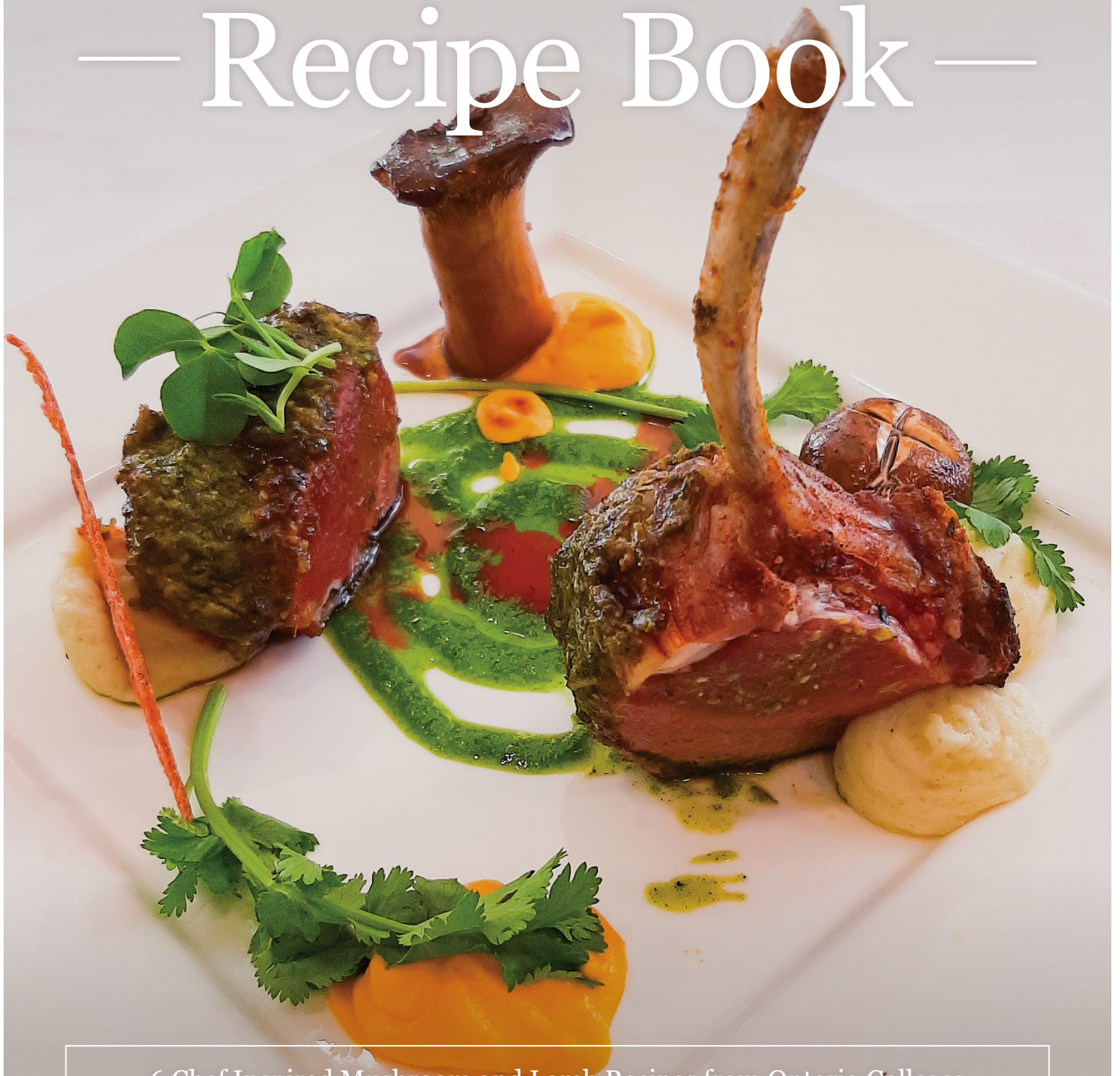


Mushrooms Canada and Ontario Sheep Farmers present

2020 Student Chef Challenge — Recipe Book —



6 Chef Inspired Mushroom and Lamb Recipes from Ontario Colleges



Photo from the 2020 Student Chef Challenge. Recipe is not included.

TABLE OF CONTENTS

MUSHROOMS CANADA

- 4 About Mushrooms Canada
- 5 Mushroom Varieties

ONTARIO SHEEP FARMERS

- 6 About Ontario Sheep

ABOUT THE COMPETITION

- 8 Meet the Judges
- 11 Acknowledgments

3RD PLACE – FLEMING COLLEGE

- 12 Lamb & Shiitake Tortelloni

2ND PLACE – CENTENNIAL COLLEGE

- 16 Lamb & Mushroom Kofta

1ST PLACE – CANADORE COLLEGE

- 18 Doppio Ravioli with Lamb and Polenta

FLEMING COLLEGE

- 20 Lifafa

DURHAM COLLEGE

- 22 Trinidad Style Lamb & Mushroom Empanadas

HUMBER COLLEGE

- 24 Portobello Ricotta Tortellini
in a Lamb Bolognese Sauce



ABOUT MUSHROOMS CANADA

Mushrooms Canada was founded in 1955 as a voluntary, non-profit organization whose members are dedicated to the production and marketing of fresh mushrooms in Canada. We are advocates for food safety, good nutrition and the proper care and handling of fresh Canadian mushrooms. Canadian mushrooms are available 24/7/365 fresh from Canadian farms.

