

A top-down view of a dark grey surface. In the upper half, a black wire cooling rack sits on a piece of crinkled parchment paper. On the rack are eight small, round, golden-brown tart shells, each filled with a white cream and topped with several halved Ontario Blue Grapes and a small green herb leaf. In the lower-left corner, a bunch of whole Ontario Blue Grapes is draped over a light-colored, vertically striped cloth. In the lower-right corner, a light grey ceramic plate holds two more of the grape tarts. The overall lighting is soft and even, highlighting the textures of the grapes, the cream, and the tart shells.

RECIPES
INSIDE

Cooking with Grapes

Discover Ontario Blue Grapes

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The Unique Taste



Ontario Coronation Grapes

mid-August to late-September*

The fragrant flavour and vibrant colour of Ontario Coronation grapes makes them a perfect ingredient for desserts, sauces, jams, jellies and juice. The crisp, juicy flesh, and mild sweet taste of these semi-seedless grapes creates an ideal experience for eating fresh out-of-hand. They are also a favourite for garnish, and a nice addition to any cheese or fruit platter.

Ontario Jupiter Grapes

September to mid-October*

Ontario Jupiter grapes have oval shaped, blueish-purple seedless berries on large clusters. The skins are not too tough or too tart. They have a mild but pleasant flavour and a pronounced flowery “Muscat-type” aromatic profile. Jupiter grapes are very different from the regular grapes sold at the supermarket.

**TIP: Commercial availability is approximate in nature and varies based on growing conditions. Be sure to enjoy these sweet grapes while in season, or follow our freezing instructions on page 3 to make them last throughout the year!*



Care & Handling



To select:

Select grapes that are firmly attached to their stems and are a full blue colour.

To store:

Once at home, leave the grapes in their container and store in the refrigerator. Eat grapes fresh within 7 to 10 days and just before serving, wash them gently in a colander.

Tip: any overripe grapes can be used in a variety of recipes.

To freeze:

Freezing grapes is simple. Wash, dry and destem grapes. Pack in airtight containers and freeze. No added sugar is required because the natural sugars and acid levels in grapes act as a preservative.

Tip: Frozen grapes can replace fresh grapes in every recipe as they retain their intense colour and flavour and hold their shape when thawed. When using frozen grapes for preserves, thaw in refrigerator just until crushable.



Nutrition Facts



Nutrients in Grapes

Grapes are versatile fruits used in a wide range of popular foods — from raisins to jelly to wine. They are also packed with nutrients and antioxidants, and have high amounts of the phytonutrient resveratrol, which is good for the heart according to some studies. In fact, while grapes are good for your overall health, they are especially recognized for their heart benefits.

Nutrition Facts	
Valeur nutritive	
Per cup (92 g) / par tasse (92 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 16 g	5 %
Fiber / Fibres 1 g	3 %
Sugars / Sucres 15 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	2 %

Grapes are also a good source of vitamin K, copper, fibre and many of the B vitamins, and are relatively low in calories.

Tip: The richest concentrations of nutrients and antioxidants, including resveratrol, are in the grape's skin and seeds.







Serves 4



Cooking time: 25 min



Prep time: 15 min

Roasted Blue Grapes and Beet Salad



Ingredients:

2 cups (500 mL) Ontario blue grapes
1 tbsp (15 mL) balsamic vinegar
2 tsp (10 mL) vegetable oil, divided
1/2 tsp (2 mL) salt, divided
2 cups (500 mL) sliced golden and red beets
1 tbsp (15 mL) apple cider vinegar

1 tbsp (15 mL) vegetable oil
2 tsp (10 mL) honey
1/4 tsp (1 mL) garlic powder
8 cups (2L) baby arugula
1/2 cup (125 mL) goat cheese
1/2 cup (125 mL) pecan halves
4 grilled chicken breasts

Cooking directions:

Preheat oven to 400°F (200°C). Place grapes on a parchment-lined baking sheet. Toss with balsamic vinegar, 1 tsp (5 mL) oil and 1/4 tsp (1 mL) salt. Cook for 5 minutes.

On a separate parchment-lined baking sheet, toss red and golden beets in the remaining 1 tsp (5 mL) oil and 1/4 tsp (1 mL) salt. Cook for 20 minutes.

Dressing: In a small bowl, whisk together apple cider vinegar, oil, honey and garlic powder.

