



In the kitchen with...

Jody McDonald, Executive Chef, White Squirrel Golf Course, Zurich

Jody McDonald got her culinary start late in life. She grew up in Alberta in a meat-and-potatoes family, before moving to Huron County to help her mom after her father passed away. She promptly fell in love with the area, and pursued a new culinary career. Her eyes were opened to the culinary world after she was hired as a local prep cook in Grand Bend and decided to attend culinary school at Fanshawe, in London.

Believing that the kitchen is the heart of the home, combined with a desire to be present for people's special moments, Jody works hard to create food that brings people together.

She has been the Executive Chef at the White Squirrel since October 2018.

Five minutes with the Chef

Huron-Perth Boomers (HPB):

What would your last meal be?

Jody McDonald (JM): My Mom's corned beef with creamed leeks and mashed potatoes. Dessert would be all about mega-chocolate everything – decadent chocolate cake or brownie. To drink, I love tequila!

HPB: What is your favourite thing to cook?

JM: I like to cook simple things. I can make a really mean lasagna. I love making that. It's homey and is a comfort food for myself.

HPB: If you weren't a chef, what would you do?

JM: I have always loved working outside, anything outdoorsy like landscaping or gardening. I think I would be ready for a slower pace.

HPB: Any tips for home cooks?

JM: Don't over-think things and never be afraid to be creative and add a little extra ingredient.

HPB: Where do you get inspiration?

JM: It inspires me to think that people are going to be enjoying what I prepare, and I want them to react to their food with love.

HPB: What do you like to do in your time off?

JM: You will find me at the lake or trying out new restaurants everywhere.

HPB: What trends do you see working in the food industry and why do you think that is?

JM: There's a lot of fermented foods coming through and fresh, plant-based focus. Environmentally conscious consumers are becoming the norm.

Chef Jody chose to share his recipe with us because it's very simple, easy to make, and you can find these ingredients in your cupboard. It's light, fresh, and perfect for summer.

To Drink?

North 42 Degrees Riesling because it is light, crisp and refreshing.



TOASTED SESAME SALMON

Serves 2-4

INGREDIENTS

1½ lbs salmon
¼ cup olive oil
2 tbsp of rice vinegar
2 tbsp toasted sesame oil
2 tbsp soy sauce
2 tbsp brown sugar
2 garlic cloves, grated
1-2 tbsp sesame seeds, toasted
4 green onions, sliced

SESAME HONEY GLAZE

¼ cup honey
1 tsp soy sauce
1 tsp sesame oil, toasted
½ tsp sesame seeds, toasted

GREENS

1 tbsp honey
¼ tbsp rice vinegar
¼ tsp garlic powder
2 tbsp sesame oil

DIRECTIONS

Line a baking sheet with tinfoil and place a wire rack on top, sprayed with non-stick spray. In a large baking dish or bowl, combine olive oil, sesame oil, garlic, soy sauce, vinegar, and brown sugar, and whisk well until combined. Add the salmon to the dish and let marinate in the fridge for 30 minutes.

Pre-heat the grill or broiler in your oven. Remove salmon with tongs and place directly on the baking rack. Season with salt and pepper and place directly on the grill or under the broiler. Cook for 10 to 12 minutes, depending on salmon thickness, until opaque and can be flaked with a fork. Flip salmon halfway.

Sesame honey glaze – Combine all ingredients in a bowl, whisk until smooth and pour over the salmon. Remove salmon and serve immediately, sprinkling on toasted sesame seeds, green onions and glaze.

Greens: In a small bowl, whisk together and add to greens. Toss. ■