



# Fish and Seafood

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# Newfoundland and Labrador



**Large picture:** Cape St. Mary's, Newfoundland and Labrador. Courtesy of Newfoundland and Labrador Tourism. **Left picture:** Cape Spear, Newfoundland and Labrador. Courtesy of Newfoundland and Labrador Tourism. **Right picture:** Cape Bonavista, Newfoundland and Labrador. Courtesy of Newfoundland and Labrador Tourism.

# Grilled Salmon with Berry Compote

1 shallot, finely chopped

zest and juice of 1/2 lemon

200 g mixed fresh or frozen Canadian berries  
(cranberries, wild blueberries, Saskatoon berries, etc.)

2–3 sprigs fresh thyme

salt and pepper to taste

Canadian liquid honey

oil

4 Canadian salmon fillets (170 g to 225 g each)

assorted vegetables

## Method

In a medium saucepan, slowly bring all the ingredients except the oil, salmon and vegetables to a simmer. Adjust the quantity of honey according to the sweetness of the berries used.

Cook until the berries are softened. Adjust seasonings to taste, remove thyme sprigs, and keep warm.

Brush salmon fillets with oil, season and barbecue to desired firmness. Serve with berry compote and assorted grilled vegetables.

Makes 4 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))



# Salmon à la Bosc

100 g butter

4 Canadian salmon steaks  
(approximately 200 g each)

1 large tomato, sliced

1 lemon, sliced

1 garlic clove, diced

100 g fresh Canadian mushrooms

1/2 bunch fresh parsley

100 g breadcrumbs

Canadian Sauvignon Blanc

salt and pepper to taste

## Method

Cover the inside of a baking dish with aluminium foil and baste with butter. Place the salmon steaks evenly in the dish. Place the tomato and lemon slices on the steaks. Arrange the mushrooms, garlic and parsley around the steaks, sprinkle them with bread crumbs and season to taste. Add one glass of Sauvignon Blanc. Bake at 175°C for 30 minutes, or until the desired tenderness is reached. This dish is best served with Canadian wild rice and a tossed salad.

Makes 4 servings

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

# Canadian Smoked Pacific Salmon with Wild Rice Blinis and Cranberry Compote

500 g Canadian smoked Pacific salmon

300 mL sour cream or crème fraîche

fresh chives or chervil

## Cranberry compote

115 mL water, lukewarm, divided

30–40 g Canadian liquid honey

1 small onion, minced

175 g fresh or frozen cranberries

1/4 teaspoon salt

## Blinis

1/2 teaspoon sugar

100 mL milk, lukewarm

3.5 g active dry yeast

75 g all purpose flour

75 g wild rice flour

50 g cooked Canadian wild rice

1 egg

salt and freshly ground pepper to taste

butter or oil

## Method (cranberry compote)

Combine 15 mL of the water together with the honey, onions and cranberries, 1/4 teaspoon of the salt and some pepper in a medium saucepan over medium heat. Cook until the mixture is very soft, stirring occasionally to prevent scorching. Once the mixture is cooked, pour it into a blender or food processor and puree until smooth. Set aside and let cool.

## Method (blinis)

Mix the sugar with the milk and yeast and let the mixture bubble or foam for approximately 5 minutes. Add the flour and beat the mixture for 1 to 2 minutes. Let the dough rise for approximately 60 minutes (until it is frothy and bubbly). In separate bowls, mix the wild rice flour with some salt and pepper, and whisk the egg with the remaining water. Once the dough has risen, alternately add the dry and wet ingredients to it. Add the cooked rice and blend well, then let the dough rise for another 60 minutes.

In a large frying pan over medium heat, warm the butter or oil and drop in a soup spoon of the dough. Cook both sides of the blini until nicely browned.

## Presentation

Transfer the blinis to a serving plate and top with smoked salmon, cream and a dollop of the cranberry compote. Garnish with chives or chervil.

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))

**Alternative:** Use 75 g buckwheat flour rather than all purpose flour.

# Mushroom Shrimp Quiche

1 recipe shortcrust pastry (see page 102)

3 eggs

100 g brown and Canadian wild rice, uncooked

50 g Parmesan cheese, grated

175 mL milk

175 g Cheddar cheese, grated

125 g Canadian coldwater shrimp, fresh or canned

500 g fresh Canadian mushrooms, finely chopped

salt and pepper to taste

**Alternatives:** *Instead of shrimp, use smoked salmon or crab; instead of Cheddar, use Mozzarella or Gruyere cheese.*

## 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 (quiche)

Beat 1 egg and knead together with cooked rice, salt and Parmesan. Press the dough into the bottom of a pie plate or tart/quiche pan (approximately 23 cm diameter). Beat the remaining eggs and stir in milk, pepper, grated cheese, shrimp and mushrooms. Pour the egg mixture over the dough. Bake approximately 40 minutes at 190°C and let set 15 minutes before serving.

Makes 6 to 8 servings

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





# Leek and Spinach Linguine with Canadian Coldwater Shrimp

450 g linguine (or other long pasta)

25 mL olive oil

2 garlic cloves, minced

4 leeks, washed and julienned

90 g capers, drained

50 mL lemon juice

1 soup spoon lemon zest

750 g Canadian coldwater shrimp

120 g spinach, cleaned, drained

salt and freshly ground pepper to taste

## Method

Cook the linguine according to package instructions, until al dente. While the pasta is cooking, heat the olive oil in a large skillet over medium heat. Add the garlic and leeks and cook until the leek is tender and slightly golden. Add the capers, lemon juice and lemon zest and cook for 2 more minutes. Reduce heat and add the shrimp. Heat thoroughly, but do not boil, stirring frequently. Remove from heat. Drain the pasta and mix with the spinach in a large serving bowl. Fold in the shrimp mixture. Season to taste with salt and pepper and serve hot.

