



# Fresh & Local Farm to School

Snack Recipes, Student  
Workshops & Lab Manual



## **Fresh & Local Farm to School**

These recipes were created by faculty and students of George Brown College working on the research project “Generating Success for Farm to School.”

They were created to use at workshops we delivered for middle and secondary schools, the applied culinary portion of the workshop. There was a theoretical portion, too, on food security, food literacy, food systems, and the benefits of a healthy diet. You’ll find resources for the theory workshops in our report.

The lab manual was courtesy of Continuing Education at George Brown College. The project received funding from the Social Sciences and Humanities Research Council of Canada.







# Introduction

The research project 'Generating Success for Farm to School' investigated the benefits of the Farm to School (F2S) approach and the conditions necessary to support them. It also attempted to identify best practices for stakeholders by understanding the diverse conditions and key factors that lead to measures of success for F2S activities. [Download the report here.](#)

The activities align with the three pillars of F2S:

- Hands-On Learning (Food Literacy);
- Healthy, Local Food in Schools;
- School and Community Connectedness.

In another phase of the research project, students with the help of faculty, created the interesting, local, healthy snack recipes that are presented here.

The recipes incorporated some healthy local ingredients to be used in culinary workshops for middle and secondary school students in Peel and Toronto District School Boards. GBC faculty, graduates, and students led these workshops, which included both theoretical and practical culinary learning opportunities.

For the theory workshops, students brainstormed food security, food systems, and food literacy issues. They then participated in a culinary workshop, where a sanitation, safety, and recipe demo preceded the students producing (usually) two recipes.

The workshops were a great success. Participants gained insight and understanding of many of the concepts underpinning the three pillars of F2S.

## Acknowledgments

I would like to thank everyone at George Brown College's Centre for Hospitality and Culinary Arts. Students from the School of Hospitality Management and the Chef School, the Continuing Education department, College staff, Anne Hewitt for editing and all of our project partners for making this cookbook possible. It would not have been possible without the support and patience of Carla Hoyer.

Gary Hoyer



A close-up photograph of several green leaves, likely Swiss chard, with prominent, vibrant red veins. The leaves are covered in small, clear water droplets, giving them a fresh, glistening appearance. The background is a dense pattern of these green and red textures.

Part 1

# Farm to School Snack Recipes



## Introduction to the Recipes

Culinary students and the Principal Investigator (PI) at George Brown College were asked to create snack recipes for the project that students in middle and secondary schools would enjoy, were healthy, used local foods, and represented a variety of foods, techniques, and cultures. A difficult task as the criteria was complex and sometimes at odds, but we think the results are excellent.

The recipes are both savoury and sweet. Most are vegetarian and many are vegan; one has chicken. Some of the recipes have dairy and gluten but they can be modified to be excluded. During our workshops we often successfully substituted ingredients for special diets but did not include these modifications in this cookbook because they were created by the PI, not

our students. If you do make substitutions, please do so carefully. If you are not sure, consult a chef or email the PI at: [ghoyer@georgebrown.ca](mailto:ghoyer@georgebrown.ca)

Because it is traditional, the chicken biryani recipe includes nuts, but they are optional and can simply be omitted. We did not use them at workshops. The Jaconde in the Strawberry Bavaroise à la Measson is also traditional and contains ground almonds.

To ensure accuracy, the recipe ingredients are listed with precise amounts. We suggest using a small digital food scale when measuring the ingredients.

Enjoy the recipes!



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# Arepas with Goat Cheese & Sweet Peppers

12 servings

## Preparation Time

30 minutes

## Ingredients

400 g Water, lukewarm

15 g Salt (or to taste)

15 g Sugar

## Cooking Time

30 minutes

335 g Masarepa/Precooked white

cornmeal (“Harina P.A.N.”  
brand, or Arepina)

## Equipment

Comal or cast-  
iron skillet

20 g Grapeseed oil, or more as  
needed for pan

Baking tray

20 g Goat cheese, crumbled

45 g Roasted red sweet peppers

10 g Green onions, slivered

2 g Fresh basil, chiffonade

1 Preheat oven to 190°C (375°F).

2 Preheat a comal or cast-iron skillet over medium-low heat.

3 In medium bowl, combine water, salt and sugar, and stir to dissolve. (You want a mild flavour, not too salty but enough to taste it.)

4 Slowly add cornmeal. Mixture should be the consistency of a thin dough; you may not need all the cornmeal.

5 Continue to stir vigorously with your hands until the dough starts to pull away from the sides of the bowl and forms a very soft ball. Sprinkle additional corn meal into the mix if the dough doesn’t firm up at all.



- 6 Pick up the dough and slap it down back into the bowl a few times to speed up the process.  
(The dough should never become as firm as a ball of bread dough or pizza dough. There is no real kneading involved.)
- 7 When dough forms a nice, moist ball, break off a small piece (about 55 g) and work it in your hands, rolling it into a small ball. Gently flatten so it is about 7.5 cm across and 7 mm thick. (If the dough cracks on the edges when you flatten it, it is too dry. Wet your hands and try again.)
- 8 Lightly grease skillet with oil. Place arepa on preheated griddle.
- 9 Flip arepa when bottom is golden brown. Allow to brown on other side. Remove and set aside.

- 10 Repeat with remaining dough.
- 11 Place arepas on baking sheet. Top with goat cheese and roasted red peppers. Bake until the cheese melts and they puff up, about 2-3 minutes. Sprinkle with green onions and basil. Drizzle with grapeseed oil and serve immediately.

## Tip

→ The arepas dough uses Ma-sarepa, a refined, pre-cooked cornmeal. Look for it at a Latin American grocer.

Nutrition Facts	
Per (100 g)	
<b>Calories 150</b>	<b>% Daily Value*</b>
<b>Fat 1.5 g</b>	<b>2 %</b>
Saturated 0.5 g	3 %
+ Trans 0 g	
<b>Carbohydrate 32 g</b>	
Fibre 2 g	7 %
Sugars 2 g	2 %
<b>Protein 4 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 1240 mg</b>	<b>54 %</b>
Potassium 100 mg	2 %
Calcium 125 mg	10 %
Iron 1.25 mg	7 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Cornmeal, Pepper, Goat Cheese, Sugar, Onion, Basil, Oil

Contains Dairy



# Bhel Puri Revisited

4 – 8 servings

## Preparation Time

35 minutes

## Cooking Time

50 minutes

## Equipment

Blender

Fine mesh strainer

Baking trays

## Ingredients

For the tamarind puree:

100 g Tamarind paste

180 g Water

Salt and pepper, to taste

For the coriander chutney:

50 g Coriander, leaves & stems

½ Lemon, juiced

3 g Garlic, minced

5 g Ginger, minced

Salt and pepper, to taste

For the bhel puri:

50 g Puffed quinoa or kamut

5 g Green chilies, minced

250 g Potato, boiled, skinned  
& diced

175 g Cooked desi chickpeas

115 g Tomato, seeded  
& cut small dice

75 g Onion, minced

30 g Green onions, minced

2-6 g Chaat masala powder  
or garam masala

25 g Coriander leaves,  
coarsely chopped

15 – 30 g Ancient grain cereal  
flakes, such as Nature's  
Path, crushed into large  
coarse pieces

Salt and pepper, to taste





- 1 Preheat oven to 160°C (320°F).
- 2 For the tamarind puree: In a small saucepan, combine tamarind paste and water and bring to a boil. Reduce heat and simmer for 5 or 6 minutes, or until dried fruit is dissolved. Cool and strain through a fine mesh strainer. Season to taste with salt and pepper; set aside.
- 3 For the coriander chutney: In a blender, combine coriander, lemon juice, garlic and ginger. Blend until smooth and thoroughly combined. If mixture is too thick, add water, 1 tablespoon at a time, until desired consistency. Season to taste with salt and pepper; set aside.
- 4 For the bhel puri: On a baking tray, roast quinoa/kamut puffs for 2 to 3 minutes, or until crispy; set aside.
- 5 Combine all ingredients except puffs and cereal and mix well.
- 6 Taste and adjust. Top with cereal flakes and toasted, puffed quinoa.

## Tips

- Desi chickpeas are small and dark, with a yellow interior. Look for them at Indian grocers.
- Tamarind puree and coriander chutney can be kept, refrigerated, for up to one week.

Nutrition Facts	
Per (275 g)	
<b>Calories 260</b>	<b>% Daily Value*</b>
<b>Fat 2 g</b>	3 %
Saturated 0.4 g	2 %
+ Trans 0 g	
<b>Carbohydrate 56 g</b>	
Fibre 8 g	29 %
Sugars 19 g	19 %
<b>Protein 7 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 85 mg</b>	4 %
Potassium 750 mg	16 %
Calcium 100 mg	8 %
Iron 3.5 mg	19 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Ingredients: Sweet Potatoes, Water, Tomato, Onion, Tamarind, Puffed Quinoa, Chickpeas, Coriander, Multigrain flakes, Green Chili Pepper, Garam Masala, Ginger Root, Lemon Juice, Garlic.

Contains: Gluten, Wheat

# Cauliflower Arancini

8 servings (about 16 arancini)

## Preparation Time

15 minutes

## Ingredients

200 g Potato, peeled, chopped

80 g Baby spinach

## Cooking Time

45 minutes

295 g Cauliflower florets, raw

20 g Canola oil, divided

20 g Green onion, chopped finely

## Equipment

Food processor

2.5 g Salt, kosher, divided, plus  
extra for salting water

Cheesecloth

1 g Black pepper

42-gram portion

65 g Mozzarella, shredded

scoop

50 g Pecorino, fresh, grated

Silpat or parchment

8 g Basil leaves, chopped

paper

15 g Italian parsley,

Baking tray

finely chopped

1 g Lemon, zest

50 g Panko breadcrumbs

2 Eggs, large

1 Preheat oven to 220°C (425°F).

2 In small saucepan, cook potato in boiling salted water until tender. Drain, mash and set aside.

3 Blanch spinach in boiling water and drain. Squeeze to remove excess liquid and finely chop.

4 In a food processor fitted with chopping blade, pulse cauliflower florets until they resemble grains the size of peas. If necessary, wrap in cheesecloth and twist to squeeze out any excess liquid. (Remove as much liquid as possible.)

5 In a medium skillet over medium heat, add half of canola oil, green onions, riced cauliflower, half of salt and pepper. Cook, stirring, until cauliflower almost begins to soften, about 3 minutes.



- 6 Remove from heat and add mozzarella, Pecorino, basil, parsley, lemon zest, mashed potato and spinach. Season with remaining salt and ground black pepper and stir well to combine. Allow to cool until easy to handle.
- 7 In a large skillet over medium-high heat, add Panko and evenly drizzle remaining oil over top. Cook, stirring, until crumbs take on a light golden colour, about six minutes. Transfer to a medium bowl.
- 8 In a medium bowl, whisk eggs together.
- 9 Using a 42-gram scoop, portion cauliflower mixture and form into balls or cylinders. Dip in egg, then in crumbs. Transfer to a parchment-lined baking tray.
- 10 Bake for 30 minutes, flipping halfway through.

## Tip

→ Serve with a fresh tomato sauce, sauteed mushrooms or both.

Nutrition Facts	
Per (56 g)	
<b>Calories 60</b>	<b>% Daily Value*</b>
<b>Fat 3 g</b>	<b>4 %</b>
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 6 g</b>	
Fibre 1 g	4 %
Sugars 1 g	1 %
<b>Protein 4 g</b>	
<b>Cholesterol 25 mg</b>	
<b>Sodium 160 mg</b>	<b>7 %</b>
Potassium 175 mg	4 %
Calcium 75 mg	6 %
Iron 0.5 mg	3 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Cauliflower, Potatoes, Eggs, Spinach, Mozzarella, Pecorino, Bread Crumbs, Green Onion, Parsley, Oil, Basil, Black Pepper, Lemon Zest

Contains: Gluten, Wheat, Dairy, Egg.

