



# Native Montréal Montréal Autochtone

## 2020 IORAHKOTE SUMMER DAY CAMP RECIPES

In Collaboration with  
Chef Peter Parsons



# Method:

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1. Gather ingredients
2. Place filets in shallow pan and for Maple over all. Turn to coat evenly
3. Sprinkle each side with salt and pepper
4. Cover and refrigerate for 24 hours
5. Prepare smoker. Place filets in smoker at 200deg F for 2 1/2 hours
6. When salmon is done, melt buttering a pan
7. Place filets in pan for 2 minutes per side. This creates a nice glaze on the fish.
8. Enjoy as is or incorporate in other dishes

I've also done this dish with whole salmon, deboned and splayed out as you see in the photograph. Cooked leaning next to a slow burning fire produces a different texture and is just as delicious. Good Luck!



# Method:

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1. Brush squash and apple pieces with a little of the oil. Heat a skillet over med-high heat and pan-roast the squash until nicely toasted on both sides and tender, about 5-10 minutes. Remove and set aside
2. Toast the apple pieces on both sides until browned, about 1 minute. Remove and set aside
3. Toss the greens, sage, cranberries and pumpkin seeds with Maple Dressing and arrange on a dinner plate.
4. Arrange the squash and apples over the greens and drizzle additional Maple Dressing as desired
5. Top salad with warm Smoked Salmon Filet and Enjoy!

## **MAPLE DRESSING**

1/4 cup apple cider vinegar

2/3 cup vegetable oil

2 tbsp Maple syrup

Put all ingredients into a small jar and shake vigorously. Season with salt to taste

# Cedar Braised Bison on a Bun with Grilled Peach Chutney and Homemade Slaw



Ingredient	Amount	Scaled amount
<b>Large Hamburger Buns</b>	6	
<b>Bison or Chuck Roast</b>	3 Lbs	
Coarse salt	1 Tbsp	
Maple syrup	2 Tbsp	
Vegetable oil	3 Tbsp	
Beef stock	3 Cups	
Sage	2 Sprigs	
Cedar	1 Sprigs	
Sumac	1 Tbsp	
Maple syrup	1/2 Cup	
<b>Peach Chutney</b>		
Apple cider vinegar	1/2 Cup	
Brown sugar	1/2 Cup	
Onion, chopped	3/4 Cup	
Garlic, diced	1 Tbsp	
Salt	1/2 Tsp	
Fresh peaches, pitted, peeled, chopped	1 1/2 Lbs	



# Method:

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## **For the Braised Bison:**

1. Pre heat oven to 250 deg F. Season bison with salt and maple syrup. Oil Dutch oven or heat proof baking dish.
2. Sear bison on all sides until dark and crusted, about 10 minutes.
3. Remove bison and set aside. Stir in stock and sage, scraping up any crusty bits that form on the pan bottom.
4. Add sumac and maple and return meat to pan.
5. Cover baking dish. Place in oven and cook until meat can be pulled apart easily with a fork. About 3 hours.
6. Remove from oven. Reserve pan juices.
7. When bison is cool enough to handle, pull it apart into small pieces. Moisten with reserved pan juices if necessary.

## **For the Peach Chutney:**

1. Combine vinegar and sugar in medium sauce pan over medium high heat. Bring to a slow boil to dissolve sugar.
2. Reduce to simmer, add onion, garlic and salt, simmer 10 minutes, stirring periodically
3. Add peaches and simmer 10 minutes more or until peaches are tender.
4. Remove from heat and let stand for 15 minutes. Chutney can be stored in fridge for up to one week.



**For the Homemade Slaw:**

1. Finely shred red and green cabbage. Place in large bowl
2. Add shredded carrot and parsley and toss to mix.
3. In separate bowl, stir in mayonnaise, vinegar, mustard, salt and pepper.
4. Pour dressing over cabbage and carrot then mix well.

**To Assemble:**

1. Toast buns. Place half cup of braised bison on bottom bun.
2. Add 1 Tbsp of Peach Chutney on top of bison filling.
3. Top with 1-2 Tbsp of coleslaw and cover the sandwich with other half of the bun.

