

Canada

EXCELLENCE AT YOUR TABLE



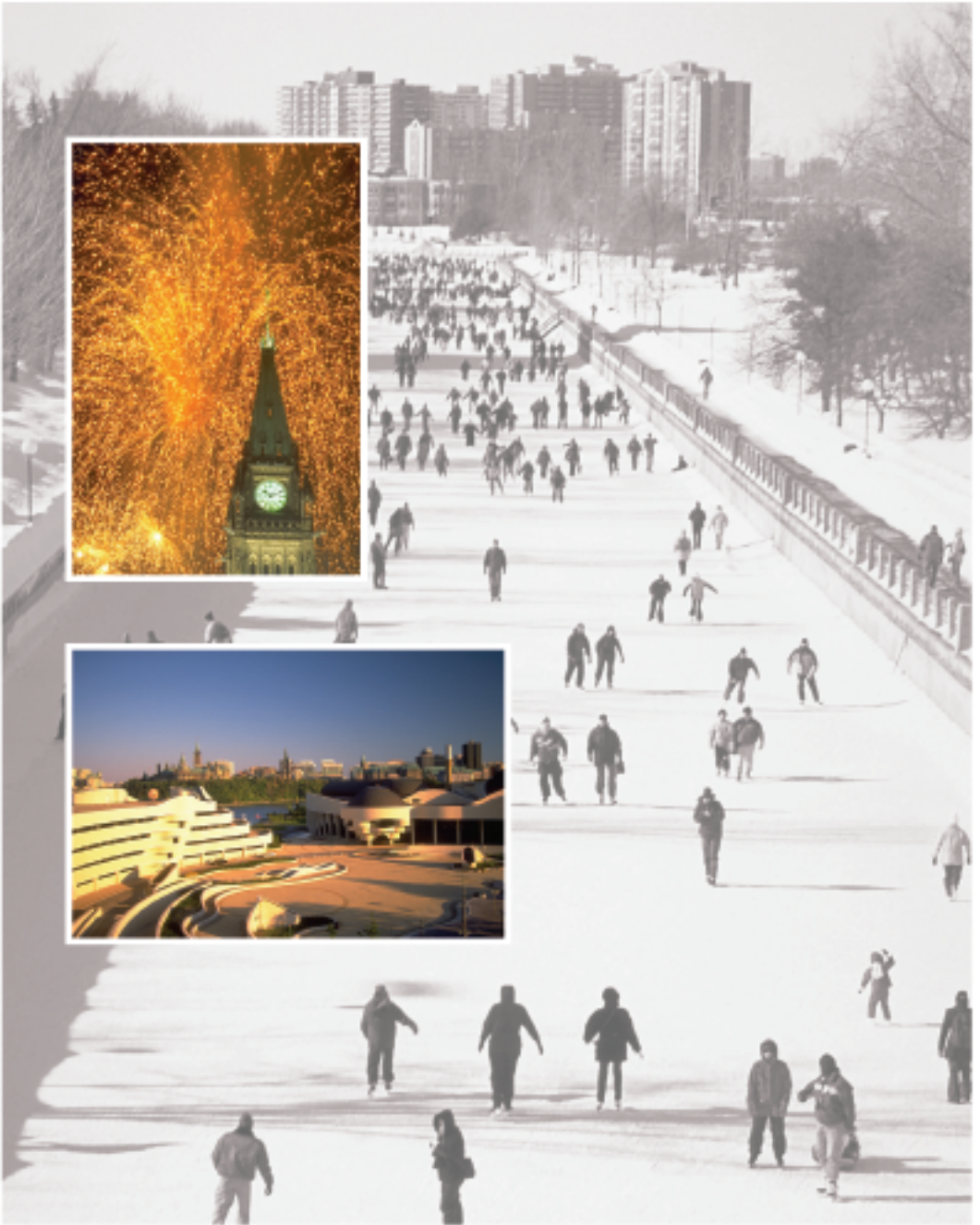
Acknowledgements

Agriculture and Agri-Food Canada gratefully acknowledges all the individuals and organizations that provided the recipes and the photographs of Canada presented in this book. Thanks to their generous contributions, this recipe book offers a true taste of world-class, Canadian cuisine and exclusive food products.

Second Edition

Canada 
E X C E L L E N C E A T Y O U R T A B L E

National Capital Region



Large picture: Winterlude, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation. **Top picture:** Canada Day, Parliament Hill, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation. **Bottom picture:** Canadian Museum of Civilization, Gatineau, Quebec. Courtesy of Ontario Tourism Marketing Partnership Corporation.



Introduction

We invite you to explore Canada through these recipes that reflect the diversity of our vast territory and the people who inhabit it. From appetizer to dessert, from aperitif to digestif, Canada offers a full range of palate-pleasing food and drink.

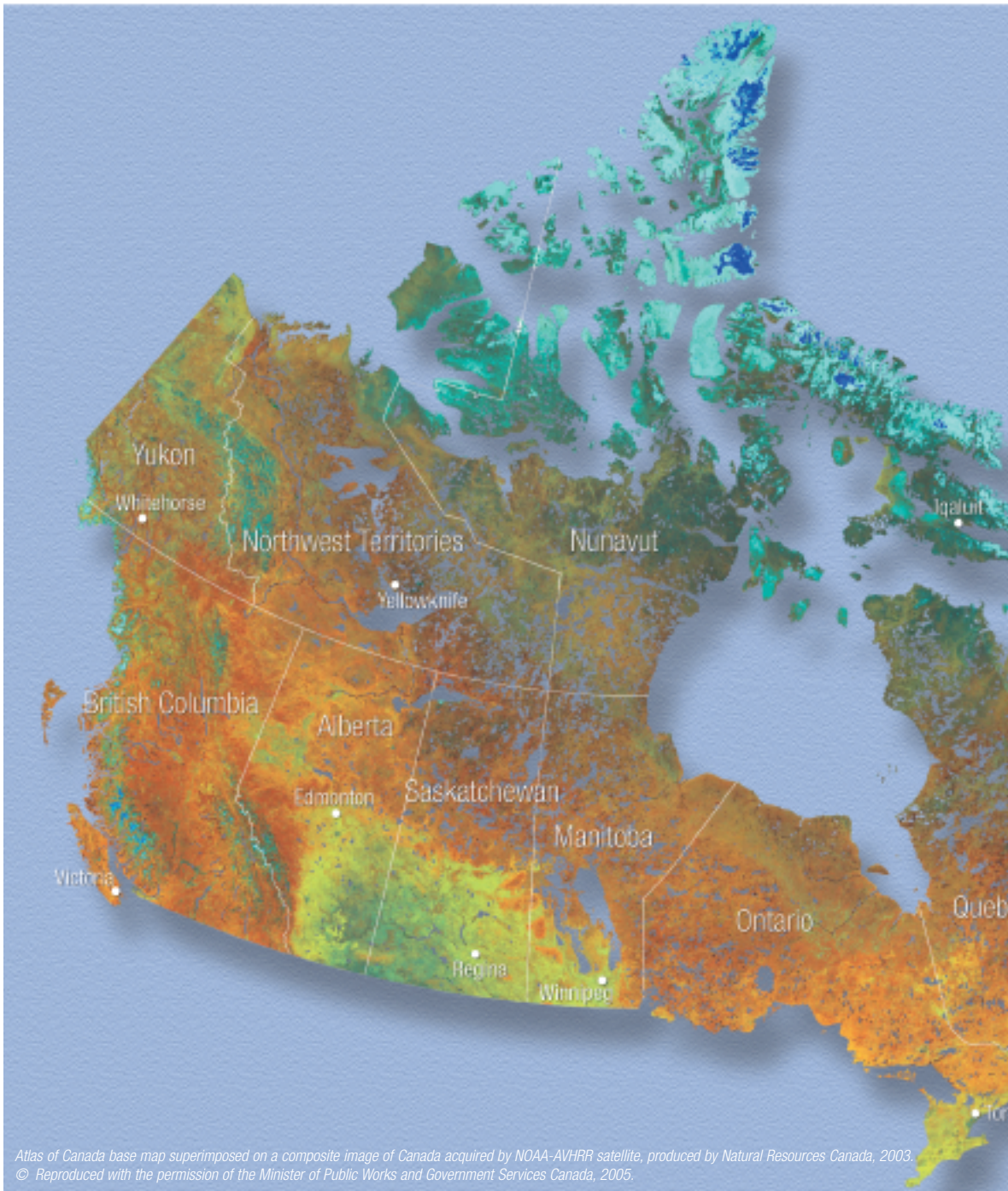
Foods that were a staple of Canada's earliest inhabitants, the First Nations peoples, have not lost their appeal and remain popular to this day. Feast on Canada's unique tastes: wild rice, bison, maple syrup and wild blueberries, for example. Bring out their delicious flavours by choosing from a rich selection of Canadian wines and icewines.

