



May your winter be filled with hearty soups, vibrant citrus + evenings cozied up with steaming mugs of cocoa.

WARM winter MEALS

roasted russets with chipotle aioli

INGREDIENTS

potatoes

- 6 russet potatoes
- ¼ cup vegetable oil
- ⅛ tsp salt

chipotle aioli

- ½ cup of mayo
- 1-2 tbsp chipotle powder (or canned chipotles)
- ½ a lime, juiced
- 1 large garlic clove
- ⅛ tsp salt

DIRECTIONS

Preheat oven to 400°F & lightly oil baking sheet. In a large bowl, coat the potato wedges with oil, sprinkle with salt, and spread them evenly in a single layer on the baking sheet. Roast for 20 mins, or until golden.

Place the mayo, 1 tbsp of chipotle, lime juice, garlic & salt in a food processor or blender and whirl until smooth. Blend in more or less chipotle depending on preference. Spoon aioli into a small bowl and chill until serving time.

When the russets are roasted, arrange them on a platter with aioli and serve HOT!

pomegranate, beet + blood orange salad

INGREDIENTS

- 4 medium beets
- 3 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- ¼ cup water
- ¼ cup blood orange juice
- 1 tbsp molasses
- 1 tbsp white wine vinegar
- 1 red onion, sliced
- 3 blood oranges, segmented
- 1 cup pomegranate seeds

DIRECTIONS

Preheat oven to 400°F. Toss beets in a pan with 1 tbsp oil, salt & pepper. Add ¼ cup of water, cover pan with foil and roast beets until tender, approx. 50 mins, then cool. Peel beets and cut into ½ inch wedges.

Whisk orange juice, molasses, vinegar and remaining 2 tbsp of olive oil in a large bowl. Season with salt & pepper. Add beets, onion, orange slices and pomegranate seeds to the bowl with the vinaigrette. Toss and season to taste with salt and pepper!

cinnamon apple pork loin roast

INGREDIENTS

- 2 lb BC raised boneless pork loin roast
- 3 medium apples, sliced
- ¼ cup local honey
- 1 red onion, halved & sliced
- 1 tbsp ground cinnamon
- 1 cup chicken stock
- salt & pepper

DIRECTIONS

Season the pork with sea salt and freshly ground black pepper. Place a large skillet over high heat and brown the roast on all sides.

Using a sharp knife, cut 3" deep slits into the pork and insert apple slices. Place half of the apple slices in the bottom of the slow cooker and place roast on top.

Drizzle the honey on top of the roast, add the onion and remaining apples to the slow cooker. Add the chicken stock and sprinkle everything with cinnamon.

Cover and turn your slow cooker to low for 6-8 hours.

pear frangipane tart with pistachios

INGREDIENTS

- 1 frozen 9" tart shell

filling

- ½ cup almond paste
- 3 tbsp sugar
- 6 tbsp unsalted butter, softened
- 2 large eggs

toppings

- 3 ripe pears, sliced
- ¼ cup pistachios, chopped

DIRECTIONS

Preheat oven to 375°F. Line a frozen tart shell with parchment paper, add pie weights and bake for 8 minutes. Remove parchment paper & weights. Bake for another 6 minutes. Remove from oven and allow to cool while you prepare the filling.

Reduce oven temp to 350°F. Combine almond paste, sugar and butter in a food processor fitted with a blade attachment. Pulse until well blended, scrape bowl as needed. Add eggs one a time, pulsing until incorporated. Add vanilla, salt, baking powder and flour. Process until mixture is smooth. Pour filling into cooled tart shell.

Slightly fan sliced pears and place on top of tart. Bake for approx. 40 mins until the centre of the filling no longer jiggles.

Allow the tart to cool for at least 20 mins, garnish with chopped pistachios & a dusting of powdered sugar before serving.

winter spiced apple cider

INGREDIENTS

for apple cider

- 6 cups apple cider
- 2 tbsp brown sugar
- 2 whole nutmeg
- 1 vanilla bean, split & scraped
- whipping cream
- cinnamon for garnish

for honeyed walnuts

- 1 cup walnuts, chopped
- 4 tsp honey
- pinch of salt

DIRECTIONS

For the honeyed walnuts, combine chopped walnuts, honey & a pinch of salt in a bowl and toss to coat. Bake at 400°F for 20 mins, flipping a few times during baking.

While the walnuts are baking, combine apple cider, brown sugar, nutmeg, and vanilla bean (seeds & pod) in a sauce pan. Simmer over medium-low heat for 20 mins. Remove from heat & discard the nutmeg and vanilla bean (if you want to spice it up a bit add brandy or bourbon at this point).

Serve in a mug and top with whipped cream, honeyed walnuts & cinnamon.