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Snow Rabbit

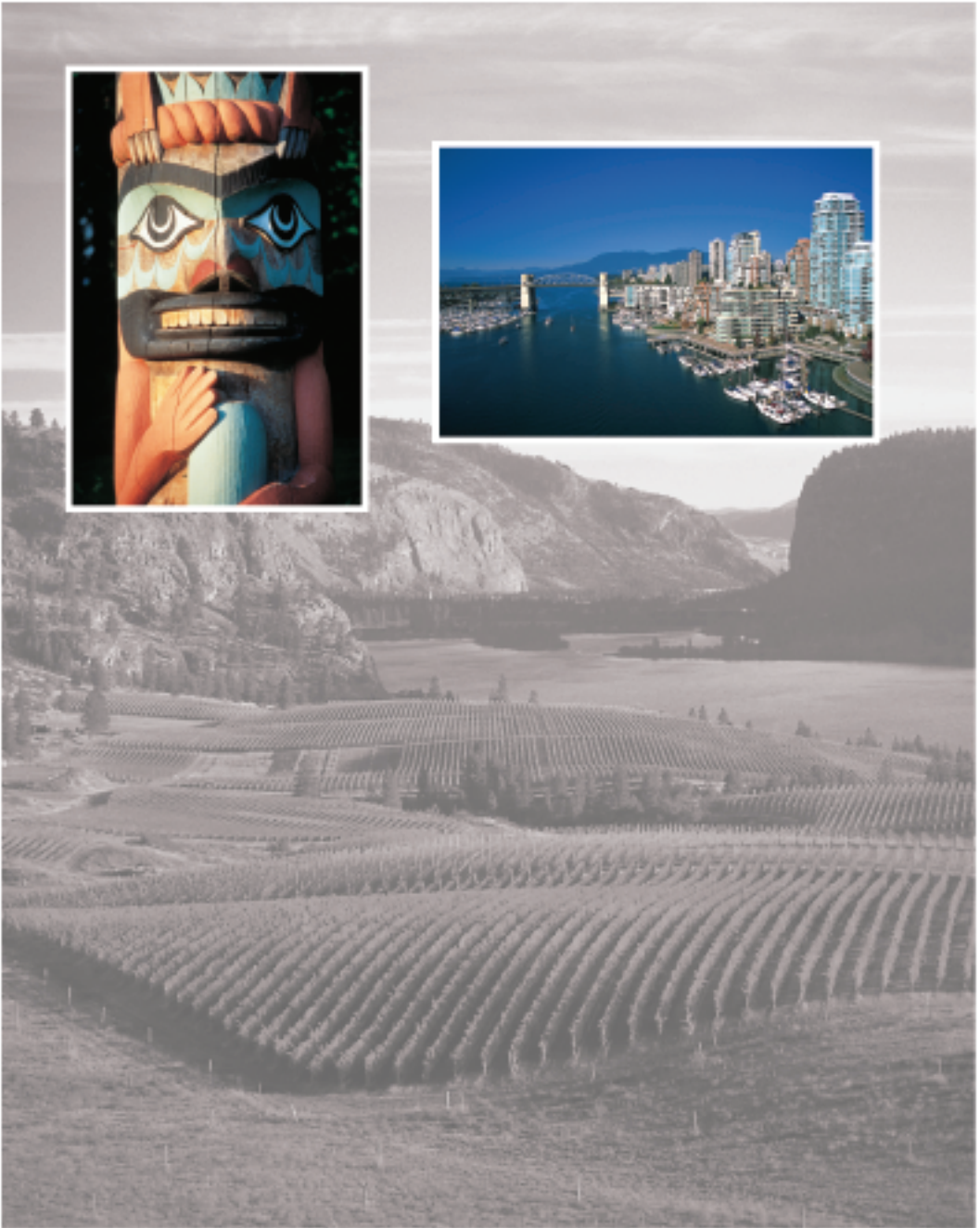
Stuffed Cranberry Beef Roast

Wild Rice Stuffing

Cranberry Stuffing

Bread Stuffing

British Columbia



Large picture: Vaseux Lake, Thompson Okanagan, British Columbia. Courtesy of Tourism British Columbia. **Left picture:** Tofino, Vancouver Island, British Columbia. Courtesy of Tourism British Columbia. **Right picture:** Vancouver, British Columbia. Courtesy of Tourism British Columbia / Tom Ryan.

