



ABOUT

The Taste of Abby Fall Festival is a multi-day celebration of Abbotsford's rich agricultural roots and vibrant arts and cultural scene.

The festivities kick off with the outdoor Night Market, where you can indulge in specialty culinary and libation offerings that highlight the best local flavours, all set to the soundtrack of the Fraser Valley's top musicians. From unique farm-to-table dinners to exciting pop-up events and exclusive specialty experiences, Taste of Abby offers endless ways to savour the very best of Abbotsford.

Autumn is the perfect season to turn fresh, local ingredients into comforting, mouth-watering meals. To celebrate this abundance, we invited local farmers, food-makers, and passionate home cooks to share their favourite fall recipes with you. Each one is a reflection of the warmth and creativity of our community.

We hope this collection of recipes inspires you to explore, create, and enjoy the Fall Flavours of Abbotsford!

What to Expect During Taste of Abby

Week-Long Events – Immerse yourself in the vibrant atmosphere of Taste of Abby with a variety of engaging activities. From the bustling Night Market to exciting pop-up events scattered throughout the week, there's something for everyone to enjoy!

Locally Grown Feature Menu Items – Delight your taste buds with special fall menu items crafted by local restaurants. These dishes showcase fresh, locally sourced ingredients that highlight the best of Abbotsford's culinary scene.

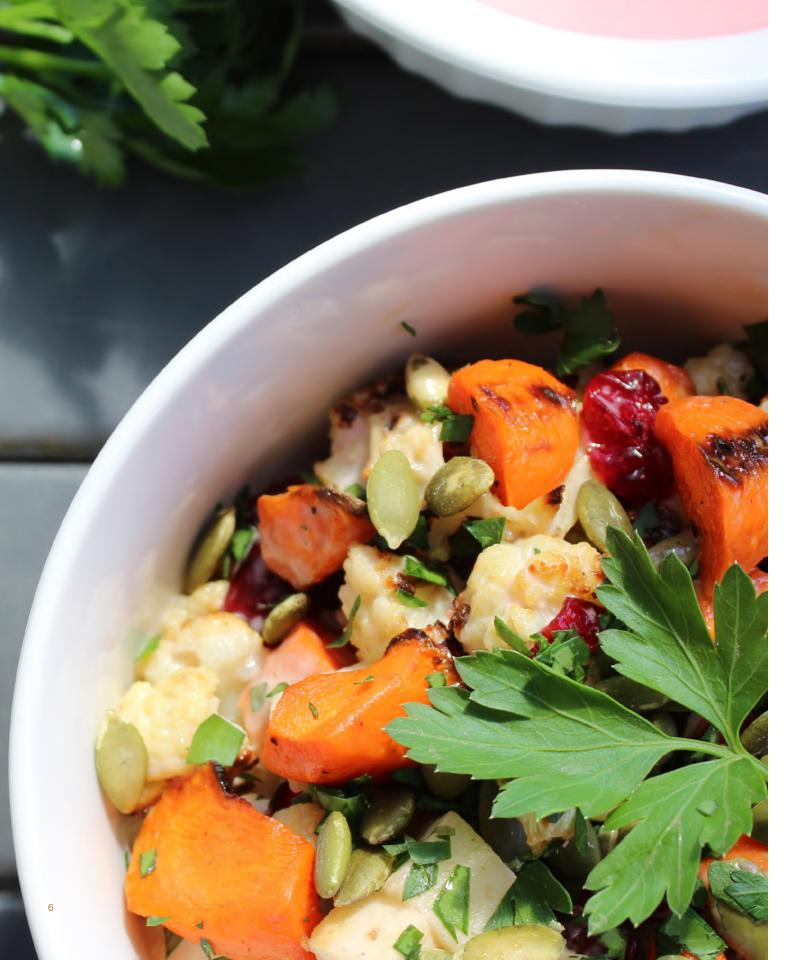
Special Beer, Wine & Spirit Releases – Sip and savor exclusive releases from Abbotsford's talented breweries, wineries, and distilleries. Discover unique flavors and innovative creations that celebrate the region's rich beverage culture.

Taste of Abby Special Offers – Experience the magic of Taste of Abby with a variety of special events and exclusive offers popping up around the city.



