



**FIELD TO FORK
CHALLENGE**

Recipe Book

4-H BC & BCAITC | 2021 EDITION



Ministry of
Agriculture, Food
and Fisheries



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All recipes demonstrated in this book have been submitted by youth in the program and were categorized by their age at submission. Recipes have been tested and, in some cases, slightly adapted for consistency and clarity. Use your own discretion when making modifications or substitutions to the recipes.



FIELD TO FORK CHALLENGE

The Field to Fork Challenge brought together youth from all over BC in a virtual cooking challenge using locally sourced BC ingredients. The challenge was open to 4-H BC members, and BC students aged 9 to 19 and received 66 total submissions. Participants in the Field to Fork Challenge were asked to submit a video of themselves cooking with BC ingredients and were evaluated on their presentation, recipe, and ingredient selection. Submissions were judged under Junior and Senior categories, and the top 10 winners of each category were invited to the Field to Fork Challenge Virtual Conference hosted on November 13, 2021. The Virtual Conference celebrated winners and showcased BC chicken, honey, and hazelnuts, through video farm tours, Q&A with BC farmers, and a three-course meal cooking lesson with BCAITC celebrity Chef Randle. Conference participants were joined by surprise guest BC Minister of Agriculture, Food, and Fisheries Lana Popham to make her fresh BC Kale salad recipe. Enjoy the taste of the 2021 Field to Fork Challenge!



Our Winners are from Communities Across BC

150 Mile House

Abbotsford

Barriere

Baynes Lake

Big Lake Ranch

Burnaby

Chetwynd

Chilliwack

Greenwood

Kamloops

Kelowna

Langley

Maple Ridge

Metchosin

Pitt Meadows

Port Moody

Prince George

Rock Creek

Saanichton

Sooke

Surrey

Vancouver

Vanderhoof

Victoria

Williams Lake

“Thank you for creating this contest. My daughter has loved it and it has been a great experience!”

- Tanis G.



**BRITISH
COLUMBIA**

ALBERTA

PRINCE GEORGE

KAMLOOPS

KELOWNA

CRANBROOK

VANCOUVER

VICTORIA



Acknowledgments

The Field to Fork Challenge inspired youth to get cooking with local, BC foods and products. All participants incorporated and shared knowledge of ingredients grown in their backyards, on nearby farms, or both. It is with immense gratitude and respect that we acknowledge the distinct and diverse traditional territories of the Indigenous Peoples of British Columbia. It is in these bountiful traditional territories, stewarded by the Indigenous Peoples of British Columbia for countless generations, in which all British Columbians live and from which we grow, harvest, fish, and hunt the foods we celebrate in this recipe book. We also recognize the Métis and Inuit Nations and urban Indigenous communities who inhabit and enrich these lands. We thank and acknowledge the many people planting, harvesting, processing, distributing, and otherwise involved in the BC food system who enable you to prepare delicious recipes such as these.



Hon. Lana Popham Minister of Agriculture, Food and Fisheries

The *Field to Fork Challenge* cookbook highlights the wonderful options that come from the many flavours of farm-fresh fruits, veggies and ingredients produced in B.C. Our young chefs have created some delightful recipes that will lead you on many culinary adventures! I congratulate our young contributors for their enterprise and leadership, and it gives me such pleasure to invite readers to experience the best of British Columbia's farms and enjoy the tasty creations so beautifully presented in this cookbook.



BC Honey Mustard Chicken with Goat Cheese, Prosciutto Ham, and Balsamic Jus



Hazelnut Spread with Crêpes



Chocolate Pudding with BC Honey Candied Hazelnuts

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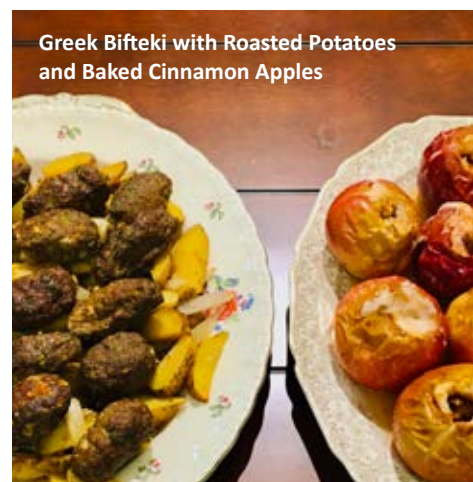
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Oven Glazed Duck and Kohlrabi Fries with a Garden Salad



Greek Bifteki with Roasted Potatoes and Baked Cinnamon Apples



Pork Steak with Potatoes and Homemade Caesar Salad





BCAITC Chef Randle

To make a god recipe great, the cook needs to add soul. This can only come from passionate people who not only love food but appreciate and understand that this soul starts at the farm. Great cooks know that passionate farmers ensure everyone has quality ingredients needed to create true culinary art. As a chef instructor, I teach techniques and introduce new culinary concepts to students every day. It is always special when a student harbours this wholistic understanding and passion for food. It can be seen in their eyes, how they respect the ingredients and how they cook with intention. This is not something that can be taught in a classroom, it is a way of life.

It is a unique opportunity to have so many soul-filled recipes in one spot. Each person specifically chose their recipe because, in some way, their recipe is part of who they are and what they love most. Thank you to all who have shared their personal recipes and I hope that you continue to share your passion and your soul through food.

- Trevor Randle B.Ed., M.Ed.

Chef Instructor

BC Agriculture in the Classroom Foundation

MAIN

BC Honey Mustard Chicken with Goat Cheese, Prosciutto Ham, and Balsamic Jus

4 SERVINGS

Ingredients

½ cup BC honey
 ½ cup mustard*
 1 teaspoon fine ground black pepper
 4 BC boneless skinless chicken breasts
 8-12 tablespoons BC goat cheese, soft**
 8 slices BC prosciutto ham**
 2 tablespoons olive oil

*This recipe is easily adapted for any cheese or ham.

**Use your favourite mustard—Chef Randle prefers grainy Dijon.

Instructions

1. Preheat oven to 400°F.
2. In a large bowl, whisk together BC honey, mustard, and black pepper. Set aside.
3. Using a sharp knife, make a slit in the BC chicken breast to create a cavity for the BC goat cheese.
4. Roll 2 to 3 tablespoons of goat cheese and stuff it into the chicken.
5. Place chicken in the honey mustard mixture and gently toss to coat (this step may be done up to 24 hours in advance).
6. Slightly overlap 2 pieces of the BC prosciutto ham on the cutting board.
7. Place 1 chicken breast, skin side up on one edge of the ham and roll. Continue this step to wrap the remaining chicken breasts.
8. Heat oil in a large frying pan.
9. Place wrapped chicken breasts top side down to slightly brown.
10. Flip the chicken and place into the oven for 18 to 20 minutes or until chicken reaches an internal temperature of 165°F (74°C).
11. Carefully remove the chicken from the pan and let rest on a clean cutting board.
12. Meanwhile, carefully place the frying pan on the stove over medium-high heat.
13. Add ½ cup of balsamic vinegar to the frying pan and reduce by half to create the balsamic reduction jus.
14. Plate and serve with fresh BC Hazelnut and Basil Pesto.

TOPPING

BC Hazelnut
and Basil Pesto

4 SERVINGS

Ingredients

¼ cup BC hazelnuts, whole, blanched or roasted
 ½ cup BC basil, fresh and packed tight
 ⅓ cup BC asiago cheese, grated
 1 large clove BC garlic, grated
 3-7 tablespoons olive oil
 ½ teaspoon sea salt

Instructions

Combine all ingredients into a blender, food processor, or mortar and pestle, and blend until desired consistency is reached.





SIDE

Sautéed BC Carrots

4 SERVINGS

Ingredients

8 BC carrots, tops on

2 tablespoons BC Butter, salted

Pinch sea salt

Pinch fine ground black pepper

Instructions

1. Remove the BC carrot tops - leaving just a little bit of the green top.
2. Peel the carrots, rinse, and place them into a medium pot.
3. Add cold water to cover.
4. Place the pot over high heat and season with a pinch of salt.
5. Bring the water to a boil and reduce to simmer.
6. Continue to cook the carrots for 5-10 minutes or until desired doneness is reached (time will depend on the size of your carrots).
7. Strain remaining water and return the cooked carrots to the pot.
8. Over medium-high heat, add the BC butter, a pinch of salt, and a pinch of pepper.
9. Sauté until carrots glisten.

SIDE

BC Potato Purée

4 SERVINGS

Ingredients

4 large BC russet potatoes

¼ cup BC butter, salted

¼-½ cup BC milk

Pinch sea salt

Pinch ground black pepper

Instructions

1. Peel and cut BC russet potatoes. Rinse clean and place into a large pot.
2. Cover potatoes with cold water, add a pinch of salt, and place potatoes on the stove over high heat.
3. Bring the potatoes to a boil and then reduce heat to simmer for 10-15 minutes (or until potatoes are fork-tender).
4. Drain the potatoes using a colander.
5. Before adding potatoes back to the pot to purée, add ¼ cup of BC milk and ¼ cup of BC butter to the pot and place on the stove until butter is melted. If needed, add an additional ¼ cup of milk until potatoes are desired consistency.
6. Return the cooked potatoes to the pot and puree with a whisk or hand blender.
7. Season with salt and pepper to taste.

Chocolate Pudding with BC Honey Candied Hazelnuts

4 SERVINGS

Ingredients

BC HONEY CANDIED HAZELNUTS

1 cup BC hazelnuts, whole, blanched or roasted

¼ cup BC honey

CHOCOLATE PUDDING

⅔ cup granulated sugar

¼ cup cocoa

¼ cup corn starch

2 cups BC whole milk

¼ cup BC whipping cream

1 ½ teaspoon vanilla

1 tablespoon BC butter, salted

½ cup BC whipping cream

2-3 tablespoons powdered sugar

Instructions

BC HONEY CANDIED HAZELNUTS:

1. Preheat oven to 400°F.
2. In a medium bowl, combine BC hazelnuts and BC honey.
3. Using a parchment or silicone mat-lined baking tray, place honey-coated hazelnuts on the tray.
4. Separate the hazelnuts and place in the oven. Bake for 5 minutes.
5. Toss the hazelnuts around and continue to bake for another 5 minutes.
6. When the honey appears light amber, remove the tray from the oven and set aside for another 10 minutes to cool.
7. Move the candied hazelnuts to a separate plate for later use.

