

## Kitchen Warrior News



First Nations Chef David Wolfman



### UPCOMING:

#### FACE TO FACE in January, 2015

Watch Face to Face with Michael Hutchinson and I as we discuss the Paleo diet while preparing Tower of Smoked Salmon and beets; Venison Tenderloin on celery root puree with chanterelle mushrooms; and Moosemeat Steak on a sweet potato puree with wild mushroom and maple syrup glaze. Check the APTN TV schedule in January for the airing date in your region of the country.

### Greetings!

Hi Marlene

Hey what happened? I just finished raking leaves and now I need road salt and Christmas lights! Fall came and went it seems. But there's still lots to enjoy before the blizzards hit, like hunting, cooking, and eating, of course!

Congrats to Denise C. of Cumberland Beach, Ontario who won the APTN exercise shirt in the Summer Season prize draw. **This season we are having another draw...for a black "Cooking with the Wolfman" chef coat.** Please forward this newsletter to all your friends so they can join the mailing list to be entered into the draw.

[Click here for instructions to enter.](#)

Good luck!

Cheers and Happy Holidays!

p.s. check out my turkey recipe below





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## Recent News

### Charity Event Raised over \$150,000 for Augmented Education at GBC

*Food Court Social a Success*

The Young Leaders Council of the Slaight Family Foundation hosted a food court themed fundraiser in September to support George Brown College's Augmented Education program. With the participation of nine great chefs and our own staff and culinary graduates, [we raised over \\$150,000](#). Thanks to [Native Child and Family Services of Toronto](#) for providing us with a tipi for the Aboriginal food station and to [Nancy Johnson](#) for the drum music.

[Click here for the recipes.](#)



The GBC team prepared Cedar laced Elk on Red Fife Bannock with a Black Walnut Tuile and Squash Spread with Essence of Plum



### Elk for Din Din?

*Hunting Season Returns*

For those of you with fresh game to butcher, remember to use a sharp knife; it really does make a difference. And one thing you can do with the leftover bones after the meat cutting is to make stock. Stock is what makes home made food taste so good. I use herbs grown in my



garden to season it for added flavour, and the marrow from the bones is highly nutritious. Use the stock to make soup, stew, or to cook your rice in instead of water. [Click here for a brown stock recipe using elk.](#) Umm, 'dem bones taste good!

## Feature Recipe

### Holiday Turkey

*Here's a different way of preparing turkey in advance so that you get a chance to take it easy, sort of, when your guests arrive for a holiday meal. This one's a bit of a challenge, but it will taste great!*

#### Stuffed Turkey Roulade (Rolled and Stuffed Turkey Breast)

12 buns or 2 loaves, day old bread, diced into 2 inch cubes  
½ cup dried apricots, diced  
½ cup dried cranberries  
16 oz frozen pork sausage, thawed and chopped up, or 10 breakfast sausages, diced

[Recipe continued](#)

[More free recipes](#)



## Health Tips

### Eating Local. What does it mean?

Eating local is all about choosing food that is grown or produced near where you live instead of buying food that comes from other regions or countries. If you are fortunate enough to have access to fresh, local food, it's better for your health, and better for the economy. Support local farmers by shopping at farmers' markets. Even now that you've turned on the furnace and settled in for winter, farmers' markets are still going strong in lots of places

### One Ingredient Cooking

Another new food trend is one ingredient cooking. That doesn't mean just eating one food item at a time. It means shopping for foods that have only one ingredient in them, for example brown rice. There's nothing else on the list of ingredients when you read the package. Cook it with other one ingredient foods such as homemade stock maybe, fresh or dried rosemary, some butter, and maybe a green onion. Do this instead of processed dinners with an additional 20 preservatives in them, food colouring, etc. This is how grandma cooked before foods

### Emotional Eating and the Holidays

Holidays tend to involve lots of visiting, eating and drinking for those who have friends and family at hand. For those who don't it can be extremely lonely.

Either way, this time of year can be really stressful and one of the things that some experience is emotional eating. Do you eat when you are not really hungry or eat without realizing it? Do you eat when you are upset or do you force yourself to have dessert even though you are really full, feeling bad about it later? [Read](#)

across Canada and the US. Here's a link to find a [farmers' market near you.](#)

became so highly processed in manufacturing factories. Think about it. This is how I like to cook.

[more about emotional eating](#) and what you can to stop it.

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Indigenous Cuisine International Inc. | 207-260 Adelaide St. E. | Toronto | ON | M5A 1N1 | Canada