

Panorama

Pan America Flavour Featuring Manitoba Grown Goodness



Manitoba
Agriculture





When the world gathers in Manitoba to celebrate the Pan Am Games, we will share excellence in sport, the heart-pumping thrill of competition and meet new friends. Friendships grow when we sit down at the table and break bread. What better opportunity for Manitobans to offer our warmest hospitality than to share our diverse cultures through the exotic flavours of our fine home-grown foods. We are proud of our province's vast array of high-quality products and processed foods, recognized internationally as nature's best.

On behalf of Manitoba Agriculture it is my pleasure to invite you to taste the Panorama of Manitoba Foods in celebration of the Pan Am Games, July 23 to August 8, 1999.

Harry J. Enns
MINISTER OF AGRICULTURE

Manitoba
Agriculture



Inside...

Beverages
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Cafe au Lait
Chilly Cafe au Lait

Starters & Snacks

Vival! Classic Pesto
Mexican Turkey Dip
Muffin Munchees
Versatile Egg Sandwiches
Spicy Sausage Nachos

Salads

Warm Turkey and Spinach Salad
Tarragon Vegetables Vinaigrette
Mexican Turkey Rice Salad

Entrees

Pork Roast with Pepper Jelly Glaze
Jamaican Jerk Turkey
Mexican Pork Fajitas
Chicken Chili with Corn
Bolivian Peanut Chicken
Paella
Key Lime BBQ Beef Roast
Cajun BBQ Steak & Mushroom Pizza
Beefy Tomato Potatoes

Desserts

Pineapple Dream Squares
Mile High Berry Cake
Easy Chocolate Pavlova
Banana Oatmeal Cake with
Caramel Fudge Frosting

Manitoba means
"where the spirit lives"

Manitoba is Canada's
most ethnically
diverse province.



Bountiful Beverages



From Cooking Made Easy. ©1995, Binner Publishing Inc.

Breakfast To Go!

STRAWBERRY-ORANGE SMOOTHIE

- | | | |
|---------|----------------|---|
| 1/2 can | (12 oz/355 mL) | frozen orange juice concentrate |
| 1 cup | (250 mL) | fresh or unsweetened frozen whole strawberries* |
| 2 cups | (500 mL) | MILK |
| 2 tsp | (10 mL) | liquid honey |
| 6 | | ice cubes |

In a blender or food processor process all ingredients until smooth
*Substitute with other favourite fruit. **Makes 4 cups.**

MANITOBA MILK PRODUCERS



"Yes we have no bananas," but we do grow strawberries, raspberries, saskaloons and apples.

CAFE AU LAIT

- | | | |
|--------|----------|---------------------------------|
| 3 cups | (750 mL) | strong fresh coffee or espresso |
| 3 cups | (750 mL) | hot MILK |
| | | sprinkle of cinnamon |
| | | sugar to taste |

For best results, the coffee and the milk should be the same temperature and poured simultaneously into the mugs.

Makes 6-8 servings.

MANITOBA MILK PRODUCERS

CHILLY CAFE AU LAIT

- | | | |
|---------|----------|------------------|
| 2 tsp | (10 mL) | instant coffee |
| 1/4 cup | (50 mL) | boiling water |
| 2 tbsps | (30 mL) | sugar |
| 2 cups | (500 mL) | cold MILK |

Combine coffee, boiling water and sugar until dissolved; cool completely. Stir in milk. Top with a dollop of real whipping cream and a sprinkle of cinnamon. **Makes 2 cups.**

MANITOBA MILK PRODUCERS



The Canadian Dairy Industry contributes 8 billion dollars to the economy every year!

Approximately how many dairy farms are there in Manitoba?

1070



Sizzling Starters & Snacks

VIVA! CLASSIC PESTO

- 1 cup (250 mL)
- 1 cup (250 mL)
- ½ cup (75 mL)
- 5
- ¾ cup (175 mL)

sweet basil leaves, washed and dried completely
grated Parmesan cheese
pine nuts
garlic cloves, peeled
CANOLA OIL

salt and pepper to taste.

In a food processor, combine basil, Parmesan cheese, pine nuts and garlic with 2 tbsp (30 mL) of canola oil. Begin blending. As blending continues, slowly add the remaining canola oil so that the sauce emulsifies. Add salt and pepper to taste. Label with the date and refrigeration instructions. Keep refrigerated at all times and use within 2-3 days. Makes 1½ cups.

CANOLA INFORMATION SERVICE

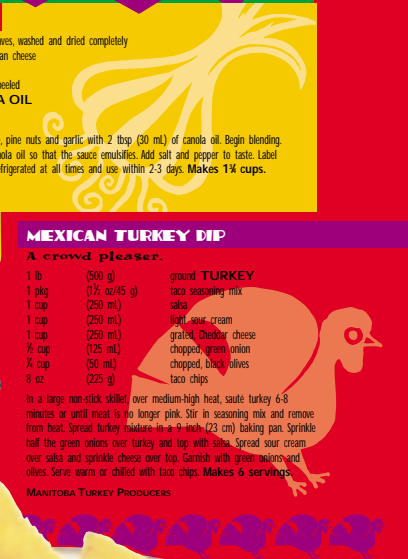
MEXICAN TURKEY DIP

A crowd pleaser.

