



Desserts

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Nova Scotia



Large picture: *Blue Nose II, Nova Scotia. Courtesy of Canadian Tourism Commission.* **Top picture:** *Peggy's Cove Lighthouse, Peggy's Cove, Nova Scotia. Courtesy of Canadian Tourism Commission.* **Bottom picture:** *Old Town Clock, Halifax, Nova Scotia. Courtesy of Canadian Tourism Commission.*

Wild Blueberry Crisp

600 g wild blueberries

50 g sugar

2 teaspoons lemon juice

2 soup spoons vegetable fat

30 g flour

175 g oatmeal

50 g brown sugar

Method

Grease a baking dish. Arrange the wild blueberries on the bottom of the dish, then sprinkle with sugar and lemon juice. Mix the fat, brown sugar, flour and oatmeal together and spread on top of the wild blueberries. Bake at 160°C for about 40 minutes. Serve hot with fresh cream.

Makes 4 servings

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)

Wild Blueberries

The lowbush wild blueberry thrives in the glacial soils and northern climate found in the beautiful coastal fields and barrens of Eastern Canada, wild blueberries have grown there naturally for thousands of years. Native to North America, wild blueberries were well known to the earliest inhabitants. In fact, long before European settlers arrived in the New World, native North Americans had discovered many uses for the magical, irresistibly delicious wild blueberry.



Wild Blueberry Pie

23 cm piecrust, cooked and cooled

600 g wild blueberries

60 mL water

140 g sugar

1 1/2 soup spoons cornstarch

2 soup spoons cold water

Shortcrust pastry

500 g all-purpose flour, sifted

1 teaspoon salt

1 teaspoon baking powder

175 g vegetable fat

100 mL ice water

Method

Cook 100 g of the wild blueberries in the water and mash. Add the sugar and the cornstarch, diluted in the cold water. Cook until thickened. Mix in the remaining wild blueberries. Cover and refrigerate. Spoon mixture into the piecrust and garnish with whipped cream.

Makes 6 to 8 servings

Source: Les Bleuets Mistassini, recipe provided by Les Bleuets Fortin & Fils (www.bleuets-mistassini.com)

Method (shortcrust pastry)

Add the salt and baking powder to the sifted flour. Using two knives, cut the fat into the flour mixture until it is in pea-sized pieces and the mixture has the texture of coarse flour. Make a well in the centre of the mixture. Add the ice water and mix in very gently using the two knives. Work dough as little as possible. When dough has reached the desired consistency, refrigerate for 45 minutes before rolling out.

Bake at 230°C for 18 to 20 minutes.

Makes 2 shells

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)

Saskatoon Berry and Maple Pudding with Ice Wine Hard Sauce

100 g all purpose flour

50 g breadcrumbs

25 g wheat germ

pinch of salt

1 1/4 teaspoons baking powder

100 g maple sugar

2 eggs, at room temperature

75 g butter, softened

150 mL milk, at room temperature

zest of 1 lemon

1/2 teaspoon vanilla

200 mL Saskatoon berry jam

Ice Wine Hard Sauce

100 g butter, softened

50 g confectioner's sugar

1 soup spoon Canadian ice wine

Method (pudding)

Preheat oven to 165°C and butter a 25 cm cake pan.

In a large mixing bowl, blend together the flour, breadcrumbs, wheat germ, salt, baking powder, and maple sugar. Set aside. In a separate mixing bowl, beat the eggs until light and foamy. Melt 75 g of the butter and stir it into the mixture, along with the milk, lemon zest and vanilla. Fold the egg mixture into the dry ingredients until just combined. In a small bowl, break up the jam (if it is thick), then evenly fold the jam into the batter. Pour the batter into the cake pan and cover it with aluminium foil. Sit the cake pan in a roasting pan containing 3 to 4 cm of hot water (Bain Marie) and bake for 60 minutes until firm and set.

Method (hard sauce)

Combine the remaining butter and the confectioner's sugar, then add ice wine to taste. Drizzle over the warm pudding and serve.

Alternative: Use 250 g frozen Canadian berries, such as wild blueberries, cranberries or blackberries, rather than the Saskatoon berry jam.

