

Rustic Canadiana

(Restaurant-Style Menu)

Enjoy a family-style feast with regional flavours inspired from the bounty of Alberta and the surrounding prairies, lakes and mountains.

[FEATURED BEVERAGE]

Ginger Grapefruit Spritzer

freshly squeezed grapefruit juice, non-alcoholic ginger beer, Canadian maple syrup (served with hors d'oeuvres)

Autumn Pear Smash

fresh muddled pears, rosemary, sparkling soda
(served with dinner)

[HORS D'OEUVRES]

Pear and gouda crostini

Alberta Grizzly Gouda, poached pears, aged balsamic glaze

[SALAD]

Roasted beets and smoked salmon
crème fraiche, orange essence

[ENTRÉE]

Pan seared bison

barley risotto, arugula salad, sautéed red peppers

[DESSERT]

Homemade maple walnut ice cream
shortbread crumble, raspberries



Rustic Canadiana

(Cookbook-Style Menu)

Enjoy a family-style feast with regional flavours inspired from the bounty of Alberta and the surrounding prairies, lakes and mountains.

[FEATURED BEVERAGE]

GINGER GRAPEFRUIT SPRITZER (SERVED WITH HORS D'OEUVRES)

freshly squeezed grapefruit juice, non-alcoholic ginger beer, Canadian maple syrup

Equipment – 8 mason jars

- 1 L of grapefruit juice
- 1 L of non--alcoholic ginger beer, or ginger ale if ginger beer
- ½ cup of Canadian maple syrup

BEVERAGE – Mix all ingredients together. Serve with sliced grapefruit in mason jars.

AUTUMN PEAR SMASH (SERVED WITH DINNER)

fresh muddled pears, rosemary, sparkling soda

Equipment – 8 mason jars

- 1.5 L of sparkling soda
- ½ cup of muddled fresh pear
- ½ cup of pear nectar
- 8 sprigs of rosemary

BEVERAGE – Mix soda and nectar together and pour into mason jars. Garnish mixture with muddled pear and each mason jar with rosemary sprigs.

SELECTION OF TEAS (SERVED WITH DESSERT)

[HORS D'OEUVRES]

PEAR AND GOUDA CROSTINI

Alberta Grizzly Gouda, poached pears, aged balsamic glaze

Equipment – muddler, 8 highball glasses

- 1 box of Raincoast Crisps
- Alberta Grizzly Gouda, shaved (rosemary raisin)
- Aged balsamic glaze
- 2 Bosc pears

PEAR AND GOUDA CROSTINI (CONTINUED)

PEARS – Peel both pears and submerge into slow cooker for slow poach. Once pears are poached, slice into segments.

CROSTINI – Layer the shaved gouda and poached pear on each cracker and drizzle with balsamic glaze.

[SALAD]

BEETS AND SMOKED SALMON

crème fraiche and orange essence

Equipment – wooden serving plank, serving tongs

- Approximately 20 beets
- 2 packages of smoked salmon
- Crème Fraiche
- 1 Orange
- Assorted microgreens
- salt & pepper

BEETS – Steam beets for 15 - 20 minutes until fork tender.

SALAD – Layer beets on top of salmon. Drizzle with crème fraiche and orange essence. Garnish with microgreens.

[ENTRÉE]

PAN SEARED BISON

barley risotto, arugula salad, sautéed red peppers

Equipment – wooden plank, pot, non-stick skillet, carving knife, steak knives

- 6 cups chicken stock
- 6 teaspoons butter
- 1 cup onion, finely diced
- 2 medium garlic cloves, minced
- 2 cups pearl barley
- 1 tablespoon of flat-leaf parsley
- 1 package arugula
- ½ cup of freshly grated Parmesan cheese
- 1 lemon, juiced
- Olive oil
- 5 red peppers, sliced
- 8 bison steaks
- salt & pepper

PAN SEARED BISON (CONTINUED)

RISOTTO – Simmer chicken stock in a pot over low heat. Melt butter in a large skillet over low heat, and add onion and sauté until translucent. Add barley, thyme, bay leaf and one cup of warmed chicken stock. Reduce heat and simmer until stock is absorbed, stirring frequently. Fold in Parmesan cheese at end.

ARUGULA – Dress arugula with fresh lemon juice and olive oil.

PEPPERS – Sauté red peppers until tender.

BISON – Season the bison with salt and pepper. Wrap bison in plastic wrap, and cook in slow cooker. When meat thermometer reads 130 degrees, pull bison out of slow cooker and finish the bison on a frying pan.

PLATING – Plate everything on wooden plank with bison at center of risotto, arugula, and peppers.

[DESSERT]

HOMEMADE ICE CREAM

maple walnut ice cream, shortbread crumble, raspberries

Equipment – ice cream machine, long plates

- 2 cups heavy cream (35%)
- 1 ¼ cup dark Canadian maple syrup
- 1 cup whole milk
- large pinch kosher salt
- ½ teaspoon vanilla
- 1 ½ cups toasted walnuts, chopped
- pint raspberries
- shortbread cookies

BASE – Warm 1 cup heavy cream with ¾ cup dark Canadian maple syrup over medium-low heat. Stir until syrup is fully dissolved. Remove from heat, and stir in remaining cream, whole milk, salt and vanilla. Chill thoroughly in fridge.

