

Harvest for Health



RECIPES BY CHEF DEWAR, NSCC

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Maple Glazed Carrots with a Blue Cheese Dressing, Petite Greens, Toasted Farro

Maple Glazed Carrots



Servings: 04



Prep. time: 20 minutes



Cook time: 50-60 minutes

Cooking Steps

1. Preheat oven to 400° F. Line a rimmed baking sheet with 3 sheets of foil.
2. Cut carrots on a diagonal into 3" pieces (halved or quartered lengthwise if large).
3. In a bowl, toss carrots with melted butter, brown sugar, maple syrup, salt and red pepper flakes. Spread out carrots on foil.
4. Bake carrots, tossing every 20 minutes, until tender and browned around the edges (50-60 minutes). Transfer to a platter (with syrup, if desired), and sprinkle with sea salt (optional).

Ingredients

- 2 lb. medium carrots, peeled
- 6 tablespoons butter, melted
- 1/3 cup brown sugar
- 1/3 cup maple syrup
- ¾ teaspoon red pepper flakes
- Salt and pepper
- Petite greens to finish platter

Blue Cheese Dressing



Servings: 04



Prep. time: 10 minutes



Cook time: N/A

Cooking Steps

1. Combine sour cream, mayonnaise, blue cheese, parsley, lemon juice, salt and pepper in a small bowl and stir well until blended and creamy.
2. Use the back of a spoon to press some blue cheese crumbles into the sauce for even more flavor. The dressing will be thick which makes it great for dips.
3. For a pourable dressing that's perfect for salads, stir in a tablespoon or two of milk, buttermilk or water. Taste, then adjust with additional lemon juice, salt and pepper.
4. Keep tightly covered in refrigerator for one week.

Ingredients

- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 oz. blue cheese
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice

Toasted Farro



Servings: 04



Prep. time: 10 minutes



Cook time: 20-25 minutes

Cooking Steps

1. Bring medium saucepan filled two-thirds with water to a boil. Add farro and cook until tender but still chewy, about 25 minutes. Drain well and cool (this can be done one day in advance).
2. Heat 3 tablespoons of vegetable oil in a large skillet over medium-high heat. Add garlic and shallot, along with cooked farro. Sauté farro until it begins to get crispy and golden, about 10 minutes.

Ingredients

- 1 cup farro
- 4 cloves garlic, minced
- 2 tablespoons shallot, minced
- 6 tablespoons vegetable oil

Salmon En Papillote with Zucchini, Tidal Bay Wine, and Dill Butter

Salmon En Papillote with Zucchini and Tidal Bay Wine



Servings: 04



Prep. time: 30 minutes



Cook time: 20-25 minutes

Cooking Steps

1. Preheat oven to 350° F (175° C)
2. Center the salmon fillets on parchment paper. Place zucchini ribbons over the salmon, alternating colours. Fold the parchment paper over the salmon, folding the edges several times around all open edges to seal the salmon into a paper envelope. Do not tape or staple the parchment closed. Place the sealed envelope onto a baking sheet.
3. Bake in the preheated oven until the salmon reached 135° F and is slightly flakey, around 20-25 minutes.
4. To serve, place the packet onto a plate and cut open the paper to release the aroma.

Ingredients

- 16 oz. salmon fillet
- ½ cup Tidal Bay wine
- Salt and pepper
- Parchment paper
- ½ cup green onions, chopped
- 8 slices of each, yellow and green zucchini

Dill Butter



Servings: 04



Prep. time: 15 minutes



Cook time: N/A

Cooking Steps

1. In a bowl. Combine the softened butter with lemon zest, lemon juice, and chopped dill. Mix well.
2. Transfer mixture onto plastic wrap and roll into a log. Refrigerate until firm.
3. Once firm, slice dill butter and place onto hot salmon.

Ingredients

- 4 oz. butter, softened
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill, chopped finely

Roasted Cinnamon Peaches, Vanilla Meringue and Almond Praline

Roasted Cinnamon Peaches



Servings: 04



Prep. time: 30 minutes



Cook time: 20-25 minutes

Cooking Steps

1. Preheat oven to 425° F
2. Place sliced peaches in a bowl and toss with oil, warm honey and cinnamon.
3. Bake on parchment paper for 20-25 minutes, or until peaches are tender and caramelized, flipping halfway through.

Ingredients

- 4 large peaches, pitted and sliced (other stone fruits like nectarines, apricots, or plums can also be used).
- 3 tablespoons coconut oil
- 3 tablespoons honey, warmed
- Few dashes of cinnamon

Vanilla Meringue



Servings: 04



Prep. time: 10 minutes



Cook time: 20 minutes

Cooking Steps

1. Combine egg whites and salt in the bowl of stand mixer
2. Bring a saucepan with a few inches of water to a simmer. Set the mixer bowl over the simmering water, making sure the water does not touch the bottom of the bowl.
3. Add sugar and gently stir the egg whites continuously until they are very warm to the touch and the sugar had dissolved, about 4 minutes. Test this by dipping a finger into the mixture and rubbing it between your fingers – the mixture should no longer have any grains of sugar in it and should be very warm to the touch.
4. Beat the meringue in the bowl of a stand mixer fitted with a whisk attachment. Beat the meringue on medium-low speed until foamy, about 2 minutes.
5. Gradually increase the speed and beat until you achieve stiff peaks that droop slightly when you lift the whisk, and the bottom and sides of the bowl no longer feel warm, to the touch, about 4 minutes.
6. Add the vanilla extract and beat for a few seconds to incorporate.

Ingredients

- 4 large egg whites
- 1 cup sugar
- Pinch of kosher salt
- 1 teaspoon vanilla

Almond Praline



Servings: 04



Prep. time: 10 minutes



Cook time: 20-25 minutes

Cooking Steps

- 1.** In a saucepan, bring the sugar, brown sugar and water to a boil. Lower the heat. Add the almonds and stir until the water evaporates and the sugar crystallizes on the almonds.
- 2.** Immediately remove from the heat and spread the almonds on a baking sheet lined with parchment paper, until they have completely cooled.
- 3.** The almonds will be crunchy a few hours after cooking.
- 4.** Chop into small pieces.

Ingredients

- ½ cup sugar
- ½ cup brown sugar
- ½ cup water
- 2 cups whole unblanched and unsalted almonds