



FIELD TO FORK
CHALLENGE

Recipe Book

4-H BC & BCAITC | 2022 EDITION



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All recipes demonstrated in this book have been submitted by youth in the program and were categorized by their age at submission. Recipes have not been tested and, in some cases, slightly adapted for consistency and clarity. Use your own discretion when making modifications or substitutions to the recipes.



FIELD TO FORK CHALLENGE

The third annual Field to Fork Challenge brought together youth from all over British Columbia in a virtual cooking challenge using locally sourced BC ingredients! Participants in the 2022 Challenge were asked to submit a video of themselves cooking with BC ingredients and were evaluated on their presentation, recipe, and ingredient selection. The Challenge was open to BC students (ages 9 to 19) and 4-H British Columbia (4-H BC) members; submissions were judged in both junior and senior categories. The top winners in each Field to Fork Challenge category were invited to the Field to Fork Challenge Virtual Conference on January 14, 2023. The virtual Conference celebrated winners and showcased BC dairy, strawberries, and potatoes, through video farm tours, Q&A sessions with BC farmers, and cooking lessons with BC Agriculture in the Classroom Foundation (BCAITC) Chef Trevor Randle. Conference participants were also delighted to hear words of encouragement from a surprise conference guest - BC Minister of Agriculture and Food, Hon. Pam Alexis. The 2022 Challenge was a collaboration of BCAITC, 4-H BC, and the Youth Development Team from the BC Ministry of Agriculture and Food, with the support of Buy BC and Save-On-Foods. Enjoy the taste of the 2022 Field to Fork Challenge!





Acknowledgments

The Field to Fork Challenge inspired youth to get cooking with local, BC foods and products. All participants incorporated and shared knowledge of ingredients grown in their backyards, on nearby farms, or both.

It is with immense gratitude and respect that we acknowledge the distinct and diverse traditional territories of the Indigenous Peoples of British Columbia. It is in these bountiful traditional territories, stewarded by the Indigenous Peoples of British Columbia for countless generations, in which all British Columbians live and from which we grow, harvest, fish, and hunt the foods we celebrate in this recipe book. We also recognize the Métis and Inuit Nations and urban Indigenous communities who inhabit and enrich these lands. We thank and acknowledge the many people planting, harvesting, processing, distributing, and otherwise involved in the BC food system who enable you to prepare delicious recipes such as these.

Our Winners are from Communities Across BC

Abbotsford

Burnaby

Campbell River

Chetwynd

Chilliwack

Delta

Kelowna

Mission

Prince George

Surrey

Vancouver

Victoria





BC Potato Gnocchi



Tomahawk Steak



Cheese and Potato Perogies

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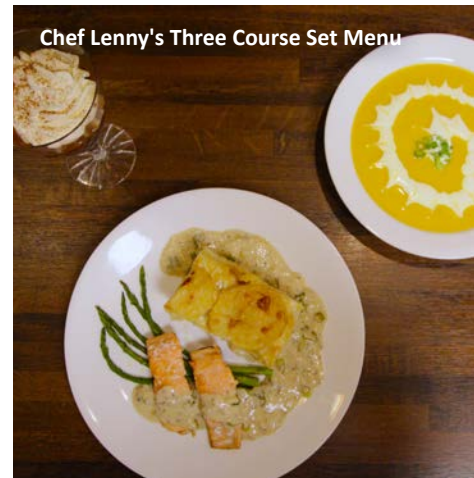
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Roasted Pork Belly and Vegetables
with Pear Ginger Sauce



Chef Lenny's Three Course Set Menu



BC Duck and Apple Spring Rolls



Hon. Pam Alexis Minister of Agriculture and Food

British Columbia's diverse offering of fruits, vegetables, meat and other ingredients have inspired some of the best cooks and restaurants in the world to call this province home, and some extraordinary future chefs and connoisseurs are almost certainly featured in this book! Using only local ingredients, these young chefs have highlighted B.C. ingredients in unique and delicious ways that are sure to inspire even the most reluctant of cooks. My congratulations goes out to all the contributors for their creativity and passion for cooking. It is wonderful to see BC's bounty featured in this book and I hope it will inspire its readers as it has inspired me. Happy cooking!



BCAITC Chef Randle

There is not much in the culinary world more inspiring than cooking with the incredible agriculture produced, grown and raised in British Columbia. The only way this feeling gets better is when I have the great honour and privilege to share that inspiration with students. The time spent cooking with the dedicated and hard-working students who all come together through the Field to Fork competition is always a highlight of the year. I am so amazed how the quality of the winning dishes and the abilities of the winners always increases year after year. Thank you to the BC Agriculture in the Classroom Foundation and 4-H BC for showcasing so many dedicated and inspired students and for bringing us together for an incredible day of lessons, farm tours and cooking.

- Trevor Randle B.Ed., M.Ed.

Chef Instructor

BC Agriculture in the Classroom Foundation

MAIN

BC Potato Gnocchi



4 SERVINGS

Ingredients

4 medium BC russet potatoes

3 BC egg yolks

1 teaspoon kosher or sea salt

½ teaspoon black pepper, ground

2 teaspoons BC butter, melted

½ cup BC white cheddar cheese, grated

1 ¼ cups flour

2 tablespoons unsalted BC butter

Instructions

1. Peel and dice BC russet potatoes into ½" x ½" (1 cm x 1 cm) dice. Place in a pot of salted water and bring to a boil.
2. Reduce heat and simmer for 15 minutes or until fork tender.
3. Strain the potatoes and let them sit in the strainer to dry for 10 minutes.
4. Start a pot of boiling salted water.
5. Place the dried potatoes into a mixing bowl and mash with a fork until smooth.
6. Add BC egg yolks, salt, pepper, BC butter, and BC white cheddar cheese. Mix until combined.
7. Add flour and mix. When all of the flour is combined, remove the dough to a lightly floured board and roll to make the dough ⅔" (1.5 cm) in diameter. Add flour as needed to avoid sticking.
8. Using a small knife or a bowl scraper, cut the gnocchi into 1¼" (3 cm) pieces.
9. Roll the gnocchi in a fork to create the traditional grooves while using your forefinger to create a divot in the back of the gnocchi. Place on a plate to move the gnocchi to the boiling salted water.
10. Gently place gnocchi in the water and simmer to cook.
11. While cooking, heat butter in a frying pan and heat until foam subsides.
12. When done, the gnocchi will float to the top. Using a slotted spoon, carefully remove the gnocchi and place them into hot butter. Fry until lightly brown on both sides.
13. Serve with Cheese Sauce (see next page)

SAUCE

Cheese Sauce

4 SERVINGS

Ingredients

2 tablespoons unsalted
BC butter

1 tablespoon BC garlic,
minced

2 tablespoons flour

2 cups BC milk

½ cup BC cream

1 tablespoon Dijon
mustard

½ cup BC Swiss or
Gruyère cheese

1 cup BC sharp cheddar
cheese

Pinch salt and pepper

1 tablespoon Italian
parsley, minced

Instructions

1. Over medium heat, melt BC butter in a saucepan.
2. Add BC garlic and sweat for 1 to 2 minutes. Be sure not to brown.
3. Add the flour and form a roux. Stir and cook for 1- 2 minutes more.
4. Pour in the BC milk and BC cream. Whisk to dissolve the roux.
5. Stir frequently and bring the sauce to a boil.
6. Remove from the heat and stir in the Dijon mustard.
7. Add cheeses and stir to melt.
8. Adjust seasoning with salt and pepper.
9. Combine with BC Potato Gnocchi, garnish with parsley, and serve.

