



# Kate's Kitchen

by Kate Jarvis C.N.P., Buying Club Representative

You will soon be seeing a lovely new cookbook available through ONFC just in time for the holiday season. We have proudly partnered with author Lynn Ogryzlo to offer her new local food cookbook *The Ontario Table* to our members.

*The Ontario Table* is not only a collection of recipes which feature local ingredients, but a tour of Ontario farms teaching us about the delicious foods grown right in our backyard. Lynn and her husband, whose gorgeous photography is featured throughout the book, travelled Ontario for 2 years visiting and photographing local farms. The book features the history of each farmer, along with a recipe created by Lynn using ingredients from the farm. It has truly opened my eyes to the diversity of fantastic food produced in Ontario.

Further to great recipes and beautiful photography, *The Ontario Table* offers a \$10 Challenge which encourages each of us to spend at least \$10 per week on local food. "If every household in Ontario spent just \$10 of their grocery budget on local foods each week, there would be a \$2.4 billion dollar influx into the provincial economy each year!" There is a terrific local food guide in the back of the book called The Ontario Party which can be used as a reference to learn more about shopping for local food in Ontario.

Lynn has graciously allowed us to publish a page from the book so you can see how it features the photographs, stories and recipes from each farm. I have chosen Rainbow Trout Tacos from Rosehall Run. Coincidentally, you'll see on page 33 that we have just launched our new Ontario Natural Wild Lake Trout which is also sourced locally in Ontario.

We will be sending out a special flyer for *The Ontario Table* which will allow you to pre-order this book for your next order, just in time for the holiday gift season. This flyer will be emailed and posted to <http://www.onfc.ca/cat> If you have any questions please contact me at [buyclub@onfc.ca](mailto:buyclub@onfc.ca)

Feel free to check out *The Ontario Table* website for more details on the book and the \$10 Challenge. <http://ontariotable.com/>

Below I've included one of the recipes from *The Ontario Table* to give you a little taste of what you can expect from the book. Enjoy!

## **Butternut Squash Pudding with Maple Cream**

2 farm fresh eggs  
1 ½ cups butternut squash, cooked and mashed  
¾ cup packed brown sugar  
½ tsp Ontario Salt (Yes it exists!)  
½ tsp ground cinnamon  
1 2/3 cups light cream  
4 tbsp sour cream  
1 tbsp Ontario maple syrup  
1 tbsp orchard walnuts, finely chopped

Preheat oven to 350F (180C). Beat the eggs in a large bowl. Add the squash, sugar, salt, and cinnamon. Beat well.

Gradually stir in cream.

Pour into 8 – 6oz custard cups.

Place cups in shallow baking pan and pour in enough hot water to come half way up sides of cups.

Bake for 40 minutes or until knife inserted in centre comes out clean.

Remove cups from water and set aside to cool.

Mix sour cream and maple syrup together.

When pudding s are cool, top with a dollop of maple sour cream and sprinkle with walnuts.

Serves 8