



A LOCAL *Ontario food* EXPERIENCE

recipes of the week

maple mustard glazed pickerel
wild leek and mushroom rice pilaf

maple mustard glazed pickerel

Serves 4.

- 4 Purdy's pickerel fillets (thawed), approximately 2 lbs
- 1/2 cup Just Un'dressing Gourmet Vinaigrette and Dipping Sauce
- Salt and pepper, to taste

Preheat oven to 450F. Rinse fish under cold water and pat dry. Place fillets on lightly oiled baking sheet and brush Just Un'dressing over pickerel (about 2 tbsp per fillet); let stand until oven is ready. Roast in oven for 5 to 10 minutes, depending on thickness of fish (gauge 10 minutes per inch of thickness). Season to taste with salt and pepper.

wild leek and mushroom rice pilaf

Serves 4.

- 1 cup Canoe Brown 'n Wild Rice Unseasoned Blend
- 1 bunch washed, chopped wild leeks (white parts and tender green leaves)
- 2 cups washed, stemmed, sliced mushrooms (cremini, shiitake or a blend)
- 1 tbsp butter
- Pristine Gourmet Soya or Tamari Sauce, to taste

Prepare rice as per instructions on package. While rice is cooking, melt butter over medium high heat and sauté leeks until softened, about 2 to 3 minutes. Add mushrooms and sauté a further 5 to 7 minutes until mushrooms have browned nicely and leeks are soft. Keep warm. When rice is ready, stir in leek and mushroom mixture and season to taste with soya or tamari sauce.

Enjoy!

Culinarium shopping list

Purdy's pickerel fillets (frozen), 4 fillets or approximately 2 lbs

Just Un'dressing Gourmet Vinaigrette and Dipping Sauce

Canoe Brown 'n Wild Rice Unseasoned Blend

2 cups mushrooms (cremini, shiitake or a blend)

1 bunch wild leeks

Pristine Gourmet Soya or Tamari Sauce

Pristine Gourmet Extra Virgin Cold Pressed Canola Oil

1 Culinarium's Own Vegetable Stock (frozen)