



assion. If you had to sum up Toronto-based celebrity chef Roger Mooking in one word, that would be it. This accomplished chef, musician and Food Network star is one busy man. "I am so fortunate to be able to earn a living by surrounding myself with the things I am most passionate about," explains Mooking.

"I love food. I love how a great meal brings people together.

"I love demystifying products and ingredients and marrying the unusual. Mixing cultures and blending seasons. I enjoy inspiring people to be more adventurous with their taste buds. It can be so subtle, just a little hint of something new or it can be earth shattering and light your tongue on fire."

Roger Mooking

Executive Chef,
International Recording Artist

enticing

soaps salads

A twist on the everyday
makes these soups &
salads out of this world!



This young cuisine impresario has accomplished a solid reputation in Toronto's hip restaurant community as co-owner and executive chef at Kultura, Nyood and Eatalia. And you don't have to dig deep to see that this third generation chef draws his inspiration from his own rich ethnic Caribbean and Chinese background.



radicchio, orange and arugula salad
Visit **Longo's.com** for recipe.

fennel and prosciutto salad

Don't be shy with your cutlery! This salad needs a fork and a knife to gather up a little bit of all the goodness and texture.

Preparation Time: 25 minutes

- 4 slices **Longo's** prosciutto
- Half fennel bulb
- 2 tsp white balsamic vinegar
- 2 tsp **Longo's Aged Balsamic Vinegar**
- 12 gourmet medley cherry tomatoes, halved
- 1/4 tsp cracked black pepper
- 4 small sprigs **Longo's** fresh thyme
- 2 tsp blood orange flavoured oil
- 4 tsp **Longo's** natural pumpkin seeds (pepitas)

Place one piece of prosciutto in centre of 4 plates; set aside.

Using a mandolin, thinly slice fennel and divide among 4 plates on top of the prosciutto.

In a bowl, whisk together white and aged balsamic vinegars. Add tomatoes and pepper and stir to combine. Let stand for 3 minutes. Scatter tomatoes among plates.

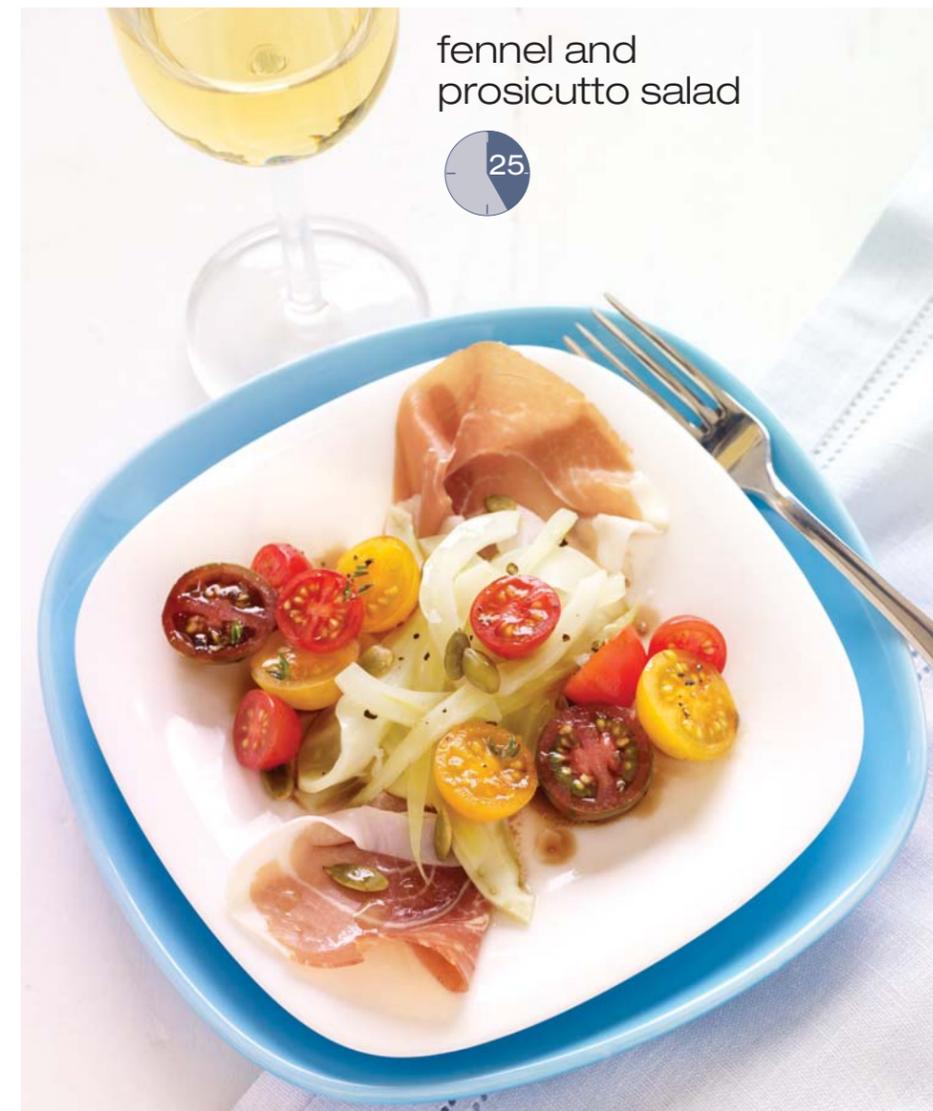
Pull thyme leaves off sprigs and sprinkle over plates. Drizzle with oil and sprinkle with pepitas.

