



FIELD TO FORK
CHALLENGE



Recipe Book

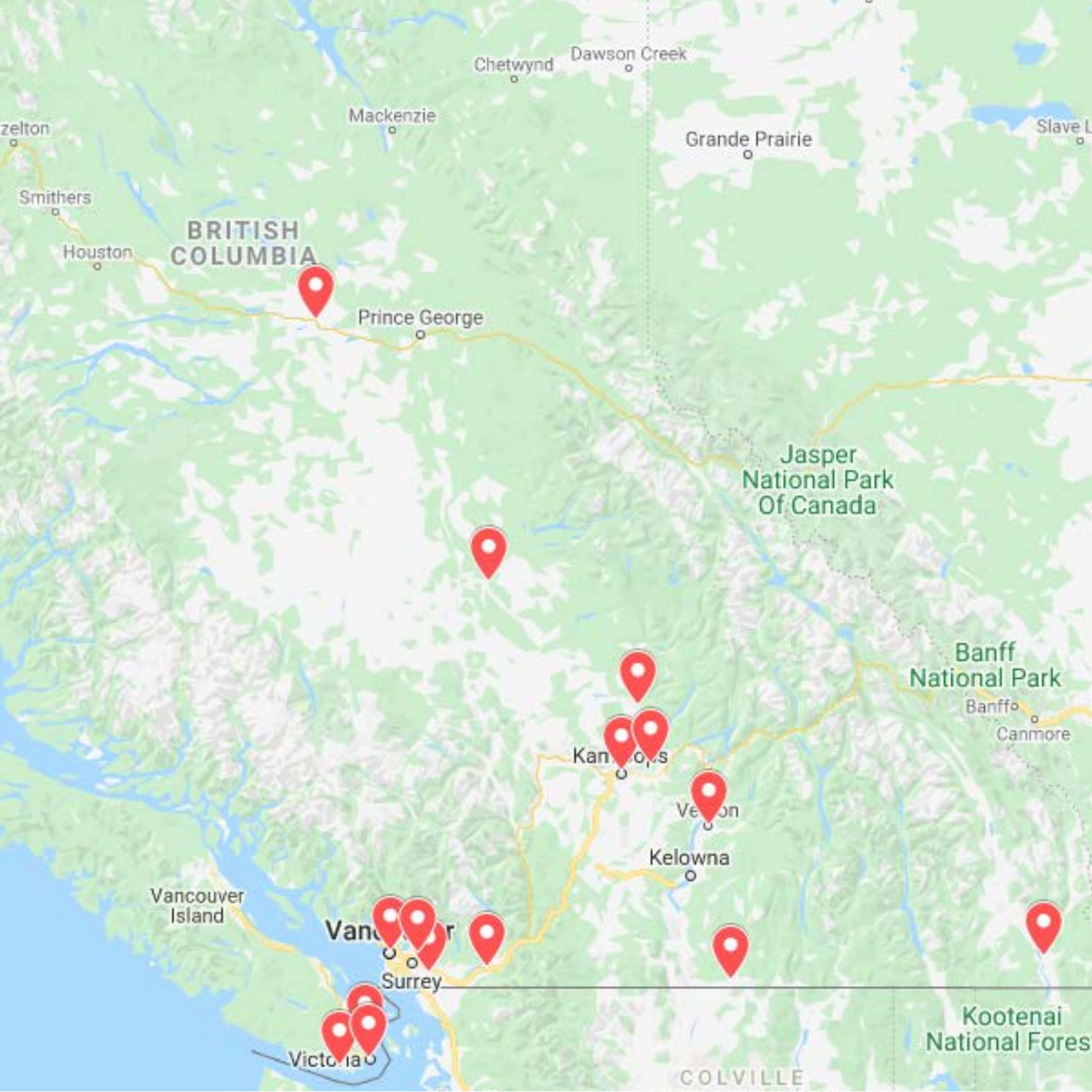
4-H BC & BCAITC



The Field to Fork Challenge brought together youth from all over BC in a virtual cooking challenge using locally sourced BC ingredients. The challenge was open to youth aged 9 to 19 through 4-H BC or BC Agriculture in the Classroom and received 53 total submissions. Participants in the Field to Fork Challenge were asked to submit a video of themselves cooking with BC ingredients and were evaluated on their presentation, recipe, and ingredient selection. Submissions were judged under Junior and Senior categories, and the top 10 winners of each category were invited to the Field to Fork Challenge Virtual Conference hosted November 7, 2020. The Virtual Conference celebrated winners and showcased BC apples, pork and cranberries, through video farm tours, Q&A with BC farmers, and a three-course meal cooking lesson with BCAITC celebrity Chef Randle.

Enjoy the taste of the 2020 Field to Fork Challenge!





Our Winners are from Communities Across BC

150 MILE HOUSE
BARRIERE
BAYNES LAKE
CHILLIWACK
KAMLOOPS
LANGLEY
PORT COQUITLAM
PINANTAN LAKE
ROCK CREEK
SAANICHTON
SOOKE
VANDERHOOF
VANCOUVER
VERNON
VICTORIA

Acknowledgements

The Field to Fork Challenge inspired youth to get cooking with local, BC foods and products. All participants incorporated and shared knowledge of ingredients grown in their backyards, on nearby farms, or both. It is with immense gratitude and respect that we acknowledge the distinct and diverse traditional territories of the Indigenous Peoples of British Columbia. It is in these bountiful traditional territories, stewarded by the Indigenous Peoples of British Columbia for countless generations, in which all British Columbians live and from which we grow, harvest, fish and hunt the foods we celebrate in this recipe book. We also recognize the Métis and Inuit Nations and urban Indigenous communities who inhabit and enrich these lands. We thank and acknowledge the many people planting, picking, processing, distributing and otherwise involved in the BC food system who enable you to prepare delicious recipes such as these.

Minister of Agriculture, Food and Fisheries

Thank you to all the youth who participated in the Field to Fork Challenge for your passion and enthusiasm for cooking with a wide variety of BC ingredients. Your videos and recipes demonstrated the work of exemplary future leaders and champions of agriculture. The youth of today are the key to the future of our Province's agriculture industry. Thank you to all who supported this initiative for empowering the next generation to learn more about BC agriculture and food. This recipe book highlights delicious culinary creations using many great local foods, proving there are endless cooking options when using BC ingredients. Enjoy a taste of BC, courtesy of some of its amazing young citizens.



