

HONEY-LEMON CHIOGGIA SALAD WITH BEET LEAF YOGURT

Monday

Chef: Stelio Perombelon



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A vibrantly coloured summer beet whose flesh and leaves are featured in a refreshing and spicy salad.

INGREDIENTS

Curry oil

1 cup (250 ml)
of grapeseed or canola oil

1 (15 g)
French shallot, peeled
and minced

1
Granny Smith apple, peeled
and cut into medium-size
cubes

2 teaspoons (10 g)
of curry powder

Chioggia salad

6
Chioggia beets and leaves
(washed and separated)

3 tbsp (45 ml)
of canola oil

1 (100 g)
onion, minced

1 (5 g)
garlic clove, minced

Desired amount
of chopped leaves

1½ cups (375 g)
of 9% Greek yogurt

¼ cup (60 ml)
of curry oil

1 tbsp (15 g)
of honey

1 tbsp (15 ml)
of lemon juice

PROCEDURE

Curry oil

1. Heat a saucepan over medium heat, pour in ¼ cup (50 ml) oil and heat for 20 seconds. Sweat shallots and apples without browning for 3-4 minutes, until translucent.

2. Add the curry and cook for a further 2 minutes. Pour the oil into the pan and bring to a boil. Turn off immediately and remove from heat.

3. Leave to infuse for 1 hour, then strain through a fine sieve.

4. Keep refrigerated to prevent rancidity.

Note: Keeps for 2 weeks before beginning to lose its flavor.

Chioggia salad

1. Preheat the oven to 375°F (190°C).

2. Wrap beets in aluminum foil and place on a baking sheet. Bake for 45 minutes, then switch off the oven.

3. Allow beets to cool for 30 minutes before unwrapping and peeling. Set aside in a cool place.

4. For the leaves, place a pot over medium heat. Add oil and heat for 2 minutes. Add onions and garlic and cook for 3 minutes, until onions are translucent. Add beet greens, stir and cover for 3 minutes.

5. Remove the lid and stir until all the leaves have fallen off.

6. Strain into a colander or sieve and allow to cool completely.

7. Place the cooked leaves and yogurt in the bowl of a food processor and chop for 30 seconds at low speed.

8. Season with Salt and pepper.

For service

1. To serve, cut beets into large cubes and place in a bowl. Season with curry oil, honey and lemon juice. Stir and season with Salt and pepper.

2. Place a large spoonful of yogurt in the center of 4 bowls and top with pieces of Chioggia beet.

3. Garnish with a few shavings of raw beet and freshly ground pepper.



Beta vulgaris subsp.
vulgaris 'Chioggia'
Betterave, Beetroot

STAR PLANT: BEETROOT 'CHIOGGIA'

Beetroot is mainly cultivated for its fleshy root—hence why it's considered a root vegetable—but its leaves are also edible. The root varies in both shape (round, elongated, flattened) and colour (ranging from dark purple through yellow to creamy white). In the cultivar 'Chioggia,' the spherical root is red on the outside, but the tender, sweet flesh has alternating red and white concentric rings.

Did you know? Beetroot is a biennial plant, which means it has a two-year life cycle. However, it is usually grown as an annual, unless you want to harvest the seeds.

The species from which today's beetroots originate is native to the Mediterranean basin and Central Asia. The star plant of this dish is the 'Chioggia' beet, an Italian cultivar.

GRILLED BROCCOLI DI CICCIO IN SALAD, NETTLE AND EGYPTIAN ONION VINAIGRETTE, FRIED BUCKWHEAT

Tuesday

Chef: Jean Michel Leblond



© Les Survenants

This summer salad brings together ancient plants bursting with personality, both in appearance and in their distinct tastes.

INGREDIENTS

Dressing

½ cup (100 g)
of Egyptian onion bulb
(pink underground part)

½ cup (100 g)
of nettle leaves

1 tsp (5 g)
of honey

3 tbsp (45 ml)
of cider vinegar

1 cup (250 ml)
of vegetable oil

Salad

2 cups (300 g)
of broccoli De Ciccio

Remaining stems from
used Egyptian onion bulbs

1 cup (250 ml)
of vegetable oil

3 tbsp (45 ml)
of buckwheat seeds

Salt and pepper

PROCEDURE

Serves: 2

Preparation time: 15 minutes

Cooking time: 3 minutes

Vinaigrette

1. In a food processor, blend Egyptian onion bulbs, nettle leaves, honey, vinegar and oil until smooth. Season to taste.

Salad

1. Preheat BBQ to 400°F (200°C).
2. Grill Egyptian onion stems and broccoli for 2-3 minutes on each side.
3. Cut broccoli and onion stems into 2.5 cm pieces.
4. Heat 250 ml of oil to 350°F (180°C). Fry buckwheat seeds for 30 seconds, drain and season.

For service

Toss grilled vegetables with vinaigrette. Serve garnished with buckwheat seeds.



Brassica oleracea
(gr. Cymosa),
Brocoli, Broccoli

STAR PLANT: 'DE CICCIO' BROCCOLI

Broccoli is usually grown for its flower buds, but its stems and leaves are also edible. The stems are delicious raw, on a vegetable platter. 'De Ciccio' broccoli is an old Italian cultivar. This hearty and productive plant, distinguished by its bluish-green central "head" with many side shoots, can be harvested over a longer period.

Did you know? If broccoli flower buds are not harvested, pretty little yellow flowers (which are edible) will bloom. The elongated fruits of this flower vegetable are known as siliques.

Broccoli is one of the many vegetables derived from the wild cabbage, *Brassica oleracea*. To this day, historians have difficulty determining whether old records refer to broccoli or cauliflower, as the former was sometimes called "winter cauliflower."

TOMATO TARTAR WITH PICKLED DAYLILY AND DAISY BUDS

Wednesday

Chefs: David Gauthier and Emily Homsy



© Matthieu Goyer

As eye-catching as they are tasty, some flowers from cities and fields charm us with their unique flavours. In brine on a summer salad, the buds of daisies and daylilies bring dishes to a whole new level.

