



**F E A T U R E D
M E N U**

Pork Souvlaki with
Cucumber Raita Sauce
Greek Salad

This week we are proud to feature Tanya Kelly from The Farmer's Truck, our series partner. Their story begins with Fred Laforge who grew up on a small farm in rural New Brunswick. They owned affordable housing units for low income families and during harvest season the family would share their crops with their tenants. Eating nutritious food was not always affordable for those who live in poverty, so Fred made it his mission to turn things around for those in need. This is how his passion began!

Tanya is here to share their success story and talk about how they empower other organizations throughout the continent with their ultimate mobile market truck.

Joanne Rolfe also joins us to open up about her thriving local spice company, Posh Nosh All Natural Spice Blends. She'll tell you about her amazing story, as well as how she volunteers at the local community gardens and how you can get involved.

This week's recipe we are spotlighting her sauvlaki blend for the marinade.

Chef Cherrie

Series Partners

Albert County Food Bank



The Farmers' Truck
Made in Canada 🇨🇦



Series Guest



PANTRY/GROCERY LIST

- 1 lb Pork Tenderloin
- White Wine
- Garlic Cloves
- Cardamom
- Cumin
- Coriander
- Summer Savory
- Salt and Pepper
- Lemons
- Shallot
- Cucumber
- Greek or Balkan Yogurt
- Chives or Green Onion
- Bunch Cilantro
- Bunch Mint
- Extra Virgin Olive Oil
- Roma Tomato
- English Cucumber
- Feta Cheese
- Kalamata Olives
- Iceberg Lettuce
- Green Pepper
- Dijon
- White Vinegar
- Oregano
- Posh Nosh All Natural Spice Blends (Option)
- "Dionysis Dines Out"

KITCHEN TOOLS

- Knife & Cutting Board
- Bowls
- Baking Sheet
- Tongs
- Resealable Bag
- 1 Package Bamboo Skewers
- Measuring Equipment
- Garlic Press (Optional)
- Parchment Paper

FOOD SUSTAINABILITY SERIES #NINE



Greek Salad Serves 2

1 large plum tomato sliced
½ English cucumber sliced or cubed
½ small red onion sliced thin
¼ c Kalamata olives
½ c Greek Feta broken in large pieces
¼ green pepper sliced
¼ wedge Iceberg lettuce chopped (Option Romaine)
½ c Olive Oil
¼ white vinegar
1 tsp Dijon mustard
salt and pepper (To Taste)
½ tsp oregano
2 garlic cloves minced

Dressing

Agitate oil, Dijon, vinegar, garlic, oregano, salt and pepper and toss in with salad ingredients.

Putting it all Together

Chop onion, cucumber, tomato, green pepper, lettuce and place in a salad bowl. Add Olives and Feta.

Raita Sauce

1 c Balkan/Greek Yogurt
1/2 c grated English cucumber
1 tbsp fresh chives or green onion
2 t tsp lemon juice
1 tbsp olive oil
1/2 tsp cumin
1/2 tsp coriander
2-3 tablespoons chopped mint
2-3 tablespoons chopped cilantro
salt and pepper to taste
*option finely chopped Serrano pepper

Place all the ingredients in a bowl, mix well and set aside in refrigerator until ready to serve.

Pork Souvlaki

Serves 2

Cook time including preparation: 60 minutes

By Chef Cherrie Moreault of ChefTorial

Marinade (Prepare before the series)

1 lb pork tenderloin cut in one (1) inch cubes
4-5 garlic cloves minced
2 tbsp extra virgin olive oil
¼ c white wine
1 tsp cumin
2 tsp summer savory dried
1 tsp cardamom
1/2 tsp black pepper
1 small shallot sliced thin (1 tbsp)
3 tbsp Lemon Juice freshly squeezed
¼ - ½ tsp Lemon Zest

*Option 2 tsp or more Sauvlaki Seasoning Posh Nosh All Natural Spice Blends

Slice the tenderloin in half (Butterfly) and cut into 1" cubes and set aside. In a resealable bag, add all the ingredients except the lemon juice and mix well (The lemon juice will cook the pork and do not add salt). Add the pork and refrigerate 30 mins (I recommend 4-5 hours up to 24 hours).

Preheat the oven to 375° F

When ready to cook, discard the marinade, pat the meat dry then add ½ tsp salt, lemon juice and mix thoroughly. In the meantime place your bamboo skewers in water soaking ¾ of the sticks for approximately 15 mins. Skewer the pork then place the kabobs side by side lined baking sheet, 2 inches apart. Place in the oven and bake for about 10 minutes, flip and bake for an additional 10 minutes or until the internal temperature reaches 145° F.

Serve with pita, side of your favorite rice recipe and raita

****HAVE YOUR INGREDIENTS CUT AND/OR MEASURED**

*****MARINATE THE PORK AHEAD OF TIME**

******SERVE WITH YOUR FAVORITE RICE RECIPE OR PITA BREAD**