- Lana Popham
Minister of Agriculture, Food and Fisheries

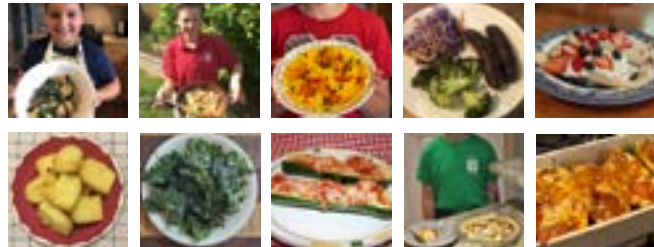


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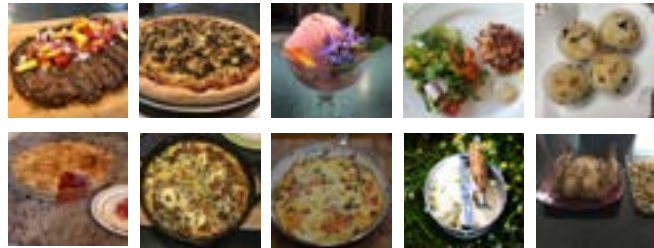
BCAITC CHEF RANDLE’S RECIPES 9



JUNIOR CATEGORY 17



SENIOR CATEGORY 35



BONUS RECIPE FROM 4-H BC 55



WHAT OUR FIELD TO FORK PARTICIPANTS HAVE TO SAY 57



B C A I T C C h e f R a n d l e

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There is a special bond shared between chefs and farmers. No chefs can properly do their jobs without dedicated farmers and no farmers can have their products truly showcased without chefs. We as chefs take a lot of pride (and credit) for the amazing dishes served to customers but the reality is, by choosing to cook with BC agriculture, there is not a lot of effort needed. For the most part, all that is needed is a little seasoning and some heat, that is it. Doing anything more will often do nothing more than mask the quality of the ingredient. Our real job is to figure out the best way to highlight the food and translate all of the dedication and passion that the farmer has already put into the food into a well composed recipe.

As a Chef Instructor at Maple Ridge Secondary School, I have always been excited to show hundreds of Culinary Arts students each year, the benefits of cooking with incredible BC agriculture. As the Chef of BC Agriculture in the Classroom Foundation, I have been very fortunate to

have the opportunity to learn so much more about what it takes to produce the foods that we eat. Most of all, I have had the privilege to meet so many farmers and listen to their stories of passion and dedication. To me, these stories and the farmers responsible for feeding us is what makes a good recipe so special and what makes a well composed dish nothing less than a masterpiece.

This cookbook, created by 4-H BC & BCAITC, provides any cook with the insider resources and tips needed to cook like a pro and create easy, memorable meals that truly highlight the best foods produced in British Columbia. Thank you to the 4-H Members and all the farmers for what you do day in and day out. Enjoy the book and happy cooking!

- BCAITC Chef Randle



BC KALE CAESAR SALAD WITH
CRAISINS

4 - 6 PORTIONS

PREP TIME: 15 MINS

TOTAL TIME: 15 MINS

BC INGREDIENTS

- 2 garlic cloves, minced
- ½ cup parmesan cheese, shredded
- 5 cups loosely packed kale, washed and cut into bite sized pieces
- ½ cup Craisins

OTHER INGREDIENTS

- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 1 teaspoon ground black pepper
- ½ cup croutons

INSTRUCTIONS

1. Combine mayonnaise, garlic, Dijon mustard, Worcestershire sauce, lemon juice, red wine vinegar, parmesan cheese and pepper into a large mixing bowl.
2. Add all the kale and gently toss until evenly coated.
3. Gently toss in Craisins and croutons.
4. Serve immediately.

BC BACON PENNE ALFREDO

4 - 6 PORTIONS

PREP TIME: 30 MINS

COOK TIME: 20 MINS

TOTAL TIME: 50 MINS

BC INGREDIENTS

OTHER INGREDIENTS

- 1-pound bacon
- 4 garlic cloves, minced
- 3 cups whipping cream
- ½ cup unsalted butter
- ½ cup parmesan cheese, grated
- 2 tablespoons fresh Italian parsley, minced

- 1-pound penne pasta
- 1 teaspoon ground black pepper

INSTRUCTIONS

1. Get a pot of water on the stove set to boil.
2. Cut bacon into ½ inch strips.
3. Place bacon in a sauce pot on medium heat and sauté until golden brown.
4. Strain the bacon making sure to reserve the fat. Set the crispy bacon aside.
5. Add the bacon fat back to the pot, then add the garlic and sauté over medium heat for 1 minute.
6. Add the whipping cream and butter.
7. Bring the cream to a boil, stirring occasionally. Continue to boil to reduce the sauce to desired consistency.
8. While the sauce is reducing, cook your penne according to package instructions or until el dente.
9. Strain the pasta and reserve.

10. When the cream is at the desired consistency*, remove the cream from the heat and add the cheese. Stir until melted and combined.
11. Gently add and toss in your penne pasta, followed by the parsley and pepper.
12. Taste the pasta and adjust seasonings as necessary.

* To tell when the sauce is thick enough, coat the back of the spoon and drag your finger across. If the sauce does not run down and cover your finger stroke, it is ready. If you make the sauce too thick, you can always add more cream to thin it out.





B C A P P L E B L O N D I E

8 P O R T I O N S

PREP TIME: 20 MINS COOK TIME: 20 MINS TOTAL TIME: 40 MINS

B C I N G R E D I E N T S

O T H E R I N G R E D I E N T S

½ cup unsalted butter

¾ cup brown sugar, lightly packed

1 egg

1 teaspoon vanilla extract

½ tsp of baking powder

1 teaspoon cinnamon

1 cup all-purpose flour

½ teaspoon nutmeg

1 cup apple, diced small

caramel sauce

vanilla ice cream

I N S T R U C T I O N S

1. Preheat oven to 350 degrees F.
2. Melt the butter in a small pot over low heat.
3. When melted, transfer butter to a mixing bowl.
4. Add brown sugar and vanilla extract, then mix with a wooden spoon until combined.
5. Add the egg and combine.
6. Combine cinnamon, nutmeg, baking powder and flour then add into the butter mixture. Mix until just combined.
7. Gently fold in the diced apple.
8. Place muffin liners in a 12-muffin tin.
9. Add 4 tablespoons of batter to each liner.
10. Bake for 20 minutes or until cooked through.
11. Cool before removing the paper.
12. Serve with caramel sauce and vanilla ice cream.