Makes 4 to 6 servings

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

Saskatoon Berries

Saskatoons have been a widely used native Prairie fruit crop. Commercial Saskatoon berry production is a relatively new development. Although the first Saskatoon orchard in Manitoba was planted less than 15 years ago, current planted acreage makes the Saskatoon berry the second largest commercial fruit crop in Manitoba today, second only to strawberries. Primary market studies indicate the potential to produce, process and export Saskatoon berry products is worldwide. Consumers are attracted to the unique subtle flavour of a "wild" fruit product made from Saskatoon berries.

Maple Syrup Fondue

125 mL maple syrup

250 mL fresh cream

1 egg yolk

1 soup spoon cornstarch

Method

Heat the maple syrup until threads form (boil for 5 minutes). Add the fresh cream. Take some of this mixture and add the egg yolk and cornstarch to it. Mix well and pour into the rest of the syrup. Stir until mixture thickens.

Dip pieces of fruit, cake, bread or cheese into mixture.

Makes 4 servings

Source: Claude Daigle, courtesy of Ferme Vifranc (www.vifranc.com)

Creamy Maple Mousse

250 mL maple syrup

2 egg whites

pinch salt

Method

Boil the maple syrup until it reaches 108°C on a jam thermometer. Beat the egg whites until stiff. Slowly pour the boiling syrup over egg whites and continue beating. Serve in bowls. May also be used to ice cakes.

Makes 8 servings

Source: Claude Daigle, courtesy of Ferme Vifranc (www.vifranc.com)



Maple Mousse with Fruit Coulis

100 mL maple syrup

25 g sugar

4 eggs, separated

100 mL fresh cream

Fruit coulis

150 g peaches

150 g passion fruit

100 g sugar

juice of 1 lemon

Method (mousse)

Bring the maple syrup to a boil, then cool slightly. Mix the sugar and egg yolk together and, stirring vigorously, combine with the maple syrup until the mixture is light in colour. Beat the egg whites and cream separately, until stiff peaks form. Fold both into the maple mixture. Pour into a mould and refrigerate until stiff (at least 2 hours).

Method (coulis)

Peel and purée the fruit, add sugar and continue puréeing until the mixture is thick, adding lemon juice at the end. Pass the coulis through a sieve so that it is smooth and evenly mixed. This recipe is best made with ripe fruit.

Makes 6 to 8 servings

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

Maple Walnut Butter Cake

225 g butter
125 mL Canadian liquid honey
250 mL maple syrup (Canada No. 1 medium)
4 eggs, separated
375 g whole wheat flour (or 300 g white flour)
1/2 teaspoon salt
1/2 teaspoon baking soda
2 teaspoons baking powder
250 mL milk
125 g walnuts, chopped

Method

Cream the butter, then add the honey and maple syrup. Beat the egg yolks until light and add to the butter mixture. Beat well. Add the flour, salt, baking soda and baking powder, alternating with milk, to the creamed mixture. Fold in the walnuts, then the stiffly beaten egg whites. Bake in a greased 23 cm pan at 180°C for 30 to 40 minutes.

Makes 6 to 8 servings

Source: Canadian Honey Council, recipe provided by Bee Maid Honey (www.beemaid.com)

Maple Syrup Tarts

250 mL maple syrup

60 g flour

cold water

125 mL fresh cream

6 baked tart shells or 1 baked pie shell

sliced almonds, pecans or other nuts as desired

Method

Bring the syrup to a boil and boil gently.

Mix the flour and cold water together, using enough water to prevent lumps from forming. Add the flour mixture to the boiling syrup. Blend in the fresh cream and continue cooking, stirring, until liquid thickens.

Let the mixture cool, then pour into shells. Garnish with the nuts.

Makes 6 tarts or 1 pie

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)

Maple Sugar

Well before the arrival of the European settlers, First Nations peoples knew about and savoured the sap from maple trees and used this “sugared water” to cook game. Much later, in 1702, when war between France and England prevented many basics, including sugar, from being delivered to New France, Agathe de Saint-Père, wife of Pierre Legardeur de Repentigny, of Montréal, initiated the production of maple syrup. When spring came, she and her French and First Nations neighbours tapped the maples and produced sugar from the sap they obtained. Within a few years, Agathe de Saint-Père reported to the King of France that the Montréal colony annually produced 13,600 kg of maple sugar. (Source: *L'Indien généreux : Ce que le monde doit aux Amériques*, Louise Côté, Louis Tardive and Denis Vaugeois [Éditions du Boréal] www.editionsboreal.qc.ca/fr/index.php)

