

The Port Moody Farmers Market Presents:



Cooking With The Market



**A recipe e-book sourced from
customers, staff and vendors at the Port
Moody Farmer's Market.**

Zucchini Pancakes

Entered by Wendy Hawkin

Ingredients:

- 3/4 Cup Shredded zucchini
- 2 beaten eggs
- Dash Sesame oil
- 3 Tbsp Flour (chickpea, gluten free, rice)
- salt
- Onion (Minced)

Directions:

1. Combine all ingredients. Adjust flour to create desired thickness.
2. Drop into hot coconut oil and fry until golden brown
3. Serve with Asian dipping sauce

Asian Dipping Sauce

Entered by Wendy Hawkin

Ingredients:

- 1/2 Cup Soy sauce
- 1/4 Cup Water
- 1 Tbsp Rice vinegar
- 1 Tbsp Sesame oil
- 1 Tbsp organic light brown sugar
- 1 Cloves Garlic (Minced)
- Pepper
- Chopped green onion

- Sesame seeds

Directions:

1. Mix together and serve with pancakes, steamed vegetables, or fish/poultry

Butternut squash and chick pea soup

Entered by Darquise Desnoyers

Ingredients:

- 1 butternut squash, peeled and diced, reserving the seeds
- 1 Tbsp cumin seeds
- 1 dried red chilli, crumbled
- coconut oil
- 2 sticks celery, trimmed and finely chopped
- 3 cloves garlic, peeled and finely chopped
- a few sprigs of fresh parsley, leaves picked and chopped, stalks finely chopped
- 2 Small red onions, peeled and finely chopped
- 1 1/2 litres vegetable stock
- 2 x 400g tinned chickpeas, drained
- 50 g almond flakes
- 1/2 Tbsp fennel seeds
- 1/2 Tbsp sesame seeds
- 1/2 Tbsp poppy seeds
- sea salt
- freshly ground black pepper
- zest of 2 lemons
- a few sprigs of fresh mint, leaves picked and chopped

• Coconut oil

Directions:

1. Peel the butternut squash with a potato peeler, cut in 1 inch square. Keep the seeds aside.
2. Preheat your oven to 400°F. Place the squash, cumin and crumbled chilli in a bowl and mix with coconut oil (melt the oil first). Place the squash on a baking sheet and place in the preheated oven. Roast for 30 minutes or until the squash is cooked through.
3. Once the squash is roasted, heat a large saucepan and pour in a splash of coconut oil. Add the celery, garlic, parsley stalks and two-thirds of the onion, and cook gently with a lid on until softened. Drop in the roasted squash and let it sweat for a few minutes, then pour in the stock. Bring to the boil, turn down the heat and simmer for 15 minutes. Add the chickpeas and simmer for 15 minutes more.
4. Meanwhile, toast the reserved squash seeds with the almond flakes, fennel, sesame and poppy seeds in a little coconut oil until they are nicely coloured all over.
5. Season the soup well and, using a hand-held potatoes masher, mash so it thickens, but there are still some chunky bits. Keep warm while you mix together the lemon zest, chopped parsley leaves and mint leaves. Chop the remaining onion until it's really fine, then mix into the zesty mixture.
6. To serve, divide the zesty herb mixture between the bowls and ladle over the soup. Stir each bowl once with a spoon, then sprinkle with the toasted seeds and almonds.

Avocado Salad Dressing

Entered by Darquise Desnoyers

This is great dressing to add to any salad. I make a bed of kale, add some quinoa, dried cranberries, and a few cherry tomatoes and of course the avocado dressing.

Ingredients:

- 1 Large ripe avocado (or 2 small)
- 1/4 Cup avocado
- 1 handful fresh cilantro
- 1 jalapeño, stem and seeds removed
- 2 cloves garlic
- juice from 1 lime
- 1 Tbsp honey (maple or agave would work too to make it vegan) I use manuka honey
- 2 Tbsp apple cider vinegar
- 1/4 Cup water (you may want more if you want it thinner)

Directions:

1. Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if you would like. I like to let it sit a bit in the fridge before eating, the flavors really come together.
2. Store in an air tight container or jar in the fridge. Keeps for about 5 days.



Carl's Ra Energy chickpea, pecan and feta salad

Submitted by Ra Energy

Going to a summer picnic? Mix protein and veggies for a satisfying savoury salad that will have everyone lining up for seconds.

