

Gursha Ethiopian Cuisine

Ful Medames

Ingredients:

1 can of fava beans
3 cloves of garlic, finely chopped
1/2 cup of water
2 tsp cumin
Salt to taste
4 tbsp Olive Oil
1 tomato chopped
1 jalapeno chopped
Chopped parsley to garnish
Bread to serve

Method:

1. Using a small pot, warm 1 Tbsp of olive oil and lightly brown the chopped garlic
2. Add the can of fava beans and 1/2 cup of water to the pot and mix well. You can use a fork to mash the fava beans
3. Mix in the cumin and some salt to taste
4. The Ful mixture is best served with any type of bread, drizzled with the remaining olive oil, chopped tomatoes, jalapenos and parsley

Chef Michael Boyd **Mickey's Sandwich Company**

Masala Chicken Salad Sandwich

A simple recipe that brings whole new life to a chicken salad sandwich. Try playing with different curry powders or making your own blend. Personally, I prefer a little extra cumin and chilies added to my curry powder

4 cooked chicken breasts (chilled and diced)
1 sweet pepper (diced)
¼ red onion (diced)
1 stalk celery (diced)
1/4 cup raisins
1 cup mayo
1.5 tsp curry powder
1/2 tsp salt

Bread of Choice
Bibb Lettuce
Fresh Cilantro

- Cook your chicken breast anyway you prefer. This is a great recipe for left over roast or BBQ chicken
- Combine the above ingredients, and chill in refrigerator for at least 1 hour in order for the flavours to bloom.
- Build sandwich with a bread of your choice, lettuce and a couple sprigs of cilantro

TIP if you are making these ahead of time and you don't want the bread to get soggy, buttering your bread will help create a moisture barrier between the bread and the chicken salad.

Quinoa Tabouleh Salad

A healthy and refreshing salad that showcases how underrated parsley really is.

3 cups of cooked and chilled quinoa
(add ½ tsp of turmeric while cooking your quinoa, for a nice color and more flavourful bite)
3 cups chopped parsley
1 tomato finely chopped
½ red onion finely chopped
½ cup grated carrot
Lemon dressing (to taste)

*Optional 6 to 8 mint leaves chopped

Lemon Dressing

2 lemon (zest and juice)

3 cup olive oil

1 freshly minced garlic clove

1 tablespoon Dijon mustard

1 tablespoon grated Parmigiana cheese (use 1 tablespoon of nutritional yeast for a vegan alternative)

1 tsp black pepper

½ tsp salt

Chef Amy Anthony The Nook & Cannery

Double Roasted Potato Salad (6-8 servings)

Ingredients:

- 3 sweet potatoes
- 3 Lg roasting potatoes
- 1tbsp fresh thyme (½ tsp dry)
- 1 shallot
- 1 bunch chives & blossoms
- ½ c olive oil
- 1tbsp capers
- 2 dill pickles
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp grainy dijon
- ½ tsp smoked paprika
- 2 celery stalks
- ¼ c bacon bits (or Coconut bacon for Vegan alternative. Recipe included) (pre made real bacon bits or take 6 pieces of bacon, fry and crumble)
- 1 cup mayo (make your own or store bought. Vegan aioli recipe included)
- ½ lemon juice

For vegan alternatives:

- 1 cup large flaked raw coconut (available at bulk barn)
- ½ tsp smoked paprika
- 2 tbsp maple syrup
- 1 tbsp tamari

(combine everything in a bowl and coat. Place on a roasting pan and bake at 375 for 15 minutes, turning half way through. Allow to cool and crumble apart)

Vegan aioli:

- ½ c unsweetened non dairy milk
- ½ tsp kosher salt
- 2 tsp apple cider vinegar
- 1 tsp dijon mustard
- 1 tsp garlic powder
- 1 canola oil

(in a blender or food pro place all ingredients except oil and start blending on low.

Drizzle oil in

slowly increasing speed until the mixture becomes thick and fluffy)

Chef Lisa Leshane

Oh My Cheeses

Strawberry Rhubarb Cheesecake Crumble

This recipe combines two classic desserts to make an irresistible treat perfect for all your summer adventures.

Ingredients:

Crumble

- 1 ½ cup flour
- ½ cup rolled oats
- ½ cup packed brown sugar
- ½ tsp salt
- ½ cup softened unsalted butter

Cheesecake filling:

- 1 package full fat cream cheese (250 grams)
- ¾ cup sugar
- 1 beaten egg
- 1 cup diced rhubarb
- 1 cup diced strawberries

Instructions:

1. Preheat oven to 350°F and grease a 9-inch square baking with butter.
2. Mix dry ingredients together (flour, oats, brown sugar, salt).
3. Add butter to the dry ingredients and mix until combined.
4. Set aside 1 cup of the crumble mixture for the topping and press the remaining into the bottom of a greased 9-inch square baking pan.
5. For the cream cheese filling, beat the soften cream cheese, sugar, and the egg together until the mixture is smooth.
6. Fold in rhubarb and strawberries.
7. Pour the cream cheese mixture over the crumble crust.
8. Top with the reserved crumble mixture
9. Bake for 40-45 minutes, until the filling is set, and the top is golden brown.
10. Cool in the pan on a wire rack for 1 hour, then refrigerate until cold.
11. Enjoy!