

# SAVOUR

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BELWORTH HOUSE • STEPHEN TREADWELL • MEMBERS ARE GROWING •

## The Buzz Around Kawartha Honey

Bees have very particular tastes. They love wildflowers, blueberry, lavender, basswood, goldenrod, clover, alfalfa, buckwheat, fruit blossoms and summer flowers. By some beautiful magic of apiology, they give us honey as road maps to where they've been.

Tasting notes for honey read like poetry. The Ontario Beekeepers Association writes: "Think of honey as having the consistency of smooth, thick, balanced or buttery light; the essence of meadow and tangy grass; the scent of lavender, blueberries, rainforest, wax or daisies; the flavour of orange marmalade, violets or citrus rind; and the tastes of pear, wood, musk, baked apples or roses.

Ontario is a province of 24 local beekeeping associations. East of Lake Simcoe, the Kawarthas are rife with bees. Nine apiaries are producing honey.

In Bailieboro, Sherry and Brent Watson operate AllenLeigh Farm, where they've kept bees for seven years. Says Sherry, who still marvels at her apiary: "To open up a hive and see all the activity that's going on is truly amazing."

Trish Dougherty and John Rufa of the Kawartha Winery in Buckhorn, have kept hives for two years and hope to make mead in the near future.

At Franklin Farm Herbals in Bethany, Jill Cockerell keeps bees that collect nectar from an alfalfa/clover field, area wild flowers and her herb garden, which has 150 species.

For Scott Anderson, chef-owner of the restaurant 38 Degrees in Peterborough, honey is another way to appreciate terroir. For the last year and a half, Anderson has been getting his honey from Batten's Country Choice, whose distinctive flavour qualities he says are on citrus notes.

"I've got barrels and barrels of honey," says Dave Batten, who is not boasting, but just having a great year. Batten has many colonies of bees. The first week of November was still frost-free, so his bees were still gathering nectar from late autumn goldenrod, which was keeping Batten busy extracting more honey.

Batten has been keeping hives since he was five. The family apiary was first established in 1832 by Batten's great grandfather, and it looks like the family affinity for bees is going to live on into the next generation. His four-year-old daughter Jackie has begun showing an interest. The legacy of Kawartha beekeeping continues to be strong.



### Honey Numbers

A queen lays 2,000 eggs every day during the warm season for five years.

A colony can have 30,000 to 80,000 bees.

A colony can produce 300 pounds of honey, depending on geography and flower sources.

### Kinds of Honey

**Liquid:** extracted from the comb and strained for clarity.

**Creamed (aka whipped honey):** crystallized liquid honey, smooth and opaque.

**Comb:** "packaged by bees" in edible beeswax combs.

**Chunk:** combs in wide-mouth jars filled with liquid honey.

**Pasteurized:** heat-treated to avoid fermentation and granulation.

**White:** gathered from clover, basswood and canola.

**Golden:** from goldenrod and other fall flowers.

**Amber or Dark:** primarily from the buckwheat flower, with the strongest flavour.



Waterford, which is part of Norfolk County, an agriculturally rich region. She's a genuine, enthusiastic advocate for the county. She hosts culinary events designed to showcase local farmers. "At the Farm Gate" is a dinner series set in unlikely venues – barn, field, working greenhouse, pickle-factory-turned-museum.

Consistently, Winkworth's dishes are built on what local producers are bringing to market. Her pumpkin ravioli plate uses Van Go Farms pumpkin and Jensen Cheese. The garnish is an apple and red onion confit made with Clever's Orchard apples and maple vinegar from Pristine Gourmet, which also makes the cold-pressed canola and soybean oils that she uses as finishing accents.

Back at the restaurant, Winkworth likes to bring the farm experience home to her staff. She says that living in an agricultural community can lead to taking the land for granted. As a counter measure, she had her staff plant a half-acre to get the feel of sustainable agriculture first hand. "Everyone was out there planting and picking and weeding and weeding and weeding," laughs Winkworth. The venture created a lot of excitement, which is exactly what she was going for – wishing for her staff the same kind of passion she's known since giving herself to cooking a decade ago.

