



The 2023
Foodbuy
Calendar

Over 17 Recipes Inside!

\$2B Purchasing Power

13K Member Locations

400+ Leading Suppliers

35K Contracted SKUs

The 2023 Foodbuy Canada Calendar features 17 hand-picked recipes from our leading supplier partners in the food and beverage industry, and our Corporate Chef, Wayne Nichols. These tempting recipes are easy to make, beautiful to plate, and are sure to please your guests. Enjoy even more recipes when you flip to the end to see the full instructions listed for ingredients with an asterisks after them.

Foodbuy is Canada's largest foodservice procurement solutions organization. Our purchasing volume spans across the hospitality and leisure, food service, healthcare, and education channels. Much more than a group purchasing organization, we help realize savings and efficiencies by building purchasing volume and leveraging it to negotiate discounts with manufacturers, distributors and other vendors.

We are devoted to helping our members, corporate sectors, and suppliers grow by delivering the highest level of value and expertise through innovative, flexible procurement solutions.



Culinary solutions

At Foodbuy we have a team of dedicated culinary experts who provide insight and guidance to drive operational improvements and deliver strong financial results for Foodbuy members and corporate sectors. The Culinary Solutions team is overseen by Chef, Wayne Nichols. The team is committed to improving product quality while lowering costs to our members and corporate sectors.

Chef Nichols works closely with other culinary leaders on the team to better understand business needs. Leveraging this knowledge, they are able to align with stakeholders to drive positive results through rationalizations, optimizations, rigorous product testing and sharing best practices. Culinary Solutions provides insight to our sourcing and category efforts addressing business needs across the board in order for Foodbuy

to deliver quality ingredients and maximize savings.

As a graduate of Humber College, Chef Nichols completed the Culinary Management Program with honours. He has practiced in renowned hotels across the nation and had the privilege of cooking for prime ministers, many dignitaries, and royalty from around the world, while publishing articles and appearing on a TV series as a guest chef. Midway through his career, Nichols had the opportunity to fulfill one of his dreams by working on a cruise ship, the Nordic Empress, with Royal Caribbean Cruise Lines in Miami, Florida.

Chef Nichols began his culinary career in his grandma's kitchen, where he developed a passion for cooking that he has carried with him. He says, "Your ingredients can sense your love and passion,

which is the building block for culinary excellence and great food." Nichols brings a love of culinary innovation and leadership to his role. He promotes a standardized approach to menu planning inspiring culinary creativity and cultivating sustainable practices. Chef Nichols has been an integral part of Foodbuy since 2004.

All of the recipes included in this edition have been approved by the Culinary Solutions team with featured products available through Foodbuy programs.





Chef, Wayne Nichols





Buffalo Mac 'n Cheese

 Time: 30 minutes

 Serves: 16

Ingredients

- 18 cups (4 ¼ L) dry elbow macaroni
- 4 tbsp (60 mL) unsalted butter
- 1 cup (250 mL) button mushrooms, sliced
- 1 cup (250 mL) green peppers, diced
- 1 ¾ cups (425 mL) sliced bacon
- 4 ¼ cups (1 L) white cheddar cheese sauce, prepared
- 1 ½ cups (375 mL) cups Frank's RedHot® Buffalo Wing Sauce
- 1 ¾ cups (425 mL) French's® French Fried Onions, crushed
- 1 cup (250 mL) Parmesan cheese, grated
- 1 ¾ cups (425 mL) old cheddar cheese, grated

Directions

- Sauté sliced mushrooms and diced green peppers in hot pan with butter for 3-4 minutes. Reserve.
- Fry bacon in skillet over medium-high heat until slightly crisp, about 8 minutes. Remove from the pan and cut into bite-size pieces. Reserve.
- Cook macaroni until slightly firm. Drain and set aside.
- Combine white cheddar cheese sauce and Frank's RedHot® Buffalo Wing Sauce. Simmer for 2 minutes.
- Combine Frank's Buffalo Wing cheese sauce mix, sautéed mushrooms and green peppers, cooked pasta and bacon bits. Mix until well blended and place into oven safe dish.
- Top pasta with crushed French's® French Fried Onions, Parmesan cheese and cheddar cheese.
- Place in oven at 375°F (190°C) for 15-20 minutes or until golden brown and internal temperature is above 165°F (75°C).

