



Agriculture in the City Recipe Book





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Pasta Salad
Dark Chocolate Orange Mini Muffins

Sunday

Lemon-Sage Schnitzel with
Panko Crust
Cranberry Chocolate Almond Biscotti

Winnipeg's historic Forks Market hosts Agriculture in the City, a free celebration that opens the world of agriculture to everyone. From March 16th to 18th, visitors can learn about where their food comes from, how certain local crops can affect their health and much more.

Discover Agriculture in the City and taste, touch and see what is happening in agriculture!

Monday



Grilled Chicken and Apple Sandwiches

Serves: 4

8 slices multigrain bread or 4 individual focaccia breads

4 tablespoons jalapeno or red pepper jelly

1 cup chopped or pulled cooked chicken

1 tart apple (Granny Smith or Cripps Pink), thinly sliced

4 slices Provolone cheese

Preheat indoor grill or panini press.

Spread jalapeno jelly on four slices of bread (or split focaccias in half and spread jelly on the bottom halves). Top with chicken, apple slices, cheese and remaining slices of bread. Grill until bread is toasted and cheese has melted. Serve warm.

Tip

- If individual focaccia breads are not available, cut 4 pieces, about 4-5 inches square, from a larger focaccia bread.
- Experiment with different fruit and cheese combinations like Anjou pear and brie, or apple and old Cheddar.



Brownie Bites

Serves: 24

1/3 cup cocoa powder 3/4 cup brown sugar

1/2 cup whole wheat 1/2 cup white sugar

1/2 cup all purpose flour 2 egg whites

1 tsp baking powder 1/2 cup unsweetened applesauce

3 Tbsp canola oil

1/4 cup chopped walnuts

1 tsp vanilla

Preheat oven to 350F (180 C). Lightly spray canola oil cooking spray on non-stick mini muffin pans.

In medium size bowl, whisk together cocoa powder, flours and baking powder. In a second bowl, beat together canola oil, vanilla, sugars, egg whites and apple sauce. Add flour mixture and walnuts into the moist ingredients and stir just to combine ingredients.

Add batter to prepared mini muffin pans. Bake for 15 minutes or until a tooth pick comes out clean. Remove from pans and let cool on a wire rack.



FOOD SAFETY

Colour code your cutting boards - one for raw meat, poultry and seafood and the other for washed produce and ready to eat foods.

Replace cutting board or sand cutting board when they become grooved and worn.

Tuesday



Egg & Spinach Salad

Servers: 4

½ cup canola oil

¼ cup sugar

2 tbsp vinegar

1 tsp finely grated onion

½ tsp salt

¼ tsp dry mustard

1 lb fresh spinach, washed and drained

6 slices bacon, cooked and crumbled

6 hard-cooked eggs, peeled and sliced

Combine oil, sugar, vinegar, onion, salt and mustard; beat until thick and syrupy and sugar is completely dissolved. Tear spinach into bite-sized pieces and place in a large salad bowl. Add bacon and sliced eggs; toss lightly.

Pour dressing over salad. Chill ½ hour, then toss lightly.

DID YOU KNOW

In addition to providing Manitobans with an abundance of nutritious, locally produced eggs, nearly 50% of egg production in Manitoba is further processed and shipped to countries all over the world like Japan and Australia.

FOOD SAFETY

Refrigerate leftovers within two 2 hours. To aid the cooling process, separate large quantities into shallow containers and cover once cooled.

Wednesday



Thai Coconut Turkey Soup

Serves: 4

In a large pot, combine stock, ginger, lemon grass, lemon and lime zest.

Bring to a simmer over medium heat. Add the coconut milk, red pepper flakes, turkey, lemon and lime juice, sugar and soy sauce.

Bring to a boil and reduce heat to simmer for 10 minutes or until turkey is cooked through.

Add mushrooms and red pepper and continue to cook for 10 minutes.

Remove lemon grass stalks, stir in green onions and serve.

Tip: Add some cooked basmati rice for a complete meal in a bowl!

