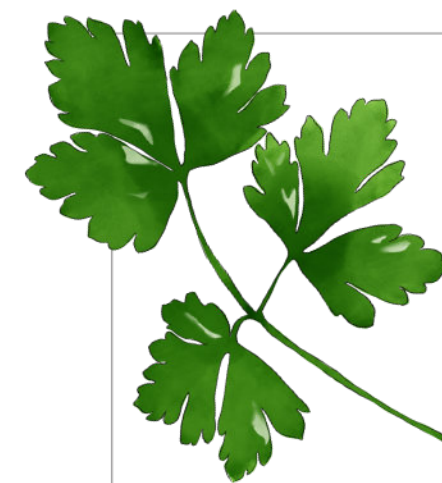
A true taste of Trinidadian street food (doubles, traditionally made Roti and curry with their own special blend of fresh seasonings and pepper sauce. Everything is made in house.



@GuelphCaribbeanCuisine



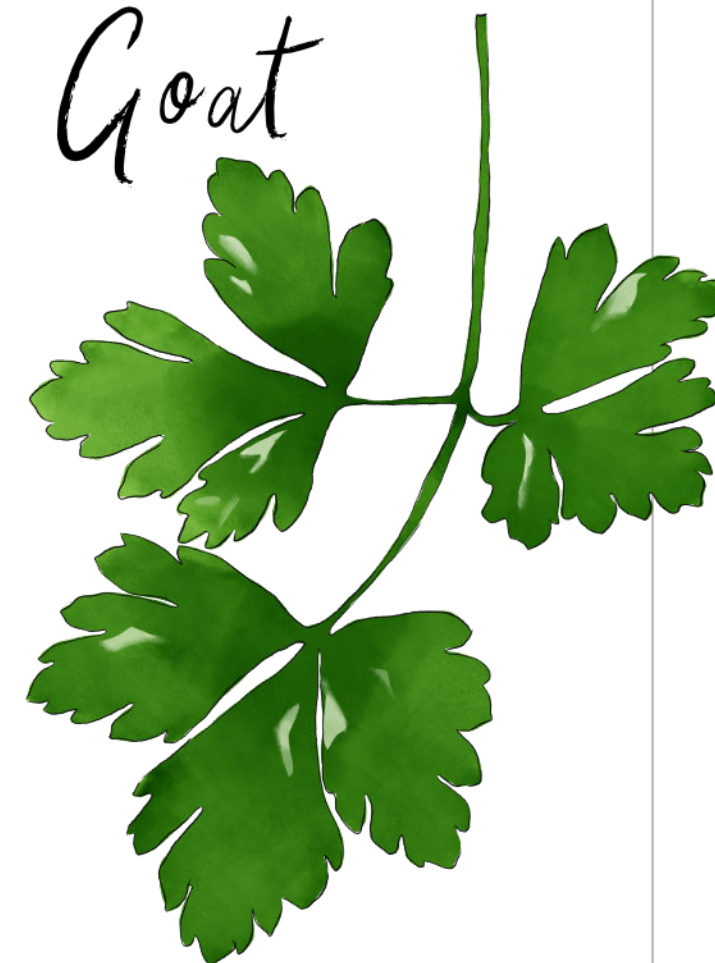
@guelphcaribbean



Trinidadian Curry Goat

Ingredients

- 6 Lbs cubed goat meat
- 1 Tbsp Kala brand curry powder
- 1 diced onion
- 4 cloves of garlic
- 1 scotch bonnet or less
- 1 1/2 Tsp salt
- 1 1/2 Tsp black pepper
- 1 Tbsp Parsley
- 1 Tbsp Thyme
- 1 Tbsp Coriander
- 1 Tbsp oil
- 1/4 Cup water



Instructions

1. Heat oil in a large skillet and add oil, onions, garlic and curry powder. Add 1 Tbsp of water.
Stir for a few minutes and add the cubed goat.
Add all other ingredients to the pot and cover with water.
2. Put a lid on the skillet and let simmer for an hour or until tender!

Miijidaa

Easter Tourtière

Tourtière Filling:

- 1 russet potato
- 1.5 lbs ground pork
- 1.5 lbs ground game meat (elk, venison, or bison)
- 1 medium sized onion
- 3 cloves of garlic
- 1 Tbsp kosher salt
- 1 tsp ground black pepper
- ¼ tsp allspice
- ½ tsp ground cinnamon
- ¼ tsp ground cloves
- ½ cup water
- 1 Tbsp worcestershire



Notes

Makes 6 large servings

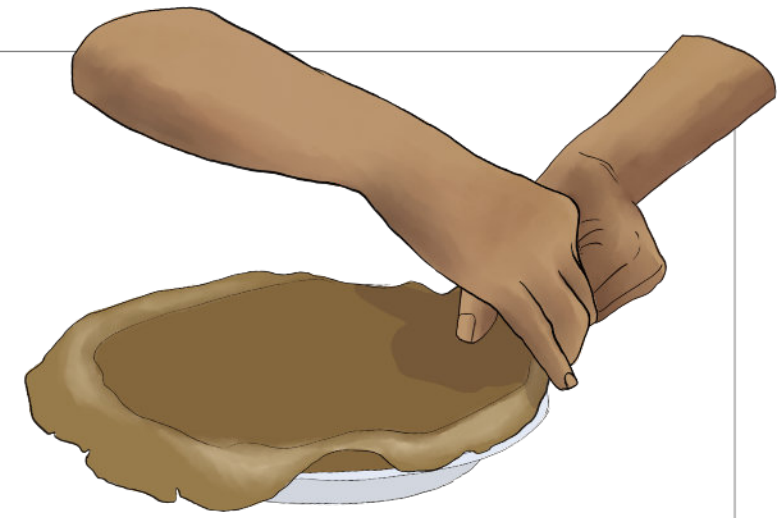
It's best if you can make the filling and pie dough the day before you want to serve the Tourtière.

For the Filling:

1. Preheat the oven to 400 degrees. Poke holes in the potato with a knife to allow steam to escape. Bake until the flesh of the potato is soft.
2. While potato is still warm remove the skin and put through a potato ricer (if you do not have a ricer, you can use the small side of a box grater)
3. Place the potato and all other ingredients into a pot and cook over medium heat for about 30 minutes until thickened, stirring often to make sure the mix is not burning on the bottom of the pot.
4. When mix is done cooking, check seasoning and adjust if necessary, then set mix aside to cool.

Pie Dough:

- 2.5 cups all purpose flour
- 1 tsp kosher salt
- 1 cup unsalted butter
- 6 Tbsp ice water
- 1 egg for egg wash



For the Pie Dough:

1. Cut butter into small cubes and place in freezer for 20-30 minutes.
2. Place flour and salt in a food processor and pulse to combine.
3. Add in butter and pulse until pea sized pieces of butter remain and all the butter is coated with flour.
4. Add in ice water and pulse just until combined.
5. Separate dough into 2 rounds, 1 round should be about ⅔ of the dough and the other about ⅓.
6. Cover each round tightly in plastic wrap and place in the fridge.

To Assemble:

1. Remove the dough from the fridge about 20 minutes ahead of time and preheat oven to 425.
2. Roll out the larger dough round until about ¼" thick and place in a 9.5" pie dish.
3. Put filling into the pie crust.
4. Roll out the other pie dough round until ¼" thick.
5. Beat egg in small bowl and egg wash the rim of the dough in the dish, then place the round on top of pie dish, cut off any excess dough and crimp edges to seal.
6. Cut a couple of steam vents into pie top and egg wash the entire top and edges.
7. Bake on a baking sheet for 30-45 minutes. If the top is getting too dark before the bottom is cooked, cover it with tinfoil.
8. Let rest for 15-20 minutes before slicing.
9. To serve, accompany the tourtière with your favourite salad, any cellar pickles (especially pickled beets!) and ketchup or hot sauce. Enjoy!!