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CRANBERRY CAULIFLOWER SALAD

Recipe by Campbell's Gold Honey Farm & Meadery

SERVING: N/A PREPPING: N/A COOKING: 30 MINUTES

1 HEAD CAULIFLOWER

2 LARGE CARROTS

2 TBSP OLIVE OIL

1TSP KOSHER SALT

12-15 GRINDS FRESH BLACK PEPPER

1 TBSP OLIVE OIL

34 CUP RAW PEPITAS (SHELL-LESS PUMPKIN SEEDS)

1/4 TSP KOSHER SALT

PINCH OF CAYENNE PEPPER

1 LARGE APPLE, DICED IN ½ INCH SQUARES (SWEET VARIETY, SUCH AS GALA OR HONEYCRISP)

3/4 CUP DRIED CRANBERRIES

1/4 CUP TIGHTLY PACKED PARSLEY LEAVES, FINELY CHOPPED

DRESSING

1/2 CUP MAYONNAISE

1TBSP HONEY

3 TBSP FRESH, UNSWEETENED CRANBERRY JUICE

2 TBSP APPLE CIDER VINEGAR

1/2 TSP KOSHER SALT

Preheat the oven to 425 degrees. Cut out and discard the cauliflower stem. Cut the cauliflower into bite-sized florets. Peel and roll cut the carrots, or slice into thick rounds. In a medium-sized mixing bowl, toss the cauliflower and carrots with olive oil, salt and pepper. Arrange them on a large baking sheet in a single layer. Bake for 15 minutes, then remove from the oven and stir. Bake for another 15 minutes. Remove the vegetables from the oven and let cool completely.

While the vegetables are baking, roast the pepitas. Heat a medium sized, non-stick frying pan over medium heat. When the pan is hot, add the oil, then the raw pepitas. Stir until pepitas are evenly covered with oil. Sprinkle with salt and cayenne pepper and continue to stir until pepitas are hot, fragrant, and just starting to brown. Remove from heat and pour onto a plate to cool.

In a large salad bowl, combine cooled vegetables, diced apple, dried cranberries, chopped parsley, and cooled pepitas (Optional: reserve a little of the cranberries, parsley and pepitas to garnish the salad after the dressing has been added). Set aside. In a small mixing bowl, whisk together all dressing ingredients. Add dressing to the salad one tablespoon at a time until the salad is dressed to your preference. Top with reserved garnish if desired. Serve at room temperature or cold.

MT. LEHMAN CHEESE "FRISKY" GOAT CHEESE

WITH ROASTED PEACHES, JALEPEÑO JAM, AND BUFALA FRESCA

Recipe by Restaurant 62

SERVING: 4	PREPPING: N/A	COOKING: 18 - 23 MINUTES
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1 PIECE "FRISKY" GOAT CHEESE BUTTON PER PERSON, HALVED

1 BAGUETTE

4 TBSP OLIVE OIL

SALT TO TASTE

4 FRESH PEACHES, CUT INTO QUARTERS OR SIXTHS DEPENDING ON SIZE

200 GRAMS MT. LEHMAN BUFALA FRESCA CHIVES OR SCALLIONS SLICED LONG AND THIN

JALAPEÑO JAM

1TSP SALT

2 JALAPEÑOS MINCED 1 SHALLOT, MINCED 2 CLOVE GARLIC ,MINCED 2/3 C SUGAR 2 TBSP HONEY 1/2 CUP WHITE WINE

2 TBSP WHITE WINE VINEGAR

Preheat oven to 400 degrees. Slice the baguette into long thin slices as pictured.

Drizzle with 2 tbsp of olive oil and season lightly with salt.

Roast in the oven in a single layer on a sheet tray until lightly coloured and crisp, 3-5 minutes.

Arrange the peaches in a shallow sided oven proof container and drizzle with 2 tbsp of olive and season with salt, toss gently to coat evenly.

Roast the peaches in the preheated oven for 8 minutes turn and roast for 3 minute more. The peaches should have nice roasted colour, but not over cooked and still a touch firm. Lower the oven temperature to 325 degrees.

Place all ingredients for the jalapeño jam in a small sauce pot and cook over medium-low heat, simmering gently for approximately 10-15 minutes. Once everything is cooked and soft, but not caramelized, process with an immersion blender to make smooth. Adjust seasoning with salt and sugar until desired heat level is achieved.