JUNIOR



J u n i o r C a t e g o r y

JUNIOR

BC SUMMER PRAWNS & POTATOES



4 PORTIONS

PREP TIME: 20 MINS

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

BC INGREDIENTS

OTHER INGREDIENTS

8 to 10 medium white or red potatoes

4 tablespoons olive oil

1 small bunch of kale, chopped into strips

2 tablespoons lemon juice

2 tablespoons of garlic, minced

1 teaspoon salt

1 tablespoon fresh parsley, minced

1-pound spotted prawns or shrimps

INSTRUCTIONS

1. Wash hands, tie back hair and prepare a clean workspace.
2. Wash all vegetables.
3. Slice the potatoes in quarters/bite sized pieces.
4. Put the potatoes in a medium pot on the stove to boil in water for about 6 minutes (until softened). Once the potatoes are softened, remove and strain water.
5. While potatoes are boiling, chop kale into small strips and mince the garlic and parsley.
6. Put the first 3 tablespoons of olive oil into the pan on medium heat.
7. Sauté the potatoes until they begin to brown. Put potatoes onto a separate plate.
8. Add the remaining 1 tablespoon of olive oil in the pan.
9. Add the prawns and sauté over medium heat for two minutes.
10. Return the potatoes to the pan.
11. Add all the remaining ingredients to the pan. Mix well and sauté for three minutes.



JULIET S., 10
LANGLEY
Woodlands Hare and Hound 4-H Club

JUNIOR

HUNGRY HIKER SKILLET

6 PORTIONS

PREP TIME: 20 MINS COOK TIME: 30 MINS TOTAL TIME: 50 MINS

INSTRUCTIONS

1. Use a knife to chop vegetables, herbs and sausage. Measure out all ingredients using measuring spoons and cups.
2. On the stove melt 3 tablespoons of butter in the frying pan at medium-high heat.
3. Add garlic and stir, then add potatoes.
4. Sprinkle with salt and pepper to taste.
5. Stir with a wooden spoon till evenly coated.
6. Fry potatoes until crispy and golden, flipping occasionally.
7. Add sausage to the frying pan and stir.
8. Fry sausage until warmed through.
9. Add herbs and chives and stir.
10. In a small frying pan, at medium-high heat, melt the remaining tablespoon of butter.
11. Crack and cook eggs in the small frying pan. Add salt and pepper to taste. Flip (with a flipper) and cook second side.
12. Add cooked eggs to large frying pan.
13. Add and stir greens into the large frying pan. Cook greens for approximately 1 to 2 minutes until they start to wilt.
14. Season to taste with salt and pepper.
15. Serve and enjoy!



JONAH D., 12
CHILLIWACK
Chilliwack Lamb 4-H Club

BC INGREDIENTS

- 4 tablespoons butter
- 1 clove garlic, minced
- Sea salt
- 3 cups potatoes, pre-cooked and cubed
- 1 ½ cups sausage, pre-cooked and cubed
- 3 tablespoons fresh herbs (1 tablespoon of each sage, basil, oregano), chopped
- 2 tablespoons chives, chopped
- 3 eggs
- 1 cup greens (beet leaves & spinach), chopped

OTHER INGREDIENTS

- pepper

JUNIOR

WORLD'S BEST VEGETARIAN OMELETTE

4 PORTIONS

PREP TIME: 5 MINS COOK TIME: 5 MINS TOTAL TIME: 10 MINS

INSTRUCTIONS

1. Gather and prepare ingredients: cut the cherry tomatoes, red pepper and spinach leaves and grate the cheese.
2. Melt 1 tablespoon of butter in a medium non-stick frying pan.
3. Beat 2 eggs in a separate bowl and season to taste with salt and pepper.
4. Add the egg mixture to the pan and spread it out evenly.
5. When the bottom starts to cook but the top is still raw, add your vegetables and cheese to the top of the egg and carefully flip to the other side (NOTE: the other side will cook very fast, it will only need a minute or so).
6. When the egg is cooked through, slide the omelette onto a plate and serve immediately.



JEREMY S., 12
BARRIERE
Yellowhead Community 4-H Club

BC INGREDIENTS

- 2 cherry tomatoes, sliced
- ¼ cup red peppers, diced
- ½ cup fresh baby spinach, chopped
- ¼ cheddar cheese, grated
- 1 tablespoon butter
- 2 large eggs

OTHER INGREDIENTS

- salt
- pepper



BROOKLYN C., 10
BAYNES LAKE
South Country Crafts and
Critters 4-H Club

JUNIOR

HONEY GARLIC SAUSAGES

2.5 POUNDS

PREP TIME: 1 HR COOK TIME: 5 MINS TOTAL TIME: 1 HR 5 MINS

BC INGREDIENTS OTHER INGREDIENTS

- | | |
|--|---------------------------|
| 1 pound pork trimmings or ground pork | pinch cayenne powder |
| 1.5 pounds deer meat or ground venison | pinch dried sage |
| 1 teaspoon sea salt | 1 teaspoon pepper |
| 2 tablespoons honey | Sausage casing (optional) |
| 1 small garlic clove | |

INSTRUCTIONS

1. Grind pork and deer meet, first separately, then together using a meat grinder.
2. Mix in a bowl; spices (salt, cayenne, sage and pepper), honey and garlic together with ground deer meat and ground pork.
3. In a mixer add meat and seasonings and mix for 5 minutes.
4. If using a sausage stuffing machine, fill sausage casings according to the machine's instructions and make sure to twist the casings every 5 inches. Skip this step if you do not have a sausage stuffing machine and instead form meat into sausage patties
5. Package and freeze.
6. To cook: fry in a frying pan for 5 minutes over medium heat covered with a lid, be sure to turn sausages every couple of minutes.

