

2024 Edition

# Foodbuy

Recipe Calendar

Features over 17  
hand-picked recipes from  
Foodbuy supplier partners.





**400+ Leading Suppliers**

**\$3B Purchasing Power**

**36K Contracted SKUs**

Foodbuy Canada curated a collection of recipes from industry leading supplier partners to share with you all year round. These delightful recipes are easy to make, beautiful to plate, and are sure to satisfy your guests' appetite.

Foodbuy is North America's largest foodservice procurement organization. Our purchasing volume spans across the hospitality and leisure, foodservice, 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 save you time and money.

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

The calendar features a selection of 17 recipes from our trusted supplier partners in the foodservice industry, including four bonus recipes – one from Foodbuy's very own Culinary Solutions team. Enjoy additional recipes, listed at the back, to complete monthly recipes that have ingredients listed with an asterisk, as an accompaniment, or on their own.

**Foodbuy**





## Greek Style Feta Dip

**Time:** 15 minutes

**Serves:** 12

### Ingredients

- 6 cups (1.5 L) Oikos Plain Greek Yogurt
- 1 ½ cups (375 ml) thinly sliced cucumber
- ¾ cup (175 ml) Kalamata olives, pitted
- ¾ cup (175 ml) crumbled feta cheese
- 1 tbsp (15 ml) dried oregano
- Extra virgin olive oil
- Freshly cracked black pepper
- Small fresh mint leaves

### Directions

- Divide yogurt among 12 small bowls.
- Top each with cucumber, olives and feta.
- Sprinkle each with some of the oregano.
- Drizzle with oil and sprinkle with pepper.
- Garnish with a few mint leaves before serving.

Explore the flavours of Greece by garnishing plain yogurt with cucumber, oregano, olives, and feta. A savoury snack perfect to enjoy any time of the day!



All kinds of better™





## Banana Walnut Coconut Cookies

**Time:** 30 minutes

**Serves:** 24

### Ingredients

- 6 ripe bananas
- 3 ¼ cup (225 g) coconut flakes, shredded
- ¾ cup (105 g) walnut pieces

### Directions

- Preheat oven to 350°F (180°C).
- Peel and mash bananas in a medium bowl with a potato masher or fork. Be certain that they are mashed well with only small chunks remaining.
- Add coconut and walnuts and stir everything together well.
- Line a baking tray with parchment paper or a silicone baking mat.
- Drop spoonfuls of batter onto baking tray and then shape with your fingers. (Cookies do not spread out while baking, shape them into the width and height that you want them to be.)
- Bake cookies for 20 minutes, until coconut is very lightly browned on the tips and they feel firm to touch.
- Remove from oven and allow to cool.
- Store prepared cookies in an air tight container in the refrigerator for up to 5 days.

An easy to make sweet and nutty healthy treat everyone will enjoy.

November						
Su	Mo	Tu	We	Th	Fr	Sa
			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		

January						
Su	Mo	Tu	We	Th	Fr	Sa
	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			

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
				Hanukkah Begins		
10	11	12	13	14	15	16
					Hanukkah Ends	
17	18	19	20	21	22	23
				First Day of Winter		
24	25	26	27	28	29	30
Christmas Eve	Christmas Day	Boxing Day Kwanzaa Begins				
31 New Year's Eve						





## Thai-Style Green Curry Soup with Crispy Fried Egg

**Time:** 40 minutes

**Serves:** 4

### Ingredients

- 4 Burnbrae Farms™ eggs
- 2 cups (500 ml) canola oil for frying, divided
- 1 lb (450 g) chicken thigh strips, boneless, skinless
- 4 oz (115 g) rice noodles (vermicelli or flat), cooked
- 14 oz (400 ml) coconut milk
- 1 cup (250 ml) chicken stock
- 4 tbsp (60 ml) green curry paste of your choice
- 1 (400 g) large carrot, sliced
- ½ lb (225 g) snow peas
- ½ lb (225 g) cremini mushroom, cleaned and sliced
- Cilantro and Thai basil, fresh
- 2 limes, divided halves and wedges
- 1 tbsp (15 ml) fish sauce
- ¼ cup (60 ml) puffed rice cereal

