

**COOKING WITH
LOCAL FOOD**



MUSHROOM ELK BURGER WITH SASKATOON ONION CHUTNEY

Up your burger game this summer with a simple to make but intensely flavourful chutney, paired with locally raised elk and freshly made potato buns. You will never look at your burger the same.



MUSHROOM ELK BURGER WITH SASKATOON ONION CHUTNEY

- To make the chutney, heat a large skillet over medium heat. Lightly sauté thinly sliced onions until translucent. Reduce heat to low, add sliced garlic and continue cooking slowly until onions are completely soft and beginning to turn brown, 10-12 minutes.
- Add the thawed saskatoon berries, honey, white wine vinegar, finely chopped chili pepper, salt and pepper. Continue cooking stirring occasionally until berries break down. You may need to squish some of the berries with the back of your stirring spoon. Once the liquid has evaporated and the onions have become thick from caramelization, adjust seasonings if needed and set aside to cool.
- While the chutney is cooking prepare the burger patties. Chop mushrooms into a small dice. Saute in a large skillet with minced garlic until browned and flavourful.
- In a large mixing bowl combine ground elk, cooked mushrooms, and spices and mix well. Divide in 4 and form into patties and grill.
- Toast potato buns to warm and garnish with prepared mustard, lettuce, freshly sliced tomatoes and a large dollop of chutney.
- Serves 4

Cheers to good health & good food - Chef Susan Hoy



INGREDIENTS:

- 4 **Baba's Breads & Baking Potato Buns**
- 1 lb **Uncle Bernie's Ground Elk**
- ½ lb portobello mushrooms,
- 1 clove **Mountainview Colony garlic**
- 1 tsp onion powder
- 1 tsp cumin
- ¼ tsp salt
- ⅛ tsp black pepper
- 1 **Souto Farms tomato**
- Innisfail Farms lettuce**
- Prepared mustard
- ONION & SASKATOON CHUTNEY**
- 1 tbsp olive oil
- 1 med **Mountainview Colony white onion**
- 2 cloves **Mountainview Colony garlic**
- 1 cup **Solstice Berry Farm Saskatoon berries**, thawed
- 1 sm Thai red chili or ¼ tsp chili flakes
- 1 tbsp **Ryan's Honey**
- 1 tbsp white wine vinegar
- ¼ tsp salt
- Pinch black pepper

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SALTED CARAMEL CHOCOLATE STRAWBERRIES

*Take this simple dessert to
any get together or picnic.*



SALTED CARAMEL CHOCOLATE STRAWBERRIES

- Soak strawberries in ice cold water for 10 minutes to refresh the green tops. Dry completely and set aside while you prepare the rest of the ingredients.
- In a double boiler over simmering heat, melt chocolate. Avoid melting chocolate in the microwave as it often becomes overheated and burns. In a separate bowl melt caramel in microwave. Chop salted caramel almonds finely.
- Cover a large dinner plate tightly with plastic wrap to make a suspended surface. This prevents the hardened chocolate from breaking when set.
- Dip strawberries two-thirds into caramel and set on plastic covered plate allowing the excess caramel to drain. Once caramel has drained, dip the strawberries into the chocolate and sprinkle with chopped almonds. Set on a second plate to set. Refrigerate for 30 minutes.

Makes 24

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INGREDIENTS:

1 lb **Souto Farms strawberries**

4 oz **Sweet Gypsy Bespoke Chocolate Dark Chocolate**

10 individually wrapped caramels

2 tsp cream or canned coconut cream for dairy-free

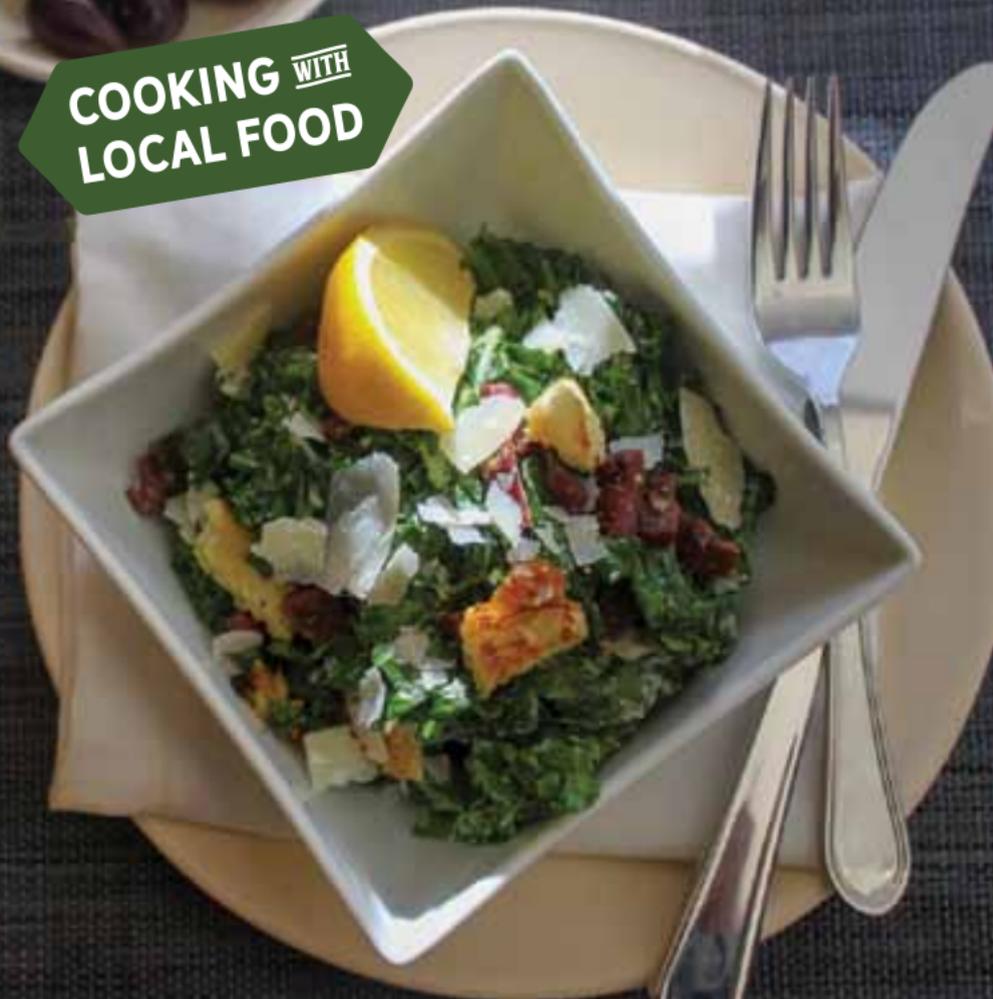
2 oz **Going Nuts Salted Caramel Almonds**, chopped

Course ground salt, optional

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**COOKING WITH
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KALE CAESAR SALAD WITH PEPPERED JERKY

*Beef up your Caesar salad
with kale and healthier
peppered jerky instead
of bacon.*



KALE CAESAR SALAD WITH PEPPERED JERKY

- To make the dressing, add all the ingredients into a small mixing bowl and whisk together. Add 2-3 tablespoons of water as needed to adjust the consistency, if too thick. Store in an airtight glass jar and refrigerate for up to 2 weeks.
- Rinse kale and dry well. Remove large stems and tear large leaves into bite sized pieces; transfer to a large mixing bowl. Massage kale well to tenderize the strong fibres by sprinkling with a pinch of salt and roughly massaging until it is reduced by half in volume.
- Dress kale with your desired amount of dressing tossing to evenly coat. Add croutons, beef jerky, a squeeze of fresh lemon juice and parmesan cheese. Toss to evenly distribute topping throughout the salad.
- Serve immediately.

Serves 2-4 people.