Bison Skewers in Wine Marinade

450 g bison sirloin steak, cubed

2 garlic cloves, minced

125 mL Canadian dry white wine

1 1/2 soup spoon olive oil

salt and pepper to taste

1-2 Spanish or red onion, sectioned

1-2 sweet pepper, sectioned
(red, green, yellow, orange – depending on availability)

22 cm wooden skewers

Method

Prepare the marinade (garlic, wine, salt, pepper and oil) combine with the bison cubes in a small plastic freezer bag, draw out the air and tie off. Refrigerate for 4 to 6 hours, turning occasionally. Drain the marinade and heat to the boiling point, remove from heat, then set aside. Thread the meat along with the onion and sweet pepper sections as desired on skewers. Barbecue over medium heat, basting with the reserved marinade.

Makes 4 servings

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

Cooking Tips for Bison Meat Preparation

Bison meat is very lean and, unlike beef, has no marbling. In beef, fat acts as an insulator in the cooking process. Bison, since it is very low in fat, must generally be cooked at a low temperature for a brief time. **Bison should not be cooked until well-done.**

Steaks

Although tender cuts (tenderloin, loin steaks, rib steaks) do not require marinating, doing so yields the best results. Marinate steaks for 24 hours in a favourite marinade before cooking. Grill over HIGH heat only to sear and seal. Transfer to the COOL side of the grill for 6 to 15 minutes, depending on steak thickness, turning frequently. Do not cook beyond medium-done 70°C. Bison meat continues to cook even when it has been removed from heat.

Roasts

For tenderloin, loin roasts, rib roasts, top sirloin and sirloin butt, preheat oven to 140°C. Place the bison in a shallow roasting pan. Brush lightly with oil. Roast until the meat is about 6°C below the desired temperature. It is recommended that roasts be cooked to rare, 55°C, or to medium-done, 70°C. Remove the meat and cover lightly with foil. (The meat will heat by an additional 6°C while standing.) After 10 to 20 minutes, enjoy!

For roasts of lesser-grade cuts such as sirloin tip, cross rib, inside round, outside round (flat) and eye of round, brown the roast at 260°C for 30 minutes, reduce heat to 140°C and add 250 mL to 500 mL of liquid to the pan, cover the pan or the roast with foil and cook to medium-rare, 63°C, or no more than medium-done, 70°C. Slice the roast at right angles to the grain. (With thin roasts, cut diagonally across grain.)

Burgers

Bison patties do not shrink as regular beef hamburger patties do. They also take less time to cook. If the grill or pan is too hot, the patties may stick. Ground bison is foolproof when added to recipes such as chili or meatloaf.

Source: Canadian Bison Association (www.bisoncentral.com)

Canadian Prairie Satay

60 g butter

1 lemon, zested and juiced

1 garlic clove

Tabasco sauce to taste

3 soup spoons onion, grated

3 soup spoons brown sugar

1 teaspoon ground coriander

1/2 teaspoon ground cumin

1/2 teaspoon ground ginger

1/4 teaspoon teriyaki sauce

ground pepper to taste

675 g bison inside round or sirloin tip,
cut into 2 cm cubes

assorted vegetables, cubed
(peppers, zucchini, onions, cherry tomatoes)

22 cm wooden skewers

Method

Melt the butter in a saucepan and add the 10 remaining ingredients. Bring to a boil and simmer 5 minutes, then let cool. Pour over the meat and let stand, covered, at least 8 hours in the refrigerator, turning periodically. Remove the meat from the marinade and reserve the marinade. Thread the meat and vegetables onto the skewers, using 5 to 6 pieces of meat per skewer. Grill on the barbecue for only 5 to 6 minutes, turning once, ensuring the meat is not overcooked. Heat the reserved marinade to the boiling point, remove from heat, then set aside and pour it over the cooked meat.

