



When locally grown products
are out-of-season,
California-grown can fill the void.





PEAR QUINOA BREAKFAST BOWL

Forget traditional oatmeal! Quinoa is a gluten-free, protein-rich ancient grain that is easy to prepare. Enhanced with tender, diced California pears and cinnamon, this wholesome breakfast dish will become a family favourite.

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- 1 cup (250 mL) dry quinoa
- 1 cup (250 mL) each apple juice and water
- 2 tbsp (30 mL) maple syrup
- 2 tsp (10 mL) ground cinnamon
- 1/4 tsp (1 mL) salt
- 2 ripe **California Pears**, finely chopped
- Low fat vanilla or plain yogurt
- Toasted, sliced natural almonds

1. Place quinoa, apple juice, water, maple syrup, cinnamon and salt in a saucepan and bring to a boil. Cook, covered, over medium-low heat for 10 minutes or until most of the liquid is absorbed. Add pears and cook for 2 minutes or until quinoa is tender.
2. Spoon warm quinoa into serving bowls. Garnish with yogurt, almonds and extra maple syrup to taste. *Makes 4 servings.*

TIP

Substitute California Raisins for the almonds.



KIWI & SHRIMP SALAD ROLLS

Salad rolls are a popular Thai menu item with a California twist that is easy and inexpensive to make at home. This recipe includes a zesty, lime dipping sauce that pairs nicely with the kiwi and shrimp but Thai chili sauce is a good, time-saving substitute.

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2 tbsp (30 mL)	each vegetable oil, rice vinegar, lime juice and honey
2 tsp (10 mL)	minced fresh ginger
1 tsp (5 mL)	finely grated lime zest
1/2 tsp (2 mL)	crushed hot pepper flakes
1/4 tsp (1 mL)	each salt and pepper
24	medium (41/50 count) cooked shrimp, peeled (about 12 oz /375 g)
2 cups (500 mL)	shredded Napa cabbage
2	green onions, thinly sliced
8	rice paper wrappers, about 9-inch (23 cm)
4	California Kiwifruit , peeled and sliced
1 cup (250 mL)	bean sprouts
1/2 cup (125 mL)	lightly packed fresh mint or coriander leaves

1. Whisk oil with vinegar, lime juice, honey, ginger, lime zest, pepper flakes, salt and pepper. Measure out 2 tbsp (30 mL) of the lime mixture; toss half with the shrimp and half with the cabbage and green onion. Set remaining mixture aside for dipping the rolls.
2. Immerse each wrapper in warm water for 20 seconds or until pliable. Lay out on a clean, damp towel. Centre some cabbage along the bottom third of the wrapper, leaving a 1-inch (2.5 cm) border. Top with 4 shrimp, 3 slices of kiwi, a portion of bean sprouts and a few fresh mint leaves.
3. Fold the bottom of the wrapper over the filling and roll tightly just until filling is covered. Fold in sides and continue to roll tightly until closed. Repeat with remaining wrappers and filling ingredients. (Rolls can be prepared up to 1 day ahead, covered with a damp paper towel and wrapped with plastic wrap.) Slice rolls on the angle and serve with reserved dipping sauce. *Makes 8 rolls.*



Rice paper wrappers can be found in the Asian section of most supermarkets.



Wine pairings: California Sauvignon Blanc or California Pinot Grigio



ROASTED GRAPE AND GOAT CHEESE SALAD

This elegant first course salad presents a new way to enjoy juicy, California table grapes. Roasting the grapes with balsamic vinegar creates a sweet'n'savoury vinaigrette to spoon over a simple salad for effortless entertaining.

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2 cups (500 mL)	California Red Seedless Table Grapes , halved
2 tbsp (30 mL)	each good quality balsamic vinegar and vegetable oil
1/2 tsp (2 mL)	freshly ground black pepper (approx.)
Pinch	salt
8 cups (2 L)	mesclun mix or mixed baby greens
3	California Kiwifruit , peeled and cut into wedges
4 oz (125 g)	goat cheese, crumbled
1/4 cup (50 mL)	toasted California Walnuts, coarsely chopped

1. Preheat oven to 400°F (200°C). Toss grapes with the vinegar, olive oil, black pepper and salt in an 8-inch (2 L) baking dish. Roast for 30 minutes or until shriveled and juices are released; cool slightly. (Grapes can be made ahead and reheated gently before serving.)
2. Meanwhile, divide greens and kiwifruit between four serving plates. Sprinkle evenly with goat cheese and walnuts. Spoon the warm grape mixture, along with juices, over the salads. *Makes 4 servings.*

TIP

Add sliced grilled chicken, pork or salmon to serve as a main course salad. Or, spoon the warm grape mixture over Brie or Camembert cheese and serve with crackers as an appetizer or as part of a cheese course.