**Chef's Note: This can be made ahead, placed into a casserole dish, and topped with more cheddar and panko breadcrumbs. Bake at 350°F (176°C) for 20 minutes or until bubbling and toppings are browned and crispy.*

SIDE

Oven Roasted BC Broccoli

4 SERVINGS

Ingredients

1/2 frozen BC broccoli

1 tablespoon olive oil

1 teaspoon Montreal steak
spice

Instructions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Spread the frozen BC broccoli florets out over the baking sheet (no need to thaw).
2. Drizzle the olive oil over the florets, then sprinkle the Montreal steak seasoning over top. Toss the florets in the oil and seasoning until everything is evenly distributed (it's okay if a lot of it falls onto the baking sheet, it will be stirred and redistributed again later).
3. Transfer the baking sheet to the oven and roast for 20 minutes. Take the baking sheet out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheet to the oven and roast for another 10 minutes, or until the broccoli develops the amount of brownness desired. Serve hot.



Lemon Macarons

12 SERVINGS



Ingredients

LEMON MACARONS

2 BC egg whites

1 tablespoon granulated sugar

½ cup ground almonds

1 cup icing sugar

Yellow food colour

BC LEMON-SCENTED

BUTTERCREAM

½ cup unsalted BC butter,
room temperature

1 cup icing sugar, sifted

1 teaspoon fresh lemon juice

Instructions

LEMON MACARONS:

1. Preheat conventional oven to 325°F (163°C) or 275°F (135°C) for a convection oven.
2. In a bowl, whip BC Egg whites until frothy.
3. Add granulated sugar and food colouring. Continue to whip until stiff peaks form. Set aside.
4. In a different bowl, sift together almonds and icing sugar.
5. Mix into egg whites using a rubber spatula (macaronage).
6. It is very important not to over mix.
7. Pipe mixture onto 24 rounds on a parchment-lined cookie sheet.
8. Tap to remove all of the air.
9. Let stand for 10-20 minutes or until a crust forms.
10. Place into oven and bake for 4 minutes, rotate the tray and cook for 3-4 minutes more.
11. Cool completely before handling.
12. To assemble, pipe some BC Lemon Scented Buttercream onto one cookie. Top with another cookie.

LEMON-SCENTED BUTTERCREAM:

1. Combine all ingredients with a mixer.
2. Add drops of water to thin if needed.

Panna Cotta

6 SERVINGS

Ingredients

PANNA COTTA

- 1 ½ cups BC milk
- 1 ½ tablespoons gelatin
- 2 ½ cups BC cream
- ½ cup + 1 tablespoon granulated sugar
- 2 tablespoons vanilla

STRAWBERRY SAUCE

- 2 cups BC strawberries
- ½ - 1 cup granulated sugar
- 1 teaspoon vanilla
- Juice of ½ lemon

Instructions

PANNA COTTA:

1. Pour BC Milk into a bowl. Sprinkle gelatin on top and allow it to sit for at least 5 minutes to soften (bloom).
2. Meanwhile, add the remaining ingredients to a sauce pot and scald over medium heat, stirring frequently.
3. When the cream mixture is hot and steaming, remove it from the heat and add the milk and gelatin.
4. Place back on the heat and stir until the gelatin is dissolved.
5. Ladle mixture into desired dishes.
6. Cover and refrigerate until cold and set.
7. Top with Strawberry Sauce.

STRAWBERRY SAUCE:

8. Place all ingredients in a sauce pot.
9. Over medium heat, bring to a boil.
10. Reduce heat and simmer for 5-10 minutes to reduce the syrup.
11. Mash or purée the strawberries to desired consistency.
12. Transfer mixture to a bowl, cover and refrigerate until cooled.





Minister Alexis' BC Tzatziki

6 SERVINGS

Ingredients

SALAD

2 cups BC Greek yogurt

½ cup BC English cucumber, grated and squeezed of its water

1 clove BC garlic, crushed

BC mint leaves, finely chopped or ribboned, to taste

Instructions

1. Blend all ingredients together and chill overnight before serving.
2. Serve with B.C. crackers, breads and veggies, and for a main serve alongside souvlaki, kebabs, meatballs or grilled fish.





4-H BC JUNIOR

It is truly wonderful to see so many creative young people making such delicious and nutritious dishes with ingredients grown in British Columbia. By choosing to Buy BC and eat local, we support and develop B.C.'s food security, and the jobs and economic benefits that brings to communities and families all around the province."

- Hon. Pam Alexis, Minister of Agriculture and Food



Blueberry Pie

Summer Wall

8 SERVINGS

TOTAL TIME: 1 HR 15 MIN

PREP: 25 MIN

COOK: 50 MIN



Ingredients

BC INGREDIENTS

1 cup BC butter

4 cups BC blueberries

1 tablespoon BC butter

OTHER INGREDIENTS

2 ½ cups flour

½ cup cold water

¾ cup white sugar

3 tablespoons cornstarch

½ teaspoon ground cinnamon

¼ teaspoon salt

Instructions

PIE DOUGH FOR 2 PIE CRUSTS:

1. Set the oven rack to lowest position and preheat the oven to 375°F.
2. Add flour and butter to an electric food mixer and mix at medium speed. Do not mix until smooth – you want it to have a fine crumb texture.
3. When you obtain a fine crumb texture, add ½ cup cold water.
4. Mix gently until dough is of an even consistency. (Suggestion: use a dough hook or flat beater).
5. Apply a thin coat of flour to a clean surface.
6. Remove dough from a bowl and divide it into 4 equal portions. Work with one portion at a time.
7. From here you will shape each portion of dough into a circular shape with your hands.
8. Then place dough on floured work surface and lightly flour both sides of the dough.
9. Roll out the dough in a roughly circular shape until it is approximately ½ centimeter thick.
10. To transfer your dough to the pie dish, you can gently fold your dough into quarters and place the tip of the slice on the centre of the dish and unfold it.
11. Then, using your fingers, gently shape it to fit the dish.
12. From here you will take a knife and cut the excess edges off by dragging your knife along the edges of the dish.
13. Now put this aside and begin working on your filling.
14. Once you have made the filling, grab your pie dish with one pie crust. Pour entire berry mixture into the crust.
15. Roll out the remaining pastry into a circular shape that is approximately half a centimeter thick and use to cover the top of your pie.
16. Use a knife to cut around the pie plate remove excess dough.
17. Use a fork to poke holes throughout your pie to allow air to be released when cooking.
18. Bake pie on the lowest oven rack, for approximately 50 minutes, until filling is bubbling and crust is golden brown.
19. Once cooked, remove your pie from the oven and place on a cooling rack to cool down for about 10-15 minutes.
20. Cut pie into 8 slices.
21. Enjoy your pie with a scoop of ice cream or whipped cream!

PIE FILLING FOR 1 PIE:

1. In a large bowl, mix sugar, cornstarch, cinnamon, butter, and salt.
2. Then add blueberries and mix again until all the blueberries are coated.

OPTIONS FOR THE EXTRA PIE DOUGH:

You can freeze the pie dough for up to 3 months and save it for later.

1. While kneading as little as possible, shape your excess dough into a ball.
2. Dust it with a bit of flour
3. Wrap in plastic wrap
4. Then, wrap in foil

Thawing pie dough

1. Put in fridge overnight
2. Let sit on counter for 1 hour

You can refrigerate it for up to 3 days after it has been prepared to use later. Make another pie by preparing another portion of the pie filling.