Makes 3 to 4 servings

Source: Canadian Bison Association (www.bisoncentral.com)



Bison Stroganoff

1 kg leftover bison roast cut in strips 2 cm thick

40 g all-purpose flour

1 teaspoon salt

90 g onion, finely chopped

375 g Canadian mushrooms, cut in quarters or small pieces (chanterelle, morel and shiitake)

1 garlic clove, finely chopped

30 g butter

90 mL vegetable oil, divided

250 mL beef broth

30 mL Worcestershire sauce

250 mL sour cream

Canadian wild rice or spaetzle noodles,
drizzled with butter

fresh parsley, chopped

Method

Dust the meat strips in a bag with flour and salt. In a large frying pan, sauté the onion, mushrooms and garlic in the butter and 30 mL of oil. Remove the vegetables from the pan. Add the remaining oil to the pan and heat, then brown the meat quickly and remove it from the pan. Combine the remaining flour mixture with the drippings. Stir in the broth and Worcestershire sauce and cook until thickened. Reduce heat. Blend in the sour cream and heat slowly. Add the meat and vegetables and heat, but do not boil. Serve over rice or noodles and sprinkle with parsley.

Makes 8 to 10 servings

Source: Canadian Bison Association (www.bisoncentral.com)



Bison are well adapted to the extreme weather conditions in northern Canada. They are hardy animals that graze in a variety of tame pastures, wild pastures and wet meadows. Bison can graze through heavy snow cover and they also substitute snow for water. They require less labour and maintenance than traditional livestock. Because the bison metabolism slows in the winter months, they require less feed to maintain their condition. Over 230,000 bison are raised on ranches across Canada. Six provinces account for most of the production: Alberta, with the majority of the bison livestock production, followed by Saskatchewan and Manitoba, then British Columbia, Quebec and Ontario. Bison meat, unlike other red meat, does not have marbling in the muscle structure; therefore, it requires low cooking time and temperature.



Roast Bison and Wild Mushrooms

1.5 kg bison shoulder roast

125 mL red wine

180 g pumpkin puree

250 mL bison demi-glaze

2 soup spoons fresh sage, chopped

salt and pepper

500 g assorted Canadian wild mushrooms

butter (to sauté mushrooms)

Alternative: Use 40 g bison medallions per serving rather than the shoulder roast.

Demi-glaze

1 can beef consommé (385 mL)

4 teaspoons butter

1 soup spoon flour

Method (bison)

If using a whole roast of bison, roast the bison at 150°C until the internal temperature reaches 60°C. While the bison is roasting, reduce the red wine by half in a saucepan. Add the pumpkin puree, bison demi-glaze and sage. Simmer for 30 minutes and season to taste. (If using medallions, sear them in a hot pan, ensuring they do not overcook. Medium-rare or medium is best.) Lightly sauté the mushrooms in a bit of butter. To serve, layer medallions or thin slices of roast bison on the pumpkin puree and top with the sautéed mushrooms.

Method (demi-glaze)

For a quick demi-glaze, thicken the beef consommé until it coats the back of a wooden spoon. Make a roux by melting the butter in a saucepan and stirring in the flour, then let cool. Whisk the hot consommé into the cooled roux and bring to a boil. Reduce heat and simmer until it reaches the desired thickness.

Makes 10 to 12 servings

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



Mountie Chili

500 g ground bison
180 g onion, chopped
2 garlic cloves, minced
180 g bell pepper, chopped
1/4 teaspoon ground allspice
1/2 teaspoon ground black pepper
2 to 3 soup spoons chili powder
2 teaspoons cocoa powder
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon dried leaf oregano, crushed
2 teaspoons salt
2 large tomatoes, diced
500 mL tomato sauce
398 mL pre-cooked pinto beans
398 mL pre-cooked white or black beans
250 mL water
1 small green chili, diced
condiments: shredded cheese, chopped
green onion, sliced black olives, sour cream
tortilla chips

Method

Coat the surface of a large pan with non-stick cooking spray or oil. Sauté the bison for 3 minutes, stirring to crumble. Add the onion and garlic and sauté 5 additional minutes. Mix in the bell pepper, allspice, black pepper, chili powder, cocoa powder, cinnamon, cumin, oregano, and salt, and cook 2 minutes. Add the tomatoes, tomato sauce, beans, water and chili. Stir to blend and simmer for 45 to 60 minutes. Serve with condiments if desired.

