

COG Conference 2008
Visionary Farmers & Consumers

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Apple and Root Vegetable Slaw with Mint.

Jaco Lokker

Servings: 8

1 whole Macintosh, julienned
1 whole Granny Smith apple, julienned
1 piece carrot, julienned
1 piece parsnip, julienned
4 ounces rutabaga, julienned
2 ounces olive oil
2 ounces vinegar
1 1/2 ounces sugar
2 tablespoons mint, chopped
1 tablespoon parsley, chopped
salt and pepper, to taste

Combine all the ingredients in a mixing bowl and refrigerate for at least 1 hour before using.

Per Serving (excluding unknown items): 123 Calories; 7g Fat (50.9% calories from fat); 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.
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Apple Cobbler

Jaco Lokker

Servings: 4

3 cups Granny Smith apples, cubed

1/2 cup raisins, seedless

1/2 cup sugar

1 tablespoon cornstarch

1 tablespoon lemon juice

1 cup flour

3 tablespoons sugar

1 teaspoon sugar, for dusting

1 teaspoon baking powder

1/4 cup unsalted butter

1/2 cup cream, 35%

Mix together the apples,raisins, sugar, cornstarch with the lemon juice and place into four-8 oz ramekins.

For the topping,in a food processor,pulse together the butter with the remaining dry ingredients until it resembles coarse meal.

Remove from food processor and mix in the 35% cream.

Form dough to cover the cobblers.

Brush with 35% cream and sprinkle with sugar.

Bake at 350 degrees for 35 -45 minutes or until golden brown.

Allow to cool slightly before serving.

Per Serving (excluding unknown items): 526 Calories; 19g Fat (32.3% calories from fat); 5g Protein; 87g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 140mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Fruit; 4 Fat; 2 1/2 Other Carbohydrates.

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Creme Brulee.

Jaco Lokker

Servings: 6

1 quart cream 35%

3/4 cup sugar plus 6 tablespoons

1 piece vanilla bean

9 whole egg yolk

Cream together the egg yolk and sugar till the mixture is pale yellow and thick.

Pour cream into a medium saucepan over low heat.

Using a paring knife, split the vanilla bean down the middle, scrape out the seeds and add them to the saucepan.

Bring cream to a brief simmer and remove from heat.

Temper the yolk by gradually whisking the hot cream into yolk and sugar mixture.

Divide the mixture into 6 ramekin and place into a water bath.

Place into a preheated oven set at 325 degrees. and cook for 35 - 40 minutes.

Let cool to room temperature and put them into the refrigerator to chill for a minimum of 2 hours.

Sprinkle 1 tablespoon of sugar on top of each custard.

Brown the sugar by holding a torch over it to form a crust.

Per Serving (excluding unknown items): 89 Calories; 8g Fat (79.0% calories from fat); 4g Protein; trace Carbohydrate; 0g Dietary Fiber; 319mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fat.

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Keer Farms Braised Beef with Root Vegetable.

Jaco Lokker

Servings: 12

4 pounds beef, inside rounds

8 ounces rutabaga, baton

8 ounces parsnip, baton

8 ounces carrot, baton

8 ounces celery, baton

4 ounces olive oil

2 tablespoons savory

salt and pepper, to taste

Tied the beef and sear on all sides.

Braise beef the beef in the jus for 120- 150 minutes @ 325 degrees.

Meanwhile toss the baton vegetables with olive oil and savory and roast till al dente.

Next day assemble the thinly sliced beef and the roasted baton root vegetables.

Place the roasted root vegetables in the middle and roll into a cigar shape.

Place into roasting pan and cover in beef jus.

Braise for 60 - 75 minutes.

Garnish with chopped parsley.

Per Serving (excluding unknown items): 494 Calories; 39g Fat (71.0% calories from fat); 28g Protein; 7g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 111mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 5 Fat.

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Organic Tomato Sauce.

Jaco Lokker

1/4 cup diced onion

1/4 cup diced celery

1/4 cup olive oil

3 pieces chopped garlic

28 ounces diced tomatoes

1 tablespoon tomato paste

1/2 cup crushed tomatoes

1 tablespoon basil leaves, Chiffonade

salt and pepper, to taste

Heat sauce pan over medium heat and add the olive oil, onions and celery.

Cook till the vegetables begins to caramelize.

Then add the chopped garlic and continue cooking for a few more minutes.

Add the remaining ingredients and simmer for 20 - 25 minutes.