# Chicken Biryani

6 servings

## Preparation Time

70 minutes

## Cooking Time

90 minutes

## Equipment

Large pan for brown-  
ing and braising

Casserole for rice

## Ingredients

For the curry chicken:

6 Green cardamom pods

2 Black cardamom pods

2 kg Chicken thighs,  
bone in, skin on

70 g Sunflower oil, divided

454 g Onion, finely diced

7 g Coriander seeds,  
toasted, ground

7 g Red chili, dry, ground

2 g Turmeric powder

5 g Cumin seeds,  
toasted, ground

10 g Garlic, minced

3 Green chilies, finely sliced

10 g Ginger, fresh, minced

275 g Plum tomato, fresh,  
concasse, or canned  
Italian tomatoes

8-10 g Lemon juice

24 g Cilantro leaves, chiffonade

Salt and pepper, to taste

For the rice:

6 Cloves

5 Green cardamom pods,  
lightly crushed

1 Black cardamom pod,  
lightly crushed

5 Cinnamon sticks

75 g Raisins (optional)

380 g Basmati rice

300 g Onion, finely chopped

55 g Sunflower oil

3 Bay leaves

2 g Turmeric powder

4 g Coriander seeds,  
toasted, ground

3 g Cumin seeds,  
toasted, ground

8 g Garlic, minced

3 Fresh green chilies,  
finely sliced

75 g Cashews or almonds,  
toasted (optional)

10 g Ginger, fresh, minced

500 g Yogurt, lightly beaten  
until smooth

Pinch Saffron

200 g Chicken curry sauce

40 g Cilantro, chiffonade

Salt and black pepper, to taste



For the raita:

260 g Yogurt, Greek, full-fat

75 g Green onions, slivered

50 g Cilantro, chiffonade

2-3 Green chilies, cut in a short  
julienne, to taste

1/4 Lemon, juiced

Salt and black pepper, to taste

- 1 For the chicken: Wrap cardamom pods in a piece of cheesecloth secured with twine (a sachet). Set aside.
- 2 In large saute pan over medium-high heat, cook chicken in half of oil or until browned on the outside, but not cooked through. You may need to do this in batches. Remove chicken to plate.
- 3 In same pan, sweat onion, cumin, and coriander in remaining oil for about 20 minutes, or until translucent and aromatic.
- 4 Add garlic, fresh chilies, ginger, turmeric, chilies, and cardamom sachet, and cook for 12 minutes, or until sweet smelling.



- 5 Add tomatoes and deglaze pan by scraping bottom with a wooden spoon. Add chicken and reduce heat to low. Simmer slowly until chicken is tender and juices run clear.
- 6 Finish with lemon and fresh cilantro. Taste and adjust seasonings.
- 7 Cool and remove whole spices. Reserve 200 g sauce for the rice.
- 8 For the rice: Wrap cardamom pods, cinnamon stick, and cloves in cheesecloth to make a spice sachet. Set aside. Soak raisins, if using, in 250 g boiling water. When cool, strain, reserving soaking liquid, and chop. Set aside.
- 9 Rinse rice, then blanch for 4 minutes. Drain, reserving blanching liquid. Set aside.
- 10 In large pot over medium to medium-low heat, cook onion in oil for 10 minutes. Add bay leaves, turmeric, coriander and cumin.
- 11 Cook until onions are light golden brown, another 20 minutes. Add garlic, chilies, nuts, if using, and ginger and cook another 10 minutes or until a darker brown and aromatic.
- 12 Remove from heat and stir in yogurt. Simmer over low heat until thick and oil starts to come to surface. Add blanched rice, raisins, spice sachet, saffron, and 350 g water (from reserved rice soaking liquid).
- 13 Cover and cook for approximately 12 minutes, or until rice is tender but not overcooked.
- 14 Remove spice sachet, then blend in the reserved chicken curry sauce. Reheat with fresh cilantro.
- 15 Taste and adjust seasoning.
- 16 For the raita: In a small bowl, combine all ingredients and whisk well to blend. Taste and adjust seasoning.



## Tips

- Biryani is traditionally cooked as a layered dish. The blanched rice is layered over the curry and absorbs much of the gravy as it cooks. In this recipe we have kept the two components separate as most of our workshops requested the curry on its own or in a burrito or pop-tart (please see below). It is delicious either way.
  - Instead of picking out whole spices, or serving them, we suggested making a sachet - a cheesecloth bag - they will be easy to remove (the dish becomes a little milder than leaving the spices loose in the dish)
  - Use the Chicken Biryani recipe to make: **Chicken Biryani Burritos:**
- Fill a tortilla (page 18) with the biryani rice, curry, and raita and serve hot!

Or a **Curried Burrito Pop-Tart:** Chill curry and make 13cm × 8cm squares of yogurt pie dough (recipe page 44). Top one square of dough with 110g of filling, wet edge, and top with second square of dough. Pinch corners well, crimp edge with a fork, cut 3 slits for steam to escape, brush with egg wash and bake on parchment paper on a double tray at 210°C (410°F) until golden brown.



Nutrition Facts	
Per (100 g)	
<b>Calories 100</b>	<b>% Daily Value*</b>
<b>Fat 5 g</b>	7 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 4 g</b>	
Fibre 1 g	4 %
Sugars 2 g	2 %
<b>Protein 10 g</b>	
<b>Cholesterol 45 mg</b>	
<b>Sodium 90 mg</b>	4 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Chicken Breast, Onion, Tomato, Chicken Stock (Chicken Stock, Salt, Carrots, Cabbage, Onions, Celery, Celery Leaves, Parsley), Green Chili Pepper, Oil, Coriander, Ginger, Garlic, Lemon Juice, Chili Pepper, Cumin, Cardamom, Turmeric

Contains: Dairy, Nuts, Chillies.



# Flour Tortilla

8 servings

## Preparation Time

15 minutes

## Ingredients

300 g All-purpose flour,  
plus additional as needed

## Cooking Time

12 minutes

4 g Baking powder

3 g Sea salt

50 g Extra virgin olive oil

## Equipment

200 g Water, about 50°C (122°F)

Comal or cast-

iron skillet

Rolling pin

- 1 In medium-sized bowl, whisk together flour, baking powder, and salt.
- 2 Pour in oil and water. Stir briskly with a fork or whisk to bring the dough together into a shaggy mass. Add additional water as needed to bring dough together.
- 3 Turn dough out onto a lightly floured surface and knead briefly, just until dough forms a ball. If dough is very sticky, gradually add a bit more flour.
- 4 Divide into 8 equal pieces. Round into balls, flatten slightly, and allow to rest, covered, for about 30 minutes (see tips). (If desired, coat each ball lightly with oil before covering; this ensures the dough doesn't dry out.)



- 5 While dough rests, preheat an ungreased comal or cast-iron griddle or skillet over medium high heat.
- 6 Working with one piece of dough at a time, roll into a circle, about 20 cm in diameter. Keep remaining dough covered. Fry tortilla in the ungreased pan for about 30 seconds on each side. Transfer to a clean cloth and wrap well to keep tortillas pliable.
- 7 Repeat with the remaining dough.

## Tips

- Use whole wheat flour, substitute 285g of whole wheat flour for the all-purpose flour.
- The resting period improves the texture of the dough by giving the flour time to absorb the water. It also gives the gluten time to relax, making the tortillas easier to roll out. You may extend the resting, or skip it altogether if you don't have the time; the recipe is pretty forgiving. The tortillas will roll out and stay thinner if you include the rest, though.
- If there are leftovers, allow them to cool completely, then wrap tightly in plastic and store in the refrigerator. Reheat in an ungreased skillet, or for a few seconds in the microwave.
- Fill and roll tortillas with Chicken Biryani, griddle to heat through and enjoy! Serve with some curry sauce, you may want to add some raita too.

Nutrition Facts	
Per (100 g)	
<b>Calories 100</b>	<b>% Daily Value*</b>
<b>Fat 5 g</b>	<b>7 %</b>
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 4 g</b>	
Fibre 1 g	4 %
Sugars 2 g	2 %
<b>Protein 10 g</b>	
<b>Cholesterol 45 mg</b>	
<b>Sodium 90 mg</b>	<b>4 %</b>
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron 0.75 mg	4 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Flour, Water, Oil, Baking Powder, Salt.

Contains: Gluten. Wheat

# Cornbread

12 servings

## Preparation Time

20 minutes

## Ingredients

300 g Cornmeal, stone ground,  
not de-germinated

## Cooking Time

45 – 55 minutes

130 g All-purpose flour

5 g Baking powder

5 g Baking soda

## Equipment

A 20-cm loaf pan

3 g Sea salt

60 g Butter, sweet, just melted  
(not hot)

1 Egg

470 g Buttermilk, room  
temperature

75 g/ml Maple syrup

- 1 Preheat oven to 175°C (350°F). Lightly grease and flour loaf pan.
- 2 In large bowl, combine cornmeal, flour, baking powder, baking soda and sea salt.
- 3 In a medium bowl, whisk together melted butter, egg, buttermilk and maple syrup.
- 4 Form well in centre of dry ingredients and slowly add egg mixture, a bit at a time, until mixed.
- 5 Pour mixture into prepared loaf pan and bake for 45 to 55 minutes, or until a toothpick inserted in centre comes out clean.
- 6 Allow to cool in pan for 10 minutes. Turn out onto wire rack and cool completely before slicing.





## Tip

→ The cornbread can be served on its own, with butter, or garnish with roasted onions, roasted peppers (sweet or spicy), cheese (queso fresco, feta or bocconcini), roasted chicken or pork.

Nutrition Facts	
Per (93 g)	
<b>Calories 210</b>	<b>% Daily Value*</b>
<b>Fat 7 g</b>	9 %
Saturated 3.5 g	18 %
+ Trans 0.2 g	
<b>Carbohydrate 34 g</b>	
Fibre 2 g	7 %
Sugars 6 g	6 %
<b>Protein 5 g</b>	
<b>Cholesterol 30 mg</b>	
<b>Sodium 180 mg</b>	8 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Iron 1.5 mg	8 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	

Ingredients: Buttermilk, Cornmeal, Flour, Maple Syrup, Butter, Eggs, Baking Powder, Baking Soda.

Contains: Egg, Gluten, Dairy, Wheat.



# Fatayer

(Swiss Chard Turnover)

12 servings

## Preparation Time

2 hours

## Cooking Time

35 minutes

## Equipment

Colander

Stand mixer

Rolling pin

Pastry brush

Baking tray

Silpat or parchment  
paper

## Ingredients

For the dough:

60 g Extra virgin olive oil, plus  
extra for brushing dough

350 g Water

6 g Instant yeast

5 g Salt

450 g All-purpose flour

150 g Pastry flour

For the filling:

400 g Swiss chard, collard greens,  
or a combination, washed  
and dried

3 g Salt, divided

45 g Grapeseed or olive oil,  
divided, plus extra for  
brushing dough

65 g Onion, finely sliced

65 g Leeks, finely sliced

1 g Cumin seed, whole,  
toasted, then ground

Pinch Allspice

20 g Italian parsley, minced

2 g Sumac

5 g Lemon juice

½ g Black pepper

120 g Feta cheese, crumbled  
(optional)





- 1 For the dough: In a large bowl, combine olive oil and water.
- 2 In a separate bowl, combine yeast, salt, and flours. Add to wet ingredients.
- 3 Mix until shaggy. Cover and allow to rest for 5 minutes.
- 4 Transfer dough to a stand mixer and mix for 2 minutes at slow speed, then 4 minutes at medium speed. (If mixing by hand, knead for 5 minutes, rest 5 minutes, then knead again for an additional 7 minutes.)
- 5 Cover mixing bowl with damp cloth and allow dough to bulk ferment for 40 minutes.
- 6 For the filling: Take greens and remove bottom 3 cm of stem. Separate leaves and stems. Chop stems into small dice and chop leaves roughly. Pat dry and sprinkle with 1/3 of salt. Leave for 20 minutes and pat dry with a towel.
- 7 In large frying pan, heat 15 g oil over medium heat. Add greens and saute until just wilted. Remove from pan and allow to cool. Squeeze out any liquid and reserve.
- 8 In same pan, heat remaining oil over low heat. Add onion, leek, cumin and allspice. Sweat until translucent and sweet smelling, about 35 to 40 minutes.
- 9 Stir in cooked greens, parsley, sumac and lemon juice. Season to taste with salt and pepper. Allow to cool.
- 10 Meanwhile, preheat oven to 200°C (400°F).
- 11 Transfer rested dough to a lightly floured surface. Fold dough over three or four times then divide into 35 g portions. Roll each into a ball, cover with plastic and rest 20 minutes.
- 12 Roll each ball into a circle, about 7 cm in diameter using a minimum amount of flour.

