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Muskoka's Worldly Flavours

Leaders of the World Come to Dine

When Huntsville's Deerhurst Resort hosts the 2010 G8 summit in June, Executive Chef Rory Golden will be serving up the best of Ontario's food to the world's leaders. As one of the original four founders of Savour Muskoka five years ago, Golden has always been strong on "terroir," the term chefs and gourmands use to talk about how food is inextricably connected to a place, which his summit menu—like all his menus—are going to clearly show.

cheese from Thornloe and fish caught in Georgian Bay." Maple syrup will come from the resort's 500-litre reserve and honey from the resort's own apiary.

Two signature dishes likely to make the short list for when Canada, France, Germany, Italy, Japan, Russia, the U.K. and the U.S. break bread together: smoked trout "cheesecake" with caramelized onions finished with Niagara Vidal; and squash crême brûlée paired with Cabernet Franc ice wine.



Rory Golden

Golden has been running the Deerhurst kitchens for seven years. When he's not leading his team of about 70 culinarians during his high season, he's out driving "off-highway" with his wife, Wanda, in his 1978 MGB roadster. During six- to seven-hour Sunday drives, they scout local food and talk to farmers. His latest discovery came from an unassuming café serving its own watercress, which Golden is now buying for the resort.

On his own time, Golden hosts what he calls his "garage tastings," a weekly culinary salon in his garage for local chefs who turn up with something delicious they've either found or made. Beer is usually involved, often new products that local micro-brewers want the chefs to taste.

When the summit opens, Deerhurst will be home to 1,000 participants, delegates, media, security and staff, but it will be business as usual for a resort seasoned in catering to the special requirements of many events running concurrently, each with individual needs. As usual, food will be made and served from multiple venues and, as usual, Golden will be preparing the bounty from right outside his back door.

DeerhurstResort.com



Schomberg lamb and Bracebridge beef from the Deerhurst kitchen.

"For a start, we're going to serve smoked trout from Milford Bay," begins Golden, "lamb from Schomberg, pickerel from Nippissing, specialty produce from Severn River and Bracebridge, cranberries from Bala,

To add to his menu's agricultural and economic sustainability benefits, Golden has decided to go 100 per cent recyclable for take-out containers. "It's going to cost us 18 per cent more," says Golden, "but it's a good thing to do."

Farmland Whistle Stops

Sheridan Specialties Gathers Province-wide



Left: purple daikon sprouts; Above: Chanteclair Rouge chicken



When Ray Hart launched Sheridan Specialties in 1991, he found his early niche quickly: locally cultivated “exotic” mushrooms, which everyone was clamouring for at the time.

He did \$250,000 in business his first year, moving into spices like pink and green peppercorns during the years when these ingredients were in great demand. Today, carrying anything his chefs are asking for, Sheridan distributes \$9 million in specialty foods and products, 80 per cent of it local.

“It’s where we’re all headed,” says Hart, who’s been watching the growth of better-quality local food at the retail level. “It’s what people are asking for in restaurants now, too.”

Hart’s product list reads like a series of Ontario farmland whistle stops. He gets smoked trout from Coldwater, Berkshire pork from Stratford, grain-fed chicken from Petrolia and Keene, Cornish hens from Arthur, squab from

Brampton, rabbits from Shelburne and Arthur, quail from St. Ann’s, pheasants from Flintshire, and a full woodsy helping of honey, oyster, king and enoki mushrooms from Markham.

For chefs, and consequently for Sheridan, the Mennonite connection is becoming increasingly significant. Mennonite farmers around Elmira provide Sheridan with heritage Chanteclair Rouge chickens, as well as partridge and turkey. “Chefs accept that the breasts are smaller because the animals aren’t penned,” explains

Sheridan distributes \$9 million in specialty foods and products, 80% of it local.

Hart, “and they love the fact that they’re all natural.”

