



Great Garlic Recipes

Inspired recipes from Ontario chefs

The Toronto Garlic Festival

Come taste the difference local farming makes!

Save the date! **Sunday, September 25, 2011,**
9 am to 4 pm, at **Evergreen Brick Works** (in the pavilion).

Take free garlic festival shuttle bus from Broadview Subway station. Festival details at www.TorontoGarlicFestival.ca

Check inside for recipes

Issue #1



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Seasoned Mushroom & Garlic Sauté

From Ilyan Balicki, Culinary Enthusiast
at Chocosol Traders, Toronto
(www.chocosoltraders.com)

Makes 4 side-dish servings

Almost any meal would be well complemented by a mushroom sauté, especially when cooking with Ontario garlic! Using locally grown, in-season ingredients, try this simple summer dish with your next meal. Note: In late summer, when garlic greens and scapes are no longer in season, many varieties of fresh Ontario garlic are available. Substitute the greens or scapes with an equal quantity of leeks (white and light green parts only) and three or four minced garlic cloves.

2 ½ tsp unsalted butter or extra virgin olive oil

1 medium red onion, halved and thinly sliced (optional)

1 cup thinly sliced garlic greens or garlic scapes
(see Note, above)

1 lb oyster mushrooms, cut into 1-inch pieces

Salt and freshly ground black pepper, to taste

2 tsp apple cider vinegar or white wine

1 ½ tsp minced fresh sage leaves

2 tsp minced fresh thyme leaves

2 tsp minced fresh oregano leaves

In a large sauté pan or skillet, melt butter over medium heat. Add the onion and garlic greens and cook, stirring occasionally until softened, about 5 minutes. Increase the heat to medium-high, add the mushrooms, salt and pepper and cook, stirring frequently until the mushrooms are almost cooked through, 3 to 4 minutes. Stir in the vinegar and cook for 1 minute. Stir in the sage, thyme and oregano and cook, stirring occasionally until mushrooms are tender but still firm, about 2 minutes. Serve hot and enjoy!



Drunk Scapes & Beans

From Carole Ferrari at The Bus Kitchen
(www.thebuskitchen.ca)

Makes 4 side-dish servings

The beans drink up the wine (or balsamic vinegar) in the cooking, turning them a deep red. Using a white bean shows off the red, but you could use red kidney beans instead. This is peasant food, to be eaten in a bowl with crusty bread or on top of a simply cooked grain, polenta or buttery rice. If scapes are out of season, replace with one bulb (head) of Ontario garlic.

1 cup navy beans (or any white bean or kidney bean),
soaked overnight in cold water

¼ cup extra virgin olive oil

1 Spanish onion, halved and thinly sliced

1 lb garlic scapes (see photo), washed and roughly chopped

1 28-oz can whole tomatoes (or 2 lbs fresh tomatoes)

2 cups vegetable broth

1 cup dry red wine or ½ cup balsamic vinegar

2 bay leaves

1 sprig rosemary

1 tsp dried oregano

¼ cup chopped parsley

Salt and freshly ground black pepper, to taste

Granulated sugar (optional), to taste

Drain the beans; set aside. In a heavy-bottomed pot or Dutch oven, heat the oil over medium-high heat. Add the onion and garlic scapes and cook, stirring occasionally, until the onions begin to caramelize, about 4 minutes. Stir in the beans, tomatoes, broth, wine, bay leaves, rosemary and oregano. Bring to a boil. Lower the heat to a simmer, cover pot, and cook for 30 minutes.

Remove the lid from the pot and continue to simmer until the beans are very soft, about 1 hour or longer. This is a good time to read a book or clean the kitchen, or cook something else. When the beans are done, remove the bay leaves and rosemary. Stir in the parsley. Add salt and pepper to taste. If you find the dish to be too acidic, add a little sugar (but not too much). It's a good idea to let everything sit for 30 minutes, and this dish will taste even better the next day.



garlic scapes

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Did you know that you can cook with every part of the garlic plant?

