



Ontario's Garden

Recipes

Eat & Drink



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For recipe ingredients

please purchase them from Norfolk County's farmers, farm markets and other food suppliers. Pick up a copy of the Norfolk County Map & Local Food Guide, available by calling 1-800-699-9038 or visiting norfolkfarms.com



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1-800-699-9038 or norfolkfarms.com



Ontario's Garden 1-800-699-9038 www.norfolkfarms.com

Thank You

Thank You Friends, Farmers, Local Culinary



Norfolk County Fair Staff and Family for assisting with the making of all our wonderful dishes in this year's cookbook. Our cooks (left to right) Donna Matthews, Mary Etta McGraw, Barb Rideout, Karen Matthews, Barb Worth, Wendy Brick, Lorraine Wark.

Norfolk County Farmers and Chefs

for submitting recipes for this year's edition and for their ongoing support.

It is a joy to work with the Norfolk County Fair and members of the community.



Thank You

Liberty, Home Decor & Gift Store for supplying the beautiful decorative accessories (plates, napkins, candles, placemats...) for our photography. Please visit Beth Bakker at her store Liberty, 10 Argyle St., Simcoe **519-426-4562**.



The Two Fairly Fat Guys Thank You

Two Fairly Fat Guys, Norfolk County's Official Food Ambassadors (Brian Reichheld and Dan Barker) got their start because, well, they love to eat. And since their lovely wives weren't as enthusiastic about cooking, Dan and Brian starting cooking on their own. Before long, the Two Fairly Fat Guys were on stage at the Norfolk County Fair and Horse Show and elsewhere, helping to promote local food and applaud the Norfolk County farmers for all the crops grown and products produced here.

So, whether you're a fairly fat guy who likes to eat (or you love one and like to cook for him) feel free to become a fan of Norfolk County's foods and farmers (and the Two Fairly Fat Guys) at facebook.com/norfolk.farms.





Ontario's Garden

Norfolk County is the most diversified agricultural region in Canada.

Norfolk County, Ontario's Garden, is the leading grower of asparagus, blueberries, cabbage, cucumbers, ginseng, peanuts, peppers, pumpkins, rye, sour cherries, squash and zucchini, strawberries, sweet corn and sweet potatoes. We're also an excellent source for meats, cheeses, wines, cider, beer, honey, herbs, oils and other fabulous flavours.

Farmers and food are central to Norfolk County's economy and key to promoting Ontario's South Coast as a culinary tourism destination. Please enjoy this recipe book, and try out some of these great recipes.

We hope to see you at Norfolk County FlavourFest at the Norfolk County Fair & Horse Show in October.



Spotlight on the Norfolk County Sweet Potato

Cover photo: The Blue Elephant's, Sweet Potato Bread Pudding

When we asked our local chefs about their favorite Norfolk County food, the sweet potato seemed to rise above the rest. Because it can be used for savoury or sweet dishes and has so many different end uses and flavours, the sweet potato has grown in popularity – becoming more of a mainstream food. Norfolk County is Canada's leading grower of sweet potatoes.

“My favorite Norfolk product would definitely be the sweet potato. I like creating recipes with the sweet potato because of its versatility. You can fry it, cook it, mash it, stew it, bake it and even “soup” it! The sweet potato can be used as a savoury or a sweet, adding great colour to any plate as well as interesting texture. Also many different Norfolk County products can be combined with our Great Norfolk Sweet Potato to produce an interesting combo of flavours! I have two favourite Sweet Potato recipes - as a savoury our Roasted Norfolk Sweet Potato Apple Soup (which can be found in a past edition). The second and probably our most famous local dessert would be the Sweet Potato Bread Pudding, which is featured on page 44 this edition.” – *Chef Heather Pond-Manorome, Blue Elephant Restaurant & Brew Pub.*

Appetizers

Recipe by:
Serafina

Serafina Ratatouille Bruschetta

- | | |
|----------------------------|--|
| 8 roma tomatoes | 2 Tb tomato paste |
| 1 large eggplant | 2 tsp capers |
| 2 zucchini | 1/2 cup kalamata olives (seeded and roughly chopped) |
| 1 large green bell pepper | Olive oil, kosher salt and cracked pepper |
| 1 large Spanish onion | Good quality baguette |
| 6 cloves garlic | |
| 1/2 cup fresh basil leaves | |

Preheat oven to 400° F.

Cube eggplant, sprinkle with salt and let drain for half an hour.

Remove skins from tomatoes by plunging in boiling water. Dice and place in heavy pot over low heat (make sure the pot is large enough to hold all the ingredients).

Crush garlic. Cut zucchini, seeded bell pepper, and onion into half-inch size pieces. Add eggplant. Toss in large bowl with garlic, a liberal sprinkling of salt and pepper and enough olive oil to coat. Place on parchment-lined baking sheets and roast until lightly coloured (about 10 to 15 minutes).

Add roasted vegetables to simmering tomatoes with tomato paste, capers, olives and basil. Simmer until thickened. Adjust seasoning if necessary.