NUTRITION

Essential Nutrients: A 100 gram serving of sliced fresh white mushrooms has only 25 calories, no cholesterol, is virtually fat-free, is low in sodium and has 1 gram of fibre. They are a good source of riboflavin, copper, selenium, niacin and pantothenic acid, and are the only item in the produce section with natural Vitamin D.

Antioxidants: Fresh mushrooms contain a powerful antioxidant called l-ergothioneine. Ergothioneine is found in both raw and cooked mushrooms. Portabella and crimini mushrooms have the most, followed by white button mushrooms.

Fibre: Mushrooms offer both soluble and insoluble fibre, which helps to maintain good bowel health.

Immunity: A strong immune system helps protect against infections from bacteria and viruses. Emerging research indicates that certain mushroom extracts (including extracts from white button mushrooms), may have a positive effect on the immune system.

Weight Management: Fresh mushrooms are a perfect choice for low energy-dense diets, as they have high water content, are low in fat, and contain some fibre; three factors that will help keep you feeling full with fewer calories. Researchers have found that people who eat satisfying portions of less energy-dense foods have greater success at weight loss and maintenance.

Fresh Mushrooms Can Help!

Recent studies show that fresh mushrooms can help with:

- Blood Pressure
- Arthritis
- Diabetes
- Heart Health
- Gout
- Healthy Aging
- Childhood Obesity
- Diverticulosis

BASIC MUSHROOM PREP

Cold or cooked, mushroom preparation is SIMPLE.

Prior to use, gently wipe mushrooms with a damp cloth or soft brush to remove any peat moss particles, or rinse them under cold water and pat dry with paper towels. Please do not wash mushrooms when you bring them home. They will absorb water and discolour.

Remove the stems if they feel hard or dry. There is no need to peel mushrooms. Portabella and shiitake mushrooms generally have tougher stems so you can simply twist them away from the cap or remove them with the tip of a knife. All other mushrooms can be prepared with their stems on.

Mushrooms can be served chopped, sliced, or whole. No matter how you serve them they are SIMPLE to prepare and add great flavour to all appetizers, side dishes and entrées.

MUSHROOM VARIETIES

Choose from 7 great varieties of fresh Canadian mushrooms for a variety of tastes, textures, colours and sizes.

White Button



The most popular mushroom in Canada.

Crimini



Similar to white mushrooms in shape and size, but firmer to the touch.

Portabella



Fully-grown crimini mushrooms, with a large, light tan cap.

Shiitake



Tan to dark brown in colour, with open veil and tan gills.

Oyster



A funnel-shaped cap, with gills running up a short off-centre stem.

Enoki



Long, slender white stems with tiny caps.

King Oyster



Light tan cap with a thick white stem.



ABOUT ONTARIO LAMB

Most Ontario lamb is produced and processed locally or regionally. This means that the meat is fresh and in prime condition. Ontario lamb is young and tender. It is not necessary to marinate the chops before cooking. For delicious recipes visit www.lambrecipes.ca.

NUTRIENT DENSE

Ontario lamb has been shown to be lower in fat and more nutritious than imported lamb. Lamb meat is a good source of iron and vitamins and has protein that is rich and balanced in essential amino acids. It is particularly rich in vitamin B-12, and in niacin, zinc and iron.

Just 3 oz of cooked lamb, with any excess fat removed, provides the average person with 48% of their daily protein requirements, 30% for zinc, 10% for iron, 37% for vitamin B-12 and 27% for niacin.

Iron

Lamb is very rich in iron. Iron prevents anaemia and strengthens the immune system. Red meats, especially lamb and beef, are amongst the best sources of absorbable iron.

Zinc

Lamb provides 45% of the daily requirement of zinc, essential for growth, healing and a healthy immune system. Like iron, the zinc found in lamb is more easily absorbed by the body than zinc found in other sources.

Protein

Lamb meat protein is nutritionally complete, with all eight essential amino acids in the proper ratios.

B Vitamins

Lamb is a great source of B vitamins, essential for metabolic reactions in the body. It can provide over 100% of the daily requirement of B12 and is a good source of thiamine. Lamb also contains trace elements such as copper, manganese and selenium.

HEALTHY LIFESTYLE

Less Marbling & Leaner Meat

Compared to other meats, lamb contains very little marbling (fat in the meat). Only one third of fat in lamb is saturated, so much of the fat is on the edges of the meat. This means that the excess fat is easily trimmed off, which means fewer calories.

A good quality lamb will have a nice fat finish, which not only adds flavour to the lean meat, but can also be – in the right amount – a healthy part of a balanced diet. Fat provides energy. It is one of the basic elements of body cells. It enables the production of hormones and the uptake of vitamins A, D, E and K into the human body. Certain fats (Omega-3, for example) cannot be produced by the body. Therefore, these types of fat have to be absorbed from the food you eat.

