

# NO-BAKE BOOZY BLUEBERRY CHEESECAKE

by Adrian Harris & Jeremy Inglett

SERVINGS 12



FIND INGREDIENTS AT THE FOLLOWING CAPILANO FOOD MERCHANTS:

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Walmart

## INGREDIENTS

- 1 cup frozen blueberries, thawed
- 1/4 cup fresh lime juice
- 2 tbsp icing sugar
- 1 package (1/4 oz) unflavored gelatin powder
- 2 tbsp water
- 1/2 cup + 2 tbsp graham cracker crumbs
- 3 tbsp butter, melted
- 1 cup mascarpone cheese, at room temperature
- 1 package (9 oz) cream cheese, at room temperature
- 1/2 cup condensed milk
- 1/3 cup tequila
- Fresh blueberries, to garnish (optional)

## INSTRUCTIONS

1. In a blender, combine thawed blueberries, lime juice and icing sugar, and blend until completely smooth. Set aside.
2. In a small bowl, combine gelatin and water. Let "bloom" for 5 minutes. Meanwhile, bring a shallow pan of water to a simmer. Place the small bowl over the simmering water and mix until the gelatin has liquefied.
3. In another bowl, combine graham cracker crumbs and melted butter. Press mixture into the base of a six-inch spring-form pan. Refrigerate for 30 minutes.
4. In a stand mixer fitted with the paddle attachment, cream together mascarpone and cream cheese. Add condensed milk, and mix well. Add liquified gelatin, tequila and the blueberry purée, and mix well. Spread mixture evenly over

- top of the graham cracker base. Refrigerate for 18 to 24 hours, until set.
5. When ready to serve, warm a knife under hot running water, dry it and carefully run it around the inside perimeter of the pan to release the cake. Remove the metal ring around the cake. Garnish with fresh blueberries, if desired.

# ZUCCHINI “MEATBALL” SUB

by Adrian Harris & Jeremy Inglett

SERVINGS 4



FIND INGREDIENTS AT THE FOLLOWING CAPILANO FOOD MERCHANTS:



## INGREDIENTS

### “MEATBALLS”

- 1 tbsp neutral cooking oil
- 4 cups grated zucchini
- 2 tbsp chopped green onion
- 3 garlic cloves, minced
- Salt and pepper, to taste
- 1/2 tsp sweet paprika
- 1 cup unseasoned breadcrumbs
- 2 tbsp roughly chopped fresh flat-leaf parsley
- 1/2 cup finely grated Parmigiano-Reggiano cheese
- 1 large egg, lightly beaten

### SAUCE

- 1 cup passata
- 1/2 tsp brown sugar
- 1/2 tsp dried oregano
- 1/4 tsp dried porcino mushroom powder

### FOR SERVING

- 4 hoagie rolls, toasted
- 1/2 cup fresh basil leaves
- Mozzarella cheese, shredded

## INSTRUCTIONS

1. Preheat oven to 375°F. Line a baking sheet with non-stick foil and set aside.
2. Make “meatballs”: Heat oil in a medium frying pan or skillet on medium heat. Add zucchini, green onion and minced garlic. Season with salt, pepper and paprika. Cook for 5 to 7 minutes, stirring frequently, until vegetables are tender. Transfer to a fine-mesh sieve, and place in the sink to drain for 5 to 10 minutes.
3. In a large bowl, combine breadcrumbs, parsley, Parmigiano-Reggiano, beaten egg and the drained zucchini mixture. Shape into even-size balls, and place on the prepared baking sheet. Bake in preheated oven for 25 to 30 minutes, until golden brown. Transfer meatballs to a wire rack

- and let cool for a few minutes while you make the sauce.
4. Make sauce: In a small saucepan on medium heat, combine the passata, brown sugar, oregano and porcini mushroom powder and bring to a simmer. Add meatballs to sauce and gently toss until well coated.
5. Serve on toasted rolls, with fresh basil and shredded mozzarella

Tip: To make porcini mushroom powder, simply place dried porcini mushrooms in a blender or food processor and blend to a fine powder. Add to everything from rice to soup to sauces for an extra boost of flavor. Store in an airtight container in a cool, dry place.

