

Manitoba Recipes

Tourtière

Ingredients:

Pastry:

2 cups flour
½ teaspoon kosher salt
¾ cup butter
6-7 tablespoons cold water



Filling:

1 pound ground pork
1 pound ground beef
1 small onion, finely chopped
1 clove garlic, finely minced
2 large potatoes
½ teaspoon poultry seasoning
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
¼ teaspoon kosher salt
⅛ teaspoon pepper
1 egg, whisked for glazing

Directions:

In a large bowl, combine flour and salt. Cut in butter until mixture is a crumbly texture. Add water and blend just until dough comes together.

Shape into a rough disc, wrap in plastic wrap, and chill in the refrigerator. While pastry is chilling, prepare filling.

Cook potatoes in a pot of water until tender, about 12 minutes. Reserve ½ cup of potato water and drain the rest. Mash potatoes and set aside.

In a large skillet, cook the onion, garlic, beef, and pork over medium heat until no longer pink. Drain off excess fat.

Combine the seasonings in a small bowl and add to the meat mixture in the skillet. Add the reserved potato water. Mix in well and simmer over low heat for about 10 minutes until the liquid is absorbed. Remove the pan from heat, stir in mashed potatoes, and set aside to cool.

Preheat oven to 400° F. On a lightly floured surface, divide dough in half and flatten one ball of dough with your hands. Roll dough to about 12" in diameter to fit a 9" pie pan.

Place the pastry into the pie plate and add the meat filling. Brush around the outer edge of the pastry with the beaten egg. Roll out the top pastry and place on top of the filling. Fold the top crust under the bottom crust and pinch or flute the edges. Brush with egg wash and cut vent holes.

Bake in a preheated oven for 30 to 35 minutes or until the pastry is golden brown.

Remove the tourtière from oven and let it cool at least 10 minutes before serving.

Pan-fried Pickerel

Ingredients:

¼ cup all-purpose flour
¼ teaspoon salt
¼ teaspoon pepper
2 pounds pickerel fillets
3 tablespoons canola oil
4 lemon wedges



Directions:

Combine flour, salt, and pepper in a shallow dish. Lightly coat one side of each fillet in flour mixture. Turn each fillet over and coat second side of each fillet.

Heat a large, non-stick skillet over medium heat. Add canola oil. When oil is heated, fry the fillets for approximately 2-3 minutes on each side.

Garnish with lemon wedges and serve immediately.

Empire Cookies

Ingredients:

½ cup unsalted butter, softened
½ cup white sugar
1 egg
1 teaspoon vanilla
2 cups cake and pastry flour, sifted
1 teaspoon baking powder
¼ teaspoon salt
⅓ cup raspberry jam
Candied cherries
1 cup sifted icing sugar
¼ teaspoon almond extract
1 tablespoon hot water

**Directions:**

In large bowl, beat butter with sugar until fluffy. Beat in egg and vanilla. In separate bowl, whisk together flour, baking powder, and salt. Stir into butter mixture.

Shape the dough into a disc. Wrap in plastic and chill in the fridge until firm, about 2 hours.

On a lightly floured work surface, roll out the dough to approximately ¼" thick and cut out cookies using a 2" cookie cutter.

Place the cookies on the baking trays, leaving ½” between them. Bake in a 350° F oven until edges are light golden, about 10 minutes. Let cool completely on racks.

In a small bowl, stir icing sugar with almond extract; drizzle in enough of the water to make spreadable icing.

Once your cookies are cooled, stir the raspberry jam to soften and spread a little on a cookie bottom. Sandwich a second cookie on top, pressing gently to secure. Repeat with the remaining cookies.

Spread your icing on top of each cookie sandwich. Top with a candied cherry.

Wild Rice Salad

Ingredients:

2 cups cooked wild rice
½ cup grated carrot
1 red pepper, coarsely chopped
½ cup parsley, coarsely chopped
¼ cup green onion, chopped
14 ounces grilled chicken
½ lemon, juiced
2 tablespoons olive oil
2 tablespoons flax oil
Salt to taste



Directions:

Toss all ingredients in a large mixing bowl and serve at room temperature.

Winnipeg Rye Bread

Ingredients:

¼ cup cracked rye berries
¼ cup water
¾ cup milk, plus 1 tablespoon
¼ cup water
1 teaspoon salt
¼ cup packed brown sugar
1 egg
3 tablespoons butter
4 ⅓ cups bread flour
4 teaspoons gluten
1 ¾ teaspoons active dry yeast



Directions:

Soak the cracked rye berries in ¼ cup of water until most of the water has been absorbed.

Place ingredients into the bread machine in the order suggested by the manufacturer. Add the soaked rye with the other flour. Set bread machine for the dough cycle and press start.

When the machine indicates the end of the cycle, remove the dough, punch down, and let rest for 10 minutes. Divide the dough into halves, press out any air bubbles, and form into round or long loaves. Place them on a baking sheet and allow the loaves to rise in a warm place until they have doubled in size, about 35 minutes.

Preheat the oven to 350° F. Brush the tops of the loaves with remaining milk. Bake for about 35 to 40 minutes.