

Flavours of Manitoba

COOK BOOK



Quick, easy and tasty recipes to help you make the most of your grain bundle.

About Your Grain Bundle

This bundle contains:

- **Organic Rolled Naked Oats**
from Adagio Acres, near Lundar
- **Organic Red Fife Flour**
from Benco Foods, near MacGregor
- **Organic Split Green Lentils**
from Deruyck's Top of the Hill Farm, near Treherne
- **Organic Black Beans**
from Old Willow Organic Farm near Shilo
- **Organic Pinto Beans**
from B & J Unrau Farms near MacGregor
- **Organic Split Yellow Peas**
from Rigby Orchard Farms near Turtle Mountain
- **Organic Wild Rice**
from Shoal Lake Wild Rice, grown in Northern Ontario
- **Locally Grown Popcorn**
from Valleyfield Acres, near Morden
- **Local Clover Honey**
from Adagio Acres, near Lundar

How to Cook Dried Beans

Add 2 cups beans to a pot, cover with 5 cups water and bring to a boil. After water has boiled, turn off heat, cover with lid, and let sit overnight (or at least 8 hours). Turn the heat back on and simmer gently until beans are soft (1-2 hours).

Chef's Tip: *Cook a large batch in advance and store it in an airtight container in the refrigerator for up to 5-6 days or freeze it for up to 6 months.*

How to Cook Lentils

Rinse the lentils in a fine mesh strainer. For 1 cup of lentils, bring 2 cups water to a boil. Add lentils and reduce temperature to a simmer. Cook for 10-15 minutes or until tender.

Chef's Tip: *Cooked lentils can be added to anything with ground meat - burgers, casseroles, chili, or soups. They are high in protein and absorb the flavours around them!*

How to Cook Wild Rice

Bring a medium pot or saucepan of water to a boil. Use double the amount of water as rice. Add the rinsed rice to the boiling water and simmer until the rice is tender but still has a slight bite, about 20 minutes. Some of the grains will start to split open slightly. Remove from heat and place the lid on the pot, and allow the rice to sit for 10 minutes, becoming fully tender and fluffy.

Chef's Tip: *Cook a large batch in advance and store it in an airtight container in the refrigerator for up to 5-6 days or freeze it for up to 6 months.*

PANCAKES

A breakfast classic...anytime of day!

Prep: 5 min

Cook: 10 min

Serves: 4

Ingredients:

- 1½ cup red fife flour
- ½ cup rolled oats
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 tbsp melted honey
- 2 eggs *(see chef's tip below)*
- ¼ cup oil
- 1 cup milk
- Optional add-ins:
 - fresh or frozen berries
 - diced apples
 - chocolate chips



Photo & recipe by Swallowtail Farmstead

Directions:

1. Measure dry ingredients into a bowl and combine.
2. Add the melted honey, eggs, oil, and milk, stirring just until combined, avoid overmixing.
3. Fold in any extras.
4. Drop batter onto a hot, slightly oiled, pan. Cook over medium heat until small bubbles form in the top of the pancakes. Flip over, and cook the other side until lightly browned.
5. Serve with maple syrup, yogurt, fruit, jam, or maybe just a ray of morning sunshine!

Chef's Tip: 1 egg can be replaced by combining 1 tablespoon of flax seed with 2 tablespoons of water. Let stand 10 minutes.

GRANOLA

Crispy, golden and endlessly customizable!

