

25+ years of great food and drink | [thetomato.ca](http://thetomato.ca)

09  
10  
2024

# THE TOMATO

food & drink



Discover  
barrelled beer

Edmonton's  
Kitchen Party Chefs





# Favourite Fall Recipes from Kitchen Party Chefs

We asked the Great Kitchen Party chef contenders for favourite fall recipes—updated classics, easy desserts and two surprising ways to use pumpkin.

## BBQ Scallops with Pumpkin Succotash

*“There is an older couple in my neighbourhood that have a giant pumpkin patch, with what looks like a never-ending supply of pumpkins. Then, walking through the Old Strathcona Farmers’ Market I thought of a big bowl of succotash, really rich and stick to your ribs. Barbecue everything, and get a nice char on the super sweet scallops.”—chef Jason Greene, JW Marriott.*

### For the scallops

- 16 U/12 scallops
- 1 t salt
- 1 t cracked black pepper
- 1 t smoked paprika
- 2 T olive oil
- 1 T BBQ Sauce

Clean the abductor muscle from the scallops and marinate with the salt, pepper, smoked paprika, oil and the bbq sauce. Set aside and chill.

### For the succotash:

- 1 lb slab bacon, diced into ¾-inch cubes
- 2 T butter
- 1 T canola oil

- 1 lb pumpkin, peeled and diced into ¾-inch cubes
- 1 med yellow onion, diced small
- 1 yellow zucchini, cut lengthwise, sliced into half moons
- 1 c shucked corn kernels
- 1 t salt
- 1 t cracked pepper
- ½ c heavy cream
- 2 T chopped Italian parsley
- 1 T chopped fresh thyme
- 2 T smoked paprika
- 2 c shaved Brussels sprouts
- 2 T lemon juice
- 1 t shaved basil leaves

Pre-heat BBQ to medium-high, about 350°F.

Using a large skillet (on the barbecue or on the stove top) render bacon slowly, stirring constantly until golden and lightly crispy. Remove from the pan and drain on paper towels.

Add the butter and oil to the pan and sauté the diced pumpkin until golden on one side, about 2 minutes.

Add the diced onion, zucchini, corn kernels, salt and pepper. Sauté until lightly golden in colour, about 4 minutes.

Add the bacon and cream. Continue to cook until pumpkin is tender to the fork.

Toss in parsley, thyme, smoked paprika, shaved sprouts and lemon juice. Sauté until cooked through. Taste the succotash and adjust seasoning if necessary. Reserve and keep warm.

Lightly season the grill with non-stick spray. Grill scallops, about 2 minutes per side.

To serve: spoon about 1 cup of succotash on four plates. Place 4 scallops per person in the center of the succotash. Garnish with basil, and a healthy drizzle of olive oil. If you have a finishing salt like Maldon or fleur de sel, now is the time to use it. Crack the Lambrusco and *salut* your guests.

Serves 4.

## Baba Solon’s Pumpkin Verenyky

*“My baba’s dumplings. This recipe makes about 45 dumplings and it’s ok to freeze some of the dumplings for later. Do not double the recipe though! Before serving, fry in a bit of butter and salt along with sage leaves.”—chef Tamara Solon, Chartier, Mother Bakery.*

## Pyrohy Dough

- 5 c flour
- 1 t baking powder
- 2 t kosher salt
- 1 whole egg
- 1½ c water, just above room temperature
- ½ c canola oil

Measure the dry ingredients into a medium-large mixing bowl. Beat the egg in a small bowl then add to the dry ingredients. Measure the oil and water in the same jug and pour ¾ of the liquid into the dry ingredients. Mix gently, adding the remaining liquid a little at a time, but do not overwork the dough. You want it soft but not smooth and definitely not sticky. You might not need all of the liquid. Let rest in the bowl wrapped in plastic wrap for 1 hour before rolling it out.

## Herb Pumpkin Filling

- 6 lb sugar pumpkin
- ¼ c kosher salt
- 2 t dried ground rosemary
- 2 t dried ground sage
- 2 kosher salt
- 8 sage leaves (for garnish)



butter (for frying)  
sour cream (for garnish)

Cut open the top of the pumpkin, scoop out the guts and seeds. Set aside the seeds for later. Make vertical cuts to get pumpkin strips. Take the skin off, then dice each strip into 1-inch cubes. Boil the pumpkin cubes in a large pot of water (5 L) with the salt until tender. Drain the water and reserve. Using a blender or food processor, process the pumpkin until smooth, using some of the water if it's too thick. Add the spices and remaining salt and mix well.