INGREDIENTS

Daylily and daisy buds

4 cups (1 L)
of vinegar of your choice

1¾ cups (250 g)
of sugar

1 tbsp (12 g)
of pickled daisy buds

1 tbsp (12 g)
of pickled daylily buds

Tomato tartar

1
large ripe tomato,
hulled and diced

1 tbsp (12 g)
of chopped shallots

1 tsp (5 g)
of Dijon mustard

1 tbsp (12 g)
of chopped parsley

1 tbsp (15 ml)
of olive oil

Salt and pepper

1
quail egg yolk

PROCEDURE

Serves: 2 starters

Preparation time: 20 minutes

Cooking time: 5 minutes

Daylily and daisy buds

1. In a small saucepan, bring vinegar and sugar to a boil.
2. Pour over daylily and daisy buds in a heat-resisting pot.
3. Refrigerate for 72 hours.

Tomato tartar

1. Plunge tomatoes into a pan of boiling water for 30 seconds to 1 minute. Remove with a skimmer and plunge immediately into a bowl of iced water to stop the cooking process. Drain the tomatoes on a clean cloth.
2. Using a small paring knife, remove the skin from the tomato.
3. Dice the tomato.
4. In a bowl with the tomato, add the toppings and seasonings and mix well. Adjust seasoning to taste.

To serve

1. Arrange the mixture in a circular cookie-cutter or simply on a plate.
2. Separate the egg white from the yolk and gently place the yolk on top of the tomato tartar.



Leucanthemum vulgare
Marguerite blanche
Oxeye daisy



Hemerocallis spp.
Hémérocalle
Daylily

STAR PLANTS: DAISY AND DAYLILY

Oxeye daisies, sometimes called field daisies, and daylilies are both beautiful and delicious! The young leaves of the daisy, with their slightly peppery flavour, can be eaten in salads, while the flower buds make excellent capers. The young spring shoots, flower buds and flowers of the daylily are edible.

Did you know? *Hemerocallis*, commonly known as “daylilies,” should not be confused with true lilies, which can be toxic. Daylilies are perennials that form clumps of long leaves from which the leafless flower stems emerge. Each flower lasts for only one day, but the plant itself blooms for several weeks. Lilies are bulbous plants that produce large, clustered or solitary flowers at the top of a leafy stem. Individual flowers remain open for a few days.

GINGER, DAIKON AND CHRYSANTHEMUM BROTH

Thursday

Chef: Andersen Lee



© Les Survenants

A broth for every occasion, made with locally grown plants from around the world. The mild spiciness of ginger and daikon and the herbaceous taste of edible chrysanthemum make this a flavoursome way to travel while eating locally.

INGREDIENTS

5
dried shiitakes, rehydrated

8 cups (2 L)
of water

¼ cup (100 g)
of unpeeled ginger, thinly sliced

1 (100 g)
yellow onion, julienned

3
stems of cilantro, chopped

20
unpeeled daikon cubes

2 tbsp (15 ml)
of light soy sauce

A few
edible chrysanthemum leaves

Sesame oil

PROCEDURE

Serves: 4
Preparation time: 10 min
Cooking time: 35 min

1. Rehydrate the shiitakes in water for a few hours.
2. Bring the broth containing the water, ginger, onion, coriander, daikon, soy sauce, shiitake water and shiitakes to the boil.
3. Simmer for 30 minutes.
4. Remove ginger pieces.
5. During the last few minutes, add the chrysanthemum leaves and sesame oil.



Zingiber officinale
Gingembre
Ginger

STAR PLANT: GINGER

Ginger is a tropical perennial plant whose rhizome is eaten fresh or dried (as a spice). It is widely used in Asian cuisine.

Did you know? Canada wild ginger (*Asarum canadense*), which is native to Québec, is not related to true ginger, despite its common name. This species is designated as vulnerable to harvesting in Québec.

True ginger can be grown in Québec. Simply select rhizomes that have eyes (buds) and plant them as you would potatoes. Start growing indoors towards the end of winter, then move the pot outdoors in summer, or put the ginger in the ground. Harvesting takes place in September. Since the growing season is so short in our climate, the harvested rhizomes will be smaller than those sold commercially.

SUMMER CAULIFLOWER COUSCOUS

Monday

Chef: Andersen Lee



© Les Survenants

A unique recipe for cooking fresh cauliflower in its entirety.
You're in for a surprise!

INGREDIENTS

½ (500 g)
chopped cauliflower
(chunks and florets)

4 cups (1 L)
of water

A few
blanched cauliflower leaves

A few
arugula leaves

5 tbsp (75 ml)
of Lao Gan Ma Chili Crisp

Salt

Juice and zest of half
a lemon

PROCEDURE

Serves: 4
Preparation time: 15 minutes
Cooking time: 2 minutes

Couscous

1. Cut half a centimeter off the cauliflower base.
2. Separate cauliflower florets, stems and leaves.
3. In a food processor or with a knife, chop the cauliflower florets into very small pieces.
4. Bring a large pot of salted water to a boil. Plunge the cauliflower leaves and chopped stems into the boiling water. Cook for 3 minutes, until tender-crisp.
5. Remove and plunge immediately into an ice-water bath to stop cooking.
6. Chop the leaves and the stems of the cauliflower.
7. Add cauliflower, leaves, Chilli Crisp, salt, lemon juice and zest to a bowl and mix well.
8. Serve in a bowl or on a plate with the presentation of your choice.



Brassica oleracea
(gr. Botrytis)
Chou-fleur, Cauliflower

STAR PLANT: CAULIFLOWER

Cauliflower is one of many vegetables (along with kohlrabi, kale, broccoli, Brussels sprouts, and so on) derived from the wild cabbage, *Brassica oleracea*. We generally eat the flower buds, hence the term “flower vegetable,” but the leaves can also be eaten. Supermarkets traditionally only sold white cauliflowers, but now you can find orange, green and purple ones.