As a result of breeding developments, feeding practices, butchery methods and trimming, the fat in lamb has been greatly reduced over the past 20 years.

Good Fat

Lamb is one of the richest sources of conjugated Linoleic acid (CLA). CLA possesses unique and potent antioxidant activity.

Stearic acid accounts for almost one third of the total saturated fatty acids contained in lamb meat. Contrary to the majority of saturated fats, stearic acid can lead to an increase of good cholesterol and has no impact on the level of bad cholesterol.

STORING AND COOKING RULES

Safety & Handling

Lamb products should always be refrigerated at a temperature of less than 4°C, the cooler the better as lower temperatures help preserve storage life and prevent spoilage. Fresh lamb can be kept for approximately three days. Ground meat will keep for one or two days.

Lamb is tastiest when it is served slightly pink. The internal temperature is an effective way to verify cooking.

At 63 °C (145 °F), the meat is rare

At 68 °C (155 °F), it is just right

At 75 °C (167 °F), it is well done

Information Provided by: Fresh Canadian Lamb. www.freshcanadianlamb.ca; Purdue University Sheep, <http://ag.ansc.purdue.edu/sheep>; Sheep Information 101, www.sheep101.info; American Lamb Council, www.sheepusa.org; and Lamb Chef – www.lambchef.com.





ABOUT THE STUDENT CHEF 2020 CHALLENGE

In 2020, Mushrooms Canada (Canadian Mushroom Growers' Association) and Ontario Lamb (Ontario Sheep Marketing Agency) hosted a Student Chef Challenge at Durham College. This challenge showcased how the flavours from fresh Ontario mushrooms and Ontario lamb combine deliciously to produce outstanding dishes. The competition was open to student teams from Ontario College Culinary Management programs.

Each participating college team had to submit one (1) recipe and accompanying recipe photo to be considered for the on-site cook-

off competition; Mushrooms Canada and Ontario Lamb then selected the top 6 recipe submissions. The top 6 finalist teams were invited to prepare their mushroom and lamb recipes at an in-person cook-off at Durham College. A panel of judges from the food industry tasted and examined all of the finalists' recipes at the cook-off and determined a 1st, 2nd and 3rd place winners, as well as one winner for a butchery challenge. We thank all the Ontario College Culinary Management Programs who participated in 2020 for sharing their knowledge, skills and recipes for this challenge.

MEET THE JUDGES



BUTCHERY JUDGE:
Nicholas Matusiak
Halenda's Fine Meats
Butchery Award sponsored by Canada Cutlery Inc.



TASTING JUDGE:
Jason Kalinowski
Customer Solutions Manager, Gordon Foodservice



TASTING JUDGE:
Jay Lewis
Sheep Farmer & Board of Director with Ontario Sheep Farmers



TASTING JUDGE:
TJ Gill
Brand Manager, Restaurants Canada



TASTING JUDGE:
Amedeo Guzzo-Foliaro
Director of Sales & Marketing/Partner, Windmill Farms





ACKNOWLEDGMENTS

Durham College
President – Don Lovisa
Dean/Principal – Whitby Campus – Rebecca Milburn
Dean – School of Hospitality & Horticulture Science,
W. Galen Weston Centre for Food – Tony Doyle

Durham College Centre for Food | Bistro '67
Focused on field-to-fork and sustainable business practices, the spectacular W. Galen Weston Centre for Food is home to Durham College's programs in culinary, food and farming, horticulture, hospitality, and special events management, along with a retail store and Bistro '67, a fine dining restaurant. All of this means students gain extensive experience in the classrooms and labs, and also through opportunities to work with and serve the community.

Feed the Need Durham
All uncooked lamb butchered by the students was donated to the Feed the Need Durham foodbank. This donation fed countless families in the community. Feed the Need in Durham provides perishable as well as nonperishable food. Grocery chains make their excess food available to us at distribution centres enabling us to help marginalized people in Durham benefit from eating a variety of healthy and nourishing foods including fresh vegetables, fruits, eggs, and milk.



ON THE COVER

Sweet and Spicy Rack & Loin of Ontario Lamb with Glazed Canadian King Oyster Mushrooms

BY DURHAM COLLEGE

Yields 4 portions

INGREDIENTS

Crust for lamb		Lamb		Glazed King Oyster Mushrooms for Lamb	
65 ml	olive oil	1	frenched rack of lamb	90 ml	soy sauce
100 g	cilantro	1	loin of lamb	45 ml	mirin
1 ea	lemon zest, juice	5 ml	paprika	45 ml	sugar
70 g	panko	15 ml	gochujang sauce	250 g	Canadian king oyster mushrooms, whole
50 g	garlic, minced	10 ml	honey or maple syrup		
TT	salt				
TT	pepper				

