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WINTER 2014 \$5.50

PM 41438018

Marc Stuydil

roasted seasonal fruit

PREP TIME
30
MINUTES

INGREDIENTS

Serves 4/6 people

4	pears, quartered, core removed	8	cloves star anise, depending on size
2	cooking apples quartered, core removed	2-3	light brown sugar
6	plums, halved, stone removed	4 oz.	orange juice and zest
12	dry apricots	1	lemon (zest only)
1 cup	dry cherries	1	butter
1 cup	fresh cranberries	2 oz.	dash of salt
1	cinnamon stick, broken into large pieces	1	

1. PLACE ALL THE FRUIT IN A LARGE BOWL and season with sugar, orange, lemon zest and salt. Toss well, and arrange all the fruit in a roasting pan or casserole dish.

2. SPRINKLE WITH CLOVES, and star anise. Add the cinnamon sticks. Spoon the orange juice over the fruit and dot with butter.

3. BAKE IN A PREHEATED OVEN at 425°F for 20-25 minutes until lightly browned. Serve hot in bowls topped with a scoop of mascarpone, vanilla ice cream or crème fraîche.



what's for
Dessert

Text Massimo Capra | Photography Stephani Buchman



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radicchio apple and asiago salad

INGREDIENTS

Serves 4 to 6 people

- 1 head of radicchio
- 2 apples
- 6oz asiago
- 2 tbsp. pomegranate kernels
- 2 tbsp. pine nuts
- 3 tbsp. olive oil
- 1 tbsp. cider vinegar
- ½ tsp. honey
- ½ tsp. dijon mustard
- salt and pepper

PREP TIME

30

MINUTES



Chef Massimo Capra

1. PREPARE THE VINAIGRETTE

by mixing the vinegar with honey and mustard. Add salt and pepper and slowly add the oil, mix well and taste for correct seasoning. Set aside.

2. **JULIENNE THE APPLES**, radicchio and the cheese and season with the vinaigrette immediately. Toss well and place on a plate garnished with toasted pine nuts and pomegranate seeds.

Text
Massimo Capra

Photography
Stephani Buchman



at this time of the year, local markets tend to be lean. Options are fewer, and fresh autumn produce is now a distant memory. It's time to turn on the ovens and dust off the cast-iron pots and get ready for a good workout.

Cooking seasonal vegetables can be tricky, especially when the choices are not within our palate range. Despite this challenge, with a little imagination, even a simple cabbage can become a delicious meal or an accompaniment to beef, pork, lamb or chicken.

Some of my favourite foods are stews, roasts and braised meat because they are versatile and easy to prepare. For an added bonus, the left-overs can be effortlessly converted into some of the tastiest pasta sauces.

Mastering the proper cooking techniques for squashes, root vegetables and winter greens, like endives and radicchio, can be an ace in your sleeve at your next dinner party. And let's not forget our preserved summer harvest; serving small portions of preserved fruits and vegetables garnished with fresh herbs, olive oil and warm bread can be a great starter at any party.

I've prepared some of my favourite wintertime recipes for this issue. They are as follows; a radicchio apple and asiago salad, bigoli in salsa, coconut curry chicken stew, and roasted seasonal fruit. **TIP:** Roasting fruits, like apples, plums and pears, will extract more flavour than leaving them raw. And by adding dry fruit to the mixture, it will bring a new dimension to the dessert. All of these recipes make great dinner party dishes and bring back wonderful memories. For instance, the spaghetti sauce was a traditional condiment in my in-laws house and the chicken stew was a favourite of my mother's ever since I learned the recipe in cooking school. Happy cooking!

bigoli in salsa

PREP TIME
10
MINUTES

INGREDIENTS

Serves 4 to 6 people

2 cups white onions
(finely chopped)
4 cloves of garlic
(finely chopped)
1 cup good quality
anchovies in
oil, finely
chopped
4 tbsp. tomato paste
2 cups tomato sauce
1 bay leaf
½ cup olive oil
1 cup water
1 lb. handmade
bigoli or thick
spaghetti

1. **IN A SAUCE PAN** add the oil and onions along with the garlic and bay leaf, sweat for a few minutes and then add the anchovies. Stir occasionally, lower the heat to medium and the anchovies should dissolve at this stage.

2. **ADD THE TOMATO PASTE** and the tomatoes along with the water and simmer for about twenty minutes. Stir as needed.

3. **BOIL THE PASTA** in salted water and once cooked to your liking strain the water. Mix the pasta with the sauce and add a spoonful of butter for a professional finish.