Let cool to room temperature before using.

Makes 2 L.

## Dumplings

Cut the ball of dough into thirds and roll out a portion at a time. Do not flour the surface. Roll out super thin (to almost see through) in a rectangular shape to cut squares. The dough side on the counter will be slightly tacky and that gives it enough stickiness to hold together once you have added the filling. Be careful not to get any filling on the edges as they won't seal properly if you do. Fold in half, corner to corner, to form a triangle. Pinch the entire triangle edge closed carefully making sure no air is left.

Cook the dumplings in batches of 20 or so in boiling salted water until they float, about 4-5 minutes. While that is going, have a stick of butter in a large sauté pan browning. Add sage leaves and salt to the pan. Drain the dumplings and add to the pan, looking to caramelize both sides. Now, you are ready to plate and garnish with some of the fried sage leaves and sour cream.

Serves 4-8.

## Shepherd's Pie

*"I love a good shepherd's pie when the weather gets colder. Sometimes I like to add some spices or a touch of hot sauce to the beef mixture. Modest Meats has amazing ground beef and I use nice potatoes from Riverbend Gardens."*

*—Doreen Prei, Riverview Restaurant.*

### For the Filling

1 med onion, washed, peeled, cut in small dice  
500 g ground beef  
salt and pepper to taste  
2 med carrots, washed, peeled, cut in small dice  
2 T tomato paste

200 ml dry red wine  
½ c cherry tomatoes, washed, halved  
½ bunch flat leaf parsley, finely chopped  
oil for frying

Preheat oven to 375°F.

Heat a big enough frying pan over medium to high heat. Once the frying pan is hot, add the oil and wait for about 10-20 seconds for the oil to heat up. Add the onions and season with salt. Stir constantly and reduce the heat to medium.

In a bowl, season the ground beef with salt and pepper and break it apart. Once the onions are caramelized, add the ground beef and cook until caramelized. Add the carrots and cook them for about 2 minutes and season with salt. Add the tomato paste and stir for about 20-30 seconds. Deglaze with red wine and wait until the wine is reduced. Add the cherry tomatoes and cook for about 5 minutes. Add the fresh parsley and turn off the heat. Check seasoning and reserve until the potatoes are done.

### For the Topping

8-10 med russet potatoes, peeled, washed, cut in cubes  
salt to taste  
400 ml whipping cream (or more, depends on the potato)  
1½ sticks butter, unsalted  
200 g aged white cheddar, grated  
75-100 ml canola oil

Place the potatoes in cold water and add salt. Cook the potatoes over medium heat until fork tender. Bring the cream and butter to a boil and keep hot. Once the potatoes are fork-tender, strain them and cover them partially with a kitchen towel so they can release any excess water, meaning you are steaming them out. This will take 3 minutes. Place the steamed-out potatoes back in the pot, add some salt and add the hot cream and butter mixture. Use a potato masher or ricer and add as much liquid as you desire. I like my mash softer, so I add more liquid. Check the seasoning. Potatoes need more salt than you think.

Pour the filling in a casserole dish and spoon the mashed potatoes over. This will be easiest if your mash is still warm. Sprinkle the cheddar cheese over the mash and bake for 30-45 minutes at 375°F.

Serve 6-8 depending on appetite.

Please see "Fall Recipes" on next page

**Bella Casa**  
DESIGN CENTRE LTD.

*All about home*

9646 142 Street, Edmonton 780.437.4190  
www.bellacasaDCL.com

**BODEGA**  
Tapas Bar by Sabor

**SMALL PLATES, BIG FLAVOUR.**  
YOU'RE ALWAYS JUST MINUTES AWAY FROM THE FLAVOURS OF SPAIN.

DOWNTOWN | HIGHLANDS | 124TH ST  
ST. ALBERT | SHERWOOD PARK | ELLERSLIE

WWW.BODEGAYEG.CA



**Freedom OF MOVEMENT**  
It's within you

Individualized fitness coaching  
Guided fitness training  
freedomofmovement.ca

**charcuterie club.ca**

Celebrating Spanish wine, food, music and culture.

