



SAVOUR Muskoka at the *The Royal* Canada FedNor

AGRICULTURAL WINTER FAIR

SAVOUR Muskoka was pleased to be featured once again at the Royal Agriculture Winter Fair in Toronto, thanks to FedNor, Industry Canada. In our fourth consecutive year participating at the Royal, SAVOUR represented and showcased a variety of local producers, chefs, retail, resort and restaurant members to promote the region's culture through food and drink to visitors from around the province.

The Royal Agricultural Winter Fair, a unique event that takes place every November in the City of Toronto, is the largest combined indoor agricultural fair and international equestrian competition in the world. Currently in its 88th year, The Royal draws more than 340,000 visitors to Toronto annually to see thousands of unique entries from elite Canadian and International breeders, growers and exhibitors, over 4,500 large and small animals, shows, activities, shopping, dining and – of course – The Royal Horse Show.

SAVOUR Muskoka was invited to participate in The Northern Pavilion, which is funded by FedNor, Industry Canada at the Royal Agricultural Winter Fair to participate at the Entertaining at Home cooking stage, highlighting local chefs, food and beverage and through the sales of Rory Golden's own Butternut Squash Soup from our interactive booth. Con't Page 7

Local Food Development Brainstorming Session

On Saturday, November 20th, SAVOUR Muskoka will host a one day session at Delta Grandview Resort, focusing on developing the local food system across Muskoka, with a reception Friday the 19th.

This session will provide participants with the opportunity to convene with a variety of people, farmers, farm leaders, chefs, farm market managers, district representatives, etc. who are all in positions where they can contribute to increasing and meeting the demand for locally grown products in our area.

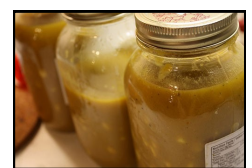
This event will begin Friday evening 7.00 pm - 9.00 pm, with an exciting presentation by Dianne Dowling from Kingston's "New Farm" project, including a short film titled "Food Down the Road". The theme for Saturday's meeting will focus on the question "What are the issues and opportunities facing Muskoka-Parry Sound as we look for ways to expand production, distribution and consumption of local food?".

For more information, please contact Sarah Copfer, Membership Representative by email at admin@savourmuskoka.com or by calling (705) 646-

Royal Soup was a crowd-pleaser!

- 3 ¼ pounds of butternut squash – peeled and cut into chunks
- 1 large onion, 1 large carrot, 2 stalks of celery - chopped
- 1 large apple, northern spy
- 3 tablespoons of butter
- 1 teaspoon of cinnamon
- 3 ½ cups of vegetable stock
- 2 tablespoons of maple syrup
- 1 teaspoon - Cinnamon, Allspice, Nutmeg

In a large pot melt the butter on medium and add onion, carrot and celery. Cook for about 5 minutes, Stir in cinnamon, allspice and nutmeg for 30 seconds. Add squash and cover with 3-4 cups of stock. Bring pot to a boil then turn down the heat and simmer for about 25 minutes or until the squash is tender. Puree the vegetables in small batches. Put puree in separate pot. Stir in the maple syrup. Ad cooking stock according to desired thickness, season with salt and pepper.



Inside this issue:

EXECUTIVE CHEF PHILIP LEACH, BIGWIN ISLAND	2
SOUS CHEF EVERETT BELL, DELTA GRANDVIEW RESORT AND SPA	3
CHEF BECKY LENNERTON, BLACK RIVER FOOD CO.	4
SOUS CHEF IVAN LOUBIER, TABOO RESORT & SPA	5
CHEF RORY GOLDEN, DEERHURST RESORT	6
SAVOUR UPCOMING EVENTS	7

Executive Chef Philip Leach

Executive Chef/Professor

Bigwin Island/ Georgian College



In 2005 Philip Leach joined the Bigwin Team. As Executive Chef Philip quickly established Bigwin Island Golf Club as one of the finest eating establishments to experience in Muskoka. This accomplishment sets Bigwin Island Golf Club apart and coupled with a "service excellence" philosophy consistently meets and exceeds its members and guests expectations for extraordinary cuisine and fine wines and spirits. Every dining experience becomes memorable when visiting the Island.

