

# FoodFest at the Market



NVICA



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**Saturday,  
Nov. 16, 2019  
FoodFest**



**Comox Valley  
Farmers' Market**

cvfm.ca

## Fresh Mushroom Soup

*The earthy flavours of mushrooms shine through in this soup.*

Compliments NVICA Chef Lesley Stav

3/4 lbs fresh mushrooms, cleaned, trimmed, sliced (about 4 1/2 cups)\*  
2 Tbsp unsalted butter  
2 Tbsp olive oil  
1 medium onion, diced\*  
4 cloves of garlic, minced\*  
2 Tbsp fresh thyme leaves\*  
1/2 tsp sea salt or to taste  
freshly ground black pepper, to taste  
4 cups chicken stock or vegetable broth  
1/4 cup whipping cream  
3 Tbsp fortified wine  
1 Tbsp soy sauce



Melt butter and olive oil in a large stockpot over medium-high heat. Add the onion and cook until it begins to soften, about 4 minutes. Stir in garlic, cook for 1 minute. Add mushrooms, thyme, salt and pepper. Cook until mushrooms become limp, 2-4 minutes.

Add broth, scraping up any browned bits in the pot. Bring to a boil over medium-high heat then reduce heat to maintain a simmer. Cook until the mushrooms are tender, 7-10 minutes.

Remove from heat and cool slightly. Transfer half of the soup to a blender and process until smooth and return to the pot. Stir in cream, the fortified wine, and soy sauce. Season to taste with salt and pepper and gently reheat. Garnish each serving with a pinch of fresh thyme. Serves 6

*Chef notes:* use any mushroom or combination of mushrooms



## Maple Roasted Delicata Squash

*The texture of roasted delicata is creamy and moist, and the flavour light and sweet. When the squash is cooked, the skin becomes tender enough to eat.*

2 delicata squash\*  
2 Tbsp maple syrup  
2 Tbsp fresh apple juice\*  
3 tsp butter  
1 tsp minced fresh ginger\*  
3/4 tsp finely chopped fresh thyme\*  
salt and freshly ground black pepper to taste

Cut the delicata squash in half lengthwise and scrape out the seeds and fibers.

Place cut side up on a parchment-lined rimmed baking sheet.

Combine ingredients in a small saucepan. Warm over low heat until butter is melted. Divide the maple syrup mixture evenly among squash halves; brush over cut surface, leaving excess syrup in squash hollows.

Roast at 350°F for 1 hour or until very tender and golden, brushing squash every 15-20 minutes with syrup mixture.

*\*ingredients available at Comox Valley Farmers' Market*

## Mushroom Sauté

1 Tbsp olive oil      2 Tbsp unsalted butter      2 cloves garlic, minced  
1/2 tsp kosher salt      2 Tbsp fresh parsley, chopped      freshly ground black pepper  
1 lb. mixed fresh mushrooms cleaned, trimmed, sliced, approximately 5-6 cups

*Optional:* 1-3 Tbsp heavy cream, wine, brandy, sherry, broth, or lemon juice

*Optional:* chopped fresh herbs, such as thyme, sage or chives

Heat oil and butter in a 12-inch sauté pan over medium heat until the butter foams. Add mushrooms and garlic. Sprinkle with salt and pepper and stir until mushrooms start to release their moisture 2-3 minutes. Increase heat, sauté mushrooms stirring occasionally, until golden brown and no liquid remains, 5-8 minutes.

Stir in cream (or other liquid), scraping up brown bits. Stir in parsley and any other optional herb, cook until slightly saucy and mushrooms are glazed, about 2 minutes. Serve immediately.



Sauté pan size is important. If it's too large, food can dry out or burn; too small, food will steam instead of brown.

## Apple, Cheddar & Tuna Melt

1 170 g. Estevan tinned tuna\*  
1 Tbsp mayonnaise  
1 tsp lemon juice  
1/4 cup diced red onions\*  
1/4 cup diced celery  
1 Granny Smith apple, peeled and finely cubed\*  
Freshly ground black pepper to taste  
1 sourdough baguette\*  
3/4 cup grated, Natural Pastures cheddar cheese\*



In a bowl add the first 6 ingredients. Season with freshly ground black pepper and combine well.

Cut 8 slices from the baguette about 3/4-inch thick. Cover each slice with mixture, then sprinkle each with the cheese.

Place rack in top portion of oven and turn on broiler.

Place slices on a cookie sheet and put under broiler for 2-3 minutes until warmed through and cheese is bubbly and begins to brown (don't let them burn). Makes 2-3 servings.

**Breadcrumbs** are amazingly versatile. They can thicken sauces, bind together meatballs, and serve as a crunchy coating or topping.

**Dry breadcrumbs** are typically used as a topping to add a crunchy dimension to gratins, casseroles, and other similar dishes.

**Fresh breadcrumbs** make an excellent binder, which is why they're so often used in meatloaf and stuffing recipes.

**To make fresh breadcrumbs:** tear bread into large pieces, and pulse in a food processor until they reach the desired consistency.

**To make dry breadcrumbs:** cut bread into small cubes and bake in a 350°F oven, turning a few times, until dry. Cool and then pulse in a food processor until the desired consistency.

**To store:** seal homemade breadcrumbs in a zip-top plastic bag and freeze for up to 6 months. There's no need to thaw before using.

## Homemade Applesauce

5 lbs apples, peeled, cored and sliced\*      1 cup water, apple juice or apple cider\*      1 tsp grated lemon zest  
Juice of 1 lemon      1/2 cup brown sugar, or to taste      1 cinnamon stick

*Optional seasonings:* nutmeg, maple syrup, allspice

Peel, core and cut apples into 1/2-inch thick slices. Combine ingredients in a large saucepan and bring to a boil over medium-high heat. Reduce heat to low, partially cover and simmer stirring occasionally until tender about 25 minutes.

Remove cinnamon stick. Using potato masher, mash apple mixture until chunky (for smoother sauce, use immersion blender and purée until smooth). Refrigerate in covered container for up to 1 week or freeze for up to 3 months.

**Chef's notes:** substitute some maple syrup for some of the sugar.

spice it up with a pinch of ground cloves, nutmeg or allspice.

leave out spices if you'd rather just have the apple flavor by itself.



**Celeriac Mashed Potatoes:** Place 2 1/2 lbs potatoes\*, peeled and chopped, a 1 lb celeriac bulb\*, peeled and chopped and 1 bay leaf\* in a large pot of salted water and bring to a boil and cook until vegetables are tender. Drain, remove bay leaf and mash with a potato masher or ricer. Add in and whip until light and fluffy 3/4 cup warmed whipping cream, 1/4 cup butter, salt and freshly ground pepper to taste.

\* ingredients available at Comox Valley Farmers' Market