



PENTICTON ART GALLERY PRESENTS



# RECIPE BOOK

2023



Penticton Art Gallery  
199 Marina Way, Penticton, BC V2A 1H5  
(250) 493-2928

## BRING ON THE HEAT!

Chili is more than just a dish. It is a cultural icon that represents a diverse and flavourful food scene. From smoky and savory to sweet and spicy, each restaurant featured in this book has its unique take on this classic comfort food.

We would like to thank all the chefs and restaurant owners who have generously shared their recipes with us. Without their support, this project would not have been possible. We also want to express our appreciation to all the chili lovers out there who are always on the hunt for the perfect bowl.



This event celebrates the love for all things chili and these chefs brought their A-game. In this recipe book, you will find a variety of chili recipes, from classic to vegan and everything in between. Whether you like your chili mild or with a kick, there's a recipe in here for everyone.

So, grab a loving mug, fill it up with your favorite chili, and savor every spicy spoonful. We hope that you enjoy this recipe book and the "Loving Mugs" Chili Cook-Off as much as we do.

May the farts be with you,  
Penticton Art Gallery Staff



 = Vegan  = Vegetarian

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# THANK-YOU SPONSORS!

## CHILI COOK OFF CONTESTANTS:



**ANGRY  
VEGAN**



**CANNERY  
BREWING**  
PENTICTON, BC



Friend of PAG  
Chef Kristine Lee



## BEER & WINE SPONSORS:



**CANNERY  
BREWING**  
PENTICTON, BC

## BREAD SPONSORS:





# ANGRY VEGAN

Chef Chantelle Rodriguez's Lentil, Black Bean & Sweet Potato Chili

## INGREDIENTS

- 2 Med** Onions, Diced
- 3 Tbsp** Diced Garlic
- 4** Carrots, Diced
- 4 Rib** Celery, Diced
- 1 Lrg** Sweet Potato
- 2 Cups** Cooked Lentils
- 2 19 oz Can** Black Beans
- 2 28 oz Can** Crushed Tomatoes
- 2 Tbsp** Chili Powder
- 2 Tsp** Cumin
- 2 Tsp** Paprika
- 1 Tbsp** Coco Powder
- 1 Cup** Vegetable Broth
- To Taste** Salt & Pepper

## DIRECTIONS

Dice all of the vegetables. Add them to a preheated pot with oil. Saute the veggies until slightly soft.

Next, add seasoning & cook until fragrant. Add crushed tomatoes, vegetable broth, lentils and beans.

Let simmer on a low heat stirring occasionally, for approximately 30 minutes.

Taste and season to your liking!

*Serves 4-6*





# CANNERY BREWING

## Chef Thomas Bridson's Smoked Brisket Chili

*\*Can be made gluten free if beef stock is used instead of Nutbrown, and be made vegetarian if brisket is substituted for more pan roasted mushrooms.*

### INGREDIENTS

- 1 Lb** Mushrooms (Cremini or Button), Chopped
- 1 Lrg** Yellow Onion, Diced
- 6 Clove** Garlic, Minced
- 1 Lrg** Carrot, Diced
- 2 Rib** Celery, Diced
- 1 Lrg** Red Pepper, Diced
- 1 Lrg** Jalapeno, Diced
- 5 lb** Smoked Brisket, chopped (This is a great use for leftovers!)
- 1 Tbsp** Chili Powder
- 1 Tbsp** Cumin
- 1 Tbsp** Smoked Paprika
- 1 Tbsp** Oregano
- 1 Tsp** Cinnamon
- 1 Tsp** Cocoa Powder
- 1/2 Tsp** Cayenne
- 1 15 oz Can** Chickpeas
- 1 15 oz Can** Kidney Beans
- 1 15 oz Can** Black Beans
- 1 Cup** Coffee  
(Save your leftovers from your morning pot of coffee!)
- 1 Can** 355mL Cannery Brewing Naramata Nutbrown
- 1 oz Can** Tomato Paste
- 3 14 oz Can** Crushed Tomato

## DIRECTIONS

1. Take a Dutch Oven (ideally) or a large pot, and begin warming enough olive oil to coat the bottom of the pot on medium. Once hot, cook your mushrooms, generously seasoned with salt and pepper, in batches so they can brown well. Once browned, remove the mushrooms and set to the side to add later.