Whatever whets your appetite — Atlantic lobster, Prairie bison, Quebec ice ciders — you can be sure it will be of the highest quality. Canada prides itself on bringing you nothing less than the best.

Canada's agriculture and agri-food sector is one of the oldest and most important sectors of our economy, deeply rooted in Canadian history and culture. At the same time, it is one of the most dynamic and innovative industries in Canada, providing unique and interesting products that are sure to grace any table.

Try the recipes in this book to savour Canadian culture and cuisine — recipes using products found in your supermarkets and gourmet food shops — and enjoy a taste of Canada.

Bon appétit!



Atlas of Canada base map superimposed on a composite image of Canada acquired by NOAA-AVHRR satellite, produced by Natural Resources Canada, 2003.
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Table of Contents

1 Appetizers

| | |
|---|----|
| Vodka-marinated Seafood Appetizers | 14 |
| Maple Syrup-coated Chicken Wings | 15 |
| Bison Carpaccio | 16 |
| Lobster Rolls | 17 |
| Canadian Sea Scallop Tapas with Pepperjack Crostini | 18 |
| Grilled Crab | 19 |
| Canadian Snow Crab Cheese Puffs | 20 |
| Canadian Snow Crab Crepe Rolls with Maple Sauce | 21 |

2 Salads

| | |
|---|----|
| Potato Salad with Salmon | 24 |
| Wild Rice Summer Salad | 26 |
| Canadian Wild Rice Salad | 28 |
| Spicy Vinaigrette with Canadian Maple Syrup | 29 |
| Marinated Prairie Bison Salad | 30 |
| Lentil Salad with Garlic Blossoms | 32 |

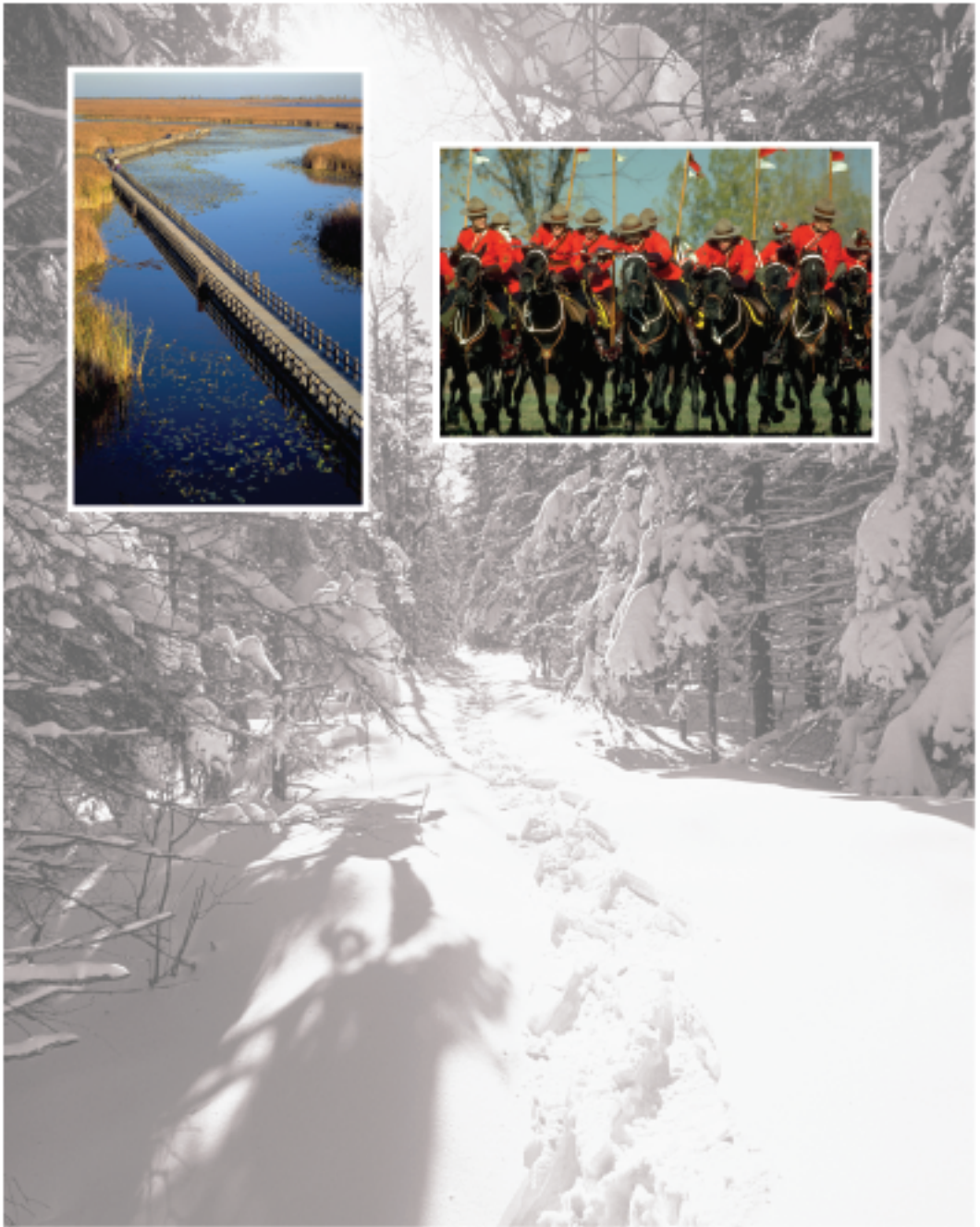
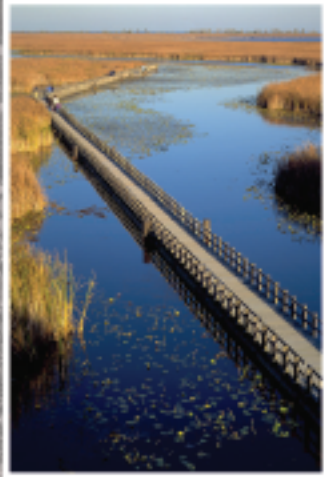
3 Soups

| | |
|-------------------------------------|----|
| Canadian Mushroom Soup | 36 |
| Wild Rice and Tomato Soup | 38 |
| Traditional-style Canadian Pea Soup | 40 |
| Canadian Fish Chowder | 42 |

4 Main Dishes

| | |
|--|----|
| Bison Skewers in Wine Marinade | 46 |
| Cooking Tips for Bison Meat Preparation | 47 |
| Canadian Prairie Satay | 48 |
| Bison Stroganoff | 50 |
| Roast Bison and Wild Mushrooms | 52 |
| Mountie Chili | 54 |
| Émincé of Peppered Bison with Mushroom Sauté | 56 |
| Pork Chops with Maple-caramelized Onions | 57 |
| Late Summer Barbecued Pork | 58 |
| Crispy Pork Ribs with Maple Syrup | 60 |
| Couscous with Chicken, Spiced Chickpeas and Red Lentil Harissa | 62 |
| Pork Medallions with Canadian Apple Ice Cider Sauce | 63 |
| Pasta with Morel Mushroom Cream Sauce | 64 |
| Snow Rabbit | 66 |
| Stuffed Cranberry Beef Roast | 68 |
| Wild Rice Stuffing | 70 |
| Cranberry Stuffing | 72 |
| Bread Stuffing | 73 |