La Fontana



La FONTANA welcomes you with a truly enjoyable atmosphere and the comfort of great food.

Enjoy with family and friends, sharing a delicious selection of homemade fresh pasta tossed in the most fragrant sauces, wood oven baked pizza made the true Neapolitan way, and tasty dishes showcasing the seasonal offerings of our territory!



Fresh Fettuccine in Kale Pesto



For the Kale Pesto

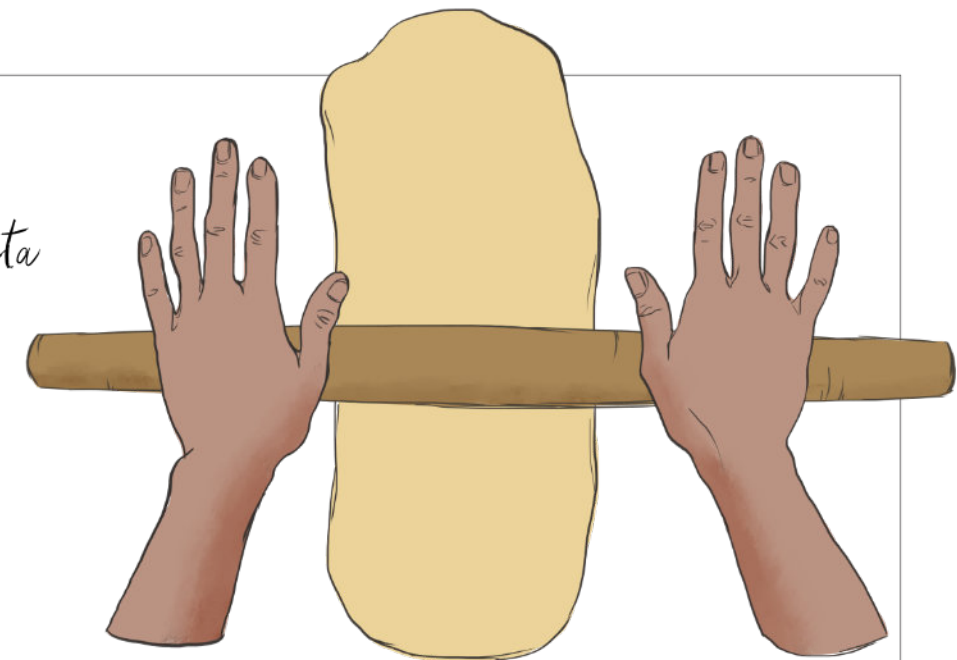
2 cups Kale (no hard stems)
1/2 cup Extra-Virgin Olive Oil
1/4 cup Canola Oil
1/3 cup Pumpkin Seeds
1 tsp Salt
1 tsp Garlic Powder

Place kale in a large bowl of cold water and soak for 15 minutes. In the meantime, in a food processor mix the pumpkin seeds, salt and garlic powder until pureed. Cover with the canola oil and mix until it is a smooth paste; add the kale a little at a time and keep mixing while adding the olive oil. Mix until smooth. Finish by using a hand blender to make it even smoother.



For the Fresh Pasta

Yields 2 portions
1 cup All Purpose Flour
2 Eggs
Pinch of Salt
Water as needed



Mix the flour, egg and salt by hand or in a mixer (or a food processor works as well). Add water as needed to make a soft, smooth dough. Let it rest on a floured counter for 15-20 minutes (best if covered with a kitchen towel to avoid drying up).

Flatten the dough with a pasta machine or rolling pin, making the pasta sheets into the desired thickness (1/4 inch is a good thickness); cut the pasta sheet to the desired length (1/2 foot length is usually good for fettuccini).

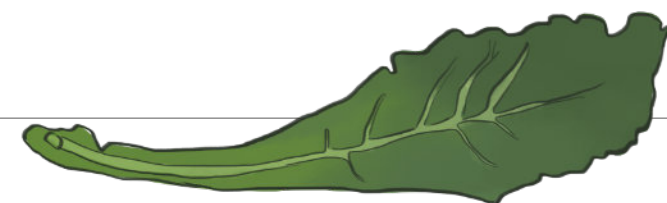
If using a pasta machine, pass the flattened dough into the fettuccini cut; if cutting by hand, roll the flattened dough widthwise, cutting the fettuccini at the desired width.

Cooking the Dish

Fill a medium pot with water and bring to boil; add 1 tbsp of salt. Boil the fresh pasta for 3 to 5 minutes. In the meantime, add 3 spoonfuls of pesto to a frying pan, and cook at low heat. While heating it up, add 2 tbsp of cooking water from the pasta pot, this will help emulsify the sauce (due to the starch in the water, from the pasta boiling).

Once the pasta is cooked, add it to the pan and toss with the pesto, keeping at low heat to avoid the pesto burning. Drizzle 2 tsp of olive oil into the pan and toss until the pasta and sauce are well mixed together for 3 minutes.

Plate, and if desired top with grated cheese. At the restaurant we top with sheep ricotta cheese, pumpkin seeds and grated lemon zest.

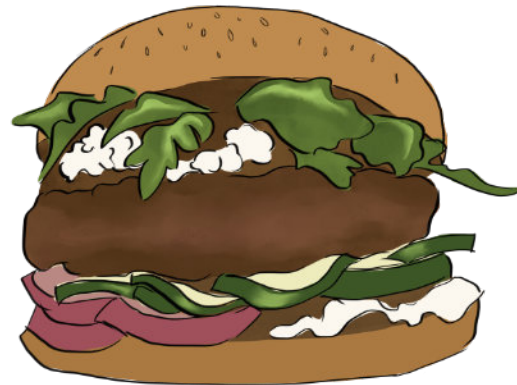


Exhibition Stadium at Creelman Hall University of Guelph



Hospitality Services is proud to be recognized as a Canadian leader for sustainability initiatives within University food service and retail operations. We are committed to continual improvement in the areas of local purchasing, environmentally friendly practices and global social responsibility.

Creelman Hall at the University of Guelph is one of Hospitality Services flagship dining options on campus. Chef Ian is well known on-campus for his jovial personality, unique menus and mouth-watering meals. This lamb burger is no exception.



Chef Ian Camilleri's Greek Style Lamb Smash Style Burger

The Burger

Makes 4 Burgers
Mix the three following ingredients by hand, form into four 6 oz round balls and refrigerate:
24 oz ground lamb (Canadian lamb)
2 teaspoon Kosher salt
2 teaspoon cracked black pepper

The Sauce

Blend the following ingredients together, then fold in 1 cup of mayonnaise and refrigerate:
1/2 cup mashed potatoes
1/8 cup minced garlic
1/8 cup lemon juice

The Cooking Process

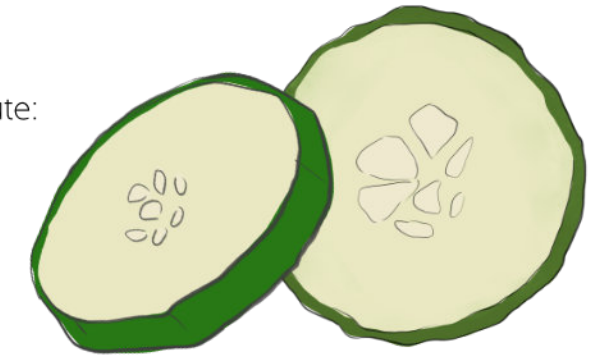
Press ground lamb ball down onto a flat top grill or frying pan (medium-high heat), season the top with Kosher salt.
Place three onion slices on flat top or frying pan, season with Kosher salt and fresh ground pepper.
Cook the burger patty for 3 minutes on first side and flip.
Flip the seared onions and place on top of burger patty.

