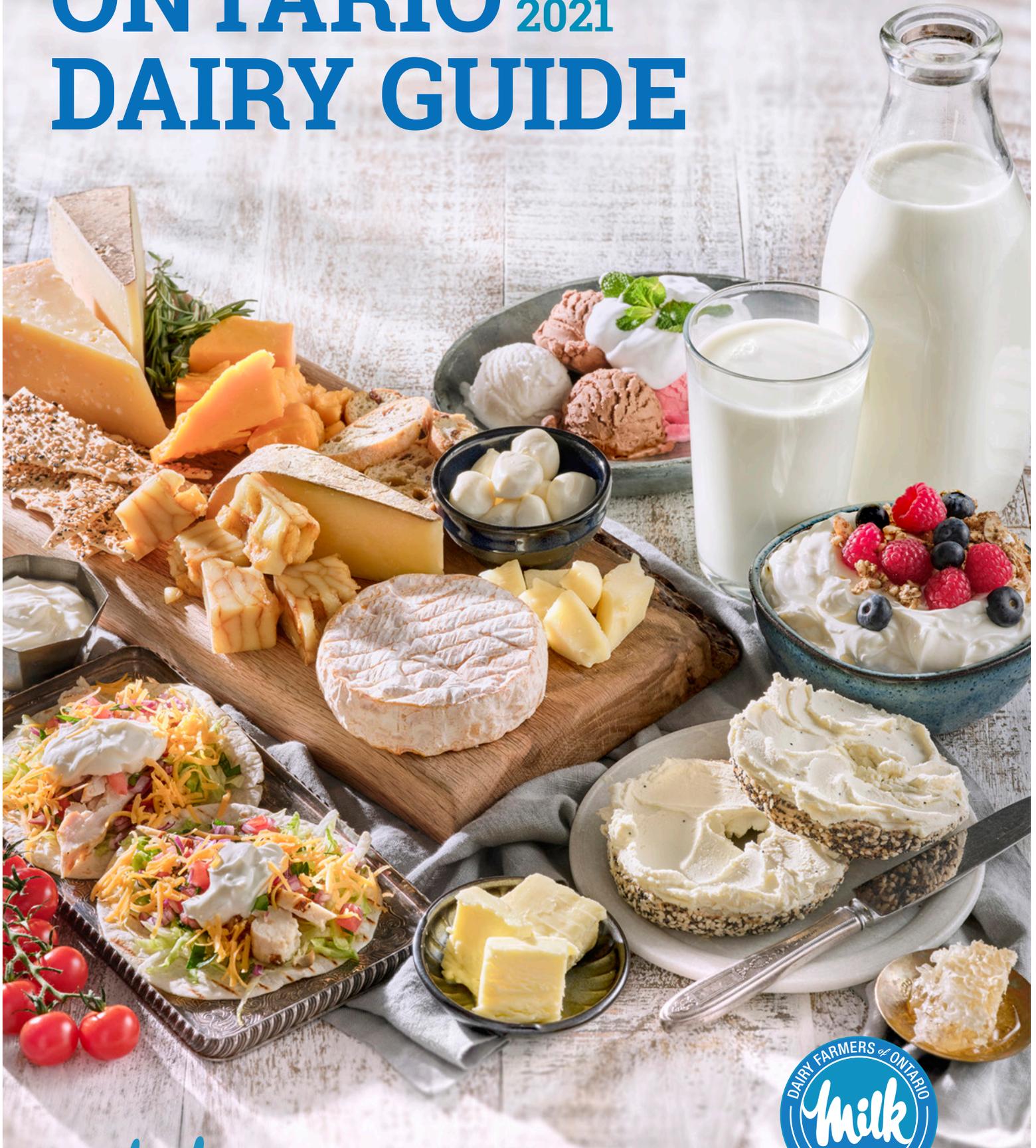


ONTARIO 2021 DAIRY GUIDE





Whether **crafted by hand** or **at scale**, Ontario dairy products are all **inspired** by a single **delicious, sustainable** and **local** ingredient:

Milk



LOCAL MILK

Producing the fresh, local milk that elevates an incredible range of high-quality Ontario dairy products is a tradition based on the values that have shaped dairy farming for generations. While the know-how and craft have been preserved, the quality and potential of the ingredient has grown and evolved, making Ontario one of the most unique dairy regions in the country and around the world.

LOCAL BY NATURE.

Milk is a hyper local food, travelling from the farm to grocery or distributor within three days. We prioritize our local supply chain, providing the farm-fresh milk and ingredients that help tell the story of Ontario's terroir and taste of place.

Nearly all of Ontario's milk is produced on family farms with an average herd size of just 78 cows. Dairy farming families are hands-on, crucial partners in sustainable local economies, forging close relationships with local chefs and restaurants in their communities.

QUALITY WITHOUT COMPROMISE.

Canadian milk is produced to some of the most rigorous quality standards in the world. The excellence, health, safety and taste that define our products is the promise we continue to keep with consumers and partners, always innovating and looking for new ways to exceed market and partner expectations.

Grade A. Over 90% of Ontario dairy farms are certified Grade A.

Antibiotic free. Milk produced in Ontario and across the country is antibiotic and artificial growth hormone free.

Tested twice. Certified milk graders sample and evaluate milk before it is loaded onto the milk truck. Milk is tested again at the dairy processing plant before it joins the milk supply.

Perfected. Pasteurization eliminates bacteria and homogenization ensures a smooth and consistent milk texture. All Canadian milk is fortified with Vitamin D and partly-skimmed and skimmed milk is also fortified with Vitamin A.

SUSTAINABLE.

We are invested in the sustainability of the dairy farming industry and its practices. Across the province, farmers participate in the proAction program, which encourages excellence in milk quality, food safety, animal care, biosecurity, traceability and environmental stewardship. Ontario farmers are using sustainable, responsible resources and putting on-farm conservation and waste reduction measures into practice to protect the long-term quality of farm land.

WHAT'S IN A GLASS OF ONTARIO MILK?

- 15 ESSENTIAL NUTRIENTS.
- GENERATIONS OF KNOW-HOW.
- CARE FOR ANIMALS AND THE LAND.
- A PASSION FOR INNOVATION.
- UNPARALLELED MENU POTENTIAL.



EVERYDAY MILK...

WHOLE MILK

Barista milk! Whole (3.25% milk fat) milk is lighter than cream but adds a luxurious smoothness to coffee beverages and dishes.

PARTLY-SKIMMED & SKIMMED MILK

Partly-skimmed (1-2% milk fat) milk perfectly versatile, used in baking, cooking or enjoyed on its own. Skimmed milk (0.1% milk fat) is nearly fat-free and extremely refreshing.

BUTTERMILK

The inimitable tanginess of buttermilk is the result of a specialized bacterial culture added to regular milk. Buttermilk adds dimension and flavour to soups, pancakes and other baked goods.



MILK FOR PEOPLE WITH SENSITIVITIES...

LACTOSE-FREE MILK

Lactose-free milk is made by introducing lactase, an enzyme that bonds with lactose to remove the natural sugars in milk and other lactose-free dairy products allowing people with a sensitivity to continue to enjoy milk.

A2 MILK

A2 milk is easier for people who have gut sensitivities to digest. It is simply regular milk produced from cows that naturally produce only the A2 beta-casein protein.



LONG-LASTING MILK...

FILTERED MILK

The micro or ultrafiltration process removes residual microorganisms from milk, keeping it fresher, longer.



SPECIALTY MILK...

ORGANIC MILK

Organic milk is as safe and delicious as regular Ontario milk and comes from cows fed an organic diet on certified organic farms.

GRASS-FED MILK

Just like wine, the flavour of milk from grass-fed cows takes notes from the land they're raised on.

CHOCOLATE & FLAVOURED MILK

Delicious, velvety-smooth chocolate milk delivers the same nutrient content as regular milk with a subtly-sweet flavour. Look for new, seasonally-inspired milk flavours from dairies across Ontario from strawberry to pumpkin spice to neopolitan!



PORTABLE MILK...

SHELF-STABLE MILK

Available in regular, flavoured and organic single-serve containers, shelf stable milk is exactly that: milk you can store at room temperature. The milk is the same as conventional milk, but is ultrafiltered to last longer without refrigeration.

DID YOU KNOW?

- As a result of continuous investments in sustainability and production practices, 65% fewer cows produce the same volume of milk needed to nourish all of Canada as compared with 50 years ago.
- It takes the same amount of land resources (about 1.7 square metres) to produce either a litre of milk or a loaf of bread.
- A single serving of milk contains more absorbable calcium than any other natural food.



ONTARIO CREAM

Cream is, simply put, the velvety 'good stuff' or milk fat that naturally floats to the top of fresh milk before the homogenization process. An incredibly versatile ingredient, various styles of cream are used in sauces, soups, stews, dips, coffee, beverages and baked goods.

TAKE YOUR MENU TO THE NEXT LEVEL WITH ONTARIO CREAM

WHIPPING CREAM

Whole cream (typically 35% milk fat), the richest cream, is typically whipped and used to crown desserts and waffles. Ready-made real whipping cream is available as a convenient and fun alternative.