- 13 To fill: Lightly brush edges of dough with water.
- 14 Place about 30 g filling in centre of dough.  
Add crumbled feta, if using.
- 15 Using the thumb and index finger of one hand and the index finger of the other, bring dough together over the filling to form a point.  
Finish the triangle shape by pinching the open corners to enclose the filling completely. (see tip)
- 16 Place fatayer on Silpat or parchment paper on a baking tray, leaving about 5 cm or more around each, and brush generously with additional olive oil.
- 17 Bake for 20 minutes, then remove from oven and quickly brush with more oil. Return to oven and bake until golden brown, about 10 to 15 minutes longer.
- 18 Transfer to a wire rack to rest and cool slightly before serving.



Nutrition Facts	
Per (135 g)	
<b>Calories 280</b>	<b>% Daily Value*</b>
<b>Fat 9 g</b>	<b>12 %</b>
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 42 g</b>	
Fibre 3 g	11 %
Sugars 1 g	1 %
<b>Protein 7 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 270 mg</b>	<b>12 %</b>
Potassium 175 mg	4 %
Calcium 100 mg	8 %
Iron 3 mg	17 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: All-purpose Flour, Collard Greens, Water, Pastry Flour, Onions, Leeks, Grapeseed Oil, Parsley, Sal, Yeast, Lemon Juice, Sumac, Cumin Seed, Black Pepper, Allspice

Contains: Gluten, Dairy

## Tips

- For help with forming the triangles, view the [YouTube video: "Folding Fatayer"](https://www.youtube.com/watch?v=K-cWYC2SZbmM) [www.youtube.com/watch?v=K-cWYC2SZbmM](https://www.youtube.com/watch?v=K-cWYC2SZbmM)
- Do not fill the fatayer until you are ready to bake them; the moisture from the filling will make the dough soggy.
- Use the filling without the dough for an excellent side dish, or add 200 – 400 g of cooked lentils to the filling for a delicious main dish.



# Kale & Beet Corn Chips

32 servings

## Preparation Time

15 minutes

## Ingredients

300 g Cornmeal, fine

60 g Butter

## Cooking Time

55 – 60 minutes

900 g Water

3 g Sea salt

100 g Kale, raw destemmed,  
chopped

## Equipment

Food processor

180 g Beet, raw, peeled, chopped

Large baking trays

30 g Extra virgin olive oil

Large Silpat

40 g Canned chipotle peppers in  
adobo sauce (optional)

- 1 Preheat oven to 175°C (350°F). Line two large baking trays with Silpat.
- 2 In a large pot over medium heat, cook cornmeal with butter, water and salt for 15 minutes, stirring occasionally.
- 3 Meanwhile, in food processor, add kale, raw beets, olive oil, and chipotle peppers, if using. Process for 2 minutes, or until smooth.
- 4 In a large bowl, combine cooked cornmeal with kale mixture and stir until fully combined. (You can make the chips thinner or thicker by adding water; the more water, the thinner the chips).

- 5 On lined baking trays, evenly spread mixture to edges, leaving about a 2.5-cm border. The layer should be about 3 mm thick (make them thicker or thinner as you wish).
- 6 Bake for 40-45 minutes, or until the whole piece lifts off from the Silpat and there are no wet spots on the surface.
- 7 Cut immediately, or cool and break into pieces.

<b>Nutrition Facts</b>	
Per (40 g)	
<b>Calories 60</b>	<b>% Daily Value*</b>
<b>Fat 3 g</b>	<b>4 %</b>
Saturated 1 g	5 %
+ Trans 0.1 g	
<b>Carbohydrate 8 g</b>	
Fibre 2 g	7 %
Sugars 0 g	0 %
<b>Protein 1 g</b>	
<b>Cholesterol 5 mg</b>	
<b>Sodium 55 mg</b>	<b>2 %</b>
Potassium 30 mg	1 %
Calcium 10 mg	1 %
Iron 0.4 mg	2 %
* 5% or less is a little, 15% or more is a lot	

Contains: Dairy

## Tips

- Substitute 40 g olive oil and 20 g water for the butter, if desired.
- Adjust the amount of chipotle chili peppers according to taste.
- The thickness of the spread will determine the baking time; the thicker the layer, the longer it will need to bake.
- Serve with avocados or fresh goat cheese.



# Local Cabbage Salad

12 servings

## Preparation Time

35 minutes

## Cooking Time

3 minutes

## Equipment

Blender

## Ingredients

For pickled red onion:

250 g Red onion, thinly sliced

60 g Red wine vinegar

22 g Honey

1 Small garlic clove, crushed

Pinch Salt

For the dressing:

175 g Plums or apricots, peeled

(See tips)

75 g White wine vinegar

60 g Expeller pressed

sunflower oil

4 g Fresh ginger, minced

Pinch Salt

For salad:

100 g Pickled red onion

200 g Dressing

4 Green onions, white and  
green parts, julienned

½ English cucumber,  
large, julienned

120 g Carrot, julienned

500 g Green cabbage, thinly sliced

500 g Red cabbage, thinly sliced

100 g Pumpkin seeds, toasted

100 g Sunflower seeds, toasted

10 g Fresh Thai basil, chiffonade

10 g Coriander, chiffonade

10 g Mint, chiffonade

5 g Lemon juice, fresh

30 g Orange juice, fresh

Sea salt and black pepper, to taste



- 1 For the onions: In medium bowl, pour enough boiling water over onion to cover. Let stand 2 minutes, then drain.
- 2 In small saucepan, boil vinegar with honey, garlic and salt until honey dissolves. Remove from heat and pour over onion. Press onion into liquid and let stand for at least 30 minutes.
- 3 For the dressing: In blender, combine all ingredients and puree until smooth. Taste and adjust seasonings.
- 4 For the salad: In a large bowl, combine all salad ingredients and pickled onions (omitting liquid from pickled onions). Add dressing in three batches. Taste after the first and second addition and only add more dressing if the salad needs it.
- 5 Toss well. Taste and adjust seasonings.

Nutrition Facts	
Per (100 g)	
<b>Calories 180</b>	<b>% Daily Value*</b>
<b>Fat</b> 11 g	15 %
Saturated 1.5 g	8 %
+ Trans 0 g	
<b>Carbohydrate</b> 19 g	
Fibre 3 g	11 %
Sugars 10 g	10 %
<b>Protein</b> 4 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 95 mg	4 %
<b>Potassium</b> 350 mg	7 %
<b>Calcium</b> 30 mg	2 %
<b>Iron</b> 1.75 mg	10 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	

Ingredients: Green Onion, Plums, Cucumber, Carrots, Sunflower Seeds, Onion, Pumpkin Seeds, Red & Green Cabbage, Vinegar, Oil, Honey, Orange Juice, Lemon Juice, Coriander, Ginger, Garlic, Sea Salt, Black Pepper, Basil, Mint.

Contains: Vinegar

## Tips

- If fresh plums or apricots aren't available, you can use prunes or dried apricots. In a medium saucepan over medium-high heat, combine 100 g of dried fruit with 100 g of water. Bring to a boil, cover, and reduce heat. Simmer about 3 minutes, or until softened. Allow to cool and then puree in a blender until smooth.
- Any leftover pickled onions or dressing will keep refrigerated, in a jar, for up to one week.
- Enjoy this salad alone, or use as a topping for Arepas (page 8) or Steamed Bun (page 40).



# Niagara Salad

6 servings

## Preparation Time

25 minutes

## Ingredients

For the dressing:

15 g Mayonnaise

30 g Sour cream

18 g Yogurt, preferably 6% MF

22 g Lemon juice

22 g Lime juice

For the salad:

130 g Green grapes, seeded or seedless, cut lengthwise in quarters.

260 g Red grapes, seeded or seedless, cut lengthwise in quarters

240 g Apples, preferably Gala or Granny Smith, cut into short batons, 3 mm × 3 mm × 2 cm

50 g Celeriac, cut into short batons, 3 mm × 3 mm × 2 cm

50 g Celery, cut into short batons, 3 mm × 3 mm × 2 cm

40 g Fresh lemon balm or mint, chiffonade

75 g Boston Bibb lettuce

Salt and pepper, to taste



- 1 For the dressing: In a small bowl, combine all ingredients and whisk well to combine. Taste and adjust seasonings. Set aside.
- 2 For the salad: In large bowl, combine grapes, apple, celeriac, celery and lemon balm. Add reserved dressing and stir well to combine. (Add dressing in three parts, tasting after each, as you may not want to use all of it.) Taste and adjust seasoning. Place the salad in a whole Boston Bibb lettuce leaf and roll up like a burrito, or tear the lettuce into bite-sized pieces and combine with grape mixture to serve as a salad.

Nutrition Facts	
Per (100 g)	
<b>Calories 60</b>	% Daily Value*
Fat 1.5 g	2 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 13 g	
Fibre 2 g	7 %
Sugars 10 g	10 %
Protein 1 g	
Cholesterol 0 mg	
Sodium 110 mg	5 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Eggs, Vegetable Oil, Mustard, Vinegar, Lemon, Lime, Grapes, Apples, Sour Cream, Yogurt, Celery, Celery Root, Lettuce.

Contains: Dairy



# Perogies

**16 servings** (about 48 perogies)

## Preparation Time

90 minutes

(including resting  
time)

## Ingredients

For the dough:

250 g All-purpose flour

2 g Salt

180 g Milk

100 g Potato, boiled and well mashed

15 g Vegetable oil

## Cooking Time

20 minutes

## Equipment

Baking tray

Slotted spoon

Parchment paper

For the filling:

125 g Onion, diced small

14 g Butter

250 g Sweet potato, baked and mashed

120 g Goat cheese, crumbled

5 g Salt

2 g Sage, fresh, chiffonade

Sea salt and black pepper, to taste

- 1 For the dough: In a large bowl, combine flour and salt and stir to combine.
- 2 In a small saucepan over low heat, gently warm milk to 40°C.
- 3 Add to flour mixture, along with mashed potato and oil.
- 4 Mix together with a wooden spoon to make a shaggy dough. Turn onto a clean, floured surface and knead dough until smooth and elastic, about 4 minutes. You may have to add more warm milk or flour to make the dough slightly sticky. Do not over-knead.
- 5 Place dough in an oiled bowl. Cover with plastic wrap or a clean towel and let rest for 30 minutes.

- 6 For the filling: In a large pan over medium heat, sweat onions in butter for about 15 – 20 minutes, or until translucent and sweet smelling.
- 7 Remove from heat, cool just lightly and add sweet potato, goat cheese, salt and sage. Stir to combine, until cheese has melted with no large clumps. Taste and adjust seasoning. Allow to cool.
- 8 To assemble: Divide dough in half. Cover one half, and roll the second into a long log, about 2.5 cm in diameter. Cut log into 2.5 cm pieces.
- 9 Take one piece and cover the remaining pieces. Using your thumb and index finger, pinch and flatten the piece of dough into a circle about 3 mm thick. Place about 5 g of filling in centre of dough. Fold dough in half, and pinch edges to form a half circle.
- If it isn't sealing properly, slightly wet the edges and pinch together again.
- 10 Place finished perogies on a baking tray lined with parchment paper.
- 11 Repeat with remaining dough.
- 12 To cook: Bring a large pot of salted water to a boil. Gently drop in several perogies without overcrowding the pot. Stir gently with a slotted spoon. Perogies are done when they float to the top, about 3 or 4 minutes.



## Tips

- To prevent perogies with “horns,” pinch at the top of the pierogi first, then at both ends, working up to the first top pinch to completely seal.
- Drain sweet potatoes well before mashing. This will make for a drier filling, which will help with folding and pinching the dough.
- If desired, perogies can be pan-fried in about 15 g of olive oil or butter (or a combination of both) after boiling.
- Serve with caramelized onions and sour cream, or tzatziki.

