



Appetizers

Vodka-marinated Seafood Appetizers

Maple Syrup-coated Chicken Wings

Bison Carpaccio

Lobster Rolls

Canadian Sea Scallop Tapas with Pepperjack Crostini

Grilled Crab

Canadian Snow Crab Cheese Puffs

Canadian Snow Crab Crepe Rolls with Maple Sauce

Ontario



Large picture: *Ottawa Valley, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.* **Left picture:** *Point Pelee National Park, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.* **Right picture:** *Royal Canadian Mounted Police Musical Ride, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.*

From left to right:

Vodka-marinated Seafood Appetizers

Canadian Sea Scallop Tapas with Pepperjack Crostini

Lobster Roll

Maple Syrup-coated Chicken Wings

Bison Carpaccio

In the back: Grilled Crab





Vodka-marinated Seafood Appetizers

500 g Canadian scallops

60 mL Canadian vodka

juice of 2 limes

75 mL olive oil

500 g Canadian coldwater shrimp, cooked

Sauce

90 mL Canadian vodka

125 mL tomato sauce

2 soup spoons horseradish

dash Tabasco sauce

dash garlic powder

Method (seafood)

Rinse and dry the scallops, then marinate in lime juice and 60 mL of Canadian vodka in the refrigerator for 3 to 4 hours. Heat the olive oil in a skillet and sauté the scallops on each side for 2 to 3 minutes. Serve warm or cold with shrimp and sauce.

Method (sauce)

Combine all ingredients and season to taste. Serve with grilled scallops and shrimp on a seashell dish with garnish of your choice.

Makes 6 to 8 servings

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

Scallops

There are usually three types of scallops available. Sea scallops are the largest, followed by bay scallops and calico scallops. The meat of these morsels can be creamy white, tan or creamy pink. Scallops are usually shucked right after harvest and are sold fresh or frozen. Keep scallops as healthy and fresh-tasting as possible by cooking them in little or no oil or fat. Try them broiled, poached, grilled, stir-fried or pan-fried.

Maple Syrup-coated Chicken Wings

1 kg chicken wings

Marinade

125 mL maple syrup

50 mL chili sauce

1 small onion, chopped

30 mL cider vinegar

15 mL Canadian grain mustard

5 mL Worcestershire sauce

Method (marinade)

Combine the maple syrup, chili sauce, onion, vinegar, mustard and Worcestershire sauce in a shallow pan.

Method (chicken)

Lay the chicken wings in the marinade and marinate, covered, at least 4 hours in the refrigerator, turning chicken pieces occasionally. Broil or roast the chicken wings in an oven or grill them on the barbecue, basting occasionally with the marinade, until cooked thoroughly. Chicken drumsticks can also be used in this recipe.

Makes 4 to 6 servings

Source: Agriculture and Agri-Food Canada (www.ats.agr.gc.ca/eu/recipes_e.htm)

Bison Carpaccio

160 mL Canadian beer

60 g onion, chopped

1 soup spoon garlic, chopped

30 mL dry red wine

5 soup spoons vegetable oil, divided

450 g bison loin or tenderloin, trimmed

60 mL Canadian grain mustard

2 soup spoons parsley, chopped

2 soup spoons black peppercorns, crushed

2 soup spoons cilantro, chopped

mixed baby lettuce

extra virgin olive oil

Method (marinade)

Combine the beer, onion, garlic, 2 soup spoons of oil, and wine in a saucepan. Heat and bring to a simmer, then set aside until cool.

Method (bison)

Add the bison meat to cooled marinade and refrigerate for at least 24 hours (longer if you prefer the meat firmer). Remove the marinated bison from the marinade and pat dry. Sear the meat in a very hot pan in 3 soup spoons of oil, then let cool. Brush the bison with the mustard. Mix together the parsley, peppercorns and cilantro, then roll the bison in the herb mixture. Partially freeze the roll so it is easy to slice. Slice the bison very thinly. Arrange the slices over the mixed baby lettuce and drizzle with extra virgin olive oil.

Makes 4 to 8 servings

Source: Alberta Bison Association, recipe provided by Canadian Bison Association (www.bisoncentral.com)

Lobster Rolls

340 g Canadian fresh or frozen lobster meat

125 mL to 175 mL mayonnaise

2 teaspoons lemon juice

3 soup spoons celery, diced

2 soup spoons onion, minced (optional)

Method

Thaw and drain the lobster meat, then chop into bite-sized pieces. In a small mixing bowl combine the mayonnaise, lemon juice, celery and onion. Combine with the lobster and mix well.

Spread the lobster salad on your favourite bread or croissant, or use as pita filling.

Makes 4 to 6 servings

Source: Taste of Nova Scotia Society (www.tasteofnovascotia.ns.ca)

Lobster

In Canada, lobster is harvested and processed throughout the Atlantic provinces (Newfoundland and Labrador, New Brunswick, Nova Scotia, and Prince Edward Island) and Quebec. Landings peak twice a year: once in the period from April to June, when the spring season opens; and then again in December, after the winter fishery opens in southwestern Nova Scotia.