CHOCOLATE PUDDING:

1. Put the first 5 ingredients in a pot. Whisk to combine.
2. Over medium-high heat, bring the mixture to a boil.
3. Continue to boil for 1 minute.
4. Remove from heat and add vanilla and BC Butter.
5. Divide hot pudding between 4 dessert dishes or glasses.
6. Loosely cover with plastic wrap and cool in the refrigerator.
7. While waiting, whip BC whipping cream and powdered sugar until stiff.
8. When the pudding is cool, garnish with whipping cream and BC Honey Candied Hazelnuts.

Roasted BC Hazelnuts

YIELDS 1 ¾ CUPS

Ingredients

1 ¾ cups BC hazelnuts, whole, raw

Instructions

1. Preheat oven to 350°F.
2. Lay raw BC hazelnuts out on a baking tray and roast for 15 minutes.
3. Let the hazelnuts cool completely on the baking sheet.
4. Once cool, rub the hazelnuts with a clean kitchen towel to remove the skins.
5. Store nuts in a jar with a tight lid in the fridge.





Lana's Fresh Kale Salad

4 SERVINGS

Ingredients

SALAD

2 large bunches of kale

4 large apples, diced

½ cup hazelnuts, roasted and chopped

DRESSING

¼ cup fresh lemon juice

½ cup olive oil

2 cloves garlic, minced

1 tablespoons maple syrup

¼ teaspoon salt

Lots ground pepper

Instructions

1. Wash and chop kale very finely (You may take out the stems if you wish). Chop apples into bite size pieces. Add to kale in a large bowl. Add roasted chopped nuts.
2. Put remainder of ingredients in food processor or use hand blender. Blend until combined.
3. Add to kale bowl and mix well!
4. Enjoy!





4-H BC JUNIOR

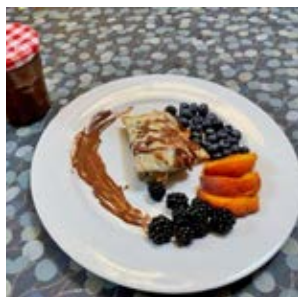
“It was a great experience, and I would definitely recommend it to anyone who enjoys food and cooking!”

- Anonymous



Hazelnut Spread with Crêpes

Colette S. | Metchosin



4 SERVINGS

TOTAL TIME: 55 MIN

PREP: 35 MIN

COOK: 20 MIN

Ingredients

BC INGREDIENTS

1 cup hazelnuts

1 egg

1 ⅓ cup milk

½ cup flour

1 tablespoon butter

OTHER INGREDIENTS

1 ½ teaspoon vanilla

Salt

1 tablespoon oil

2 tablespoons cocoa powder

4 ounces milk chocolate, melted

½ cup icing sugar

Instructions

HAZELNUT SPREAD:

1. Spread hazelnuts on a parchment lined baking sheet and roast at 350°F for 10-15 minutes or until very fragrant and well roasted.
2. While the hazelnuts are still warm, and in the pan, rub them with a cloth towel to remove as much of the skins as possible.
3. In the microwave, heat milk chocolate until melted.
4. Place the hazelnuts in a food processor and blend until they are finely ground.
5. Add in the vegetable oil and continue to blend until it reaches more of a peanut butter like consistency.
6. Add in the remaining ingredients: Cocoa powder, icing sugar, cooled melted chocolate, and vanilla extract and continue blending for about 90 seconds. Add more vegetable oil as needed to reach desired consistency.
7. Store hazelnut spread in an airtight jar at room temperature for up to 4 weeks.

CRÊPES:

1. In a large bowl, whisk together your flour and salt.
2. Add in the milk and start whisking. Now add melted butter and an egg and whisk until smooth.
3. Rest batter in the fridge for 30 minutes.
4. Heat a large pan over medium heat, then coat with butter.
5. Ladle some batter (roughly ⅓ cup) into the pan, tilting the pan to spread the mixture into a thin and even layer. Then leave to cook, undisturbed, for about 30 seconds.
6. The crêpe should turn golden underneath after about 45 seconds and will be ready to turn.
7. Once you have flipped your crêpe, cook for another 30 seconds before moving onto a warm plate. Continue with the rest of the batter, serving them as you cook or stack onto a plate. They can also be made a day ahead and reheated in the oven.
8. Top with your homemade hazelnut spread and your favourite fruits. Enjoy!

My Favourite Omelette

Safira E. | Greenwood



1 SERVING

TOTAL TIME: 10 MIN

PREP: 5 MIN

COOK: 5 MIN

Ingredients

BC INGREDIENTS

1 cup spinach

2 cups cheese, grated

1 cup onions

1 pepper

7 cherry tomatoes

1 cup bacon, cooked and chopped

3 eggs

1 tablespoon butter

OTHER INGREDIENTS

Salt

Pepper

Instructions

1. Cut up all your vegetables into small pieces.
2. Crack 3 eggs into a mixing bowl and whisk.
3. Heat up your pan on medium heat. Add butter to the pan and let it melt.
4. Pour eggs into your pan.
5. Put all your remaining ingredients on top of the egg, adding your peppers and tomatoes last so they do not get soggy.
6. Add salt and pepper.
7. Cover and let this cook for about 3-4 minutes.
8. Fold omelette in half with a spatula and transfer to a plate.
9. Enjoy!





BC's Best Lamb and Roast Vegetables

Juliet D. | Langley

Ingredients

BC INGREDIENTS

- 1 rack of lamb
- 2 heads of garlic
- 1 large sprig of rosemary
- 1 red pepper
- 1 medium zucchini
- 1 head of cauliflower
- 1 onion
- 4 carrots

OTHER INGREDIENTS

- ¼ cup olive oil
- Salt
- Pepper
- ¾ teaspoon ginger, ground
- ¾ teaspoon cinnamon
- ½ teaspoon cayenne pepper
- 2 teaspoons cumin
- 2 teaspoons paprika
- 4 sweet potatoes
- 2 tablespoons maple syrup
- 3 tablespoons olive oil

Instructions

LAMB:

1. Preheat oven to 450°F.
2. Mince your garlic and mix with 1 tablespoon olive oil, salt, rosemary, and pepper. Then with the back of a spoon, press the ingredients into a paste.
3. Rub paste over rack of lamb and let stand in a casserole dish, covered for 1.5 hours.
4. Place lamb in a preheated oven for 15 minutes, then lower temperature to 350°F to finish lamb for another 20 minutes.
5. Remove from oven and serve with vegetables.

VEGETABLES:

1. Peel and chop sweet potatoes, red pepper, cauliflower, zucchini, carrots, and onion into bite- sized pieces.
2. Combine ginger, cinnamon, cayenne pepper, cumin, paprika, maple syrup, and olive oil and mix well to create the marinade.
3. Place vegetables on a baking sheet, leaving out the zucchini.
4. Pour marinade over vegetables and place in the oven at 450°F for 30 minutes. After 22 minutes, add the zucchini to your other vegetables.



4 SERVINGS

TOTAL TIME: 2½ HR

PREP: 1½ HR

COOK: 1 HR



Pavlova

Vera H. | Vanderhoof

6-8 SERVINGS

TOTAL TIME: 40 MIN

PREP: 20 MIN

COOK: 20 MIN

Ingredients

BC INGREDIENTS

MERINGUE

3 egg whites

2 tablespoons water

TOPPING

2 cups whipping cream

1 cup raspberries

1 cup huckleberries

1 cup Saskatoon berries

OTHER INGREDIENTS

MERINGUE

1 ½ cups sugar

1 ½ teaspoons white vinegar

1 tsp vanilla

TOPPING

¼ cup sugar

1 teaspoon vanilla

Instructions

PREPARE THE MERINGUE:

1. Preheat oven to 350°F.
2. Using a mixer with whisk attachment, beat egg whites until stiff.
3. Add water and beat for another 2-3 minutes.
4. Add sugar, ½ cup at a time. Beat after each addition. Scrape sides of bowl frequently with a spatula.
5. Add vinegar and vanilla. Beat well until mixture is thick and shiny, approximately 5 minutes.
6. Using a spatula, place mixture in a mound onto an oven-proof baking dish. Bake for 20 minutes, until light brown with a firm crust. Cool at room temperature.

PREPARE THE WHIPPING CREAM:

1. Using a hand mixer or mixer with whisk attachment, whip cream with ¼ cup of sugar and vanilla until firm.

FINAL TOUCHES:

1. Spread the whipped cream onto cooled meringue using a spatula.
2. With a spoon, sprinkle berries onto the whipped cream topping. (Any in-season BC fruit can be used to garnish the dessert).
3. Serve and enjoy!



Obstkuchen (Platz)

Summer W. | Abbotsford

6 SERVINGS

TOTAL TIME: 1 HR & 15 MIN

PREP: 5 MIN

COOK: 1 HR & 10 MIN

Ingredients

BC INGREDIENTS

PLATZ

2 tablespoons butter

1 cup cream

2 cups blueberries

1 egg

CRUMBS

2 tablespoons butter

3 tablespoons cream

OTHER INGREDIENTS

PLATZ

2 cups flour

3 teaspoons baking powder

4 tablespoons sugar

CRUMBS

⅓ cup sugar

⅓ cup flour

½ teaspoon baking powder

Instructions

FOR PLATZ:

1. Preheat oven to 375°F.
2. In a tray, sift together flour, baking powder, and sugar.
3. In a mixing bowl add sifted ingredients along with egg, butter, cream then mix with an electric mixer.
4. Grease a large baking sheet with butter.
5. Pat out your mixture on to the greased baking sheet, pushing up the sides.
6. Add a layer of your favourite B. fruits such as apricot, plums, peaches, cherries, pears, or apples.