# CHOCOLATE CHERRY SKILLET BROWNIES

by Adrian Harris & Jeremy Inglett

SERVINGS 8-12



FIND INGREDIENTS AT THE FOLLOWING CAPILANO FOOD MERCHANTS:



## INGREDIENTS

### BROWNIES

- 1 cup packed brown sugar
- 3 large eggs
- 1 1/2 cup chopped dark chocolate
- 1/3 cup whipping (35%) cream
- 1/4 cup unsalted butter
- 1 cup all-purpose flour
- 1/4 cup black cocoa powder
- 1/2 tsp salt
- 1 1/4 cup cherries, pitted
- Ice cream, to serve

### CHERRY SAUCE

- 1 cup cherries, pitted and halved
- 2 tbsp granulated sugar
- 2 tbsp fresh lemon juice

## INSTRUCTIONS

1. Make brownies: Preheat oven to 350°F. Grease a 9-inch skillet with butter and set aside.
  2. In a medium bowl, whisk together brown sugar and eggs. Set aside.
  3. In a small saucepan on medium heat, combine chocolate, cream and butter. Heat, stirring frequently, until melted. Set aside.
  4. In a medium bowl, sift together flour and black cocoa, pushing any clumps through the back of a spoon. Add the chocolate mixture, egg mixture and salt, and stir well. Fold in 1 1/4 cups cherries.
  5. Pour batter into the prepared skillet and bake, uncovered, for 35 minutes, or until toothpick inserted in the centre comes out mostly clean. Let cool for 15 minutes before serving.
  6. Make sauce: In a small saucepan on medium heat, stir together 1 cup cherries, sugar and lemon juice until well combined. Bring to a boil, reduce heat and simmer for 15 to 20 minutes, until the cherries are soft and the sauce has thickened slightly. Remove from heat. If desired, blend using an immersion blender until extra smooth.
  7. Serve brownies topped with scoops of ice cream and a good drizzle of cherry sauce.
- Tips: Black cocoa powder is a very dark, super-rich alkalized cocoa. It can be found online or at many gourmet retailers. Be careful when serving the skillet to guests, as it can be extremely hot to the touch.

# BROILED FETA WITH CHILI SALT, TOMATOES AND BASIL

by Adrian Harris & Jeremy Inglett

SERVINGS 4



FIND INGREDIENTS AT THE FOLLOWING CAPILANO FOOD MERCHANTS:



## INGREDIENTS

- 8 oz feta cheese, cubed
- 1/2 tsp extra virgin olive oil
- 1/2 tsp chili salt (first step makes about 1/3 cup using 1/3 flaky sea salt, 1/2 tbsp chili flakes and 1/2 tsp smoked paprika)
- 1/2 tsp freshly ground black pepper
- 1 to 2 sprigs thyme, leaves only
- 1/2 tsp neutral cooking oil
- 1/2 cup grape or cherry tomatoes, halved
- Salt and pepper, to taste
- Fresh basil leaves, to serve
- Toasted baguette slices, to serve

## INSTRUCTIONS

1. Make chili salt: In a small bowl, combine sea salt with chili flakes and smoked paprika. Using your hands, massage together until well incorporated. Spread evenly on a baking sheet and let air-dry for 2 to 3 hours. Alternatively, bake in a preheated 200°F oven for 15 to 20 minutes; let cool completely before transferring to an airtight jar. Keep in a cool, dry place for up to 12 months.
2. Preheat oven to 400°F.
3. Place feta in a medium baking dish. Drizzle with olive oil, then season with chili salt, black pepper and thyme leaves. Toss gently to coat. Bake on top rack in preheated oven for 10 minutes. Switch to broil for an additional 8 to 10 minutes, until feta is golden brown and a little bubbly (keep a very close eye on it and adjust time as

- needed; our timing is merely an estimate and it can vary from oven to oven).
4. Meanwhile, heat cooking oil in a small frying pan or skillet on medium heat. Sauté halved tomatoes, along with salt and pepper, for 1 to 2 minutes, or just until softened.
5. Arrange feta on a serving dish and top with cooked tomatoes and basil. Serve immediately with toasted baguette slices.