

# Gala Menu

## THREE-COURSE COOK-ALONG



### Appetizer

## Veal Escalopes alla Pizzaiola

Guaranteed to wow at your gala party, these colourful canapés are substantial without being heavy. **Chance to win! Post a photo of your appetizer with #VealAppyHour to win one of three Ontario Veal Appeal prize packs!**

### Main Course

## Turkey Breast Medallions with Pan-Roasted Fall Vegetables

Turkey breast brined in Fat Sparrow Foods Roxy's Rockin' Rub, large chunky cuts of sweet potato, squash, pumpkin, shallot, carrot, potato, garlic, quick pan sauce made with grainy mustard, cider vinegar, butter and torn herbs, finished with a drizzle of maple syrup and sliced raw jalapeno pepper.

**Please have the prep work (found on your recipe card) done prior to joining the call to ensure we have enough time to finish the dish**



"Hi, Ontario food lovers! Thanks for letting me join your kitchen party! For our gala meal, I have chosen a 'one pan wonder' turkey medallion recipe that features cast-iron, one of my favourite kitchen tools!

Brined turkey, warm spices, fall vegetables, fresh herbs, tangy mustard jus and a nice sharp hit of heat from Jalapenos make this dish the perfect fall comfort food that I am confident you will love.

I can't wait to get into the kitchen with you on November 13th and share my passion for food and the tradition of breaking bread with my community!"

- Chef Nick Benninger, Fat Sparrow Group

### Dessert

## Apple Clafoutis

Welcome to a taste of France! Traditional clafoutis can be made with a variety of different fruits. In this rendition, apples are layered atop a bed of creamy batter and then baked off until puffy and golden. Sprinkle with icing sugar and serve warm for breakfast or dessert.

**Chance to win! Post a photo of your dessert with #ONAppleADay for a chance to win a gift basket!**

## Shopping list for your three-course cook-along

Cooking along on Nov. 13th with us? Pick up these items and join us LIVE at 5 p.m.!

#### Produce:

- 2-4 Ontario apples (Gala, Crispin, Ambrosia or McIntosh apples)
- 5 cups of your favourite fall vegetables (sweet potatoes, squash, pumpkin, carrots, potatoes)
- 1 cup Zima, or similar small tomato (teardrop, grape)
- 1 cup roasted red pepper
- 8 shallots
- 2 jalapeno
- 2 cups arugula

#### Meat:

- 1 boneless skinless turkey breast
- 1/2 lb of veal scaloppini (two pieces)

#### Bread:

- 1/2 baguette

#### Spices:

- 1 cup basil leaves whole
- 1 cup dill fronds whole
- 1 cup parsley leaves whole
- 1/2 tsp oregano
- 1 tsp cinnamon

#### Check the pantry and fridge for staples, or add them to the shopping list:

- Maple syrup (in your gala box)
- Garlic (2 bulbs) (in your gala box)
- Eggs (3)
- Whole milk (1 cup)
- Butter (10 tbsp)
- Flour (3 1/2 cups)
- Sugar (1/2 cup)
- Vanilla (1 tsp)
- Grainy mustard (1 tbsp)
- Cider vinegar (2 oz)
- Chopped capers (1 tbsp)
- Cooking oil
- Salt & pepper