**MAD COOL VINO ESPAÑOL**  
SPAIN UNCORKED

- over 150 wines from more than 35 wineries
- Spanish-inspired food by RGE RD, Filistix & The Italian Centre Shop

**Wednesday, Oct. 2, 2024 • 7pm**  
(limited VIP tickets for access at 6pm)

*\*in support of the Winspear Centre for Music Expansion Project*

## Fall Recipes

Continued from previous page

### Blackened Coho with Gnocchi in Romesco Sauce

*“For the fluffiest gnocchi, select potatoes high in starch, like Russet or Idaho. Handle the dough gently; excessive kneading can result in dense gnocchi. If the gnocchi feel sticky, lightly dust them with additional flour before cooking.” –Chef Naga Singh, Belgravia Hub.*

- 2 fillets Coho salmon, skinless (6 oz each)
- 4 T blackened spice
- 1 c potato gnocchi (recipe below)
- 1 c Romesco sauce (recipe below)
- 2 T grated parmesan
- 2 t parsley, chopped
- 2 T crumbled feta cheese, if desired
- 2 olive oil
- salt and pepper, to taste
- handful arugula

Preheat oven to 365°F.

Coat the salmon fillets generously with blackened spice. Sear in a hot pan on one side until blackened. Flip over and transfer to the oven. Roast for 5-6 minutes until cooked through. Reserve.

Heat the oil in a pan, and sauté chopped garlic until fragrant. Add the Romesco sauce and incorporate the blanched gnocchi, tossing well to combine. Adjust seasoning with salt and pepper. Finish with a cube of butter, Parmesan and chopped parsley.

#### Potato Gnocchi

- 2 lg Russet or Idaho potatoes (about 1 pound)
- ½ c flour
- ¼ c semolina flour
- ¼ t salt
- ¼ t black pepper
- 1 T olive oil
- 2 egg yolks, lightly beaten

Preheat your oven to 350°F.

Bake the potatoes directly on the oven rack until tender, about 30 minutes. Once baked, let them cool slightly. Slice them in half and scoop the flesh into a large bowl. Using a potato ricer or a fine sieve, mash the potatoes until smooth.

Add the flour, salt, black pepper and egg yolks to the mashed potatoes. Mix gently

until a dough begins to form. Transfer the dough to a floured surface. Knead for about 5 minutes until it becomes smooth and elastic, being cautious not to overwork it.

Divide the dough into 4 equal pieces. Roll each piece into a long rope, approximately ¾-inch thick. Slice each rope into 1-inch pieces. Using the back of a fork, gently press into each gnocchi to create ridges, which helps the sauce cling.

Bring a large pot of salted water to a gentle boil. Add the gnocchi in batches and cook for 3-5 minutes until they float to the surface. Reserve.

#### Romesco Sauce

- 2 roasted red peppers, seeded
- 1 t chopped garlic
- 1 tomato, chopped
- 1 T chopped parsley
- 2 T raw skinless almonds
- 1 t wine vinegar or lemon juice
- ½ t salt
- ½ t smoked paprika

Blend all ingredients together in a food processor until smooth. Adjust seasoning to taste. Reserve.

Arrange the gnocchi on each plate. Place salmon on top and finish with a garnish of arugula salad tossed with olive oil, salt and pepper. Sprinkle crumbled feta over the arugula, if using.

Serves 2.

### Bigos (Polish Hunter's Stew)

*“Fancier than my mom’s but still rooted in the classic.” –chef Max Straczek, Pyro at Loca.*

- ¼ lb unsalted butter
- 4 slices smoked bacon cut in lardons or strips
- 1 lg or 2 medium onions, peeled and thinly sliced
- 1 clove garlic, peeled and chopped
- 1 t crushed juniper berries and 1 tsp caraway seeds, tied in a muslin bag
- 300 ml white wine
- 50 ml white wine vinegar
- salt and black pepper to taste
- 1 med Savoy cabbage
- 1 T grapeseed oil
- 500 g smoked pork sausage, sliced

In a frying pan, melt the butter over medium heat. Add the bacon lardons and cook until they are lightly brown

and rendered. Add the onions, garlic, and the bag of juniper berries. Cook gently, stirring occasionally, until the onions are soft and lightly browned, about 20 minutes. Remove and discard the juniper berries. Pour the wine into the pan and bring to a boil. Let it reduce until you have a thin syrup, approximately 50-100 ml remaining. Stir in the white wine vinegar and continue cooking for another 5 minutes. Season with salt and freshly ground black pepper, then remove from the heat. Strain the onions, keeping both the onions and the cooking liquid aside. Halve the cabbage and remove the tough core. Separate the leaves and slice them into 5mm-wide strips.

