

*Cooking With Panache:  
Produce Perfection*

COOKBOOK



# ADD SOME PANACHE



Making food exceptional takes a little bit of skill, a good sense of taste, but most of all, fresh quality ingredients. Having the best produce will give your dish something extra, a certain panache that will get you noticed by friends and family at the dining table.

North Bay Produce offers a unique variety of produce that has evolved over years of partnerships with growers across North and South America. When a farmer becomes part of the North Bay family of growers, they have proven their produce is of exceptional quality and consistency along with offering the most stringent food safety standards within the industry.

The following recipes have been created using the fruits (and vegetables) of their labors creating easy, tasty recipes that will make you a star in the kitchen.

Find out more at [northbayproduce.com](http://northbayproduce.com)



## Meet Sharon Robb-Anstett

As well as being the National Marketing Manager for North Bay Produce, Sharon is an avid cook and recipe creator using fresh produce as the center of many of her dishes. Sharon's recipes have been featured on Indy Style, The Produce Mom's blog and Facebook live broadcasts along with North Bay Produce's Facebook and Instagram accounts.



**Sharon's Hint**  
Use a mandolin to get a consistent cut for the apples. This will make rolling up in pastry so much easier!



## *Apple Rose Pastry Tarts*

### **Ingredients**

1 box frozen puff pastry dough (thawed)	1/4 cup sugar
6 red skinned apples (cored and cut in half)	2 tsp cinnamon
1 lemon (juiced)	egg wash

Serves 6  
Oven Temp 375 F  
Prep Time: 20 min  
Total Time: 80 min

### **Directions**

To prepare pastry, unroll dough and use a pizza cutter to cut each rectangle into 3 equal strips. Brush each pastry strip with egg wash and sprinkle with cinnamon and sugar. In a microwavable bowl, fill halfway with water and add lemon juice. Thinly slice apples in appx 1/4" slices and place in water. Microwave apples one minute at a time until pliable. Shingle stack apple slices (skin up) across top half of pastry strip and fold strip over apples. Starting at one side, roll pastry and secure at the other end making a rosette. Place in greased muffin pan and bake at 375F for 40 minutes or until done. Remove from pan and cool on rack.



### Sharon's Hint

A food processor makes quick work of slicing the Brussels sprouts.



## Apple and Brussels Sprout Salad

### Ingredients

#### Salad Ingredients:

- 2 honeycrisp apples (diced and tossed in lemon juice)
- 12 oz. Brussels sprouts (sliced)
- 1/4 cup dried cherries
- 1/4 cup chopped walnuts (toasted before chopping)
- 2 shallots (diced)
- 1/4 cup gorgonzola cheese (crumbled)

#### Dressing Ingredients:

- 3 TBLS olive oil
- 2 TBLS white wine vinegar
- 2 TBLS pure maple syrup
- 2 tsp dijon mustard
- salt and pepper to taste

Serves 8

Prep Time: 15 min

Total Time: 25 min

### Directions

In a large bowl, add Brussels sprouts, apples, cherries, and shallots, tossing to combine. To blend dressing, place ingredients in a jar with tight fitting lid. Shake vigorously until combined. Pour over salad and toss to coat. Sprinkle gorgonzola cheese and walnuts on top before serving.



# Apples Foster

## Ingredients

3 gala apples peeled and cut in slices

1/4 cup brown sugar (packed)

2 TBLS ghee

1/4 cup bourbon of your choice

1/4 cup dried cherries

2 tsp cinnamon

1/4 tsp cardamom

pinch nutmeg

pinch salt

juice of 1/2 lemon

Serves 4

Prep Time: 10 min

Total Time: 25 min

## Directions

Place cherries and bourbon in a small dish and set aside. In a heavy bottom pan, on medium heat, add apples, brown sugar and ghee along with spices, cooking for appx 5 minutes until the sugar has melted and apples become soft. Add cherries and bourbon and carefully light to burn off alcohol. Once flame is out, cook for an additional 3-5 minutes or until apples are fork tender. Remove from heat and squeeze lemon juice over mixture. Spoon over vanilla ice cream (optional).



## Sharon's Hint

**When cooking with alcohol, make sure you have a tight fitting lid handy to cover the pan when you add flame, just in case it gets out of hand!**



# Roasted Purple Asparagus w/ Lemon & Thyme

## Ingredients

1 lb purple asparagus  
1 TBLS olive oil  
2 tsp fresh thyme  
1/2 lemon, wedged  
balsamic vinegar (optional)

## Directions

Preheat oven to 400 F. Prepare a baking sheet with parchment paper and set aside. Wash asparagus in warm water to remove any sand; dry and trim ends. Place asparagus in a large plastic zip bag and add olive oil, shaking gently to coat. Pour out on prepared baking sheet and roast for 15 minutes turning spears halfway through baking. When done, remove from oven and squeeze lemon juice evenly over spears and sprinkle with fresh thyme.



**Sharon's Hint**  
Always roast or pan-fry purple asparagus if you want to keep the color. Boiling turns it green.

Serves 4  
Oven Temp: 400 F  
Prep Time: 5 min  
Total Time: 20 min



## *Asparagus Tart with Caramelized Onions*

### **Sharon's Hint**

**Try using a pressure cooker to caramelize the onions; takes less time with great results!**

### **Ingredients**

1 lb asparagus (washed and trimmed)  
3 large sweet onions (peeled)  
1 package puff pastry dough (thawed)  
2 TBLS ghee

1 TBLS honey dijon mustard  
1 tsp apple cider vinegar  
1/4 cup swiss cheese (grated)  
egg wash

Serves 8  
Oven Temp: 400 F  
Prep Time: 45 min  
Total Time: 85 min

### **Directions**

Slice sweet onions and place in a large heavy bottom saute pan with ghee. Cook on medium low heat stirring occasionally until onions are soft and caramelized. This can be made a day in advance. To assemble tart, unroll puff pastry and seal seams together making one large rectangle. Brush pastry with egg wash and sprinkle with swiss cheese and carmelized onions. Lay asparagus over toppings and bake in a 400F oven for 40 min or until pastry is browned and asparagus is fork tender. Whisk mustard and vinegar together and drizzle on tart before serving.

### Sharon's Hint

When rolling out the white bread, try placing it between parchment paper.