Classic comfort food jazzed up with the addition of crunchy fried onions, bacon, peppers and Frank's RedHot® sauce.



November

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2022


January


M	T	W	T	F	S	S
1	2	3	4	5	6	1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	30	24	31	25	26	27
				28	29	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		<i>First Day of Winter</i>			<i>Christmas Eve</i>	<i>Christmas Day</i>
26	27	28	29	30	31	1
<i>Boxing Day</i>					<i>New Year's Eve</i>	
2	3	4	5	6	7	8



Peanut Curry

 Time: 20 minutes

 Serves: 4

Ingredients

- ¼ cup (60 mL) KRAFT Peanut Butter
- 1 tbsp (15 mL) coconut oil
- 2 shallots, finely chopped
- 2 tbsp (30 mL) ginger puree
- 2 tbsp (30 mL) garlic puree
- 2 tbsp (30 mL) Thai red curry paste
- 1 can (398 mL) coconut milk
- 4 cups (1 L) basmati rice, pre-cooked

Directions

- Sweat the onion in coconut oil until it is translucent.
- Add the garlic and ginger purees and cook until fragrant.
- Add the curry paste and cook until fragrant.
- Add the coconut milk and bring to a simmer for 10 minutes.
- Stir in peanut butter.
- Serve over basmati rice with your choice of optional garnishes. (Optional garnishes: chicken breast, chopped cilantro, bok choy, bean sprouts, crushed peanuts, and/or red peppers.)

A Thai classic pairing of peanut butter with coconut milk, seasoned with rich spices, will warm you up on those cold winter days.

KraftHeinz
FOODSERVICE

January 2023

December

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	


February

M	T	W	T	F	S	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 <i>New Year's Day</i>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



White Chocolate Raspberry Cheesecake

 Time: 2 minutes

 Serves: 1

Ingredients

- 1 slice Sara Lee New York Style Pre-Sliced Cheesecake
- 8 raspberries
- 2 tbsp (30 mL) shaved white chocolate
- 1 tbsp (15 mL) raspberry coulis or puree

Directions

- Drizzle the coulis or puree on the serving plate.
- Place the cheesecake slice on top and arrange the raspberries on the cheesecake.
- Sprinkle the white chocolate on the raspberries and allow some to fall on the plate.

Indulge in a creamy New York style cheesecake decorated with bright red raspberries, decadent white chocolate, and raspberry coulis - perfect for that special occasion!



January

M	T	W	T	F	S	S
1	2	3	4	5	6	1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 / 30	24 / 31	25	26	27	28	29

February 2023

March

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2 <i>Groundhog Day</i>	3	4	5
6	7	8	9	10	11	12
13	14 <i>Valentine's Day</i>	15	16	17	18	19
20 <i>Family Day</i>	21	22	23	24	25	26
27	28	28	1	2	3	4
5	6	7	8	9	10	11



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The 'Egg Drop' Sandwich

 Time: 15 minutes

 Serves: 4

Ingredients

- 1 2/3 cup (394 mL) Prestige Liquid Whole Egg or 8 eggs
- 8 slices of brioche or soft white bread, thick sliced
- 8 slices of peameal bacon, thin sliced
- 8 slices Gouda cheese
- 3 tbsp (45mL) heavy cream
- 3 tbsp (45 mL) butter
- 1 tsp (5 mL) sea salt to taste
- 1 tbsp (15 mL) chives, finely sliced
- Parchment or wax paper, cut into 8 x 8 inch (20 x 20 cm) pieces
- Spicy ketchup sauce*
- Green herb sauce*

Directions

- Heat a pan over medium heat and add half the butter. Toast both sides of the bread until golden brown. Remove from pan, and set aside. Keep warm. Pan fry or grill peameal bacon on medium high heat until browned and cooked through.
- Mix eggs together with heavy cream and salt until well combined. Heat pan over medium low heat and add remaining butter to pan, then add the egg mixture. Gently move the eggs back and forth using a spatula until it starts to set. Turn off the heat and set aside.
- To assemble, spread the spicy ketchup sauce on the inside of the toasted bread, then add the cheese, scrambled eggs, and bacon. Tightly wrap the bottom third of the assembled sandwich with parchment paper and stand up right. Drizzle the green herb sauce on top.