- 1 lb (500 g) ground **TURKEY**
- 1 pkg (1½ oz/45 g) taco seasoning mix
- 1 cup (250 mL) salsa
- 1 cup (250 mL) light sour cream
- 1 cup (250 mL) grated Cheddar cheese
- ½ cup (125 mL) chopped green onion
- ¼ cup (50 mL) chopped black olives
- 8 oz (225 g) taco chips

In a large non-stick skillet, over medium-high heat, sauté turkey 6-8 minutes or until meat is no longer pink. Stir in seasoning mix and remove from heat. Spread turkey mixture in a 9-inch (23 cm) baking pan. Sprinkle half the green onions over turkey and top with salsa. Spread sour cream over salsa and sprinkle cheese over top. Garnish with green onions and olives. Serve warm or chilled with taco chips. Makes 6 servings.

MANITOBA TURKEY PRODUCERS



Snacks



MUFFIN MUNCHIES

A simply wonderful savoury snack.

¼ cup	(175 mL)	chopped pepperoni
½ cup	(125 mL)	chopped ham
1		green pepper, diced
1 can	(10 oz/285 g)	sliced mushrooms, drained
1		medium onion, diced
1 cup	(250 mL)	grated marble cheese
½ cup	(125 mL)	pizza sauce
1 tbsp	(15 mL)	minced fresh garlic
1 tsp	(5 mL)	dry crumbled oregano
½ tsp	(2 mL)	dry crumbled basil
½ tsp	(2 mL)	dry crumbled chilies
2		eggs
½ cup	(125 mL)	1% milk
½ cup	(50 mL)	CANOLA OIL
2 cups	(500 mL)	all purpose flour
1 tbsp	(15 mL)	baking powder

Preheat oven to 375°F. In a large bowl, combine pepperoni, ham, green pepper, mushrooms, onion, cheese, pizza sauce, garlic, oregano, basil and chilies. In another bowl, beat eggs, blend in milk and canola oil; mix into pizza mixture. Combine flour and baking powder and mix into pizza mixture until well blended. Spoon into non-stick muffin tins. Bake 20-25 minutes or until lightly browned. Serve warm or cold. Store in the refrigerator or freezer. **Makes 12 muffins.**

CANOLA INFORMATION SERVICE

VERSATILE EGG SANDWICHES

Always a favourite from everyday to ole.

Basic Egg Salad

6		hard-cooked EGGS , coarsely chopped
2 tbsp	(30 mL)	mayonnaise, light mayonnaise or yogurt
¼ cup	(50 mL)	chopped green onions
2 tsp	(10 mL)	Dijon mustard

garlic powder, salt and hot pepper sauce, to taste.

In a bowl, combine eggs, mayonnaise, onions, mustard and seasonings.

Use as directed for one of the variations below.

Honey-Dijon – use Honey-Dijon mustard to make Basic Egg Salad; add ¼ cup (175 mL) chopped dill pickles. Place a slice of ham each on 4 slices of rye or pumpernickel bread. Divide egg salad mixture between sandwiches and top with slices of bread. Serve immediately or refrigerate.

California – to Basic Egg Salad, add 3 tbsp (45 mL) chopped dried tomatoes and 2 tbsp (30 mL) chopped fresh basil (½ tsp/2 mL dried basil). Split 4 crusty rolls or cut 4 pita breads in half. Fill with egg salad mixture and top with alfalfa sprouts. Serve immediately or refrigerate.

Tex-Mex – to Basic Egg Salad, add Tex-Mex seasoning or chili powder, to taste. Spread filling over four 6-inch (15 cm) or whole wheat tortillas. Sprinkle with 2 tbsp (30 mL) fresh coriander leaves or chopped fresh parsley. Roll up tightly. Serve immediately or wrap in plastic wrap and refrigerate. Serve with tomato salsa as a dip.

Makes 6 servings.

MANITOBA EGG PRODUCERS



SPICY SAUSAGE NACHOS

This Tex-Mex combo is a great appetizer or snack!