DIRECTIONS

- Crust for lamb**

 1. Make the cilantro crust by pulsing all ingredients in a food processor until well combined.
- Lamb**

 1. Preheat the oven to 450°F. Season the lamb with salt, pepper, paprika, and fresh thyme, sear into hot pan. Transfer lamb to the oven and roast for 5 minutes. Remove from oven & set aside.
 2. While the lamb is cooking, make a glaze by combining gochujang and honey.
3. Brush meat with glaze, then pack with cilantro crust 1/8" thick. Bake for another 4-6 minutes, depending on your desired doneness. Remove the lamb from the oven & rest for 5 minutes before serving.
- Glazed King Oyster Mushrooms for Lamb**

 1. Combine the soy, mirin and sugar. Bring to a boil.
 2. Add the mushroom and simmer, turning occasionally until coated entirely and tender.
1. Serve with crusted lamb rack

Fleming College

LEARN | BELONG | BECOME



Student Chefs: Tyler Brennen, Sophie Crowder, Simon Portelli
Mentor: Chef Steve Bennis

BEHIND THE RECIPE:

Growing up I always knew that I had a passion for cooking. With a large family, I am the middle of 5 children, dinner time was generally the time that we all got together. I don't come from a very well off family by any means, my mom was a single mother working 2 jobs just so that we could get by, but we made do with what we had. From a young age my Nonna would always bring us into the kitchen and try to show us how to cook for ourselves and be independent. One of my fondest memories of my childhood would have to be making fresh ravioli with my Nonna for special occasions.

For me it was so much fun to be able to take simple items and create something that truly brought people together. Watching my Nonna make pasta from scratch was always so mesmerizing, the way that she just knew how to do everything and made it look so easy, it was like magic.

This recipe is a variation of a ravioli recipe that Nonna and I would make together. Now every time that I make ravioli from scratch, I can't help but to think back on the days spent with her. I hope that you enjoy it as much as I have enjoyed making it. Buon appetito!

Lamb & Shiitake Tortelloni

Yields 12 pieces (serves 4)

INGREDIENTS

Pasta Dough	Pasta Filling	Pesto Cream Sauce	Tomato Sauce
0.225 kg bread flour	0.120 kg lamb, ground	0.020 kg shallots, chopped	0.030 L canola oil
2.5 egg	0.120 kg shiitake, small dice	0.005 kg garlic, chopped	0.060 kg garlic, peeled
0.008 L olive oil	0.005 kg garlic, minced	0.007 L canola oil	0.010 L olive oil
0.002 kg pinch salt	0.030 kg shallot, small dice	0.005 kg thyme, fresh	0.350 kg spanish onion
1 each egg yolk	0.010 L canola oil	0.002 kg pinch salt	0.6 bunch basil, fresh
water as needed	0.010 kg rosemary, chopped	0.002 kg pinch pepper	0.05 bunch parsley, fresh
	0.010 kg thyme	0.250 L heavy cream	0.1 bunch thyme, fresh
	0.005 kg pinch salt	0.075 L pesto	0.1 bunch oregano, fresh
	0.005 kg pinch pepper		0.005 kg pinch salt
Browned Butter Sauce	0.120 kg goat cheese	Arugula Salad	0.002 kg pinch black peppercorns
0.050 kg butter	1 lemon, zested	0.030 kg arugula	0.050 kg sugar
0.015 L oil	0.015 kg mint	0.005 kg mint	0.050 L white vinegar
0.002 kg garlic, crushed	0.030 kg pine nuts, toasted & crushed	0.020 kg enoki mushroom	1.100 kg tomatoes, crushed
0.002 kg rosemary sprig		0.003 kg lemon zest	
0.001 kg pinch salt	1 egg	0.050 L lemon vinaigrette	
0.001 kg pinch pepper	0.005 kg pinch salt	0.035 L olive oil	
	0.005 kg pinch pepper	0.012 L lemon juice	
Parmesan Crisp		0.001 kg pinch salt	
.025 kg parmesan, grated		0.001 kg pinch pepper	



DIRECTIONS

Pasta

1. In a large bowl, add flour and salt and make a well. Add eggs and oil to the middle, and slowly blend using a fork until a shaggy pasta dough begins to form. Knead until a consistent dough forms.
2. Place the formed dough into a metal bowl cover, let rest while you prepare the filling.
3. Heat oil in a pan over medium heat. Add shallots and allow to sweat until fragrant. Add garlic and continue to sweat.
4. Add ground lamb into the pan with the shallots and garlic. Cook for 3-5 minutes, stirring occasionally.
5. When lamb is almost finished cooking off, add mushrooms, rosemary, thyme, and mint to the pan.
6. Once the lamb & mushroom mixture is finished cooking, place in a metal bowl over an ice bath to speed cool.
7. In a fresh pan, over high heat, toast pine nuts. Allow to cool and crush gently using a rolling pin.
8. In a large metal bowl mix together goat cheese, lemon zest, egg, cooled lamb and mushroom mixture, and toasted pine nuts. Taste and adjust seasoning.
9. Once you have prepared the filling, uncover the dough and divide into 4 portions. Place cover back onto 3/4 portions.
10. Lightly dust the pasta dough before running it through pasta roller. Roll out until you have reached level 8.
11. Using the largest circle pasta cutter, cut out your circles.
12. Places mounds of the filling in the center of the cut out circles.
13. Brush egg wash on the edge of half of the pasta, fold the circle in half and press edges together. Be sure to avoid create any air bubbles.
14. Egg wash one tip of the newly formed edge, fold onto itself and press together to form the tortelloni. Set aside until ready to use.

