

*Stemmler's*  
est. 1985



CHEF SCOTTY  
COOKS

## Stemmler's Stuffed Crown Pork Roast

*Serves 6-8 People (15 min prep/ 1.5 hr total cook time)*

### (Ingredients)

- 1 Stemmler's Frenched Crown Pork Roast (Special Order) 10LB
- 1 LB Ground Pork
- 2 Tbsp Butter
- 1 Tbsp Olive Oil
- 1 Crispy Apple (local) peeled and chopped
- 2 Cloves Garlic (minced)
- 1 Leek (White End Quartered and Finely Chopped)
- 3/4 Cup White Wine
- 2 Cups Chicken Stock
- 1/2 Cup Chopped Kale
- 1/4 Cup Stemmlers Smokin Good Sauce
- 1 Tbsp Fresh Sage (chopped)
- 1 Tbsp Fresh Parsley (chopped)
- 1 Tbsp Fresh Thyme (chopped)
- 1 Tsp each Salt & Pepper (divided)
- 2 Tsp Montreal Steak Spice (divided)

### Instructions:

1. Pull meat and let sit at room temp for an hour. As that's happening, saute the leeks in the olive oil and melted butter. Let them become soft then add the garlic & apple as well as 1/2 Tsp of each Spice. Cook for 2 minutes on medium heat. Add 1/4 cup of the wine and let reduce for another 2 minutes. Set aside to let cool.
2. Open the Crown Roast and make some slits along the meat near the bones to spread the rack open a bit more. Mix another tsp of each spice plus half of the fresh herbs and the olive oil then rub the outside of the roast. Rub some on the inside as well. This will be now be used to hold the stuffing. In a separate bowl mix the ground pork, the smokin good sauce, the rest of the fresh herbs, kale, cooled leek/apple mixture and the rest of the seasoning. Mix well and lay between the bones and on top of the roast. Cover the ends of the bones with foil only to prevent them from burning. Place on a wire rack inside the roasting pan and pour in 1 cup of chicken stock. Place in preheated 300F oven.
3. While this is roasting prepare your side dishes. Brussel Sprouts, Roasted Potatoes...whatever you want.
4. After 90 minutes, use a probe thermometer and please make sure it reads an internal temperature of 150F. When that temp registers, remove from oven, remove from pan, cover with foil and let rest for 10 minutes.
5. Pour the liquid from the pan into a measuring cup. Skim the fat. With the roasting pan on the stove top, turn on hi and then add the rest of the wine. Let reduce for a couple minutes then add the rest of the pan juices plus the rest of the chicken stock. Thicken with a little cornstarch (2 tsp plus 2 tsp water). Let simmer and thicken.
6. Carve the roast. Serve with side dishes and pan gravy. Enjoy with your favourite Apple Chutney!!

*For more information on Chef Scott Yates please visit : @chefscottcooks*

3031 Lobsinger Line Heidelberg Ontario, N0B 2M1 Tel: (519) 699-4590

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# RECIPES

Local chefs offer inspiring options for holiday entertaining

## THE GRAND

from page 59

**Brian McCourt, executive chef**

**The Bauer Kitchen**

187 King St. S., #102, Waterloo

www.thebauerkitchen.ca; 519-772-0790

Brining is a great way to keep meats moist and tender; the following works wonders with pork tenderloin. Apple bourbon compote makes a flavourful companion. Serve with potato gnocchi, fried sage and roasted root vegetables of your choice. Garnish with toasted pecans plus pan jus.

### Herb Brine

This brine will be enough for 8 large tenderloins

**1 litre** of water

**175 grams** of kosher salt

**75 grams** of brown sugar

**125 grams** of maple syrup

**1 bunch each** of thyme, tarragon, sage

**3 bay** leaves

**8 grams** of juniper berries

**1.** Combine all the brine ingredients in a large pot, place over medium heat and bring to a simmer, stirring to dissolve the salt and sugar. Remove from the heat and cool to room temperature, then refrigerate until completely chilled.

