

DOCK TALK

Dock Talk is a publication of the Healey Lake Property Owners Association (HLPOA)

MESSAGE FROM THE PRESIDENT

-- David Latter --

THE 2020 COTTAGE SEASON

Once the sleet and snow of May gave way to a more sunny and warm June and July, Healey Lake became the place to be to get away from the COVID blues, except of course, for our American friends who unfortunately had to remain at home this summer. It was relatively easy to keep a proper social distance and bubble size while away at the cottage.

Our usual social activities (Regatta, AGMs, and indoor social gatherings) were curtailed or cancelled. But the activities of the association have not been completely shut down.

The bottle drive went ahead as usual and over \$1200 was raised this year. The collection centre was at the public dock between the two marinas and cottagers delivered their empties by boat and car. The Parry Sound Beer Store provided the collection bins for the beer cans, wine and liquor bottles and pallets for cases of empty glass beer bottles. We followed their instructions very carefully this year and the whole process went off without a hitch.

The Beer Store picked up all the empties within the week. Thank you to the collection volunteers, the Beer Store and Lakeshore Marina for their help and cooperation to make the process run smoothly. We may continue to use this system in the future and drop the barge collection.

The executive proposed and the membership approved, by a large majority, a donation of \$5000 to the local Parry Sound Hospital. This hospital is designed to handle the influx of summer visitors and the donation is our way of saying thank you for providing emergency services to residents and cottagers alike.

Plans are under way, once the derelict trailers, boats, and trucks have been removed from the trailer storage area to install a new storage shed which will enhance the site and make it much easier to access the equipment used for the Regatta. We have a healthy balance in the HLPOA operating fund and thought this would be a good year to make investments on behalf of our members. At least one fire pump will be replaced this year to make sure all the pumps are in good working order. There are 10 locations on Healey Lake with fire pumps – a convenient reference map is included later in this issue.

The association has a legal obligation to hold an AGM at least once a year. As we are unable to hold a meeting in person, the executive is considering a virtual meeting. Most of us have been exposed to this format in some way over the last 6 months. Once the details are confirmed we will share via email.

IMPORTANT NOTICE | TRAILER PARKING AREA

Township of the Archipelago notice:

"With respect to the trailer storage area between the tennis courts and the public dock on Healey Lake Road - Any trailer not clearly marked with an orange tag will be removed and disposed of. Owners will have until October 13th (day after Thanksgiving Day), to clearly label with an orange tag, the items they wish to keep or to remove from the storage lot. Anything not labelled after October 13th 2020 will be removed and destroyed. To be clear, once the items are out of the parking lot they will no longer be retrievable."

All cottagers will receive by e-mail, a notice of where to get the yellow tags. Signs will also be added to the site and boat launches with the appropriate information.

Thanks to everyone who has paid their association dues this year. For those of you who have not done so, it is not too late. Payment by Paypal, cheque or cash is appreciated. Send cheques or cash to Sharon Tosswill.

If there are any issues on particular concerns that need the attention of the Executive, please feel free to email me at dlatter@bellnet.ca or call my cell at 416-407-4965.

David Latter

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EXCLUSIVE LAKE ROSSEAU COTTAGE

Stunning south Lake Rosseau package offers breathtaking sunsets! 5 bed, 4 + 1 bath, over 5,000 sq ft, fully updated. Ideal location south of Port Sandfield, on 475' of waterfront. Large great room with cathedral ceilings and walls of glass. The wood burning fireplace also opens into the master suite. 2 car garage. Boathouse boasts 4 slips, lifts and, a large guest suite with ample decking!

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SENSATIONAL LOT ON UPPER LAKE JOSEPH

This untouched lot on Lake Joseph is the perfect canvas to inspire all your cottage dreams. A beautiful backdrop of granite outcrops, and majestic trees plus island-dotted vistas. The shoreline boasts crystal clear deep water and a shallow area with a rippled sand bottom. Over 4 acres and 360 feet of frontage. Highly desired location just 2 hours from the GTA and minutes to golf and shopping.

