



While we have produced a number of culinary travel guides this is our first recipe e-book. It was a labour of love to put together and we're excited to share the final product.

We reached out to brands that we love and use. Thank you to **Pepto-Bismol®** for coming on board as our presenting sponsor and to

Canola Eat Well and Mann's Fresh Vegetables for sponsoring recipes in this guide. Without you we could not have done this.







QUESTIONS? CORRECTIONS?

If you see something that doesn't quite make sense or you have a question please don't hesitate to reach out to us at **Ayngelina@baconismagic.ca**

Happy Canada Day!



Oh Canada!

The threat of snow is finally gone and we can begin to complain about how hot it is.

I love to entertain but before Dave I spent so much wasted time in the kitchen because I wasn't organized.

When people arrived I was stuck in the kitchen with last minute details rather than enjoying my friends.

But meeting Dave and working together at our restaurant I've seen the power of organization. Cooks aren't chopping our salad as they go. It's all made in advance, sometimes days to a week, and then assembled as it's ordered.

For Dave this is common sense but as a home cook it didn't occur to me!

We wanted to create something useful that would serve as a one-stop shop for Canada Day entertaining.

We compiled a list of Mediterranean based recipes using fresh, local ingredients. With each recipe we thought about how it worked with the menu and could 2 home cooks make the food and enjoy the party.

This isn't a hot dog, hamburgers and grocery story veggie plate kind of party but follow this guide and you'll have a great party that you can enjoy.





Cook's Plan of Attack

Hosting diners is all about having a game plan and making as much in advance as possible so when they arrive it's simply assembling.

7 DAYS AHEAD MAKE

Whipped ricotta Burnt honey Puffed wild rice Sour cherry compote

4 DAYS AHEAD MAKE

Green garlic dressing

3 DAYS AHEAD: GROCERY SHOPPING!

Make salsa verde and cover with saran wrap

1 DAY AHEAD

Slice sugar snap peas, put damp cloth overtop and plastic wrap Shave fennel bulb and keep in water in fridge Boil potatoes for salad Slice asparagus and keep in ice water Marinate steak

Make canola cake

MORNING

Make charcuterie board, cover with plastic wrap and refridgerate.

Make potato salad (except chive flowers if using, add at end) Make sugar snap peas salad. Refridgerate. Make hummus (add thyme just before serving)

45 MINUTES BEFORE GUESTS ARRIVE

Make spiced garlic olives and place on table with other antipasto, with plastic wrap on. Remove steak from fridge to bring to room temperature.

15 MINUTES BEFORE GUESTS ARRIVE

Remove vegetable sides from fridge to bring to room temperature and garnish as necessary

Shopping List

Dairy

Produce

2 lbs asparagus

1 lb sour cherries

1-15oz bag Mann's Stringless Sugar Snap Peas

1 lb baby potatoes

1 bunch green garlic

1 fennel bulb

1 bulb local garlic

2 bird's eye chilis

Fresh thyme

Fresh dill

Fresh mint

Fresh parsley

Bakery

Crostini

2 sourdough baguettes

1 pkg pita bread

Deli

1 cup olives

2-3 types cured meat

2 burrata

2 types hard cheese

Butcher

2 full flank steaks

Pantry

1L canola oil

2 cups extra virgin olive oil

1 cup red wine vinegar

1/3 cup rice wine vinegar

1.5 tbsp cider vinegar

1 cup mayo

1/4 cup grainy mustard

1/2 cup pickled vegetables

2 tbsp capers

4 anchovy filets

2 tbsp pine nuts

2 tsp chili flakes

1/2 cup raw wild rice

100g butter

3 cups granulated sugar

50g polenta

50g all purpose flour

200g ground hazelnuts

1 tsp baking powder

Hickory sticks or frites

Grey salt or Maldon Salt

Freshly ground black pepper





Antipasto Buy

FORGET THE LAME VEGGIES AND DIP. SET THESE ITEMS OUT ON THE TABLE FOR GUESTS WHO ARRIVE HUNGRY.

Save time and stop by an Italian or specialty grocery store for the good stuff.





OLIVES WITH CHILI AND GARLIC

Olives 1 cup Olive oil 1/4 cup Garlic 2 cloves Chili Flakes 1 tsp

- **1.** Buy the highest quality olives you can find. In an Italian or Greek grocery store they are going to be the most reasonably priced.
- **2.** In a small pot heat olive oil over medium low. Once warmed through add chili flakes and garlic. Heat for 30 seconds. Add olives and turn off heat.



- **3.** Serve in bowl with great bread.
- **4.** Don't forget a side dish for people to place the olive pits.