Browned Butter Sauce

1. Heat oil in a pan over medium heat. Add garlic and rosemary, sweat until fragrant.
2. Add butter and allow to cook for approximately 5 minutes, until butter is lightly browned. Skim away any foam that forms during the cooking process.
3. Strain the sauce into a metal bowl, allow to cool slightly before use.

Pesto Cream Sauce

1. In a saucepan, heat up canola oil. Add in shallots and sweat until fragrant. Add thyme and garlic and cook until fragrant.
2. Add heavy cream and pesto, reduce until you reach desired thickness. Season with salt and pepper to taste.
3. Once you are happy with the taste and consistency of the sauce, strain through a mesh sieve.

Parmesan Crisp

1. Place grated parmesan cheese onto a baking sheet lined with parchment paper. Forming any shape you want. bake at 350°F until golden.
2. Remove parmesan crisps from oven and allow to cool on baking sheet until ready for use.

Tomato Sauce

1. Confit the garlic in canola oil in a large SS pot (that will hold all of the recipe ingredients) until golden brown. Strain the garlic from the oil and reserve both.
2. Add the olive oil and onions to the pot and cook on low heat until the onions start to caramelize.
3. Add the cleaned (washed and de stemmed) basil, parsley, thyme, oregano, salt and pepper and mix in with the caramelized onions.
4. Add the tomatoes and cook until tender (approximately 45 minutes).
5. Puree the tomato sauce with the immersion blender until all of the ingredients are pureed. Taste the tomato sauce and adjust the seasoning.

Arugula Salad

1. Clean arugula and cut into bite sized pieces (halves or thirds). Place into medium sized bowl.
2. Trim the ends from enoki mushrooms, cut into pieces the same size as arugula. Place into bowl with arugula.
3. Add lemon zest and chopped mint into the bowl with the remaining salad ingredients.
4. In a small bowl, whisk together; olive oil, lemon juice, salt, and pepper. until a vinaigrette forms.
5. Toss arugula salad with lemon vinaigrette just prior to service.





Student Chefs: Aileen Quennie Amgao, Tatiany Lopes da Silva, Kevin Ng
Mentor: Chef Harley Flammia

BEHIND THE RECIPE:

This is a dish I have created with the students which we feel is a nice blend of lamb and mushrooms being a heavily spiced dish it is loaded with flavour and the mushrooms

bring a nice balance to this dish – Ground lamb shoulder, mixed wild mushrooms and a blend of Mediterranean spices served with fresh made garlic naan and yogurt sauce.

Lamb & Mushroom Kofta

Yields 8 servings

INGREDIENTS

Lamb and Mushroom Kofta

500 gr ground lamb mince
500 gr blended mushrooms
1 medium sweet onion, very fine dice
3 cloves garlic, very fine dice (as close to paste as possible)
1 bunch basil
1 bunch parsley
20 gr coriander
5 gr cumin
2 gr cinnamon
500 gr thick passata
TT harissa paste

Harissa Paste

10 pc dried poblano peppers
7 pc dried whole chili peppers
15 gr toasted cumin seeds
10 gr toasted cumin seeds
5 gr caraway seeds
4 cloves garlic
7 gr smoked paprika
5 gr salt
30 gr lemon juice
5 gr lemon zest
15 gr white wine vinegar
15 gr tomato paste
125 ml olive oil



Yogurt Sauce

200 ml Greek or Balkan yogurt
1 pc lemon juice and zest
1 pc finely diced red onion
TT salt
TT pepper

Pita Bread

470 g luke warm water
4 g sugar
50 g yeast
580 g hard white flour
2 g salt

Fattoush Salad

1 head green leaf, chopped into bite-sized pieces
1 head red leaf lettuce
1 pc English cucumber, thinly-sliced
½ pc small red onion, peeled and thinly-sliced
12 pc cherry or grape tomatoes, diced
2 sprigs coarsely-chopped fresh mint leaves
4 sprigs coarsely-chopped fresh flat-leaf parsley (leaves only, no stems)

Lemon Sumac Dressing

125 ml extra-virgin olive oil
15 gr freshly-squeezed lemon juice, or more to taste
1 clove garlic, peeled and minced
1 gr sea salt
5 gr ground sumac
40 gr honey

DIRECTIONS

Lamb and Mushroom Kofta

- 1. Grind lamb and mushrooms together through meat grinder with medium size.
- 2. Mix onions, spices, garlic, and harissa together with lamb and mushroom mixture.
- 3. Reserve tomato puree for sauce
- 4. Form into kofta shaped patties
- 5. Cook in grill pan, to desired doneness, remove from pan
- 6. In same skillet add deglaze with tomato puree, bring to a simmer
- 7. Add kofta back to pan and continue to cook for 20 minutes
- 8. Add in basil
- 9. Serve with pita and lemon yogurt sauce