To Plate & Serve

Place 2 pieces of "Frisky" Goat Cheese button on the long toasted crostini.

Bake in the oven for 3-5 minutes at 325 degrees until the cheese is warm through but not runny.

Spread the Bufala Fresca equally across 4 plates in a central line.

Drizzle 1 tablespoon of jalapeño jam over the fromage frais.

Place 2 wedges of warm roasted peaches on each plate.

Place the crostini with the warm "Frisky" Goat Cheese on top of the peaches and Bufala Fresca.

Add two more warm peach wedges.

Drizzle 1 tablespoon more of the jalapeño jam over top of the plate—or more if you like!

Top each plate with the thinly sliced scallions or chives.

Serve!



WILD MUSROOM AND TARRAGON SOUP

Recipe by Victoria Hansen-Bell of Tanglebank Estate

SERVING: 8 PREPPING: 15 MINUTES COOKING: 1 HOUR

Clean and slice mushrooms. Wash and slice leeks (white/light green parts). Peel and chop shallots. Chop parsley and tarragon.

In a large pot, melt butter with olive oil over medium heat. Add shallots, leeks, and roasted garlic. Sauté until softened and translucent (10–15 minutes).

Add mushrooms (in batches if needed). Cook until they release moisture and begin to brown (15–20 minutes), stirring occasionally.

Pour in 10 $\frac{1}{2}$ cups (2.5 litres) vegetable broth. Add bay leaves, salt, and pepper. Bring to a simmer.

Lower heat and simmer for at least 30 minutes to let flavors meld.

Stir in heavy cream, chopped parsley, and chopped tarragon. Heat gently (do not boil).

Remove bay leaves. Blend soup until smooth using an immersion blender or in batches in a regular blender.

Optional: Taste and adjust seasoning. If too thin, stir in $\frac{1}{2}$ cup cornstarch slurry ($\frac{1}{4}$ cup cornstarch and $\frac{1}{4}$ cup cold water) and simmer until thickened.

2 ½ LBS MUSHROOMS, SLICED (BABY KING OYSTERS AND SHIMEJI ARE BEST BUT CREMINI AND PORTABELLA CAN BE SUBSTITUTED)

13 OZ (ABOUT 2 ¾ CUPS) LEEKS, SLICED (WHITE AND LIGHT GREEN PARTS ONLY, CLEANED THOROUGHLY)

2 TBSP ROASTED GARLIC 4 OZ (ABOUT ¾ CUP) SHALLOTS, PEELED AND ROUGHLY CHOPPED

1 STICK (1/2 CUP OR 4 OZ) UNSALTED BUTTER

1 TBSP OLIVE OIL 10 ½ CUPS VEGETABLE STOCK (2.5 LITERS)

1 CUP HEAVY CREAM ¼ CUP FRESH PARSLEY, ROUGHLY CHOPPED

1 TBSP SALT, PLUS MORE TO TASTE

1 TBSP BLACK PEPPER, PLUS MORE TO TASTE

1-2 BAY LEAVES

2 TBSP FRESH TARRAGON, ROUGHLY CHOPPED

1/2 CUP WATER

LEPP'S SAUSAGE & APPLE TRAY BAKE

Recipe by Lepp Farm Market

SERVING: 6 PREPPING: 15 MINUTES COOKING: 55 MINUTES

- 1 TBSP NEUTRAL FLAVOURED OIL
- 1 KG LEPP'S BRITISH BANGER (ABOUT 8 SAUSAGES)
- 1 LARGE LEEK (WHITE AND PALE PART ONLY, THINLY SLICED)
- 1 FENNEL BULB (THINLY SLICED)
- 2 TBSP BUTTER
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 11/2 TBSP FLOUR OR CORNSTARCH
- 11/2 CUPS LEPP'S APPLE CIDER
- **1 TBSP GRAINY MUSTARD**
- 1/2 CUP LEPP'S CHICKEN STOCK
- 1 LB REGULAR OR SWEET POTATOES (CUT INTO 1-INCH CUBES)
- 2 LEPP'S OKANAGAN RED APPLES (CORED AND CUT INTO 8 WEDGES)
- 10-12 FRESH SAGE LEAVES
- 2 CUPS COARSELY TORN LEPP'S WHITE SOURDOUGH BREAD

Preheat oven to 425 degrees. Place 1 tbsp of grapeseed oil in a rimmed cookie sheet or baking tray, place sausages on a cooking sheet and toss them around until they are lightly covered in oil.

