

# My Carlisle Kitchen

*“Cooking is both an art and a science”*

*The mixing of simple ingredients, time and temperature to create foods with varying texture and taste requires an artist's palette and an understanding of the more complex chemistry involved. Mixing by hand in small batches allows me to experiment to identify what combination of factors give me the best result.*

*By using only locally grown grains\*, herbs, vegetables and fruits, some less than 50 feet away from my kitchen, I strive to amplify the flavours of those ingredients with their freshness. No artificial additives or preservatives are used in any of my products so the taste is pure. That is their beauty.*

*I have chosen a variety of bread flavours to please your palate on their own or to be enjoyed along with your favourite condiments. They are best eaten the day they are baked but freeze very well to save for later. The jam flavours have been artfully prepared to compliment the various breads. Please refrigerate them after opening. The cookies are just for fun. Enjoy!*

\* Sourced from Middlesex County farms and milled exclusively at the Arva Flour Mill.

# Artisan Breads

You might ask, what is an 'artisan bread'? There appear to be many definitions but the common thread is that they are made in small bakeries using traditional methods and that each baker creates their own unique flavours using fresh, locally-sourced ingredients. Artisan breads ferment slowly and naturally which allows the flavour and texture to fully develop on its own. An artisan baker is a craftsman who is practiced in the ability to mix, ferment, shape and bake a hand crafted loaf of bread. They incorporate the science behind the chemical reactions of the ingredients and use them to create the most optimal environment for the bread to develop. This concept is dear to my heart and my many years studying biology, chemistry and physics (Hons. BSc. Physiology, UWO '81) plus my many more years in the leathercraft business have now brought me to this new endeavour. In 'My Carlisle Kitchen', I consider cooking to be both an art and a science. I aim to produce flavourful breads and other food items made by hand with ingredients from local sources that are a pleasure to eat.

## Soft French Bread

This is my basic white bread recipe upon which many of the others are based. Its taste is pure in its simplicity of ingredients. Excellent toasted with berry jams or with savoury ones for sandwiches. Dinner rolls will complement any meal.

**Loaf (single) - \$6**

**Loaves (3) - \$15**

**Sandwich Buns (20) - \$15**

**Dinner Rolls (24) - \$15**

Ingredients: Unbleached wheat flour, water, yeast, vegetable oil, salt, sugar.

## Whole Wheat Bread

Half of the flour in this recipe is whole wheat for added fibre. Excellent toasted with berry jams or with savoury ones for sandwiches. Dinner rolls will complement any meal.

**Loaf (single) - \$6**

**Loaves (3) - \$15**

**Sandwich Buns (20) - \$15**

**Dinner Rolls (24) - \$15**

Ingredients: Unbleached wheat flour, whole wheat flour, water, yeast, vegetable oil, salt, sugar.

## Herb Bread

My favourite herbs in the garden are added to the French bread recipe to create this wonderful taste. Delicious warmed then spread with butter or cubed and used in your favourite stuffing recipe.

**Loaf (single) - \$6**

**Loaves (3) - \$15**

**Sandwich Buns (20) - \$15**

**Dinner Rolls (24) - \$15**

Unbleached wheat flour, water, yeast, vegetable oil, parsley, sage, rosemary, thyme, salt, sugar.

## Multigrain Bread

I added an 8-grain cereal to our basic white bread recipe to give outstanding texture and taste! Excellent toasted with berry jams or with savoury ones for sandwiches. Dinner rolls will complement any meal.

**Loaf (single) - \$7**

**Loaves (3) - \$18**

**Sandwich Buns (20) - \$18**

**Dinner Rolls (24) - \$18**

Unbleached wheat flour, 8-Grain cereal (oats, oatmeal, cornmeal, cracked wheat, cream of whole wheat, sunflower seeds, sesame seeds, flax seeds) water, yeast, vegetable oil, salt, sugar.

## Roast Tomato - Pesto Bread

The fresh taste of sun-ripened tomatoes straight out of my garden is deepened by oven roasting. They are then added along with my fresh basil pesto to the French bread recipe for a truly savoury flavour. Terrific for French toast or grilled cheese sandwiches! (Pesto contains pine nuts)

**Loaf (single) - \$7**

**Loaves (3) - \$18**

**Sandwich Buns (20) - \$18**

**Dinner Rolls (24) - \$18**

Ingredients: Unbleached wheat flour, water, oven-dried tomatoes, pesto (basil, olive oil, parmesan cheese, garlic, pine nuts) yeast, olive oil, salt, sugar.

## Cinnamon - Raisin Bread

The heavenly smell of this bread toasting will bring you back again and again. Spread with butter or cream cheese for a great taste sensation.

**Loaf (single) - \$7**

**Loaves (3) - \$18**

Ingredients: Unbleached wheat flour, water, sultana raisins, yeast, vegetable oil, ground cinnamon, salt, sugar.

## Italian Focaccia Bread

Made in the traditional unhurried manner that allows the ingredients to ferment and the taste to develop before being baked - this bread is over the top! Delicious on its own or use for dipping into soups and stews. Slice horizontally and fill with cured meats and cheese for flavourful sandwiches.

**Loaf (single) - \$6**

**Loaves (2) - \$10**

Unbleached wheat flour, water, yeast, olive oil, rosemary, thyme, salt, sugar.

## Russian Black Bread

Your smell and taste senses will be provoked by the intense flavour offered by the variety of ingredients in this dense bread. Best used as a base for canapes under smoked fish or strongly cured meats and relishes.

