KITCHEN STORIES: CHAPTER 21

TRISH MAGWOOD

THE FOOD PERSONALITY SHARES A SNEAK PEEK OF HER LATEST COOKBOOK — AND HER NEWLY RENOVATED HOME.

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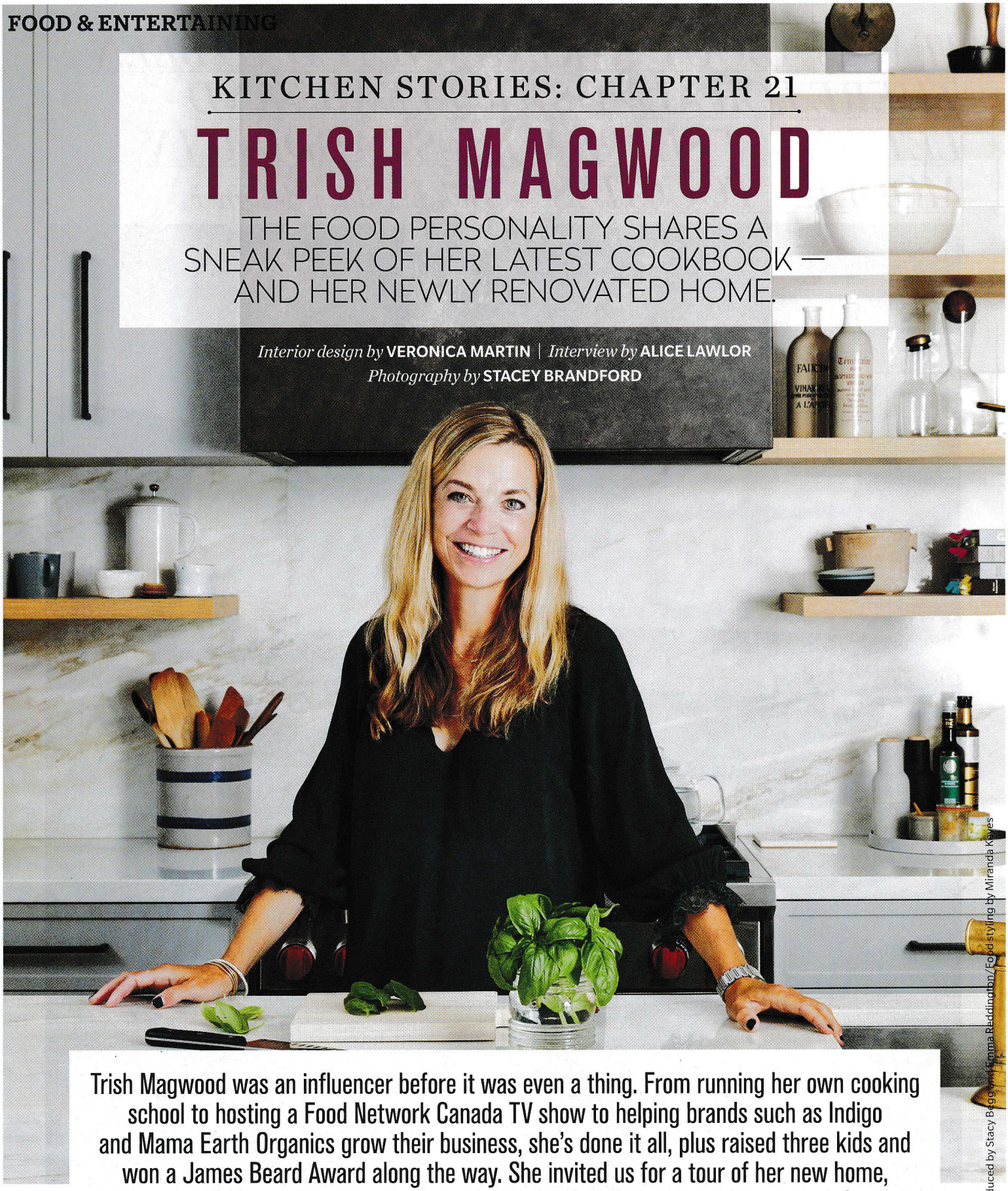


Trish Magwood was an influencer before it was even a thing. From running her own cooking school to hosting a Food Network Canada TV show to helping brands such as Indigo and Mama Earth Organics grow their business, she's done it all, plus raised three kids and won a James Beard Award along the way. She invited us for a tour of her new home, a taste of the recipes from her latest cookbook and a chat about her story so far.