Makes 8 servings

Source: Canadian Bison Association (www.bisoncentral.com)



Émincé of Peppered Bison with Mushroom Sauté

675 g bison outside round

120 g assorted fresh Canadian mushrooms
(chanterelle, morel or shiitake)

Marinade

125 mL brandy

60 mL red wine

30 mL olive oil

40 g shallot

1 soup spoon crushed garlic

2 soup spoons peppercorns, cracked

Sauce

250 mL demi-glaze (see page 50)

60 mL fresh cream

50 g leeks (whites only)

Serve with assorted winter vegetables (optional)

Method

Mix all marinade ingredients together. Slice the bison into thin strips (émincé) and marinate, covered, overnight. Drain the meat and pat as dry as possible. Reserve the liquid. Sauté the meat in small batches to avoid overcooking. Remove the meat then sauté the mushrooms. Remove the mushrooms and deglaze the pan with demi-glaze and liquid from the marinade. Reduce heat by 2/3 and return the meat and mushrooms to the reduction. Add the fresh cream and adjust seasoning to taste. Garnish with strips of leek and serve with wild rice.

Makes 4 to 6 servings

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

Pork Chops with Maple-caramelized Onions

180 g Spanish onion, finely chopped

1 soup spoon oil

30 g butter

125 mL white wine or cider

125 mL maple syrup

salt and pepper to taste

4 pork chops (150 g each)

Method

In a saucepan, caramelize the onions in the oil and butter over medium heat. Deglaze with the wine or cider, and reduce by half. Add the syrup and season to taste. Continue cooking until the mixture thickens. Grill the pork chops and serve garnished with the maple-caramelized onions.

Makes 4 servings

*Source: Fédération des producteurs acéricoles du Québec
(www.siropperable.ca/en/default.asp?section=0&idArticle=21)*

Maple

Canada is the largest producer of maple syrup in the world. There are more than 10,000 maple syrup producers in Canada, primarily in Quebec, with the remaining in Ontario, New Brunswick and Nova Scotia. Syrup producing trees are sugar maples, red maples and silver maples. During the maple sugaring season, an average tree yields between 35 to 50 litres of sap, which will produce between 1 to 1.5 litres of maple syrup.

Late Summer Barbecued Pork

500 g pork tenderloin
375 mL Canadian Riesling
2 teaspoons orange zest
60 mL orange juice
1 1/2 teaspoons fresh tarragon, chopped
1/2 teaspoon Canadian grain mustard
1 garlic clove, minced
12 thin orange wedges (about 2 small oranges)
8 thin red onion wedges
(about 1 small onion) (optional)
salt and pepper to taste
22 cm skewers

Couscous

200 g quick cooking couscous
250 mL hot water
1/2 soup spoon cumin
1 soup spoon olive oil
pinch of salt

Method (pork)

Cut the pork into 4 cm cubes. In a shallow glass dish, stir together the wine, orange zest, juice, tarragon, mustard and garlic. Turn the pork cubes into the marinade and let stand at room temperature for 1 hour.

Alternately thread the pork cubes, orange wedges and onion wedges onto soaked wooden skewers. On a greased grill over medium-high heat, cover and cook the skewers, turning occasionally and basting them with the remaining marinade for 20 minutes or until pork is no longer pink inside. Sprinkle with salt and pepper and serve over couscous.

Method (couscous)

In a medium size bowl mix the couscous with the oil, cumin and salt, pour the water over the couscous and set aside until all the water has been absorbed (15 minutes).