**BelworthHouse.ca**  
**VanGoAdventureFarm.com**  
**JensenCheese.ca**  
**PristineGourmet.com**

## The Belworth House

### Bringing Local Food Home

When Tracy Winkworth had almost completed her Bachelor of Arts in criminology and sociology at the University of Guelph, she was also wrapping up an evening cooking course she was taking for fun. She confessed to her cooking teacher that she had begun doubting her chosen field and didn't know what to do.

"What do you love to do?" he asked her. "To cook for people, to give them a great experience with food," she said. "Then that's what you've got to do," he said. "Great," thought Winkworth. "Now I have to tell my parents."

Winkworth got her degree and told her parents her new plan, but she has

never been without the moral support of her family. As a girl, she devoured cookbooks, often telling her mother about a dish she'd like to try. Extending an open wallet, her mother would say, "Take what you need, and get what you want."

In 2000, Winkworth opened The Belworth House, her 50-seat Savour Ontario restaurant in Waterford, about 35 km southwest of Hamilton, and from the very beginning, she cooked local food. "Local and fresh. No freezer," she explains, but she had to give in and buy a freezer for ice cream. "But that's all there is in it. And it's stayed that way."

Winkworth was born and raised in

## Stephen Treadwell

### Local Food is Good for Business

Stephen Treadwell is a chef-restaurateur for whom provenance and direct farmer relationships are paramount. It didn't begin in 2006, when he opened Treadwell, the Savour Ontario restaurant in Port Dalhousie. It began 22 years ago, as opening chef of Auberge du Pommier. "People thought I was nuts," he says. "When it came time to open his own place, Treadwell launched by serving local, right from the start: fish from the Great Lakes and meat from Cumbras. "The butcher comes to the back door to drop it off himself," he reports. Treadwell is devoted to local and seasonal produce, much of which his farmer-partners grow especially for him. "It's what I chose to do," explains Treadwell, "and it shows you that if you make a commitment and stay consistent in quality, people will come."

**TreadwellCuisine.com**  
**Cumbras.com**





Photos: Manuela Pin and Lino Micheli

# The Accidental Farmer Has Purpose

## Marketing Savvy for Ontario Food

Two years ago, Lino Micheli and his wife, Manuela Pin, moved to Picton onto their 102-acre farm with a built-in new way of life. Up until then, they had been creative Toronto professionals. Micheli worked with musicians, writers and actors doing music and sound design for broadcast. Pin was a film art director and set dresser.

Then, an economic downturn prompted Micheli to leave the industry, “and that pulled the trigger,” he says, forcing him to ask himself the big question: “What do I really want to do?” And the answer came easily: “Pursue a life in the country and devote the second half of my life to food.”

*“Getting the farm organized was one thing, but getting to market was another.”*

Micheli had been an executive doing high-pressure work, and now he found himself in dirty overalls with an entirely new form of stress.

Their first spring, the couple planted 75 varieties of heritage tomatoes, potatoes, onions and lettuces. “Getting the farm organized was one thing,” says Micheli, “but getting the vegetables to market was another.” They couldn’t sell at the farm gate, because they are too far from the road. They also knew farmers who were selling their own crops, but weren’t doing well.

“I’m a grass roots kind of guy,” says Micheli, but he also has a honed set of

management and marketing skills that he quickly put to work. He launched The Accidental Farmer, a distributor of Prince Edward County (PEC) produce. Pulling together produce from his own fields and that of his peers -- “No farmer can grow everything.” -- he produced personalized Community Shared Agriculture-style boxes for his former Toronto colleagues. He takes produce to Kathleen Mackintosh of Culinarium, a Toronto retailer specializing in local food and who has a CSA program. And he sells produce to 100km Foods, who take Ontario food products to Toronto restaurants.

