



whitecap books

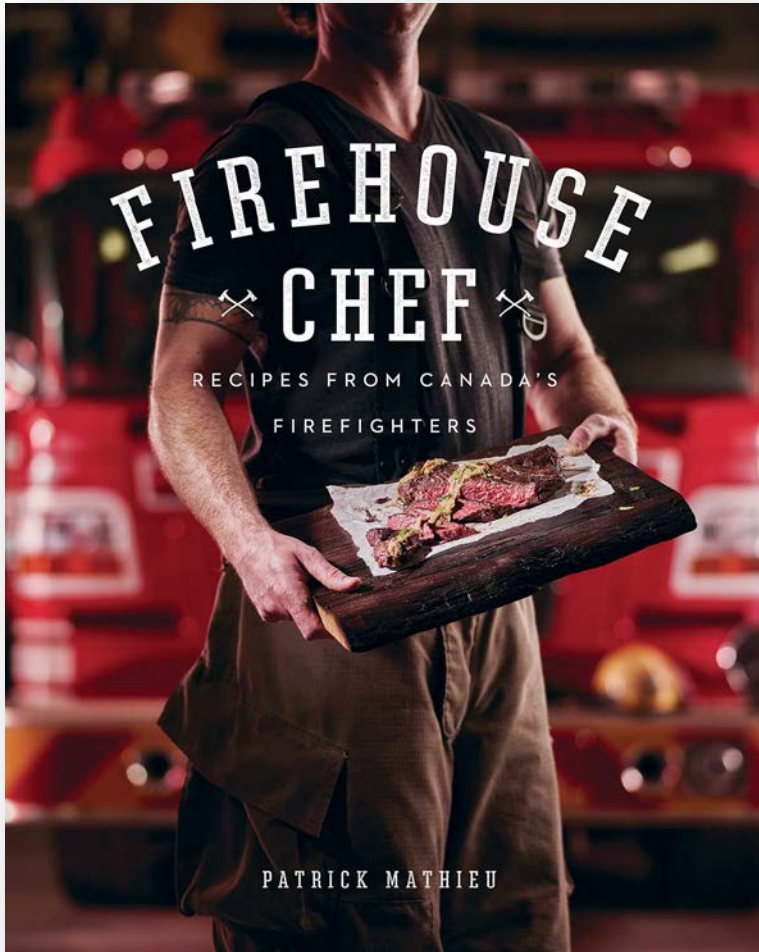
Fall 2016



What's cooking
this season?

The Firehouse Chef: *Favourite Recipes from Canada's Firefighters*

by Patrick Mathieu



- *The Firehouse Chef* is an account of Mathieu's culinary experience as a Canadian firefighter, preparing meals for his fellow firemen that have kept them well—nourished for over 15 years.
- Contributions by chefs from firehouses stretching across Canada
- Author Patrick Mathieu was a finalist on Season 2 of *Chopped Canada*!

ISBN: 9781770503069

\$34.95 US

NOVEMBER 15 2016

If you can't take the heat, stay out of the kitchen!



GRILLED FIG, PROSCIUTTO AND BURRATA SALAD

BURRATA CHEESE is a soft fresh Italian mozzarella that contains a beautiful little surprise of fresh cream on the inside. If you haven't tried it, or even heard of it, you need to find it! It will be available at any good cheese-monger. If you can't find it fresh buffalo mozzarella will work great as well.

Preheat a grill pan and lightly brush with oil. Grill the figs cut-side down for 1-2 minutes, or until lightly charred.

In a large bowl, combine the olive oil, balsamic vinegar, mustard, honey and rosemary. Season the dressing with salt and pepper and which will combine. Add the arugula, frites, parsley and the grilled figs and toss lightly with the dressing.

Plate the arugula and grilled fig salad. Season the burrata with salt and fresh cracked pepper and plate a couple of quarters on top of the salad. Arrange the prosciutto slices alongside.