WALNUT SYRUP – Add ½ cup dark Canadian maple syrup to warm sauce pans and heat until it boils, then stir in toasted walnuts.

ICE CREAM – Once ice cream base is fully chilled, freeze your ice cream bowl according to manufacturer's directions. During last minute, add the walnut syrup.

Plating – Crumble cookies and place across center of plate. Place scoop of ice cream on side of plate, and garnish with fresh raspberries.

Rustic Canadiana

(Ingredients)

Enjoy a family-style feast with regional flavours inspired from the bounty of Alberta and the surrounding prairies, lakes and mountains.

- **Alberta Grizzly Gouda**
- **arugula**
- **balsamic glaze**
- **beets**
- **bison**
- **butter**
- **Canadian maple syrup**
- **chicken stock**
- **crème fraiche**
- **garlic**
- **grapefruit juice**
- **ground pepper**
- **heavy cream (35%)**
- **lemon, juiced**
- **microgreens**
- **non-alcoholic ginger beer**
- **olive oil**
- **onion**
- **orange**
- **Parmesan cheese**
- **parsley**
- **pear nectar**
- **pearl barley**
- **pears**
- **Raincoast Crisps crackers**
- **raspberries**
- **red peppers, sliced**
- **rosemary**
- **salt**
- **shortbread cookies**
- **smoked salmon**
- **sparkling soda**
- **vanilla**
- **walnuts, chopped**
- **whole milk**



West Coast Canadian Fusion

(Restaurant-Style Menu)

Celebrating Canada's ethnic diversity with global influences fused together by flavours from the Canadian west coast.

[FEATURED BEVERAGE]

Lychee Refresher

Canadian maple syrup, mint, sparkling soda (served with hors d'oeuvres)

Spiced Kumquat Spritzer

kumquat syrup, pink peppercorns, sparkling soda (served with dinner)

[HORS D'OEUVRES]

Prosciutto Wrapped Dates
cured prosciutto, Medjool dates & walnuts

[TAPAS]

Gazpacho Shooters

heirloom tomatoes, cucumbers, bell peppers

Citrus Ceviche

scallops, red onion, California citrus & cilantro

[ENTRÉE]

Miso Marinated Sablefish
vermicelli noodles, bok choy, and dashi stock

[DESSERT]

Cardamom cheesecake
pear and carrot coulis, candied pistachios

West Coast Canadian Fusion

(Cookbook-Style Menu)

Celebrating Canada's ethnic diversity with global influences fused together by flavours from the Canadian west coast.

[FEATURED BEVERAGE]

LYCHEE REFRESHER (SERVED WITH HORS D'OEUVRES)

Canadian maple syrup, mint, sparkling soda

Equipment – toothpicks, 8 cocktail glasses

- 1 can of lychees with syrup
- 4 tablespoons of Canadian maple syrup
- 1 L sparkling soda
- A bunch of mint

BEVERAGE – Toothpick all lychees. Muddle the remaining lychee syrup with mint. Top off with maple syrup and sparkling soda. Serve in highball glasses with lychees as garnish.

SPICED KUMQUAT SPRITZER (SERVED WITH DINNER)

kumquat syrup, pink peppercorns, sparkling soda

Equipment – muddler, 8 highball glasses

- Approximately 30 kumquats, sliced into rounds and seeded
- 1 cup of sugar
- 1 cup of water
- 2 teaspoons dried pink peppercorns, lightly crushed
- 2 L of soda water

BEVERAGE – Prepare simple syrup with sugar, water and peppercorns, drain. Muddle kumquats with simple syrup. Add soda water and garnish with pink peppercorns.

[HORS D'OEUVRES]

PROSCIUTTO WRAPPED DATES

cured prosciutto, Medjool dates, walnuts

Equipment – wooden skewers

- 16 Medjool dates
- Walnuts
- 16 slices of prosciutto
- Maple syrup

DATES – Preheat oven to 425° Fahrenheit. Slice dates lengthwise to remove pit and replace with walnuts. Place the stuffed date on top of a slice of prosciutto and roll the date up. Bake for 5 minutes, and drizzle with a touch of maple syrup.

[TAPAS]

GAZPACHO SHOOTERS

heirloom tomatoes, cucumbers, bell peppers

Equipment – 16 shot glasses, food processor, one large mixing bowl,

- 1 hothouse cucumber, halved and seeded, but not peeled
- 2 red bell peppers, cored and seeded
- 4 small heirloom tomatoes
- 1 red onion
- 3 garlic cloves, minced
- 3 cups of tomato juice
- ¼ cup white wine vinegar
- ¼ cup good olive oil
- microgreens
- salt & pepper

GAZPACHO – Roughly chop the vegetables into a food processor fitted with a steel blade and pulse until coarsely chopped. Mix with rest of ingredients, save microgreens, and chill. Pour into shot glasses and garnish with microgreens.