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Gorgeous & charming post & beam cottage. Several recent upgrades and additions, 4 beds, & 3 baths. 2-storey boathouse w/ accommodation including bath & kitchenette. More finished space above double garage. 347 ft of frontage & 3 acres of gentle land. Afternoon & evening sun with sunset view, sandy lake entry, and deep water off dock. Furnished and move-in ready. Just minutes from Port Carling in a serene bay. A must see!

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EXCEPTIONAL BUILDING LOT ON UPPER LAKE JOSEPH

Stunning building lot on prestigious upper Lake Joseph in coveted Seely Bay. 301' of NW frontage, privacy, and fantastic sunset views. With over 7 acres of gently sloping land, this picture-perfect building site offers many advantages to Cottage Connoisseurs. The approved site plan contemplates an approx. 8000 sq ft masterpiece cottage plus a detached 750 sq. ft. garage and a two slip boathouse with 640 sq ft of accommodation. The driveway is in, and the lot is partially cleared and ready for someone to create their perfect architectural vision.

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COUNCILLOR'S CORNER

-- Grant Walker – Ward 6 --

THE COVID-19 COTTAGE SEASON

This has been a strange season to say the least! It took a long time to get going as we tried to get the COVID-19 situation under control. Looking at what is happening elsewhere, the pain now seems worth it and I thank all those that helped make it happen.

We got to our cottage in late June and it seems that since then, record numbers of people have taken advantage of the great weather this summer. I'm sorry for all our friends and neighbors from out of country - they have suffered so much more than many of us.

To put things in perspective, the Archipelago is over 70 KM from south to north covering islands and inland lakes with people accessing properties by water, year-round, seasonal, and private roads. We have nine waste transfer sites; two of which are out on the bay and require barging, a village, a community center, administration building, works yard and many other buildings. We have an incredible staff of about 20 full-time and about 10 seasonal employees.

This year we worked to provide all regular services as well as look after unexpected situations and COVID-19. A big concern was naturally for the health of staff but also to get the work done, avoiding any contact with COVID-19 which could have closed everything down. Being extra careful slowed things down, but things seem to be going okay. Thanks again for everyone's cooperation and a special thanks for our commercial operators, I know they had to deal with a lot of pressure and aggravation.

INTERNET ACCESS

We have taken the lead to provide improved internet access for the district. It has been a work in progress for some time and our network of partners is expanding, making progress but with some progress remaining. Given more frequent remote work and learning opportunities, I thought many would be interested in learning more about our plans.

To do so, please visit the Township of the Archipelago Website: MENU > [COMMUNITY](#) > [INTERNET CONNECTIVITY](#)



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WALL 2 WALL PAINTING & SERVICES

On behalf of Wall-2-Wall Painting, I would like to thank **Healey Laker Cottagers** for being such loyal customers.

It has been my pleasure serving you over the years and as we look forward to wrapping up the 2020 summer season, I would like to say **Thank You** for your continued and ongoing support over the years. I've enjoyed meeting wonderful new people and reconnecting with past clients.

Your support and loyalty has been overwhelming and I hope that am able to continue providing you with interior and exterior painting services for years to come.

Wall-2Wall Painting is committed to providing customers with only the **highest quality service**, delivered through impeccable attention to detail. For those who are interested, please contact me about our **2021 spring pre-booking special**, at (905) 830-8900 so we can make arrangements and discuss details of your painting projects.

Thank You for your business and the ongoing support. I look forward to continuing to serve you next season!

Darlene Jones

Wall-2-Wall Painting

info@wall2wallpainting.ca

www.wall2wallpainting.ca

COUNCILLOR'S CORNER

-- Grant Walker – Ward 6 --

Thanks – be safe, follow the guidelines, have respect for your neighbours and service providers in your community – and an enjoyable fall and winter.

As always I will keep your associations informed of information for them to pass along to you.

GET IN TOUCH

If you have any questions, concerns or suggestions please contact me at grant@olresources.ca or +1 705 720 2244 days or +1 705 739 3675 nights or weekends.

