

Chefs' Day at the Market



NVICA



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Saturday,
May 21, 2022
FoodFest



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Purée of Wild Mushrooms

Recipe compliments Chef Gaetane of Island Trails: Comox Valley Culinary Tours

Ingredients:

- 1 Onion, coarsely chopped
- 30 ml 2 tblsp Butter or vegetable oil
- 450 g 1 lb Sliced mushrooms
- 225 g ½ lb Wild mushrooms
- 125 ml ¼ cup Dry wild mushroom
- 15 ml 1 tblsp Vandouvan curry powde
- 1 l 4 cups Chicken or vegetable sto
- 125 ml ½ cup cooked rice
- to taste Salt + pepper
- 250 ml 1 cup Heavy cream (optional)



*Available at market vendors

Method:

1. Soak wild mushroom in 250 ml (1 cup) of hot water for at least 30 minutes
2. Cut coarsely/ keep the liquid
3. Sautee onions + add fresh wild mushrooms
4. Strain dry mushrooms and sauté with the other fresh mushrooms
5. Add curry powder
6. Add chicken or veg stock + dry mushrooms liquid and pre-cooked rice
7. Puree with hand blender or with food processor or Vitamix
8. Add cream only before serving (optional)

You can garnish with crème fraiche and fresh herb crème fraiche:

1 cup of heavy cream+ 30 ml of yogurt or sour cream. Let sit for at least 6 hours of overnight

Without cream it is a delicious vegan, gluten free soup

Pickled Oyster Mushrooms



Ingredients

- oyster mushrooms - 500 gr
- water - 100 ml
- vinegar - 80 ml
- oil - 120 ml
- salt - 1 tea spoon
- sugar - 2 tea spoon
- garlic - 2 cloves
- bay leaf - 2

Preparation

1. Boil the marinara for few minutes
2. Drop the mushrooms in the hot marinara for 5 min.

To taste: You can add fresh or dry herb like thyme, sage, chives

Rhubarb Season is here



Rhubarb is a perennial vegetable that has tart-flavoured ruby or green stems used to make pies, crumbles, jams, and sauces. Harvest stalks when they are 12 to 18 inches long and at least 3/4-inch in diameter.

Cut the rhubarb stalks and refrigerate in a covered container. Or tightly wrap stalks in plastic or aluminum foil and refrigerate. Rhubarb can be kept fresh in the refrigerator for a couple of weeks.

Cut rhubarb stalks in pieces and place in a covered container or zip-type plastic bag and put in freezer. Frozen rhubarb will last about a year.

Rhubarb Cake

Recipe by NVICA



Batter

1/2 cup butter, soft
1/2 cup sugar
1 cup brown sugar
1 egg
1 teaspoon vanilla
2 cups all-purpose flour

1 teaspoon baking soda
1/2 teaspoon salt
1 cup buttermilk
2 cups rhubarb, chopped (Amara Farms)
1 tablespoon all-purpose flour
2 tablespoons orange zest

Topping

1/4 cup butter, soft
1 cup brown sugar

2 teaspoons cinnamon

Batter: cream butter and both sugars; beat in egg and vanilla. Mix dry ingredients. Add to creamed mixture alternately with buttermilk. Toss rhubarb with 1 tablespoon flour and mix gently into batter. Spoon into greased 13X9 pan and smooth surface.

Topping: Blend together all ingredients and sprinkle evenly over batter.

Pre-heat oven to 350. Drop heat to 325 for 45mins.

Mulligatawny Soup

1 cup raisins
1 cup celery
1 cup carrots
1 cup onions
1/2 cup green garlic (Shamrock Farms)
2 tbsp curry powder (Clever Crow)
2 tbsp turmeric
1/2 cup butter

1/2 cup all-purpose flour
2 liters turkey stock
1/2 cup tomato paste
2-10 oz cans of coconut milk
2 lbs. pouched smoked turkey drumsticks, diced (Victorian Acres)
1 cup Granny Smith apples, diced
1/2 liter whipping cream

Poach & puree raisins. Sauté onions, celery, carrots with curry, turmeric & green garlic. Create roux, add tomato paste & stock. Allow to thicken, bring to boil. Add coconut milk, simmer. Add raisins, turkey meat & apples. Finish with cream.