Slice baguette and grill lightly on barbeque. Serve with a bowl of topping either warm or at room temperature. Topping keeps for several days in refrigerator.



Appetizers

Recipe by:
Norfolk County's
Two Fairly Fat Guys
Official Food Ambassadors

Appetizers in a hurry

Guests are coming and you're not prepared. No problem! Follow these simple instructions and you'll have appetizers made in no time at all. Your guests will applaud your creativity and Norfolk County growers will appreciate your support.

Pick up some baguettes at Harmony Bakery or other bakeries in Norfolk County. Slice the baguettes into thin pieces, brush with local oil from Pristine Gourmet. Toast baguette pieces on BBQ till golden brown.

Top with your favourite Norfolk County ingredients...

- Roasted brie or other cheese from Jensen Cheese
- Apple Pie in a Jar or Spicy Red Pepper Jelly from the Cider Keg
- Blueberry Jam from Blueberry Hill Estates or Chutney from Lakeview Blues
- Maple Syrup from Chambers or Maple Ridge
- Fresh fruit such as raspberries, blueberries, sliced apple.



Erie Beach Pickled Pumpkin

5 to 6 pounds pumpkin, pared
2 cups cider vinegar
3 lbs granulated sugar

1 tsp whole cloves
1 Tb cinnamon stick, broken
2 pieces crystallized ginger

Cut pumpkin into one-inch cubes. Bring vinegar and sugar to a boil and simmer until sugar is dissolved. Place cloves, cinnamon and ginger in a bag. Add to syrup and boil 5 minutes. Add pumpkin and bring mixture back to a fast rolling boil. Boil over low heat exactly 25 minutes, stirring often. Remove spice bag. Place pumpkin in sterilized jars, pour vinegar syrup on top to completely cover and seal.

Serve with Lake Erie perch or pickerel.

Beverages

Recipe by:

Kevin Brauch

Appearing in October 2012

at Eat & Drink at Flavourfest

Norfolk County Fair and Horse Show

Fruits of My Labour

“Born out of a memorable camping trip, this is a MacGyver recipe. This refreshing vodka cocktail features fresh seasonal fruits and is topped with a great, slightly effervescent wine,” says Brauch. “Cocktails are all about invention, and vodka is a great base. So, be adventurous and have fun.”

2 oz Silver Lake Vodka

Handful of fresh seasonal fruit of your choice:
strawberries, blackberries, raspberries, cherries

1/4 oz Fresh lemon juice

1/4 oz. Simple syrup

White Wine

In a cocktail shaker glass, muddle fruit with lemon juice and simple syrup. Add Silver Lake Vodka, pour all over ice, shake vigorously, strain into chilled Collins glass (long, tall, slim) filled with ice, and top with wine. Garnish generously with fresh mint sprigs.



Beverages

Recipe by:
Sharon Judd,
Meadow Lynn Farms

Meadow Lynn Strawberry Shooters

- 1 quart large strawberries
- 1 package lemon Jell-O gelatine dessert
- 1 cup Silver Lake Vodka
- Coarse sugar
- Lime slices

Cut a small piece off bottom of strawberry so it will sit flat. Remove hull and carefully core out centre of berry leaving some for a bottom. Mix Jell-O and one cup boiling water. Stir and let cool for 15 minutes. Add vodka and stir. Allow to cool. Wet top rim of strawberry with some Jell-O mixture and dip into sugar. Carefully spoon Jell-O into strawberry shooter cups. Add small wedge of lime. Chill until set.

Enjoy them at your next BBQ or house party.
They are fun to make and fun to eat - berry and all.

Meadow Lynn Farms Strawberry Lemonade

- 1 can frozen lemonade concentrate
- 1 can water
- 3 cans of Meadow Lynn strawberry juice

Mix and chill. Makes a refreshing drink with the all goodness of strawberries. For a fun summer adult cocktail, add shot of Silver Lake Vodka per glass and a slice of lemon. Enjoy what Norfolk County has to offer.





Beverages

Recipe by:
Cheryl Peck,
The Cider Keg

Cider Keg Apple Pie Eye

1.5 oz Vanilla Liqueur (French Kiss)
1 oz Vodka
2 oz Cider Keg Fresh Apple Cider
1/3 tsp ground cinnamon
Squeeze of Lime

Pour vanilla liqueur, vodka, Fresh Cider, cinnamon and lime in shaker filled with ice. Shake and pour into glasses. Apple Pie In A Jar in a fun cocktail!

Maple Tapped Cider

1 oz Maple Whiskey
2 oz Cider Keg Fresh Apple Cider

Mix ingredients in shaker. Pour in glass over ice. Enjoy!

Warm Cinnamon Apple Cider

1 oz cinnamon liqueur with
4 oz of Hot Cider Keg Fresh Apple Cider

Caramel Apple Shooters

1 oz butterscotch liquer
2 oz of Cider Keg Fresh Apple Cider

Please enjoy responsibly!