- 4 cups chicken or vegetable broth
- 2 Tbsp fresh ginger, peeled and sliced
- 2 stalks lemon grass (optional)
- 1 lemon, zested, retain juice
- 1 lime, zested, retain juice
- 2 cans, unsweetened coconut milk
- 1 tsp red pepper flakes
- 1 lb turkey breast, cut into bite size strips
- 1 Tbsp fresh lemon juice
- 1 Tbsp fresh lime juice
- 2 Tbsp sugar
- 1 Tbsp soy sauce
- 3 cups fresh mushrooms, sliced
- 1 large red bell pepper, cut into thin strips
- 2 green onions, finely sliced
- 1/4 cup fresh Thai or regular basil, chopped

Pecan Tarts

Serves: 6

- | Filling: | Shells: |
|--------------------------|-----------------------------|
| 2 eggs | 1 cup butter |
| 1 ½ cups brown sugar | 1-8 oz package cream cheese |
| 2 tbsp butter, melted | 2 cups flour |
| 1 ½ cups pecans, chopped | |
| ½ tsp vanilla | |

To make shells, beat butter and cream cheese until fluffy.

Add flour and continue to mix. Put dough in refrigerator until firm to handle. After chilling, form dough into little balls and press into bottom and sides of small, lightly greased tart tins.

To make filling, beat eggs and add all remaining ingredients and spoon into shells. Bake at 350°F (180°C) for 30 minutes.

Makes 48 two inch diameter tarts.



DID YOU KNOW

Dark turkey meat is a good source of zinc, which is needed for a healthy immune system and for healing cuts and scrapes.

Science and Innovation

2008 Milestone in Canadian crop development - AC Gehl, a hullless oat, is released and attracts new markets as rice replacement and high-end animal feed (Ottawa, Ontario)



Thursday

Mango Quinoa Salad

Serves : 6

2 Tbsp canola oil	1/2 tsp cumin	1/2 red pepper, chopped
1 Tbsp white wine vinegar	1/2 tsp granulated sugar	2 green onions, chopped
1 juice of an orange	1/4 cup dried cranberries	2 Tbsp slivered almonds
1 Tbsp grated orange zest	2 cup mango, finely chopped	2 Tbsp chopped fresh flat leaf parsley
1/4 tsp pepper	1/2 English cucumber, chopped	2 cup cooked quinoa, cooled

Place quinoa in a medium sized serving bowl. In a salad dressing container combine canola oil, white wine vinegar, orange juice and zest, pepper, cumin and sugar. Shake vigorously and set aside.

Add cranberries, mango, cucumber, red pepper, green onions, almonds and parsley to the quinoa. Pour dressing over top and toss salad to coat with the dressing.

Simply Lovely Vanilla Pudding Cake

Serves: 6

Cake

1 cup all-purpose flour
 2/3 cup granulated sugar
 1-1/2 tsp baking powder
 2 tsp vanilla
 Icing sugar (optional)

Sauce:

1-1/2 cups milk, divided
 1/2 cup granulated sugar
 2 tsp cornstarch
 1/2 tsp vanilla
 1/2 tsp salt
 1 egg
 3/4 cup milk
 3 tbsp butter, melted

Preheat oven to 350°F (180°C). Butter an 8-inch (2 L) square glass baking dish.

Sauce: Transfer 1 tbsp of the milk to a small bowl. Heat remaining milk and sugar for 2 to 3 min or until steaming in a glass measuring cup in microwave on Medium (50%) power or in saucepan over medium heat on stove-top. Add cornstarch and vanilla to reserved milk; drizzle into hot milk mixture, stirring until sugar is dissolved. Set aside.

Cake: In a large bowl, combine flour, sugar, baking powder and salt. In another bowl, whisk together egg, milk, butter and vanilla. Pour over dry ingredients and stir just until moistened. Spread into prepared baking dish. Gently pour warm milk mixture over cake batter without stirring.

Bake for about 30 min or until tester inserted in centre of cake layer comes out clean.

Let cool for at least 15 min. Serve hot or warm. Dust with icing sugar (if using). Scoop cake into serving bowls and spoon pudding sauce over top.

DID YOU KNOW

Canola oil is: low in saturated fat, high in omega-3 fat, and cholesterol free and trans fat free. For more info visit, www.mcgaanola.org





Friday

Nutty Pesto Turkey Personal Pizzas

Serves: 6

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|-----------------------------------|----------------------|----------------------------|
| 4 Tbsp olive oil, divided | 1 lb ground turkey | 6 Tbsp pesto |
| 1/2 cup red onions, thinly sliced | 6 whole wheat pitas | 1/4 cup pine nuts, toasted |
| 1 clove garlic, minced | 1 Tbsp coarse salt | 1 cup Asiago cheese |
| | 1 Tbsp dried oregano | |

Preheat oven to 400F (200C). In a large skillet on medium, heat 2 Tbsp oil. Add onions and sauté for 5 minutes. Add garlic and sauté 2 minutes more.