Makes 4 servings

*Source: Château des Charmes, Niagara-on-the-Lake, Ontario, Canada
(www.chateaudescharmes.com)*



Crispy Pork Ribs with Maple Syrup

1.5 kg lean pork ribs

175 mL maple syrup

15 mL chili sauce

15 mL Worcestershire sauce

15 mL red wine vinegar

1 small onion, minced

1 1/2 teaspoons dry Canadian mustard

salt and pepper to taste

Method

Preheat oven to 200°C. Roast the ribs on an oven rack for 30 minutes. In a saucepan, bring the other ingredients to a boil; let boil 5 minutes. Remove the ribs from the oven rack and reduce the temperature to 180°C. Lay the ribs in a baking dish and cover with the sauce. Roast 45 minutes, uncovered, basting often. Serve with a green salad.

Makes 4 servings

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



Couscous with Chicken, Spiced Chickpeas and Red Lentil Harissa

Chicken

50 g butter

1 onion, thinly sliced

1 tomato, seeded and chopped

pinch of saffron

500 mL chicken broth

6 chicken pieces

500 g assorted vegetables, cut into large chunks
(carrots, squash, turnips)

salt and pepper to taste

100 g instant Couscous

Spiced chickpeas

100 g chickpeas, soaked and cooked

50 g butter, softened

1 garlic clove, chopped

1/2 teaspoon cumin

1/2 teaspoon paprika

1/2 teaspoon cinnamon

salt and pepper to taste

pinch of cayenne pepper

Red lentil harissa

1 soup spoon oil or butter

1 small onion, minced

1 garlic clove, chopped

1 small sweet pepper, chopped

50 mL of the liquid from the cooked chicken
and vegetables

50 g red lentils, uncooked

salt and pepper to taste

Harissa paste (hot pepper paste)

Method (chicken)

In a large saucepan, melt the butter then add the onions and let sweat for 2 to 3 minutes. Stir in the tomatoes, saffron and broth, then add the chicken pieces, vegetables, and salt and pepper. Simmer until the chicken and vegetables are cooked. Cook the couscous according to package instructions. Spoon couscous onto a serving plate and add chicken and vegetables, then top with chickpeas. Serve with the harissa.

Method (spiced chickpeas)

Preheat oven to 175°C. Pour the chickpeas into an oven-safe dish. Mix the remaining ingredients together, then pour over the chickpeas. Roast for 15 to 20 minutes.

Method (red lentil harissa)

In a medium saucepan over medium heat, warm the butter or oil, then add the onion and let sweat for 2 to 3 minutes. Add the garlic and sweet pepper, then stir in the reserved liquid from the chicken and vegetables. Stir in the lentils and cook until they are very soft (20 minutes). Season with salt, pepper and harissa paste to taste. Puree the harissa in a blender or food processor and keep warm until ready to serve.

Makes 3 to 4 servings

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

Pork Medallions with Canadian Apple Ice Cider Sauce

1–2 shallots, finely chopped

1 apple, finely diced (use 1/2 of two varieties, for flavour and texture)

25 g dried apple slices, chopped (5–6 slices)

juice of 1 lemon

1/2 soup spoon curly parsley, chopped

1/2 soup spoon fresh sage, chopped

salt and pepper to taste

pinch of sugar

2 soup spoons butter, divided

500 g pork tenderloin, cleaned and cut into 4 cm medallions

125 mL Canadian apple ice cider, divided

100 mL fresh cream

Method

In a large bowl, mix the shallots, diced apple, dried apple, and lemon juice. Add the parsley, sage, salt, pepper, and sugar. Refrigerate 1/3 of the salsa.

In a large saucepan over medium heat, melt 1 soup spoon of the butter and add the remaining 2/3 of the salsa, cooking for 3 to 4 minutes, until lightly browned. Pour in half the apple ice cider and remove from heat. Let cool.

