



# From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGETARIAN  
GLUTEN-FREE**

## Strawberry Balsamic Semifreddo

### INGREDIENTS

PREP TIME: 20 minutes

TOTAL TIME: 4 hours

### INGREDIENTS

1 lb strawberries (hulled, quartered)

¼ cup granulated sugar

1 Tbsp balsamic vinegar

2 cups cream (35%)

1 can (300 mL) condensed milk

⅓ cup plain greek yogurt

Pinch of salt

### DIRECTIONS

1. In a medium saucepan, cook strawberries and sugar over medium heat for 10–15 minutes. Strawberries should break down and turn into a jam-like consistency. This should look chunky and not resemble a syrup.
2. Stir in vinegar and let cool completely.
3. Whisk cream and salt to a stiff peak. Gently whisk in condensed milk and yogurt. Do not over whisk.
4. Fold in the cooled strawberry jam to make a marbling effect. Transfer mixture into a medium sized bowl or dish and freeze for a minimum of 4 hours.
3. Scoop out the semifreddo using an ice cream scoop and enjoy.

### DID YOU KNOW?

Strawberries grow nearly everywhere in Ontario. Ontario farmers harvest 1,600 ha (4,000 acres) of strawberries each year. Look for fresh Ontario strawberries wherever you buy your produce!





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## Strawberry Oat Bars

### INGREDIENTS

PREP TIME: 15 minutes

TOTAL TIME: 1 hour

### INGREDIENTS

1 cup old fashion rolled oats  
¾ cup all-purpose flour  
⅓ cup brown sugar  
¼ tsp ground ginger  
¼ tsp kosher salt  
⅓ cup coconut oil (melted)  
2 cups strawberries (diced small)  
1 tsp cornstarch  
1 Tbsp lemon juice  
1 Tbsp granulated sugar  
1 Tbsp icing sugar

### DIRECTIONS

1. Pre-heat oven to 375 °F and line an 8" x 8" baking pan with parchment paper.
2. In a medium-sized bowl combine the oats, flour, brown sugar, ginger, and salt.
3. Pour in the melted coconut oil and stir until it starts to clump together. Set aside ½ cup of this mixture and press the remaining into the lined pan to make the bottom crust for the bars.
4. Toss the strawberries in the corn starch, lemon juice, and sugar. Spread out this mixture evenly over the crust in the pan.
5. Sprinkle the ½ cup of reserved oat mixture over the top of the strawberries.
6. Bake for 35–40 minutes until the fruit is bubbly and the top is golden brown. Cool completely. Slice into bars and dust with the icing sugar.

### DID YOU KNOW?

Strawberries are both delicious and nutritious. They contain beneficial antioxidants, vitamins, and minerals. In fact, there is more vitamin C in a serving of strawberries than in an orange.





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## Strawberry Mint Lemonade

### INGREDIENTS

PREP TIME: 15 minutes

TOTAL TIME: 1.5 hours

### INGREDIENTS

Strawberry syrup:

2 cups strawberries (sliced)

1 cup granulated sugar

1 cup water

Lemonade:

3 cups strawberries (sliced)

2 sprigs of mint

2 cups lemon juice

6 cups water

Strawberry syrup to taste

### DIRECTIONS

Strawberry syrup:

1. Bring the strawberries, water, and sugar to a boil. Shut off and allow to sit for 5 minutes, then strain.
2. Allow the syrup to cool completely.

Lemonade:

1. Muddle the mint leaves lightly in a large pitcher. Mix in remaining ingredients. For a sweeter beverage, add more of the strawberry syrup. For a tart beverage, add less of the syrup.
2. Allow to sit for an hour to soak up more of the strawberry and mint flavour.
3. Pour over ice and garnish with sliced lemon and a sprig of mint (optional).

### DID YOU KNOW?

Both wild and cultivated strawberries grow in every Canadian province.