To Serve

Spread 1/4 of the the sauce on the bottom bun and place three cucumber slices on top.
Place burger patty with cooked onions on top of sauce and cucumber slices,
Place feta cheese on top of the burger and onions,
Place lettuce and tomato slices on the top bun.
Plate the burger open faced, and serve with your favourite side.

The Toppings

3 slices local red onion (Elmira Auction)
3 slices beefsteak tomato
1 piece green leaf lettuce
3 slices cucumber
1 tablespoon local feta cheese (Bright Brand Cheese)



The Friendly Society

The Friendly Society combines cozy, rustic comfort and elegant European decor to create a trendy dining vibe that is perfect for a relaxed dinner with friends or a romantic night out with classy cocktails, and a stunning river view. Since opening in July 2019, it has quickly established itself as a destination in Elora.

Chef Brandon Taylor creates seasonal menus from local ingredients that focus on Canadian classic comfort food with a modern, elevated twist that would not be out of place in Montreal or Toronto.

The bar features natural and kind wines, craft cocktails, and an eclectic selection of local and international beers.

Korean Braised Beef Short Ribs

Ingredients

- 1 medium onion, thinly sliced vertically
- 8 large cloves garlic, sliced
- 2 tbsp minced ginger
- 2 cups beef broth
- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 tbsp unseasoned rice vinegar
- 2 tbsp gochujang (fermented Korean chile paste)
- 1 tbsp sesame oil
- 2 tbsps + 1 tsp canola, vegetable or peanut oil
- salt and black pepper
- 4 long-cut bone-in beef short ribs (2 1/2 to 3 lbs), trimmed of excess fat
- 2 tablespoons cornstarch
- 2 bunches scallions, root ends trimmed
- 2 tbsps toasted sesame seeds
- Kimchi (optional)
- Cooked brown rice (optional)
- Shredded carrot (optional)



www.thefriendlysociety.ca

Korean Braised Beef Short Ribs

These Korean Braised Ribs are slightly spicy, slightly sweet and totally amazing! Impress your family with a meal that will fill your home with the aromas of South East Asian cooking.

Yield: 4
Prep Time: 15 minutes
Cook Time: 6 hours
Total Time:
6 hours 15 minutes



Instructions

1. Combine the first 9 ingredients in a slow cooker.
2. Set slow cooker to high to preheat.
3. Heat 2 tablespoons oil in a large skillet or sauté pan over medium-high heat.
4. Generously season beef short ribs with salt and black pepper. Add short ribs to pan, reduce heat to medium and brown well on all sides, approximately 2-3 minutes per side.
5. Transfer ribs, meat side down, to the slow cooker.
6. Cover and cook on high for 4-6 hours or until very tender.
7. Combine cornstarch with approximately 4 tablespoons of the cooking liquid in a small bowl and stir until smooth. Pour cornstarch mixture into the slow cooker, stir to blend and cook uncovered on high for approximately 20 minutes.
8. Turn slow cooker off and let stand 10 minutes. (Sauce will thicken more upon standing.)
9. Heat remaining 1 teaspoon oil in a skillet or sauté pan over medium-high. Cook scallions, 2-3 minutes or until slightly softened and browned.
10. Serve short ribs with scallions, kimchi, cooked brown rice and shredded carrots.

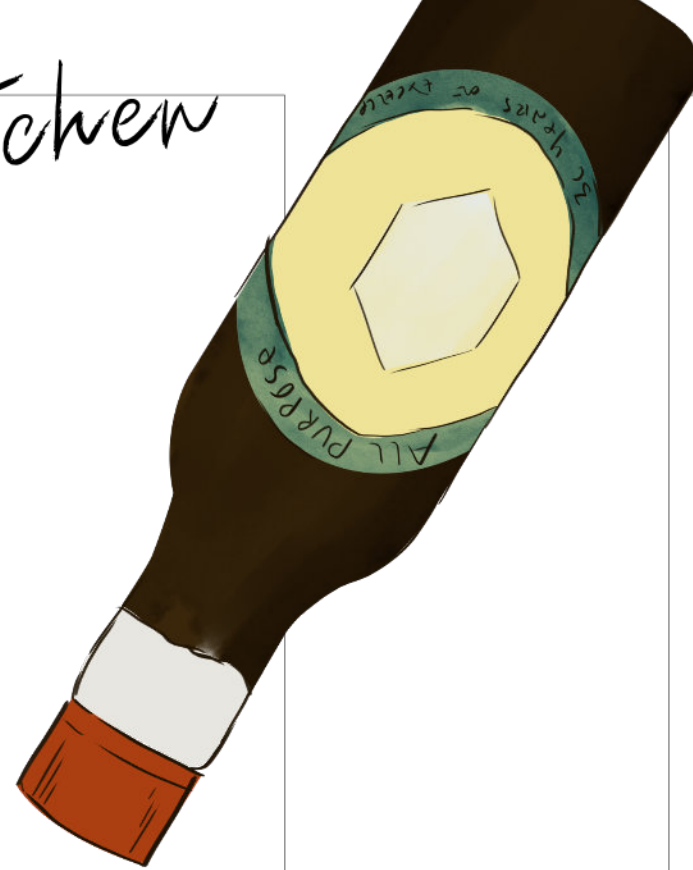


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Na Ha Thai's Kitchen



The taste of Thai food comes mainly from a wide range of flavor ingredients. The blending of spices & herbs, fresh vegetables, variety of meats, coconut milk, fish sauce, soy sauce, palm sugar, and curry paste which vary from region to region contributes to the harmonious tastes unique for each dish.

As Australian chef David Thomson, a prolific chef and expert on Thai food said, "Thai cooking places emphasis on lightly prepared dishes with strong aromatic components and a spicy edge. It is known for its complex interplay of at least three and up to four or five fundamental taste senses in each dish or the overall meal: sour, sweet, salty, bitter and spicy"

NA-HA-THAI'S KITCHEN started as a small food business at the Guelph Farmers Market and Aberfoyle Farmers Market during the past 2 years under the name of "Love at First Bite by Naruemon". We are pleased to announce that our business is now officially registered under a new name, "NA-HA-THAI'S KITCHEN"

Take-out and catering services of authentic Thai food, the same products that you have come to love and more, are what we are offering. Along with our authentic Thai foods we offer many Thai-fusion foods, and mouth-watering desserts. For customers who have health concerns, we offer Gluten-free Thai foods, and Vegan Thai dishes.

Naruemon's BBQ Chicken Wings

Ingredients

- 1 Litre water
- 1 Tbsp salt
- 1 Tbsp mushroom seasoning
- 2 Kg chicken wings

Instructions

Put the water in a pot with medium-high heat. Add salt and mushroom seasoning powder and let it boil. When the temperature hits 100 C add the chicken wings and reduce heat to low-medium and let cook for 12-15 minutes. Take chicken wings out and rinse with cold water, dry and set aside.

BBQ Sauce Ingredients

Stir the following ingredients together and set aside.

- 5 Tbsp of oyster auce
- 5 Tbsp of Thai Sriracha Sauce
- 2 Tbsp of Golden Mountain Seasoning Sauce
- 1 Tbsp of light soy sauce - Healthy Boy Brand
- 2 Tbsp of Mega Chef Fish Sauce
- 1/2 cups of Organic coconut sugar
- 2 Tbsp of fine ground fresh ginger
- 2 Tbsp of garlic powder
- 1 Tbsp of mushroom seasoning powder
- 1 Tbsp of ground black pepper
- 3 Tbsp ketchup
- 2 Tbsp of sesame oil

Marinate

Add 3/4 of the BBQ sauce to the chicken wings, toss and let it sit for at least 1 hour.