Preheat oven to 175°C. Make a small incision in the side of the pork medallions to create a little pocket and stuff the pockets generously with the cooked apple mixture. Pat the medallions dry and season them with salt and pepper. In a large sauté pan over medium heat, melt the remaining butter and sauté the medallions until nicely browned. Remove from heat and transfer to an ovenproof dish. Continue cooking the medallions in the oven for 5 to 10 minutes, until done.

Deglaze the pan used to brown the medallions with the cream and the remaining apple ice cider. Bring to a rapid boil and season to taste. Drizzle the sauce on the medallions and serve with the reserved salsa.

Alternative: Use a portion of stock with a portion of cream, rather than just cream, for a lighter sauce. Stir in a thickener such as cornstarch mixed with a small amount of water to prevent the sauce from being too thin.

Makes 4 servings

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

Pasta with Morel Mushroom Cream Sauce

fresh morels (as many as available)

30 g to 45 g butter (or favourite substitute)

1 soup spoon wild leek or garlic, chopped

2 soup spoons fresh parsley, coarsely chopped

250 g capellini or thin linguine (linguine fina)

125 mL fresh cream

Parmesan or Romano cheese, grated, to taste

salt and pepper to taste

Pasta alternative: Use 500 g of homemade pasta rather than packaged pasta.

Mushroom alternative: Use 40 g of dry morel or porcini mushrooms,* reconstituted; or 500 g of fresh white button, cremini, or portabello mushrooms.

Method

*If using dried mushrooms, reconstitute them in a bowl by covering them in warm water for 30 minutes. Remove the mushrooms from the water and squeeze out most of the liquid. Reserve the liquid.

Slice the mushrooms into bite size slices. In a large sauté pan, melt the butter and add the mushrooms. Sauté on medium heat. As the mushrooms begin to release their juices, stir in the wild leek or garlic, the parsley and a pinch of salt. While the mushrooms are cooking, cook and drain the pasta so it will be ready as soon as the mushroom sauce is done. If the mushrooms begin to dry out, add a little water (use the mushroom water if using dry mushrooms). Cook the mushrooms until they begin to brown in spots. Stir in the cream. Heat through until the mixture thickens a little. Stir in 1 or 2 soup spoons of grated cheese and add some black pepper. In a large serving bowl, mix the pasta with the cream sauce a little at a time. (If there is too much pasta in the bowl, it will dry out.) Serve with fresh ground black pepper and grated cheese. Garnish with fresh parsley sprigs.

Makes 4 servings

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



Snow Rabbit

1 rabbit (about 1 kg)

150 g salt pork, cut into small pieces

flour

2 soup spoons fresh thyme

250 mL Canadian ice cider

100 g dried cranberries

salt and pepper to taste

Method

In sauté pan, brown the salt pork pieces to melt the fat, then set pork pieces aside. Cut the rabbit into pieces and season with salt and freshly ground pepper, then coat with flour.

Brown the floured pieces in the same pan, then put the salt pork back into the pan and add thyme. Deglaze with the ice cider, then add the dried cranberries. Bring to a boil, then reduce heat. Simmer, covered, for about 40 minutes.

Makes 4 servings

Source: La Face Cachée de la Pomme (www.appleicewine.com)



Stuffed Cranberry Beef Roast

wild rice stuffing* (see page 66)

125 g butter or margarine, melted

398 mL whole cranberry sauce

zest from 2 large oranges

1.5 kg beef eye of round oven roast

ground savoury

Method

*If using the wild rice stuffing from page 66, divide the recipe in half.

Preheat oven to 260°C. Combine the stuffing mix with the melted butter or margarine. Add half of the cranberry sauce and orange zest, mixing gently. Cut the roast in half lengthwise, from the topside to within 1 cm of the bottom, to prepare a V-shaped cavity for stuffing. Sprinkle the outside of the roast and cavity with savoury. Fill the cavity with stuffing, then tie each end of the roast with string. Place the roast, fat side up, on a rack in a roasting pan containing water 1 cm deep. Insert a meat thermometer into the middle of the stuffing. Roast uncovered for 30 minutes. Heat the remaining cranberry sauce and orange zest in a small saucepan, stirring over low heat. Spread the sauce over the roast. Roast uncovered at 140°C for an additional 75 minutes or until the meat thermometer registers 70°C for a medium-cooked roast. Let stand for a few minutes before carving in 2.5 cm-thick slices.

