



Slow Food®

Mountain Al Fresco

INVERMERE BC

Planning to attend *Mountain Al Fresco* and want to take your own elegant picnic fare made with locally or regionally-produced ingredients? Let *Slow Food Columbia Valley* help—with this menu, these recipes and a locally-sourced shopping list. *Bon appetit!*



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Le Menu

LES ENTRÉES

Antipasto Platter

Plat Principal

*Grilled Lemony Garlic Chicken
with Dave's Rhubarb Pepper Jelly*

Roasted New Potato and Spring Herb Pesto Salad

Tomato, Basil and Honey Salad

Organic Greens

Plateau de Fromage, Miel, Chocolat et Fraises

*Comox Brie, Salt Spring Island Chèvre, Creston Alpindon,
Local Honey, Organic Chocolate.
Saunders Family Farm Strawberries*



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Recipes

ANTIPASTO PLATTER

Antipasto Platters are a perfect way to start an evening meal as there is always something for everyone. Choose from:

Antionette's Salt Spring Island Dip, Tapenade or Hummus

Edibles Creamy Garlic Scape Dip or Hummus

Helmut's, Gwinner's or Zehnder's Summer Sausage or Salamis

Sophie's or Pickle Patch Pickled Carrots and Asparagus

Cherry Tomatoes, Baby Carrots, Radishes, Snap Peas

Wicked Witch Onions

Invermere Bakery Crackers

Andy's Bread



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GRILLED LEMONY GARLIC CHICKEN WITH RHUBARB HOT PEPPER RELISH

Yield: 4 servings

INGREDIENTS

- 4 boneless organic or free-range chicken breasts
- ½ cup From Scratch Vinaigrette
- Zest of one lemon
- Juice of half a lemon
- 1-2 cloves garlic, minced
- pinch of hot chili flakes,
or a dash of hot sauce
- pinch or two of salt
- 1 jar Hot Pepper Relish

PREPARATION

1. Blend Vinaigrette, garlic, lemon zest, lemon juice, salt and pepper flakes.
2. Pour over chicken breasts and coat. Marinate for at least one hour or overnight, if you prefer. You may transfer the chicken breasts to a zip lock bag and place in the refrigerator.
3. Preheat BBQ Grill to high. Place chicken on the oiled grill and cook for 5 minutes at high heat to score. Turn the temperature down to medium. Gently turn the chicken breasts about 90 degrees and grill for a further 5 minutes to create an attractive criss-cross pattern. Turn the chicken over and grill for another ten minutes or until cooked through.
4. Place on a platter, garnished with herbs such as fresh rosemary and sliced lemon. Serve with Dave's Rhubarb Hot Pepper Relish.

TIP:

1. You can marinate the chicken and place in a freezer bag and freeze for up to one week. Defrost in the refrigerator and cook according to the recipe.
2. A little minced rosemary is a nice addition to the marinade.



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ROASTED NEW POTATO AND HERB PESTO SALAD

Yield: 4 servings

INGREDIENTS

1/3 cup	chopped fresh parsley
1/3 cup	chopped fresh basil
1/3 cup	chopped fresh chives
2 tbsp	chopped fresh rosemary
3 tbsp	extra virgin cold-pressed olive oil
2 cloves	garlic, minced
1 tbsp	Robertson's Estate Wine Vinegar
1 tbsp	lemon juice
1-2 tsp	From Scratch Mustard, or any good quality Dijon
1/2 tsp	salt and lashings of freshly ground black pepper
	pinch of sugar
2 1/2 lbs	red or white- skinned new potatoes, halved lengthwise or left whole if they are lovely and tiny.