| | | |
|----------|---|-----|
| 5 | Fish and Seafood | |
| | Grilled Salmon with Berry Compote | 76 |
| | Salmon à la Bosc | 78 |
| | Canadian Smoked Pacific Salmon with Wild Rice Blinis and Cranberry Compote | 79 |
| | Mushroom Shrimp Quiche | 80 |
| | Leek and Spinach Linguine with Canadian Coldwater Shrimp | 82 |
| | Canadian Ice Cider Scallops | 84 |
| | Canada's Clam Chowder | 86 |
| | Linguine in Clam Sauce | 88 |
| | Steamed Canadian Blue Mussels with Canadian Ice Wine Sabayon | 89 |
| 6 | Side Dishes | |
| | Vegetables | |
| | Honey Glazed Carrots | 92 |
| | Honey Mustard Roasted Potatoes | 93 |
| | Breads | |
| | Honey Nut Wild Rice Bread | 94 |
| | Miscellaneous | |
| | Cretons of Green Lentils and Chives | 96 |
| | Canadian Black Bean Cakes | 97 |
| 7 | Desserts | |
| | Wild Blueberry Crisp | 100 |
| | Wild Blueberry Pie | 102 |
| | Saskatoon Berry and Maple Pudding with Ice Wine Hard Sauce | 103 |
| | Maple Syrup Fondue | 104 |
| | Creamy Maple Mousse | 104 |
| | Maple Mousse with Fruit Coulis | 106 |
| | Maple Walnut Butter Cake | 107 |
| | Maple Syrup Tarts | 108 |
| 8 | Cocktails | |
| | Berry Berry Cocktail | 114 |
| | CC Manhattan | 114 |
| | CC Whisky Sour | 115 |
| | Classic Cosmopolitan | 115 |
| | Cocktail Cosmopolitan | 116 |
| | Crystal | 116 |
| | Honey Summer Sangria | 117 |
| | Vodka Ice Wine Martini | 117 |
| | Vodka Seabreeze | 118 |
| | Paradise | 118 |
| | Snowball Martini | 119 |
| 9 | Alcohol-free Beverages | |
| | Fat-free Honey Berry Milkshake | 122 |
| | Very Berry Cranberry Punch | 124 |
| | Maple Lemonade | 125 |



Ontario

Large picture: *Ottawa Valley, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.* **Left picture:** *Point Pelee National Park, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.* **Right picture:** *Royal Canadian Mounted Police Musical Ride, Ottawa, Ontario. Courtesy of Ontario Tourism Marketing Partnership Corporation.*



Appetizers

Vodka-marinated Seafood Appetizers

Maple Syrup-coated Chicken Wings

Bison Carpaccio

Lobster Rolls

Canadian Sea Scallop Tapas with Pepperjack Crostini

Grilled Crab

Canadian Snow Crab Cheese Puffs

Canadian Snow Crab Crepe Rolls with Maple Sauce

From left to right:

Vodka-marinated Seafood Appetizers

Canadian Sea Scallop Tapas with Pepperjack Crostini

Lobster Roll

Maple Syrup-coated Chicken Wings

Bison Carpaccio

In the back: Grilled Crab





Vodka-marinated Seafood Appetizers

500 g Canadian scallops

60 mL Canadian vodka

juice of 2 limes

75 mL olive oil

500 g Canadian coldwater shrimp, cooked

Sauce

90 mL Canadian vodka

125 mL tomato sauce

2 soup spoons horseradish

dash Tabasco sauce

dash garlic powder

Method (seafood)

Rinse and dry the scallops, then marinate in lime juice and 60 mL of Canadian vodka in the refrigerator for 3 to 4 hours. Heat the olive oil in a skillet and sauté the scallops on each side for 2 to 3 minutes. Serve warm or cold with shrimp and sauce.

Method (sauce)

Combine all ingredients and season to taste. Serve with grilled scallops and shrimp on a seashell dish with garnish of your choice.

Makes 6 to 8 servings

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

Scallops

There are usually three types of scallops available. Sea scallops are the largest, followed by bay scallops and calico scallops. The meat of these morsels can be creamy white, tan or creamy pink. Scallops are usually shucked right after harvest and are sold fresh or frozen. Keep scallops as healthy and fresh-tasting as possible by cooking them in little or no oil or fat. Try them broiled, poached, grilled, stir-fried or pan-fried.

Maple Syrup-coated Chicken Wings

1 kg chicken wings

Marinade

125 mL maple syrup

50 mL chili sauce

1 small onion, chopped

30 mL cider vinegar

15 mL Canadian grain mustard

5 mL Worcestershire sauce

Method (marinade)

Combine the maple syrup, chili sauce, onion, vinegar, mustard and Worcestershire sauce in a shallow pan.

Method (chicken)

Lay the chicken wings in the marinade and marinate, covered, at least 4 hours in the refrigerator, turning chicken pieces occasionally. Broil or roast the chicken wings in an oven or grill them on the barbecue, basting occasionally with the marinade, until cooked thoroughly. Chicken drumsticks can also be used in this recipe.

Makes 4 to 6 servings

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

Bison Carpaccio

160 mL Canadian beer

60 g onion, chopped

1 soup spoon garlic, chopped

30 mL dry red wine

5 soup spoons vegetable oil, divided

450 g bison loin or tenderloin, trimmed

60 mL Canadian grain mustard

2 soup spoons parsley, chopped

2 soup spoons black peppercorns, crushed

2 soup spoons cilantro, chopped

mixed baby lettuce

extra virgin olive oil

Method (marinade)

Combine the beer, onion, garlic, 2 soup spoons of oil, and wine in a saucepan. Heat and bring to a simmer, then set aside until cool.

Method (bison)

Add the bison meat to cooled marinade and refrigerate for at least 24 hours (longer if you prefer the meat firmer). Remove the marinated bison from the marinade and pat dry. Sear the meat in a very hot pan in 3 soup spoons of oil, then let cool. Brush the bison with the mustard. Mix together the parsley, peppercorns and cilantro, then roll the bison in the herb mixture. Partially freeze the roll so it is easy to slice. Slice the bison very thinly. Arrange the slices over the mixed baby lettuce and drizzle with extra virgin olive oil.

Makes 4 to 8 servings

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

Lobster Rolls

340 g Canadian fresh or frozen lobster meat

125 mL to 175 mL mayonnaise

2 teaspoons lemon juice

3 soup spoons celery, diced

2 soup spoons onion, minced (optional)

Method

Thaw and drain the lobster meat, then chop into bite-sized pieces. In a small mixing bowl combine the mayonnaise, lemon juice, celery and onion. Combine with the lobster and mix well.

Spread the lobster salad on your favourite bread or croissant, or use as pita filling.

Makes 4 to 6 servings

Source: Taste of Nova Scotia Society (www.tasteofnovascotia.ns.ca)

Lobster

In Canada, lobster is harvested and processed throughout the Atlantic provinces (Newfoundland and Labrador, New Brunswick, Nova Scotia, and Prince Edward Island) and Quebec. Landings peak twice a year: once in the period from April to June, when the spring season opens; and then again in December, after the winter fishery opens in southwestern Nova Scotia.

Canadian Sea Scallop Tapas with Pepperjack Crostini

750 g Canadian sea scallops

60 mL olive oil

60 g jarred pimento, diced (reserve liquid)

1 soup spoon fresh garlic, finely minced

1 bunch green onions, chopped

25 mL fresh lime juice

Tabasco sauce

salt and pepper to taste

pepperjack cheese

crostini

Method

In a large bowl, toss the scallops with olive oil until well coated. In a large non-stick skillet over high heat, place a layer of scallops and sauté 1 1/2 to 2 minutes. Turn the scallops, mix in the remaining ingredients and continue sautéing for another 1 1/2 to 2 minutes over high heat.

Serve on individual plates with cheese and crostini, or serve on large platter, allowing guests to help themselves.

Makes 6 to 8 servings

Source: Cleanwater Seafoods (www.cleanwater.ca/storefront/)

Grilled Crab

Garlic-lemon butter

125 g butter

2 garlic cloves, pressed or minced

25 mL fresh lemon juice

dash Worcestershire sauce

pinch freshly ground black pepper

1 soup spoon fresh herbs, chopped
(thyme, chives or parsley)

Crab

1 kg pre-scored, pre-cooked
snow crab claws, defrosted

Method (garlic-lemon butter)

Melt the butter, then mix in the garlic, lemon juice and Worcestershire sauce and season to taste with pepper. Cook 4 to 5 minutes over low heat. Remove from heat and stir in the herbs.