Heat the oil in a saucepan over medium-high heat. Add the cabbage to the pan and cook for about 7 minutes, stirring occasionally. Mix in the reserved onions, bacon, cooking liquid and the sausage, then continue cooking for another 5 minutes, or until the cabbage is tender. Adjust the seasoning with salt and freshly ground black pepper before serving. Enjoy!

Serves 4-6.

## Apple Haskap Crumble

*"We use Rosy Farms haskaps in a lot of dishes. This crumble is a staff favourite,"*  
—Chef Joseph Vuong, Café Bicyclette.

- 8 Granny Smith apples, sliced
- 8 red apples (Pink Lady or another), sliced
- ½ c flour (can replace with GF flour)
- 1 c haskap berries (frozen is fine)
- ½ t cinnamon powder
- 2 c brown sugar
- ¼ t nutmeg
- ¼ t allspice powder
- ¼ t salt
- 1 T vanilla extract

### For the Topping:

- 2 c oats (can use GF oats)
- 1 c brown sugar
- ½ c melted brown butter

Mix the apple slices with the flour and berries in a large bowl, making sure there are no flour lumps.

In a separate bowl, mix together the sugar, spices, salt and vanilla, then add to the apple slices. Divide between eight oven-safe individual baking dishes (or put in one large baking dish).

For the topping, mix the oats, brown sugar and melted butter together in the spice bowl, then portion out over the apple mixture. Lightly pack and bake at

350°F, for 25-30 minutes, until the tops are golden brown and the internal temp reaches 160°F. Serve warm with heavy cream or ice cream.

Serves 8.

## Jablecznik (Polish Apple Cake)

*"This apple cake is one of our family's favourite desserts. Easy to make and tastes great even a few days later. With all of the apples I have from my Dad's garden in the fall, I usually make batches of the apple filling, freeze and pull out as needed."*  
—chef Julia Kundera, Out of Bounds Restaurant.

- 1 c cold butter
- 2½ c flour
- 1 c sugar
- 2½ t baking powder
- ½ t baking soda
- 1 egg
- 1 egg yolk
- ½ c sour cream
- 1 t vanilla
- 1.5 kg tart apples
- 2 T lemon juice
- 4 T sugar
- 2 t cinnamon
- 1 c icing sugar
- 1 lemon

### Pastry

Cut the butter into small cubes and blend with the dry ingredients. Mix together eggs, sour cream, vanilla, then stir into the flour mixture. Knead the dough to blend all of the ingredients. Shape into 2 balls and roll out into two 14-inch circles on parchment paper. Wrap the dough and refrigerate for one hour.

### Filling

Peel and cut the apples into small wedges, place in a heavy bottomed pot and add the sugar and lemon juice.

Cover and cook until apples start to soften and most of the juices have evaporated. Let cool. (You can freeze batches if desired.)

Preheat the oven to 350°F.

Place one pastry circle on the bottom of a 14-inch cake pan. Spread the apple filling over the pastry and sprinkle cinnamon on top. Place the second pastry on top of the apple filling, prick the pastry with a fork. Bake until golden for about 40 minutes. When cake is cooling make a glaze with powdered sugar and lemon juice and spread on top of the cake.

Makes one cake. 🍷

**FUGÉ**  
SAUSAGE

Locally Made  
Small Batch  
Preservative Free  
Gluten Free  
Trim Free

6736 99 Street NW  
Edmonton, AB  
www.fugesausage.ca

**Boldly Delicious**

*Kind*  
ICE CREAM

SCOOPING DELICIOUS  
ICE CREAM FOR  
FIVE YEARS  
AND COUNTING

HIGHLANDS  
6507 112 Avenue NW

WIHKWÉNTÓWIN  
(Formerly Oliver)  
12017 102 Avenue NW

RITCHIE  
9551 76 Avenue NW

OPENING 2024

12068 104 AVENUE  
THE HISTORIC MOLSON BUILDING

**BIANCO**  
#120, 10020 101 A AVENUE  
PHONE (780) 761 8838

**ROSSO**  
8738 109 St NW  
PHONE (780) 433 5382