



A LOCAL *Ontario food* EXPERIENCE



## menu of the week

squash & sweet potato soup with curried yogurt  
greens w/ roasted winter veg & shallot vinaigrette  
easy mushroom crostini *(optional)*

baked apples with candied maple syrup and vanilla gelato

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### **squash & sweet potato soup with curried yogurt**

Serves 4.

- 3 cups fresh/frozen butternut squash, roughly chopped
- 2 cups sweet potatoes, peeled & roughly chopped
- 1 tbsp olive oil
- 1 red onion, chopped
- 1/2 tsp August Harvest Chopped Garlic
- 4 cups Culinarium's own veggie stock
- 1 tbsp Arvinda's Curry Masala *(optional)*
- Salt, pepper & Heritage Line Herbs "Better Than Salt" seasoning to taste

*Drizzle:*

- 1/2 cup fresh Mapleton's Organic plain yogurt or Hewitt's sour cream
- 1/2 tsp August Harvest Chopped Garlic
- 1 tsp Arvinda's Curry Masala
- 1/4 tsp cayenne
- Salt & pepper

Preheat oven to 325.

Using a large stock pot, sauté garlic & onions in olive oil at low-medium heat. When onions become translucent, add diced squash & sweet potatoes. Mix and sauté for several minutes. Add water, veggie stock and curry (optional). Bring to rapid boil for 20+ minutes or until vegetables are soft. Puree with blender stick or conventional blender. Season with salt, pepper and "Better Than Salt" seasoning.

Mix drizzle ingredients together and spoon over hot soup! Serve in small bowls or shooter glasses. Enjoy!

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## Mixed greens with roasted winter vegetables and shallot vinaigrette

Serves 4.

- 4 cups mixed greens
- 2 cups shredded green cabbage
- 1 cup diced carrots
- 1 cup diced onion
- 1 cup finely diced leeks
- 1 cup diced parsnips
- 1 cup diced Jerusalem artichokes
- 1/2 tsp August Harvest chopped garlic
- 1 tbsp olive oil
- Heritage Line Herbs dried oregano
- Salt, Pepper
- Heritage Line Herbs "Better Than Salt" seasoning
- Cayenne pepper

### Shallot Vinaigrette

- 1/4 cup Niagara red wine vinegar
- 2 tablespoons Mrs. McGarrigle's Honey Tarragon Mustard
- 1 small shallot, chopped
- 2 tbsp olive oil
- Salt
- Pepper
- Heritage Line Herbs "Better Than Salt" seasoning

Preheat oven to 425 degrees. Combine carrots through artichokes together in a large mixing bowl. Drizzle with olive oil, add garlic and season with salt, pepper, Better Than Salt seasoning and cayenne. Mix and place on lined baking sheet and roast in oven for 25 minutes.

Combine lettuce and cabbage in large mixing bowl and season with dried oregano.

When vegetables are golden brown, remove from oven and cool. Plate lettuce and top with winter vegetables. Drizzle with shallot vinaigrette. Serve and enjoy!

*Make a little extra shallot vinaigrette and use as a drizzle for the fabulous mushroom crostini recipe on the next page!*

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### **Easy-add on! Mushroom Crostini**

Serves 4.

- 3 tablespoons olive oil
- 12 ounces assorted mushrooms (cremini etc.), sliced
- 1/2 teaspoon Heritage Line Herbs dried thyme
- 1 baguette and a little olive oil

Pour olive oil in large skillet over medium-high heat. Add mushrooms, shallots and thyme. Sauté until browned, about 8 minutes. Season with salt and pepper.

Preheat oven to broil. Arrange bread on rimmed baking sheet. Brush with oil & season with salt & pepper and any favourite spices. Bake until beginning to crisp, about 8 minutes. Mound 1/4 cup mushrooms on each bread slice.

Drizzle with shallot vinaigrette. Serve and enjoy!

### **Baked Apples with Candied Maple Syrup and Vanilla Gelato**

Serves 4.

- 4 small unpeeled apples
- 2-4 tbsp organic brown sugar
- 4 tsp butter
- 4 tsp Smokey Kettle maple syrup
- 1 tsp Arvinda's Chai Masala
- Mapleton's Organic Vanilla Ice Cream

Preheat oven to 375degrees

Core apples to within 1/2 inch of bottom. Peel 1 inch strip of skin around middle of each apple. Place apples in ungreased baking dish

Place sugar, maple syrup, butter and spices in core of apple. Sprinkle with spice mixture & brown sugar. Pour water into baking dish until 1/4 inch deep.

Bake 25-30 minutes or until tender when pierced with fork.

Serve with ice cream! Enjoy!

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Culinarium shopping list

3 large sweet potatoes  
1 red onion  
Arvinda's Curry Masala  
August Harvest chopped garlic  
2 Culinarium's Own Vegetable Stock  
Heritage Line Herbs "Better than Salt"  
Heritage Line Herbs Dried Oregano  
Mapleton's Organic Plain Yogurt  
Salad greens  
1 head green cabbage  
3 large carrots  
1 brown onion  
1 shallot  
3 leeks  
3 parsnips  
4 to 5 Jerusalem artichokes  
Niagara red wine vinegar  
Mrs. McGarrigle's Honey Tarragon Mustard  
4 small apples  
Stirling Creamery Unsalted Butter  
Smokey Kettle Maple Syrup (small)  
Arvinda's Chai Masala  
Mapleton's Organic Vanilla Ice cream

other

3 cups fresh/frozen butternut squash  
cayenne pepper  
organic brown sugar  
baguette (*optional*)  
12 oz assorted mushrooms (*optional*)  
olive oil

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