Yield: 2 cups

Per Serving (excluding unknown items): 729 Calories; 57g Fat (65.8% calories from fat); 11g Protein; 56g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 391mg Sodium. Exchanges: 11 Vegetable; 11 Fat.

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Parsley Pesto.

Jaco Lokker

1 bunch flat leaf parsley
1 cup parmesan cheese
3/4 cup almond, optional
1/2 cup olive oil
salt and pepper, to taste

Puree all of the above ingredients in a food processor until smooth.

Store pesto small jars in the refrigerator for up to 2 weeks.

Per Serving (excluding unknown items): 1968 Calories; 188g Fat (83.3% calories from fat); 56g Protein; 28g Carbohydrate; 14g Dietary Fiber; 63mg Cholesterol; 1534mg Sodium. Exchanges: 1 1/2 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 33 Fat.
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Roasted Tomato and Fresh Herb Vinaigrette.

Jaco Lokker

4 ounces olive oil
1 1/2 ounces vinegar
2 tablespoons basil, chopped
1 tablespoon parsley
1 1/2 tablespoons dijon mustard
3 whole tomato
1 small red onion, quartered
1/2 tablespoon chopped garlic
salt and pepper, to taste

Cut tomatoes into halves and squeeze the seeds out.

Toss together the tomatoes , quartered red onion and two tablespoon olive oil.

Place on a baking sheet and roast at 400 degrees till the onions are caramelized 15 - 20 minutes.

Remove from the oven and let cool.

Then place all the ingredients into a blender and blend till smooth.

Yield: 500 milliliters

Per Serving (excluding unknown items): 1194 Calories; 116g Fat (84.1% calories from fat); 8g Protein; 42g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 326mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 6 Vegetable; 23 Fat; 1/2 Other Carbohydrates.
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Spelt Penne Pasta and Charred Squash Tossed in a Tomato Sauce Infused with Parsley Pesto.

Jaco Lokker

Servings: 4

12 ounces penne pasta, spelt
12 ounces butternut squash, diced
1 tablespoon olive oil
4 cups tomato sauce
2 tablespoons pesto sauce, parsley
salt and pepper, to taste

Char the diced butternut squash in a heavy bottom pan and finish cooking in the oven.

Meanwhile cook pasta according to the package instructions.

When the pasta is finish cooking, drain and toss together with the tomato sauce and parsley pesto.

Per Serving (excluding unknown items): 489 Calories; 9g Fat (15.6% calories from fat); 16g Protein; 90g Carbohydrate; 7g Dietary Fiber; 2mg Cholesterol; 1543mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.
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Sweet Potato with Lentils.

Jaco Lokker

Servings: 4

1/3 cup carrot, diced
1/3 cup celery, diced
1/3 cup onion, diced
1 cup sweet potato, diced
1 cup green lentil, soaked overnight
2/3 cup tomato, diced
2 tablespoons tomato paste
4 cups vegetable broth
1/2 teaspoon nutmeg, ground
1 teaspoon chopped garlic
2 tablespoons chopped cilantro
2 tablespoons extra virgin olive oil
salt and pepper, to taste

Saute carrot, celery, sweet potatoes and onion in oil in a heavy bottom pan till they begin to caramelize.

Then add the garlic and continue cooking 3-5 minutes, be careful as not to burn the garlic.

Add ground nutmeg, soaked green lentils, diced tomatoes, tomato paste and vegetable stock and cook till the beans are tender and most of the liquid has evaporated.

Garnish with the chopped cilantro.

Per Serving (excluding unknown items): 284 Calories; 11g Fat (34.1% calories from fat); 7g Protein; 40g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 1711mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 2 1/2 Fat.
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Warm Curried Potato with Cilantro.

Jaco Lokker

Servings: 8

2 pounds potato, diced
4 ounces plain yogurt
1 tablespoon curry paste
3 tablespoons coriander, chopped
1 tablespoon ginger, julienned
1 tablespoon canola oil
1/2 tablespoon lime juice
salt and pepper, to taste

Sweat the julienned ginger in the canola oil for a couple of minutes to bring out the flavour of the ginger, set aside and let cool.

Meanwhile cook the diced potatoes in salted boiling water.

When the potatoes are finished cooking drain and set aside and cool to room temperature.

In a large mixing bowl, combine the plain yogurt, curry paste, ginger, lime juice and chopped coriander.

Mix together the warm potato and the yogurt curry dressing.

Per Serving (excluding unknown items): 127 Calories; 3g Fat (23.0% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 70mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

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