TABLE CREAM, HALF-AND-HALF & LIGHT CREAM

Table cream (18% milk fat) is the darling of chefs everywhere and the secret to why your takeout morning coffee tastes so good. It adds a light fluffiness to eggs, enriches flavour and texture in pasta sauces and is amazing simply spooned or drizzled over pies.

Half-and-half (10% milk fat, or equal parts milk and cream) is the Canadian choice for at-home morning coffee. For those who crave the richness of cream with less fat content, light cream (5 or 6% milk fat) is a great alternative.

SOUR CREAM

The savoury cousin of regular cream, sour cream gets its tangy, sour taste from a fermentation process using lactic acid bacteria. It is available in a wide variety of milk fat levels from very rich to fat free, and is the go-to flavour and texture agent for dips and toppings.

CRÈME FRAÎCHE

Thick, rich and slightly sour, crème fraîche (30-40% milk fat) is a double cream created from a process and culture similar to sour cream. It is delicious infused with fresh herbs to serve with meats and can be used for baking or to add dimension and flavour to soups, sauces and stews.

DID YOU KNOW?

- You can easily make your own crème fraîche by adding 3 tbsp of buttermilk to 1 cup of whipping cream. Cover with a damp, clean towel and leave to ferment at room temperature for 10-24 hours (until it thickens and smells fresh and nutty), stir well, and store in a covered glass container in the fridge.
- You can also make your own real (and more nutritious) whipped cream dessert topping by blending 35% cream on high until stiff peaks form.

ONTARIO BUTTER

It's tough to describe the taste of butter – that's because it's unlike any other: rich, creamy and, well...buttery. What is clear is that butter is the magic ingredient that takes dishes from the ordinary to the extraordinary.

Butter is made from at least 80% cream that is churned until it thickens and the liquids separate from the solids. The liquids are then removed and the solids are blended to create butter!

ONTARIO BUTTER: THE DIFFERENCE-MAKER

COMPOUND BUTTER

Compound butter is butter infused with complementary ingredients to create ready-to-use flavours. You can make your own or purchase pre-made varieties like garlic and steak spice, maple, garlic and herb butter and more!

CULTURED BUTTER

The addition of a special bacterial culture to cream gives this old world-style butter a distinctive tanginess.

GHEE

Ghee is a shelf-stable, Indian-style clarified butter with a high smoke point that is a perfect cooking fat with a rich, slightly nutty butter flavour. Ontario-made ghee is available in traditional and infused varieties including ghee with Himalayan pink salt or turmeric. Try ghee instead of butter on your next batch of popcorn for a real movie theatre taste!

GRASS-FED BUTTER

Available in salted and unsalted varieties, Ontario grass-fed butter is typically more yellow in colour than other butters, with taste notes reflecting the terroir of the region where it was produced.

LIGHT BUTTER

Typically made with 25% less butterfat, this creamy butter is lighter and more spreadable than regular butter.

MAKHAN

This Indian-style whipped butter is smooth, creamy and spreadable. It's ideal as a topping, for cooking or adding fresh herbs to make a quick compound butter!

ORGANIC BUTTER

Organic butter is available in a range of varieties and is made from milk from certified organic dairy farms.

SALTED BUTTER

This is the classic, everyday traditional churned butter made with cream and salted.

UNSALTED BUTTER

This traditional churned butter without salt is perfect for baking, allowing chefs and cooks to season to taste.

DID YOU KNOW?

- Butter stays fresh for three weeks in your fridge. You can extend the freshness of your butter by wrapping it in an extra layer of foil and freezing for up to three months.
- In ancient times, butter was considered so precious it was hidden by Vikings in underground caches and buried with the departed for feasts in the afterlife.
- The melting point of butter is nearly exactly the same as that of the human mouth, which is part of why we experience such a rich, creamy taste.



Compound Butter 3 Ways

Compound butters are a great way to enhance menus. Use foodservice-available or house-made varieties to enhance flavour or to level up standard menu items like breakfast toast or pancakes.

Each of these butters can be made ahead: Cover and refrigerate the butter for up to 1 week. Be sure to let it soften before spreading on corn, steak or favourite bread.

Sun-dried Tomato & Bacon Butter

PREP TIME: 5 MINUTES YIELD: 3/4 CUP (175 ML)

INGREDIENTS:

1/2 cup (125 mL) butter, at room temperature
1/4 cup (60 mL) diced sun-dried tomatoes in oil
4 strips crisp cooked bacon, crumbled

METHOD:

1. In a bowl, stir together butter, tomatoes and bacon until well combined.
2. Scrape mixture onto centre of 12-inch (30 cm) long piece of plastic wrap. Fold over one side and shape butter into 8 inch (20 cm) long roll.
3. Twist ends to seal and refrigerate until ready to use.

Herb & Onion Butter

PREP TIME: 5 MINUTES YIELD: 2/3 CUP (150 ML)

INGREDIENTS:

1/2 cup (125 mL) butter, at room temperature
2 tbsp (30 mL) each chopped fresh parsley and basil
1 small shallot, finely chopped

METHOD:

1. In a bowl, stir together butter, parsley, basil and shallot until well combined.
2. Scrape mixture onto centre of 12-inch (30 cm) long piece of plastic wrap. Fold over one side and shape butter into 8 inch (20 cm) long roll.
3. Twist ends to seal and refrigerate until ready to use.

Chili Lime Butter

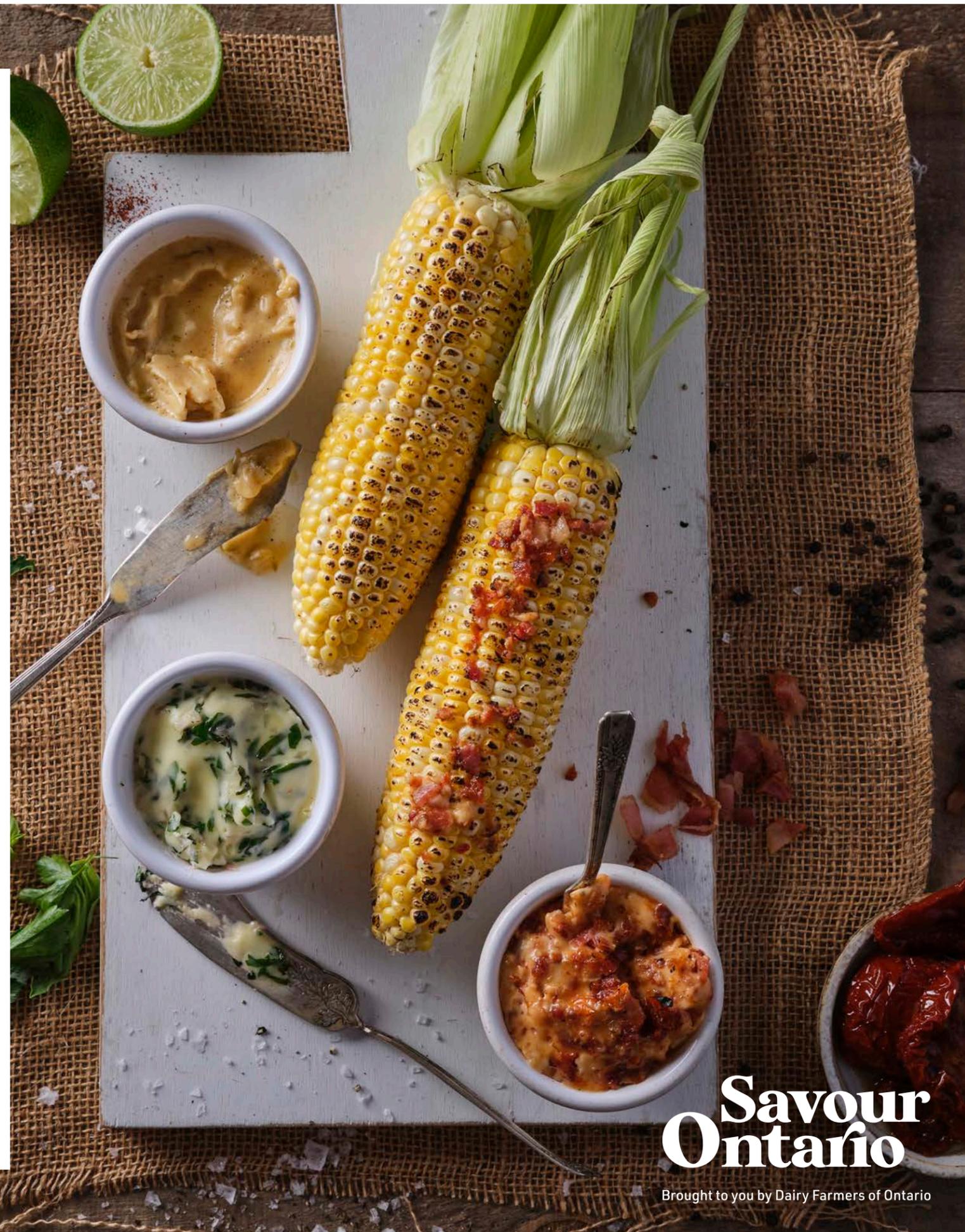
PREP TIME: 5 MINUTES YIELD: 2/3 CUP (150 ML)

INGREDIENTS:

1/2 cup (125 mL) butter, at room temperature
1 tbsp (15 mL) tequila (optional)
1 tsp (5 mL) grated lime rind
1 tbsp (15 mL) lime juice
1 tsp (5 mL) chili powder

METHOD:

1. In a bowl, stir together butter, tequila (if using), lime rind and juice and chili powder until well combined.
2. Scrape mixture onto centre of 12-inch (30 cm) long piece of plastic wrap. Fold over one side and shape butter into 8 inch (20 cm) long roll.
3. Twist ends to seal and refrigerate until ready to use.