Produced by Stacy Begg and Emma Reddington/Food styling by Miranda Kaves

SEE SHOPPING LIST

Dishware, serveware and linens *(throughout), Hopson Grace and Heirloom 142.*

RECIPES

FRIED BROCCOLINI WITH CHILIS AND SHALLOTS

MAMMA MIA CHICKEN

SIMPLE TOASTS

GRILLED ROMAINE WITH FRIED CAPERS, RADISHES AND CREAMY VINAIGRETTE

LEMON ANGEL CAKE

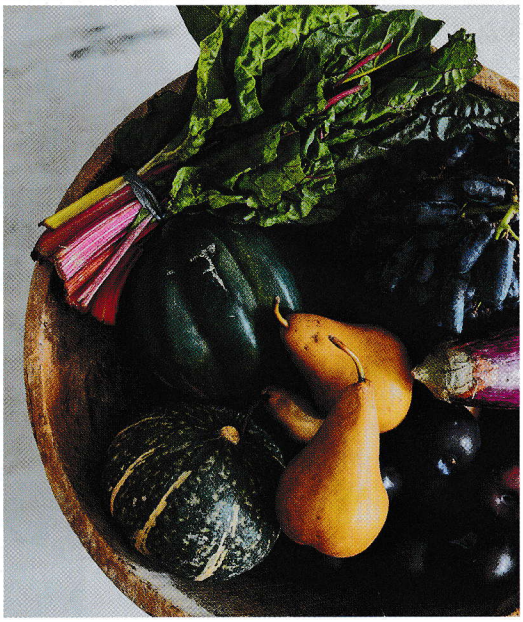
Find the recipe for Fried Broccolini with Chilis and Shallots on page 130!

RECIPE, PG. 130

MAMMA MIA CHICKEN

My sister-in-law Amy shared a family favourite, "Pizza Chicken" from Melissa Clark's cookbook, *Dinner: Changing the Game*. It looked like a lot of work, so I created my own version, which turned into a Margherita pizza on chicken. If I was running that fabulous inn in Greece in the movie *Mamma Mia!* (which I would love to do one day), this would be my signature dish.

Trish gave designer Veronica Martin various references for the kitchen look, including "that Paris or New York apartment I dreamed about but never had, with floor-to-ceiling doors and industrial black accents." The floating shelves and light palette nod to Scandi style, says Trish, "but everything was really anchored in the heritage of the house. Overall, it has a contemporary feel with an industrial European mix, which we love."



AS A KID, I had an Easy-Bake Oven, and I could whip up those cakes like nobody's business! I thought it was standard fare to have dessert after every dinner. My grandma taught home economics and was an extraordinary cook, as is my mom. Now, I watch my 14- and 11-year-old daughters bake chocolate chip cookies without the recipe, and they do it perfectly.

I got my start at 21, working on *Toronto Life* magazine's food supplements, where I met Lucy Waverman. One day, she looked at me and said, 'You should go to chef school.' I ended up training at Peter Kump's New York Cooking School, did a lot of catering and then started my own cooking school called Dish. I was 29 and had just returned from France, where I had worked for a travel company. Then Dish morphed into something more, with a cookbook and TV show. We were doing classes and catering, and had a kitchen store and café. I never thought of Dish as a food business; it was a creative business and a gathering place; food was just the output.

I always had a passion for the media — I used to stand in front of the mirror and say, 'This is Trish Magwood for CBC News'. And so, when I did my TV show *Party Dish,* it wasn't really about recipes. It was about the stories of food and sharing it in different ways. It's the same for the cookbooks. My first one, *Dish Entertains*, was about entertaining, the next one, *In My Mother's Kitchen*, was very nostalgic, and the latest one, *My New Table,* is a reflection of the more simple way we eat and live now.