PREPARATION

1. Blend parsley, basil, chives, rosemary, 2 tablespoons olive oil, garlic, vinegar, lemon juice, mustard, 1/2 teaspoon salt and a few lashings of fresh pepper in a food processor to a coarse paste...aka pesto!
2. Preheat oven to 400°F. Par cook the potatoes in boiling water for five minutes. Drain and shake to dry. Toss potatoes and remaining 2 tablespoons oil in large bowl. Sprinkle generously with salt and pepper. Arrange potatoes, cut side down, on rimmed baking sheet. Roast until potatoes are golden brown and tender, about 40 minutes. Using spatula, transfer potatoes to large bowl. Add pesto and toss to coat. Let cool to room temperature and serve.

TIPS:

- You may adjust the oil and vinegar to your liking.
- You might like to add thinly sliced radishes, some snap peas or green beans.
- You can cheat and use 4 tablespoons of From Scratch Vinaigrette instead of the oil, vinegar and mustard. No one will know!



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TOMATO SALAD WITH BASIL, OLIVE OIL AND HONEY

Yield: 4- 6 servings

INGREDIENTS

- 8 ripe tomatoes
salt and freshly ground pepper
- 3 tbsp extra virgin olive oil or organic
Canola Oil
- 1-2 tbsp. lemon juice, wine vinegar or
balsamic vinegar
- 2 tbsp honey
- 2 tsp torn basil leaves

PREPARATION

1. Cut tomatoes into ¼" slices.
Sprinkle with salt and pepper.
2. Mix the oil, lemon juice or vinegar and honey
together.
3. Add the basil leaves, pour the mixture over
the tomatoes and toss gently.
4. Taste and correct seasoning.
5. Serve on a bed of local greens.

TIP:

- A combination of red, yellow and orange
tomatoes in different sizes looks lovely!



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CHEESE, STRAWBERRY, CHOCOLATE AND HONEY

There is nothing simpler than a selection of rich cheeses, sweet strawberries, a dollop of local honey and dark chocolate for dessert.

Simply arrange everything on an old-fashioned plate and place it in the middle of the table for sharing.

For a little added decadence, pick up some prepared raw chocolate delights at Circle Health.

YOUR LOCAL SHOPPING LIST

Item	Valley Foods	Circle Health	Invermere Farmers' Market	From Scratch: a Mountain Kitchen	Edibles/Winderberry	The Trading Post Specialty Foods	Hopkin's Harvest	Patty's Greenhouse	Groundswell Community Greenhouse	Beeland	Sobey's
Organic or Free-Range BC Chicken	x						x				
Potatoes			x		x			x			
Greens							x	x	x		
Tomatoes			x		x			x			
Sausage, Salami, etc	x			x			x				
Strawberries	x	x	x		x						
Herbs	x	x	x		x			x	x		
Antoinette's Salt Spring Island Dip		x									
Antoinette's Kalamata Olive Tapenade		x									
From Scratch Vinaigrette	x		x	x							x
Garlic Scape Dip					x						
Hummus		x		x	x		x				
Robertson's Estate Vinegar						x					
Cold-Pressed Olive Oil	x	x				x	x				x
Comox Brie	x										
Kootenay Alpine Cheese	x	x		x							
Salt Spring Island Chevre	x										
Invermere Bakery Crackers											
Strawberries	x		x								
Patty's Greenhouse Tomatoes, vegetables and berries		x						x			
From Scratch Dijon Mustard	x			x							
Dave's or Saunder's Pepper Jelly	x		x			x	x				x
Sophie's Pickled Asparagus	x	x									
Honey	x	x	x	x		x	x			x	
Kootenay Bayou Hot Sauce	x					x					x
Vancouver Island Salt Company		x		x		x					
Organic Chocolate	x	x		x		x					x



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We hope you enjoy your lovely dinner at *Mountain Al Fresco*. If you followed the recipes provided by *Slow Food Columbia Valley*, we would love to see the evidence! Hashtag your Instagram photos [#slowfoodcvalfresco](https://www.instagram.com/explore/tags/slowfoodcvalfresco) for a chance to win great prizes. Prizes will be announced soon and will be drawn at random on July 10th!