Grant Walker

911 PRINTABLE INSTRUCTION SHEET

My Civic/911 address is: _____



911



WHEN CALLING **911** BE PREPARED TO ANSWER THESE QUESTIONS:

- **What is your emergency?** (categorize the nature of the emergency briefly: my wife fell, vehicle collision, chimney fire, etc)
- **What is the location of the emergency?**
Including your Civic Address, Town/Municipality, Apartment/Access Code Information, Closest Major Intersection (Make sure guests and visitors know the address by posting this information in your cottage or home in high traffic areas!)
- **Provide the phone number you are calling from.**
(in case we need to call you back for more information or we get disconnected)

****Be prepared to stay on the line to answer questions and follow the direction/advice/information being provided to you by the Communications Officer. Help is being dispatched simultaneously as more information is being collected.****



Ambulance Communication Service

Did You Know.....

- The OPP are mandated to respond to every 911 call they receive
- Up to 80% of these calls are unfounded, which means they were misdials/pocket dials/children playing on the phone
- Please do not allow your children to play with any old cellphones, if it has a battery, it is capable of dialing 911!
- 1-888-310-1122 is the toll free number to contact OPP province wide



Did You Know.....

Homeowners are responsible to:

- Identify your home or cottage with an easily visible Civic Address Number
- Make sure your Civic Number or House Number is correct and that family members and guests know the number; especially important for cell phone and voip (voice over internet protocol) callers
- Place the number where it is easily seen from the road, or if you are water access, place the number on the end of your dock
- Ensure vegetation or snow does not obscure the sign visibility



Use 511 for Road Conditions & Closures and Traffic Information



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Safe Quiet Lakes

-- Contributed--

Safe Quiet Lakes (SQL) is a not-for-profit community group promoting safe, quiet boating on our lakes. The organization birthed in association with The Muskoka Lakes Association has successfully extended its reach, positively impacting boating in Ontario.

The results of surveys undertaken by some cottage associations in conjunction with Safe Quiet Lake consistently identify that speed, noise and wake are the top three complaints among cottagers.

Speed – Boaters going too fast close to shore - The only legal speed limit on the books for boats is 10 kph (6mph) within 30 meters (100 feet) of shore. Some boaters are unaware of this law. So how is this enforced? In a word, it is not. Very few lakes post speed signs and enforcement is rare if not non-existent.

Noise – Who knows how many decibels from a boat motor, is acceptable? If you do, please let us know! Boats must have mufflers. This is mandatory, a requirement of Transport Canada. Loud is not illegal but operating an unmuffled boat is. Some boaters can avoid or bypass their muffler by outfitting it with an electronic exhaust diversion system that can release exhaust above the water line and with this comes noise.

If people on the shore have to stop their conversations or raise their voices to be heard, boat noise is too loud. And in addition loud noise levels affect wildlife.

And then quite simply there is the noise that comes from the way we operate our boats. Adjusting the tilt or trim of the engine reduces noise. Getting this right can also reduce gas consumption and make for better control of the boat.

SQL has assembled a decibel coalition of key stakeholders including law enforcement, the boating industry and ongoing conversations with everyday cottagers to educate and persuade thus bringing about change.

Wake – Some boats today have the capability of increasing the size and intensity of the waves they create. When operated too close to shore, the waves erode the shoreline, this important barrier of trees and rocks that protects our properties. Wake destroys biodiversity so necessary for healthy lakes and forests.

Wake also tears boats from their moorings, destroys rafts and water toys and shakes docks from their underpinnings. Large waves threaten swimmers and people in smaller and non-motorized craft such as canoes and kayaks as they find themselves tipped into the water.