NOTE: This recipe was originally submitted as a large-scale hunter's recipe. For original recipe scale yielding 50 pounds, use the following ingredient amounts: 17 pounds pork trimmings or ground pork, 33 pounds deer meet or ground venison, 1/2 cup sea salt (minus 1 teaspoon), 2 1/2 cups honey, 8 cloves garlic, 2 teaspoons cayenne powder, 1/2 teaspoon dried sage, 1/2 cup pepper (minus 1 teaspoon), and sausage casings.

JUNIOR

HUNGARIAN CREPES WITH WHIPPED CREAM & BERRIES

6 PORTIONS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

TOTAL TIME: 20 MINS

BC INGREDIENTS

OTHER INGREDIENTS

- 2 large eggs
- 1 cup flour
- 1 ½ cups milk
- 1 tablespoon canola oil
- 1 cup whipping cream
- 1 cup fresh blueberries
- 1 cup fresh strawberries, sliced

- 1 teaspoon vanilla extract
- 2 tablespoons sugar

INSTRUCTIONS

1. Beat eggs in a medium mixing bowl with a whisk.
2. Add ½ cup flour and beat until smooth.
3. Add ½ cup milk and beat until smooth.
4. Continue to alternate addition of flour and milk, beating until there are no lumps.
5. Heat a shallow medium sized frying pan; sprinkle warm pan with canola oil.
6. Add ¼ cup crepe batter, tilting the pan to spread the batter over the surface.
7. Cook the crepe until the edges start to brown and lift from the pan, gently loosen the edges of the crepe with a spatula, then flip.
8. Cook briefly on the other side and then place on a serving plate.
9. Beat 1 cup of whipping cream with 1 teaspoon vanilla and 2 tablespoons sugar until soft peaks form.
10. To serve; fill each crepe with whipping cream topped with blueberries and sliced strawberries, fold the edges of the crepe towards the middle and top with another spoon of whipping cream and some berries.



SOPHIE J., 13
SAANICHTON
Saanich Lamb 4-H Club

JUNIOR

BAKED MILK

4 PORTIONS

PREP TIME: 5 MINS

COOK TIME: 30 MINS

TOTAL TIME: 5 HRS 35 MINS

BC INGREDIENTS

OTHER INGREDIENTS

 $\frac{3}{4}$ cup of milk $\frac{1}{4}$ cup cornstarch

2 egg yolks

3 tablespoons of white sugar

1 teaspoon lemon juice

 $\frac{1}{2}$ cup of cheese (of choice), grated

INSTRUCTIONS

1. In a small saucepan, mix all the ingredients together using a whisk.
2. Continue to mix over medium heat until all ingredients are combined.
3. Continue stirring the mixture until a thick and smooth consistency is achieved.
4. Let cool slightly, then scoop the thickened milk into a mold or oven proof dish.
5. Cover with plastic wrap and refrigerate for about five hours or until set (set if you press it and it doesn't stick to your finger).
6. Preheat oven to 395 degrees F.
7. Take the set milk mixture out of the fridge and cut it into 2cm thick pieces.
8. Place the pieces on a baking tray and bake for about 15 minutes or until golden brown.
9. Time to eat!



EMMA L., 12
VANCOUVER
UBC 4-H Community Club

JUNIOR

KALE CHIPS WITH HONEY

6 PORTIONS

PREP TIME: 20 MINS COOK TIME: 4-8 HRS TOTAL TIME: UP TO 8 HRS 20 MINS

BC INGREDIENTS

14 ounces (6 cups) kale (green, red, or black), chopped

1 teaspoon sea salt

1 tablespoon honey

OTHER INGREDIENTS

¼ cup olive oil

1 teaspoon lemon juice

INSTRUCTIONS

1. Thoroughly wash and dry kale in a salad spinner or colander.
2. Chop kale into medium sized pieces with a chopping knife.
3. Put the kale, olive oil, lemon juice and sea salt in a resealable bag and massage for 3 minutes.
4. Add the honey and massage the kale again for another 3 minutes. It should be noted that the kale will greatly reduce in size once finished.
5. Spread evenly in one layer on the pan of a dehydrator or a cookie sheet in the oven.
6. Bake at 115 degrees F for 8 hours in the dehydrator or 145 degrees F for 4 hours in the oven.



JACEY H., 11
KAMLOOPS
Lower North Thompson 4-H Club



JUNIOR



EMMELIA B., 12
VERNON
Vernon Young Riders 4-H Club



JUNIOR

ZUCCHINI BOATS

4 PORTIONS

PREP TIME: 25 MINS COOK TIME: 50 MINS TOTAL TIME: 1 HR 15 MINS

BC INGREDIENTS OTHER INGREDIENTS

- | | |
|-------------------------------|----------------------------|
| 2 medium zucchinis | cooking spray |
| 1 medium onion, diced | 2 tablespoons olive oil |
| 1 tablespoon fresh parsley | salt |
| ½ cup of tomatoes, chopped | pepper |
| ¼ cup parmesan cheese, grated | ½ cup tomato sauce |
| | 1 tablespoon garlic powder |

INSTRUCTIONS

1. Wash hands and preheat oven to 350 degrees F.
2. Slice zucchini in half, lengthwise and placed in a well-greased deep baking dish sprayed with cooking spray.
3. Cover cut zucchinis with olive oil and sprinkle with salt and pepper.
4. Mix onion, parsley, chopped tomatoes, tomato sauce and garlic powder in a medium sized bowl.
5. Cover each zucchini boat with about ½ cup of filling using mixture in bowl.
6. Sprinkle with parmesan cheese then place in the oven.
7. Bake for 40 to 50 minutes or until the cheese starts to bubble and zucchini is fork tender (this may take more or less time depending on the size of zucchini used).
8. Remove from oven, cool and enjoy!