Then came the second half of his logistics operation. Restaurants began

asking him to bring seafood and dry goods back from Toronto. In one direction, he takes Fifth Town cheese to Niagara and then returns to PEC with artisanal products like Pingue prosciutto. “It’s important to never come home with an empty truck,” he says, “so the return trip solved that problem.”

At a Local Agricultural Initiatives meeting last spring, Micheli stumbled onto an interesting project. Emilio Aldi, who buys produce for Whole Foods Market at the Ontario Food Terminal, wanted to sell local food directly from a farmer and a representative of the county. Micheli is a natural advocate:

“I love to share the county’s story and to celebrate it,” he says. He volunteered to prepare produce boxes and talk to shoppers. The project also gave him ideas about what local food needs in the way of packaging and branding. He observed buying habits and the public’s interest. “We need more local food,” he concluded. Aldi and Micheli will collaborate again next year.

While Micheli is on the road, Pin is the farmer, which includes animal husbandry. The couple raises Chantecler chickens, a French 18th-century heritage breed, as well as heritage pilgrim geese, muscovy ducks and most recently, Berkshire pigs.



Micheli

Looking ahead, Micheli sees how others can capitalize on his current routes. “Connecting the dots,” as he describes the work of The Accidental Farmer, is an alternative means of distribution where everyone can win.

**TheAccidentalFarmer.ca**  
**Culinarium.ca**  
**FifthTown.ca**

# Member Restaurants



## Greater Toronto Area

### Toronto

360 The Restaurant @ The CN Tower  
Amuse-Bouche  
Canoe Restaurant and Bar  
Chez Victor  
Clara's Fine Dining at the Claramount  
Coca  
Cowbell  
Crush Wine Bar  
Czechoski  
Delux  
EPIC  
Frank/Art Gallery of Ontario  
George Restaurant  
Globe Bistro  
Il Fornello  
Jamie Kennedy at the Gardiner  
Lucien  
Niagara Street Cafe  
Pangaea  
Reds Bistro  
Sequel Restaurant & Catering  
Six Steps  
Splendido

The Drake Hotel  
The Harbord Room  
The Old Mill Inn & Spa  
The Only on King  
Thuet Cuisine – Bite Me! Restaurant  
Union  
Veritas  
Vertical

## South Central

### Ancaster

Ancaster Old Mill

### Burlington

Spencer's at the Waterfront

### Font Hill

Wildflower Restaurant

### Gore's Landing

The Victoria Inn

### Grimsbey

13 Mountain Street

### Jordan

On the Twenty

### Niagara Falls

AG Restaurant

Boulevard Bistro at Bestwestern Fallsview  
The Boulevard Bistro

### Niagara-on-the-Lake

Escabeche, Prince of Wales Hotel (Vintage Inns)