Warm Cinnamon Apple Cider



Beverages

Villa Nova Sangria

Recipe by:
Phil Ryan
Villa Nova Estate Winery

Marinate 2 cups
Norfolk strawberries
or raspberries in 1 bottle
Norfolk Rose (or Red)
overnight in refrigerator.

Add Ginger ale to taste



Recipe by:
Bonnieheath Lavender

Bonnieheath Blueberry Lavender Smoothie

1/2 cup ice
1/2 cup low fat milk
(or orange juice, lemonade)
1/2 cup plain yogurt
1 cup fresh or frozen
Norfolk blueberries
1 tsp Norfolk lavender buds
(or to taste)
1 Tb Norfolk honey (or to taste)

Blend ingredients together in blender
or food processor until smooth.
Serve garnished with fresh lavender
sprigs and savour.



Salad

Recipe by:
Norfolk Arts Centre

Norfolk Arts Centre Salad

Dressing

- 1/3 cup extra virgin olive oil
- 3 Tb freshly squeezed lemon juice
- 1 Tb Dijon mustard
- 3 Tb minced fresh Norfolk basil
- 3 Tb freshly grated parmesan
- Salt and freshly grated black pepper to taste

Salad

- 2 cups baby potatoes
- 1 bunch Norfolk asparagus, trimmed
- 1 Norfolk red pepper, quartered
- 1 Norfolk yellow pepper, quartered
- 1 red onion, quartered
- 1 Norfolk zucchini, thickly sliced
- 1 container baby bocconcini cheese, drained

Preheat BBQ to medium-high. In large pot, boil water and add potatoes. Boil, cut into bite-sized pieces, and set aside (keep warm). In a large bowl, whisk together oil, lemon juice, mustard and basil. Add salt and pepper to taste. Brush vegetables with dressing. Grill until tender. Throw into bowl with dressing. Add potatoes. Add parmesan to vegetables and toss lightly. Add bocconcini and toss lightly. Serve warm. Serves 4.



Circus Room South Coast Poutine

3 Yukon Gold potatoes

Sea salt or any seasoning, small handful

2 Tb and 1/4 cup peanut oil

1/2 cup fresh mozzarella cheese, grated

1/2 cup cheese curds

1 cup lettuce, any kind (in season)

1 cup mixed vegetables (cucumbers,
tomatoes, mushrooms, peppers,
onions, whatever is in season)

1/4 cup apple cider vinegar (Cider Keg)

1 clove garlic, fresh minced

Preheat oven to 450° F. Cut potatoes into long strips at least a 1/4 inch or smaller (so they look like fries). Put potatoes in bowl and fill with water. Let water continue to run until it runs clear and majority of the starch is off potatoes. (Can be stored in fridge for up to 24 hours).

Dry most of water off potatoes. Toss in 2 Tb peanut oil and lay on a baking sheet. Bake in oven for 30 minutes. Turn the fries every 10 minutes so they crisp evenly.

Mix mozzarella cheese and cheese curds. In a bowl toss together vegetables. In another small bowl mix apple cider vinegar, 1/4 cup peanut oil and garlic.

When fries are done, in a bowl put a layer of fries then a layer of salad, then dressing and repeat.



Schofields Loaded Baked Potato Soup

1 large Spanish onion
5 or 6 baked potatoes
2 cups diced green onion
3 cups cream
2 Tb extra virgin olive oil
1/2 cup melted butter
2 cups sour cream
4 litres water
4 cups shredded cheddar cheese
Vegetable stock
Dashes of salt and pepper
2 Tb minced garlic

Bake potatoes prior, let stand and cool, then peel skin off and dice.

Sauté onions and garlic in oil and butter. Watch not to burn garlic. Fill medium pot 3/4 full with vegetable stock. Add rest of ingredients, simmer for one hour. Season to perfection. Puree all together then enjoy. Yields 6L pot approx. of soup.



Causeway Butternut Squash Soup

- | | |
|--|---------------------------------|
| 1 large butternut squash, cut in half and seeded | 6 Tb plus 4 Tb brown sugar |
| 2 medium onions, peeled, roughly chopped | 6 Tb apple cider vinegar |
| 5 garlic cloves, peeled, left whole | 1 stick butter |
| 2 tsp ground cinnamon | 1 cup 35% cream (optional) |
| 2 tsp ground nutmeg | 4 litres chicken stock or water |
| 1 tsp crushed chilli pepper | Salt and pepper |
| 2 tsp thyme leaves | |

Preheat the oven to 350° F. Place squash halves on baking sheet flesh side up, and sprinkle with brown sugar, salt and pepper. Roast squash uncovered in oven until soft, about 45 minutes to one hour. Let squash cool and then scoop out flesh using spoon, reserve. (This can be done the day before.)

In heavy-bottomed soup pot over medium heat, melt butter and add onion. Sweat onions until translucent, then add garlic and spices. Sauté for two minutes. Add sugar, vinegar and spice. Sauté two more minutes and then add squash. Pour enough chicken stock or water into pot to just cover squash. Turn heat to low and simmer soup for about 45 minutes to one hour.

