

Blueberry, Hazelnut and Goat Cheese Pork Tenderloin

BY JENNIFER ZUK

1 **pork tenderloin** (1-1/3 lb/600 g), trimmed

1/4 cup (60 mL) **dry red wine**

1 tbsp (15 mL) **Worcestershire sauce**

Fresh spinach leaves

Salt and pepper

1 tbsp (15 mL) **vegetable oil**

1/2 cup (125 mL) **chicken broth**

2 tbsp (30 mL) **soft mild goat cheese**

1/2 cup (125 mL) **whipping cream**

2 tbsp (30 mL) **maple syrup**

3 tbsp (45 mL) **dried blueberries**

CANDIED HAZELNUTS:

2/3 cup (160 mL) skinless **hazelnuts**

1-1/2 tbsp (22 mL) **maple syrup**

1 tbsp (15 mL) **brown sugar**

STUFFING:

2-1/2 oz (70 g) **soft mild goat cheese**

2 tsp (10 mL) **maple syrup**

1 oz (30 g) **dried blueberries**

Preheat the oven to 350°F (180°C).

Cut the tenderloin to stuff it. My favourite way is to cut vertically halfway down the centre of the tenderloin and then horizontally, almost to the edge without cutting all the way through. This makes a flap that you can splay for filling. Pound slightly. Mix the red wine and Worcestershire sauce and add it to a zippered plastic bag along with the tenderloin. Marinate at room temperature for 15 minutes.

CANDIED HAZELNUTS: Place the hazelnuts on a metal pie plate and place in oven for 8 to 10 minutes or until light brown. Drizzle them with maple syrup and brown sugar, mix and return to the oven for 2 to 3 minutes. Cool. Coarsely chop the nuts. Increase oven temperature to 375°F (190°C).

STUFFING: Mix goat cheese with maple syrup, then stir in dried blueberries and one-third of the chopped candied hazelnuts.

Remove the pork tenderloin from the bag and pat dry. Spread out the flaps and line the surface with spinach leaves. Put the stuffing along the centre, forming into a cylinder shape. Fold the flaps over and tie up with kitchen string. Season the outside of the meat with salt and pepper. Heat a 12-inch (30 cm) cast-iron frying pan over high heat. Add the vegetable oil. Sear all sides of the tenderloin. Place the meat on a rimmed cookie sheet and bake for about 30 minutes or until cooked through. Remove from the oven and let rest for 5 minutes.

While the meat is resting, deglaze the cast-iron pan with the chicken broth and stir in goat cheese, whipping cream and maple syrup. Heat to thicken slightly. Season with salt and pepper.

Remove the string from the meat and cut into 4/5-inch (2 cm) slices. Serve with the sauce and sprinkle plates with the remaining candied hazelnuts and dried blueberries.

Serves 4.



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Butternut Soufflé

BY JENNIFER ZUK

1 **butternut squash** (2 lb/900 g)

Vegetable oil

Salt and **pepper**

3 tbsp (45 mL) **butter**

1/2 cup (125 mL) finely chopped **shallots**

2 **large eggs**, separated

1/4 cup (60 mL) **sour cream**

3 tbsp (45 mL) **white flour**

1-1/2 tsp (7 mL) **baking powder**

3/4 tsp (4 mL) **salt**

1/4 tsp (1 mL) **pepper**

1/2 tsp (3 mL) **ground ginger**

1/3 cup (80 mL) **panko**

Chopped **fresh chives**, for garnish

Preheat oven to 425°F (220°C).

Seed the butternut squash and cut into 12 pieces. Line a cookie sheet with just over twice its length of aluminum foil. Oil the foil lightly and place the squash pieces on top. Season them with salt and pepper and drizzle with vegetable oil. Fold the foil up and make a packet. Bake for 40 minutes or until the squash is soft. Remove from the oven, open the foil packet and cool for 5 minutes. Scoop out the flesh from the skins and purée in a food processor. This makes about 2-1/4 cups (550 mL) of butternut purée.

Preheat oven to 350°F (180°C).

In a small frying pan, melt 2 tbsp (30 mL) of butter and sauté the shallots until soft. In a large bowl, beat the egg yolks with the sour cream. Add the cooked shallots and puréed butternut squash.