Harissa Paste

- 1. Toast all spice seeds
- 2. Blend all ingredients in food processor to fine paste

Yogurt Sauce

- 1. Juice and zest lemon keeping zest separate from juice
- 2. Mix all ingredients adjust seasoning accordingly

Pita Bread

Preparing the Dough

- 1. Place water and sugar in bowl and stir. Add yeast; stir and let rest for 5 minutes. In separate bowl, combine whole wheat and hard white flours and salt; make well in center. Add yeast mixture to well and stir to combine. Knead until smooth and elastic, about 5 minutes. Place a little vegetable oil on palms of hands and smooth all over dough to prevent crusting. Cover with plastic wrap; let rest for 20 to 30 minutes or until doubled.

Rolling the Dough

- 2. Divide dough into 4oz pieces. Roll each into ball and let rest for 5 minutes. On lightly floured surface, roll dough into 1cm thick circles; let rest for 2 to 3 minutes. Dough must be rolled out evenly to ensure even cooking.

Cooking the Pita

- 3. Preheat oven to 235°C. Preheat cast-iron pan. Heat salamander.
- 4. Place pita rounds in heated cast-iron pan; place pan under salamander until pita begins to rise and puff and bottom develops brown flecks. Place on baking tray in oven for 2 to 3 minutes to finish cooking. Do not overcook pitas. Keep warm on tray covered with towel.

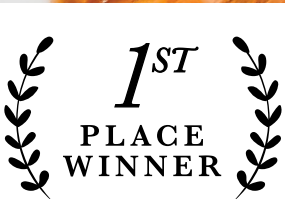
Fattoush Salad

- 1. Wash and cut lettuce
- 2. Prepare all ingredients according to list
- 3. Assemble as needed
- 4. Lightly dress with lemon dressing

Lemon Sumac Dressing

- 1. Mix all ingredients except oil
- 1. Slowly whisk in oil to form emulsion
- 1. Use for fattoush salad recipe





Student Chefs: Maia Zohr, Dan Lyn Tiu, Paulo Flores
Mentor: Chef Fintan Flynn

BEHIND THE RECIPE:

This recipe was born out of our interest in making hand-made pasta. Ravioli is a very versatile form of pasta since it can take different types of fillings such as the lamb and mushroom mix in the recipe that follows. The idea of complementary

flavours of the strong lamb and a light but sharp taste of the pecorino flavoured polenta is such an appetizing combination. Furthermore, the double ravioli is an interesting design element that makes the dish unique and worth making

Doppio Ravioli with Lamb and Polenta

Yields 4 portions

INGREDIENTS

Egg Yolk Dough		Lamb Filling		Polenta Filling		Sauce	
60 g	all-purpose flour	188 g	lamb shoulder, ground	187 ml	3% milk	240 ml	lamb stock
19 g	semolina flour			1 g	salt	60 g	unsalted butter, cubes
5 ml	extra virgin olive oil	63 g	button mushroom	16 g	polenta	1 sprig	rosemary
16 g	water	63 g	crimini mushroom	39 g	mascarpone		
120 g	egg yolk	63 g	portabella mushroom	17 g	parmesan, grated		
		25 g	pecorino, grated	33 g	egg		
		3 g	flatleaf parsley, rosemary & thyme, chopped	TT	kosher salt		
		TT	salt & pepper	TT	white pepper		
							Garnish
							4 pcs king oyster mushroom, sliced, scored and pan-fried.

DIRECTIONS

Egg Yolk Dough

1. Combine both flours and make a well in the center.
2. Combine the liquid ingredients together and pour at the center of the well.
3. Gather the flour towards the well by whisking the liquid using a fork until combined.
4. Form into a ball and flatten into a disk and cover with plastic wrap and rest in the fridge for at least 30 minutes.

Lamb Filling

1. Combine ingredients in a food processor, pulse until fully combined.
2. Season with salt and pepper to taste.
3. Place in a piping bag and set aside in the fridge until needed.

Polenta Filling

1. Heat milk and salt in a pan until nearly boiling.
2. Add the polenta and mix until the mixture thickens. Cool down the polenta.
3. Combine the polenta, mascarpone, parmesan, egg in a food processor and mix until fully combined.
4. Season with salt and white pepper to taste and place inside a piping bag and keep in the fridge until needed.

Ravioli Assembly

1. Roll the egg yolk dough to 1.5 mm thickness.
2. Lay it on a floured surface.
3. Snip the piping bags containing the fillings to create 6 mm wide hole.
4. Pipe fillings in columns 8 cm longs, starting from lamb then alternating it to the polenta filling. Leave a gap of 12 mm margin after, then continue piping again.
5. Brush the dough with water on the margins, and cover with another sheet of dough.
6. Use a wooden dowel to press firmly on the margins.
7. Using a fluted cutting wheel, cut along the margins to create a ravioli about 7.5 cm by 5 cm.
8. Repeat the process until all the ravioli has been cut.