On the Grill

With medium-low heat, put all chicken wings on the grill and let them cook both sides to perfection, adding bbq sauce as needed. They are very good with steamed sticky rice and papaya salad.



The Woolly Pub

Perhaps the Woolly concept is best represented by renowned Canadian artist Charlie Pachter's "Queen on a Moose" paintings. These pictures conveyed what would happen if a British pub was transferred to Canada. That pub would feature local foods, beverages and decor. It would be an "All-Canadian" pub featuring the best of the British pub culture. A "local" or home-base pub for its guests.

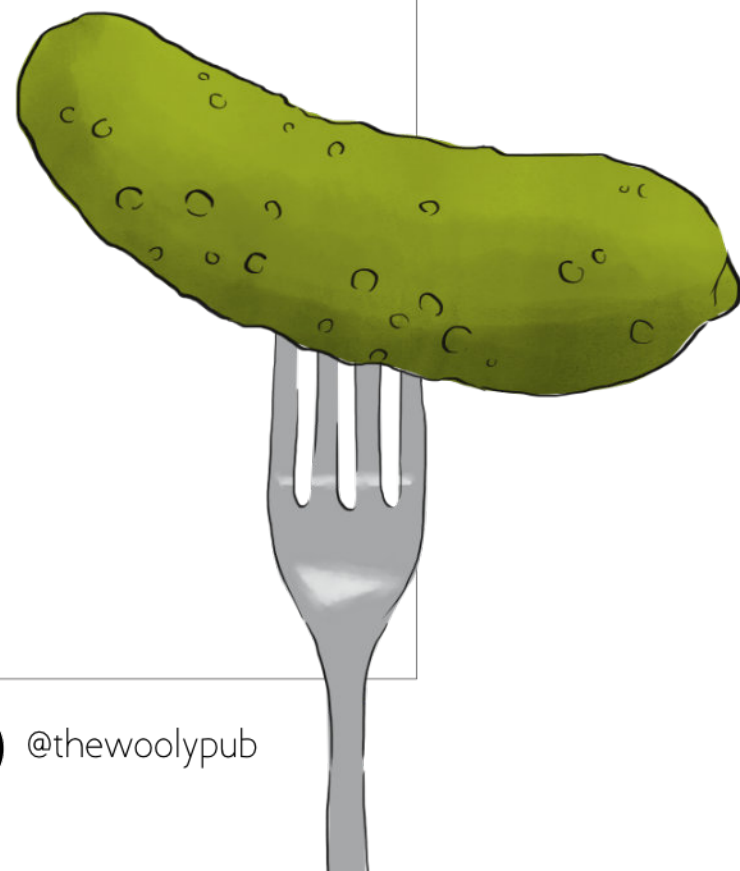


The Woolly was inspired by the Ontario microbrewery "explosion" that occurred in the late 1980's. The brewery industry was dominated by 3 large companies for over 40 years until the start of the craft brewery phenomenon. Teaching a course on beers at the University of Guelph Bob Desautels was keenly aware of this development. When an opportunity to open a pub in downtown Guelph emerged he decided to feature only small microbrews on tap. The rest is history!

Port Belly Reuben

Ingredients (per sandwich)

- 2 oz Sauerkraut
- 1.5 oz Russian dressing
- 2 Slices Grain Revolution Sourdough
- 1 Slice old white cheddar
- 1 oz Garlic butter
- 6 oz prepped pork belly
- Choose your side!



The Sandwich...

Spread the garlic butter on one side of the bread and toast to crisp it up in the pan.

Sear both sides of pork belly in frying pan.

Build the sandwich in the following order: bread (garlic butter side out), Russian dressing, pork belly, cheddar, sauerkraut, bread.

Cut the Sammy in half on a slight angle and stack with a wooden skewer. Garnish with a pickle slice.

The Russian Dressing

Makes 1.5 Litres.

- 1 Lemon
- 4 oz Ketchup
- 3/4 cup Sour cream
- 1/4 bundle fresh parsley
- 1 oz Spanish onion
- 1 tsp Worcestershire sauce
- 2 Dill pickles
- 1 oz Horseradish
- 0.75 litre Mayo

Finely mince onion, parsley and pickles. Juice lemons, grate horseradish finely. Mix everything together thoroughly.

Instructions

Cut each pork belly in half widthwise. Rub all sides of the belly down with kosher salt. Allow to cure for 24 hours

Rinse salt from belly. Place each belly (2 pieces each) in separate 4" hotel pans, add all remaining ingredients. Cover with parchment paper, then foil.

Braise in 350F oven until the belly is tender with a fork check

Remove foil/parchment and allow to cool to room temperature. Drain off the liquid.

Once cooled, remove the skin from the belly and discard. Stack the bellies fat to fat and wrap with plastic wrap. Place in a bus bin, cover with another bus bin and weight down with something heavy! Press overnight.

Once pressed, trim the belly to make it square and portion into 5oz pieces. Trim can be used for other dishes, great on a poutine!

The Pork Belly

Makes 4.5 Lb

- 4 oz Peeled garlic
- 1 Lb Spanish onions
- 5 Lb Frozen pork belly
- 3 oz Soy sauce
- 1.5 Tbsp Ground coriander
- 1.5 litre Water
- 1 oz Fennel seeds
- 4 oz Kosher salt
- 0.5 oz Whole pepper
- 1.5 litre Cider
- 0.5 Tbsp crushed red chillies
- 2 oz Fresh ginger

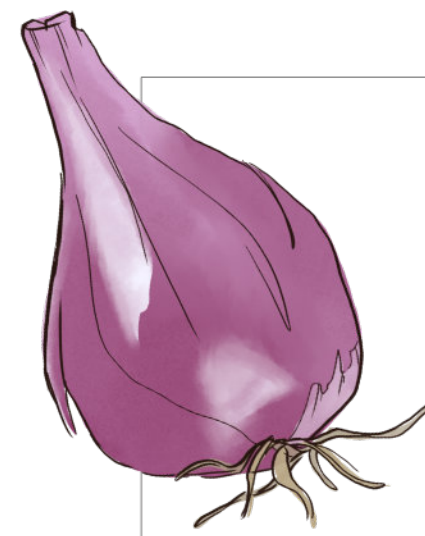


Elora Mercantile



Patricia Boutin is the proprietor and creative force behind the Elora Mercantile, a 'general store with a conscience' and a focus on gourmet, housemade, locally-sourced comfort food.

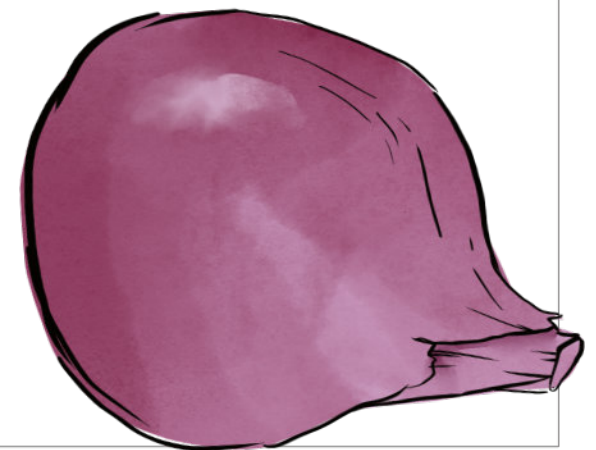
With her mother, Michèle Boutin, as her culinary partner-in-crime, Patti riffs on many traditional recipes using the freshest of ingredients grown or raised in her own (literal and figurative) backyard. Her unique flair for blending just the right spices and flavours always creates a truly exotic, decadent and, according to many faithful clientele, sometimes addictive epicurean experience.