Prep: 10 min

Cook: 60 min

Serves: 4-6

Ingredients:

- ½ cup honey
- ¼ cup oil
- 1 tsp vanilla (optional)
- 5 cups rolled oats
- Optional add-ins:
 - flax or chia seeds (¼ cup)
 - buckwheat or millet (1 cup)
 - cooked wild rice (1 cup)
 - coconut, chopped hazelnuts or almonds, sunflower seeds (½-1 cup)
 - raisins, pineapple and ginger, blueberries,cranberrie (½-1 cup)



Directions:

1. Preheat oven to 300°F.
2. Combine honey and oil in a small saucepan.
3. Warm gently until the honey is liquid. Add vanilla if desired.
4. On a baking sheet, combine rolled oats with any other grains, seeds or nuts (do not add dried fruit at this time).
5. Spread honey mixture over oat mixture on the baking sheet and stir to combine. Bake for 60 minutes, stirring every 15 minutes.
6. Remove from oven and stir occasionally as it cools.
7. When completely cooled, add dried fruit if desired.
8. Serve over yogurt or milk.
9. Keeps well in an airtight container for several weeks.

Chef's Tip: Make it chocolate! Add ¼ cup of cocoa to the honey mixture.

BAKED OATMEAL

This cozy, nutritious breakfast is a nice variation on stovetop oatmeal.

Prep: 15 min

Cook: 30 min

Serves: 4-6

Ingredients:

- 2 cups rolled oats
- 1 tsp salt
- 1 tsp baking powder
- ¼ cup butter
- ¼ cup honey
- 1 cup milk
- 1 egg
- Optional add-ins:
 - An apple, shredded
 - raisins (1 cup)
 - cinnamon (1 tsp)
 - chopped nuts or seeds (1/4 cup)

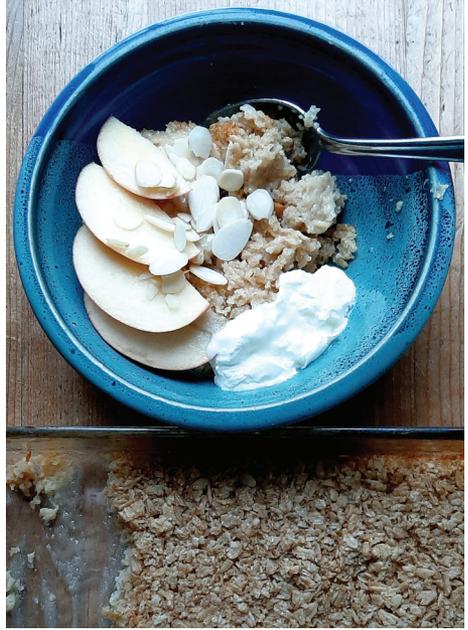


Photo & recipe by Swallowtail Farmstead

Directions:

1. Preheat oven to 350°F.
2. Prepare an 8x12 baking pan by oiling the bottom and sides.
3. Combine dry ingredients.
4. Melt butter with honey, add milk, egg and stir to combine.
5. Stir into dry mixture.
6. Pour into the prepared pan.
7. Bake for 25-35 minutes until golden.
8. Serve warm with milk or yogurt.

Chef's Tip: For easier mornings this can be assembled the night before.

CORNBREAD

Buttery & moist with a touch of sweetness.

Prep: 10 min

Cook: 30 min

Serves: 8

Ingredients:

- 1 cup red fife flour
- 1 cup cornmeal
- 1 tsp salt
- 1½ tbsp baking powder
- ⅓ cup melted honey
- ⅓ cup melted butter or oil
- 1 egg *(see chef's tip below)*
- ½ cup milk



Directions:

1. Prepare a 9x9" pan or a large cast iron pan by oiling bottom and sides.
 2. Preheat the oven to 400°F.
 3. Combine the flour, cornmeal, salt and baking powder.
 4. In a small pot, combine honey and butter (or oil) and melt over low temperature.
 5. Make a well in the middle of the dry ingredients, and add the honey, butter, egg, and milk.
 6. Mix just until it all comes together. Avoid overmixing, a few small lumps is okay.
 7. Pour the batter into the prepared pan and bake 25-35 min or till toothpick inserted into the center comes out clean.
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Chef's Tip: 1 egg can be replaced by combining 1 tablespoon of flax seed with 2 tablespoons of water. Let stand 10 minutes.

TACO SOUP

An easy, healthy soup with zesty mexican flavours.

