

Chefs' Day at The Market



NVICA



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**Saturday,
Jan. 20, 2017
FoodFest**



**Comox Valley
Farmers' Market**
comoxvalleyfarmersmarket.com

Locals' Restaurant - The Gourmet Meatloaf

Compliments Chef Ronald St. Pierre – CCC

Chair NVICA & owner Locals

Ingredients:

2 lbs	lean ground beef*
1 lb	ground pork*
1/4 cup	small diced yellow onion*
1/4 cup	small diced carrot*
1/4 cup	small diced celery*
3/4 cup	diced roasted red peppers*
1/3 cup	pizza sauce
2	eggs*
1/2 cup	mixed fresh herbs (parsley, thyme, sage, rosemary) minced*
1 Tbsp	olive oil
4 tsp	steak spice
to taste	sea salt* and freshly ground black pepper

Glaze: Mix together

3 Tbsp Dijon mustard 3 Tbsp honey* 3 Tbsp pizza sauce

Method:

Preheat oven to 325°F.

In a small sauté pan, sweat the onions, carrots and celery until translucent. Set aside to cool for 30 minutes.

In a large bowl, thoroughly combine the remaining meatloaf ingredients. Divide mixture into 2 - 4"X 8" loaf pans lined with parchment paper. Bake, uncovered in a water bath for one hour, checking halfway through - if loaves are getting too dark cover with tin foil. After one hour, glaze the loaf and cook, uncovered for another 15 minutes.

Once the meatloaf reaches 150°F internal temperature remove from oven, and the water bath. Let the meatloaf rest for 20 minutes before slicing and serving.

** Available at market vendors*

Tips for Making Meatballs

- For perfectly salted meat, season with about 1 tsp of salt per pound of meat
- If using a salty cheese such as Parmesan cut back slightly on the salt
- Herbs are important for flavour - mix it up - try using mint, oregano or marjoram.
- Add a pinch of nutmeg, for a subtle depth of flavour
- Eggs are used to bind together the meat, breadcrumbs, cheese, and herbs
- Use about 1/2 cup of breadcrumbs per pound of meat
- Handle meat with wet or lightly oiled hands - the mixture will stick far less
- To form meatballs use a gentle rolling motion, and handle lightly for best results
- Use a cookie scoop to form equal sized meatballs
- If coating meatballs place in a paper bag, and shake a few at a time in the mixture
- Place prepared meatballs on a parchment-lined, lipped sheet pan until ready to cook - this help prevent roll-aways.

BALLS!

Lamb Meatballs with Moroccan Flavours

Ingredients:

1 1/2 lbs ground lamb*	1/2 cup bread crumbs*	1 egg*	2 Tbsp olive oil
1 tsp ground cumin	1/8 tsp cayenne	1 tsp paprika	1 tsp sea salt*
1 1/2 tsp lemon juice	2 garlic clove, minced*	1/4 cup grated red onion*	
2 Tbsp chopped fresh parsley*	2 Tbsp chopped fresh mint*	freshly ground black pepper to taste	

Method:

Preheat oven to 350°F. In a bowl, combine all the ingredients, except the oil. Season with pepper. With lightly oiled hands, shape one tablespoon of the mixture into the meatball. In a large ovenproof skillet, brown the meatballs in the oil. Place in oven and bake for about 10 minutes or until meatballs are cooked through.

Turkey Meatballs

Ingredients:

1 cup plain breadcrumbs*	1/2 cup finely grated Parmadammer *
1/4 cup chopped fresh basil*	1/4 cup chopped Italian parsley*
1/4 cup whole milk	2 large eggs*
1 Tbsp ketchup	1 Tbsp tomato paste
3/4 tsp sea salt*	1/2 tsp black pepper
2 cloves garlic, minced*	1 small onion, finely chopped
1 lb ground dark turkey meat*	1 lb spicy Italian turkey sausage links, casings removed*



Method:

Preheat the oven to 400°F. In a large bowl, combine all the ingredients except oil. Gently mix ingredients until combined. Using a cookie scoop form the meat mixture into 1 1/2-inch balls (22-24 meatballs). Place on a parchment-lined baking sheet, drizzle with olive oil and bake until cooked through, about 15 minutes.

Tips for Making Smoothies

Too thick? Add small amounts of water, milk, or juice

Too thin? Use or add frozen fruit (especially bananas), more ice, or frozen yogurt to thicken.

Too Bitter? Banana in addition to being sweet, neutralizes bitter flavours. Strawberries are a good choices for the green smoothies. Also try adding honey, maple syrup, a bit of vanilla bean, jams, dates, grapes or unsweetened cocoa powder. Both, pineapple and oranges add lots of fruity sweetness. Using watermelon in place of water will sweeten a smoothie.

Too Sweet? Add a touch of lemon or lime juice or frozen lemonade or limeade concentrate.

Not Creamy enough? Avocado is ideal for adding creaminess. As an alternative, add ice cream or frozen yogurt.

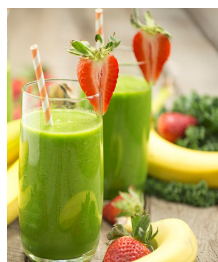
Chef's notes: Baby greens are generally milder than mature greens

Along with fruit, freeze greens such as kale, spinach, and chard for using in smoothies

Smoothies need a good balance of liquid and solid ingredients to achieve the right texture

Use a balance of sweet and citrus fruits to achieve optimum flavour with sweet and tart

Use a variety of fruits, vegetables or greens in an assortment of textures for a balanced smoothie



Strawberry, Kale Smoothie

2 cups frozen strawberries*
1 banana
1/2 cup plain thick yogurt*
1 cup almond milk
2 cups baby kale, spinach or Swiss chard*
1-2 tsp honey*, jam* or maple syrup

Combine ingredient in blender and process until smooth.



Kale, Apple Smoothie

3/4 cup chopped kale*
1 small stalk celery, chopped
1/2 banana
1/2 cup apple juice*
1/2 cup ice
1 Tbsp fresh lemon juice

Combine ingredients in blender and process until smooth