1 lb	(500 g)	Hot Italian PORK sausage
1 lb	(500 g)	nacho chips
1 cup	(250 mL)	shredded Cheddar cheese
1 cup	(250 mL)	shredded Monterey Jack cheese
1 cup	(250 mL)	diced tomatoes
3		green onions, chopped
½ cup	(50 mL)	sliced black olives
½ cup	(50 mL)	sliced pickled jalapeno or banana peppers
½ cup	(125 mL)	sour cream (optional)

Remove sausage casing and discard. Fry sausage meat in a skillet over medium heat until cooked through and crumbled (approximately 10 minutes). Remove from pan and drain on paper towels. Spread half the nacho chips on a large ovenproof platter, sprinkle half the cheese evenly over the chips, followed by half of the warm sausage meat. Place platter in a 400°F (200°C) preheated oven for approximately 3-4 minutes or until cheese has melted. Add the remaining chips, cheese and warm sausage meat on top of first layer. Return to oven until cheese is completely melted and chips are slightly browned on the edges; remove from oven. Top with diced tomatoes, green onions, olives and jalapeno or banana pepper slices. If desired, spoon sour cream on top of nachos or serve on the side. **Makes 4-6 servings.**

Manitoba Pork

What do crayons, gelatin, antifreeze, heart valves and 40 drugs and pharmaceutical products have in common? They are all made from by-products of the pork industry!



Sunny Salads



WARM TURKEY AND SPINACH SALAD

A salad for lunch or light dinner dining.

1 lb. (500 g)
6 cups (1.5 L)
1 cup (250 mL)
1
¼ cup (50 mL)
½ cup (75 mL)
1 tbsp. (15 mL)

Dressing:

½ cup (75 mL)
¼ cup (50 mL)
¼ cup (50 mL)
2 tbsp. (25 mL)
½ tsp. (2 mL)
½ tsp. (2 mL)

TURKEY breast, boneless, skinless
spinach leaves, torn
sliced, fresh mushrooms
large tomato, chopped
chopped, fresh parsley
chopped, green onion
oil

cider vinegar
brown sugar
water
oil
ground ginger
dry mustard

Cut turkey into thin ½ inch (1 cm) strips and set aside. In a small bowl, combine all dressing ingredients. Set aside. On 6 individual plates, layer spinach, mushrooms, tomato and parsley. Heat 1 tbsp. (15 mL) oil in a large non-stick skillet over medium high heat. Add turkey strips and stir fry till lightly browned. Add green onion and cook for another 1-2 minutes.

Arrange turkey and onions on top of salad layers on plates. In the same skillet over low heat, add dressing ingredients. Stir to mix thoroughly and heat till warm, but not boiling. Drizzle warm dressing over salad and serve immediately.

Makes 4 servings.

MANITOBA TURKEY PRODUCERS



TARRAGON VEGETABLES VINAIGRETTE

A make ahead, easy, elegant
or any day salad.

1		bag baby carrots, fresh or frozen
1 can	(14 oz/398 mL)	baby corn, cut in half lengthwise
1		medium zucchini, halved lengthwise then sliced
2		celery ribs, cut into 1 cm (½ inch) diagonal slices
1		red bell pepper, chopped
½		medium onion, slivered

Dressing:

¼ cup	(75 mL)
¼ cup	(50 mL)
1 tbsp	(15 mL)
1 tsp	(5 mL)
1 tsp	(5 mL)
½ tsp	(2 mL)
½ tsp	(2 mL)

CANOLA OIL

tarragon vinegar
chopped fresh tarragon
dry mustard
celery salt
garlic powder
paprika

Boil or steam carrots until tender-crisp, about five minutes for frozen, ten minutes for fresh. Cool under cold running water. Drain well. In a serving bowl, combine carrots, corn, zucchini, celery, red pepper and onion. To prepare dressing: combine canola oil, vinegar, tarragon, mustard, celery salt, garlic powder and paprika in container with a tight-fitting lid. Shake well. Pour dressing over salad. Cover and refrigerate 4 hours overnight. **Makes 10 servings.**

CANOLA INFORMATION SERVICE



Canola, which stands for
Canadian oil, was developed
at the University of Manitoba

MEXICAN TURKEY RICE SALAD

Tasty terrific layered salad
that can be made the night before.

1 lb	(500 g)	ground TURKEY
1 pkg	(1½ oz/45 g)	taco seasoning mix
1 pkg	(7.6 oz/225 g)	Mexican flavored rice (prepared according to package directions)
¼ cup	(175 mL)	guacamole
1 cup	(250 mL)	low-fat sour cream
1 cup	(250 mL)	salsa
1 cup	(250 mL)	shredded, reduced-fat Cheddar cheese
¼ cup	(50 mL)	sliced, black olives
¼ cup	(125 mL)	sliced, green onions
1		medium tomato, chopped

In a large skillet, over medium-high heat, sauté ground turkey 5-6 minutes or until no longer pink. Stir in taco seasoning mix and cook another minute. In an 11 inch (28 cm) pie plate, layer prepared rice, turkey mixture and guacamole (spreading over turkey mixture to within ½ inch (5 cm) of pie plate edges). Top guacamole with sour cream, salsa, cheese, olives, onions, and tortato. Chill to set. Slice salad into eight wedges and serve with fresh bread.

Makes 8 servings.

MANITOBA TURKEY PRODUCERS

Manitoba has approximately 7% of
the turkey production in Canada.

In total Manitoba raises approximately 1.6 million turkeys
per year, the equivalent of 11 million kilograms of turkey.