JUNIOR

QUICHE

8 PORTIONS

PREP TIME: 1 HR 10 MINS COOK TIME: 50 MINS TOTAL TIME: 2 HRS

INSTRUCTIONS

PIE CRUST:

1. In a medium bowl, mix flour and salt, then grate in the cold butter.
2. Use the tips of your fingers to mix the flour and butter until it is crumbly with no large chunks.
3. Stir with a fork as you slowly add the cold water.
4. Using your hands, bring the mixture together into a ball and turn out onto the counter.
5. Using a rolling pin, roll the dough into a circle the size of your pie plate.
6. Transfer the dough to the pie plate and place in fridge to chill for 1 hour.

FILLING:

While your pie crust is in the fridge, prepare the filling ingredients.

1. In a medium bowl, whisk eggs.
2. Pour milk into the egg mixture and stir to combine.
3. Add your choice of cooked meat, cheese and vegetables.

SAMPLE FILLINGS:

Spinach Quiche Lorraine

- 3 slices cooked bacon, diced
- ½ small yellow onion, diced and fried.
- ¾ cup fresh baby spinach, chopped.
- ½ cup cheddar cheese, grated
- Salt and Pepper to taste

Canadian

- 1 cup mushrooms, diced
- ½ cup cooked ham, diced
- ½ cup cheddar cheese, grated

BC INGREDIENTS

- 1 ¼ cups flour
- ½ cup butter, cold
- 3 to 4 tablespoons water, cold
- 5 large eggs
- ¾ cup milk
- 2 cups any combination of cooked meat, cheese and veggies (see Sample Fillings)

OTHER INGREDIENTS

- ¼ teaspoon salt

JUNIOR

TURKEY STUFFED ZUCCHINI BOATS

4 PORTIONS

PREP TIME: 25 MINS COOK TIME: 50 MINS TOTAL TIME: 1 HR 15 MINS

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Slice zucchini in half, lengthwise.
3. Use a serrated spoon to scoop out the centre, leaving about ¼ inch zucchini shell all around and saving the scooped-out zucchini.
4. Heat olive oil in a large skillet over medium-high heat for 30 seconds, then add in ground turkey.
5. Use a spatula to break the meat into smaller pieces and cook until lightly browned.
6. Add in saved zucchini, garlic, onion, tomatoes, tomato sauce, Italian seasoning, salt, and pepper.
7. Mix everything using a wooden spoon then let simmer for 15 minutes or until the veggies are tender, this is the filling.
8. Place zucchini halves in a deep 9"x13" glass baking dish and fill each zucchini with equal amounts of filling.
9. Top each turkey stuffed zucchini boat with ¼ cup of cheese.
10. Bake for 30 minutes or until the cheese is melted and the zucchini is tender.

BC INGREDIENTS

- 2 medium zucchinis
- 1-pound ground turkey
- 3 cloves garlic, minced
- ½ onion, chopped
- 2 large tomatoes, chopped
- 2 cups tomato sauce
- 1 cup mozzarella cheese, shredded

OTHER INGREDIENTS

- 2 teaspoons olive oil
- 1 tablespoon Italian seasoning
- salt
- pepper



GIA C., 9
SOOKE
Metchosin 4-H Club



COLETTE S., 10
VICTORIA
Metchosin 4-H Club

SENIOR



S e n i o r C a t e g o r y

MARINATED FLANK STEAK WITH A FRESH PEACH SALSA



4 PORTIONS

PREP TIME: 3 HRS

COOK TIME: 15 MINS

TOTAL TIME: 3 HRS 15 MINS

BC INGREDIENTS

OTHER INGREDIENTS

STEAK

 $\frac{1}{4}$ red onion

1 clove garlic

2 tablespoons green onion

1 tablespoon fresh thyme

1 tablespoon fresh basil

2 tablespoons honey

1 tablespoon apple cider

vinegar

1 flank steak

SALSA

2 peaches

 $\frac{1}{4}$ red onion $\frac{1}{2}$ bell pepper

1 tomato

2 tablespoons fresh basil

STEAK

 $\frac{1}{2}$ cup soy sauce $\frac{1}{2}$ cup olive oil2 tablespoons
Worcestershire sauce

salt

pepper

SALSA

1 lime

 $\frac{1}{2}$ teaspoon white
sugar

salt

pepper

INSTRUCTIONS

STEAK

1. Chop red onion, garlic, green onion, thyme and basil.
2. Using a whisk or fork, mix all steak ingredients in a bowl until fully combined.
3. Pour marinade into a large Ziploc bag and then add steak; turn the steak several times to fully coat.
4. Place in the fridge for 2-3 hours. Meanwhile, make the peach salsa and store in fridge until ready to add to cooked steak.
5. After steak has finished marinating, preheat BBQ to medium-high.
6. Grill the steak for 8 minutes, flipping at 4 minutes.
7. Let the steak rest for 5 minutes after cooking before serving topped with peach salsa.

PEACH SALSA

1. Chop peaches, red onion, bell pepper, tomato, and basil; mix in a small bowl.
2. Juice the lime and add to bowl along with sugar, salt and pepper.
3. Gently toss to combine.



REINE F., 14
ROCK CREEK
Boundary "C" 4-H Club

HOMEMADE PIZZA WITH BC TOPPINGS

MAKES 4 7-INCH SMALL PIZZAS

PREP TIME: 60 MINS

COOK TIME: 20 MINS

TOTAL TIME: 1 HR 20 MINS

BC INGREDIENTS

1 cup warm water, approximately 112 degrees F
3 cups flour
1-pound ground beef
1 bell pepper, sliced
½ cup beet greens, roughly chopped
½ red onion, sliced
1 tablespoon fresh oregano, roughly chopped
2 cups cheese, shredded
1 ½ cups tomato sauce
1 tablespoon fresh basil, roughly chopped

OTHER INGREDIENTS

1 tablespoon instant yeast
1 teaspoon white sugar
1 teaspoon salt
1 tablespoon oil (olive or grapeseed)
salt
pepper

INSTRUCTIONS

1. Combine the instant yeast, warm water (approximately 112 degrees F) and sugar in a heavy-duty mixer and turn on the mixer. The yeast should make the mixture foamy.
2. Then, add salt, oil and 1 cup of the flour.
3. Add the additional 2 cups of flour until the dough pulls off the sides of the mixer and is still soft but no longer sticks to your hand.
4. Knead in mixer until smooth and elastic, approximately 7 minutes. Form into dough into a ball, lightly roll in oil and rise in a large bowl, covered, for 30 minutes in a warm place.
5. As your pizza dough is rising, fry your ground beef on medium high heat in a frying pan. Add sliced and chopped bell pepper, beet greens, red onion, and oregano. Add salt and pepper to taste continue to fry. Grate your cheese while it cooks.
6. When dough has risen, shape onto desired pan and let rise another 30 minutes.
7. Preheat oven to 400 degrees F.
8. Once dough has finished rising, start layering on the toppings, starting with tomato sauce and ending with the cheese.
9. Bake for 20 minutes or until crust is golden brown and toppings are bubbling. Sprinkle with chopped basil and enjoy!