BURRATA

Burrata 2-3 Grey or Maldon Salt



- 1. Call or visit an Italian grocery store in advance. If you're lucky, some of them have Italian burrata orders each week but you have to know which day as they always sell out that day.
- **2.** Bring to room temperate before serving. It should not be cold.
- **3.** Burrata is fantastic served on its own with a bit of grey salt and high quality olive oil.

However, you can also top it with the salsa verde from the steak recipe, a bit of fruit preserve, reduced balsamic vinegar or simply with a few mint leaves.

3. Serve it with a small knife or spoon for your guests to spread it on butter.

CHARCUTERIE BOARD

2-3 kinds of cured meat Nuts 1-2 kinds of hard cheese Crostini Fresh Preserves Grainy Mustard Pickles

- **1.** Although there is no one right way to build a charcuterie board, Dave does have a few essentials:
- 1) Something pickled
- 2) Something sweet
- 3) Something crunchy
- 2. Charcuterie boards are an opportunity to clean out the pantry with all of the preserves, pickles, sauces that people have given you or you've pickled up over the last year.

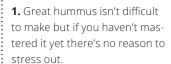


3. Simply group like items together and place on a cutting board.

If you make it ahead of time be sure to cover with plastic wrap so that the food doesn't dry out.

ALMOST HOMEMADE HUMMUS

Store bought hummus 500g Good olive oil 3 tbsp Pine nuts 2 tbsp Fresh thyme 1 sprig



- 2. If you're close to a great Middle Eastern shop that serves hummus you're already there. But fear not with grocery store hummus, just buy your favourite plain option.
- **3.** Hummus should be served at room temperature so remove it from the fridge and place in a bowl.



- **4.** The secret to elevating mediocre hummus to great hummus is amazing olive oil. Don't skimp on this, it is fat but it's also flavour.
- **5.** Top with springs of fresh thyme, toasted pine nuts and a bit of grey salt.
- **6.** Serve with warm pita.



Save Space on the Grill

Asparagus, Whipped Ricotta, Honey

Don't be intimidated. It's easy to make whipped ricotta and burnt honey in advance.

We love serving decadent vegetables dishes on sheet pans. It's informal and easy to clean.



SERVES 4-6

WHIPPED RICOTTA:

Ricotta 500ml 35% Cream 2 tbsp

BURNT HONEY:
Good Quality Honey 250ml

PUFFED WILD RICE: Raw Wild Rice 1/2 cup Canola Oil 1/3 cup

Asparagus 2lbs
Canola Oil 1/4 cup
Whipped Ricotta 350ml
Burnt Honey 3 tbsp
Puffed Wild Rice 1/2 cup
Kosher Salt and Freshly
Ground Pepper to Taste

- **Whipped Ricotta:** Place ricotta in stand mixer with paddle attachment, add 2 tbsp heavy cream. Paddle on medium speed for 3 medium minutes. Keep chilled. Will last 1 week.
- **Burnt Honey:** Pour honey into casserole pan, place into 450F oven for 20-30 minutes. Until dark amber and caramelized. Honey will last 100 years or more as long as it's covered and you don't burnt a dirty spoon in it.
- 3 Puffed Wild Rice: This is very similar to the old school way of making popcorn. Place wild rice and canola oil in a cold, heavy bottom pot over medium heat. Cover with a lid and shake every few minutes and you will hear popping. Stop when you no longer hear rice popping, Put on baking sheet to cool. This will last a month in an air tight container. If you don't want to make this you can substitute pistachios for a bit of crunch.
- **4 To Assemble:** Bend asparagus to where it snaps off end. Hold the tip of the asparagus spear, using a vegetable peeler, peel asparagus ribbons down the spear and then cut off tip. Keep both for salad.
- 5 Place peeled asparagus in a bowl of cold water to maintain freshness until read to use. Toss tips in canola oil and roast in oven at 375F for 12 minutes.
- 6 Spread whipped ricotta with a spoon. Scatter roasted tips and peeled ribbons and puffed wild rice over ricotta. Drizzle with honey and season to taste. Serve with great sourdough bread.

Loka's Secret Sauce

Green Garlic Potato Salad

We serve this green garlic dressing at Loka and people want to drink it.

It's not summer without potato salad, here's a modern version that can be made in advance.



SERVES 4-6

GREEN GARLIC DRESSING:

Green Garlic 1/2 cup, pureed **Mayo** 1 cup **Honey** 2 tbsp **Cider Vinegar** 1.5 tbsp

POTATO SALAD:

Boiled baby potatoes 1lb Dill 2 sprigs, picked Chives 1/3 cup chopped Chive flowers 1/4 cup chopped, or substitite more chives Hickory sticks 1/2 cup (or

frites if you can make them)

- 1 Make green garlic dressing by combining all ingredients. It will yield 1 3/4 cups. This can be made several days in advance.
- 2 Mix dressing, potatoes, garnish with dill, chives, hickory sticks.
- 3 Check for seasoning as hickory sticks will be salty but frites will require additional kosher salt to taste.