The Main Feast



PORK ROAST WITH PEPPER JELLY GLAZE

If you are lucky enough to have some of this roast left over, use it to make delicious sandwiches.

2 lb.	(1 kg)	Boneless PORK Loin Roast
½ cup	(125 mL)	apple juice
½ cup	(125 mL)	cider vinegar
½ cup	(125 mL)	hot pepper jelly

Glaze:		
½ cup	(125 mL)	hot pepper jelly
3 tbsp	(45 mL)	cider vinegar

Place pork roast in a plastic bag set in a bowl. Heat apple juice, cider vinegar and hot pepper jelly until jelly melts; cool. Pour over pork in bag. Close bag; refrigerate 12-24 hours. Remove pork from marinade, reserving marinade. Boil marinade 5 minutes. Place pork roast on barbecue grill over drip pan; close cover. Grill pork for about 1½ hours or until meat thermometer reads 150°F (65°C), basting occasionally with reserved marinade. Stir together glaze ingredients; coat roast with jelly glaze for a further 10 minutes of grilling or until meat thermometer reads 160°F (70°C). Let rest 10-15 minutes before carving. **Makes 8 servings.**

NOTE: Alternatively, roast may be roasted in a 325°F (160°C) oven until meat thermometer reads 150°F (65°C). Coat with glaze and continue roasting until thermometer reads 160°F (70°C).

MANITOBA PORK



Manitoba's 1,500 hog farms generate \$1.2 billion for the provincial economy and directly employ more than 12,000 people.

Manitoba pork is exported to the United States, Japan & over 21 other countries. Pork is the most widely consumed meat in the world.

70% of Manitoba's Agro products are exported to over 115 countries.

JAMAICAN JERK TURKEY

A "wow" dish served as an appetizer or a main dish.

1 lb	(500 g)	skinless, boneless TURKEY thighs (about 2 lb./1 kg with bone)
4		green onions, chopped
1		jalapeno pepper, seeded and diced
2		cloves garlic, minced
4 tsp	(20 mL)	lime juice
4 tsp	(20 mL)	soy sauce
2 tsp	(10 mL)	grated ginger root
2 tsp	(10 mL)	ground cumin
1 tsp	(5 mL)	ground coriander
1 tsp	(5 mL)	ground allspice
1 tsp	(5 mL)	dried thyme

Cut turkey into bite-size thin squares. Mix remaining ingredients together for marinade. Stir turkey into marinade until well-coated. Cover and refrigerate 2-8 hours to marinate. Thread on 8-10 previously soaked bamboo skewers. Grill or broil 5" (13 cm) from heat about 3-4 minutes per side or just until done. Be careful not to overcook. Serve garnished with tropical fruits as an appetizer or with traditional rice and peas as a main course. **Makes 8-10 appetizers or 4 main course servings.**

MANITOBA TURKEY PRODUCERS



In 1997, Canadians ate how many kilograms of turkey per person?

2.7 kg

MEXICAN PORK FAJITAS

Whether you are feeding the family or dazzling dinner guests, these are definitely palate pleasers.

1 lb	(500 g)	Boneless PORK, leg or loin, well trimmed, cut into strips
¼ cup	(50 mL)	olive oil
¼ cup	(50 mL)	lime juice
		grated rind from 1 lime
1 tbsp	(15 mL)	chopped garlic
2 tsp	(10 mL)	oregano
1 tsp	(5 mL)	cumin
¼ tsp	(1 mL)	chili powder
½ tsp	(2 mL)	pepper
1		large green pepper, in julienne strips
1		large red pepper, in julienne strips
1		medium Spanish onion, in julienne strips
2		small tomatoes, sliced
		warm flour tortillas

Selection of toppings: shredded Cheddar or Monterey Jack cheese, shredded lettuce, sour cream, guacamole, tomato salsa, chopped green onions or coriander leaves.

Combine pork with oil, lime juice and rind, garlic and spices; marinate for 1 hour, refrigerated. Stir fry pork strips with marinade in wok or frypan for about 2 minutes. Add vegetables; cook until vegetables are just tender. Transfer mixture to heated platter to serve with warm tortillas and a selection of toppings. **Makes 4 servings.**

MANITOBA PORK





CHICKEN CHILI WITH CORN

Delicious on its own or as a filling for tortillas.

2 tsp	(10 mL)	vegetable oil
1		onion, minced
2		cloves garlic, minced
1 lb	(500 g)	ground CHICKEN
1		sweet red pepper, chopped
2		stalks celery, sliced
5 tsp	(25 mL)	chili powder
1 tsp	(5 mL)	ground cumin
¼ tsp	(3 mL)	salt
½ tsp	(2 mL)	oregano
¼ tsp each	(1 mL)	hot pepper flakes and black pepper
1 can	(28 oz/796 mL)	crushed tomatoes
1 can	(19 oz/570 mL)	black beans, drained
2 cups	(500 mL)	kernel corn
¼ cup	(50 mL)	chopped fresh parsley (optional)

In a large skillet, heat oil over medium heat; cook onion and garlic about 3 minutes until onion is soft. Stir in chicken and cook until chicken is no longer pink. Add red pepper, celery and spices and stir cook for 1 minute. Stir in tomatoes and black beans and bring to a boil. Reduce heat, cover and simmer 20 minutes. Add corn and simmer uncovered for 10 minutes or until thickened. Stir in parsley. Serve with crusty bread and a salad.