Ingredients:

- 1 container mesclun greens
- 1 cup halved cherry tomatoes
- 1 diced red bell pepper
- 1/2 diced cucumber
- 1 diced red onion
- roasted sweet cayenne pecans (roasted at 300 for 15 minutes, with 2 tbl water, 2 tbl sugar, 1/4 tsp cayenne)
- crumbled goat feta
- sautéed chick peas (sautéed with olive oil, garlic, chill pepper flakes, Himalayan rock salt and pepper)

- 1 to 2 tablespoons of garlic flavour Ra Energy



Chocolota bikers brittle

Submitted by Ra Energy

Makes 8-12 pieces

Ingredients:

- 1/4 cup Naturally Sweet Ra Energy
- 1 cup cacao powder
- 1/3 cup coconut oil
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla powder
- 1/4 cup coconut sugar
- 1/4 cup almond pieces
- 1/4 cup dried cherries or goji berries

Directions:

Blend all your ingredients except the almonds in a blender until smooth.
In a small mixing bowl add in your almonds.

Using a fork, spread the mix as flat as you want on a piece of parchment paper and garnish with more Naturally Sweet Ra Energy and almond pieces.

Be sure to press the garnish down into the chocolate with a fork.

Refrigerate the chocolate for 30 minutes and serve.



Flourless Hemp Peanut Butter Cookies

Submitted by Power of Food

Sweet, scrumptious, delectable, mouth watering, I can't believe they are healthy cookies. That is what I should have called these cookies. My "Flourless Hemp Peanut Butter Cookies" were my own little secret until I started to take them on the road with me to offer others. The word is out! One bite and you will be hooked. Not a bad thing when each bite is a healthy dose of protein and fibre.

Hemp seeds are my favorite food and I use them as my multi-vitamin because they contain so many vital nutrients the body requires. These nutrients include protein, essential fatty acids, fibre, iron, vitamin E and so much more. Just add a few tablespoons to every meal you eat and enjoy a boost to your health.

Ingredients:

- 1 cup of hemp seeds
- 1/4 cup raw cane sugar
- 2 organic eggs
- 1 cup all natural peanut butter
- 1/2 tsp baking soda
- 1/4 cup organic chocolate chips

Directions:

Mix together all ingredients in a large bowl. Spoon out small ball size portions and flatten onto parchment paper with a fork. Cook in oven at 350 until golden brown, 10-15 minutes. So tasty and so nutritious, even kids love them!



Hummus with garlic scapes

Submitted by GE Free Tri-Cities

This recipe is a great showcase for freshly picked local garlic scapes. Scapes are the central green stalk of hard-necked garlic varieties (see picture above). They produce a small flower bulb at the end, which should be trimmed off before the scapes are eaten. Cut the scapes from the garlic plant in the spring or early summer when they have 3-4 curls.

Ingredients:

- 1 14 ounce can chickpeas, drained
- approx 1/4 cup good extra-virgin olive oil
- a handful of garlic scapes (the soft green part-discard anything that is too tough or woody)
- 2 tablespoons lemon juice
- 2 tablespoons tahini (sesame see paste)

1 teaspoon ground cumin seed or to taste
salt and pepper to taste

Directions:

Add all ingredients except scapes to a food processor or high-speed blender. Process until as smooth as you like, adding a bit more oil (or alternately almond milk) to thin it out a bit.

Chop the garlic scapes into 1/2 inch pieces (you should have 1/2 to 3/4 of a cup). Add these to the blender and continue to process until things are blended to your liking.

Scrape into a bowl and let sit for an hour or so for flavours to meld.

Serve with pita bread or chips, vegetable sticks or as a spread for sandwiches.

This recipe is very forgiving - add or subtract seasonings according to your taste.

Carrot Ginger Sunshine Soup

Submitted by Wendy Hawkin

Ingredients

- 2 Tbsp Fresh ginger chopped fine
- 2 Cups Carrots (chopped)
- 1/4 Cup Orange juice
- 2 1/2 Cups Broth
- 1/2 Onion (Chopped)
- 1 Tbsp Coconut oil

Directions

1. Cook onion and ginger in oil until soft
2. Add carrots, juice, and broth
3. Bring to a boil, then simmer for about 45 minutes until carrots are soft
4. Blend until smooth.
5. Add salt, pepper, perhaps nutmeg or cinnamon
6. Garnish with whatever you fancy.