Add ground turkey and sauté approximately 10 minutes until completely cooked and starting to brown. Remove from heat and set aside.

Brush each pita with remaining olive oil. Season each pita with salt and oregano. Spread each pita with 1 Tbsp of pesto. Divide turkey mixture evenly between the 6 pitas. Repeat with pine nuts and cheese.

Transfer pizzas to a baking sheet and bake for 10 minutes or until cheese is melted and golden.

Mixed Mushroom Pizza

Serves: 8

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| 1 unbaked 12-inch (30 cm) pizza crust or dough for 1 12-inch (30 cm) pizza | 1/2 cup thinly sliced pepperoni (optional) | 1/2 tsp dried oregano |
| 5.5 oz can tomato paste | 2 cups grated Mozzarella cheese | 1/2 tsp dried basil |
| 2/3 cup water | 1/4 cup grated Parmesan cheese | 1/4 tsp salt |
| 1/2 lb fresh mushrooms, sliced (white, crimini, shii-take*, portabella) | | Freshly ground pepper |

Place pizza crust on Pizza stone or lightly greased pizza pan. If using pizza dough, roll out or press evenly onto stone or pan.

Prepare pizza sauce: In small bowl, mix together tomato sauce, water, oregano, basil, salt and pepper to taste.

Spread sauce over dough. Top with mushrooms and pepperoni. Sprinkle with Mozzarella and Parmesan cheeses. Bake at 400 F (200 C) 25 minutes or until pizza is bubbly and cheese is melted.

*Remove and discard woody stem before chopping.

FOOD SAFETY

Whole frozen turkeys can be kept frozen for 1 year. Once thawed, treat as a fresh turkey and do not refreeze until cooked. Ground turkey can be stored in the refrigerator for 2-3 days, in the freezer for 2 to 3 months. Turkey parts can be stored in the refrigerator for 2-3 days, in the freezer for 6 months. Turkey labeled as previously frozen must be kept refrigerated and cooked within 24 hours.

DID YOU KNOW

Mushrooms are the only fruit or vegetable that contains natural vitamin D. (New research suggests that higher intakes of vitamin D may be protective against breast and other cancers.)

Saturday



Spice-Rubbed Beef and Mediterranean Pasta Salad

Serves: 8-10

Combine hot sauce, half the thyme the garlic and chilli powder in medium bowl to make smooth paste. Add beef cubes and stir to coat. Thread cubes onto 10 soaked wooden skewers; cover and refrigerate for 15 to 20 minutes.

Salad: Meanwhile, cook pasta according to package directions; drain and transfer to large bowl. Meanwhile, toss together tomatoes, red and yellow peppers, garlic and 1 tbsp (15 mL) of the oil on parchment paper-lined rimmed baking sheet; season with salt and pepper. Broil or grill in grilling basket, turning occasionally, until tender-crisp, about 15 minutes. Set aside.

Grill beef skewers, over medium-high heat for about 5 minutes per side.

Add blanched snow peas and green and yellow beans to pasta. Add green onions, feta cheese, and remaining thyme and oil; toss together. Season to taste with a squeeze of lemon juice. Serve with beef skewers or remove beef from skewers and toss with pasta salad.

For a more straightforward presentation, use the steak whole, grilling for 6 to 7 minutes per side. Let rest for 5 minutes, carve into thin slices and toss with salad ingredients; serve on salad.

- 2 tbsp hot pepper sauce gr
- 2 tbsp minced fresh thyme
- 1 clove garlic, minced
- 1 tbsp chilli powder
- 2 lb Beef Strip Loin or Top Sirloin Grilling Steak, 1 inch thick, cut into cubes

Salad:

- 3 cups large pasta shapes such as penne or rigatoni (preferably whole wheat)
- 3 plum tomatoes, quartered
- 1 sweet red seeded and cut into chunks