Did you know? Growing cauliflower comes with its share of challenges. The plant tolerates temperatures ranging from 4 °C to 38 °C but develops flower buds only between 15 °C and 20 °C. That means if the average growing temperature is too high, the cauliflower plant may produce only leaves.

Cauliflower was already known to the Romans in the 6th century BCE. Today, it is widely grown around the world.

RISOTTO WITH SMOKED SPELT AND CREEPING SALTBUSH

Tuesday

Chef: Jean Michel Leblond



© Les Survenants

This comforting and intensely flavourful dish offers a touch of originality with its choice of a less common, subtly smoked grain.

INGREDIENTS

1 (20 g)
french shallot, chopped

1
garlic clove, minced

2 tbsp (30 ml)
of olive oil

1 tbsp (15 g)
of garlic flower pesto

1 cup (200 g)
of lightly smoked
raw spelt

½ cup (120 ml)
of white wine

6 ¼ cup (1.5 L)
of grilled vegetable
broth (hot)

2 tbsp (30 g)
of creeping
saltbush purée

2 tbsp (30 g)
of unsalted butter

½ cup (120 g)
of grated Parmesan
cheese

Zest
of ½ lemon

Juice
of ½ lemon

Salt and pepper

PROCEDURE

Serves: 2

Preparation time: 15 minutes

Cooking time: 18 minutes

1. In a medium frying pan, sweat the shallot and garlic in 2 tablespoons (30 ml) of olive oil. Add the garlic pesto and let melt over medium heat for about 2 minutes.
2. Add the raw spelt and roast the spelt grains over medium heat for 2-3 minutes, stirring constantly. Increase heat and deglaze with white wine. Reduce by half, then lower heat to medium.
3. Ladle the hot vegetable stock into the spelt. The stock should barely cover the grains. Cook gently, adding broth as needed when the spelt has absorbed it. Approx. 18 minutes.
4. Add the puréed creeping saltbush.
5. Remove the pan from the heat, add the butter and Parmesan and stir vigorously with a wooden spoon to blend the risotto.

For service

Add lemon zest and juice, season with Salt and pepper and serve on a plate.



STAR PLANT: SPELT

Spelt is an ancient grain, meaning it's considered to have undergone very little selection by humans over the centuries. Cultivated for thousands of years, this grain is a close relative of bread wheat (*Triticum aestivum* subsp. *aestivum*) and has a pleasant nutty taste. Soaking the grains before cooking helps to soften them.

Did you know? Unlike wheat, spelt must be dehulled before it can be milled, which means that the tough outer hull is removed. The flour obtained after milling is qualified as suitable for bread-making, meaning it contains enough gluten to make bread.

Triticum aestivum
subsp. *spelta*
Épeautre, Spelt

Spelt is a member of the *Poaceae* (or grass) family and potentially the result of natural hybridization between two other species. The most popular hypothesis is that its parents are einkorn or small spelt (*Triticum monococcum*) and emmer wheat (*Triticum turgidum* subsp. *dicoccum*).

AGUACHILE OF CREEPING SALTBUSH, DAIKON, SEA BUCKTHORN, CUCUMBER AND PIMBINA

Wednesday

Chef: Jean Michel Leblond



© Les Survenants

A refreshing twist on a classic ceviche that contrasts wonderfully with the salinity of creeping saltbush and the forest acidity of highbush cranberry.

INGREDIENTS

Aguachile

1 cup (200 g)
of creeping saltbush

2 tbsp (30 g)
of sea buckthorn fruits

½ (150 g)
sliced english cucumber

1 tbsp (15 ml)
of honey

½ (10 g)
jalapeño chili, seeded
and finely chopped

Juice
of 1 lime (15 ml)

Zest
of ½ lime (5 g)

Salt and pepper

Pickled daikon

1 daikon (250 g)
sliced into thin ribbons

A few
creeping saltbush leaves

2 tbsp (30 g)
of highbush cranberry fruits

PROCEDURE

Serves: 4

Preparation time: 40 minutes

Aguachile

1. In a blender, add chopped creeping saltbush, sea buckthorn fruits, sliced cucumber, honey, jalapeño chili, lime juice, zest, Salt and pepper.
2. Blend on medium-high speed for 1-2 minutes until smooth.
3. Place a sieve or fine strainer over a bowl.
4. Pour the mixture from the blender into the sieve to filter the liquid. Use the back of a spoon to squeeze out as much liquid as possible.

Pickled daikon

1. Arrange the daikon ribbons in a bowl.
2. Pour the strained sea orache juice over the daikon ribbons.
3. Mix gently to coat the daikon with the juice.
4. Marinate in the fridge for at least 30 minutes to allow flavors to develop.

For service

1. After marinating, lightly drain the daikon if necessary and place in a serving bowl.
2. Garnish with creeping saltbush leaves and highbush cranberry fruits.
3. Adjust seasoning with a little salt and pepper if necessary.



Atriplex prostrata
Arroche hastée
Creeping saltbush

STAR PLANT: CREEPING SALTBUSH

Creeping saltbush grows naturally along Québec's coasts. The leaves and young shoots are edible and taste like spinach, but with a slightly salty flavour and rougher texture. The plant is prepared in the same way as traditional spinach.

Brother Marie-Victorin, founder of the Jardin botanique de Montréal, described this species as "an excellent leafy green, and a precious resource for both seafarers who sail the Gulf of St. Lawrence and the coastal populations."

Did you know? Because creeping saltbush is not grown commercially by market gardeners, it is considered a foraged vegetable. You should buy it from companies that use responsible, sustainable harvesting methods.

CRISP CHOUX (CREAM PUFFS) FILLED WITH LEMON CREAM AND CALAMONDIN MARMALADE, TOPPED WITH A WHITE CHOCOLATE AND KAFFIR LIME CHANTILLY.