BOATER'S CODE

Respectful boating guidelines from Safe Quiet Lakes

1. I will never operate my boat beyond the level of my skills.
2. I will be aware of and obey all laws and regulations governing operation of my boat.
3. I will operate my boat with caution and courtesy to others at all times.
4. I will minimize my wake impact on shorelines, docks, structures and people.
5. I will always steer well clear of other boats, swimmers and wildlife.
6. I will set a speed and heading that is safe and comfortable for my passengers and others on the water.
7. I will provide safety instructions and offer appropriate life jackets or PFDs to everyone who travels in my boat.
8. I will carry all equipment necessary to operate my boat safely and within the law.
9. I will not consume drugs and alcohol in my boat or allow my boat to be operated by anyone who is impaired.
10. I understand that boating is a shared experience and I will not create excessive noise or operate my boat in a manner that disrupts the peaceful enjoyment of the lake by others.



This is not to say that people should not enjoy the fun that these wake boards or surfing can provide. Here are some guidelines:

- ☐ Operate away from other boats,
- ☐ Stay at least 500 meters from shore,
- ☐ Keep the tow boat light – not overloaded with people,
- ☐ Drain water bladders before coming into shore.

Please visit Safe Quiet Lakes website at www.safequiet.ca to learn about their Wakes and Speed Project on Mirror Lake (already showing an impact) as well as the Decibel Coalition.

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Loon Survival on Healey Lake ... Up Close and Personal

-- Missy Mandel --

With its black and white plumage, large profile and haunting calls the Common Loon is Canada's most iconic and beloved inhabitant of our lakes. As the Healey Lake Loon Steward working with Birds Studies Canada, I track Loon reproductive success by monitoring chick hatchings and survival.

I am sad to report that there will not be any chicks migrating from our lake this summer. No chicks were reported from either pair at either ends of the lake. I observed normal nesting habits from the pair at the Marina's end, but in late July the pair was back swimming together without any chicks.

There was a new pair that nested for the first time in the Little Dollard Bay. I was able to monitor this pair from the land without disturbing the activity on the water. I suspect it is the pair that stay in and around Kapikog Bay. This pair displayed nesting behaviour last year in that bay but may not have been mature enough at the time. They took turns incubating the two eggs for 28 days. On day 28, the first chick hatched. The parents fed and cared for it while remaining on the nest to continue to incubate the second egg.

Intruder loons can be very problematic. The presence of chicks is an indication of good nesting sites and plentiful food for young and other loons will try and fight for the territory. In the case of this family, both parents left the chick to fend for itself on multiple occasions, some lasting an hour or more. This was another indication that the pair lacked parenting experience.



The chick managed to find a fallen tree to rest on until the parents returned. The next time the intruder came the parents left the chick at the nest and that little guy climbed all the way up to snuggle with the unhatched egg. The temperatures were stifling hot which helped the egg stay warm while it was left unattended. One parent came back for the chick to start to feed it, while the other was still out trying to chase off the intruder. She took it quite far from the nest, again leaving the egg unattended and the egg started to hatch. That little chick fought hard to make its way out of the egg, laying cold and wet for over 2 hours. The cries got less and less until there was little movement and few sounds as the time passed. One parent came back to the nest and attempted to keep the new chick warm.

I made several phone calls to my contact at Birds Canada to seek advice. As a wildlife photographer, it can be devastating to watch sad nature stories without trying to intervene. On several occasions I asked my contact at Birds Canada if there was something I could do and her answer was just turn away and let nature take its course. I did that, and sadly found one chick floating who must have drowned as the parents both went after the intruder loon, and I never found the second chick.

The parents waited for two days looking for the chicks and then left the bay for the summer, making only brief appearances every so often.

As always, I really appreciate the loon sightings. You can text or call in sightings to 416 804-5667 or email them to missy@missymandel.ca

Let's keep our fingers crossed for next summer!

Missy



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Turkey Talk – The Eastern Wild Turkey

-- Nancy Gilchrist --

As you are driving around the roads surrounding Healey Lake this fall you might just see the broods of wild turkeys in the woods close to the roadways. In the fall you may see as many as 20 of them together during your travels on our lake roads. Wild turkeys are native to Ontario and Quebec but due to hunting and habitat loss they did become extinct in the province in the early 1900's. In the 80's, the Ministry of Natural Resource and the National Wild Turkey Federation reintroduced this species and it is one of the most successful projects as now there are approximately 48,000 wild turkeys in Ontario.