SERVES 4-6

12 fresh figs, halved
3 Tbsp (45 mL) extra virgin olive oil, extra for brushing
2 Tbsp (30 mL) balsamic vinegar
1 Tbsp (15 mL) Dijon mustard
1 Tbsp (15 mL) honey
2 Tbsp (30 mL) fresh rosemary
Kosher salt, to taste
Freshly ground pepper, to taste
11 or (370 g) 1/4 lb baby arugula, large stems discarded
1 cup (125 mL) frites or escarole chopped
1/2 cup (125 mL) fresh parsley leaves
1 lb (450 g) thinly sliced prosciutto
Two 4-oz (110 g) balls burrata cheese, drained and quartered



The Baker in Me

by Daphna Rabinovitch



ISBN: 9781770502420

\$45.00 US

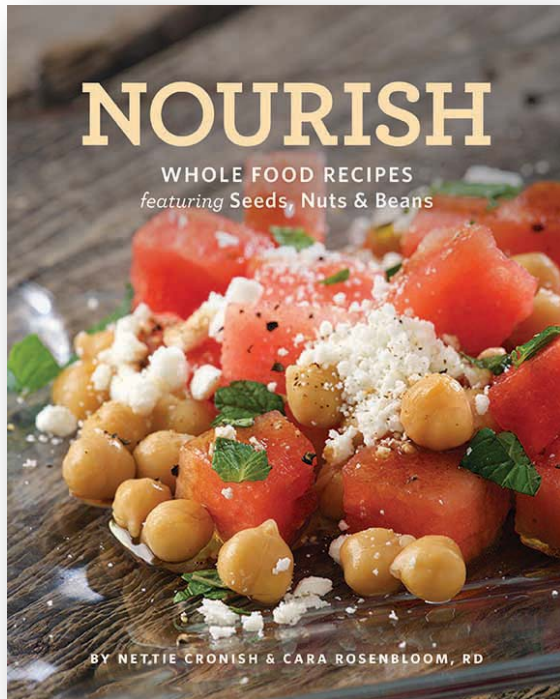
Available now

- The quintessential cookbook for every baker .
- Chapters on cookies, cakes, chocolate and more!
- Daphna has worked as a personal chef, a senior pastry chef at the prestigious David Wood Food Shop. She is the co-author of two cookbooks, and a graduate of Tante Marie's cooking School and a baking apprenticeship in Tuscany.

Sugar and spice, and everything nice!



Nourish: *Whole Food Recipes Featuring Seeds, Nuts and Beans* by Nettie Cronish and Cara Rosenbloom



- Vegetarian chef Nettie Cronish and registered dietician Cara Rosenbloom come together to create *Nourish*, a pulse-themed cookbook.
- 2016 marks the International Year of the Pulses
- This book provides dozens of delicious, approachable recipes made with wholesome beans, nuts, seeds and lentils.

ISBN: 9781770502437

\$29.95 US

Available now



Chili-Lime Shrimp on Millet

If you've never had shrimp made on the barbecue, this recipe is a must-try. Shrimp are simply transformed by barbecue heat, and take on an outer crust with a tender middle. The chili and lime marinade is the perfect combination of spicy and tart, and the fresh cilantro marries all of the ingredients into one cohesive plate. During recipe testing, this dish was my husband, Scott's, favourite. —Cara

1. In a medium-sized bowl, combine the chili flakes, lime zest and 2 Tbsp (30 mL) olive oil. Add the shrimp and stir to coat. Cover and set aside.
2. Heat a medium-sized pot over medium-high heat; add the millet and cook, stirring constantly for 3 minutes until toasted and fragrant.
3. Add water to pot. Reduce the heat to low, cover, and simmer for 20–25 minutes or until the water is absorbed. Remove from the heat and set aside for 10 minutes. Fluff with a fork and transfer to a large bowl.
4. Season the asparagus with remaining 2 Tbsp (30 mL) oil.
5. Heat a large grill pan or barbecue over high heat. Cook the shrimp for 2 minutes each side or until just cooked through. Set aside.
6. In the pan, cook the asparagus for 5 minutes or until tender-crisp. Slice into 1-inch (2.5 cm) pieces. Add to millet.
7. Add corn, avocado, cilantro and salt to millet. Stir to combine.
8. In a small bowl, whisk together lime juice, oil, chili pepper and sugar. Add to the millet vegetable mixture and toss gently to combine.
9. Divide the millet among serving plates, top with the charred shrimp and serve with lime wedges.