Not only the bulb, but the leaves, the stem, and the scape are all delicious. Starting in early spring use garlic greens ("spring garlic"). In June garlic scapes bolt from the top of the plant. Finally, mature garlic bulbs are harvested in July and cured for three weeks. You can store Ontario garlic for many months. See www.TorontoGarlicFestival.ca for storage details. Get great garlic at your farmers' market. Visit Greenbeltfresh.ca to find a market near you.

The Toronto Garlic Festival

- Meet garlic farmers from across Ontario.
- Taste chef-inspired delicacies.
- Hear about the medicinal benefits of garlic.
- Watch demos on how to cook with garlic.

Take home your winter supply of cooking garlic, including Siberian, Spanish Roja and Spicy Korean Red.

But don't eat it all, you'll want to plant a few cloves in your garden, and we'll teach you how.

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Five-Ingredient Spaghetti Sauce

From Peter McClusky, Garlic Grower
(www.PeterOnTheFarm.blogspot.com)

Makes 4 Servings

Since the garlic flavour will diminish with cooking, you can add more garlic just before serving. This has another advantage, since garlic that's not heated for too long retains more of its medicinal properties. (If desired, a bell pepper blackened on the grill or under the broiler, seeded and chopped and then added to the pan with the tomatoes, will impart a sweet, smoky flavour.) I could tell you how good this tastes... but I'll let you find out for yourself.

2 tbsp extra virgin olive oil

1 green pepper, finely chopped

5 to 6 lbs tomatoes, preferably plum or other not-too-juicy variety, chopped

1 bulb (head) Ontario garlic (yes, a whole bulb!), broken up into cloves and each clove minced

2 tbsp minced fresh thyme leaves

1 tsp kosher salt and freshly ground black pepper, to taste

In a large saucepan, heat the oil over medium heat. Add the green pepper and cook, stirring occasionally until soft, about 3 minutes. Stir in the tomatoes, garlic, thyme, salt and pepper. Bring to the boil, reduce the heat, and simmer for at least 10 minutes or up to 1 hour (the longer it cooks, the thicker it gets). Serve over pasta with fresh mozzarella or other cheese of your liking.

(And for the hearty-breakfast eater, I recommend recklessly drizzling leftover sauce on a poached egg, or two.)



Hand-Chopped Green Olive Pesto

From Executive Chef Albert Ponzo at Le Select Bistro, Toronto
(www.leseselect.com)

Accompanies 4 servings

Serve with grilled or roasted meat or a firm, white-fleshed fish such as yellow perch. I recently prepared this for my family alongside barbecued spatchcocked chicken and a bottle of 2002 Alion.

1/2 cup firmly packed meaty green olives, pitted and chopped into 1/8 inch pieces

1/2 cup extra virgin olive oil

Juice of 1/2 lemon

1 clove garlic, minced

Pinch dried chili flakes

1/3 bunch basil leaves, in chiffonade (rolled like a cigar and thinly sliced crosswise)

In a medium bowl, stir together the olives, olive oil, lemon juice, garlic and chili flakes. Stir in the basil. Let stand at least 1 hour, but preferably overnight. Additional olive oil and/or lemon juice may be added the following day to adjust for absorption by the olives and for acidity. Serve alongside your main dish.



Ontario Garlic & Herb Grilled Pork Tenderloin

From Jack Sobocinski, Chef de Cuisine, Canada's National Ballet School

Makes 4 to 6 servings

I prepared this for dinner and my 7-year-old liked it a lot. He said, "Daddy, can I have more piggy please."

3 lbs Ontario pork tenderloin (3 or 4 tenderloins)

3 - 4 cloves Ontario garlic, peeled and thinly sliced

2 tbsp chopped fresh marjoram leaves

1 tbsp extra virgin olive oil

Salt and freshly ground black pepper, to taste

Preheat grill at medium high heat. Cut six horizontal slits into each tenderloin; insert garlic and marjoram into each slit. Rub tenderloins with oil and sprinkle with salt and pepper. Grill tenderloins, turning occasionally, until internal temperature reaches 160° F. Transfer to a platter; let rest for 5 to 10 minutes before slicing, then serve.



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