Prep: 15 min

Cook: 30 min

Serves: 4

Ingredients:

- 2 cups cooked pinto beans (see page 2)
- 2 tsp oil
- 1 onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 jalapeno or chili pepper (finely chopped) or 1 tbsp chili powder
- 2 cans diced tomatoes
- 1 (14 oz) can broth or water
- 1 tsp ground cumin
- ¼ tsp dried oregano
- Salt and pepper
- 1½ cups frozen or canned corn



Directions:

1. Combine oil and chopped onions in a large pot, and cook over medium-high heat until onions are soft.
2. Add jalapeno and garlic and saute 1 minute longer.
3. Stir in tomatoes, broth, chili powder, cumin, oregano, and season with salt and pepper to taste.
4. Add frozen corn and cooked pinto beans.
5. Cover pot with lid and simmer 30 minutes, stirring occasionally.
6. (optional) Serve with shredded cheese or a spoonful of sour cream, avocado, and corn tortillas or corn chips.

Chef's Tip: Cook the beans in advance and store in the freezer for quicker preparation (instructions on page 3)

SPLIT PEA SOUP

A classic and oh-so-healthy winter warmer.

Prep: 15 min

Cook: 30 min

Serves: 6-8

Ingredients:

- ¼ cup butter or oil
- 2 medium chopped onions
- 1 cup diced carrots
- 1 cup diced celery
- 1/2 teaspoon salt
- ½ teaspoon black pepper
- 2 cloves garlic , minced
- 1 pound (2 cups) split peas
- 1 meaty ham bone*
- 1 teaspoons thyme
- 6 cups water or stock
- 2 cups water
- 1 cup diced potatoes (optional)
- 1 cup diced ham (optional)



**A ham bone can be leftover from a previous meal, or purchased from a butcher. Ham hocks or bacon are also good substitutes.*

Directions:

1. In a large pot, melt butter or oil over medium heat, add onion, carrot, celery, salt and pepper. Cook until vegetables are softened, 5-8 minutes.
 2. Add garlic and cook for 1 minute.
 3. Stir in split peas.
 4. Add ham bone and thyme.
 5. Stir in stock and water.
 6. Bring to a boil, reduce heat, and simmer uncovered for 60-90 minutes, stirring occasionally, until split peas are cooked down and soup is thickened to desired consistency. (Stir more frequently as the soup begins to thicken and add a little additional stock or water if it gets too thick for your taste.)
 7. Add diced ham and potatoes (optional) during the last 30 minutes of cooking. When ready to serve, remove and discard ham bone.
 8. Season to taste with additional salt and pepper if needed.
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EASY LENTIL CHILI

Hearty chili made in one pot with simple ingredients.

Prep: 10 min

Cook: 30 min

Serves: 8

Ingredients:

- 1 cup dried lentils
- 3 cups water
- 2 tsp cumin powder
- 1 medium onion, chopped
- 1 Tbsp oil
- 2 tsp salt
- 2 cloves garlic, minced
- 1 large green pepper, chopped (optional)
- 1 cup frozen corn (optional)
- 1 tsp dried oregano
- 1 tsp chili powder
- 2/3 cup quinoa, rice, or wild rice
- 2 cups tomato sauce
- Grated cheese for topping

Directions:

1. Cook the lentils according to the instructions on page 2.
2. Heat oil in a large soup pot on medium heat. Add onion, salt, garlic, green pepper, cumin and rest of the spices. Saute 5-10 minutes.
3. Add quinoa or rice, corn, tomato sauce, and the remaining 1 cup water to the onion mixture. Simmer for 20 minutes.
4. Now add cooked lentils to the large soup pot and simmer another 10 minutes
5. Add grated cheese on top of each bowl to serve.

Chef's Tip: *Cook the lentils in advance and store in the freezer for quicker preparation (instructions on page 2)*

LENTIL SHEPARD'S PIE

A tasty twist on traditional comfort food.

