



## Mixed Greens

with Feta, Almonds, and PEI Blueberries



Yield: Makes 4 servings

### Ingredients

1 ½ Tbsp	red wine vinegar
3 Tbsp	olive oil
1 tsp	PEI honey
1 5-ounce bag	baby salad greens
½ cup crumbled	feta cheese (about 2 1/2 ounces)
1 ½-pint container	PEI blueberries
¼ cup	pine nuts, toasted

### Method

Whisk vinegar, oil, and honey in small bowl. Season to taste with salt and pepper. Combine greens, feta, and blueberries in large bowl. Add dressing; toss to coat. Sprinkle with pine nuts and serve.



## PEI Seafood Pot Pie

with Mashed PEI Potato Crust



Yield: Makes 4 servings

### Ingredients

2 tablespoons	ADL butter
1 large	fennel bulb, trimmed, halved, thinly sliced crosswise (about 3 cups)
½ cup	sliced shallots (about 2 medium)
2 tablespoons	all purpose flour
1 ½ cups	vegetable broth
1 ½ pounds	PEI Seafood such as crab, haddock, halibut, scallops etc. cut into 1-inch cubes
1 6-ounce	baby spinach
3 ½ cups	warm mashed W.P. Griffin Inc. potatoes
1 ½ cups	grated ADL cheddar cheese

### Method

Preheat broiler. Melt butter in heavy large saucepan over medium heat. Add fennel and shallots. Cover; cook until tender, stirring occasionally, about 8 minutes. Sprinkle with flour, salt, and pepper. Sauté 2 minutes. Add broth; bring to boil, stirring often. Add seafood and spinach. Cover; simmer over medium heat until seafood is almost cooked through, about 4 minutes.

Transfer fish mixture to 11x7x2-inch baking dish. Spoon mashed potatoes over, covering completely. Sprinkle on cheese. Broil until filling bubbles at edges and potatoes are brown in spots, about 4 minutes. Serve.

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## PEI Beef Sirloin stuffed with Mushrooms and Spinach



Yield: Serves 6

### Ingredients

½ cup ADL butter, room temperature  
 4 garlic cloves, minced  
 1 tablespoon chopped fresh parsley  
 ½ teaspoon dried crushed red pepper  
 1 ½ cups chopped mushrooms (about 4 1/2 ounces)  
 1 ½ cups chopped fresh spinach  
 ¾ cup finely ground almonds (about 3 ounces)  
 ½ cup ADL sour cream  
 6 PEI beef sirloin steaks about 6oz each (trimmed)

### Method

Mix first 4 ingredients in small bowl until smooth. Season garlic butter to taste with salt and pepper. Can be prepared 1 day ahead. *Cover and refrigerate. Bring to room temperature before using.* Melt 2 tablespoons garlic butter in heavy large skillet over medium-high heat. Add mushrooms and sauté until tender and all liquid evaporates, about 3 minutes. Add spinach; sauté until just wilted, about 1 minute. Transfer mixture to medium bowl. Cool 30 minutes. Stir in ground almonds and sour cream. Season stuffing with salt and pepper.

Place steaks on a cutting boards and cover with cling wrap. Gently pound with meat mallet or heavy rolling pin until steaks are a uniform thickness of 1/4". Spread steaks with garlic butter and then mound 2 tablespoons of stuffing on each steak. Fold in ends and fold steak to enclose stuffing. Secure with tooth-picks. Heat 1 tablespoon of olive oil in a skillet over medium high heat. Season steaks and sear in skillet turning once. Place in 375°F oven to finish cooking (about 5 min. for medium steak).

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## Pears with Herbed Ricotta and PEI Honey



*The sweetness of the pears and honey in this recipe are a nice foil for the savory ricotta.*

Yield: Makes 6 dessert servings

Active Time: 20 min

Total Time: 20 min

### Ingredients

1 (15-oz) container	whole-milk ricotta
5 tablespoons	mild PEI honey
½ teaspoon	chopped fresh thyme
2 tablespoons	chopped fresh basil
2 tablespoons	chopped fresh mint
3 firm-ripe	Anjou or Bosc pears, peeled if desired
1/3 cup	pine nuts, lightly toasted

Garnish: fresh thyme sprigs

### Method

Stir together ricotta, 2 tablespoons honey, thyme, 1 tablespoon basil, 1 tablespoon mint, and a pinch of salt.