### Directions

- In medium pot, sear chicken until evenly browned. Add green curry paste and fry until fragrant. Add coconut milk, broth, and fish sauce (or salt and pepper) to taste.
- Add carrots and simmer covered for 5 minutes.
- Stir in mushrooms, snow peas, and the juice of one lime. Simmer 3 more minutes.
- In a heavy bottom frying pan, cover with approximately 1" (2.5 cm) of oil and heat to medium. Crack each egg individually into a ramekin or small dish and carefully slide into the hot oil. Carefully spoon some of the hot oil from the pan around the top of the whites, avoiding the yolk, cooking until edges are browned and crisp and whites are opaque. Drain the cooked eggs on a paper towel.
- In a shallow soup bowl, place the cooked rice noodles in nests in the centre. Ladle the hot green curry broth around the noodles. Place the crispy fried egg on top of the noodle nest.
- Garnish with herbs and puffed rice cereal.
- Serve with lime wedges.

A crispy fried egg, sitting in a nest of rice noodles with coconut scented green curry broth, pulled chicken and vegetables. The ultimate comfort food!



December

Su	Mo	Tu	We	Th	Fr	Sa
					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

Su	Mo	Tu	We	Th	Fr	Sa
				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		

# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Kwanzaa Ends New Year's Day	2	3	4	5	6
7  Orthodox Christmas	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





## Crispy Chocolate Cheesecake Rolls

**Time:** 15 minutes

**Serves:** 12

### Ingredients

- ½ tray Sara Lee® Chocolate French Cream Cheesecake, frozen
- Oil for frying
- 12 large 6" x 6" (15.24 cm x 15.24 cm) wonton (or eggroll) wrappers
- 1 cup (250 ml) sugar
- ¼ cup (60 ml) cinnamon
- 1 tsp (5 ml) cayenne pepper
- Chocolate syrup

### Directions

- Cut frozen cheesecake into 1" x 3" (2.54 cm x 7.62 cm) pieces, making 12 equal slices.
- Place on a waxed paper lined baking sheet and keep frozen.
- Heat oil to 375°F (190C).
- Combine sugar, cinnamon, and cayenne pepper in a shallow dish.
- Place a cheesecake slice on a wonton wrapper, dampen edges with water, fold in sides, and roll up.
- Lower wontons into hot oil; fry until golden brown, turning to brown on all sides.
- Drain wontons and roll them in the sugar mixture.
- Drizzle serving plate with chocolate syrup.
- Cut wontons diagonally in half and place over syrup on plate.

A perfect dessert for sharing with that special someone – crispy, golden wontons filled with a creamy chocolate cheesecake, covered in spicy sugar, and finished with a chocolate drizzle.



FROZEN BAKERY



January

Su	Mo	Tu	We	Th	Fr	Sa
	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			

March

Su	Mo	Tu	We	Th	Fr	Sa
					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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  Black History Month Begins	2  Groundhog Day	3
4	5	6	7	8	9	10  Lunar New Year
11	12	13  Agriculture Day CAN Shrove Tuesday	14  Ash Wednesday Valentine's Day	15  National Flag of Canada Day	16	17
18	19  Family Day	20	21	22	23  Yukon Heritage Day	24
25	26	27	28  Pink Shirt Day (anti-bullying day)	29  Black History Month Ends		



## Speed Scratch Butter Chicken Curry

**Time:** 20 minutes

**Serves:** 25

### Ingredients

#### Marinated Chicken

- 9 lbs (4 kg) boneless, skinless chicken thighs, cubed
- 4 cups (1 L) plain yogurt
- ½ cup (125 ml) garlic puree
- ½ cup (125 ml) ginger puree
- ¾ cup (175 ml) tandoori masala
- ¼ cup (60 ml) garam masala
- ¼ cup (60 ml) cumin
- ¼ cup (60 ml) vegetable oil
- Salt and pepper, to taste

#### Sauce

- 16 cups (4 L) Richardson®/MD Ultimate Butter Chicken Sauce
- ½ cup (125 ml) dry fenugreek

#### Serve

- Basmati rice
- Cilantro, freshly chopped
- KRAFT Creamy Cucumber Dressing

### Directions

- Combine all the ingredients under Marinated Chicken and mix well.
- Cover and refrigerate overnight.
- Lay the marinated chicken onto baking sheets in a single layer and roast at 425°F (218°C) until fully cooked and lightly charred (18 to 20 minutes).
- While the chicken is cooking combining the sauce portion into a pot and stir well.
- Add the cooked chicken and all the liquid run in the pan into the sauce and stir well. Refrigerate until needed.
- Serve portions over basmati rice.
- Garnish with the cilantro and dollops of the dressing.

