



Recipe by David Beaudoin
Canadian Cheese Ambassador

Candied Pecans

Ingredients

1 cup (250 ml) golden or
cane sugar
1 tsp (5 ml) ground
cinnamon
1 tsp (5 ml) kosher salt
1 egg white
1 tbsp (15 ml) water
1 cup (250 ml) of pecan
halves

Directions

Step 1

Preheat oven to 250 °F (130 °C).

Step 2

Mix sugar, cinnamon, and salt together in a bowl.

Step 3

Whisk egg white and water together in a separate bowl until frothy. Toss pecans in the egg white mixture. Mix sugar mixture into pecan mixture until pecans are evenly coated. Spread coated pecans onto a baking sheet.

Step 4

Bake in the preheated oven, stirring every 15 minutes, until pecans are evenly browned, 1 hour.



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Home-made Crostini

Ingredients

1 baguette (crusty French bread)

2 to 3 tbsp (30 to 45 ml) extra-virgin olive oil, as needed

Flaky sea salt or fine salt, to taste

Directions

Step 1

Preheat the oven (or a gas grill*) to 450 °F (230 °C). Line a large, rimmed baking sheet with parchment paper.

Step 2

Slice your baguette on the diagonal into pieces no wider than ½-inch. Pour Extra virgin olive oil on the bread slices and Lightly brush both sides of each slice.

Step 3

Sprinkle sea salt on one side and bake in the oven for 10 to 12 minutes, and turning after 5 minutes.



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Caramel Popcorn

Ingredients

10 cups (2.5 litres) of
popped popcorn

1 cup (250 ml) brown sugar

½ cup (125 ml) of Maple
Syrup

½ cup (125 ml) butter

½ tsp (2 ml) sea salt

½ tsp (2 ml) baking soda

1 tsp (5 ml) Pure Vanilla
Extract

Optional 1 cup (250 ml) of
peanuts or almonds

Directions

Step 1

Make 10 cups of popcorn.

Step 2

Preheat oven to 250 °F (130 °C).

Step 3

Mix brown sugar, maple syrup, butter and salt in a heavy
saucepan. Stirring constantly, bring to a boil over medium heat.

Step 4

Boil 5 minutes without stirring. Remove from heat. Stir in baking
soda and vanilla; mix well.

Step 5

Pour syrup over warm popcorn, stirring to coat evenly. At this
time, you can add almonds or peanuts if you desire.

Step 6

Bake for 1 hour, stirring occasionally. Remove from oven and
spread on foil that has been layered with melted butter.

Step 7

Cool; break apart. Store in tightly covered container.



Recipe by David Beaudoin
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Herb & Garlic Fresh Cheese ball

Ingredients

5 oz (150 g) of fresh Cheese
(fromage frais) spreadable
1 cup (250 ml) of mixed
fresh herbs
2 garlic cloves

Directions

Step 1

In a mixing bowl, mix ½ cup (125 ml) of fresh herbs and 1 minced garlic clove with the fresh cheese.

Step 2

On a plate lay out the rest of the fresh herbs and minced garlic clove, and roll the cheese ball to cover the outside of the cheese ball.

Step 3

Place on your festive cheese board with a spreadable knife.



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Candied Ginger

Ingredients

1 lb (500g) peeled and sliced ginger preferably young/smaller roots

Pinch of salt

2 cups (500 ml) white granulated sugar or raw sugar

Extra sugar for coating

Directions

Step 1

Place the sliced ginger in a medium pot and cover with water. Bring to a boil and simmer for 30 minutes.

Step 2

Take off from the element and add sugar and pinch of salt.

Bring to a boil again, reduce the heat to medium, and simmer uncovered for 35-40 minutes or until the temperature on a candy thermometer reads 225 °F (110 °C) .

Step 3

Drain the ginger in a colander over a bowl to catch the syrup.

Step 4

Lay out the ginger slices on a cooling rack over a cookie sheet, separating the slices the best you can.

Step 5

Let cool for 2 hours (you want them sticky but not wet so that the sugar will adhere without dissolving).

Step 6

Toss the ginger slices in a bowl of sugar so they are coated all over.

Step 7

Place the ginger slices back on the cooling rack to sit overnight.

Note: If you're in a very humid area you can dry the candied ginger in a food dehydrator or in the oven set to the lowest temperature (you may need to crack the oven door open.

Store in an airtight container in a dark, cool place. Will keep for several months.



Recipe by David Beaudoin
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Roasted Garlic

Ingredients

2 or more heads garlic
Olive oil

Directions

Step 1

Preheat oven to 400 °F (200 °C).

Step 2

Peel off most outer layer of garlic skin, leaving the head intact and cloves all connected.

Step 3

Expose the top of the garlic cloves by trimming about ¼ inch of the top end of the cloves.

Step 4

Drizzle 1 to 2 teaspoons (5 to 10 ml) olive oil over the exposed surface of the garlic, letting the oil sink down into the cloves.

Step 5

Wrap the garlic in foil and bake for about 40 minutes or longer if you prefer an even more caramelized texture. Check for a deeply golden colour and a soft texture.



Recipe by David Beaudoin
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Roasted Brussel Sprouts

Ingredients

1 ½ lb (700 g) Brussels sprouts, ends trimmed and yellow leaves removed
3 tbsp (45 ml) olive oil
1 tsp (5 ml) of maple syrup
1 tsp (5 ml) sea salt
½ tsp (2 ml) freshly ground black pepper

Directions

Step 1

Preheat oven to 400 °F (200 °C).

Step 2

Prepare a baking sheet and line it with parchment paper.

Step 3

In a mixing bowl, coat trimmed Brussels sprouts with the olive oil and maple syrup. Once coated, add the sea salt and black pepper. Pour onto a baking sheet with flat side all facing down, and place on center oven rack.

Step 4

Roast in the preheated oven for 30 to 45 minutes, reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done.