Halve pears lengthwise and scoop out core with a melon-ball cutter or spoon. Leaving stem end intact cut each pear half lengthwise into 1/8-inch-thick slices and gently press against a work surface to create a fan shape.

Divide cheese mixture among plates and top with a pear half. Drizzle remaining 3 tablespoons honey over pears and sprinkle evenly with pine nuts and remaining tablespoon each of basil and mint.

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# Crab-Stuffed Deviled PEI Eggs



## Ingredients

8 large hard-boiled PEI eggs, peeled  
 3 Tbsp mayonnaise  
 1 ½ Tbsp chopped fresh tarragon  
 1 Tbsp minced shallot  
 2 tsp fresh lemon juice  
 1/8 tsp cayenne pepper  
 ¼ tsp hot pepper sauce  
 8 ounces PEI crabmeat  
 Optional fresh tarragon sprigs

## Method

Cut eggs lengthwise in half. Scoop out yolks. Place yolks from 4 eggs in medium bowl (reserve remaining yolks for another use). Mash yolks with fork.

Mix in mayonnaise, chopped tarragon, minced shallot, lemon juice, cayenne, and hot pepper sauce. Mix in crab. Season to taste with salt and pepper.

Mound crab mixture in cavity of each egg-white half (about 1 heaping tablespoon for each). (Can be prepared 4 hours ahead. Cover and refrigerate.) Place crab-stuffed deviled eggs on platter. Garnish each with small tarragon sprig, if desired, and serve.



# Bacon Deviled PEI Eggs



## Ingredients

12 Large PEI eggs  
 3 Slices of PEI bacon  
 Melted ADL butter  
 1/3 cup Mayonnaise  
 2 teaspoons Dijon mustard  
 1 heaping Tbsp Chopped scallions  
 Kosher salt  
 Freshly ground black pepper  
 Thinly sliced scallions

## Method

Place 12 large eggs in a large saucepan; add water to cover by 1". Bring to a boil, cover, and remove from heat. Let sit for 10 minutes. Drain. Transfer eggs to a bowl of ice water and let cool completely, about 10 minutes; peel. Halve lengthwise and remove yolks.

Coarsely chop 3 slices of bacon. Cook in a medium skillet over medium heat until browned and crisp. Transfer bacon to paper towels. Strain drippings through a fine-mesh sieve into a small bowl. Add melted butter if needed to measure 2 tablespoons.

Finely mash reserved yolks, bacon fat (and/or butter), 1/3 cup mayonnaise, 2 teaspoons Dijon mustard, and 1 heaping tablespoon chopped scallions in a medium bowl; season with kosher salt and freshly ground black pepper.

Transfer to a large resealable freezer bag, then cut 1/2" off 1 corner. Pipe into whites; garnish with thinly sliced scallions and reserved bacon.

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## Deviled PEI Eggs with Curry



### Ingredients

6	large hard-boiled PEI eggs, shelled
¼ cup	mayonnaise
1 Tbsp	minced green onion
¾ tsp	curry powder
1 Tbsp	minced fresh parsley
Optional	Niçois olives

### Method

Cut hard-boiled eggs lengthwise in half. Scoop yolks into medium bowl. Mash yolks with fork. Add mayonnaise, minced green onion and curry powder; mix well. Season yolk mixture to taste with salt and pepper. Divide filling among egg halves, mounding slightly.

Arrange eggs on platter. Sprinkle with minced parsley. (Can be prepared 8 hours ahead. Cover and refrigerate.) Garnish eggs with Niçois olives, if desired, and serve.



## PEI Potato Wedges



### Ingredients

6	W.P. Griffin Inc. potatoes
1 Tbsp	olive oil
1 tsp	onion salt
1 tsp	garlic salt
1 Tbsp	paprika
	salt and pepper

### Method

Wash the potatoes thoroughly. Cut the potatoes in ½ inch wedges.

Combine all the ingredients in large bowl and swirl to cover potatoes. More seasoning can be used to satisfy taste.

Put on cooking sheet. Roast in preheated oven at 400°F for 30-35 minutes. Turn once.