Warm up your guests with a delicious butter chicken recipe that reduces cooking time while exciting your customers.





February						
Su	Mo	Tu	We	Th	Fr	Sa
				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		

April						
Su	Mo	Tu	We	Th	Fr	Sa
	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				

# MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8  International Women's Day	9
10  Ramadan Begins	11	12	13	14	15	16
17  St. Patrick's Day	18	19	20  First Day of Spring Nowruz	21	22	23
24  Palm Sunday	25	26	27	28	29  Good Friday	30
31  Easter Sunday						



## Roasted Poblano Mahi Mahi with Spicy Sofrito

**Time:** 35 minutes

**Serves:** 5

### Ingredients

- 5 portions of 6 oz (141 g) Mahi Mahi, fresh or frozen (thawed)
- 4 oz (113 g) Minor's® Fire Roasted Poblano Flavour Concentrate Gluten Free
- 2 ½ tsp (12 ml) extra virgin olive oil
- 2 ¼ cups (560 ml) spicy sofrito\*
- 2 cups (500 ml) tomato-infused rice\*

### Directions

- Dry off fish completely.
- Preheat grill to high heat.
- Lightly oil the grill.
- Place Mahi Mahi fillet on the grill and sear both sides.
- Combine the olive oil and concentrate.
- Take the seared Mahi Mahi from the grill and coat the top of the fish with the mixture.
- Bake in a 350°F (180°C) convection oven until fully cooked, approximately 7 to 9 minutes or until it reaches an internal temperature of 158°F (70°C).
- Place rice in the centre of plate, top with spicy sofrito, and top with fish.
- Garnish with your choice of herb(s) and lime wedge.

This recipe features a beautifully grilled Mahi Mahi fillet, enhanced with a flavourful concentrate. Perfect for bringing a savoury experience to any menu.



March						
Su	Mo	Tu	We	Th	Fr	Sa
					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						

May						
Su	Mo	Tu	We	Th	Fr	Sa
			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	

# APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  April Fools Day Easter Monday	2	3	4	5	6
7	8	9  Eid ul Fitr Ramadan Ends	10	11	12	13  Vaisakhi
14	15	16	17	18	19	20
21	22  Earth Day Passover Begins	23	24	25	26	27
28	29	30  Passover Ends				



## Chicken Chilaquiles

**Time:** 20 minutes

**Serves:** 12

### Ingredients

- 9 ½ oz (270 g) crispy tortillas
- 2 cups (500 ml) Pace® Thick and Chunky Salsa
- 2 cups (500 ml) chicken, cooked and pulled
- 1 tbsp (15 ml) queso fresco, crumbled
- 2 tbsp (30 ml) fresh cilantro, chopped
- 2 each avocado, peeled and diced

### Directions

- Using a large baking dish, place a layer of tortilla chips on the bottom, spoon some of the salsa over the chips.
- Next place another layer of chip, salsa, and chicken.
- Repeat step above.
- Bake in a 325°F (163°C) oven for 10 minutes.
- Remove from oven and garnish with queso fresco, cilantro, and avocado.

A great appetizer to gather around with friends and family any time of the year, this textured dish is packed with layers of fun flavours.






Su	Mo	Tu	We	Th	Fr	Sa
	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				

Su	Mo	Tu	We	Th	Fr	Sa
						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						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo Orthodox Easter						
12	13	14	15	16	17	18
Mother's Day			Vesak Day (Buddha's Birthday)			
19	20	21	22	23	24	25
	Victoria Day					
26	27	28	29	30	31	



**Foodbuy**

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## Black & Blue Spiral Fries