FOR CRUMBS:

1. Combine sugar, flour, and baking powder and mix well with an electric mixer.
2. Then add butter, and cream into the mix until it turns into coarse crumbs.
3. Sprinkle crumbs evenly over fruit and bake in preheated oven for 45 minutes.







Honey Peach Pie

Scarlett J. | Williams Lake

8 SERVINGS

TOTAL TIME: 2½ HR

PREP: 1½ HR

COOK: 1 HR

Ingredients

BC INGREDIENTS

3 ½ cups flour

1 cup butter

1 cup honey

7 peaches

1 egg

OTHER INGREDIENTS

1 teaspoon salt

6 tablespoons water

2 lemons

1 tablespoon vanilla

Instructions

1. Preheat oven to 375°F.
2. Mix 2 ½ cups flour and salt in a bowl, then add butter. Mix in with a pastry blender until you have fine crumbs.
3. Add your water and mix with your hands to form a dough.
4. Set dough aside in the fridge while you make your filling.
5. Cut lemons in half and squeeze into a bowl.
6. Add honey and vanilla.
7. Slice peaches and add to the mixture.
8. Add 1 cup of flour slowly (you may not need all of it, just enough to coat peaches). Then begin to mix with your hands as it thickens.
9. Roll half of your dough onto a floured parchment paper and slide into a pie dish. Then add your filling.
10. Roll out the other half of your dough on floured parchment and cut into strips.
11. Top your pie using your cut strips as a lattice.
12. Crimp the edges of your pie crust.
13. Mix an egg and baste over the top of your lattice.
14. Bake on the bottom of your oven for 1 hour.
15. Enjoy!



Blueberry Crisp

Holden F. | Chilliwack

8-10 SERVINGS

TOTAL TIME: 40-50 MIN

PREP: 10 MIN

COOK: 30-45 MIN

Ingredients

BC INGREDIENTS

8 cups blueberries

3 tablespoons and 1 ½ cups
white flour

1 cup oats

1 cup butter, soft

Vanilla ice cream

OTHER INGREDIENTS

1 teaspoon vanilla

1 teaspoon cinnamon

3 tablespoons white sugar

1 cup brown sugar

Instructions

1. Preheat oven to 375°F.
2. In a large mixing bowl, mix together with a spoon your blueberries, white sugar, 3 tablespoons of white flour, vanilla, and cinnamon.
3. Spread mixture into a 9"x13" inch baking dish.
4. In a medium sized bowl, mix together your oats, brown sugar, and 1 ½ cups flour.
5. Add 1 cup of soft butter to the bowl and blend with a pastry blender until well combined. Sprinkle evenly on top of the berry mixture.
6. Bake at 375°F for 30-45 minutes until golden brown and bubbling.
7. Serve warm with vanilla ice cream.







**FIELD TO FORK
CHALLENGE**

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Fresh Cherry Tomato Salsa

Tessa S. | Barriere

YIELDS 2½ CUPS

TOTAL TIME: 15 MIN

PREP: 5 MIN

COOK: 10 MIN

Ingredients

BC INGREDIENTS

1 onion

4 cloves of garlic

1 jalapeno pepper

4 cups of cherry tomatoes

½ cup cilantro

OTHER INGREDIENTS

Kosher salt

1 lime, juiced

Instructions

1. Cut onion into quarters then add to food processor.
2. Add 4 cloves of garlic and chop.
3. Cut jalapeno pepper and remove seeds and add to food processor and chop.
4. Add tomatoes and cilantro and chop all together.
5. Add salt and lime juice to taste.
6. Chop again until ingredients are evenly mixed.
7. Serve with tortilla chips and enjoy!



Jambalaya

Brooklyn C. | Baynes Lake

10 SERVINGS

TOTAL TIME: 50 MIN

PREP: 20 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

- 1 tablespoon bacon fat
- 1 large onion
- 2 cloves garlic
- 5 chicken breasts
- 4 bell peppers
- 8-10 Roma tomatoes
- 1 package spicy sausage (drain fat)
- 1 pound prawns
- 1 head of cauliflower (or rice)

OTHER INGREDIENTS

- ½ cup tomato paste
- 2 tablespoons chicken stock paste
- 2 bay leaves
- 2 tablespoons Cajun seasoning
- Crushed pepper flakes



Instructions

FREEZER MEAL OPTION:

This recipe works great as a freezer bag meal to throw in the crock pot for another day. Freeze it all or save half of this meal in the freezer by dividing your prepared ingredients, placing half of each ingredient into a freezer bag. Leave out the prawns and cauliflower rice to add in fresh.

SLOW COOKER:

Empty freezer bag into a crockpot and cook on low for 6-10 hours or on high for 3-4 hours. Add prawns in the last 5-10 minutes of cooking. Prepare riced cauliflower or rice to add to your meal.

STOVETOP:

1. Wash and chop peppers and tomatoes. Mince garlic. Dice onions.
2. Fry Italian sausage and remove excess fat (for the freezer bag option, this is the only ingredient that you will add to the freezer bag already cooked).
3. Fry diced onions and diced garlic in bacon fat.
4. Add diced chicken breasts and fry until half cooked. Add diced peppers and tomatoes.
5. Add tomato paste, chicken stock, and seasonings. Simmer on low heat on stovetop for 10-20 minutes covered, stirring occasionally.
6. Add prawns and simmer for 5 minutes.
7. Rice cauliflower using a grater or chopping with a knife. Fry in the same pan that you cooked your Italian sausage in. You may need to add a couple tablespoons of water as it cooks.
8. Serve jambalaya on a bed of riced cauliflower and enjoy!





Etta's Mess

Etta S. | Big Lake Ranch

4-6 SERVINGS

TOTAL TIME: 1½ HR

PREP: 30 MIN

COOK: 1 HR

Ingredients

BC INGREDIENTS

3 large egg whites

3 medium peaches

3 cups fresh blueberries

2 cups whipping cream

OTHER INGREDIENTS

1 ¼ – 1 ½ cups sugar

1 teaspoon cornstarch

1 teaspoon vanilla

Instructions

MERINGUE:

1. Preheat oven to 250°F.
2. In a small bowl stir together ¾ cup sugar and cornstarch.
3. In a large, stainless steel or glass bowl, beat the egg whites with a mixer until foamy.
4. Gradually add the sugar and cornstarch as you continue to beat the whites until they form stiff peaks. Stir in vanilla.
5. Drop the meringue mixture in big spoonfuls onto a parchment lined baking sheet.
6. Bake for 1 hour or until they are golden, cracked, and dry but marshmallow-like in the centre.

FRUIT LAYER:

1. While the meringue bakes, cut the peaches into bite-sized chunks. Combine peaches, blueberries, and ½ - ¾ cup sugar (depending on desired sweetness) in a saucepan and cook over medium heat. Keep a spoonful of sugar aside for the whipping cream.
2. Cook until your fruit releases its juices, stirring occasionally. This should take about 15-20 minutes or until the sauce is more like syrup than juice. Once it reaches your desired consistency, set aside to cool and then refrigerate until cold.

CREAM LAYER:

1. Whip the cream until it has soft peaks. Add a spoonful of sugar.
2. When you are ready to put it all together, layer the meringue, fruit sauce, and the whipped cream in a glass. You can break up the meringue as you add it.
3. Serve and enjoy!



*“I loved cooking my dish. Mum
lets me make it all the time now.”*

- David G.





4-H BC SENIOR



Oven Glazed Duck and Kohlrabi Fries with a Garden Salad

Sava B. | Victoria

4 SERVINGS

TOTAL TIME: 5 HR & 15 MIN

PREP: 55 MIN

COOK: 4 HR & 20 MIN



Ingredients

BC INGREDIENTS

DUCK

1 whole duck

6-7 pounds (2.7-3.2 kilograms)

GLAZE

1 cup honey

FRIES

1 medium sized kohlrabi

2 ½ tablespoons duck fat

2 medium sized cloves garlic

2 large sprigs parsley

SALAD

1 head lettuce

1 cup dried cranberries

1 cup feta cheese

1 small shallot

2 cloves garlic

1 tablespoon dried oregano

OTHER INGREDIENTS

DUCK

¼ cup olive oil

2 tablespoons kosher salt

GLAZE

¼ cup orange juice

1 tablespoon molasses

1 teaspoon ground cumin

1 teaspoon soy sauce

1 teaspoon ground black pepper

FRIES

1 cup Parmesan cheese

1 tablespoon olive oil

1 tablespoon kosher salt

1 teaspoon ground pepper

2 tablespoons apple cider vinegar

SALAD

½ cup olive oil

1 tablespoon Dijon mustard

½ teaspoon kosher salt

¼ teaspoon ground black pepper

Instructions

FOR THE DUCK:

1. Preheat the oven to 300°F.
2. Pat the duck dry and score the skin with a sharp knife over the breast in a diamond pattern, making sure to only cut the skin and not the meat.
3. Poke the skin all over with the tip of a small knife. Remember, don't poke the meat! Just the skin.
4. Drizzle the duck with the olive oil and sprinkle on the salt. With your hands, rub until the whole bird is coated with the oil and salt. Throw some salt in the cavity.
5. Place the bird in a roasting pan with a rack, breast side up, and put into the oven for 1 hour.
6. After one hour, poke the skin all over again, flip the duck and roast for 1 more hour with its breast side down.
7. Poke, flip and roast for 1 more hour, breast side up.
8. Assemble the glaze ingredients and put into a medium saucepan, set aside.
9. Poke, flip, and roast for 50 minutes with its breast facing down. 15 minutes before the duck comes out of the oven for this step, start reducing the glaze over medium heat and stirring constantly until slightly thick (the mixture will start to bubble so keep an eye on it to make sure it doesn't overflow).
10. Remove from the heat as soon as it coats the back of a spoon and has the consistency of syrup. It will turn into taffy if it over-reduces.
11. Poke, flip (duck will be breast side up), increase oven temperature to 400°F, and roast for 10 minutes.
12. After 10 minutes in the oven, take the duck out and drain the fat. Reserve fat for another use.