Method (crab)

Grill the crab, turning and basting with garlic-lemon butter, 3 to 4 minutes, or until just heated through.

Makes 8 to 10 servings

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

Snow Crab

In Canada, snow crab is harvested and processed throughout the Atlantic Provinces (Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island) and Quebec. Snow crabs are caught in traps, from sandy bottoms in depths of 1 to 470 metres. The Canadian fishing season runs from April to November. Commercially caught crab measure from 9.5 to 15 cm in width and weigh from 350 g to 1.3 kg.

When cooked, the shell of the snow crab turns bright orange. The meat has a rich, sweet flavour and firm texture. Orange-pink on the surface and white inside, the meat of the snow crab is composed of fine, tender filaments that are exquisitely mild and tasty.

Canadian Snow Crab Cheese Puffs

75 g flour

1/2 teaspoon baking powder

salt, pepper and cayenne pepper to taste

50 g Canadian medium Cheddar, grated

1 egg, separated (at room temperature)

100 mL milk

25 g butter, melted

100 g Canadian snow crab meat, drained

1 green onion, minced

butter

Method

In a large bowl, whisk together the flour, baking powder, salt, pepper, cayenne pepper, and cheese. In a small bowl, whisk together the egg yolks, milk, and melted butter, then add the crab and green onions. In another bowl, whisk the egg whites to soft peaks. Stir the yolk mixture into the dry ingredients, just to blend, then gently fold in the beaten egg whites. In a medium frying pan over medium heat, melt some butter, then drop in teaspoons of the mixture, cooking until puffy and golden brown. (Similar to making pancakes.)

Makes approximately 20 small puffs

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

Canadian Snow Crab Crepe Rolls with Maple Sauce

30 g bean thread or rice stick noodles, cooked
15 g dried mushroom, reconstituted and chopped
250 g Canadian snow crab meat, drained
1 small carrot, grated
1 medium onion, finely chopped
1 egg, lightly beaten
salt, pepper and lemon juice to taste
1–2 egg whites, lightly beaten
20 crepes
head lettuce leaves
oil
parchment paper

Crepes

50 g flour
salt and pepper to taste
2 eggs
125 mL milk
25 g butter, melted

Dipping sauce

100 mL maple syrup
1/2 soup spoon Canadian hot mustard
1/2 soup spoon ground ginger
1/2 teaspoon Worcestershire sauce
juice of 1/2 lemon

Method

*To reconstitute mushrooms, let them sit in a bowl of warm water for 30 minutes, then remove them from the water and squeeze out most of the liquid.

In a large bowl, mix the noodles, mushrooms, crab, carrot and onion. Add the egg, salt, pepper and lemon juice and set aside. Lightly brush one side of a crepe with egg white, then spoon one soup spoon of the crab mixture onto the crepe. Fold in both sides of the crepe, then roll it into a small log (resembling a spring roll) and place the rolls on a baking sheet lined with parchment paper. Lightly brush the rolls with oil and bake at 200°C for 4 to 8 minutes, turning often for even browning. Arrange the rolls on a platter and serve with lettuce leaves to wrap the rolls and dip them into the sauce.

Method (crepes)

In a medium-sized bowl, mix the flour, salt and pepper. Whisk in the eggs, then add the milk and melted butter. In a small frying pan or crepe pan over medium-high heat, pour a small amount of batter and spread evenly, keeping the crepes as thin as possible. Cook for 1 to 2 minutes per side. Set aside the cooked crepes and repeat the process until no batter remains.

Method (sauce)

Combine the maple syrup, mustard, ginger, Worcestershire sauce and lemon juice. Let stand at room temperature before serving to allow flavours to blend and to prevent the sauce from cooling the crepe rolls.

This sauce can be made ahead of time and kept refrigerated, but allow it to warm to room temperature before serving it with the crepe rolls.

Cooking alternative: The rolls may be deep-fried in a wok or deep fryer at 190°C for 3 to 5 minutes.

Makes approximately 20 crepes

Saskatchewan



Large picture: *Nicolle Flats, Buffalo Pound Provincial Park, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*
Top picture: *Northern lights, Moose Mountain Provincial Park, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*
Bottom picture: *Deer Valley Golf Course, Saskatchewan. Courtesy of Tourism Saskatchewan / Douglas E. Walker.*



Salads

Potato Salad with Salmon

Wild Rice Summer Salad

Canadian Wild Rice Salad

Spicy Vinaigrette with Canadian Maple Syrup

Marinated Prairie Bison Salad

Lentil Salad with Garlic Blossoms

Potato Salad With Salmon

4 medium potatoes, cooked

125 mL Italian dressing, divided

170 g salmon, flaked

50 g celery, chopped

1 green onion, sliced

50 g green and red peppers, chopped

salt and pepper to taste

lettuce, tomato and cucumber slices to garnish

Method

Reheat leftover potatoes in a microwave for 2 minutes on high, then peel, if needed, and cut into chunks. Pour 50 mL of the Italian dressing over potatoes; mix gently and refrigerate. Marinate potatoes several hours or overnight. At serving time, add the remaining dressing and the rest of the ingredients except lettuce, tomato and cucumbers. Toss gently. Arrange the salad on lettuce leaves and garnish with cucumber and tomato slices.

Makes 4 servings

Source: Prince Edward Island Potato Board (www.peipotato.org/)

Salmon

The Atlantic salmon is born in fresh water and remains there until it undergoes a physiological transformation allowing it to tolerate salt water. After one to three years at sea, the salmon returns to its river of origin to spawn. It therefore has two distinct habitats: freshwater rivers and the ocean. There are five species of Pacific salmon: Chinook, chum, coho, pink and the most sought-after, sockeye. On British Columbia's Fraser River, the largest salmon river in the world, sockeye are managed under strict conservation practices.



Wild Rice Summer Salad

200 g Canadian wild rice, cooked

4 eggs, hard boiled and coarsely chopped

115 g celery, thinly sliced

50 g green pepper, chopped

50 g onion, chopped

115 g tomato, coarsely chopped

100 g cucumber, coarsely chopped

175 mL mayonnaise

10 mL Canadian grain mustard

salt and pepper to taste

lettuce leaves

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 (salad)

Toss the cooked wild rice with the eggs, celery, green pepper, onion, tomato and cucumber. Blend the mayonnaise with the mustard and salt and pepper, then fold into the wild rice mixture. Serve on crisp lettuce leaves.

Makes 6 to 8 servings

Hint: Stir wild rice into jellied salads or sprinkle cold onto green salads.

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

Wild Rice

Wild rice, derived from the wild aquatic grass called *Zizania aquatica*, grows naturally in the pristine lakes of Manitoba and Saskatchewan. In the early days, this most delicious staple of the First Nations of Canada was harvested entirely by hand. The grain was dried over wood fires, “danced” upon in pots to remove the hulls, and winnowed clean using birchbark pans and the wind. Today, wild rice is harvested mechanically, with a harvest area being picked over as many as eight times to complete the harvest.



Canadian Wild Rice Salad

500 g wild rice, cooked and cooled

100 g red pepper, diced

100 g green pepper, diced

100 g almonds or hazelnuts, sliced

100 g onion, chopped

10 mL olive oil

Vinaigrette

10 mL olive oil

2.5 mL cider vinegar

5 mL maple syrup

salt and pepper to taste

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 (vinaigrette)

In a bowl, combine the olive oil, cider vinegar and maple syrup. Season with salt and pepper and mix well.

Method (salad)

Combine the peppers with the rice, then stir in the nuts and onion. Pour the vinaigrette over the salad and season to taste.

Makes 6 to 8 servings

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

Spicy Vinaigrette with Canadian Maple Syrup

30 mL maple syrup
15 mL horseradish sauce
60 mL red wine vinegar
80 mL olive oil
1 garlic clove, pressed

Method

Mix together all ingredients thoroughly, chill and serve with salad or raw vegetables.