Makes 4 servings.

Per serving: 120 calories; 9 g protein; 7 g fat; 6 g carbohydrate; 1 g fibre

Source of Vitamin C; Source of Folate; Source of Magnesium; Source of Omega-6 Fatty Acids

Tip: If you don't have a mandolin, use a large chef's knife to thinly slice the fennel.



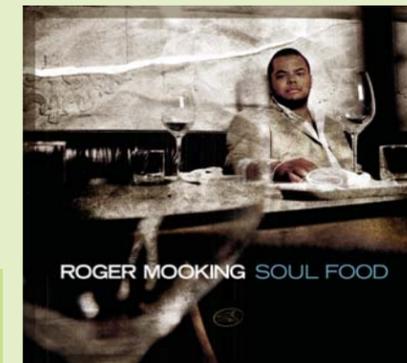
fennel and prosciutto salad



Roger says that choosing the right ingredients can make all the difference in a recipe which is why he enjoys shopping at Longo's. **"It has to be fresh, and Longo's always has what I need, whether it is an unusual item or local specialty."** Preferring to use local ingredients when they are available, he dials up the dining impact by blending fresh accompaniments and exotic spices. The result is magical. (check out his unique twist on soups and salads in this feature)

The other passion high on Roger's list is music. Formerly of trio Bass is Base, the Juno award winning R'n'B singer-songwriter has recently released an album titled "Soul Food", a perfect complement to an inspired evening. "Music is key to setting the mood, I believe that it is an essential part of the ritual of eating," Roger goes on. "I truly enjoy creating the right atmosphere so that one can thoroughly enjoy and savour both the food and the company with whom you're sharing it."

Download a Roger Mooking song at <http://www.rogermooking.com/mp3/> for free, from the album entitled "Soul Food" on Warner Music. Plug this address into your browser and download the song. It is safe, secure and ready to go.



squash cucumber soup with yogurt raita



squash cucumber soup with yogurt raita

A fresh combination of squash and cucumber gives this soup a spring touch. Steaming the vegetables first helps their fresh flavours in the soup. A zip of freshness is added with a mint-infused yogurt known as raita.