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INGREDIENTS:

- 1 bag Innisfail Growers kale
- 1 ½ oz Expedition Jerky Peppered Jerky, thinly sliced
- 1 tbsp parmesan cheese
- 1 cup croutons

DRESSING

- ¼ cup hummus
- 1 tsp grainy Dijon mustard
- ½ tsp lemon zest
- 3 tbsp lemon juice
- 2 tsp capers, chopped finely
- 2 cloves Mountainview Colony garlic
- 1 tbsp olive oil
- 2 tbsp Good Stuff Maple Products maple syrup
- ½ tsp salt
- Water as needed



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**COOKING WITH
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KOHLRABI COLESLAW

*Not your typical coleslaw,
but it may become your new
favourite. Dressed with a
light vinaigrette it leaves
room to add your favourite
nuts or seeds for
added crunch.*



KOHLRABI COLESLAW

- Peel outer skin from kohlrabi and slice into very thin matchstick pieces. Cut apple into the same sized matchstick pieces. Use a mandolin if available.
- Combine thinly sliced kohlrabi, apple, shredded carrot, shredded cabbage, thinly sliced onion, and parsley in a large bowl. In a separate bowl, whisk together grapeseed oil, apple cider vinegar, honey, salt and pepper. Pour over kohlrabi and toss well.
- Refrigerate for 2 hours before serving.

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INGREDIENTS:

- 1 ½ **Innisfail Growers** kohlrabi
- 1 small **Innisfail Growers** carrot
- 1 ½ c shredded green cabbage
- ¼ c **Mountainview Colony** red onion
- ½ **Souto Farms Ambrosia** apple
- 2 tbsp fresh parsley
- 4 tbsp grapeseed oil
- 2 tbsp apple cider vinegar
- 1 tbsp **Ryan's Honey**
- ¼ tsp salt
- ⅛ tsp black pepper

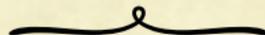


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RASPBERRY REFRESHER



*Naturally sweetened with local raspberries,
this adult raspberry-ade is the perfect
accompaniment to any summer barbecue.*

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RASPBERRY REFRESHER

- Bring 4 cups of water to a boil. Pour over tea leaves and set aside to steep until completely cooled. Strain.
- Add ice, raspberries, lemon juice, raspberry wine and water to blender. Blend until a slushy consistency is reached.
- Store extra steeped tea in a air tight glass jar and store refrigerated for up to 1 week.
- Serves 4

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INGREDIENTS:

¼ c Chi's Tea London Fire
tea leaves

4 c water

REFRESHER

4 c ice

2 c Souto Farms raspberries

¼ c fresh lemon juice

1 c Fieldstone's Raspberry
Fruit Wine

1 c water



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BBQ RHUBARB YAK STEW

Much like bison, yak is a lean, flavourful meat that lends well to many traditional beef dishes. Rhubarb relish adds a beautiful balance to the dish with a hint of sweetness.



BBQ RHUBARB YAK STEW

- Cut steaks into 1 inch cubes. Transfer to a large mixing bowl. Toss with spices and flour to evenly coat.
- Heat a large dutch oven (or pot) over med-high heat, heat 2 tablespoons oil. Add yak and brown on all sides, working in batches if necessary. Transfer to a plate. Deglaze the pot with Krang Krupnik Spiced Honey Spirit, scraping the bottom to remove all the baked on bits.
- In the same pot, cook onion, garlic, potatoes, carrots, Japanese turnips & mushrooms until onion becomes translucent. Add yak back in to dutch oven along with the bbq sauce, and broth. Bring to a gentle boil, cover and reduce heat to low. Simmer for 1 hour.
- Add zucchini, and rhubarb relish. Continue simmering for 20 minutes or until zucchini is tender. Adjust seasonings, if needed. Garnish with fresh parsley to serve.

Serves 6.

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INGREDIENTS:

- 3 lbs **Little Loaves Farm Yak Rump Steak**
- 1 tbsp smoked paprika
- 2 tsp chili powder
- 2 tsp cumin
- ½ tsp black pepper
- 2 tbsp all purpose flour
- 1 oz **Krangs Krang Krupnik Spiced Honey Spirit**
- ½ lg **Mountainview Colony white onion, chopped**
- 2 lg **Mountainview Colony garlic cloves, minced**
- 1 ½ lbs **Souto Farms new potatoes, cubed**
- 4 lg **Souto Farms carrots, cubed**
- 1 bag **Happiness by The Acre Japanese turnips, trimmed**
- 1 **Innisfail Growers zucchini**
- 4 oz mushrooms, quartered
- 1/3 c bbq sauce
- 3 cups beef broth or water
- 1 c **Emerald Farms Rhubarb Relish**
- 1 tsp Salt