Bake for 10 minutes, remove from oven and turn sausages over.

While the sausages are baking, heat remaining oil and butter in a frying pan over medium heat. Add leek and fennel and cook, stirring occasionally, for 5 minutes or until soft. Add flour and cook, stirring, for 1 minute or so to remove any floury taste. Gradually stir in the cider, stock, and mustard. Bring to a simmer over medium heat.

Reduce oven heat to 400 degrees. Add the sweet potato or potato and apple to the baking sheet, scattering around the sausages. Pour over the stock mixture. Cover with foil and bake for 25 minutes.

Meanwhile, melt the extra butter in a frying pan over medium heat. Add the sage leaves for 1 minute or until crisp. Use a slotted spoon to transfer to a plate lined with a paper towel, to drain. Add the bread to the pan and cook, stirring, for 1 minute or until coated.

Remove the bake from the oven and sprinkle with the bread. Return to the oven for 15 minutes or until the topping is crisp and golden and the potatoes are fork-tender. Sprinkle over the crispy sage just before serving.





WARM FLATBREAD

WITH GOAT'S PRIDE ROSE SAUCE, TAVES APPLES, SQUASH, FENNEL, AND BACON

Recipe by Chef Ned Bell of Buy BC

SERVING: N/A PREPPING: N/A COOKING: N/A

TOPPINGS

TAVES FAMILY FARM APPLES

1 CUP THINLY SLICED SUNRISE APPLES

1 CUP RED ONION, PEELED AND SLICED

1 CUP FENNEL, CORED AND SLICED

1 CUP BUTTERNUT SQUASH, PEELED AND SEEDED

A FEW SPINACH LEAVES

10 SLICES SMOKED BACON

1/2 CUP DUCHESS CHEESE FROM MT.
LEHMAN CHEESE CO.

PICKLING LIQUID

2 CUPS WHITE VINEGAR
2 CUPS WATER
2 CUPS SUGAR
½ CUP SALT
2 BAY LEAVES

GOAT'S PRIDE ROSE SAUCE

1 SMALL CAN TOMATO PASTE
EQUAL AMOUNT GOAT'S PRIDE GOAT MILK
1 TSP SALT
1 TSP CRACKED BLACK PEPPER
1/4 TSP FRESH THYME (ROSEMARY ALSO WORKS)

DOUGH

HANDMADE OR PRE-MADE FLATBREAD/ PIZZA DOUGH

Pickling

Bring to a boil until sugar and salt dissolve. Pour over the apples, onion, fennel, and squash. Cool, then refrigerate overnight.

Goat's Pride Rose Sauce

Combine ingredients and whisk until smooth.

Bacon

Cook the bacon until crispy (pan-fried or baked at 400°F until golden).

Method

Spread rose sauce over par-baked flatbread.

Layer pickled apples, onion, fennel, and squash.

Top with crispy bacon and a few spinach leaves.

Finish with grated Duchess cheese.

Bake until golden brown.

Slice, serve warm, and pair with your favourite Abbotsford craft beer.



Celebrate Taste of Abby's and BC Ale Trail's Tasting Passport by pairing this flatbread with:

Field House Brewing Co.

Dutch Pale Ale - ABV 4.8%

Tasting Notes: Inspired by classic European pale ales and the founders' heritage, this malt-forward, crisp brew became an instant hit in the East Abby tasting room. Light, clean, and easy-drinking with subtle malt sweetness.

Salted Lime Mexican Lager - ABV 4.9%

Tasting Notes: Bright and refreshing with a clean finish. Lime and salt add a classic twist, making this one of Field House's most crushable brews—perfect with savoury flatbread.

Ravens Brewing Co. (Proudly Indigenous-Owned)

Two to Tango Mango Jalapeño Sour - ABV 4.4%

Tasting Notes: A gose-style sour with mango purée, freshly juiced limes, and jalapeños. Wonderfully balanced tropical fruit with a gentle heat that lingers just enough to keep you coming back for another sip.