It's not out until fall 2021, so these recipes are a sneak peek. They reflect how we've changed our eating to be vegetables first. Today we might say, 'I have beets, so let's throw a steak on the barbecue,' or 'We can get corn at the stand, so why don't we grab a piece of fish?' Our meals are reverse engineered that way now. It's not a vegetarian cookbook, but many of the recipes are vegetable-based.

The book is also a reflection of my life — this new phase where my kids aren't babies anymore. Our family is big and blended, I'm turning 50, and this is the next chapter!"

RECIPE, PG. 130

SIMPLE TOASTS

The idea behind the toasts is that we've morphed away from big sandwiches, but we're still looking for little things to nosh on. We don't want to fuss, so it's what we have on hand: these can be made with a day-old loaf or some bread in the freezer. The base is a crostini, then you top it with whatever you'd make as a main or a side.

RECIPE, PG. 131

GRILLED ROMAINE WITH FRIED CAPERS, RADISHES AND CREAMY VINAIGRETTE

This is a sexy stand-in for Caesar salad, but I wouldn't recommend it for a first date! Grilled romaine has such an unbelievable flavour.

RECIPE, PG. 131

LEMON ANGEL CAKE

We're a huge chocolate family, but once you find something really good that's lemon, it's hard to beat. It's an airy angel cake with my grandmother's lemon glaze, and then fresh or cooked fruit on top. In the fall, I don't love eating raw plums, blackberries and currants, but once you quickly cook them, they're so delicious. Then you have leftovers to put on ice cream.

SEE SHOPPING LIST

Console, RH; **bench,** Hollace Cluny.

Trish created a "cook's nook" as a quiet spot for herself (and her laptop).

Millwork, Cabinetlab.

The paint is only just dry on a six-month reno that saw this house transform into an open and airy space for Trish and her partner Peter's blended family. She has three kids — a tween and two teens — and Peter has two young adults. "The previous owners had fabulous taste, but we needed a different use of space," says Trish. "It's an old heritage home so we didn't touch the outside, but we removed a lot of the inside walls to open it up, and put in a new kitchen, fixtures, windows, doors and floors."

In what was the dining room, they created a casual family room, which meant the table had to move into the centre of the kitchen — which was Trish's preference anyway. "The person in the kitchen wants to be part of the conversation," she says. "The flow works really naturally now; someone might go and kerplunk on the couch while others are still at the table and somebody's at the sink."

Chair, coffee table, Hollace Cluny.

Coffee table, Montauk Sofa.

Fried Broccolini with Chilis and Shallots

SERVES 4 TO 5

We grew up with broccoli, straight up. I later learned, like our large family, there are cousins, nonrelatives and more, and we love them all! Broccoli's younger sibling is broccolini; it has longer stems and curled leaves but doesn't have florets like regular broccoli. Broccoli rabe, or rapini, is more bitter, and it's actually part of the turnip family. Spigarello is heirloom and the parent of rabe. Restaurant chefs love spigarello for its earthiness, bitterness and beauty — it's the new stand-in for kale. Try them and love them all!

- *1 bunch broccolini or spigarello (broccoli rabe), chopped into long florets*
- *1 tsp chili flakes*
- *1 tbsp oil*
- *2 small shallots, chopped*
- *Rind and juice of 1 lemon*
- *Salt and pepper*

MAKE BROCCOLINI

1. In medium pot of salted boiling water, blanch broccolini for 2 minutes, then run under cold water and reserve in ice-cold water. Dry.
2. In medium frying pan, heat oil. Fry chili flakes in oil and add shallots. Fry over high heat until crispy. Add broccolini to pan and fry until softened. Grate lemon rind and squirt lemon juice over top and season with salt and pepper.

Mamma Mia Chicken

SERVES 4 TO 5

Combining one can of tomatoes with one container of grape or cherry tomatoes in this recipe will yield maximum flavour. If you'd like to use boneless chicken, reduce the baking time to 20 minutes. And if you'd like to make this dish dairy free, just omit the mozzarella!