NUTRIENTS PER SERVING SERVING SIZE: 1/4 RECIPE
292 calories, 22 g fat, 2 g saturated fat, 283 mg sodium, 30 g carbohydrate, 7 g fibre, 2 g sugars, 14 g protein. Very high in fibre. Excellent source of vitamin C, vitamin E, vitamin B₆, niacin, folate and magnesium. Good source of thiamin, riboflavin, vitamin B₁₂, iron and zinc.

SERVES 6
1/4 tsp (2 mL) dried red chili flakes
2 tsp (10 mL) lime zest
1/4 cup (60 mL) extra virgin olive oil, divided
1 lb (450 g) frozen shrimp, defrosted, peeled and deveined with tails left intact
1 cup (250 mL) millet
2 cups (500 mL) water
1 bunch asparagus, cut into 1-inch (2.5 cm) pieces
1 cup (250 mL) frozen corn kernels
1 ripe avocado, sliced
1/4 cup (25 mL) coarsely chopped fresh cilantro
1/4 tsp (2 mL) sea salt
6 lime wedges, to serve

Dressing
2 Tbsp (45 mL) fresh lime juice
3 Tbsp (45 mL) extra virgin olive oil
1 medium red chili pepper, seeded and finely chopped
1/4 tsp (2 mL) sugar

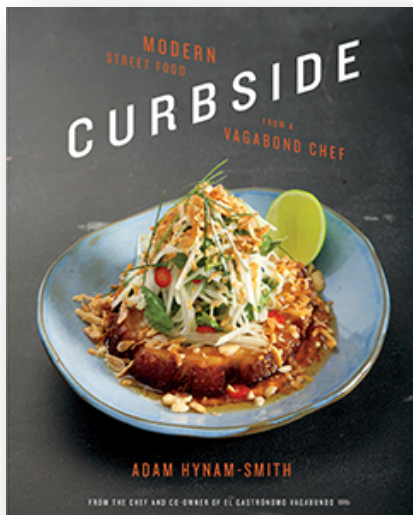
(right: Cara and Nettie, the authors)





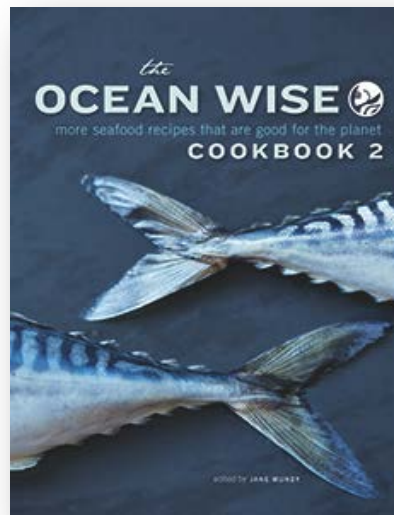
Taste Canada Awards

-Shortlist Nominees-



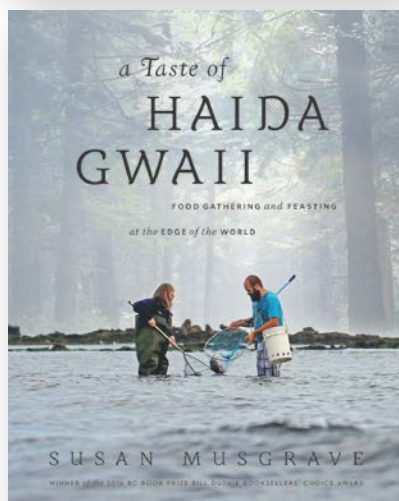
'Single-Subject Cookbook' category:

Curbside: Modern Street Food From a Vagabond Chef
(ISBN: 9781770502239)



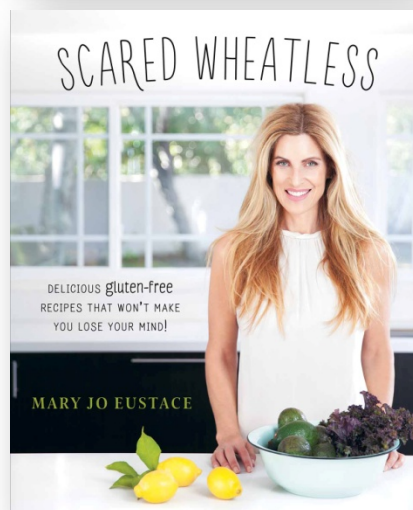
'Single-Subject Cookbook' category:

The Ocean Wise Cookbook 2: More Seafood Recipes That Are Good for the Planet
(ISBN: 9781770502383)



'Regional/Cultural Cookbook' category:

A Taste of Haida Gwaii: Food Gathering and Feasting at the Edge of the World
(ISBN: 9781770502161)

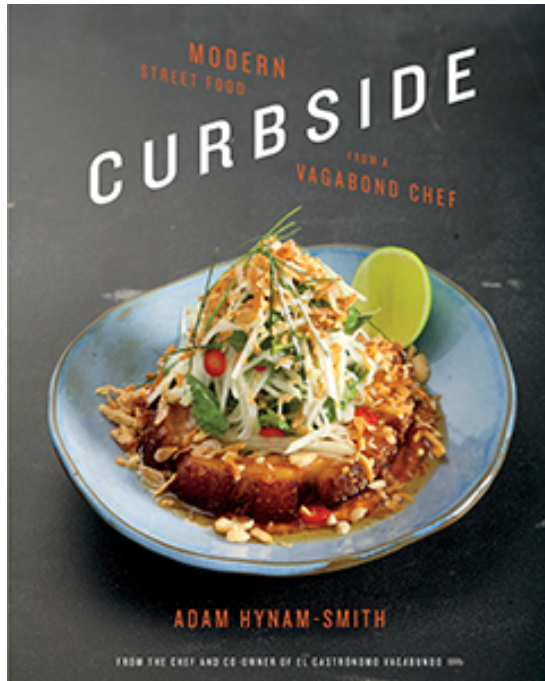


'Health and Special Diet Cookbook' category:

Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind
(ISBN: 9781770502444)