**Time:** 15 minutes

**Serves:** 1-2

### Ingredients

- 10 oz (283 g) McCain® SureCrisp™ Skin-On Spiral Fries
- ⅓ cup (75 ml) red or green peppers, julienne
- ⅓ cup (75 ml) yellow Spanish onion, julienne
- ¼ cup (60 ml) mushrooms, white, sliced
- ⅓ cup (75 ml) Philly cheese-steak meat, thinly sliced
- 2 tbsp (30 ml) bacon, chopped
- ½ tsp (2 ½ ml) blackened seasoning to taste
- ¼ cup (60 ml) blue cheese crumbles,
- ½ cup (125 ml) blue cheese sauce, divided\*

### Directions

- Sauté peppers and mushrooms over medium-high for 3 to 4 minutes and reserve.
- In a separate skillet, heat the pan over medium with a drizzle of oil and sauté Philly cheese-steak meat with blackened seasoning and cook until hot.
- While the meat is cooking, deep fry the fries at 350°F (180°C) for 2½ to 3 minutes or until golden brown. Drain from oil. Place in a bowl.
- Season with salt and half of the blue cheese crumbles. Toss.
- Place fries on a platter, basket lined with parchment, or a to-go container. Sprinkle the meat, followed by peppers, mushrooms, bacon and the rest of the blue cheese crumbles.
- Finish by drizzling half of the blue cheese sauce over top.
- Serve the remaining sauce on side for dipping.

These crispy, well-dressed, fries are a savoury and craveable dish, perfect as a meal or shareable with friends.



FOODSERVICE  
SOLUTIONS

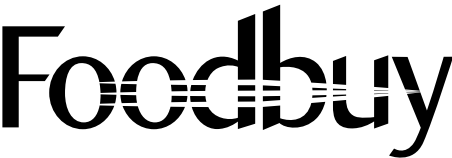


May						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July						
Su	Mo	Tu	We	Th	Fr	Sa
	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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>Pride Month Begins</div> <div>National Indigenous History Month Begins</div>
2	3	4	5	6 <div>World Environment Day</div>	7	8
9	10	11	12	13	14	15
16 <div>Eid al-Adha Begins</div> <div>Father's Day</div>	17	18	19 <div>Eid al-Adha Ends</div>	20 <div>First Day of Summer</div>	21 <div>National Indigenous Peoples Day</div>	22
23	24 <div>Jean Baptiste Day (QC)</div>	25	26	27	28	29
30 <div>Pride Month Ends</div> <div>National Indigenous History Month Ends</div>						





## Protein-Packed Baked French Toast

**Time:** 60 minutes

**Serves:** 4

### Ingredients

- 4 eggs
- 1  $\frac{3}{4}$  cups (425 ml) Natrel Plus 2%
- $\frac{1}{2}$  cup (125 ml) sugar
- 1 tbsp (15 ml) vanilla extract
- $\frac{1}{2}$  tsp (2  $\frac{1}{2}$  ml) ground cinnamon
- 1 tsp (5 ml) ground nutmeg
- 8 thick slices white bread, lightly toasted
- 2 cups (500 ml) fresh raspberries
- $\frac{1}{4}$  cup (60 ml) toasted pecans, crushed

### Directions

- Butter a 9" x 2" (23 cm x 5 cm) pan. Set aside.
- Whisk the eggs, Natrel Plus 2%, maple syrup, vanilla, cinnamon, and nutmeg in a bowl. Set aside.
- Place the bread in an overlapping layer on a baking sheet. Pour the egg mixture and move the slices around gently so they are well coated. Cover with aluminum foil.
- Put the rack in the middle of the oven. Preheat oven to 350 °F (180°C).
- Bake for 20 minutes with the aluminum foil. Remove the foil and bake an additional 25 minutes. Let cool for 5 minutes.
- Add the raspberries and top with pecans.
- Serve with honey or maple syrup.

Packed full of protein, you'll stay full until lunchtime. Add raspberries and honey for a sweet touch and toasted pecans for some crunch.





## Jalapeño & Cheese Corn Muffins

**Time:** 45 minutes

**Serves:** 12

### Ingredients

- 6 cups (1.7 L) Quaker® Cornmeal Muffin batter
- 1 cup (250 ml) sharp cheddar or Monterey jack cheese, shredded
- 1 cup (250 ml) kernel corn
- ½ cup (125 ml) jalapeño peppers, chopped
- ½ cup (125 ml) red pimentos, chopped

### Directions

- Set oven at 325°F (163°F).
- Scoop batter into medium size bowl.
- Mix in the rest of ingredients.
- Scoop mixed batter into prepared muffin tins using #10 scoop.
- Bake for 25 minutes.
- Garnish with jalapeño peppers.