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ONTARIO CHEESE

Ontario is home to some of the world's finest cheeses, and it's no accident.

Great food comes from great ingredients, and Ontario cheese is made with milk produced on Ontario dairy farms. Not only is Ontario-made cheese winning international awards, you can now enjoy an incredible selection of cheese flavours and textures reflecting the cultural diversity of our province.

It's never been easier to move your menu and margins forward with local Ontario cheese.

The coming-of-age of Ontario cheese has captured the attention of even the most discerning turophiles (a fancy word for people who love cheese) and is something everyone in the province should take pride in. Similar to Ontario wine and craft beer, our cheeses are a perfect expression of craft, terroir and the knowledge and creativity of the cheesemakers. In communities across southern Ontario, the GTA and all the way to the great north of the province, you'll find a bounty of unique and notable cheese to add distinction and taste to any menu.

CHEESES OF THE WORLD, EXPERTLY CRAFTED IN ONTARIO

FRESH & SOFT CHEESE

Brie, Camembert, Blue, Burrata, Gorgonzola, Cream Cheese, Stracciatella, Ricotta, Mascarpone, Bocconcini, Cottage Cheese, Fresh Mozzarella, Feta, Queso Fresco, Queso Cotija, Queso Blanco, Cheese Curds, String Cheese, Paneer, Quark

SEMI-SOFT CHEESE

Havarti, Mozzarella, Taleggio, Fontina & Halloumi, Artisanal & Farmstead varieties

SEMI-HARD CHEESE

Cheddar, Gouda, Asiago, Provolone, Colby, Tomme, Emmental and a tremendous array of Artisanal and Farmstead varieties

HARD CHEESE

Parmesan, Aged Gouda, Aged Cheddar & Gruyère-style, Artisanal and Farmstead varieties

DID YOU KNOW...

- In addition to grass-fed and organic cheese varieties, you can find specialty Ontario cheeses made from the milk of distinct local breeds of dairy cows like Guernsey and Brown Swiss.
- The rinds of washed or bloomy rind cheeses are not only decorative, but edible. Be sure to leave the rinds on when serving on a cheese board!
- While cheese is stored in the refrigerator, it should be allowed to come to room temperature before serving to unlock the full taste experience.

LOCAL DAIRY PERFECT FOR SHARING

BOARDS: THE ULTIMATE MENU INSPIRATION

Crafting Winning Pairing Boards

Charcuterie boards have graced fine tables for centuries. Quite literally, the French word 'charcuterie' was originally ascribed to shops that sold cured pork products. The modern board has evolved from a plank heaped high with fine cheeses and meats to an artistic exercise in pairing and curation, limited only by imagination. There are no rules.

Boards can be crafted for any meal or service occasion, from breakfast to dessert. The objective is to create new taste experiences, contrasting unique flavours, textures and tones to draw guests into an experience. No longer merely an appetizer or party food, boards are being used as a deconstructed way of serving a main course reminiscent of family-style dinners, as experiential dessert tasting buffets and as gorgeous, regionalized works of art delivering a true taste of place and season.

These all-Ontario boards showcase the extraordinary quality of Ontario cheese and agri-food. The cheeses on these boards are sourced from artisanal cheesemakers across the province and are perfectly paired with the abundance of products and produce we're so fortunate to have in our own backyard. Ontario now produces Brie, Gouda, Cheddar, blue, Alpine, Italian, South Asian-style and endless well-made and farmstead cheeses that are winning global awards and recognition.

The cheeses elevate and contrast the flavours and textures that truly personalize the board, bringing together craft, taste and terroir for a truly unique and local experience.



DECONSTRUCTED BRUNCH BOARD

Serving brunch on a board allows each ingredient to shine and guests to interact with each element for a self-guided tour of the best of Ontario.

Load up on homemade mini waffles infused with local Alpine-style cheese, Ontario maple syrup and maple butter. Then work your way along the board, enjoying sliced Niagara peaches and cinnamon, pan-seared asparagus, poached eggs, Ontario bacon and sausage and more Ontario cheese.

[Get the recipe on savourontario.ca](https://savourontario.ca)



ONTARIO HARVEST BOARD

This classic cheese and charcuterie board is a beautiful way to contrast some of Ontario's finest local cheeses with flavourful ingredients and micro dishes that bring out the best of Ontario's harvest.

Graze on Ontario Brie with sliced apple, aged Ontario Cheddar, cured meats, fresh-baked baguette and maple-roasted pecans alongside farmstead Ontario Gouda, pickled garlic scapes, spiced apple compote and bruléed squash.

[Get the recipe on savourontario.ca](https://savourontario.ca)



PAIRED DESSERT BOARD

Impress your guests with unique dessert pairings featuring some of Ontario's most exquisite cheeses.

Experience dark chocolate with Ontario Blue cheese, Niagara artisan cheese with wine jelly, roasted grapes and local Brie, aged Ontario Cheddar with honeycomb and artisanal, Gouda-style cheese with real vanilla ice cream.

[Get the recipe on savourontario.ca](https://savourontario.ca)

Baked Mac n' Cheese

Nothing beats a classic mac n' cheese for dinner or on a menu. No matter which cheeses you use, as long as they're local, you really can't disappoint.

PREP TIME: 10 MINUTES COOK TIME: 80 MINUTES SERVES: 6-8

INGREDIENTS:

- | | |
|--|--|
| 1 cup panko crumbs | 1/4 tsp nutmeg, freshly grated
(ground if you don't have fresh) |
| 6 tbsp unsalted butter (4 for roux, 2 for panko topping) | 1 bay leaf |
| 1/2 cup all-purpose flour | 1 cup Ontario Emmental cheese, grated |
| 1 cup 2% milk | 1 cup Ontario aged Cheddar cheese, grated |
| 1/8 tsp cayenne pepper | 1 cup Ontario Gouda cheese, grated |
| 1 tsp mustard powder | 4 cups short noodle pasta of your choosing |
| 1 tsp salt | |
| 1 pinch cracked black pepper | |

METHOD:

1. Preheat oven to 375°F (190°C).

PASTA INSTRUCTIONS:

1. Fill large, heavy-bottomed pot with well-salted water and bring to a boil. Cook the short pasta 2 -3 minutes less than what is indicated on the package. You want your pasta to be undercooked, as it will continue cooking in the cheese sauce when you bake it in the oven later.
2. Once the pasta has reached doneness (soft on the outside, raw/hard on the inside) drain and set aside. Reserve 1 cup of pasta water and set aside. Run pasta under cold water to cool and halt the cooking process.

CHEESE SAUCE INSTRUCTIONS:

1. Melt 4 tbsp butter in your large heavy-bottomed pot over moderately low heat, then whisk in flour and cook roux, whisking constantly. Your roux should have the colour and consistency of light sand.
2. Combine all grated cheese in a bowl, mix and set aside.
3. Add mustard powder to roux and stir. Whisk in milk and bring to a boil, whisking constantly. Add bay leaf. Reduce heat and simmer, whisking occasionally, for about 4 - 5 minutes or until thick enough to coat the back of a spoon.
4. Remove bay leaf, whisk in cayenne, salt, pepper and nutmeg. Slowly add all cheese, except 1/2 cup for the topping.
5. Whisk until combined and melted. If the cheese sauce is too thick (stiff and difficult to mix), slowly add some of the reserved pasta water until the sauce loosens to your liking.
6. Add pasta and mix until all noodles are covered evenly with the cheese sauce.

BAKING INSTRUCTIONS:

1. Divide evenly in oven safe bowls. Sprinkle the remaining cheese and panko crumbs to cover the top of each dish evenly. Melt remaining butter and pour over the panko and cheese topping.
2. Place in the oven on the middle rack and bake for 10 - 20 minutes or until the topping is golden brown.

Tip: You can make this the day before and store the oven safe bowls in the fridge so they are ready to pop in the oven. Just be sure to REALLY under cook your pasta and allow for 20 - 30 minutes in the oven to ensure it's warmed through.