13. Brush the duck all over with the glaze using a pastry brush then return it to the oven for 15 minutes.
14. Take the duck out of the oven and let it rest for 10 minutes.
15. Carve the bird. If you are serving three people, carve two legs, one breast, and one wing.
16. Cut the breast against the grain into 1-inch slices once it has been carved from the body.
17. Arrange nicely on a platter.
18. Serve any extra glaze alongside the duck.

FOR THE FRIES:

1. Peel the kohlrabi with a vegetable peeler or paring knife.
2. Cut the root off with a sharp knife.
3. Cut the kohlrabi into ½ inch thick strips.
4. Toss your strips with olive oil, salt, and black pepper.
5. Mince the garlic, finely chop the parsley, and grate the cheese.
6. Set a large cast iron pan over medium-high heat and add your duck fat. Add the strips once the fat is melted and starts to shimmer. Make sure the strips are not crowded or stacked on top of each other.
7. Every 2-3 minutes, look at the bottom of a few strips. If they are golden brown on the bottom, flip them over and cook just until the other side looks the same.
8. Turn the heat down to low and add the garlic. Stir for about 15 seconds - until fragrant.
9. Turn the heat off and add in most of the parsley. Stir until wilted.
10. Add the cheese and stir until melted, and transfer to a serving bowl.

11. Garnish with the rest of the parsley.

FOR THE SALAD:

1. Wash your salad greens and cut into bite-sized pieces. Put into a large bowl.
2. Measure your cheese and cranberries and set aside.
3. Finely chop the shallot and mince the garlic.
4. Put the vinegar, shallot, Dijon mustard, oregano, kosher salt, and pepper in a 2 cup jar with a lid. Mix contents with a fork until combined. Let it sit for at least 5 minutes so that the salt and the vinegar can macerate the shallots.
5. Add the olive oil and garlic to the jar. Screw on the lid and shake the dressing until combined.
6. Right before serving, add your salad toppings to the lettuce in a large bowl.
7. Shake the dressing again right before pouring on the salad.

Note: The fries and the salad can be prepared when the duck is in the oven. I prepared them while the duck was on its 3rd hour of cooking.



Carrot Soup

Casey B. | Chetwynd



4 SERVINGS

TOTAL TIME: 35 MIN

PREP: 10 MIN

COOK: 25 MIN

Ingredients

BC INGREDIENTS

3 cups carrots, chopped

1 large potato

1 onion, chopped

2 stalks celery

3 leaves kale

2 tablespoons canola oil

3 leaves basil, minced

½ cup whipping cream
(or coconut milk)

OTHER INGREDIENTS

1 teaspoon ginger

2 teaspoons curry powder

3 cups chicken broth

½ teaspoon turmeric

Salt

Pepper

Instructions

1. On a cutting board, chop carrots, onion, celery, and potato.
2. Heat canola oil on medium heat in a large pot.
3. Add chopped BC vegetables to canola oil. Then, add ginger and curry powder. Stir constantly, until the onion becomes translucent.
4. Add 3 cups chicken broth to the pot and let boil.
5. Reduce heat to a simmer and let vegetables cook until tender or approximately 15 minutes.
6. Preheat oven to 350°F.
7. Place 3 leaves of kale on the oven rack once the oven is preheated. Let cook for 5 minutes or until crisp.
8. Once the crispy kale leaves have cooled, break them up and set aside as a garnish.
9. Once the large pot is done cooling, add turmeric and minced basil leaves.
10. Then, use an immersion blender to blend the contents of pot until creamy and smooth. If you do not have an immersion blender, you can use a food processor and blend in small batches.
11. Add whipping cream, salt, and pepper to soup and stir until evenly mixed. For a lactose-free version, substitute whipping cream for coconut milk.
12. Garnish bowls of soup with crispy kale bits and serve!







Swiss Chard and Beef Quiche

Reine F. | Rock Creek



4-6 SERVINGS

TOTAL TIME: 1 HR & 5 MIN

PREP: 30 MIN

COOK: 35 MIN

Ingredients

BC INGREDIENTS

1 tablespoon fresh thyme

1 tablespoon fresh basil, chopped

1 cup Swiss chard, chopped

½ pound ground beef

2 tablespoons green onion, diced

1 small onion

¾ cup cheese, grated

8 eggs

¾ cup heavy cream

½ teaspoon fresh cayenne pepper

OTHER INGREDIENTS

1 pie crust

¾ teaspoon salt

½ teaspoon pepper

Instructions

1. Preheat oven to 400°F.
2. Wash all vegetables and herbs.
3. Dice onion and chop Swiss chard, green onion, cayenne pepper, thyme and basil.
4. In a frying pan, fry ground beef and onion over medium-high heat or until it is fully cooked.
5. Next, stir in thyme, basil, green onion and cook for 5 minutes until the swiss chard is tender.
6. Grate cheese. Crack eggs into a mixing bowl and whisk together with cream.
7. Add salt, pepper, and cayenne pepper to the eggs.
8. Spread the ground beef mixture along the bottom of the pie crust and sprinkle with cheese.
9. Pour egg mixture evenly over your pie crust and ground beef mixture.
10. Bake in the preheated oven for 15 minutes, then lower the temperature to 350°F and bake for another 20 minutes.
11. A good way to check if it is cooked through is to give the pan a little shake. If it is cooked fully it should not jiggle or be soft and should look golden brown.
12. Enjoy!



Grass-Fed Beef Burgers and Homemade BBQ Sauce

Lucia J. | 150 Mile House



Ingredients

BC INGREDIENTS

BBQ SAUCE

¾ cup pickle juice
2 tablespoons honey
1 clove garlic

BURGERS

4 pounds grass-fed beef
¼ cup parsley, finely chopped
1 tablespoon oregano
1 tablespoon basil
2 garlic cloves, minced
½ red onion, diced
1 medium red bell pepper, diced
½ jalapeno pepper, minced
4 eggs
½ tablespoon hot sauce
¾ cup white cheddar cheese, grated
1 teaspoon sea salt
16 local hamburger buns
16 slices cheddar cheese
3 leaves of kale, destemmed
2 tomatoes, sliced
½ red onion, sliced
38 slices of pickles

OTHER

INGREDIENTS

BBQ SAUCE

1 can tomato paste
½ teaspoon Worcestershire sauce
1 tablespoon smoked applewood spice

BURGERS

1 ½ cup breadcrumbs
½ tablespoon smoked applewood spice
4 tablespoons ketchup
2 tablespoons yellow mustard
3 tablespoons Worcestershire sauce
½ tablespoon horseradish
1 teaspoon yellow mustard

YIELD: 16

TOTAL TIME: 55 MIN

PREP: 45 MIN

COOK: 10 MIN

Instructions

BBQ SAUCE:

1. Mix pickle juice, 2 tablespoons honey, and 1 clove of minced garlic.
2. Add tomato paste, 1 teaspoon smoked applewood spice, and ½ teaspoon Worcestershire sauce and mix well.

BURGERS:

1. Add ground beef to a large bowl. Add finely chopped oregano, basil, and parsley.
2. Dice ½ of a red onion and a whole red bell pepper finely, mince 2 cloves of garlic, and half of a jalapeno pepper (with seeds removed) and add to your large bowl.
3. Add 1 ½ cups breadcrumbs to the mixture. Sprinkle in ½ a tablespoon of smoked applewood spice.
4. Crack your eggs into your mixture, then add ketchup, yellow mustard, 3 tablespoons of Worcestershire sauce, horseradish, and hot sauce.
5. Grate in ¾ cups of white cheddar cheese and sprinkle in black pepper and 1 teaspoon of sea salt. Then mix thoroughly.
6. Form meat mixture into patties and place onto a parchment paper lined cookie sheet. Let rest while you prepare BBQ sauce.
7. Slice cheese, tomato, and onion to dress your burgers with.
8. Remove the stem from kale leaves.
9. Grill the patties for 6 minutes on one side, then baste with BBQ sauce and flip. Baste again and add cheese on top, cook for another 4 minutes.
10. Once patties have rested for a few minutes, add to your bun and dress with your sliced vegetables and favourite condiments.
11. Bon appétit!





BC Vegetable and Rice Stir Fry

Laura H. | Prince George

4 SERVINGS

TOTAL TIME: 33 MIN

PREP: 15 MIN

COOK: 18 MIN

Ingredients

BC INGREDIENTS

1 small onion

$\frac{3}{4}$ cup carrot, diced

$\frac{1}{4}$ cup turnip, diced

$\frac{1}{2}$ cup green beans

$\frac{3}{4}$ cup zucchini, diced

2 cloves garlic

2 tablespoons butter

$\frac{1}{2}$ cup peas, shelled

3 medium eggs

$\frac{3}{4}$ cup chopped greens

OTHER INGREDIENTS

2 cups cooked rice

1 teaspoon salt

1 $\frac{1}{2}$ tablespoons soy sauce

1 $\frac{1}{2}$ teaspoons sesame oil

Instructions

1. Cook 2 cups of rice, set aside.
2. Chop onion, carrots, turnips, beans, and zucchini into small pieces
3. Mince the garlic and set aside.
4. Heat 1 tablespoon of butter in a large frying pan over medium heat.
5. Add salt, shelled peas, and all your chopped vegetables to the pan and fry for 4-5 minutes, stirring frequently with a wooden spoon.
6. Add the garlic and cook until vegetables are soft.
7. Transfer vegetables into a bowl and set aside.
8. Add remaining butter to the pan.
9. Once melted, crack the eggs into your pan and scramble with a spatula.
10. While the eggs are cooking, chop the greens.
11. When the eggs are cooked, add your cooked rice, greens, vegetables, soy sauce, and sesame oil.
12. Fry everything together for 2-3 minutes.
13. Enjoy!