The male turkey (called a "tom") is substantially larger than the female and his feathers have areas of red, purple, green, copper, bronze and gold. Females (hens) are like most other female bird species and their feathers are duller overall in shades of brown and gray. Turkeys have 5000 to 6000 feathers. The adult male usually weighs twice as much as the female. The male can weigh anywhere from 5 to 11kg (11 to 24 lbs) while the female only 2.5 to 5.4 kg (5.5 – 11.9lbs). Wild turkeys, unlike domestic turkeys are good flyers. If in a more open wooded area they can fly beneath the canopy of trees and then perch on lower branches. At nighttime they fly up into the trees to roost. They can also run at speeds up to 19 kilometers per hour. Turkeys make many vocalizations such as: gobble, cluck, yelp, purr, whine, cackle and kee-kees.

In the spring male turkeys will "gobble" to "announce their presence" to females and other competing turkeys. The gobble can be quite loud and carry for up to a mile. Hens yelp to let the "gobblers" know their location. Male turkeys will mate with as many hens as they can. They will puff out their own feathers and drag their wings to impress the female. This is called "strutting". The colour of their head and neck are red, blue and white, however the colour of their head will change depending on their mood.

For instance when a turkey's head and neck is solid white it indicates that he is "most excited". Courting begins in the month of March and April. When mating is finished the female will search for a nest site and lay a clutch of 10 to 14 eggs, usually one per day. They hatch about 28 days later.

Turkeys eat acorns, nuts, seeds, berries, roots and insects. They will sometimes eat small lizards and snakes. Early morning and late afternoon are the desired times for eating.

Turkey droppings have very odd characteristics in their shape and size which reveal the turkey's gender and their age. Female droppings are spiral shaped and male droppings are J-shaped. As the bird ages their droppings grow in diameter.

Predators of the wild turkey are coyotes, black bears, fox, and larger domestic dogs. Predators of eggs and nestlings are raccoons, skunks, fox, rodents, snakes and other larger birds. Turkeys will try and fight off predators by kicking their legs, using the "spurs" on the back of their legs as a "weapon". They will also bite and ram with their relatively large bodies to deter predators.

If you come across a turkey while walking in the bush, don't let the turkey intimidate you. Turkeys may attempt to dominate or attack people they view as subordinates. This is very common in the fall months when young male birds are competing with older males in the flock of turkeys. It's easy to scare away a turkey by making noises, waving your arms, or dousing the turkey with water from a hose or squirt gun. Turkeys have no sense of urgency and if they detect danger, they will remain motionless for a very long time before they react.

Nancy



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COVID-19 and First Aid CPR

-- Cathy Koenig --

On March 16th our province moved into a "lock down" position due to the COVID-19 virus. As a result all Red Cross first aid classes were cancelled. Training partners were mandated not to teach.

So what did this mean for potential participants? Extensions on expiry dates were issued for anyone who had a certification that was about to expire. In early July, The Workplace Safety and Insurance Board (WSIB) in accordance with provincial public health authorities provided options for in-person training in certain jurisdictions.

Red Cross training partners will adopt safe classroom protocols in order to promote the safety of all participants. A blended learning model has been developed whereby participants learn half of the course content online therefore reducing the amount of classroom time.

Please contact me if you are interested in purchasing a Red Cross Manual to have at your cottage as a reference.

I encourage you to visit [RedCross.ca](https://www.redcross.ca) for more information.



Don't forget to keep your first aid kit well stocked and remember to bring it home at the end of the season.

Here is a suggested list of items:

- ☐ gloves
- ☐ sterile gauze pads (large and small)
- ☐ adhesive tape
- ☐ triangular bandages
- ☐ assorted adhesive bandages
- ☐ tweezers, scissors and safety pins
- ☐ flashlight and extra batteries
- ☐ hand sanitizer and wipes
- ☐ eye patches
- ☐ a blanket
- ☐ Red Cross First Aid Manual

Please feel free to contact me if you have any questions. I am hopeful that I will be able to teach a class next spring at the lake. Stay safe.

