



# FARM-TO-FORK

## FAMILY RECIPES

PRESENTED BY



# FROM OUR FARMS TO YOUR TABLE



When it comes to the milk and dairy products we all enjoy, Canadian dairy farmers consistently set a high bar, then exceed it – and we wouldn't have it any other way. It's not just a glass of milk you are pouring, but a commitment to safety and a source of pride by thousands of Canadian farmers and processors.

In this recipe collection, we celebrate the rich heritage and exceptional quality of Canadian dairy products. From delectable desserts to hearty comfort food, each recipe is a testament to the dedication and passion of your local dairy farming community. Join us as we explore a treasure trove of delicious recipes. Provided by some of your local dairy farmers, they showcase an array of fresh ingredients and real Canadian goodness that we know you'll love!

# CHEESY HASHBROWN BAKE

## INGREDIENTS

- 1 bag (2 lbs/1 kg) frozen diced hash browns
- 2 cans (each 10 fl. oz./284 mL) condensed cream of chicken soup
- 1 cup (250 mL) grated Canadian cheddar cheese
- 1 cup (250 mL) Canadian sour cream
- ¼ cup (60 mL) Canadian butter, melted
- 1 tsp (5 mL) onion powder
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) black pepper
- ⅓ cup (75 mL) grated Canadian Parmesan cheese



*Deanna & Dwayne – MB*

## DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. In large bowl, stir together hash browns, soup, cheddar, sour cream, butter, onion powder, salt and pepper.
3. Transfer mixture to greased 9-inch (23 cm) square baking dish; spread to an even layer. Sprinkle Parmesan on top.
4. Bake for 1 hour or until cheese mixture is bubbling and top is golden.

**Tip:** If preferred, substitute cream of chicken soup with cream of broccoli soup or another favourite. Cheese lovers can add more Parmesan cheese if desired.

# CREAM OF CAULIFLOWER AND CHEDDAR SOUP

## INGREDIENTS

### CROUTONS:

1 ½ cups (375 mL)  
cubed bread  
(1-inch/2.5 cm  
pieces)  
2 tbsp (30 mL)  
unsalted Canadian  
butter, melted

### SOUP:

2 tbsp (30 mL)  
unsalted Canadian  
butter  
½ cup (125 mL)  
chopped onion  
3 cups (750 mL)  
coarsely chopped  
cauliflower

1 ½ cups (375 mL)  
low-sodium chicken  
broth  
¼ tsp ground  
pepper  
2 ½ cups (625 mL)  
Canadian milk  
¼ cup (60 mL)  
all-purpose flour  
1 ½ cups (375 mL)  
shredded Canadian  
cheddar cheese  
2 tbsp chopped  
fresh parsley

## DIRECTIONS

1. **CROUTONS:** Preheat oven to 350°F (180°C).
2. In medium bowl, toss bread cubes in melted butter and transfer to parchment paper-lined baking sheet.
3. Bake for 8 to 10 minutes or until golden brown.
4. **SOUP:** In large saucepan set over medium-high heat, melt butter. Cook onion, stirring occasionally, for 4 to 5 minutes or until tender. Stir in cauliflower and chicken broth, and pepper. Bring to a boil. Cover, reduce
5. heat and let simmer, stirring occasionally, for 15 to 20 minutes or until cauliflower is tender.
5. In medium bowl, stir together milk and flour until smooth. Pour into saucepan, reduce heat to medium and cook, stirring occasionally, until mixture boils and thickens. Remove from heat. Stir in cheddar until melted. Adjust seasoning if desired. Ladle soup into 4 soup bowls. Garnish with croutons and parsley.







*Jill & family – MB*

# PEANUT BUTTER CUP ICE CREAM CAKE

## INGREDIENTS

1 pkg (14.3 oz/405 g) chocolate creme sandwich cookies	1 cup (250 mL) crunchy peanut butter, divided
6 tbsp (90 mL) Canadian butter, melted	1 bottle (334 mL) hot fudge sauce, divided
2 tubs (each 48 fl. oz./ 1.4 L) Canadian chocolate marble ice cream	1 pkg (14 oz/400 g) mini peanut butter cups, chopped and divided