A twist on a popular scrambled egg sandwich, made with soft, fluffy eggs, buttered toast, peameal bacon, and Gouda cheese.



February

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20	21	22	23	24	25	26
27	28					

April


M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	1	2	3	4	5
6	7	8	9	10	11	12 <i>Daylight Savings Begins</i>
13	14	15	16	17 <i>St. Patrick's Day</i>	18	19
20 <i>First Day of Spring</i>	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9



Sizzling Salsa Shrimp Skillet

 Time: 30 minutes

 Serves: 6

Ingredients

- 2 cups (475 mL) olive oil, divided
- 3 lbs (1 ½ Kg | 48 oz) shrimp or 30 large shrimp, peeled, deveined with tails removed
- 1 cup (250 mL) roasted red peppers, sliced and drained
- 2 cloves garlic, thinly sliced
- 8 cups (2 L) Pace® Mild Chunky Salsa
- 1 baguette sliced ¼ inch (¾ cm) thick
- 2 tbsp (30 mL) finely chopped fresh parsley
- Lemon saffron mayonnaise*

Directions

- Heat ½ cup (75 mL) oil in large skillet set over medium-high heat; sauté shrimp, red peppers and garlic for about 2 minutes or until shrimp begins to turn pink. Remove shrimp from pan.
- Add salsa; bring to boil. Reduce heat to simmer. Cook for 10-15 minutes or until slightly thickened.
- Meanwhile, preheat oven to 395°F (200°C). Lay baguette slices in a single layer on a large baking sheet. Brush with remaining olive oil. Bake for 10-12 minutes or until crisp and browned.
- Return shrimp to skillet and heat for 1 minute. Sprinkle with parsley. Drizzle with lemon saffron mayonnaise and serve with toasted baguette slices.

This fragrant skillet appetizer feeds a crowd easily, marrying sweet shrimp with tangy salsa, and plenty of sauce for dunking toasted bread.



March

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

April 2023


May

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1 <i>April Fools Day</i>	2
3	4	5	6	7 <i>Good Friday</i>	8	9
10 <i>Easter Sunday</i>	11 <i>Easter Monday</i>	12	13	14	15	16
17	18	19	20	21	22 <i>Earth Day</i>	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7



The S'more Croissant Sandwich

 Time: 25 minutes

 Serves: 1

Ingredients

- 1 La Francaise Bakery Croissant, sliced in half
- 1 Graham cracker
- 6 tbsp (90 mL) chocolate bar, Hershey
- 6 tbsp (90 mL) Skor bar crumble, Hershey
- 3 tbsp (45 mL) marshmallow fluff or 2 large marshmallows cut in half
- 3 tbsp (45 mL) crumbled Graham cracker crumb
- 2 tbsp (30 mL) chocolate sauce
- 2 tbsp (30 mL) caramel sauce
- 2 strawberries

Directions

- Slice croissant in half, add Graham cracker, Hershey chocolate bar, and Skor bar crumble. Then add the marshmallow fluff (or 2 large marshmallows cut in half).
- Sprinkle with the Graham cracker crumb, top with other half of croissant, and heat for 8 minutes in the oven.
- Garnish with chocolate, caramel sauce, and strawberries before serving.

This fun play on a traditional fireside treat will bring a smile to guests of all ages.



April

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2023

June

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						<i>Mother's Day</i>
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<i>Victoria Day</i>						
29	30	31	1	2	3	4



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Grilled Salmon Salad with Crumbled Feta

 Time: 35 minutes, less marination time

 Serves: 1

Ingredients

- ¼ lb (120 g | 4 oz) salmon
- 1 tsp salt and pepper, divided in half
- 1 ½ tbsp (25 mL) extra virgin olive oil, divided
- 1 pinch of lemon zest
- ½ cup (75 mL) cauliflower florets
- 1 cup (250 mL) mixed greens
- ¾ cup (175 mL) short grain rice, cooked
- ¼ cup (60 mL) Saputo Feta Cheese, crumbled
- 5 slices cucumber, halved
- 6 grape tomatoes, halved
- ¼ cup (60 mL) tabbouleh*
- 4 tbsp (60 mL) dill-white wine dressing*

