



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Chicken



Potato



Carrot



Onion



Celery



Summer Savoury

Acadian Chicken Fricot

By Jenny & Rosie with Simon Thibault

Serves 4-6

Ingredients

1 ½ lb (680 g)
 1 Tbsp (15 mL)
 1 Tbsp (15 mL)
 1
 1 ½ lb (680 g)
 2 medium
 4 Cups (1 L)
 2 Tbsp (60 mL)
 1 large
 2 stalks
 ¼ Cup (60 mL)
 1 Tbsp (15 mL)
 1 ½ tsp (7 mL)
 ¼ tsp (1 mL)

Chicken thighs or **breasts**, boneless and skinless
 Salt
 Oil
 Bay leaf
Potatoes, peeled (if necessary) and diced
Carrots, peeled and diced
 Water
Butter
Onion, diced
Celery, diced
 Flour
 Dried chives or **Summer savoury**
 Onion powder
 Ground black pepper

Directions

Note: Wash all produce well. This recipe can be made with an equal amount of bone-in, skin-on chicken pieces: after the potatoes are tender in Step 2, remove chicken from the stew and let sit until cool enough to handle. Strip the meat from the bones/skin. Add the meat back to the pot and proceed with Step 3.

1. Cut the chicken into 1" (2 cm) pieces and toss in a bowl with the salt. In a large pot, heat the oil over medium-high and brown the chicken in batches, removing to a bowl or hotel pan once browned.
2. When the chicken is browned, return it all to the pot and add the bay leaf, potatoes, carrots and water. Cover and bring to a boil, then reduce the heat and simmer for 15-20 minutes, until the vegetables are tender and the chicken is cooked through.
3. Meanwhile, in a second pot, heat the butter over medium heat. Add the onions or leeks, and celery or celeriac. Stir and cook for 10-15 minutes, until vegetables are tender and beginning to brown.
4. Whisk the flour into the onions and celery, and cook for a further minute to toast the flour. Remove the onion-celery pot from the heat.
5. Once the potatoes are ready, stir the onion-celery mixture into the pot with the potatoes and chicken and place the pot over low heat. Stir and cook until the stew thickens, a further 5 to 10 minutes.



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Whole Wheat Flour



Milk



Butter



Cheese

Bonus Recipe: Tea Biscuits

By Jenny & Rosie with Kelly Neil

Serves 4-6

Ingredients

- | | |
|----------------|--------------------------|
| 1 Cup (250 mL) | Whole wheat flour |
| 1 Cup (250 mL) | All-purpose flour |
| 1 Tbsp (15 mL) | Baking powder |
| ¾ tsp (4 mL) | Salt |
| ¼ Cup (60 mL) | Butter |
| ¾ Cup (180 mL) | Milk |

To Make Cheese Tea Biscuits (optional):

- | | |
|----------------|------------------------------|
| 1 Cup (250 mL) | Grated cheddar cheese |
|----------------|------------------------------|

Directions

Note: If making Cheese Tea Biscuits, add the grated cheddar cheese in Step 2.

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper for easier cleanup.
2. In a large bowl, whisk together the whole wheat flour, all-purpose flour, baking powder and salt.
3. Using a box grater, grate in the butter. Use your hands to combine well with the flour mixture.
4. Stir in the milk to form dough. In the bowl, knead the dough 20-25 times. You may need to add a little more milk if it seems too dry.
5. Place the dough on the prepared baking sheet and pat out into a roughly ¾" (2 cm) thick rectangle. Using a dough scraper or knife, cut the dough into 12 equal pieces.
6. Separate the dough pieces and space them evenly on the pan. Bake for 15-17 minutes, until golden brown.



Create Your Plate!

Veg It Up

Add diced turnip, parsnip, sweet potatoes or green beans with the potatoes in Step 2, or fresh or frozen peas in Step 5, for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Butter** and molasses for tea biscuits
- ★ **Peas**
- ★ **Green or yellow beans**
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnips** - roasted
- ★ **Beets** - pickled or roasted

Note from the Authors

"We find offering a Dessert Fruit Salad Bar is a great way to encourage kids to try dishes that may be new to them, like this simple delicious Acadian dish. Choose from seasonal local fruit or use some frozen and imported fruit in winter! Supply small bowls or ramekins for fruit to control portion sizes and make it affordable."

- Jenny & Rosie

Fruit Salad Bar

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit



Butter



Peas



Beans



Parsnips



Sweet Potato



Turnips



Beets



Fruit



Yogurt



Seeds or Granola



Dried Fruit