Cathy Koenig - Red Cross Training Partner (705) 443-1690;
cathykoenig94@gmail.com

Cathy Koenig



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Hi, I'd like to introduce myself. My name is Tyler Slade and my family has been Muskoka bound since 1973. I reside all year round on Crane Lake, for the past 6 years.

In 2012, while helping rebuild the family cottage, I had the opportunity to watch a man take down two huge trees. I was absolutely fascinated by this event. I knew then, that was what I wanted to do as a career! In 2013, I started working in Muskoka for a tree service company and learned everything I could about becoming an arborist. The more I did, the more I loved every aspect of arboriculture. I have worked full time for 6 years now in Muskoka, Simcoe County and Parry Sound Districts. I also attended and graduated with Honours from Humber College, and now, I have my own company.

While 2018 was MDA's first year, my crew and I were thrilled at the opportunities and successes we had. I am also happy to be giving back to my trade by taking on my first apprentice.

We are looking forward to 2020 and would appreciate an opportunity to give you, a family member or a friend a free quote regarding any of these services,

Specialty Tree Removals
Hazardous/Dangerous Tree Removals
Emergency Services
Pruning
Water access only / Barge debris removal
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Lot Clearing
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Disease Analysis
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Split Aged Firewood

My company is fully insured. I am a member of the International Society of Arboriculture, both International Chapter and the Ontario Chapter. I can present Insurance Documents upon request.

With Spring finally here, my season has started up and my team and I are eager to keep busy.

Please feel free to call, text or email me for a free estimate, or even just an opinion.

Sincerely

Tyler Slade

Show me this letter for the Friends of Muskoka discount.

705 229-7740 – Field / 705 792-8694 - Office

www.mdatreeservices.com / tyler@mdatreeservices.com

Fire Fighting on Healey Lake – It's Up To You

-- Contributed --

The history of firefighting on Healey Lake is one of cottagers quickly rallying to fight what we all fear – a bush or cottage fire. If you spend time alone at your cottage, especially if your property is lake access, you have no doubt pondered how you might respond to this type of emergency.

Being prepared is key.

At a recent Township of the Archipelago council meeting, township clerk and assistant to the fire marshal, Maryann Weaver presented a report about fire services in the township. The fact is unless you are Blackstone or Crane Lake cottagers and therefore serviced by Sequin Township's fire department, you and your available neighbours are it. Neither a fire department nor the Ministry of Natural Resources and Forestry will miraculously appear to help. This report was made available to council in response to what the township clerk perceives to be misunderstandings expressed by those in the region who have had fires on their properties.

The history of fire services in the region is for the most part services that are short lived and dependent on volunteers. In 2002 the Pointe au Baril Brigade, later the Pointe au Baril Emergency Response Team (PBERT) was formed and serviced by trained volunteers; however, they were unable to recruit volunteers and the team disbanded in 2014.

A simplified risk assessment, an established smoke and carbon monoxide alarm program, fire safety education materials and inspections upon request and complaint are all on the clerk's 'To Do' list.

Source: Johnson Stephannie, August 10, 2020 reporter with the Parry Sound North Star. Article downloaded September 13 2020 sjohnson@metrolandandnorthmedia.com

So... what are cottagers to do?

- ☐ Practise good fire prevention in the cottage and around your property. This is key!
- ☐ Know the location of the Healey Lake Property Owners Association fire pumps. Considerable effort goes into keeping these pumps operational and serviced and stored away in the winter months. Learn how to use these pumps.
- ☐ Purchase a fire pump and be prepared to use it.

Fire Protection

The Township of the Archipelago and other nearby municipalities do not provide fire protection of any kind for the Healey Lake area. Although there is a fire station in MacTier, this is operated by the Township of Georgian Bay and **cottagers should not expect them to respond to a fire on Healey Lake.**

The Healey Lake Property Owners Association does not offer a fire fighting service, however, we have made available 10 gasoline powered, high pressure fire pumps at various locations on the lake. These 10 courtesy pumps may be accessed and used by association members, cottagers or their assignees to assist in fighting fires at their own risk.