Nutrition Facts	
Per (119 g)	
<b>Calories 360</b>	<b>% Daily Value*</b>
<b>Fat 15 g</b>	20 %
Saturated 6 g	
+ Trans 0.2 g	30 %
<b>Carbohydrate 40 g</b>	
Fibre 2 g	7 %
Sugars 2 g	2 %
<b>Protein 15 g</b>	
<b>Cholesterol 35 mg</b>	
<b>Sodium 470 mg</b>	20 %
Potassium 300 mg	6 %
Calcium 450 mg	35 %
Iron 1.5 mg	8 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	

Ingredients: Flour, Potatoes, Milk, Onions, Goat Cheese, Oil, Butter, Salt, Sage, Black Pepper

Contains: Dairy, Gluten, Wheat.

# Roasted Carrot Wraps

4 servings

**Preparation Time**

25 minutes

**Cooking Time**

25 minutes

**Equipment**

Baking tray

Parchment paper

Pastry brush

**Ingredients**

- 120 g Soy sauce
- 65 g Hoisin sauce
- 20 g Maple syrup
- 16 g Honey
- 4 Carrots, medium size, whole, clean and peeled
- 4 Wraps (see tips)
- 60 g Cheese, grated (local queso fresco, bocconcini, fontina cheese or a mixture)
- 32 g Basil, chopped
- 32 g Cilantro, chopped
- 18 g Green onions, julienned
- 1/2 Lemon, juiced
- 20 g Grapeseed oil
- Sea salt, black pepper, to taste

- 1 Preheat oven to 200°C (400°F).
- 2 In medium bowl, combine soy sauce, hoisin, maple syrup and honey. Add carrot and allow to marinate for at least 20 minutes to overnight.
- 3 Transfer carrots to a parchment-lined baking tray, reserving marinade, and roast for 25 minutes, or until slightly softened. (Carrots should still have some “bite.”)
- 4 When nearly done, brush liberally with leftover marinade.
- 5 Place carrot on top of wrap, and garnish with cheese, herbs, green onions, lemon juice, oil and seasonings.



# Tips

- The carrots can be marinated overnight, which will add even more flavour.
- For the wrap, you can use a tortilla (page 18), a papusa made from masa harina or a steamed bun (page 40).

Nutrition Facts	
Per (100 g)	
<b>Calories 60</b>	% Daily Value*
<b>Fat</b> 0.4 g	1 %
Saturated 0.1 g	1 %
+ Trans 0 g	
<b>Carbohydrate</b> 13 g	
Fibre 3 g	11 %
Sugars 7 g	7 %
<b>Protein</b> 2 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 500 mg	22 %
Potassium 300 mg	6 %
Calcium 30 mg	2 %
Iron 0.4 mg	2 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	

Ingredients: Carrots, Soy Sauce, Hoisin Sauce, Maple Syrup, Honey.

Contains: Soy, Dairy, May Contain Gluten.



# Rye Crackers

6 servings

## Preparation Time

15 minutes

## Ingredients

2 g Dry active yeast

## Cooking Time

40 minutes, including  
resting time

125 g Water, lukewarm, divided

100 g Carrot, peeled, chopped

125 g Rye flour

125 g Red fife flour

## Equipment

Blender

12 g Ground flaxseeds

Baking trays

5 g Kosher salt

Parchment

30 g Extra virgin olive oil, plus extra for brushing

paper or Silpat

0.5 g Caraway seeds, toasted and ground

Food processor

0.5 g Fennel seeds, toasted and ground

Rolling pin

Cayenne (optional), to taste

Pastry brush

Course salt (optional), to taste

- 1 Preheat oven to 175°C (350°F).
- 2 In small bowl, combine yeast with 30 g lukewarm water and let sit in a warm place until frothy, about 5 minutes.
- 3 In small pot over medium heat, cover carrots with water and cook until somewhat tender, about 5 minutes. Drain. Transfer to blender with remaining 95 g water and puree until smooth.
- 4 In food processor fitted with S-shaped blade, combine flours and flaxseed. Pulse to combine. Add carrot puree, salt, oil and yeast mixture. Pulse until dough comes together in a ball. If needed, add more water or rye flour, 5 g at a time, so that dough is tacky but not sticky to the touch.



- 5 Divide dough in half and flatten into discs. Wrap each in plastic and let rest for 30 minutes.
- 6 Unwrap one disc and roll out between two pieces of parchment paper until it is almost paper thin, about 2 mm thick. Brush with olive oil. Sprinkle with half the caraway and fennel seeds and gently press them into the dough with hands. Sprinkle with cayenne and salt, if using.
- 7 Cut the prepared dough into 3 cm × 3 cm squares and transfer to parchment-lined baking tray.
- 8 Repeat with remaining dough.
- 9 Bake for 20 – 25 minutes, or until golden and crispy.

Nutrition Facts	
Per (50 g)	
<b>Calories 100</b>	% Daily Value*
<b>Fat</b> 1.5 g	2 %
Saturated 0.2 g	1 %
+ Trans 0 g	
<b>Carbohydrate</b> 21 g	
Fibre 4 g	14 %
Sugars 1 g	1 %
<b>Protein</b> 3 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 210 mg	9 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron 1 mg	6 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Sugars, Flour, Carrots, Flaxseed, Olive Oil, Caraway Seeds, Yeast, Fennel Seeds.

Contains: Gluten, Wheat.

# Seedy Whole Grain Biscotti

20 biscotti (25 g each)

## Preparation Time

20 minutes

## Cooking Time

50 – 60 minutes

## Equipment

Baking tray

Parchment paper

Wire cooling rack

Serrated knife

## Ingredients

135 g Whole wheat flour

135 g Spelt flour

100 g Sugar

2 g Salt

7 g Baking powder

110 g Olive oil

150 g Eggs

25 g Sunflower seeds, toasted

25 g Pumpkin seeds, toasted  
& coarsely chopped

30 g Cocoa powder

20 g Chocolate chips

80 g Milk or Water

1 Preheat oven to 170°C (338°F).

2 In large bowl, combine flours, sugar, salt and baking powder.

3 In small bowl, whisk oil, milk (or water), and eggs. Add to dry ingredients and mix well. Add seeds and stir to combine.

4 Divide dough in half. Add cocoa powder and chocolate chips to half of the dough and knead well to incorporate. Mixing by hand, distribute the cocoa dough with the plain dough so it is marbled. With floured hands, shape into a log about 6 cm to 7 cm wide. Transfer to baking tray lined with parchment paper.

- 5 Bake until just set, about 25 to 30 minutes.  
Allow to cool for 5 to 10 minutes, or until you can comfortably handle.
- 6 Transfer logs to cutting board. Using serrated knife, cut logs on diagonal into 1.25-cm wide slices.  
Arrange slices, cut side down, on same baking sheet.
- 7 Bake 12 minutes, flip, and bake another 8 minutes, or until baked through. Transfer to wire rack to cool.

## Tips

- You can make all or none of the dough chocolate.
- Substitute spelt flour with rye flour and substitute Red Fife flour for whole wheat flour.
- Can be prepared 1 week ahead. Store in airtight container at room temperature.

Nutrition Facts	
Per (664 g)	
<b>Calories 2690</b>	% Daily Value*
<b>Fat</b> 135 g	180 %
Saturated 26 g + Trans 0 g	130 %
<b>Carbohydrate</b> 335 g	
Fibre 53 g	189 %
Sugars 95 g	95 %
<b>Protein</b> 68 g	
<b>Cholesterol</b> 370 mg	
<b>Sodium</b> 200 mg	9 %
Potassium 2200 mg	47 %
Calcium 1100 mg	85 %
Iron 23 mg	128 %
*5% or less is <b>a little</b> 15% or more is <b>a lot</b>	

Ingredients: Whole Wheat Flour, Spelt Flour, Eggs, Sugar, Olive Oil, Dark Chocolate Chips, Sunflower Seeds, Pumpkin seeds, Baking Powder, Cocoa Powder

Contains: Egg, Gluten, Wheat.



# Steamed Buns

9 servings

## Preparation Time

50 minutes, ,  
approximately 2  
hours resting time

## Ingredients

8 g Instant yeast  
20 g Honey (optional)  
227 g Milk  
15 g Sunflower oil, plus extra  
for oiling bowl  
342 g Pastry or all-purpose flour,  
plus extra for dusting  
3 g Sea salt

## Cooking Time

10 minutes

## Equipment

Stand mixer  
(optional)  
Parchment paper  
(cut into 15 cm ×  
10 cm squares)  
Baking trays  
Bamboo steamer  
basket

- 1 In small bowl, combine yeast with honey, if using, milk and oil. Stir to dissolve yeast.
- 2 Mound flour on work surface and add a good pinch of salt. Make a well in the middle, pour in the yeast mixture and slowly stir until it comes together.
- 3 Knead on a floured surface for 10 minutes or until the dough is well mixed. (To use a stand mixer, put flour into mixer bowl along with a good pinch of salt. Turn on at low speed and pour in the yeast mixture. When the dough comes together in a ball, increase speed to medium and knead for 4 minutes until smooth and soft).
- 4 Transfer dough to an oiled bowl and cover with cling film. Keep in a warm place until doubled in size, about 1 hour.

- 5 Remove dough, knock it back, and knead for 1 minute, then put on a floured surface. Cover and rest 20 minutes.
- 6 Cut into 55 g pieces and roll each into a snowshoe shape about 1 cm thick. Place each bun on a square of parchment paper and arrange on a baking tray so they aren't touching.
- 7 Cover and leave to rise for another 30 – 40 minutes.
- 8 Fill pan with water and bring to a boil. Transfer buns to steamer basket, and place basket over pan. Cover, and steam buns for 10-12 minutes. You may need to do this in batches.
- 9 Remove and serve immediately.

## Tips

- Make sure your steamer fits snugly over your pan of boiling water.
- A bamboo steamer with multiple layers will allow you to steam all of the buns at once.
- These are delicious on their own with chili sauce, but can also be used in place of the tortilla in the Roasted Carrot Wrap (page 34), or the Chicken Biryani Wrap (page 14).

Nutrition Facts	
Per (50 g)	
<b>Calories 120</b>	<b>% Daily Value*</b>
<b>Fat 2 g</b>	<b>3 %</b>
Saturated 0.5 g	3 %
+ Trans 0 g	
<b>Carbohydrate 23 g</b>	
Fibre 1 g	4 %
Sugars 2 g	2 %
<b>Protein 4 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 105 mg</b>	<b>5 %</b>
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron 1.5 mg	8 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Ingredients: Pastry Flour, Milk, Honey, Oil, Yeast, Sea Salt.

Contains: Gluten, Milk, Wheat



# Cheese & Sweet Potato Discs & Bites

4 servings

## Preparation Time

30 minutes

## Ingredients

100 g Sweet potato, cooked in  
skin, then flesh removed

## Cooking Time

35 minutes

150 g Mozzarella cheese

50 g Parmesan cheese

20 g Vegetable oil

## Equipment

Blender

75 g Cornstarch

75 g Pastry flour

Parchment paper

6 g Chia seeds

or Silpat

3 g Baking powder

Baking tray

Salt and pepper to taste

- 1 Preheat oven to 175°C (350°F).
- 2 In blender, puree all ingredients except chia seeds and baking powder. Allow mixture to sit and hydrate for 20 minutes, then add remaining ingredients. Mix well.
- 3 On parchment paper or Silpat, roll out dough until about 5 mm thick.
- 4 Cut into small discs about 2 cm in diameter. Use a 2-cm round pastry cutter or cut 2-cm square pieces with a knife. Gather and re-roll scraps and cut out again. With remainder, roll into small (approx. 10 g) balls.



- 5 Place a parchment-lined baking tray, with a second baking tray underneath, and bake for 35 minutes, or until the centre is almost dry and the outside is crispy. Let cool before serving.