The Bigwin Island Clubhouse design provides three unique settings (Marine Dining Room, Promenade Veranda and Lakeside Patio and Grill) enjoying water edge dining with Menu options offering fine dining, fresco and casual Muskoka.

As a part time instructor in the Culinary Program at Georgian College and a believer in life-long learning Philip enjoys the opportunity of coaching and development of future culinary cooks and chefs and he is inspired by their enthusiasm, passion for food and fine cuisine.

Searzd Bacon Wrappzd Buffalo Tenderloin with Potato Rosti, Honey Glazed Carrots, and Muskoka Cream Ale Braised Shallots

Ingredients:

1 8oz portion Buffalo tenderloin
2 whole peeled shallots
2 slices smoked bacon
1 Carrot Cut in batons(or baby heirloom)
1 Yukon Gold Potato
.5 Cooking onion
1 tsp honey
1 can of Muskoka cream ale
1 tsp Butter
Salt and pepper to taste
Oil for cooking

Clean all silver skin and excess fat from tenderloin.

Cut into desired portion sizes.

Wrap tenderloin twice with bacon crossing each other leaving little to no exposure of Buffalo.

In a smoking hot pan, sear portions on all sides until golden brown. Remove from pan and place on a baking sheet, into a preheated oven(300)for 15-20 minutes depending on size.

In the same pan, place whole peeled shallots and gently sear.

Deglaze pan with Muskoka Cream Ale, and cover until the liquid becomes syrup and then monte butter.

Serve Shallots with the juices on top of the cooked tenderloins.

Wild Rice and Fennel Salad with Dried Cranberry Vinaigrette

Salad:

.5 head of fennel (shaved)
.25 Red Onion (fine diced)
.25 Red Pepper (medium diced)
25 cup wild rice (cooked)
.50 cup brown rice (cooked)

Dressing:

2 tblsp Dried Cranberries
.5 tsp Dijon mustard
.5 tblsp red wine vinegar
1 tblsp olive oil
.5 tblsp orange juice
1 tsp honey
.Salt and pepper to taste

Mix together fennel, onion, red pepper, and rice in a mixing bowl.

In another mixing bowl, put honey, Dijon, vinegar, dried cranberries and orange juice, then whisk until well combined. While whisking, slowly add olive oil. Pour over salad.

Sous Chef Everett Bell
Delta Grandview Resort



Born on Manitoulin Island Ontario, Everett Bell is a native to the north. Growing up in a small rural community, he started washing dishes at a local restaurant, the Rocky Raccoon Café, and was soon the head cook. Taking this experience as a career path, he attended Canadore College for culinary management. This led to a summer work placement at the Delta Grandview Resort. Here he continued his training and completed an apprenticeship under Chef Ken Schulz.

As a young chef Everett strives to use as many local ingredients as possible, right down to herbs and apples from the property. Everett believes that taking simple delicious ingredients to create beautiful dishes is not only a passion but a right that every person who loves food should share. And who doesn't love food??



Pan Seared Tenderloin, served with Grandview Apple and Poppa Jim's Honey Reduction, and Roasted Brookland Farms Potatoes

Willowgrove Pork Tenderloin

- 1 Willowgrove Hill Omega 3 pork tenderloin
- Salt and pepper
- 1 tbls. Canola oil

Carefully remove any silver skin/ excess fat from the tenderloin. Cut into 1 inch thick medallions

Season the entire medallion lightly with salt and pepper.

In a heavy bottomed sauté pan, heat the canola oil over medium-high heat.

Right before the oil starts to smoke, add the pork, searing all around on each side.

Reduce the heat to medium-low, and finish cooking until the pork is medium or to desired doneness.

Roasted Brookland Farms Potatoes

8-10 Brookland farms multi-colored potatoes. (Purple, pink, white, yellow, etc.)

- Salt and pepper
- 1 tbls. Canola oil
- Finely chopped Rosemary
- Finely chopped Thyme
- 1 tbls. butter

Cut the potatoes in half or quarters, depending on size. (Some can even be left whole.)