**2.** Add pork tenderloin to the brine and weight them down to keep submerged. Refrigerate for 12 hours.

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**3.** Rinse pork under cold water and pat dry. Place back in the fridge for up to 24 hours or until needed.

**4.** Heat a cast iron pan over high heat. Sear the pork tenderloin on all sides and place in the oven at 375 F. Cook for seven minutes or until the internal temperature reaches 145 F for medium.

**5.** Remove the pork tenderloin from the pan and rest for three minutes. Meanwhile, deglaze the pan with red wine and reduce for three minutes, finish with a knob of butter.



### Fried Sage

Heat oil in a small skillet over medium-high heat. Fry six to eight sage leaves at a time until crisp, two to three seconds. Transfer with a fork to paper towels and sprinkle generously with coarse salt. This can be done a few hours before.

### Apple bourbon compote

**4 royal gala** apples, peeled and diced

**1½ cups** (375 ml) of brown sugar

**1 cup** (250 ml) of water

**3 oz.** of bourbon

**1 cinnamon** stick

**1 star** anise

**1.** Place apples in sauce pot with brown sugar and bourbon. Burn off alcohol, about two to three minutes, add water, cinnamon and star anise.

**2.** Reduce until it becomes a syrup.

### Potato gnocchi

**2 medium** russet potatoes

**¼ cup** (60 ml) of grated Reggiano

**⅛ teaspoon** of freshly grated nutmeg

**Kosher salt** and freshly ground black pepper

**½ egg**, beaten (beat a whole egg, then only use half)

**133 grams** of tipo 00 flour, plus some for dusting

**1.** Bake potatoes in a preheated oven at 400 F for one hour, until fork tender.

**2.** Remove potatoes from oven and place on a cutting board. Immediately peel off

and discard the skins. Wear gloves if the potatoes feel too hot to handle.

**3.** Coarsely chop potatoes and pass through a potato ricer onto a large, lightly floured cutting board or smooth work surface, covering the board with the potatoes. Let the potatoes stand for five minutes, and then sprinkle Reggiano and nutmeg evenly over the top.

**4.** Season potatoes with salt and pepper and use a bench scraper to cut all of the seasonings into the potatoes, repeatedly scraping and mixing the ingredients until well blended. Taste the mixture, adding more salt and pepper until it tastes good to you. Use the bench scraper to stir in the egg. Finally, gently stir in the flour just until the dough comes together

**5.** Gently knead the dough just until it has a uniform consistency, about one minute. Be careful not to over-work the dough. Flour the bench scraper and cut the dough into four pieces. Roll each piece on the floured surface into a long rope about one-half inch (one centimetre) in diameter. Use the floured bench scraper to cut the rope crosswise into one-half inch (one cm) pieces. You can cook the pillows as they are or roll each one on a lightly floured grooved gnocchi board.

**6.** Bring a large pot of salted water to a boil. Drop gnocchi into boiling water, do not crowd the pot. Cook the gnocchi until springy to the touch and tender throughout, three to five minutes.

**7.** Brown some butter in a pan, add cooked gnocchi and finish with freshly chopped flat leaf parsley.

### Cooking tips

- Always salt your blanching water: the water should taste like the sea.

- Before roasting root vegetables: Blanch the vegetables in salted water and shock in an ice bath. Then roast at high temperature with fat and seasoning to caramelize.

## BRAISED BEEF FLATBREAD

from page 60

Mike Eckhardt, executive chef

Cafe 13 Main Street Grill

13 Main St., Cambridge

Web: [www.cafe13.ca](http://www.cafe13.ca)

519-662-1799

Prepare the following:

- Flatbread
- Garlic Pana
- Sliced pear
- Braised beef short ribs
- Brie cheese

### Perfect Flatbread Dough

Makes 2 flatbreads

**2½ cups** (625 ml) good quality all-purpose flour

**2 teaspoons** (10 ml) fine sea salt

**1 teaspoon** (5 ml) fresh yeast or if using dry active ½ teaspoon (2 ml)

**1 teaspoon** (5 ml) good quality olive oil  
**Scant 1 cup** (250 ml) lukewarm water

**1.** In a bowl thoroughly combine the sifted flour and salt into the bowl of a stand mixer. If you don't have a stand mixer, you can simply create a hill with a small hole into centre of the flour on your countertop.