Hillebrand Estates Winery Restaurant

LIV

Niagara Culinary Institute

Peller Estates

Restaurant Oban Inn

Restaurant Tony de Luca

Riverbend Inn

Shaw Café and Wine Bar

The Charles Inn

Zee's Patio & Grill

### Port Dalhousie

Treadwell – Farm to Table

### St. Catharines

Wellington Court Restaurant & Catering

### Thorold

Keefer Mansion Inn

### Waterford

The Belworth House

## North East

### Barrie

At the Five Resto & Lounge

### Cobourg

The North Side Restaurant

Woodlawn Inn Restaurant

### Eagle Lake

Sir Sam's Inn

### Fenelon Falls

Eganridge Inn, Country Club & Spa

### Gananoque

Gananoque Inn

The Athlone Inn

Trinity House Inn

### Huntsville

Eclipse at Deerhurst

The Birches Restaurant, Hidden Valley Resort

### Jackson's Point

The Briar's Resort

### Keene

Elmhirst's Resort

### Kingston

Luke's Gastronomy

Le Chien Noir Bistro

### Nobleton

Daniel's of Nobleton

### Merrickville

Sam Jakes Inn

### Ottawa

Absinthe

ARC Lounge & Restaurant

Courtyard Restaurant

Domus Café

Eighteen Restaurant

### Fraser Café

Murray Street

Perspectives

Sweetgrass

The Capital Dining Room

### Owen Sound

Rocky Raccoon Café

### Peterborough

38 Degrees Restaurant

### Pickering

Port on Frenchman's Bay

### Port Severn

Severn Lodge

### Sudbury

Ristorante Verdicchio

## Prince Edward County

### Bloomfield

Angeline's Restaurant, Inn & Spa

Bloomfield Carriage House Restaurant

### Picton

Amelia's Garden at The Waring House

Clara's Fine Dining at the Claramount

Harvest

Restaurant on the Knoll

The Merrill Inn

## West

### Alton

The Millcroft Inn and Spa

### Bayfield

The Little Inn of Bayfield

### Cambridge

Langdon Hall Dining Room & Terrace

### Elora

Elora Mill Inn

### Exeter

Eddington's

### Fergus

The Breadalbane Inn

Declare your commitment to the quality & sustainability of local food.

**Join Savour Ontario.**

## Why buying local is good for business:

“In Prince Edward country, our micro-economy focused on local products has developed a sustainable food system of thriving businesses. Residents often joke that if the bridges were closed tomorrow, we'd have everything we need to enjoy a fantastic quality of life.”

Chefs and Co-owners  
Michael Potters & Karin Desveaux-Potters

Harvest Restaurant  
[www.harvestrestaurant.ca](http://www.harvestrestaurant.ca)

Pinch Gourmet  
[www.pinchgourmet.com](http://www.pinchgourmet.com)

### Goderich

Benmiller Inn & Spa

### Guelph

Artisanale

Borealis Bar and Grille

### Kincardine

Harbour Street Brasserie

### Kitchener

Verses

### London

Garlic's  
Idlewyld Inn

### Morrison

Envers of Morrison

### Paincourt

Stargazers on the Thames

### Port Dover

David's Restaurant

### Port Stanley

Kettle Creek Inn  
M.E. & Suzie's

### Southampton

Grosvenor's of Southampton

### St. Marys

The Westover Inn

Woolfy's at Wildwood

### Stratford

Bijou

Foster's Inn Restaurant

Rundles

Sophisto-Bistro

The Church Restaurant

The Old Prune

### Waterloo

Charbrics

Hannah's Bella Bistro

Rushes – Waterloo Inn and Conference Centre

### Wellington

The Devonshire Inn on the Lake



**SavourOntario.ca**



The Savour Ontario Dining program was developed in partnership with the Ontario Ministry of Agriculture, Food and Rural Affairs, the Ontario Ministry of Tourism, and the Ontario Tourism Marketing Partnership Corporation, and is part of the Pick Ontario Freshness initiative. The program is designed to promote fresh, high-quality Ontario foods and to make them the preferred choice of consumers, retailers and restaurants. Contact us at [Savour@Ontario.ca](mailto:Savour@Ontario.ca)

# SAVOUR WINTER TREATS

**Pleasures of Winter:** The articles in this insert reflect Savour Ontario's marketing plan for Winter 2009, focusing on Poultry for December, Winter Harvest for January and Lamb for February.



DECEMBER

## Aristocratic Quail

*Pleasantly Out of the Ordinary*

Quail is the prince of poultry. The elegant little bird that was once game is now fully domesticated and increasingly popular among diners. Just as versatile as chicken, but more interesting for its mauve-coloured flesh and distinct flavour, quail is best cooked medium rare to protect as much of its natural succulence as possible.

Let the cooking styles be the chef's whim. For accompaniments, here are some ideas to spark even more ideas.