In a small bowl, toss the potatoes in the canola oil with a pinch of salt and pepper.

Place the potatoes on a baking sheet and roast in an oven at 325-350F for 20-30 minutes or until soft in the center and golden brown on the outside.

Once the potatoes are finished cooking, toss in a small bowl with the rosemary, thyme, and butter, seasoning to taste.

Apple Honey Reduction

- 4 Northern Spy apples peeled and cored.
- 1 cup Poppa Jim's amber honey
- 80 ml Apple Cider vinegar
- 1 diced shallot
- Dash of cinnamon, nutmeg, ground cloves
- 1 tbls. Canola oil, - Salt and Pepper to taste

Cube the apples into ½ inch cubes. In a medium sized heavy bottomed sauté pan, heat the canola oil. Once the oil is heated, add the shallots and the apples. Sauté until the apples reach a nice golden brown, and begin to break down. Add the cinnamon, nutmeg, and ground cloves. (a pinch of each is more than enough) Add the honey and the apple cider vinegar. Reduce the heat to a very low simmer.

Allow the mixture to simmer for 5-6 minutes, or until a velvety caramelized consistency is reached.

Executive Chef Becky Lennerton

Executive Chef Black River Food Co.



Rebekah (Becky) Lennerton is a Red Sealed Chef and owner of a small local business called Black River Food Co. Originally from the east coast and has lived in the Muskoka area for the last 25 years. Her culinary training includes schooling through Humber College and has logged 6,000 hours of training in many areas of the business. She apprenticed at the elite Lake Joseph Club owned and operated by Club Link. Specifically the Wine Bar and Grill followed by an assistant manager position at the private members club the following year. The guest list included many famous people known to the Muskoka area. She also apprenticed at North 44 and Bymark in Toronto. She was part of their mobile catering staff that provided elaborate weddings and dinner parties.

Grønville Farm fræ range Chickøn Breast stuffed with Thornloe Chzese Factory Stilton accompanied with Honey Crisp Georgian bay Apple Lollipops wrapped with Pancetta

Ingredients

2 flattened skinless boneless breasts
4 slices local Pancetta (check with your butcher)
½ cup Thornloe stilton
Seasoning (1/4 tspn each, rosemary, garlic powder, sea salt, cracked black pepper)
Honey crisp apples 3
3 tbspn butter
Toothpicks and skewers

Place chicken breast on cutting board. Cover liberally with saran
Using rolling pin flatten out chicken until even thickness is achieved
Core and dice 3 honey crisp apples (leave skin on). In sauce pan melt butter, add apples and cook until just softened. Remove from stove and cool.
Stuff chicken breast with Thornloe stilton and apple compote Note* Start from one side of breast and roll to the other to form a tube. Sprinkle with seasoning.
Wrap with pancetta and hold with toothpicks.
Place in pre-heated 350 degree oven for 20-25 minutes or until cooked through.
Allow to cool.
With sharp serrated knife slice into ¾ inch coins. Pierce through with skewer.
Place preserve in saucepan on low heat until warmed through. Pour in shallow containers and place chicken lollipop inside. Serve.

“Black River rubbed Graywalk Buffalo loin with shredded crispy root vegetable spoons amid a warmèd cranberry balsamic prserve”

Ingredients:

Rub (combine a ¼ tspn each coarse black pepper, sea salt, mince garlic, cumin, olive oil)
10-12 ounces Grey Walk buffalo loin
½ cup Iroquois cranberry balsamic preserve
Shredded root vegetables (beet, yam, jacket potato, parsnips) 2 cups cooked and shredded
Mini spoons 12
Finely chopped herbs ¼ cup

Place loin in plastic bag and add rub, massage so all of loin is coated seal and refrigerate overnight.
Note: may have to double recipe for rub depending on the size of loin. Pre-heat cast iron pan over medium heat. Brush off excess marinade and sear on all sides until medium rare. Remove from pan, place on cutting board and tent with foil. Using mandolin grate root vegetables, pat dry.
In heavy saucepan heat vegetable oil to 350 degrees. Dust vegetables very lightly with flour, and shake off excess. In small batches fry vegetable shreds until crisp. Remove and place on paper towels to drain off excess oil. In small saucepan heat preserves until warmed through. Cut buffalo loin in thin slices
Place vegetable shreds on spoon, top with buffalo loin and drizzle with preserve and dust with fresh herbs and serve with Muskoka Cottage Brewery Dark Ale

Executive Sous Chef Ivan Loubier

Taboo Resort & Spa



Taboo Resort Golf and Spa is pleased to welcome Chef Ivan Loubier to their exceptional culinary team. This bilingual chef has worked at some of the most in demand restaurants in Canada while receiving accolades for his fresh perspective and outstanding creations.