Recipe developed by Jasmine Baker

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ONTARIO YOGURT

Yogurt, one of the oldest staple foods, has been nourishing people around the world since around 6,000 BC. It's made by adding specialized bacteria to heated milk, which converts the natural milk sugars (lactose) to lactic acid, giving yogurt its signature tart taste.

Like wine, cheese and other elemental foods and beverages, the yogurts enjoyed in different parts of the world have evolved into local craft recipes, yielding a wide variety of styles, textures and flavours. In Ontario, you'll find yogurt made in the Greek, Icelandic, Indian, Arabic and Russian styles, to name just a few.

DAHI

This Indian-style curd known as the 'food of the gods' is similar to yogurt, but made from milk curdled with an acidic ingredient like lemon juice or vinegar. Dahi is available in Ontario in the traditional, plain flavour.

GREEK YOGURT

Creamy, thick and tangy, Greek yogurt is made by straining much of the whey (liquid milk protein) out of the yogurt. It is very high in protein (usually double the amount found in regular yogurt varieties), low in sugar and typically contains less calcium. Greek-style yogurt is incredibly versatile, used in everything from dips to desserts.

KEFIR

Sometimes called the 'champagne of milk', this drinkable Russian-style yogurt is made from fermented milk with the addition of kefir grains, which are a blend of yeast and bacteria. It is slightly textured and lightly carbonated for a unique, tart and yogurt-like taste. Kefir has long been credited as a great source of probiotics. Both regular and flavoured varieties are available in Ontario in bulk and single-serve formats.

LABAN/LABNEH/AYRAN

Ayran, a cold, drinkable yogurt beverage, is an Ontario-made fusion of Arabic and Turkish yogurt styles. Fresh laban (Arabic yogurt made from fermented milk) is diluted with ice-cold water and mixed with salt. Adding mint, lime juice, pepper or other seasonings makes this drink both unforgettable and refreshing. Labneh is a uniquely versatile yogurt cheese derived from laban.

PROBIOTIC YOGURT

Probiotics are simply bacterial organisms thought to have a positive effect on gut health that are found naturally in human digestive tracts. Probiotics are lost during the yogurt-making process, so they are reintroduced to the yogurt for additional benefits.

REGULAR YOGURT

Based on the abundance of available yogurt flavours and textures from traditional plain and fruit flavours to unique blends like maple raspberry and cappuccino, there's a yogurt to suit everyone's palate. Yogurt is available in Ontario in Halal and Balkan style, fat-free, lactose-free, organic, grass-fed and yogurt beverages made in a wide range of styles derived from around the world.

SKYR

A staple Icelandic food for over 1,000 years, skyr has the thick, rich consistency of Greek-style yogurt, but is less tart. Its smooth creamy texture can be attributed to the four cups of milk it takes to make just one cup of skyr, which typically contains less sugar and more protein than other yogurts. Skyr is not a true yogurt, but a unique cultured dairy product and an excellent addition to breakfast menus, topped simply with fresh, local berries.

YOGURT TO GO

Yogurt is available in many single-serve and convenience formats, from cups to tubes to drinks.

DID YOU KNOW?

- Yogurt originated in Mongolia by accident, when milk carried in animal bladders on horses curdled, creating the first yogurt. The Mongolians were no doubt pleasantly surprised.
- Due to its pan-cultural provenance, the Oxford Dictionary recognizes 12 acceptable spellings of the word, 'yogurt.' Loved by many, owned by none...



Kefir Donuts

Originating in the Caucasus Mountains, kefir is a nutritious, fermented milk drink high in probiotics and thought to have a positive effect on gut health. The slight, natural carbonation in kefir helps to create a light and airy donut, with unique and beautiful menu appeal.

PREP TIME: 10 MINUTES COOK TIME: 10 MINUTES

DONUT INGREDIENTS:

2 cups (500 mL) all purpose flour	2 eggs
1/2 tsp (2 mL) each baking powder and baking soda	1/4 cup (60 mL) butter, melted
1/2 tsp (2 mL) salt	1/2 tsp (2 mL) vanilla
1/4 tsp (1 mL) fresh grated nutmeg	2/3 cup (175 mL) granulated sugar
1 cup (250 mL) Ontario vanilla kefir	

GLAZE INGREDIENTS:

1 cup (250 mL) icing sugar	3 tbsp (45 mL) kefir
1 tbsp (15 mL) activated charcoal	Blue/green edible glitter

METHOD:

1. Preheat oven to 350°F (180°C).
2. In a bowl, whisk together flour, baking powder, baking soda, salt and nutmeg; set aside.
3. In a large bowl, whisk together kefir, eggs, butter and vanilla. Add sugar and whisk until combined. Add flour mixture and stir until batter is smooth and no flour remains.
4. Spoon batter into buttered donut pans and bake for about 10 minutes or until tester inserted in centre comes out clean. Let cool completely.
5. Glaze: In a bowl, sift icing sugar into a bowl and whisk in charcoal. Whisk in kefir until smooth and runny.
6. Dip each donut into glaze and place on cooling rack set over a baking sheet. Repeat with remaining donuts.
7. Sprinkle each donut with edible glitter and swirl; let stand 2 hours to set or enjoy right away!

TIP: To easily fill the donut pans, scrape batter into a resealable bag and cut 1 corner. Squeeze into each donut space equally.

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ONTARIO ICE CREAM

You can't beat the flavour and texture of real ice cream made with local cream, and the growing popularity of real and artisanal ice cream varieties in Ontario proves the point.

Several of Ontario's ice cream companies are over 100 years old, with a strong local customer base built by an enduring focus on quality and taste. From large, nut-free facilities to small, chef-run artisanal operations, you'll find the perfect flavour and style to add delight to your menu.

Traditional, hard ice cream, gelato, frozen yogurt and real soft serve are readily available in an amazing range of flavours from traditional vanilla, strawberry and chocolate to artisanal fare like rhubarb ginger, wild blueberry lavender and basil and lemon. There's nothing like a scoop of ice cream to add flair to cakes, pies, crumbles or any dessert!



REAL ICE CREAM

This is the good stuff, made with real Ontario milk and cream. Real ice cream can be flavoured and finished in an incredible variety of scoopable flavours and is perfect in a cone, milkshake or sundae garnished with traditional or chef-created toppings.

GELATO

Italian-style gelato is made from milk, cream and sugar, but uses a little more milk than cream and contains less air, giving it its signature smooth, creamy and slightly elastic texture. It is also served at a slightly warmer temperature than hard ice cream, which intensifies the gelato flavour experience.

FROZEN YOGURT

Frozen yogurt is made from cultured milk, but can be served and enjoyed the same ways as ice cream with less fat and an abundance of flavour.

DID YOU KNOW?

- In spite of an explosion of creativity introducing an incredible range of new flavours, vanilla remains the top-ranking ice cream choice of Canadians by sales volume.
- Canada produces about 4 litres of ice cream per person each year, and about ¼ of Canadians eat ice cream three to four times each month.
- Ontario and Quebec are home to the majority of Canadian ice cream companies.





BUILDING LOCAL RESTAURANT, CHEF, FOODSERVICE & RETAIL PARTNERSHIPS

The Ontario dairy industry offers an incredible range of high-quality milk and dairy products to serve all restaurant and hospitality operations. Many of the products made here match or exceed the quality of those made in other countries around the world.

We're here to help partners source and connect with Ontario dairy processors and craftspeople to learn more about:

- outstanding local cheeses and dairy products
- how and where to find specialty and artisanal dairy products made in Ontario
- how to work with Ontario dairy partners on private label and co-packed products
- how to source key menu items and optimize margins

We're here to help facilitate co-beneficial partnerships for a resilient, sustainable local food economy. Let's work together.

For further information on Ontario dairy, please visit:

milk.org

[@ontariodairy](https://www.instagram.com/ontariodairy)   

savourontario.ca

[@savourontario](https://www.instagram.com/savourontario)   



LOCAL ONTARIO DAIRY PROCESSORS

A ADM DAIRY - MOOTRICIOUS Mississauga, ON

Experience ADM Dairy products all made from 100% Canadian milk and ingredients. Experience their vanilla, plain and mango Greek style yogurts, to Halloumi cheese and paneer.

admdairy.com

Products: *halloumi, paneer, yogurts and cultured products*

AGROPUR COOPERATIVE North York, ON

Agropur is a cooperative owned by 3,024 dairy farmers who have joined forces to process and market the high-quality milk they produce on their farms. Agropur uses this milk to create the wide range of dairy products and the strong brands that their customers and consumers love.

agropur.com

Products: *fluid milk and cream, cultured products, butter, cheese, other dairy, ice cream/mixes/novelty*

ALLISTON CREAMERY Alliston, ON

Manufactured and sold under the Golden Dawn brand, Alliston Creamery's salted and unsalted butter is made in small batches using barrel churns, and has consistently been recognized for its taste and quality. The creamery also manufactures a large selection of specialty butters under private labels and co-packing.

allistoncreamery.com

Products: *butter*

Specialty products: *private label and co-packing*

ARLA Concord, ON

Arla Foods Inc. has been a specialty cheese producer in Canada since 1961 and have had many firsts for Canada cheese. Production of the first Danish Havarti recipes in Canada came in 1987, followed by Canadian Blue Cheese in 1987, and then Gorgonzola production was added to their list in 1988.