- 1 yellow pepper seeded and cut into chunks

- 1 clove garlic, minced

- ¼ cup extra-virgin olive oil

- 1 cup snow peas, trimmed and blanched

- 1 cup green and yellow beans, trimmed and blanched

- 2 green onions, thinly sliced

- ½ cup crumbled feta cheese

- Lemon wedges



Dark Chocolate Orange Mini Muffins

Makes: 24 to 36 mini-muffins

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|------------------------------------|----------------------------------|---------------------------------------|
| 1 cup all-purpose flour | 2/3 cup granulated sugar | 1/3 cup miniature chocolate chips |
| 1 cup whole wheat flour | 1/3 cup unsweetened cocoa powder | 2 tsp grated orange zest |
| 1-1/2 tsp baking powder | 1-1/4 cups milk | 1/3 cup freshly squeezed orange juice |
| 1/4 tsp each, baking soda and salt | 1 egg | 1/4 cup melted butter |

Preheat oven to 375°F (190°C). Butter nonstick miniature muffin pans or line with paper liners.

In a large bowl, combine all-purpose and whole wheat flour, baking powder, baking soda and salt. In another bowl, whisk together sugar, and cocoa; gradually whisk in milk until blended. Whisk in egg, orange zest, orange juice and butter. Pour over dry ingredients and sprinkle with chocolate chips; stir just until moistened.

Spoon into prepared muffin pan filling 24 deep cups or 36 shallow cups. Bake, in batches as necessary, for about 15 min or until tops are firm to the touch. Let cool in pan for 5 min. Transfer to rack to cool completely.

Science and Innovation

More wheat is grown in the provinces of Alberta, Saskatchewan and Manitobathany other crop and it's the region's number one agri-food export. Average annual wheat production on the Prairies is 22.3 Million Tonnes.

Sunday



DID YOU KNOW

Pulses are basically dried edible seeds obtained from plants. A good source of proteins, they are a staple food in many parts of the world. In the tropical areas especially, pulses are one of the most important food groups after cereals. In fact, pulses are a good source of nutrition as they have significant quantities of both proteins and calories.

Lemon-Sage Schnitzel with Panko Crust

Serves: 4

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|---------------------------------|--------------------------|
| 4 Pork Schnitzel or Scallopini* | 1 1/2 tbsp Dijon mustard |
| 1 cup panko crumbs** | 1 egg |
| 1 tsp grated lemon rind | 2 tbsp water |
| 1 tsp dried leaf sage, crumbled | Small amount canola oil |
| 1/2 tsp freshly ground pepper | 4 Lemon wedges |
| 1 1/2 tbsp mayonnaise | |

On a plate, combine crumbs with lemon rind, sage and pepper. Combine mayonnaise and mustard. Whisk egg and water together in a medium bowl.

Dredge schnitzels with mayonnaise mixture, dip into egg mixture, then coat with crumbs. Transfer to a rack and allow crumbs to dry, about 15 minutes.

Heat a small amount of oil in a non-stick skillet over medium-high heat. Panfry schnitzels, about 4-5 minutes per side or until golden brown; do not overcook. Serve garnished with lemon wedges.

* Trimmed fast fry pork chops, pounded thinly, may be substituted for schnitzels.

** Panko crumbs are a lighter fluffy type of crumb. Regular bread crumbs may be substituted.

Science and Innovation

Modern food research includes building an understanding of the link between food, nutrition, health and wellness. AAFC contributes to increasing opportunities for farmers and other producers by studying possible health benefits of crops that could provide high-value options for farmers. Recently scientists in Guelph provided some of the research supporting the functional properties and physiological effects of oat beta-glucan to substantiate the Canadian health claim statement, "Oat fibre helps reduce cholesterol, which is a risk factor for heart disease." AAFC research in Summerland, British Columbia, also contributed to the body of evidence supporting the health benefits of berries, cherries and flax - boosting marketing options for these crops.

Cranberry Chocolate Almond Biscotti

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|----------------------------|---------------------------|
| 1/2 cup berry sugar | 2 tbsp orange zest |
| 2 eggs | 1/4 cup dried cranberries |
| 1 1/4 cup black bean flour | 1/3 cup slivered almond |
| 1/3 cup cocoa powder | |

Preheat oven to 350°F. Line a cookie sheet with parchment paper.

Using electric beaters, beat the sugar, eggs and vanilla together for 3 minutes, or until thick, pale and increased in volume.

Add the orange zest and mix in. Stir in the bean flour and cocoa powder with a wooden spoon and mix until almost combined. Add the orange zest, dried cranberries, almonds and mix until well combined.

Divide the mixture in half and shape into 2 logs about 6-8 inches long. Place on the prepared tray and flatten slightly to make log 1 1/2 inches thick. Bake for 20 minutes, or until firm. Remove from the oven and allow to cool completely.