Makes 4 servings

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

Marinated Prairie Bison Salad

Marinade

120 mL balsamic vinegar

2 garlic cloves, minced

160 mL vegetable oil

2 soup spoons sundried tomatoes

1 1/2 soup spoons chili oil

1 teaspoon fresh lemon juice

1 teaspoon Worcestershire sauce

Bison

400 g bison, loin or tenderloin

12 head lettuce leaves

4 servings mixed baby lettuce

2 soup spoons sesame seeds, toasted

4 soup spoons cilantro, chopped

4 sprigs fresh mint

Method (marinade)

Mix all the ingredients together. Reserve half of the marinade.

Method (bison)

Slice the bison into thin medallions and marinate for at least 2 hours. Drain the marinade and discard. If you prefer the meat partially cooked, sear the medallions very briefly, then chill for 2 to 3 minutes. Arrange the lettuce leaves on plates and top them with the mixed baby lettuce, then layer on the bison medallions. Drizzle with the reserved marinade and sprinkle with the sesame seeds and cilantro. Garnish with mint sprigs.

Makes 4 servings

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



Lentil Salad with Garlic Blossoms

1 kg lentils

250 g celery, finely chopped

200 g green onion, finely chopped

250 g lean ham, finely chopped

juice of 1 lemon

salt and pepper to taste

40 mL vinegar

125 ml mayonnaise

75 mL olive oil

tarragon and chervil to taste

20 g garlic blossoms

Method

Place lentils in a saucepan, add enough water to cover and cook until done. Drain and dry in a slightly warmed oven. In a bowl, mix the celery, green onion, ham and lentils. In a separate bowl, combine the lemon juice, salt, pepper and vinegar. Whisk together until the salt has dissolved. Slowly add the mayonnaise and oil, stirring constantly, then add the chopped tarragon and chervil. Add to the lentil mixture and season to taste. Fold in garlic blossoms before serving.

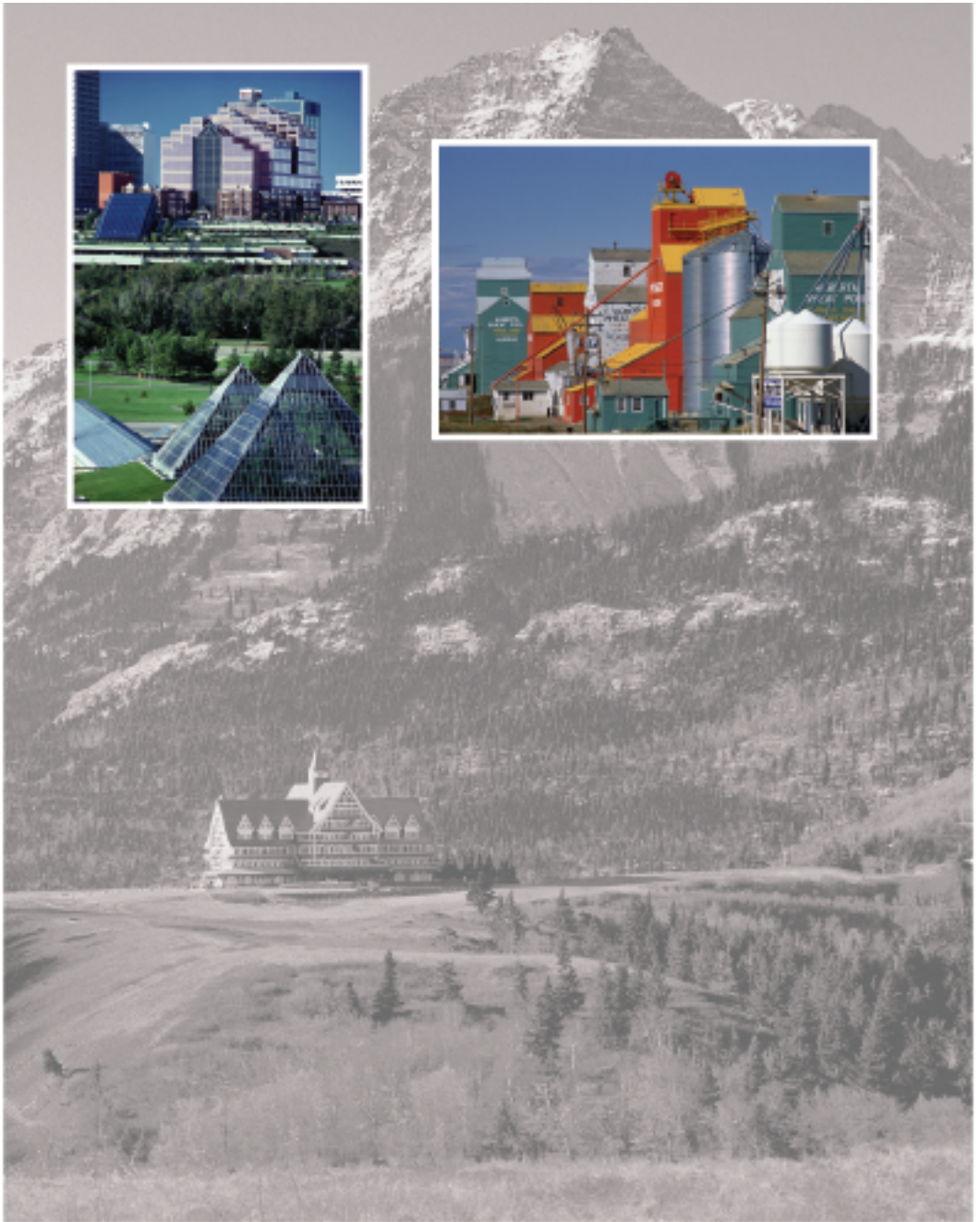
Makes 10 to 12 servings

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

Pulses: Beans/Lentils

Pulses are the dry seeds of legumes, including peas, beans, lentils, and chick peas. Canada grows high-quality pulses at relatively low costs. Our cool climate provides pulse crops with natural protection against insects and disease. In addition, Canada has a well-established infrastructure to store and move grain and pulses from the producing regions to the port terminals. Seventy per cent of Canada's pulses are exported to over 150 nations.





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.*



Soups

Canadian Mushroom Soup

Wild Rice and Tomato Soup

Traditional-style Canadian Pea Soup

Canadian Fish Chowder

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/)

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)



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)

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)