**2.** In a separate bowl, combine the yeast, olive oil and lukewarm water together. Allow to stand four minutes for yeast to bloom.

**3.** Pour wet mixture into dry mixture and begin mixing on low speed with the dough hook of the mixer or with your two hands, gradually incorporating the dry into the wet. Using your hands will be more like mixing versus kneading.

**4.** After three minutes, when the wet is well combined with the dry, set the mixture aside and let it rest uncovered for 15 minutes.

**5.** Here you will flour your hands and start working with the dough. Gently but firmly knead the dough on the work surface for three minutes. Re-flour hands and counter as needed.

**6.** The dough will be moist and sticky,



but will come together into a smooth mass soon. Knead for another two minutes until it isn't sticky anymore.

**7.** Divide the dough into two pieces of equal size. Form them into tight balls and cover with plastic wrap. Refrigerate dough for at least 24 hours before using. This is called proofing and gives the dough that wonderful chewy, pliable crust and its great flavour.

**8.** When ready to prepare dish, take one dough ball out of fridge and let rest for five minutes to come to room temperature. Using a floured rolling pin and floured work surface, roll the dough out evenly until you get a 12-inch round or, for a more rustic look, roll into a rectangle shape for that true flatbread feel. Dough should be a little less than an inch thick. It's ready for toppings now.

### Garlic Pana

**1 cup** (250 ml) 35% whipping cream

**2 cloves** garlic peeled whole

**1 sprig** rosemary

**1.** Throw all ingredients into small sauce pot and put over very low heat. Allow to lightly simmer but never boil. You want the cream to thicken up and reduce in amount. Boiling it or simmering it to fast will lead to burning and a bad taste. Simmer for about 30 minutes or until the cream has reduced to about half the original amount.

**2.** The cream will be thick now and have

taken on a slightly darker cream colour, almost a bone white rather than the bright white of regular cream.

**3.** Take off the heat and use a slotted spoon to remove the garlic and rosemary. The pana is ready for use and will give enough for the two flatbreads.

**4.** You can refrigerate the pana for up to three days, but it will thicken a little as it cools, so when you are ready to use it, remove it from the fridge a few minutes beforehand to bring it back to room temperature. This will make it easier to spread evenly.

### Sliced Pears

**1 whole** pear

Wash the pear thoroughly before use. Do not remove the skin (although you can do so if you prefer). Using a sharp knife, slice the pears very thin – almost paper thin. You can use a gadget called a mandolin for this, but if you can't get it super thin that's OK – it will still taste delicious.

Slice down just before reaching the core, then rotate the pear and slice away, continuing on all sides until all that is left is the core from the inside. Soak pears in ice cold water until use to stay crisp and keep from browning.

### Braised Beef Short Ribs

This recipe yields more than enough beef short ribs. The average amount you will buy from your local butcher shop would say be about 16 ribs, which is good for a family of 4. This flatbread recipe won't need all of it, but you can put as much or as little beef on your flatbread depending on what you like.

These short ribs are great as leftovers throughout the week. So go ahead and make a full batch and enjoy them all week long.

**16 beef** short ribs, each about 2 to 3 inches long

**4 onions**, peeled and chopped

**2 stalks** celery, chopped

**2 large** carrots, peeled and chopped

**1 whole** head garlic cloves, peeled

**750 ml** red wine

**1 cup** (250 ml) of your favorite barbecue sauce. (We make our own at the restaurant but any kind will do)

**1 bunch** fresh rosemary

**A few** bay leaf

**Sprinkle or two** sea salt and freshly ground pepper

**1.** Preheat your oven to 325 °F (160 °C).

**2.** Heat a large heavy skillet over medium-high heat and splash in enough oil to cover the bottom with a light film. Add the ribs in a single layer and brown, caramelizing them well on all sides.

