



Executive Chef Luis de Sousa and his talented culinary team are pleased to share recipes for these popular Waring House dishes with you.

WARING HOUSE DINNER ROLLS

Innkeepers' Family Recipe

Ingredients:

1 tbsp	active dry yeast
1 cup	lukewarm water
1 tbsp	white sugar
2 cups	warm water
¼ cup	melted unsalted butter
1 tbsp	kosher salt
¼ cup	white sugar
4 cups	flour (approximately)

Method:

Place 1 cup of lukewarm water in a large bowl. Dissolve 1 tbsp. white sugar in water. Then sprinkle yeast on top. Let rest without stirring for ten minutes until foamy.

Stir the 2 cups of warm water in to the yeast mixture, along with the melted butter, salt and sugar.

Gradually add the flour until a soft dough is formed. Depending on the type of day, the flour amount may vary

Turn the dough out on to a floured board or counter and knead for ten minutes. Grease a large bowl and place the dough into the bowl. Turn the dough ball over so as to grease both sides. Cover with oiled plastic and let rise until doubled in size.

Punch down dough by taking your fist and plunging it into the centre. Gather the dough together and knead a couple of minutes. Set aside to rest for about t minutes.

To form the roll, divide the dough evenly into orange sized balls and place in an oiled baking pan with the sides of the balls touching. Cover and let rise until doubled in bulk.

Preheat oven to 350 degrees while the rolls are rising. Bake until golden brown, approximately 30 to 40 minutes. Makes about 2 dozen large buns. Enjoy!

The Waring House Apple Cider & Old Cheddar Soup

A Waring House favourite by Executive Chef Luis de Sousa

Ingredients:

2 ¾ cups	water
½ large	onion
3 to 4 ribs	celery
1 large	carrot
1 1/3 cups	sweet apple cider
2/3 cup	maple syrup
2 tbsp	cornstarch
¼ cup	water
½ lb.	1-year-old, white Black River Cheddar Cheese, grated
1 1/3 cups	35% cream

Method:

Add water, onion, celery, and carrot to pot. Bring to a boil and simmer for 15 to 20 minutes. Discard vegetables and strain if necessary.

Add apple cider and maple syrup. Dissolve cornstarch in ¼ cup water and stir into soup Heat until slightly thickened.

Stir in Black River cheese and cream. Season to taste with salt and pepper. Heat gently until cheese is dissolved and soup is warm enough to serve, being careful not to overheat.

Barley Days Brewery
Wind & Sail Dark Ale and Maple Vinaigrette With Spinach, Almonds, and Cheddar
Created by Chef Lili Sullivan of Claramount Inn & Spa
as demonstrated at 2007 TASTE, a celebration of regional cuisine



Ingredients:

2 tbsp	maple syrup
2 tbsp	freshly squeezed lemon juice
2 tbsp	Wind & Sail Dark Ale
¼ cup	vegetable or olive oil
½ tsp	Dijon mustard
¼ tsp	salt
	generous pinch of freshly ground black pepper
12 cups	spinach or arugula and mixed greens
¼ cup	sliced, toasted almonds
4 ounces	1 year old Black River cheddar, shredded

Method:

In a small bowl, combine syrup, lemon juice, ale, and Dijon. Whisk in oil until smooth. Season with salt and pepper. Taste; then adjust the oil, lemon, and ale to suit. Place greens in large bowl and refrigerate (up to 1 day) until ready to use.

When ready to serve, whisk dressing and pour over greens. Toss until greens are glistening with dressing. Sprinkle top of salad with nuts and cheddar.

Grilled Wellington Portobello Mushrooms

One of the inn's most popular appetizers by Executive Chef Luis de Sousa

Ingredients:

	Mushrooms
4	portobello mushrooms, wiped clean, black gills discarded, stems removed
1 tbsp	balsamic vinegar
3 tbsp	extra virgin olive oil
½ cup	goat cheese, softened
2 tbsp	red bell pepper, diced
2 slices	prosciutto, chopped
	freshly ground black pepper to taste
4 cups	mixed baby greens, lightly dressed with a bit of olive oil

Method:

Preheat grill to high. Grill mushrooms until soft and slightly grill-marked. Combine oil and vinegar in a bowl.

