



Salads

Potato Salad with Salmon

Wild Rice Summer Salad

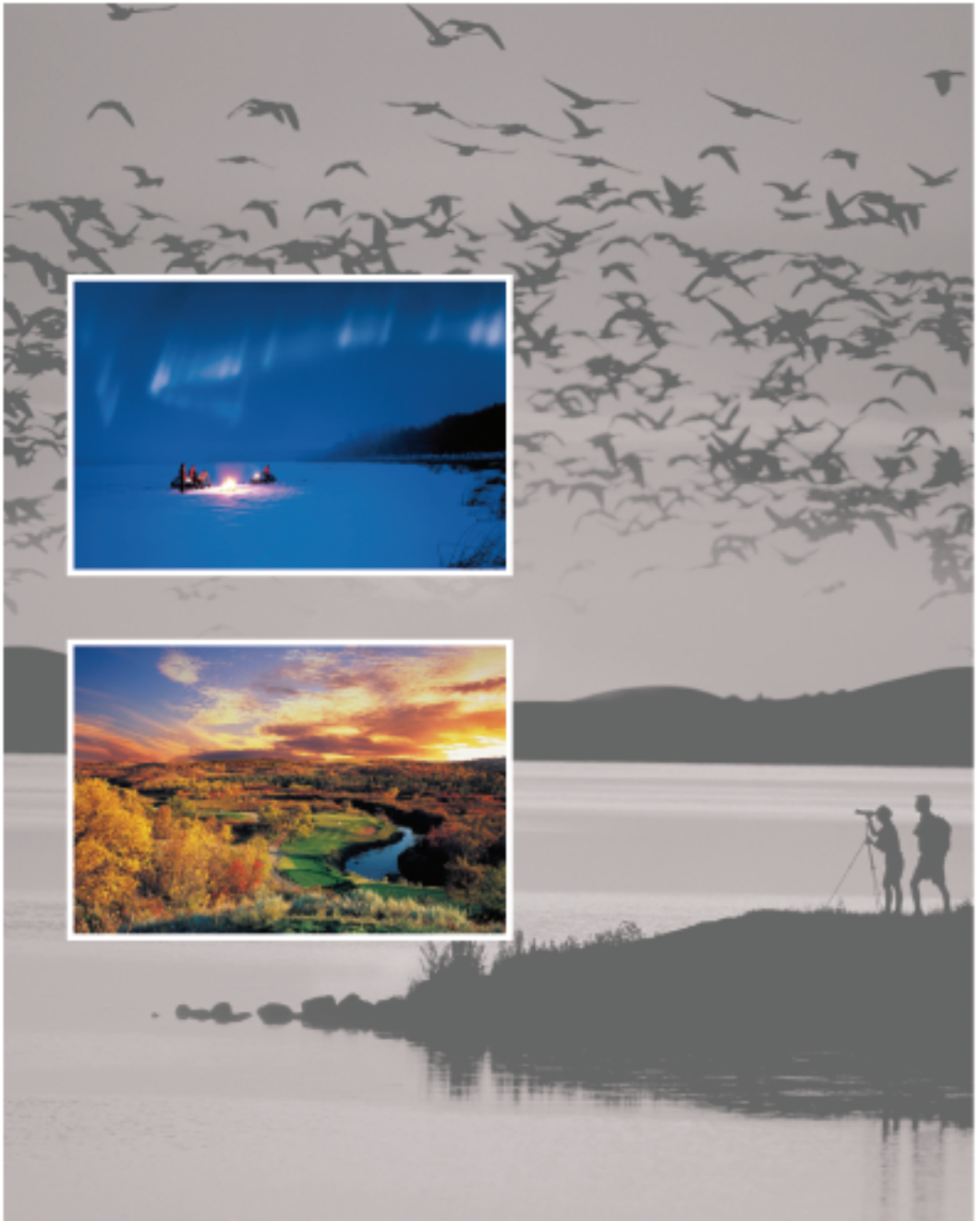
Canadian Wild Rice Salad

Spicy Vinaigrette with Canadian Maple Syrup

Marinated Prairie Bison Salad

Lentil Salad with Garlic Blossoms

Saskatchewan



Large picture: *Nicolle Flats, Buffalo Pound Provincial Park, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*
Top picture: *Northern lights, Moose Mountain Provincial Park, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*
Bottom picture: *Deer Valley Golf Course, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*

Potato Salad With Salmon

4 medium potatoes, cooked

125 mL Italian dressing, divided

170 g salmon, flaked

50 g celery, chopped

1 green onion, sliced

50 g green and red peppers, chopped

salt and pepper to taste

lettuce, tomato and cucumber slices to garnish

Method

Reheat leftover potatoes in a microwave for 2 minutes on high, then peel, if needed, and cut into chunks. Pour 50 mL of the Italian dressing over potatoes; mix gently and refrigerate. Marinate potatoes several hours or overnight. At serving time, add the remaining dressing and the rest of the ingredients except lettuce, tomato and cucumbers. Toss gently. Arrange the salad on lettuce leaves and garnish with cucumber and tomato slices.