In food processor, blender or with an immersion blender, blend soup until smooth. Pass soup through fine-mesh strainer making sure to press all of soup to remove squash bits. Transfer soup back to pot, add cream and some salt and pepper to taste. Once cream is in the soup, it is very important not to let it boil, or the soup will separate.



Golden Leaf Seafood Chowder with Dill

- 1/2 pound bacon, chopped
- 2 onions, chopped
- 3 stalks celery, chopped
- 3 cups milk
- 3 cups heavy whipping cream
- 1 cup any Golden Leaf Estate white wine
- 1 large baking potato washed and grated
- 2 to 3 bay leaves
- 1 pound of fish pieces (any) and 1 pound of shrimp (or 1 bag of frozen mixed seafood for chowder)
- 1 bunch of dill chopped (or to taste)
- Salt and pepper to taste

Brown bacon until crisp in large saucepan or soup pot. Drain off fat and add onions and celery. Sauté until softened. Add milk, cream, wine, grated potato and bay leaves. Stir and cook over medium heat until potato has dissolved and thickened the soup (approx 20 minutes). Add fish/seafood and salt and pepper. Continue to simmer just until the fish is cooked (approx 5-10 minutes). Stir in dill and serve.



Soup

The Blue Tortilla Soup

Recipe by:
Chef Heather Pond,
The Blue Elephant

- 1/2 cup diced onions
- 1/2 cup diced celery
- 1 Tb vegetable or canola oil
- 3 cups chicken stock
- 2 cups medium salsa
- 1/2 cup sour cream
- 1 cup crushed nacho chips (approx. 30)
- 2 green onions (for on top of soup)
- 4 tsp sour cream

Place oil in soup pot and heat. Cook onions and celery for 3 minutes. Add chicken stock and simmer for 10 minutes. Add salsa and let simmer for five minutes. Remove one cup of soup and whisk with 1/2 cup of sour cream. Slowly mix sour cream and soup mixture back into pot. Stir in 1/2 cup of crushed nacho chips and simmer for five minutes.

Place soup in bowls and top with one teaspoon sour cream and sprinkle with green onions and remaining crushed nacho chips.
Enjoy!



Jensen Cheese Sweet Corn Casserole

Potatoes

Onions

Sweet corn

Jensen's Old or Extra Old Cheddar Cheese (or Jensen's Shredded Cheddar-Mozzarella Blend)

Milk and/or crème fraîche

Black pepper, freshly ground

Specific amounts of the above items will depend on the size of the casserole dish and number of people eating it. This recipe can be made in ramekins (small serving dishes for single servings) or in a larger casserole dish with an oven-proof lid (sourced from a local potter) to feed a crowd.

Preheat oven to 350° F. Thinly slice the potatoes, grate the cheese and finely chop the onions. Place ingredients in layers in the casserole dish – starting with a thin layer of potatoes, then add a layer of sweet corn, then cheese, then onions, then repeat the process until the dish is half full. Don't make it too deep – it will take too long to cook (or you can pre-boil the potatoes for about 20 minutes before slicing them).

Season at regular intervals with black pepper. Add enough milk or crème fraîche at the end to ensure that the base of the casserole is covered by about one inch.

Bake for about an hour with the casserole lid on.

Serves 4



Entrée

Roast Rub

Recipe by:
Norfolk County's
Two Fairly Fat Guys
Official Food Ambassadors

1 1/4 Tb paprika
1 Tb Kosher salt
1 tsp fresh Norfolk garlic, minced
1/2 tsp black pepper
1/2 tsp onion powder
1/2 tsp cayenne pepper
1/2 tsp oregano
1/2 tsp thyme
2 Tb olive oil

Roast beef sourced from Norfolk County.

Blend ingredients, cover the roast with the rub and cook according to size.

Sear the roast in the oven first, 450° F for 30 min.

Reduce heat to 325° F and cook for 18-22 minutes/per pound.



Barrel Chef's Special Local Italiano Pork Chops

This is one of our favourite recipes because Norfolk County pork is so tender and flavourful. The herbs and garlic add just enough flavour but do not overpower the meat. The wine used is supplied locally from Burning Kiln and is perfect for cooking. We always like to follow the rule of thumb that the wine you use for cooking should also be really good for drinking. Many people do not understand that using wine for cooking has to be smooth texture, robust and good quality!

12 five-ounce center-cut chops
1/2 cup extra virgin soy-based oil
1 tsp thyme
1 tsp rosemary
1 tsp fresh chopped garlic
1/2 tsp salt
1/2 tsp black pepper
1/4 cup red wine

Mix ingredients together for marinade and pour over pork chops, cover and let sit in fridge over night.

Preheat oven to 350° F. Sear pork chops in frying pan on medium heat. Transfer pork chops to well-oiled baking dish. Add one cup of water to pan to start a deglazing process, turn heat up to medium high and once bubbling reduce slightly, scrape pan with spoon and pour over pork chops. Cook in oven for 40-50 minutes. Serve immediately over rice. Bon appétit!