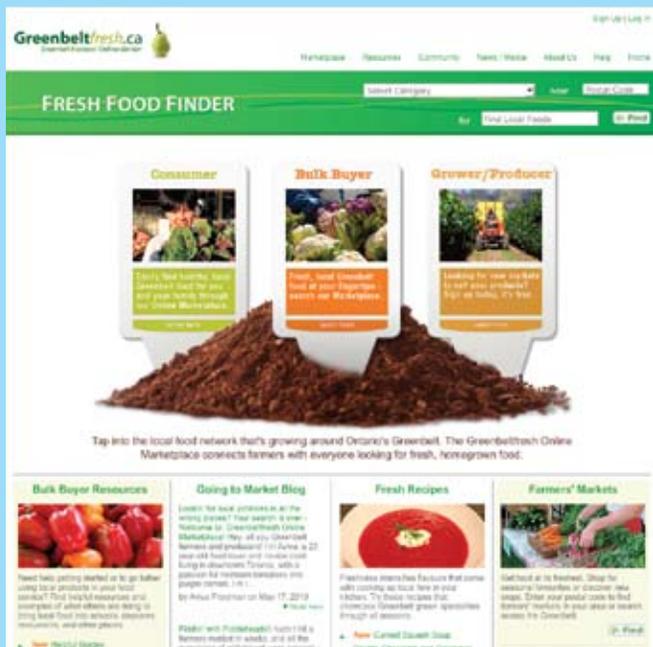
Maple Dale Cheese in Plainfield is Sheridan’s chief supplier of local cheese, and single-pressing extra virgin canola and soybean oils come from Pristine Gourmet in Waterford. Artisan beef comes from Top Meadow Farms in Thornbury, and Hart’s latest acquisition, Omega-3 pork, comes from Willowgrove Hill Farms in Stratford. “I can’t wait to tell more chefs about it,” says Hart.

Laurence Smith has been Hart’s man in the field for nearly 20 years. Most days, Smith is out on the road

and giving chefs his full attention. “Local is what’s very important to them,” confirms Smith, so much so that one of his customers, Hockley Valley Resort’s Executive Chef George Madalena, is buying lamb from a farm just half a kilometer away. Some operators are buying exclusively

local. Savour Ontario restaurateur Brad Long, owner of Veritas and My Place, insists that all his beef and pork be strictly local, “and as close geographically as possible,” adds Smith.

- Sheridan.ca
- HoneymansBeef.com
- MapleDaleCheese.com
- PristineGourmet.com
- TopMeadowFarms.com
- WillowgroveHill.com
- Hockley.com
- LocalFare.ca



Greenbelt Goes iFresh

Friends of the Greenbelt Foundation has launched a new on-line procurement/sourcing tool that will make it quick and easy for foodservice and other bulk buyers to purchase local Ontario food.

Producers of everything from specialty products to commodity staples can be searched either through the site’s instant Fresh Food Finder engine, which produces results in 30 seconds, or a more advanced, three-step engine, which can produce results for multiple products in 60 seconds. Clicking on the farm names in the search results also gets you a profile of the farm, packaging information, weekly volume and whom to contact for ordering. The site has 450 farmers and producers, and the numbers are growing weekly, says Program Director Shelley Petrie, who adds that the farmers on the site are also willing to take calls and answer bulk buyers’ questions.

What’s next from the Greenbelt? A mobile tool with a local-food search function for smart phones and blackberries. **GreenbeltFresh.ca**



Littkeman with a recent addition to his herd.

Stirling's Water Buffalo Meat Half-Italian but All-Ontario

The plan was to milk water buffalo for cheese, and it was a good one. When Martin Littkemann and Lori Smith founded the Ontario Water Buffalo Co. in Stirling, they did extensive research, including a 2007 trip to Italy for the Eighth World Buffalo Congress. They ordered their half-Italian herd of 39 heifers and one bull from a Vermont farmer they'd met there.

The venture has had an auspicious start. "Our business plan was ready. We'd put down our deposit, and we didn't even have the buffalo yet," recounts Littkemann. And then the phone rang. It was Bill Borgo of Quality Cheese in Vaughan. He'd heard a rumour. "He said, 'If you've got buffalo milk, we want to buy it,'" recounts Littkemann. "The supply chain had come to us."