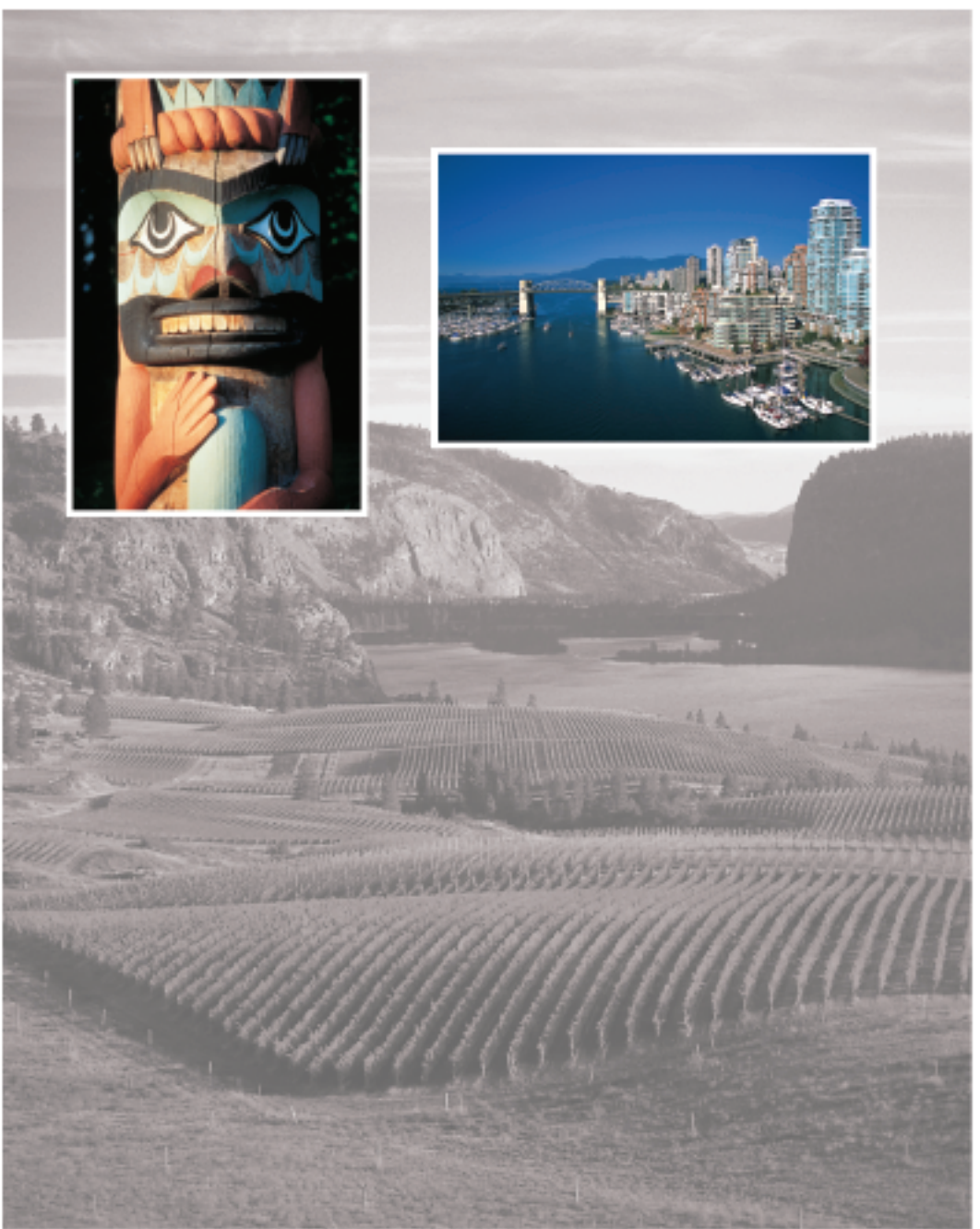
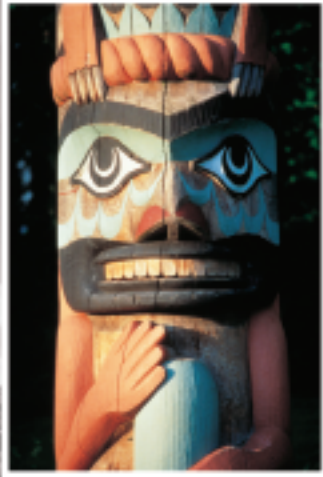
Make a white sauce by melting the butter in a saucepan on low heat, stirring in the flour and salt and gradually whisking in the milk.

Makes 6 to 8 servings

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



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.



Main Dishes

Bison Skewers in Wine Marinade

Cooking Tips for Bison Meat Preparation

Canadian Prairie Satay

Bison Stroganoff

Roast Bison and Wild Mushrooms

Mountie Chili

Émincé of Peppered Bison with Mushroom Sauté

Pork Chops with Maple-caramelized Onions

Late Summer Barbecued Pork

Crispy Pork Ribs with Maple Syrup

Couscous with Chicken, Spiced Chickpeas and Red Lentil Harissa

Pork Medallions with Canadian Apple Ice Cider Sauce

Pasta with Morel Mushroom Cream Sauce

Snow Rabbit

Stuffed Cranberry Beef Roast

Wild Rice Stuffing

Cranberry Stuffing

Bread Stuffing

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)

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.



Fish and Seafood

Grilled Salmon with Berry Compote

Salmon à la Bosc

Canadian Smoked Pacific Salmon with Wild Rice Blinis
and Cranberry Compote

Mushroom Shrimp Quiche

Leek and Spinach Linguine with Canadian Coldwater Shrimp

Canadian Ice Cider Scallops

Canada's Clam Chowder

Linguine in Clam Sauce

Steamed Canadian Blue Mussels with Canadian Ice Wine Sabayon

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)



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)*



Traditional First Nations fishing methods included the use of harpoons and spears, gaffing, the construction of weirs in rivers or streams, trolling from a canoe, and the use of basket traps or nets.

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)

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/)



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/)



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)



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/)

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/)

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.

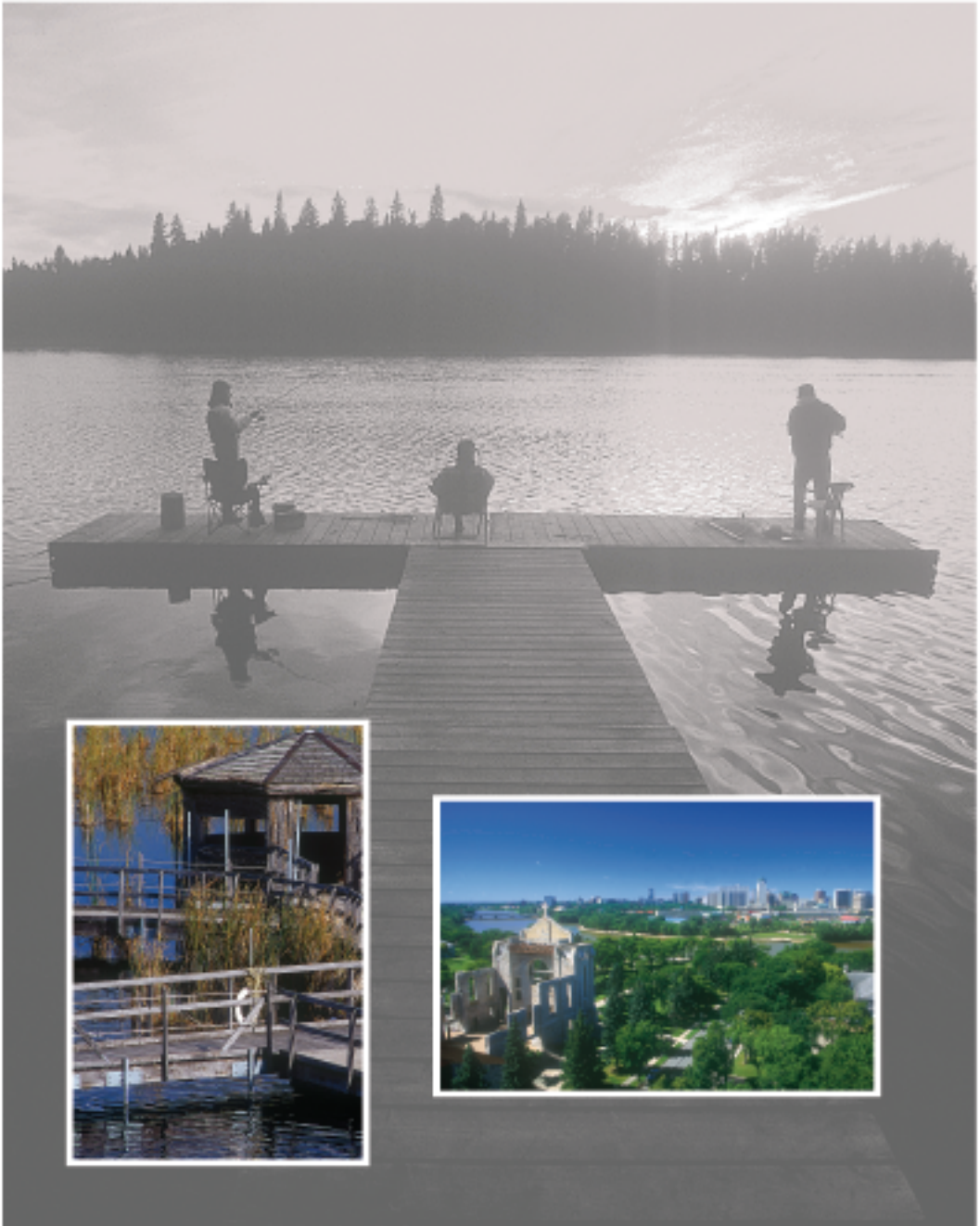
Arrange the mussels on a serving dish and pour the sabayon over them, then sprinkle with parsley and serve.

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)

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.*



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

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)

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.*



Desserts

Wild Blueberry Crisp

Wild Blueberry Pie

Saskatoon Berry and Maple Pudding with Ice Wine Hard Sauce

Maple Syrup Fondue

Creamy Maple Mousse

Maple Mousse with Fruit Coulis

Maple Walnut Butter Cake

Maple Syrup Tarts

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.