**Loaf (single) - \$8**

**Loaves (3) - \$21**

Ingredients: Unbleached wheat flour, medium rye flour, whole wheat flour, wheat bran, water, apple cider vinegar, butter, molasses, instant coffee powder, unsweetened chocolate, caraway seeds, fennel seeds, yeast, vegetable oil, salt, sugar.

## Crusty Cheese 'n Chive Bread

This is my "piece de resistance". A no-knead, slowly fermented, rustic loaf that is hot baked in an oval cast iron pot. This method produces a crunchy crust surrounding a delicious, soft, chewy interior. It's packed with Devizes old cheddar cheese and garden chives for the ultimate taste sensation!

**Loaf (single) - \$10**

**Loaves (2) - \$18**

Ingredients: Unbleached wheat flour, grated old cheddar cheese, water, fresh or dried chives, yeast, salt.

## “Gluten-Free” Oat Bread

The oat flour in this bread gives it great taste for a wheat-free alternative (Not made in a gluten-free kitchen).

**Loaf (single) - \$8**

**Loaves (2) - \$15**

Ingredients: Oat flour, tapioca starch, eggs, xanthum gum powder, water apple cider vinegar, baking powder, salt, sugar.

## “Keto” Buns

The popularity of this diet made me hunt for a recipe to satisfy the desire for a tasty version of a low carb bread alternative. I make them into buns so they will be the perfect size for a sandwich or small hamburger.

**Buns (10) - \$20**

Ingredients: Almond flour, psyllium husk powder, egg whites, baking powder, apple cider vinegar, salt.

# Granola

**Selected ingredients are combined by hand and baked with love in small batches.**

## Carlisle Crunch

This granola makes a wonderful snack on its own or breakfast served over yogurt. It also stores beautifully, so it makes a great gift. Packed with rolled oat flakes, pecan nuts, pumpkin seeds, dried cranberries, apricots and raisins that are naturally sweetened with pure local maple syrup and spiced with cinnamon.

**1 lb bag - \$10**

# Sweet & Savoury Jams & Pickles

Chosen to compliment the bread flavours, it is the combination of their ingredients that creates their special taste.

## Strawberry - Vanilla Jam

These local berries were hardly off the vine before they went in the pot! Pure vanilla extract was then added to smooth out the flavour.

**250ml jar - \$5**

Ingredients: Strawberries, sugar, water, vanilla, lemon juice.

## Wild Blueberry - Earl Grey Tea Jam

Only Canadian Wild blueberries are used in this jam. The water used is first steeped with Earl Grey tea bags to enrich it's flavour.

**250ml jar - \$5**

Ingredients: Blueberries, sugar, water

## Sweet Onion - Garlic Jam

The sweet onions are slowly carmelized before they marry their flavour with savoury, roasted, locally grown garlic.

**250ml jar - \$6**

Ingredients: Onions, garlic, sugar, apple cider vinegar, lemon juice, balsamic vinegar, mustard powder, ginger, cloves, salt, pepper.

## Tomato - Spice Jam

Fresh tomatoes from my garden are the base for this mildly spiced, chutney-style jam. Curry spices and raisins enhance its savoury/sweet flavour.

**250ml jar - \$6**

Ingredients: tomatoes, red wine vinegar, sugar, garlic, madras curry paste, sultana raisins, onions, allspice, ginger, chili powder, paprika.

## Carlisle Pickle

Just like the British version, this unique combination of pickled vegetables and fruits has the perfect sweet and sour mix of flavours that compliment many breads, meats and cheeses.

**250ml jar - \$7**

Ingredients: rutabaga, cauliflower, carrots, onions, zucchini, apples, dates, gherkins, garlic, malt vinegar, brown sugar, lemon juice, Worcestershire sauce, mustard seeds, allspice, cayenne pepper.

# Gourmet Cookies

When you just need a little snack or a light dessert these cookies hit the mark. There's some for your canine best friend too.

## Vanilla Rosemary Cookies

This shortbread style cookie with a surprising herb flavour tastes like heaven in your mouth (Summer seasonal).

**\$10/ 20 cookies in freezer proof packaging**

Unbleached flour, butter, sugar, pure vanilla extract, fresh rosemary leaves, salt.

## Cocoa Mint Cookies

The subtle mint flavour in these chocolate sensations is given only by the herb leaves added to the mix (Summer seasonal).

**\$10/ 20 cookies in freezer proof packaging**

Unbleached flour, butter, sugar, cocoa, fresh chocolate mint leaves, salt.

## Happy Cookies

Perfect for any occasion - birthdays, anniversaries, Valentine's day, Easter, new job, etc. White chocolate cheesecake cookies topped with rainbow sprinkles. It's impossible not to smile when you see and taste them! (Available anytime)

**\$10/8 cookies gift-wrapped for giving to someone you want to make happy.**

Unbleached flour, butter, cream cheese, British white chocolate, sugar, vanilla, baking powder, baking soda, salt.

## Crazy (Fruitcake) Cookies

Packed full of flavours from all the fruits and nuts, these cookies make a great holiday treat! (Offered only during the Christmas season)

**\$15/ 20 cookies in freezer proof packaging**

Cherries, figs, papaya, orange peel, pineapple, lemon peel, raisins, cranberries, sherry, pecans, unbleached wheat flour, butter, sugar, eggs, ground cloves, salt.

## Dog Biscuits

Dogs love the taste of real meat and that's what's in these crunchy treats. Handmade heart-shaped 'cookies' for the dogs we love. (Anytime)

**\$10/20 biscuits in gift bag**

Unbleached wheat flour, real chicken stock (including bone meat), medium rye flour, cornmeal, bulgur wheat, skim milk powder, eggs, milk, salt, sugar.