In less than a year, the Bella Casara brand of Ontario buffalo mozzarella was selling briskly at gourmet retailers and to many Ontario restaurants, including Terroni, Pizzeria Libretto, Buca, Seven Numbers, Romagna Mia, La Bruschetta and L'Auberge de France in Belleville. With the herd now at over 100, the partners are ready to sell meat, which is currently being distributed by Tony's Cheese and Provisions in the Toronto area and by

Wendy's Mobile Market in the eastern part of the province.

For the record, buffalo and bison are terms used synonymously, but they're actually two different animals, from two distinct families, "separated by 10 chromosomes," explains Littkemann. Buffalo is the name explorers mistakenly gave to the bison roaming the North American plains, with characteristically massive heads, humped upper backs and lean hindquarters.

Buffalo meat is a lot like beef, with similar colouring and flavour, but it has a significant difference. Unlike beef, buffalo has no marbling. All of its fat is on the outside, which puts its health benefits through the roof. According to Littkeman, buffalo has 80 per cent less saturated fat and 25 per cent less cholesterol than beef. Surprisingly, buffalo has six milligrams less fat per 100 grams than white chicken meat.

Littkemann and Smith pasture their animals until they reach about 300 kg. To develop flavour and texture, and to sweeten the meat, the animals are finished with an organic diet of grains, corn, oats and barley, much of which the producers grow themselves. The buffalo are ready to be sold at market at 450 kg.

The partners are working with a select group of chefs who are keen to serve buffalo. Some are looking at charcuterie applications. Others want to cook the meat "sous vide," French for "under vacuum." Sous vide is an increasingly popular style of cooking where vacuum-sealed foods are electronically monitored to cook for a significantly longer period of time. The technique is ideal for lean meats because it concentrates flavour and maximizes moisture.

The town of Stirling converted its enthusiasm for the accomplishments of Littkeman and Smith into the first Water Buffalo Food Festival last August, expecting a crowd of 200. Luckily, organizers had the foresight to print 750 tickets, all of which sold, despite a morning-long downpour that threatened to spoil the day. This August, Stirling is expecting a crowd of 1,500.

OntarioWaterBuffalo.com

QualityCheese.com

Terroni.ca

PizzeriaLibretto.com

Buca.ca

SevenNumbers.com

Romagna-Mia.com

LaBru.ca

AubergeDeFrance.ca

WendysMobileMarket.com

Tony's Cheese 416-727-9783

Stirling-Rawdon.com

Greater Toronto

Toronto

- 360 The Restaurant @ The CN Tower
- Amuse-Bouche
- Café Taste
- Canoe Restaurant and Bar
- Chez Victor
- Conviction
- Cowbell
- Crush Wine Bar
- Czechoski
- Delux
- Earth
- EPIC
- Frank/Art Gallery of Ontario
- George Restaurant
- Globe Bistro
- Local Kitchen and Wine Bar
- Lucien
- Niagara Street Cafe
- Pangaea
- Reds Bistro
- Six Steps
- Splendido
- The Chef's House
- The Drake Hotel
- The Harbord Room
- The Old Mill Inn & Spa
- The Only on King
- Union
- Veritas
- Vertical
- Wine Bar

South Central

Ancaster

- Ancaster Old Mill

Beamsville

- The Kitchen House at Peninsula Ridge

Burlington

- Spencer's at the Waterfront

Font Hill

- Wildflower Restaurant

Gore's Landing

- The Victoria Inn

Grimsby

- 13 Mountain Street

Jordan

- Inn on the Twenty

Niagara Falls

- AG Restaurant
- Boulevard Bistro at Bestwestern Fallsview

Niagara-on-the-Lake

- Escabèche, Prince of Wales Hotel (Vintage Inns)
- Hillebrand 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

Gananoque

- Gananoque Inn
- The Athlone Inn
- Trinity House Inn

Huntsville

- Eclipse at Deerpark
- The Birches Restaurant, Hidden Valley Resort

- Rosewood Inn dining Room at Delta Grandview 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
- The Urban Pear
- The Wellington Gastropub

