



Side Dishes

Vegetables

Honey Glazed Carrots

Honey Mustard Roasted Potatoes

Bread

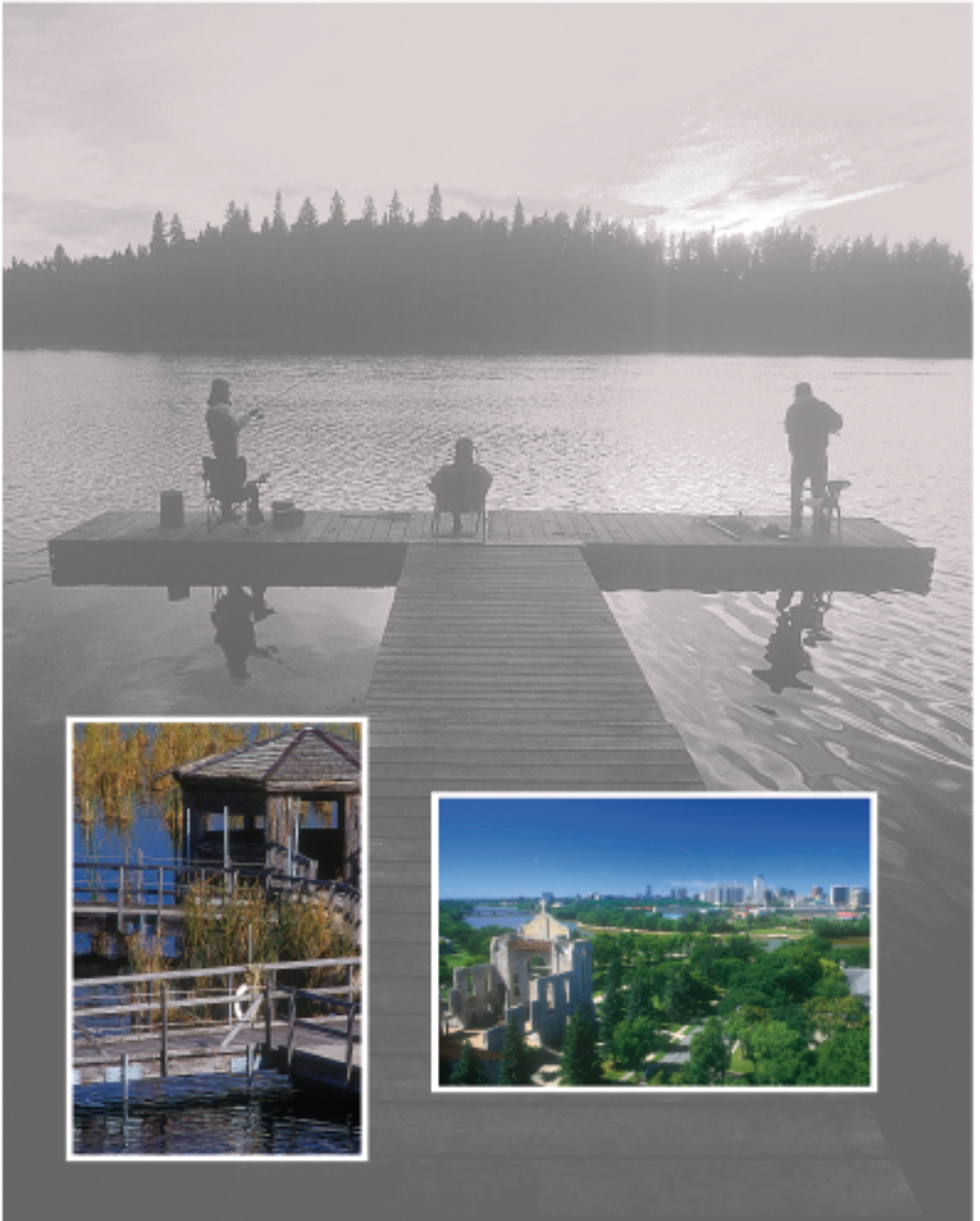
Honey Nut Wild Rice Bread

Miscellaneous

Cretons of Green Lentils and Chives

Canadian Black Bean Cakes

Manitoba



Large picture: *Fishing/dock, Manitoba. Courtesy of Travel Manitoba.* **Left picture:** *Oak Hammock Marsh Interpretive Centre, near Winnipeg, Manitoba. Courtesy of Travel Manitoba.* **Right picture:** *Skyline, Winnipeg/St. Boniface, Manitoba. Courtesy of Travel Manitoba.*

Honey Glazed Carrots

250 g carrots, sliced

6 soup spoons Canadian liquid honey

40 g butter or margarine

2 soup spoons fresh parsley, chopped

1 1/2 teaspoons Canadian grain mustard

Method

Bring 5 cm of salted water to boil in a medium saucepan over high heat. Add the carrots and return to a boil. Reduce heat to medium. Cover and cook 8 to 12 minutes or until the carrots are crisp-tender. Drain the carrots and return them to the saucepan. Stir in the honey, butter, parsley, and mustard. Cook and stir over low heat until the carrots are glazed.

