

FoodFest at the Market



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**Saturday,
Aug. 31, 2019
FoodFest
Food Day Canada**



**Comox Valley
Farmers' Market**
cvfm.ca

Corn, Potato and Salmon Chowder

- 1 Tbsp butter
- 1 onion, finely chopped*
- 1 clove garlic, minced*
- 2-3 Tbsp fresh dill, chopped*
- 1/2 tsp sea salt*
- freshly ground pepper
- 1 1/2 cups corn kernels (fresh or frozen, thawed)*
- 1-2 potatoes (peeled if desired) cut into 1/2-inch cubes, about 2 cups*
- 3 cups water
- 1/4 cup all purpose flour
- 1 cup whipping cream
- 12 oz skinless salmon fillet, cut into chunks*
- 1 tsp lemon zest
- 3 Tbsp freshly squeezed lemon juice



In a large pot melt butter over medium heat. Sauté onion, garlic, salt and 1/4 tsp pepper for about 5 minutes or until onions are softened. Stir in potatoes, corn and water; bring to a boil over medium high heat. Cover, reduce heat to medium low and simmer 5-10 minutes or until potatoes are almost tender.

Increase heat to medium. Whisk flour into cream and gradually stir into pot. Stir in salmon. Simmer, uncovered and stirring often but gently, for about 5 minutes or until salmon is firm and opaque and soup is thickened. Stir in dill, lemon zest and juice and season to taste with pepper. Ladle into warmed bowls.

Chef notes: After adding salmon use a slow, gentle stirring motion to keep the soup smooth and help it cook evenly without breaking up the chunks of salmon. If you have dried dill use 1 tsp and add with the onion and garlic.

Corn, Tomato and Avocado Salad

- 2 ears corn, husked*
- 3 Tbsp olive oil, plus more for brushing corn
- Sea salt*
- 2 Tbsp fresh lime juice
- 1/2 tsp ground cumin*
- 1/2 cup finely chopped red onion*
- 1 avocado, cut into 1/2-inch dice
- 1/4 tsp freshly ground black pepper
- 1/4 cup chopped fresh parsley* or cilantro*
- 1 1/2 cups halved cherry or grape tomatoes*



Brush corn lightly with oil and season with salt. Grill over medium heat until browned in spots and tender - 15 to 18 minutes. Remove from grill and when cool enough to handle, cut kernels off the cobs and place in a medium serving bowl.

Dressing: In a small bowl whisk together 3 tablespoons olive oil, the lime juice, cumin, 1/2 tsp salt and pepper.

Add avocado, tomatoes, onion and parsley (or cilantro) to the corn then pour the dressing over top. Toss and stir gently to mix well. Serve immediately.

**ingredients available at Comox Valley Farmers' Market*



Creamy Pasta with Mushrooms

The first cool fall days bring flavourful varieties of mushrooms to the Farmers' Market. Pick an enticing mixture - all they'll need is a quick sear before tossing them into a creamy pasta sauce.

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| 1 lb mixed farmers' market mushrooms, torn into bite-size pieces* | |
| 1 lb fresh trattole* | 4 Tbsp olive oil |
| 2 medium shallots, finely chopped* | sea salt* |
| 1/2 cup heavy cream | zest and juice of 1/2 lemon |
| 1/3 cup finely chopped parsley* | 2 Tbsp butter cut into pieces |
| 1/2 to 3/4 cup Parmadammer, finely grated; plus more for serving* | |

Heat 2 Tbsp. oil in a large sauté pan over medium-high heat. Cook mushrooms in a single layer, undisturbed, until edges begin to crisp, about 3 minutes. Toss and continue to cook until water is gone and mushrooms are soft. Reduce heat to medium-low, add shallots and cook, stirring often, until shallots are translucent and softened, about 2 minutes.

Meanwhile, cook pasta in a large pot of boiling salted water until very al dente.

Using tongs, transfer pasta to pan with mushrooms, add cream and 1 cup pasta cooking liquid. Increase heat to medium, bring to a simmer, and cook, tossing constantly, until pasta is al dente and liquid is slightly thickened, about 3 minutes.

Remove sauté pan from heat. Add lemon zest and juice, parsley, butter, Parmadammer and lots of pepper, tossing to combine. Taste and season with more salt and pepper if needed.

Divide pasta among warm serving bowls and top with more Parmadammer.

Heirloom Tomato, Mozzarella di Bufala Salad

- 2 balls Mozzarella di Bufala*
- 12 to 16 heirloom tomatoes*
- good quality olive oil
- aged balsamic vinegar
- freshly ground black pepper
- 20 basil leaves*, julienned
- sea salt*



Cut each ball of cheese in half and place on 4 salad plates. Cut tomatoes through the stem end into wedges and place around the cheese.

Drizzle salad with olive oil and the balsamic vinegar. Top with basil, sprinkle with sea salt and serve with garlic toast.

Garlic Toasts

- 1 baguette*
- 1/4 cup extra virgin olive oil
- sea salt*,
- freshly ground black pepper
- 1 garlic clove*, halved lengthwise



Preheat the oven to 375°F. Slice baguette diagonally into 1/4-inch-thick slices.

Lay slices in one layer on a baking sheet, brush each with olive oil, and sprinkle with salt and pepper. Bake toasts for 10 -15 minutes, until they are golden and crisp. As soon as they are cool enough to handle, rub one side of the toasts with the cut side of the garlic.



Roasted Garlic

- 4-5 heads of garlic*
- 1/4 cup olive oil
- sea salt*

Preheat oven to 350°F. Cut top 1/4 inch off heads of garlic to expose cloves. Place in small baking dish, cut side up. Drizzle oil over cloves and sprinkle with sea salt and pepper; toss to coat. Cover tightly with aluminium foil. Bake until garlic skins are golden brown and cloves are tender, about 55 minutes. Cool. Squeeze garlic cloves from skins.

Comox Valley Bramble

- 1 oz. Wayward Gin*
- 1/2 oz. lime juice
- 2 oz. Heavenly Libations Blackberry-Lime Shrub*
- 1 oz. Middle Mountain Magic Mead*
- 1/2 oz. crème de mûre (blackberry liqueur)

In a cocktail shaker filled with ice, pour the gin, Magic Mead, Blackberry-Lime Shrub and lime juice. Shake well. Strain over crushed ice in a highball glass.

Drizzle the crème de mûre on top and garnish with a lime slice and two blackberries. Serve and enjoy!



** ingredients available at Comox Valley Farmers' Market*