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

Wellington

- The Devonshire Inn on the Lake

West

Alton

- The Millcroft Inn and Spa

Bayfield

- The Little Inn of Bayfield

Cambridge

- Langdon Hall Dining Room & Terrace

Collingwood

- The Falls Inn and Spa

Elora

- Elora Mill Inn

Exeter

- Eddington's

Fergus

- The Breadalbane Inn

Goderich

- Benmiller Inn & Spa

Guelph

- Artisanale
- Borealis Bar and Grille

Kincardine

- Harbour Street Brasserie

Kitchener

- Verses

London

- Garlic's
- Idlewyld Inn

Morrison

- Enver's of Morrison

Neustadt

- Noahs Inn

New Hamburg

- Puddicombe House

Paincourt

- Stargazers on the Thames

Port Dover

- David's Restaurant

Port Stanley

- Kettle Creek Inn
- M.E. & Suzie's

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

- Charbries
- Rushes – Waterloo Inn and Conference Centre

Devoted to Local at The Chef's House

Local food is the main ingredient at George Brown College Chef School. At The Chef's House, the school's on-campus restaurant where hospitality students serve and cook for the public, the lion's share of the raw ingredients come from Ontario.

"We like to choose premium local products to show students what they can find in their own backyards," says School Director John Higgins. Pork from Beretta Farms is a case in point. "It all comes down to flavour," he declares. "It's simply better, and students get to make that taste comparison themselves."

The Chef's House has a Rising Star Chef Dinner Series showcasing young chefs who are making a difference cooking food with what Higgins calls "substance and integrity." Among the chefs recently honoured are Robin Pradhan from Savour Ontario Restaurant Rocky Raccoon Café in Owen Sound and the "Fab Four" chef team from Chez Piggy in Kingston: Millie Mundacruz, Vicki Newbury, Susan Newbury and Reyna Rivera Belsham.

- TheChefsHouse.com
- BerettaOrganics.com
- RockyRaccoonCafe.com
- ChezPiggy.com



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



SAVOUR SUMMER ISSUE

Summer is Sweet: The articles in this insert reflect Savour Ontario's marketing plan for Summer 2010, focusing on a new way to look at Veal for June, Berries for July and Peaches for August.



JUNE

Veal News is Good News

From Mediterranean Twist to Tropical Heat

Delft Blue Veal is having a renaissance, creating a new way of handling, treating and thinking about a traditional product, and making it extraordinary. "Veal is moving forward," says former St. Jacobs chef and Delft Sales Manager John Meyer, referring to new techniques in preparing the meat for market. "We're aging fresh veal for seven days," explains Meyer, "which gives it a softer feel and makes an already tender meat even more tender." The fresh-packaged veal has a shelf life of another two weeks, Meyer adds, making it even easier for chefs to keep fresh veal on hand and out of the freezer.

Four exciting summer veal specials:

To take an Italian route, with a twist on "saltimbocca" pound as thinly as possible the loin of a Frenched chop with the bone still on. Sear and finish in the oven to crisp the bone. Sauce with a white wine reduction with fresh sage and butter. Finish with crisped, julienned Ontario prosciutto and serve with roast potatoes and a baby arugula salad. Pair with a sauvignon blanc for its herbaceous, grassy notes to complement the sage.

For the fresh flavours of Provence, serve a roasted chop on garlic mash with a saucy ratatouille, and drizzle with herb-infused cold-pressed Ontario canola oil. Pair with a cabernet franc for its herbal and bell pepper characteristics.

To evoke an Asian feel, finish a grilled veal rib eye steak with a compound butter of caramelized shallots and fresh ginger. Serve with fried Asian noodles and bok choy dressed with sesame oil. Pair with an off-dry riesling for its floral and citrus notes, a complement to the ginger and a foil for the sesame oil.