### Ingredients

6 slices soft white bread  
6 spears asparagus  
1/2 cup swiss cheese (grated)  
6 slices prosciutto  
2 TBLS ghee or butter (melted)  
1 TBLS sesame seeds

### Directions

Cut crust off bread slices and discard. Flatten each slice with a rolling pin. Arrange bread slice in a diamond shape in front of you on your work station and sprinkle swiss cheese down the center of each slice. Place a prosciutto slice on each bread slice and top with an asparagus spear. Fold one side of the bread over the asparagus and brush with melted ghee. Fold opposite side and brush the remaining exposed bread with ghee and sprinkle with sesame seeds. Bake at 350 F for 20 min or until cheese is melted and bread is golden.



## *Asparagus Swiss Wraps*

Serves 6  
Oven Temp: 350 F  
Prep Time: 10 min  
Total Time: 30 min





# Blackberry Cinnamon Rolls

## Ingredients

- 1 roll refrigerated bread dough
- 1/4 cup sugar
- 1 tsp cinnamon
- 2 cups blackberries (reserve 1/4 cup)
- 1/4 cup butter (softened)
- 4 ounces cream cheese
- 2 cups powdered sugar
- 1 tsp vanilla extract

## Directions

Unroll bread dough and roll out to make a rectangle. With longest side facing you, sprinkle cinnamon and sugar over dough. Evenly place the blackberries over prepared dough. Roll in log using longest side. Pinch together ends and edges to seal. Using a sharp knife, cut into 8-9 rolls and place on a parchment lined 9" round pan. Bake at 350F for 35-40 min or until golden and baked through. Make frosting by mixing butter, cream cheese, powdered sugar and vanilla together in a bowl until smooth. Frost once slightly cooled. Crush the remaining blackberries with a potato masher and drizzle over frosted cinnamon rolls. Best served warm.

- Serves 8-9
- Oven Temp: 350 F
- Prep Time: 10 min
- Total Time: 50 min

### Sharon's Hint

Take the rolls out of the pan while hot to prevent sticking to the bottom.



Serves 8  
Prep Time: 5 min  
Total Time: 30 min



## *Blackberry BBQ Sauce*

### **Ingredients**

3 cups blackberries  
1 TBLS olive oil  
1/2 cup sweet onion (diced)  
2 cloves garlic (minced)  
2 TBLS tomato paste  
1/4 cup honey  
1/3 cup brown sugar  
3 TBLS dijon mustard  
1 1/2 tsp smoked paprika  
1 tsp fresh ginger (grated)  
2 TBLS balsamic vinegar  
red pepper flakes, to taste

### **Directions**

Saute onions, garlic, and ginger until soft. Add remaining ingredients and mash mixture with a potato masher until berries are broken down and mixture is combined. Cook on med heat until berries are soft and sauce has reduced and thickened. Take off heat and cool slightly. If a mostly seedless sauce is preferred, place in blender and blend until combined. Pour through sieve to remove most of the seeds. Return to pan and cook an additional 5 minutes to reduce to desired thickness. Serve with pork or chicken.

### **Sharon's Hint**

**This BBQ sauce freezes really well! After cooling, place in freezer safe container and freeze for up to 1 month.**



Serves 8  
Oven Temp: 400 F  
Prep Time: 15 min  
Total Time: 35 min



## *Blackberry Shortcake*

### Ingredients

#### Shortcake:

1 stick cold butter  
3 cups all purpose flour  
2 tsp baking powder  
1 tsp cornstarch  
2 TBLS sugar  
1/2 tsp salt  
3/4 cup milk  
1 tsp vanilla

#### Blackberry Sauce:

3 cups blackberries  
1/2 cup sugar (add more to  
taste if needed)  
whipped cream (optional)

### Directions

In mixing bowl, place flour, baking powder, cornstarch, sugar, and salt. Whisk ingredients to combine. Use a cheese grater to grate the butter into the dry mixture and work with fingers until incorporated. Slowly add vanilla and milk, mixing until combined. Place dough on well floured surface and divide in half. Shape each half into a round about 1" thick (a little higher in the middle) and cut into 4 pieces. Dough will be dry and crumbly. Repeat with other half. Place on parchment lined baking sheet and bake at 400F for 12-15 min. For blackberries, mix berries and sugar together and crush berries with a potato masher or heavy bottom glass. Top shortcake with berries and serve with whipped cream (optional).



### Sharon's Hint

**The shortcake recipe makes great scones! Slather with butter and jam while warm.**



## Blueberry Compote

### Ingredients

4 cups blueberries  
1/2 cup sugar  
1/4 cup water  
1 TBLS corn starch  
1 lemon zested and juiced  
1/4 tsp cinnamon