2. Add onions and sauté until they begin to soften and lightly brown. Then add the carrot, celery, red pepper and jalapeno and sauté until beginning to soften and become fragrant. Add the garlic and cook for another minute or two, until garlic becomes fragrant.

3. Next add the tomato paste, mix well to combine with the sautéed vegetables and cook for a couple minutes. Then add the dry spice mixture and allow to cook for a minute or two, until the spices begin to become more fragrant in the pot.

4. De-glaze your pot with the reserved coffee and the Naramata Nutbrown, and stir around to scrape any browned bits in the bottom of the pot.

5. Then add the crushed tomatoes, canned beans, chopped up brisket and the cooked mushrooms and bring to a simmer.

6. Allow to simmer gently for an hour, add extra Naramata Nutbrown, Beef Stock (if you have) or water if you wish to thin the chili out a little, season with salt and pepper to taste and enjoy with sour cream, scallions and cornbread on the side! *Serves 8-10.*









# GRATIFY

**Chef Thomas Knudson's Chili Con "Carne"**

## INGREDIENTS

<b>1 Tbsp</b>	Roasted Garlic Oil (sunflower)
<b>1 Med</b>	Medium Yellow Onions (diced small size)
<b>1 1/2 Rib</b>	Celery Stalks (diced medium)
<b>65 g</b>	Mushrooms (quartered/sliced large)
<b>1 Med</b>	Medium Bell Peppers (medium diced)
<b>Half 28 oz Can</b>	Whole Tomatoes (chopped)
<b>28 oz Can</b>	Crushed Tomatoes
<b>2 Tbsp</b>	Roasted Garlic (minced)
<b>19 oz Can</b>	Kidney Beans
<b>Half 19 oz Can</b>	Black Beans
<b>1 Tbsp</b>	Pink Himalayan Salt
<b>1 Tbsp</b>	Black Pepper (ground)
<b>2 Tbsp</b>	Oregano (dry)
<b>2 Tbsp</b>	Basil (dry)
<b>2 Tbsp</b>	Chili Powder
<b>250 ml</b>	Vegetable Stock
<b>1/4 Tsp</b>	Cayenne Pepper (ground)
<b>1/2 Tsp</b>	Smoked Paprika
<b>3 Tbsp</b>	Coconut Sugar
<b>1/2 Cup</b>	Textured Vegetable Protein (dry)
<b>3/4 Cup</b>	Boiled Water (for TVP)



## DIRECTIONS

1. Saute onions, celery, mushrooms, and peppers in roasted garlic oil until 3/4 cooked.
2. Add all other ingredients and bring to a simmer for 1 hour.

*Roughly 6 12 oz servings.*

## FOR TEXTURED VEGETABLE PROTEIN:

- 1) 1/2 cup of dry TVP.
- 2) 3/4 cups boiled water
- 3) Combine, stir well and allow to sit for 5 minutes.
- 4) Add to chili and mix well.





# HONEY TOAST CAFÉ

Chef Kristen Ferguson's All My Ex's Live In Texas Rootin' Tootin' Chili

## INGREDIENTS

- Beef Brisket
- Pork
- Ancho
- Mexican Chili Powder
- The Soul of Billy the Kid
- Tomato
- Mixed Beans
- Brown Sugar
- Whisky "to taste"
- Fear
- Espresso
- Tobacco

## DIRECTIONS

*The directions for Chef Ferguson's recipe has been stolen by Billy the Kid. :(*

*Visit Honey Toast on Front Street and ask her really nicely, and she might tell you a little more!*





# HWY 97 BREWING

**Chef Kelly Adams' Street Legal Chili**

## INGREDIENTS

<b>16 Oz</b>	Chorizo Sausage, casings removed
<b>16 Oz</b>	Ground Chuck
<b>1 Lrg</b>	Onion, Chopped
<b>10</b>	Mixed peppers, Chopped
<b>2</b>	Jalapeños, Chopped
<b>3</b>	Garlic Cloves, Minced
<b>1 12 oz Can</b>	Diced Tomatoes
<b>2 Tbsp</b>	Tomato Paste
<b>2 Tbsp</b>	Chili Powder
<b>1/4 Tsp</b>	Ground Cumin
<b>1 oz</b>	Hot Sauce
<b>3 Dash</b>	Worcestershire Sauce
<b>1 15 oz Can</b>	Red Kidney Beans, drained and rinsed
<b>1 15 oz Can</b>	Black Beans
<b>1 15 oz Can</b>	Beans with Pork in Tomato Sauce