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# Crepes with Fresh PEI Strawberry Marmalade and Mascarpone Cream

## Easy Crepes

Yield: Makes about 20 crepes

1 1/3 cups	whole ADL milk, room temperature
1 cup	all purpose flour
3 large	PEI eggs
3 tablespoons	ADL butter, melted
1 tablespoon	sugar
1/4 teaspoon	salt
	Nonstick vegetable oil spray

Mix first 6 ingredients in blender just until smooth. Cover batter and chill at least 15 minutes and up to 1 day.

Spray 7-inch-diameter nonstick skillet with vegetable oil spray and heat over medium heat. Pour 2 tablespoons batter into pan and swirl to coat bottom. Cook until edge of crepe is light brown, about 1 minute. Loosen edges gently with spatula. Carefully turn crepe over. Cook until bottom begins to brown in spots, about 30 seconds. Transfer to plate. Cover with paper towel. Repeat with remaining batter, spraying pan with oil spray as needed and covering each crepe with paper towel. (Can be made 1 day ahead. Cover and chill.) 3 crepes per person.

## Fresh Strawberry Marmalade

Yield: Makes about 3 cups

2 1-pint baskets	PEI fresh strawberries, hulled, quartered
1 1/2 tablespoons	sugar
1/2 cup	orange marmalade
1 tablespoon	fresh lemon juice
2 teaspoons	balsamic vinegar

Stir strawberries and sugar in large bowl. Let stand until berries release juices, about 5 minutes. Stir in marmalade, lemon juice and vinegar. Chill at least 30 minutes and up to 4 hours.

## *To Assemble Crepes*

1 8-ounce container	cream cheese
1 1/2 tablespoons	PEI honey
1/4 teaspoon	vanilla extract
12 tablespoons	strawberry freezer jam
1 tablespoon	sugar
1 teaspoon	ground cinnamon
3 tablespoons	butter, room temperature
	Nonstick vegetable oil spray

Stir first 3 ingredients in medium bowl to blend. Cover cream cheese mix; chill. Spread 1/2 tablespoon strawberry freezer jam over 1 side of each crepe. Fold crepes in half, enclosing jam. Fold crepes in half again, forming triangles. Mix sugar and cinnamon in small bowl. Spread butter over both sides of crepes. Sprinkle cinnamon sugar over both sides of crepes. Transfer to baking sheet. (Can be made 6 hours ahead. Cover crepes and refrigerate. Keep cream cheese refrigerated.)

Preheat oven to 200°F. Spray large nonstick skillet with vegetable oil spray and heat over medium-high heat. Add 6 crepes to skillet. Sauté until sugar begins to caramelize, about 45 seconds per side. Transfer crepes to another baking sheet; keep warm in oven. Repeat with remaining crepes, wiping skillet and spraying with vegetable oil spray before each batch. Arrange 3 crepes on each plate. Spoon fresh strawberry marmalade over crepes. Spoon dollops of mascarpone cream atop marmalade and serve.

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## PEI Lobster-Stuffed Potato



6	W.P. Griffin Inc. baking potatoes
2 Tbsp	ADL butter
1	Large yellow onion
2 cloves	Garlic, diced
½ cup	Fresh mushrooms
8 oz.	Fresh PEI lobster meat
¼ cup	Vermouth
2 cups	ADL sour cream
1.4 cup	Grated ADL cheddar cheese
½ cup	Grated Gruyere cheese
	Fresh ground black pepper
1	PEI egg, beaten well
2	Scallions, finely chopped
½ cup	Grated fresh Parmesan cheese

Bake potatoes for 45 minutes in 400°F over until tender. Scoop out inside of potatoes, leaving 0.5 cm (1/4 inch) of potato in skin.

In skillet, sauté onion and garlic until transparent, in (about 2 Tbsp) butter. Add mushrooms, sauté 3-5 minutes.

Meanwhile, chop lobster meat into bite-sized pieces. Add to sauté mixture, sauté about 3 minutes, until it's heated through, turn burner to medium-high, add the vermouth, and cook until vermouth boils down. Set aside.

Meanwhile, add sour cream to potatoes and hand mash together. Add the cheddar and Gruyere cheese, and mix together. Add plenty of fresh ground pepper, beaten egg and lobster mixture; blend together. Add scallions and ¼ cup of Parmesan.

Stuff potatoes with mixture, sprinkle with remaining Parmesan cheese. Bake at 350°F until golden brown, about 15 minutes.