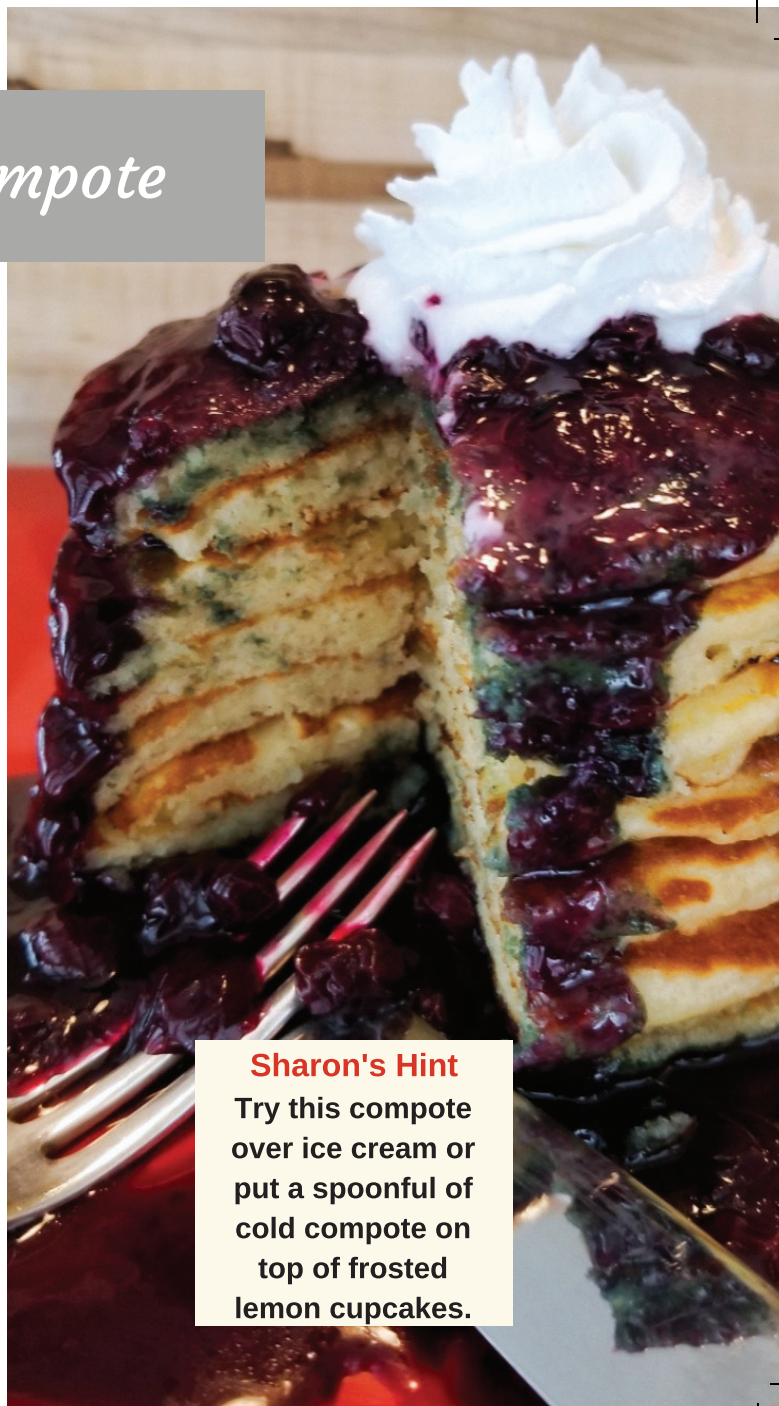
### Directions

Whisk water, lemon juice, cornstarch and sugar together in a medium pan until no clumps remain. Add 1 cup blueberries and cook on medium heat for 6-7 min stirring frequently until blueberries start to render and the mixture is slightly thickened. Add remaining blueberries and lemon zest cooking for an additional 15 minutes until the blueberries have cooked through and have softened. Cool to room temp and refrigerate. Can use hot over pancakes or waffles. Will keep refrigerated for up to one week.

Serves 8

Prep Time: 5 min

Total Time: 30 min



### Sharon's Hint

Try this compote over ice cream or put a spoonful of cold compote on top of frosted lemon cupcakes.

Serves 8  
Prep Time: 40 min  
Total Time: 60 min



## *Ancient Grain Salad w/ Blueberries*

### **Ingredients**

Salad:

2 cup cooked hard wheatberries, farro and/ or quinoa.

(cook grain per pkg directions)

2 TBLS green onion (chopped white & green)

1 cup red grapes (halved)

1/4 cup celery (diced)

1 cup blueberries

1/3 cup green apple (chopped)

1/4 cup bacon (crisply cooked & crumbled)

1/2 cup walnuts (toasted & coarsley chopped)

1/4 cup gorgonzola cheese (crumbled)

8 oz. baby spinach

Dressing:

1/4 cup olive oil                      1/2 tsp pepper

3 TBLS apple cider vinegar      1/2 tsp honey mustard

2 TBLS honey                        1/4 tsp fresh thyme

1/2 tsp salt                              1/4 tsp fresh mint (chopped)

### **Directions**

Add salad ingredients into a large bowl except walnuts, cheese, and spinach. Toss to combine. For dressing, combine ingredients in a jar with tight fitting lid and shake well to combine. Pour dressing over salad and mix well. Top with walnuts and cheese. Serve over spinach.



### **Sharon's Hint**

To save time,  
make the grains  
a day ahead and  
store in fridge  
until assembly.



## *Blueberry Mango Pico de Gallo*



**Sharon's Hint**  
Serve this tasty pico de gallo with cinnamon pita chips for a fun twist.

### **Ingredients**

1 cup blueberries  
1 mango (chunked)  
1 jicama (peeled & diced)  
1 red pepper (diced)  
1/2 jalapeno pepper (optional)  
1/4 cup cilantro (chopped)  
1 TBLS olive oil  
salt and pepper to taste

### **Directions**

Place all ingredients in a bowl (except cilantro) and mix to combine. Add cilantro tossing to combine. Season with salt and pepper for desired flavor. Serve with chips or on fish or chicken.

Serves 6  
Prep Time: 15 min  
Total Time: 20 min



# Brussels Sprout Gratin w/ Gruyere and Parmesan

## Ingredients

16 oz. Brussels sprouts (cleaned, trimmed and cut in half)  
1 tsp garlic (minced)  
6 bacon strips (cooked crispy & crumbled)  
1 TBLS ghee  
1/3 cup shallots (chopped)  
3 TBLS parmesan cheese (finely shredded)  
4 oz. gruyere cheese (shredded & divided)  
2 tsp fresh thyme  
1 1/2 TBLS flour  
3/4 cup milk or half & half

## Directions

Cook bacon until crisp and remove from pan. Add Brussels sprouts and saute on med heat until sprouts start to soften and turn brown; appx. 10 min. Remove sprouts and set aside. In same saute pan, add ghee, garlic, and shallots, stirring to soften. Sprinkle flour over shallots and stir briskly to blend. Add milk, whisking to combine. Slowly combine half the gruyere and parmesan to roux mixture, stirring until thick and smooth. Place sprouts in a well greased 8" x 8" baking dish and pour cheese mixture over sprouts, topping with remaining gruyere cheese. Bake at 400F for 20-25 min until bubbly. Top with crumbled bacon and fresh thyme before serving.

Serves 4  
Oven Temp: 400 F  
Prep Time: 20 min  
Total Time: 45 min

## Sharon's Hint

Whisk the cheese in slowly, stirring constantly to avoid clumping.





### Sharon's Hint

For even cooking, slice Brussels sprouts very thin and toss to loosen up the layers.



