



Seasonal
flavours at home

Recipe book

*child***REACH**

GROWING  **chefs!**

A message from Childreach

Thank you for supporting Seasonal Flavours!

Childreach helps more than 6,000 families each year, and the money raised from this event will be used to provide responsive community outreach and personalized family support to those who need it the most. It is your generosity and support that makes our work possible.

On behalf of everyone at Childreach, especially the kids, thank you.

*To find out more about our services and supports,
please visit www.childreach.on.ca.*

*child***REACH**

A message from Growing Chefs Ontario!

Childreach and Growing Chefs! Ontario have worked together for the past several years and we were proud to partner together for this Annual Fundraising event

We sincerely hope you enjoy this meal! Full recipes, ingredients and instructions have been included in our BRAND NEW Recipe Book format, we hope you love this new look as much as we do! Thank you so much for supporting Childreach and Growing Chefs! Ontario through these continued events.

Community partnerships such as these allow multiple nonprofit agencies to benefit. By working together on events such as these, over 10,000 children and families gain access to Growing Chefs! food education programming each year.

The Beet Café – the name for Growing Chefs! hot lunch program - produces over 300 hot, healthy meals for preschoolers and elementary schools across London, every day. Everything served from The Beet Cafe is made daily, from scratch, in our *NEW* kitchen space at The Grove, using locally sourced and seasonal ingredients wherever possible. We hope this gives you and your family a sneak peak into who we are, and gives you the opportunity to enjoy some of our food together!

For more information on Growing Chefs! please visit our BRAND NEW website: www.growingchefsontario.ca and sign up for our newsletter mailing list or follow our social media accounts on Facebook, Instagram and Twitter.

Thank you! – The Growing Chefs! Ontario team

Growing Chefs! Ontario is a registered charity and has been incorporated since 2008.

Our mission is to change the way children, youth families and the greater community, learn about and develop healthy relationships with food!



Menu



Buttermilk fried chicken

Sweet Portuguese rolls

Napa cabbage slaw with blue cheese

Dill ranch sauce

Hot honey sauce

Half sour pickles

Spinach macaroni and cheese

Strawberry shortcake cookies

Buttermilk Fried Chicken

Buttermilk helps make fried chicken extra moist and delicious, as the acidity in the buttermilk starts to break down the chicken, and the seasoning adds depth of flavour. These fried chicken cutlets make for an amazing fried chicken sandwich.

Difficulty



Intermediate

Yield



Serves 4

Ingredients

For the marinade:

- 1 cup buttermilk
- 4 boneless chicken thighs, trimmed and pounded flat
- 1 tablespoon herbs de Provence spice blend
(or ½ teaspoon fennel seeds, ½ teaspoon rosemary,
1 teaspoon thyme, ½ teaspoon basil,
½ teaspoon tarragon)
- 1 teaspoon salt
- ¼ teaspoon pepper

For the chicken:

- 1 cup flour
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- ½ teaspoon thyme
- ¼ teaspoon pepper
- ½ teaspoon salt
- 4-6 cups canola oil or high heat oil, for frying

Equipment

- | | |
|--------------------------|-----------------------------|
| Measuring cups | Kitchen mallet or small pan |
| Measuring spoons | Wooden spoon |
| Cutting board | Tongs |
| Chef's knife | Plastic wrap |
| Bowls, various sizes | Paper towels |
| Whisk | Baking sheet |
| Large pot, or deep fryer | Dish towel |
| Deep frying thermometer | |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

For marinade:

Measure out buttermilk and add herbs de Provence spices, salt, and pepper. Whisk together.

Trim the chicken pieces of any fat. Flatten them with a kitchen mallet or small frying pan.

Place the chicken in the marinade and let rest covered in the fridge at least 4 hours, or overnight.

For chicken:

Measure out and whisk together flour and spices in a large bowl.

Take chicken out of the buttermilk, and wipe off the excess marinade. Reserve the marinade.

Add about ½-1 cup of buttermilk marinade to flour, and stir it around with your hand to make a slightly shaggy flour mixture with flakes of flour. Dunk the chicken cutlet into the flour mixture to coat it.

If desired, dunk it into the buttermilk again and then back into the flour mixture for extra coating.

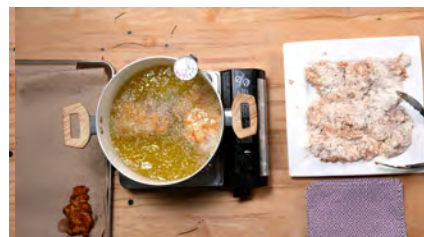
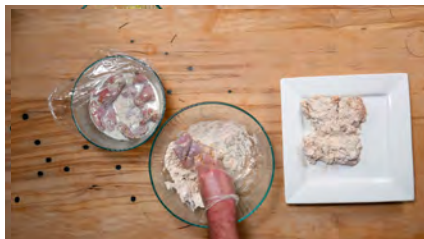


Get Cooking!