arlafoods.ca

Products: *paneer, blue, Gorgonzola and specialty cheeses*

B BRAR'S DAIRY Brampton, ON

Brar's Dairy's philosophy of keeping things fresh, innovative and authentic has led the company to create products that their customers lovingly accept into their own recipes (and homes). Whether it be a natural protein source (Malai Paneer), or a better source of cooking oil (ghee), their dedication towards making great products and preserving traditions is an undying objective.

brars.ca

Products: *paneer, ghee, makhan*

Specialty products: *South Asian dairy products*

BRIGHT CHEESE & BUTTER Bright, ON

Bright Cheese & Butter, the oldest Cheddar factory in Canada, was established in 1874 by a group of local farmers who realized they had a surplus of milk each month from their livestock. Bright Brand is well known for their all natural, naturally-aged cheeses made the old fashioned way with 100% local milk.

brightcheeseandbutter.com

Products: *Cheddar, colby, mozzarella, Gouda, harvarti, Parmesan, Asiago and other cheese, other dairy products*

Specialty products: *ultra-kosher cheese*

BUSHGARDEN FARMSTEAD Elgin, ON

Bushgarden Farm is a fifth-generation family farm located in the heart of the Rideau Lakes. Fully certified organic since 2006, they produce organic raw milk cheese by hand, with the help of their 20 Holstein and Brown Swiss cows.

bushgardenfarm.ca

Products: *artisanal cheese*

Specialty products: *organic, raw cow's milk cheese*

C CANADA ROYAL MILK Kingston, ON

Established in 2016, Canada Royal Milk is the only producer of infant formula in Canada, manufacturing quality products from Canadian cows, ensuring the highest quality and nutritional value for their customers.

canadaroyalmilk.com

Products: *other dairy*

CENTRAL SMITH Selwyn, ON

Central Smith has been scooping their creamy goodness since 1979, when they opened a small window at the factory door. They now offer a complete line of real ice cream, frozen yogurt and desserts. Central Smith is also a recognized partner for foodservice supply and co-packing services.

centralsmith.ca

Products: *ice cream, frozen yogurt, mixes/novelty*

Specialty products: *co-packing*

CHAPMANS Markdale, ON

Chapman's has been making perfectly delicious ice cream and frozen treats since 1973. Today, they are the largest independent ice cream manufacturer in Canada. Their product lineup includes more than 280 frozen treats – including premium ice cream, frozen yogurt and a range of novelties. Chapmans operates a cutting-edge nut-free facility, offering peanut-free, nut-free, gluten-free, lactose-free and no added sugar dairy options.

chapmans.ca

Products: *ice cream, frozen yogurt, mixes/novelty*

Specialty products: *peanut-free, nut-free, gluten-free, lactose-free and no-added-sugar dairy options*

D DAIRY FOUNTAIN Mississauga, ON

Fountain Food and Beverages Ltd. is passionate about providing one-on-one service and supplying the very best dairy products for the food service and retail industries. Established in 2009, the dairy has expanded into one of North America's leading ethnic dairy suppliers.

dairyfountain.com

Products: *ayran, kefir, yogurt, sour cream*

Specialty products: *South Asian dairy products, private label*

E EBY MANOR Waterloo, ON

From fluid milk and cream to Cheddar cheese and yogurt, Eby Manor is proud of the amazing products they can provide because of their amazing Guernsey cows. They believe that Guernseys produce the best milk possible and they are thrilled that they are able to give everyone the opportunity to experience what they have enjoyed for generations.

ebymanor.ca

Products: *Farmstead milk, cream, cheese, yogurt*

Specialty products: *Guernsey milk*

EMERALD GRASSLANDS Clarksburg, ON

Supporting human health and nutrition, and regenerative organic agriculture are the cornerstones of the Emerald Grasslands brand, offering premium, Canadian, grass-fed, organic, dairy products.

emeraldgrasslands.com

Products: *butter*

Specialty products: *organic, grass-fed, jersey butter*

EMPIRE CHEESE Campbellford, ON

Since its start in 1870, Empire cheese, a dairy farmer-owned cooperative has been making their award-winning cheese the traditional way in open-style vats which in their opinion, gives the cheese and curd a better flavour. They use no additives to boost production and there are no flavours added to their Cheddar, everything is all natural.

empirecheese.ca

Products: *mild and aged Cheddar cheese, mozzarella and flavoured mozzarella*

F FAIRLIFE Toronto, ON

Fairlife believes that milk, the purest form of dairy, is a powerful gift from nature. Full of nutrients, protein and great taste, milk forms the foundation of our nourishment from the very beginning. They specialize in delicious, dairy-based products to give everyone the nutrition they need, but they know their products are only one piece of a much larger purpose. They are on a mission to enrich lives by sustainably providing nourishment and vitality to the world.

fairlifecanada.ca

Products: *ultrafiltered fluid milk and cream*

FARQUHAR'S DAIRIES Espanola, ON

Farquhar Dairies Ltd. is a 100% Canadian, family-owned business that originated on beautiful Manitoulin Island in 1933. Presently, the third and fourth generation of Farquhars, with the help of their 50+ employees, oversee the distribution of Farquhar's Dairy branded fluid milk, butter and ice cream throughout northeastern Ontario made with fresh milk from local farms. Farquhar's has deep ties to the northern communities they service and are proud to call northern Ontario their home.

farquhars.ca

Products: *fluid milk, cream, butter, ice cream*

FERRANTE CHEESE Woodbridge, Ontario

At Ferrante Cheese, our guiding principle is to only make cheese that we would be proud to serve our family. No fillers. No powders. No dairy substitutes. Pure fresh Canadian milk is all we need to make Ontario's finest Italian cheeses. Every mozzarella ball, every ricotta cup, every bocconcino is handmade the old fashioned way using all-natural ingredients and no preservatives.

ferrantecheese.com

Products: *Mozzarella, Artisanal*

FIFTH TOWN ARTISAN CHEESE

Picton, ON

The Fifth Town Artisan Cheese Company is a privately owned, environmentally and socially responsible enterprise producing fine hand made cheeses using fresh, locally produced cow milk. The product development processes reflect the spirit of the Fifth Town brand, which aims to integrate traditional methods, contemporary tastes, and craftsmanship with local terroir.

fifthtown.ca

Products: *artisanal cheese*

FROMAGERIE KAPUSKOISE

Kapuskasing, ON

Fromagerie Kapuskoise artisan cheeses are made using only single sourced and local whole milk from Ontario. Passionate about cheeses and their heritage, they are proud to honour Kapuskasing and its surrounding areas by naming all of their aged cheeses after lakes and rivers from their region.

fromageriekapuskoise.com

Products: *artisanal cheese*

G GALATI CHEESE

Windsor, ON

All of Galati's cheese products are specialties, including owner Joe Galati's hand-made scamorza and gourd-shaped provoloni. Their product list is diverse, all natural and includes everything from ricotta to caciocavallo, puitri, bocconcini, trece, tuma, twist cheese, Arabic cheese, mozzarella and mozzarella balls.

galaticheese.com

Products: *mozzarella, Italian-style, artisanal cheeses*

GAY LEA

Mississauga, ON

Dedicated to innovation, the development of high quality products and growing the market for Canadian milk, Gay Lea is 100% Canadian-owned, with members on roughly 1,400 dairy farms in Ontario and Manitoba, and more than 4,200 producer and investor shareholders.

gaylea.com

Products: *fluid milk and cream, cultured products, butter, cheese, artisanal cheese, ice cream, other dairy*

Brands: *Gay Lea, Ivanhoe, Salerno, Hewitt's, Black River, Stirling, Nordica, Lacteeze, Longlife, Churn 84, Gos & Gris, Western Creamery, Thornloe Cheese*

GENERAL MILLS

Mississauga, ON

LIBERTÉ

Inspired by the Statue of Liberty, the Kaporovsky family founded Liberté in Montreal in 1936 to make exceptional products, made from simple and fresh ingredients.