## Veggie Cheddar Chowder



2 Tbsp	ADL butter
½ cup	finely diced onions
½ cup	finely diced celery
½ cup	finely diced carrots
¾ cup	finely diced red bell pepper
2	jalapeño peppers, seeded, deveined and minced
4	garlic cloves, minced
1 Tbsp	ground cumin
1 tsp	ground oregano
½ tsp	dried thyme leaves (do not use ground thyme)
3 Tbsp	all purpose flour
6 cups	warm vegetable or chicken stock or broth
1 cup	frozen corn, defrosted
2 cups	ADL 2% milk, warmed
½ cup	ADL blend cream
1 Tbsp	chopped fresh cilantro
1½ cups	grated ADL old cheddar
	Salt and freshly ground black pepper

In a large sauce pot, heat butter and sauté onions, carrots, celery, and peppers until soft. Add garlic and sauté one additional minute.

Add cumin, oregano, thyme, and flour. Stir and cook constantly for 1-2 minutes until flavours are released and flour is slightly cooked.

Pour in stock, 1 cup at a time, stirring well after each addition. Bring to a boil and then simmer for 30 minutes. Add corn, warmed milk, cream, and cilantro. Stir to combine and heat thoroughly but do not boil.

Stir in grated cheese until melted.

Adjust seasonings with salt and pepper.

8-10 servings.

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## Overnight Strawberry French Toast



1	large crusty loaf (about 675 g), a day old
¾ cup	chopped slivered almonds, toasted
250g	strawberry cream cheese
¼ cup	light strawberry jam
12	PEI eggs
2 cups	ADL milk
1 tsp	almond extract
2 tsp	vanilla extract
	cooking spray
	icing sugar, ADL butter, PEI maple syrup

Cut bread into 12 sliced, approximately 2.5 cm (1 inch) in thickness. Make a pocket in each slice by cutting in half horizontally, leaving about 2.5 cm (1 inch) uncut. Combine almonds, cream cheese and jam. Spread about 2 Tbsp cream cheese mixture into bread pocket. Place in two 13 by 9 inch pans. Beat together PEI eggs, ADL milk, almond extract and vanilla extract. Pour an equal amount of egg mixture into each pan and turn each slice over. Cover and refrigerate for 8 hours or overnight.

Spray a 15 by 10 inch pan with vegetable spray. Place bread slices in pan. Bake at 375°F for 15 minutes; turn over and bake 10 minutes longer or until golden brown. Sift icing sugar over French toast and serve with ADL butter and maple syrup.

6 servings.



## Meatloaf Muffins



### Mini meatloaves

1 pound	ground PEI beef
1 pound	ground PEI pork
1	small onion, grated
1 tsp	garlic powder
1 tsp	salt
1/2 tsp	black pepper
1 cup	panko crumbs
2-3 splashes	Worcestershire sauce
2 Tbsp	minced fresh parsley
1/4 cup	ADL milk
2	PEI eggs, lightly beaten

### The sauce

½ cup	chili sauce
1 Tbsp	dark brown sugar
1 tsp	dry mustard

### Mashed potato “frosting”

3 cups	boiled W.P. Griffin Inc. potatoes, chopped into chunks
1	PEI egg yolk
1/4 cup	ADL heavy cream
	pinch of salt
2 Tbsp	melted ADL butter

Preheat your oven to 350 F. Prepare the meatloaf by combining all ingredients together in a large bowl. Mix until incorporated. Don't over handle the mixture. Chill. Make the sauce by whisking the chili sauce, brown sugar and mustard together until smooth. Set aside. To assemble the cupcakes, lightly spray a cupcake tin with non-stick cooking spray. Fill each indentation, gently pressing it down until it is completely filled. Spread a teaspoon of the sauce around the top of each cupcake, and bake for about 30 minutes, until the meat is cooked through. Remove from the oven and turn on the broiler.

While the meat is baking, whip the boiled potatoes together with the egg yolk, half and half or cream and salt until smooth. Stir in the melted butter. Fit a pastry bag with a large star tip and fill with the potato mixture. Set aside, but do not refrigerate. Pipe some potato frosting on top of each cupcake. Put the cupcakes under the broiler until the potatoes are lightly browned, about 2 minutes. Remove from the oven and enjoy. Makes 12 mini meatloaf cupcakes.

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