In a large pot, heat the oil to 375°F, and attach a deep fry thermometer to the edge of the pot, or closely monitor the temperature. Never leave hot oil unattended.

With tongs, carefully place the chicken in the oil and cook for 5-7 minutes, until the internal temperature of the chicken reaches 165°F.

Remove chicken from the oil and place on a baking sheet lined with paper towels to soak up any extra oil. Serve immediately.



Sweet Portuguese Buns

These sweet buns are the perfect vessel for fried chicken or burgers. Making the sponge a day before adds a lot of flavour to these tasty, soft buns!

Difficulty



Intermediate

Yield



8 Buns

Ingredients

Sponge:

- 1/2 cup hard flour
- 2 1/2 teaspoons dried active yeast
- 1/2 cup warm water

Dough:

- 6 tablespoons butter
- 1/2 cup sugar or honey
- 1 teaspoon salt
- 3 large eggs
- 1/2 cup milk
- 3 1/2 cups hard flour
- 1 teaspoon olive oil
- 1 egg with 1 teaspoon water, beaten, for egg wash



Equipment

- | | |
|--------------------------------|-----------------|
| Measuring cups | Pastry brush |
| Measuring spoons | Plastic wrap |
| Bowls, various sizes | Parchment paper |
| Stand mixer | Baking sheet |
| Wooden spoon | Wire rack |
| Bench scraper, or chef's knife | Dish towel |
| Whisk | |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

For the sponge:

In a medium bowl, mix together warm water, yeast, and flour with a wooden spoon. Cover with plastic wrap and let sit at room temperature overnight, or 8-12 hours.

For the dough:

Measure out butter, eggs, and milk. Let them come to room temperature on the counter.

Measure out salt, flour, and olive oil. In a stand mixer with a paddle attachment, add butter, sugar and salt and beat together for 3-4 minutes until the sugar has creamed well.

Add the eggs one at a time, waiting until each egg is incorporated before adding the next. Add the milk and the sponge, to the creamed mixture and mix together well, switch from the paddle attachment to the dough hook attachment. Add about 3 cups of bread flour, and mix until a smooth dough forms. If the mixture is too wet, add an additional $\frac{1}{2}$ cup of flour, or more as needed to form a dough that is smooth and elastic.



Continue to mix in the stand mixer on low speed for 6 minutes, or until dough is soft and smooth. In a large bowl, add the olive oil and rub all over the bowl to help prevent the dough from sticking to the bowl. Tip your dough into the bowl, and cover with plastic wrap.

Directions

Leave in a warm place on the counter to rise for about 2 hours, or until doubled in size. Remove the dough from the bowl and cut in half, and cut each half into 6 even pieces. Round each piece of dough into a ball, and press flat.

Place on a parchment lined baking sheet, dust the tops of the buns lightly with flour, and cover loosely with a clean dish towel. Let rise on the counter for another 1 hour.



Get Cooking!

Preheat the oven to 350°F.

Mix together one egg and one teaspoon of water to make an egg wash.

Gently brush the top of each bun with egg wash, and let cook for 20-25 minutes in the oven. Remove from the oven and place on a wire rack to cool.



Napa Cabbage Slaw

This is not your average slaw! Juicy and crunchy, Napa cabbage is perfect in this recipe, but the blue cheese is the real MVP.

Difficulty



Intermediate

Yield



Serves 4-6

Ingredients

- 1 medium head of Napa cabbage, thinly sliced
- 1/3 cup blue cheese, crumbled
- 1/2 white onion, diced
- 1 clove garlic, minced
- 1/4 cup grapeseed oil
- 2 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon celery seed
- Salt to taste
- Pepper to taste



Equipment

- | | |
|-------------------|---------------|
| Measuring cups | Paring Knife |
| Measuring spoons | Cutting Board |
| Large Mixing Bowl | Plastic Wrap |
| Table Spoon | Dish Towel |
| Spatula | |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Thinly slice cabbage and onion.

Mince garlic and crumble the blue cheese.

Measure out the vinaigrette ingredients.



Get Cooking!

Layer Napa cabbage, onions, and blue cheese in a serving bowl.

Whisk together garlic, olive oil, apple cider vinegar, Dijon mustard, honey, celery seed, salt and pepper until emulsified.

Toss dressing with cabbage and chill for 5-10 minutes before serving.



Dill Ranch Sauce

Perfect for veggies, chicken wings or even as a salad dressing!