Serve a southern spin on a traditional treat with these comforting jalapeño and cheese corn muffins.





## 7" Oktoberfest Cart Sausage & Dip

**Time:** 10 minutes

**Serves:** 4-6

### Ingredients

- 2 Schneiders® 7" Oktoberfest Sausage
- ½ cup (125 ml) honey mustard\*
- 1.5 oz (43 g) pretzels

### Directions

- Defrost sausage and cut score marks into casing.
- Crush pretzels by hand or in a blender. Sift any powder off.
- Heat sausages in the oven, on the grill, or a flat top until an internal temp of 165°F (74°C) is reached.
- Cut on a bias into 10 to 12 pieces.
- Assemble platter and serve.
- To enjoy: dip the sausage in the honey mustard and press pretzels on top for a unique appetizer.

Combining a traditional Oktoberfest sausage with a sweet mustard and crumbled pretzels creates the perfect shareable platter or signature sausage build. A simple and fun combination of textures and flavours.





June						
Su	Mo	Tu	We	Th	Fr	Sa
						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						
Su	Mo	Tu	We	Th	Fr	Sa
				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

# JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Canada Day	2	3	4	5	6
7  Muharram – Islamic New Year	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## Torikatsu Burger

**Time:** 20 minutes

**Serves:** 4

### Ingredients

- 8 pieces of 4 oz (113 g) Erie Meats breaded chicken breast
- 4 burger buns
- 4 oz (113 g) iceberg lettuce, shredded
- 16 pieces bread and butter sweet pickles
- 1 cup (237 ml) katsu sauce\*

### Directions

- Prepare breaded chicken breast according to directions. Ensure that the chicken breast reaches an internal temperature of a minimum 165°F (74°C).
- Toast the burger buns.
- Place 1 oz (28 g) of shredded lettuce on the bottom buns.
- Top each bun with 2 pieces of the bread and butter pickles.
- Place one cooked breaded chicken breast on top and pour 2 tbsp (30 ml) of katsu sauce over the meat, for each burger.
- Top with 2 more pieces of pickle, add the second cooked chicken breast, cover with 2 tbsp (30 ml) of the katsu sauce, and finish with the burger buns on top.
- Serve with extra sauce for dipping and your choice of side.

Guests can experience delicious Japanese flavours with this breaded chicken cutlet with katsu sauce!

**ErieMeats**  
EST 1977



July						
Su	Mo	Tu	We	Th	Fr	Sa
	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						
Su	Mo	Tu	We	Th	Fr	Sa
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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1       Emancipation Day	2	3
4	5      Civic Holiday	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



## Stuffed Peppers with Garden Bean Blend

**Time:** 60 minutes

**Serves:** 25

### Ingredients

- 7 cups (800 g) Arctic Gardens® Rice Pilaf blend
- 1 bag (2 kg) Arctic Gardens® Garden Bean blend
- 25 peppers, cut in half and cored
- 10 cups (2.5 L) salsa sauce
- ½ cup (125 ml) nutritional yeast
- 2 tbsp (30 ml) cumin powder
- 2 tbsp (30 ml) garlic powder
- 2 tbsp (30 ml) chili powder
- 10 cups (2.5 L) cheddar cheese, grated

### Directions

- Combine rice pilaf and garden bean blend. Steam for 5 minutes and set aside.
- Preheat oven to 375°F (190°C).
- In a bowl, combine the rice pilaf and garden bean blend with half the salsa, nutritional yeast, and spices. Adjust seasoning to taste.
- Fill the peppers generously with the mixture and place on a baking sheet.
- Spread the remaining salsa over peppers and top with grated cheddar.
- Bake for 45 minutes.

This vegetarian stuffed peppers recipe is effortless, satisfying, and loaded with nutritious, delicious ingredients.

ARCTIC GARDENS® is a registered trademark of Nortera Foods Inc.

