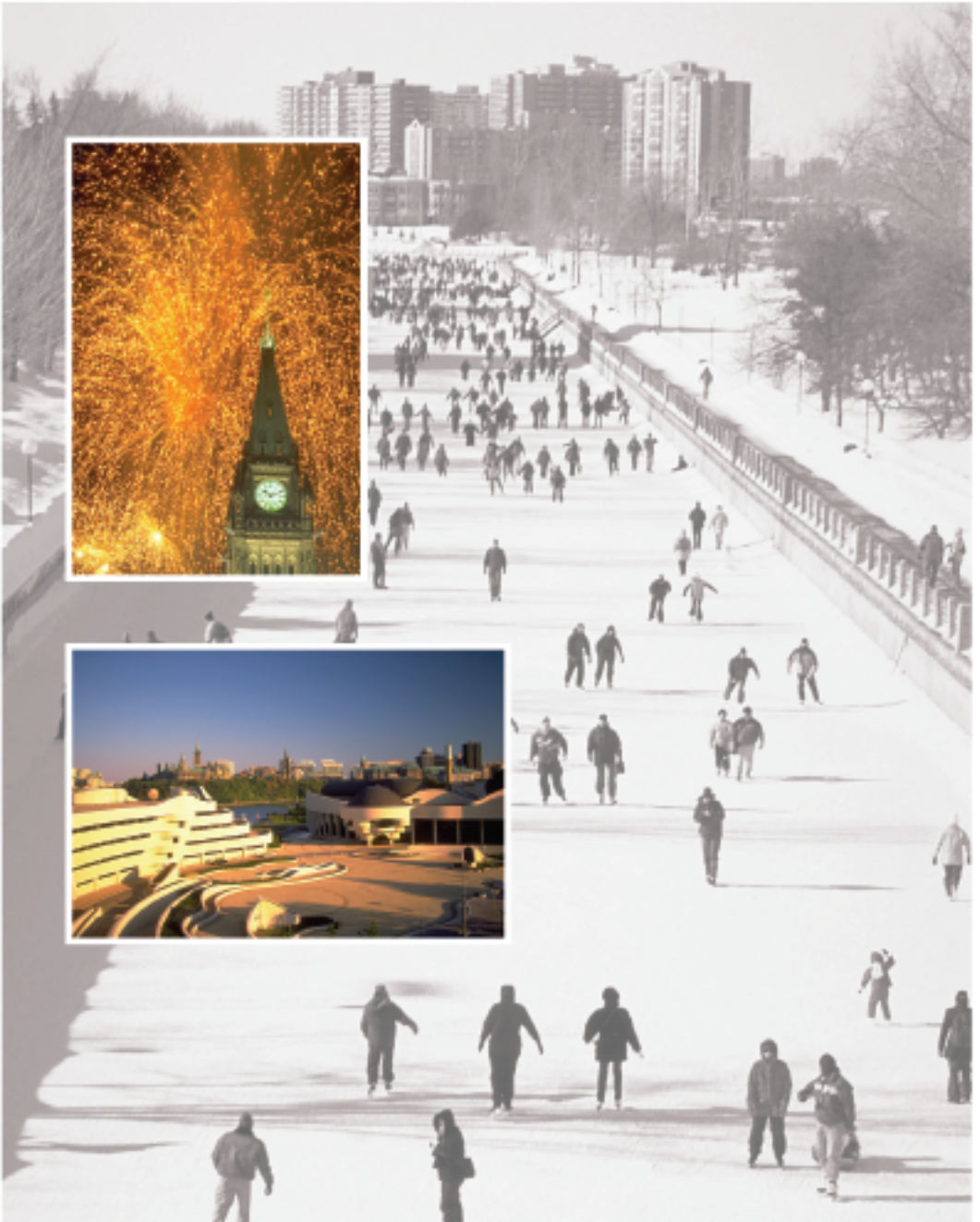


Canada 
E X C E L L E N C E A T Y O U R T A B L E

National Capital Region



Large picture: Winterlude, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation. **Top picture:** Canada Day, Parliament Hill, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation. **Bottom picture:** Canadian Museum of Civilization, Gatineau, Quebec. Courtesy of Ontario Tourism Marketing Partnership Corporation.



Introduction

We invite you to explore Canada through these recipes that reflect the diversity of our vast territory and the people who inhabit it. From appetizer to dessert, from aperitif to digestif, Canada offers a full range of palate-pleasing food and drink.

