

# CANADA DAY POSTER CHALLENGE



2006

## CANADIAN FOOD FEAST

Prepare recipes from each province or territory;  
take turns bringing treats to class.

- 
- 2 Alberta – Barley Pancakes  
British Columbia – Super Moist Apple Brownies
  - 3 Manitoba – Cabbage Rolls  
New Brunswick – Chicken Fricot
  - 4 Newfoundland – Cod Cakes  
Northwest Territories – Braised Caribou
  - 5 Nova Scotia – Seafood Chowder  
Nunavut - Tsaibesa's Bannock
  - 6 Ontario – Farmer's Sponge Cake  
Quebec – Sugar Pie
  - 7 Saskatchewan – Pemmican  
Yukon – Wild Blueberry Pancakes
  - 8 Prince Edward Island – Easy Lobster Casserole
- 



Canadian  
Heritage

Patrimoine  
canadien

Canada

## ALBERTA — BARLEY PANCAKES

### Ingredients:

2 cups / (500 ml)	Hamilton's barley flour
2 tsp. / (10 ml)	granulated sugar
2 tsp. / (10 ml)	baking powder
1/2 tsp. / (2 ml)	salt
1	egg
2 cups / (500 ml)	milk

### Preparation:

In a medium bowl, combine barley flour, sugar, baking powder and salt. In a smaller bowl, beat together egg and milk. Add this to the flour mixture and stir until well combined. Wait for 2 minutes. An adult should help you with this part: Ladle onto a hot, lightly greased griddle (380° F). When edges begin to dry and bubbles appear, turn to the other side.

For more barley recipes see [www.albertabarley.com](http://www.albertabarley.com) and click on recipes.

## BRITISH COLUMBIA — SUPER MOIST APPLE BROWNIES

### Ingredients:

1/2 cup / (125 ml)	butter
1/4 cup / (80 ml)	cocoa powder
2	eggs
3/4 cup / (175 ml)	sugar
3/4 cup / (175 ml)	flour
1/2 cup / (125 ml)	walnuts
2 cups / (500 ml)	coarsely grated apples, unpeeled

### Preparation:

Melt butter and cocoa powder over medium heat. Remove from heat and set aside. In mixing bowl, beat eggs until frothy. Stir in all remaining ingredients. Pour into prepared 8" x 8" pan. Bake at 350° (180° C) for 35-40 minutes. Cool. Frost if desired.

Recipe courtesy of B.C. Tree Fruits. For more recipes visit [www.bctree.com](http://www.bctree.com)

## ❧ MANITOBA — CABBAGE ROLLS ❧

### Ingredients:

1 cup / (250 ml)	millet
2 1/2 cups / (625 ml)	water or vegetable stock
1	large onion, minced
1	small tomato, peeled and shredded
1	large head of cabbage
1	can tomato soup
	salt and pepper

### Preparation:

Add millet slowly to boiling water. Cover and simmer over low heat for 40 minutes. Lift cover and fluff with fork. Cook the onion until lightly browned. Add onion and shredded tomato to cooked millet and mix thoroughly. Set aside. Separate cabbage leaves. Boil 3 minutes, then remove and dry. Preheat oven to 375° F. Form two heaping tablespoons of millet mixture into wad and roll in leaf, folding up bottom and turning in sides to make neat rolls. Place seam side down in casserole dish, layering as necessary. Pour tomato soup overtop and add dash of salt and pepper. Cover and bake for 45 minutes to one hour. Note: Chopped bacon or cooked ham can be added to millet mixture if desired.

Permission to use recipe granted by University of Manitoba.

## ❧ NEW BRUNSWICK — CHICKEN FRICOT ❧

### Ingredients:

3 to 4 lb.	utility chicken, quartered
4 tbsp. / (60 ml)	butter
1 1/2 tbsp. / (22.5 ml)	salt
1	large onion, cubed
6 cups / (1500 ml)	boiling water
4 tsp. / (20 ml)	savory
3 cups / (750 ml)	potatoes, diced
3 cups / (750 ml)	carrots, diced
	pepper to taste

### Preparation:

In large saucepan, fry chicken pieces in butter over medium heat for 30 minutes. Add salt and pepper. Meanwhile, prepare vegetables. Add onion and continue to cook for 10 minutes. Add boiling water and savory and simmer for 20 minutes, or until chicken is tender. Remove chicken pieces from pot and allow to cool. Bring stock to a boil and add vegetables. Reduce heat and simmer for 20 minutes. Meanwhile, remove chicken meat from bones. Add chicken meat to vegetables and stock and simmer 20 minutes or longer.

Permission to use recipe granted by Jeanne Joyce-Stone.