Mix the flour, baking powder, salt and pepper in a small dish. Stir into the squash mixture.

Beat the egg whites in a separate bowl until stiff. Fold gently into the squash. Divide this into 6 buttered 3/4-cup (175 mL) ramekins.

Melt remaining butter and add the ground ginger. Stir in panko. Sprinkle on top of each ramekin. Bake in oven for 35 minutes or until set. Sprinkle with chopped chives and serve.



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Charbroiled Oysters

BY STEPHANIE WREN

1 cup cold **unsalted butter**, cut into cubes
1 head of **garlic**, minced
1 tsp **crushed red pepper flakes**
1 bunch **green onions**, finely sliced
1/2 cup **dry white wine**
1/2 cup **fresh lemon juice** (approx. 2 lemons)
2 tbsp fresh **oregano**, finely chopped
2 tbsp fresh **thyme**, finely chopped
1 tbsp **Worcestershire sauce**
1 tbsp **Creole seasoning**
24 **fresh oysters**
1-1/2 cups freshly grated **Parmigiano-Reggiano cheese**
French bread for serving

Preheat oven to 450°F (230°C).

In a medium saucepan over medium-high heat, melt 1 tbsp of the butter, then add the garlic, red pepper flakes and green onions. Add the wine and simmer for 5 minutes. Add the lemon juice, oregano, thyme, Worcestershire sauce and Creole seasoning. Stir to combine and cook for a couple of minutes. Reduce heat to low then slowly whisk in the rest of the butter. Remove from heat and set aside.

Meanwhile, place the oysters in an ovenproof dish and cook in oven for 5 to 10 minutes or until they open slightly. Discard any oysters that don't open. Remove from the oven and carefully take the top shell off of each oyster and discard. Set oven to broil.

Douse each oyster with 1 tbsp of the sauce and top each with 1 tbsp of cheese. Return to the oven and broil for about 5 minutes or until the cheese melts and turns golden brown. Serve immediately with French bread to soak up all the delicious juices.

Serves 6.



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Crab-Stuffed chayote with Jalapeño Beurre Blanc

BY STEPHANIE WREN

6 chayote squashes

1 tsp **olive oil** plus some for drizzling
100 g **pancetta** or bacon, finely diced
1 cup finely **chopped onion**
2 stalks of **celery**, finely chopped
1 **red bell pepper**, finely chopped
1 tsp **Creole seasoning**
3 cloves **garlic**, minced
3 **green onions**, finely chopped
1 lb (450 g) **crabmeat**
Salt and **pepper**
1 cup **panko**
Jalapeño Beurre Blanc (below)

Preheat oven to 375°F (190°C).

Slice each chayote squash in half and boil in salted water until soft, approximately 20 to 25 minutes. Remove from heat, drain and set aside. When the chayote is cool enough to handle, use a spoon to remove and discard the seeds and scoop out most of the flesh, leaving a bit of border around the sides. Place on a baking sheet. Chop up the chayote flesh and set aside.

In a large sauté pan, heat olive oil over medium heat and cook the pancetta until brown and crispy. Remove from the pan and set aside. Drain off all but 1 tbsp of the drippings and, over medium heat, sweat the onion, celery and red bell pepper. Cook until translucent and then add the Creole seasoning, chopped chayote, garlic and green onions and cook for another couple of minutes.

Stir in the crabmeat and pancetta. Season to taste with salt and pepper. Remove the crab mixture from the heat and set aside to cool a bit. Stuff about 1/3 cup of the crab mixture into each half of the chayote. Top each with panko and drizzle with a bit of olive oil. Bake for 15 minutes or until the tops become golden brown and crunchy. Pour some Jalapeño Beurre Blanc on each plate and top with the Crab-Stuffed Chayote.

Serves 6.