Tomahawk Steak

Mirrah Webster

2-4 SERVINGS

TOTAL TIME: 60 MIN

PREP: 25 MIN

COOK: 35 MIN



Ingredients

BC INGREDIENTS

- 1 Mirrenna Farms tomahawk steak
- 2 teaspoons BC sea salt
- 2 crushed cloves local harvest Russian red garlic
- 2 tablespoons Farmhouse grass fed butter
- 1 sprig local harvest rosemary

OTHER INGREDIENTS

- 2 tablespoons cooking oil
- 2 teaspoons black pepper

Instructions

TOMAHAWK STEAK:

1. Remove tomahawk steak from refrigerator and bring to room temperature.
2. Set the oven rack to lowest position and preheat oven to a low broil.
3. Preheat grill/pan to high on the stove.
4. Coat steak with cooking oil.
5. Generously season steak with salt and pepper and rub in.
6. Place steak directly on grill for 3-4 minutes or until it has a good sear.
7. Flip steak over and place one tablespoon of butter on top of steak.
8. Grill for another 3-4 minutes or until it has a good sear.
9. Once both sides are seared, hold steak by the bone and sear the outside edges.
10. Once the edges are seared, place steak onto a large sheet pan.
11. Take your garlic cloves and, using a large knife or flat surface, crush your garlic cloves to help release flavour.
12. Top seared steak with the remaining butter, garlic, and rosemary.
13. Bake steak in the oven on the lowest oven rack for 24 minutes.
14. Remove steak from oven and onto a cutting board.
15. Let steak rest on the cutting board for 10 minutes.
16. After 10 minutes, remove the rosemary, then cut into slices.
17. Add more salt and pepper and serve immediately.







4-H BC SENIOR

BC Steak Salad

Casey Bergen

4 SERVINGS

TOTAL TIME: 1 HR

PREP: 30 MIN

COOK: 30 MIN



Ingredients

BC INGREDIENTS

SALAD

- ½ cup raw buckwheat
- 1 ear of corn
- 1 outside round steak
- 2 tablespoons vegetable oil
- 1 red pepper
- 2 small onions
- 2 medium tomatoes
- 1 head of lettuce
- 1 cup cheddar cheese

DRESSING

- ½ cup plain unsweetened yogurt
- 4 large basil leaves
- ½ teaspoon oregano leaves
- 1 clove of garlic
- ½ teaspoon chilli powder
- ½ tablespoon liquid honey
- 2 tablespoons apple cider vinegar

Instructions

SALAD:

1. Pre-heat your oven to 450°F.
2. Bring ¾ cup water to a boil in a small sauce pan over high heat.
3. Stir in a half cup of raw buckwheat and reduce the stove top heat to low.
4. Place the saucepan lid on and let the buckwheat cook until it has absorbed all the water – approximately 13-15 minutes.
5. While you wait you can begin peeling your ear of corn.
6. Place the peeled ear of corn in the oven at 450°F using an oven mitt.
7. Every 5 minutes, turn the ear of corn until it is crispy and lightly charred.
8. Remove corn from oven and let it cool for 5 minutes.
9. While you wait, pre-heat oven to 375°F.

10. When the corn is cooled, remove the kernels with a large sharp knife on a cutting board and set aside.
11. Heat a large cast iron skillet on the stove on high heat.
12. Rub ½ tablespoon of vegetable oil on each side of your steak (using 1 tablespoon total).
13. Once the skillet is smoking, add 1 tablespoon of vegetable oil in the pan and place your steak on the skillet using barbecue tongs.
14. Sear each side of the steak for 2 minutes or until brown.
15. Place the seared steak in a baking dish and put it in the oven when the oven has cooled down to 375°F.
16. Let the steak cook for about 10 minutes or until it reaches an internal temperature of at least 130°F for a medium rare steak.
17. While the steak is cooking, chop up your lettuce, pepper, onions, and tomatoes and set aside.
18. Remove the steak from the oven once it is done and set it aside to let it cool for 5 minutes.
19. Heat your remaining ½ tablespoon of vegetable oil in a small saucepan over medium heat.
20. Once the oil is hot, add your chopped onions.
21. Sauté the onions by stirring constantly until translucent and slightly browned, set aside once done.
22. On a cutting board, finely chop the oregano, basil, and garlic clove using a sharp knife.
23. From here you can start mixing together your salad dressing.
24. Once you have finished the salad dressing, chop up your cooled steak into bite sized pieces using a sharp knife and cutting board.
25. Grate one cup of cheddar cheese with a grater.
26. In a large bowl, mix the chopped lettuce, pepper, tomatoes, corn, steak, sautéed onions, buckwheat and grated cheese, and then toss your salad.
27. Add your salad dressing, mix it, and it is ready to serve!

DRESSING:

1. For the dressing mix the yogurt, oregano, basil, garlic, chili powder, honey, and apple cider vinegar in a small bowl with a spoon.



Cheese and Potato Perogies

Natalie Vizniak-Murray



5 SERVINGS

TOTAL TIME: 2 HR 30 MIN

PREP: 2 HR

COOK: 30 MIN

Ingredients

BC INGREDIENTS

- 1 cup warm milk
- 2 tablespoons melted butter
- 1 egg
- 3 pounds large potatoes
- 4 tablespoons unsalted butter
- ¼ cup warm milk
- ½ cup grated cheddar cheese
- 5-6 cups water
- 1 tablespoon vegetable oil
- 2 onions
- sour cream to serve

OTHER INGREDIENTS

- 3 cups flour
- 1 teaspoon salt



Instructions

1. Mix warm milk, melted butter, and egg into a large mixing bowl and stir with fork
2. Then add salt.
3. Next, slowly mix in the flour until it becomes tough to mix, and from here, start kneading it with your hands in the bowl.
4. Once kneaded, cover the bowl with a towel and let the dough sit for at least an hour.
5. Boil your water in a pot on the stove.
6. Peel and cut the potatoes into large chunks and carefully add them to the pot of boiling water.
7. Cook in boiling water until you can easily pierce them with a fork.
8. Once you can easily pierce them with a fork, drain water from the potatoes and mash them with a potato masher in the pot.
9. When mashed, add in the warm milk, unsalted butter, and grated cheddar cheese.
10. Lightly flour a clean work surface.
11. Line your baking sheet with a parchment paper or grab a large plate.
12. Take the dough out of the pot and roll $\frac{1}{4}$ of it out at a time on floured surface using a rolling pin.
13. Roll it out until it is $\frac{1}{4}$ - $\frac{1}{8}$ " thick.
14. Next, use a glass or a circular cookie cutter to stamp out as many circular dough disks as you can get.
15. Repeat steps 12-14 will all 4 portions of dough.
16. Hold the dough piece in your non-dominant hand and scoop a spoonful of dough with your dominant hand onto the center of your dough.
17. Using a small bowl filled with water, dab one of your fingers in the water and spread it on the outer part of the dough disk.
18. Stretch the dough all around the filling and pinch the dampened two sides of dough together with your thumb and outer part of your pointer finger.
19. After, if you wish, you can use a fork to indent the outer edges of the perogies to get a more textured appearance and to help it seal.
20. Another option is to twist the dough 3-6 times around the edge to give a different textured appearance to the edge of the perogies.
21. This should result in perogies that are half circle shaped.
22. Lay these on a baking sheet or a large plate.
23. Here you can decide how many perogies you wish to cook. (You may freeze the extra perogies here if you wish).
24. To cook the perogies, drop them in a pot of boiling water and when they rise to the top, you know they are done.
25. While you are waiting you can dice your onions.
26. Use a slotted spoon to take them out of the pot.
27. Prepare a skillet by heating up $\frac{1}{2}$ tablespoon vegetable oil.
28. To make the perogies crispy, fry them in the skillet and flip the perogies with a hard spatula when they have turned golden-brown.
29. Serve the perogies with sautéed onions and sour cream and enjoy!

SAUTÉED ONIONS

1. Remove skin of onions and dice them.
2. Add $\frac{1}{2}$ tablespoon of vegetable oil into a skillet and heat up.
3. Once the oil is hot, add diced onions and cook until translucent and slightly browned.