JADE F., 17
ROCK CREEK
Boundary "C" 4-H Club



DANAE K., 16
VICTORIA
Saanich Lamb 4-H Club



SENIOR RED CURRANT ICE CREAM

1 QUART ~ 4 PORTIONS

PREP TIME: 5 HRS COOK TIME: 20 MINS TOTAL TIME: 5 HRS 20 MINS

BC INGREDIENTS OTHER INGREDIENTS

- | | |
|--|--|
| 4 cups fresh red currants, removed from stem | 1 cup white sugar |
| 1 ½ cups whole milk | 1 tablespoon pure vanilla extract |
| 1 ½ cups heavy cream | 6 tablespoons brown sugar, divided in half |
| ¼ teaspoon sea salt | |
| 5 egg yolks | |

INSTRUCTIONS

- Combine red currants and white sugar into a medium-sized pot on the stove. On medium heat, stir frequently with a wooden spoon and cook until the sugar is melted.
- Increase the heat to medium-high heat and cook until the mixture boils, then remove from heat.
- Place hot mixture into a heat-safe blender and puree. Place a sieve over a medium-sized bowl and, using a whisk or rubber spatula, press the mixture through the sieve. Place covered in the refrigerator to chill.
- Whisk the milk, cream, vanilla, half of the brown sugar, and sea salt in a heavy bottomed large saucepan. Simmer the mixture over medium heat
- In a medium-sized bowl, whisk the yolks and then add remaining brown sugar, whisking until frothy.
- Once the milk mixture simmers, temper the yolk mixture by adding a little of the warm milk/cream to the yolks and whisking. Continue adding the milk/cream to the yolks slowly until the temperature of the yolks rises. Whisking constantly, pour the tempered yolks into the saucepan of milk/cream on the stove.
- Stir the custard constantly with a wooden spoon or a heatproof spatula until it thickens slightly and, once coated in custard, your finger leaves a trail on the spoon/spatula. Do not boil.
- Strain the custard into a medium sized bowl and place in the refrigerator for 5 hours or until chilled.
- Once chilled, combine the custard with the currant puree and transfer the currant custard to an ice cream maker, follow ice cream maker instructions to determine when ready.
- Once ice cream is ready, transfer to a freezer-proof container and store in the freezer until ready to eat.

BC SALMON GINGER CAKES AND RAINBOW VEGGIE SALAD

4 PORTIONS

PREP TIME: 20 MINS

COOK TIME: 8 MINS

TOTAL TIME: 28 MINS

BC INGREDIENTS

GINGER CAKES

1-pound skinless salmon fillet
1 tablespoon freshly grated ginger
1 egg yolk, beaten
½ teaspoon Dijon mustard
2 teaspoons canola oil

DIPPING SAUCE

2 tablespoons honey mustard
2 tablespoons mayonnaise

VEGGIE SALAD

2 cups romaine lettuce, coarsely
chopped
1 cup cherry tomatoes, halved
1 large carrot, shredded
½ yellow bell pepper, finely chopped
½ cucumber, halved and thinly sliced
½ red onion, finely chopped

SALAD DRESSING

2 tablespoons honey
2 tablespoons Dijon mustard
1 ½ teaspoons dried oregano
1 garlic clove, finely chopped
2 tablespoons olive oil

OTHER INGREDIENTS

GINGER CAKES

2 tablespoons soy sauce
½ teaspoon sesame oil
1 lemon, wedged

SALAD DRESSING

2 tablespoons red wine vinegar
salt
pepper

INSTRUCTIONS

1. Prepare and measure out all ingredients using knives and cutting boards.
2. Finely chop the salmon with a sharp knife and transfer it to a large mixing bowl.
3. Add 1 tablespoon of freshly grated ginger, 1 beaten egg yolk, ½ teaspoon of Dijon mustard, 2 tablespoons of soy sauce, and ½ teaspoon of sesame oil to the bowl of salmon.
4. Mix well to combine.
5. Gently form into four similar-sized patties.
6. Heat the oil in a large non-stick skillet over high heat.
7. Using the spatula, slide the patties into the pan.
8. Reduce heat to medium-high and fry until golden all over (about four minutes).
9. Use the flipper to flip the patties over and cook the other side.
10. Meanwhile, make the veggie salad. In a large mixing bowl, combine the 2 cups of romaine lettuce, 1 cup of cherry tomatoes, 1 large shredded carrot, and chopped ½ yellow bell pepper, ½ cucumber, and ½ red onion.
11. Now, make the salad dressing. Whisk together the honey, Dijon mustard, oregano, garlic, olive oil and red wine vinegar in a medium mixing bowl and season with salt and pepper to taste.
12. Pour the dressing evenly over the salad and toss to combine.
13. Make the dipping sauce. In a small bowl, mix together the mayonnaise and honey mustard.
14. Use the flipper to remove the fish cakes from the pan and place on a plate along with the salad, dipping sauce and lemon wedges.