## DIRECTIONS

Cook Chorizo, drain and set aside. Cook Ground Chuck, remove from pot, drain and set aside. In same pot add peppers, 1.5 oz Olive Oil with onions, peppers and tomatoes. Saute until sweating, add garlic. In same pot, add all spices and ingredients except for the beans. Simmer 15 minutes. Add all beans, simmer additional 15 minutes. Serve when warm... and enjoy! *Serves 10.*





# OROLO BY TIME WINERY

**Chef Kirk Morrison's Chili TIME!**

## INGREDIENTS

<b>2 Tbsp</b>	Olive Oil
<b>1 Med</b>	Red Onion
<b>4 Clove</b>	Garlic
<b>4 Ribs</b>	Celery
<b>1 Lrg</b>	Carrot
<b>2 Lb</b>	Ground Beef Alternative
<b>5.5 oz Can</b>	Tomato Paste
<b>900 ml</b>	Vegetable Stock
<b>19 oz Can</b>	Black Beans
<b>19 oz Can</b>	Red Kidney Beans
<b>1/4 Cup</b>	Taco Seasoning
<b>4 Tbsp</b>	Salt
<b>1/4 Bunch</b>	Bunch Cilantro

## DIRECTIONS

Add the olive oil to a heavy bottom pot and heat over medium high.

Add the onions, garlic, celery, carrot and beef alternative.

Cook until vegetables are tender. Add the tomato paste and veg stock. Bring to a boil.

Add the beans, taco seasoning, salt and cilantro, reduce heat to medium-low and simmer for 5 minutes.

**Serve & Enjoy! Serves 10**





# PENTICTON ART GALLERY

## Chef Kristine Lee's Forager's Chili

### INGREDIENTS

- 1 Whole** \*Roasted Rabbit, Meat chopped or shredded
- 1 Cup** Fresh Cremini Mushrooms
- 1 Cup** \*\*Dried Mushrooms (mixed gourmet)
- 2** Onions, diced
- 2** Peppers, diced (I like red)
- 1 Tbsp** Hot Pepper of your choice, diced super teenie weenie!
- 14 oz Can** Red kidney beans
- 14 oz Can** Black beans
- 14 oz Can** Chickpeas
- 2 Tbsp** Tomato Paste
- 42 oz Can** Tomatoes, Diced
- 1 Cup** Broth of Choice
- 2 Tbsp** Cumin
- 3 Tbsp** Chili Powder
- 1/2 Tsp** Cayenne Pepper
- 1/2 Tsp** Paprika
- Enough** Olive Oil
- To Taste** Salt & Pepper

*\*Remember you can always add more spices to taste.*



## \* DIRECTIONS TO PREP RABBIT:

Put rabbit in roasting pan and drizzle with olive oil, crushed garlic, salt and pepper. Let marinate for 1 hour or more in fridge. Roast in 400 degree oven for 30-40 mins turning rabbit every 10 mins. Let cool and remove meat from the bones. Save bones in freezer for making a nice rabbit broth for a later date.

\*\*While rabbit roasts, soak dried mushroom mix in room temperature water for half hour or until soft.

## DIRECTIONS

Fry onions on medium until almost caramelized, add bell peppers and cook for 5 minutes. Add tomato paste and cook and stir for about a minute.

Add mushrooms and cook for another 5 minutes. Add rabbit and cook for another 5 mins. De glaze with broth. Add all other ingredients and spices to a crock pot and stir. Add meat, onion, bell pepper, onion mixture to crock pot and stir. Slow cook till flavors have perfected mingling.

## VEGETARIAN VERSION:

Remove Rabbit and add 1 cup white mushrooms or portobello mushrooms on top of mushrooms in recipe and use vegetable broth to de glaze.







# SOCIALE ENOTECA RISTORANTE

Chef Julian Wooldridge's Smoked Pork Belly & White Bean Chili

## INGREDIENTS

- 1 Lb Smoked Pork Belly
- 1 Yellow Onion
- 1 Lrg Carrot
- 1 Lrg Can White Beans
- 1 Lrg Can Tomatoes
- To Taste Chili Powder
- ? Various Amounts of...  
"Secret Stuff!"
- 1 Head Garlic, minced

## DIRECTIONS

Dice Pork Belly. Sweat until fat is half rendered.