Thursday

Chef: Rémy Couture



© Les Survenants

Citrus fruits grown in Québec? It's totally doable! This mouth-watering dessert showcases exotic fruits that manage to take root in northern territory. A surprising discovery guaranteed!

INGREDIENTS

Lemon cream

- ¾ cup (180 g) of lemon juice
- Zest of 1 lemon
- 1 ¼ cups (250 g) of sugar
- 5 eggs (250 g)
- 1 sheet of gelatin
- 1 ½ cups (340 g) of unsalted butter

White chocolate and kaffir lime Chantilly (whipped cream)

- 3 cups (750 g) of 35% cream
- 2 kaffir limes and their leaves
- 4 cups (500 g) of white chocolate chips

Choux cracker

- 3 tbsp (40 g) of unsalted butter
- ¼ cup (50 g) of brown sugar
- ⅓ cup (50 g) of all-purpose flour

Calamondin marmalade

- 4 fresh calamondins
- 2 cups (500 ml) of water
- 2 cups (400 g) of sugar

Choux pastry

- 2 cups (500 g) of milk
- 2 tablespoons (30 g) of sugar
- 1 teaspoon (5 g) of salt
- 1 cup (225 g) of unsalted butter
- 1 ¼ cups (160 g) of all-purpose flour
- 6 eggs (300 g)

PROCEDURE

Serves: 15-20 choux (puffs)
Preparation time: 45 minutes
Cooking time: 45 minutes

Lemon cream

1. Combine lemon juice, zest, sugar and eggs in a saucepan. Cook, stirring constantly with a whisk, until 185°F (85°C).
2. Soak the gelatin sheet in iced water and, once relaxed, squeeze out excess water from gelatin.
3. Pour the cooked lemon mixture into a large bowl, add the gelatin and allow to cool to 140°F (60°C).
4. Stir in the tempered butter and blend for 3-4 minutes to emulsify the cream.
5. Refrigerate until ready to fill choux pastries.

White chocolate whipped cream

1. In a saucepan, boil the cream with the kaffir lime peel/leaves. Leave to infuse for 5 minutes, then pour over the white chocolate using a sieve.
2. Whisk well and refrigerate for 12 to 24 hours.
3. Whip the cream just before serving. The whipped cream texture will be thicker and creamier.

Cracker

1. Mix all the ingredients for the cracker together, kneading to form a homogeneous dough.
2. Roll the dough into a ball, then spread between two sheets of baking paper to a thickness of about 2 mm.
3. Set aside in the fridge.

Marmalade

1. Slice calamondins into thin slices, removing seeds.
2. Bring the water and sugar to the boil, then pour over the sliced calamondins and leave to macerate for 24 hours.
3. Drain the candied calamondins and pulse in a food processor to obtain a chopped mixture rather than a purée.

Preparing the choux

1. In a medium saucepan, bring the milk, sugar, salt and butter to a boil over high heat.
2. Using a wooden spoon, add the flour to the boiling mixture, stirring well for 2 minutes until a smooth dough forms and comes easily away from the bottom of the pan.
3. Place the dough in a mixing bowl and add the eggs one by one with a wooden spoon or execute this maneuver in a kitchen aid.
4. Preheat oven to 425°F (220°C).
5. Using a pastry bag, place 3-4-cm balls onto a baking sheet and parchment paper.
6. Cut the cracker to the same diameter as the choux (puffs) and place on top before baking.
7. Bake for 10-15 minutes at 425°F (218°C), then turn the oven down to 325°F (163°C) for about 30 minutes.

Presentation

Stuff the choux pastries with lemon cream from underneath and decorate with white chocolate and kaffir lime chantilly and calamondin marmalade on top. Grate a few citrus zests and finish with a basil leaf.



Citrus x microcarpa
 Calamondin
 Calamondin

STAR PLANT: CALAMONDIN

Calamondin is a small citrus shrub that produces edible orange fruit up to 4 cm in diameter. It is believed to be a hybrid (a cross) between a kumquat (*Citrus japonica*) and a mandarin (*Citrus reticulata*).

Did you know? The calamondin fruit, unlike the orange and other more popular citrus fruits in Québec, has a very thin skin. Its taste is sweet, while the pulp is very acidic.

The calamondin's fragrant white flowers are highly decorative. This shrub can be grown indoors in pots in a sunny room. However, the flowers must be pollinated in order to produce fruit. This means placing the calamondin outdoors during the summer months so insects can pollinate it, or you can take matters into your own hands and manually pollinate the flowers.

DANDELION VARIATION

Monday

Chef: Léa Talbot



© Les Survenants

From roasted roots, to stems and foliage transformed into an all-purpose sauce, to pickled buds and fresh flower heads as a garnish—dandelion offers a wealth of possibilities. A neglected flower plant to be enjoyed in its entirety.

INGREDIENTS

Roasted dandelion root sablé

1 cup (150 g) of Gaspé rice (naked oats, prairie rice)

½ cup (100 g) of millet flour

¾ cup (100 g) of ground flaxseed

1 tablespoon (15 g) of roasted dandelion root powder

2 ½ tsp (12 g) of salt

½ cup (125 g) of grass-fed butter (very cold)

½ cup (85 g) of sheep's milk yogurt

2 eggs (100 g)

Hemp and dandelion leaf sauce

½ cup (70 g) of hemp seeds

6-8 cups (125 g) of dandelion greens (foliage)

2 teaspoons (10 g) of salt

1 ½ tablespoons (25 g) of maple syrup

1 ½ tbsp (25 g) of apple cider vinegar

½ cup (100 g) of olive oil

Dandelion buds marinated in Labrador tea

2 cups (500 ml) of apple cider vinegar

¾ cup (180 ml) of maple syrup

1 tbsp (15 g) of salt

1 tbsp (5 g) of pickling spices

8 Labrador tea leaves

2 cups (500 ml) of ice

½ cup (100 g) of dandelion flower buds

PROCEDURE

Serves: 20

Preparation time: Approx. 45 minutes

Cooking time: 15-18 minutes

Roasted dandelion root sablé

1. In a Vitamix, grind the Gaspésie rice into flour.
2. In a food processor, add all the dry ingredients and the cold butter, cut into cubes. Pulse a few times and transfer to a large bowl.
3. Add the yogurt and eggs and mix with a pastry blender or by hand to obtain a smooth dough.
4. Roll the dough into a cylinder and refrigerate for at least 2 hours, or overnight.
5. Cut dough into 1 cm rounds and bake at 350°F (180°C) for approx. 15-18 minutes, or until golden brown.

