



A LOCAL *Ontario food* EXPERIENCE

menu of the week

zesty shepherd's pie

maple-mustard dressed Cookstown Greens

Sweets From The Earth cashew cookies

Zesty Shepherd's Pie

Serves 6 to 8.

- 1 large onion, chopped
- 4 celery ribs, chopped
- 6 medium carrots, chopped
- 2 to 4 cloves of garlic, crushed
- 1 lb lean ground beef
- 1 lb lean ground pork
- Salt and freshly ground pepper to taste
- 3/4 cup Saucier Organic Beef Stock
- 3/4 cup Private Stock 3 Peppercorn Marinade
- 4 large potatoes, peeled and quartered
- 1 pkg. Garlic Box Romano Cheese with Garlic Compound Butter Seasoning
- 1/4 lb (1/2 cup) butter, softened
- 1/2 to 1 cup old cheddar, grated

Heat a large skillet over medium heat. Add beef and pork and sauté for 3 minutes or until meat loses its pinkness. Remove meat from skillet and drain off all but 1 tbsp of fat.

Add onions, celery and carrots to skillet and cook until softened, about 3 minutes. Add garlic and sauté another 3 minutes.

Return meat to vegetables in skillet and stir in Saucier Organic Beef Stock and Private Stock Three Peppercorn Marinade. Bring to boil, reduce heat and cook at a lively simmer for 25 to 30 minutes or until sauce thickens. Season to taste with salt and pepper.

Cook potatoes in boiling water until tender, about 20 to 25 minutes. Drain well and mash with butter and Garlic Box seasoning, as directed on box. Season to taste with salt and pepper.

Preheat oven to 375 F. Spoon beef and pork mixture into a 13 x 9 inch baking dish. Top with mashed potatoes. Sprinkle grated old cheddar on top to taste. Bake for 20 to 25 minutes or until cheese melts and mixture bubbles. Enjoy!



A LOCAL *Ontario food* EXPERIENCE

maple-mustard dressed Cookstown Greens

Serves 6 to 8.

- 2 bags Cookstown Greens baby greens
- cherry tomatoes
- one quarter red onion, thinly sliced
- Just Un'dressing Vinaigrette, to taste
- salt and pepper, to taste

Wash and dry greens in salad spinner. Toss with cherry tomatoes, red onion and Just Un'dressing Vinaigrette to taste. Season with salt and pepper.

Culinarium shopping list

1 lb ground beef
1 lb ground pork
1 large brown onion
1 small red onion
6 medium carrots
1 head garlic
4 large potatoes
1 jar Saucier Organic Beef Stock
1 Private Stock 3 Peppercorn Marinade
1 Garlic Box Romano Cheese with Garlic Compound Butter Seasoning
butter
old cheddar (*enough for 1/2 to 1 cup, grated*)
2 bags Cookstown Greens mixed greens
Just Un'dressing Vinaigrette
Sweets From The Earth Cashew Cookies

other

4 celery ribs
Cherry tomatoes

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