Difficulty  Beginner

Yield  1 Cup of Sauce

Ingredients

- 1/3 cup Greek yogurt
- 1/4 cup buttermilk
- 3 tablespoons mayonnaise
- 1 1/2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon sugar
- 1 tablespoon fresh or dried dill
- 1 tablespoon fresh chives or parsley
- Salt to taste



Equipment

- | | |
|------------------|------------------|
| Cutting board | Spatula or whisk |
| Paring knife | Plastic wrap |
| Measuring cups | Tasting spoons |
| Measuring spoons | Dish towel |
| Mixing bowl | |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

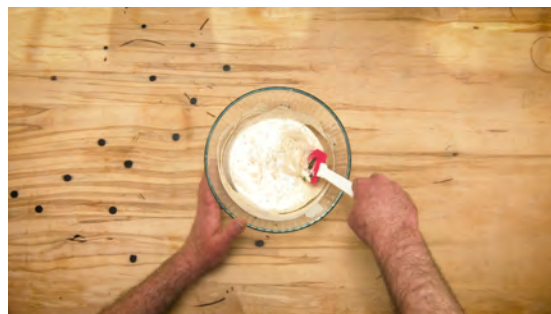
Measure out the Greek yogurt, buttermilk, mayonnaise, lemon juice, Dijon mustard, onion powder, garlic powder, paprika, sugar, dried dill, and chives or parsley

If using fresh herbs, chop them up so they are in very tiny pieces.



Get Cooking!

In a medium sized mixing bowl, whisk all ingredients together thoroughly. Cover in plastic wrap and chill for at least 30 minutes or overnight.



Hot Honey Sauce

This sauce is perfect for pizza, grilled meats, or fried chicken!

Difficulty



Beginner

Yield



About 1/2 a Cup

Ingredients

- 1/2 cup honey
- 1 tablespoon hot sauce
- 1 tablespoon apple cider vinegar
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt

Equipment

- Small pot
- Measuring cups
- Measuring spoons
- Wooden spoon or whisk
- Dish towel



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Measure out the honey, hot sauce, vinegar, pepper flakes and salt.

Get Cooking!

Place all ingredients in a small saucepan over medium heat. Stir to combine and heat until the mixture comes to a boil.

Boil for 4 minutes, swirling the pan occasionally. Remove from heat and let cool completely. Store at room temperature in the pantry for up to 3 weeks



Half Sour Pickles

These pickles are just that, half sour! They are salty with just the right amount of garlicky dill.

Difficulty



Beginner

Yield



Unknown

Ingredients

- 2 tablespoons salt
- 1 pound firm pickling cucumbers, such as Kirby (6 to 8)
- 4 sprigs fresh dill
- 3 large cloves garlic, halved
- 1/2 teaspoon cracked black peppercorns
- Pinch crushed red pepper flakes



Equipment

- | | |
|------------------|-------------------|
| Measuring cups | 1 quart mason jar |
| Measuring spoons | Cheese cloth |
| Cutting board | Scissors |
| Paring knife | Spoon |
| Mixing bowl | Dish cloth |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Measure out the salt and pepper. Note: These pickles are fermented, so its important to use the amount of salt called for in the recipe. Peel the cloves of garlic and slice each one in half. Using a paring knife, cut off the ends of each cucumber.

Get Cooking!

Dissolve the salt in 1 cup of hot tap water, stirring with a spoon. Once the salt has dissolved, stir in 1 cup of cold tap water. Tightly pack the cucumbers vertically in a quart jar. Fit the dill sprigs and garlic around the cucumbers. Sprinkle the black pepper and crushed red pepper, if using, on top. Add enough of the salt water to the jar to completely cover the contents, leaving about an inch of airspace at the top of the jar. If you have any brine left, save it. Cover the jar with cheesecloth or a kitchen towel secured with a rubber band, or partially screw on the lid.



Put the jar in a cool room (about 65°F) away from direct sunlight, and let the pickles ferment for 4 days. During this time, bubbles of carbon dioxide gas will become visible inside the jar. Check the pickles daily to make sure they are submerged, and if necessary, top off with the reserved brine. If they begin to float, weigh them down with a small heavy object, like a stone wrapped in plastic or a small glass jar filled with water. It's OK if the liquid clouds slightly. If it becomes dark or extremely cloudy, mold or fungus is growing in the jar, and the pickles should be discarded. After 4 days the pickles should be crunchy, lightly sour, and salty, with an aroma of garlic and dill. If you prefer a more sour flavour, let the pickles ferment up to 3 days more, tasting daily. When you're happy with the flavour, refrigerate the pickle jar. The pickles will remain half-sours for up to 2 weeks. Within a few weeks, they will have progressed to fully fermented pickles and will keep for years in the refrigerator.