## *Brussels Sprout and Artichoke Dip*

Serves 8  
Oven Temp: 350 F  
Prep Time: 10 min  
Total Time: 45 min

### Ingredients

2 cups Brussels sprouts (shaved thin)	1/2 cup mayonnaise
2 cups artichoke hearts packed in water (drained)	2 cloves garlic (finely minced)
8 oz. cream cheese (softened)	1/2 cup swiss cheese (shredded)
	1 cup parmesan (finely shredded & divided)

### Directions

Cut artichoke hearts in quarters and place in mixing bowl with sliced Brussels sprouts. Stir. Add softened cream cheese, mayonnaise, garlic, swiss cheese and half the parmesan into a bowl and mix until well combined. Place in a well oiled 8"x 8" baking dish or cast iron pan. Top with remaining parmesan. Bake at 350F for 30-35 minutes or until mixture is bubbly and cheese is starting to turn golden brown. Serve with chips.



### Sharon's Hint

Make these into party appetizers by stacking crispy polenta with boursin cheese and a fig cut into rounds.



## *Crispy Polenta w/ Fig & Gorgonzola*

### Ingredients

1 roll prepared polenta  
6 fresh figs (washed, stemmed and cut into wedges)  
1/4 cup gorgonzola cheese (crumbled)  
1 TBLS ghee  
1 TBLS honey  
balsamic vinegar  
salt and pepper

Serves 4

Prep Time: 5 min

Total Time: 15 min

### Directions

Slice polenta into 8 slices. Pan fry in ghee for 5 min each side until crispy. Remove to individual plates (2 rounds per plate). Top with fresh figs and crumbled gorgonzola. Finish with drizzled honey and balsamic vinegar. Salt and pepper to taste.

### Sharon's Hint

Using ghee will help the flatbread crisp up quickly since you can use higher temps without the oil burning: plus ghee is lactose-free!



## Fig & Caramelized Onion Flatbread

Serves 6

Prep Time: 5 min

Total Time: 15 min

### Ingredients

1 roll refrigerated pizza dough  
4 fresh figs (washed, stemmed and cut into wedges)  
1/4 cup goat cheese (chunked)  
2 TBLS ghee  
1 large sweet onion (sliced)  
8 oz. arugala  
balsamic vinegar  
salt and pepper

### Directions

Place sliced onion in a large saute pan with 1 Tbls ghee and cook on med heat stirring occasionally until onions are caramelized. Unroll refrigerated pizza dough and cut into 6 even rectangle pieces. Warm a griddle to medium high and add a small amount of the remaining ghee until it is hot. Place dough, one or two pieces at a time, cooking each side appx 2 min until lightly browned. Repeat with remaining dough and ghee. To assemble, place one flatbread on each (6) plates and top with caramelized onions, arugala, figs, and goat cheese. Drizzle with balsamic vinegar.

Serves 6

Oven Temp: 375 F

Prep Time: 15 min

Total Time: 60 min



## Fig Galette



### Ingredients

- 1 package puff pastry dough (thawed)
- 5-8 fresh figs (washed and sliced into 4-5 pieces each)
- 4 TBLS orange marmalade
- 4 oz. marscapone cheese
- 2 TBLS honey
- 1 TBLS sugar
- 2 TBLS sliced almonds

### Directions

Unfold pastry on parchment rolling out sides to make a square. Add marmalade in a circle onto the pastry spreading evenly. Place figs on marmalade overlapping slightly filling the circle. Top with almonds.

### Sharon's Hint

**For a different twist, change up the jam flavors before adding sliced figs.**

Starting at one end, fold pastry onto itself around filling pressing the seams together as you go creating a rustic circle. Sprinkle with sugar. Place in oven and bake for 30 minutes or until pastry is browned and the filling is bubbly. Rest 15 min for filling to set. Blend marscapone and honey together until smooth. Serve marscapone over warm galette.



**Sharon's Hint**  
When in season,  
Meyer lemons can add  
a sweeter flavor and  
elegant aroma to this  
pretty side dish.



## *French Green Beans w/ Lemon and Pinenuts*

### **Ingredients**

12 oz French beans (trimmed)  
2 TBLS ghee  
2 cloves garlic (minced)  
1/4 cup parmesan cheese (shredded fine)  
zest and juice of 1 lemon  
2 TBLS pine nuts (toasted)  
salt and pepper to taste

Serves 6

Prep Time: 10 min

Total Time: 20 min

### **Directions**

In a medium saucepan, bring water to a boil. Add beans and blanch for about 2 minutes, drain. Place in ice water bath to cool. Remove from water once cooled. In a saute pan, add ghee and garlic cooking on medium heat for 2 min, stirring to soften garlic and infuse butter. Add green beans and cook until tender crisp; about 4-5 minutes. Add lemon juice to pan and mix with beans. Place beans on serving dish, top with cheese, lemon zest and pinenuts.



## *Prosciutto Wrapped French Green Beans*

### **Ingredients**

8 oz French green beans (trimmed)  
4 slices prosciutto  
1 TBLS ghee  
1 TBLS brown sugar  
1 clove garlic (minced)  
2 TBLS gorgonzola or goat cheese (crumbled)  
salt and pepper to taste