Enjoy!

# Crispy Bean Cakes

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Cooked or canned beans, drained	2 Cups		
Sage, chopped	1-2 Tsp		
Egg	1		
Green onion	1/4 Cups		
Salt	Pinch		
Juniper berry, crushed	Pinch		
Corn flour	1/4 Cups		
Vegetable oil	3-4 Tbsp		
Sumac	Pinch		



# Method:

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1. Pre heat oven to 250 deg F.
2. In food processor, pulse together all the ingredients to make a rough dough.
3. Using moistened hands, form mixture into patties about 1/2 inch thick. Dust with flour and set aside.
4. Heat oil in a skillet over medium heat. Working in batches, fry patties until golden brown on both sides (about 5-7 minutes per side)
5. Transfer to baking sheet and put in oven to stay warm.

\*Eat as is or dress the same as braised bison between toasted bun

Enjoy!

# Smoked Salmon with Quick Pickles and Green Salad with Wild Rice and Seeds



		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Smoke salmon, store bought or homemade	4-6 Slices		
Mixed green lettuce	2 Cups		
<b>Wild Rice Salad</b>	1 Cups		
Vegetable oil	2 Tbsp		
Squash, butternut or zucchini	1/2 Cups		
Onion, chopped	1/2 Cups		
Wild rice, cooked	3 Cups		
Maple syrup	2 Tbsp		
Salt	To taste		
<b>Quick Pickles</b>	1/4 Cups		
White vinegar	1/2 Cups		
Mustard seed	1 Tsp		
Salt	1 Tsp		
Garlic clove, crushed	1		
Dill, dry	1 Tsp		
Bay leaf	1		
Lebanese cucumbers, thinly sliced into rounds	4		

# Method:

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## **Wild Rice Salad:**

1. In a large skillet, heat oil over medium high heat and sauté the squash, onion until tender, about 5-8 minutes.
2. Add rice and cook for 1 minute.
3. Season with maple syrup and salt.

## **Quick Pickles:**

1. Heat a sauce pan over medium high heat
2. Add vinegar, sugar, mustard seed, salt and garlic and cook until it begins to simmer and sugar dissolves.
3. Place dill, bay leaf and sliced cucumber together in a heat proof bowl.
4. Pour simmering liquid over cucumber and stir to evenly coat.
5. Allow to cool to room temperature before refrigerating.

## **To Assemble Salad:**

1. Place salad greens in large bowl.
2. Scoop wild rice mix onto greens.
3. Fan thin slices of smoke salmon over wild rice.
4. Mound a portion of quick pickles onto of smoke salmon.

Enjoy!

# Wild Boar Sausage Panini Grilled Squash and Green Salad with Apple, Cranberries and Mint

Recipe serves		Prepared for	
4		8	
Ingredient	Amount	Scaled amount	
Wild boar, Venison or other wild game sausage	4		
Panini buns, Split and toasted	4		
Acorn squash	1		
Honey	2 Tbsp		
Mixed green lettuce	4 Cups		
Apples, cored and sliced	2		
Dried cranberries	1/2 Cup		
Mint, chopped	2 Sprigs		



# Method:

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1. Pre heat oven to 350 deg F. Place sausage on baking sheet and roast until golden brown, turning half way through. About 20 minutes. Remove and hold until needed.
2. Quarter and seed acorn squash. Lightly oil pieces and season to taste with salt and pepper. Most squash in oven at 350 deg F until tender. About 30 minutes. Remove from oven to serve and platter. Drizzle with honey.
3. Place greens in a salad bowl. Add sliced apples, mint and cranberries, toss with favourite dressing.
4. Place warm sausage into toasted panini, garnish with preferred condiments and arrange on a platter.

Enjoy!