Prep: 20 min

Cook: 30 min

Serves: 6

Ingredients:

- 1 onion, diced
- 1 clove garlic, minced
- 1 pound ground meat (*beef, pork, venison, etc*)
- 1 cup dried lentils
- Salt/pepper
- Thyme
- Worcester sauce or shepherd's pie seasoning (optional)
- 2 lbs potatoes, peeled and quartered
- 1/4 cup butter
- 1/4 cup milk



Directions:

1. Saute onion in a oil until soft, adding garlic at the end.
 2. Add ground meat and cook until no longer raw.
 3. Add 1 cup boiling water, dried split lentils, salt, pepper, thyme, and optional seasonings. Simmer together for 15 minutes until lentils are soft.
 4. Meanwhile, boil water in a separate pot. Add potatoes and simmer for 25-30 minutes or until soft.
 5. Drain water and add butter and milk and mash with potato masher or a fork.
 6. In a casserole dish or baking pan, layer meat/lentils on bottom and potatoes on top.
 7. Bake for 20-30 minutes until top is slightly crispy.
 8. Serve with salad or other vegetables.
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REFRIED BEANS

A traditional latin american staple.

Prep: 10 min

Cook: 30 min

Serves: 8

Ingredients:

- 2 cups dried black beans or pinto beans
- 4 cups water (plus more for soaking)
- 2 tbsp butter or oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp oregano
- 1 tsp salt
- Pepper



Directions:

1. Soak and cook 2 cups of black beans according to the instructions on page 2.
 2. When beans are soft, strain out most of the water, setting aside some of the liquid to use later.
 3. Meanwhile, fry diced onion in butter or oil until onions are soft. Add minced garlic or garlic powder, chili powder, cumin, oregano, salt and pepper.
 4. Add the cooked beans and mash them all together with a potato masher, fork, or blender to smash the beans, adding extra liquid from the beans if needed.
 5. Refried beans can be eaten with rice and eggs, used as a filling in tacos, taco salad, or burritos.
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REFRIED BEAN BURRITOS

Wrap up those beans with whatever you have on hand!

Prep: 10 min

Gather any or all of the following Ingredients:

- Refried beans
- Soft tortillas
- Scrambled eggs
- Rice
- Grated cheese
- Lettuce, peppers, grated carrots, or any vegetable of your choice



Directions:

1. Spoon your chosen fillings onto a warm flour tortilla, wrap and enjoy!

Chef's Tips: *For easier folding, warm the tortillas in a dry skillet over medium heat for 30-60 seconds.*

Place the filled burrito seam-side down in a hot skillet and cook until it's browned and crisp. Flip and let the second side brown. Your burrito will be less likely to fall apart, and it'll be extra toasty, melty and delicious!

STOVETOP POPCORN

Popcorn can be popped in an air popper, or use a large pot with a well fitting lid and a splash of oil on the stovetop!

Prep: 10 min

Cook: 30 min

Serves: 8

Ingredients:

- 3 tbsp oil
- 1/3 cup popcorn kernels

Directions:

1. Pour oil in the bottom of a large pot. Heat on medium-high heat until the oil is almost starting to spatter.
2. Add 1/3 cup popcorn kernels and cover quickly with the lid.
3. In about a minute, the kernels should start to pop. Holding the pot with oven mitts, shake the pot regularly (every 20 seconds). Once the popping slows down to just occasional pops, remove from heat.



Flavours:

- **Classic:** Simply add a drizzle of melted butter and a sprinkle of salt!
 - **Cajun style:** Melt 1/4 cup butter in a small pot, and add 1/2 tsp paprika, 1/2 tsp garlic powder, 1/2 tsp cayenne pepper, and 1/4 tsp salt. Stir onto popcorn
 - **Caramel:** Melt 1/4 cup butter in a small pot, and when the butter is melted, add 1/2 cup brown sugar. Boil gently for 3-4 minutes, and then add 1/2 tsp baking soda. Sauce will become aerated and bubbly. Pour onto popcorn.
(Optional step) Spread out popcorn on a baking sheet and bake in oven for 15-20 minutes to harden the caramel.
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FRUIT CRUMBLE

A sweet & simple treat with a crisp, buttery topping.