**3.** Be patient when you're browning the meat; it takes a little time, but it's worth every minute. The caramelized flavours are the secret to a rich, hearty braise.

Because the majority of the ribs' cooking time happens slowly while the beef is submerged in liquid, browning the meat is the only chance you have to add the deep rich flavours of caramelization. (At Café 13, we pride ourselves on the time we put into every type of meat we use and this browning time for caramelization is a perfect example.)

**4.** Place the browned ribs on a platter, drain most of the fat from the pan and place it back over the heat.

**5.** Add the onions, celery, carrot and garlic to the hot pan and sauté for a few minutes until they heat through and smell great. Add the ribs back to the pan and cover with the red wine and the barbecue sauce. Add the rosemary and bay leaves and season well with salt and pepper.

**6.** Cover with a tight-fitting lid or with tightly sealed foil and place in the oven to braise for about two hours. The ribs are done when they're fork-tender and nearly falling off the bone. You will want to allow the beef and liquid to cool before use.

### Sliced Brie Cheese

**1 small** chunk of brie cheese, or a small sized wheel is perfect.

You want to use a sharp knife and slice the brie into thin slices about half the thickness of your index finger. Don't go too thick even if you really like brie because the cheese won't melt as well if it's too thick on the flatbread. Reserve to the side until ready to use.

A good trick, since brie can really stick to anything you lay it on, is using a small square of wax paper or parchment paper over a plate. That way it peels off nice and clean for use.

### Assembling the Flatbread:

**1.** Sprinkle a baking tray (or pizza-style pan) with corn meal. This provides a crisp texture on the bottom and keeps the dough from sticking to the tray. Place the rolled-out flatbread dough onto the pan.

**2.** Spoon half the garlic pana onto the dough and spread it evenly around the dough leaving a half-inch border for the crust. This allows a tasty crust option and gives your hands something to hold while eating a slice. But if you aren't a fan of the crust – and the dog ends up with it anyways – then feel free to take that garlic pana to the edge. Remember to do it your way and it will still be great.

**3.** Next, layer the sliced pear all over the garlic pana. Spread them evenly, slightly overlapping, but don't pile them on. A little secret is to gently squeeze out the water the pears have absorbed before placing on the dough. This keeps the flatbread from getting soggy as it cooks.

**4.** Take a beef short rib out of the liquid and pull it apart with your fingers. It will be messy, but it should fall apart with ease. (And why not go ahead and try some while doing this? Bet you can't resist it.)

The beef should resemble the typical look of a pulled pork that everyone is familiar with. Discard the bones.

**5.** Throw the shredded beef onto the pear slices, scattering it around. You can use as little or as much as you want. I usually use about ¾ cup of shredded beef per flatbread. This allows me to fully enjoy all

the flavours of the brie and pear as well as the beef.

**6.** Place the sliced brie on the shredded beef in a uniform manner, leaving space between each piece. (At Café 13 we lay ours out in lines, like rungs on a ladder.) You don't want them touching because they will melt while cooking and it can become a bit of a mess to eat.

**7.** Place the flatbread in an oven preheated to 375 F and cook for 10 to 15 minutes. Rotate the flatbread twice, making sure to brown the crust evenly. The cheese will start melting and this will be a good sign when it is ready.

**8.** Now crank the oven up to 425 F. Carefully remove flatbread from the pan and place directly on the oven rack. Don't worry about it sticking; the dough is cooked enough that it won't stick to the metal racks.

The flatbread should only be in the high temperature for a minute or two. You don't want it to burn. But the crust should get a dark, crisp bottom and the cheese should develop a nice golden coat.

**9.** Pull the flatbread out and place onto a work surface. If you left a rim of crust when doing the pana stage, brush it with olive oil. Cut a clove of raw garlic in half and rub the cut half along the crust. The heat from the crust will pull out a garlycy note. Plus the olive oil gives it a nice glisten.

**10.** Drizzle with good quality honey. (We like to use a local honey, but any good quality honey will do.)

A personal recommendation is Rosewood Meadery in Beasmville.) The honey adds some subtle sweetness to that big bold beef and also goes great with the creamy melted brie.