# Wild Rice Bowl with 3 Sister Salad, Roasted Vegetables and Corn Cakes

Ingredient	Amount	Scaled amount
	4	8
<b>Wild rice and three sisters salad</b>		
Wild rice, cooked	4 Cups	
Maple syrup	1/4 Cup	
Apple cider vinegar	1/8 Cup	
Zucchini, cut into 1/4" slices	1/2 Cup	
Summer squash, cut into 1/4" slices	1/2 Cup	
Roasted corn, kernels cut from cob	2 Ears	
Mixed beans, canned	1 Cup	
Wild greens	2 Cups	
<b>Corn cakes</b>		
Water	3 Cups	
Salt	1 Tbsp	
Coarse corn meal	1 Cup	
Vegetable oil	1-2 Tbsp	





# Method:

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## **Wild Rice and Three Sister Salad:**

1. Toss cooked rice with maple and cider vinegar and set aside.
2. Heat a non-stick frying pan on high heat. Brush squash with oil and sear the slices on both sides until brown, 3 minutes.
3. Place seared squash, beans and corn in large bowl and toss to mix.
4. Place a hand full of mixed greens on a plate. Scoop out 1/4 of the wild rice salad and mound it on the bed of greens.

## **Corn Cakes:**

1. Bring water and salt to a rolling boil in a medium sized pot.
2. Whisk in corn meal in slow steady stream. Stir to ensure no lumps. Reduce heat and simmer, stirring occasionally with a wooden spoon until mixture is thick. Continue cooking until corn meal mixture pulls away from the sides of the pan. 30-40 minutes.
3. Set aside until cool enough to handle.
4. Shape cooked cornmeal into patties, about 4" around and 1" thick.
5. Heat vegetable oil in a skillet over medium high heat. Sear patties until brown on both sides. About 5-10 minutes. Serve along side Wild Rice and Three Sister Salad.

Enjoy!

# Trout Cakes with Dill and Watercress and Grapefruit Salad

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
<b>Trout Cakes With Dill</b>			
Green onions, thinly sliced	4		
Red pepper, finely chopped	1/4 Cup		
Mayonaise	1/4 Cup		
Dijon mustard	1/4 Cup		
Garlic clove, minced	1		
Lemon juice	2 Tbsp		
Capers	2 Tbsp		
Old Bay Seasoning	1 Tsp		
Cayenne pepper	1/8 Tsp		
Smoked trout, chopped	1 Lb		
Panko or bread crumbs	1 Cup		
Vegetable oil	2 Tbsp		
<b>Watercress and Grapefruit Salad</b>			
Watercress	1 Bunch		
Endive, thinly sliced	2 Heads		
Boston lettuce, torn into pieces	1 Head		
Grapefruit,	1		
Sour cream	1/2 Cup		



# Method:

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## **Trout Cakes:**

1. In a large bowl, Combine onions, peppers, mayonnaise, Dijon, Garlic, lemon juice, capers, seasoning and cayenne. Mix to incorporate.
2. Add fish and panko or bread crumbs. Mix well. Shape trout cakes into to patties, 4" in diameter.
3. In a large skillet heat oil to medium heat. Cook trout cakes in batches in hot oil for 4-5 minutes or lightly brown on both sides.
4. Transfer to baking sheet and hold warm in oven at 300 deg F while you prepare salad and dressing.

## **Watercress and Grapefruit Salad:**

1. Grate 1/4 tsp of zest from grapefruit and set aside.
2. Peel and chop grapefruit into large chunks. Reserve any juices.
3. For the dressing, whisk together the sour cream, grapefruit zest, 2 tbsp of water and 1/2 tsp salt and pepper. Set aside.
4. Toss the watercress, endive, Boston lettuce in large bowl. Divide the greens among shallow bowls. Drizzle the dressing over top of the lettuce and top with chopped grapefruit.
5. Nestle warm smoked Trout Cakes next to salad.

Enjoy!

