

CHEF DARCY BUTLER'S

RECIPES

AGRICULTURE
EXPO 2026



ROASTED PORK LOIN WITH BLUEBERRY STUFFING

1.5 kg	3 lb	Boneless pork loin roast
TT	TT	salt and pepper
90 g	3 oz	carrot, chopped coarse
180 g	6 oz	onion, chopped coarse
15 ml	1 tbsp	vegetable oil
15 ml	1 tbsp	clarified butter
3 g	1 tsp	fresh rosemary
2 g	1 tsp	fresh thyme
1	1	bay leaf, crushed
10 g	2 tsp	garlic, crushed
		blueberry stuffing (recipe follows)
250 ml	1 cup	demi-glaze
30 g	1 oz	blueberries
30 ml	1 oz	red wine

Method:

1. Pre-heat oven to 135°C/275°F.
2. Trim and butterfly the pork loin; reserve the trimmings. (To butterfly the pork loin, slice it partway through the centre and open it like a book, then flatten it into a rectangle shape.) Season both sides with salt and pepper. If the pork loin has a significant fat cap, make sure to score it to allow the fat to properly render.
3. Spread blueberry stuffing along one end of the pork loin. Roll up the loin and tie with butchers twine.
4. Season pork loin and brown with pork trimmings, carrot and onion in the oil and butter.
5. Add the herbs and garlic and roast the pork in the bed of trimmings and vegetables, basting frequently with the fat that accumulates in the pan, to an internal temperature of 60°C/140°F, approximately 1 hr.
6. Poach blueberries in the demi-glaze; set aside.
7. Remove the roast from the pan and keep it warm, allowing to rest. Degrease the pan and deglaze with red wine. Strain and add liquid to the demi-glaze. Sauce may need to be degreased again before plating.
8. Slice roast and serve with blueberry demi-glaze.

BLUEBERRY STUFFING

120 g	4 oz	Onion, small dice
60 g	2 oz	Fat, such as butter
100 ml	3 fl oz	apple juice
60 g	2 oz	blueberries
250 g	8 oz	White bread, 2 days old
4 g	½oz	savory
Pinch		white pepper
Pinch		salt
100 ml	3 fl oz	Chicken stock, cold

Procedure:

1. Sauté the onion lightly in the fat until tender but not browned. Add the savoury and lightly sauté.
2. Add apple juice and blueberries to the onions.
3. Cut the bread into small cubes. If desired, crusts may be trimmed first.
4. Combine the bread and berry, onion mixture in a large stainless-steel bowl. Season and toss gently until all ingredients are well mixed.
5. Add the stock a little at a time, and mix the dressing lightly after each addition. Add just enough to make the dressing slightly moist, neither dry nor soggy. Adjust the seasonings.
6. If cooking separately, place in a greased baking pan, cover with tin foil and bake at 375°F (190°C), until hot at the center. Check after 30 minutes of cooking time.

oven BAKed CRISPY CHICKen Tenders

1	chicken breast
2 tbsp	butter
75g (1.5cups)	panko breadcrumbs
50g (1/2cup)	flour
1tsp	paprika
½tsp	onion powder
¼tsp	garlic powder
¼tsp	cayenne
TT	salt and pepper
2tbsp	milk
1	egg

1. Preheat your oven to 400F.
2. Line a sheet pan with aluminum foil and place a wire rack on the pan. Set aside.
3. Cut the chicken breast into strips about 2cm wide. Season with salt and pepper and set aside.
4. Melt the butter in a skillet and add the panko breadcrumbs. Allow the breadcrumbs to toast in the pan until a light golden-brown colour. Make sure to stir so that the breadcrumbs toast evenly.
5. Place the breadcrumbs in a bowl or pan that is large enough to lay the strips of chicken in.
6. Combine the flour and spices together in a bowl or pan, again something that is large enough to be able to coat the chicken strips.
7. Whisk the milk and egg together.
8. Roll the chicken strips in the season flour, shaking off any excess flour.
9. Dip each piece in the egg wash and then coat with the toasted breadcrumbs. Make sure to pack the crumbs tightly so that there is no exposed chicken breast.
10. Place each coated chicken tender on the wire rack ensuring that each is spaced apart and not touching.
11. Place in oven for 15-20 minutes, or until the tenders are crispy and have reached an internal temperature of 175F.
12. Serve with your favourite dipping sauce.