Please be aware that the pumps and associated equipment are provided on a best-efforts basis and **the Association assumes no responsibility for their reliability or for injuries to anyone using this equipment.**

The pumps are stored in boxes that contain the pumps, hoses and a set of operating instructions. The Association usually puts on an annual demonstration of the use of the pumps but this summer, COVID-19 has prevented us from doing so.

HEALEY LAKE FIRE PUMPS

These pumps may be borrowed by Association members from the end of April to late October when they are removed for winter storage. Three of the pumps are in place year round and the fire boxes include an ice auger.

To the best of our ability, we try to make sure all our pumps are gassed up and ready for use when needed. After a fire pump has been used, it is important to notify Peter Morley at 705-500-3217 or by email at peter.morley@live.com

Fire Pump Locations

Below is a list of the fire pumps currently deployed around Healey Lake – you can reference a map of these locations on the page following this one, or on the HLPOA website.

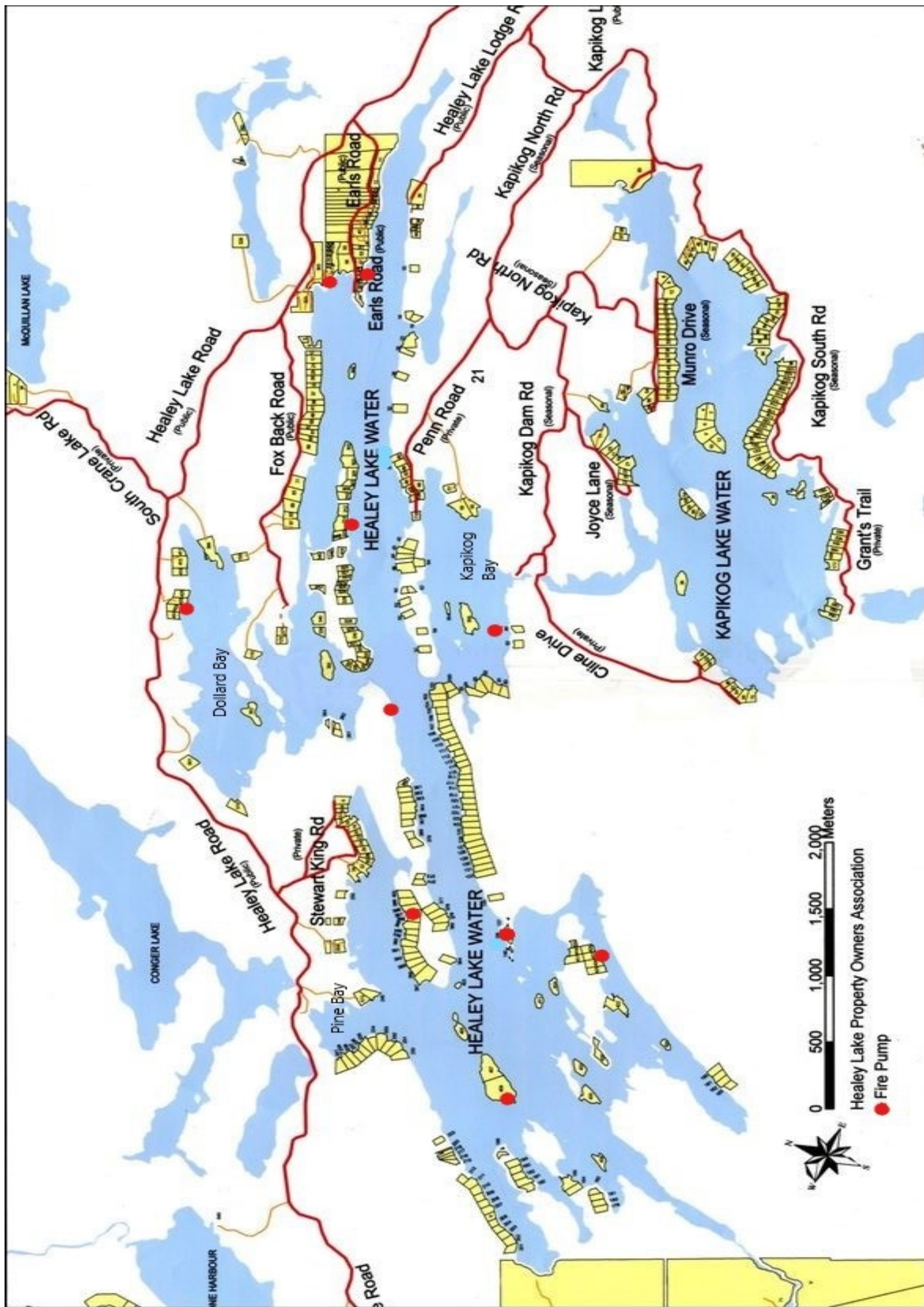
Seasonal Use – Mid April to Late October