Wine pairings: California Sauvignon Blanc or California Pinot Grigio



ASPARAGUS FLATBREAD WITH AVOCADO CREAM

This delicious, unique flatbread is a fusion of pizza and salad. With vibrant spring colours and bright flavours, it makes a terrific family brunch option served with a lightly dressed salad of mixed greens and ripe tomatoes. Or, cut the flatbreads into small squares for a fresh appetizer.

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1	ripe California Avocado
1/3 cup (75 mL)	milk (approx.)
1/4 cup (50 mL)	fresh basil leaves
1 tbsp (15 mL)	lemon juice
1/4 tsp (1 mL)	each salt and pepper
Pinch	crushed hot pepper flakes
16	fresh California Asparagus spears , trimmed
1/2	small red pepper, very thinly sliced
1/4 cup (50 mL)	very thinly sliced red onion
3	thin slices prosciutto, torn into pieces
2	prepared plain flatbreads or focaccia, about 12 x 7-inch (30 cm x 18 cm)
2 tbsp (30 mL)	olive oil
2	cloves garlic, minced

1. Preheat oven to 425°F (220°C). Meanwhile, purée avocado with milk, basil, lemon juice, salt, pepper and pepper flakes, in a blender or food processor until smooth. (Add extra milk as needed to achieve a mixture that is easy to drizzle.)
2. Bring a large pot of salted water to a boil. Add asparagus; after 1 minute add red pepper and cook for 2 minutes longer. Transfer asparagus and red pepper to an ice water bath; drain and dry well. Cut the asparagus in half, lengthwise.
3. Blend oil with garlic and brush evenly over the flatbreads; bake for 8 to 10 minutes or until crisp and golden; transfer to a cutting board. Drizzle half of the avocado mixture over the flatbreads. Garnish with asparagus, red pepper, onion and prosciutto; drizzle with additional sauce. *Makes 8 entrée servings.*



Substitute the prepared flatbreads with store-bought or homemade pizza dough; roll out to size and increase the baking time to 15 minutes.



Wine pairings: California Sauvignon Blanc or California Sparkling



PROSCIUTTO-WRAPPED FIGS WITH BLUE CHEESE

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- 16 Dried or fresh **California figs**, stems removed and halved
- 8 tsp Blue cheese
- 16 strips prosciutto, each about 6 inches long
- Seedless raspberry jam; to taste
- White balsamic vinegar; to taste
- Chopped fresh thyme

1. Press center of each fig half to make a small indentation for cheese. Place 1/2 teaspoon cheese onto each half and press halves together to enclose. Wrap each with a strip of prosciutto and thread figs onto skewers.
2. Grill over high heat for about 5 minutes, turning frequently until lightly charred on all sides; remove from grill.
3. Stir jam and vinegar together until well combined. Drizzle over skewers and sprinkle with herbs.
4. Serve warm. *Makes 16 appetizers*

TIP

Try substituting the figs for dates.



Wine pairings: California Moscato or California Riesling



MEXICAN MAHI SALAD

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1 1/2 Tbsp.	pureed chipotle peppers in adobo
3 Tbsp.	olive oil
4 (5 oz.)	boneless, skinless mahi mahi fillets
1 qt.	shredded Napa or Savoy cabbage
1 cup	canned black beans, drained and rinsed
1 cup	sliced California Ripe Olives
1 cup	cherry tomatoes, halved
1 medium	avocado, diced
1/3 cup	chopped cilantro
1/4 cup	chopped green onion
2 Tbsp.	lime juice
	salt to taste

1. Whisk together chipotle puree and 1 tablespoon of olive oil. Place mahi mahi fillets in bowl and coat with chili puree. Cover and refrigerate for 30 minutes.
2. In a medium sized mixing bowl, combine cabbage, beans, California Ripe Olives, tomatoes, avocado, cilantro and green onion. Pour in lime juice and remaining olive oil, season with salt to taste and toss to coat. Set aside.
3. Preheat grill to medium-high. Cook mahi fillets for approximately 3 minutes on each side or until cooked through. Serve each on top of a mound of cabbage slaw. *Serves 4.*

TIP

Try with other white flesh fish like U.S. catfish.