Preheat oven to 275°F. Cut the logs on the diagonal into slices about 1/2 - 3/4 inch thick. Spread out in a single layer onto cookie sheets and bake, turning once, for 20-25 minutes. Transfer biscotti to wire racks to cool completely before serving. They can be stored in airtight container for up to 1 month. Biscotti can be stored for longer when kept in the freezer.

Note: When measuring pulse flours, be sure to fluff the flour with a whisk or fork and the spoon it into the measuring cup. Doing so will lighten the flour and avoid having a dense dry baked good.

Shopping List

Produce Items

- Fruits
 - _ Orange
 - _ Mango
 - _ Lime
 - _ Lemons
 - _ Apple
- Vegetables
 - _ Mushrooms
 - _ Fresh Spinach
 - _ Garlic
 - _ Onions (Red & Yellow)
 - _ Red & Yellow Peppers
 - _ Green Onions
 - _ English Cucumber
 - _ Snow Peas
 - _ Tomatoes
 - _ Yellow & Green Beans

Meat Items

- Beef
 - _ Beef Strip Loin or Top Sirloin
- Poultry
 - _ Cooked Chicken Meat
 - _ Turkey Breast
 - _ Ground Turkey
- Deli Meat
 - _ Pepperoni (optional)
- Pork
 - _ Bacon
 - _ Schnitzel or Scaloppini

Seasonings

- _ Cumin
- _ Dry Basil
- _ Thai or Regular Basil
- _ Red Pepper Flakes
- _ Fresh Ginger
- _ Lemongrass (optional)
- _ Dry Mustard
- _ Dried Oregano
- _ Fresh Parsley
- _ Pepper
- _ Salt
- _ Dried Sage
- _ Fresh Thyme
- _ Chilli Powder

Condiments

- _ Unsweetened Applesauce
- _ Vinegar
- _ Jalapeño or Red Pepper Jelly
- _ Hot Pepper Sauce
- _ Mayonnaise
- _ Dijion Mustard
- _ Soy Sauce

Oils

- _ Olive Oil
- _ Canola Oil

Bread or Pasta

- _ Multigrain Bread or Focaccia
- _ 12 inch Pizza Crust or Dough
- _ Whole Wheat Pitas
- _ Penne or Rigatoni

Dairy

- _ Crumbled Feta Cheese
- _ Provolone Cheese Slices
- _ Cream Cheese
- _ Mozzarella Cheese
- _ Parmesan Cheese
- _ Asiago Cheese
- _ Eggs
- _ Milk
- _ Cheese
- _ Butter

Packaged

- _ Baking Powder
- _ Baking Soda
- _ Brown Sugar
- _ Sugar
- _ All Purpose Flour
- _ Whole Wheat Flour
- _ Black Bean Flour
- _ Dried Cranberries
- _ Cocoa
- _ Cornstarch
- _ Icing sugar (optional)
- _ Mini Chocolate Chips
- _ Panko Bread Crumbs
- _ Quinoa
- _ Rice
- _ Unsweetened Coconut Milk
- _ Vanilla Extract
- _ Pecans
- _ Slivered Almonds
- _ Chopped Walnuts
- _ Pine Nuts
- _ Tomato Paste
- _ Pesto
- _ Panko Bread Crumbs
- _ Chicken/Vegetable Broth

The foodManitoba Group (TfMG) is a not-for-profit coalition whose core members include: Dairy Farmers of Manitoba, Keystone Agricultural Producers, Manitoba Agriculture, Food and Rural Initiatives, Manitoba Beef Producers, Manitoba Canola Growers, Manitoba Chicken Producers, Manitoba Egg Farmers, Manitoba Mushroom Growers Association, Manitoba Pork, Manitoba Pulse Growers Association, and Manitoba Turkey Producers.

Manitoba is in the unique position of having a cooperative and synergistic working relationship between producer organizations and Manitoba Agriculture, Food and Rural Initiatives (MAFRI). For more than twenty years, these partners have pooled resources to create public events, a branded (and Canada's longest running) cooking show called Great Tastes of Manitoba (GTOM), a consumer website (foodmanitoba.ca), recipe booklets, and a best-seller cookbook.

The mission of TfMG is to cultivate a meaningful connection between consumers and the local foods produced from the farms and fields of Manitoba foodManitoba