Split all ingredients evenly between 4 small bowls. Layer baby arugula, beets, grapes, goat cheese and pecans. Top each bowl with sliced chicken breast and drizzle with dressing.

Nutrition facts per 1/4 of the recipe: Calories 335 | Total Fat 14.9 g | Saturated Fat 3.1 g | Cholesterol 79 mg | Sodium 478 mg | Potassium 940 mg | Carbohydrates 21.5 g | Fibre 3.2 g | Total Sugars 18.3 g | Protein 29.8 g | Calcium 113 mg | Iron 2 mg





Serves 4



Cooking time: 15 min



Prep time: 10 min

Chicken, Grape and Blue Cheese Flatbread



Ingredients:

2 pieces naan flat bread
1/3 cup (80 mL) alfredo sauce
1/4 cup (60 mL) crumbled blue cheese
2/3 cup (160 mL) sliced Ontario blue grapes
2/3 cup (160 mL) diced chicken
1 cup (250 mL) baby arugula
1 tbsp (15 mL) balsamic reduction

Cooking directions:

Preheat oven to 400°F (200°C). Place naan bread on a parchment-lined baking sheet. Spread alfredo sauce evenly over each naan bread. Sprinkle with grapes, blue cheese and chicken.

Bake for 15 minutes or until edges are crispy and golden brown.

Sprinkle with arugula and drizzle with balsamic reduction.

Nutrition facts per 1/4 of the recipe: Calories 184 | Total Fat 6.1 g | Saturated Fat 3 g
| Cholesterol 31 mg | Sodium 464 mg | Potassium 113 mg | Carbohydrates 19.8 g | Fibre 0.7 g
| Total Sugars 4.3 g | Protein 12.2 g | Calcium 90 mg | Iron 2 mg





Makes 12



Cooking time: 30 min



Prep time: 20 min

Beef and Grape Empanadas with Grape Chutney



Ingredients:

1 lb (500 g) lean ground beef
1/2 cup (125 mL) diced onion
2 tbsp (30 mL) chili powder
2 tsp (10 mL) ground cumin
1 tsp (5 mL) garlic powder
1/2 tsp (2 mL) ground cinnamon
1/2 tsp (2 mL) **each** salt and pepper
1 cup (250 mL) sliced Ontario blue grapes

3 sheets (600 g) premade puff pastry
1 egg
2 tbsp (30 mL) water
1 cup (250 mL) Ontario blue grapes
1/2 cup (125 mL) finely diced onion
1/4 tsp (1 mL) ground ginger
1/2 tsp (2 mL) garlic powder
1/4 tsp (1 mL) salt

Cooking directions:

Preheat oven to 425°F (220°C) and line 2 cooking sheets with parchment paper; set aside. In a large skillet over medium-high heat, cook ground beef, onions, chili powder, cumin, garlic powder, cinnamon, salt and pepper for 8 minutes or until beef is cooked through. Drain any excess fat. Stir in grapes and set aside.

Empanadas: Use a bowl or cookie cutter to cut twelve 5-inch circles out of the pre-rolled puff pastry. Lay circles out on the parchment-lined cooking tray. Spoon 3 tbsp (45 mL) of filling into the middle of each circle. In a small bowl whisk together egg and water. Brush edge of each circle with egg wash and fold pastry in half, enclosing the filling inside. Press edges down with a fork. Arrange empanadas on lined cooking tray. Brush the egg wash on top of each empanada. Bake for 20 minutes or until tops are golden.

Chutney: In a medium-sized saucepan over medium heat, stir in grapes, onions, ginger, garlic powder and salt. Press grapes against side of pan to release juices and bring to a simmer. Cook for 8 minutes, stirring often, until very little liquid remains. Cool completely. Serve chutney alongside the freshly baked empanadas.

Nutrition facts per 1/12 of recipe: Calories 367 | Total Fat 22.2 g | Saturated Fat 6.1 g
| Cholesterol 42 mg | Sodium 316 mg | Potassium 249 mg | Carbohydrates 27.6 g | Fibre 1.7 g
| Total Sugars 3.6 g | Protein 14.6 g | Calcium 23 mg | Iron 3 mg





Serves 8



Cooking time: 35 min



Prep time: 15 min

Blue Grape Olive Oil Cake



Ingredients:

3 eggs	1 1/2 cups (375 mL) all-purpose flour, divided
3/4 cup (180 mL) sugar	1 1/2 tsp (7 mL) baking powder
1/2 cup (125 mL) olive oil	1/4 tsp (1 mL) salt
1/2 cup (125 mL) whole milk	1 1/2 cups (375 mL) Ontario blue grapes
1/2 tsp (2 mL) vanilla	1/4 cup (60 mL) powdered sugar
1/4 tsp (1 mL) almond extract	

Cooking directions:

Preheat oven to 350°F (180°C). Grease an 8-inch round springform pan and line the bottom with parchment paper.