As the mushrooms are cooked, dip them in the oil/vinegar mixture.

Preheat oven to 400°F. Place mushrooms, cavity side up, on parchment-lined baking tray.

Cream together goat cheese, red pepper, prosciutto, and pepper.

Divide evenly into four patties placing one in the centre of each mushroom cap.

Bake five to eight minutes, until cheese begins to melt. Serve on bed of baby greens.

Drizzle chive oil (see recipe below) around the edges.

Ingredients:

	Chive Oil
1 bunch	chives, chopped
6	green onions, green part only, trimmed and chopped
1 cup	vegetable oil

Method:

Put all ingredients in blender or food processor; blend until smooth. Pour into a plastic squeeze bottle and refrigerate.

Sun-dried Cranberry Mango Risotto

by Executive Chef Luis de Sousa

Ingredients:

	Sun-dried Cranberry and Mango Risotto
1	mango, peeled, pitted, and cut into small dice
1 cup	rice wine vinegar simple syrup*
4 cups	chicken or vegetable stock
	olive oil

1 shallot, finely chopped
1 clove garlic, finely chopped
1 cup Arborio rice
½ cup dry white wine
1 tbsp chives, finely chopped
2 tbsp grated Romano cheese
salt and pepper
2 oz sun-dried cranberries

Method:

Place chicken or vegetable stock in medium saucepan and bring to a simmer over medium heat. Heat oil in a large, heavy saucepan over medium heat. Add shallot and garlic and sauté for a couple of minutes until softened. Add rice and cook, stirring until all grains are coated in oil. Add white wine, stir, and continue to cook until it has evaporated. Add about ½ cup stock; reduce heat, and cook, stirring until almost all of it has been absorbed. Continue cooking, stirring, and adding stock (½ cup at a time), when previous addition has been absorbed, until rice is al dente and the risotto is creamy (usually 15 – 20 minutes). Once done, remove from heat, drain mango from syrup, and stir into the risotto, along with chives, Romano cheese, and sun-dried cranberries.

Season risotto with salt and pepper and serve immediately.

Ingredients: **Rice Wine Vinegar Simple Syrup*

3 cups water
2 cups sugar
1 cup rice wine vinegar
1 star anise

Method:

Place all ingredients in pot and bring to a boil; making sure sugar is fully dissolved. Strain and let cool. Add diced mango to 1 cup of syrup and refrigerate for a few hours.

Grilled Wellington Portobello Mushrooms

One of the inn's most popular appetizers by Executive Chef Luis de Sousa

Ingredients: *Mushrooms*

4 portobello mushrooms, wiped clean, black gills discarded, stems removed
1 tbsp balsamic vinegar
3 tbsp extra virgin olive oil
½ cup goat cheese, softened
2 tbsp red bell pepper, diced
2 slices prosciutto, chopped
freshly ground black pepper to taste
4 cups mixed baby greens, lightly dressed with a bit of olive oil

Method:

Preheat grill to high. Grill mushrooms until soft and slightly grill-marked. Combine oil and vinegar in a bowl. As the mushrooms are cooked, dip them in the oil/vinegar mixture. Preheat oven to 400°F. Place mushrooms, cavity side up, on parchment-lined baking tray. Cream together goat cheese, red pepper, prosciutto, and pepper. Divide evenly into four patties placing one in the centre of each mushroom cap. Bake five to eight minutes, until cheese begins to melt. Serve on bed of baby greens. Drizzle chive oil (see below) around the edges.

Ingredients: *Chive Oil*

1 bunch chives, chopped
6 green onions, green part only, trimmed and chopped
1 cup vegetable oil

Method:

Put all ingredients in blender or food processor; blend until smooth. Pour into a plastic squeeze bottle and refrigerate.