Nutrition Facts	
Per (119 g)	
Calories 360	% Daily Value*
Fat 15 g	20 %
Saturated 6 g	30 %
+ Trans 0.2 g	
Carbohydrate 40 g	
Fibre 2 g	7 %
Sugars 2 g	2 %
Protein 15 g	
Cholesterol 35 mg	
Sodium 470 mg	20 %
Potassium 300 mg	6 %
Calcium 450 mg	35 %
Iron 1.5 mg	8 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Sweet Potato, Mozzarella, Parmesan, Vegetable Oil, Chia Seeds, Baking Powder, Corn-starch, Pastry Flour

Contains Gluten, Wheat, Dairy



# Yogurt Pie Dough

## Preparation Time

50 – 60 minutes

## Ingredients

342 g All-purpose flour,  
                    unbleached

2.5 g Sea salt

175 g Butter, frozen, grated

113 g Greek yogurt,  
                    thick or strained

85 g Ice water

- 1 In large bowl, combine flour and salt. Add butter and mix gently to combine until mixture forms pea-sized clumps. Chill for 20 minutes in a freezer or fridge.
- 2 Add yogurt and water, 1 tablespoon at a time, until dough just comes together. (Work dough as little as possible to avoid it getting tough.) Chill again for 20-30 minutes, or until cold.

## Tip

- Use this dough for the Curried Chicken Pop Tarts (page 17) and the Apple Turnover (page 45).
- Substitute 325 g whole wheat flour for the all-purpose flour.

Nutrition Facts	
Per (50 g)	
<b>Calories 330</b>	% Daily Value*
<b>Fat</b> 37 g	49 %
Saturated 23 g	125 %
+ Trans 1.5 g	
<b>Carbohydrate</b> 2 g	
Fibre 0 g	0 %
Sugars 0 g	0 %
<b>Protein</b> 1 g	
<b>Cholesterol</b> 95 mg	
<b>Sodium</b> 15 mg	1 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %
Iron 0.1 mg	1 %
* 5% or less is a <b>little</b> . 15% or more is a <b>lot</b>	

Ingredients: Butter, Flour, Greek Yogurt, Water, Salt

Contains: Gluten, Milk, Wheat.

# Apple Turnover

8 servings

## Preparation Time

35 minutes

## Cooking Time

45 minutes

## Equipment

Baking tray

Pastry brush

Parchment paper

## Ingredients

For the filling:

½ Lemon, juiced

7.5 g Cornstarch

1 kg Apples (Northern Spy/  
Cortland) peeled, cored,  
1/2-cm thick slices

50 g Light brown sugar

25 g Granulated sugar

0.5 g Ground cinnamon

0.25 g Ground nutmeg

0.25 g Salt

15 g Unsalted butter, chilled,  
cut into 1.25-cm dice

For the dough:

300 g Yogurt pie dough (see  
recipe, page 44), chilled

1 Egg

55 g Milk

32 g Rock sugar or granulated  
sugar (optional)



- 1 Preheat oven to 195°C (385°F) with rack in lower-middle position.
- 2 For filling: In small bowl, combine lemon juice and cornstarch, stirring until dissolved. Set aside.
- 3 In large, heavy-bottomed pot or Dutch oven over medium-high heat, combine apple slices, brown sugar, granulated sugar, cinnamon, nutmeg, and salt. Cover and cook, gently stirring occasionally, until apples are almost soft, but do not lose their shape, about 10 minutes.
- 4 Stir in cornstarch mixture and continue cooking, uncovered, until juices are thick and clear, about 1 to 2 minutes. Remove from heat. Cool to room temperature then add butter.
- 5 Divide pie dough into 8 portions. Roll into a sheet about 3 cm thick. Then cut each square approx. 10 cm by 10 cm.
- 6 Whisk together egg and milk and brush the outside perimeter of the dough so it holds together when you fold it over.
- 7 Place about 75 grams of apple filling in the centre of dough square. Fold dough over to form the triangle and pinch to seal the edges. Crimp with a fork to imprint and decorate (see tip).
- 8 Cut three slits in centre of the filled pie to vent. If desired, decorate with seasonal crust cutouts.
- 9 Lightly brush top with egg wash (you'll have more than you need) and sprinkle with about 4 g granulated sugar or rock sugar, if desired. Place on baking sheet lined with parchment paper and bake for 35 minutes, or until crust is golden brown (if browning too quickly, cover loosely with a piece of foil).
- 10 Transfer to wire rack and cool completely before serving.





Nutrition Facts	
Per (100 g)	
<b>Calories 80</b>	<b>% Daily Value*</b>
<b>Fat</b> 1 g	1 %
Saturated 0.5 g	3 %
+ Trans 0 g	
<b>Carbohydrate</b> 20 g	
Fibre 2 g	7 %
Sugars 16 g	16 %
<b>Protein</b> 0.3 g	
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 30 mg	1 %
<b>Potassium</b> 100 mg	2 %
<b>Calcium</b> 10 mg	1 %
<b>Iron</b> 0.1 mg	1 %
* 5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Ingredients: Apple, Sugar, Lemon, Unsalted Butter, Starch, Salt, Cinnamon, Nutmeg.

Contains: Dairy, Gluten, Wheat.

## Tip

- See this video for assistance: [Making a turnover video](https://www.youtube.com/watch?v=GGqnOSwvi2Q)  
[www.youtube.com/watch?v=GGqnOSwvi2Q](https://www.youtube.com/watch?v=GGqnOSwvi2Q)  
(start on minute 11:00 for the folding demonstration).

# Choco-Bean Cookies

18 servings

## Preparation Time

80 minutes (for dried beans); 20 minutes (for canned beans)

## Ingredients

454 g Cooked dried black or adzuki beans (soaked and cooked) or canned black beans, drained and rinsed

## Cooking Time

20 minutes, plus cooling time

56 g Butter  
50 g Dried cherries (or dried strawberries), chopped small

## Equipment

Parchment paper or Silpat  
Baking tray  
Food processor  
28-gram portion scoop

60 g 35% cream  
85 g Dark chocolate chips  
35 g Red fife flour  
2.5 g Baking soda  
2.5 g Kosher salt  
40 g Cocoa powder  
70 g Brown sugar  
70 g Turbinado sugar  
15 g Vanilla extract

- 1 Preheat oven to 190°C (375°F).
- 2 In food processor fitted with S-shaped blade, combine beans, butter, chopped dried cherries and cream. Puree until somewhat smooth.
- 3 In a small bowl placed over a gently simmering bain marie, melt chocolate chips. (Alternatively, microwave in short intervals.) Don't heat over 45°C (113°F).
- 4 In small bowl, sift flour, baking soda, salt and cocoa powder.
- 5 Add melted chocolate to bean mixture, along with sifted dry ingredients, brown sugar, turbinado sugar and vanilla. Pulse until mostly combined, scraping sides as needed.

- 6 Using a 28-gram scoop, portion and place dough on a parchment-lined baking sheet, 5 cm apart. If desired, slightly flatten each cookie using damp hands.
- 7 Bake for 20 minutes, or until outer edges are just a bit crispy.
- 8 Remove from oven and leave on cookie sheet for 10 minutes before transferring to a wire rack to cool completely.

## Tips

- If you prefer chewy cookies, bake for slightly less time. For extra crispy cookies, bake a few minutes longer.
- If desired, quickly sprinkle cookies with a bit of coarse or rock sugar half way through baking and return to oven to finish.

Nutrition Facts			
Serving Size (52 g)			
Servings Per Container			
Amount	% Daily Value*		
<b>Calories 140</b>			
<b>Fat 6 g</b>	<b>9 %</b>		
Saturated 3.5 g	<b>18 %</b>		
+ Trans 0.1 g			
<b>Cholesterol 10 mg</b>			
<b>Sodium 100 mg</b>	<b>4 %</b>		
<b>Carbohydrate 18 g</b>	<b>6 %</b>		
Fibre 3 g	<b>12 %</b>		
Sugars 11 g			
<b>Protein 3 g</b>			
Vitamin A	4 %	Vitamin C	0 %
Calcium	2 %	Iron	10 %
*Based on a 2,000 Calorie diet.			

Ingredients: Black Beans, Butter, Chocolate, Brown Sugar, Turbinado Sugar, Cream, Cherries, Flour, Vanilla Extract, Baking Soda, and Salt.

Contains Gluten, Wheat, Dairy.



# Cranberry & Oat Energy Bars

18 servings

## Preparation Time

10 minutes

## Ingredients

46 g Rolled oats

1 g Kosher salt

## Cooking Time

20 minutes

0.5 g Black pepper

30 g Cocoa powder

20 g Hemp seeds

## Equipment

Food processor

20 g Quinoa flakes

24 g Ground flaxseed

Rolling pin

40 g Maple syrup

Silicone

50 g Raisins

parchment paper

80 g Dried cranberries,  
unsweetened

- 1 Preheat oven to 175°C (350°F).
- 2 Spread oats evenly on a baking tray and toast for 15 – 20 minutes or until slightly nutty and lightly browned. Stir once during baking. Let cool.
- 3 In a food processor fitted with an S-shaped blade, pulse oats until crumbly and somewhat powdery, about 1 minute. Add all remaining ingredients and pulse together until mixture forms a ball when pressed together. Add water, one teaspoon at a time, if the mixture is too dry.
- 4 Roll mixture between 2 sheets of parchment into a rectangle, 2 cm thick, re-shape if necessary. Cut into 12 even bars. Alternatively, you can shape each one by hand using 8 grams of the mixture. Roll into a bar or a ball.



## Tips

- To store, wrap each bar in plastic wrap.
- Bars can be frozen for up to months.

Nutrition Facts	
Per (16 g)	
<b>Calories 45</b>	% Daily Value*
<b>Fat</b> 3 g	4 %
Saturated 0.2 g	
+ Trans 0 g	1 %
<b>Carbohydrate</b> 10 g	
Fibre 3 g	11 %
Sugars 6 g	6 %
<b>Protein</b> 2 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 25 mg	1 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron 0.75 mg	4 %
* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	

Ingredients: Dried Cranberries, Raisins, Oats, Maple Syrup, Cocoa Power, Flax Seeds, Hemp Hearts, Quinoa Flakes, Black Pepper.

Contains: Cocoa.







# Popcorn, Seed & Fruit Poppers

12 servings

## Preparation Time

10 minutes

## Ingredients

25 g Dried lentils, Le Puy  
or Beluga

## Cooking Time

20 – 25 minutes

55 g Popcorn kernels

5 g Canola oil

35 g Dried cherries or apricots,  
finely chopped

## Equipment

Baking tray

25 g Sunflower seeds,  
roasted, unsalted

Parchment paper  
or Silpat

25 g Pumpkin seeds, roasted,  
unsalted

Food processor

Candy thermometer

10 g Quinoa puffs

1 g Ground cinnamon

1 g Ground nutmeg

2 g Kosher salt

120 g Honey

10 g Butter, unsalted

1 Preheat oven to 190°C (375°F).

2 Wash and drain lentils. In small pot over medium-high heat, combine lentils with 500 g water. Cook until just tender, about 12-15 minutes. Transfer to baking tray lined with parchment paper or Silpat and toast in oven to dry out, about 8 – 10 minutes.

3 In medium pot over medium heat, combine popcorn kernels and oil and swirl to fully coat the kernels. Cover with tight-fitting lid; once kernels begin to pop, shake pan occasionally to prevent burning. Remove from heat once popping slows down; set aside.

- 4 In large, lightly oiled stainless steel bowl, combine toasted lentils, popped corn, cherries, sunflower seeds, pumpkin seeds, quinoa puffs, cinnamon, nutmeg and salt. Stir to combine.
- 5 In small pot over medium heat, heat honey until it starts to take on a golden colour and begins to thicken, about 8-10 minutes (it should reach 125°C (260°F) on a candy thermometer). Remove from heat and stir in butter. Continue stirring until butter has completely melted.
- 6 Gradually pour honey butter over popcorn mixture and stir with a spatula until completely combined.
- 7 Once cool enough to handle, form popcorn mixture into balls with damp hands or press firmly into the size and shape of a baseball.