Hot Artichoke Dip

Submitted by M.Ryalls

1 cup mayo

1 cup grated fresh parmesan cheese

1 small can of mild chiles (i have also used pickled jalapenos)

1 can artichoke hearts (drained) and chopped into pieces
Totilla chips for dipping (I recommend corn tortilla chips from Lupitas Mexican Foods)
Mix first 4 ingredients together and bake for 30 minutes.
Great for grey cup/world series parties! Go Lions!

SPRING PEA SOUP

Submitted by Karen Curtis from Kics Lemonade

1 tbsp olive oil
½ Cup minced onion
1 clove garlic, minced
4 Cups chicken stock
3 Cups shelled peas
½ to 1 tsp ground cumin
½ Cup heavy cream
Cheese Curds

In a large saucepan, heat olive oil and sauté onion and garlic till soft, being careful not to let it brown. Add stock and bring to a boil. Add peas and cumin, reduce to simmer and cook 5 minutes. Remove from heat and process with immersion blender, or in a blender, until desired consistency is reached. Stir in cream, adjust seasoning if necessary. Season to taste with salt and pepper. Ladle into bowls and sprinkle cheese curds on top.

Serves 4-6

CHEESY QUINOA CUPS

Submitted by Karen Curtis from Kics Lemonade

¾ Cups quiona (cooked in chicken stock according to package directions. Yield about 2 cups)
 ¼ Cups finely chopped onions
 1 Cup assorted vegetables, finely chopped (spinach, kale, asparagus etc)
 1 clove garlic, minced
 1 Tbsp olive oil
 1 Cup grated cheese, divided
 1 tbsp AJI
 2 eggs
 2 egg whites
 Salt and pepper to taste

Preheat oven to 350 degrees. Liberally grease a muffin tin. Saute vegetables in a skillet until tender crisp. In a large bowl, combine all ingredients and spoon into muffin tin. Bake 15- 20 minutes, until the edges are a light brown. Let cool 5 minutes before removing from pan.

Serves 4-6

KICS LEMONY SHRIMP AND ASPARAGUS RICOTTA TART

Submitted by Karen Curtis from Kics Lemonade

500 gms ricotta
 4 eggs
 ¼ cup grated cheese
 ¼ cup milk

2 tbsp	KICS Lemonade Syrup (or fresh lemon juice)
3 tbsp	finely chopped chives
¼ tsp each	salt and pepper
10	asparagus spears, trimmed to fit
1 lb	shrimp

Preheat oven to 375 degrees. Mix first seven ingredients together and pour into a lightly greased pie plate. Top with asparagus spears and bake 20 minutes. Remove from oven, place shrimp on top and continue baking 20 more minutes. Remove from oven and let set 5 mins before cutting. Serve hot or cold.

Serves 4-6

BEEF CARBONNADE

Submitted by Karen Curtis from Kics Lemonade

3 lbs	round steak, pounded to 1/2 inch thickness
4 Tbsp	butter
4 tbsp	olive oil
6	onions, peeled and thinly sliced
1 tbsp	brown sugar
2 tbsp	flour
10 oz	beef broth
12 oz	good quality beer (honey lager perhaps)
1 tbsp	wine vinegar
1 sprig	fresh thyme

Preheat oven to 325 degrees. Heat half the oil in a large frying pan over high heat. Sear meat in batches, being careful not to crowd the meat.

Remove from pan and set aside.

Heat remaining oil and half the butter and add onions. Season with salt and pepper. Cook onions over low heat 15 minutes or so, watching closely so as not to burn the onions. Layer meat in a greased baking dish and top with onions. Add remaining butter and brown sugar to frying pan. When butter is melted, stir in flour and cook 2 minutes over low heat. Add beef stock, beer and vinegar. Mix well and pour over meat. Add fresh thyme. Cover and cook 2 hours in oven.

This dish can be cooked in a crockpot too!

Serves 4-6

BUTTERSCOTCH APPLE GALETTE

Submitted by Karen Curtis from Kics Lemonade

Pie Crust

2 1/2 cups	all-purpose flour
1 Tbsp	sugar
1/2 tsp	salt
1 cup	COLD butter, grated
6-7 Tbsp	ice water

Mix flour, sugar, and salt in food processor (or by hand with a whisk). Add butter and pulse until coarse mill forms (or cut in butter by hand with a pastry blender until only pea-size crumbs remain). Gradually blend in

enough ice water until dough clumps (or mix in a Tbsp. at a time by hand).
Form dough into a large ball.. Wrap in plastic and chill 2 hours or
overnight.