Elora Mercantile's Poulet Basquaise

Ingredients

- 6 chicken thighs with the skin on
- 8 chicken drumettes with the skin on
- 6 slices of prosciutto shredded in small pieces (Niagara Food Specialties)
- 2 Tbsp of duck fat (Elora Mercantile Local Duck Fat)
- 3 Tbsp of butter (Emerald Grasslands Salted Butter)
- 6 french shallots thinly sliced
- 6 cloves of garlic finely minced
- 2 Tsp Espelette pepper powder (Elora Mercantile Espelette Type Pepper Powder)
- 2 red peppers thinly sliced
- 1 container of champignons de Paris (227g Button Mushrooms)
- 1 can of San Marzano tomatoes
- 2 cups of white wine
- 3 bay leaves (Elora Mercantile Local Bay Leaves)
- 3 fresh sprigs of thyme
- sea salt to taste (Vancouver Island Sea Salt)
- freshly ground black pepper to taste (Black Kampot Pepper)
- fresh parsley chopped
- zest of one lemon
- extra virgin olive oil to taste (The Gold of Gods)





Instructions

1. Preheat the oven to 350 degrees
2. Season the chicken with salt and pepper
3. Heat up 1 tbsp of duck fat in a casserole or large dutch oven on a medium high-heat, when fat starts to sizzle add 1 tbsp of butter and the pieces of chicken in a single layer (do this in batches) let cook until the pieces are golden brown and the skin is crispy, about 10 minutes per batch. Remove from the pan and set aside. Discard excess fat and wipe the pot down.
4. Lower heat to medium, add 1 tbsp of duck fat. When the fat starts to sizzle add the prosciutto, stirring occasionally, until it's golden brown. Transfer to a plate and set aside.
5. Return pan to heat, add 1 tbsp of butter, once heated, add the shallots. Cook, until soft and beginning to colour. Stir in the Espelette pepper powder and red peppers. Cover and cook, stirring occasionally, until peppers are slightly softened, about 10 minutes. Transfer to a plate and set aside.
6. Return pan to heat, add 1 tbsp of butter, once heated, add the mushrooms and garlic, cook until golden brown.
7. Deglaze the pan with the white wine, simmer for 1-2 minutes, add the cooked prosciutto, french shallots and peppers. Stir in the tomatoes, thyme, bay leaves and season well with salt. Cook uncovered until the mixture melds and the juices have slightly thickened, about 10 minutes.
8. Add the reserved chicken pieces and cook uncovered in the oven for 1 ¼ hour or until chicken falls off the bone.
9. Serve hot with the side of your choice, we went for tagliatelle pasta and wilted ramps.
10. Drizzle with a splash of good olive oil, chopped parsley, cracked pepper and lemon zest. Enjoy! You'll be going back for seconds!



Chef Scotty



Chef Scotty began his culinary aspirations by graduating from chef school in 2003, after working almost twenty years in the automotive industry. Excited about this next chapter, his hard work and desire to learn from some of the area's amazing food destinations, such as Dana Shortt Gourmet, Wildcraft Wherever, Appetizingly Yours, he quickly established himself as a very passionate chef with a love for local food. In 2013, he decided to launch his own business, ChefScottyCooks, which included catering as well as his "BistroTour" Food Truck. The truck has been seen at festivals and special events around the region, but his specialty is offering unique culinary excursions. He can actually take passengers right on the truck to visit and tour local craft breweries, cideries or distilleries. As well, he ventures to the Niagara region for some amazing winery tours. They even come complete with a fully served dinner at a chef's table inside the truck itself. Chef Scotty was also privileged to be a part-time culinary instructor through the Conestoga College Culinary Program. The thought of helping young aspiring chefs start their careers is something that he is naturally drawn to. In late 2016, Chef Scotty collaborated with Guelph's own Dixon's Distilled Spirits to produce his first bottled BBQ sauce which is now for sale in some of the area's top gourmet food stores. He is currently in discussions with several other local producers to build on his line of Craft Sauces. When you get a chance to see Chef Scotty, always remember his tag line... "What Love Tastes Like"



@gastrogourmetft



@chefscottycooks

Stemmler's Fathers Day Porchetta

Herb Mixture

- 1 Cup Shallots (chopped fine)
- 1 Bunch Flat Leaf Parsley (chopped fine)
- 1 Bunch fresh Sage (chopped fine)
- 1 Bunch fresh Thyme (chopped fine)
- ½ Bunch fresh Rosemary (chopped fine)
- 2 Lemons (zested & juiced)
- 1 Head Garlic (minced)
- Sea salt & freshly ground black pepper

Porchetta

- 1 Peice Smoked Pork Belly
- 2 Peices Pork Tenderloin
- 8 Thin slices Prosciutto
- 2 Cups Herb Mixture (see herb recipe)
- 1 Cup White Wine or Hard Cider
- 4 Oz Port
- Sea salt & freshly ground black pepper
- 12 Pieces of Butchers Twine

Instructions

Serves 8-10 People (1 hr prep/4 hour cook time)

1. To make the herb mixture, add the finely chopped shallots to a hot pan with ¼ cup of olive oil. Sweat them off for a couple minutes on medium high heat, stirring frequently, adding the garlic and a couple pinches of salt & pepper. Let the shallots get translucent in colour then set aside to cool. Chop all the herbs and place in a separate bowl. Add the lemon zest and combine everything together. Set aside as well.
2. With the skin/fat side down and lengthwise, slice the Pork Belly slowly, opening the thick parts up like a book to make it similar thickness so it can evenly lay flat. Sprinkle with salt & pepper then spread the cooled shallots all over the flattened belly. Slice the pork tenderloin the exact same way as the belly and flatten it right out as well. Lay it over top of the cooked shallots on the belly. Sprinkle with salt & pepper again. Take 2 ½ cups of the mixed fresh herbs and sprinkle it over the entire surface of the pork. Drizzle some of the olive oil and all of the Port. Once that is complete, lay the slices of prosciutto on top of the herbs.
3. Begin to roll the belly lengthwise, keeping it as tight as you possibly can. Once the entire piece is rolled up, make sure the seam of the belly sits at the bottom. Begin to tie the pieces of twine around the pork about an inch apart, to hold the roll in place. Once the belly is fully tied, set on a rack inside a roasting pan, drizzle once more with olive oil then add the wine or cider to the pan. Place in a 300F oven uncovered for about 4-5 hours. During the last half hour, turn the heat up to 400F to add some colour to the pork. Once it's golden brown, pull it from the oven, cover with foil and let rest for 20 minutes.
4. When you're ready to serve it, use a pair of scissors to cut all the strings. Slice the meat to your desired thickness and plate it with your favourite starch and vegetables.



www.chefscottycooks.com

The Conscious Kitchen



Want to eat healthier, farm-fresh, sustainable food delivered right to your door? Wish you had more ready-to-eat meals prepped in your fridge? Craving food that is fresh, local, ethically sourced, and in line with your food values? Our aim is to provide the Guelph and surrounding community with all that and more! We are an online shopping hub bringing you zero-waste groceries and prepared meals that align with Guelph's eco-conscious community values.



Tempeh Chimichurri Bowl

Chimichurri Sauce Ingredients

- 1/4 cup red onion
- 4 cloves garlic
- 1 chilli pepper
- 1/2 cup red wine vinegar
- 1 1/2 tsp salt
- 3/4 cup cilantro
- 1/2 cup parsley
- 1/2 cup olive oil



In a food processor add the onion, chilli pepper and garlic. Pulse until finely diced. Add the fresh herbs, vinegar, and salt, and continue pulsing. Once you have a fine mixture, pour into a bowl and add the oil. Mix thoroughly.