Garden Fresh Pasta

Natalie V. | Burnaby

6 SERVINGS

TOTAL TIME: 40 MIN

PREP: 15 MIN

COOK: 25 MIN

Ingredients

BC INGREDIENTS

3 sweet peppers

1 onion

3 zucchinis

4 cups cherry tomatoes

3 garlic cloves, minced

½ teaspoon dried oregano

½ teaspoon dried basil

OTHER INGREDIENTS

1 pound (450 grams) package
rigatoni pasta

1 tablespoon olive oil

½ teaspoon salt

1 cup feta cheese

Instructions

1. Cook rigatoni pasta as directed on the label. Drain and put into a large serving bowl.
2. Clean and chop peppers, onion, and zucchini into bite size pieces. Cut the cherry tomatoes in half.
3. Heat up 1 tablespoon of olive oil in a large skillet on the stove at medium-high heat. When oil is hot add the chopped onions and peppers and cook until crispy (or about 10 minutes).
4. Add cut zucchini, basil, oregano, salt, and garlic, and continue to stir for 5 minutes.
5. Add tomatoes, and cover with a lid until tomatoes are soft.
6. Add cooked vegetables to the pasta.
7. Crumble feta onto your pasta.
8. Mix everything together and serve.
9. Enjoy!







Frangipani Fruit Tart

Jacques J. | Saanichton

YIELDS 3 x 13" TARTS

TOTAL TIME: 1 HR & 40 MIN

PREP: 40 MIN

COOK: 55-60 MIN

Ingredients

BC INGREDIENTS

TART SHELL

1 cup and 2 tablespoons softened butter

$\frac{3}{4}$ cup ground almonds

2 large eggs

1 large egg yolk

4 cups flour

$\frac{1}{4}$ teaspoon fine sea salt

TART CONTENTS

1 cup ground almonds

$\frac{1}{2}$ cup and 1 tablespoon softened butter

$\frac{1}{2}$ teaspoon almond extract

5 large egg yolks

$\frac{1}{3}$ cup and 1 tablespoon flour

$\frac{2}{3}$ cup fruit preserves

1 cup fresh berries/fresh fruit

2 tablespoon sliced almonds

OTHER INGREDIENTS

TART SHELL

$\frac{1}{2}$ cup and 2 tablespoons icing sugar

$\frac{1}{3}$ cup and 2 tablespoons granulated sugar

TART CONTENTS

$\frac{1}{2}$ cup granulated sugar



Instructions

MAKING THE TART SHELL DOUGH:

1. Pulse soft butter with icing sugar in a stand mixer with paddle, or use a hand-held mixer, on low speed until combined. Increase to medium speed and mix until creamy and well blended. Scrape down the bowl.
2. Process granulated sugar and ground almonds (called tant pour tant or TPT) in a food processor until very fine.
3. Add almond TPT to the mixer bowl and mix on low speed.
4. Whisk eggs with the yolk; pour into bowl with a mixer running on low speed and mix until blended.
5. Pulse in flour on low speed, one third at a time, just until dough comes together. Transfer dough to the counter and press together.
6. Divide into 3 portions: 13 ounces (375 grams) each. Shape into round disks about 6" (15 cm) in diameter and wrap in plastic.
7. Chill until firm, preferably overnight. This dough freezes well; may be frozen for up to three months.

PREPARE THE TART SHELL:

1. Temper one disk (13 ounces or 375 grams) of cold dough from the refrigerator for about 15 minutes at room temperature.

2. Roll out the disk of dough into a 13" round (33 cm) and a thickness of 1/8" (3 mm).
3. Roll up on the rolling pin and lift it into the tart pan. Work quickly to keep the dough cold.
4. Fit the dough into the tart pan, easing it into the corners, and leaving a little extra dough extended above the top of the pan.
5. Refrigerate until dough is firm and then trim the cold dough, using a paring knife, level with the top of the pan.
6. Freeze the dough in the pan before filling.

FRANGIPANI FILLING:

1. Process the ground almonds with the sugar in the food processor until finely ground. Transfer to the bowl of a stand mixer.
2. Add butter and mix with paddle on low speed until incorporated.
3. Add almond extract, then egg yolks, one at a time, with a mixer running on medium speed.
4. Pulse in cake flour on low speed until mixture is smooth. Scrape down the sides of the bowl and scrape up the bottom of the bowl and mix in.
5. Refrigerate until needed. Let it come to room temperature when ready to use.

ASSEMBLE AND BAKE:

1. Spread raspberry preserves in a thin layer on the bottom of the tart shell.
2. Let it freeze to make it easier to spread Frangipane.
3. Place dollops of the Frangipane Filling (16 ounces/450 grams) on top of the preserves.
4. Gently spread filling to an even layer, using a small offset spatula or the back of a spoon. Be careful not to disturb the preserves.
Note: When using Frangipane filling with berries or other fruit, the tart shell should be about half full of the filling before adding the berries; the filling will rise around the berries as the tart bakes.
5. Arrange the berries in neat concentric rows about 1/4" apart, making sure there is Frangipane between them, then press them gently into the Frangipane.
6. Scatter the sliced blanched almonds in between the berries.
7. Bake in the oven at 350°F for 50-60 minutes; test using a toothpick.
8. Slice up and serve. Bon appétit!

Lemon Dill Lamb Kabobs

with Tzatziki

Riley K. | Kamloops

4 SERVINGS

TOTAL TIME: 3 HR & 30 MIN

PREP: 3 HR & 20 MIN

COOK: 10 MIN

Ingredients

BC INGREDIENTS

LAMB KABOBS

2 pounds lamb

2 cloves garlic

¼ cup fresh dill, minced

1 bell pepper

1 onion

TZATZIKI

1 cup Greek yogurt

1 cup cucumber, peeled, deseeded, and chopped

2 cloves garlic and 2 teaspoons fresh dill

OTHER INGREDIENTS

LAMB KABOBS

1 lemon, zested and juiced

¼ cup olive oil

½ teaspoon pepper

TZATZIKI

½ lemon, zested and juiced

½ teaspoon salt

Instructions

LAMB KABOBS

1. Start by cutting your lamb into bite sized cubes, trimming the fat as you go.
2. For the marinade, combine olive oil, lemon juice, lemon zest, garlic, dill, salt and pepper. Reserve ½ cup for basting during grilling.
3. Toss lamb in remaining marinade. Let marinate in the fridge for 3 hours to overnight.
4. If using wooden skewers, soak them in water for at least 30 minutes.
5. Cut bell pepper and onion into bite-sized pieces.
6. Thread lamb onto a wooden or metal skewer, alternating pieces of bell pepper and onion between lamb pieces.
7. Cook on a grill that has been preheated to medium-high heat. Cook for 2–3 minutes or until lamb is fully cooked, rotating skewers halfway through cooking time. During the last minute of cooking, brush the reserved marinade over skewers.
8. Use a meat thermometer to check the doneness of lamb. Medium-rare: 135°F. Medium: 145°F, Well: 155°F.

TZATZIKI

1. Combine cucumber, ½ teaspoon of salt, Greek yogurt, ½ lemon zested and juiced, 2 teaspoons fresh dill, salt, and pepper to taste in a blender or food processor.
2. Blend until smooth.
3. Drizzle over cooked lamb kabobs and enjoy!





“This is a great way to teach people about agriculture and cooking at the same time! You can use your public speaking skills, cooking skills, technology skills and your knowledge in BC food in a fun competition.”

BC Blueberry Skillet Cake

Mac D. | Langley

6 SERVINGS

TOTAL TIME: 45 MIN

PREP: 15 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

1 ½ cups blueberries

½ cup butter

1 cup cream

OTHER INGREDIENTS

1 cup white flour

1 teaspoon vanilla

1 cup golden brown sugar



Instructions

1. Preheat oven to 375°F.
2. Grease 10" pan with butter (or cooking spray).
3. Melt butter then combine with cream, flour, and sugar — until no clumps are left.
4. Add 1 teaspoon of vanilla to the mix and stir in.
5. Scoop mixture into a 10" cast iron skillet.
6. Evenly spread blueberries over the batter.
7. Bake for 30 minutes or until the edges turn golden brown.
8. Let stand for 10 minutes.
9. Enjoy!

Sheet Pan Shrimp Boil

Ella C. | Williams Lake

6 SERVINGS

TOTAL TIME: 40 MIN

PREP: 10 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

1 pound baby potatoes

3 ears of corn, cut into rounds
then quartered

¼ cup unsalted butter

4 cloves garlic, minced

1 pound shrimp, peeled and
deveined

1 pound smoked pork sausage,
thinly sliced

2 tablespoons fresh parsley
leaves, chopped

OTHER INGREDIENTS

Salt

1 tablespoon Old Bay seasoning

1 lemon, cut into wedges

Instructions

1. Preheat oven to 400°F.
2. Lightly oil a baking sheet or coat with non-stick spray.
3. In a large pot of salted boiling water, cook potatoes until just tender or parboiled, about 10-13 minutes.
4. Stir in corn during the last 5 minutes of cooking time; drain well.
5. In a small bowl, combine butter, garlic, and Old Bay seasoning.
6. Place potatoes, corn, shrimp, and sausage in a single layer onto the prepared baking sheet.
7. Stir in butter mixture and gently toss to combine.
8. Place in the oven and bake for 12-15 minutes, or until the shrimp are opaque, and corn is tender.
9. Serve immediately with lemon wedges, garnish with parsley if desired.







