

Make It Tonight

Quick meals from scratch
tested by The Hamilton Spectator

Linguine with Cabbage and Lentils



PHOTOS BY TED BRELLISFORD, THE HAMILTON SPECTATOR

Makes 6 servings

- 1/2 cup (125 mL) dried brown lentils, rinsed and sorted
- 3 cups (750 mL) vegetable broth, divided
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 lb (450 g) dried linguine
- 2 tbsp (30 mL) extra-virgin olive oil
- 3 cloves garlic, minced
- Crushed red pepper flakes to taste
- 6 cups (1.5 L) shredded Savoy cabbage
- Salt and pepper
- Grated Parmesan (optional)



1 Place lentils in a pot with 2 cups (500 mL) of the vegetable broth, thyme and bay leaf. Bring to a boil, then reduce heat to low; simmer until lentils are soft but not

Talk to a chef

Foods fresh from the farm



KATRINA SIMMONS

Stephen Treadwell thumbs through seed catalogues in the winter, deciding which unusual vegetables to introduce to his customers from spring through to late fall.

It's not a solo decision, though. The chef/owner of Treadwell Farm To Table Cuisine consults with the farmer who brings his dreams to the table.

"He knows what will grow in his soil," Treadwell explains. "He's always trying new things."

About 80 per cent of the vegetables served at Treadwell's restaurant in the Port Dalhousie area of St. Catharines come from Wyndym Farm, just 15 minutes down the road. He works closely with farmer Dave Perkins, featuring Perkins' vegetables — from spring salad greens to autumn root and storage crops — on his prix fixe menu. "I work with what I've got," he says. "I continually change the menu. It depends on what's in season."

The fish is not quite so local, but don't expect anything from as far away as Florida. "I use whitefish, lake trout, pickerel that comes from Lake Huron and Lake Erie. I have a gentleman in Port Dover go to the day boats, pick up what I've ordered, and bring it straight to me."

The naturally raised beef, lamb, chicken and pork he serves is delivered twice weekly from Cumbrae Meats, a small company with products raised in southern Ontario.

While working in Niagara-on-the-Lake as executive chef for Queen's Landing and the Prince of Wales hotels, Treadwell recognized a gap in the food supply network. Very few farmers were growing for the local restaurants, he recalls.

There still aren't many who experiment with unusual, heirloom or specialty varieties of vegetables. If he didn't have Wyndym Farm nearby, he would have to buy



SHERYL NADLER, THE HAMILTON SPECTATOR

Stephen Treadwell is committed to using locally grown produce and meats at his St. Catharines restaurant.

from producers in Stratford or Cookstown, who have perfected the farmer/chef relationship. "We should have more people like Dave Perkins in this area growing food to complement the wine."

Treadwell's Farm To Table Cuisine is at 61 Lakeport Rd. in the Port Dalhousie area of St. Catharines, 905-934-9797 or www.treadwellcuisine.com.

Treadwell and Perkins are among the speakers at the upcoming Rejuvenating Niagara's Best Foods Conference and Food Exhibition. It's a two-day event (Sunday, Feb. 25 and Monday, Feb. 26) at Niagara College focusing on how we can incorporate locally grown products into our lifestyle.

For more information, call 905-641-2252, ext. 6419 or visit www.niagarac.on.ca/features/rejuvenate.

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Sliced Prosciutto with Preserved Lemon, Shaved Pear and Arugula

Makes 4 servings

- 2 lemons
- 2 shallots, finely chopped
- 2 tbsp (30 mL) chopped chervil
- 2 tbsp (30 mL) chopped tarragon
- Freshly ground white pepper
- 1 tbsp (15 mL) fleur de sel OR good-quality sea salt
- 1/4 cup (60 mL) extra-virgin olive oil
- 24 slices of Pinques of Niagara prosciutto
- 4 cups (1 L) local arugula
- 1 Bosc pear, thinly sliced
- 2 tbsp (30 mL) lemon juice
- 1 tbsp (15 mL) white truffle oil
- 4 oz (115 g) Monforte Toscano cheese OR good-quality Parmesan
- 1/2 cup (125 mL) cold pressed Niagara Persall canola oil
- 1/4 cup (60 mL) Niagara Baco Noir balsamic vinegar

Two or three days ahead: Blanch lemons in boiling water for 1 minute. Place in ice water. Dry in a towel.

Slice lemons thinly, and place a layer in the bottom of a shallow dish.

Sprinkle in a layer of shallots, chervil, tarragon, white pepper and sea salt. Drizzle with olive oil.

Continue with layers until lemons are finished. Cover with plastic wrap and press down with suitable weight. Place in refrigerator for 2 to 3 days.

To serve: Place a few slices of the preserved lemon in the centre of a plate.

Arrange prosciutto slices over lemon.

In a large bowl, toss arugula leaves and pear slices with lemon juice and truffle oil. Arrange over prosciutto.

Garnish with long shavings of cheese. Drizzle canola oil and balsamic vinegar around plate.

Ingredients listed can be substituted with similar products, preferably from local producers.

Approximate nutrition per serving: 740 calories, 61 g fat, 36 g protein, 16 g carbohydrates, 2 g fibre