[TAPAS CONTINUED]

CITRUS CEVICHE

scallops, red onion, Californian citrus, cilantro

Equipment – 16 Asian spoons, two glass mixing bowls

- 1 lb of scallops, finely diced
- 2 lemons, juiced
- 2 limes, juiced
- 2 oranges, juiced
- 1 cup cucumber, finely diced
- ½ jalapeno, finely diced
- ¼ cup onion, finely diced
- 1 cup tomato
- 1 avocado, sliced
- 1 tablespoon of cilantro
- 2 tablespoons of olive oil
- salt & pepper

CEVICHE – Mix all citrus juices in a bowl. Stir in scallops and finely diced jalapeno. Combine vegetables in another bowl until ceviche is “cooked”.

PLATING – In the bottom of an Asian spoon, place scoop of ceviche on top of a slice of avocado.

[ENTRÉE]

MISO MARINATED SABLEFISH

vermicelli noodles, bok choy, dashi stock

Equipment – 8 bowls,

- 8 black sablefish filets
- 8 tablespoons mirin
- 8 tablespoons white miso paste
- 6 tablespoons sugar
- vermicelli noodles
- baby bok choy
- dashi powder
- 1 tablespoon of vinegar
- 1 tablespoon of lychee syrup

MISO MARINATED SABLEFISH (CONTINUED)

MARINADE – Mix the mirin, miso, vinegar and lychee syrup together. Set aside.

FISH – Pat the fish fillets dry with paper towels and cover with marinade. Once marinated, cook fish in the frying pan until done.

SIDES– Cook vermicelli noodles in hot water according to packaging. Submerge baby bok choy in hot water until cooked.

DASHI – Add 3 cups of water to dashi packet.

PLATING – plate dashi, then layer with noodles and bok choy, and sablefish on top.

[DESSERT]

CARDAMOM CHEESECAKE

Pear and carrot coulis, candied pistachios

Equipment – individual cheesecake molds, stand mixer, whisk, tall glass, food processor,

- 1 graham cracker sleeve or 10 sheets, finely crushed
- 2 tablespoons brown sugar
- 4 tablespoons unsalted butter, melted
- 1½ teaspoons unflavored gelatin
- 1 cup cold water
- 2 ripe pears (peeled and sliced)
- 8 oz cream cheese (at room temperature)
- 1 cup granulated sugar
- 2 teaspoons cardamom powder
- 14 teaspoons pure vanilla extract
- 2 tablespoons buttermilk (or milk)
- Candied pistachios
- 2 carrots (chopped)

CRUST - Stir the graham crackers, brown sugar, and melted butter together in a medium bowl. Fill each individual cheesecake mold (or muffin pan lined with cupcake liners) with 2 tablespoons of crust and pack firmly. Freeze until ready to fill.

FILLING - Bloom 4 sheets of gelatin in 1/4 cup cold water and squeeze dry. Dissolve gelatin in mixture of 1/2 cup water and sugar. In the bowl of a stand mixer fitted with a beater attachment, beat the cream cheese and 1/4 cup sugar on medium-high until soft and silky. Turn mixer to low and slowly pour in gelatin-sugar solution, cardamom, buttermilk and vanilla until it is well combined. Chill for 2-3 hours before serving. Allow to cool completely (but not harden). In the bowl of a stand mixer fitted with a beater attachment (or with a hand mixer), beat the cream cheese and sugar on medium-high until soft and silky, about 4-5 minutes. Turn mixer to low and add the cardamom, buttermilk, and vanilla until combined. Pour the gelatin in a steady stream and continue beating until well combined.

COULIS – Poach pears and heat carrots in water. Puree in food processor. Simmer in saucepan with ½ cup sugar.

PLATING - Fill each glass with 2 tablespoons of crust and pack firmly. Freeze until ready to fill. Fill each glass almost to the top with filling. Refrigerate until ready to serve. Garnish with coulis and candied pistachios.

West Coast Canadian Fusion

(Ingredients)

Celebrating Canada's ethnic diversity with global influences fused together by flavours from the Canadian west coast.

- avocado
- baby bok choy
- black sablefish filets
- brown sugar
- buttermilk
- Canadian maple syrup
- Candied pistachios
- cardamom powder
- carrots
- cilantro
- cold water
- cream cheese
- cucumber
- dashi powder
- dried pink peppercorns
- garlic cloves
- good olive oil
- graham crackers
- granulated sugar
- heirloom tomatoes
- hothouse cucumber
- jalapeno
- kumquats
- lemons
- limes
- lychee syrup
- lychees with syrup
- medjool dates
- microgreens
- mint
- mirin
- olive oil
- onion
- oranges
- pears
- prosciutto

West Coast Canadian Fusion (Ingredients Continued)

- pure vanilla extract
- red onion
- red bell peppers
- salt & pepper
- scallops
- soda water
- sparkling soda
- sugar
- sugar
- tomato
- tomato juice
- unflavored gelatin
- unsalted butter
- vermicelli noodles
- vinegar
- walnuts
- water
- white miso paste
- white wine vinegar