Roasted Pumpkin Soup

Laura Harms



10 SERVINGS

TOTAL TIME: 1 HR

PREP: 30 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

23 pound fresh pumpkin
(or 5 6-pound pumpkins)

4 carrots

1 medium onion

1 head garlic

4 sage leaves

½ teaspoon thyme

1 cup milk

3-4 cups vegetable broth

½ teaspoon salt

OTHER INGREDIENTS

½ teaspoon black pepper

2-3 teaspoons olive oil

Instructions

1. Set oven rack to a middle position and pre-heat oven to 400°F.
2. Remove the guts from your pumpkin with a spoon. If you have a large pumpkin like Laura does, cut pumpkin in half and save the rest for another recipe. (Suggestion: use a grapefruit spoon).
3. Cut your pumpkin into 8-12 large pieces.
4. Then, remove the tops and ends of your carrots and onions and cut the carrots into 1" pieces and the onions into quarters.
5. Next, cut the roots off the garlic, and 1-2 cm down from head of garlic to expose the cloves.
6. Then, peel back some of the skin of the garlic but not all of it.
7. Next, line your baking sheets with parchment paper and coat it with oil.
8. From here, place your carrots, onion, garlic, and pumpkin (face down) on baking sheets.
9. Using a basting brush add more oil to the top of the garlic to help it roast better.
10. Roast in oven for 30-35 minutes until fork can easily pierce pumpkin skin, stirring the vegetables around halfway through to prevent any sticking.
11. While waiting you can begin chopping your sage into small pieces.
12. Once the pumpkin, carrots, onions, and garlic are done cooking, let them sit on a cooling rack to cool down for 5 minutes.
13. When they are slightly cooled, remove the pumpkin skin using a knife and a cutting board by dragging the knife along the inside of the skin.



14. Next, add all vegetables (not the garlic) to large soup pot.
15. Squeeze head of garlic so cloves come out the top and into the soup pot.
16. Add sage, thyme, milk, salt and pepper into soup pot.
17. Add 2 cups of vegetable broth and leave the extra cup to use to adjust texture of soup after blending if needed.
18. Using immersion blender, blend until smooth; add more broth if necessary.
19. If you don't want any chunks in your soup you can strain it to remove these pieces.
20. Next, place soup on the stove on medium heat until simmering – during this step you can add other seasonings to the soup if you wish.
21. Add to a bowl, sprinkle extra thyme if you have any, and it is ready to serve!

Roasted Tomato Soup

Riley Meszaros

3 SERVINGS

TOTAL TIME: 40 MIN

PREP: 10 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

- 3 pound tomato
- 4 cloves garlic
- ½ onion
- ½ red bell pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 2 tablespoons fresh herbs
basil/parsley/oregano
- Fresh basil/parsley leaves
for serving
- ¼ cup Parmesan cheese
- ½ cup heavy cream
- 2 cups water

OTHER INGREDIENTS

- Salt & pepper
- 2 tablespoons olive oil
- 2 cups chicken broth



Instructions

1. Preheat oven to 450°F.
2. Cut tomatoes into large pieces and dice onions, bell peppers, and garlic.
3. Place tomatoes, garlic, onion, bell pepper, olive oil, and dried herbs in a large pan.
4. Then, add approximately 2 pinches of salt and 2 pinches of pepper.
5. Mix the ingredients and spread evenly across pan.
6. Roast 25 minutes, stirring after 15 minutes.
7. After, turn oven to low broil and broil 2-4 minutes or until some of the vegetables get a little bit of char on them.
8. Once the vegetables are charred, set them aside while you prepare the broth.
9. Add water to a pot, add chicken broth, and bring to a boil.
10. Once boiling, transfer broth into a larger pot, add your roasted vegetables and fresh herbs.
11. Next, using a hand blender, blend mixture until smooth and creamy.
12. Add heavy cream here if you would like to have it and mix again with the hand blender.
13. Lastly, garnish with Parmesan cheese, croutons, or a drizzle of heavy cream.

Instant Pot Chicken Pho

Sava Bell

4 SERVINGS

TOTAL TIME: 1 HR 30 MIN

PREP: 30 MIN

COOK: 1 HR



Ingredients

BC INGREDIENTS

1 large yellow onion (halved and thickly sliced)

1 4-pound whole chicken (have extra) or
1 2-pound chicken

1 Fuji apple (peeled, cored, and cut into
thumbnail-sized chunks)

$\frac{3}{4}$ cup chopped parsley or cilantro

7 cups water

BOWLS

2 big zucchinis or 4 medium zucchinis

1 big green onion

Sprig of parsley for garnish

1 small jalapeno pepper, cut into small coins

OTHER INGREDIENTS

1 tablespoon coriander seeds

3 whole cloves

2-inch fresh ginger (peeled, thickly sliced,
and bruised)

1 tablespoon kosher salt

Pepper to taste

1 tablespoon maple syrup

Fish sauce to taste

BOWLS

1 lime, cut into wedges

Instructions

1. Cut the ends off your onion, remove the skin, dice it, and set aside.
2. Next, grab your ginger, cut the skin off, mince it, and set aside.
3. After, add your coriander seeds and cloves into a bowl.
4. Take your apple and remove the core and dice into small pieces and set aside in a bowl.
5. Chop your parsley and add to your bowl of apples.
6. Then add your salt to the bowl of apples and parsley.
7. In a separate bowl, add your water, and put aside.
8. From here, peel and deseed your zucchinis, cut in half vertically and again horizontally.
9. Using a spiralizer or a mandoline, turn the zucchini into noodles, and set aside.
10. Now slice your green onion diagonally and set aside.
11. Next, slice your jalapeno into thin slices approximately the thickness of a coin and set aside.

SOUP BASE AND CHICKEN

12. Toss the coriander seeds and cloves in a 6-quart pressure cooker. Press the sauté button on your Instant Pot (or place a stove top pressure cooker over medium heat) and toast the spices for several minutes, shaking or stirring, until fragrant or approximately 45 seconds.
13. Then, throw in the ginger and onion and stir everything for 45-60 seconds or until aromatic.



14. Pour in water to stop the cooking process. Carefully place the chicken in the cooker, breast side up.
 15. Next, add the apple, parsley, and salt.
 16. Press the Cancel/Keep Warm button, lock the lid in place, and make sure the valve on top is in the sealed position. Press the Manual button and set the Instant Pot to cook under high pressure (~12 psi) for 14 minutes.
 17. When done, turn off the Instant Pot and let the pressure decrease naturally for 20 minutes. Set a timer and if the pressure hasn't completely released when it dings, turn the valve at the top to quickly vent the remaining pressure. (If you're using a stove top pressure cooker, slide it to a cool burner and let the pressure decrease naturally for about 20 minutes.) Remove the lid, tilting it away from you to avoid the hot steam.
 18. Prepare a baking pan with parchment paper.
 19. Take the chicken out of the instant pot and let the cool on a baking pan for 20 minutes. Then skim some fat from the broth, before straining it through a Chinois or muslin-lined mesh strainer positioned over a large pot. Discard the solids. You should end up with about 7 cups of broth.
 20. If using a 4-pound chicken, set aside half of the chicken for another use. Reserve the remaining chicken for pho bowl assembly. The chicken can be refrigerated for up to 3 days or frozen for up to 3 months; bring it to room temperature to use.
 21. After your chicken has cooled, use a knife or your hands to separate the breast meat and legs from the chicken. Cut or shred the chicken into bite-size pieces and set aside. Discard the skin or save it for cracklings.
 22. Bring the broth to a simmer over medium heat as you are assembling the bowls.
 23. If consuming right away, season the broth with the fish sauce, and extra salt. Or, if not, partially cover the unseasoned broth and let cool, then refrigerate for up to 3 days or freeze for up to 3 months; reheat and season before using.
 24. Turn on the oven broiler to high. On the baking pan with your shredded chicken, add a drizzle of olive oil, and some salt and pepper to taste. Broil the chicken on each side for about 3 minutes or until golden brown.
 25. When a nice golden brown, flip it and put back in for 1 minute.
 26. Next, sauté the jalapeno coins over medium heat with a little olive oil until golden brown.
- BOWL ASSEMBLY
27. Divide the zucchini noodles among four soup bowls. (If you like softer zoodles, use a mesh strainer to dunk them in boiling water until the desired softness before placing the drained zoodles into the soup bowls.)
 28. From here, top the zoodles with green onion and shredded chicken.
 29. Check the broth flavor once more, raise the heat, and bring it to a boil. Ladle about 2 cups (480 ml) of broth into each bowl.
 30. Garnish with onion, green onion, pepper, parsley, and sriracha if desired. You can squeeze on fresh lime juice, too.
 31. Serve immediately!