Curbside: *Modern Street Food From a Vagabond Chef*

By Adam Hynam-Smith

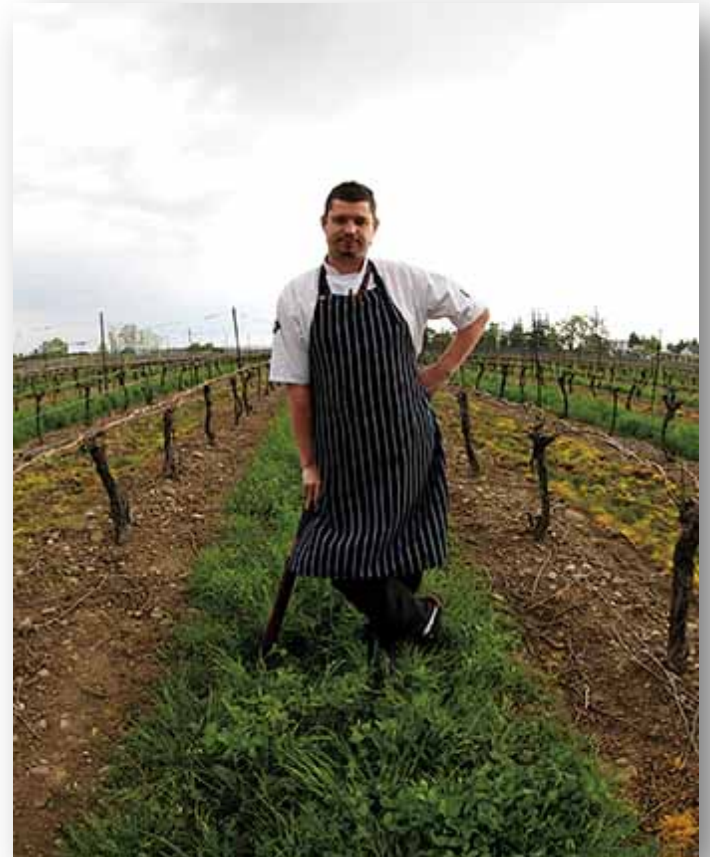


ISBN: 9781770502239

\$32.95 US

Available now

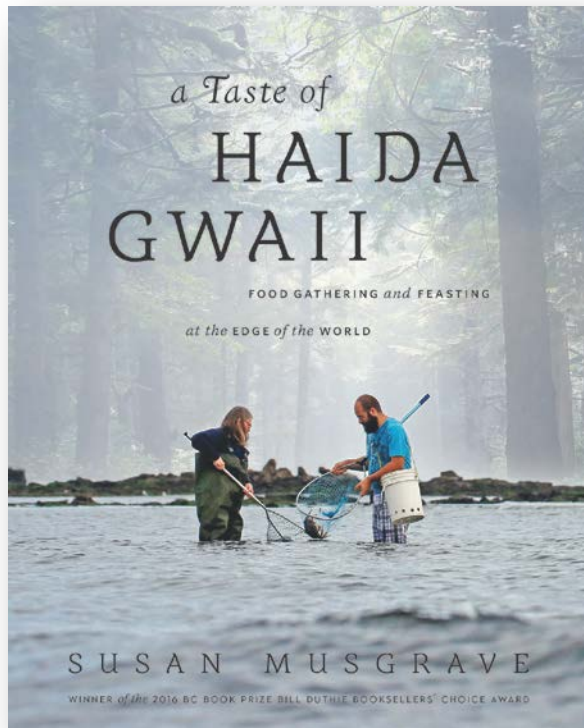
- Modern street food adapted for the home, Adam's fusion inspired recipes are a mouth-watering explosion for the taste buds.
- Adam Hynam-Smith is chef and co-owner of El Gastrónomo Vagabundo, a first gourmet street food truck in Canada.
- According to Acquired Taste Magazine, "what Momofuku master chef David Chang is to New York, El Gastrónomo Vagabundo is to Toronto's food truck culture".



(above: the author)



A Taste of Haida Gwaii: *Food Gathering and Feasting at the Edge of the World* by Susan Musgrave



ISBN: 9781770502161
\$34.95 US
Available now

- Written by Governor General's Award winning writer and poet Susan Musgrave
- Part food memoir, part cookbook, Musgrave's wit and sarcasm will have you laughing and attempt foraging through your own backyard.
- Winner of the 2016 BC Book Prize:
Bill Duthie Booksellers' Choice Award
- Shortlisted for upcoming Taste Canada Awards in the 'Regional/Cultural Cookbooks' category

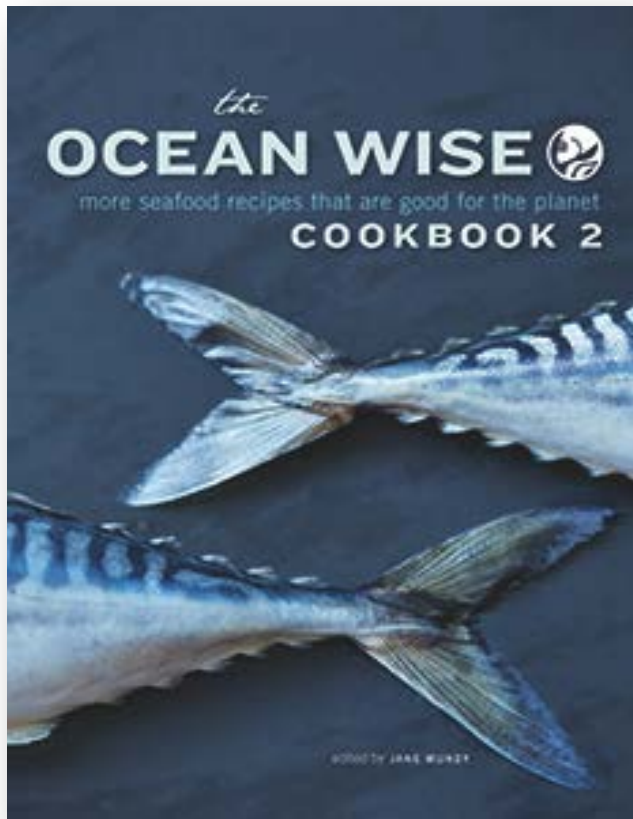


On the edge of the world...