BC JUNIOR



Greek Bifteki with Roasted Potatoes and Baked Cinnamon Apples

Valentina Z. | Surrey



5 SERVINGS

TOTAL TIME: 1 HR & 30 MIN

PREP: 1 HR

COOK: 30 MIN

*“It’s the best competition I have ever participated in.
I had a lot of fun and learned so much.”*

Ingredients

BC INGREDIENTS

BIFTEKI

1 pound (500 grams) lean
ground beef

2 medium eggs

1 onion, chopped finely

2 cloves garlic, minced

1 tablespoon cilantro, chopped

1 teaspoon marjoram, chopped

7 ounces (200 grams) feta cheese

ROAST POTATOES

2 ¼ pounds (1 kilogram)

Yukon Gold potatoes

2 medium onions

BAKED CINNAMON APPLES

9 apples

2 tablespoons honey

1/2 cup apple juice

1/2 cup walnuts

OTHER INGREDIENTS

BIFTEKI

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon paprika

ROAST POTATOES

3 tablespoon olive oil

1 teaspoon salt

1 teaspoon black pepper

2 tablespoon lemon juice

BAKED CINNAMON APPLES

1 teaspoon cinnamon

Instructions

1. It is best to wear gloves when handling raw meat. Make sure you wash your hands with soap before and after for at least 20 seconds.
2. Chop the onions, cilantro, and marjoram. Mince the garlic. Prepare salt, pepper, and paprika.
3. In a large bowl, mix the ground beef, vegetables, herbs, salt, pepper, and paprika. Remove gloves and wash hands. Cover bowl with cling film and place on the bottom shelf of the fridge for 1 hour.
4. Wash and cut the potatoes into wedges.
5. Peel the onions and cut into wedges as well. Place all wedges in a large bowl.
6. Add olive oil, lemon juice, salt, and pepper.
7. Mix with a large wooden spoon, then place on a large baking tray.
8. Preheat the oven to 375°F.
9. Remove the meat from the fridge. Wash hands with soap and put on new gloves.
10. To shape the meatballs, take some of the meat, put it in your palm, and place a piece of feta cheese in the middle. Wrap meat around cheese to form an oval shaped patty.
11. Place the patty between the potato wedges. Repeat with remaining meat.
12. Remove gloves. Wash hands with soap then place the pan in the oven and cook for 1 hour.
13. Wash and core the apples.
14. Place the apples onto a baking tray.
15. Pour apple juice over the apples. This will add sweetness and prevent browning.
16. Stuff the apples with chopped walnuts.
17. Sprinkle with cinnamon, and drizzle with honey.
18. Bake the apples for 1 hour.
19. Serve hot. Enjoy!

Pear-Cranberry Upside-Down Cake

Nicky E. | Pitt Meadows



6-8 SERVINGS

TOTAL TIME: 55-60 MIN

PREP: 30 MIN

COOK: 25-30 MIN

Ingredients

BC INGREDIENTS

TOPPING

2-3 ripe pears

½ cup unsalted butter, melted

CAKE

1 cup fresh cranberries

½ cup unsalted butter

2 large eggs

½ cup milk

OTHER INGREDIENTS

TOPPING

1 cup packed brown sugar

CAKE

2 cups all-purpose flour

2 teaspoon baking powder

½ teaspoon salt

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

½ teaspoon ground ginger

½ cup granulated sugar

1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350°F.
2. Make sure the counters and stove are clear.
3. Gather all utensils and bowls required.
4. Gather all ingredients.
5. Wash pears and cranberries. Remove all stems from cranberries.
6. Sift dry ingredients to combine and set aside.
7. Cream together unsalted butter and granulated sugar using a stand or hand mixer.
8. Beat in the eggs, one at a time.
9. When eggs are well blended, add vanilla extract.
10. Slowly add milk (or milk substitute).
11. Add the dry mixture to the wet mixture, one third at a time.
12. When well blended, fold in fresh cranberries.
13. Spoon batter over the topping mixture in the pan. Be sure to cover the entire pan and spoon up the sides of the pan slightly.
14. Bake for 25-30 minutes at 350°F on the center rack.
15. Check the cake by inserting a toothpick until it comes out clean from the centre of the cake.
16. Let the cake cool for 5 minutes. Use a knife to drag around the outside edge of the pan to separate the cake from the pan.

TOPPING

1. Peel and core ripe pears.
2. Slice pears vertically ¼" thick.
3. Place a sheet of parchment paper at the bottom of the pan.
4. Grease bottom and sides of pan.
5. Arrange slices in a fan (or pinwheel) design on the bottom of the pan.
6. Sprinkle 1 cup brown sugar over the top of the pears, covering the entire bottom of the pan.
7. Melt ½ cup unsalted butter. Pour over brown sugar and pears, trying to cover all the brown sugar.

CAKE BATTER

1. In a medium bowl, combine flour, baking powder, salt, ground cinnamon, ground nutmeg, and ground ginger.





West Coast Frittata

Dahlia B. | Sooke



6 SERVINGS

TOTAL TIME: 40 MIN

PREP: 15 MIN

COOK: 25 MIN

Ingredients

BC INGREDIENTS

12 eggs

½ pound (227 grams) smoked salmon

½ cup goat cheese

2 cups zucchini, grated

1 cup fresh spinach

½ cup garlic scapes, chopped
(or ¼ cup green onion)

1 teaspoon sea salt

1 cup heavy cream

3 tablespoons fresh dill

OTHER INGREDIENTS

2 tablespoons olive oil

½ teaspoon black pepper

Instructions

1. Preheat oven to 350°F.
2. Heat 2 tablespoons of olive oil in a skillet.
3. Add your 1 cup of chopped garlic scapes to the skillet and sauté until tender (around 5 minutes). If you do not have garlic scapes readily available, you can substitute ½ cup green onions to add with the spinach.
4. Add 2 cups of zucchini to the skillet and continue cooking until vegetables are tender.
5. Add spinach until wilted down (around 1-2 minutes). Remove from heat.
6. In a large bowl, combine the eggs, heavy cream, sea salt, and pepper. Whisk to combine. Add the grated goat cheese and chopped dill. Mix until combined. Reserve 2 tablespoons of grated goat cheese for the top.
7. Add the cooked vegetable mixture to the pie plate. Pour half of the egg mixture in the pie plate. Add a layer of smoked salmon and then the rest of the egg mixture on top. Sprinkle it with remaining goat cheese.
8. Place it in the oven for around 25 minutes or until fully baked. Insert butter knife into the centre. Frittata is fully baked once the inserted butter knife comes out clean.
9. Enjoy your West Coast Frittata warm or cold!



Grandma's Plum Coffee Cake

Emie R. | Kelowna

6-8 SERVINGS

TOTAL TIME: 70-80 MIN

PREP: 40 MIN

COOK: 30-40 MIN

Ingredients

BC INGREDIENTS

15-20 Italian prune plums

1 tablespoon honey

¼ cup butter

½ cup milk

1 egg

1 cup flour

Whipping cream (optional)

OTHER INGREDIENTS

½ cup sugar

1 teaspoon vanilla

1 ½ teaspoons baking powder

Salt

3 tablespoons brown sugar

¾ teaspoon cinnamon

½ cup chopped nuts (almonds, walnuts, or pecans)

Instructions

1. Preheat oven to 350°F.
2. Wash and halve enough plums (remove pits) to cover a 9" pie plate. Grease and flour pie plate.
3. Using a hand mixer or standing mixer cream together ¼ cup butter and ½ cup sugar. Add 1 egg and 1 teaspoon vanilla and beat until fluffy.
4. Sift together 1 cup flour and 1 ½ teaspoon baking powder with a pinch of salt.
5. Mix the flour mixture with the butter mixture and ½ cup of milk. Beat until fluffy.
6. Spread batter into pie plate.
7. Top with plums. Place plums (skin side up) nicely on top of the batter.
8. Drizzle with 1 tablespoon of honey.
9. Mix 3 tablespoons brown sugar, ¾ teaspoon cinnamon, ½ cup chopped nuts (almonds, walnuts, or pecans).
10. Sprinkle the topping evenly over the plums.
11. Bake for 30-40 minutes until lightly golden brown.







Natalia's Gourmet Grilled Cheese

Natalia D. | Langley

4 SERVINGS

TOTAL TIME: 57 MIN

PREP: 20 MIN

COOK: 37 MIN

Ingredients

BC INGREDIENTS

8 slices sourdough bread

4 tablespoons butter

1 cup cheddar cheese, shredded

8 ounces Brie cheese

1 pound bacon

2 medium Macintosh apples

OTHER INGREDIENTS

This recipe is made entirely with BC ingredients!

Instructions

1. Preheat oven to 350°F.
2. Place bacon strips on a parchment lined cookie sheet and bake for 30 minutes.
3. Thinly slice 2 apples and grate 1 cup of cheddar cheese.
4. Next, slice about 8 ounces of Brie cheese.
5. Butter one side of 8 slices of bread. Lay 4 slices of bread (butter side down) in a skillet. Top each slice of bread with $\frac{1}{4}$ cup of shredded cheddar cheese, $\frac{1}{4}$ of the sliced apple, 2 ounces of Brie cheese, and 2 slices of bacon.
6. Turn on your skillet to 300°F.
7. Add a slice of bread (butter side up) to each sandwich. Cook on a skillet for 3-4 minutes or until the bottom is golden brown and crispy. Then flip and cook until the other side is golden brown and the cheese has melted.
8. Serve warm and enjoy!



Garden Frittata

Penny W. | Kelowna

6 SERVINGS

TOTAL TIME: 25 MIN

PREP: 10 MIN

COOK: 15 MIN

Ingredients

BC INGREDIENTS

3 Sieglinde potatoes, sliced

1 tomato, sliced

1 kale leaf, chopped

2 tablespoons rosemary, chopped

8 eggs

¼ cup heavy cream

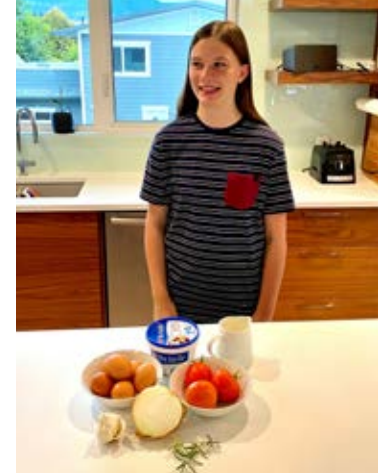
2 tablespoons feta cheese

OTHER INGREDIENTS

¼ teaspoon salt

¼ teaspoon pepper

2 tablespoons olive oil



Instructions

1. Preheat oven to 400°F.
2. In a medium sized bowl, whisk together eggs, cream, salt, and pepper.
3. Heat oil in a cast iron pan over medium heat. Add the potatoes and stir occasionally for 5 minutes or until tender.
4. Add onions, salt, and pepper and cook for a few more minutes until potatoes start to brown and onions soften.
5. Add rosemary and kale to the pan and cook for 2 minutes. Optional: Add butter to avoid sticking.
6. Add eggs and scramble for about 3 minutes.
7. Artfully place tomato slices on top of eggs.
8. Bake in the oven for 8 minutes or until eggs are cooked.
9. Sprinkle some feta and rosemary on top, serve, and enjoy!