Nutrition Facts	
Per (29 g)	
<b>Calories 120</b>	% Daily Value*
<b>Fat</b> 4 g	5 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate</b> 20 g	
Fibre 1 g	4 %
Sugars 12 g	12 %
<b>Protein</b> 2 g	
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 35 mg	2 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron 0.75 mg	4 %
* 5% or less is a little. 15% or more is a lot	

Ingredients: Honey, Popcorn, Cherries, Lentils, Sunflower Seeds, Pumpkin Seeds, Unsalted Butter, Canola Oil, Ground Cinnamon, Ground Nutmeg, Koster Salt.

# Strawberry Bavaoise à la Measson

12 servings

## Preparation Time

2 hours, plus  
chilling time

## Ingredients

For the Jaconde:

34 g Cake flour  
114 g Ground almonds  
110 g Icing sugar

## Cooking Time

50 minutes

136 g Eggs, whole  
4 Egg whites

## Equipment

Stand mixer  
1 (20-cm) ring mold  
Tamis  
Baking tray  
Silicone parchment  
paper or Silpat  
Candy thermometer  
Acetate  
Pastry cutter

20 g Granulated sugar, plus  
extra for sprinkling  
23 g Melted butter

For the Anglaise:

8 g Gelatin sheet  
200 g Fresh strawberries,  
pureed  
15 g Lemon juice  
50 g Granulated sugar  
60 g Egg yolks

For the Italian meringue:

200 g Granulated sugar  
40 g Water  
100 g Egg whites

To Assemble:

100 g Strawberries, sliced,  
lightly sugared

For the cream:

250 g 35% cream  
Pinch Salt

For the strawberry glaze:

150 g Fresh strawberries, mashed  
52 g Granulated sugar  
3 g Cornstarch  
15 g Water, cold  
3.5 g Butter, unsalted  
2.5 g Lemon juice



- 1 For the Jaconde: Preheat oven to 230°C (450°F).
- 2 In large bowl, sift together cake flour, ground almonds and icing sugar.
- 3 Whisk in whole eggs until smooth.
- 4 In a separate bowl or stand mixer, whip egg whites to soft peaks and slowly add 20 g sugar. Continue whipping to firm, moist peaks.
- 5 Gently fold one-third of egg mixture into flour mixture until just combined, being careful not to overmix and deflate batter.
- 6 Slowly fold in melted butter, and then fold in the remainder of the meringue in two stages.
- 7 Spread mixture gently and evenly onto baking tray lined with parchment paper or Silpat. Bake for 8 minutes, or until pastry springs back when poked. Do not over bake.
- 8 Once cake has cooled, sprinkle with a thin layer of granulated sugar and cover with plastic wrap. Refrigerate overnight.
- 9 For the Anglaise: Mix gelatin and half of the strawberry puree, rest for 10 minutes. Combine gelatin mixture and remaining ingredients over a gently simmering double boiler. Cook, whisking constantly, until mixture reaches 85°C (185°F).
- 10 Place plastic wrap directly on surface of Anglaise and set aside to cool completely.
- 11 For the Italian meringue: In a small saucepan over medium-high heat, combine sugar and water. Bring to boil and cook until a candy thermometer registers 110°C (235°F), or softball stage.
- 12 In stand mixer, beat egg whites until frothy. Carefully drizzle in sugar syrup and whisk until stiff. Set aside.

- 13 For the cream: In a large bowl, whisk cream and salt until soft peaks form. Set aside.
- 14 For the strawberry glaze: In a medium saucepan over medium heat, combine remaining strawberry puree, sugar, cornstarch and water.
- 15 Cook, stirring, about 5 minutes, or until mixture boils, thickens and is clear.
- 16 Remove saucepan from heat. Stir in butter and lemon juice.
- 17 Cool to room temperature.
- 18 To finish: Warm Anglaise to 30°C (85°F). Fold Italian meringue into whipped cream, then carefully mix with warmed Anglaise.



- 19 Line 7-cm ring mold with acetate. Using a pastry cutter or knife, cut jaconde into pieces slightly smaller than the mold. Place one piece of jaconde in bottom of mold. Top with sliced strawberries and the Anglaise mixture (called Bavaoise). Refrigerate until firm, about 1 hour. Once firm, unmold and top with strawberry. Garnish as desired.

## Tips

- You'll need to plan ahead for this dessert, since the cake needs to be made a day ahead.
- It is easy to over-whip egg whites. If they start to look crumbly, you have gone too far and need to start again.
- Sprinkling the Jaconde with granulated sugar helps to keep it moist.
- Placing plastic wrap on the surface of the Anglaise will keep it from forming a skin.
- To garnish, try additional strawberries, mint, or even fondant flowers.

Nutrition Facts	
Per (29 g)	
<b>Calories 120</b>	% Daily Value*
<b>Fat 4 g</b>	5 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 20 g</b>	
Fibre 1 g	4 %
Sugars 12 g	12 %
<b>Protein 2 g</b>	
<b>Cholesterol 5 mg</b>	
<b>Sodium 35 mg</b>	2 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron 0.75 mg	4 %
* 5% or less is a little. 15% or more is a lot	

Ingredients: Strawberries, Eggs, Sugar, Lemon, Butter, Cornstarch, Almonds, Flour, Gelatin.

Contains: Eggs, Gluten, Wheat, Dairy, Nuts.



# Raspberry Bites

30 servings

## Preparation Time

10 minutes,  
plus 2 – 24 hours  
cooling time

## Equipment

Food processor

## Ingredients

220 g Raspberries, fresh or frozen  
80 g Oats, old-fashioned  
70 g Sunflower seeds  
30 g Coconut flour  
40 g Maple syrup  
100 g Desiccated coconut,  
unsweetened, divided  
13 g Coconut oil

- 1 In a food processor fitted with the S-shaped blade, combine raspberries, oats, sunflower seeds, coconut flour, maple syrup, 70 g desiccated coconut, and coconut oil.
- 2 Process until mixture forms a fine paste and clumps together into a ball. If the mixture is too dry to hold together, add the remaining coconut oil.
- 3 Using a teaspoon, divide mixture into 30 portions.
- 4 Gently shape into balls and roll in remaining coconut to garnish.
- 5 Refrigerate for 2 hours or overnight.





Nutrition Facts	
Per (93 g)	
<b>Calories 210</b>	% Daily Value*
<b>Fat 7 g</b>	9 %
Saturated 3.5 g	
+ Trans 0.2 g	18 %
<b>Carbohydrate 34 g</b>	
Fibre 2 g	7 %
Sugars 6 g	6 %
<b>Protein 5 g</b>	
<b>Cholesterol 30 mg</b>	
<b>Sodium 180 mg</b>	8 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Iron 1.5 mg	8 %
* 5% or less is a little, 15% or more is a lot	

Ingredients: Raspberry, Coconut, Whole Oats, Sun-flower Seeds, Maple Syrup, Coconut Flour.



# Sweet Potato Cupcakes

6 servings

## Preparation Time

15 minutes

## Cooking Time

25 – 30 minutes

## Equipment

Cupcake pan

## Ingredients

40 g	Whole wheat flour, plus extra for dusting pan	16 g	Sunflower oil, plus extra for greasing pan
1.4 g	Cocoa powder (approximately ½ teaspoon)	52 g	Dark chocolate, melted
1.4 g	Baking soda (approximately ½ teaspoon)	5 g	Vanilla extract
3 g	Baking powder	150 g	Sweet potato, medium, grated
1.5 g	Cinnamon	39 g	Walnuts (optional)
2 g	Salt	30 g	Chocolate chips
30 g	Maple syrup	25 g	Sunflower seeds
29 g	Brown sugar		
1	Egg		





- 1 Preheat oven to 175°C (350°F). Grease muffin tin with 5 g oil; dust with flour to coat, removing excess. Set aside.
- 2 Over large bowl, sift flour, cocoa powder, baking soda, baking powder, cinnamon, and salt. Whisk to combine.
- 3 In medium bowl, combine maple syrup, brown sugar, egg, oil, melted chocolate and vanilla. Whisk until well combined. Add grated sweet potato and stir together. Add sweet potato mixture to the flour mixture and stir to combine. Add walnuts, if using, chocolate chips, and sunflower seeds.
- 4 Pour into prepared cupcake pan and bake for 25 – 30 minutes, or until a toothpick inserted in centre comes out clean.

## Tips

- Squash can replace the sweet potatoes.
- You can omit the walnuts, or substitute with other nuts such as almonds or hazelnuts.
- The sunflower seeds can be omitted. Pumpkin or chia seeds can also be used.

Nutrition Facts	
Per (29 g)	
<b>Calories 120</b>	% Daily Value*
<b>Fat 4 g</b>	5 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate 20 g</b>	
Fibre 1 g	4 %
Sugars 12 g	12 %
<b>Protein 2 g</b>	
<b>Cholesterol 5 mg</b>	
<b>Sodium 35 mg</b>	2 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron 0.75 mg	4 %
* 5% or less is a little. 15% or more is a lot	

Sweet Potatoes, Whole Wheat Flour, Dark Chocolate, Maple Syrup, Eggs, Canola Oil, Sugar, Sunflower Seeds, Walnuts, Cocoa Powder, Vanilla Extract, Kosher Salt, Baking Powder, Baking Soda, Ground Cinnamon.

Contains: Gluten, Wheat, Nuts.



A group of students wearing striped aprons are working at a long stainless steel table in a kitchen. They are preparing green herbs, with some chopping on cutting boards and others adding to large metal bowls. A recipe sheet is visible on the table. The scene is brightly lit, and the focus is on the hands and ingredients.

Part 2

# Student Workshops



## Interactive Workshops Outline Overview

This SNACK Pilot initiative was a separate part of our SSHRC funded Farm to School research ([Please click here to see our Research Paper](#)). Its main goal was to give middle and secondary school students the opportunity to participate in interactive workshops to build their food and health literacy and culinary skills. Over the course of our project we were able to deliver more than 30 workshops to middle and high school students in Toronto and Peel at the TDSB, PDSB, and DPCDSB).

Workshop goals also included gaining public support for farm to school activities and programs, promoting food literacy, sustainable food, healthy diets and lifestyles, and the effective build-up of local food infrastructure.

Workshops had two main sessions with (generally) a total length of about 150 minutes. 50 minutes were

dedicated to the theory portion and 100 minutes for a culinary hands-on session. The workshops delivered multiple activities to engage the students and introduce them to the benefits of a healthy diet, food literacy, and local agriculture...the pillars of farm to school. In the theoretical sessions, students engaged in discussions and brainstorming sessions on topics of food security, food systems and literacy, health, and environmental sustainability. The practical component was a hands-on culinary workshop, an opportunity to recreate two recipes that our George Brown College (GBC) Culinary Nutrition Management students developed. By successfully completing the workshop, students were more able to understand the concepts of food security, food literacy, health, diet, and sustainability,



and were more capable of connecting this knowledge to their own health and well-being. They developed culinary skills, learning techniques and methods of food preparation in a safe, clean, organized, and timely manner. We also disseminated the workshop resources to the students, teachers, and all stakeholders.



















## Food Security and Literacy Workshop

→ Please click here for the Resources for Farm to School Workshops

Chef Professors from George Brown College led these workshops with the help of students, research assistants and Ecosource, our community partner in Peel. Students were in grades 6 through 11 and there were generally 28 students or a few less.

The theory workshop was 50 minutes long and started with a 20-minute presentation and discussion of food security with the slides that Ecosource produced (you will find all workshop resources by clicking this link: [Resources for Farm to School Workshops](https://ecosource.ca/wp-content/uploads/Grown-in-Mississauga_Training-Manual_.pdf). You will find the Food Security cards on page 15 of the online document 'Grown in Mississauga': [https://ecosource.ca/wp-content/uploads/Grown-in-Mississauga\\_Training-Manual\\_.pdf](https://ecosource.ca/wp-content/uploads/Grown-in-Mississauga_Training-Manual_.pdf)). The presentation was made interactive by soliciting the participation of students

for almost every slide. They were tasked with offering their understanding of the slide or giving an example of the topic (all workshop resources were printed as many schools did not have A/V equipment).