*Raw sablé can be frozen and cut a few hours before baking for an even crunchier texture.

Hemp and dandelion sauce

1. Add all ingredients except oil to a Vitamix.
2. Start the Vitamix and pour in the oil in a steady stream while emulsifying.

*The bitterness of dandelion greens is higher in summer than in spring. It is therefore advisable to replace some of the dandelion foliage with mild foliage (spinach, mallow, parsley, etc.).

Dandelion buds marinated in Labrador tea

1. Bring vinegar, maple syrup, salt and pickling spices to a boil.
2. Turn off heat and add Labrador tea leaves. Leave to infuse for 10 minutes.
3. Strain the hot liquid through a cheesecloth (very fine strainer) into a container filled with the ice.
4. Blanch buds in salted water for 3-5 minutes, drain and plunge into an ice water bath.
5. Add the buds to the marinade.
*They keep well in a sterilized Mason jar.

Note: The flower heads are edible! I suggest garnishing the bites with a few "petals" or other seasonal flowers of your choice.



STAR PLANT: DANDELION

All parts of the dandelion are edible. The roots and flower heads can be used to make a variety of drinks; the young leaves are excellent in salads, and the flower buds can be pickled and used as capers.

Did you know? Dandelions are named from the French "dent de lion" meaning "tooth of the lion," a reference to the plant's jagged leaves that resemble a lion's teeth.

Dandelions are native to Eurasia. Long prized in Europe, they were intentionally introduced to North America by colonists who grew them for food and medicine. The plant has since become well-established (it is a naturalized species). Over the years, the dandelion has achieved "weed" status, but it is gradually regaining its popularity, thanks in part to its appeal to pollinators.

Taraxacum officinale
Pissenlit officinal
Common dandelion

KHOUBIZA

Tuesday

Chef: Samy Benabed



© Samy Benabed

We discover an ancient vegetable garden plant and revisit a classic of Moroccan cuisine: a base of mallow leaves seasoned with lacto-fermented gooseberries served on a tart.

INGREDIENTS

½ cup (120 ml)
of olive oil

1 small
bunch coriander, chopped

10
garlic cloves, chopped

1 tsp (5 g)
of Northern prickly-ash fruits

Salt to taste

Ground Gorria pepper to taste

¼ cup (50 ml)
of verjuice

4 cups (120 g)
of high mallow leaves

1 cup (100 g)
of gooseberries

1
small parsley bouquet, chopped

Cooked tartlet bases

High mallow petals for decoration

PROCEDURE

Serves: 8
Preparation time: 15 minutes
Cooking time: 15 minutes

1. Pour olive oil into a pot over medium heat.
2. Add coriander, garlic, salt, Northern prickly-ash, Gorria pepper and verjuice. Stir for one minute.
3. Add mallow leaves and stir regularly for 15 minutes.
4. Allow to cool.
5. Garnish tartlets with chilled Khoubiza.
6. Decorate with mallow petals and gooseberries.



Malva sylvestris
Maive des bois
High mallow

STAR PLANT: HIGH MALLOW

High mallow, also known as tall mallow, is both ornamental and edible. Its leaves are a good substitute for spinach and can be cooked in the same way. Its pink flowers with purple stripes are mainly used to add colour to a dish.

Did you know? Written records confirm that mallow has been eaten for at least 2,000 years! Its leaves were gradually replaced by spinach over time, a choice potentially motivated by the more mucilaginous texture of mallow leaves.

Native to Eurasia and Northern Africa, mallow is still considered a foraged vegetable in the Mediterranean. It is not cultivated there, but rather harvested locally, where it grows abundantly in disturbed soil. This plant is available in Québec and can be grown for ornamental or culinary purposes.

PINEAPPLEWEED ICE CREAM ON NORTHERN PICKLY-ASH CRUMBLE

Wednesday

Chef: Samy Benabed



© Les Survenants

A tasty mix that combines the pineapple fragrance of pineappleweed—a common plant of city and country—and the citrus notes of Northern prickly-ash—a treasure of the forest.

INGREDIENTS

Ice cream

- ½ cup (90 g) of cream
- ½ cup (100 g) of pineappleweed
- 1 ½ cups (330 g) of milk
- 1 cup (100 g) of sugar
- 4 egg yolks (100 g)

Crumble

- ½ cup (100 g) of unsalted butter
- 1 cup (100 g) of sugar
- 1 cup (100 g) of flour
- ¼ tsp (4 g) of Northern prickly-ash fruits

PROCEDURE

Serves: 8

Preparation time: 30 minutes

Cooking time: 30 minutes (cooking) 24h (freezing)

Ice cream

1. Heat the cream and infuse the pineappleweed for 1 hour.
2. Heat the cream and milk and stir in the sugar and egg yolks.
3. While stirring, raise the temperature of the mixture to 180°F (82°C).
4. Chill in the fridge for 12 hours.
5. Turbinate in an ice-cream machine.

Crumble

1. Preheat oven to 356°F (180°C).
2. Mix all ingredients in a bowl with your fingers.
3. Once smooth, place on a baking sheet and bake for 15 minutes until golden brown.
4. Let cool in the open air.