Makes 4-6 servings.

MANITOBA CHICKEN PRODUCERS



Everyone's eating chicken! Manitoba's chicken production (located mostly in southeastern Manitoba) has increased almost 40% in the last 10 years.

BOLIVIAN PEANUT CHICKEN

Exotic flavor and easy to make!

1 lb	(500 g)	boneless skinless CHICKEN , sliced
1 tbsp	(15 mL)	vegetable oil
1		large onion, chopped
1		red pepper, sliced
3		cloves garlic, minced
½ tsp	(2 mL)	hot pepper sauce (optional)
¾ cup	(175 mL)	chicken stock
¾ cup	(75 mL)	peanut butter

Heat oil in a large skillet over medium heat. Add chicken and stir cook for 3-4 minutes until the chicken is no longer pink. Remove from skillet and set aside. Add onion, red pepper and garlic to skillet and stir cook until onions are tender. Add hot pepper sauce, chicken stock and peanut butter. Bring to a boil, stirring to blend in the peanut butter. Reduce heat and simmer for 10 minutes. Add chicken back to skillet and continue simmering until sauce is slightly thickened. Serve over white rice. **Makes 4 servings.**

MANITOBA CHICKEN PRODUCERS





PAELLA

A classic Spanish casserole that can be made ahead.

2 lb.	(1 kg)	boneless skinless CHICKEN thighs
1 tbsp.	(15 mL)	vegetable oil
4		cloves garlic, minced
1½ cups	(375 mL)	rice
3 cups	(750 mL)	chicken stock
2		tomatoes, chopped
1		green pepper, sliced
2		onions, thickly sliced
1		bay leaf
1 tsp.	(5 mL)	each saffron and salt
¼ tsp.	(1 mL)	each turmeric and pepper

Cut chicken thighs into bite size pieces. Heat oil in a large skillet and stir cook chicken until no longer pink. Remove chicken and set aside. Add garlic and stir cook for 1 minute. Stir in rice, chicken stock, tomatoes, green pepper, onion and seasonings. Bring to a boil then reduce heat and simmer 15-20 minutes or until rice is cooked. Stir in chicken and pour mixture into a large, shallow casserole. (These steps can be done the day before). Cover and bake at 425°F for 35 minutes. **Makes 8 servings.**

Variation: Add 1 can of drained baby shrimp with the chicken just before pouring the rice mixture into the casserole.

MANITOBA CHICKEN PRODUCERS



Manitoba chickens are grain-fed, free-ran and hormone-free.

KEY LIME BBQ BEEF ROAST

Try this marinade for an incredibly flavourful and beautifully browned roast.

The leftovers come in handy for last-minute weekday meals as well.

3 lb.	(1.5 kg)	BEEF oven roast (Sirloin tip, Inside round, Eye of round, Outside round, Rump or Hip)
2 tbsp.	(30 mL)	each soy sauce and honey
½ tsp.	(2 mL)	Tabasco sauce
¼ cup	(50 mL)	lime juice
1 tsp.	(5 mL)	ground cumin
2 tbsp.	(30 mL)	oyster sauce (optional)

Pierce roast numerous times with a fork. Combine marinade ingredients in shallow container or resealable freezer bag, reserving 2 tbsp (30 mL) of the marinade for basting roast while BBQing. Marinate roast 12-48 hours in refrigerator. Discard used marinade. Insert meat thermometer into centre of roast. Grill fat-side-up or cook on rotisserie over drip pan in closed BBQ over indirect medium heat for about 1½ hours only to rare (140°F/60°C) or medium (160°F/70°C). Alternatively the roast may be cooked in a 275°F/140°C oven for 30 minutes/lb or 65 minutes/kg. Baste roast with the reserved marinade while BBQing.

Makes 8-10 servings.

BEEF INFORMATION CENTRE





CAJUN BBQ STEAK & MUSHROOM PIZZA

A novel way to make pizza without adding to the heat in the kitchen.

1/2 cup	(125 mL)	Cajun style BBQ sauce
1/4 lb	(250 g)	BEEF sirloin grilling steak
12 inch	(30 cm)	pre-baked pizza crust or flatbread
1 cup	(250 mL)	sliced mushrooms
1/4 cup	(50 mL)	diced green, yellow or red peppers
1 cup	(250 mL)	grated Mozzarella cheese

Slather steak with some of the BBQ sauce. BBQ to rare over medium-hot coals, 3-4 minutes per side. Slice into thin strips. Meanwhile, place pizza crust on pizza pan and spread with remaining BBQ sauce. Top with thinly sliced steak strips and remaining ingredients. BBQ over medium coals for 12-15 minutes or until cheese melts. Makes 4 servings.