*"It was a really fun challenge.
I learned a lot."*





Grape Jelly & Quick Bread

Piper G. | Surrey

TOTAL TIME: 3 HR & 25 MIN

PREP: 2 HR & 10 MIN

COOK: 1 HR & 15 MIN

Ingredients

BC INGREDIENTS

JELLY

1 pound red grapes

QUICK BREAD

2 cups flour

1 egg

¼ cup butter, melted

1 cup buttermilk

OTHER INGREDIENTS

JELLY

7 cups granulated sugar

2 tablespoons pectin

QUICK BREAD

1 tablespoon sugar

1 ½ teaspoons baking soda

Instructions

JELLY:

1. Combine grapes and 2 cups of water in a saucepan.
2. Boil over medium-high heat, stirring frequently.
3. Reduce to low heat and use a masher to crush the grapes and cook for 2-3 more minutes.
4. Line a sieve with dampened cheesecloth and set over a deep bowl.
5. Pour the grape mixture into the cheesecloth-lined strainer and allow to sit for about 2 hours for the juice to extract. You should end up with 4 cups of clear juice.
6. In a large, deep saucepan, combine grape juice and stir in pectin. Bring to a boil for 1 minute.
7. Add sugar and stir constantly, bringing to a full rolling boil.
8. Remove from heat and skim off any foam.
9. Quickly pour jelly into sterilized jars, wiping rims with a damp paper towel. Centre lids on jars and secure rims to finger tight.
10. Place jars in boiling water canner for 10 minutes.
11. Remove jars, allow to cool, and store.

QUICK BREAD:

1. Preheat oven to 350°F.
2. Grease loaf pan with butter.
3. In a bowl whisk together flour, baking powder, baking soda, sugar, and salt.
4. In a separate bowl, whisk together buttermilk and egg.
5. Whisk the melted butter into the buttermilk mixture.
6. Add the buttermilk mixture to the flour mixture and gently combine. Don't over mix the batter.
7. Bake for 1 hour or until a toothpick inserted in the centre of your bread comes out clean.



Sharlotka Apple Cake

Marcel M. | Kelowna



6 SERVINGS

TOTAL TIME: 65 MIN

PREP: 25 MIN

COOK: 40 MIN

Ingredients

BC INGREDIENTS

4 apples

3 eggs

OTHER INGREDIENTS

1 cup flour

1 cup sugar

Powdered sugar

Instructions

1. Preheat oven to 350°F.
2. Prepare apples — wash, peel, and slice in small pieces.
3. Beat 3 eggs with 1 cup of sugar until triple the original volume.
4. Add 1 cup of flour into a bowl with eggs and sugar.
5. Grease the baking pan with butter to prevent your cake from sticking.
6. Place pre-cut apples into a baking pan.
7. Pour dough into a baking pan over the apples.
8. Bake in preheated oven for 40 minutes or until golden colour (check with wooden toothpick for doneness).
9. Remove from the baking pan and sprinkle the top with powdered sugar.
10. Serve with tea or coffee in the morning or as a dessert with ice cream.





BC Veggie Mania Spaghetti Sauce

Kiera C. | Kelowna

4 SERVINGS

TOTAL TIME: 40 MIN

PREP: 20 MIN

COOK: 20 MIN

Ingredients

BC INGREDIENTS

4 cloves garlic, minced

1 onion, chopped

1 cup carrots, chopped

1 zucchini, chopped

3 tomatoes, chopped

¼ cup basil chopped

OTHER INGREDIENTS

1 tablespoon olive oil

1 package Beyond Beef

1 tablespoon Italian seasoning

1 teaspoon salt

1 jar tomato sauce

1 tablespoon maple syrup

½ cup pasta water

Instructions

1. Chop up all your veggies.
2. Heat 1 tablespoon olive oil in a medium-sized saucepan over medium heat.
3. Add onion, garlic and package of Beyond Beef.
4. Cook for 10 minutes, until onions are cooked and Beyond Beef is browned.
5. Add the vegetables: Carrots, pepper, zucchini, tomatoes, and basil.
6. Cook for 10 minutes or until the vegetables are tender.
7. Add 1 tablespoon of Italian seasoning, 1 teaspoon salt, and a jar of tomato sauce and simmer for 10 minutes or until heated through.
8. Add 1 tablespoon of maple syrup and ½ cup pasta water.
9. Serve over the pasta noodles of your choice and enjoy!



Raspberry Clafoutis

Yuka M. | Vancouver

8 SERVINGS

TOTAL TIME: 1 HR

PREP: 15 MIN

COOK: 45 MIN

Ingredients

BC INGREDIENTS

1 tablespoon butter

1 ¼ cup whole milk

3 large eggs

2 cups fresh raspberries, washed

OTHER INGREDIENTS

½ cup plus 1 tablespoon
granulated sugar

1 tablespoon vanilla extract

⅔ cup all-purpose flour

Pinch of salt

⅛ cup icing sugar

Instructions

1. Preheat your oven to 375°F. Next, put on an apron and wash your hands. Make sure your workspace is clean and organized.
2. Using the pastry brush, butter your pie dish, and then add 1 tablespoon of sugar to the dish and spread it around, covering the bottom and sides completely.
3. Arrange the BC raspberries in a single layer inside the pie dish. Set aside.
4. Next, in the large bowl, combine remaining sugar, milk, eggs, vanilla, flour, and salt. Whisk until the batter is smooth.
5. Pour the mixture through the large sieve, positioned over the medium-sized bowl. This will remove any lumps in the mixture.
6. Pour the batter over the raspberries in the pie dish. Make sure the batter is evenly distributed over the berries.
7. Bake for 45 minutes, or until the edges are golden brown. The clafoutis should be firm and custard-like in the centre.
8. After removing from the oven, let cool for 5-10 minutes. Dust with icing sugar (using the smaller sieve). Serve warm or chilled. Enjoy!









BC SENIOR

“It is super easy to complete and submit a video and you can learn so much about local food and agriculture in BC. I highly recommend just trying the challenge.”

- Anonymous



Pork Steak with Potatoes and Homemade Caesar Salad

Jared W. | Kelowna



**1 PORK STEAK AND 4 SERVINGS
OF POTATOES AND SALAD**

TOTAL TIME: 3 HR & 20 MIN
PREP: 1 HR
COOK: 2 HR & 20 MIN



Ingredients

BC INGREDIENTS

PORK STEAK

1 pork steak

¼ cup butter

BABY POTATOES

4 ½ cups of baby potatoes, cut in half

1 red bell pepper, sliced

1 white onion, sliced

½ cup butter, cubed

CAESAR SALAD

1 head of romaine lettuce

¼ cup garlic, minced

2 cups liquid egg

¼ cup bacon bits

OTHER INGREDIENTS

PORK STEAK

3 tablespoons canola oil

½ teaspoon kosher salt

½ teaspoon ground pepper

BABY POTATOES

2 tablespoons seasoning salt

CAESAR SALAD

½ cup croutons

1 ½ cup and ¼ cup Parmesan cheese

1 tablespoon black pepper

1 teaspoon and 1 tablespoon of salt

1 teaspoon and one tablespoon dry mustard

2 tablespoons Worcestershire sauce

½ and ½ cups lemon juice

¼ cup red wine vinegar

2 tablespoons anchovy paste

4 cups olive oil

4 cups canola oil

Instructions

PORK STEAK:

1. Preheat oven to 500°F.
2. Remove pork steak from the refrigerator and bring to room temperature.
3. Heat 3 tablespoons of oil in a cast iron skillet on high heat.
4. Lightly season both sides of the steak with salt and black pepper.
5. Lay the pork steak in the center of the hot skillet and sear for 30 seconds without moving ribeye. Turn over the steak with tongs and sear for an additional 30 seconds.
6. Place the skillet in the oven for 2 minutes.
7. Turn the ribeye over, cook for another 2 minutes.
8. Remove from the skillet when cooked to desired doneness and baste with butter.

BABY POTATOES:

1. Preheat oven to 450°F.
2. Wash baby potatoes thoroughly, then slice in half and place in a medium sized bowl.
3. Core pepper then slice into strips and add to the bowl.
4. Peel and cut onion into thinly sliced rings and add to the bowl.
5. Add seasoning salt and mix vegetables in your bowl. Once evenly coated, spread onto a parchment lined baking sheet. Then spread cubed butter over the potatoes.

CAESAR SALAD:

Note: The dressing recipe makes a large amount, only ½ cup will be used in this Caesar salad.

1. To make the dressing, add 1 ½ cups Parmesan cheese, dry mustard, anchovy paste, black pepper, salt, Worcestershire sauce, red wine vinegar, lemon juice, liquid egg, and minced garlic to a blender or food processor.
2. Once evenly mixed, slowly add olive oil and canola oil and run-on low speed.
3. Scrape the sides then run for another 2-3 minutes.
4. Wash and chop lettuce, dry and set aside in a bowl.
5. Add croutons, remaining Parmesan cheese, and bacon.
6. Add ½ cup of dressing to the bowl with lettuce and toss.

Plate your meal and enjoy!