Tempeh Ingredients

- 1 block Henry's Tempeh
- 1/4 red wine vinegar
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp paprika
- 1 tsp black pepper

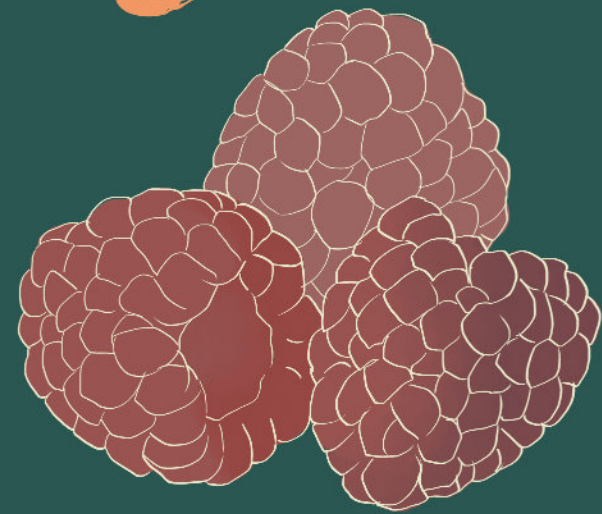
In a jar, mix the marinade ingredients and shake. Cut the tempeh in half horizontally, and then each piece into 4 blocks. Marinate for at least 1 hour.

Brush your tempeh with oil and grill on a non-stick pan or a BBQ until golden on each side. Serve with seasonal steamed veggies, brown rice and a big spoonful of chimichurri.





Bake



Emily Richards

Emily Richards is a professional home economist, freelance food writer, chef and cookbook author who also enjoys culinary instruction for home cooks who want to learn more and have fun in the kitchen. She is the author and co-author of 9 cookbooks which include topics from Italian cuisine, weeknight dinners, glycemic index diets and comfort foods.



Emily writes and develops recipes for cookbooks, print and online publications and websites that include everyday cooking and healthy eating. Emily's varied skills have allowed her to engage with consumers and colleagues to share her passion for food through trade and consumer shows, radio and television appearances. You can follow Emily for more information and recipes on Facebook Emily Richards Cooks and Instagram and Twitter.

Mom's No Yeast Cinnamon Buns

These biscuit style cinnamon buns are perfect to enjoy with a cup of tea or coffee with mom or any special person on any day you want to sit back and chat about a memory or two. They are best served warmed out of the oven or pop them in the microwave to reheat them before serving.

Dough Ingredients

2 cups (500 mL) all purpose flour
4 tsp (20 mL) baking powder
1/4 tsp (1 mL) salt
1/2 cup (125 mL) butter or shortening, cubed
2/3 cup (150 mL) milk (approx)



Ingredients for the Parchment Paper

1/2 cup (125 mL) butter
1/2 cup (125 mL) packed brown sugar

Filling Ingredients

1/2 cup (125 mL) butter, very soft but not melted
1/2 cup (125 mL) packed brown sugar
2 tsp (10 mL) ground cinnamon

Preparation Time
20 minutes

Cook Time
30 minutes

Instructions

In a small saucepan, melt butter and sugar together, whisking occasionally over medium heat until smooth and combined. Pour into parchment paper lined 8 inch (2 L) baking dish; spread evenly across bottom; set aside.

For the dough...

In a large bowl, stir together flour, baking powder and salt. Cut butter into flour using your fingers until the mixture is crumbly looking. Drizzle in milk and stir using a fork to combine. Bring dough together and knead gently on a lightly floured surface to make smooth dough. Roll out dough on a floured surface to make a 14 inch (35 cm) square.

For the filling...

In a bowl, stir together butter, sugar and cinnamon until very smooth. Spread evenly all over dough right to the edges. Roll up dough, jelly roll style and pinch seam along edge. Cut log into 9 equal pieces and place into a prepared baking dish.

Bake in the centre of a 400 F (200 C) oven for about 20 minutes or until golden brown and sauce is bubbly. Let stand for 3 minutes before turning out onto a platter.

Makes 9 buns.

Tips: Depending on what flour you are using, you may need to drizzle a bit more milk into dough or if the dough is too wet knead in a bit of flour. The best thing to do is drizzle the milk in a little bit at a time and look at the dough and feel the texture to see if it's holding its shape.



@EmilyRichardsCooks



@eriscooking



@eriscooking

Eric the Baker

The name of the shop has a story, part of which started in Guelph. In the midst of putting together this bakery, among applications for construction and business, Eric was at City Hall putting together some paperwork. The phone in the office rang, where the person on the other end was told, "I'm just with Eric the Baker here, I'll have to call you back." And the name has stuck since!

We work to achieve the familiar flavours of Eric heritage, which lie in the teachings of his family. Such a love for food and flavour would be wrong not to share, let alone taste!

It all started with his grandmother, who opened one of the first bakeries in Toronto, on Yonge Street (Le Petit Gourmet). This is where Eric spent a great deal of his Canadian upbringing, by staying out of childhood mischief and learning how to bake with his dear grandmother. She was the first to teach him how to roll a croissant and to set him on his path in creating delicious and wholesome baked goods.

His grandmother's two sons, Eric's uncles, set the precedent for Eric's future, by opening restaurants and bakeries in Toronto, Australia, and Elora, and continuing the philosophy of real food done right, through tradition. Their restaurants and stores (Maison Basque, Cafe du Marche) reflected their upbringing in the Basque country, and the familiar flavours that reminded them of home.

Now Eric has continued to carry the family torch with opening several places alongside his uncle Roger, including Cinnamon, a prior bakeshop in Elora, as well as La Cuisine, in Australia.

In an effort to move closer to his dear uncle Roger, he was graced by a marvellous location across from City Hall on Carden Street, his current home, where he's chosen to share his beloved tradition with Guelph. Why Guelph? So seldom is there a place like this where tradition and history is so well maintained, reflected, and honoured as they do here.

Food for Thought

Our menu is fairly traditional, with typical things and inspirations of what one might find in a cafe in France. As we continue to bake furiously, we'll try to find out what Guelph really loves, and combine it with what we know and love.



@Eric the Baker



@ericthebaker



Traditional Palmier Cookies

The name 'Palmier' comes from the distinctive shape of the cookie, which resembles a palm leaf.



Ingredients

All-butter Puff pastry (available at grocery stores, your local bakery, or try making your own!)

Granulated sugar

Icing sugar



Traditional Palmier Cookies



Instructions

1. Roll puff pastry into a ¼ cm thick rectangle. (the larger the piece of rolled out puff you use, the larger the cookie will be. Don't worry if it's not a perfect rectangle, no one will be able to tell).

Chill 20 min on parchment paper lined tray before shaping cookie log.

2. Transfer puff sheet onto a clean counter or work on the parchment lined tray for an easy cleanup. Moisten puff pastry sheet on one side with water, using a pastry brush dipped in water or a spray bottle. Do not soak, just moisten lightly.

3. Sprinkle generously with granulated sugar and spread all over moistened side of puff pastry. Sprinkle a very light layer of icing sugar over top.

4. Beginning on one side, fold the sugary puff pastry in on itself approximately 1 inch. Repeat the same action on the opposite side, so you have two flaps. Continue to fold each flap inward towards each other. Do not fold too tightly, and do not roll, it will compress the layers in the puff needed for a tender cookie.

5. Once the two or three folds have been performed, the folds should meet in the middle or leave a small gap in between. Lightly spray or brush the folds with water, just enough to moisten and stick. Fold the two sides together to form a log. Chill cookie log on a parchment lined tray for 30 min.