Constantly reinventing itself with innovations such as kefir and Greek yogurt or in the launch of unique flavours, Liberté has always believed in taste more than testing, and their artisans work tirelessly to achieve the extraordinary.

liberte.ca

Products: *yogurt, kefir*

YOPLAIT

Canada's love affair with Yoplait began in 1971. Families across the country instantly fell for the brand's deliciously healthy dairy products and classic French traditions. Today, Yoplait is as committed as ever to making great-tasting yogurts filled to the brim with goodness.

yoplait.ca

Products: *yogurt*

GLENGARRY FINE CHEESE

Lancaster, ON

Glengarry Fine Cheese specializes in fine artisan style cheese from their neighbour's Brown Swiss cow herd. All Glengarry cheese is manufactured on location, to exacting standards of care. This results in delicious, award-winning fine cheese that is unlike anything you have ever tasted!

glengarryfinecheese.com

Products: *artisanal cheese*

Specialty: *Brown Swiss milk cheese*

GOOD HUMOR/BREYERS

Simcoe, ON

Since the 1990s, Breyers® has been proudly made for Canadian consumers in Simcoe, starting with high-quality ingredients and all Canadian dairy. Breyers created their pledge as an homage to the standard set by their founder: to start with only high quality ingredients, like colours and flavours from natural sources, sustainably farmed vanilla and all-Canadian dairy. The Simcoe, Ontario plant is also licensed to produce Ben and Jerry's® ice cream!

breyers.com/ca/en

Products: *ice cream, mixes/novelty*

GRANDE CHEESE

Vaughan, ON

For over 60 years, Grande Cheese has been producing handcrafted Italian cheeses using traditional recipes that have been passed down for generations. They continue to create their own award-winning signature Italian cheeses – such as Parmesan, Ricotta, Mozzarella, Bocconcini, Fior Di Latte, Trece, Provolone, Scamorza and Caciocavallo – all made with Ontario farm-fresh milk.

grandecheese.ca

Products: *Italian-style cheese, mozzarella, artisanal cheese*

GUNN'S HILL ARTISAN CHEESE

Woodstock, ON

The cheeses produced at Gunn's Hill Artisan Cheese are truly unique. You can taste the Swiss influence from techniques and recipes learned while making cheese in the town of Handeck, in the Swiss Alps. Today, there are two full time cheese makers and a team of staff that work diligently to produce some of Canada's finest award winning cheeses.

gunnshillcheese.ca

Products: *artisanal cheese*

H HANS DAIRY

Mississauga, ON

Founded in 1997, Hans Dairy is one of the largest Ontario businesses that specialize in South Asian dairy products. The Hans family creates authentic Indian products that taste just like the food they grew up with, and were the first to ever make dahi in Canada, an Indian-style yogurt. They soon expanded their strong Indian-influenced product line with lassi, a yogurt drink; kheer, a rice pudding; and makhan, a whipped butter. They thrive on customer satisfaction, which motivates them to provide the best quality and some of the most authentic dairy products on the market.

hansdairy.com

Products: *South Asian-style dairy products, smoothie, lassi, butter, yogurt, rice pudding, milk*

HARMONY ORGANIC

Kincardine, ON

All Harmony Organic farms are certified organic and exceed the required organic standards set forth by the Canadian government. Their milk, cream and seasonal egg nog is sold primarily in reusable glass bottles. You may even notice that the taste of their products changes slightly throughout the year due to changes to the "menu" offered to the cows. The most noticeable change is likely to occur in spring when the cows are first out on fresh grass.

harmonyorganic.ca

Products: *fluid milk and cream, flavoured and seasonal milk*

Specialty: *organic*

I INTERNATIONAL CHEESE

Toronto, ON

International Cheese has been manufacturing fine, hand-crafted cheese from nothing more than a dream and some family recipes since 1963. A family-owned and operated company, they pride themselves on using only the freshest ingredients and 100% Canadian milk to create the finest cheese for their consumers. They manufacture their cheese daily, producing incredible products like ricotta, tuma, bocconcini and fior di latte among many others under their Santa Lucia brand.

internationalcheese.ca

Products: *Italian-style cheese, mozzarella, artisanal cheese*

J JENSEN CHEESE

Simcoe, ON

Jensen Cheese is a third-generation family tradition established in 1925 by founder Arne Jensen, a Master Cheesemaker from Denmark. Each Jensen cheese is made with the utmost care and attention to guarantee that the texture and flavour are at their best. Their old world curing process is still being used to ensure old-fashioned, full bodied natural flavours at their Wilton Cheese Factory, the manufacturing division for A.M. Jensen Limited, located in Wilton (Odessa), Ontario.

jensencheese.ca

Products: *artisanal Cheddar, colby, mozzarella, cheese curds, cheeseballs, flavoured cheese*

K KAWARTHA DAIRY

Bobcaygeon, ON

2017 marked the proud 80th anniversary of the Kawartha Dairy Company, a 100% Canadian, 100% family-owned company. Although the dairy has grown tremendously from its early days, it remains headquartered in Bobcaygeon, Ontario, where it was founded, receiving deliveries of fresh, Ontario milk daily.

kawarthadairy.com

Products: *ice cream, milk, butter, cream*

L LACTALIS CANADA

Toronto, ON

With nearly 140 years of brand heritage in the Canadian dairy industry, Lactalis Canada is committed to the health and wellness of Canadians. They offer a wide range of milk and dairy products, cultured products, cheese products and table spreads from respected brands like Beatrice®, Lactantia®, Astro®, Black Diamond® and Balderson®.

parmalat.ca

Products: *fluid milk, cream, yogurt, butter, popular, processed, specialty and artisanal cheeses, mozzarella, ice creams, mixes/novelty and other dairy products*

LIMESTONE ORGANIC CREAMERY

Elginburg, ON

Francis and Kathie Groenewegen have been dairy farmers all of their lives. Twenty-three years ago, they decided to transition to organic agriculture for a healthier, more meaningful way of life, processing fresh, grass-fed, soy free, pasteurized, organic dairy products in their creamery. Together with over 35 local farmers and makers, they work every day to rebuild their region's food system and strengthen food security.

limestonecreamery.ca

Products: *fluid milk and cream*

Specialty: *organic, grass fed*

LITTLE BROWN COW DAIRY

Brantford, ON

Little Brown Cow Dairy is a local, family owned and operated business offering fresh-from-the farm milk, curds and cheese.

[facebook.com/littlebrowncows](https://www.facebook.com/littlebrowncows)

Products: *farmstead cheese, fluid milk*

LOCAL DAIRY

Ingersoll, ON

Since 1960, Local Dairy has been committed to bringing only the most natural and fresh products to their customers. Local Dairy products are made from 100% natural milk ingredients.

localdairy.ca

Products: *paneer, cheese, ghee, yogurt*

Specialty products: *South-Asian dairy products, Mennonite and Latin-style cheese and dairy products*

MAPLE DALE CHEESE

Plainfield, ON

Cheesemaker Wayne Lain is a fourth generation artisan, and continues to make cheese the way his father taught him, with no shortcuts. Maple Dale handcrafts 100% farm fresh Canadian milk into approximately 1 million kilograms of cheese a year, creating a variety of fresh, aged, flavoured and specialty cheddars. Fresh curd is always available!

mapledalecheese.ca

Products: *artisanal Cheddar cheese*

MAPLETON ORGANIC CREAMERY

Moorefield, ON

Known for their outstanding organic ice cream and frozen yogurt, Mapleton's Organic is a family owned and operated farm consisting of 400 acres of organic land and a herd of 70 milking cows.

mapletonsorganic.ca

Products: *ice cream, frozen yogurt*

Specialty: *organic*

M-C DAIRY

Toronto, ON

All M-C Dairy products, whether cheeses or cultured milks, are made from 100% Canadian farm fresh milk. Their cheese is cloth-strained and pressed fresh cheeses are strictly made using bacterial cultures. This means their cheese curd processes take up to 48 hours, making all M-C Dairy products Kosher and Halal certified.

futurebakery.com/dairy

Products: *milk, cream, cottage cheese, butter, kefir and fermented milks, yogurt, cream cheese, artisanal cheese and dairy products*

Specialty products: *Kosher and Halal certified, grass-fed organic, Ukrainian, Polish, South Asian and Middle Eastern dairy products*

MILLER'S DAIRY

Creemore, ON

The Miller family began milking Jersey cows in 1959 as Jersey milk was in strong demand due to its exceptional quality. Miller's Dairy milk is available only in glass bottles, which are returned to the dairy, then washed, sanitized and refilled with fresh Jersey milk. Glass bottles keep the milk colder, thus effectively and naturally slowing the aging process of the milk creating longer freshness and incredibly tasty milk.

millersdairy.com

Products: *milk, cream, seasonal and flavoured milk, ice cream*

Specialty: *Jersey cow milk*

MONFORTE DAIRY

Stratford, ON

At Monforte, they're convinced the small things do indeed make a difference, that agriculture is best practiced on a human scale, and that their cheeses, each in their own way, reflect something a little deeper than the technology behind mass manufactured food - a little of the poetry and passion of life itself.

monforteonline.ca

Products: *artisanal cheese*

MOUNTAINOAK CHEESE

New Hamburg, ON

Mountainoak Cheese was founded on love for high quality Gouda cheese. Their modern, state-of-the-art processing plant allows the Van Bergeijks family to continue the tradition of great-tasting, high-quality Gouda cheeses in a wide range of flavours, made with fresh milk from their own herd of dairy cows.

mountainoakcheese.ca

Products: *artisanal Gouda, quark, curds*

Specialty: *farmstead, artisanal*

NESTLÉ

North York, ON

Nestlé is the world's largest food and beverage company. They have more than 2000 brands ranging from global icons to local favourites, and are present in 190 countries. Nestlé's purpose is to enhance quality of life and contribute to a healthier future. Favourite brands like Drumstick® and Häagen-Dazs® are made locally at the Nestlé plant in London, Ontario.