Directions

- Marinate the salmon in salt, pepper, 1 tbsp (15 ml) olive oil, and lemon zest for at least 2-12 hours.
- Remove the salmon from the marinade and place on a hot grill. Cook for 1½ minutes, make a quarter turn, and cook another 1½ minutes. Flip the salmon and finish cooking until medium (or to desired wellness), around 3 minutes more.
- Toss the cauliflower florets with the remaining olive oil, salt, pepper, and roast in a 395°F (200°C) oven for 4-5 minutes.
- Warm pre-cooked rice in microwave for 30 seconds and plate on one side of the serving dish.
- Plate the mixed greens with tabbouleh on top. Arrange rice, cauliflower, grape tomatoes, and cucumbers on the plate.
- Place the salmon on top of the rice and garnish entire dish with crumbled Saputo Feta Cheese.
- Drizzle the dish with the dill-white wine dressing.

This light yet satisfying meal combines classic flavours to bring a taste of the Mediterranean served on a plate!

Saputo
Foodservice

May

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023


July


M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		<i>First Day of Summer</i>				
26	27	28	29	30	1	2
3	4	5	6	7	8	9



Cheez-It® Crackers Party Mix

 Time: 55 minutes

 Serves: 24

Ingredients

- 5 cups (1 ¼ L) Cheez-It® Original Crackers
- 5 cups (1 ¼ L) Kellogg's Crispix® Cereal
- 1 cup (250 mL) small pretzel twists
- 1 cup (250 mL) dry roasted almonds or cashews
- ¼ cup (60 mL) vegetable oil
- 2 tbsp (30 mL) Worcestershire sauce
- 4 tsp (20 mL) lemon juice
- 1 tsp (5 mL) celery salt
- 1 tsp (5 mL) garlic salt
- 1 tsp (5 mL) onion salt
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) onion powder

Directions

- In a 17 x 11 x 2 inch (43 x 28 x 5 cm) baking pan, combine Cheez-It® Original Crackers, Kellogg's Crispix® Cereal, pretzels, and nuts. Set aside.
- Stir together remaining ingredients. Drizzle over cereal mixture. Stir until evenly coated.
- Bake at 250°F (120°C) for about 45 minutes, stirring every 15 minutes. Spread on paper towels. Cool completely. Store in an airtight container.


Cheez-It® crackers add a new twist to this easy-to-fix party snack.

Cheesy. Crunchy. Satisfaction.

CHEEZ-IT



Lattice Pizza Campagnarde

 Time: 15 minutes

 Serves: 1

Ingredients

- 1 cup (250 g | 7 oz) McCain Lattice Cut Fries
- ½ cup (125 mL) marinara Sauce
- ¼ cup (55 g | 2 oz) pancetta
- ½ cup (125 mL) mozzarella
- ¼ cup (60 mL) arugula
- Garnish with basil leaves

Directions

- Arrange lattice cut fries on serving plate.
- Drizzle marinara sauce on top, then sprinkle pancetta, mozzarella, and arugula over the entire dish.
- Place in the oven and bake until cheese is melted.
- Garnish with basil leaves and serve.


A great appetizer to gather with friends around the table and share golden fries topped elegantly with fine Italian ingredients.



FOODSERVICE SOLUTIONS



Ravioli di Zucca con Prosciutto e Mele

 Time: 20 minutes

 Serves: 6

Ingredients

- 42 pieces O'Sole Mio Butternut Squash Ravioli
- 1 cup (250 mL) O'Sole Mio Alfredo Sauce
- 5 tsp (30 mL) extra virgin olive oil, divided
- ½ cup (125 g | 4 ½ oz) sliced Parma ham or prosciutto
- 5 tsp (30 mL) minced garlic
- 2 stalks of scallions sliced, separating the white and green parts
- 2 ½ tsp (15 mL) fresh thyme
- 1 cup (250 mL) diced Granny Smith and Gala apples
- ½ cup (125 mL) dry white wine

Directions

- Heat large pot of water to a gentle boil.
- In a large sauce pan or cast iron skillet, cook scallion whites, garlic, and Parma ham in the olive oil on medium heat until the ham is crispy. Drain off excess oil and fat.
- Add apples. Season and let cook for 2-3 minutes to warm the apples. Add the fresh thyme in 1 minute after. Deglaze the pan with the white wine.
- Add O'Sole Mio Alfredo sauce and heat. Mix in green scallions.
- Drop the ravioli in the water and gently boil for about 3 minutes until heated through. Drain and toss in extra virgin olive oil to make the stripes pop.
- Divide sauce across 6 plates.
- Arrange cooked ravioli on top of the sauce.