Makes 4 servings

Source: National Honey Board, recipe provided by Bee Maid Honey (www.beemaid.com)



The long days of sunshine in Canada's northern climate provide excellent growing conditions and nectar production. Indeed, the production of honey is 135 kg per bee colony in the Prairie provinces of Alberta, Saskatchewan and Manitoba, and about 45 kg per colony in the other provinces.

Honey Mustard Roasted Potatoes

4 large baking potatoes (about 1 kg)

125 mL Canadian grain mustard

4 soup spoons Canadian liquid honey

1/2 teaspoon dried thyme leaves, crushed

salt and pepper to taste

Method

Peel the potatoes and cut each into 6 to 8 pieces. In a large saucepan, cover the potatoes with salted water. Bring to a boil over medium-high heat. Cook the potatoes 12 to 15 minutes or until just tender, then drain. Combine the mustard, liquid honey, and thyme in small bowl. In a large bowl, toss the potatoes with the honey mixture until evenly coated. Arrange the potatoes on a foil-lined baking sheet coated with nonstick cooking spray. Bake at 190°C for 20 minutes or until the potatoes begin to brown around the edges. Season to taste with salt and pepper.

Makes 4 servings

Source: National Honey Board, recipe provided by Bee Maid Honey (www.beemaid.com)

Honey Nut Wild Rice Bread

60 g butter, softened
4 soup spoons Canadian liquid honey
2 eggs
100 g Canadian wild rice, cooked
60 g pecans, chopped
150 g whole wheat flour
1 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon ground cloves
1/2 teaspoon ground mace
175 mL milk

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 (bread)

Preheat oven to 160°C. Cream the butter and honey in large mixing bowl. Beat in the eggs, one at a time, until smooth. Stir in the cooked wild rice and nuts. Mix the flour, baking powder, salt, cloves and mace in a small bowl. Add the dry ingredients to the wet mixture, alternating with milk, until smooth. Pour into a well-greased 22 x 11 x 5 cm loaf pan. Bake until a toothpick can be withdrawn clean, about 55 to 60 minutes. Remove from pan and cool.

Makes one loaf

Hint: The unique nutty flavour of cooked wild rice makes it an ideal addition to all your favourite muffin and loaf recipes.

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



Cretons of Green Lentils and Chives

Note: Creton is a French-Canadian style of terrine that is usually served for breakfast.

250 mL chicken stock
150 g ground pork
50 g green lentils, uncooked
1 small onion, finely chopped
1 small celery stalk, finely chopped
1 garlic clove, finely chopped
1 bay leaf
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger
pinch of ground cloves
1 soup spoon toasted breadcrumbs
1 small bunch chives, finely chopped
salt and pepper to taste
toast points or crackers

Method

In a large saucepan, simmer the stock, pork, lentils, onion, celery, garlic, bay leaf, cinnamon, ginger and cloves for 30 to 40 minutes, stirring occasionally to prevent scorching. Cook until the lentils are tender and the liquid is completely evaporated. Remove the bay leaf. Remove the saucepan from heat and stir in the breadcrumbs and chives, and season to taste. Spoon the mixture into a terrine mould and refrigerate until it sets. Serve at room temperature with toast points or crackers.

Makes 4 to 8 appetizer servings

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

Canadian Black Bean Cakes

**100 g Canadian black beans,
soaked and cooked, divided**

1/2 soup spoon mayonnaise

1 soup spoon chunky tomato salsa

1 green onion, sliced

1 celery stalk, diced

1/2 sweet red, yellow or orange pepper, diced

salt and pepper to taste

100 g corn chips, crumbled, divided

olive oil

Method

In a food processor, puree half of the black beans, then blend in the mayonnaise and salsa. Pour the mixture into a mixing bowl and stir in the onion, celery, pepper and the remaining black beans. Season with salt and pepper, then add in half the corn chip crumbs. Refrigerate until firm.

Preheat oven to 175°C. Shape the bean mixture into small patties and bread lightly with the reserved corn chips crumbs. In a medium sauté pan over medium heat, warm the oil and brown the cakes lightly. Once the cakes are browned, transfer them to a baking sheet and bake them for 10 to 15 minutes.

Serve as an appetizer or vegetable side dish with your favourite toppings (salsa, sour cream, chopped onion, etc.).

Makes approximately 10 small cakes

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