BC JUNIOR

Pops' Roo Stew with Grandma's Crisp

Emie Ranson

4-6 SERVINGS

TOTAL TIME: 2 HR

PREP: 30 MIN

COOK: 1 HR 30 MIN



Ingredients

BC INGREDIENTS

STEW

- 5 medium potatoes
- 2 celery sticks
- 1 small-medium white onion
- 3-4 carrots
- 2-4 tomatoes, preferably Romas
- 5-6 store bought mushrooms or your favourite varietal
- 2-3 garlic cloves
- 4-4 ½ cups beef stock
- 1 pound stewing meat (you may use beef, kangaroo, or whatever you prefer!)

CRISP

- 1 cup rhubarb
- 1 cup strawberries (you can use other berries, such as blueberries or raspberries)
- ½ cup butter
- ½ cup chopped BC hazelnut (optional)
- Top with whipped cream (optional)

OTHER INGREDIENTS

STEW

- Salt and pepper to taste
- ¼ cup olive oil
- 1 cup plain flour

CRISP

- 1 cup flour
- 1 cup brown sugar
- 1 cup oat
- 1 teaspoon vanilla (optional)

Instructions

STEW

1. Wash and chop potatoes, celery, carrots, mushrooms, and tomatoes. Cut them into bite size pieces. Set them aside.
2. Then, mince the garlic and onion and set aside.
3. Chop your meat of choice into bite size pieces.
4. Pour the flour onto a plate. Roll the chopped meat in the flour.
5. Using a large pan (that has a lid), such as a Dutch oven, gently heat the olive oil. Add the floured meat, garlic, and onion. Cook on medium-high until the meat is nicely browned.
6. Add the beef stock and simmer on medium heat for about 20 minutes.
7. Add potatoes, celery, tomatoes, carrots, and mushrooms, and stir well.
8. Place the lid on the Dutch oven (or large pan) and simmer on the stove for 10 minutes.
9. Place the lid on the Dutch oven (or large pan) and simmer on the stove for at least 45 minutes.
10. If your stew is too runny add flour, stir, and let sit 10 minutes before serving.



CRISP

1. Preheat oven to 350°F.
2. Grease a 9" pie pan with butter.
3. In a pot, add your fruit/berries of choice, stir, and heat on medium heat until they become a thick consistency. You may add 1 chopped apple if your fruit is looking too runny.
4. Then in a large bowl, combine the flour, sugar, oats and butter in a large mixing bowl. Using your hands, combine until all the butter until it has a crumb-like consistency. At this point you can add some cinnamon and hazelnuts.
5. Pour the stewed fruit into the greased pie pan
6. Spread the crumble evenly on top of the fruit, and bake in oven for 15-20 minutes.
7. When crumble is golden brown, remove from oven. Allow crumble to cool for about 5-10 minutes before you serve it and enjoy!



BC Chocolate Hazelnut Super Balls

Kiera Carmichael

YIELDS 24 SUPER BALLS

TOTAL TIME: 1 HR & 30 MIN

PREP: 30 MIN

COOK: 1 HR



Ingredients

BC INGREDIENTS

$\frac{3}{4}$ cups dried apricots

$\frac{3}{4}$ cups dried apples

$\frac{1}{2}$ cup hazelnuts

$\frac{1}{2}$ cup rolled oats

1 cup honey

OTHER INGREDIENTS

4 plain rice cakes

1 cup unsweetened coconut

$\frac{1}{2}$ cup sunflower seeds

$\frac{1}{2}$ cup natural peanut butter

$\frac{1}{2}$ cup chocolate chips

Instructions

1. In a food processor, pulse the apricots, apples, and rice cakes to a fine texture.
2. Once done, transfer to a large bowl and set aside
3. Then, pulse the coconut, sunflower seeds, hazelnuts, and oats in the food processor to a coarse texture.
4. Add to the large bowl with the rice cake mix and stir them together until fully combined.
5. Microwave the peanut butter and honey separately for 30 seconds each and add to the large bowl.
6. Add chocolate chips and stir everything together.
7. When fully combined, cover and chill in the fridge for 1 hour.
8. Roll the dough into balls, about the size of golf balls and place on a large plate.
9. Store in the fridge for up to a week, or freeze.



Roasted Pork Belly and Vegetables with Pear Ginger Sauce

Adelaide Clark

4 SERVINGS

TOTAL TIME: 2 HR & 10 MIN

PREP: 40 MIN

COOK: 2 HR & 10 MIN



Ingredients

BC INGREDIENTS

3 beets

3 parsnips

½ head of cabbage

4-5 bell peppers

10 brussel sprouts

3 tomatoes

1 small squash

1 kilogram pork belly

2 tablespoons grated ginger

2 bosc pears

1 white onion

OTHER INGREDIENTS

Salt to taste

Pepper to taste

1 tablespoon white sugar

1 tablespoon butter

Instructions

1. First, preheat the oven to bake for 450°F.
2. Peel your parsnips and beets. Then cut your peppers, parsnips and beets into bite sized pieces and add to a large bowl.
3. Then, rinse your cabbage, cut in half and set one half aside, then take the half and slice into wedges like a pizza.
4. Next add a generous amount of salt and pepper in and the mix/toss your vegetables.
5. Now get your pork belly and with a paper towel pat the top skin dry.
6. Score the pork belly skin into 1" checkered patterns and add salt and pepper all over the pork.
7. Now get a roasting dish and place the vegetables evenly in it and then place the pork belly on the top of the vegetables.
8. Now put it into the oven for about 40 minutes.
9. After 40 minutes you should notice the skin of the pork belly is starting to bubble so you can reduce the temperature to 300°F and cook for another 90 minutes.
10. Now you're going to start your sauce; to start, dice your pear into bite sized pieces.

11. Next you will take your pear, grated ginger, and sugar and add these to a small saucepan and let that simmer over medium heat for approximately 30 minutes.
12. Now let's caramelize the onions, dice the onions and put it into a small pan with butter and put in a small or medium sized pan over low heat until golden.
13. When they are golden, you're going to pour them into the same pot as the pear and ginger.
14. Next, using an immersion blender and blend the mixture until smooth.
15. Take your pork belly out and set on a serving plate. Drizzle sauce over pork belly and vegetables if desired, garnish with some rosemary or cilantro, and enjoy!



Bacon Cheeseburger Twice Baked Potato

Piper Grant

4 SERVINGS

TOTAL TIME: 1 HR 35 MIN

PREP: 20 MIN

COOK: 1 HR 15 MIN

Ingredients

BC INGREDIENTS

4 russet potatoes (Save-On Foods grown in the OK Valley)

Ground beef (Save-On Foods produced in Western Canada)

3 slices of bacon (Western Family - Canadian Produced)

Onion

Mushroom

½ cup sour cream

2 cups shredded cheddar cheese

2 tablespoons butter

OTHER INGREDIENTS

¼ cup barbecue sauce

1 tablespoon garlic powder

1 tablespoon onion

4 tablespoons olive oil

Salt

Pepper

½ tablespoon granulated sugar

Instructions

1. Preheat oven to 400°F.
2. Using a fork, poke 6-10 holes in each potato.
3. Rub potatoes with olive oil and season with salt and pepper.
4. Bake potatoes on baking sheet in the oven for 50-60 minutes
5. Cook bacon in pan and set aside. Drain some of the fat from the bacon pan but keep a bit in the pan.
6. Slice your onions julienne. Using the remaining bacon fat, fry the onions using the same pan from the bacon.
7. Once the onions are soft, add sugar to the onions to caramelize, and continue stirring. When done, set aside.
8. While the onions finish cooking, prepare your mushrooms by slicing them into thin pieces.
9. Then, in a separate frying pan, brown the ground beef, drain, and add ¼ cups of BBQ sauce and set aside.
10. Slice mushrooms and sauté them in a separate pan, set aside
11. Grate 2 cups of cheddar cheese, set aside ½ a cup



12. When potatoes are cooked through allow to cool for 10 min.
13. Now, preheat your oven to 350°F.
14. Next, cut your cooled potatoes in half vertically. Scoop out the insides of the potatoes into a medium mixing bowl. Try to keep the skin intact and set the skin aside on a baking sheet.
15. Add butter, sour cream, garlic powder, onion powder, and salt and pepper to taste into the bowl with the potatoes.
16. Use electric mixer or hand masher to mash the potatoes.
17. Fold in the 1 ½ cups of grated cheese and all of the ground beef into the potato mixture.
18. Spoon potato filling back into the potato shells on the baking sheet.
19. Top with onion, mushroom, bacon, and remaining cheese and bake in oven for 15 minutes at 350°F.
20. Serve immediately with a dollop of sour cream and enjoy!