Makes 8 servings

Source: Beef Information Centre (www.beefinfo.org/)

Cranberries

The cranberry is a native American wetland fruit which grows on trailing vines, much like a strawberry. The vines thrive on the special combination of soil and water properties found in wetlands. Cranberries grow on low-lying vines in impermeable beds layered with sand, peat, gravel and clay. These beds are commonly known as bogs or marshes and were originally created by glacial deposits. First Nations peoples had several uses for cranberries: they added flavour and vitamins to pemmican (a mixture of dried meat and fat), they were used to make poultices for wounds, and they were used in the dyeing of fabrics.



Wild Rice Stuffing

750 mL chicken or beef broth

110 g butter or margarine, melted

125 g celery, diced

1 small onion, diced

50 g mixed dried Canadian mushroom,
soaked in warm water
(add soaking water to rice while cooking)

1/3 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon sage

1/4 teaspoon thyme

100 g Canadian wild rice, uncooked

Method (wild rice)

Add rice to boiling broth 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 (stuffing)

Sauté the celery, onion and mushrooms in the butter for 2 to 3 minutes. Combine all ingredients in a large bowl and let cool.

Makes enough to dress a 4.5 kg turkey.

Note

Allow for 125 g to 175 g of stuffing per 500 g of poultry.

Hint: For stuffing with a difference, substitute cooked wild rice in all your meat, poultry, fish and vegetable stuffing.

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

Opposite page, top to bottom:

Cranberry Stuffing

Fine Herb Stuffing

Ham Stuffing

Wild Rice Stuffing



Cranberry Stuffing

60 g butter

400 g breadcrumbs

125 g fresh cranberries (or 60 g dried cranberries)

50 g sugar

50 g raisins

2 teaspoons lemon zest (or 1/2 teaspoon cinnamon)

salt and water as required

Method

Melt the butter and mix with breadcrumbs. Add the cranberries and sugar. (If using cranberries that are already cooked, use only half of the sugar). Add the raisins, lemon zest and salt. Add a bit of water if required.

Note

Allow for 125 g to 175 g of stuffing per 500 g of poultry.

Source: Congrégation de Notre-Dame, La cuisine raisonnée, nouvelle édition abrégée, Montréal, Éditions Fides, 2003, 416 p., ISBN 2-7621-2083-7 (www.fides.qc.ca)

Bread Stuffing

(basic recipe)

1 soup spoon onion, chopped
60 g butter, melted
200 g breadcrumbs
1 soup spoon fresh parsley
1/2 teaspoon fresh fine herbs
salt and pepper to taste

Method

Brown the onion in melted butter. Soak the breadcrumbs in a bit of cold water, then press crumbs to remove excess water. Add the breadcrumbs to the butter and onion. Sprinkle with a bit of water if required. Add seasonings.

Grape stuffing

To the basic recipe (above) add 200 g of washed, fresh seedless grapes, to be browned with the onion.

Cheese stuffing

To the basic recipe add grated cheese; the amount will depend on what is to be stuffed.

Egg stuffing

To the basic recipe add one or two finely chopped hard-boiled eggs.

Ham stuffing

Replace the butter in the basic recipe with a slice of chopped bacon and, when adding seasonings, add two slices of chopped ham.

Celery stuffing

To the basic recipe add 125 g to 175 g finely chopped celery, to be browned with the onion.

Fine herb stuffing

To the basic recipe add thyme, parsley, marjoram, savory and sage to taste.

Giblets stuffing

To the stuffing add finely chopped giblets that have been sautéed in butter.

Note

Allow for 125 g to 175 g of stuffing per 500 g of poultry.

Source: Congrégation de Notre-Dame, *La cuisine raisonnée, nouvelle édition abrégée*, Montréal, Éditions Fides, 2003, 416 p., ISBN 2-7621-2083-7 (www.fides.qc.ca)