Grilling is a great way to go. Classics like grilled quail with grilled polenta can be spun a little differently with a rosemary marinade for the bird and dotting the polenta with specks of rosemary, slivers of prosciutto and roasted pine nuts before pouring it to set. Complete the dish with sautéed garlic and cracked-chili kale, sauce with a natural jus and finish with a drizzle of rosemary oil.

A great accompaniment for grilled quail, and equally good roasted, is a white bean purée with braised white cabbage, for when you want lighter flavours as a counterpoint to the meat.

Fruit glazes, like cranberry are beautiful in the winter months. Finish the plate with roasted butternut squash

purée and crispy leeks.

A five-spice rub satisfies the universal love of Asian flavours. Plate with gingered sweet potato mash and sautéed bok choy with sesame oil.

Stuffed quail can dramatically enrich a dish, held together with skewers, wrapped in bacon or simply trussed. Go luxurious with foie gras, or medium-rich with duck liver, or for simpler flavours that won't overtake the quail, try chicken liver mousse. Forcemeat also works well. Go light with chicken and heart walnuts, or for bolder flavours, a pancetta-dotted pork. Go meatless with a dried-cherry cornbread with caramelized onions or goat cheese and exotic mushrooms.

For spirited sauces, a deglaze of brandy or fortified wine with natural jus finished with a nut of butter, does the noble quail proud.

Two more accompaniments to consider:

- farro with a brunoise of aromatics, cracked hazelnuts, drunken gold raisins, fresh thyme, wilted spinach
- roasted parsnips, apples and button mushrooms, brandied jus with chestnuts
- exotic mushroom fricassée with fresh thyme and roasted potatoes.

## Rhubarb

*January Eye-Opener*

Rhubarb may seem like a surprising find on Foodland Ontario's list for what's seasonal in January. There is no shortage of sweet applications, but that's only half the story. A savoury rhubarb chutney can take the vision for a new plate anywhere you would like it to go.

Here's a dependable ration for the chutney base: one pound rhubarb, one cup sugar and 1/3 cup water, modified by how much tartness you like.

Here are some other chutney ideas, with matching VQA wine styles, to spark the imagination:

**Delicate for chicken:** caramelized onion, vanilla, cardamom, ginger.  
**Wine:** pinot gris

**South Asian for lake fish:**

Green chilis, tomato, cumin and coriander, mustard, nigella and fennel seeds. **Wine:** off-dry riesling

**Earthy for pork or duck:**

Fresh apple, star anise, honey, cardamom, cinnamon. **Wine:** pinot noir



## What's in Season

	dec	jan	feb
Apples	x	x	x
Beets	x	x	x
Cabbage	x	x	x
Carrots	x	x	x
Cucumber*	x	x	x
Garlic	x	x	x
Leeks	x	x	x
Lettuce*	x	x	x
Onions			
Cooking	x	x	x
Spanish/Red	x		
Parsnips	x	x	x
Pears	x		
Potatoes	x	x	x
Rhubarb		x	x
Rutabaga	x	x	x
Sprouts	x	x	x
Squash	x	x	x
Sweet Potatoes	x	x	x

\* Greenhouse

Source: Foodland Ontario

## Did You Know?

Root cellaring is not just for root vegetables. Keeping Ontario's harvest tended in a root cellar can keep local food flowing into your kitchen well into spring. Each has its own natural, best-before date, listed below. Ask your farmer or distributor for these local gems to carry you into, and in some cases, past the last snowfall.

Apples	5 months
Beets	5 months
Cabbage	5 months
Chinese cabbage	1-3 months
Carrots	6 months
Celeriac	2-3 months
Garlic	7-8 months
Kohlrabi	2 months
Onions*	4 months
Parsnips	4 months
Sweet Potatoes*	2-3 months
White Potatoes*	4-6 months
Rutabagas	2-4 months
Squash*	6 months
(except acorn)	
Turnips	4 months

\*Must be cured: left out, on ventilated shelves, to lengthen their freshness and avoid spoiling while in cold storage.