BC Butternut Squash Soup

Jessie Mugford

8-10 SERVINGS

TOTAL TIME: 1 HR

PREP: 15 MIN

COOK: 45 MIN

Ingredients

BC INGREDIENTS

2 bunch of green onions

1 large butternut squash

2 small red peppers

500 grams Hertel's Ham

2 tablespoons butter

10 cups water

OTHER INGREDIENTS

½ teaspoon ground nutmeg

1 teaspoon ground allspice

796 ml can of tomatoes

4 cubes Knorr Chicken stock

Salt

Pepper

Instructions

1. Using a large cutting board and knife or scissors, chop up the green onions into ½" size pieces and dice the pepper. Put these all into a large stock pot on medium heat.
2. Then to the pot, stir in some butter for 2-3 minutes or until it is melted and evenly distributed.
3. Then add the nutmeg, all spice, and tomato sauce to the pot.
4. Next, peel the butternut squash with a peeler removing the seeds with a spoon. Chop butternut squash into small 1-2" pieces.
5. Once the green onions and peppers have cooked for approx. 2-3 minutes, add squash, chicken stock, ham, and water and stir.
6. Let it simmer with a lid over medium-low heat for 30-45 minutes or until butternut squash is tender.
7. When done, remove ham from soup and cut into small cubes. Set aside.
8. Transfer soup with a ladle into a blender 1-2 cups at a time and blend on high to puree. You may also use



- immersion blender to puree. Cover blender lid with tea towel to avoid burning your hands. If hot, be careful as the blender top can come off if you mix to much at one time.
9. Next, put puree soup into a large reserve bowl.
10. Once you have pureed all the soup add in the cubed ham in, dish up and top with sour cream to enjoy!





BC SENIOR

Chef Lenny's Three Course Set Menu

Lenny Novak



6 SERVINGS

TOTAL TIME: 1 HR & 30 MIN

PREP: 30 MIN

COOK: 1 HR

Ingredients

BC INGREDIENTS

BUTTERNUT SQUASH SOUP

1 large butternut squash (peeled and cubed)

1 large onion (diced)

1 whole garlic (peeled and sliced)

2 cups chicken broth

½ whipping cream

6 tablespoons butter

SALMON AND SCALLOPED POTATOES

6 salmon fillets

6 large potatoes (peeled and thinly sliced)

1 large onion (diced)

1 large onion (finely diced)

1 whole garlic (peeled and sliced)

1 whole garlic (peeled)

12 tablespoons butter

½ cup white wine

Fresh dill, sage, and green onion

6 tablespoons flour

2 cups whipping cream

4 cups chicken broth

1 bunch asparagus

FLAMBÉED STRAWBERRY

2 cups strawberries

6 tablespoons butter

½ cup brown sugar

1 cup whipping cream

OTHER INGREDIENTS

BUTTERNUT SQUASH SOUP

1 tablespoon ground ginger

1 tablespoon turmeric

1 tablespoon yellow curry

Salt and pepper

SALMON AND SCALLOPED POTATOES

1 lemon (juiced)

1 cup cashew cream

Olive oil

Salt and black pepper

FLAMBÉED STRAWBERRY

1 shot dark rum

1 shot cherry liquor



Instructions

BUTTERNUT SQUASH SOUP

1. To start, dice your onion and slice your garlic.
2. In a large pot melt butter over medium heat, add onion and garlic. And stir with wooden spoon until golden.
3. While you are waiting you can wash, peel, and cut your butternut squash into 1" cubes.
4. When your onions are golden, add yellow curry, turmeric, and ground ginger to the pot and stir for about 30 seconds until fragrant.
5. Next, add the cubed butternut squash and pour in chicken broth. Stir and bring to a boil. Then reduce heat and let simmer for about 25 minutes until butternut squash is tender.
6. Remove from heat and blend with a hand blender until smooth and creamy.
7. Optional: add whipping cream and stir well.

SCALLOPED POTATOES

8. Preheat oven to 400°F.
9. Then, dice onions and slice garlic.
10. In a medium pot melt butter over medium heat, add onion and garlic. And stir with wooden spoon until golden.
11. Once golden, add flour and stir for 1 min.
12. Reduce heat to low and gradually mix in chicken broth and whipping cream and stir.
13. Bring to a boil over medium heat and let simmer for 1 min until thick. Add salt and pepper to taste.

14. Peel and thinly slice the potatoes.
15. Grease a medium baking dish.
16. Start with a layer of potatoes along the bottom on the baking dish and cover with a layer of cream sauce. Repeat this step until it reaches the top and end with a layer of sauce.
17. Cover dish with lid and bake for 45 min. Then uncover and bake for additional 15 min until top is golden brown and potatoes are tender.
18. Rest for 15 min before serving.

ASPARAGUS SIDE DISH

19. On a large pan preheat olive oil over medium heat.
20. Cut off the white ends of your asparagus, leaving only the tender part.
21. Add asparagus to the pan and pan fry until fork- tender, turning asparagus often to ensure even cooking.
22. Add salt and pepper to taste.

LEMON HERB SAUCE

23. Make some cashew cream
24. Finely dice your onion and garlic.
25. In a medium pot melt butter over medium heat, add your diced onion and garlic and stir with wooden spoon until translucent.
26. Pour in white wine, stir and let simmer for 30 seconds.
27. Pour in chicken broth, stir, and bring to a boil.
28. Reduce heat and gradually mix in cashew cream until you get your desired thickness. Simmer for at least 5 minutes while stirring.

29. Chop your green onion and add it to the pot.
Cook for a minute.
30. Turn off the heat and mix in all the herbs.
31. Add salt, pepper, and lemon juice to taste.

PAN SEARED SALMON

32. Fillet your salmon.
33. Then dry your salmon with a paper towel.
34. On large pan preheat olive oil over high heat until hot and shimmering.
35. Place salmon fillets on pan with the skin facing down and cook until golden. Then carefully flip and do the same.
36. Remove fillets from pan, add salt and pepper to taste.

FLAMBÉED STRAWBERRIES

37. On a large pan keep stirring brown sugar over medium heat until liquid.
38. Next, add butter and stir until caramelized.
39. Once caramelized, pour in the cherry liquor and stir well.
40. Add 2 cups of strawberries and mix with caramel.
41. Then, pour in dark rum and if needed, with adult supervision step back and ignite your dish with a torch or long lighter. This will result in a large flame.
42. Once, the large flame settles it is good to serve.
43. Serve with whipped whipping cream.
44. Put all the dishes together, serve, and enjoy!