## DIRECTIONS

1. Spray bottom of 10-inch (25 cm) spring-form pan with nonstick cooking spray.
2. In food processor or blender, crush chocolate creme sandwich cookies. Add melted butter and pulse until incorporated. Transfer to prepared pan and press firmly into even layer on bottom and slightly up sides. Transfer to freezer.
3. Set 1 tub of ice cream out at room temperature to soften for 10 to 15 minutes.
4. When the crust has chilled, in large bowl, stir together softened ice cream and half the peanut butter. Spread evenly over crust (reserve large bowl). Return to freezer for 30 minutes.
5. Spread about three-quarters of hot fudge sauce over ice cream. Sprinkle with half the chopped peanut butter cups and return to freezer for 30 minutes.
6. Meanwhile, halfway through freezing time, set remaining tub of ice cream out at room temperature to soften for 10 to 15 minutes.
7. In reserved bowl, stir remaining peanut butter into softened ice cream. Spread evenly over peanut butter cups. Freeze for 6 hours or until firm (overnight is best).
8. Run hot knife (dipped in hot water) around edge of pan and unlatch sides. Using offset spatula or hot knife, smooth top of ice cream cake.
9. Warm remaining hot fudge sauce according to package directions. Spread over top of cake. Sprinkle remaining peanut butter cups over top. Freeze until ready to serve.

# EASY BUTTER CHICKEN



## INGREDIENTS

- 2 tbsp (30 mL) Canadian butter
- 2 tbsp (30 mL) tandoori curry paste
- 1 tbsp (15 mL) minced fresh ginger
- 2 tsp (10 mL) minced fresh hot pepper
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) paprika
- 1 can (28 oz/796 mL) crushed tomatoes
- 1 cup (250 mL) Canadian 35% cream
- 1 ½ lbs (675 g) boneless skinless chicken cut into chunks
- ½ cup (125 mL) plain Canadian yogurt
- ¼ cup (60 mL) chopped fresh coriander
- 2 tbsp (30 mL) freshly squeezed lime juice or lemon juice

## DIRECTIONS

1. Preheat oven to 375 °F (190 °C). Place half of butter in a 13 x 9-inch (33 x 23 cm) glass baking dish. Place in oven for about 3 minutes or until melted. Swirl to coat dish; set aside.
2. In large deep pot, melt remaining butter over medium-high heat. Cook half of tandoori paste, ginger, hot pepper, cumin and paprika, stirring, for about 2 minutes or until fragrant. Add tomatoes; bring to boil. Stir in cream; return to boil. Reduce heat to medium-low; simmer, stirring often, for 10 minutes or until sauce is thickened.

3. Meanwhile, in bowl, combine chicken, yogurt and remaining tandoori paste; toss to combine. Spread in single layer in prepared baking dish. Bake in oven for 10 minutes. Pour tomato sauce over chicken; bake for about 10 minutes longer or until sauce is bubbling and chicken is no longer pink inside.
4. Sprinkle with fresh coriander and lime juice.

**Tip:** If desired, use tikka curry paste instead of tandoori curry paste.

# TWICE-BAKED CHEDDAR POTATO CASSEROLE

## INGREDIENTS

8 baking potatoes (each about 8 oz/250 g)  
¾ cup (175 mL) Canadian butter, cut into 1-tbsp (15 mL) chunks  
⅔ cup (150 mL) Canadian 3.25% milk  
⅔ cup (150 mL) Canadian sour cream  
1 tsp (5 mL) salt  
¼ tsp (3 mL) black pepper  
10 strips bacon, cooked and crumbled  
2 cups (500 mL) shredded Canadian cheddar cheese, divided  
4 green onions, sliced and divided

## DIRECTIONS

1. Preheat oven to 425°F (220°C).
2. Stab each potato 6 to 8 times with a fork.
3. Bake for 45 to 60 minutes or until tender. Reduce oven to 350°F (180°C).
4. When potatoes are cooled enough to handle, cut each in half lengthwise. Scoop out pulp and transfer to large bowl; discard shells. Add butter and mash to combine. Stir in milk, sour cream, salt and pepper.

5. Reserve ¼ cup (60 mL) crumbled bacon for topping. Gently fold in remaining bacon, 1 cup (250 mL) cheddar and half the green onions.
6. Transfer mixture to greased 11 x 7-inch (28 x 18 cm) glass baking dish. Top with remaining cheddar, remaining green onions and remaining bacon.
7. Bake for 15 to 20 minutes or until heated through and bubbling.



*Jen & family – AB*



# AIR FRYER 3-INGREDIENT TACO DIP

## INGREDIENTS

- ½ cup (125 mL) plain Greek-style Canadian yogurt
- ½ cup + 1 tbsp (140 mL) salsa
- ⅓ cup (75 mL) shredded Canadian cheddar cheese



*Kate-Leigh – MB*

## DIRECTIONS

1. Preheat air fryer to 400°F (200°C) according to manufacturer's instructions.
2. Transfer yogurt to ¾-cup (175 mL) oven-safe ramekin and spread in even layer. Top with salsa and spread evenly. Sprinkle with cheddar.
3. Air-fry for 10 to 12 minutes or until cheese has melted and is bubbling.