Preparation Time: 25 minutes
Cook Time: 35 minutes

1 ½ cups seeded and diced English cucumber (unpeeled)
1 cup diced, peeled butternut squash
1 tbsp **Western Family** canola oil
1 onion, chopped
2 ½ cups vegetable broth
½ cup Riesling wine
Pinch each salt and fresh ground black pepper

Raita:

2 tbsp plain Balkan style yogurt
1 tbsp finely diced cucumber
1 tsp chopped **Longo's** fresh mint
Pinch each salt and pepper
2 tsp chili oil (see Note at end of recipe)
Longo's fresh marjoram leaves

Raita: In small bowl, stir together yogurt, cucumber, mint, salt and pepper. Cover and refrigerate.

In a steamer, steam cucumber for 5 minutes or until tender. Remove to bowl. Using same steamer, steam squash for about 10 minutes or until tender; remove from heat.

In a saucepan, heat oil over medium heat and cook onion for about 5 minutes or until softened. Add squash and vegetable

broth and bring to a simmer. Simmer, stirring occasionally for 7 minutes. Add cucumber and Riesling and return to a simmer. Simmer, stirring occasionally for 6 minutes. Add salt and pepper. Transfer to blender and purée until smooth; return to saucepan to keep warm.

Ladle into shallow soup bowls and dollop with Raita. Drizzle with chili oil and garnish with marjoram before serving.

Makes 4 servings.

Per serving: 140 calories; 2 g protein; 6 g fat; 14 g carbohydrate; 2 g fibre

Source of Fibre; Good Source of Vitamins A and C; Source of Vitamin E; Source of Folate

Tips: You will need about ¾ of an English cucumber to get 1 ½ cups.

Look for Longo's peeled butternut squash pieces in the produce aisle.

You can use a steamer basket or steamer insert for your pots to steam vegetables. Simply bring the water below to a boil and cover top to steam. You can also use a colander for steaming if it fits in your pot.

Note: For a bright red chili oil with great flavour look for Paese Mio crushed peppers packed in oil in jars on Longo's shelves. Simply spoon the oil from the top of the jar and drizzle over the soup. Alternatively you can use chipotle chili oil, also available at Longo's.

black cod and pasta curry bowl

The combination of pasta and fish with a curry broth makes for a fork and spoon soup. Plated for a restaurant presentation, it comes together quickly with some easy planning and tasty flavours for your family.

Preparation Time: 20 minutes
Cook Time: 20 minutes

4 oz **Western Family** spaghetti
1 tbsp **Western Family** canola oil
1 onion, chopped
2 cups chopped fresh kale leaves
1 clove garlic, thinly sliced
½ tsp curry powder
2 ½ cups chicken stock
¾ cup **Western Family** coconut milk
2 tbsp lemon juice

Black Cod:

1 lb black cod or halibut fillets, skinned
Pinch each salt and pepper
1 tsp **Longo's** butter
1 tsp **Western Family** canola oil
2 tsp grated orange rind (optional)

In large pot of boiling salted water, cook spaghetti for about 6 minutes or until tender but firm. Drain and set aside.

Meanwhile, in saucepan heat oil over medium heat and cook onion for about 5 minutes or until softened. Add kale, garlic and curry powder and cook for about 3 minutes or until kale is wilted. Add stock, coconut milk and lemon juice and bring to a simmer. Keep warm.

Black Cod: Cut cod into pieces and sprinkle with salt and pepper. In a large nonstick skillet heat butter and oil over medium-high heat and cook cod for about 6 minutes, turning once or until golden brown.

Divide spaghetti among 4 shallow soup bowls and ladle curry broth over top of each. Top each with cod. Sprinkle with orange rind, if using.

Makes 4 servings.

Per serving: 370 calories; 26 g protein; 16 g fat; 30 g carbohydrate; 3 g fibre

Excellent Source of Vitamin C; Good Source of Omega-3 Fatty Acids; Source of Vitamins B1, B2 and B12; Source of Iron and Magnesium

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black cod and pasta curry bowl



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an afternoon with Roger Mooking

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