This colourful dish of striped butternut squash jumbo ravioli with prosciutto, scallions, and apples, in a rich Alfredo sauce is sure to impress.



June

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30		

July 2023


August


M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	1 <i>Canada Day</i>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6



Triple Pork Panini

 Time: 4 minutes, less defrosting time

 Serves: 1

Ingredients

- 1 sleeve Schneider's Pulled Pork, reserving ½ cup (125 g | 4 oz) for the panini
- 2 slices Maple Leaf Pre-Cooked Bacon
- 2 slices Maple Leaf Sure Slice Ham
- 2 ¼ tsp (12 mL) shoestring pickle
- 4 tbsp (60 mL) sliced mozzarella cheese
- 2 ¼ tsp (12 mL) roasted red pepper strips
- 1 tsp (5 mL) mustard
- 1 tsp (5 mL) garlic aioli
- 1 panini roll

Pulled Pork Mixture (makes 22 portions)

- 1 tbsp (15 mL) black pepper
- 3 tbsp (45 mL) Italian herbs of your choice

Directions

- Defrost 1 package of pulled pork overnight in the fridge.
- Mix full package of pork with pepper and Italian herbs.
- Brush bottom half of panini bun with mustard and place ½ cup (125 g | 4 oz) of pulled pork and 1 slice of mozzarella cheese.
- Add 2 slices of bacon, 2 slices of ham, roasted red pepper strips, and shoestring pickles.
- Finish build with a drizzle of garlic aioli.
- Place top lid on build and press in a panini grill until toasted.

Slow roasted pulled pork seasoned to perfection and stacked with ham, bacon, shoestring pickles, roasted red peppers and mozzarella pressed on a panini roll with a garlic aioli.



July

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September


M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
<i>Civic Holiday</i>						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10



Coffee Crisp Celebration Cake

 Time: 60 minutes

 Serves: 16

Ingredients

- ½ cup (75 mL) bar Coffee Crisp®, finely chopped
- ½ cup (125 mL) butter, softened
- 1 cup (250 mL) sugar
- 3 large eggs
- 1 tsp (5 mL) vanilla
- 1 tbsp (15 mL) instant coffee powder
- 1 tbsp (15 mL) hot water
- 1¼ cups (310 mL) all-purpose flour
- ½ tsp (2 ½ mL) baking powder
- Pinch of salt
- ½ cup (75 mL) sour cream
- 1 can (500 mL) frosting of choice
- Coffee Crisp® celebration shot*

Directions

- Preheat the oven to 325°F (160°C). Beat the butter and sugar until smooth. Add one egg at a time, beating after each addition. Dissolve the instant coffee in hot water and add to the egg mixture along with the vanilla. Mix the flour, baking powder, and salt in a separate bowl. Add ½ to the egg mixture, mixing briefly.
- Add ½ of the sour cream and mix briefly before adding the rest of the flour mixture. Mix again before adding the remaining sour cream. Add the batter to a round 9 inch (23 cm) pan and spread evenly.
- Bake for 30 minutes, or until a toothpick comes out clean. Allow cake to cool completely. Remove from pan and top with your favourite frosting flavour. Sprinkle with finely chopped Coffee Crisp®. Serve with Coffee Crisp® celebration shot.
- For a double layer cake: Double ingredient quantities and bake two cakes according to recipe. Frost cooled cakes with your favourite frosting, then place them directly on top of each other.

What better way to say cheers than with your favourite wafer bar?

Wow your guests with recipes that are a Coffee Crisp® lover's dream!