VICTORIA P., 17
PORT COQUITLAM
Golden Ears Community 4-H Club

SENIOR

CRANBERRY BLUEBERRY MUFFINS

12 PORTIONS

PREP TIME: 10 MINS

COOK TIME: 25 MINS

TOTAL TIME: 35 MINS

BC INGREDIENTS

OTHER INGREDIENTS

1 cup flour

½ cup + 2 teaspoons sugar

1 cup milk

2 teaspoons baking powder

1 egg

1 teaspoon salt

½ cup fresh blueberries

½ cup vegetable oil

½ cup dried cranberries

½ teaspoon lemon zest

1 teaspoon vanilla

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Line muffin pan with paper muffin cups.
3. Combine flour, ½ cup sugar, baking powder, salt in a small bowl.
4. Combine milk, egg, oil, lemon zest and vanilla in another small bowl.
5. Add liquid ingredients to dry ingredients, stirring just until dry ingredients are moistened.
6. Gently stir in blueberries and cranberries.
7. Fill muffin cups ¾ full of batter.
8. Sprinkle muffins with remaining 2 teaspoons of sugar.
9. Bake in oven for 20 to 25 minutes or until golden brown.
10. Remove muffins from pan and cool on wire rack.
11. Serve warm.

MAC D., 14
LANGLEY
Otter Flying Feathers 4-H Club



SENIOR

R H U B A R B S T R A W B E R R Y P I E

8 P O R T I O N S

PREP TIME: 40 MINS COOK TIME: 45 MINS TOTAL TIME: 1 HR 25 MINS

BC INGREDIENTS OTHER INGREDIENTS

2 ½ cups flour + ¼ cup extra (to flour rolling surface)	1 cup strawberries, washed and sliced	½ teaspoon salt	1 ¾ cup white sugar + ⅓ cup (for topping)
1 egg	2 tablespoons cold butter, cut into small pieces	½ teaspoon baking powder	⅓ cup quick cooking (minute) tapioca (or substitute such as cornstarch)
2 tablespoons water	½ cup whipping cream (un-whipped)	1 tablespoon brown sugar	
3 cups rhubarb, washed, peeled and chopped into ½ inch pieces		1 tablespoon vinegar	
		½ brick vegetable shortening	

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a glass bowl, mix 2 ½ cups flour, salt, baking powder, and brown sugar with a spatula.
3. Next cut in vegetable shortening using a pastry blender. In the same bowl, add vinegar, egg, and water. Mix to form a soft dough.
4. Split dough in half. Sprinkle extra flour on flat surface and place dough balls on surface. Knead both halves 4 to 6 times. Then, with a rolling pin, roll out each dough ball to ¼-inch thickness into a circle that is 12-inches in diameter. Place one of the rolled-out dough in a 10 inch pie plate
5. In another glass bowl, add rhubarb, strawberries, sugar, and tapioca. Stir using spatula. Place in prepared pie plate. Dot pieces of butter on top of filling.
6. Place other prepared pie dough on top of pie. Using knife to cut off excess pie dough. Then seal edges by tucking the top layer over the bottom. Next flute the edges. Again using the knife cut a design into the top to release juices. Finally, drizzle un-whipped whipping cream on the top of pie, then spread around using pastry brush. Then sprinkle sugar on top of pie.
7. Place pie in the oven and cook for 45 minutes or until crust is lightly browned.



KIYA G., 16
VANDERHOOF
Wranglers 4-H Club

HAM AND SWISS CHARD FRITTATA

6 PORTIONS

PREP TIME: 15 MINS

COOK TIME: 30 MINS

TOTAL TIME: 45 MINS

BC INGREDIENTS

2 cups milk
1 large turkey egg
12 medium-sized eggs
½ cup white cheddar cheese,
grated + ½ cup (for garnish)
2 cloves garlic, pressed
½ teaspoon sea salt

2 large shallots, thinly sliced
3 large leaves of Swiss chard
1 cup ham, diced
7 to 8 large mushrooms (white or
brown)
1 teaspoon chives (cut for garnish)

OTHER INGREDIENTS

½ teaspoon black pepper
1 tablespoon olive oil

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl, whisk together the milk, turkey and chicken eggs, ½ cup grated cheese, pressed garlic, salt and pepper. Set aside.
3. With a chef's knife and cutting board, thinly slice the shallots. Put in a small bowl.
4. Cut along the stems of the Swiss chard and roll up the leaves into a ball. Slice ball, the Swiss chard should be cut into thin, long slices. Put into a separate small bowl.
5. Cut ham into one-inch pieces and then place into a separate small bowl.
6. Chop the mushrooms into six slices per mushroom, place into a separate small bowl.
7. On medium-high heat in a large oven proof skillet, cook the shallots in the olive oil. Let the shallots cook until they are translucent, about 3 to 4 minutes.
8. Add the Swiss chard and mushrooms into the skillet and let it cook until shrunk down, about 5 to 6 minutes.
9. Add the ham chunks to the skillet and cook until golden and crispy.
10. Add the egg mixture into the skillet and put into the oven.
11. Let it cook until the middle is firm. You can test this by sticking a fork into the middle of it, about 20 minutes.
12. Turn off the oven and turn on the "broil" function. Move the oven rack up to the very top and put the frittata on the rack. Let it cook until the top is crispy, about 1 to 2 minutes.
13. Turn off the "broil" and take the frittata out of the oven and garnish with ½ cup cheese and chives.



SAVA B., 14
VICTORIA
Metchosin 4-H Club

POTATO FETA FRITTATA

4 PORTIONS

PREP TIME: 15 MINS

COOK TIME: 25 MINS

TOTAL TIME: 40 MINS

INSTRUCTIONS

- 1. Cut potatoes and ham into ½ inch cubes and toss with rosemary.
- 2. In an ovenproof 10-inch non-stick skillet, heat canola oil over medium heat and cook potatoes and ham, covered, stirring occasionally for about 15 minutes or until tender and starting to brown.
- 3. In a bowl, whisk eggs with pepper. Stir in chopped tomatoes and bell peppers and pour into skillet around potatoes and ham, lifting up the edges to let egg mixture go to the bottom. Cook for about 10 minutes or until edges are set and bottom is golden brown.
- 4. Sprinkle frittata with basil and feta cheese and place pan about 6 inches under the broiler for about 4 minutes or until top is light golden and knife inserted in centre comes out clean.

