

Chefs' Day at the Market



NVICA



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Sunday,
August 28, 2022
FoodFest



cvfm.ca

info@cvfm.ca   

Charred & Raw Corn with Chile & Cheese

4 servings
4 ears of corn, husked
1 large shallot, thinly sliced into rings
½ red chile (with seeds, thinly sliced into rings)
¼ cup fresh lime juice
Kosher salt, pepper
4 tbsp. veggie oil, divided (or appropriately flavoured)
2 oz. fresh Buffalo Mozzarella or garlic verdelait, crumbled
¼ cup chopped cilantro



Prepare grill for medium heat. Cut kernels from one cob of corn & toss with shallot, chile, & lime juice in a large bowl; season with S & P; set aside. Brush remaining 3 ears of corn with 2 Tbsp. of oil & grill, turning occasionally, until very tender & charred in spots. 10-12 minutes. Let cool. Cut kernels from cobs & add to reserved corn mixture along with cheese, cilantro & remaining 2 Tbsp of oil. Toss to combine; season with S & P.

Korean Beef/Rice Bowl

Ingredients:

- 1/2 cup brown sugar, packed
- 1/2 cup reduced sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp (or more) crushed red-pepper flakes, or more to taste
- 3 Tbsp fresh ginger
- 6 cloves garlic, minced
- 2-lbs. beef
- 5 green onions, thinly sliced
- 1/4 cup sesame seeds

Directions:

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
2. Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add beef and cook until browned, about 3-5 minutes, drain excess fat.
3. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
4. Serve immediately, garnished with green onion and sesame seeds, if desired.

Gazpacho Soup



Gazpacho is usually a tomato-based vegetable soup, traditionally served cold, originating in the southern Spanish region of Andalucía. Gazpacho is widely consumed in Spanish cuisine, as well as in neighboring Portugal, where it is known as Gaspacho. Gazpacho is mostly consumed during the summer months, due to its refreshing qualities and cold serving temperature.

Prep Time: 15 min.		Yield: 6 to 8 portions
Ingredients		Method
<ul style="list-style-type: none"> ▪ 3 large tomatoes ▪ 1 peeled, seeded cucumber ▪ 2 seeded peppers (any color) ▪ 1 large onion ▪ 2 chopped garlic cloves ▪ 1 l tomato juice (or as needed) or 1 can tomato sauce+ water or stock ▪ 75 ml Red wine vinegar ▪ 75 ml Olive Oil ▪ 125 ml fresh bread crumb ▪ Fresh oregano ▪ Fresh basil ▪ To taste Salt Pepper <p>Garnishes (optional)</p> <ul style="list-style-type: none"> • Tomato , peeled, seeded, small dice • Green pepper, small dice • Red or yellow pepper, small dice • Cucumber peeled, seeded, small dice • Green onion, small slices • Croutons 	<ol style="list-style-type: none"> 1. Combine and purée all ingredients except liquid in food processor or hand blender or Vitamix 2. Stir in tomato juice or tomato sauce + water or stock 3. Adjust consistency with stock or water as needed 4. Stir in the vegetables garnishes and adjust seasoning. 5. Serve in cups or bowls garnished chilled with croutons. 	

Product today provided by the following Comox Valley Farmers' Market Vendors

Raised Right Ranch
 Gather Farm and Kitchen
 The Mustard lady
 Heavenly Libations
 McDonald's Garden
 Lamb and Chick Farm

Honey Grove Bakery
 Stellar Raven
 Cumberland Hemp
 Ridgewood Farms
 Lentelus Farms
 Royston Roots

Prontissima Pasta
 Simply Divine Honey
 Blue Moon Winery



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- 2 seeded peppers (any color)
- 1 large onion
- 2 chopped garlic cloves
- 1 l tomato juice (or as needed)
- or 1 can tomato sauce+ water or stock
- 75 ml Red wine vinegar
- 75 ml Olive Oil
- 125 ml fresh bread crumb
- Fresh oregano
- Fresh basil
- To taste Salt Pepper

Garnishes (optional)

- Tomato , peeled, seeded, small dice
- Green pepper, small dice
- Red or yellow pepper, small dice
- Cucumber peeled, seeded, small dice
- Green onion, small slices
- Croutons

Method

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