Flying Dutchman Mosaic IPA - ABV 6.9%

Tasting Notes: East Coast-style IPA brewed with 100% Mosaic hops. Aromas of tangerine, lime, peach, and passion fruit shine through. Moderate bitterness, slight sweetness, and a full-bodied finish make it Ravens' most popular beer.





BUTTER CHICKEN CURRY BOWL

Recipe by Mama Maan of Maan Farms Country Experience & Estate Winery

SERVING: 8-10 PREPPING: N/A COOKING: 30 MINUTES

Begin by warming up a touch of oil in your favorite pan.

Toss in those aromatic cumin seeds, and let them crackle.

Add your minced garlic and wait until it transform into a shade of golden brown.

Now, drop in the finely chopped onions and ginger, and give them a few minutes until they soften, infusing the kitchen with their captivating aroma.

Add in your salt, a dash of paprika, a hint of garam masala, a touch of turmeric, and the vibrant tomatoes. Allow them to come together in your pan.

As you watch, the sauce will gradually thicken into something truly magical.

Use a hand mixer to blend and work in the flavour.

Back on the stove, keep the mixture at a gentle simmer. When you're ready, add a bit of milk, some cream, and chicken.

Don't forget that final touch: sprinkle a pinch of fenugreek for an extra layer of flavor. Then, serve it all up alongside a steaming plate of rice and a glass of Maan Farms Blackberry Table Wine!

1/2 CUP CANOLA OIL

1 TBSP CUMIN

5 CLOVES OF GARLIC

1.5 LARGE YELLOW ONION

2-3 GINGER

1.5 TSP OF SALT

1/2 TSP PAPRIKA

1 TSP TURMERIC

1.5 TSP MAMA MAAN'S GARAM MASALA

250-300 ML TOMATO SAUCE

1 TBSP TOMATO PASTE

11/2 CUP WHOLE MILK

1/2 CUP WHIPPING CREAM

1-2 LBS COOKED CHICKEN

1 TBSP FENUGREEK LEAVES FOR GARNISH

GRANDMA ALICE'S FAMOUS APPLE PIE

Recipe by Taves Family Farms & Estate Cidery

SERVING: 6-8 PREPPING: N/A COOKING: 1 HOUR

Crust Directions

Shift the flour and salt together.

Cut in the lard with a pastry blender or two knives until the shortening is in pea size pieces.

In a measuring cup, combine the egg and vinegar. Add cold water. Stir the liquid into the flour mixture, adding just enough to make the dough cling together.

Stir the water in with a wooden spoon until mixed thoroughly.

Then gather the dough into a ball, and separate into four portions.

Cover and refrigerate for one hour. You can chill it overnight, covered, providing you leave it at room temperature for 15 minutes before rolling.

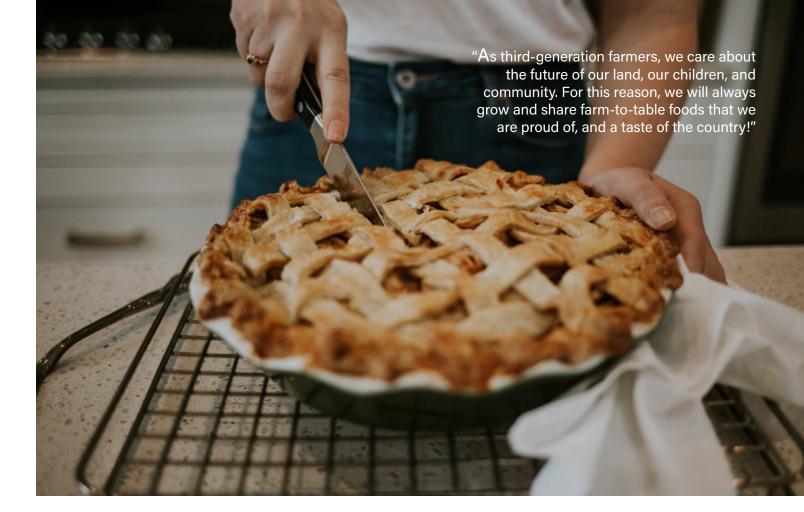
Lightly flour surface and roll into circles. Then pat the dough into pie pans, following pie recipes. Be careful not to stretch the dough. This is also a good dough for tarts, but you will want to roll the dough a little thick.