## FEBRUARY:

# Deconstructing Lamb

## Three Chefs Share New Approaches to Ontario Lamb

**Alex Johnston** is chef-owner of Provenance Cuisine, which home-delivers local, sustainable, prepared food. "My aim is to help people associate their food and its quality with a specific region."

**Jonathan Persaud-Abrahams** is Director of Operations and Executive Chef at The Healthy Butcher, specializing in certified organic and naturally raised Ontario meat. "It was a great year for lamb, the best I've ever tasted."

**Mike Steh** is Executive Chef of Reds, strong on charcuterie, bringing in whole lambs several times a week. "You can use every single cut. Nothing should ever go to waste."

### Parts of the Puzzle

#### Neck

**AJ:** Very interesting cut with an aromatic succulence. It has muscle, tendon, fat and bone, which make it tastier. I would braise it and take the shoulder meat off the bone.

**JPA:** Incredibly flavourful. The muscles are well developed from holding the head. I make boneless neck medallions by cutting between the vertebrae, deboning and then tying it back up, or I leave it bone-in for an English-style braise.

**MS:** I use the neck for charcuterie and make an Italian-style coppatta, a dry aged salami with large chunks of cured neck mixed with salami forcemeat.

#### Shoulder

**JPA:** I love the shoulder. It's the tastiest for me. Most goes to stew, deboned and slow cooked, but it could also be dry-roasted. Shoulder's a natural for curry.

**MS:** I like to cure and confit the entire shoulder or break it down into smaller cuts. Hind legs are great for prosciutto and cures differently from pork. To cure the meat on the bone, I use rubs, then remove the bones later and add them to cassoulet, sauces and stocks.

#### Saddle

**AJ:** Saddle (loin) chops are much tastier than rack (rib) chops, with more marbling and great flavour from the T-bone. I'd go with olive oil and mint, and grill. I might also debone the saddle, tie it and cut

medallions, or stuff it whole, dry-roast it and serve it with a cabernet franc.

**JPA:** Phenomenal tenderness, mild flavoured. Classically, it's cut off the bone, rolled and wrapped with the skin still on, or off the bone for medallions. Fantastic cold, with pickled vegetables.

**MS:** Debone it, leaving the loin intact and remove the tenderloin. Cure the meat separately, then wrapped back up into itself, with the loin and tenderloin in the center. Then, truss, hot-smoke and cure. This style is Lindenspek, a German specialty of pork belly and loin.

#### Breast

**AJ:** I'd roll it deboned, stuffed with robust herbs for a pot roast. I would also cure it, for lamb bacon or pancetta.

**JPA:** It's mostly harvested for sausage, but it's a popular British cut. Fantastic, economical, extremely flavourful and works well stuffed.

**MS:** I'd make corned lamb. Brine the breast overnight in a spiced salt-water mix, smoke it the next day, then cook "sous vide," hang it to dry and shave it like a ham.

#### Leg

**AJ:** Slow roast at 250°F (121°C) for six hours. It finishes medium. Or debone the thigh, tie it, rub with rosemary and juniper, sear and dry roast. Or break it down into nuggets of steak. It's fairly tender and cooks quickly.

**JPA:** It's debone and wrap as a roast with the bone in the centre. It flavours the meat and portions easily.

**MS:** My favourite marinade for leg roast is garlic, rosemary, yogurt, coriander seed and peppercorns. For great tenderness, I do it the night before and roast it with the marinade still on.

#### A standout lamb experience:

**JPA:** A nose-to-tail plate by Mark Cutrara of Cowbell: pieces of braised shoulder, seared loin, roast leg, liver and pickled tongue. He used every single bit of the animal with utmost respect.

**ProvenanceCuisine.ca**  
**RedsBistro.com**  
**TheHealthyButcher.com**  
**CowbellRestaurant.ca**