Mushroom Crostini with Casy Blue Cheese, Bacon and Onion Relish

Mushroom Sautée:

shiitake sliced	650g
parsley (chopped)	2tbls
juice of lemon	1/2
chopped garlic	2 cloves
sliced baguette (toasted)	
butter	200g



Heat pan on medium heat, add butter, add mushrooms when butter starts to foam and sauté. When mushrooms are cooked add garlic and toss a few times, deglaze with lemon juice, add parsley and season with s/p. Spread cheese atop crostini and add mushrooms atop.

Bacon/ onion relish:

3 lg Vidalia onions
200g double smoked bacon
200ml white wine vinegar
125gr sugar

Render bacon at medium heat, add thinly sliced onions and caramelize, deglaze with vinegar, add sugar. cook uncovered until most of the liquid has evaporated. put atop mushroom crostini.

Porchetta of Winding Fence Farms with Temiskaming cheese and Honey Tarragon Mustard on a Profiterole Sandwich

Porchetta:

Pork shoulder (deboned skin on)	2.25kg
un-iodized salt	110 g
whole peppercorns	5g
whole garlic cloves	30g
chopped rosemary	30g
chopped thyme	30g

Season well and tie roast with all seasonings inside. Place roast directly on rack in oven at 325F oven. Place dripping pan underneath. Check and baste often for approx 2 hrs cooking time or until skin is golden brown and internal temperature reaches 160F.

Executive Chef Rory Golden
Executive Chef, Deerhurst Resort



Aptly surnamed Deerhurst Resort Executive Chef Rory Golden isn't about to let obstacles get in the way of great food. Not surprising, when you consider his career in a white jacket started when he volunteered his services for a month, free, just to get his foot in the door of Toronto's Winston's restaurant group. This spring, when told soup, including Deerhurst's signature butternut squash variation, was banned from the G8 Summit leaders' menu due to concerns about tie drips, he and his brigade of 60 transformed the same flavours into a sweet-or-savoury cr me brul e that left the ramekins of prime ministers and presidents spooned clean. A committed environmentalist before "green and local" were cuisine buzzwords, Golden now helms four kitchens at the only resort in North America where both maple syrup and wild flower honey are produced on-site, along with herbs and shiitake mushrooms, while ensuring green waste is composted and cooking oil transformed into bio-diesel that fuels resort Hummer and rock buggy tours. A founding member of the Savour Muskoka culinary trail, when he's not in the kitchen, Golden is most often found at his backyard barbecue, even in deep winter, or tooling around the region's 1,600 lakes in a 1978 MGB roadster to find more nearby farmers and producers to add to the resort's partner roster of "20 or more." The pick of this social chef's culinary travel advice, "Get off the highway or main road! Go to markets, farms, small local supermarkets. Talk to people, you'll always find something good."

Milford Bay Smoked Trout Ricotta Cheesecake

This recipe uses our local fishery, Milford Bay smoked trout to make a very unique style of savoury cheesecake. Made by mistake it has become a top seller as one of our appetizers.

Oven temperature
guests

Preheat oven to 325* F (160*C)

Serves - 12

Ingredients:

2 pkgs (8oz)	Cream cheese, softened
8 oz	Ricotta cheese - Upper Canada Cheese Company
3	Whole large eggs
3/4 cup	All purpose flour
8 oz	Smoked trout fillets, diced - Milford Bay Smoked
Trout	
1/4 cup	White onion, diced - Ontario
2 cloves	Garlic, minced - Ontario
1 tbsp	Canola oil -
1/2 tsp	Salt
1/4 tsp	Freshly ground white pepper
1 * 8"	Pie crust dough - Can use a store bought pie dough crust and form to fit in the bottom of the spring form pan.



