



A LOCAL *Ontario food* EXPERIENCE

recipe of the week

peas with pancetta

Serves 6.

3 slices Niagara Specialties Pancetta, chopped (about 1 ounce)
3/4 cup finely chopped white onion
1/2 tsp August's Harvest chopped garlic
3 cups shelled green peas from farmer Alvin Gingras
1 cup Saucier Organic Chicken or Beef Stock
1 teaspoon sugar
1/4 teaspoon salt
1/4 cup chopped fresh flat-leaf parsley

Heat a large nonstick skillet over medium-high heat.

Add pancetta, and sauté 5 minutes or until crispy. Remove pancetta from pan, reserving drippings in pan.

Add onion and garlic to pan; sauté for 2 minutes or until tender. Add peas, stock, sugar, and salt to pan.

Simmer 2 to 3 minutes or until the peas are tender, stirring occasionally.

Stir in pancetta and chopped parsley.

Enjoy!



A LOCAL *Ontario food* EXPERIENCE

Culinarium shopping list

3 cups fresh shelled peas from farmer Alvin Gingras
August Harvest Chopped Garlic
Saucier Organic Chicken or Beef Stock
Niagara Specialties Pancetta
onion

other

fresh flat leaf parsley

www.culinarium.ca