Spinach Macaroni and Cheese

*Cheese and spinach go together like... well, cheese and spinach!
The perfect pair are baked together with noodles in a creamy sauce and topped with a crunchy topping.*

Difficulty



Intermediate

Yield



Serves 4

Ingredients

- 4 cups fresh spinach, packed
- ½ cup fresh parsley
- 1 pound macaroni noodles, cooked
(reserve ½ cup of the cooking liquid)
- ¼ cup butter
- ¼ cup flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon mustard powder
- 2 cups milk
- 3 cups old white cheddar cheese, grated
- 1 cup cream cheese
- ½ cup mozzarella cheese, grated
- ½ cup Panko breadcrumbs
- Salt to taste
- Pepper to taste



Equipment

- | | |
|----------------------|----------------|
| Measuring cups | Large pot |
| Measuring spoons | Wooden spoon |
| Cutting board | Blender |
| Chef's knife | Casserole dish |
| Bowls, various sizes | Tasting spoons |
| Whisk | Dish towel |

Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Preheat the oven to 350°F.

Bring a large pot of water to a boil. Salt well. Once boiling, add the pasta and cook according to box directions. Reserve ½ cup of the pasta water.

Measure out spinach and parsley and add to a stand blender. Add the ½ cup of reserved noodle water and blend until smooth.

Measure out the butter, flour, garlic powder, onion powder, mustard powder, paprika, milk and bread crumbs.

Grate and measure the mozzarella and cheddar cheese, keep separate.

Measure out the cream cheese. Mix the breadcrumbs with the mozzarella cheese and set aside.

Get Cooking!

Melt the butter in a large pot on medium low heat. Once the butter is melted, stir in the flour and cook until a smooth paste has formed, being careful not to let it brown.

Once the paste has cooked for about one minute, stir in the onion powder, garlic powder, paprika and mustard powder. Stir until all of the spices have been well combined.

Slowly add the milk in batches, mixing thoroughly in between each addition to prevent lumps.



Directions

Stir in the cream cheese and cheddar and cook until melted.

Pour in the blended spinach mixture and cook on low until everything is well combined and comes to a boil. Season with salt and pepper.



Mix in the cooked pasta noodles and stir until all of the noodles have been coated in the sauce. Pour into a casserole dish.

Top the dish with the breadcrumbs and mozzarella cheese and bake in the preheated oven for about 10-12 minutes or until the cheese has melted and the breadcrumbs are golden brown.



Strawberry Shortcake Cookies

Strawberry shortcake is an iconic summer dessert! This recipe wraps up all of the amazing flavours of strawberry shortcake in a neat little cookie package that is great to take on the go.

Difficulty  Intermediate

Yield  8 Cookies

Ingredients

- 1 cup chopped strawberries
- 1 lemon, juiced
- 1/2 cup plus 1 tablespoon sugar
- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup butter, softened
- 1/4 cup packed brown sugar
- 1 large egg
- 1 teaspoon vanilla



For the filling

- 1/4 cup cream cheese, softened
- 3 tablespoons icing sugar
- Zest of 1 lemon



Equipment

- | | |
|-------------------------|---------------------|
| Measuring cups | Portion scoop/spoon |
| Measuring spoons | Wooden spoon |
| Bowls, various sizes | Rasp |
| Baking sheets | Dish towel |
| Parchment paper | Spatula |
| Fine strainer | Cutting board |
| Stand or electric mixer | Paring knife |



Directions

Get Organized!

Gather your mis en place; get together all of the equipment needed for the recipe and gather your ingredients.

Get Prepped!

Using a rasp, remove lemon zest and place in a small bowl. Cut lemon in half, and squeeze out as much juice as possible, making sure to remove seeds. Cut the stems off the strawberries, and dice into small 1 centimetre pieces.

Measure out flour, baking powder, and salt together. Measure out sugar in two bowls ($\frac{1}{2}$ cup plus 1 tablespoon kept separately), and brown sugar. Measure out butter, egg, and vanilla.

Preheat oven to 350°F, line 2 baking sheets with parchment paper.



Mix together strawberries with lemon juice and 1 tablespoon of sugar. Let sit for 10 minutes, and then strain out the liquid.

In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl using an electric mixer, cream together butter and sugar until light and fluffy. Add in vanilla and egg, and mix until combined. Add in the dry ingredients, and mix on low until just combined.

With a wooden spoon, carefully fold in the strawberries. Wrap the dough and refrigerate for 15-20 minutes.



Measure out cream cheese, and icing sugar. Mix together icing sugar, cream cheese, and lemon zest with a wooden spoon.

Directions

Divide the cream cheese mixture into 8 balls, and set in the fridge until needed.

Divide the dough in half, and divide each half into 8 pieces. Roll each piece into a ball, and flatten into a pancake. Place a piece of cream cheese in the middle, and then place a second dough pancake on top. Make sure that the sides are creased together well, and place on two baking sheets, 4 cookies per sheet.



Get Cooking!

Bake cookies for 15-18 minutes, until edges are golden brown. Let cool, and serve.



**Thanks for
cooking along
with us!**