Wine pairings: California Sauvignon Blanc



LINGUINE WITH CREAMY ASPARAGUS PESTO

This restaurant quality pasta dish will have everyone asking for the recipe. Tender California asparagus stalks are puréed into a flavourful pesto mixture that is combined with a touch of cream to make a velvety sauce, perfect for linguine.

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1 1/2 lb (750 g)	fresh California Asparagus , trimmed
1/2 cup (125 mL)	lightly packed fresh parsley leaves
1/2 cup (125 mL)	finely grated Parmesan cheese
1/4 cup (50 mL)	toasted pine nuts
2 tbsp (30 mL)	lemon juice
4	cloves garlic
1/2 tsp (2 mL)	each salt and pepper, divided
1/4 cup (50 mL)	olive oil, divided
1 lb (500 g)	dry linguine noodles
1 lb (500 g)	boneless, skinless chicken breasts, thinly sliced
1/2 cup (125 mL)	35% whipping cream
1/4 cup (50 mL)	California Ripe Olives , chopped
1/4 cup (50 mL)	chopped sun-dried tomatoes

1. Bring a large pot of salted water to a boil. Blanch asparagus for 3 to 5 minutes or until tender; transfer asparagus to an ice water bath, drain and dry well. Cut spears into lengths. Reserve enough stalk pieces to measure 2 cups (500 mL); set remaining asparagus aside for later use.
2. Pulse reserved stalks, parsley, cheese, pine nuts, lemon juice, garlic and half of each the salt and pepper in a food processor until smooth. With the motor running, slowly drizzle in all but 1 tbsp (15 mL) olive oil until well combined. (Pesto can be prepared up to 1 day ahead.)
3. Cook linguine according to package directions. Reserve 1/2 cup (125 mL) cooking water; drain linguine well. Meanwhile, heat remaining oil in a large, nonstick skillet set over medium-high heat. Season chicken with remaining salt and pepper; brown for 5 minutes. Add pesto and cream; cook, stirring, until heated through. Add hot linguine, reserved asparagus, olives and sun-dried tomatoes; toss until well coated. (Add pasta water as needed to achieve desired consistency.) *Makes 6 servings.*

TIP

Tip: Use this versatile pesto as you would a traditional pesto in all kinds of dishes from appetizers to entrées.



Wine pairings: California Sauvignon Blanc or California Pinot Grigio



ROASTED RACK OF LAMB WITH CHERRY-GRAPE PAN SAUCE

Rack of lamb is a classy entrée, especially when accented with a rich sauce of sweet California cherries and table grapes.

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1	rack of lamb (8 ribs)
1/4 tsp (1 mL)	each salt and pepper
2 tbsp (30 mL)	canola oil, divided
3/4 cups (175 mL)	fine, fresh breadcrumbs
1 tbsp (15 mL)	each finely chopped fresh parsley and mint leaves
1 1/2 tsp (7 mL)	finely chopped fresh rosemary leaves, divided
1 tbsp (15 mL)	Dijon mustard
1	shallot, finely chopped
1/2 cup (125 mL)	red wine
1 cup (250 mL)	chicken broth
1 cup (250 mL)	California Sweet Cherries , pitted and halved
1/2 cup (125 mL)	California Red Seedless Table Grapes , halved
1 tbsp (15 mL)	cold butter, cut into small bits

1. Preheat oven to 400°F (200°C). Blot lamb dry with paper towel; season evenly with salt and pepper. Heat half the oil in a large skillet set over medium-high heat. Brown lamb for 3 minutes per side; reserve skillet. Arrange lamb, fatty side up, on a rimmed baking sheet.
2. Toss breadcrumbs with parsley, mint and 1 tsp (5 mL) rosemary. Toss breadcrumb mixture with remaining oil to coat. Brush mustard evenly over the meaty parts of the lamb. Gently press the crumb mixture into the mustard-coated lamb.
3. Roast for 20 to 25 minutes or until an instant read thermometer inserted into the thickest part of the meat registers 145°F (63°C) for medium-rare. Rest for 10 minutes before carving between the bones into chops.
4. Meanwhile, return the skillet to medium heat. Add shallot and remaining rosemary; cook for 1 minute or until softened. Stir in wine and scrape up any browned bits. Add chicken broth, cherries and grapes. Cook for 15 minutes or until fruit is tender and sauce is slightly thickened. Remove skillet from heat and whisk in butter, a little bit at a time, until completely incorporated. Serve lamb with warm pan sauce. *Makes 4 servings.*

TIP

Recipe doubles easily if serving a crowd.