The Blue Maple Curry Chicken Penne

2 Tb olive oil	3 cloves garlic
2 Tb butter	1 tsp sugar
1 large onion, chopped	1/4 cup pure maple syrup
1 red bell pepper, seeded and chopped	1 cup heavy cream
1 yellow bell pepper, seeded and chopped	(I used whipping cream)
1 green bell pepper, seeded and chopped	2 1/2 Tb hot curry paste or curry powder
2 cups cubed cooked chicken breast meat (or shrimp)	

Heat butter and oil in a large skillet over medium heat. Add onion and peppers, and cook until onions are soft and translucent. Stir in cooked chicken and garlic, and sprinkle with sugar. Cook, stirring for about 3 minutes, then stir in maple syrup, and cook for about 5 more minutes, until caramelized.

Stir in curry paste/powder and cream, and reduce heat to low. Simmer uncovered for 10 to 15 minutes, or until the sauce reaches your desired thickness.

Serve over penne pasta.



Entrée

Recipe by:
Chef Elliot Coelho,
Three West Trends Bistro

Trends Vegetable Strudel

1 green zucchini	1 tsp paprika
1 yellow zucchini	1/2 tsp cumin
1 small red onion	1 lb butter
2 bell peppers (any colour)	Phyllo pastry sheets
6 pieces of asparagus	Cheese, feta or goat (if desired)
2 carrots	1 cup heavy cream
1/4 cup olive oil	Salt and pepper
1 Tb oregano	Saffron, pinch
1 Tb basil	Garlic, chopped

Wash vegetables and chop into a uniform cut. Throw into pan and toss with olive oil, oregano, basil, paprika and cumin. Mix well and roast in oven for 15-20 minutes at 375°F. Take out and let cool.

Melt butter in pot. Brush phyllo pastry with butter. Add a second sheet on top and brush with butter again. Take a third sheet and repeat and brush again with butter. Lay a portion of cooled vegetable in middle. Fold sides in and roll like an egg roll. Brush the roll with butter to keep from drying out. (Cheese, feta or goat, can be added if desired when serving.) Put in oven on greased pan for 20 minutes turning once.

For sauce, put cream in pan. Add salt and pepper and just a pinch of saffron. Reduce till it coats the back of a spoon. Chopped garlic can be added for flavour.

Serve over risotto, drizzled with saffron cream sauce.



Dessert

Recipe by:
Chef Elliot Coelho,
Three West Trends Bistro

Trends Sweet Potato Pie

1/3 cup butter
3/4 cup sugar
2 eggs
3/4 cup or 1/2 can evaporated milk
2 cups, cooked mashed sweet potatoes
1 tsp real vanilla

Preheat oven to 350° F. Cream together butter and sugar. Beat in eggs, evaporated milk, mashed sweet potatoes and vanilla. Pour into a standard pie shell and bake for 30 minutes or until filling has set.

I have been in the culinary business for almost 13 years. In that time I have prepared some elaborate meals. But, after a long day in the kitchen, I still crave a simple home-cooked meal. The fall and winter season in particular reminds of walking into my brother's home and enjoying the beautiful aroma of my sister-in-law's home-baked sweet potato pie. The sweet potatoes I use in this dish are locally grown and come from Berlo's Best. Sweet potatoes can be prepared in many ways. From the simple mashed, to frites, pasta, pies. The possibilities are endless. The pie recipe featured is sure to satisfy the sweet tooth of any dessert lover. It is fairly easy to make and is the perfect ending to your festive family meal. Top this off with some creamy double-churned vanilla ice cream made locally by Good Humor Breyers. - Chef Elliot Coelho, Three West Trends Bistro.



Dessert

Recipe by:
Chef Heather Pond-Manorome,
Blue Elephant Restaurant

The Blue Sweet Potato Bread Pudding

- | | |
|---|---|
| 6 cups torn bread (preferably old or dried out/stale bread) | 1 cup packed brown sugar |
| 3/4 cup chopped hazelnuts or pecans | 1 tsp ground nutmeg |
| 1/2 cup pitted and chopped dates (optional) or raisins | 1-1/2 cups homo milk (3%) |
| 3 Tb melted butter | 3 large eggs |
| 2 tsp ground cinnamon | 4 tsp vanilla extract |
| | 2 cups cooked and mashed sweet potatoes |

Preheat oven to 350° F. Butter large Pyrex baking dish (8"x10"). Sprinkle inside of dish with cinnamon and sugar. In large bowl combine brown sugar, cinnamon, nutmeg, vanilla, beaten eggs and milk. Beat well and add mashed sweet potatoes. Let stand for sugar to dissolve.

Place breadcrumbs in Pyrex dish and pour custard onto bread. Press bread down to ensure that all custard is absorbed by bread. Place Pyrex dish in slightly larger pan and fill larger pan with water to cover half of smaller pan. Cover whole thing with tin foil and bake for approximately 60 to 90 minutes. Check with toothpick to ensure it is fully cooked. Serves 8 to 10. Try serving it with your favorite maple/caramel sauce to make it even better.