Prep: 10 min

Cook: 40 min

Serves: 6

For the filling:

- 3 large apples, sliced
- 1 tbsp flour
- ¼ cup melted honey
- 1 tbsp water

For the topping:

- 1 ½ cups rolled oats
- ½ cup flour
- ½ cup brown sugar
- 1 tsp cinnamon
- ¼ tsp salt
- ½ cup cold butter or margarine
- **Optional add-ins:**
 - flax seeds, chopped almonds, hazelnuts
 - sunflower seeds, pumpkin seeds



Directions:

1. Preheat oven to 375°F
2. Combine apples, flour, and honey in greased casserole dish
3. In a small bowl, combine rolled oats, flour, brown sugar, and spices.
4. Cut in butter with 2 knives or a pastry knife until mixture is crumbly, then add (optional) nuts/seeds
5. Sprinkle oat mixture over top of the filling
6. Bake for 40 minutes or until fruit is soft and the topping is crispy.
7. Serve with vanilla icecream or caramel sauce for dessert, or with a splash of milk and call it breakfast!

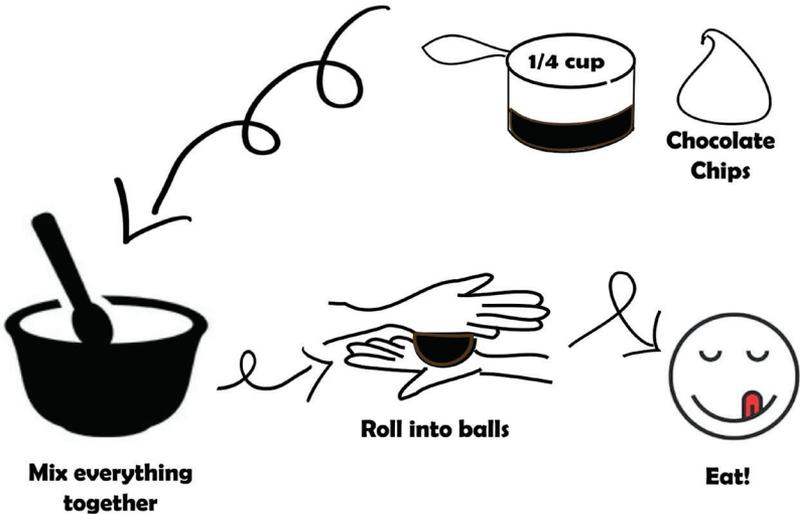
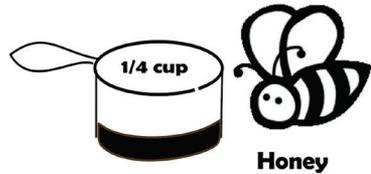
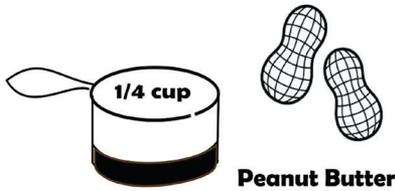
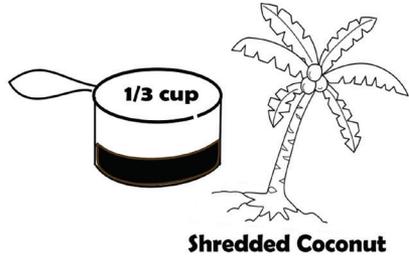
Chef's Tip: Switch it up with different seasonal fruits or berries, frozen fruit works too!

WONDER BITES

A simple no-bake sweet, healthy and tasty treat!

Prep: 10 min

Gather the following Ingredients:



Chef's Tip: Customize your wonder bites by adding a sprinkle of nuts, seeds or dried fruit.