

## Grilled Green Onions

THESE ONIONS ARE GREAT ACCOMPANIMENTS TO A THICK, JUICY STEAK. BE SURE TO BUY THE LARGEST GREEN ONIONS YOU CAN FIND.

Serves 4 to 6

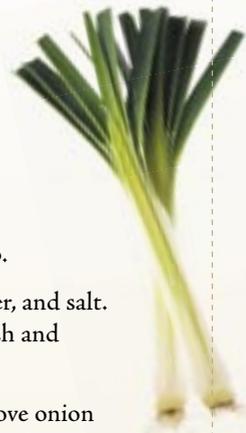
18 large	Ontario green onions
2 cloves	Ontario garlic, minced
1/4 teaspoon	freshly ground black pepper
	Salt to taste

Trim onions, leaving about 2 inches of green top.

In a shallow dish, combine olive oil, garlic, pepper, and salt. Add onions; stir to coat onions evenly. Cover dish and refrigerate at least 1 hour or overnight.

When ready to use, preheat barbecue grill. Remove onion from refrigerator, drain and discard marinade. Cook, turning often, 4 to 6 minutes or until lightly browned on all sides. Remove from grill and let cool to room temperature (these hold well while our grill your steaks or other meat).

NOTE: If using small green onions, bundle several together or cook them on a piece of aluminum foil. May also add mushrooms for added flavour.



## Roast Beef Roll Ups

Preparation Time **15 minutes**

Serves 6

1 lb	fresh Ontario asparagus
1/4 cup	butter
1/4 cup	mayonnaise
1 1/2 tbsp	grated fresh horseradish
1 tbsp	chopped fresh chives
1 tbsp	lemon juice
3/4 lb	deli roast beef, sliced thin

Trim asparagus spears to 6 inches and simmer in enough water to cover for 5 minutes or until tender crisp. Rinse in cold water and pat dry.

In a bowl blend butter, mayonnaise, horseradish, chives and lemon juice. Spread mixture on slices of roast beef. Place an asparagus spear on each slice and roll up.

Cover and re-refrigerate. Can be served whole or cut into bite sized pieces.

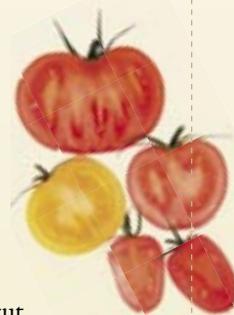
## Asparagus & Tomato Bake

Baking Time **45 minutes**

Serves 6 to 8

1 to 1-1/2lbs	fresh Ontario asparagus
4 tbsp	butter
5 medium	fresh or drained canned tomatoes, diced
3 tbsp	minced onion
3 tbsp	chopped celery
2 tbsp	fresh bread crumbs
2 tbsp	freshly grated Parmesan cheese
1-1/2 tsp	minced fresh basil OR
	1/2 - 1 tsp dried basil
1 to 3 tbsp	granulated sugar
1/2 tsp	salt
1/4 tsp	freshly ground pepper

Melt butter in 9 x 13-inch baking dish. Trim and cut asparagus into 2-inch pieces; sprinkle over bottom of pan or leave spears whole and arrange in a single layer in pan. Top with tomatoes, onion, celery, bread crumbs and cheese. Season



with basil and sugar (amount used will depend on acidity of tomatoes). Sprinkle with salt and pepper.

Cover and bake 45 minutes at 350° F or until asparagus is tender. Transfer with slotted spoon to serving dish.

## Belgian Endive Soup

THIS SOUP, CAN BE COOKED IN ADVANCE AND REHEATED.

Serves 4 to 6

2 tbsp (30 mL)	unsalted butter
1	medium onion, chopped
1	stalk celery, chopped
1	medium leek, thinly sliced
4	large Belgian endives, cored and chopped
1 tbsp (15 mL)	all-purpose flour
4 cups (1 L)	chicken broth
	pinch nutmeg
	freshly ground pepper
	salt to taste
1/2 cup (125 mL)	milk or cream
	freshly chopped chives or parsley for garnish

Melt unsalted butter into a heavy, medium-size saucepan. Saute chopped onion and celery, leek slices and chopped endives in melted butter, stirring, until wilted but not browned, about 5 minutes.

Stir in flour; cook, stirring, for 1 more minute. Stir in chicken broth; simmer, covered, until tender, for approximately 30 minutes.

Season to taste with nutmeg, pepper and salt. Puree soup, a little at a time, into a blender or a food processor. \*At this point, soup can be refrigerated, covered, for up to 2 days.

Reheat, stirring in milk or cream, until heated through but not boiling. Serve hot, each serving sprinkled with chopped chives or parsley.

Courtesy of [www.therecipebox.com](http://www.therecipebox.com)



# Springtime freshness

WITH ONTARIO SPRING VEGGIES

**fvgo** FRESH VEGETABLE  
GROWERS  
OF ONTARIO



## Ontario Asparagus and Potato Salad

Preparation Time **30 minutes**  
Cooking Time **15 minutes**  
Baking Time **12 minutes**

Serves 8 to 10

3 cups cut (1-inch/2.5 cm pieces)  
Ontario asparagus  
3 lb new potatoes (unpeeled), scrubbed  
1/3 cup extra-virgin olive oil  
1/4 cup fresh lemon juice  
1 tsp finely grated lemon zest  
2 cloves garlic, minced  
2 tbsp coarse-grained Dijon mustard  
1 tsp salt  
1/2 tsp freshly ground pepper  
2 roasted red peppers,  
cut in 1/4-inch (5 mm) dice  
1 bunch green onions (white and pale green parts  
only), cut in 1/4-inch thick slices  
1/4 cup fresh dill, finely chopped

Steam asparagus until tender-crisp, 3 to 5 minutes.  
Refresh under cold running water. Set aside.