Wine pairings: California Syrah or California Cabernet Sauvignon



OH MY GOODNESS! COOKIES

Not your traditional oatmeal cookie! We've cut the butter with nutritious avocado and added diced pear for moisture and flavour, making this cookie a wholesome treat for the whole family.

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1/2 cup (125 mL)	mashed, ripe California Avocado (about 1)
1/2 cup (125 mL)	unsalted butter
1/2 cup (125 mL)	each lightly packed brown sugar and granulated sugar
1	egg
2 cups (500 mL)	large flake oats
1 cup (250 mL)	all-purpose flour
2 tsp (10 mL)	ground cinnamon
1/2 tsp (2 mL)	each ground nutmeg and salt
1/2 tsp (2 mL)	each baking soda and baking powder
1/2 cup (125 mL)	peeled and very finely diced California Pear
1/2 cup (125 mL)	California Raisins (Thompson or Sultana)

1. Preheat oven to 375°F (190°C). Beat avocado with butter and sugars until fluffy; beat in egg. Meanwhile, stir oats with flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mixture, stirring until well combined. Stir in pear and raisins.
2. Arrange oven racks in the upper and lower thirds of the oven. Drop heaping spoonfuls of the dough onto parchment paper-lined baking sheets. Bake batches, rotating pans once, for 20 to 22 minutes or until lightly browned all over. Transfer cookies directly to a rack to cool completely. *Makes about 30 cookies.*



Cookies can be stored in an airtight container for up to two days or in the freezer for up to one month.



Wine pairings: California Chardonnay or California Viognier



CHERRY VANILLA SLAB PIE

This tender, flakey pastry is filled with delicious sweet cherries and accented with vanilla. This recipe will feed a crowd... and, who doesn't love pie?

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3 cups (750 mL)	all-purpose flour
1/2 cup (125 mL)	each cold, cubed butter and lard or shortening
1/2 tsp (2 mL)	salt
2	eggs, divided
1	lemon, zested and juiced
3/4 cup (175 mL)	granulated sugar
1 1/4 cup (50 mL)	cornstarch
1 tbsp (15 mL)	vanilla extract
2 lb (1 kg)	fresh California Bing cherries , pitted and halved (about 6 cups/1.5 L)

Optional Glaze:

2/3 cup (150 mL)	icing sugar
1 tbsp (15 mL)	milk

1. Pulse flour, butter, lard and salt in a food processor until crumbly. Whisk 1 egg with 2 tsp (10 mL) lemon juice; add enough ice water to make 2/3 cup (150 mL). Add to the flour mixture and pulse until the dough comes together. Form into an oblong disk; chill for at least 30 minutes.
2. Preheat oven to 375°F (190°C). On a well-floured surface, roll dough into a large rectangle, about 1/8-inch (3 mm) thick. Trim dough into a 13 x 18-inch (32.5 cm x 45 cm) rectangle. Carefully transfer dough to a parchment-lined baking sheet.
3. Stir sugar with cornstarch and lemon zest until combined. Sprinkle half of the mixture evenly down the length of one side of the rectangle, leaving a 1-inch (2.5 cm) border. Arrange cherries evenly over sugar mixture. Whisk 1 tbsp (15 mL) lemon juice with vanilla; drizzle evenly over the cherries. Sprinkle remaining sugar mixture evenly over top.
4. Fold dough over to cover the filling. Fold an additional 1/2-inch (1 cm) of dough from bottom layer over top layer along the edges; crimp with a fork to seal. Whisk remaining egg with a little water; brush all over pastry. Slash 4 vent holes in top. Bake for 50 to 55 minutes or until golden. Cool completely on baking sheet.

Optional Glaze: Blend the icing sugar with the milk until smooth; add up to 1/2 tsp (2 mL) additional milk to achieve a drizzling consistency. Drizzle evenly over the cooled pie. Makes 12 servings.



Fold dough into thirds or roll around a rolling pin to transfer it, after trimming, to the baking sheet.



Wine pairings: California Merlot, California Pinot Noir



Experience California



California is the largest agricultural state in the USA, producing over 400 commodities. Among these, California produces about half of U.S.-grown fruits, nuts and vegetables. Canada imports about 20 per cent of California's agricultural exports, which helps fill the void when locally grown fruits and vegetables are not available.

RECIPES FEATURE PRODUCTS FROM:

California Asparagus Commission

California Avocado Commission

California Cherry Advisory Board

California Kiwifruit Commission

California Pear Advisory Board

California Table Grape Commission

Additional recipes courtesy of the California Fig Advisory Board and the California Olive Committee.

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