



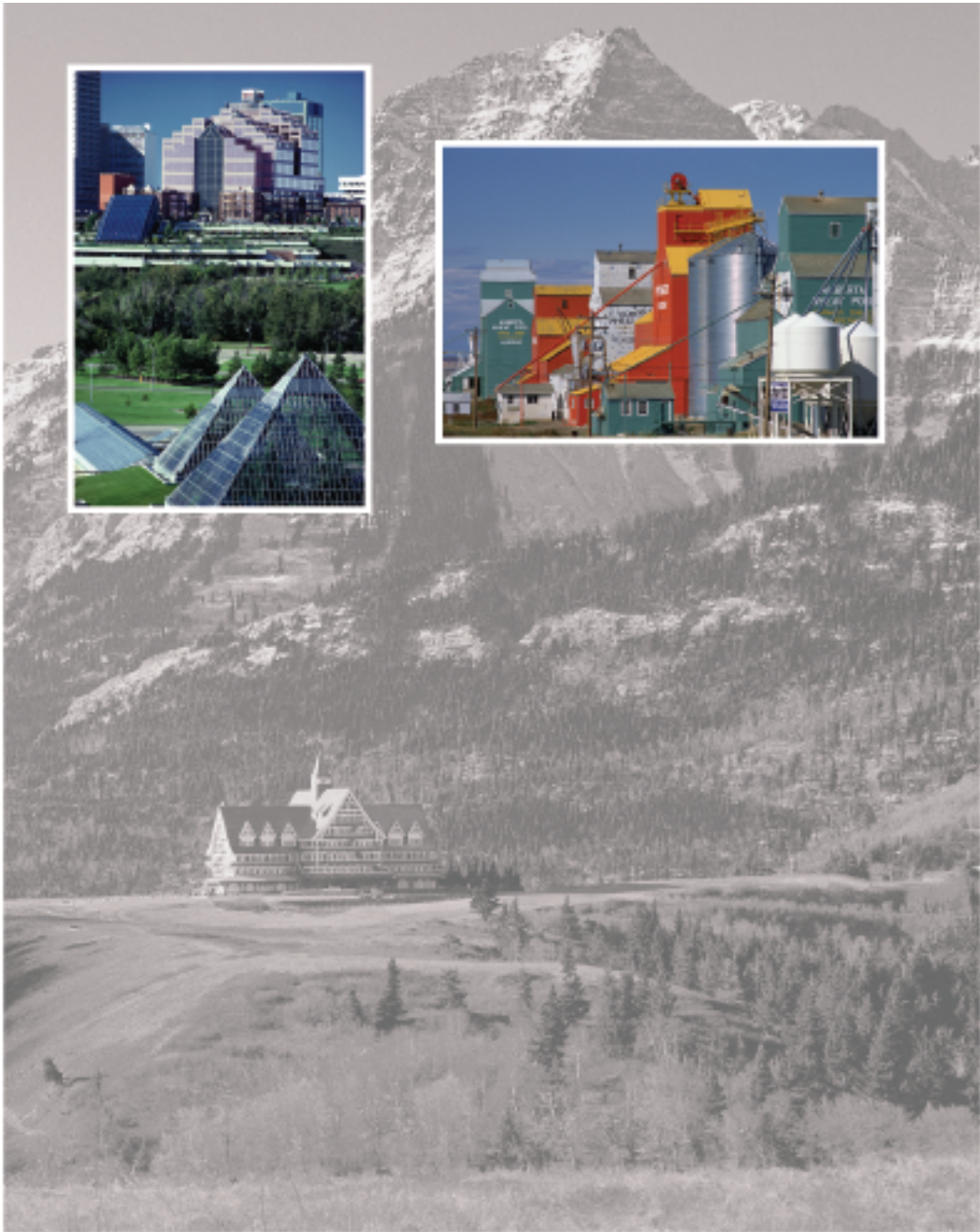
# Soups

Canadian Mushroom Soup

Wild Rice and Tomato Soup

Traditional-style Canadian Pea Soup

Canadian Fish Chowder



**Large picture:** *Prince of Wales Hotel, Waterton Lakes National Park, Alberta. Courtesy of Travel Alberta.* **Left picture:** *Edmonton skyline, Edmonton, Alberta. Courtesy of Travel Alberta.* **Right picture:** *Grain elevators, Hussar, Alberta. Courtesy of Travel Alberta.*

# Canadian Mushroom Soup

30 g mixed dry Canadian wild mushrooms,  
coarsely chopped

625 mL water or chicken stock or  
vegetable stock, heated

400 g onion, chopped

50 g butter

50 g all-purpose flour

1 L milk

1 1/2 soup spoons paprika

250 mL sour cream

2 teaspoons salt

1 soup spoon fresh lemon juice

2 teaspoons dill weed

1 soup spoon soy sauce

## Method

In a bowl, pour the water or stock over the mushrooms and let stand for 15 minutes. In a saucepan, lightly sauté the onion in butter, add flour and cook while stirring, 2 to 3 minutes. Slowly whisk in the mushrooms and their soaking liquid and cook over medium heat until thickened. Add milk and paprika and simmer another 2 or 3 minutes. Whisk in 125 mL of the sour cream, then add remaining ingredients. Garnish with a dollop of sour cream in the bowl.