BRAISED AND SHREDDED BEEF TACO FILLING

1.5tbsp	smoked and hot paprika (add cayenne if you want it spicier)	1-2tbsp	vegetable oil
1tbsp	paprika	3lb/1.5kg	beef chuck or brisket, or other less tender cuts including stewing meat
1tbsp	oregano, dried	5	garlic cloves, minced
1tsp	all-spice powder	1	onion, diced
1tsp	coriander powder	3/4cup	orange juice
2tsp	onion powder	2tbsp	lime juice
1tsp	garlic powder	14oz can	crushed tomatoes
1.5tsp	salt	2cups	beef stock
1tsp	black pepper	1/2cup	water
		to taster	Salt and pepper

1. Combine the Spice Mix ingredients in a bowl and set aside.
2. Cut the beef into large pieces.
3. Sprinkle some of the spice mixture over the beef and pat so it sticks.
4. Heat the oil in a large heavy based pot over medium-high heat. Add the beef (in batches if necessary, making sure to cover no more than half of the surface at a time) and brown well on all sides. Remove onto a plate.
5. Reduce the heat to medium for the pan, and if the pot looks dry, add more oil.
6. Add the onion and cook for 3 minutes or until soft.
7. Add the garlic and cook for another minute.
8. Add the orange juice and lime juice, while scraping the bottom of the pan to loosen anything stuck to the bottom.
9. Add the crushed tomato, beef stock, water and remaining spice mix. Stir so that all ingredients are blended and then add the beef into the sauce.
10. Increase the heat and bring the pan to a simmer. Reduce the heat so that the mixture is gently simmering.
11. Cover the pan and cook for 2 about two hours or until the beef is tender enough to shred. Alternatively, you can place everything into a slow cooker, following the other directions.
12. Remove the beef from sauce and shred.
13. While shredding the beef, increase the heat so that the sauce simmers allowing it to reduce and thicken. Make any final adjustments to the taste, including the salt and spiciness.
14. Add the beef back to the sauce and reheat, stirring until it is the desired thickness.
15. Place the beef in a serving dish and enjoy with a wide variety of toppings.

MINI QUICHE

Crust

100%	225g	All-purpose flour
65%	150g	Butter, well chilled
25%	75ml	Ice water
2%	5g	Salt

4oz	115 g	Cheese, grated
3		Eggs, beaten
4fl.oz.	125mL	Heavy cream
8fl.oz.	250 mL	Milk
½ tsp	2.5 mL	Salt
pinch		White pepper
pinch		Nutmeg

Procedure:

1. Dissolve salt into water and set aside.
2. Place flour and shortening into a bowl and cut the shortening into the flour.
3. Gradually add the cold water, mixing gently until the dough holds together.
Do not over mix.
4. Cover the dough with plastic wrap and chill thoroughly before using.
5. Roll the dough 1/8 in. (3 mm) thick and place in pie pans, tart pans, or muffin tins to get the size you want.
6. Hold the pie shells in the refrigerator until needed.
7. Sprinkle cheese into the bottom of each tart shell.
8. Beat together the eggs, cream, milk, and seasonings. Pour into the tart shells.
9. Place the tarts in a 375°F (190°C) oven on the bottom shelf or, if using a deck oven, directly on the deck.
10. Bake until the filling is set, about 20-30 minutes.
11. Serve hot or cold. Cut into wedges of desired size.

CAESAR SALAD

Caesar Dressing

½		Garlic Clove
2		Anchovy Fillets
1		Egg
1tbsp+1tsp	20ml	Lemon Juice
6fl.oz	150ml	Vegetable Oil
1tbsp+1tsp	20ml	Lemon Juice
1/2 oz	15g	Parmesan Cheese
To taste		Salt

Salad

8oz	225 g	Romaine leaves
1oz	30g	White bread
2tsp	10ml	Olive Oil

Procedure

1. Wash and drain the greens thoroughly. Chill in the refrigerator.
2. Cut the bread into small cubes measuring about 3/8 in. (1 cm).
3. Heat a thin layer of olive oil in a sauté pan over moderately high heat. Add the bread cubes and sauté in the oil until golden and crisp. Add more oil as needed.
4. Remove the croutons from the pan and hold for service. Do not refrigerate.
5. Mash the anchovies and garlic together to make a paste.
6. Place the eggs in the bowl of a mixer and whip with the whip attachment until well beaten.
7. Add the anchovy and garlic paste and the first quantity of lemon juice. Whip until well mixed.
8. With the mixer on high speed, slowly begin adding the oil, as when making mayonnaise.
9. When the dressing becomes thick, add a little of the remaining lemon juice.
10. Gradually beat in the rest of the oil alternating with the rest of the lemon juice.
11. Mix in the parmesan cheese and salt.
12. Add romaine and dressing to a mixing bowl and toss so that the leaves are coated evenly in the dressing.
13. Plate tossed salad onto a plate or bowl, top with croutons and more grated parmesan.

BBQ BEEF SANDWICH

250g	Roast beef, cooked, sliced thinly
1cup	BBQ sauce
2tbsp	garlic butter
4	Kaiser rolls

1. Place sliced beef in a skillet or small pot and cover with the BBQ sauce.
2. Gently heat the sauce and beef over medium heat, occasionally stirring to ensure that it does not stick to the bottom of the pan.
3. While the beef is heating in the BBQ sauce, slice open each of the kaiser rolls.
4. Spread the garlic butter on the buns and then place under a broiler or butter sided down in a skillet so that the bun is toasted and heat.
5. Once the beef has been heated and the buns toast, layer the meat on the buns.
6. Close the bun, cut the sandwich in half, and enjoy.