**Tip:** If desired, serve with tortilla chips or sliced vegetables (such as bell peppers, celery sticks and/or carrots). Use your favourite salsa in this recipe — mild, medium and spicy all work well. If desired, garnish with sliced green onions. Alternatively, bake dip in preheated 325°F (160°C) oven for 12 to 15 minutes.



# DIRT CAKE

## INGREDIENTS

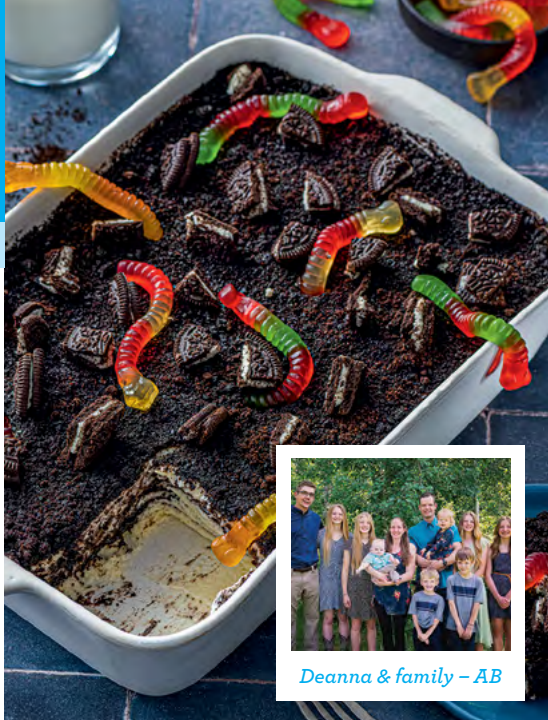
- 1 pkg (102 g) instant vanilla pudding powder
- 1 ½ cups (375 mL) Canadian milk
- 1 pkg (8 oz/250 g) brick-style Canadian cream cheese, softened
- 1 cup + 1 tsp (255 mL) confectioners' (icing) sugar, divided
- 1 cup (250 mL) Canadian 35% cream
- 7 oz (200 g) (half a 14-oz/400-g pkg) chocolate baking crumbs
- Gummy worms (optional)

## DIRECTIONS

1. In large bowl, using electric mixer, blend pudding powder with milk for 2 minutes. Let stand 15 minutes or until thickened.
2. In medium bowl, using electric mixer, whip cream cheese and 1 cup (250 mL) confectioners' sugar until smooth.
3. In small bowl, using electric mixer, beat cream and remaining 1 tsp (5 mL) confectioners' sugar until soft peaks form.
4. Fold whipped cream mixture and cream cheese mixture into pudding mixture.

5. Spread one-quarter pudding mixture in large clear bowl and top with one-quarter baking crumbs. Repeat layers 3 more times.
6. Cover and refrigerate for 2 hours.
7. Top with gummy worms, if desired.

**Tip:** If desired, layer in your favourite berries in Step 5. For extra visual appeal and depth of flavour, top also with crushed green-coated chocolate candies or green-tinted shredded coconut for "grass."



*Deanna & family – AB*

# MOM'S KWARKTAART (YOGURT CAKE)



Mary & family – AB

## INGREDIENTS

### GRAHAM CRACKER CRUST:

1 ½ cups (375 mL)  
graham cracker  
crumbs  
⅓ cup (75 mL)  
granulated sugar  
6 tbsp (90 mL)  
Canadian butter,  
melted

### FILLING:

2 pkgs (each 7 g)  
gelatin  
3 eggs, separated  
1 egg white

¾ cup (175 mL)  
granulated sugar  
2 cups (500 mL) plain  
Greek-style Canadian  
yogurt  
1 cup (250 mL)  
Canadian 35% cream  
8 small strawberries,  
sliced  
2 kiwis, peeled,  
halved lengthwise  
and sliced

## DIRECTIONS

1. **GRAHAM CRACKER CRUST:** In medium bowl, stir together graham cracker crumbs, sugar and butter until combined. Transfer to round 9-inch (23 cm) springform pan and press into an even layer. Refrigerate while preparing filling.

2. **FILLING:** Pour ½ cup (125 mL) cold water into microwave-safe bowl. Sprinkle gelatin over top. Let stand for 1 minute. Microwave on HIGH for 30 to 40 seconds. Stir until smooth.

3. In large bowl, using electric mixer, beat 3 egg yolks with sugar until pale and ribbony. Beat in prepared gelatin and yogurt.

4. In small bowl, using electric mixer with clean beaters, whip 4 egg whites until stiff peaks form.

5. In another small bowl, using electric mixer with clean beaters, beat cream until stiff peaks form.

6. Using spatula, stir whipped cream and whipped egg whites into yogurt mixture. Spread over crust. Refrigerate for at least 2 hours or until set.

7. Remove cake from springform pan, transfer to serving plate and top with strawberries and kiwis as desired.



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