Makes 10 to 12 servings

*Source: Northern Lights Foods ([www.northernlightsfoods.com/](http://www.northernlightsfoods.com/))*

## Wild Mushrooms

Many commercial harvesters are nomadic, following the natural supply of mushrooms. The natural supply may be determined by rainfall, forest fires or other factors, depending on the particular species. For example, in the spring, harvesters may travel to the Yukon, Northwest Territories or northern Saskatchewan to pick morels. They return to British Columbia in the fall to harvest chanterelles and pine mushrooms.



# Wild Rice and Tomato Soup

45 g butter

45 mL vegetable oil

250 g onion, chopped

200 g carrots, chopped

125 g celery, chopped

6 large ripe tomatoes, peeled and chopped\*

750 mL chicken or beef stock

125 g uncooked wild rice

salt and pepper to taste

2 soup spoons basil (or dill or oregano)

125 mL fresh cream

parsley or dill, chopped

*\*Alternative: Use 400 g canned tomatoes, chopped, rather than fresh tomatoes.*

## Method

Heat the butter and oil in a pan. Add the onion, carrots and celery. Sauté the vegetables approximately 10 minutes, then add the tomatoes, stock and wild rice and bring to a boil. Cover and simmer for approximately 1 hour. Season with salt, pepper and basil. For a creamy soup, add fresh cream, but only when the soup is warm, not boiling. Garnish each serving with chopped parsley or dill.

Makes 8 to 10 servings

Source: Agriculture and Agri-Food Canada ([www.ats.agr.gc.ca/eu/recipes\\_e.htm](http://www.ats.agr.gc.ca/eu/recipes_e.htm))



# Traditional-style Canadian Pea Soup

1 kg dried peas (split yellow peas)

300 g salt pork

50 g lard

100 g carrots, diced

100 g celery, diced

100 g onion, diced

1 bunch parsley, coarsely chopped

1 bouquet garni

1 bay leaf

salt and pepper

## Method

Soak the peas in cold water for 12 hours to soften. Place the salt pork in a saucepan and add enough cold water to cover. Bring to boil. Drain off liquid.

Dice the cooked pork and sauté briefly in lard. Add the softened peas, vegetables, bouquet garni, parsley, bay leaf, salt and pepper. Add enough cold water to cover, bring to boil and simmer for about 2 hours. Remove the bay leaf before serving.

Makes 10 to 12 servings

Source: Agriculture and Agri-Food Canada ([www.ats.agr.gc.ca/eu/recipes\\_e.htm](http://www.ats.agr.gc.ca/eu/recipes_e.htm))

## Pea Soup

*Soupe aux pois* (yellow pea soup) is a signature dish in French Canadian cuisine. One source says, “The most authentic version of Quebec’s *soupe aux pois* uses whole yellow peas, with salt pork and herbs for flavour. After cooking, the pork is usually chopped and returned to the soup, or sometimes removed to be sliced thinly and served separately. Newfoundland and Labrador pea soup is very similar, but usually includes root vegetables such as turnips, and is often topped with small dumplings.”





# Canadian Fish Chowder

60 g butter  
1 medium carrot, sliced  
1 onion, finely diced  
1 celery stalk, finely diced  
12 Canadian mussels, cooked  
12 Canadian oysters  
240 g white fish  
240 g Canadian coldwater shrimp  
30 mL brandy  
60 mL tomato puree  
125 mL white wine  
1 teaspoon Canadian grain mustard  
250 mL fresh cream  
1/2 bunch fresh parsley, chopped  
cayenne pepper to taste  
lemon juice to taste

## White sauce

120 g butter  
65 g flour  
1 teaspoon salt  
1 L milk

## Method (fish and seafood)

Melt the butter in a deep pan. Add the vegetables and sweat them. Chop the seafood and add to pan. Add brandy and flambé. Add the tomato puree, wine, mustard and white sauce to the seafood and vegetables. Bring to a boil. Add the cream and cayenne and garnish with chopped parsley. Salt, pepper and lemon juice may be added to taste.

## Method (sauce)

Make a white sauce by melting the butter in a saucepan on low heat, stirring in the flour and salt and gradually whisking in the milk.

Makes 6 to 8 servings

*Source: New Brunswick Department of Agriculture, Fisheries and Aquaculture  
([www.gnb.ca/0027/index-e.asp](http://www.gnb.ca/0027/index-e.asp))*

