

## Recipies

# Make dinner this weekend from Kinmount Farmers' Market

### July Barbeque Weekend Dinner

## BBQ Spicy Mango Chicken, Corn Chowder with Scape Pesto, Spinach Mushroom Quinoa, Spring Mix Salad, Fresh Sunflower Bread and Pineapple Cheese Cake or Raspberry Pie

#### Shopping List:

- appetizers: prosciutto (D&D Meats); Rondelle de Chevre, layer with pesto or tapenade (Four Corner Catering); stuffed olives (Well Preserved)
- fresh farm chicken (Mulview Farms)
- mango habanero jelly (Bent Twigs)
- garlic scapes (Heritage Hill Farms, All Farmed Up)
- garlic, green onions, spinach (Lazy B Farms, Heritage Hill Farms)
- four ears of corn, 1 sweet potato, 1 potato, 1 onion
- 1 lb. white mushrooms (Pinery Farms)
- spring mix, kale, dried cranberries, pumpkin seeds (Coda Organic Farm), poppyseed dressing (Linda J's)
- quinoa, bacon, chicken stock, cream, olive oil, walnuts
- Sunflower bread (In good Taste)
- Gothic White wine (Pillitteri Estates Winery)
- Raspberry Pie (Bennana Bakery) or Pineapple Cheesecake (Linda J's)

#### Main Course: Spicy Mango Chicken

Butterfly the chicken ([how do you do that?](#)) Add salt and pepper. Put the chicken on the barbecue grill on low. Heat up a jar of Mango Habanero Jelly and glaze the chicken frequently as you barbecue.



#### Soup: Bacon Corn Chowder with Scape Pesto

You need 4 ears of corn, 300 grams of bacon, 1 sweet potato, 1 potato, 1 small onion. 1 cup chicken stock, 1 cup 18% cream. Shuck the corn, cut the kernels off, cut the bacon into small slices, peel and cube potatoes, finely mince the onion. Cook the bacon on medium heat for a few minutes until some of the fat has been rendered, add the onion and cook, stirring occasionally to caramelize the onion. Crisp up the bacon. Add chicken stock and 3 cups of water and bring to a boil. Add the potatoes and cook uncovered for 15 minutes or until the potatoes are tender. Reduce heat and add cream and corn and gently cook for 4 – 5 minutes.





Cups of water and bring to a boil. Add the potatoes and cook uncovered for 15 minutes or until the potatoes are tender. Reduce heat and add cream and corn and gently cook for 4 – 5 minutes.

For the scape pesto, combine 1 cup chopped garlic scapes, 1 cup almonds, 1 cup grated Parmigiano-Reggiano (parmesan) cheese and 3/4 cup olive oil in a food processor and pulse until finely chopped. Top it on your corn chowder!

### Spinach Mushroom Quinoa

You will need 3 cloves of garlic, 5 green onions, 1 lb. of mushrooms (whatever you like but white are good in this), 5 oz. of spinach, 2 cups of cooked quinoa, salt, butter and olive oil. Heat 2 tbsp. of olive oil and 1 tbsp. butter in a large skillet. Add mushrooms and garlic and saute over medium heat about 5 minutes until the mushrooms are soft. Add chopped onions and a pinch of salt and mix. Add spinach, reduce heat to low, cover and cook for less than a minute. Add 2 cups of cooked quinoa and cook for 1 more minute.



### Spring Mix Salad



Chop the kale and add it to the spring mix, add dried cranberries and pumpkin seeds and lemon poppy seed dressing. Slice some bread, pour a glass of Gothic White and enjoy! Save room for raspberry pie or pineapple cheesecake.