In a large bowl, whisk eggs and sugar together until well combined. Pour oil in a slow, steady stream, beating until combined. Whisk in milk, vanilla and almond extract.

In a medium bowl, mix together 1 1/4 cups (310 mL) flour, baking powder, and salt. Gradually add flour mixture to egg mixture, beating until combined, and stopping to scrape sides of bowl.

In a small bowl, toss remaining 1/4 cup (60 mL) of flour with the grapes. Gently whisk grapes and flour into the wet batter until combined. Pour batter into prepared pan. Bake for 35 minutes or until a wooden toothpick can be inserted into the center and comes out clean. Cool in pan for 5 minutes. Remove from pan and let cool completely on a wire rack. Sprinkle with powdered sugar.

Nutrition facts per 1/8 of recipe: Calories 324 | Total Fat 15 g | Saturated Fat 2.7 g
| Cholesterol 63 mg | Sodium 105 mg | Potassium 197 mg | Carbohydrates 44.6 g | Fibre 0.8 g
| Total Sugars 26.2 g | Protein 5.1 g | Calcium 73 mg | Iron 2 mg

6 Ways to Enjoy

Enjoy fresh



Chocolate covered

In a cocktail
Page 21

Skev
Page

Blue Grapes



As a spread
Page 15

covered
Page 17

Chutney or Picco De Gallo
Page 9 and 19





Makes 1 cup



Cooking time: 15 min



Prep time: 10 min

Blue Grape and Sautéed Onion Spread



Ingredients:

1 tbsp (15 mL) vegetable oil
1 cup (250 mL) finely diced onions
1/2 tsp (2 mL) garlic powder
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) red chili flakes
1 1/2 cups (375 mL) sliced Ontario blue grapes
2 tsp (10 mL) cornstarch

Cooking directions:

Heat oil in a medium-sized pot over low heat. Stir in onions, garlic powder, salt and red chili flakes. Cook for 10 minutes.

In a medium-sized bowl, toss grapes and cornstarch together.

Stir grapes into the saucepan and cook for 7 minutes, continuously stirring and pressing grapes against side of pan to release juices.

Cool completely.

Nutrition facts per 1 cup: Calories 284 | Total Fat 14.2 g | Saturated Fat 1.9 g | Cholesterol 0 mg | Sodium 590 mg | Potassium 447 mg | Carbohydrates 40.3 g | Fibre 4 g | Total Sugars 27.7g | Protein 2.4 g | Calcium 47 mg | Iron 1 mg





Makes 12



Cooking time: 10 min



Prep time: 10 min

Grilled Blue Grape Skewers



Ingredients:

1 cup (250 mL) Ontario blue grapes
2 tsp (10 mL) balsamic vinegar
2 tsp (10 mL) oil
1/4 tsp (1 mL) **each** salt and pepper
1/2 cup (125 mL) sliced cherry tomatoes
1/2 cup (125 mL) sliced cocktail size bocconcini
1 tbsp (15 mL) pesto
12 leaves of fresh basil
12 slices salami

Cooking directions:

Preheat grill to 400°F (200°C). In a medium sized bowl, toss grapes with balsamic vinegar, oil, salt and pepper.

Place grapes and sliced cherry tomatoes in a grilling basket and cook for 4 minutes or until grape skin is just wrinkled.

In a small bowl, toss bocconcini with pesto.

Skewer grilled grapes, bocconcini, fresh basil, cherry tomatoes and salami onto a long toothpick. Repeat 11 times, or until all ingredients are used.

