



Seared Venison Frenched Rack with Black & Blue Sweet Sweetgrass Sauce, paired with Maple Sage Roasted Sweet Potato Medallions & Three Sisters & Honey Beet Root Noodle Stack

Sage Roasted Sweet Potato Medallions

- ï 1 large sweet potato (cut into 1/3-inch-thick medallions)
- ï 1 tsp smoked paprika
- ï 2 oz maple syrup
- ï 1 tsp dried sage
- ï ½ tsp garlic powder
- ï 2 tbsp extra virgin olive oil
- ï Salt & pepper

1. First, preheat the oven to 425 degrees F (230 degrees C).
2. While the oven is preheating, wash the sweet potatoes and remove any growths or blemishes, but do not peel them. The potato rind helps keep the wedges crispy & held together when baking plus it is a good source of fibre and nutrition.
3. Add to a small bowl & drizzle olive oil over medallions and lightly toss until evenly coated. Then add in the paprika, garlic powder and sage and maple syrup & toss again
4. Add to lightly oiled pan & spread medallions evenly on the baking sheet & sprinkle with salt & pepper.
5. Finally, bake in the oven for a total of 40-45 minutes, flipping once about halfway through. Both sides should be lightly browned and crispy on the edges

Black & Blue Sweetgrass Sauce



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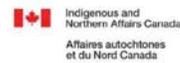


- ï 1.5 cups blueberries
- ï 2 cups blackberries
- ï ½ braid sweetgrass (Lightly Torched)
- ï 1/3 cup water
- ï 1 tbsp sugar
- ï 1 tbsp fresh lime juice

1. Lightly torch sweetgrass & add to saucepan
2. Combine all of the ingredients into a saucepan. Bring to a simmer over medium heat, & then continue cooking for about 10 minutes, or until the blueberries and blackberries begin to pop & the compote has thickened.
3. Let cool & store in the refrigerator until ready to use but keep sweetgrass in the sauce while storing as the flavour will continue to release.

This is best made a day before you need it. We recommend making it ahead of time and allowing it to sit in the fridge for the flavours to saturate. However, if you do not have time for that, making it at the time of your dinner is fine

Three Sisters and Honey Beetroot Noodle Stack



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- ï 1 large beet – spiralized or thinly cut
- ï 1 handful green beans cut into small slivers,
- ï ½ butternut squash – spiralized or thinly cut
- ï ½ corn on the cob (kernels removed)
- ï ¼ cup of extra virgin olive oil
- ï ¼ cup honey
- ï 1 tbsp chopped parsley or micro greens leaves for garnish
- ï Salt & pepper to taste

1. Place a medium skillet over medium/high heat. Add oil and heat until the pan is hot but not smoking.
2. Add the squash noodles and beet noodles, and cook until it begins to soften (about 2 minutes or so).
3. Add the honey, and stir to coat noodles evenly.
4. Add in beans and corn and cook for about 30 seconds or just until squash begins to brown and all vegetables are evenly mixed.
5. Remove from the heat and season with salt and pepper to taste
6. Add to plate spiralled high with the noodles first, then finish by spooning corn and beans out on top.
7. Top with any remaining oil and honey from the pan.
8. If you'd like you can garnish with parsley or microgreens.



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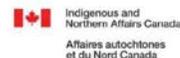
Seared Venison Frenched Rack Loin

- ï 8 oz venison frenched rack
- ï 1 tsp sea salt
- ï 1 tsp black pepper
- ï 1/2 tsp smoked paprika
- ï 2 Tbsp olive oil

1. Preheat oven to 350f / 180c.
2. Dry off the surface of venison w/ paper towels & sprinkle paprika, salt & pepper mix liberally on top.
3. Heat an oven-proof skillet on high with olive oil. Once hot, place venison into the skillet to sear, flipping after about 2 min or so to make sure all sides are cooked. Then place the pan in the oven for 7-10 minutes. (depending on thickness)
4. Remove from the oven and place on foil sheet. Allow meat to rest for 10 minutes before slicing.
5. Plate & top w/ blueberry sweet grass sauce down the center.

Brought to you by **Billy Alexander**

Chef Billy Alexander is back in his home province and leading an exciting new Indigenous culinary tourism project in Caldwell First-Nation near Leamington, Ontario. Chef Billy is a Cordon Bleu-trained Chef who has extensive global experience. His sharing of his understanding of Indigenous cuisine has garnered global recognition and acclaim. Growing up in Ontario, he developed the foundations of his “land-to-food” concepts by farming, trading, fishing and hunting. Leading this exciting new venture at Caldwell First-Nation is a culmination of a lifetime of experiences, and will foster new economic opportunities for the surrounding community.



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