Jalapeño Beurre Blanc

2 **shallots**, very finely chopped
1/2 cup **dry white wine**
1/4 cup **white wine vinegar**
8 to 10 picked **jalapeño pepper rings**, finely chopped
1 cup cold **unsalted butter**, cut into cubes
Salt and **pepper**

In a medium saucepan, over medium-high heat, combine the shallots, wine and vinegar. Bring to a boil and reduce until only about 2 tbsp of liquid remains. Stir in the chopped jalapeños and reduce the heat to low. Add the cold butter a little at a time, whisking constantly to form a velvety sauce. Remove the pan from the heat if the butter starts melting too quickly. Season with salt and pepper to taste.



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Savoury Dungeness Crab Baked Eggs

BY EVA FONG

1 lb cooked **Dungeness crabmeat**

1 tsp **fresh dill**

1/2 tsp **lemon zest**

12 large **eggs**

Garlic Crostini (below)

CREAM MIXTURE:

1 tbsp **butter**

1/3 cup chopped **carrot**

1/3 cup chopped **celery**

1/3 cup chopped **onion**

2 cups **heavy cream**

Salt and **pepper**

SPINACH AND MUSHROOM MIXTURE:

3 tbsp **butter**

1/3 cup chopped **onion**

2 cloves **garlic**, minced

1 cup chopped **mushrooms**

6 cups chopped **fresh spinach leaves**

Salt and **pepper**

Preheat oven to 375°F (180°C) with rack in middle.

CREAM MIXTURE: Add butter to a medium saucepan; sauté carrot, celery and onion for 1 minute. Add cream and simmer uncovered for about 10 to 25 minutes. Salt and pepper to taste.

Strain vegetables from the cream and return strained cream to the saucepan. Place crabmeat in the strained cream and warm the crab over low heat for a couple of minutes. Strain the crabmeat from the cream mixture and set aside. Turn off heat and stir in dill and lemon zest.

SPINACH AND MUSHROOM MIXTURE: Add butter to a large sauté pan and sauté onion for 1 minute. Add garlic and mushrooms and sauté for 2 minutes. Add spinach and sauté until spinach is wilted. Salt and pepper to taste.

Using 6 buttered 1-cup ramekins, divide Spinach and Mushroom Mixture, then the Dungeness crabmeat among ramekins. Spoon 1 tbsp of the cream mixture on top of the crabmeat. Crack 2 eggs into each ramekin. Spoon 2 tbsp of the cream mixture over the eggs. Put ramekins in a shallow baking pan and bake for about 15 to 20 minutes, rotating pan halfway through baking, until whites are just set but yolks are still runny. Serve with Garlic Crostini.

Serves 6.

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Garlic Crostini

1 **baguette**

1/4 cup **olive oil**

Salt

2 large cloves **garlic**, peeled

Preheat broiler.

Slice baguette into 1-inch rounds. Brush each slice with olive oil and season lightly with salt. Broil for 1 to 2 minutes, until bread is lightly toasted.

Rub each piece of toast with garlic.



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Maple Granola Parfait

BY EVA FONG

1-1/2 cups **vanilla yogurt**
1 tsp **lemon zest**
1-1/2 cups **Maple Granola** (below)
1 cup **blueberries**

Mix yogurt with lemon zest.

Using 6 martini glasses, add 1/4 cup of granola to each. Next, add 1/4 cup of yogurt to each glass. Layer another 1/4 cup of granola, then another 1/4 cup yogurt in each glass.

Garnish with blueberries.

Serves 6.

Maple Granola

2-1/2 cups **large-flake oats**
1 cup chopped **cashews**
1 cup chopped **almonds**
1 cup **raw pumpkin seeds**
1 cup **unsweetened coconut**
1/2 cup generic **barley nugget cereal**
1/2 cup **maple syrup**
1/2 cup **grapeseed oil**
1 tbsp **cinnamon**
1 tsp **vanilla**
1 cup **dried cranberries**

Preheat oven to 350°F (180°C).

In a large mixing bowl, mix together oats, cashews, almonds, pumpkin seeds, coconut and cereal. In a small pot, warm maple syrup, oil, cinnamon and vanilla. Pour maple syrup mixture onto dry ingredients and mix well.

On a large baking sheet lined with parchment paper, spread granola mixture evenly. Place in oven and mix every 10 minutes for 30 minutes. Let cool, then add cranberries. (To cool quickly, I place the granola in a metal bowl in the freezer for 10 minutes.)

Make 8 cups.



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