BC INGREDIENTS

- ½ cup red potatoes, cubed
- ½ ham (3 cups), cubed
- 1 tablespoon fresh rosemary, chopped
- ½ tablespoon canola oil
- 6 eggs
- ½ cup tomatoes, chopped
- ½ cup bell peppers, chopped
- 2 tablespoons fresh basil, chopped
- ½ cup feta cheese

OTHER INGREDIENTS

- ½ tablespoon black pepper



JACQUES J., 14
SAANICHTON
Saanich Lamb 4-H Club

CHAMOMILE HONEY ICE CREAM

6 PORTIONS

PREP TIME: 15 MINS

COOK TIME: 1 HR

TOTAL TIME: 1 HR 15 MINS

INSTRUCTIONS

- 1. Prepare ice cream maker for use (refer to maker instructions).
- 2. Blend chamomile flowers using a food processor until fine.
- 3. Gather and whisk all ingredients together in a medium-sized pot over medium/high heat for 8 minutes or until chamomile is steeped and honey dissolved.
- 4. Cover and chill for 2-3 hours in the fridge.
- 5. Using a spatula, move chilled ingredients into an ice cream maker.
- 6. Churn ingredients in the ice cream maker for an hour or until thickened.
- 7. Return to freezer to harden or enjoy served soft!

BC INGREDIENTS

- ⅔ cup washed chamomile flowers, blended
- 2 cups heavy cream
- 1 cup homogenized milk
- ½ cup honey



LUCIA J., 15
150 MILE HOUSE
Rose Lake-Miocene 4-H Club

MAPLE-THYME ROAST CHICKEN
WITH OVEN ROASTED POTATOES

4 PORTIONS

PREP TIME: 30 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HR 20 MINS

BC INGREDIENTS

1 whole chicken
1/3 cup pure maple syrup
2 tablespoons fresh thyme
2 pounds potatoes
1 tablespoon fresh rosemary
1 tablespoon fresh basil
1 tablespoon fresh parsley

OTHER INGREDIENTS

salt
pepper
2 tablespoons vegetable oil
2 tablespoons balsamic vinegar
1/8 teaspoon cayenne pepper, ground
2 tablespoons olive oil
1 teaspoon garlic powder
1/2 teaspoon paprika

INSTRUCTIONS

CHICKEN

1. Preheat oven to 400 degrees F.
2. Spatchcock the chicken: remove insides and backbone by cutting it from chicken, remove wing tips and flatten breasts.
3. Rub chicken with salt and pepper.
4. In a small mixing bowl, add vegetable oil, balsamic vinegar, pure maple syrup, half of the thyme and cayenne pepper.
5. Put chicken in a roasting pan and pour sauce evenly over top.
6. Place chicken in the oven for 45 to 50 minutes or until the internal temperature reaches 170 F*, basting occasionally (*to determine internal temperature, place thermometer into the thickest part of the chicken).
7. While chicken cooks, begin preparing potatoes.
8. Let chicken rest for at least 10 minutes before cutting.

POTATOES

1. Wash and cut potatoes into 1-inch squares, leaving skin on.
2. Soak in water for 15 to 20 minutes.
3. In a large mixing bowl, add olive oil, rosemary, basil, parsley, the rest of the thyme, garlic powder, paprika and salt and pepper.
4. Add the potatoes to the large mixing bowl, coating the potatoes with the spices.
5. Spread potatoes evenly on a baking pan.
6. Cook in the oven with chicken for 30 minutes or until cooked through.

Enjoy chicken with potatoes!



TYLER C., 14
PINANTAN LAKE
Hooves & Hounds 4-H Club



Bonus Recipe
From 4-H BC

B O N U S R E C I P E

C R A N B E R R Y C R U N C H

1 6 P O R T I O N S

PREP TIME: 20 MIN COOK TIME: 45 MINS TOTAL TIME: 1 HR 5 MINS

I N S T R U C T I O N S

C R A N B E R R Y S A U C E

- 1. Boil water and sugar in medium saucepan until sugar is dissolved.
- 2. Add fresh cranberries and bring to boil; reduce heat and simmer for 10 minutes.
- 3. Remove from heat and mash cranberries; allow to cool.

C R U N C H

- 1. Preheat oven to 325 degrees F.
- 2. In large bowl, mix flour, rolled oats and brown sugar; cut in butter until mixture is crumbly.
- 3. Press half of the mixture into an 8"x8" greased pan.
- 4. Spoon cranberry sauce over crumb layer.
- 5. Spread remaining crumbs over top.
- 6. Bake at 325 degrees F for 40 to 45 minutes.
- 7. Serve hot with whipped cream or ice cream. If serving cold, allow to cool before cutting.

B C I N G R E D I E N T S

- ½ cup water
- ½ package fresh cranberries OR
- 1 cup whole cranberry sauce
- ½ cup flour
- ½ cup butter

O T H E R
I N G R E D I E N T S

- ½ cup sugar
- 1 cup rolled oats
- 1 cup brown sugar



What Our Field to Fork Participants Have to Say

*“Thank you so much for putting together this amazing workshop and wonderful event.
I thank all of the sponsors that made this possible and would also like to thank Chef
Randle especially for his awesome recipes.”*

- Jacey H., Lower North Thompson 4-H Club, Kamloops



*“It was a very good experience. It taught me a lot and helped me learn more about why
I should use BC ingredients and it gave me a better appreciation for farmers in BC.”*

- Juliet S., Woodlands Hare and Hound 4-H Club, Langley



“I will probably cook and bake more in the future because of this experience.”

- Anonymous

“It was super fun and I would totally recommend to anyone!”

- Anonymous



“I would recommend [The Field to Fork Challenge], it’s a great learning experience...”

- Jeremy S., Yellowhead Community 4-H Club, Barriere



*“It was a fun way to demonstrate what I know about cooking and how I can cook using
mostly local ingredients.”*

- Sava B., Metchosin 4-H Club, Victoria



*“I would definitely tell [my friends] to participate. I would say it was a lot of fun,
I learned a lot, gained valuable public speaking skills, learned new cooking skills
and got to experience with BCs best!”*

- Victoria P., Golden Ears Community 4-H Club, Port Coquitlam

Disclaimer: All recipes demonstrated in the Field to Fork Challenge have been submitted by youth in the program and were categorized by their age at submission. Note, the recipes in the book are not in order of their placement in the challenge. Recipes have been tested and, in some cases, slightly adapted for consistency and clarity. Use your own discretion when making modifications or substitutions to the recipes.



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