August

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2023


October

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	30	24	31	25	26	27
				28	29	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
<i>Labour Day</i>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
					<i>First Day of Fall</i>	
25	26	27	28	29	30	1
2	3	4	5	6	7	8



Guinness Battered Cod Sandwich

 Time: 20 minutes

 Serves: 6

Ingredients

- 6 Guinness Battered Cod Portions
- 6 slices smoked Gouda cheese, cut thick
- 6 brioche buns
- 7 tbsp (105 mL) pickled cucumbers
- 4 tbsp (60 mL) crispy frizzled onions
- Stout glazed bacon*
- Malt vinegar aioli*

Directions

- Cook the Guinness Cod portions according to the package instructions.
- To serve, melt cheese over the cooked cod, top with bacon and place on a lightly toasted brioche bun with malt vinegar aioli, pickled cucumbers, and crispy onions.
- Drizzle with remaining glaze and serve.

Meet the distinctively delicious Guinness Battered Cod Sandwich! A tasty traditional sandwich made with crispy new Guinness Beer Battered Cod fillets.



October 2023

September

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
<i>Thanksgiving Day</i>						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
	<i>Halloween</i>					



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Tagliatelle alla Bolognese

 Time: 2 hr | 30 minutes

 Serves: 4

Ingredients

- 1 ½ cups (375 mL) fresh egg tagliatelle pasta
- 1 ¼ cup (300 g | 10 oz) ground beef
- ¾ cup (150 g | 5 oz) pancetta
- 2 carrots
- 2 celery stalks
- ½ small onion
- ½ cup (125 mL) red wine
- 1 ¼ cups (310 mL) tomato paste
- ¾ cup (175 mL) beef broth
- ½ cup (125 mL) milk
- Drizzle of extra-virgin olive oil
- Salt and pepper to taste
- ½ cup (125 mL) of Parmesan cheese

Directions

- Chop the pancetta. Trim the celery, carrots, and onion, and mince into fine pieces. Heat a large skillet over medium heat with a drizzle of oil, sauté the pancetta, add the vegetables, and gently sweat until soft, around 9-10 minutes.
- Add the meat and sauté for 5 minutes. Add the wine and allow to completely evaporate. Add the tomato paste and stir for a few minutes. Add the milk and cover with the broth. Cook the meat sauce for 2-3 hours, adding more broth every now and then while adjusting the seasoning.
- Cook the tagliatelle in boiling salted water for 3-4 minutes or until al dente. Drain and serve with generous amounts of sauce.
- Plate Tagliatelle alla Bolognese and top with Parmesan. Serve hot.

Treat your guests to a hearty home-style meal that will leave them wanting more. Tagliatelle alla Bolognese is sure to please.



October

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	30	24	31	25	26	27
				28	29	

December


M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					31	

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
						<i>Daylight Savings Ends</i>
6	7	8	9	10	11	12
					<i>Remembrance Day</i>	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10



Festive Chicken & Cranberry Sandwich

 Time: 25 minutes

 Serves: 4

Ingredients

- 12 Olymel Chicken - Love Me Tenders®
- 8 slices of cooked OBP Bacon or Olymel Reduced Sodium Bacon
- 4 ciabatta loaves
- 3 tbsp (45 mL) butter, melted
- 4-8 slices of Swiss cheese, as desired
- 6 ½ tbsp (100 mL) mayonnaise
- ½ cup (125 mL) baby arugula
- 1 avocado sliced with the juice of half of a lemon
- Cranberry chutney*

Directions

- Cut the loaves in two and brush the inside with the melted butter. Grill the bread and set aside.
- Preheat the deep fryer at 350°F (175°C).
- Cook the chicken tenders for 5-7 minutes in the fryer.
- Lay the grilled loaves on a work surface. Spread the mayonnaise on the grilled part of the loaves.
- Add the arugula, bacon, Swiss cheese, avocado, and the cooked chicken tenders on the bottom half of the loaves. Finish with a large dollop of the cranberry chutney.
- Add the top slices of the bread and serve.

This festive chicken and cranberry chutney will easily become a gastronomical experience destined to become a tradition among family and friends alike.