Pawkapaw (Thai Basil Chicken with Coconut Cauliflower Rice)

Ei Pyo Yeh

2 SERVINGS

TOTAL TIME: 1 HR

PREP: 30 MIN

COOK: 30 MIN



Ingredients

BC INGREDIENTS

- 1 quart (1 medium cauliflower) cauliflower rice
- ½ yellow onion
- ½ of each green, red, orange, and yellow pepper (two whole peppers)
- 4 cloves Russian red garlic
- 2 (5 ounce) free run boneless skinless chicken breast
- 2 organic free-range eggs
- 6 slices long English cucumber striped like a zebra for garnish
- 6 fresh basil leaves for garnish

OTHER INGREDIENTS

- 1 tablespoon liquid coconut oil
- ½ teaspoon salt
- 1 pinch white pepper
- 6 tablespoons coconut milk
- 3 tablespoons vegetable oil for frying
- 1 teaspoon chicken base
- 2 tablespoons low sodium soy sauce
- 3 tablespoons sweet soy sauce
- 1 teaspoon lime juice
- 1 handful fresh Thai basil leaves (about ¾ cup)
- 1-2 tablespoons vegetable oil for basting egg



Instructions

1. Trim cauliflower, cut into florets small enough to fit in a food processor, and wash in cold water.
2. Using the grater blade in the food processor grate the cauliflower. Measure 4 cups cauliflower rice. Extra rice can be frozen for later use.
3. In a large skillet heat coconut oil over medium-high heat.
4. Add the Cauliflower rice, cook stirring frequently for about 4-6 minutes or until the cauliflower rice is tender but chewy. Do not overcook.
5. Stir in the coconut milk and season with salt and white pepper. Increase the heat to high and cook for 1-2 minutes.
6. Taste and adjust seasonings. Set aside in a warming drawer.
7. Dice yellow onion and peppers into ½" and set aside.
8. Mince garlic and set aside.
9. Cut the chicken breast into bite sized pieces.
10. Add the vegetable oil to a wok or large skillet and heat over high heat to the smoke point.
11. Add the diced onions, peppers, and garlic, cook until the garlic just starts to brown.
12. Once brown, immediately add the chicken.
13. Stir-fry the chicken until it is opaque and starting to brown and the juices evaporate.
14. Add the soy sauces, the chicken soup base, and lime juice. Cook 4-5 minutes.
15. Taste, adjust for salt by adding more soy sauce and or chicken base if required.
16. Tear your Thai basil leaves into small pieces, toss in to the pan, and cook until wilted.
17. In a separate small skillet add 2 tablespoons of vegetable oil, heat over medium-high heat.
18. Add eggs, baste the hot oil on the egg with a large spoon, and cook to desired doneness.
19. Remove egg to a plate, keep warm in oven
20. Then to serve, make a bed of coconut cauliflower rice on two large dinner plates.
21. Carefully spoon the Thai basil chicken on top.
22. Top with fried egg and garnish with 3 basil leaves and 3 slices of Long English cucumber and it is ready serve.



Lomo Saltado (Peruvian Stir-Fried Beef)

Valeria Arbieto Molina

4 SERVINGS

TOTAL TIME: 2 HRS

PREP: 1 HR 30 MIN

COOK: 30 MIN



Ingredients

BC INGREDIENTS

1 pound sirloin steak

3-4 large Kennebec potatoes

1 ½ cup cold water

2 purple onions

3 Roma tomatoes

8 stocks fresh cilantro, chopped

OTHER INGREDIENTS

1 tablespoon Panca pepper paste

2 tablespoons + 2 teaspoons apple cider vinegar

¼ teaspoons ground cumin

⅓ teaspoons ground black pepper

1 teaspoon ajinomoto (monosodium gluconate)

1 teaspoon salt

5-6 quarts canola oil for deep frying

½ cup vegetable oil

1 tablespoon garlic paste or 2 clove garlic, chopped

1 ½ cup jasmine rice, washed

¼ teaspoon salt

2 tablespoons vegetable oil for stir frying

1 tablespoon + teaspoon garlic paste

A trickle of salsa soy sauce



Instructions

1 - 2 HOURS PRIOR TO SERVICE OR OVERNIGHT

1. Prepare marinade: In a medium bowl combine Panca pepper paste, cider vinegar, cumin, black pepper, ajinomoto, and salt. Mix well.
2. Slice the sirloin steak into pieces about 1 ½" x ¼" / 3.5cm x 0.5 cm., add the sliced sirloin steak to the marinade, stir to combine. Cover and refrigerate for at least one hour or overnight.
3. Pour your oil for deep frying into large sauce pot. Heat over high heat to 300°F – checking the temperature with a thermometer.
4. Meanwhile peel and wash potatoes.
5. Cut potatoes julienne, and place in a large bowl of cold water. If not using immediately, cover and refrigerate.
6. Drain the potatoes in a colander. Pat dry with a clean tea towel.

7. Using a sieve carefully add a small amount of the cut fries into the hot oil. Blanch the potatoes for 3-4 minutes.
8. When done, the fries will be lightly colored, float and break easily when folded.
9. Using the sieve remove the finished fries from oil, spread evenly on a baking sheet lined with parchment paper and allow to cool. Repeat until all fries are blanched but not fully cooked.
10. Cover and store cooled blanched potatoes in the refrigerator until ready to use. They may be stored overnight.
11. Wash the rice in cold water to remove excess starch.
12. Mince the garlic.
13. Heat oil in a medium sauce pot over medium-high heat, add garlic and fry until golden.
14. Once golden, carefully add the cold water and the rice. Increase the heat to high and bring to a boil. Reduce heat to low, gently fork the rice and cover with a lid and allow to steam 20 minutes or until all water is absorbed.
15. Meanwhile julienne the purple onion and set aside.
16. Half Roma tomatoes lengthwise and cut each half into 4 pieces, making a total of 8 pieces, and set aside.
17. Chop cilantro, set aside.
18. In a wok heat canola oil over high heat to the smoke point.
19. Once hot, immediately add the marinated sirloin steak, frying 2-3 minutes, the steak should be rare. Remove the fried steak from the wok and continue to fry until all the sirloin steak is cooked.
20. When all the steak is cooked, return the steak to the skillet or wok, over medium high heat, add the sliced red onion, stir fry 1-2 minutes or until softened, then add the tomatoes, stir frying until they are hot.
21. Next, add a trickle of Salsa Soy sauce and chopped cilantro. Toss to combine.
22. Taste and adjust seasonings. Place in a warming drawer to keep warm until all fries are fully cooked.
23. Reheat your oil for deep frying to 350°F.
24. Then, using a sieve add small amounts of the cold blanched fries to hot oil, cook until golden brown, floating, and crispy. Remove cooked fries with the sieve, drain well and place on a parchment lined baking sheet or in a large bowl.
25. Season with salt on the baking sheet while the fries are hot. Continue until all fries are cooked and seasoned. Keep warm in a warming drawer.
26. To serve place a scoop of garlic rice on 4 dinner plates.
27. Divide French fries between the 4 dinner plates.
28. Top the fries with a spoonful of the stir-fried beef.
29. Garnish with remaining chopped cilantro or a sprig of cilantro and it is ready to go!