CRUST INGREDIENTS

3 CUPS ALL-PURPOSE FLOUR
1 TSP SALT
½ LB TENDERFLAKE LARD
1 EGG, STIRRED SLIGHTLY
½ TBSP VINEGAR
½ CUP COLD WATER

FILLING INGREDIENTS

8 CUPS OF APPLES
2 CUPS WHITE SUGAR
2 CUPS BROWN SUGAR
2 TBSP CORN STARCH
2 TBSP FLOUR
1 TSP CINNAMON



Filling Directions

Peel and cut up enough Jonagold or Elstar apples to make eight cups of apples.

Pour the dry ingredients together on top of the apples and mix them in. Cook in the microwave on high for 4-6 minutes.

Stir well and then cook again until apples are somewhat cooked and sauce is thickened. Cool filling and place in the pie pastry shell. Add the top layer and cut a few slits in the top.

Put a small amount of cream or milk in a bowl and brush the top of the pie with a pastry brush. Sprinkle crust with white sugar.

Bake pie for 15 minutes at 400 degrees and then another 45 minutes at 350 degrees.

When finished, the pie should be golden brown on the top and the filling should be bubbling through the slits in the top of the crust.

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PUMPKIN CHEESECAKE WITH GINGERSNAP CRUST AND TOASTED MERINGUE

Recipe by Kelsey Siemens (The Farmer's Daughter) of Willow View Farms

SERVING: 6-8 PREPPING: N/A COOKING: 1 HOUR 25 MINUTES

CRUST INGREDIENTS

2 CUPS CRUSHED GINGERSNAP COOKIES (CAN USE HOMEMADE OR STORE COOKIES) 6 TBSP UNSALTED BUTTER ½ TSP SALT

FILLING INGREDIENTS

2 CUPS CREAM CHEESE, ROOM TEMPERATURE

1/2 GRANULATED SUGAR

2 CUPS PUMPKIN PUREE

1TSP VANILLA EXTRACT

2 TBSP ALL PURPOSE FLOUR

1/2 TSP GROUND CINNAMON

1/2 TSP GROUND ALL SPICE

2 LARGE EGGS, ROOM TEMPERATURE

1 LARGE EGG YOLK, ROOM TEMPERATURE (RESERVE WHITE TO USE FOR MERINGUE)

MERINGUE

1/2 CUP EGG WHITE (ABOUT 4 EGGS) 1 CUP GRANULATED SUGAR

1 TSP VANILLA EXTRACT (ALTERNATIVE: MARSHMALLOW FLUFF OR WHIPPED CREAM)

Crust Directions

If using homemade gingersnaps that are chewy, they'll need to be baked a second time to dry them out. I baked homemade gingersnaps at 250 degrees for 15-20 minutes, stirring occasionally. I allowed them to cool, and then crushed them up further to ensure no soft bits remained. If they did, I baked it for a bit longer. We want super dry, crunchy cookie bits here! Alternatively, use store bought gingersnaps.

Preheat oven to 350 degrees. Place the dried gingersnap crumbles into a food processor or blender, and blend into crumbs. I did this a half cup at a time. Repeat until you have 2 cups of fine crumbs.

In a medium bowl, stir gingersnap crumbs, butter, and salt together, and press firmly into the bottom of a 8-inch springform pan.

Bake at 350 degrees for 8-10 minutes until fragrant. Set aside to cool.

Cheesecake Directions

Preheat oven to 260 degrees. Cooking a cheesecake at a low temperature decreases the chance of it cracking, and I've never had a crack using this method!

In the bowl of a stand mixer fitted with a paddle attachment, beat cream cheese and sugar together on low for 1-2 minutes until completely smooth. Make sure the cream cheese is at room temperature, or the batter will have small lumps in it. Add in the pumpkin puree, spices, and flour, and beat on low for 2 minutes until smooth. Use a spatula to scrape down the sides of the bowl, and gently run it through the batter to press some of the air bubbles out.

Add in eggs one at a time, mixing until barely mixed, and then add the yolk and beat on low until just incorporated. Use a spatula to scrape down the sides and press out air bubbles. Try not to overmix once the eggs are added. Pour batter into the cooled crust, and slam the entire pan down onto the counter firmly several times. You should see bubbles pop on the surface. We don't want them rising through the batter while it bakes.