Filling

3 Tbsp	all-purpose flour
1 tsp	cinnamon
1/4-1/2 tsp	grated nutmeg (to taste)
1/8 tsp	salt
1/2 cup	packed dark brown sugar
2 1/2 lb	apples (about 6), peeled,cored and sliced
1 Tbsp	fresh lemon juice
1 tsp	pure vanilla extract
1 Tbsp	butter, cut into bits

Prepare pastry dough according to recipe directions (make sure to allow time for refrigerating).

Preheat oven to 425 F.

In a large bowl, whisk together flour, cinnamon, nutmeg, salt, and brown sugar, making sure break up any lumps. Add the pears, lemon juice, and vanilla and gently toss to coat. Let stand 5 to 15 minutes to macerate fruit. Roll out prepared pastry dough on a lightly floured surface into one 16-inch round. Lay crust into the bottom of a deep dish plate. Do not trim. Transfer the filling to the shell. Fold crust over top of filling. Place pie on

hot baking sheet and bake in preheated oven for 20 minutes. Reduce temperature to 375 F and continue baking until crust is golden and filling is bubbling, about 20-30 minutes more. (Cover with foil for the last part of baking if it is browning too fast.) Remove from the oven and let cool on a wire rack for 1 hour before slicing. Serve warm with vanilla ice cream.

Broccoli Casserole

Submitted by Donna Elwood

Ingredients:

- 2 "good-size" broccoli heads
- 1 can cream of broccoli
- 2 tbsp. mayonnaise
- 1/4 or 1/2 cup grated cheddar cheese
- 1/4 cups parmesan cheese
- 2 tbsp. melted butter
- 1/4 cups bread crumbs

Directions:

Par-boil enough cut-up broccoli to comfortably fill a 9x9 inch square casserole dish (I use 2 good-size broccoli heads for this size). After par-boiling, put broccoli in the casserole dish.

Combine cream of broccoli, mayonnaise and grated cheddar cheese. Spread over the broccoli (I usually use a spatula to do this).

Combine parmesan cheese and melted butter then spread over casserole; again, with a knife or spatula.

Sprinkle bread crumbs over top.

Bake uncovered for 40 minutes at 350° degrees.

*I usually use a rectangular pan (9x12 or 8x11 inches) so I use another large head of broccoli and adjust the other ingredients accordingly. For a 9x12 inch pan I would just double the other ingredients.

Wackey Cake

Submitted by Margaret Hortin

Sift into an 8" x 8" cake tin:

- 1 ½ cups flour
- 4 scant tbsp cocoa
- 1 cup sugar
- 1 tsp. baking powder
- 1 tsp. soda
- 1 tsp salt

Make three holes and add:

- 5 tbsp. melted shortening
- 1 tbsp. vinegar
- 1tsp. vanilla

Pour 1 cup warm water over all and mix well. Bake in a 350° oven for 30 to 40 minutes.

Short Cake Puff Pastry

Submitted by Margaret Hortin

Ingredients:

- 1 ½ cups flour
- ½ lbs butter
- sour cream to mix (little more than ½ cup)
- dash of salt
- Precooked sausage no skin on, bake to release any fat, blot on paper towel and cool

Directions:

Cut in butter and flour until resemble coarse meal, add sour cream a little at a time until all moistened. Gather dough together so it cleans bowl. Make 4 flatcakes, wrap each in tinfoil and refrigerate for 3 hours or overnight. Roll out flatcake to desired thickness and width of sausage, place cooled sausage on pastry and roll once with overlap on bottom, cut pastry and then slice roll into three.

Bake at 425° for 10-15 minutes. (Freezes, just reheat before serving)

Sponge Cake

Submitted by Margaret Hortin

All together mix:

- 4 oz. Margarine
- 4 oz. Berry (caster) sugar
- add two large eggs and beat
- add 4 oz. Flour plus 1 ½ tsp baking powder

Beat only until smooth

I bake in an 8x8 glass dish and use it for trifle

Pineapple Cheese Mould

Submitted by Margaret Hortin

Ingredients:

- 3 oz packaged lime jello
- 1 cup boiling water
- 1 cup half and half cream or evaporated milk
- 8 oz. cream cheese, softened
- 14 oz. can crushed pineapple, drained
- ½ cup mayonnaise
- ¼ cup chopped celery
- ¼ cup chopped walnuts or pecans

Directions:

Dissolve gelatin in boiling water, stir well to dissolve.

Add cream and cream cheese, beat both with electric mixer or wire whisk until smooth.

Stir in rest of ingredients and pour into clear glass bowl or mould.

Chill until firmly set.

Makes 12 servings.

Enjoy!