6. Preheat oven to 375 degrees in a convection oven, or 400 degrees in a conventional oven.

7. Remove cookie log from tray. It should be slightly tacky, however if it feels dry you can very lightly moisten the cookie log. Roll in granulated sugar. Cut ¼ inch cookies using a sharp knife.

8. Place cookies flat side up (distinctive heart shape/palm leaf shape should be visible) 2 inches apart from each other on parchment lined trays. Cookies will expand during baking process.

9. Bake for 9 minutes, turn tray, bake another 6 minutes, or until cookies are a light golden brown and crisp.

10. Cool before eating. Though best eaten fresh, palmiers can be stored in a container, bag or cookie tin up to a week.

If you are making Palmier logs for future use, stop after step 5, wrap the logs in cling wrap and freeze up to a month. Simply defrost in refrigerator about 4 hours before baking cookies



@Eric the Baker



@ericthebaker

Fred's Food Co.



FRED'S FOOD Co. is a cozy sandwich shop that exists in the downtown core of Guelph, Ontario. We offer an ever changing menu of sandwiches, soups, salads and sweets. We also provide weekly brunch on Saturdays. FRED'S focuses on quality comfort foods with an emphasis on seasonal produce. Everything that is sold in the shop is made here, by us. We offer a relaxed atmosphere perfect for a quick bite or a prolonged lounge. Take-away, wholesale and catering options are also available.

Onion and Herb Focaccia

Ingredients

600 grams bread flour
225 grams whole wheat
20 grams kosher salt
20 grams sugar
15 grams instant yeast
80 grams olive oil
700 grams water, room temperature
75 grams minced onion
5 grams thyme, oregano or rosemary
Salt to taste
Extra olive oil for baking

Makes one sheet pan
Mixing: 5 minutes
Rising and Turns: 90 minutes
Proofing: 30 minutes
Baking: 20-24 minutes

Instructions

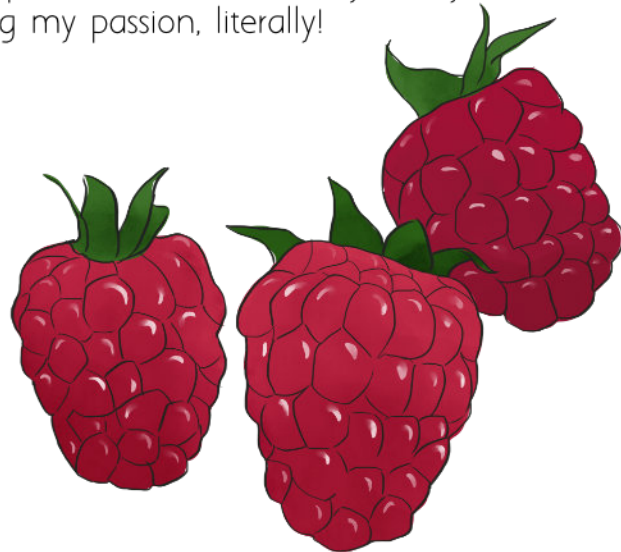
1. Add both flours, salt, sugar, yeast and herbs to a large bowl. Stir together to blend evenly. Add water and olive oil. Mix with your hands until you have incorporated all of the wet evenly, there shouldn't be any lumps of flour left, 3-4 minutes. The dough will be very wet. Add the onion and mix again until evenly incorporated, 1-2 minutes. Cover with plastic and let rise for 45 minutes.
2. At this point you will be stretching and folding the dough to help encourage gluten development and make the dough more elastic. Starting from the side of the bowl farthest from you, lift up about a third of the dough and fold towards you. Turn the bowl 180 degrees and repeat. Then turn the bowl 90 degrees and repeat the folding technique with the other two sides of the dough until it feels firmer than when you started. Cover again and let rise for 45 more minutes.
3. Repeat the stretching and folding technique outlined above and then allow the dough to rest for 10 minutes.
4. While the dough is resting, lightly oil a parchment or silpat lined baking sheet.
5. Scrape the dough out into the prepared sheet pan and drizzle with olive oil. Spread the dough as evenly as possible to all corners of the pan. Sprinkle with salt if desired and let proof uncovered for about 30 minutes or until it has doubled in size.
6. Meanwhile, preheat the oven to 425 Fahrenheit.
7. Bake in the bread in the oven for 20-24 minutes turning once, until your bread has developed a deep brown colour.
8. Remove the bread from the baking sheet immediately (careful, it will be very hot) and let cool completely on a cooling rack.
9. This bread will last for a day or two on your counter wrapped well in plastic, or can be frozen for at least a month.



Shannon Doherty



I work as a full time Pastry Chef at Polestar Hearth Bakery in the heart of Guelph, Ontario. I am obsessed with food both sweet and savoury but I find myself often giving into my sweet tooth. I do catering as a side business where I work as a cake artist creating special treats for birthdays, baby/bridal showers and weddings. I always love feeding my passion, literally!



@shannonssoulsweets



@shannonssoulsweets

Raspberries & Cream Bread Pudding

Ingredients

Serves 8

- 4 croissants (from Polestar Hearth)
- 1 ½ cups homo milk
- 2 eggs
- 1 – 1 ½ cups raspberries (fresh or frozen)
- 1 tsp vanilla
- 1 tsp cinnamon
- ½ cup sliced almonds
- *pinch of salt

Instructions

1. Preheat oven to 300F. Cut each croissant in half, then cut each half into thirds. Place on a parchment lined baking sheet and bake for 8-10 mins until dried and crunchy.
2. Once croissants are out of the oven, adjust the temperature to 350F. Lightly grease a 9x13 baking dish and scatter croissant pieces, filling the whole dish.
3. Mix the milk, eggs, vanilla, cinnamon and salt together with a whisk.
4. Distribute raspberries evenly over croissants and then pour the milk mixture over everything. Using your hands, lightly squish down any croissants sticking up to ensure all pieces have been covered in liquid.
5. Scatter almonds over top of the dish and bake in oven for 40-45 mins, turning halfway. Let rest once out of the oven for 5 mins before serving. I like finishing mine off by sifting some icing sugar over the whole dish. Best enjoyed immediately!



Polestar Hearth



Polestar Hearth began in 2008 as a cottage industry making bread the slow, old-fashioned way: baked in a brick oven, using only flour, water, sea salt and culture. After nine years of backyard baking, we moved to our Woolwich St location, and now employ a team of a dozen skilled craftspeople who work hard to create good food for our community

We are proud to be a part of Guelph's growing local-food economy, supported by a community that believes in really good bread!



@polestarhearth



@Polestar.Hearth.Bread

Tahini Chocolate Chip Cookies

These are one of Jesse's own developments, starting with a David Lebovitz recipe. This has been a staple recipe at Polestar since the beginning and it's always been a staff favourite as well.

Makes 20 Cookies.

Ingredients

- 1 cup (1/2 lb.) Unsalted Butter (softened)
- 1 cup Cane Sugar
- 3/4 cup Brown Sugar
- 1 cup Tahini
- 2 Eggs
- 2 1/2 cups Light Spelt Flour
- 1/2 tsp. Baking Soda
- 1/2 tsp. Baking Powder
- 2 tsp. Salt
- 1 1/2 cups Chocolate Chips

Instructions

1. Preheat oven to 350F (175C) and line a baking sheet with parchment, set side. Add butter and sugars to a mixing bowl and using the paddle attachment, cream together on speed 2 for 5 mins. Scrape down bowl and continue to mix on speed 2 for another 5 mins. Scrape down bowl and add tahini. Mix on speed 2 until well combined. On speed 1, add the eggs one at a time, making sure the first egg has emulsified before adding the second.
2. In a separate bowl, combine flour, baking soda, baking powder and salt. Add to the mixing bowl and mix on speed one until just a few flour streaks remain. Add in the chocolate chips and mix until just combined, do not over mix.
3. Scoop or drop cookies onto parchment lined baking sheet, making sure to evenly space the cookies as they do spread. Refrigerate for 20 mins or place in freezer for 10 mins. Once cookies have chilled, bake in oven for 15-18 mins, turning tray halfway through. Let set once out of oven for 10 mins before indulging.



www.polestarhearth.com

Elora Bread Trading Co.