We then broke the class into three groups and gave each group one topic for a jigsaw session. One of the George Brown team sat with each group and directed the student's brainstorming sessions. The three topics were: food systems, farm to school activities, and the benefits of a healthy diet.

Each group examined the resources, was given an introduction to the topics by our team, and then brainstormed to create a short presentation they would make to the other two groups to help them understand their topic. The three topics were:



- 1 Food Systems: The food systems group also had Ecosource slides to work with (you will find all workshop resources through the link above. The food system cards are on page 10 of the the on-line document 'Grown in Mississauga': [https://ecosource.ca/wp-content/uploads/Grown-in-Mississauga\\_Training-Manual\\_.pdf](https://ecosource.ca/wp-content/uploads/Grown-in-Mississauga_Training-Manual_.pdf)) They made the topic easier for them to understand, navigate, and present. The students were given random food systems cards that they were to collectively examine and place in the correct order. The group discussed what a food system is while a project team member provided direction and explanations. When the food system cards represented the proper chain of events, students presented the information to the other two groups, providing explanations of each step.
- 2 The farm to school group worked with cards printed from a PowerPoint. Their task was to try and provide examples of the three pillars. For example, fresh local food may be represented by unprocessed fresh foods that the school might buy direct from a farmer in season. Hands-on learning and food literacy might be illustrated by a trip to a farm, a farmer's market, tending a school garden, or attending this workshop! School and community connectedness, the third pillar, was the most difficult of the three for students to synthesize but was probably illustrated most easily as transactions between the

school and a farmer, or their parents and a farmer, at a farmer's market. Their presentation to the other groups included a description of the three pillars of F2S with examples of each.

- 3 The third group investigated the benefits of a healthy diet. The benefits were broken into three categories, health and wellness, academic, and community/economic. They were given 9 cards for each category of benefit. Six of the (nine) cards represented benefits that were considered likely as they were the result of an evidence-based scientific study. Three of the (nine) cards listed benefits that had no evidence of occurring and described things that were slightly unrelated. Their job was to determine which benefits

described were proven and which were fabricated. It was a difficult task, but students were advised to discuss each card briefly and vote whether they were true or false. Our George Brown staff was there to help and ensure what they presented were the actual benefits.

George Brown staff and students moderated to keep things going in the right direction but tried to let the students work things out for themselves as much as possible. Of course, there are major differences between 6th and 11th grade students, but generally, all students were engaged and capable.

After each group presented to the other two, we washed our hands and started the culinary workshop.

## Culinary Workshop Outline

Chefs and culinary students from George Brown College led the Interactive Workshops with middle and high school students who produced a couple of the recipes developed at the start of our SSHRC funded SNACK Pilot project. They were developed with faculty and students from the Culinary Management Nutrition program at GBC and you will, of course, find them at the beginning of this document.

The workshops started with an overview of safety and sanitation in the kitchen followed by a demonstration of knife skills and the recipes to be made.

We produced a short Knife Skills video which you will find here: <https://www.youtube.com/watch?v=AB2HI1loz4A>

Students then worked in groups with GBC staff to create recipes that were broken up into separate components. Students had the opportunity to participate in producing all components. They prepared ingredients, and took turns cutting, mixing, making dough, rolling dough and forming dumplings or turnovers, and cooking.

When the food was ready, we enjoyed it together and had a wrap-up discussion reviewing everything we learned and how everything connected.



## Benefits of the Workshops

There were various benefits documented throughout the execution of the workshops in the Greater Toronto Area and we shared these healthy snack recipes with all of our partners.

### **Student Benefits**

- Encourage students to eat healthy foods and local foods;
- Improve their cooking skills;
- Inspire them to cook and eat homemade meals using fresh, unprocessed ingredients;
- Enhance their food literacy, knowledge of healthy diets and lifestyles, sustainable food systems, and why food security is so important.

### **Teacher and School Administrator Benefits:**

- Gaining supports for school meal programs;
- Empower teachers and school staff to incorporate cooking and nutrition classes into the curriculum or for special events;
- Generate a model for nutrition/ culinary workshops that the schools can implement to enhance students' literacy in terms of healthy diets and healthy lifestyles;
- Showcasing the benefits of Farm to School and encourage their school, or school board, to support more cooking/ nutrition-related curriculum or F2S activities.

## Feedback

We asked the teachers to have the students do a follow-up questionnaire, one the day after the workshop and another 4 to 6 weeks after the workshop, but received limited responses, although the few we did receive were overwhelmingly positive. Overall, students loved the hands-on culinary workshops best (as expected), and most were also happy to learn about healthy food and how it's procured and produced.

In terms of the content of the workshop, the students claimed to enjoy the workshops, however, some of them thought that parts of the theory session were a bit difficult to understand at first since the information was new to them, although they claimed to understand it by the end of the workshop.

Most of the feedback showed positive changes in students' diets and perceptions of healthy foods versus processed foods. A number of students claimed to eat more home meals as well as fruits and vegetables after learning about their benefits. The students also showed a higher interest in cooking at home. Most of the students claim that they had never learned to use knives properly and mentioned that they felt more confident after seeing the safety and knife skills demonstration and practicing knife skills with the guidance of the team. Also, due to the discussion of the importance and benefits of eating locally and sustainably, some students were empowered to grow their own vegetables at home.

Teachers unanimously provided excellent comments. These are two examples:

“I just want to say a HUGE thank you for a fantastic morning session with my Grade 8 class! The students had so much fun, they were so engaged in the discussion and enjoyed preparing and eating the perogies. Even my principal was so impressed with what they have done! I’m hoping to work with you all again in the near future.”

“Our students had a great time today and were so engaged in the learning experience you provided for them. Thank you so much for coming to Edgewood and bringing this opportunity to our students!”

Teachers felt the workshops helped students learn important concepts of food security, food literacy, the benefits of a healthy diet, how local food helps communities, and culinary skills, practicing techniques and methods of preparation in a safe, timely, and organized manner while enjoying themselves.

We felt the workshops were excellent opportunities for learning and growth for our audience and our own college research students, too. However, I wondered where students will get this information and these opportunities when our project ends. Shouldn’t public school curricula include these topics and hands-on activities?

















Part 3

# Lab Manual



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## **Knife introduction**

Think about the basic relationship between good food & proper knives. Consider the many knives a creative cook uses to prepare a delicious meal. Without them, otherwise pleasurable tasks can become chores. The right knife always enhances the skills of any artisan.

As you acquire basic culinary knowledge and experience, you will also learn to use the equipment best suited for developing your skills.

In the following pages, we will share our collection of the knives that lend a special flair to our technique, and make our work in the kitchen much easier.

## Knife Skills Video



We produced a short Knife Skills video which you will find here: <https://www.youtube.com/watch?v=AB2HI1loz4A>

You can also navigate to the video by clicking the thumbnail above.



## Choosing Knives

Good knives are a lifetime investment, and the most valued tool of the professional cook. They do not come cheap. Select them carefully, not on impulse.

Never assume that knives for sale are “professional quality” just because they are marketed as such.

Here are a few pointers on what to look for when buying knives.

First, select a knife designed to do the job you want it to. Avoid those “complete sets,” where every knife is the same shape, although a different size. Those are designed not to do a job, but to match, which doesn’t really matter when it comes to cutting.

There are only three basic types of knives needed in most kitchens. There are dozens of different specialty

knives for all kinds of specialized jobs, from opening clams to carving turkeys, but the basics for the kitchen are only three: a paring knife, a boning knife, and the French chef’s knife. These are the three basic knives you need.

Now, what to look for when buying them.

**First the grind.** There are a variety of methods for grinding the edge of a knife, from the concave grind of the barber’s razor to the heavy roll grind of a meat cleaver. Not all knives need the same kind of grind. The best French chef’s knife should have a roll grind; it needs the weight behind the cutting edge for all of that chopping.

## Transportation of knives

The paring knife on the other hand, would work better with a flat grind. Don't be sold on "hollow ground" knives. Hollow ground is necessary on some heavy bladed hunting knives, but not on most, if any, kitchen knives.

**Pay attention to the "tang."** That is the part of the blade that extends into the handle. The best knives have a "full tang," which means the metal extends completely through the handle. It is particularly important that any large French chef's knife have a "full tang." Also, look for a good heel and a comfortable grip.

**Most of the knives available today are made of stainless steel.** Although they stay clean and bright, they tend to lose their edge faster than the best carbon steel knives, which will tarnish.

- Secure your knives in a case (available from major knife suppliers).
- Wrap knives in a clean, dry, kitchen cloth secured with string, tape or an elastic band.
- Use a small rectangular box.
- Do not carry your knives unsecured in a handbag or plastic bag. The sharp edge could protrude causing injury to you or others.



## Safety rules

- If carried, the knife point must be held downward at your side.
- Knives on the table must be placed flat so the blade is not exposed upward.
- Do not allow knives to project over the edge of the table.
- When using knives, keep your mind and eye on the job in hand.
- Use the correct knife for the correct purpose. Always keep knives sharp.
- After use, always wipe the knife with the blade away from the hand.
- Keep the handle of the knife clean when in use.
- Never leave knives in the sink.
- Never misuse knives; a good knife is a good friend but it can be a dangerous weapon.
- Do not attempt to catch a falling knife, step back to avoid cutting your fingers or toes.

## Types of knives

To the experienced cook, knives are of the greatest importance. For speed, and for the professionally finished appearance of his/her work, cuts must always be clean and accurate.

For this reason most good cooks purchase their own personal set of knives. They mark them plainly, take meticulous care of them and permit no one else to use them.

There are an infinite variety of styles and types of knives. Here are, however, the most commonly used:

### 1 Paring Knives

Four different styles of paring knives are most common, the cook's style (or spear point), the curved, sharp and clip points. Which you choose is a matter of personal preference.

The paring knife is a short knife with a 6 cm – 10 cm pointed blade. Used for trimming and shaping fruits and vegetables. The point is used for eyeing and removing blemishes.

### 2 Boning Knives

Boning knives come in a variety of sizes and shapes, from a 10 cm wide stiff, straight blade to an 18 cm – 20 cm narrow, curved, flexible blade. Again, the shape of the blade is a matter of personal preference.



It is used in separating raw meat from the bone with a minimum of waste.

### **3 French or Chef's Knife**

This is the perhaps the most usual knife in anybody's kitchen. Buy a good one and learn to use it. The cook's knife is available in blade lengths from 20 cm – 30 cm. Most cooks prefer the 25-cm lengths.

The blade is wide at the handle and tapers to a point. When you buy one, check to make sure that the “choil” is deep enough so you don't knock your knuckles when you chop with it.

When properly used, the chef's knife is positioned with the point on the cutting board well beyond the food to be sliced, diced or chopped. Then with a rock-

ing motion, without lifting the point from the cutting board, you can quickly and safely slice or dice up a storm.

The 15-cm to 20-cm knives are used for salads or for cutting fruits. The 25-cm to 30-cm knives are the most popular. They are used for slicing and dicing vegetables and cooked meats. The longer ones, 30 cm, are used for chopping parsley and for breaking through the backbones of poultry. The characteristic of the French knife is the offset handle, which gives the hand clearance of the table.

## Sharpening steel

### Six important features of a good French knife

- 1 A non-flexible steel blade, preferable stainless steel.
- 2 Good heavy hilt/choil.
- 3 The top of the blade must be broad at the hilt/choil.
- 4 Firm and comfortable handle.
- 5 The blade must be deep enough to give clearance between knuckles and board when cutting.
- 6 Cutting edge of the blade must be true. A worn and hollow knife will not cut evenly and has to be ground on a stone.

There is no point in buying good knives unless you intend to religiously to keep them sharp. No matter how well you treat a knife, time and use will eventually dull the edge. Contrary to general opinion, a sharp knife is not more dangerous than a dull knife. The opposite is true. Dull knives slip, sharp ones cut. Although grinding on a carborundum stone will actually sharpen a knife, you can tune up your knives with a few strokes on a sharpening steel. This realigns the tiny, invisible teeth (all knives actually cut like saws) that have been moved out of position by cutting.