- 409 Healey Lake Water (P. Hayley)
- 427 Healey Lake Water (A. Gilks)
- HLPOA Fire House on Main Channel
- 80 Healey Lake Water/Kapikog Bay (T Szambor)
- 433 Healey Lake Rd/Dollard Bay (L. Mitchell)
- 63 Earl's Rd (R Martin)
- 314 Healey Lake Water (D McNamara)

Year-Round Use (fire box includes an ice auger)

- 139 Healey Lake Water (C. Smith)
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"THE LAKE-ED CHEF"

-- Ron Hutzul --

ONE POT CHICKEN AND MUSHROOM ORZO

Cook Time: 75-90 minutes | Serves 8

Amazingly creamy orzo with juicy chicken, mushrooms and baby spinach. All made in one skillet, even the uncooked pasta!

INGREDIENTS

- ☐ 1 1/2 pounds boneless, skinless chicken thighs
- ☐ Salt & Fresh Ground Black Pepper, to taste
- ☐ 2 tablespoons unsalted butter
- ☐ 8 ounces cremini mushrooms, halved
- ☐ 2 large shallots, diced
- ☐ 2 tablespoons Herbs de Provence
- ☐ 3 cloves garlic, minced
- ☐ 2 tablespoons all-purpose flour
- ☐ 1 1/2 cup dry white wine
- ☐ 4 cups chicken stock
- ☐ 1 1/2 teaspoons Kozlik's Sweet & Smokey mustard
- ☐ 1 1/2 cup orzo pasta
- ☐ 3-4 cups baby spinach (chopped frozen is OK too)
- ☐ 1/2 cup freshly grated Parmesan
- ☐ 1/4 cup heavy cream
- ☐ Zest of 1 lemon, juice of 1/2 lemon
- ☐ 2 tablespoons chopped fresh parsley leaves

DIRECTIONS

1. Drizzle the chicken with olive oil, season generously with salt and pepper – don't skimp here.
2. Melt butter in a large skillet over medium heat.
3. Working in batches, add chicken to the skillet in a single layer and cook until golden brown and cooked through, reaching an internal temperature of 165 degrees F, about 4-5 minutes per side; (transfer to covered dish and place in oven to keep warm).
4. Add mushrooms and shallot, cooking, stirring frequently, until tender, about 3-5 minutes. Stir in garlic and herbs de Provence until fragrant, about 1 minute.
5. Sprinkle flour over mushrooms, whisking in until slightly browned, about 2 minutes.
6. Deglaze pan using white wine, scraping any browned bits from the bottom of the skillet and cooking wine down until completely reduced.
7. Add chicken stock and mustard, stirring in until well incorporated, then add in orzo, seasoning again with salt and pepper to taste.
8. Bring to a boil, then reduce heat and simmer, stirring occasionally, until pasta is cooked, about 6 minutes.
9. Stir in spinach, parmesan & heavy cream, adding back chicken and cooking until spinach has wilted, about 3 minutes (frozen spinach will take longer, 5-6 minutes).
10. Remove from heat and add lemon zest and juice, stirring just to incorporate
11. Serve immediately, garnished with parsley and extra cheese.



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