BEEF INFORMATION CENTRE



97% of Canadians eat beef regularly, on average 4 times per week.

In Canada the average beef herd size is? **57**



TASTES BETTER!

APPETIZERS

Del's Specialty Meats
Gilbert International Inc.
Leakor Holdings Ltd.
Wild West

BAKED GOODS

Bread & Circuses Bakery Cafe
City Bread
Del's Specialty Meats
Fibroten Cereal Products
Gilbert International Inc.
J. G. Penner Bakery Ltd.
Jeanne's Bakery Ltd.
K.U.B. Bread 1993 Ltd.
La Cocina Foods
Leakor Holdings Ltd.
Mr. D's Tart 'n' Pie
Pizzey's Milling & Baking Company
Scott-Bathgate Ltd.

BEVERAGES

Dairyworld Foods
Fort Garry Brewing Co. Ltd.
Paramalat Canada

CHEESE

Bothwell Co-op Dairy Society
Dairyworld Foods
Oak Island Acres Goat Dairy
Paramalat Canada
Volga Enterprises Ltd.

CHOCOLATE

J. G. Penner Bakery Ltd.
Mordens of Winnipeg

Candy Manufacturing
The Danish Mermaid Ltd.

COFFEE/TEA

Melrose Coffee Company
Sunstone Coffee

CONFECTIONERY/CANDY

Cavaler Candies Ltd.
Westbro Agra Inc.
Scott-Bathgate Ltd.
Sunny Day Products Ltd.
Mordens of Winnipeg
Candy Manufacturing
Tasty Seeds Ltd.
The Danish Mermaid Ltd.

DAIRY PRODUCTS

Dairyworld Foods
Maplewood Goat Dairy Inc.
Notre Dame Creamery
Oak Island Acres Goat Dairy
Paramalat Canada
Schwan's Canada Ltd.
Volga Enterprises Ltd.

EGG PRODUCTS

Akron Egg Farms Ltd.
Bon-EE-Best Western Egg
Countryside Farms
Smart Eggs Ltd.

FISH/SEAFOOD

Freshwater Fish Marketing Corp.
Io-Le-Do Foodservice

FROZEN FOOD PRODUCTS

Country Club Foods Ltd.
Dairyworld Foods
Del's Specialty Meats
G.B. Schroyer Meats Inc.
Graham's Groves
H & K Packers
J. G. Penner Bakery Ltd.
Leakor Holdings Ltd.
Lester Snack Foods
Midwest Food Products Ltd.
Mr. D's Tart 'n' Pie
Naleway Foods Ltd.
Ostrich Products & Marketing Co-op Ltd.
Paramalat Canada
Pembina Poultry Packers Ltd.
Readyfoods Ltd.
Schwan's Canada Ltd.
Smullers Foods Inc.
Springhill Farms
To-Le-Do Foodservice

HEALTH & NATURAL FOODS

Best Cooking Pulses Inc.
Bread & Circuses Bakery Cafe
Countryside Farms
Dabo's Wild Rice Ltd.
Fibroten Cereal Products
Maplewood Goat Dairy Inc.
Parrheim Foods
Pizzey's Milling & Baking Company
Sunny Day Products Ltd.
Vita Health Co. (1985) Ltd.
W.H. Escott Co. Ltd.

BEEFY TOMATO POTATOES

Here's a hot idea for family members with different schedules.

Just bake potatoes and reheat beef mixture as required.

4		large baking potatoes
1 lb	(500 g)	lean ground BEEF
2		cloves garlic, minced, or
		½ tsp (2 mL) garlic powder
1		medium onion, chopped
1 can	(28 oz/796 g)	spicy stewed tomatoes
1		medium zucchini, quartered lengthwise and sliced
1 tsp	(5 mL)	dried oregano

Scrub potatoes, prick with fork. Arrange in circle and microwave on high 10-15 minutes, rearranging once. Meanwhile, in large skillet over medium-high heat, brown beef with garlic and onion. Stir in tomatoes zucchini and seasoning. Bring to boil; simmer uncovered 10 minutes or until slightly thickened and zucchini is tender. Cut a cross in potatoes and squeeze to open; top with beef mixture.

Makes 4 servings.

BEEF INFORMATION CENTRE



Each
Canadian
eats about
1.2 oz. of
beef per day.



HONEY/SYRUPS

BeefMaid Honey Ltd.
Crampton's Manitoba Maid
Milnan Incorporated

ICE CREAM/FROZEN DESSERTS

DairyWorld Foods
J. G. Penner Bakery Ltd.
Paramalat Canada
Schwan's Canada Ltd.

INGREDIENTS

STC Laboratories Inc.

JAMS/JELLIES/PRESERVES

Crampton's Manitoba Maid
Milnan Incorporated

KOSHER PRODUCTS

Best Cooking Pulses Inc.
Leaker Holdings Ltd.
Old Dutch Foods Ltd.
Partheim Foods
W.H. Escott Co. Ltd.