Makes 4 servings

Source: Prince Edward Island Potato Board (www.peipotato.org/)

Salmon

The Atlantic salmon is born in fresh water and remains there until it undergoes a physiological transformation allowing it to tolerate salt water. After one to three years at sea, the salmon returns to its river of origin to spawn. It therefore has two distinct habitats: freshwater rivers and the ocean. There are five species of Pacific salmon: Chinook, chum, coho, pink and the most sought-after, sockeye. On British Columbia's Fraser River, the largest salmon river in the world, sockeye are managed under strict conservation practices.



Wild Rice Summer Salad

200 g Canadian wild rice, cooked

4 eggs, hard boiled and coarsely chopped

115 g celery, thinly sliced

50 g green pepper, chopped

50 g onion, chopped

115 g tomato, coarsely chopped

100 g cucumber, coarsely chopped

175 mL mayonnaise

10 mL Canadian grain mustard

salt and pepper to taste

lettuce leaves

Method (wild rice)

Add rice to boiling water and cook on high until grains burst open (approximately 60 minutes). Drain, rinse with cold water, add some oil and dry in a slightly warm oven.

Method (salad)

Toss the cooked wild rice with the eggs, celery, green pepper, onion, tomato and cucumber. Blend the mayonnaise with the mustard and salt and pepper, then fold into the wild rice mixture. Serve on crisp lettuce leaves.

Makes 6 to 8 servings

Hint: Stir wild rice into jellied salads or sprinkle cold onto green salads.

Source: Northern Lights Foods (www.northernlightsfoods.com/)

Wild Rice

Wild rice, derived from the wild aquatic grass called *Zizania aquatica*, grows naturally in the pristine lakes of Manitoba and Saskatchewan. In the early days, this most delicious staple of the First Nations of Canada was harvested entirely by hand. The grain was dried over wood fires, “danced” upon in pots to remove the hulls, and winnowed clean using birchbark pans and the wind. Today, wild rice is harvested mechanically, with a harvest area being picked over as many as eight times to complete the harvest.



Canadian Wild Rice Salad

500 g wild rice, cooked and cooled

100 g red pepper, diced

100 g green pepper, diced

100 g almonds or hazelnuts, sliced

100 g onion, chopped

10 mL olive oil

Vinaigrette

10 mL olive oil

2.5 mL cider vinegar

5 mL maple syrup

salt and pepper to taste

Method (wild rice)

Add rice to boiling water and cook on high until grains burst open (approximately 60 minutes). Drain, rinse with cold water, add some oil and dry in a slightly warm oven.

Method (vinaigrette)

In a bowl, combine the olive oil, cider vinegar and maple syrup. Season with salt and pepper and mix well.

Method (salad)

Combine the peppers with the rice, then stir in the nuts and onion. Pour the vinaigrette over the salad and season to taste.

Makes 6 to 8 servings

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

Spicy Vinaigrette with Canadian Maple Syrup

30 mL maple syrup
15 mL horseradish sauce
60 mL red wine vinegar
80 mL olive oil
1 garlic clove, pressed

Method

Mix together all ingredients thoroughly, chill and serve with salad or raw vegetables.

Makes 4 servings

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

Marinated Prairie Bison Salad

Marinade

120 mL balsamic vinegar

2 garlic cloves, minced

160 mL vegetable oil

2 soup spoons sundried tomatoes

1 1/2 soup spoons chili oil

1 teaspoon fresh lemon juice

1 teaspoon Worcestershire sauce

Bison

400 g bison, loin or tenderloin

12 head lettuce leaves

4 servings mixed baby lettuce

2 soup spoons sesame seeds, toasted

4 soup spoons cilantro, chopped

4 sprigs fresh mint

Method (marinade)

Mix all the ingredients together. Reserve half of the marinade.

Method (bison)

Slice the bison into thin medallions and marinate for at least 2 hours. Drain the marinade and discard. If you prefer the meat partially cooked, sear the medallions very briefly, then chill for 2 to 3 minutes. Arrange the lettuce leaves on plates and top them with the mixed baby lettuce, then layer on the bison medallions. Drizzle with the reserved marinade and sprinkle with the sesame seeds and cilantro. Garnish with mint sprigs.

Makes 4 servings

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



Lentil Salad with Garlic Blossoms

1 kg lentils

250 g celery, finely chopped

200 g green onion, finely chopped

250 g lean ham, finely chopped

juice of 1 lemon

salt and pepper to taste

40 mL vinegar

125 ml mayonnaise

75 mL olive oil

tarragon and chervil to taste

20 g garlic blossoms

Method

Place lentils in a saucepan, add enough water to cover and cook until done. Drain and dry in a slightly warmed oven. In a bowl, mix the celery, green onion, ham and lentils. In a separate bowl, combine the lemon juice, salt, pepper and vinegar. Whisk together until the salt has dissolved. Slowly add the mayonnaise and oil, stirring constantly, then add the chopped tarragon and chervil. Add to the lentil mixture and season to taste. Fold in garlic blossoms before serving.

Makes 10 to 12 servings

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

Pulses: Beans/Lentils

Pulses are the dry seeds of legumes, including peas, beans, lentils, and chick peas. Canada grows high-quality pulses at relatively low costs. Our cool climate provides pulse crops with natural protection against insects and disease. In addition, Canada has a well-established infrastructure to store and move grain and pulses from the producing regions to the port terminals. Seventy per cent of Canada's pulses are exported to over 150 nations.