### **Directions**

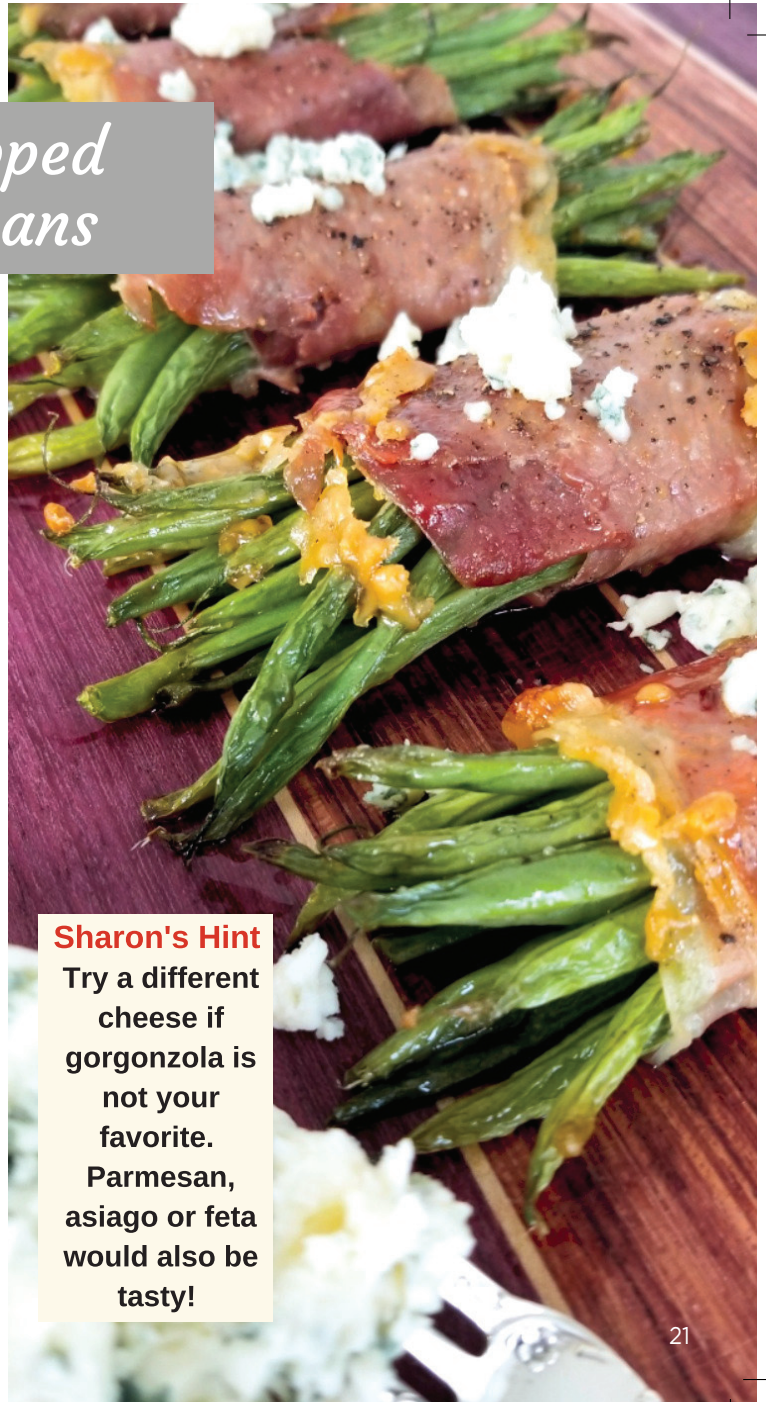
Separate beans into 4 even bundles and wrap each in a slice of prosciutto. Place seam side down on a parchment lined baking sheet. Heat a small saucepan over low heat. Add ghee, brown sugar, and garlic whisking until melted and combined. Using a pastry brush, brush each bundle with ghee mixture. Place in a 400F oven and bake for 15-20 min. Continue to brush with remaining ghee mixture every 5 min while baking. To serve, place on tray and sprinkle with gorgonzola or goat cheese. Salt and pepper to taste.

Serves 4

Oven Temp: 400 F

Prep Time: 10 min

Total Time: 30 min



### **Sharon's Hint**

**Try a different  
cheese if  
gorgonzola is  
not your  
favorite.**

**Parmesan,  
asiago or feta  
would also be  
tasty!**



Serves 6  
Prep Time: 5 min  
Total Time: 15 min



## *Warm French Green Bean Salad*

### **Ingredients**

12 oz French green beans (trimmed)  
1 TBLS honey dijon mustard  
2 TBLS Champagne vinegar  
4 TBLS olive oil  
1/2 garlic clove (finely minced)  
1 TBLS capers  
1/2 cup Italian parsley (chopped)  
2 TBLS shallot (minced)

### **Directions**

Bring a stockpot of water to a boil. In the meantime, make dressing by combining mustard, vinegar, olive oil, garlic, capers, and shallot in a jar with a tight fitting lid. Shake well to combine. When water is at a rolling boil, add beans and cook for 5 minutes. Drain cooked beans and toss with chopped parsley and add dressing, tossing to cover hot beans. Serve warm.

**Sharon's Hint**  
Have the dressing ingredients ready to go, so the hot beans can absorb the sauce and maximize the flavor of the dish!

### Sharon's Hint

Assemble in advance and refrigerate for up to 2 days before popping in the oven. Makes unexpected holiday entertaining a breeze.



## *Brie & Pomegranates Wrapped in Pastry*

### Ingredients

1 sheet puff pastry (thawed)  
1/2 cup pomegranate arils (seeds)  
2 TBLS fig jam  
1 round brie cheese  
1/4 cup almonds (reserving 1 TBLS)  
egg wash

### Directions

Roll out pastry into a square and place brie in center. Top brie with fig jam, pomegranate arils and almonds (except reserved 1 TBLS for decorative look on top of pastry). Fold pastry over brie, overlapping sides and pinching to close. Brush top with egg wash and sprinkle with remaining almonds. Bake at 375F for 15-20 min or until pastry is golden brown. Let stand for 10 min for cheese to solidify and cut into wedges and serve with crackers if desired.