LEGUMES/LENTILS

Glencloch Kitchens
PrairieLand Grain

MEAT/GAME

Bavarian Meat & Sausage
Blue Farm Rabbitry
Candebony Meat & Sausage
Del's Specialty Meats
Dunn-Rite Food Products Ltd.
G.B. Schroyer Meats Inc.
Gil's Meats

Granny's Poultry

H & K Packers Co. Ltd.
Interlake Wild Bear Co-op
J.M. Schneider Inc.
Jack Forgan Meats Ltd.
Jarvis Meats Ltd.
Mr. D's Tart 'n' Pie
Maple Leaf Meats
Northern Goose Processors Ltd.
Ostrich Products & Marketing Co-op Ltd.
Pembina Poultry Packers Ltd.
Prairie Abattoir
Prairie Produce (1996) Inc.
Pyro Beef Jerky
Readyfoods Ltd.
Smulders Food Ltd.
Springhill Farms
To-Le-Do Foodservice
Winkler Meats

MUSHROOMS

K & G Mushrooms

OILS/VINEGARS/

SALAD DRESSING

Rigby Orchards Ltd.
To-Le-Do Foodservice

PASTA

Ackron Egg Farms Ltd.
Allanson Food Products
Dufrais Wild Rice Ltd.
Old Fashioned Noodle Products
Prairie Harvest Canada

PET FOOD

Emerson Milling Inc.
Nestlco Agra Inc.

RICE/GRAINS/CEREALS

Cambrian Wild Rice Inc.
Can-Old Milling Products Inc.
Dufrais Wild Rice Ltd.
Emerson Milling Inc.
Fibroline Cereal Products
Great Northern Wild Rice Ltd.
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SEASONINGS/SPICES/HERBS

Empire Spice Mills
Wild West Seasoning

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For more information on
MFA member products and services
please contact:

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Delightful Desserts



PINEAPPLE DREAM SQUARES

Base

1½ cups (375 mL)
 ¼ cup (50 mL)
 ½ cup (125 mL)

no-stick cooking spray
 all purpose flour
 brown sugar, lightly packed
 butter or margarine, softened

Topping

3
 1 cup (250 mL)
 ¾ cup (175 mL)
 ¾ cup (175 mL)
 1 can (14 oz/398 mL)
 2 tbsps (30 mL)
 1 tsp (5 mL)

EGGS

flaked coconut
 lightly packed brown sugar
 corn syrup
 crushed pineapple, well drained
 butter or margarine, melted
 vanilla extract

Base - preheat oven to 350°F (180°C) Spray a 9-inch (23 cm) square pan with cooking spray. In a medium bowl, combine flour and brown sugar. Cut in butter until mixture is crumbly. Press into bottom of pan. Bake until lightly browned, 12-15 minutes. Cool slightly.

Topping - in a medium bowl, whisk eggs just until blended. Stir in remaining ingredients. Spread over base. Bake until topping is set but still soft in centre, 40-45 minutes. Cool completely on a wire rack. Cut into squares. Keep refrigerated.

Makes 16 squares.

Variation - melt 2 squares semi-sweet chocolate with 1 tsp (5 mL) canola oil. Drizzle over cooled squares. Let chocolate set before cutting into squares.

MANITOBA EGG PRODUCERS

MILE HIGH BERRY CAKE

A great finale! Your company will rave about this delicious picture-perfect dessert!

8 oz (250 g)	Mascarpone or CREAM CHEESE*
2 tbsps (30 mL)	orange flavored liqueur or orange juice concentrate
1¼ cups (300 mL)	REAL WHIPPING CREAM
¾ cup (175 mL)	icing sugar, divided
2 tsp (10 mL)	vanilla
1 cup (250 mL)	each blueberries and raspberries
1 cup (250 mL)	sliced strawberries
1	angel food cake, store-bought

In a large bowl, beat Mascarpone or cream cheese with liqueur until smooth. In a separate bowl, beat whipping cream with ¾ cup (150 mL) icing sugar and vanilla until peaks form. Stir one-third of whipped cream into Mascarpone or cream cheese; fold in remaining whipped cream. Combine berries. In a separate bowl, fold half of the berries into a third of Mascarpone or cream cheese mixture. Reserve remaining berries and Mascarpone or cream cheese mixture.

Using serrated knife, slice cake horizontally into 3 layers. Place largest layer on serving plate. Spread with half of the berry cheese mixture. Top with a cake layer, remaining berry cheese mixture and final cake layer. Spread remaining Mascarpone or cream cheese mixture on top cake layer and around sides. Refrigerate at least 1 hour.

Place reserved berries, sugar and 3 tbsps (45 mL) water in small saucepan over medium heat. Cover; heat until berries are very soft. Puree until smooth; sieve out seeds if you wish. Evenly spoon sauce on dessert plates. Using serrated knife, cut cake; place on sauce.