Bake for 55 minutes, then turn off the oven and crack the door and let it rest in the oven for 15-20 minutes. Remove from oven, run a thin knife around the edge and leave in the pan for at least an hour. Carefully remove the springform pan wall piece, and let the cheesecake come to room temperature before placing into the fridge in an airtight container. Allow to chill for several hours, or overnight. This cake is great to make a day or two before you need it.

Meringue Directions

First ensure your saucepan and mixing bowl are freshly washed and dried, and free from any grease.

In a small saucepan, whisk egg whites and sugar together.

Assemble a double boiler by bringing a large pot of water containing a couple inches of water to a boil, and place saucepan on top. Make sure the bottom doesn't touch the bottom of the larger pan. Stir occasionally, and heat until mixture reaches 160 degrees and stay here for a couple minutes.

Since we aren't cooking the meringue after it's made, this process is ensuring the eggs are safe to eat.

Remove from heat, and place mixture into the bowl of a stand mixer fitted with a whisk attachment.

Beat on medium-low speed for 4 minutes while the egg mixture cools, and then increase speed to high for another 4 minutes.

Continue to beat until it forms a thick and glossy meringue. Mix in vanilla extract. Use immediately.

Assembly

The cheesecake should be well chilled before serving, and the meringue assembled directly before serving. Pile the cheesecake high with meringue, and use a kitchen torch to toast the meringue. If you don't have a kitchen torch, you can broil the cake for a few minutes, but keep an eye on it the entire time! Alternatively, serve with marshmallow fluff or whipped cream.

Store leftovers in an airtight container for 2-3 days in the fridge, or for 3 months in the freezer. The meringue will get a bit soggy after the first day.



WILD ROSE HIP TEA

Recipe by Paula Olmstead of Semá:th First Nation

SERVING: 4	PREPPING: N/A	COOKING: 20-30 MINUTES

Place your rose hips and ginger, along with water, into a pot. Typically, you would use about 1 cup of water per serving.

Put the pot on the stove and heat the water until it comes to a boil. This will help release the flavours from the tea leaves or bags and infuse them into the water.

Reduce the heat to a simmer (just below boiling), and allow the tea to steep for 20-30 minutes. This longer steeping time can help extract more Vitamin C and flavor from the tea.

After simmering, you can add honey to sweeten the tea to your liking. Honey is not only a sweetener but also has soothing properties, which can be helpful for a sore throat or cold symptoms.

Pour the tea into a cup or mug, and sip it while it's still warm. This tea can be a comforting and vitamin-rich beverage, especially when you're feeling under the weather or just need a warm, soothing drink.

1 LITRE WATER
10-15 ROSE HIPS
1" SLICED UP FRESH GINGER

MONTROSE SANGRIA

Recipe by Alex Mitchell of Abbotsford Chamber of Commerce

SERVING: 4 PREPPING: 60 MINUTES COOKING: N/A

Combine all of your ingredients into a large bowl or pitcher and stir. Remember that you can adjust the sweetness and flavor to your liking by adding more or less maple syrup, citrus juice, or liquor.

Cover the bowl or pitcher and place it in the refrigerator for at least 3 to 4 hours, or even overnight. Chilling allows the flavors to meld and the fruit to infuse the wine.

When you're ready to enjoy your sangria, give it a good stir to redistribute the fruit and flavours. Fill a glass with ice cubes and pour the sangria over the ice.

If you prefer a fizzy sangria, top off your glass with sparkling water before serving. This adds a refreshing and effervescent element to your drink.

Sip and enjoy your homemade sangria! It's a perfect beverage for a cozy night in or gatherings with friends and family. This sangria pairs well with olives and Blue Capri Cheese from Mt. Lehman Cheese Co.

1 BOTTLE OF RED WINE (TRY A GARNACHA / TEMPERANILLO OR YOUR FAVOURITE LOCAL BOTTLE)

½ CUP BRANDY

1 CUP DICED FRUIT (APPLES AND ORANGES OR A SELECTION OF LOCAL BERRIES)

1/2 CUP ORANGE OR APPLE JUICE

MAPLE SYRUP (TO TASTE BASED ON DESIRED LEVEL OF SWEETNESS)



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