November

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2023


January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 <i>First Day of Winter</i>	22	23	24 <i>Christmas Eve</i>
25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27	28	29	30	31 <i>New Year's Eve</i>
1	2	3	4	5	6	7



Maple Pecan Oat Flour Pancakes

 Time: 40 minutes

 Serves: 6

Ingredients

- 1 cup (250 mL) Quaker® Oat Flour
- ½ cup (125 mL) all-purpose flour
- 1 ½ tsp (7 ½ mL) baking powder
- ½ tsp (2 ½ mL) baking soda
- ¼ tsp (1 mL) ground cinnamon
- ¼ tsp (1 mL) salt
- 1 egg
- 1 ¼ cup (310 mL) buttermilk
- 2 tbsp (30 mL) maple syrup, plus more for serving
- 1 tbsp (15 mL) butter, melted
- 1 cup (250 mL) chopped toasted pecans, divided
- 2 tbsp (30 mL) canola oil


Directions


- In a large bowl, sift together oat flour, all-purpose flour, baking powder, baking soda, cinnamon and salt. Set aside.
- In a separate bowl, whisk together egg, buttermilk and maple syrup until blended. Then add in the melted butter. Whisk into oat flour mixture until just combined (do not over mix, batter will be slightly lumpy). Fold in half of the pecans. Let batter rest for 10-12 minutes.
- Heat large skillet or griddle over medium heat; brush with some of the oil. Reduce heat to medium-low. Using about ⅓ cup (75 mL) batter per pancake, cook pancakes in batches for 1-2 minutes or until bubbles start to form. Flip pancakes; cook for 1-2 minutes or until bottoms are golden. Repeat with remaining oil and batter.
- Sprinkle remaining pecans over pancakes and serve with maple syrup.

A delicious treat any time of the day, this golden fluffy delight takes pancakes to the next level.



Fish Tacos Made Easy

 Time: 30 minutes

 Serves: 4

Ingredients

- 1 lb (450 g | 15 oz) fresh cod (substitutes: halibut, mahi-mahi, or talapia)
- Salt and pepper to taste
- 1 ½ cups (375 mL) flour
- ½ tsp (2 ½ mL) chili powder
- ½ tsp (2 ½ mL) paprika
- ½ tsp (2 ½ mL) garlic powder
- ½ tsp (2 ½ mL) cumin
- 1 can (350 mL) beer
- Oil to fry the fish
- Pico de Gallo*
- Cilantro ranch dressing*

Directions

- Prepare the cod by cutting them in 1 inch (2 ½ cm) pieces about 3-4 inches (7 ½-10 cm) long. Season with salt and pepper. Set aside.
- Combine dry ingredients and beer: In a medium sized bowl add the flour, chili powder, paprika, garlic powder, cumin, salt and pepper. Add the beer and stir until combined.
- Preheat a medium sized skillet over medium high heat, add oil until it is about ½ inch (1 ½ cm) full. Heat until the thermometer reads 350°F (175°C).
- Working in batches, dredge each piece of cod into the batter.
- Add cod to the preheated oil until golden brown about 2-3 minutes each side. Remove and set aside.
- Assemble the fish on a flour tortilla and top with fresh Pico de Gallo and cilantro ranch dressing.
- Garnish with avocado, jalapeño, lime slices, and fresh cilantro.

Fresh, colourful fish tacos are quick and easy. Perfect for "Taco Tuesday" or any other day of the week.

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Additional Recipes

Cilantro Ranch Dressing

- 1 cup (250 mL) Greek yogurt or sour cream
- 2 tbsp (30 mL) mayonnaise
- ½ cup (125 mL) cilantro
- 2 tbsp (30 mL) lime juice
- 1 tsp (5 mL) each onion powder and garlic powder
- ½ tsp (2 ½ mL) salt

Add the ingredients to your food processor or blender and blend on high until mostly smooth.



Coffee Crisp®

Celebration Shot

- ⅓ cup (75 mL) bar Coffee Crisp®, finely chopped
- Whipped cream, for garnish
- 3 tsp (15 mL | ½ oz) coffee-flavoured liqueur
- 1 ½ tsp (7 mL | ¼ oz) chocolate-flavoured liqueur
- 1 ½ tsp (7 mL | ¼ oz) Irish cream liqueur

Combine all liqueurs and pour into two shot glasses. Top with whipped cream and chopped Coffee Crisp®.