BBQ Sauce

4oz	125ml	Tomato Puree
1fl.oz	30ml	Cider Vinegar
1tsp	4g	Sugar
1.5tsp	7.5ml	Molasses
¼ tsp	1.25ml	Ground Cumin
¼ tsp	1.25ml	Hot Sauce
¼ tsp	1.25 ml	Celery Seed
½ tsp	2.5 ml	Onion Powder
¼ tsp	1.25 ml	Garlic Powder
½ tsp	2.5 ml	Salt
¼ tsp	1.25 ml	Black Pepper

Procedure

1. Combine all ingredients in a saucepan and stir.
2. Bring to a boil, then reduce heat to a simmer. Simmer 10–15 minutes, until slightly reduced and flavors are well blended. Stir occasionally during cooking to prevent scorching.
3. Adjust seasoning with additional salt if necessary

JERKED LAMB

4tbsp	60 ml	Ground Allspice
4tbsp	60 ml	Dried Thyme
3tbsp	45 ml	Black Pepper
1tbsp	15 ml	Nutmeg
1tbsp	15 ml	Cinnamon
3tbsp	60g	Salt
2 each		Scotch Bonnet Chilies
2 each		Garlic Cloves
2 each		Scallions, slices
1.5 oz	45 g	Onions, chopped
2tsp	8 g	Brown Sugar
1fl.oz	30 ml	Lime Juice
1tbsp+1tsp	20 ml	Vegetable oil
1tbsp	15 ml	Soy Sauce

Procedure

1. Combine the spice mix, chiles, garlic, scallions, sugar, lime juice, oil, and soy sauce in a blender. Blend to a paste. (Do half of the ingredients at a time if you have a small blender and combine the two batches.
2. Place the chicken in a nonreactive container. Add the spice mixture and stir so all pieces of lamb are coated.
3. Marinate, refrigerated, at least 1 hour but up to 48 hours.
4. Before cooking, remove from the marinade and let stand at room temperature 20–30 minutes.5. Grill over low heat until done. Alternatively, cook in a smoker oven at 300°F (150°C)

CREAM OF CARROT SOUP

90g	Butter
60g	onion, chopped fine
30g	celery, chopped fine
30g	carrot, chopped fine
350g	carrot, rough chopped
70g	Flour
1.2L	Stock (chicken or vegetable would be best)
as needed	Milk or white stock, hot
to taste	Salt
to taste	White pepper
120mL	Heavy cream, hot, See Note

1. Heat the butter in a heavy saucepot over moderate heat.
2. Add the vegetables. Sweat the vegetables without letting them brown.
3. Add the flour and stir to make a roux.
4. Cook the roux for a few minutes, but do not let it start to brown.
5. Gradually beat in the stock. Bring to a simmer, stirring with a whisk as it thickens.
6. Simmer until vegetables are very tender.
7. Skim the soup carefully.
8. Purée with an immersion blender.
9. For a finer texture, pass the puréed soup through a fine china cap or cheesecloth.
10. Add enough hot milk to the soup to bring it to the proper consistency.
11. Heat the soup again, but do not let it boil.
12. Season to taste.
13. Just before you serve the soup, add the cream. Add the garnish, if desired.

**** Note: cold cream or milk can curdle when add to hot liquid. You can gently heat in a pot before adding it to the soup or you can temper it. To temper, place the milk or cream in a bowl and add a small amount of hot soup at a time, mixing well as you do this. Continue to add small amounts at a time until the bowl feels very hot in your hand, at which point you can slowly add it into the pot of soup.*

NO CHURN ICE CREAM

1 can	sweetened condense milk (14 fl.oz. can)
2tsps	vanilla
pinch	salt
500ml	whipping cream

Extras

Chocolate chips or chunks

Nuts

Crushed candy

Crushed cookie pieces

Chocolate syrup

Procedure:

1. For the ice cream: Whisk together the condensed milk, vanilla and salt in a large bowl; set aside.
2. Whip the cream with a mixer on medium-high speed until firm peaks form, about 2 minutes.
3. Fold about 1 cup of the whipped cream into the condensed milk mixture with a rubber spatula until combined, then fold the lightened mixture into the whipped cream until well blended.
4. Pour into a chilled 9-by-5-by-3-inch metal loaf pan, and freeze, covered, until thick and creamy, like soft-serve, about 2 hours.
5. Swirl in any desired mix-ins with a spoon.
6. Continue to freeze, covered, until solid and scoopable, about 3 hours more

STRAWBERRY SAUCE

500g	Strawberries
100g	Sugar, granulated
1 tbsp	Cornstarch
125 ml	Water
1 tsp	Lemon Zest
2 tsp	Lemon Juice
TT	Salt

Procedure:

1. Add the strawberries, sugar, and salt to a small saucepan.
2. Mix the cornstarch and water and add it to the saucepan.
3. Slowly heat the mixture over medium heat, stirring constantly, until it comes to a simmer, about 5 minutes.
4. Lower the heat so it's at a very gentle simmer and cook, stirring frequently, until the sauce thickens, about 20 minutes.
5. Remove from the heat, stir in the lemon zest, and juice and let it cool.
6. Serve over your favorite ice cream.