To serve

Serve the crumble in a bowl and top with ice cream.



Matricaria discoidea
Matricaire odorante
Pineappleweed



Zanthoxylum americanum
Clavaliér d'Amérique
Northern prickly-ash

STAR PLANTS: PINEAPPLEWEED AND NORTHERN PRICKLY-ASH

Pineappleweed is an annual plant native to western North America which has become naturalized in Québec. It has become part of the urban flora and is often considered a weed. Its flower heads and leaves are edible, and they smell like pineapple when crushed.

The Northern prickly-ash is a thorny shrub native to Québec that grows along forest edges. The edible part is the peppercorn-sized fruits, which have a citrus flavour and create a tingly sensation on the tongue. This Québec spice is hard to find in stores.

Did you know? The fruit of the Northern prickly-ash is sometimes called Clavaliér pepper in French, but it is a false pepper. The prickly-ash belongs to the *Rutaceae* family, which includes citrus fruits, while true pepper plants are members of the *Piperaceae* family.

SAFFRON ICE CREAM

Thursday

Chef: Mostafa Rougaïbi



© Les Survenants

With its aroma and colour, saffron is a jewel of nature. This iconic Moroccan spice also thrives in our latitudes and can be used in both savory and sweet dishes. Let's make the most of it!

INGREDIENTS

2 ½ cups (600 ml)
of 3.25% milk

¼ cup (60 g)
of unsalted butter

2 tablespoons (30 g)
of 0% milk powder

4
egg yolks (80 g)

½ cup (130 g)
of sugar

2 ½ tablespoons (35 g)
of atomized glucose

1 teaspoon (3 g)
of ice cream stabilizer

15
saffron stigmas

PROCEDURE

Serves: 8

Preparation time: 10 minutes

Cooking time: 20 to 25 minutes

1. Boil milk with butter and milk powder.
2. Blanch egg yolks with sugar, atomized glucose and ice-cream stabilizer.
3. Add boiling milk to blanched egg yolks and cook at 185°F (85°C).
4. Pass through a sieve and blend for one minute.
5. Add saffron and cool rapidly to 37.4°F (3°C).
6. Leave to mature for at least 4 hours.
7. Blend again and process in an ice-cream maker.



Crocus sativus
Safran cultivé
Saffron crocus

STAR PLANT: SAFFRON

Saffron is a spice often referred to as “red gold.” Each saffron flower has three red stigmas that are hand-picked and separated from the rest of the flower. The stigma is the tip of the female reproductive organ that catches pollen grains.

Did you know? Supermarkets will often sell fake saffron (bastard, Mexican or American saffron) made from the petals of the safflower, a plant unrelated to saffron. Genuine saffron is an expensive spice. The main reason for its high price is the huge amount of labour required to produce it. Whole flowers must be handpicked, then the stigmas carefully removed, flower by flower. Up to 150,000 flowers are needed to obtain 1 kg of dry saffron!

Saffron can be grown in Québec. The purple flowers of this bulbous plant bloom in the fall.

ROASTED RADISHES ON A WHITE BEAN SPREAD WITH RADISH TOPS PESTO

Monday

Chef: Loounie



© Loounie

Often shunned for their peppery taste, radishes deserve to be celebrated for what they are. Cooked from root to leaf, they are offered here in a bite-sized flavourful and textured dish.

INGREDIENTS

Roasted radishes

1 bunch of radishes (tops and radishes separated)

2 tbsp (30 ml) of canola oil

1 tbsp (15 ml) of maple syrup

1 pinch of salt

Radish pesto

2 cups of radish tops (about half the tops of the bunch)

1 cup of basil leaves

½ cup of mint leaves

Boiling water

Cold water and ice cubes

¼ cup (60 ml) of nutritional yeast

2 tbsp (30 ml) of hulled hemp seeds

1 tbsp (15 ml) of maple syrup

2 tsp (10 ml) of cider vinegar

1 pinch of salt

¼ cup (60 ml) of sunflower, canola or olive oil

White bean spread

¼ cup (60 ml) of tahini

1 tbsp (15 ml) of cider vinegar

2 garlic cloves, minced

1 pinch of salt

1 can (398 ml) of white beans, drained and rinsed

Ice cubes or cold water, as required

For serving

Oil, pepper and fresh herbs (optional)

PROCEDURE

Roasted radishes

1. Wash radishes well, trim ends and cut in half.
2. Heat oil in a frying pan over medium heat. Add the radishes, cut-side down, to the pan. Without touching them, let the radishes roast for 5-6 minutes. When they are nicely colored on one side, turn with tongs and continue cooking for 2-3 minutes. Reduce heat to low-moderate, cover and continue cooking for 2 minutes.
3. Remove lid, add maple syrup and salt and stir well. Remove pan from heat.

Radish pesto

1. Place radish tops, basil and mint in a bowl. Cover with boiling water and leave to soak for 1 minute.
2. Using tongs, transfer the tops and herbs to an ice-water bath. Leave to stand for 2 minutes. Using your hands, squeeze excess water from the leaves and transfer to the container of a food processor or blender.
3. Add nutritional yeast, hemp seeds, maple syrup, cider vinegar and salt. Grind until herbs are finely chopped.
4. Drizzle in oil and continue to grind until a sauce texture is obtained. Set aside.

Bean spread

1. Place tahini, cider vinegar, garlic and a pinch of salt in a food processor. Process until smooth.
2. Add beans and 3-4 ice cubes and blend until smooth. Set aside to cool.

To assemble

1. Spread the bean spread on the bottom of a serving plate.
2. Top with pesto and toss lightly to obtain a marbled effect, if desired.
3. Add the luke-warm radishes.
4. Garnish with a drizzle of oil, cracked pepper and fresh herbs if desired.

Note: The spread, pesto and roasted radishes will keep for 3-4 days in the fridge. It's best to keep them separate and assemble only when ready to serve.