**Arctic  
Gardens®**



August

Su	Mo	Tu	We	Th	Fr	Sa
				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

October

Su	Mo	Tu	We	Th	Fr	Sa
		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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  Labour Day	3	4	5	6	7  Ganesh Chaturthi
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22  First Day of Fall	23	24	25	26	27	28
29	30  National Day for Truth and Reconciliation					



## Sesame Crusted Blue Cod Rainbow Noodle Bowl

**Time:** 35 minutes

**Serves:** 4

### Ingredients

- 4 High Liner™ Blue Cod Fillets
- 2 tbsp (30 g) white sesame seeds
- 1 tbsp (15 g) black sesame seeds
- 4 tsp (20 g) ground ginger
- 4 tsp (20 g) kosher salt
- 1 tbsp (15 g) white peppercorns, ground
- 2 tbsp (30 ml) vegetable oil
- 8 oz (225 g) crispy rainbow noodles\*
- ¼ cup (60 ml) miso-teriyaki sauce\*

### Directions

- Refrigerate blue cod overnight to thaw.
- Pat fillets dry with a clean towel or paper towel.
- Add the sesame seeds, ginger, salt, and ground white pepper to a small bowl. Mix well.
- Press the top of each fillet into the sesame mixture to create a top crust.
- Heat oil in a non-stick sauté pan over medium-high.
- Add the blue cod to the pan, crust side down. Cook for one minute before reducing the heat to medium. Continue cooking for approximately 2 to 3 minutes.
- Flip the fillets over and cook on the under side for an additional minute, or until an internal temperature of 145°F (65°C) is reached.
- Top each crispy rainbow noodle bowl with one fillet.
- Drizzle with or serve the miso-teriyaki sauce on the side and garnish each bowl with sliced scallions.

This take on the trendy noodle bowl will delight those seeking a healthy and flavourful dish with the texture of a sesame crusted blue cod fillet.



**HIGH LINER**  
FOODSERVICE™



September						
Su	Mo	Tu	We	Th	Fr	Sa
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						
Su	Mo	Tu	We	Th	Fr	Sa
					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

# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  Women's History Month Begins	2  Rosh Hashanah Begins	3  Navaratri Begins	4  Rosh Hashanah Ends	5
6	7	8	9	10	11	12  Navaratri Ends Yom Kippur
13	14  Thanksgiving	15	16  World Food Day	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31  Diwali Begins Halloween Women's History Month Ends		

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## Crispy Kansas City BBQ Cauliflower

**Time:** 45 minutes

**Serves:** 4

### Ingredients

- 1 lb (450 g) cauliflower florets, cut into pieces
- 1 cup (250 ml) semolina flour
- 2 cups (500 ml) buttermilk
- 2 tbsp (30 ml) Cattlemen's® Texas Longhorn Rub
- ¼ cup (60 ml) Cattlemen's® Kansas City Classic BBQ Sauce
- ¼ cup (60 ml) French's® Fried Onion Crunchy Toppers
- Celery leaves to garnish

### Directions

- Set oven to 450°F (230°C). Combine flour, buttermilk, and rub in bowl, whisking until blended.
- Working in batches, add cauliflower florets to the batter, tossing to coat thoroughly. Remove cauliflower and discard excess batter.
- Place coated cauliflower on baking rack set over a sheet tray.
- Bake 20 minutes.
- Transfer to bowl. Add BBQ sauce and toss to coat. Return cauliflower to baking rack.
- Bake 10 minutes longer.
- Plate and sprinkle with crispy onions and celery leaves.
- Serve hot.

These sauced cauliflower “wings”, with a crunchy seasoned exterior and crispy onions with celery leaves, is a great starter packed with a cowboy kick.