Nutrition facts per 1/12 of recipe: Calories 119 | Total Fat 9.5 g | Saturated Fat 4.2 g
| Cholesterol 27 mg | Sodium 321 mg | Potassium 78 mg | Carbohydrates 2.2 g | Fibre 0.2 g
| Total Sugars 1.9 g | Protein 6.2 g | Calcium 58 mg | Iron 1 mg





Makes 12



Cooking time: 8 min



Prep time: 15 min

Fish Tacos with Blue Grape Pico De Gallo



Ingredients:

1 cup (250 mL) quartered Ontario blue grapes
1/2 cup (125 mL) finely diced red pepper
1/4 cup (60 mL) finely diced red onion
1 tbsp (15 mL) chopped cilantro
1 tsp (5 mL) lime juice
1/4 tsp (1 mL) **each** salt and pepper

1 lb (500 g) halibut filets
1 tbsp (15 mL) old bay seasoning
1/2 cup (125 mL) all-purpose flour
1/4 cup (60 mL) vegetable oil
1/2 cup (125 mL) mayo
1 tbsp (15 mL) Sriracha
12 mini tortillas, 3-inches round
1 cup (250 mL) bagged cabbage slaw mix

Cooking directions:

Grape Pico De Gallo: In a medium-sized bowl, mix together grapes, pepper, onion, cilantro, lime juice, salt and pepper. Cover and set aside.

Fish: Cut fish into 2" X 2.5" pieces. Sprinkle both sides of each piece with old bay seasoning and dredge in flour. Heat oil in a large skillet over medium heat. Cook fish in the pan for 4 minutes on each side or until fish is cooked through.

Sriracha Mayo: Mix mayo and sriracha together in a small bowl.

Sprinkle tortillas with a layer of slaw, top with fish, Grape Pico De Gallo and drizzle with sriracha mayo.

Nutrition facts per 1/12 of recipe: Calories 281 | Total Fat 9.3 g | Saturated Fat 1.3 g | Cholesterol 49 mg | Sodium 504 mg | Potassium 45 mg | Carbohydrates 16.9 g | Fibre 0.8 g | Total Sugars 2.8 g | Protein 32.8 g | Calcium 87 mg | Iron 2 mg





Serves 2



Cooking time: 0 min



Prep time: 10 min

Blue Grape Mojito Mocktail



Ingredients:

- 1 cup (250 mL) Ontario blue grapes
- 10 fresh mint leaves
- 1 lime, cut into wedges
- 1 cup (250 mL) ice cubes
- 1 cup (250 mL) club soda
- 1 cup (250 mL) lemon-lime soda

Cooking directions:

Place grapes and mint leaves into a food processor or blender and pulse 3 times to release the juices from the grapes and mint.

Fill 2 glasses almost to the top with ice. Divide grape mixture between the 2 glasses. Pour half of the club soda and half of the lemon-lime soda into each glass and stir.

Garnish with a lime wedge and a skewer of blue grapes.

Optional: to make an alcoholic version, add 1oz of white rum

Nutrition facts per 1/2 of recipe: Calories 91 | Total Fat 0.3 g | Saturated Fat 0.1 g | Cholesterol 0 mg | Sodium 53 mg | Potassium 194 mg | Carbohydrates 24 g | Fibre 1.7 g | Total Sugars 20.5g | Protein 1 g | Calcium 49 mg | Iron 2 mg





Makes 12



Cooking time: 30 min



Prep time: 15 min

Roasted Blue Grapes and Goat Cheese Tarts



Ingredients:

12 premade tart shells
1 tsp (5 mL) dried rosemary
1/2 tsp (2 mL) dried thyme
1 tbsp (15 mL) salted butter
1 1/2 cups (375 mL) finely diced onions
1/2 cup (125 mL) goat cheese
2 tsp (10 mL) roasted garlic
1 cup (250 mL) sliced Ontario blue grapes
1/4 tsp (1 mL) **each** salt and pepper
12 fresh thyme sprigs

Cooking directions:

Preheat oven to 375°F (190°C). Place premade tart shells on a parchment-lined baking sheet. In a small bowl, mix together rosemary and thyme. Press herb mixture into each tart shell. Pierce bottom of tart shells with a fork and fill with pastry weights. Bake for 12 minutes. Allow tart shells to cool and remove pastry weights from each shell.

Melt butter in a large skillet over medium heat. Stir in onions, salt and pepper and cook, stirring for 8 minutes or until onions are caramelized. Take off the heat and set aside.

In a small bowl, mix together goat cheese and roasted garlic.

Evenly split the sautéed onions, goat cheese and grapes between each of the 12 shells. Bake for another 10 minutes. Allow to cool and serve sprinkled with thyme.