- *2½–3 lbs. chicken thighs (about 8 pieces, 2 pieces per person) bone in (skin on is best)*
- *Salt and pepper*
- *1 tbsp olive oil*
- *2 cloves garlic, minced*
- *1 shallot, finely diced (or ½ small sweet onion)*
- *½–¾ cup nicoise olives, pitted, chopped in half*
- *1–2 tbsp capers, drained (optional)*
- *½ tsp chili flakes*
- *¼ cup white wine or chicken stock*
- *1 28 oz. can (about 3 cups) San Marzano canned tomatoes (roughly chopped with wooden spoon in skillet)*
- *1 pint cherry tomatoes*
- *½ cup fresh basil, chiffonade, divided*
- *8 oz. (½–¾ cup) fresh mozzarella, sliced with vegetable Y-peeler*

MAKE CHICKEN

1. Preheat oven to 400°F. Pat chicken dry and season with 1 tsp of salt and generously with pepper.
2. In large, cast-iron, 12" skillet (you may need two), heat olive oil, add chicken and sear until brown on all sides, turning, about 10 minutes. Transfer out of pan and reserve.
3. Add garlic, shallot, olives, capers and chili flakes, and sauté for 1 minute. Stir in white wine or chicken stock and canned tomatoes. Break up tomatoes with wooden spoon. Add cherry tomatoes. Season with 1 tsp of salt, pepper, and add half the basil. Cook, stirring, for about 10 minutes.
4. Return chicken to pan, bake in oven, uncovered, for about 40 to 45 minutes, or until juices run clear.
5. Top with remaining basil and single layer of mozzarella and broil for 3 minutes, or until cheese bubbles and oozes.

Simple Toasts

MAKES 8 TOASTS

These toasts are easy to make (perfect for using up day-old bread) and are the foundation for the recipe variations that follow.

- *½ baguette*
- *1 tbsp olive oil*
- *Maldon sea salt (or salt of your choice)*

MAKE TOASTS

1. Preheat oven to 350°F. Slice baguette into toasts on extreme angle, about 1" thick. On cookie sheet, bake for 7 minutes, or until toasted. Remove from oven. Drizzle with olive oil and salt.

Whipped Ricotta with Figs, Pistachio and Honey Toasts

MAKES 8 TOASTS

For these toasts, you can substitute walnut pieces for the toasted pistachios — just toast the nuts or candy them in honey in a frying pan. If your balsamic vinegar is aged and thick (from Modena is best), there's no need to reduce.

- *1 cup ricotta*
- *Zest of 1 lemon, juice of ½ lemon*
- *1 sprig thyme, stem removed*
- *Salt and pepper*
- *¼ cup pistachios, hulled, roughly chopped*
- *8 fresh figs, quartered*
- *2 tbsp honey*
- *2 tbsp aged balsamic vinegar, reduced*
- *8 Simple Toasts (see recipe)*

MAKE TOASTS

1. In small bowl, using fork, combine ricotta, lemon zest and juice, thyme, salt and pepper. Set aside.
2. In frying pan, toast nuts until fragrant.
3. Spread cheese mixture on Simple Toasts. Layer on figs, then nuts and drizzle with honey.
4. In small saucepan, boil balsamic vinegar for a few minutes to reduce and thicken. Drizzle over top.

Lemon Goat Cheese Toasts

MAKES 8 TOASTS

My dear friend Kara and I have had years' worth of food ideas spring up from our experience being cooks for summer tree planters, our shared love for our cottage in Pointe au Baril, Ont., ongoing potlucks and past competitive ski weekend picnics. This is one of Kara's many simple and delicious go-tos.

- *150 g goat cheese*
- *6 tbsp plain yogurt*
- *Zest and juice of ½ lemon*
- *¼ cup pine nuts, toasted (or pumpkin seeds)*
- *2 tsp olive oil*

Salt and pepper
8 Simple Toasts (see recipe)

MAKE TOASTS

1. In bowl, combine cheese, yogurt, and lemon zest and juice. Serve on Simple Toasts, topped with nuts (or seeds), olive oil, salt and pepper.

Creamy Forest Mushroom Toasts

MAKES 8 TOASTS

This rich combination of flavours is also great in pastas, soups and sauces. Toss the mushroom mixture with cooked egg noodles to turn it into dinner, or add stock and it becomes mushroom soup.