Canadian Sea Scallop Tapas with Pepperjack Crostini

750 g Canadian sea scallops

60 mL olive oil

60 g jarred pimento, diced (reserve liquid)

1 soup spoon fresh garlic, finely minced

1 bunch green onions, chopped

25 mL fresh lime juice

Tabasco sauce

salt and pepper to taste

pepperjack cheese

crostini

Method

In a large bowl, toss the scallops with olive oil until well coated. In a large non-stick skillet over high heat, place a layer of scallops and sauté 1 1/2 to 2 minutes. Turn the scallops, mix in the remaining ingredients and continue sautéing for another 1 1/2 to 2 minutes over high heat.

Serve on individual plates with cheese and crostini, or serve on large platter, allowing guests to help themselves.

Makes 6 to 8 servings

Source: Cleanwater Seafoods (www.cleanwater.ca/storefront/)

Grilled Crab

Garlic-lemon butter

125 g butter

2 garlic cloves, pressed or minced

25 mL fresh lemon juice

dash Worcestershire sauce

pinch freshly ground black pepper

1 soup spoon fresh herbs, chopped
(thyme, chives or parsley)

Crab

1 kg pre-scored, pre-cooked
snow crab claws, defrosted

Method (garlic-lemon butter)

Melt the butter, then mix in the garlic, lemon juice and Worcestershire sauce and season to taste with pepper. Cook 4 to 5 minutes over low heat. Remove from heat and stir in the herbs.

Method (crab)

Grill the crab, turning and basting with garlic-lemon butter, 3 to 4 minutes, or until just heated through.

Makes 8 to 10 servings

Source: Clearwater Seafoods (www.clearwater.ca/storefront/)

Snow Crab

In Canada, snow crab is harvested and processed throughout the Atlantic Provinces (Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island) and Quebec. Snow crabs are caught in traps, from sandy bottoms in depths of 1 to 470 metres. The Canadian fishing season runs from April to November. Commercially caught crab measure from 9.5 to 15 cm in width and weigh from 350 g to 1.3 kg.

When cooked, the shell of the snow crab turns bright orange. The meat has a rich, sweet flavour and firm texture. Orange-pink on the surface and white inside, the meat of the snow crab is composed of fine, tender filaments that are exquisitely mild and tasty.

Canadian Snow Crab Cheese Puffs

75 g flour

1/2 teaspoon baking powder

salt, pepper and cayenne pepper to taste

50 g Canadian medium Cheddar, grated

1 egg, separated (at room temperature)

100 mL milk

25 g butter, melted

100 g Canadian snow crab meat, drained

1 green onion, minced

butter

Method

In a large bowl, whisk together the flour, baking powder, salt, pepper, cayenne pepper, and cheese. In a small bowl, whisk together the egg yolks, milk, and melted butter, then add the crab and green onions. In another bowl, whisk the egg whites to soft peaks. Stir the yolk mixture into the dry ingredients, just to blend, then gently fold in the beaten egg whites. In a medium frying pan over medium heat, melt some butter, then drop in teaspoons of the mixture, cooking until puffy and golden brown. (Similar to making pancakes.)

Makes approximately 20 small puffs

Source: Agriculture and Agri-Food Canada (www.ats.agr.gc.ca/eu/recipes_e.htm)

Canadian Snow Crab Crepe Rolls with Maple Sauce

30 g bean thread or rice stick noodles, cooked
15 g dried mushroom, reconstituted and chopped
250 g Canadian snow crab meat, drained
1 small carrot, grated
1 medium onion, finely chopped
1 egg, lightly beaten
salt, pepper and lemon juice to taste
1–2 egg whites, lightly beaten
20 crepes
head lettuce leaves
oil
parchment paper

Crepes

50 g flour
salt and pepper to taste
2 eggs
125 mL milk
25 g butter, melted

Dipping sauce

100 mL maple syrup
1/2 soup spoon Canadian hot mustard
1/2 soup spoon ground ginger
1/2 teaspoon Worcestershire sauce
juice of 1/2 lemon

Method

*To reconstitute mushrooms, let them sit in a bowl of warm water for 30 minutes, then remove them from the water and squeeze out most of the liquid.

In a large bowl, mix the noodles, mushrooms, crab, carrot and onion. Add the egg, salt, pepper and lemon juice and set aside. Lightly brush one side of a crepe with egg white, then spoon one soup spoon of the crab mixture onto the crepe. Fold in both sides of the crepe, then roll it into a small log (resembling a spring roll) and place the rolls on a baking sheet lined with parchment paper. Lightly brush the rolls with oil and bake at 200°C for 4 to 8 minutes, turning often for even browning. Arrange the rolls on a platter and serve with lettuce leaves to wrap the rolls and dip them into the sauce.

Method (crepes)

In a medium-sized bowl, mix the flour, salt and pepper. Whisk in the eggs, then add the milk and melted butter. In a small frying pan or crepe pan over medium-high heat, pour a small amount of batter and spread evenly, keeping the crepes as thin as possible. Cook for 1 to 2 minutes per side. Set aside the cooked crepes and repeat the process until no batter remains.

Method (sauce)

Combine the maple syrup, mustard, ginger, Worcestershire sauce and lemon juice. Let stand at room temperature before serving to allow flavours to blend and to prevent the sauce from cooling the crepe rolls.

This sauce can be made ahead of time and kept refrigerated, but allow it to warm to room temperature before serving it with the crepe rolls.

Cooking alternative: The rolls may be deep-fried in a wok or deep fryer at 190°C for 3 to 5 minutes.

Makes approximately 20 crepes