Dessert

The Blue Carrot Cake

Recipe by:
Chef Heather Pond-Manorome
The Blue Elephant

Dry Ingredients:

2 cups all-purpose flour
2 tsp baking soda
1 tsp salt
2 tsp cinnamon
2 cups sugar
1/2 cup shredded coconut
2 cups shredded Norfolk grown carrots

Wet Ingredients:

1 1/2 cup canola oil (or Vegetable Oil)
3 eggs
2 tsp vanilla
10 oz can slightly drained crushed pineapple

Preheat oven to 350° F.

Mix together all of dry ingredients. In a separate bowl beat eggs and mix in rest of wet ingredients. Make together until everything is consistent. Try not to over mix. Pour batter in to a greased 9 x 13 baking pan. Bake approximately 40 minutes or until a toothpick comes out clean when inserted into the middle of cake.

Icing:

1 package (8 oz) cream cheese (softened)
1/4 cup softened butter
2 cups icing sugar
5 tsp vanilla
1/2 cup shredded coconut
1/2 cup chopped walnuts

Mix together cream cheese and butter until smooth. Mix in icing sugar and vanilla. Mix in coconut and walnuts. When cake is completely cooled spread icing over top of cake and enjoy.



Dessert

Recipe by:
Nancy Racz, Kernal Peanuts

Kernal's Fresh Strawberry Peanut Dips

1 cup Kernal Peanuts Smooth peanut butter	24 large Norfolk County strawberries (approx),
4 oz milk chocolate (melted)	sliced in half lengthwise
1/4 to 1/2 cup prepared whipped topping	6 oz semi-sweet chocolate (melted)
(such as Cool Whip or Nutriwhip)	

Combine peanut butter, milk chocolate and whipped topping and mix well.
Spread peanut butter mixture on half of a sliced strawberry.
Top with remaining half of strawberry. Repeat with other berries. Refrigerate until set.

Dip each strawberry into melted semi-sweet chocolate, coating half of each berry. Refrigerate until ready to serve.

Kernal's Pinwheel cookies

1 package	puff pastry (thawed)	1/3 cup	unsalted Norfolk County redskin
1 jar	strawberry or raspberry jam		valencia peanuts (chopped)
	(boiled or freezer) made with	1/3 cup	sugar
	Norfolk County fruit		

Combine sugar and chopped peanuts. Roll out pastry to approx 14 x 10 " rectangle.
Spread lightly with jam. Spread with peanut/sugar mixture. Roll lengthwise.
Using a Sharp knife slice into 1/2 " pieces. Place each piece onto ungreased baking sheets lined with parchment paper. Bake at 375 oven for approx 15 minutes until golden brown.

Serve warm or cold



Cider Keg Grilled Raspberry Summer Sandwich

- 1/4 cup butter or margarine
- 8 thick slices of French bread
- 8 Tb of Cider Keg Raspberry Pie In A Jar
- 4 oz semi or bitter sweet chocolate (chips or coarsely chopped)
- 6 Tb mascarpone cheese

Pre-heat barbecue to medium heat. Butter one side of each slice of bread. Arrange 4 slices, butter side down on baking sheet. Spread each slice with tablespoon of Cider Keg Raspberry Pie In A Jar, leave a border. Sprinkle chocolate evenly over each slice. Spread mascarpone cheese on each of the remaining slices of bread, leaving a slight border. Place bread mascarpone side down on top each raspberry/chocolate slice. Grill each sandwich until chocolate melts and bread is golden. Remove from barbecue and let cool 5 minutes. Cut each sandwich in half, serve and savour!

A great dessert. Sweet summer sandwich. Quick and easy for camping or at the cottage, but exceptional for company and a summer get together.



War of 1812 Recipe

Recipe by:
Norfolk County, Heritage and Culture
Nothing More Comforting; Canada's
Heritage Food by Dorothy Duncan.

Nice Cookies that will keep Good Three Months

Nine cups flour, three and a half of butter, five of sugar, large coffee cup of water, with a heaping teaspoonful of pearlash (substitute baking soda) dissolved in it; rub your butter and sugar into the flour, great teaspoon of caraway (seeds).

This recipe does not give directions, but I have learned from experience that it should be mixed well, small amounts rolled into a ball and flattened very thin, on a buttered cookies sheet with a fork, and baked in a moderate oven of 350° F or about 10 minutes or until golden brown. The flavour of the caraway is unmistakable in them.

NOTE:

These cookies do indeed keep for three months as long as they are kept in a dry cool place. Pearlash or potash (potassium carbonate) is a combination of wood ash and water boiled until all the liquid has evaporated. It was used historically (1790s to 1840s) as a leavening agent in baking.



For more about
War of 1812 Bicentennial activities visit
norfolktourism.ca/war-of-1812



Dessert

Recipe by:
Debbie Chapman
Fruit from Wood & Sand

Fruit from Wood and Sand Apple Fritters

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1/2 tsp salt
- 1 Tb baking powder
- 2/3 cup milk
- 2 eggs
- 1/2 tsp ground cinnamon, optional
- Apples, cored and thickly sliced crosswise
- 1 cup confectioners' sugar, sifted (or cinnamon sugar)

Sift together the flour, sugar, salt, and baking powder. Add milk and egg; beat until batter is smooth. Dip apple slices in batter and drop by teaspoonfuls (one at a time) into hot oil about 370° F and at least 2 1/2 to 3 inches deep -- and fry for 2 to 3 minutes per side, until nicely browned.

