



### SAUSAGE WITH GRILLED VEGETABLES AND DILLED ORZO

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> <li>• 4 large sausages of your choice</li> <li>• 4 ripe but firm tomatoes</li> <li>• 2 bell peppers, preferably different colors cut in half</li> <li>• 1 zucchini in cut in half lengthwise</li> <li>• 3 tbsp olive oil</li> <li>• 2 cups orzo</li> <li>• 1 head broccoli, cut into small florets</li> <li>• 1 lemon</li> <li>• 1/2 tsp pepper</li> <li>• 1/2 tsp salt</li> <li>• 1/2 cup chopped fresh basil</li> <li>• 1/2 cup chopped fresh dill</li> <li>• 3 green onions, thinly sliced</li> </ul>	<ol style="list-style-type: none"> <li>1. Oil grill. Heat barbecue to medium-high. Prick sausages in several places. Thickly slice tomatoes, halve peppers and halves zucchini. Brush with about 1 tbsp (15 mL) oil. Place all on grill. If they won't fit, add only half the tomatoes. Cook, covered, turning often. Remove tomatoes to a big baking sheet when grill marks form, 2 to 4 min. Then add remaining tomatoes. When peppers and zucchini are charred and sausages cooked, 12 to 16 min, remove to the baking sheet.</li> <li>2. Meanwhile, boil orzo following package directions. Two minutes before orzo or rice is cooked, stir in broccoli. Drain and turn into a big bowl. In a small bowl, whisk 2 tbsp each oil and lemon juice, 1/2 tsp each salt and pepper. Stir into orzo mixture. Chop grilled tomatoes, peppers and zucchini. Slice sausages. Prepare herbs and onions. Stir all into orzo. Taste. Add more lemon juice and salt if needed. Delicious warm or at room temperature.</li> </ol>

Source : <https://www.chatelaine.com/recipe/stovetop-cooking-method/spicy-sausage-with-dilled-orzo/> Our mission is to promote food autonomy and healthy habits by doing cooking workshops in group. You can become a member at anytime and it's free! Contact us at - 819 832-1176 / [info@cchsf.ca](mailto:info@cchsf.ca)



## CIDER AND MAPLE MAGRET DUCK BREAST SALAD

<u>Ingredients</u>	<u>Steps</u>
<ul style="list-style-type: none"> <li>• 2 magret duck breasts 375g each</li> <li>• 6 cups mixed salad</li> <li>• 1 cup bean sprouts</li> <li>• 10 finely sliced radishes</li> <li>• ¼ cup finely sliced red onion</li> <li>• ¼ cup coarsely chopped walnuts</li> <li>• 1 tomato, cut into small cubes</li> <li>• 3 tablespoons balsamic vinegar</li> </ul> <p>Marinade :</p> <ul style="list-style-type: none"> <li>• ½ cup apple cider</li> <li>• 2 tablespoons maple syrup</li> <li>• 1 tablespoon olive oil</li> <li>• Salt, pepper and lemon juice</li> </ul>	<ol style="list-style-type: none"> <li>1. In a bowl, pour remaining marinade ingredients and mix. Pour on the duck, toss well and reserve in the fridge for 24 hours.</li> <li>2. Drain the duck, place in a cold skillet and heat over low heat for 12 to 15 minutes. Move regularly and remove the fat as you go.</li> <li>3. Increase to medium heat, turn breasts over and continue cooking for 5 to 7 minutes, or until the internal temperature reaches 135F. Place on a plate, cover with foil and let stand for 5 minutes. Slice and reserve.</li> <li>4. In a large bowl, mix salad ingredients and balsamic vinegar. Place the duck slices on top and serve.</li> </ol>

Source : [maillard.co/blogs/recipes/cider-and-maple-magret-duck-breast-salad](http://maillard.co/blogs/recipes/cider-and-maple-magret-duck-breast-salad)

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