# Homemade Pizza Pockets with Pepperoni, Tomato Sauce and Mozzarella

	Recipe serves	Prepared for
	4	8

Ingredient	Amount	Scaled amount
Store bought pizza dough	1 Ball	
Store bought pizza sauce	1 Cup	
Mozzarella , Grated	2 Cups	
Pepperoni, sliced	1/2 Cup	
Red onion, finely chopped	1/2	



# Method:

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1. Pre heat oven to 450 deg F.
2. Divide pizza ball into 4 evenly sized pieces.
3. Roll each piece into rounds about 1/2" thick.
4. In the centre of each round spread a bit of sauce, cheese and toppings, leaving space around the edges for the dough to touch each other.
5. Fold the pizza round over the toppings and seal the edges using a bit of water if necessary.
6. Bake on a lightly oiled or parchment lined baking sheet for 20 minutes or until dough is crisp and golden.
7. Rest 5 minutes before eating - They will be hot!!

Enjoy!



# Method:

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1. Bring a medium pot of salted water to a Rolling boil. Drop in green beans and blanch for 3 to 4 minutes or until beans are tender. Drain and rinse under cold water to stop the cooking process. Set aside.
2. Put potatoes in a large pot covered generously with salted cold water. Bring potatoes to a boil then reduce to a simmer. Cook until potatoes are tender when poked with a fork then set aside.
3. Place prepared tomatoes and cucumber in a small bowl and toss with a splash of olive oil and a pinch of salt. Set aside.

## **For Vinaigrette:**

1. Place vinegar, olive oil, salt, pepper and maple in a jar with a lid. Cover the lid tightly and shake vigorously until wet incorporated.

Lastly, arrange duck leg confit on a baking sheet and roast in oven at 375 deg F until skin is crisp and golden, about 30 minutes.

## **To assemble:**

1. Divide Favourite Wild Greens onto 4 large plates.
2. On each plate divide potatoes, tomatoes and cucumbers evenly beside each mound of lettuces.
3. Top each salad and vegetables with a warm and crispy duck leg.
4. Drizzle apple cider vinegar over each plate.

Enjoy!

# Cornmeal Crusted Chicken Drumsticks with 3 Sister Summer Salad

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Chicken drumsticks	8		
Vegetable oil	4 Tbsp		
Thyme, Dry	1 Tsp		
Sage, fresh, chopped	1/4 Tsp		
Salt and pepper	To taste		
Milk	1 Cup		
Coarse cornmeal	4 Cups		
<b>Three Sister Salad</b>			
Maple syrup	1/4 Cup		
Apple cider vinegar	1/8 Cup		
Zucchini, cut into 1/4" slices	1/2 Cup		
Summer squash, cut into 1/4" slices	1/2 Cup		
Roasted corn, kernels cut from cob	2 Ears		
Mixed beans, canned	1 Cup		
Wild greens	2 Cups		





# Method:

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## **Cornmeal Crusted Chicken:**

1. Marinate chicken drums in the milk herbs salt and pepper, Over night.
2. Remove drums from marinade and drain well.
3. Toss the chicken in the cornmeal, ensuring al pieces are liberally coated.
4. Place chicken drums on parchment lined backing tray and place in oven at 350 deg F. Roast until morsels are golden brown and cooked all the through, 30-40 minutes.
5. While chicken prepare Three Sister Salad.

## **Three Sister Salad**

1. Heat a non-stick frying pan on high heat. Brush squash with oil and sear the slices on both sides until brown, 3 minutes.
2. Place seared squash, beans and corn in large bowl and toss to mix.
3. Place a hand full of mixed greens on a plate.

## **To assemble:**

1. Remove chicken from the oven and serve along side salad.

Enjoy!