Raphanus raphanistrum
subsp. *sativus*
Radish, Radish

STAR PLANT: RADISH

The common radish is a very fast-growing vegetable. This means it can be sown and harvested several times during the season. Since it likes cool weather, it is best to sow successive crops in the spring. Radish leaves are edible, but the root is the commonly used part. It is therefore classified as a root vegetable.

Did you know? There are several categories and cultivars of radish, with different shapes and colours. Those harvested early in the season (including the common radish) are often called summer radishes. Winter radishes include the daikon radish, which is highly prized in Asian cuisine. It is cultivated mainly in late summer and fall. Some varieties, like the rat-tail radish, also known as the serpent radish, do not produce an edible root and are grown specifically for their elongated pods (siliques).

LEMON AND MINT BROAD BEAN MASH, BROAD BEAN FLOUR PANISSES

Tuesday

Chef: Stelio Perombelon



© Les Survenants

Widely cultivated in the past, broad beans are now making a comeback. This tender and flavourful legume is featured in this reinterpretation of Pannisse, a specialty from the South of France.

Serves: 24 pieces

Preparation time: 3 hours for the panisses and 20 minutes preparation time

Cooking time: 7 minutes=

INGREDIENTS

Broad bean flour panisses

- ¼ cup (90 g) of chickpea flour
- 1/3 cup (60 g) of broad bean flour
- 2 ½ cups (600 ml) of cold water
- 2 tbsp (30 ml) of olive oil
- 1¼ tsp (5 g) of fine salt

Lemon and mint broad bean mash

- 2 cups (300 g) of cooked broad beans
- 12 flat parsley leaves, torn
- 6 mint leaves, torn
- 1 clove garlic, minced
- 1 tbsp (15 ml) of lemon juice and zest
- ¼ cup (60 g) of labneh (strained yogurt)
- 1 pinch salt
- Sufficient canola oil for cooking
- Pepper

PROCEDURE

Broad bean flower panisses

1. Line a 11 cm x 20 cm loaf tin with cling film.
2. Combine and sift the flours in a mixing bowl. Add half the water and whisk to combine. Set aside.
3. Heat remaining water, oil and salt in a medium saucepan. When the liquid boils, add the contents of the mixing bowl and stir constantly. Cook over medium heat, whisking constantly, for 6 minutes.
4. Pour the mixture into the lined tin and smooth out. Cool to room temperature, then chill for 3 hours.
5. Cut into 12 slices of about 1.5 cm and cut each slice diagonally into 2. Set aside in a cool place.

Mashed broad beans with lemon and mint

1. For the mash, combine the broad beans, parsley, mint and garlic in the bowl of a food processor. Pulse a few times to obtain a coarse texture.
2. Add lemon juice, labneh and salt. Pulse once more and transfer to a chilled bowl.
3. Heat a non-stick frying pan about 20 cm in diameter over medium-high heat for 1 minute. Add a drizzle of oil and heat for 20 seconds. Place the slices of breadcrumbs on the pan and leave to rest for about 1 minute before flipping to the other side. Cook for a further minute and transfer to a plate with kitchen paper. Proceed in two batches.

For service

Serve the panisses on a plate with a bowl of the broad bean mash sprinkled with lemon zest and topped with freshly ground pepper.



Vicia faba
Fève gourgane
Broad bean

STAR PLANT: BROAD BEANS

The broad bean, which goes by the name “gourgane” in Québec, is a legume whose wild ancestor remains unknown. It has been cultivated for over 9,000 years and was frequently eaten in New France. It was easy to grow and produced abundant crops. However, its popularity plummeted in both North America and Europe, where it was eventually supplanted by beans and potatoes.

Did you know? In Québec, common beans (*Phaseolus vulgaris*) are often called “beans,” and broad beans are called “gourganes.” The name comes from the French colonizers and is probably of Norman origin.

Broad beans are mainly grown in Saguenay–Lac-Saint-Jean and Charlevoix, where they are the main ingredient in a traditional soup.

OYSTER MUSHROOM RILLETTES WITH MAPLE MUSTARD

Wednesday

Chef: Loonie



© Loonie

Mushrooms are becoming more and more popular in vegetarian cooking, as much for their rich flavour as for the different textures they provide. Here, they are cooked in simple rillettes using readily available ingredients and local oyster mushrooms.

INGREDIENTS

Rillettes

1 cup (250 ml) of dry red lentils, well rinsed

½ cup (125 ml) of shelled raw sunflower seeds

½ cup (125 ml) of textured vegetable protein (TVP)

2 cups (500 ml) of water

¼ tsp (1.25 g) of salt

Approx. 1 container (300 g) of oyster mushrooms

2 stems of garlic flower

3 tbsp (45 ml) of canola oil

3 tbsp (45 ml) of vegan butter

2 tbsp (30 ml) of nutritional yeast flakes

Pinch of salt

2 tsp (10 ml) of maple syrup

2 tsp (10 ml) of cider vinegar

Salt and pepper to taste

Maple mustard

¼ cup (60 ml) of Dijon mustard

1 tbsp (15 ml) of maple syrup

To serve

Bread croutons or crackers of your choice

Chopped chives (optional)

PROCEDURE

Rillettes

1. Place rinsed lentils, sunflower seeds, textured vegetable protein, water and ¼ tsp. salt in a pot. Mix well and bring to a boil.
2. Once mixture boils, reduce heat to low, cover and simmer for 10-12 minutes, or until lentils are tender and liquid absorbed. Remove from heat. Using a hand-mixer, purée the lentils, taking care to retain some of their texture (you don't want a smooth purée). Set aside.
3. Using your fingers, break up the oyster mushrooms following the direction of the fibers to obtain a texture similar to that of shredded chicken. Prepare the garlic flower stems by removing the tough part and finely chopping the remaining stems. Set aside.
4. In a dry skillet over medium-high heat, brown the shredded oyster mushrooms for 4-5 minutes, or until they are well-colored and have released their moisture. Set oyster mushrooms aside in a separate bowl.