To conjure up the Caribbean, serve a grilled veal t-bone "au chien," French for "dog sauce," popular in Martinique. To sauce 16 specials, combine ¼ cup chopped garlic, 24 chopped green onions, four medium, de-seeded Scotch bonnet peppers finely chopped, two teaspoons ground allspice, ¼ cup vegetable oil and the juice of four limes. Drench with two cups boiling water and hold at room temperature. Sauce the steak right off the grill, and serve with wilted spinach. Pair with an oaked chardonnay for its tropical fruit and mineral qualities.

DelftBlueVeal.ca

JULY

Berry Exotica

Cardamom Summer Pudding with Ginger

The brilliant berries of mid-summer scream to be made into summer pudding. Good white bread—or even better, brioche—gives this dessert its structure, captures all the juices and holds the softened berries in place. Grind whole cardamom and add a tablespoon to one cup of sugar for two pounds of fresh berries. Heat the berries, sugar and a splash of fresh lemon juice just until the berries have heated through and released their juices. Cool.

Cover the inside of a two-litre bowl or soufflé dish with plastic and line the bowl with half-inch slices of brioche, pressing the edges together to create a good seal, because this is essentially a timbal. Build two or three alternating layers of berry mixture and brioche, pressing down on each to help the juices absorb. Gather the edges of the plastic to wrap up the pudding, put a plate on top, and weight it with no more than two kilograms. Refrigerate overnight.

Pairings that make the most of these flavours: on the plate, ginger ice cream or whipped cream spotted with finely diced candied ginger; in a glass, red ice wine or sparkling vidal.



What's in Season

	Jun	Jul	Aug
Apples	x	x	x
Apricots		x	x
Asian Vegetables	x	x	x
Asparagus	x		
Beans (Green/Wax)	x	x	x
Beets		x	x
Blueberries		x	x
Broccoli	x	x	x
Cabbage	x	x	x
Carrots		x	x
Cauliflower	x	x	x
Celery		x	x
Cherries	x	x	
Corn		x	x
Cucumber*	x	x	x
Currants		x	x
Eggplant			x
Garlic		x	x
Gooseberries		x	x
Grapes		x	
Leeks			x
Lettuce*	x	x	x
Muskmelon			x
Mushrooms	x	x	x
Nectarines			x
Onions (Green/Cooking)	x	x	x
Parsnips			x
Peaches		x	x
Pears			x
Peas: Green	x	x	
Snow	x	x	x
Peppers: Field		x	x
Greenhouse	x	x	x
Plums		x	x
Potatoes		x	x
Radicchio	x	x	x
Radishes	x	x	x
Rapini		x	x
Raspberries		x	x
Rhubarb	x		
Rutabaga	x	x	x
Spinach	x	x	x
Sprouts	x	x	x
Squash			x
Strawberries	x	x	
Sweet Potatoes	x	x	x
Tomatoes: Field		x	x
Greenhouse	x	x	x
Zucchini		x	x

* Field and Greenhouse
Source: Foodland Ontario



AUGUST

Peach Out All Summer

The Season Lasts Much Longer Than You Think

The stone at the heart of a luscious Ontario peach tells the story of a surprisingly long season. First come the semi-freestone peaches, ready for picking from about July 17 to August 12. Just as the last of the semi-freestones are trickling in, freestone peaches are ready for market. Freestone peaches have a slightly longer season and can be found—depending on how generous the weather decides to be—all the way until the end of September. Freestone peaches are the favourites of cooks because, as their name implies, they can be easily freed from their stone, which makes canning a breeze.



Did You Know?

- Peaches were first “discovered” in Persia by the conquering armies of Alexander the Great, which explains their botanical name, *prunus persica*, and why they’re often called Persian apples.
- China is considered to be the peach’s true home of origin, from as far back as 2,500 years ago.
- When converted to modern currency, a peach cost \$4.50 in 1st-century Rome and remained a luxury for several hundreds of years.
- Peaches were considered symbols of immortality. Bowls of peaches have been excavated from the tombs of Chinese dignitaries several centuries before Christ.
- Next to the apple, the peach is the most widely cultivated fruit tree in the world.

Sources: Foodland Ontario and
The Food Encyclopedia, Robert Rose Books