# Cornmeal Crusted and Roasted Cauliflower with 3 Sister Salad

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Cauliflower	1 Head		
Vegetable oil	4 Tbsp		
Thyme, Dry	1 Tsp		
Sage, fresh, chopped	1/4 Tsp		
Salt and pepper	To taste		
Coarse cornmeal	4 Cups		
<b>Three Sister Salad</b>			
Maple syrup	1/4 Cup		
Apple cider vinegar	1/8 Cup		
Zucchini, cut into 1/4" slices	1/2 Cup		
Summer squash, cut into 1/4" slices	1/2 Cup		
Roasted corn, kernels cut from cob	2 Ears		
Mixed beans, canned	1 Cup		
Wild greens	2 Cups		



# Method:

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## **Cornmeal Crusted Cauliflower:**

1. Cut cauliflower in half and remove the core. Cut florets into bite sized pieces.
2. Toss florets in a medium bowl with olive oil, herbs, salt and pepper.
3. Toss marinated florets in cornmeal making sure all pieces are liberally coated.
4. Place Cauliflower on parchment lined backing tray and place in oven at 350 deg F. Roast until morsels are fork tender and cooked all the through, about 20 minutes.
5. While cauliflower is cooking prepare Three Sister Salad.

## **Three Sister Salad**

1. Heat a non-stick frying pan on high heat. Brush squash with oil and sear the slices on both sides until brown, 3 minutes.
2. Place seared squash, beans and corn in large bowl and toss to mix.
3. Place a hand full of mixed greens on a plate.

## **To assemble:**

1. Remove cauliflower from the oven and serve along side salad.

Enjoy!

# Cured Duck with Wild Rice Cakes, Wild Mushrooms and Wild Green Pesto

	Recipe serves		Prepared for	
	4		8	
	Amount		Scaled amount	
Cured and smoked duck breast, store bought	1	Package		
Mixed green lettuces	2	Cups		
Wild rice, cooked	2	Cups		
Water	3	Cups		
Salt		Pinch		
Maple syrup	4	Tbsp		
Vegetable oil	4	Tbsp		
Assorted wild mushrooms, Chantrelle, Morel, Oyster	2	Lbs		
Vegetable oil, for sauté	4	Tbsp		
<b>Wild Green Pesto</b>				
Wild Greens, Sorrel, Dandelion greens, mint, mustard green	2	Cups		
Green onions	2			
Sunflower seeds, toasted	1/4	Cup		
Sunflower oil	3/4	Cup		
Salt		Pinch		
Maple syrup		Splash		



# Method:

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## **Wild Rice Cakes:**

1. Place 1/2 cups cooked wild rice in a medium sauce pan with 3 cups of water. Reserving the remaining 1/2 cup cooked rice for later. Place over high heat, bring to boil and reduce to simmer. Cook until rice is very soft. Drain and place in food processor. Puree the rice into a sticky dough. Place dough into medium bowl and work in salt, maple syrup and the reserved 1/2 cup cooked rice.
2. Form mixture into patties about 1/2" thick.
3. Heat oil in skillet at medium heat and brown patties on both sides, about 5-8 minutes per side.
4. Hold finished cakes on baking sheet and place in warm oven until ready to serve.

## **Wild Mushrooms:**

1. Clean mushrooms to remove any residual dirt and debris.
2. Cut into bite sized pieces.
3. Heat oil large frying pan over medium high heat.
4. Working in batches, sauté mushrooms until golden brown. Add more oil as needed. Set aside.

# Method:

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## **Wild Green Pesto:**

1. Place greens and remaining ingredients in food processor, reserving the oil for later.
2. Pulse food processor to blend greens mixture into paste.
3. Slowly, while the machine is running, drizzle in sunflower oil incorporating well. Season to taste with additional maple and salt.

## **To Assemble:**

1. Divide greens onto 4 dinner plates.
2. Scatter sautéed mushrooms among the greens.
3. Place warm rice cake on top of greens and mushrooms.
4. Fan a few strips of cured duck over the wild rice cake.
5. Drizzle the salt with the wild green pesto.

Enjoy!

# Indigenous Tacos with Braised Bison, Cedar Braised Beans and Corn Flat Bread

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Corn tortilla	8		
Prepared braised bison, from page 7	2 Cups		
Mixed beans, cooked	1 Can		
Cedar, fresh, washed	2 Sprigs		
Cilantro, fresh	To taste		
Green onions, finely diced	4		



# Method:

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1. Heat a cast iron pan over medium high heat. Dry fry, in batches, corn tortilla until brown on both sides and pliable. Tortillas may blister and blacken in some areas. This is ok. Be attentive.
2. Remove each tortilla and place in shallow baking dish. Hold in oven at 200 deg F while you wok through the remaining tortillas. Cover with foil and reserve until needed.
3. Place mixd beans in medium sauce pan and just cover with water add cedar sprigs and a pinch of salt. Cook over medium heat until water is evaporated. Season to taste with more salt if required. Discard cedar sprigs. Hold warm until needed.