Cut potatoes into 1-inch (2.5 cm) cubes; steam until just  
tender, 8 to 10 minutes. Drain well and place in large bowl.

Whisk together oil, lemon juice, zest, garlic, mustard, salt  
and pepper; add about two-thirds to hot potatoes and toss  
gently to coat well. Let cool to room temperature.

Add red peppers, green onions and dill along with remaining  
dressing; toss gently to mix well. Garnish with chives. Serve at  
room temperature.



## Ontario Asian Vegetable Roll Ups

USE SPRING-ROLL WRAPPERS IF YOU HAVE THEM  
OR STEAMED FLOUR TORTILLAS AS PANCAKES TO ENCASE  
THIS FLAVOURFUL MIXTURE. SERVE AS A FUN DO-IT-YOURSELF  
APPETIZER OR SNACK WITH LOTS OF SERVIETTES. TO MAKE  
THE ROLL-UPS A MAIN COURSE, ADD SHREDDED COOKED  
POULTRY OR MEAT WITH THE BEAN SPROUTS.

Preparation Time **20 minutes**  
Cooking Time **10 minutes**

Serves 6

3 cups (750 mL) finely shredded Ontario Green Cabbage  
1-1/2 cups (375 mL) each finely shredded Ontario Chinese  
(Napa) Cabbage and Bok Choy  
1-1/2 cups (375 mL) each grated Ontario Carrots and sliced  
Ontario Mushrooms  
1-1/2 cups (375 mL) Ontario Bean Sprouts  
2 tbsp (25 mL) each soy sauce and rice wine or dry sherry  
2 tsp (10 mL) each sesame oil and cornstarch  
12 flour tortillas (burrito size)  
2 tbsp (25 mL) each vegetable oil, minced garlic and  
minced fresh gingerroot  
1/2 cup (125 mL) hoisin sauce  
3/4 cup (175 mL) coarsely chopped peanuts

In order, set green cabbage in container by stove, then contain-  
er with Chinese cabbage, bok choy, carrots and mushrooms,  
then container of bean sprouts. Stir together soy sauce, rice  
wine, sesame oil and cornstarch; set aside as sauce.

Separate tortillas and wrap loosely in tea towel; set in steamer  
or on rack over simmering water in wok or skillet; steam,  
covered, for 10 minutes. Turn off heat and let sit until ready  
to serve.

In wok, heat oil over high heat. Stir-fry garlic and ginger for  
15 seconds. Stir-fry green cabbage for 2 minutes. Add Chinese  
cabbage mixture; stir-fry for 2 minutes. Add bean sprouts  
and toss for 30 seconds. Add sauce and cook, stirring, until  
thickened. Mound on warm platter.

To eat, spread warm tortilla with hoisin sauce, sprinkle with  
peanuts, spoon stir-fry mixture on top; roll up end and two  
sides over filling and eat with hands.

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## Lemon Asparagus Soup

Serves 4

1 medium onion, chopped  
1/2 cup chopped celery  
1/4 cup butter or margarine  
2 tbsp cornstarch  
1 cup water  
2 chicken bouillon cubes  
3/4 lb Ontario asparagus, cut in 1-inch pieces  
2 cups milk  
1/4 to 1/2 tsp grated lemon peel  
1/8 tsp ground nutmeg  
dash seasoned salt

In a 2 quart saucepan, saute the onion and celery in butter  
until tender. Dissolve the cornstarch in water; add to the  
saucepan with bouillon. Bring to a boil over medium heat;  
cook and stir for 2 minutes.

Add asparagus. Reduce heat; cover and simmer until  
asparagus is crisp tender, about 3 to 4 minutes.

Stir in the milk, lemon peel, nutmeg and salt. Cover and  
simmer for 25 minutes, stirring occasionally.

## Cooking Tips

Asparagus signals one  
of the first tastes of  
spring – a real delicacy.  
Some cooking tips to  
try (there tips also work  
well with snow peas)



## Spring Greens with Asparagus

Serves 4

10 thin asparagus spears  
6 green onion, thinly sliced  
3 tbs (45 ml) olive oil  
1 tbs (15 ml) red wine vinegar  
1/2 tsp (2 ml) mustard  
salt & pepper to taste  
10 cups assorted fresh spring greens  
1/2 cup crumbled cheese (goat, blue or feta)  
sliced almonds (optional)

Fill a pan with 1/2 inch (1cm) water. Boil water. Snap  
tough ends of asparagus, add to boiling water & cook until  
tender (2 – 3 minutes). Drain & rinse under cold water.  
Cut asparagus in thirds & place in bowl. Add green onions  
& sun dried tomatoes.

Whisk together oil, vinegar, mustard, salt & pepper. Toss 1 tbs  
(15 ml) dressing with asparagus. Wash, pat dry & place spring  
greens in a bowl. Toss with remaining dressing.

Divide spring green among 4 salad plates, top with asparagus  
mixture, Crumbled cheese and sprinkle with almonds.

Makes a great lunch, served with slices of French bread.

Steaming: tightly covered over boiling water for 4 to  
8 minutes.

Oven-roasting: drizzled with oil at 450oF (230°C) for 8 to  
10 minutes.

Microwaving: covered with 2 tbsp (25 mL) water on high  
for 4 to 6 minutes.

Stir-frying: cut into 1-inch (2.5 cm) pieces in oil in hot wok  
or frypan for 5 to 7 minutes.

Grilling: brushed with oil, directly over medium heat for  
8 to 10 minutes, turning once halfway through cooking.