BC Organic Butternut Squash Pie with Caramelized Walnut Topping

Alec Read



10 SERVINGS

TOTAL TIME: 2 HR 10 MIN

PREP: 20 MIN

COOK: 1 HR 50 MIN

Ingredients

BC INGREDIENTS

2 ½ cups Chilliwack Organic ANITA's whole grain pastry flour
 10 tablespoons + 1 tablespoon + 1 tablespoon chilled Fraser Valley Creamery unsalted butter
 6 tablespoons ice cold water
 1 large BC organic butternut squash
 3 large whole + 1 Egg White Rabbit River Farms Free
 ¼ cup Avalon organic 36% whipping cream
 ½ Avalon organic 3.25% homogenized milk
 1 tablespoon Chilliwack River Valley honey

OTHER INGREDIENTS

1 tablespoon Rogers white granulated sugar
 ¾ teaspoon + ½ teaspoon Club Supreme table salt
 ⅓ cup chilled Tenderflake lard
 1 tablespoon Unico vegetable oil
 ¾ cup + 2 tablespoons packed Rogers brown sugar
 1 ½ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 1 teaspoon vanilla extract
 2 tablespoons Rogers all purpose flour
 Organic unsalted walnuts halves

Instructions

1. Assemble and measure out ingredients.
2. Cut butter and lard into ½" cubes and place in the freezer for 15 minutes before starting.
3. Preheat oven to 400°F, and prepare a large baking tray with greased aluminum foil.
4. Scrape out the seeds of the butternut squash, and place the deseeded squash onto the baking tray face down.
5. Add ½ cup water onto the baking tray so the squash does not burn, cover with a second piece of aluminum foil and bake for 45 to 50 minutes in the oven, or until they are fork tender.
6. Remove squash from the oven, scrape out tender flesh, then add to a food processor or mash with the back of a spoon, until the mixture is smooth and uniform and set aside.
7. To a large bowl, add whole wheat flour, sugar, and salt. Whisk to combine.

8. Add small pieces of butter and lard at a time, and conservatively crush pieces in between fingers.
9. Once the dough has a consistency of sand, add 2 tablespoons of ice water at a time and continue to combine.
10. Compress the dough until it comes together roughly
11. Adding 2 tablespoons at a time, add 4 more tablespoons, or enough to make it combine while still remaining on the drier side.
12. Separate the dough into 2 parts, put in a zip lock bag and chill in the fridge for at least one hour.
13. Lower the temperature of the oven to 350°F.
14. On a floured surface, roll out dough into a 12" diameter circle, dusting with flour when needed.
15. Lay the crust around the base and sides of the pie plate. Press into the edges of the pie tray and trim excess dough until a 1" rim is established. Pinch the dough back onto itself to create a lip around the edge. Crimp the edges.
16. Line the inside of your pie with tin foil and add pie weights on top, then prebake the crust for 14-15 minutes, or until golden and set.
17. In a stand mixer or in a large bowl, add squash puree and brown sugar. Mix on medium with a flat beater to combine, 1-2 minutes.
18. To the bowl, add cream, milk, and eggs. Mix on medium to emulsify, stirring the sides of the bowl as necessary.
19. Next up add flour, salt, spices, and vanilla extract. Beat on low until combined.
20. Remove the pie crust from the oven and prick the bottom with a fork to allow the steam to release when baking.
21. Pour butternut squash filling into prebaked crust. Bake in oven at 350°F for 45-55 minutes, or until the filling has set.
22. Into a small bowl, add egg white, brown sugar, salt, melted butter, and honey, stir to combine, then add walnuts and coat with the mixture.
23. Pour walnut mixture on top of the finished pie, then return to the oven to bake for an additional 5-10 minutes, or until walnuts begin to take on a golden brown colour and smell nutty.
24. Remove from the oven, and let chill for at least one hour.
25. Cut a slice and garnish with fresh whipped cream, vanilla ice cream, or sprinkled cinnamon and enjoy!



BC Harvest Pumpkin Muffins

Karmen Jawanda

9 SERVINGS

TOTAL TIME: 45 MIN

PREP: 15 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

½ cup honey

1 cup pumpkin puree

¾ cup cranberries

½ blueberries

½ cup carrot, shredded

½ cup apple, shredded

2 tablespoons pumpkin seeds,
chopped

OTHER INGREDIENTS

1 ½ cups all purpose flour

1 ½ teaspoons cinnamon

1 ½ teaspoons allspice

1 teaspoons baking soda

1 teaspoon baking powder

2 large eggs

½ cup canola oil

1 tablespoon all purpose flour

2 tablespoons all purpose flour

2 tablespoons brown sugar

1 tablespoon cold butter



Instructions

1. Preheat the oven to 350°F. Line 9 cups in your muffin tray with paper liners and set aside.
2. Steep cranberries and blueberries by putting them in a bowl of hot water and setting them sit for 10 minutes.
3. While those are sitting, peel and shred your carrots and apples.
4. After 10 minutes, strain out the liquid from the cranberries and blueberries, pat dry, and set aside.
5. Prepare the toppings by mixing together chopped pumpkin seeds, all purpose flour, brown sugar in a bowl.
6. Then, add the cold butter and use the tip of your fingertips to gently rub the butter into the dry ingredients until it has a crumb-like texture. Once it has this texture, set aside.
7. In a large bowl, whisk together flour, cinnamon, allspice, baking soda, baking powder.
8. In a medium bowl, whisk together eggs, oil, pumpkin puree, and honey until well combined.



9. In a separate medium bowl, combine drained and dried cranberries and blueberries, carrots and apples. Add a tablespoon of flour and toss to combine.
10. Create a hole in the flour mixture and add the egg, oil, pumpkin, honey mixture to the flour mixture by and pouring them into the hole. Fold the liquids in until combined
11. Once combined, fold in the cranberry/ blueberry mixture. Make sure not to over mix.
12. Divide batter between the 9 muffin cups.
13. Sprinkle the pumpkin seed crumble on top.
14. Bake in oven for 25-30 minutes or until you can insert a toothpick in the centre and have it come out clean.
15. Once done, remove from the oven and allow for it to cool in pans for 5 minutes before gently removing to place on a cooling rack.
16. After 5 minutes it is ready to serve!



BC Duck and Apple Spring Rolls

Catalina Candaes Calderón

6 SERVINGS

TOTAL TIME: 3 HR & 20 MIN

PREP: 20 MIN

COOK: 3 HR

Ingredients

BC INGREDIENTS

1 duck
2 cups honey
2 cups blueberries
1 egg
1 onion
2 apples
Feta cheese

OTHER INGREDIENTS

Salt
Pepper
Olive oil
3 sheets phyllo
½ cup water
¼ cup brown sugar

Instructions

1. Preheat the oven to 350°F.
2. Begin by scoring the skin of your duck. You can do this by gently carving the skin with a knife drawing a 1" x 1" checkered diamond patterns, repeat the process on the other side (this will help the duck release all the fat and make the skin very crispy).
3. Sprinkle some salt and pepper on it and rub it into the skin.
4. Place it in the oven for an hour on a roasting pan with a rack.
5. After an hour, flip it over and leave it for another half an hour.
6. While you are waiting, start by peeling your apple.
7. Then slice your peeled apple into small bite-sized pieces and dice your onion.

8. Add olive oil to a pan, and on medium-high heat, cook the onion until golden brown.
9. Next, add the chopped apple and the honey and stir.
10. Lower the temperature and leave it there to caramelize for around 5-7 minutes.
11. Then, cut 3 sheets of phyllo into 6 rectangular shapes by cutting them in half.
12. Now the duck should be ready, so remove it from the oven and let it cool down for a few minutes.
13. Cut the duck into small pieces (I only used 2 thighs for 6 rolls), setting aside the duck fat, and add the pieces of duck to the apple and onion mixture.
14. Next, add 4 tablespoons of the duck fat to the pan, mix, and let it cook for a few minutes.
15. After a few minutes have past, place the mixture in a bowl and put in the fridge to cool to prevent the phyllo from breaking!
16. While you wait for it to cool, start on your blueberry mixture.
17. For this, get a pan and most of your blueberries (saving some), brown sugar, and water to make the sauce.
18. Mix this all together until you gets a good sauce texture. Then, remove it from the pan (if you want you can use a strainer) and set aside.
19. Grabbing your cooled duck, you can start to place the duck mixture and the feta cheese in the bottom end of your phyllo. Repeat this process 6 times.
20. Roll it into the shape of a spring roll by folding in the long ends over both sides of the duck mixture and rolling it up.
21. Get the egg and whisk it in a small bowl, then using a brush coat the spring roll with egg.
22. Place it in the oven again for 20 minutes at 350°F.
23. Get the rolls out of the oven and place nicely on a plate. Drizzle some of the blueberry sauce on top and enjoy!



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