Serves 8

Oven Temp: 375F

Prep Time: 10 min

Total Time: 40 min





## *Pomegranate Tart w/ Lemon Cream*

Serves 8  
Oven Temp: 400 F  
Prep Time: 20 min  
Total Time: 40 min

### **Ingredients**

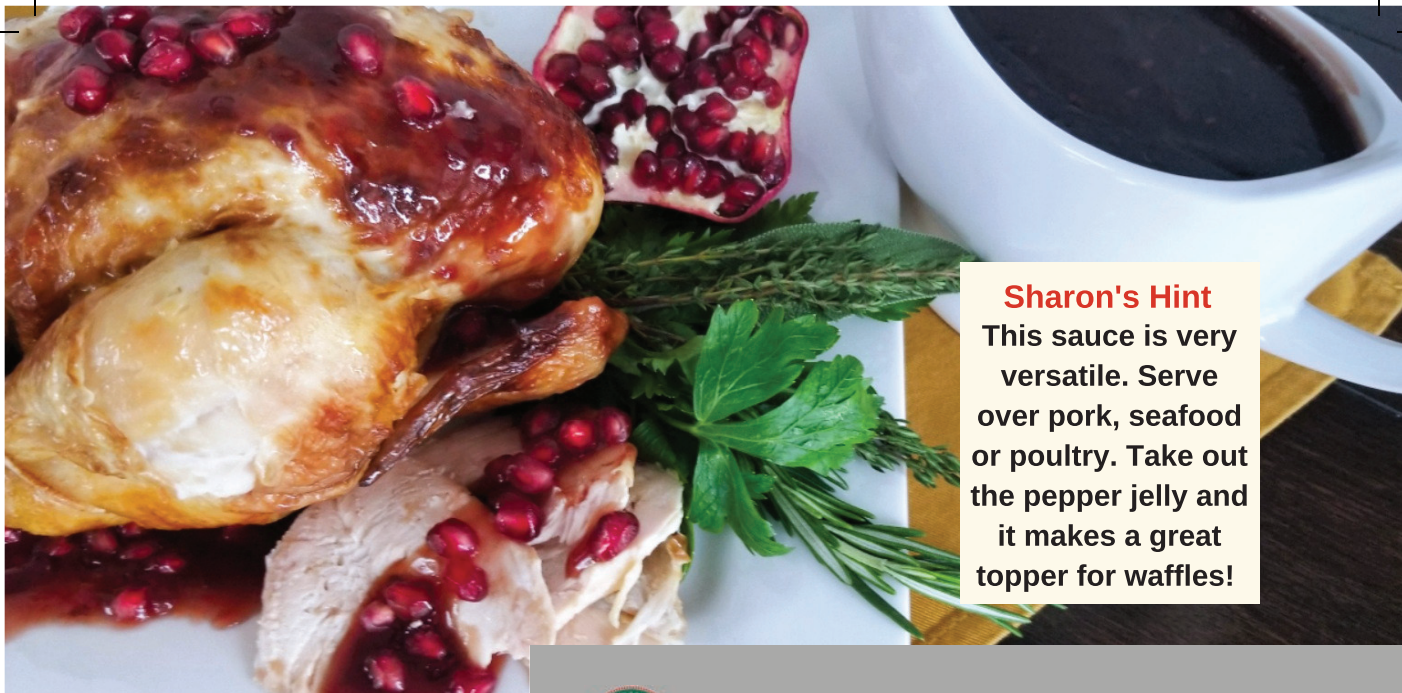
1 package puff pastry dough (thawed)  
1/2 cup lemon curd  
8 oz. cream cheese (softened)  
2 tsp vanilla  
1/2 cup sugar  
4 TBLS heavy cream  
2 cups pomegranate arils (seeds)  
egg wash  
1 cup powdered sugar  
1 TBLS lemon juice

### **Directions**

Roll out pastry sheets and press together to close seam making a long rectangle. Brush with egg wash and poke holes liberally with a fork. Bake on baking sheet at 400F for 15-20 min until golden brown. Once baked, pat down puffed pastry and set aside to cool. In a mixing bowl, combine lemon curd, cream cheese, vanilla, sugar and heavy cream; mixing until combined. Spread on cooled crust and decorate with pomegranate arils. Make glaze by combining powdered sugar and lemon juice. Mix until smooth. Drizzle glaze over tart. Best served same day.

**Sharon's Hint**  
To add some fun,  
roll pastry in an egg  
shape and decorate  
like an Easter egg  
with the addition of  
fresh blueberries.





**Sharon's Hint**  
This sauce is very versatile. Serve over pork, seafood or poultry. Take out the pepper jelly and it makes a great topper for waffles!



## *Pomegranate Sauce*

### **Ingredients**

2 cups pomegranate juice (fresh or bottled)

1/4 cup brown sugar (packed)

1 TBLS red pepper jelly (or to taste)

1 TBLS dried onion flakes

1 tsp garlic (minced)

1 tsp balsamic vinegar

1 tsp ghee

1 TBLS cornstarch

salt and pepper to taste

Serves 8

Prep Time: 5 min

Total Time: 20 min

### **Directions**

Place all ingredients except cornstarch and ghee into a heavy bottom sauce pan and bring to a boil, whisking to dissolve sugar. Reduce heat to med low heat and simmer for 15 min to soften onion and garlic. Add cornstarch to a small amount of cold water and stir to dissolve. Whisk cornstarch mixture into sauce continuing to whisk until sauce is thickened to desired consistency. Add ghee and stir to combine and create a glossy finish. Serve with poultry, shrimp or pork.



## Raspberry Vinaigrette Salad Dressing

### Ingredients

2 cups raspberries  
4 TBLS olive oil  
1 TBLS honey  
4 TBLS apple cider vinegar  
1/2 tsp sea salt  
1/2 tsp pepper  
6 TBLS water  
2 tsp chia seeds  
1 TBLS honey dijon mustard

### Directions

Add all ingredients in a blender and blend on high speed until combined and smooth. Serve on your favorite salad, such as fresh spinach or arugula.

Serves 4-6

Prep Time: 5 min

Total Time: 5min



### Sharon's Hint

**Double up the recipe because this lovely vinaigrette will last up to a week refrigerated.**



# Chocolate Ganache Tarte w/ Raspberries

## Ingredients

Crust:

1 pre-packaged pecan shortbread cookies

1/2 stick butter (softened)

Ganache:

3-12 oz premium chocolate bars

1 1/2 cups heavy cream

Topping:

12-18 oz raspberries (depending on size)

1 small jar raspberry jam (warmed)

## Directions

For crust, place cookies in a food processor or large zip bag and crush to fine crumbs. Add cookie and softened butter into a mixing bowl and blend until combined. Press mixture into the bottom of a 9" springform pan. Bake at 350F for 8-10 min until lightly browned. Let cool. For ganache layer, break up chocolate bars in a glass mixing bowl and set aside. Pour heavy cream in a saucepan and heat on med high until bubbles form on the edges (do not boil). Pour cream over broken chocolate and let sit undisturbed for 2-3 minutes. Slowly whisk chocolate and cream until smooth and melted. Pour into prepared crust and refrigerate for 1/2 hour. Place raspberries on cooled chocolate mixture and brush with warmed jam. Return to refrigerator for at least 4 hours or overnight.

Serves 10-12

Oven Temp: 350 F

Prep Time: 20 min

Total Time: 5 hrs



**Sharon's Hint**  
Use high quality chocolate bars for the ganache. Try different percentages of cocoa content for a rich finished product.