5. In the same pan, over medium-high heat, add the oil, vegan butter, garlic flower, nutritional yeast flakes and a pinch of salt. Sauté for 3 minutes, or until the butter has melted and the garlic has released its fragrance. Add the oyster mushrooms, maple syrup and cider vinegar, then sauté for 2 minutes, or until the mushrooms are well rehydrated with the oil.
6. Add the contents of the pan to the pot with the lentil mixture, then stir to distribute the mushrooms evenly. Using a hand-mixer, coarsely grind the mushrooms (5-6 strokes), taking care to retain their texture. Taste, then season with Salt and pepper.
7. While still hot, transfer the rillettes to a glass container. Cool in the refrigerator if desired.

Maple mustard

1. Place Dijon mustard and maple syrup in a bowl and mix until smooth.

For service

1. Spread rillettes on bread croutons or crackers and garnish with a little maple mustard.
2. Garnish with freshly chopped chives if desired.



Pleurotus spp.
Pleurote / Oyster, abalone, or tree mushrooms (depending on the species)

STAR PLANT: OYSTER MUSHROOM

The genus *Pleurotus* includes many species of mushroom, most of which are edible. They grow on tree trunks and stumps. About 20 species are commercially grown, the most common of which is the mild-flavoured oyster mushroom (*P. ostreatus*).

Did you know? Mushrooms are not plants. The edible part of a mushroom is called the fruiting body or sporophore, which is the reproductive structure that produces and releases spores. The mycelium is the largest part of a mushroom. It is composed of a network of tiny filaments called hyphae, which are usually hidden in the soil, in wood, etc.

There are more and more varieties of mushrooms appearing on the market. If you're new to mushroom picking, make sure you consult an expert to avoid potential poisoning. Never fancy yourself as a mycologist.

MALABAR SPINACH “MOUSSE” CAKE

Thursday

Chef: Stéphanie Wang



© Emilie Gaudreault-2021

A great way to take advantage of the binding properties of Malabar spinach—a plant of tropical origin that grows wonderfully well in Québec. In a cake, it adds a soft texture as well as its signature lemony flavour. Delicious!

INGREDIENTS

Cakes

3 cups (360 g) of unbleached all-purpose flour (or gluten-free all-purpose flour mix)

2 tsp (10 g) of baking powder

1 tsp (5 g) of baking soda

¼ tsp (1 g) of salt

¾ cup (180 ml) of tempered butter (or margarine or coconut oil)

2 ¼ cups (450 g) of sugar (replace with maple syrup and reduce ¼ or 1/2 cup for a less sweet version that's just as good!)

3 eggs (or 3 tbsp of chia seeds or 4.5 tbsp of camellina, soaked in 1/2 cup water for 5 mins)

2 tsp (10 ml) of melilot (sweet clover) or vanilla essence

Zest of one lemon (or 1 tsp / 5 ml of lemon juice)

1 ½ cups (375 ml) of Malabar spinach purée (see note)

1 ½ cups (375 ml) of applesauce (or cucumber juice + 1 tbsp of ground flaxseed)

Glaze

1 cup (125 g) of tempered cream cheese (or tahini)

2 cups (200 g) of powdered sugar (or maple syrup)

1 tsp (5 ml) of lemon juice

PROCEDURE

Cakes

1. Butter 2 round hinged cake pans and line the bottom of each with parchment paper cut into circles.
2. Prepare a 3rd smaller pan (a loaf pan, for example), which will be used to bake the excess cake batter for the filling.
3. Place the rack in the middle of the oven and preheat to 325°F (160°C).
4. Combine the first 4 ingredients in a bowl and set aside.
5. In another bowl, whisk butter with sugar until mixture turns white.
6. Add eggs to this mixture while continuing to whisk.
7. Add the rest of the ingredients on the list, plus the reserved dry ingredients; the mixture should be smooth and homogeneous.
8. Divide the mixture between the molds; put more in the round molds (3 cups / 750 ml each and 2 cups / 500 ml for the 3rd).
9. Bake for about 45 minutes for the round pans, slightly less for the 3rd, or until a toothpick inserted in the center of the cake comes out clean.

Serves: 12

Preparation time: 45 minutes

Baking time: 45 minutes

Storage: 5-6 days in the refrigerator (the green color will start to fade after one day)

10. Cool on a wire rack before unmolding.
11. For the icing, whip the cream cheese, then gradually stir in the powdered sugar and lemon juice.
12. Spread 1/3 of the icing over one cake, then top with the second. Frost all around and on top of the cake.
13. Coarsely crumble the 3rd cake and spread over the cake to obtain a “forest mousse” effect; preferably use the green parts on top.
14. Decorate with edible flowers or other ingredients of your choice.
15. Serve within one hour, or refrigerate loosely covered with cling film.

Notes

1. Malabar spinach is plumper and more mucilaginous than regular spinach, so it lends itself well to this kind of recipe.
2. To make 1 ½ cups (375 ml) of purée, you'll need 1 ½ cups (350 g) of fresh Malabar spinach leaves. Cook for 2 minutes in boiling water. Cool in iced water, drain and purée in a blender; add a little cooking water if necessary.



Basella alba
Épinard de Malabar
Malabar spinach

STAR PLANT: MALABAR SPINACH

Malabar spinach is not a true spinach. However, the leaves of this climbing plant are used in the same way. They are thicker than spinach, with a mucilaginous texture (slimy feel in the mouth). They are mainly eaten cooked and have a lemony flavour.

Did you know? Malabar spinach is a tropical perennial that can be grown as an annual in Québec. It is both edible and ornamental. There are two different types of the same species. The green variety produces white flowers, while the red has purple stems and pink flowers. The small, round fruits are also decorative.

While true spinach is a cool-weather plant with a short harvesting period, Malabar spinach loves the heat, and its leaves can be harvested all summer long.