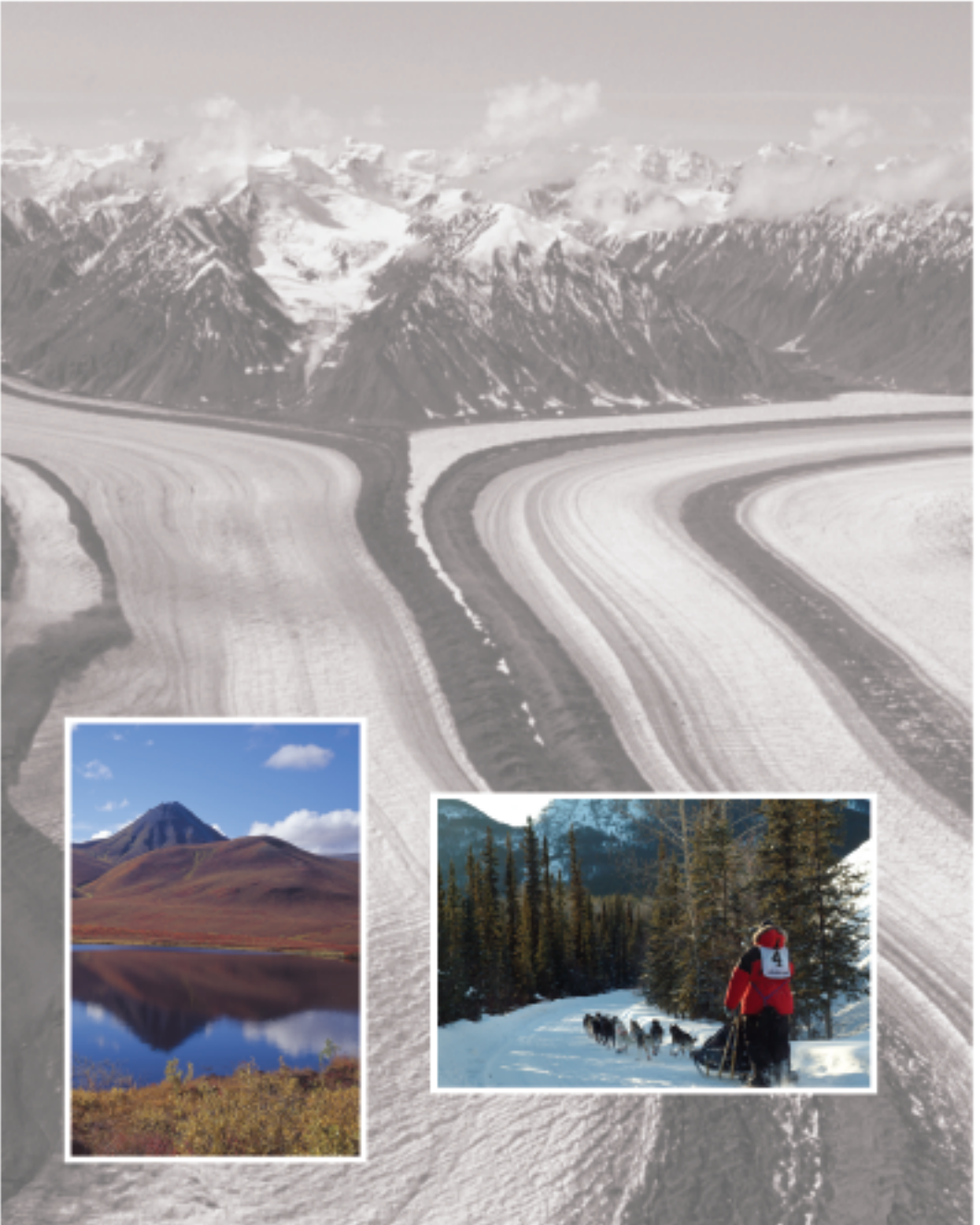
Makes 6 tarts or 1 pie

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)*





Large picture: Aerial shot of Kaskawulsh Glacier in Kluane National Park, Yukon. Courtesy of Government of Yukon Photo. **Left picture:** Lake with Ogilvie Mountains in the background. Courtesy of Government of Yukon Photo. **Right picture:** Dog team on the Yukon Quest. Courtesy of Government of Yukon Photo.



Cocktails

Berry Berry Cocktail

CC Manhattan

CC Whisky Sour

Classic Cosmopolitan

Cocktail Cosmopolitan

Crystal

Honey Summer Sangria

Vodka Ice Wine Martini

Vodka Seabreeze

Paradise

Snowball Martini

From left to right:

CC Manhattan

Snowball Martini

Vodka Ice Wine Martini

Cocktail Cosmopolitan





Berry Berry Cocktail

45 mL Canadian vodka
handful of fresh berries
ice cubes and/or fruit juice

Method

Blend at high speed until the ice is crushed. Serve immediately.

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

CC Manhattan

45 mL Canadian whisky
15 mL sweet vermouth
dash Angostura® bitters
maraschino cherry

Method

Stir all ingredients together.

*Source: Hiram Walker & Sons Limited (Canadian Club Whisky)
(www.canadianclubwhisky.com)*

CC Whisky Sour

60 mL Canadian whisky

juice of half a lemon

1/2 teaspoon sugar

maraschino cherry

Method

Stir all ingredients together.

*Source: Hiram Walker & Sons Limited (Canadian Club Whisky)
(www.canadianclubwhisky.com)*

Whisky

Canadian whisky is characterized by a delicate flavour and light body. It is made from cereal grains (predominately corn followed by rye, barley and wheat), distilled in continuous stills and aged at least 2 years, although most are aged 6 years or more. Individuality in Canadian whisky, like blended Scotch whisky, comes from blending whiskies made from various grains, strengths, and ages until just the right balance is achieved. The result is light, clean and muted in flavour.

Classic Cosmopolitan

30 mL Canadian whisky

15 mL triple sec or orange liqueur

15 mL lime juice

15 mL cranberry juice

lime wedge to garnish

Method

Shake liquid ingredients very well in a shaker with ice. Place a lime wedge on the rim of a martini glass. Pour mix into the glass.

*Source: Hiram Walker & Sons Limited (Canadian Club Whisky)
(www.canadianclubwhisky.com)*

Cocktail Cosmopolitan

45 mL Canadian vodka
15 mL orange flavoured liqueur
35 mL cranberry juice
15 mL lime juice
orange peel garnish

Method

Blend or stir the ingredients in a chilled cocktail glass or a rocks glass with ice. Twist the orange peel to release oils and add to drinks.

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

Crystal

30 mL Canadian ice wine
30 mL dry sparkling wine

Method

Stir all ingredients together.

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

Icewines

Icewine is the sweet, luscious and intensely flavoured dessert wine made from grapes that have been frozen on the vine. Canadian icewines are produced in both Ontario and British Columbia, with most being made from the thick-skinned white grape Vidal or Riesling varieties. Icewines cannot be harvested until the temperature reaches at least -8 to -10 Celsius, which means the usual harvest time can be as late as December or January. The grapes are picked by hand and pressed when nearly frozen solid, resulting in only the smallest quantities of juice with highly concentrated natural sugars and high acidity. Within each frozen grape are the flavours of the tropics: pineapple, guava, passion fruit and mango.

Honey Summer Sangria

175 mL Canadian liquid honey

75 mL water

2 oranges

1 lemon

1 lime

750 mL red wine

3 cloves

Method

Boil the honey and water, stirring constantly then add the cloves. Thinly slice the fruit and add to the honey-water. Marinate overnight in the refrigerator. Add the wine 4 hours before serving. To serve, chill well and pour into a punch bowl with lots of ice.

Source: Bee Maid Honey (www.beemaid.com)

Vodka Ice Wine Martini

60 mL Canadian vodka

15 mL Canadian ice wine

Method

Shake lightly over ice and strain into a martini glass.

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

Vodka Seabreeze

45 mL Canadian vodka

90 mL cranberry juice

90 mL grapefruit juice

Method

Pour into a tall glass over ice and stir. Garnish with an orange slice.

Source: Canadian Iceberg Vodka Corporation (www.icebergvodka.com)

Paradise

1 part white wine

1 part soda water

1 part cranberry juice

Method

In a wine glass, mix all ingredients together. Serve over ice. Garnish with fruit as desired.

