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Prizes will be drawn regularly!

CASE #1

For AFEW Canadians - RECIPE #1

Recipe # 1 - Maple Glazed Lake Trout (or Salmon) over Lentil Salad w/Microgreens
Serves 2 people

Suggested Wine Pairing: *Alton's Unoaked Chardonnay*

Trout/Salmon

12 - 16 oz Lake Trout
¼ cup maple syrup
½ tspn corn starch
1 tspn AFEW White Wine Vinegar
Salt & Pepper
Microgreens to garnish

Preparation:

- Preheat oven to 400, or heat BBQ (keep one side off)
- In a small bowl, make a slurry with cornstarch, vinegar and a splash of water
- In a small pot, pan, heat maple syrup, and whisk in the slurry, and cook on medium for 30 seconds to a minute to thicken
- For trout, place on parchment lined baking dish (foil tray for the BBQ)
- Cook for approximately 10 minutes (depending on thickness of the fish)
- Glaze with the maple syrup

Lentil Salad

½ cup green lentils
½ cup brown lentils
Water or vegetable stock to cook
¼ cup chopped green beans
¼ cup diced fennel
¼ cup diced red peppers
1 clove garlic, minced
¼ cup olive oil
1 tbsn AFEW Red Wine Vinegar
1 tspn dry basil
1 tspn dry thyme

Preparation:

- Cook lentils (in separate pots) in water/vegetable stock until tender (approximately 10-12 minutes on medium heat)
- Drain and rinse lentils with cold water, air dry, then put into a bowl
- Saute all diced vegetables & garlic in 1 tspn olive oil for 30 seconds to a minute, and add to lentils
- Add in dry herbs, the remainder of the olive oil, vinegar, salt & pepper and toss
- Keep refrigerated until ready to serve
- (all vegetables in this recipe can be substituted for what's available at the farmers market, or what is in season. Try to pick things that are a variety of colours!)



FEATURED Cook-at-Home Pairing Recipe #1
*courtesy of **Local Chef Paresh Thakkar** of*
Personal Touch Eatery and Catering.
www.personaltoucheatery.ca

Be sure to purchase your ingredients locally at the
Sarnia Farmers Market!