Makes 4 to 6 servings

Source: *Clearwater Seafoods* ([www.clearwater.ca/storefront/](http://www.clearwater.ca/storefront/))



Canadian coldwater shrimp is harvested from the pristine, icy waters of the North Atlantic. One serving (85 g) of coldwater shrimp contains 70 calories. This shrimp is ideal for a wide variety of menu items, including salads, shrimp cocktail, entrées, pasta and pizza toppings.



# Canadian Ice Cider Scallops

500 g Canadian scallops

50 g butter

50 mL olive oil

75 g French shallots, minced

100 mL Canadian ice cider

salt and pepper to taste

## Method

In a frying pan, brown the scallops with butter, olive oil and shallots. Add the salt, then deglaze with the ice cider. Cover and finish cooking (a few minutes are enough). Add freshly ground pepper and serve.

Makes 4 servings

*Source: La Face Cachée de la Pomme ([www.appleicewine.com](http://www.appleicewine.com))*



# Canada's Clam Chowder

8 slices bacon (breakfast bacon, streaky bacon)

1 medium onion, chopped

2 celery stalks, diced

125 mL Canadian Chardonnay

250 mL fresh cream

250 mL milk

2 cans Canadian clam meat  
(140 g cans, drained, with juice reserved)

8 fresh clams in their shells

2 large bay leaves

1 soup spoon fresh thyme

250 g raw potato, grated

400 mL unsweetened condensed milk

2 soup spoons fresh parsley, chopped

salt and pepper to taste

## Method

In a heavy-bottomed saucepan, cook the bacon until crispy, then drain off half the melted fat. Add the onion and celery with a dash of water and sauté several minutes.

Add the wine, cream, milk, fresh clams (still in their shells) and clam juice, then the bay leaves, thyme and grated potato. Slowly bring the mixture to a boil and continue cooking 15 minutes at low heat, until potatoes are soft and soup has thickened.

Remove from heat, add the canned clam meat, condensed milk and parsley, then warm again. Season to taste with salt and pepper and serve hot.

Makes 6 to 8 servings

*Source: Clearwater Seafoods ([www.clearwater.ca/storefront/](http://www.clearwater.ca/storefront/))*

## Clam Chowder

Clam chowder is a popular dish in Canada, whose Atlantic and Pacific coasts provide plenty of coldwater clams. While the basic recipe for clam chowder has remained constant for the past 200 years, every region, indeed every family, has its own version that it claims is the best. Here is one that we think is a winner.



# Linguine in Clam Sauce

15 mL extra virgin olive oil

125 g onion, sliced

1 1/2 soup spoons garlic, chopped

250 g Canadian clams, drained  
(reserve 30 mL clam juice)

30 mL white wine

250 mL tomato juice

1 teaspoon oregano

salt and pepper to taste

500 g linguine, cooked

juice from half a lemon

## Method

Heat a large non-stick skillet over medium heat. Add the olive oil and onion and sauté until translucent. Add the garlic and continue cooking until the garlic begins to brown. Add the clams and sauté approximately 1 minute. Deglaze the skillet with white wine and clam juice and reduce until liquid has boiled down almost entirely. Add the tomato juice and season to taste with salt, pepper and oregano. Boil down the sauce, reducing to desired consistency. Toss with linguine and lemon juice, to coat evenly. Serve hot.

Makes 4 servings

### **Note**

Seafood pastas are not traditionally served with cheese but, if you wish, add 125 g freshly grated Parmesan when tossing the pasta and sauce together.

*Source: Clearwater Seafoods ([www.clearwater.ca/storefront/](http://www.clearwater.ca/storefront/))*

# Steamed Canadian Blue Mussels with Canadian Ice Wine Sabayon

1 egg yolk  
1 soup spoon warm water  
1 kg Canadian blue mussels  
1 French shallot, finely chopped  
50 mL Canadian ice wine  
50 g butter, softened  
pinch of ground mace  
salt and pepper to taste  
fresh curly parsley, chopped

## Method

In a large stainless steel bowl, whisk the egg yolk together with the water until the mixture becomes light and foamy (2 to 3 minutes). Set aside.

Steam the mussels, shallots and ice wine in a large, covered saucepan for 2 to 3 minutes, until the mussels are completely open. Remove the mussels from the saucepan to prevent overcooking, set aside 50 mL of the cooking liquid, and leave the remaining liquid in the saucepan (to serve in the Bain Marie). To make the sabayon, sit the stainless steel bowl with the egg mixture on the saucepan containing the cooking liquid. Slowly incorporate the hot reserved liquid into the egg mixture, whisking continuously. Cook the sabayon over the hot pot for 2 to 3 minutes, until light and foamy. Be careful not to scramble the egg yolk. Whisk in the butter, a little at a time, then add the mace, salt and pepper.

Arrange the mussels on a serving dish and pour the sabayon over them, then sprinkle with parsley and serve.

**Serving alternative:** Pour the sabayon over the mussels, then brown them under a broiler for 1 to 2 minutes.

Makes 4 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))