1. In a small pot place oil, onions, garlic and cook over medium heat until transparent. Let cool.
2. Line the bottom and sides of an 8" spring form pan with parchment paper.
3. Roll and cut pie crust to fit bottom of pan.
4. In a large mixer bowl, beat cream cheese and ricotta on medium-high speed for 3 minutes.
5. Add eggs, one at a time beating after each addition.
6. Mix in flour.
7. Using a rubber spatula, fold in smoked trout, onions, garlic, salt and white pepper.
8. Pour batter over crust.
9. Bake in preheated oven for 45-55 minutes or until the top is light brown and the centre has a slight jiggle to it.
10. Let cool for a minimum of two hours.
11. Cut into required portions using a hot knife to avoid crumbling, similar to a dessert cheesecake.

Eat Local...Think Global...

SAVOUR MUSKOKA



CULINARY EXPERIENCES

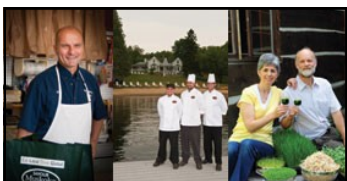
Royal Continued:

The presence of SAVOUR Muskoka at the Royal Agricultural Winter Fair was twofold. First, a variety of SAVOUR chefs from the Muskoka/Parry Sound region highlighted and demonstrated their culinary creations on the Entertaining at Home Stage using both locally sourced Muskoka ingredients as well as Northern Ontario in-season products. Food enthusiasts in attendance of this component experienced an interactive cooking demonstration, explanations and information regarding the importance of using locally sourced products, and of course a sample of the locally inspired dish to enjoy. Secondly, SAVOUR Muskoka also had a daily presence in the Northern Ontario Pavilion from November 9th to November 14th, showcasing a variety of local products including homemade SAVOUR Muskoka Ontario butternut squash soup sweetened with true Muskoka maple syrup. Visitors to the booth had the opportunity to chat with SAVOUR staff and board representatives about SAVOUR's efforts, learn about upcoming events, and of course sample and purchase SAVOUR products.

Special thanks to volunteers chef Dave Kealey, Ken Inglis and Dianne Wiber who travelled to Toronto to volunteer at the SAVOUR Muskoka booth and promote our chefs, farmers and culinary artisans. For more information regarding SAVOUR Muskoka's presence at the Royal Winter Agriculture Fair, please contact Sarah Copfer, Membership Representative by email at admin@savourmuskoka.com or by calling (705) 646-7118.

SAVOUR Muskoka
111 Manitoba Street
Bracebridge, ON P1L 2B6
www.savourmuskoka.com

Phone: (705) 646-7118
Fax: (705) 646-7119
Email: info@savourmuskoka.com
admin@savourmuskoka.com



Interested in finding out more???
Want to become a SAVOUR member???
Check out www.savourmuskoka.com for more information!

Yummies in a Jar Christmas Open House

Join SAVOUR member Yummies in a Jar and the John Murden Art Gallery on November 21st from 1pm to 4pm for an afternoon of culinary delights and Christmas shopping at the gallery. Browse through the gallery of both fine arts and fine foods while sampling delicious locally inspired appetizers and beverages from SAVOUR Muskoka. Participate in the silent auction, with proceeds going to the local animal shelters in Muskoka.

Location:

Earth Park Road at Hwy. 117, 2km West of Baysville.
Admission is by donation to the local animal shelters.
RSVP to Lynn and John by emailing
murden@muskoka.com

G. Cook & Son Logging

Members of the community are invited to join local farmers Mark and Carey Ann Cook to have a Sleigh / Wagon ride and choose their tree for Christmas. This has been a well received tradition for better than 40 years at this location.

December 11, 12 & 18,19 2010

SAVOUR Muskoka members are also invited to come & set up as vendors at the Tree House Farm located at 1230 Campbell's Road.

Location:

1230 Campbell's Road
Bracebridge, Ontario P1L 1X1
(705) 645-5866