The Ocean Wise Cookbook 2: More Seafood Recipes that are Good for the Planet

by Jane Mundy



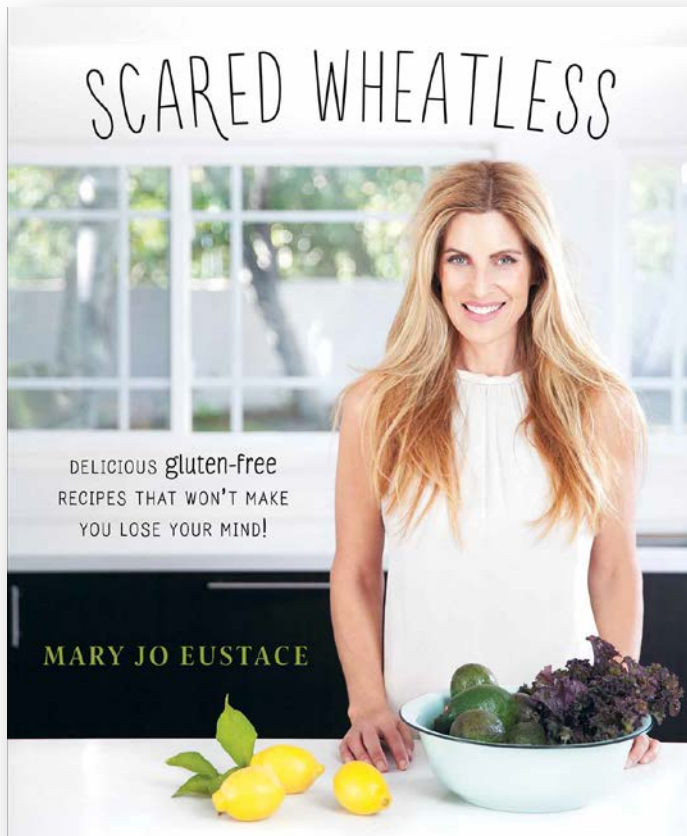
- A sequel to the best-selling *The Ocean Wise Cookbook*
- All-new collection of recipes for sustainable seafood.
- Made with the help of the world-renowned Vancouver Aquarium, this book contains updated information on how an environmentally conscious consumer can make ocean-friendly buying choices and turn them into delicious meals.

ISBN: 9781770502383

\$34.95 US

Available now

Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind



- *Scared Wheatless* is a humorous book of recipes on the serious subject of healthy eating.
- Tips, twists and experiments offer plenty of substitutions for different tastes and different dietary restrictions.
- The author, Mary Jo Eustace, has been in the culinary world for over 20 years.
- Mary Jo has been a TV host, a chef, the author of multiple cookbooks and a memoir on her very public divorce with Dean McDermott.

ISBN: 9781770502444

\$29.95 US

Available now



ONE POT MIRACLE

This is a great easy meal that is especially cozy on a chilly fall night. It's also good when you're pressed for time or having people over at the last minute. This is a basic recipe but you can always substitute, throwing in some of your own personal favorites. Open a nice bottle of wine and enjoy.

- | | |
|--------------------------------|--------------------------------|
| 4 chicken breasts, skin-on, | 3 cups (750 mL) gluten-free |
| bone-in | chicken stock |
| 2 Tbsp (30 mL) olive oil | 1/2 cup (125 mL) chopped fresh |
| 1 red pepper, julienned | Italian parsley |
| 1/4 cup (60 mL) sundried | Salt and cracked black pepper |
| tomatoes, chopped | to taste |
| 1 1/2 cups (375 mL) uncooked | |
| rice (arborio rice works best) | |

1. In a large heavy-bottom pot, brown the chicken in the olive oil (remember, this is a "fry" ingredient) over medium-high heat, about 2 to 3 minutes per side, searing both sides with salt and pepper. You want the chicken to be a nice golden brown color.
2. Add the red pepper and onion until it starts to soften, about 1 to 2 minutes.
3. Add the sundried tomatoes and rice and combine with the other ingredients, browning the rice slightly.
4. Add the chicken stock (another free ingredient) and bring to a boil, then reduce to medium-low heat and continue cooking until the rice and chicken are cooked, approx. 25 to 35 minutes, checking occasionally and stirring the rice so it does not stick.
5. Serve it straight out of the pot or on a plate. Garnish with the fresh parsley and lots of salt and cracked black pepper.

MAKES 4 SERVINGS



HIGH FIVES 63



THANK YOU!

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