madewithnestle.ca

Products: *Ice cream/mixes/novelty*

NICKEL CITY CHEESE

Chelmsford, ON

Founded in 2018, Nickel City Cheese produces cow's milk Cheddar cheese. Visit the store to purchase your fresh curds still warm from the vat! What makes Nickel City Cheese unique? For starters, you'll find 9 exceptional flavours you won't find anywhere else! When you support this local business, you're also supporting 14 local farmers. Nickel City Cheese aims to provide the Greater Sudbury area with the best cheddar products around.

nickelcitycheese.ca

Products: *Cheddar cheese*

OAK GROVE CHEESE

New Hamburg, ON

Oak Grove Cheese Factory located in New Hamburg, Ontario is family owned and has been in operation since 1879. This independently owned factory maintains its quality cheese products by continuing to manufacture the same way as when the Langenegger family first started, over 80 years ago. There are currently fourth and fifth generation family working within the business today.

oakgrovecheese.ca

Products: *Cheddar, artisanal cheese*

ORGANIC MEADOW

Guelph, ON

It was over 25 years ago that Organic Meadow pioneered the organic dairy movement in Canada. They brought together like-minded farmers that cared about creating dairy products using nature as their driving force, and they continue that same mission today by rolling up their sleeves and crafting wonderful organic dairy products just like they did their first day on the farm. Today their cows and farmers help them create an entire line of fresh, local dairy products that are minimally processed, from healthy animals that graze on fresh organic pasture.

organicmeadow.com

Products: *milk, cream, butter, yogurt, kefir, cream cheese, cottage cheese, sour cream, ice cream, cheese*

Specialty products: *organic, grass-fed organic*

PARON CHEESE

Hannon, ON

Step back in time to come and experience one of Paron's all-natural, hand-crafted cheeses still made today in the traditional Italian style. Paron Cheese has been family owned and operated for over 70 years, and was one of the first European cheesemakers in Canada. Try their Montasio cheese which when fresh is very mild with a nutty texture, and when aged longer, develops a rind and a stronger flavour taking on the characteristic of a fine parmesan.

paroncheese.com

Products: *artisanal, Italian-style cheese*

PINEHEDGE FARMS

St. Eugene, ON

Pinehedge Farms grew from a desire to deliver a quality product directly to the consumer from years of bio-dynamic farming. Pinehedge started production on Ontario's first on-farm processing plant in August 1994, and offer organic yogurt, kefir and sour cream.

pinehedge.com

Products: *organic yogurt, kefir, sour cream*

Specialty products: *farmstead, organic*

PORTUGUESE CHEESE COMPANY

Toronto, ON

For several decades the Portuguese Cheese Company has been providing quality artisanal cheeses to the Portuguese population of southern Ontario. In 1999, the DeMelo family purchased the company and have made a concerted effort to promote and market these delicious specialty cheeses to a wider audience. Portuguese Cheese Company has been dedicated to the art, craft and tradition of fine cheese making. Their cheeses are made with fresh Canadian ingredients while their flavours still evoke old world traditions. Hence their slogan, *Portuguese Cheese with a Canadian Accent*.

portuguesecheese.com

Products: *artisanal cheese, butter, queso fresco*

Specialty: *Portuguese-style cheese*

QUALITY CHEESE

Vaughan, ON

Quality Cheese Inc. is a family-owned manufacturer, distributor and retailer of Italian specialty cheese and cheese snack products. Incorporated in 1988, the company produces a large selection of specialty cheese for the retail and food service sectors.

qualitycheese.com

Products: *Italian-style cheese, mozzarella, ricotta and artisanal cheeses (Albert's Leap)*

REID'S DAIRY

Belleville, ON

Reid's Dairy produces two per cent of the fluid milk supply in Ontario. With two-thirds of their raw milk coming from dairy farms within 100km of their Belleville manufacturing facility, when you purchase their products, you're also supporting local farmers. Reid's Dairy is the largest independent dairy operation in the province.

reidsdairy.com

Products: *milk, cream, ice cream*

ROMAN CHEESE

Niagara Falls, ON

Roman Cheese has been manufacturing cheese in Niagara Falls since 1965. They have maintained traditional cheesemaking techniques, using the open vat method to make their fresh ricotta to bring a taste of the old country to Canada. They pride themselves in making cheese with pure ingredients free from food colouring. Visit their store to find fresh caciotta, handmade caciocavallo, mozzarella, brick and provolone.

romancheese.ca

Products: *mozzarella, Italian-style, artisanal cheese*

SABANA CHEESE

Mississauga, ON

All Sabana Canadian-made Latin cheeses are made with fresh, Ontario pasteurized cow's milk. They are committed to following old traditions, so they make small batches to ensure total freshness and optimum shelf life while combining a rich history, exceptional quality and truly fresh taste.

sabana.ca

Products: *artisanal, Latin-style cheese*

SAPUTO

Saint-Laurent, ON

In 1954 the Saputo family brought the secrets of Italian cheese-making to Canada. Saputo produces, markets and distributes a variety of natural, processed, specialty and fine cheeses, fresh curd, fluid milk, cream, yogurt, sour cream, cottage cheese and ice cream mixes, as well as certain other dairy products.

saputo.ca

Products: *milk, cream, yogurt, cultured products, Cheddar, artisan, mozzarella, processed cheese and ice cream mixes/novelty*

SAUGEEN COUNTRY DAIRY

Markdale, ON

Since the fall of 1994, Saugeen Country Dairy has been making organic yogurt, and have since added kefir. They continue to practice bio-dynamic farming methods officially certified organic by both Demeter Canada and Ecocert Canada.

saugueencountrydairy.com

Products: *yogurt, kefir*

Specialty: *farmstead, organic*

SHAW'S ICE CREAM

St. Thomas, ON

2018 marked the 70th Anniversary of Shaw's Ice Cream, maintaining a long tradition of producing fine quality real ice cream. Using only the best ingredients and 100% Canadian Dairy, fresh cream is the first ingredient on their list!

shawsicecream.com

Products: *ice cream*

SHELDON CREEK DAIRY

Loretto, ON

Offering the only A2 milk in the Ontario market, Sheldon Creek Dairy believes in embracing a life of tradition, infused with a dose of modern inspiration. They work to provide wholesome milk to their local area by producing and bottling their non-homogenized milk completely on their farm, so you get the freshest product possible. They also craft their famous cream top whole milk, yogurt, kefir, labneh and more.

sheldoncreekdairy.ca

Products: *milk, A2 milk, seasonal and flavoured milk, cream, yogurt, frozen yogurt, ghee, compound butter, labneh, kefir*

Specialty: *farmstead, co-packing, local distribution*

SICILIAN ICE CREAM

Vaughan, ON

Two Generations of Experience... The Galipo Family has set a very high standard of quality. They have selected only the finest ingredients, the most innovative technological processes and have combined their multi-generational expertise to deliver the finest European ice cream products possible.

sicilianicecream.com

Products: *artisanal ice cream*

SILANI CHEESE

Bradford West Gwillimbury, ON

What began as a small dairy farm fifty years ago has transformed into an award-winning facility with on-site manufacturing, processing, packaging, storage, distribution, importing, and laboratory testing. Now creating over 200 exquisite cheese products, currently, Silani produces more ricotta than any other cheese manufacturer in the country.

silani.ca

Products: *mascarpone, mozzarella, ricotta*

SKOTIDAKIS

St. Eugene, ON

Skotidakis is a major supplier of dairy products to many food manufacturing and catering companies across Canada and the United States and their products are also featured as private labels for various supermarkets. Their state-of-the-art, 130,000 square foot production facility enables them to prepare industrial quantities of their products without cutting back on quality. Skotidakis offers outstanding customer service and is dedicated to meeting all of their clients' needs.

skotidakis.com

Products: *yogurt, skyr, dairy-based dips, ricotta, feta, cream cheese*

SLATE RIVER DAIRY

Neebing, ON

Slate River Dairy believes in providing access to the highest quality milk in its most natural state: straight from the cow and only pasteurized, not homogenized. This process is the closest you'll get to raw milk in its most natural state. Located just south of Thunder Bay, in Slate River Valley, Jim and Wilma Mol have been providing the region with their milk since 2015.

slateriverdairy.com

Products: *milk, cream, butter, cheese*

Specialty: *farmstead*

ST-ALBERT CHEESE

St. Albert, ON

St-Albert Cheese Co-op is one of the oldest cooperatives in Canada. As early as the late 19th century, master cheesemakers in a charming Eastern Ontario village were already producing a high-quality Cheddar: the St-Albert. Founding President Louis Génier and his nine partners could hardly have imagined back on January 8, 1894, that their little cheese factory would shape the history of the entire community and become a true regional institution.

fromagestalbert.com

Products: *mozzarella, Brie, Camembert, Swiss-style, Cheddar, curds and artisanal cheese*