## Chicken Phyllo Wraps w/ Raspberries & Feta



**Sharon's Hint**  
**Keep phyllo dough covered when not in use by covering with parchment paper and a damp towel.**

### Ingredients

1/2 package phyllo sheets (thawed)

Wrap Filling:

2-3 cups chunked rotisserie chicken

4 oz feta cheese (crumbled)

1 cup raspberries

6 oz fresh spinach

1 TBLS ghee (melted)

Sauce:

1 cup raspberries (divided)

2 TBLS mango chutney (like Major Grey's)

Juice of 1 orange

1 TBLS honey

balsamic vinegar (optional)

### Directions

Place two sheets of phyllo on parchment paper and using a pastry brush, lightly brush a small amount of melted ghee over each layer. Filling will be split between 5 rolls so separate filling ingredients into even piles. Place one portion of the cheese, chicken, raspberries and spinach on short end of dough. Butter sides and roll up burrito style. Place on a parchment lined baking sheet. Repeat with remaining dough and ingredients. Bake at 375F for 30 min or until pastry is browned. To make raspberry sauce, place raspberries, honey, orange juice and chutney in saucepan. Mash raspberries with a fork and cook on med heat until bubbly appx 8-10 min. Drizzle with balsamic before serving.

Serves 5

Oven Temp: 375 F

Prep Time: 15 min

Total Time: 60 min



**Sharon's Hint**  
 Chop pre-cooked salad shrimp fine and serve as ceviche salsa with tortilla chips.



## *Shrimp Ceviche w/ Sugar Snap Peas*

### **Ingredients**

1 lb salad shrimp

1 cup lime juice

1 cup orange juice

1 salad cucumber (diced)

8 oz, snap peas (sliced)

1 jalapeno (minced)

1 avocado (sliced)

1 cup tomatoes (diced)

1 cup cilantro (chopped)

1/2 cup onion (diced)

1 clove garlic (minced)

1/4 cup olive oil

salt and pepper to taste

tostadas or pan-fried flour or corn tortillas

Serves 6

Prep Time: 30 min

Total Time: 2.5 hrs

### **Directions**

Place shrimp, lime juice and orange juice in a large resealable zip bag and marinate in refrigerator for 2 hours. In a large bowl, combine remaining ingredients except sliced avocado, chopped cilantro and tostadas. Stir to combine. Add shrimp and half of the marinating liquid and toss with cilantro. Serve on tostadas with sliced avocado.



## *Pan Fried Sugar Snap Peas w/ Lemon and Thyme*

### **Ingredients**

8 oz. sugar snap peas  
1 TBLS ghee  
1 lemon (juiced)  
2 tsp fresh thyme

### **Directions**

Heat a large saute pan on med heat and add ghee; stirring until melted and hot. Add sugar snap peas and toss gently to cover with oil. Cook peas, tossing occasionally for 3-5 min until you see blistering of the skin on some of the peas. Remove from heat and squeeze lemon juice over peas; tossing to combine. Sprinkle with fresh thyme and serve immediately.

Serves 4

Prep Time: 5 min

Total Time: 10 min

### **Sharon's Hint**

**Serve snap peas al dente by taking them off the heat while still crunchy. The peas will continue cooking for a minute or two.**



**Sharon's Hint**  
 This salad can be made up to 2 days in advance. Just take the time to fry the shallots the day you serve.



## *Snap Pea Salad w/ Bacon*

### **Ingredients**

6 slices bacon (crumbled)

8 oz. snap peas (sliced in 1/2" pieces)

1 avocado (mashed)

1 lemon (juiced)

2 TBLS sour cream

2 TBLS mayonnaise

4 oz. gorgonzola cheese (crumbled)

1 tsp basil

1 tsp dill

1 tsp parsley

1 tsp white vinegar

1 shallot (sliced fine)

salt and pepper to taste

Serves: 8

Prep Time: 15 min

Total Time: 1 hour 15 min

### **Directions**

Fry bacon until crisp and set aside. Do not discard bacon fat. In same pan, fry shallots until crisp and browned. Set aside. In a mixing bowl whisk mashed avocado, sour cream, mayo, lemon juice, basil, dill, parsley, and white vinegar until combined and smooth. Season with salt and pepper. Fold in sliced snap peas and stir well. Refrigerate at least an hour. Top with cheese, bacon and fried shallots before serving.



## *Green Olive Dip w/ Snow Peas*

### **Sharon's Hint**

**Refrigerate the dip for a couple hours before piping onto snow peas. The shape will have better definition.**

### **Ingredients**

2-8 oz. cream cheese (softened)  
1/2 cup mayonnaise  
1/2 cup onion (diced)  
1/2 tsp garlic powder  
6 oz jar green olives (with pimento)  
2 TBLS pimento (divided)  
3 TBLS olive brine  
8 oz. snow peas

### **Directions**

In blender add all ingredients except snow peas and reserved pimento. Blend on high speed until smooth. Chill until set. Place chilled dip in a pastry bag with a large star tip. Pipe dip on the end of each snow pea and assemble on tray. Top with extra pimento. Serve extra dip and snow peas on the side with crackers (optional).

Serves: 8

Prep Time: 5 min

Total Time: 1 hour





## Snow Pea Slaw w/ Fennel

### Ingredients

16 oz. snow peas (sliced thinly on diagonal)  
2 TBLS shallot (diced)  
1/4 cup fennel bulb (sliced thin)  
1/4 cup olive oil  
2 TBLS Champagne vinegar  
2 tsp dijon mustard  
Lemon wedges (optional)  
salt and pepper to taste