Cajun Salmon with Maple Bacon Brussels Sprouts and Garlic Aioli

Avery Y. | Kelowna



3 SERVINGS

TOTAL TIME: 45 MIN

PREP: 15 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

5 slices of bacon

3 cloves of garlic, minced

3 ½ teaspoons salt

3 salmon steaks

OTHER INGREDIENTS

4 cups Brussels sprouts

¼ cup maple syrup

¾ cup mayonnaise

¾ teaspoon of pepper

1 ½ tablespoons lemon juice

1 ½ teaspoons of Cajun seasoning

1 tablespoon olive oil

1 tablespoon butter

Instructions

BRUSSELS SPROUTS:

1. Preheat oven to 400°F.
2. Wash Brussels sprouts, then cut ends off and slice in half. Then spread onto a parchment lined baking sheet.
3. Cut up bacon into bite-sized pieces then add to Brussels sprouts.
4. Drizzle maple syrup evenly over Brussels sprouts. Then sprinkle with salt and pepper and toss to coat evenly.
5. Once evenly coated, place in the preheated oven for 20 minutes. When the timer goes off, drain the bacon fat, and cook for an additional 10 minutes.

GARLIC AIOLI:

1. Prepare your garlic aioli by combining mayonnaise, minced garlic, lemon juice, salt, and pepper in a bowl.

SALMON:

1. On each salmon steak, score skin side with 3 slots about ¼ cm thick.
2. Sprinkle and massage Cajun seasoning, salt, and pepper on both sides of your salmon.
3. Heat a pan on medium heat then add oil. When the oil is hot, place salmon with the skin side down and cook for 2 minutes.
4. After 2 minutes flip salmon to cook the top for 1-2 minutes, then flip back to skin side down.
5. Turn the heat down to low and add butter and more seasonings if desired. Once the butter is melted, baste the salmon every couple of minutes until cooked, about 7 minutes.
6. Once everything is cooked add garlic aioli to each plate and place salmon steaks on top. Then add your Brussels sprouts to the side. Finally, squeeze fresh lemon juice on top of your salmon.
7. Serve and enjoy!





Cream Cheese Lemon Bars

Jazmine J. | Port Moody



20 SERVINGS

TOTAL TIME: 4 HR & 55 MIN

PREP: 15 MIN

COOK: 4 HR & 40 MIN

Ingredients

BC INGREDIENTS

CRUST

2 cups flour

½ cup refined granulated sugar

1 cup butter, cubed

FILLING

8 ounces cream cheese, softened

2 cups refined granulated sugar

½ cup flour

½ cup powdered sugar

6 large eggs

1 teaspoon vanilla

OTHER INGREDIENTS

½ teaspoon salt

¾ cups fresh squeezed lemon juice

Instructions

1. Preheat oven to 350°F.
2. Line a 9"x13" pan with parchment paper, leaving lots of over-hang around the edges for easy removal.
3. In a medium-sized bowl mix 2 cups flour, ½ cup refined sugar, ½ teaspoon salt, and 1 cup butter (cut into cubes). Mix with a pastry cutter or fork until you have pea-sized crumbs.
4. Pour the crust mixture into your 9"x13" pan and use the back of a spoon and your hands to evenly press crust into the pan. Bake in the oven for 10 minutes.
5. While the crust is baking, make the filling. In a large bowl, mix 8 ounces of cream cheese and 2 cups refined sugar using a hand mixer or fork until it is smooth.
6. Add ¼ cup flour, ½ cup powdered sugar, ¾ cups of lemon juice, 6 large eggs, and 1 teaspoon of vanilla. Mix until evenly combined.
7. Once your crust is finished baking, add the filling. Return to the oven to bake for an additional 30 minutes.
8. Leave to cool for 20 minutes at room temperature. Then cover and place in the fridge for at least 4 hours.
9. Once your dessert has cooled completely, lift the lemon bars out of the pan and onto a cutting board. Cut into evenly-sized squares and top with powdered sugar.
10. Serve and enjoy!



Creamy Spinach Artichoke Tortellini

Federica Z. | Vancouver



5 SERVINGS

TOTAL TIME: 35 MIN

PREP: 15 MIN

COOK: 20 MIN

Ingredients

BC INGREDIENTS

10 ounces fresh or frozen spinach

14 ounces artichoke heart quarters,
chopped

3 tablespoons chopped fresh parsley

4 cloves garlic, minced

2 ½ tablespoons butter

1 small yellow onion, chopped

2 cups milk

8 ounces light cream cheese, diced

OTHER INGREDIENTS

15 ounces refrigerated 3 cheese
tortellini

2 tablespoons flour

Salt

Pepper

1 cup Parmesan cheese, finely grated

Instructions

1. If using fresh spinach, roughly chop it then add it to a large pot with 3 tablespoons of water.
2. Dice garlic and chop onion, then set aside.
3. Cook spinach over medium-low heat, stirring frequently, until spinach wilts. Transfer to paper towels. If using frozen spinach, thaw, drain and roughly chop.
4. Cook tortellini in your large pot according to directions on the package, while reserving 1/2 cup pasta water before draining.
5. Meanwhile, melt butter in a large skillet over medium-high heat, add onion to the skillet. Then sauté for 4 minutes, or until soft.
6. Add garlic and sauté 30 seconds longer. Add in flour and stir constantly for 1 minute.
7. Stir with a whisk as you add milk slowly. Then season lightly with salt and pepper.
8. Bring to a light boil, stirring constantly. Then reduce heat slightly and add in cream cheese and Parmesan and cook, stirring frequently, until the cheese is melted.
9. Stir in spinach and artichokes and warm through, then toss in cooked and drained tortellini and parsley.
10. Stir in reserved pasta water a few tablespoons at a time to thin as needed.
11. Serve and enjoy!





“I had a great time at the conference and had fun creating, cooking, and recording the video.”

BC Heirloom Tomato Tart with Roasted Garlic Whipped Goat Cheese

Ariel K. | Vancouver

8 SERVINGS

TOTAL TIME: 2 HR

PREP: 56 MIN

COOK: 1 HR & 4 MIN

Ingredients

BC INGREDIENTS

1 head of garlic

10 ounces (300 grams) goat cheese, room temperature

½ pound heirloom tomatoes, cut into ½ inch slices, patted dry with paper towel

2 tablespoons cream cheese, room temperature

OTHER INGREDIENTS

1 teaspoon lemon zest

1 teaspoon avocado oil

Salt

Pepper

7 ounces (198 grams) sheet frozen puff pastry, thawed

2 tablespoons of all-purpose flour

1 tablespoon olive oil

Instructions

ROASTED GARLIC WHIPPED GOAT CHEESE:

1. Preheat oven to 375°F.
2. Cut the top 1 inch (3 cm) from the head of garlic. Drizzle with avocado oil and season with salt and pepper, making sure it is well coated. Wrap the garlic head tightly with tinfoil and place in the preheated oven for about 40-45 minutes or until the head is soft and tender.
3. Once the garlic head is done, turn the oven off and set garlic aside to cool.
4. After garlic has cooled, remove the foil and start to squeeze out the cloves into a small-medium sized bowl. If you have trouble squeezing it out, return to the oven for another 15 minutes or so then cool again. Mash the garlic cloves until it forms a paste.
5. In a medium size bowl, combine the room temperature goat cheese and softened cream cheese. Add lemon zest, mashed roasted garlic, salt, and pepper. With a hand mixer, start to whip the mixture on high speed until it starts to come together. Whip for about 3 minutes until it starts to look glossy and is very smooth.

PREPARATION FOR THE TART:

1. Preheat oven to 400°F.
2. Dust your clean counter or workspace with flour. Take out your puff pastry and use a rolling pin to roll it out into a rectangular shape. The shape does not need to be perfect but make sure it is the same thickness all around, approximately 1-1.5 inch (3-5 cm).
3. Place the puff pastry on a sheet pan lined with parchment paper. Roll approximately 1-1.5 inch (2-5 cm) of the edge inward to form a small crust. Crimp edges with a fork, making sure it stays intact. Brush

olive oil onto the dough until it is lightly coated. Place in a preheated oven for 17-19 minutes or until the crust is golden and flaky.

4. Remove from the oven and let cool for 25 minutes or until it reaches room temperature.

ASSEMBLY:

1. Remove the cooled crust from the pan and transfer to a cutting board. Spread a thick layer of the whipped goat cheese over the crust, making sure not to cover the edges. Then place the sliced heirloom tomatoes on top of the whipped goat cheese. Season with salt and pepper and top with arugula. Finish off by drizzling basil oil and a sprinkling of pine nuts if desired.
2. Cut into pieces and enjoy!



Chocolate Sponge Cake

Cecilia V. | Maple Ridge

6 SERVINGS

TOTAL TIME: 50 MIN

PREP: 20 MIN

COOK: 30 MIN

Ingredients

BC INGREDIENTS

SPONGE CAKE

4 eggs

2 cups sugar

¼ cup butter

1 cup milk

ICING

1 cup butter

1 tablespoon milk

OTHER INGREDIENTS

SPONGE CAKE

2 cups flour

½ teaspoon salt

2 teaspoons baking soda

1 teaspoon vanilla

ICING

1 cup icing sugar

1 teaspoon vanilla

¼ cup cocoa

Instructions

1. Preheat oven to 350°F.
2. Crack 4 eggs into your electric mixer bowl and mix for 3 minutes. Then add 2 cups of sugar and mix for 5 minutes.
3. In another bowl, mix 2 cups of flour with a ½ teaspoon of salt and 2 teaspoons of baking soda. Then add it to the egg and sugar mixture and mix well by hand.
4. In a bowl, microwave ¼ cup of butter with 1 cup of milk until butter is melted. With your electric mixer set to low speed, add 1 teaspoon of vanilla and your butter and milk to the mixture until fully combined.
5. Coat your baking mould with oil and flour.
6. Add the mixture to your coated baking mould and bake in the oven for 30 minutes.
7. While your cake is baking, prepare the topping by mixing 1 cup of butter with 1 cup of icing sugar in your electric mixer.
8. Add 1 tablespoon of milk, 1 teaspoon of vanilla and ¼ cup of cocoa and mix until smooth.
9. Once the cake is fully baked and cooled, spread chocolate topping evenly coating the cake.







“Thank you for the program! It’s really an exciting way for kids to connect on a different level!”

- Irina M.

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