

**Recipes for Class Three:  
Mushroom & Daikon Risotto  
Hook and Line Haddock  
Sautéed Brussels Sprouts  
Maple Mousse**

**Recipe: Risotto (4-6 portions)**

**Ingredients**

1.5 cups of Arborio rice  
¼ cup olive or canola oil  
½ cup chopped shallots or white onion  
3 cloves garlic (smashed)  
1-2 liters vegetable stock (can use any kind of stock)  
Fresh herbs  
¾ cup grated firm cheese  
Salt and pepper to taste

**Directions**

- 1) Boil stock in pot and keep at a simmer
- 2) In a separate sauce pot, or deep pan, heat oil and lightly fry shallots
- 3) Add garlic and rice, stirring constantly for 2 minutes to lightly fry rice
- 4) Add stock ½ cup at a time to the rice, letting it go dry in between additions, stirring constantly until completely absorbed (this step will take approximately 40 minutes)
- 5) Rice will be sticky and creamy due to natural starch -- this is a good thing!
- 6) Once rice is thoroughly cooked (taste to make sure) add fresh herbs and seasonings
- 7) To finish, remove from heat and grate in cheese, stir and serve warm

NOTE: For class, we added in some mushrooms and daikon radish to the risotto. Some participants cooked the mushrooms in the pan before adding in the rice, while some sautéed them separately with the daikon and added this to the finished risotto. Both methods are widely used in the professional cooking industry.

**Directions for Haddock:**

Crush several toasted nori sheets until they are very fine and chop available fresh herbs until they are also very fine. Combine the nori and herbs onto a tray or plate, pressing one side of the fish portions into the mixture, encrusting it with flavour. Bake the haddock portions in a 350 degree oven until just barely done, 4-9 minutes depending on thickness.

**Directions for Brussels Sprouts:**

Wash and trim stalk-ends of sprouts, removing any browned leaves along the way. Slice sprouts in half lengthwise and rinse again if necessary (sometimes sand/grit likes to hide in the inner leaves). Heat a large pan on medium heat and add equal parts butter and vegetable oil just before adding in sprouts. Season liberally with salt and pepper, a squeeze of fresh lemon juice right at the end of cooking also does wonders. Cook until

sliced-sides begin to brown or until a fork passes through a chosen sprout with minimal resistance. Please do not cook these until they are mush, it kills everything that is good within them!

### **Maple Mousse**

1 tsp unflavoured gelatin

1/3 cup water

1 cup maple syrup

1 cup whipping cream

1/2 cup cranberry, blueberry or gooseberry sauce, pureed and strained

1. Sprinkle the gelatin over the water; stir over heat until dissolved. Stir in the maple syrup. Refrigerate until the mixture begins to thicken.
2. Whip the cream until soft peaks form.
3. Whip the chilled syrup into the cream and spoon into individual dessert glasses. Refrigerate to set.
4. Top each serving of maple mousse with 2 tsp of berry sauce.

Makes 10 servings.

From *Eating by the Seasons*, p 43. (Adapted from a recipe, Ripley Maple Mousse, in *Chasing the Dawn, Halifax Farmers Market Recipes and Recollections.*)