October

Su	Mo	Tu	We	Th	Fr	Sa
		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		

December

Su	Mo	Tu	We	Th	Fr	Sa
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 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4  Diwali Ends	5	6	7	8  Indigenous Veteran's Day	9
10	11  Remembrance Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



## Turkey Gobbler Hero

**Time:** 25 minutes

**Serves:** 4

### Ingredients

- 16 oz (450 g) Olymel™ Cooked Turkey Breast, thinly sliced
- 8 slices of cooked OBP Bacon or Olymel™ Reduced Sodium Bacon
- 4 artisan buns or sourdough bread
- 3 tbsp (45 ml) butter, melted
- 4 slices of provolone cheese
- 6 ½ tbsp (100 ml) mayonnaise
- ½ cup (125 ml) leaf lettuce
- 1 cup (250 ml) of cranberry sauce\*
- 1 cup (250 ml) of prepared stuffing

### Directions

- Slice the buns in half and lightly spread with the melted butter. Grill both sides and reserve.
- Spread the mayonnaise on the bottom halves of the buns.
- Add leaf lettuce, stuffing, thinly sliced cooked turkey breast, and 2 slices of the cooked bacon on each sandwich.
- Top with cranberry sauce and sliced provolone cheese.
- Add the top slices of the buns and serve.

Dazzle your guests with this stellar turkey hero that includes all the fixings that they are sure to gobble up during the holidays.





November						
Su	Mo	Tu	We	Th	Fr	Sa
					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

January						
Su	Mo	Tu	We	Th	Fr	Sa
			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	

# DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
						First Day of Winter
22	23	24	25	26	27	28
		Christmas Eve	Christmas Day Hanukkah Begins	Boxing Day Kwanzaa Begins		
29	30	31				
		New Year's Eve				



## Hearty Beef Stroganoff

**Time:** 35 minutes

**Serves:** 4

### Ingredients

- 1 lb (450 g) beef, cubed or sliced
- 1 ½ cups (375 ml) beef broth
- ¼ cup (60 ml) extra-virgin olive oil, divided
- 8 oz (227 g) white mushrooms, sliced
- 1 small onion, thinly sliced
- 3 tsp (45 ml) all-purpose flour
- 1 tbsp (15 ml) unsalted butter
- 1 tbsp (15 ml) Worcestershire sauce
- ¼ cup (60 ml) cup sour cream
- Salt and pepper, to taste
- Fettuccine or egg noodles, cooked
- Fresh parsley to garnish, (optional)

### Directions

- Season the beef with salt and pepper. Reserve.
- In a large skillet, heat 2 tablespoons of the olive oil and sauté the mushrooms and onions until soft. Season with salt and pepper. Remove from pan and reserve.
- Heat the remaining 2 tablespoons of olive oil in the skillet. Add the beef to the pan and brown. Remove beef from skillet and reserve.
- In the same skillet, gently melt the butter. As soon as the butter melts, slowly add the flour stirring quickly to avoid lumps.
- Stir in the stock and Worcestershire sauce. Scrape any excess bits off the bottom of the skillet. Simmer over medium until the sauce thickens slightly.
- Add the beef, mushrooms, and onions back into the skillet.
- Remove from the heat and stir in the sour cream.
- Serve over fettuccine or egg noodles.
- Garnish with parsley, if desired.

This comforting classic is welcome all year long and is easily incorporated onto any foodservice menu. Using premium cuts of beef, instead of the traditional ground, creates a restaurant quality stroganoff guaranteed to please any guest.

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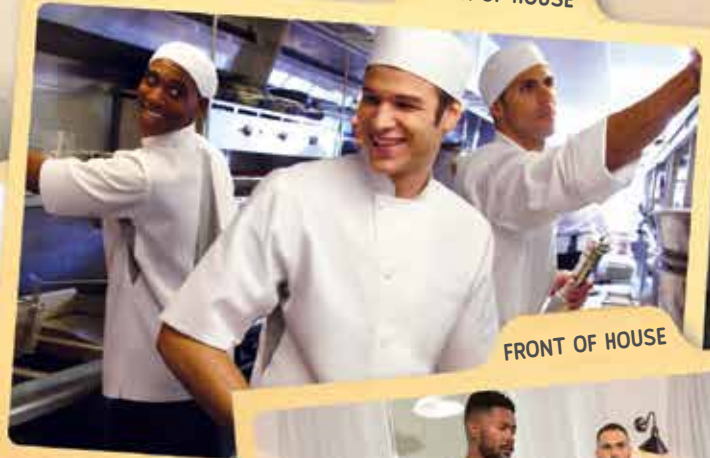


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## Blue Cheese Sauce

- 1 tbsp (15 ml) blue cheese crumbles
- ½ cup (125 ml) Alfredo sauce

Combine Alfredo sauce with blue cheese or a combination of blue cheese and Parmesan.



