

# Savour Ontario



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# Milk Bread with Honey Butter

prep time: 30 minutes

rise/bake time: 1 hour, 25 minutes

yield: 2 loaves

*"I have always supported local, fresh food. There is a long list of incredible tasting dairy products that are enjoyed by my family and families all across Canada each and every day, all made with the highest quality Canadian milk. I support and give thanks to the dairy farmers in their work to produce safe, nutritious food in an economically, socially and environmentally sustainable way. This bread recipe is one that I share with my family everyday and it is made with one of my favourite ingredients...fresh, high quality, delicious milk."*

## Ingredients:

2/3 cup heavy cream, warm (to 95°F/35°C)

1 cup whole milk, warm (to 95°F/35°C)

1 tbsp instant yeast

1 egg

1/3 cup granulated sugar

1/2 cup cake flour

3 1/2 cups bread flour

2 tsp salt

1 cup unsalted Ontario butter, plus more for greasing pans at room temperature

2 tbsp local honey

1 tsp orange zest

## Milk Bread Instructions:

1. Preheat oven to 350°F (180°C).
2. Place the cream, milk, sugar and yeast in a small bowl, mix and let stand for 10 minutes.
3. In a stand mixer bowl, place the cake flour, bread flour, salt and 1 whole egg, then add the cream yeast mixture. Mix dough for 15 minutes. Cover the dough with a damp towel and let rest for 1 hour or until the dough is double in size.
4. Grease two standard loaf pans on all sides with butter.
5. On a lightly floured surface, turn out the dough and cut it in half. Then, cut each half into 3 equally-sized pieces. Roll each piece into a ball. Place 3 balls into each loaf pan.
6. Cover the pans and let the dough proof (rest) for another hour or until doubled in size.
7. Brush the risen dough with egg wash.
8. Bake the loaves for 23-25 minutes. Allow to cool before removing from pans.

## Honey Butter Instructions:

1. In a small bowl, stir together butter, honey and orange zest until blended.
2. Place butter in an airtight container and refrigerate. Use within 2 weeks.



Chef Laura Maxwell



# Gravlax & Summer Vegetable Salad with Chive Cream Cheese Dressing

prep time: 5 minutes

cook time: 15 minutes

serves: 4

## Salad Ingredients:

- 8 cups fresh arugula
- 1 red bell pepper, sliced into 1-inch pieces
- 1/2 cucumber, peeled and deseeded, then sliced into thin, half-moon slices
- 1/4 cup capers (non-pareil are best, if you can find them)
- 200 g sustainably sourced smoked salmon or Ontario trout gravlax
- 4 tbsp chives, finely minced
- 2 sprigs dill, picked with stems removed
- 8 mint leaves, finely sliced
- 2 tbsp sherry vinegar

## Pickled Shallots Ingredients:

- 2 large shallots, julienned
- 60 ml white wine vinegar
- 1 tsp vegetable oil
- Salt, to taste

## Chive Cream Cheese Dressing Ingredients:

- 250 ml Ontario cream cheese, softened at room temperature
- 4 tbsp 35% cream
- 4 tbsp plain Ontario yogurt
- 2 tbsp dill, finely chopped
- 3 sprigs chives, finely chopped

## Pickled Shallots Instructions:

1. Bring a small frying pan to high heat and add oil.
2. When oil reaches smoke point, add shallots and pinch of salt to extract moisture.
3. Stirring constantly, sauté shallots until they have softened and are almost translucent, but not browned.
4. Add vinegar and reduce heat to medium until moisture has evaporated.
5. Remove from heat and transfer to a plate in the fridge to cool before using.

## Chive Cream Cheese Dressing Instructions:

1. Place first 3 ingredients in blender and mix to combine until smooth.
2. Add the herbs and mix on low speed to combine.
3. Refrigerate for up to 6 days.

## Salad Assembly Instructions:

1. In a large bowl, add chopped mint, 4 tbsp Chive Cream Cheese Dressing, 2 tbsp sherry vinegar and a pinch of salt. Mix together with a fork.
2. Add in your arugula, red pepper, pickled shallots and cucumber. Toss gently to coat the vegetables.
3. Distribute your salad between 4 plates. Evenly divide the remaining chives, dill and capers by sprinkling on top of each salad.
4. Divide the Gravlax into 50-gram portions and arrange on each plate.
5. Finish with another drizzle of the Chive Cream Cheese Dressing otop.

Trevor Lui



# Creamy Carbonara Miso Udon

**prep time:** 10 minutes  
**cook time:** 15 minutes  
**portions:** 2

## Ingredients:

- 2 packs (200 g each) soft udon noodles
- 1 ½ link lap cheung (Chinese sausage) OR 2 strips of regular bacon
- 2/3 cup Ontario Asiago cheese, shaved
- 4 tbsp whole milk or cream
- 2 ½ tsp miso paste
- 2 egg yolks
- 2 tbsp olive oil
- salt and pepper, to taste
- 2 stalks parsley, finely chopped

## Instructions:

1. In a bowl, combine cheese, milk, miso paste and egg yolks together, saving a little of the cheese for garnish.
2. With a fork, gently fold all the ingredients together into a single mixture, ensuring it is thoroughly mixed. Set aside.
3. In a small pot, blanch udon noodles quickly until all the noodles are evenly separated. Noodles should be slightly al dente (firm). Immediately run under cold water and set aside.
4. Dice lap cheung into small pieces. In a frying pan, slowly cook until crisp, remove, and set aside.
5. Using the same pan, on medium heat, add olive oil followed by udon noodles and sauté. Add crisped, diced sausage and salt and pepper to taste. Remove from heat.
6. Add noodles and sausage to bowl of cheese mixture and fold delicately until all noodles are completely covered and mixture thickens slightly to a creamy consistency.
7. Plate and garnish with parsley, extra cheese and fresh-ground black pepper.



Chef Michael Bonancini



## Lemon Posey

prep time: 5 minutes

chill time: 4 hours

serves: 6

*"Lemon Posset, or 'Lemon Posey' as I like to call it, is a simple recipe and is much more versatile than you might think. Contrary to its name, you can use just about any citrus you have on hand to create this sweet yet tangy treat. When I think of Lemon Posey, I think of English strawberry season. There are few things as delicious as a big bowl of fresh strawberries topped with a dollop of creamy Lemon Posey! The best part of all? This recipe can be made with just a handful of ingredients that you can get locally at the grocery store or through online delivery."*

### Ingredients:

2 ¼ cups whipping cream

2/3 cup white sugar

1/4 cup lemon juice, sieved (or strained)

Fresh strawberries or blackberries to garnish

Sprig of mint to garnish

### Instructions:

1. In a medium pot, add cream and sugar. Bring to a simmer, stirring until the sugar has dissolved.
2. Remove from heat, stir in the lemon juice, and pour into 6 ramekins or bowls.
3. Refrigerate for no less than 4 hours.
4. Garnish with berries, a sprig of mint and a dusting of powdered sugar.

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