Make Ahead

Chili Lemon Mint Sugar Snap Peas

Sugar snap peas aren't just for dips and stir fries

A classic Mediterrean combination of chili, lemon and mint with just a hint of fresh fennel.



SERVES 6-8

Mann's Stringless Sugar
Snap Peas 15oz bag
Fennel bulb 1/2 shaved
(with vegetable peeler)
Bird's Eye Chilis 2, minced
Lemon 1, zest and juice
Shallot 1, sliced
Mint Leaves 6, chiffonade
Garlic 1 tbsp, minced
Olive Oil 1/2 cup
Rice Wine Vinegar 1/3 cup
Honey 2 tbsp
Chili Flakes 1 tsp
Kosher Salt and Freshly
Ground Pepper to Taste

- 1 Wash and slice sugar snap peas in the morning and keep in the fridge.
- 2 Mix remaining ingredients together just before serving and season to taste.

Chef tips

9 Secrets of Steak



We don't often eat steak as it's a bit pricey but when we do there are a few rules we always follow.

Buy it from experts
It may be tempting to buy that steak on sale in a grocery store but cheap meat tastes like cheap meat. Go to a butcher shop to buy high quality meat.

Marinate it one day in advance
With great meat you can simply go straight to the grill but a little prep work goes a long way. The easiest marinade is 100ml of oil with 25ml of red wine vinegar.

Don't cook cold meatTake it out of the fridge 30-40 minutes before cooking to bring it to room temperature.

Don't buy prepackaged steak "helpers"

No need to use "steak spice" simply liberally season
with kosher salt before grilling. Do not use pepper, it's
a berry and if there's a flare up it will burn.

Remove the guesswork

Use a temperature probe to cook the steak to 10 degrees less than the desired temperature. You want to account for "carry over" cooking time as it rests.

Don't rushRest it for 10 minutes covered with aluminum foil

Just before serving flash it on the grill to warm it back up. Do not worry this does not undo the resting period.

Cut it properly
Use a sharp knife to cut slices against the grain.

Salt is your friend
Season again with finishing salt
like Maldon or grey sea salt along
with freshly ground black pepper.

Grilled Steak

Instead of burgers and hot dogs treat your friends to the dolce vita - steak with salsa verde.

They'll think you're splurging but steak is so much easier to manage than individual burgers.





Full Flank Steaks 2 Canola oil 1/4 cup Red Wine Vinegar 2 tbsp

Parsley 2 cups
Extra Virgin Olive Oil 2/3 cup
Capers 2 tbsp
Anchovy Filets 4
Red Wine Vinegar 2 tbsp
Garlic 1 clove

STEAK

- **3.** Marinate steak in oil and vinegar for 24 hours.
- **2.** Remove from fridge 20 minutes beforehand and pat dry. Season with kosher salt (no pepper as it will burn).
- **3.** Place on the grill, cook 3-4 minutes each side.
- **4.** Remove and rest with foil for 5 minutes.

SALSA VERDE

1. Place all ingredients (only half of the olive oil in a blender or food processor. Blend 30 seconds, slowly pouring in remaining oil, until throughly blended.





Italian Inspired

Canola Cake

The best of both worlds, Italian tradition with Canadian ingredients.

This sour cherry compote is so easy to make and will keep in the fridge for 1-2 months



SERVES 8-10

SOUR CHERRY COMPOTE:

Sour cherries 1lb, stemmed and pitted

White granulated sugar 2 cups Red wine vinegar 3/4 cup Water 1/4 cup

CANOLA CAKE:

Corn Meal/Polenta 50g
White granulated sugar 200g
Ground hazelnuts 200g
All purpose flour 50g
Baking powder 1 tsp
Canola oil 1/2 cup
Unsalted butter 100g, melted
Eggs 3
Lemon Juice and zest

- **Sour cherry compote:** Combine all ingredients in a pot. Bring it to a boil. Reduce heat to medium and cook 1 1.5 hours until jammy.
- **2** Canola cake: Mix cornmeal, hazelnuts, flour and baking powder in a large bowl.
- 3 Add canola oil to melted butter. Add lemon juice and zest.
- 4 In a stand mixer whisky the eggs and sugar together and light and pale and slowly drizzle oil/butter mix in. Once incorporated in, add dry ingredients.
- 5 Transfer to a greased and parchment lined spring form pan.
- 6 Bake at 370F for 40 minutes. Cake should be slightly underdone and a bit of batter should stick to pan. Cool for 20 minutes before removing from pan.
- 7 Add sour cherry compote immediately before serving.



Thank you!



IF YOU FOUND THIS GUIDE HELPFUL LET US KNOW!

FULL RECIPES POSTED ON BACONISMAGIC.CA

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