Nutrition facts per 1/12 of recipe: Calories 117 | Total Fat 7.1 g | Saturated Fat 2 g
| Cholesterol 7 mg | Sodium 93 mg | Potassium 44 mg | Carbohydrates 3.2 g | Fibre 0.6 g
| Total Sugars 2 g | Protein 2.7 g | Calcium 27 mg | Iron 1 mg





Serves 4



Cooking time: 55 min



Prep time: 15 min

Sausage and Blue Grape Galette



Ingredients:

1 cup (250 mL) sliced Ontario blue grapes	1 clove garlic
1 tbsp (15 mL) balsamic vinegar	3 tbsp (45 mL) cornstarch, divided
1 tbsp (15 mL) salted butter	1 cup (250 mL) water
1 cup (250 mL) diced onions	1 9-inch round premade refrigerated pie pastry
1 lb (500 g) sausage	1 egg
1 tsp (5 mL) dried rosemary	2 tbsp (30 mL) water
1/4 tsp (1 mL) each salt and pepper	1/2 cup (125 mL) baby arugula

Cooking directions:

In a small bowl, toss together the grapes and balsamic vinegar. Set aside.

In large deep skillet over medium-high heat, melt butter, stir in onions, and cook for 3 minutes. Remove sausage meat from casing and add to the skillet along with rosemary, salt and pepper. Breaking the sausage apart with the back of a spoon into a crumble, cook for 4 minutes or until sausage is browned. Stir in garlic and cook for another 30 seconds. In small bowl, whisk 2 tbsp (30 mL) cornstarch into 1 cup (250 mL) water and pour into skillet; simmer for 1 minute or until thickened. Set aside to cool. Drain grapes and toss in the remaining 1 tbsp (15 mL) of cornstarch. Stir into the sausage mixture.

Place pastry round on a parchment-lined baking tray. Spoon sausage mixture onto center of pastry and fold over pastry edge to hold sausage mixture in, leaving the center uncovered. In small bowl, whisk together egg and 2 tbsp (30 mL) water; brush over pastry edge. Cut circle of foil just big enough to cover the exposed sausage mixture and place over top of it. Bake in 375°F (190°C) oven for 45 minutes. Let stand for 10 minutes before slicing. Sprinkle with baby arugula.

Nutrition facts per 1/4 of recipe: Calories 499 | Total Fat 37.3 g | Saturated Fat 12.9 g | Cholesterol 145 mg | Sodium 1055 mg | Potassium 454 mg | Carbohydrates 15 g | Fibre 3.1 g | Total Sugars 5.4 g | Protein 24.3 g | Calcium 43 mg | Iron 2 mg





Serves 6



Cooking time: 30 min



Prep time: 15 min

Blue Grape and Pear Crisp



Ingredients:

4 cups (1 L) peeled and diced
Ontario pears
2 cups (500 mL) Ontario blue
grapes
2 tbsp (30 mL) cornstarch
1 tsp (5 mL) vanilla
1 tsp (5 mL) ground cinnamon
1/4 tsp (1 mL) ground nutmeg
1/4 tsp (1 mL) salt

1/2 cup (125 mL) salted butter,
softened
1/2 cup (125 mL) all-purpose flour
1/2 cup (125 mL) rolled oats
1/2 cup (125 mL) granulated sugar
1/2 cup (125 mL) packed brown
sugar

Cooking directions:

Preheat oven to 350°F (180°C). In a large bowl, toss together pears, grapes, cornstarch, vanilla, cinnamon, nutmeg and salt. Transfer pear and grape mixture to a 9x9 baking dish.

In a medium-sized bowl, mix together butter, flour, oats, granulated sugar and brown sugar until completely combined. The mixture will be lumpy and should look like a crumb topping. Spread topping evenly over the pear and grape mixture.

Bake for 30 minutes, or until the top becomes golden brown and the pears are soft. Remove from the oven and let cool for 5-10 minutes. Serve warm or at room temperature.

Optional: serve with vanilla ice cream!

Nutrition facts per 1/6 of recipe: Calories 404 | Total Fat 16.2 g | Saturated Fat 9.9 g
| Cholesterol 41 mg | Sodium 212 mg | Potassium 243 mg | Carbohydrates 65.6 g | Fibre 74.8 g
| Total Sugars 44.1 g | Protein 2.8 g | Calcium 38 mg | Iron 1 mg

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