



● Local Food, Global Taste

SPAGHETTI SQUASH PAD THAI

Recipe adapted from the *Mangez Québec* Website

INGREDIENTS (SERVES 4)

- 1 tablespoon of butter
- 1 tablespoon of mild green curry paste
- 1 tablespoon of mild pepper, chopped (to replace ginger)
- 1 big spaghetti squash (to replace rice noodles)
- 1 1/2 cups of tofu
- 1 cup of unsalted coconut milk
- 1 bunch of fresh basil, washed and dried

PREPARATION

1. Preheat oven to 350°F (176°C).
2. Cut spaghetti squash in two, on long side.
3. Put the cut squash in a dish with a little bit of water.
4. Cover the dish and put it in the oven.
5. Bake 40 to 50 minutes (depending on the size of the squash).
Use a fork to test if the flesh is soft.
6. In a wok, heat butter.
7. Add curry paste and pepper.
8. Simmer for a few minutes until the flavours blend.
9. Scrape out the flesh of the squash with a fork and add to the wok.
10. Fry on high heat for 5 minutes.
11. Add tofu and coconut milk.
12. Bake uncovered for 7 minutes.
13. Stir and add the basil leaves.

INDIAN CHUTNEY

Recipe adapted from the Metro Website

INGREDIENTS

- 1 1/2 cup of ground cherries (to replace the mango)
- 1 small onion, chopped
- 1/2 red pepper, diced
- 1/4 cup of cider vinegar
- 1/3 cup of honey
- 1 tablespoon of mustard seeds
- 1/2 teaspoon of curry powder
- Salt and pepper to taste

PREPARATION

1. In a saucepan, bring all ingredients and bring to boil.
 2. Reduce heat and simmer 20 minutes, stirring from time to time until the mixture has a syrupy consistency.
 3. Cool. Put in jars and refrigerate.
- The chutney is very good served with chicken and other indian recipes.



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ZUCHINNI GUACAMOLE

Recipe adapted from E-Cookbooks

INGREDIENTS (SERVES 6)

- 4 zucchinis (to replace avocados)
- 1 tomato, cut into little cubes
- 1 clove garlic, minced
- 4 shallots cut into pieces, finely chopped
- Juice of one lime
- 1 hot green pepper
- 1 red pepper, chopped
- 1 teaspoon of olive oil
- 4 teaspoon of fresh cilantro, chopped
- Salt, pepper

PREPARATION

1. Peel zucchini.
2. Cut into slices and steam.
3. Drain well (there should be no water left)
4. Using a food processor or blender, mix the garlic, shallots, well-drained zucchini, hot pepper, lemon juice and olive oil until smooth.
5. Put puree in a bowl and add the diced tomatoes, peppers and cilantro.
6. Add salt and pepper to taste.

You can eat the guacamole with corn tortillas or put some on your favourite sandwich!

CREOLE RICE

Recipe adapted from the Antilles Resto Web site

INGREDIENTS (SERVES 6)

- 1 1/4 cup of rice
- 1 can of crab meat or tuna
- 2 cubes of broth (vegetable, beef or chicken)
- 2/3 cup of water
- 4 to 5 shallots
- 1 tablespoon of olive oil
- 1 clove garlic
- 1/2 cup of dried cranberries or diced apples (to replace pineapple)
- 5 asparagus (to replace avocado)
- 10 strawberries (to replace banana)
- 1 lime (juice and zest)
- 1 pepper
- A few sprigs of parsley and cilantro
- Salt, pepper

PREPARATION

1. Cook rice in boiling salted water for 20 minutes.
2. Meanwhile, prepare Creole Sauce: finely chop the shallots, garlic, parsley and cilantro. Add these ingredients to a medium bowl with and add the juice and zest of lime, pepper, oil, salt and crushed pepper.
3. Dissolve the cubes of beef broth in 2/3 cup of simmering water add the broth to the bowl containing the other sauce ingredients and mix well, cover and let infuse until fully cooled.
4. Meanwhile, cook asparagus in a small saucepan with water for 5 to 7 minutes.
5. Cut the apples (if you don't use cranberries) and strawberries into small cubes.
6. Drain the crabmeat or tuna.
7. Drain the cooked rice. Mix all ingredients in a large bowl.
8. Season with Creole sauce.