Makes 8-10 servings.

*Mascarpone cheese is a creamy Italian cheese. Cream cheese is less expensive and works out perfectly for this recipe.

Manitoba Milk Producers



EASY CHOCOLATE PAVLOVA

A melt in your mouth, chocolate filled delight.

4		EGGS , separated
½ tsp	(2 mL)	vanilla extract
¼ tsp	(1 mL)	cream of tartar
		pinch of salt
1 cup	(250 mL)	sugar for meringue
2 tbsp	(30 mL)	corn starch
½ cup	(125 mL)	sugar for filling
1½ cups	(375 mL)	milk
2		squares unsweetened chocolate, chopped
½ tsp	(2 mL)	vanilla extract
		fruit for garnish

To make meringue, preheat oven to 250°F (120°C). Line two baking sheets with foil. Trace eight 3½-inch (9 cm) circles on foil. Place bowl of egg whites in warm water for 3 minutes; remove. Add vanilla, cream of tartar, salt and ¼ cup (50 mL) sugar. Beat on electric mixer until soft peaks form. Gradually add remaining ¾ cup (175 mL) sugar, 2 tbsp (30 mL) at a time, beating until sugar is completely dissolved and meringue is very stiff.

Spoon meringue over circles; spread with a spoon, building a rim. Bake about 1½ hours or until meringues are crisp but not browned and can be removed from foil. Turn the oven off and leave the meringues in the oven, with the door closed, 4 hours or overnight. (May be made ahead. Wrap tightly in foil and freeze.)

To make filling, in a medium saucepan, combine corn starch and ½ cup (125 mL) sugar. Stir in milk and chocolate. Bring to boil over medium heat, stirring constantly boil ½ minute. Beat half of the mixture into the yolks. Return to saucepan. Cook and stir over low heat for 1 minute, without boiling. Stir in vanilla. Transfer mixture to a bowl. Place a sheet of plastic film directly over filling and refrigerate until cold. (May be made a day ahead.) Spoon into meringue shells. Place a sheet of foil on top. Refrigerate 3-24 hours. Garnish with fruit before serving. **Makes 8 servings.**

MANITOBA EGG PRODUCERS



BANANA OATMEAL CAKE WITH CARAMEL FUDGE FROSTING

A winning recipe you make every time you have extra bananas.

Cake				
2 cups	(500 mL)	all purpose flour		
1 cup	(250 mL)	rolled oats		
2 tsp	(10 mL)	baking powder		
1 tsp	(5 mL)	baking soda		
½ tsp	(2 mL)	salt		
¼ tsp	(1 mL)	nutmeg		
½ cup	(125 mL)	BUTTER , room temperature		
1 cup	(250 mL)	granulated sugar		
2		eggs		
1 tsp	(5 mL)	vanilla		
1½ cups	(375 mL)	mashed ripe bananas		
¼ cup	(175 mL)	BUTTERMILK		
			Caramel fudge Frosting	
			½ cup	(75 mL)
			1 cup	(250 mL)
			¼ cup	(50 mL)
			2 cups	(500 mL)
				BUTTER
				lightly packed brown sugar
				MILK
				sifted icing sugar

Cake — In a medium bowl mix together flour, rolled oats, baking powder, baking soda, salt and nutmeg. In large bowl, with electric mixer, cream together butter and sugar until light and fluffy. Add eggs and vanilla, beating well. Add dry ingredients alternately with bananas and buttermilk, mixing lightly after each addition. Pour batter into greased 13x9 (32x23cm) cake pan. Bake at 350°F (180°C) 35-40 minutes or until toothpick inserted in centre comes out clean. Cool completely on cake rack. Ice with Caramel Fudge Frosting.

Caramel Fudge Frosting — melt butter in saucepan. Stir in brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat 2 minutes. Stir in milk. Heat to boiling. Remove from heat. Gradually stir in icing sugar. Spread on cooled cake. **Makes 24 servings.**

Garnish plate with a sliced strawberry and banana slices that have been dipped in orange or lemon juice.

MANITOBA MILK PRODUCERS



2.2 million hens in Manitoba produce over 50 million eggs a year. Eye drops and throat lozenges are made from an enzyme found in eggs.



Making Manitoba Foods a Winning Taste Experience!

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List of people in photo

BACK ROW (L-R) Ruth Dyker (Manitoba Pork Est.), Corrine Dawley (Beef Information Centre), Dave Wilkins (Canola Council of Canada), Marlene McDonald (Manitoba Pork Est.)
MIDDLE ROW (L-R) Pam Bossuyt (Manitoba Turkey Producers), Wanda Wiebe (Agriculture & Agri-Food Canada), Karen Armstrong (Manitoba Chicken Producer Board),
FRONT ROW (L-R) Judy Storey (Manitoba Agriculture), Lori Rudolph-Crawford (Manitoba Milk), Brenda Bazylewski (Manitoba Egg Producers)