## **To Assemble:**

1. Place corn tortillas, 2 at a time on a dinner plate.
2. Top with 2 to 3 Tbsp of braised bison on each tortilla.
3. Top bison with 2 Tbsp of braised beans.
4. Garnish each taco with the finely diced onion and cilantro.
5. Fold the taco in half and...

Enjoy!



# Summer Salad and Roasted Turkey with Summer Berry Jam, Green Beans, Potatoes and Corn on the Cobb

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Mixed green lettuce	4 Cups		
Turkey breast, boneless	1		
Green beans	1 Lb		
Grelot or new potatoes	2 Lbs		
Corn on the cob	4		
Rasberries	2 Cups		
Strawberries	2 Cups		



# Method:

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## **For the turkey:**

1. Pre heat oven to 375 deg F. On a parchment lined baking sheet place the turkey breast, skin side up. Season with salt and pepper to taste and drizzle with olive oil. Roast in the oven until internal temperature reaches 165F/75C on a meat thermometer, about 60 to 70 minutes. Remove from oven let rest 10 minutes, covered, before slicing.

## **For the potatoes:**

1. Put potatoes in a large pot covered generously with salted cold water. Bring potatoes to a boil then reduce to a simmer. Cook until potatoes are tender when poked with a fork then set aside.

## **For green beans:**

1. Bring a medium pot of salted water to a Rolling boil. Drop in green beans and blanch for 3 to 4 minutes or until beans are tender. Drain and rinse under cold water to stop the cooking process. Set aside.

## **For corn on the cob:**

1. Pre heat oven to 350 deg F.
2. Using scissors, cut off excess corn silk and remove any loose pieces of husk.
3. Place ears of corn with husks on directly on the oven grate and bake 35 minutes.
4. Remove corn from oven and allow to cool slightly before peeling. Season as desired with butter, salt and pepper.

# Method:

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## **For summer berry jam (Wojape):**

1. Wash and halve strawberries, reserve 1/2 cup of halved berries for salad.
2. Wash and drain raspberries, reserve 1/2 cup raspberries for salad.
3. Place remaining 1 1/2 cups strawberries and 1 1/2 cups of raspberries into a sauce pan. Add 1/2 cup water into the pan.
4. Bring to a simmer and cook until fruit breaks down, stirring occasionally and it thickens slightly.
5. Sweeten with maple or honey as desired.

## **To assemble:**

1. Place mixed greens in a large salad bowl for tossing. Add blanched green beans, grelot or new potatoes and toss well with 1/4 cup olive oil, 4 Tbsp lemon juice, 1 Tbsp maple syrup and a pinch of salt.
2. Divide the salad mix onto 4 large plates.
3. Slice the turkey thinly and evenly, fan 3 nice pieces onto of the salad.
4. Scatter reserved berries over top of the salad.
5. Place an ear of corn on the side of each salad.
6. Drizzle summer berry jam over top of finished salad.

Enjoy!

# Maple Glazed Tempeh

Recipe serves		Prepared for
4		8

Ingredient	Amount	Scaled amount	
Tempeh	1 Lb		
Maple syrup	1/4 Cup		
Cracked black pepper	1 Tbsp		



# Method:

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1. Slice tempeh into long strips. Place in a medium sized pot and cover with water and bring to a boil. Reduce to a simmer and allow to cook for 8-10 minutes.
2. Remove from poaching liquid and pat dry.
3. Place tempeh in a non-stick frying pan large enough to hold tempeh in one layer. Add the maple syrup and Brin to a boil. Allow the maple to reduce and become sticky, 2-3 minutes.
4. Remove tempeh from pan to a serving plate and drizzle with hot maple syrup.