Sprinkle some fresh cracked pepper on top and voila, done.

**11.** To serve: You can cut into small square pieces to serve as apps at a holiday party or slice them up big and eat as a whole meal. No one will judge if you just pick up the whole flatbread and bite into it that way too. It's really that good after all.

## LOCAL APPLE TART

from page 64

Jennifer Parkin, head pastry chef  
Proof Kitchen, the Barrel Yards  
110 Erb St. W., Waterloo  
<http://proofwaterloo.com>  
519-209-3333



### Crumble Topping

**1 cup** (250 ml) butter, diced

**1 cup** (250 ml) flour

**1 cup** (250 ml) oatmeal

**1/2 cup** (125 ml) brown sugar

**1 teaspoon** (5 ml) salt

**1 1/2 teaspoon** (7 ml) cinnamon

**1/2 teaspoon** (2 ml) nutmeg

**1/4 teaspoon** (1 ml) cloves (ground)

**1/4 teaspoon** (1 ml) allspice

1. Preheat oven to 320 F. Dice the butter and mix all ingredients together.
2. Spread on a pan and bake, stirring every five minutes. This will take will take 15 to 20 minutes.

### Apple + Jacks Ice Cream

**2 cups** (500 ml) 2% milk

**4 cups** (1 litre) 35% cream

**15 egg yolks**

**2 cups** (500 ml) sugar

**1/4 cup** (60 ml) apple cider reduction

**1 1/2 oz.** Jack Daniels

1. Place the milk and cream in a pot on low heat until it comes to a boil.
2. In a separate bowl, whisk yolks and sugar together. Gradually add the milk and cream mixture while stirring. Return to the pot and simmer over very low heat, stirring constantly with a wooden spoon, until the mixture coats the back of the spoon. This takes approximately five minutes.
3. Remove from the heat and transfer to a cool bowl. Add one-quarter cup apple cider reduction and Jack Daniels whisky. Let ice cream base cool completely then place in a ice-cream machine and follow manufacturer's instructions.

### Tart Shell

**2 cups** (500 ml) icing suagr

**1 cup** (250 ml) butter room temperature

**2 eggs**

**4 cups** flour

**1 tablespoon** (15 ml) salt

1. Using a stand mixer, cream together the butter and icing sugar until the mixture is pale in colour. Then add eggs and continue to mix for two minutes. Then slowly add the flour and salt.

2. Refrigerate the dough for 1 hour. This will make the dough easier to roll. Preheat oven to 350 F.

3. On a floured surface, roll out the dough to one-quarter inch thick. Cut the dough larger than the tart pan. (Tip: when you are moving the rolled dough into the tart pan, roll the dough on to the rolling pin, then you can move the dough with of a less of a chance that it will break.)

4. Push down the dough gently to the bottom of the pan with your fingers and then push the sides against the pan. Line the tart pan with aluminum foil then add pie weights, pennies or dried beans. This process is called blind baking.

5. Bake the crust for 15 to 20 minutes. Remove the pie weights and foil and continue baking for another 10 minutes. The dough should be fully cooked and a nice golden brown colour.

This can be made 24 hours ahead of time.

### Tips:

- Taste your filling! Sometimes the apples are mouthwateringly delicious or they could be tart or bland. Don't be afraid to adjust the filling to your taste preference.
- The various elements of this dessert can be made 24 hours in advance, giving you plenty of time to spend with your guests. Right before serving, heat the apple filling. Then place the filling in the tart shell and add crumble. To serve, add a scoop of your ice cream and drizzle with remaining apple cider reduction.
- When cooling ice cream base for use with a home machine, place in a slightly larger stainless steel bowl with crushed ice or small cubes, salt and water to make a slurry underneath. Stir to get mixture to cool down faster before putting in the machine.