Source: Centre d'interprétation de la canneberge (www.canneberge.qc.ca)

Wines

Canada has seven designated viticultural areas located in the southern areas of the provinces of Ontario and British Columbia. These fertile wine-producing areas are located between 41 and 50 degrees latitude, placing them within the same range as the Champagne region of France, Rioja in Spain, southern Oregon and Northern California in the United States and the Chianti Classico region in Italy. The wine producing areas of British Columbia are the Fraser Valley, the Okanagan Valley, the Similkameen Valley and Vancouver Island. In Ontario, wines are produced in the Niagara Peninsula, the Lake Erie North Shore region, Pelee Island and Prince Edward County.

Snowball Martini

45 mL Canadian vodka

45 mL Canadian ice cider

1 frozen lychee, to create a snowball effect

Method

In a martini glass, mix all ingredients together well.

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

Beer

Beer was first brewed in Canada three centuries ago by our early settlers and traders. After Jean Talon built Canada's first commercial brewery in 1668 in the City of Québec, beer making was a cottage industry for the next century. The first brewery in Montréal was established in 1786. This event marked the beginning of the industry's development period as small, independent breweries began to open across the country. By the 1870s, brewing was a strong, modern industry with brewers located across the country, from the Maritimes to British Columbia.

Quebec



Large picture: *Fall foliage, La Mauricie National Park, Mauricie, Quebec. Copyright © Tourisme Québec / Paul Villecourt (www.bonjourquebec.com).* **Top picture:** *Old Québec, City of Québec, Quebec. Copyright © Tourisme Québec / Jacques Bourdeau (www.bonjourquebec.com).* **Bottom picture:** *Skyline, Montréal, Quebec, Copyright © Tourisme Québec / Robin Edgard (www.bonjourquebec.com).*



Alcohol-free Beverages

Fat-free Honey Berry Milkshake

Very Berry Cranberry Punch

Maple Lemonade

Fat-free Honey Berry Milkshake

500 mL nonfat vanilla frozen yogurt or ice cream

115 g strawberries or assorted berries

125 mL nonfat milk

50 mL Canadian liquid honey

4 small mint sprigs

Method

Combine all the ingredients except the mint sprigs in a blender or food processor and process about 30 seconds or until smooth. Pour into tall glasses. Garnish with mint sprigs.

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

Opposite page, from left to right:
Fat-free Honey Berry Milkshake
Very Berry Cranberry Punch
Maple Lemonade



Very Berry Cranberry Punch

500 mL water

4 Canadian raspberry flavoured tea bags

4 cinnamon sticks (8 cm each)

250 mL cranberry juice

50 mL Canadian liquid honey (or more, as desired)

1 soup spoon fresh lemon juice

fresh cranberries

Method

Bring the water to boil in a heavy bottom saucepan. Add the tea bags and cinnamon sticks and remove from heat. Cover and steep for 10 minutes. Strain the mixture and return to the pan. Add the cranberry juice, honey and lemon juice. Reheat and simmer for 2 minutes. Serve in warmed glasses with cranberries and a cinnamon stick for garnish.

Source: Bee Maid Honey (www.beemaid.com)

Maple Lemonade

60 mL maple syrup

500 mL ice water

juice of 2 lemons (or 1 lemon and 1 orange)

Method

Mix all ingredients together and serve over ice.

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

Nunavut



Large picture: Ellesmere Island, Nunavut. *Courtesy of Canadian Tourism Commission.* **Top picture:** Iceberg (Dan Heringa), Nunavut. *Courtesy of Canadian Tourism Commission.* **Bottom picture:** Dog team, Nunavut. *Courtesy of Canadian Tourism Commission.*

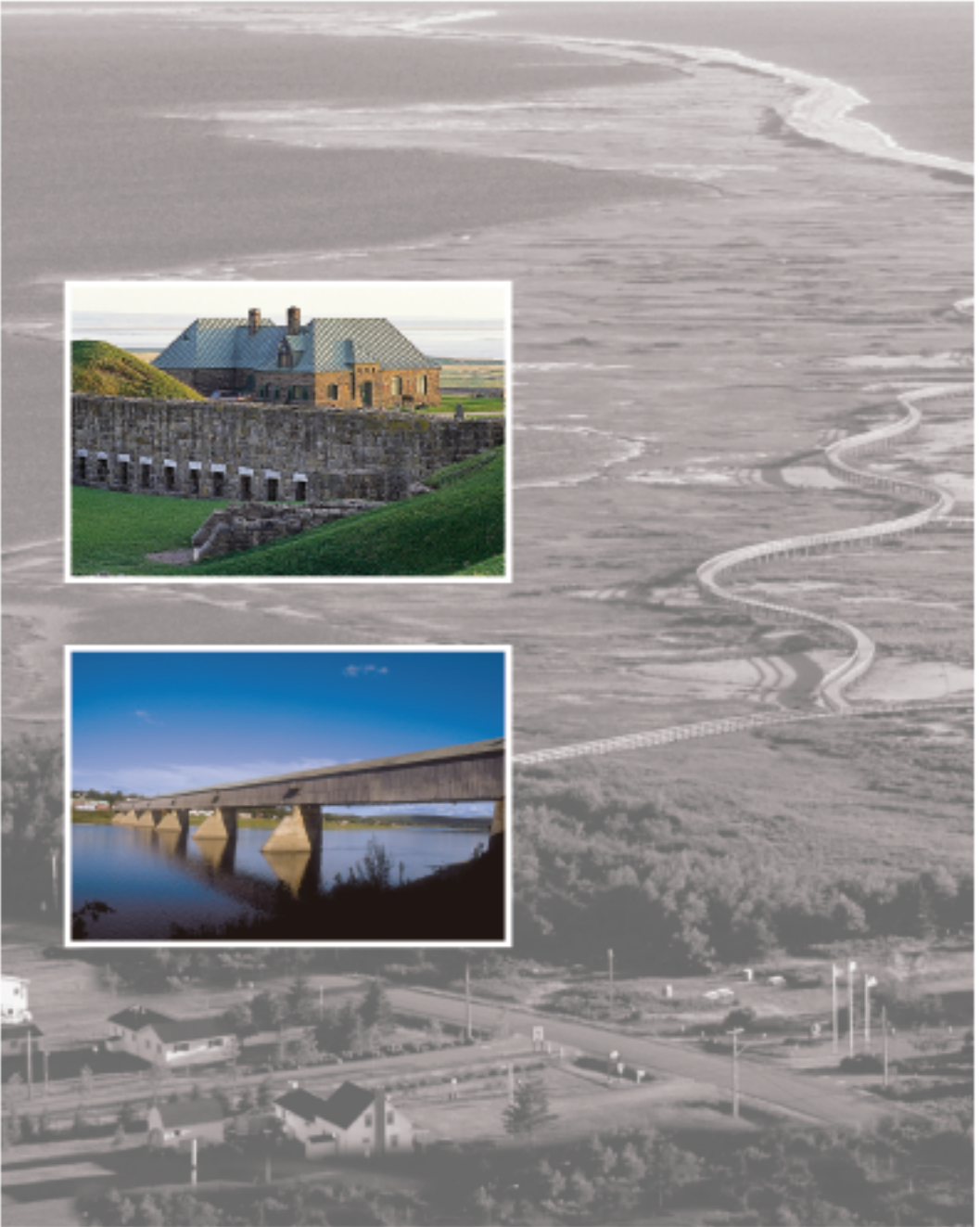
Canada

EXCELLENCE AT YOUR TABLE



Top picture: Northern lights, near Yellowknife, Northwest Territories. Courtesy of Canadian Tourism Commission. **Bottom picture:** Yellowknife, Northwest Territories. Courtesy of Canadian Tourism Commission.

Northwest Territories



Large picture: *Irving Eco-Center: La Dune de Bouctouche, St. Edouard de Kent, New Brunswick. Courtesy of Tourism New Brunswick.* **Top picture:** *Fort Beauséjour National Historic Site, Aulac, New Brunswick. Courtesy of Tourism New Brunswick.* **Bottom picture:** *Hartland Bridge, the longest covered bridge in the world, Hartland, New Brunswick. Courtesy of Tourism New Brunswick.*

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is in our **nature**



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