Cooking

1. Heat a large pot of water that is heavily salted (approx. 2% of the volume of the water).
2. Meanwhile, heat a pan with 60 ml of lamb stock and add 15 g of butter and reduce until thickened.
3. Drop the ravioli in the pasta pot and cook for 3-4 minutes. Transfer the dough in to the pan with sauce and toss to combine. Add a few leaves of rosemary.
4. Place on the serving plate and top with garnish.

Fleming College

LEARN | BELONG | BECOME



Student Chefs: Riyol Correa, Aishwarya Tilve, Eapen Jose Jacob
Mentor: Chef Steve Benns

Lifafa

Spicy lamb and button mushroom strudel served with mint & cilantro sauce, tomato & sesame chutney and stir-fried enoki mushrooms and spinach.

INGREDIENTS

Tomato Chutney	Lifafa	Mint & Coriander Sauce	Mousseline
0.255 kg tomatoes	0.285 kg ground lamb	0.030 kg mint leaves	0.12 kg ground lamb
0.01 L green chilies, chopped	0.285 kg mushrooms, white	0.285 kg cilantro	0.03 L cream
0.01 L ginger, chopped	1 egg, beaten	0.055 kg shallots	0.003 L salt
0.045 L cilantro	0.005 L cumin seeds	0.12 L cream 35%	0.003 L pepper
0.002 L chili powder	4 green chilies, chopped	0.115 kg unsalted butter	
0.005 L black mustard	3 garlic, chopped	0.005 L ginger, chopped	Garnish
0.002 kg curry leaves	0.225 kg red onions, chopped	0.002 L garam masala	0.005 kg butter
0.03 kg sesame, toasted	0.005 L chili powder	3 garlic, chopped	0.005 L oil
0.005 kg sugar	0.020 kg butter, melted	0.03 L vegetable oil	4 each garlic, slices
0.06 kg tomato paste	0.010 L ginger, chopped	0.01 L salt	0.115 kg spinach
0.03 L vegetable oil	0.015 L vegetable oil	water, as needed	1 bunch enoki mushroom
	0.010 L salt		0.03 kg crushed tomato
	0.060 L red wine		0.005 L salt
	4 puff pastry (1 into 12cmx17.5cm)		0.005 L pepper

DIRECTIONS

Tomato Chutney

- To make the tomato sesame chutney, roast the tomatoes on the burner.
- Heat the oil in pan and add the mustard seeds as they splutter add the ginger and green chili and sauté for 1 min.
- Add the curry leaves chili powder and cook for 30 sec then stir in chopped tomatoes sugar salt and Tomato paste.
- Simmer it for 2 mins. Let it cool. Blend it to form a smooth paste.

Lifafa

- To make lifafa mushrooms heat oil in a pan add the cumin seeds and as they become to splutter add the garlic ginger green chili and onion sauté over high heat.
- Add the chopped mushrooms and lamb red chili powder to the ginger and onion mix and stir fried until mushroom and lamb is cooked.
- Remove from the heat and add the salt. Mix and tip the mushroom and lamb into a colander so any excess liquid will come out. Leave 30 min to cool. Deglaze the pan with the wine. Add it to the meat.
- Roll each pastry sheet 10x15cm.

- Heat the oven to 350 F. Top with a mound of the mixture on the pastry sheet.
- Fold the pastry sheet into a parcel turn the parcel over place on a roasting tray then brush with the beaten egg and bake for 7 mins or until the puff pastry turns golden

Mint & Coriander Sauce

- Heat the vegetable oil and butter in a frying pan add garlic ginger and shallot and sauté until softened but not coloured.
- Add the mint and coriander, salt and garam masala sauté until the greens are cooked. Add double cream bring to a boil and remove from heat.

Mousseline

- In a blender add the meat while running the blender add salt and pepper.
- Gradually add cream till everything comes together.
- Mix it with the stuffing.

Garnish

- In a pan add oil and butter and garlic.
- Add spinach and mushroom.
- Season it with salt and pepper.



Student Chefs: Soo Woo, Ethan Tate, Amira Cunha
Mentor: Chef David Hawey

BEHIND THE RECIPE:

We represent three countries, Canada, Korea and Trinidad and Tobago. Our love for the art of cooking and appreciating new flavours, created our destiny and gave us the opportunity to meet at Durham College where we share something similar. Although we come from different parts of the world, we share the fact that some of our fondest memories as children were in the kitchen, preparing meals with family members.

The inspiration for this dish is tying our past and present experiences together, creating a dish made from ingredients that we've all enjoyed growing up – Mushrooms and Lamb. The flavours of Trinidad are reflected in this recipe which

incorporates Canadian mushrooms, Ontario Lamb and traditional spices of Trinidad and Tobago. This dish is quick and easy to prepare, can be made ahead and frozen and is versatile as a snack, appetizer, lunch or dinner entrée. It pairs well with sauces such as aioli, tzatziki and herbed sour cream and will soon become a popular choice when planning your menu. Preparing this dish together gave the three of us time to talk about our backgrounds. Although our team has only known each other for a few months, we bonded over shared experiences in the kitchen and have made memories that will last a lifetime.