2 tbsp butter
¼ cup finely diced shallots
3 cups assorted mushrooms (cremini, porcini, button), finely diced
1 tsp fresh thyme
¼ cup white wine
⅓ cup heavy cream
Pinch cayenne
2 green onions, finely chopped
3 tbsp grated Parmesan (optional)
Salt and pepper
8 Simple Toasts (see recipe)

MAKE TOASTS

1. In a large skillet over medium heat, melt butter. Sauté shallots for a few minutes, until softened. Add mushrooms and thyme, and sauté for a few more minutes, until they dry out.
2. Turn heat to high. Deglaze skillet with wine. Add cream and reduce until mixture thickens. Add cayenne and green onions, Parmesan, if using, and season with salt and pepper. Serve on Simple Toasts.

Grilled Romaine with Fried Capers, Radishes and Creamy Vinaigrette

SERVES 4

This is a nod to Caesar salad, but it's way more decadent and delicious, and a knife and fork is required. Feel free to rough chop for ease of eating after you wow and dazzle with your presentation.

Dressing

2 tbsp tahini
2 tbsp avocado oil (or olive oil)
4–6 tbsp lemon juice (juice of 1 or 1½ lemons)
1 tsp dijon
3 tsp honey

Salad

3 tbsp avocado oil, divided
½ cup capers, drained
2 heads romaine hearts (core, remove outer largest pieces), sliced in half lengthwise, washed, patted dry
Salt and pepper
4 radishes, thinly sliced

MAKE DRESSING AND SALAD

1. In small bowl, blend dressing ingredients with whisk. Set aside.
2. In small frying pan over medium heat, add 1 tbsp of oil and fry capers until they pop and crisp, about 2 minutes. Reserve.
3. Heat grill to high. Lightly brush romaine with remaining oil (less is better, it's like a sponge), and season with salt and pepper.
4. Place cut-side down on grill for about 6 to 8 minutes, or until charred. Flip and char for about 5 more minutes. Transfer to platter and drizzle with dressing, fried capers and radishes.

Lemon Angel Cake

SERVES 4 TO 5

You know that delicious, glossy, light meringue? You know the airy angel cake that makes you want a second piece? Combine them with the perfect pucker of lemon from my grandmother's classic lemon loaf glaze, and you'll have a new favourite special occasion cake. This is also delicious with a boozy fruit compote — just use whatever fruits you have on hand.

Cake

1 cup flour, sifted twice
2 cups sugar, divided
8 eggs, separated, whites only
1 tsp cream of tartar
½ tsp salt
Zest of 2 lemons (1 tbsp packed)
1 tbsp lemon juice (from 1 lemon)
1 tsp vanilla

Lemon Glaze

Juice of 2 lemons
1 cup icing sugar

Boozy Fruit Compote

2 lbs. black or purple plums, sliced, and seedless concord grapes, off stems
1 qt. blackberries
¼ cup honey
½ tsp cinnamon
½ cup dessert wine
1 tsp vanilla

MAKE BATTER AND BAKE CAKE

1. Preheat oven to 325°F. Into large bowl, sift flour and half the sugar. Sift again. Reserve.
2. In stand or hand mixer with whisk attachment, whisk egg whites on high until foamy. Add cream of tartar and salt, and beat until soft peaks form.
3. Add remaining sugar and beat until stiff glossy peaks form. Add lemon zest, lemon juice and vanilla, until just combined.
4. Gently fold in dry mixture in 4 parts. When combined, pour batter into 10" angel food pan and smooth top.
5. Bake for 35 to 40 minutes, or until cake pulls away from sides of pan and springs back when touched. Let cool completely.

MAKE GLAZE AND FINISH CAKE

1. In small bowl, stir lemon juice and sugar together until sugar dissolves.
2. Invert cake on platter. Cool. Drizzle glaze over cake.

MAKE FRUIT COMPOTE

1. In medium saucepan, combine fruits, berries, honey, cinnamon and dessert wine. Bring to a boil, stirring occasionally.
2. Reduce to low, stirring, and simmer for 10 minutes, until mixture thickens. Add vanilla. Cool, then spoon over slices of cake. Substitute fresh berries and whipped cream for compote, if desired. H&H