



Kabocha Squash Tater Tot

(makes 20 portions)



Ingredients	US	Metric
Kabocha squash	4¼ lbs	2kg
Gluten free flour blend	2/3 lb	300 g
Eggs free range (fork beaten)	2	2
Nutmeg	3 tsp	5 g
Cinnamon	3 tsp	5 g
Kosher salt	3 tbsp	30 g
Olive oil	3½ fl oz	100 ml
Canola oil for frying		

Method:

- Preheat oven to 400°F
- Peel, remove seeds, and cube squash
- Toss with spices, salt and oil
- Roast at 400°F for 25 minutes
- Purée in food processor
- Once cooled; fold in flour, and eggs
- Using a table spoon for portioning, fry taters until golden
- Season again with salt and pepper, and serve

Okanagan Plum Gastrique

Ingredients	US	Metric
Summer plums	2 lbs + 3 oz	1 kg
Red wine vinegar	1 cup	250 ml
Maple syrup	2/3 cup	150 ml
Shallots	8½ oz	250 g
Thyme	3 tsp	5 g

Method:

- Remove seed from plums
- Julienne shallots, and sauté, add plums and cook for 10 minutes
- Add vinegar and maple syrup
- Cook 10 minutes or until reduced by half
- Pulse mixture in food processor for a chunky finish
- Season with salt, pepper, and fresh thyme