Drain well on paper towels; then roll in confectioners' or cinnamon sugar while still warm. Serve as is or drizzled with fresh maple syrup.



Purple Daze Lavender & Apricot Mustard

- 1 cup whole yellow mustard seeds
- 1/4 cup dry mustard powder
- 1 cup coarsely chopped dried apricots
- 4 level tsp dried Norfolk lavender (or to taste)
- 1 cup warm water
- 1-1/4 cider vinegar
- 1-1/2 Tb salt
- 3 tsp sugar

Mix together mustard powder, mustard seed, lavender, apricots, water and vinegar and sugar in non-metal bowl. Cover and let sit overnight or at least 4 hours.

Transfer mixture to food processor or blender and add salt. Process until mustard seeds begin to break down and mustard is spreadable.

Store in tightly sealed jars in refrigerator for up to one month (can be frozen).

Note: For herb variation you can add half a cup of fresh chopped herbs such as chives, parsley, dill, mint or a combination of a half of all or any of these, or 1 Tb of chopped fresh rosemary, before processing.



Chef Recipe

Thai Red Chicken Curry

- 2 Tb vegetable oil
- 8 boneless, skinless, chicken thighs
- 2 Tb red Thai curry paste
- 1/2 small bunch cilantro, cleaned
- 1 knob ginger, peeled, julienned
- 1 can (400mL) coconut milk
- 1 Tb fish sauce
- 8 oz small button mushrooms
- 1 red pepper, stemmed, seeded, and cut into 1-inch pieces
- 2 cups broccoli florets
- 1 Tb brown sugar
- 1 Tb lime juice

Cut chicken thighs into bite size pieces. Separate cilantro leaves from stalks. Mince separately.

Heat 1 tablespoon of oil in a large pot over med-high heat. In batches, lightly brown chicken. Transfer chicken to bowl.

To same pot, add remaining oil, curry paste, ginger and chopped cilantro stalks, cook until fragrant.

Whisk in coconut milk and fish sauce.

Lower heat to medium-low and add in mushrooms, red pepper, and chicken and simmer covered for 8 minutes.

Add broccoli, brown sugar and cook until broccoli is bright green, about 2 minutes. Off heat, stir in cilantro and lime juice.

Recipe by:

Kary Osmond

Appearing in October 2012

at Eat & Drink at Flavourfest

Norfolk County Fair and Horse Show



Chef Recipe

Cavolfiori stufati al pomodoro (the Best Cauliflower ever)

Recipe by:

David Rocco

Appearing in October 2012

at Eat & Drink at Flavourfest

Norfolk County Fair and Horse Show

To many people there's nothing very exciting about cauliflower. In fact, it always seems like an old auntie's dish. But, cooked a certain way, with some great cheese I think that it reaches incredible heights. This cooks up to a luxurious silky texture. Stewed cauliflower is a one-pot meal and is so simple that your ten year old can make it. You can call them about 45 minutes before you get home and let them know that its time to start cooking, son! The hardest thing is cutting up the cauliflower and that's not hard at all. The smaller the pieces, the faster this cooks. You don't even have to worry about taking out the core. Just make sure you cut it into smaller, finer pieces and it will cook in a snap.

1 large	head of cauliflower	1 bunch	parsley, chopped
1 medium	white onion	2 cups (450 ml)	pureed tomatoes
1/2 cup (110 ml)	grated parmigiano		water
1/2 cup (110 ml)	hard cheese, cubed, rinds on (optional)		salt and pepper

Cut the cauliflower into small pieces and set aside. Finely chop up one white onion. Look in your fridge. If you have chunks of tough parmigiano or cheese that hasn't been properly wrapped, that's perfect! That's exactly what you want. Now is their time to shine. Cube up the tough cheese, rinds and all. In a fairly large pot, heat up some olive oil and add in your onions. Cook until they're translucent. This is your *soffritto*, or your flavour base. Throw in some diced parsley and all your cauliflower. Give it a good mix. Add in a generous amount of salt and pepper, and now add in two cups of pureed tomatoes and half a cup of water. Give it a good mix, lower your heat to medium put the lid on and let it cook, checking on it every so often, for 40 minutes. The heat of the pot and the steam will break up the cauliflower and it will be a beautifully stewed dish. Take it off the heat. I like to give it a fairly rough mix and mash down any large pieces of cauliflower with the back of my spoon. Now I add in my pieces of cheese and about half a cup of parmigiano. Mix it very well and let it rest for 10-15 minutes. It will thicken up. This tastes best served warm, or at room temperature. The parmigiano will melt and add flavor. The chunks of cheese will only semi melt and will give you a little cheese surprise every so often. If you want to turn this into a main course, you can break up some pasta and throw it in as well at the beginning of the 40 minutes. Just add more water. Call me an old auntie, but the cauliflower alone is one of my absolute favorites.