Add onion and carrot, sweat.

Add Garlic, Chili Powder and "?", sweat one minute.

Add beans and tomatoes, simmer two hours on very low.





# THE PASTA FACTORY

**Chef Debra Williams' Uptown Chipotle Lime Chili**

## INGREDIENTS

- 1 Med** Sweet Onion, diced
- 1** Green Bell Pepper, diced
- 1** Red Bell Pepper, diced
- 2 Ribs** Celery, diced
- 2** Garlic, minced
- 1 kg** Ground Beef
- 1 Tbsp** Dry Thyme
- 3 Tbsp** Ground Cumin
- 3 Tbsp** Ground Chili Powder
- 1 Tsp** Salt
- 1/2 Tsp** Black Pepper
- 2 Cans** Black Beans, rinsed and drained
- 1 Can** Fire Roasted Tomatoes
- 1 Lrg** Can Tomato, crushed
- 1 Sm** Can Tomato Paste
- 16 oz** Italian beer (I prefer Peroni - however for this day, I used the Cannery Brewing's Italian Pilsner because it's wonderful!)
- 2** Finely chopped chipotle peppers (smoked jalapenos in adobo sauce) plus 1 tsp of adobo sauce
- 2 Cups** Frozen Peaches & Cream Corn



## DIRECTIONS

Saute vegetables until they start to caramelize, remove to bowl  
In the same pan brown your beef, add garlic and continue to cook until fragrant. Add seasonings and mix thoroughly. Add back cooked veggies along with the beans, tomatoes, and beer. Bring to a simmer. Stir in chipotles and tomato paste to thicken. Let simmer for 10 min on low. Taste and adjust seasonings to your likings. 5 minutes before service stir in frozen corn. Serve with choice of garnish and crusty bread for dipping.

Tastes great day of, better the next and freezes beautifully for future meal prep!

## CUMIN LIME SOUR CREAM:

1 cup 18% sour cream – the richer the better

Zest and juice of one lime

1 tsp ground cumin

1/4 tsp Salt

Mix and serve – also great on tacos, burritos, really any Tex-Mex/Mexican fare!



# IGNITE THE ARTS

March 24<sup>th</sup> - 30<sup>th</sup>

**COMMUNITY WEEK**

**FESTIVAL WEEKEND**

March 31<sup>st</sup> - April 2<sup>nd</sup>

## Featuring...

Blackberry Wood, Balkan Shmalkan, children's entertainer Al Simmons, Digging Roots, Parlour Panther, Selina Martin, Chris Sand, Kitty & The Rooster, Leo D.E. Johnson, Forrest Mortifee, Hayley Wallis and the Bright Futures, Mivule, Jack Garton, Spiritual Warriors, The Melawmen Collective, Kiva MH, Corwin Fox, Carolyn Mark, Babyface Brass, Bear Naked Noise, The Dirrty Show, Aidan Mayes, Loon Town, Wax Mannequin, Hush Hush Noise, Hank and Lily, COVID: the Musical, Freshwater Jukebox, Naomi Shore, HARDBALL, Brandon Wolfe Scott, Jeff Andrew, , Jeremy Head, Hujune, Half/Asian with Amy the CODA, Keisha and the Boundless Bellydance, Saltwater Hank, 3 Jack Generation Hand Drummers, Peach Gravy Theatre Cooperative, Lucas Penner... **and more!**

## Featured events...

Led Lantern Making Workshop at Penticton Public Library, Sculpture Day on Martin Street, Penticton & District Arts Council Art Walk, One Minute and Ten Minute Play Festival, Open Auditions, and Scenes From Upcoming Plays at Tempest Theatre, Open Auditions at Tempest Theatre Featuring All Major Play Companies in Penticton, Mini Mural Art Unveiling at Cannery Brewing, Community Art Dedications, Penticton Art Gallery Exhibition Openings Featuring Work From the En'owkin Centre and Alumni, Unbox Project, We Are Story: An Evening with Gregory Scofield, "The Confluence Conference", Creative Kids Art Camps, Song Writing Camps at Penticton Academy of Music, PAMDA Faculty Concert, a Night of Indigenous Storytelling, Parade for No Reason, Music Industry and SOS Pride Society Brunch...and a Three Day Music Festival!



Find out more and  
get your ticket at:

**IGNITETHEARTS.CA**