Enjoy!

# Toasted Tofu with Sweet Chill Sauce

Recipe serves		Prepared for
4		8
Ingredient	Amount	Scaled amount
Tofu, block	1 Lb	
Vegetable oil	2 Cups	
Sweet chilli, store bought	1/2 Cup	
Green onion, finely sliced	2	



# Method:

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1. Cube tofu into bite sized pieces.
2. In a medium pot heat up vegetable oil until bubbles form on a chopstick or wooden skewer when inserted into the oil.
3. Carefully add cubed tofu to hot oil.
4. Stir often to ensure all sides get toasty.
5. Toast until tofu is golden brown.
6. Remove with a slotted spoon into medium sized bowl.
7. Add sweet chili to warm tofu and serve immediately. Garnish with sliced green onions.

Enjoy!

# Chaga and Maple Iced Tea

		Recipe serves	Prepared for	
		4	8	
Ingredient	Amount		Scaled amount	
Water	4	Cups		
Chaga pieces	1	Cup		
Maple syrup	1/2	Cup		
Lemon and zest	1			





# Method:

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1. Cover chug pieces with the water in a large pot.
2. Bring to a boil then reduce to a very slow simmer, 30-40 minutes.
3. Allow to cool and strain out chaga.
4. Squeeze in lemon juice and add it's zest.
5. Add the maple stir and refrigerate.

Enjoy!

# Blueberry, Ginger and Honey Iced Tea

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Water	4 Cups		
Blueberries, fresh	1 Pint		
Lemon, juiced	1		
Zest of lemon	1		
Fresh ginger, peeled and sliced thin	2 Tbsp		
Mint	2 Sprigs		



# Method:

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1. In a medium over medium heat add water, lemon juice, lemon zest, fresh ginger and honey. Bring to a boil.
2. Reduce heat to low. Cover and simmer 30 minutes.
3. Let mixture rest to let flavours blend.
4. Strain liquid and refrigerate for 1 hour.
5. Add blueberries and mint. Season with more honey as required.

Enjoy!

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# Sumac Lemonade

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	Recipe serves	Prepared for
	4	8

Ingredient	Amount	Scaled amount
Water	4 Cups	
Sumac flowers, freshly harvested	4	
Maple syrup	1/4 Cup	
Mint for garnish		



# Method:

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1. In a large pot add the water and freshly harvested sumac.
2. Using your hands massage sumac in the water. Being fairly aggressive be sure to take your time to allow sumac seeds to fully macerate in the cold liquid. Let stand 30 minutes.
3. Strain liquid and sumac through fine mesh strainer into a separate container.
4. Add maple and mint the refrigerate for 1 hour.

Enjoy!

# Raspberry and Mint H2O

	Recipe serves	Prepared for
	4	8

Ingredient	Amount	Scaled amount
Water	4 Cups	
Mint teabags	6-8	
Raspberries	1 Pint	
Mint, fresh	4 Sprigs	
Maple or honey	1/4 Cup	



# Method:

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1. Bring water to a boil. Remove from heat and add teabags. Cover and let steep for 30 minutes.
2. In a large pitcher add ice, mint and the raspberries. Pour cooled tea over ice mixture. Top with more water, sweeten with maple syrup or honey.

Enjoy!

# Cedar and Summer Berry Iced Tea

		Recipe serves	Prepared for
		4	8
Ingredient	Amount	Scaled amount	
Fresh cedar sprigs	2 Cups		
Water	4 Cups		
Strawberries, halved	1/2 Cup		
Blackberries, whole	1/2 Cup		
Raspberries, whole	1/2 Cup		





# Method:

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1. Simmer cedar sprigs in the 4 cups of water for 10 minutes or until water becomes a golden colour.
2. Strain out the cedar reserving the amber liquid. Allow to chill for 1 hour in the refrigerator. Sweeten with maple or honey.
3. Add the assorted berries to the chilled liquid.

Enjoy!