Cranberry Chutney

- 2 shallots finely chopped
- 1 tbsp (15 mL) salted butter
- 1 cup (250 mL) fresh or frozen cranberries
- 3 ½ tbsp (50 mL) maple syrup
- 1 tbsp (15 mL) balsamic vinegar
- ½ tsp (2 ½ mL) ground cinnamon
- ¼ tsp (1 mL) ground nutmeg
- Freshly ground black pepper

Cook the shallots with the butter over high heat for one minute. Add the rest of the ingredients, bring to a boil, reduce the heat to simmer, and cook until desired thickness.



Malt Vinegar Aioli

- 1 tbsp (15 mL) Dijon mustard
- 1 tbsp (15 mL) malt vinegar
- 2 tbsp (30 mL) heavy mayonnaise
- 1 tsp (5 mL) kosher salt
- 1 tsp (5 mL) black pepper

In a small bowl, mix all the ingredients until they combine cohesively. Refrigerate and reserve until needed.

Pico de Gallo

- 6 Roma tomatoes
- 1 small onion
- 2 jalapeños
- 3 sprigs of cilantro
- ½ of a lime juiced
- Salt to taste

Coarsely chop the first four ingredients and mix together with lime and salt.

Spicy Ketchup Sauce

- 2 tbsp (30 mL) Sriracha hot chili sauce
- ¼ cup (60 mL) ketchup

Mix the ingredients together. Pour into squeeze bottles and set aside until needed.



Dill-White Wine Dressing

- 2 tbsp (30 mL) lemon juice
- 2 sprigs dill, fresh chopped
- 1 each shallot, minced
- 2 tsp (10 mL) sugar
- 2 tsp (10 mL) honey
- ½ cup (125 mL) extra virgin olive oil
- ¼ cup (60 mL) dry white wine
- 1 pinch salt and pepper

Put all the ingredients except salt and pepper in a food processor or blender and pulse on high until well combined. Season with salt and pepper as required.

Green Herb Sauce

- ¼ cup (60 mL) mayonnaise
- 3 tbsp (45 mL) fresh green herbs (parsley, basil, tarragon, dill, chives); Washed, dried and finely chopped.

Mix together the ingredients. Pour into squeeze bottles and set aside.



Lemon Saffron Mayonnaise

- 2 tbsp (30 mL) hot water
- 2 tsp (10 mL) crushed saffron threads
- 1 tsp (5 mL) minced garlic
- 1 cup (250 mL) mayonnaise
- 1 tsp (5 mL) lemon zest
- 1 tsp (5 mL) fresh lemon juice

Stir together hot water, saffron and garlic; let cool slightly. In a bowl, whisk together mayonnaise, lemon zest, and lemon juice. Stir in saffron mixture until well combined. Refrigerate until ready to use.



Stout Maple Glazed Bacon

- 12 slices thick cut smoked bacon
- ¼ cup (60 mL) maple syrup
- 60 (mL) Guinness beer
- 60 (mL) grain mustard

Cook the bacon in the oven at 300°F (150°C) for approximately 15 minutes, or until bacon is crispy. Add the maple syrup to a small saucepan and cook over medium heat until it comes to a boil. Reduce heat to a simmer and cook for 3-4 minutes. Add beer and simmer until the volume has reduced by half. Remove from heat and whisk in mustard. Reserve glaze for service.



Tabbouleh

- ½ cup (125 mL) bulgur wheat, fine
- 2 each Roma tomatoes, chopped finely
- ½ each English cucumber, chopped finely
- ½ bunch parsley, minced
- ½ bunch mint, minced
- 4 stalks green onions, minced
- 1 pinch of salt
- ¼ cup (60 mL) lemon juice
- ¼ cup (60 mL) extra virgin olive oil

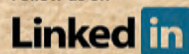
Wash the bulgur wheat and soak in warm water for 5 minutes until it has almost doubled in size and becomes soft. Drain very well. Set aside. Finely chop the vegetables and herbs. Place in a colander to drain any excess juice. Place the chopped vegetables and herbs in a mixing bowl and stir in the bulgur wheat. Add the lemon juice and olive oil; mix well. Season with salt to taste.

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