Chef Recipe

Caramel Apple Upside Down Cake

Recipe by:

Anna Olson

Appearing in October 2012
at Eat & Drink at Flavourfest
Norfolk County Fair and Horse Show

Apples make an ideal upside down cake, since they caramelize so nicely and the juice melds with the sugar syrup, making for a shiny, saucy glaze when the cake is inverted.

Caramel Apple Layer:

3 apples (Spartan, Mutsu or Cortland),
peeled, cored and each cut
into 8 wedges

2 Tb water

1 Tb lemon juice

1 cup sugar

1/3 cup unsalted butter

1/2 cup

1/2 cup

4

1/3 cup

1 tsp

1 1/4 cups

1 tsp

1/2 tsp

1/4 tsp

sugar

packed dark brown sugar or
demerara sugar

eggs at room temperature, separated

sour cream

vanilla extract

all-purpose flour

baking powder

ground cinnamon

salt

Cake:

1/4 cup unsalted butter at room temperature

1. Preheat the oven to 350 °F. Grease a 9-inch cake pan and place it on a parchment-lined baking tray.
2. For the caramel apple layer, arrange the apples tightly together in the bottom of the prepare pan. Pour the water and lemon juice into a small saucepot, and then add the sugar and butter. Bring this mixture to a boil without stirring and continue to boil, occasionally brushing the sides of the pot down with water, until it is a rich caramel colour, 4 to 6 minutes. Remove the pot from the heat and pour the caramel over the apples, coating them as much as possible (but don't worry if they are not completely coated). Set aside while preparing the cake.
3. Beat the butter, sugar and brown sugar together. Add the egg yolks, sour cream and vanilla and beat until blended.
4. In a separate bowl, sift the flour, baking powder, cinnamon and salt and stir this into the butter mixture.
5. In another bowl, whip the 4 egg whites until they hold a soft peak and fold them into the cake batter in 2 additions. Scrape the batter overtop of the apples and spread evenly.
6. Bake the cake for about 45 minutes, until a tester inserted in the centre of the cake comes out clean. Allow the cake to cool for 30 minutes. Run a knife around the inside edge of the cake pan and place a serving plate overtop the pan. Flip the cake over and lift the pan off, revealing the caramel apple top.

Makes one 9-inch cake, Serves 12



Sweet Potato Fries with Cinnamon and Maple Syrup

Sweet potatoes are the newest craze. They are more nutritious than regular potatoes and contain antioxidants that may help in the fight against cancer. Beware of those in restaurants, as they are usually deep fried.

2	large sweet potatoes (about 1 1/2 lb), unpeeled and scrubbed	1/4 tsp	ground ginger
2 Tb	vegetable oil	pinch	of nutmeg
4 tsp	maple syrup	3 Tb	chopped parsley
3/4 tsp	cinnamon		

Preheat the oven to 425°F. Lightly coat a rimmed baking sheet with cooking spray spray. Place on the prepared baking sheet.

Combine all the remaining ingredients except the parsley in a small bowl.

Brush half the maple syrup mixture over the sweet potatoes.

Bake in the center of the oven for 20 minutes. Turn and brush with the remaining maple syrup mixture. Bake another 15 minutes or until tender. Sprinkle with the parsley.

Nutritional info per serving

Calories 170 • Protein 2.1 g

• Carbohydrates 30 g • Fiber 3.9 g

• Total fat 4.5 g

• Saturated fat 0.2 g

• Cholesterol 0 mg

• Sodium 12 mg

• prep time 10 minutes

• cook time 35 minutes


Serves 6



Snack

Recipe by:
Livia Townsend,
Ontario Popping Corn Co.

Uncle Bob's Caramel Almond Popcorn



1 cup	unsalted butter
3/4 cup	Uncle Bob's yellow popping corn
2 Tb	plus 1-1/2 Tb canola oil
2 cups	raw or toasted almonds
2 cups	packed brown sugar
1/2 cup	light corn syrup
2 tsp	vanilla extract
1/2 tsp	pure almond extract
3/4 tsp	salt
1/2 tsp	baking soda

Preheat oven to 250° F. Butter two rimmed baking sheets; set aside. Place Uncle Bob's corn kernels and oil in a large pot over medium heat and cover. Once kernels begin to pop, shake pot frequently. When popping slows, remove from heat, uncover and transfer to a large bowl. Add almonds and toss. You can substitute the micro-popper for popping the popcorn kernels as well.

Cook sugar, butter and corn syrup in medium saucepan over medium high heat, stirring until it reaches 255° F. Remove from heat. Stir in extracts, salt and baking soda. Pour over popcorn mixture; toss to coat. Divide between prepared sheets. Bake, stirring occasionally, for 80 minutes. Let cool on wire racks.



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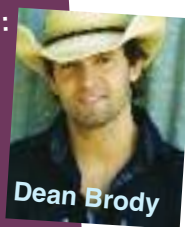
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