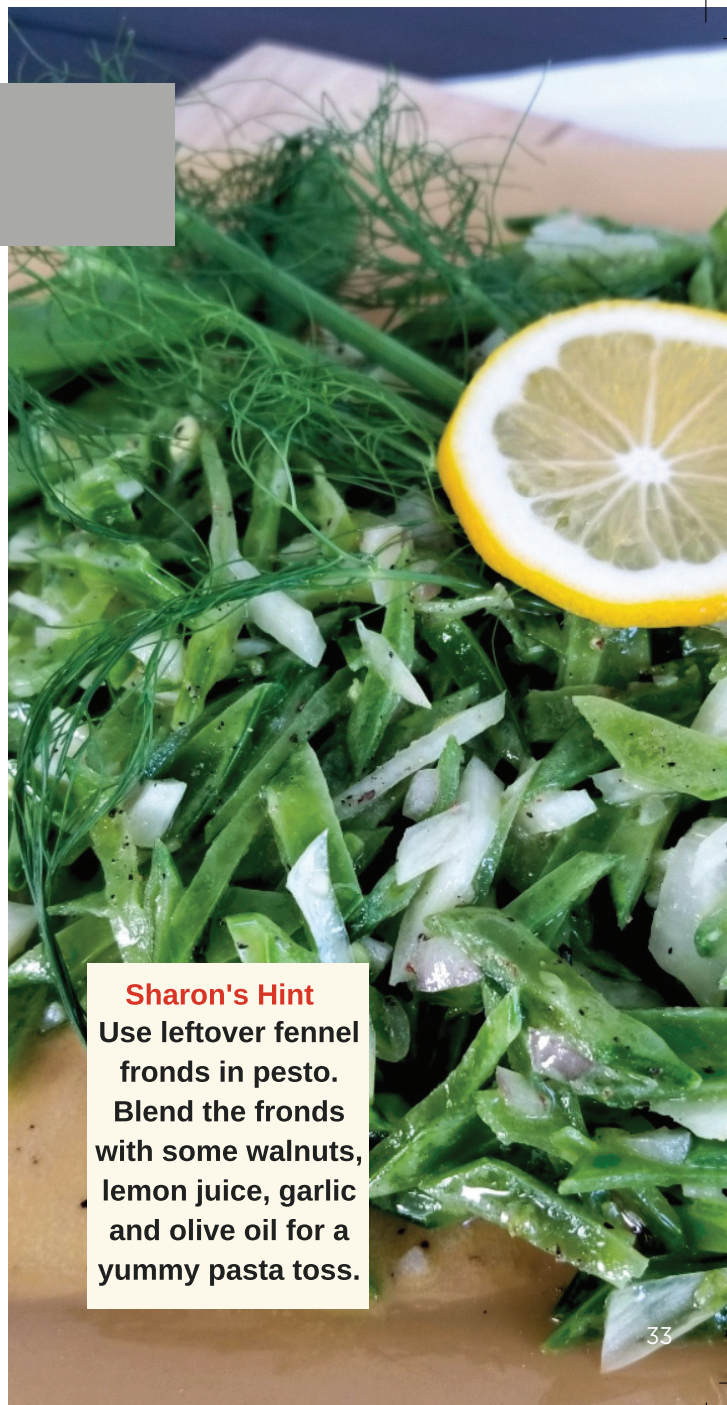
### Directions

Place sliced snow peas, fennel and shallots in a mixing bowl. Stir to combine. In a jar with a tight fitting lid, add olive oil, Champagne vinegar and dijon mustard. Cover and shake well. Season with salt and pepper. Add dressing to slaw mixture. Toss well to combine. Serve slaw chilled with lemon wedges (optional)

Serves: 8

Prep Time: 15 min

Total Time: 20 min



**Sharon's Hint**  
Use leftover fennel fronds in pesto. Blend the fronds with some walnuts, lemon juice, garlic and olive oil for a yummy pasta toss.



## *Pickled Snow Peas*

### **Sharon's Hint**

**Add these crispy snow peas to sandwiches or in tuna salad for a tasty alternative to dill pickles!**

### **Ingredients**

12 oz. snow peas  
1 cup white vinegar  
1 cup water  
2 TBLS salt  
2 cloves garlic (1 clove minced, 1 clove sliced)  
1/4 tsp red pepper flakes (to taste)

### **Directions**

Pack peas into mason jar. Bring vinegar, water, salt, and minced garlic to a boil over high heat in a medium size sauce pan. Sprinkle red pepper flakes and sliced garlic over peas and shake. Pour hot brine over peas until completely covered and seal. Let cool 15 min and refrigerate for at least 2 days before using. Peas will stay crisp for at least a week longer.

Serves: 8-10

Prep Time: 5 min

Total Time: 2 days

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## *Glossary of Terms*

**Egg Wash:** A mixture of one egg with a couple teaspoons of cold water scrambled together with a fork that is used as a brushed on glaze for pastry before baking to add a nice finishing gloss to baked dough.

**Puff Pastry:** Pre-packaged dough found in the frozen food section at most supermarkets. Once thawed, these rectangular sheets can be rolled into squares, cut into shapes, or made into one large piece by pinching the seams together.

**Ghee:** Known as a type of clarified butter, ghee can be found in the oil section at most grocery stores. Also, ghee can be found in the Indian section at many marketplaces. Ghee is made by cooking butter to separate the milk solids from the fat. Once the milk solids are removed, the ghee can be kept at room temperature. Ghee is lactose free and can handle high cooking temperatures which make it optimal for sauteing, frying and baking.

**Roux:** A mixture of fat (usually butter) and flour used as a base for making sauces.

**Phyllo Dough:** Frozen, very thin unleavened dough found in the frozen food section of most grocery stores.

Phyllo based recipes are generally made by using many layers of dough with butter or oil brushed between the layers and baked. Make sure you thaw the pastry and keep it damp (cover with a damp towel) while using.



## *Glossary of Terms*

**Wheatberry:** A whole wheat kernel. Wheatberries can be red or tan in color but the flavor is not noticeably different. They are high in fiber and hold their shape well in cold or cooked dishes. Check the cooking instructions for the best way to cook wheatberries. I like to use a pressure cooker to reduce cooking time.

**Prepared Polenta:** A pre-cooked hard roll of polenta that can be found in the Italian section of most grocery stores.

**Major Grey's Chutney:** A sweet and spicy chutney made with mango, raisins, vinegar, lime juice, onion, sugar and spices. It is usually found in the Indian section at most supermarkets.

**Balsamic Vinegar:** A very dark, concentrated flavored vinegar originating in Italy made from grapes. To create the best flavor for the recipes created in this cookbook, use an 18 year old aged balsamic vinegar.

**Goat Cheese:** A cheese made from goat's milk. There's many different kinds of goat cheese. The recipes in this cookbook use the soft goat cheese you can find in a "log" or ready crumbles in the deli section at most grocery stores.

**Lemon Curd:** A very thick lemon preserve made from lemons, eggs, butter and sugar.



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