

## Kinmount Farmers' Market

Locally grown, hand crafted, home-made

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### Recipies

## Make dinner this weekend from Kinmount Farmers' Market

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### Victoria Day Weekend Dinner

## Honey Glazed Roast Lamb with Mint Jelly, Sautéed Fiddleheads and Shiitake Mushrooms, Green Salad with Lemon Poppy Seed Dressing, Fresh Savory Bread and Carrot Cake or Fruit Pie

Shopping List:

- lamb and fiddleheads (Lazy B Farms)
- honey, garlic, dried herbs (Heritage Hill Apiary)
- mushrooms and salad greens (Pinery Farms)
- garnish with mint jelly (Bent Twigs) and pickles (Well Preserved)
- lemon poppy-seed salad dressing (Linda J's)
- buns and breads (Linda J's and Four Corner Gardens)
- pies, cakes, desserts (Desserts by Wendy and Linda J's)
- serve with Cabernet Merlot (Pillitteri Estates)

Roast Lamb: Combine juice of one lemon juice and a half cup of honey in a small bowl. Combine 2 tablespoons finely chopped onion, zest of one lemon, 2 tablespoons of minced garlic, 2 tablespoons of



parsley, 2 tablespoons of thyme, one teaspoon of rosemary and garlic in another small bowl. Take leg of lamb (about 3 1/2 pounds) meat side up, season with salt and pepper, brush with lemon and honey mixture. sprinkle with herb mixture, roll and tie. Rub honey and lemon mixture into lamb leg. place on a baking rack in a roaster. Bake at 350 for about 20 minutes a pound. Brush with honey mixture and pan drippings every 25 minutes. When the inside of the lamb leg reaches 145 remove from pan and let stand 8 minutes before carving. To make sauce, add 2/3 cup of water to roaster and deglaze pan. Serve

with your roast, a dish of mint jelly and your favourite pickles.

Sautéed fiddleheads and Shiitake mushrooms:



- 1 pint of fiddleheads
- 1/4 cup of butter
- 3 cloves of garlic minced
- 4 cloves of shallots chopped
- 2 cups Shiitake mushrooms trimmed and sliced
- sea salt & freshly ground pepper



Steam fiddleheads for 8 to 12 minutes, careful not to overcook. Sauté garlic and shallots over medium heat, careful not to brown them, add the sliced Shiitake mushrooms and saute for 5 to 6 minutes. Turn off heat, drain fiddleheads and add them to the mushroom mixture. Lightly toss and serve.



Combine salad greens and lemon poppy-seed dressing, slice some bread, pour a glass of Cabernet Merlot and enjoy! Save room for fruit pie or carrot cake.