## OCTOPUS BRAISE

from page 56

Stephanie Randall, executive chef  
and co-owner

Gilt, 305 King St. W., Kitchener, Unit 102

[www.giltrestaurant.ca](http://www.giltrestaurant.ca)

519-954-6100

Cork, 146 Metcalf St., Elora

[www.eloracork.com](http://www.eloracork.com)

519-846-8880

**1 onion** chopped

**1 cup** (250 ml) bourbon

**4 litres** water

**Star anise**

**2 tablespoons** (30 ml) allspice

**12 cloves** garlic chopped

**1 teaspoon** (5 ml) cocktail bitters

**5 pulpitos** (baby octopus)

Sauté onions in water until soft. Add one cup bourbon; cook to reduce. Add water, spices and bitters. Bring liquid to a boil. Add pulpitos over low heat for 1 1/2 hours.

**Wine suggestion:** Norman Hardie Unfiltered Chardonnay (Prince Edward County). This nice, buttery and oaked chardonnay will bring out the seasonal spices used in cooking the octopus, but also will be fresh and vibrant and not overpower the dish.



Waterloo Region's EMTEK dealer

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519-886-2950

[www.glenbriarplumbingshowplace.com](http://www.glenbriarplumbingshowplace.com)

## MOROCCAN-SPICED LAMB SHOULDER

from page 63

Dan McCowan, owner  
and executive chef

Red House

30 William St., W., Waterloo)

www.redhouseuptown.ca

226-647-4687

Moroccan-Spiced Lamb is served with parsnip purée, a sweet potato and kale dish, and a brussel sprout slaw.

### For the lamb

**Rub one** whole boneless lamb shoulder with a mix of the following spices:

**½ teaspoon** (2 ml) cinnamon

**½ teaspoon** (2 ml) nutmeg

**¼ teaspoon** (1 ml) red chili flakes

**1 teaspoon** (5 ml) paprika

**1 tablespoon** (15 ml) coriander

**1 tablespoon** (15 ml) cumin

**1 tablespoon** (15 ml) Kosher salt

**½ teaspoon** (2 ml) black pepper

**1.** Roll the spiced meat and tie with butcher's twine for even cooking time. Let sit 4 hours minimum, or overnight if possible for full effect.

**2.** Place shoulder in slow-cooker and cover with chicken broth. Let simmer three to four hours until fork tender. For added flavour, add roughly chopped onions, garlic, ginger root, cilantro stems and dark beer to your broth.

**3.** Reduce the cooking liquid for a nice sauce for the finished dish.

### For the parsnip purée

Peel and rough-chop parsnips. Put in saucepot and cover with milk. Add one bay leaf and a pinch of salt and let simmer until tender. Remove bay leaf, add a squeeze of fresh lemon juice, and purée in blender until smooth.



### For the vegetables

Use equal parts sweet potato and kale. Peel and dice your sweet potatoes. Fully coat pieces with olive oil and place in a saucepot. Slow cook until they are tender. If they start to stick, add a touch more oil.

Add your kale and cook lightly. (It should still be bright green!) When kale is tender, add a pinch of salt and pepper. Sprinkle with golden raisins – just enough to balance the bitterness of the kale.

### For the slaw

Use equal parts brussel sprouts and kohlrabi for this slaw. Add enough shallots to flavour, but you don't want it to be too intense.

Shave raw brussel sprouts, kohlrabi and shallots with a mandolin slicer, or cut very thinly with a knife. Rinse well and dry. Add plain yogurt (enough to lightly

coat), a squeeze of fresh lemon juice, finely chopped fresh mint leaves, Kosher salt and black pepper.

#### Tips:

- If you are having trouble finding whole lamb shoulders, ask your butcher to bring one in specifically. Cut, bone-in shoulder chops work as well, but reduce the cooking time by half. Recipe also works great with lamb shanks.

- To test doneness on large braised meats, try to pick up with a fork. If you can pick it up, it's not ready!

- Get out of your comfort zone! There are lots of recipes and cooking method instructions online you can follow if you want to try some new things. Just buy what is locally in season at the market or grocery store and try something you never have before. Experimentation is the best way to expand your cooking skills. 🍴

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