STONETOWN CHEESE

St. Marys, ON

Stonetown Artisan Cheese is an on-farm cheese plant located in St. Marys, Ontario. Their award-winning, hand crafted, alpine-style cheese is made with fresh, whole cow's milk from their family farm. To obtain a great taste, the milk is unpasteurized and has no additives, which ensures the cheese is pure and natural. The cheesemaking process is very similar to how cheese has been made for centuries in the mountain dairies in the Swiss Alps.

stonetowncheese.com

Products: *artisanal Alpine-style, Emmenthal, Fontina*

Specialty: *farmstead, artisanal*

THORNLOE CHEESE

Thornloe, ON

Thornloe Cheese Inc., is proudly owned by farmers and operates with family values in the heart of the Temiskaming Valley. Since 1940 when Rene Laframboise took a leap of faith and opened the first cheese plant in the town of Thornloe, they've earned respect for their quality. Thornloe continues to craft heritage-style Cheddars and new age specialty and grass-fed products with pure milk. Their customers call Thornloe "Pride of the North".

thornloecheese.ca

Products: *artisanal cheese, Cheddar, sliced aged Cheddar, cater packs, butter, mozzarella, sliced mozzarella*

Specialty: *grass-fed butter and cheese, artisan cheese, private label*

THUNDER OAK CHEESE

Neebing, ON

Located in the pristine countryside of Slate River Valley, Thunder Oak Cheese Farm is the first farm in Ontario that produces Gouda cheese. This creamy Dutch cheese has long been a favourite of cheese lovers around the world and the Schep family has been making it in Thunder Bay since 1995. Their award-winning Thunder Oak Gouda is a natural product made with fresh milk from the Schep's own Holstein cows. There are no preservatives or added colouring in their cheese!

cheesefarm.ca

Products: *artisanal Gouda*

Specialty products: *farmstead*

TUTTO CHEESE

Brampton, ON

Tutto is a proud Canadian artisan cheesemaker that produces a unique line of artisan cheese blends founded on classic traditional favourites. Tutto's expert cheesemakers use traditional methods and innovative milk blends to create an inspired line of artisan cheeses. Their goal is not to replicate the taste of classic cheeses but to explore the boundaries of what more they can become.

tuttocheese.com

Products: *artisanal cheese*

UPPER CANADA CHEESE COMPANY

Jordan Station, ON

Upper Canada Cheese uses 100% pure and delicious Guernsey milk to produce award-winning cow's milk cheeses. In fact, they are the only creamery in all of Canada to produce cow's milk cheese with 100% Guernsey milk. They rely on seasonality and terroir – the milk they use is transformed into cheese of unique taste and texture that reveals a subtle range of flavours influenced by the seasons, forage and feed. Each wheel of cheese is produced by hand, ensuring genuine care and quality, but also resulting in cheeses that are more complex in taste.

uppercanadacheese.com

Products: *artisanal cheese*

Specialty: *Guernsey cow milk cheese*

UPPER CANADA CREAMERY

Iroquois, ON

Upper Canada Creamery operates a Certified Organic, federally inspected, state of the art, modern dairy processing facility with a second story viewing area located a mere 250m away from their milking parlour and barn, allowing them to complete the journey from Farm-to-Fridge, offering a simple, yet wholesome, Organic Probiotic Grass Fed 4% Cream Top Yogurt. It boasts a smooth, thick and creamy texture, with a unique, yet traditional, flavour using only two ingredients (their own farm's milk and culture).

uppercanadacreamery.com

Products: *milk, cream, yogurt, cheese, curd*

Specialty: *organic, farmstead*

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FLUID MILK & CREAM

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Fairlife	Kawartha Dairy	Miller's Dairy	Slate River Dairy
Farquhar's Dairies	Lactalis Canada	Organic Meadow	Upper Canada Creamery
Gay Lea	Limestone Organic Creamery	Reid's Dairy	
Hans Dairy	Little Brown Cow Dairy	Saputo	

BUTTER

Agropur	Farquhar's Dairies	Organic Meadow
Alliston Creamery	Gay Lea	Portuguese Cheese
Brar's Dairy	Hans Dairy	Saputo
Bright Cheese & Butter	Lactalis Canada	Sheldon Creek Dairy
Emerald Grasslands	M-C Dairy	Thonrloe Cheese

CHEESE

ARTISANAL

ADM Dairy	Galati Cheese	Monforte Dairy	Saputo
Agropur	Gay Lea	MountainOak Cheese	Skotidakis
Arla	Glengarry Cheesemaking	Oak Grove Cheese	St. - Albert Cheese
Brar's Dairy	Grande Cheese	Organic Meadow	Stonetown Cheese
Bright Cheese & Butter	Gunn's Hill Artisan Cheese	Paron Cheese	Thornloe Cheese
Bushgarden Farmstead	International Cheese	Portuguese Cheese	Thunder Oak Cheese
Ferrante Cheese	Lactalis Canada	Quality Cheese	Tutto
Fifth Town Artisan Cheese	Local Dairy	Roman Cheese	Upper Canada Cheese
Fromagerie Kapuskoise	M-C Dairy	Sabana Cheese	Upper Canada Creamery

CHEDDAR

Agropur	Gay Lea	Maple Dale Cheese	Saputo
Arla	International Cheese	Nickel City Cheese	St. - Albert Cheese
Bright Cheese & Butter	Jensen Cheese	Oak Grove Cheese	Thonrloe Cheese
Eby Manor	Lactalis Canada	Organic Meadow	
Empire Cheese	Little Brown Cow Dairy	Quality Cheese	

MOZZARELLA

Agropur	Gay Lea	Local Dairy	Saputo
Empire Cheese	Grande Cheese	Quality Cheese	St. - Albert Cheese
Ferrante Cheese	International Cheese	Roman Cheese	Thornloe Cheese
Galati Cheese	Lactalis Canada		

PROCESSED

Lactalis Canada	Saputo	Silani Cheese
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YOGURT

ADM Dairy	M-C Dairy	Skotidakis
Brar's Dairy	Organic Meadow	Slate River Dairy
Dairy Fountain	Pinehedge Farms	Upper Canada Creamery
Eby Manor	Saputo	Yoplait/Liberte (General Mills)
Hans Dairy	Saugeen Country Dairy	
Lactalis Canada	Sheldon Creek Dairy	

ICE CREAM, MIXES & NOVELTIES

Agropur	Good Humor/Breyers	Organic Meadow
Central Smith	Kawartha Dairy	Reid's Dairy
Chapmans	Lactalis Canada	Saputo
Farquhar's Dairies	Mapleton Organic Creamery	Shaw's Ice Cream
Gay Lea	Miller's Dairy	Sheldon Creek Dairy
	Nestle	Sicilian Ice Cream

SOUR CREAM, KEFIR ETC.

ADM Dairy	Hans Dairy	Saputo
Agropur	Lactalis Canada	Sheldon Creek Dairy
Arla	M-C Dairy	Skotidakis
Dairy Fountain	MountainOak Cheese	Yoplait/Liberte (General Mills)
Gay Lea	Organic Meadow	

OTHER DAIRY INGREDIENTS

Canada Royal Milk	Lactalis Canada
Gay Lea	Saputo



ProBurger with Chili Aioli

Nutritious and delicious local Ontario dairy is the magic ingredient in this unique vegetarian burger. The high-protein patty is crafted from traditionally made pressed cottage cheese and is extremely versatile, easily onboarding unique flavour combinations.

PREP TIME: 10 MINUTES COOK TIME: 10 MINUTES

PROBURGER INGREDIENTS:

500g (1 pkg) Ontario pressed cottage cheese
1 cup flour
2 eggs
1 tbsp lemon zest (1 whole lemon)
1.5 tsp garlic powder
1.5 Tbsp dried parsley
1/2 tsp chili flakes

1 tsp salt
1/2 tsp pepper
1 tbsp butter
2 tbsp canola oil

CHILI AIOLI INGREDIENTS:

3/4 cup mayonnaise
2 cups packed cilantro, some stems
15 fresh mint leaves

3/4 cup mayonnaise
2 cups packed cilantro, some stems
15 fresh mint leaves
1-2 jalapenos (seeds out)
2 cloves garlic, minced
2 tbsp chili paste
1/4 cup Ontario queso cotija or Parmesan
1 1/2 tbsp lime juice
1/4 cup cold water
1/2 tsp kosher salt

METHOD:

1. Combine all seasonings with eggs and whisk.
2. Add pressed cottage cheese and then stir in flour slowly until combined evenly - don't over mix!
3. Make 6 x 4oz patties (use a wide-mouth mason jar lid as a mold)
4. Melt butter and canola oil in a nonstick pan.

TIP: The batter cooks well from both cold and room temperature, and reheats perfectly in either an oven at 350°F for 5-7 minutes or in a dry, non-stick pan for 5-7 minutes, flipping once. The cottage cheese patties can also be cooked from frozen for easy prep.

5. Cook patties until golden brown on both sides.
6. Combine all ingredients and serve.
7. For the aioli: In a food processor, add all ingredients and pulse until smooth. Remove, cover and store in refrigerator.