Hold the steel in your non-dominant hand, rest one side of the knife-edge lightly against the steel at a 25- to 30-degree angle and draw it quickly toward you in a



curving arc until the tip of the blade touches the bottom of the steel. Bring back to the original position on the other side of the steel and repeat this operation; about four light strokes per side should be enough if you steel each knife before using it as a rule rather than as an exception.

Your knives will intermittently need to be sharpened on a stone either by a professional or you can do it yourself.

# The Cooking Process

Cooking is the process of bringing about a change in a food product by the application of heat over a period of time. The purpose of cooking is to make the food more edible or palatable.

Heat can be transferred to food in three ways:

## 1 Conduction

The transfer of heat from one thing to another by contact.

## 2 Convection

The spread of heat by a flow of hot air or steam or liquid around the food.

## 3 Radiation

The transfer of heat through energy waves radiating directly from a source into the food.



## Dry Heat Cooking

Two major factors in successfully using dry heat techniques are selecting the proper cuts of meat, poultry and fish, and knowing how to determine the desired doneness. Because dry heat does not have a tenderizing effect, any food prepared by one of these techniques must be naturally tender or should be prepared in a way that will introduce additional moisture.

- 1 **Grilling**

To cook on a grate with heat from below.

- 2 **Broiling**

To cook by direct heat from above.



**3 Baking**

To cook by heated air in an enclosed area called an oven. The term typically applies to pastries, cookies, breads, certain vegetables and casseroles.

**4 Roasting**

To cook by heated air usually in an enclosed space such as an oven or barbecue pit. The term nearly always refers to meats.

**4 Sautéing**

To “jump” food quickly in a small amount of hot fat in a hot pan over high heat.

**5 Pan Frying**

To cook food in a moderate amount of fat in a pan over moderate heat.

**6 Deep Frying**

To cook food submerged in hot fat.



## Moist Heat Cooking

Moist heat cooking methods are used to produce flavourful dishes by cooking the main item in a liquid bath. The amount of liquid varies.

Unlike dry heat methods, sometimes with moist heat cookery meat is browned in fat as an initial step in the moist heat cooking process. When braising or stewing, both moist heat methods, a certain amount of flavour is transferred from the food into the cooking liquid. It is important to either hold the flavour and juices in the food during cooking by carefully slow cooking the main item or to recapture the flavour by serving the liquid as part of the finished dish.

### 1 Boiling

To cook food submerged in a boiling liquid.

### 2 Simmering

To cook food submerged in liquid just below a boil at a temperature of 85°C (180°F). A simmering liquid has bubbles floating slowly from the bottom of the surface.

### 3 Poaching

To cook food submerged in liquid at a temperature of 70°C – 85°C (160°F – 180°F). A liquid at this temperature will have bubbles on the bottom of the pot, but they will tend to stay there and not disturb the body of the liquid.

#### **4 Steaming**

To cook with steam usually in a stove top steamer or a cabinet type steamer with or without pressure.

#### **5 Braising**

To cook food until tender with a small amount of liquid in a covered container over a low heat or in a low heat oven, usually after browning.

#### **6 En Papillote**

To cook food enclosed in a silicone parchment paper or greased paper. As the food steams, flavours are held until the pouch is opened in front of the diner.



## **Some notes on Flavouring**

What you cook can easily be made more delicious with the proper use of herbs and spices. They may also make you healthier!

## Herbs & Spices

Fresh herbs are available year round and are easy to obtain. Well organized kitchens often have fresh herbs supplied by local gardeners/suppliers. However, all food service operations usually have dried herbs on hand, both for a back up and for the different flavour dried herbs give if they are desired.

Some herbs, like parsley, thyme, cilantro and basil, can be kept as long as a week, if they are wrapped in a cloth that is then placed in a plastic bag. Others, such as mint and tarragon, have a short shelf life.

Since herbs should be served fresh, only a one- or two-day supply should be bought at a time.

A good kitchen has a complete assortment of dried herbs. Care should always be taken to ensure that dried herbs are fresh and at their best.

Remember these points:

- Never buy dried herbs in large quantities because their quality deteriorates with time.
- Always keep dried herbs in airtight containers.
- Transparent glass bottles should not be used because light affects the quality of herbs.
- Buy herbs from reputable companies. Be aware that low cost herbs often are of poor quality.
- When using dried herbs rather than fresh herbs, you will require less of the dried herbs to flavour your food, generally one-quarter of the amount.

Since spices are grown mainly in tropical regions, most spices are usually bought dried, except for ginger root. They may be whole, crushed, ground, powdered or mixed. Buy from reputable companies that can guarantee the freshness, as there are many poor quality spices on the market.

Buy spices in limited amounts. With time, regardless of their quality and careful storage, they lose flavour.



## Salt & Pepper

One of the most important spices is salt. The use of good sea salt can improve flavours dramatically. It is perhaps the most important ingredient in savoury foods (it is actually used in most sweet foods also to add to taste). Normandy sea salt is extremely good, as is fleur de sel. It has a grey appearance (this comes from mineral content) and moist texture (it is sometimes advisable to dry the salt before grinding) that enhances taste. Because of high moisture and mineral content it may have less sodium chloride and is actually a bit less salty than table salt per gram.

There are many sea and mined salts from around the world. You can discover many different nuances of taste when you try them.

Pepper is a pungent spice that belongs to the genus piper. It generally comes in white and black, indicating different ripeness (white pepper is also soaked so that the whitish seed can be removed). Green pepper is the soft under-ripe berry that is usually brined. Red peppercorns actually belong to a different family and are not true peppers. White pepper is considered milder and is used when colour is not desired (although some consider white pepper more pungent). Black pepper is pungent and aromatic, imparting a beautiful flavour that over-extracts easily if cooked for too long. Pepper is an essential ingredient in many savoury foods.

Almost everything you cook or assemble should be seasoned with sea salt and pepper. Generally season

as you cook and add a touch of sea salt to each ingredient as you add it to a dish. Always adjust seasoning before serving. As mentioned, do not overcook pepper but do give it up to 30 minutes to extract its flavour. Always grind peppercorns fresh.

Anything left from the previous day should be tasted to see if it needs to be adjusted for seasoning before serving.



## **Vegetable Cuts**

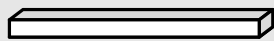
The purpose of cutting vegetables using the following techniques is to obtain uniformity of size and shape, which promotes even cooking time and gives the food a better appearance. It also increases the surface area, which allows for extraction of flavours if required.

Additionally, it will help match the size of garnish or entrée to the size of eating utensil. For instance, you would cut soup garnish small so that it will fit easily onto a soup spoon.

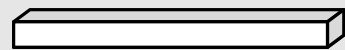




**Fine Julienne**  
 $\frac{1}{16} \times \frac{1}{16} \times 1 - 2$  inches



**Julienne Allumette**  
 $\frac{1}{8} \times \frac{1}{8} \times 1 - 2$  inches



**Batonnet**  
 $\frac{1}{4} \times \frac{1}{4} \times 2 - 2,5$  inches



**Tourné**



**Seven 2-inch sides**



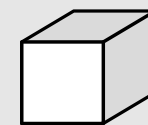
**Brunoise**  
 $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$  inch



**Small Dice**  
 $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$  inch



**Medium Dice**  
 $\frac{1}{3} \times \frac{1}{3} \times \frac{1}{3}$  inch



**Large Dice**  
 $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$  inch



**Paysanne**  
 $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{8}$  inch

## Weights & Measures

Careful weighing and measuring is not all that important when making stocks, soups, sauces and stews; and the cook may jump from measuring in grams to measuring in ounces, cups or litres with impunity.

However, if following a recipe for the first time and certainly when making cakes, pastries, and desserts, it is quite inadvisable to jump from one system of measurement to another.

When testing a recipe and faced with an awkward equivalent, round down or up, depending on the ingredient. This means that the metric, Imperial and American proportions will each work individually. However, using Imperial quantities for half the cake and metric quantities for the other half might be disastrous.

Similarly, the equivalents given are not strictly accurate, but are rounded up or down for convenience.

# Abbreviations

**tsp** = Teaspoon  
**tbsp** = Tablespoon  
**c** = Cup  
**pt** = Pint  
**qt** = Quart  
**gal** = Gallon  
**oz** = Ounce  
**lb** = Pound  
**ml** = Millilitre  
**l** = Litre  
**g** = Gram  
**kg** = Kilogram  
**°F** = Fahrenheit  
**°C** = Celsius  
**in** = Inch

**ft** = Foot  
**cm** = Centimetre  
**m** = Metre  
  
**bsk** = Basket  
**btl** = Bottle  
**bu** = Bunch  
**clv** = Clove  
**con** = Container  
**cu** = Cube  
**dz** = Dozen  
**ea** = Each  
**xlg** = Extra Large  
**hd** = Head  
**lg** = Large

**lf** = Loaf  
**md** = Medium  
**pkg** = Package  
**pc** = Piece  
**pnc** = Pinch  
**ptn** = Portion  
**sh** = Sheet  
**sl** = Slice  
**sm** = Small  
**stk** = Stalk  
**tn** = Tin  
**tt** = To The Taste



# Solid Food Measure Equivalents ↺

Ounces  
Pounds  
Grams  
Kilograms

.25			
.50			
1			
2			
3			
4	1/4		
5			
6			
7			
8	1/2		
8.8			1/4
9			
10			
11			
12	3/4		
13			
14			
15			
16	1		
17.6			1/2
24	1 2		
26.5			3/4
32	2		
35.3			1

## Tip

- Ounces to Grams: Multiply ounce figure by **28.35**
- Grams to Ounces: Multiply gram figure by **0.0353**
- Pounds to Grams: Multiply pound figure by **453.59**
- Pounds to Kilograms: Multiply pound figure by **0.45**

# Liquid Measure Equivalents ↺

Ounces	USA	Imperial	Millilitres
	1 tsp	1 tsp	5
.25	2 tsp	2 tsp	9
.50	1 tbsp	1 tbs	14
1	2 tbs	2 tbs	28
2	1/4 c	4 tbs	57
3			85
4	1/2 c	1/2 c	113
5		1/4 pt	142
6	3/4 c		170
7			199
8	1 c / 2 pt	1 c	227
8.8			250 / 1/4 l
9			256
10	1 1/4 c	2 pt	284
11			313
12	1 1/2 c		341
13			369
14			398
15		3/4 pt	426
16	2 c / 1 pt		455
17.6			500 / 2 l
20	2 1/2 c	1 pt	568
24	3 c		682
25		1/4 pt	710
32	4 c / 1 qt		909
35.1			1000 / 1 l
40	5 c	5 c / 1 qt	1136

## Tip

- Ounces to Millilitres: Multiply ounce figure by **30**
- Cups to Litres: Multiply cup figure by **0.24**

# Oven Temperature Equivalents ↻

Fahrenheit °F (°C)	Gas mark	Description	Celsius °C (°F)
150 (65.5)			70 (158)
175 (79.4)			80 (176)
200 (93.3)			90 (194)
			100 (212)
225 (107.2)	.25		110 (230)
250 (121.1)	.50	Very Slow	120 (248)
			130 (266)
275 (135.0)	1		140 (284)
300 (148.8)	2	Slow	150 (302)
325 (162.7)	3		160 (320)
			170 (338)
350 (176.6)	4	Moderate	180 (356)
375 (190.5)	5		190 (374)
400 (204.4)	6	Hot	200 (392)
			210 (410)
425 (218.3)	7		220 (428)
450 (232.2)	8	Very Hot	230 (446)
475 (246.1)	9		240 (464)
			250 (482)
500 (260.0)	10	Extremely Hot	260 (500)
			270 (518)
525 (273.8)			280 (236)
550 (287.7)			290 (554)
575 (301.6)			300 (572)
			310 (590)
600 (315.5)			320 (608)

## Tip

- Fahrenheit to Celsius: Subtract 32 from the °F figure, multiply by 5 then divide by 9.
- Celsius to Fahrenheit: Multiply °C figure by 9, then divide by 5, then add 32.





# Fresh & Local Farm to School

Design by Jacob Lindblad