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HONEY MUCHO SPATCHCOCK CHICKEN

*Grilled on the barbecue or baked in the oven,
this market fresh entrée is simple
yet full of flavour.*



HONEY MUCHO SPATCHCOCK CHICKEN

- In a medium sized dish steep dried tea in 3 cups boiling water for 30 minutes. While tea is steeping prepare marinade and chicken.
- Place chicken breast side down on cutting board. Starting at the tail end cut along both sides of the backbone with kitchen shears or chef's knife. Turn breast side up and press down on each side of the breast until it lays flat.
- In a shallow dish large enough to hold the chicken, combine cooled tea, minced garlic clove, canola oil, ¼ cup honey, 2 tbsp white wine vinegar, 1 tsp onion powder, and dried thyme. Add chicken and marinade for 4 hours or overnight.
- Remove chicken from marinade and pat dry with paper towel. Transfer marinade to a small pot and set aside. Combine ½ cup Mucho Gusto Relish with 2 tbsp honey and using your fingers, slide it under the skin of the chicken.
- Bake on a lined baking tray at 450F for 45-50 minutes, or until internal temperature reaches a minimum of 170F. Rest for 10 minutes before cutting into 8 pieces.
- Bring marinade to a boil. Reduce heat to medium low, season with 1 tbsp white wine vinegar, ½ tsp onion powder, salt, and black pepper and simmer for 3-4 minutes. Mix tapioca starch in 2 tbsp of water. Whisk in to sauce to slightly thicken and transfer to small bowls for dipping chicken.

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INGREDIENTS:

- 1 Mountainview Colony whole chicken
- 2/3 c Tea Hippie San Sangria Tea
- 1 lg Mountainview Colony garlic clove
- 6 tbsp Mountainview Colony canola oil
- 2 tbsp + ¼ c Ryan's Honey
- 3 tbsp white wine vinegar
- 1 + ½ tsp onion powder
- ¼ tsp dried thyme
- 1 c Emerald Farms Mucho Gusto Relish
- 1 tbsp tapioca starch
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp water

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MANGO PEPPER CHICKEN TACOS

*These are hands down the
most delicious chicken
tacos you will experience
outside of Mexico.*



MANGO PEPPER CHICKEN TACOS

- Pat chicken breast dry with paper towel and season with spices. Heat a large Dutch oven (or pot with tightly fitting lid) over medium-high heat. Sauté chicken in canola oil browning on both sides (chicken will not be cooked through). Transfer browned breasts to a plate. Sauté onion, pepper, and garlic until onion becomes translucent. Add mango ginger pepper jelly and water to sautéed onion and peppers scraping bottom of pot to remove any stuck pieces and browned bits.
- Return partially cooked chicken to the pot and cover. Reduce heat to low and braise for 30 minutes. Remove from heat and set aside to rest without lifting lid for 30 minutes.
- Once rested, shred chicken meat with 2 forks. Return to pot stirring into remaining juices, onions and peppers.
- Serve with warmed tortilla shells, toppings, pico de gallo, and optional cilantro, avocado, and squeeze of fresh lime juice.

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SEASONED CHICKEN

1 lb Uncle Bernie's All Natural Chicken Breast

½ Mountainview Colony white onion

½ red bell pepper, thinly sliced

½ yellow bell pepper, thinly sliced

1 lg Mountainview Colony garlic clove

1 ½ tsp cumin

½ tsp coriander

½ tsp chili powder

½ tsp Mexican oregano

½ tsp salt

¼ tsp black pepper

1 ½ tbsps Mountainview Colony Unrefined Canola Oil

½ c. Kranks Mango Ginger Pepper Jelly

¼ c water

TACOS

6 Bakers Oven Home Bakery

Tortilla Shells

1 c shredded green cabbage

3 Happiness by The Acre radishes

3 Happiness by The Acre green onions

½ c Mountainview Colony red onion

Kruse's Pico de Gallo

Cilantro, avocado, fresh lime

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