Toasted Sesame Seed Loaf

Elora Bread is a small-batch artisan bakery that focuses on traditional-method naturally-leavened (sourdough) bread. We believe in a hands-on approach to bread making, and all of our breads are handcrafted from start to finish using quality organic, natural, and local ingredients.

We offer a variety of breads that rotate throughout the week, alongside a number of culturally- or historically-inspired baked goods, such as focaccia, bialys (Polish-Jewish bagels), and shortbread cookies.



Ingredients

194 grams Bread Flour
173 grams High extraction bread flour
(We use 1847 Stone Milling's Daily Bread flour)
22 grams Rye Flour (1847 Stone Milling)
294 grams Water, room temperature
78 grams Starter, fed and active
31 grams Sesame Seeds, Toasted
(plus a little more for a crust)
9 grams Kosher salt
800 grams Total Weight

Directions

1. In the bowl of your stand mixer, using the dough hook attachment, combine all flours, water, and starter. Mix on low speed for 5 minutes.
2. Add toasted sesame seeds and salt. Mix on second speed for an additional 5 minutes
3. Remove hook and cover with a damp towel. Allow the dough to rise in some place warm for 3 ½ hours (until approx. doubled). After the first two hours, turn the dough out onto a floured surface and fold all sides toward the center to degas the dough and develop more gluten. Return the dough to your bowl, cover and continue rising for the remaining 1 ½ hours.
4. When dough looks sufficiently risen, turn it out onto a lightly floured surface and pre-shape it into a loose ball. Place the ball seam side down on your work surface, cover with your damp towel and allow to rest for 1 hour.
5. Once rested, shape the loaf into an oval. Lightly moisten the smooth side of the loaf and dip into remaining sesame seeds. Rest seam side up in a floured banneton. Place banneton in a large ziploc bag, seal + rest overnight (12-18 hours) in the fridge.
6. Sometime the next day, preheat your oven and dutch oven at 500F for 1 hour.
7. 5 to 10 minutes before baking remove the loaf from the fridge and rest at room temperature
8. Score the loaf lengthwise and bake using the dutch oven method. 20 minutes with the lid on and 18 with the lid off. 38 minutes total.
9. Place the baked loaf on a cooling rack and allow to cool fully before slicing (unless you can't wait... but you should wait...)

Note

This recipe presumes that you have a living sourdough starter culture, you know how to feed it and that you are familiar with the dutch oven method for baking bread and have the equipment to do so. There are lots of online tutorials.



Jenna Kessler

Illustrator. Fine Artist.

Jenna is a Guelph-based Illustrator and Fine Artist working in digital media, watercolour, and oil paint.

Jenna also spent almost a decade working in Organic Agriculture and draws much of her inspiration from the natural world, including the bounty of seasonal produce.

Much of her illustration work to-date has focused on visual advocacy for sustainable food systems, including infographics and communication tools to illustrate the importance of regenerative, ecological farming and the stewardship of our waters. She loves illustrating these important messages through her playful illustrations that make the natural world come to life on paper.

To see more of her work visit:

www.jennakessler.com



Taste Detours

Award-winning, locally flavoured food & drink Tasting Tours.

We want to share our love of Wellington County by pointing out the links between our rural food heritage and our growers and makers of today. This region has deep agricultural roots, so food – good, fresh, local food – comes naturally to us.

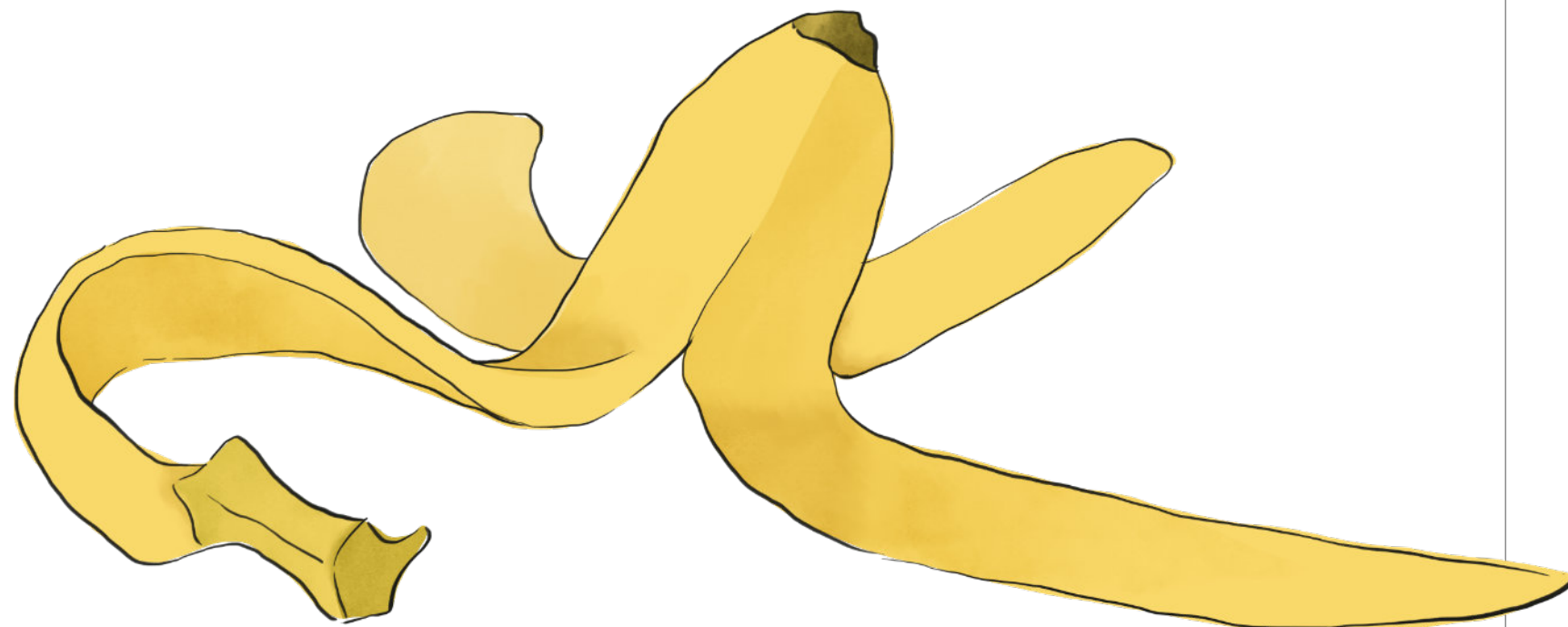
All of our experiences harness the power of storytelling. We aim to celebrate our regional heritage by uncovering the stories found within small towns and mid-sized cities via local flavour — offering the opportunity to learn some little-known lore of the area, and to hear directly from local food and drink purveyors themselves. Unique locales where you have to dig a bit deeper to unearth a true “taste of place”.

Mostly we want to facilitate connections. Connections made between these innovative restaurateurs, chefs, farmers, brewers, cheesemakers, bakers, and their use of the surrounding agriculture. Connections between each other too, by simply slowing down and breaking bread together. Something humans do all over the world.

We're quite literally telling the stories of the people and the places through food and drink.

www.tastedetours.ca





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