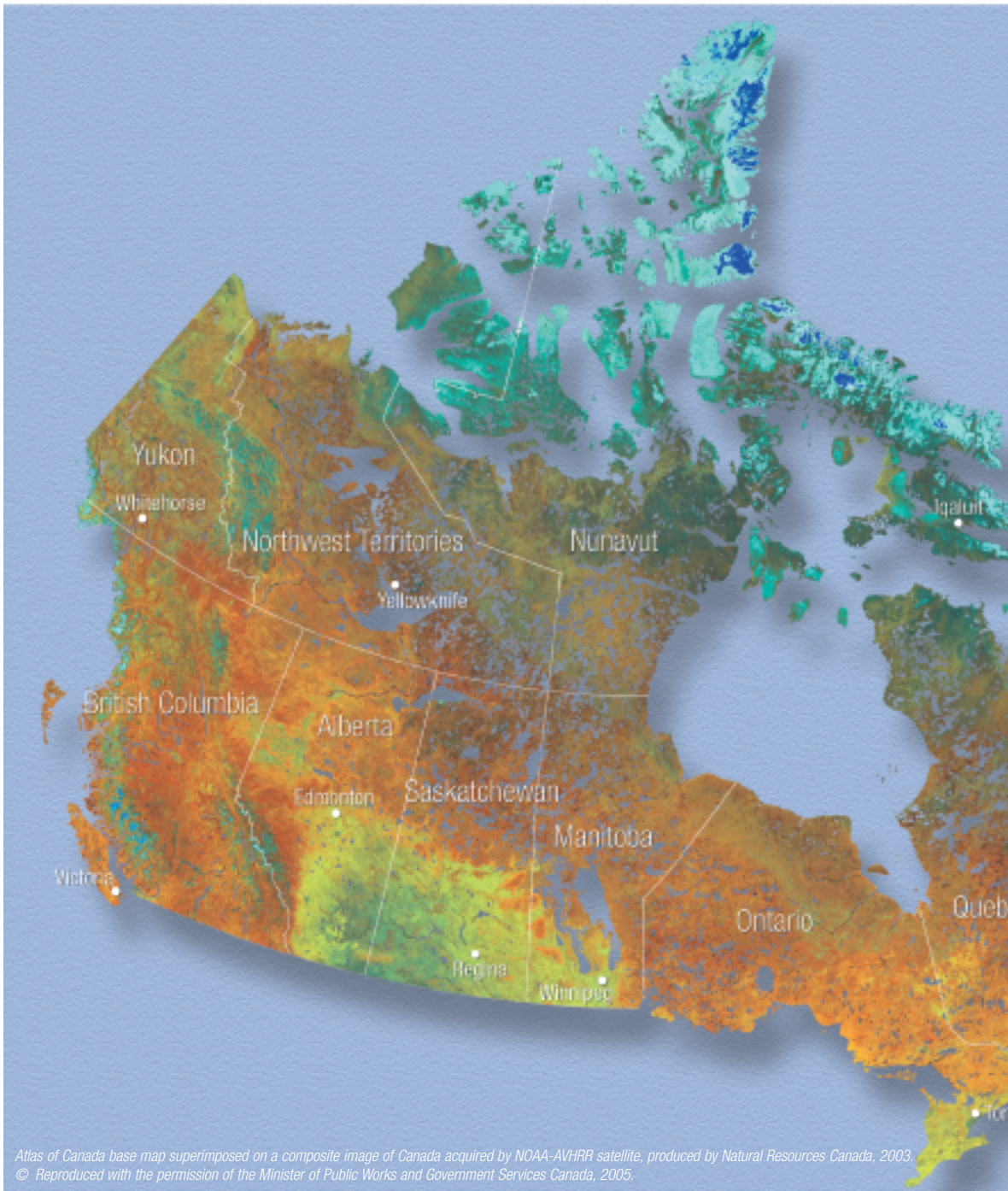
Foods that were a staple of Canada's earliest inhabitants, the First Nations peoples, have not lost their appeal and remain popular to this day. Feast on Canada's unique tastes: wild rice, bison, maple syrup and wild blueberries, for example. Bring out their delicious flavours by choosing from a rich selection of Canadian wines and icewines.

Whatever whets your appetite — Atlantic lobster, Prairie bison, Quebec ice ciders — you can be sure it will be of the highest quality. Canada prides itself on bringing you nothing less than the best.

Canada's agriculture and agri-food sector is one of the oldest and most important sectors of our economy, deeply rooted in Canadian history and culture. At the same time, it is one of the most dynamic and innovative industries in Canada, providing unique and interesting products that are sure to grace any table.

Try the recipes in this book to savour Canadian culture and cuisine — recipes using products found in your supermarkets and gourmet food shops — and enjoy a taste of Canada.

Bon appétit!



Atlas of Canada base map superimposed on a composite image of Canada acquired by NOAA-AVHRR satellite, produced by Natural Resources Canada, 2003.
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