“THIS SPAGHETTI SAUCE was a traditional condiment in my in-laws’ house”
- Massimo Capra



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coconut curry *chicken stew*

PREP TIME
30
MINUTES

INGREDIENTS

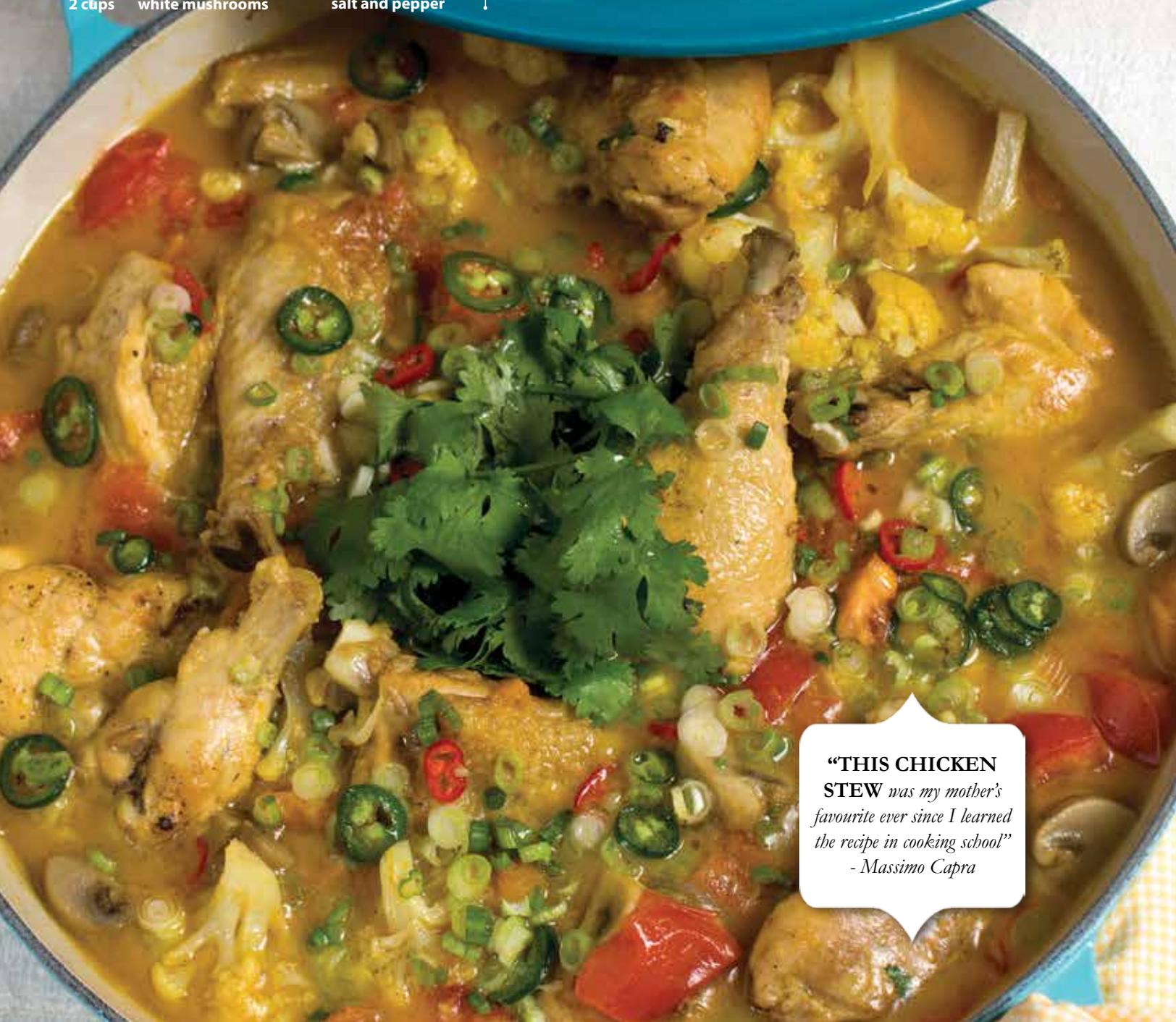
Serves 4 to 6 people

- | | | | |
|---------|-------------------------------------------------|---------|-----------------------------|
| 1 | whole chicken, semi-deboned and cut into chunks | 1 | cauliflower |
| 1 cup | onions, minced | 1 ½ cup | butternut squash, diced |
| 3 | garlic cloves, minced | 2 cups | fresh tomatoes, diced |
| 1 tbsp. | ginger | 1 | bunch green onions, chopped |
| 2 tsp. | curry powder | 1 | small bunch of cilantro |
| 1 cup | white wine | 2 tbsp. | oil |
| 1 can | coconut milk | | salt and pepper |
| 1 cup | chicken stock | | |
| 2 cups | white mushrooms | | |

1. PREHEAT A HEAVY DUTY PAN, in it put the oil and the butter and once foaming add the chicken and sear until golden. Add the onions and cook until translucent, stirring constantly. Add the curry powder and roast for one minute. Sprinkle the wine and evaporate well to remove the alcohol.

2. ADD THE CHICKEN STOCK, coconut milk and squash. Place a lid on it, covering three quarters of the pan to allow steam to escape, cook for about twenty minutes at low heat.

3. REMOVE THE LID, add the mushrooms and cook until the chicken is done or about ten more minutes. Add the tomatoes and all the herbs and serve with steamed rice.



“THIS CHICKEN STEW was my mother’s favourite ever since I learned the recipe in cooking school”
- Massimo Capra