## Cranberry Sauce

- ½ cup (125 ml) cranberries, fresh or frozen
- ¼ cup (60 ml) water
- 2 tbsp (30 ml) orange juice
- 2 tbsp (30 ml) brown sugar
- 1 tsp (5 ml) orange zest, grated
- 1 tsp (5 ml) cinnamon, ground

Combine ingredients in a sauce pan. Bring to a boil. Stir and reduce to a simmer. Cook slowly until sauce thickens.



## Crispy Rainbow Noodle Bowl

- 8 oz (225 g) soba noodles
- 2 oz (60 g) wonton wrappers, thawed
- 1 cup (250 ml) shelled edamame
- ½ cup (125 ml) snow peas
- 4 each rainbow carrots, peeled into ribbons
- 2 tbsp (30 ml) scallions, sliced
- 2 tsp (10 ml) vegetable oil, divided
- Salt, to taste

Prepare the soba noodles al dente according to the package instructions. Rinse with cold water, strain and toss lightly in approximately 1 tsp (5 ml) of vegetable oil. Slice the wonton wrappers into strips. Bring 1 tsp (5 ml) vegetable oil to approximately 350°F (175°C) in a small sauce pan. Working in batches if necessary, fry the wonton strips until golden brown and crispy, approximately 20 to 30 seconds. Carefully remove the wonton strips from the oil using a slotted spoon. Dry on a clean paper towel and season with salt, if desired. Assemble the bowls beginning by dividing the soba noodles equally between four bowls. Add the crispy wonton strips and prepped vegetables on top.

## Honey Mustard

- ¼ cup (60 ml) + 2 tbsp (30 ml) Dijon mustard
- 2 tbsp (30 ml) honey
- 1 tsp (5 ml) extra virgin olive oil
- Salt, to taste

Combine ingredients in a small bowl. Whisk together until completely incorporated.







### Katsu Sauce

- ½ cup (125 ml) ketchup
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) brown sugar
- 1 tbsp (15 ml) mirin
- 1 ½ tsp (7 ½ ml) Worcestershire sauce
- 1 tsp (5 g) grated fresh ginger
- 2 cloves garlic, minced

Combine all the ingredients well.

Refrigerate until needed.

### Miso-Teriyaki Sauce

- ¼ cup (60 ml) soy sauce
- ¼ cup (60 ml) miso paste
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) mirin
- 2 tsp (10 ml) ginger, minced
- 2 tsp (10 ml) garlic, minced
- 1 tbsp (15 ml) light brown sugar, loosely packed
- 3 tsp (15 ml) honey

Combine all of the ingredients in a small sauce pan and bring to a gentle simmer over medium. Whisk the sauce occasionally and allow to simmer for 2 minutes before removing from the heat. Reserve for service.

### Spicy Sofrito

- 2 tbsp (30 ml) extra virgin olive oil
- 1 ¼ cup (310 ml) onion, diced
- ½ cup (125 ml) celery, diced
- ½ cup (125 ml) red pepper, diced
- 2 tbsp (30 ml) fresh garlic, minced
- ½ cup (125 ml) Minor's® Fire Roasted Poblano Flavour Concentrate Gluten Free
- 1 cup (250 ml) black beans, cooked
- ½ cup (125 ml) corn

Add oil to a sauté pan over medium high. Add onions and sauté for 2 minutes. Add celery, bell peppers, and garlic. Sauté for 3 minutes. Add concentrate, black beans, and corn. Sauté for 3 more minutes, stirring frequently. Season to taste. Set aside and keep warm.

### Tomato-Infused Rice

- 2 tsp (10 ml) extra virgin olive oil
- 1 cup (250 ml) rice, uncooked
- 1 tsp (5 ml) Minor's® Sautéed Vegetable Base Gluten Free
- 1 ½ cup (375 ml) water, hot
- ½ cup (125 ml) strained tomato purée (passata)

Add oil in a sauté pan over medium high. Add rice, stir, and toast for 2 minutes. Add vegetable base, water, and tomato purée to pan. Mix to combine and bring to a boil. Cover. Reduce heat to a simmer and cook covered for 16 to 20 minutes. Stir. Set aside and keep warm.



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