Trinidad Style Lamb & Mushroom Empanadas

Yields 4 portions

INGREDIENTS

Pastry		50 ml	green olives, chopped
175 ml	all-purpose flour	50 ml	raisins, chopped
75 ml	cornmeal	100 ml	chive, chopped
5 ml	thyme, chopped	Salt and pepper to taste	
2.5 ml	salt	Dipping Sauce	
50 ml	shortening or butter	7.5 ml	mint leaves, chopped
30-50 ml	ice cold water	5 ml	garlic, chopped
10 ml	oil	200 ml	mayonnaise
Filling		5 ml	paprika
80 g	onions	2 ml	cayenne pepper
30 ml	olive oil	50 ml	chive
30 g	garlic	10 ml	lemon juice
200 g	Canadian crimini mushrooms, chopped	2.5 ml	chili powder
		5 ml	mustard
200 g	ground Ontario lamb		
150 ml	white wine		
50 ml	paprika		
20 ml	thyme, chopped		
100 ml	parsley, chopped		



DIRECTIONS

Pastry

1. Combine the flour, cornmeal, shortening, salt and thyme
2. Cut/rub the butter into the dry ingredients until they form lumps the size of chickpeas.
3. Add the water and oil. Mix until a ball of dough is formed. Wrap and chill 30 minutes.
4. Roll pastry into 6" rounds. Divide filling into 4. Form into football-shaped balls.
5. Brush the pastry edges with water, place a ball of filling on the middle of each round, fold the pastry over and seal the edges.
6. Fry in hot oil or brush pastry with egg wash and bake 350°F oven until pastry is browned. (Frying 3-5 minutes, baking 20-25 min).

**Note: if baking the empanadas, you can substitute pre-made puff pastry or pie pastry for this recipe*

Filling

1. Sauté onions in oil until translucent
2. Add garlic and mushrooms
3. Cook on medium low heat until mushrooms have reduced in size by 75% and are almost dry.
4. Add the lamb to the mushroom-onion mixture, cook approximately 5 minutes.
5. Add the wine, herbs, paprika, raisins and olives, simmer 10 minutes.
6. Season with salt and pepper.
7. Remove from heat, stir in chives. COOL.

Dipping Sauce

1. Combine all ingredients.



Student Chefs: Seyedeh Pegah Haeri Hendi, Matthew F Chiappetta, Andre DiPetta
Mentor: Chef Kire Boseovski

BEHIND THE RECIPE:

Portobello mushrooms pan seared with brown butter, roasted garlic and ricotta tortellini tossed in a braised lamb ragu.

Garnished with parmesan cheese, oyster mushrooms, garlic, and pea tenders.

Portabella Ricotta Tortellini in a Lamb Bolognese Sauce

Yields 4 portions

INGREDIENTS

Pasta Dough

300 g all-purpose flour
150 g semolina flour
6 eggs

Portobello Filling

6 pc portabella mushrooms
200 g ricotta
225 g butter
1 bulb garlic
100 g onions
75 g celery
75 g carrots
300 ml red wine

Lamb Bolognese Sauce

225 g ground lamb	50 g Parmigiano-Reggiano
50 g tomato sauce	
50 g button mushrooms	100 g roma tomatoes
25 g oyster mushrooms	100 ml olive oil
25 g king oyster mushrooms	100 ml water
	TT salt
	TT pepper
	TT nutmeg
1 pkg pea tenders	

DIRECTIONS

Pasta Dough

1. Mix semolina flour with all purpose. Mix 6 eggs with a touch of water and 15 ml of olive oil.
2. Make a well in the center of the flour mixture and add the egg mixture and combine until well mixed.
3. Take the dough out of the bowl and knead until mixed well and then cover with saran wrap and let rest for 30 minutes.
4. Roll out pasta dough down to #6 on the machine and cut into round shapes with cookie cutters.

Filling

1. Roast garlic, melt butter in a pan, and add portabella mushrooms.
2. When the garlic is done, put the mushrooms in a food processor mix well with the browned butter, roasted garlic and the ricotta cheese until well combined. Season with salt and pepper, and nutmeg.
3. Fill pasta rounds with the mushroom filling, egg wash and shape them into tortellini. Make sure they are covered so they don't dry.

Sauce

1. Cut mire poix into small dice, sauté with butter and olive oil, add garlic, add lamb, add tomatoes, let simmer for 10 minutes, add red wine and let simmer for another 45 minutes.
2. Season with salt and pepper.

Garnish

1. Shave Parmigiano-Reggiano and pea tenders.
2. Pan sear king oyster mushrooms.
3. Steam oyster mushrooms and button mushrooms.

Final Assembly

1. Fill a saucepan with water, salt and let boil.
2. When the water has come to a boil, add tortellini and let boil for 2-3 minutes or until al-dente. Take out of the water, save some of the water for the sauce.
3. Add the tortellini to the sauce and toss until they are covered. Plate the pasta, garnish, and serve.

