

# In the kitchen with

RYAN FOLLIS, OWNER AND CHEF OF INTIMATE FARE CATERING AND SAIL RESTAURANT IN MEAFORD



Born and raised in Owen Sound, Ryan has always had a love affair with the food industry. Working in hospitality as Food and Beverage Director for many top-end restaurants and resorts allowed him to work in the front of the house, and also closely with chefs, where he fell in love with the back of the house as well.

After years of experimenting at home with elaborate dinner parties, and realizing how much he loved getting to know guests on a personal level, he launched Intimate Fare and Catering last year, and also opened Sail Restaurant in Meaford. Building on his belief that we are in love with – and connected to – food, he's committed to building memories through culinary experiences.

## Five minutes with the Chef

### Grey-Bruce Boomers (GBB):

What would your last meal be?

**Ryan Follis (RF):** Homemade spaghetti with thick vegetable sauce, homemade Caesar salad and garlic bread. A bowl of Shiraz (laughs) and, for dessert, New York-style cheesecake.

**GBB:** What three ingredients can you not live without?

**RF:** Citrus for balance. Sugar, because I like to cook sweet, and salt for flavouring.

**GBB:** If you weren't in the restaurant business, what would you do?

**RF:** I'd still be in some kind of customer service. I love people and feel that everyone has a story to tell.

**GBB:** Any tips for aspiring home chefs?

**RF:** Put your own spin on it, don't be afraid. Use ingredients you like and don't be afraid to use colour!

**GBB:** What inspires you?

**RF:** It sounds cliché, but really it's my wife and kids. They inspire me to try new things.

*Ryan chose to share this recipe with us because it's a great comfort food dish for fall that is easy to prepare and delicious. Find Ryan on Facebook at [www.facebook.com/intimatefare](http://www.facebook.com/intimatefare), 519-372-1134, or at Sail Restaurant, 108 Sykes St. N., Meaford, and 519-538-0202.*

## To Drink?

A full-bodied, deep-red Shiraz. Wyndham Estates Bin 555 Shiraz would be perfect.



## SWEET HEAT PUMPKIN SPICE VEGETABLE CURRY

### INGREDIENTS

#### Curry

1 or 2 tbsp vegetable oil  
 ½ cup each of corn, onion, celery, carrots, red pepper, turnip (chopped to choice)  
 1 can washed/rinsed chick peas  
 ½ cup pureed pumpkin (more if desired for thicker consistency or flavour profile)  
 1 tsp pumpkin spice  
 2 tsp sugar  
 3 tsp yellow curry (add to taste)  
 Pinch of salt  
 Chili flakes (if you desire 'sweet-heat' profile)  
 Seven-grain or Jasmine rice

#### Cinnamon Cream

3 tbsp sour cream  
 1 tsp cinnamon  
 1 tsp sugar

### DIRECTIONS

Add the vegetable oil to a non-stick pan and heat until the oil ripples (no smoke). Sweat vegetables until softened, but not until mushy. Reduce the heat and add 500 ml of heavy cream, or substitute your favourite milk product or milk substitute. Stir in the vegetables with chick peas.

Add pureed pumpkin, spice, sugar, yellow curry and salt, and stir. Let simmer, adding chili flakes if desired for that 'sweet-heat' profile.

Serve atop your favourite rice dish, though it works best with a seven-grain mixture or Jasmine. Garnish with your favourite chopped green, cinnamon cream, pumpkin seeds, and pickled radishes. ■