## NEWFOUNDLAND — COD CAKES

### Ingredients:

1	small onion, chopped
8	sprigs parsley, chopped
2 cups / (500 ml)	potatoes, mashed
2	eggs, beaten
3 tbsp / (45 ml)	butter, melted
1 lb	cod, steamed until flakey
3/4 cup / (175 ml)	seasoned bread crumbs
1/3 cup / (80 ml)	light olive oil
	salt and pepper

### Preparation:

1. Mix Potatoes, onion, parsley, butter & eggs.
2. Stir until thoroughly mixed.
3. Add cod, breaking it apart with a fork, mix well.
4. Shape mixture into 3" patties.
5. Coat with seasoned crumbs.
6. In a skillet fry the patties in the oil, 4-5 minutes each side until they are golden brown.

Recipe courtesy of Recipezaar. For more recipes visit [www.recipezaar.com](http://www.recipezaar.com)

## NORTHWEST TERRITORIES — BRAISED CARIBOU

### Ingredients:

4 lb caribou roast

### Marinade:

1/2 c	Vinegar
2 cl	Garlic; minced
2 tb	Salt
2 tb	Flour
2 tb	Oil
2 cl	Garlic; minced
1 tb	Brown sugar
1 ts	Prepared mustard
1 tb	Worcestershire sauce
1 tb	Vinegar or lemon juice
1 cn	Tomatoes (14 oz can)

### Preparation:

Marinate the caribou with the vinegar, garlic and salt in a plastic bag turning occasionally, overnight in the refrigerator.

Remove from the marinade and discard it, pat dry, roll in flour and brown in a little oil in a hot skillet. Make a paste of the remaining ingredients and smear over the roast. Place in a preheated 450 deg oven, reduce the heat to 300 and roast 60 -80 min until finished to desired doneness.

Deglaze the pan and make gravy.

Recipe courtesy of Recipezaar. For more recipes visit [www.recipezaar.com](http://www.recipezaar.com)

## NOVA SCOTIA — SEAFOOD CHOWDER

### Ingredients:

1	onion;
	minced -chopped
1 tbsp. / (15 ml)	butter
3/4 cup / (175 ml)	sour cream
1 1/2 tsp. / (7.5 ml)	thyme
3	potatoes;
	peeled, cooked
1 1/4 tsp. / (6 ml)	celery salt -diced
2 cups / (500 ml)	whipping cream
1 1/4 cup / (310 ml)	milk
9 oz	haddock or
	halibut fillets
1 ts	salt
6 oz	scallops; chopped
1/2 tsp. / (2.5 ml)	pepper
3 oz	lobster meat; cooked
	paprika for garnish

### Preparation:

Cook the onion in the butter until transparent. Add the thyme and celery salt. Remove from heat. In a saucepan, pour the whipping cream over the fish fillets. Cover, then bring to a boil and simmer slowly for 10 minutes or until the fish flakes easily. Remove the fish with a slotted spoon, then break into small pieces and remove any bones. Add the onion mixture and the scallops to the poaching liquid. Bring to barely a boil, then simmer for about 1 minute or till the scallops are opaque. If the chowder is not to be eaten immediately, refrigerate everything at this stage. Just before serving, add the fish, lobster, sour cream, potatoes and milk. Heat through, but do not allow to boil. Season with salt and pepper. Ladle into soup bowls. Sprinkle with paprika. Serve immediately.

SERVES: 4-6

Copyright 2001-2005 RecipeSource. All Rights Reserved.

## NUNAVUT — TSAIBESA'S BANNOCK

### Ingredients:

4 cups / (1 L)	all-purpose flour
2 tbsp. / (20 ml)	baking powder
1 tsp. / (5 ml)	sugar
1/2 tsp. / (2.5 ml)	salt
1/2 tsp. / (2.5 ml)	bacon fat or lard
2 cups / (500 ml)	water of milk

### Preparation:

In a bowl, mix flour, baking powder, sugar and salt. With the help of an adult, in a medium cast-iron frying pan, melt the fat and add the water or milk. Pour the water or milk into the flour mixture and mix thoroughly with a fork. If the dough is too dry, add more water. Then turn the dough out onto a floured surface on the kitchen counter. Knead it for at least 3 minutes until it feels firm and the fat is evenly blended. Transfer the dough to a frying pan and pat it out to about 2 cm (3/4") thickness. Stab it all over with a fork. With the help from an adult, bake the bannock at 180° C for 45 minutes to an hour, until it's golden brown. Serve hot. Spread with butter or strawberry jam and eat it warm.

Recipe courtesy of Indian and Northern Affairs Canada.

❧ ONTARIO — FARMER'S SPONGE CAKE ❧

**Ingredients:**

1 tsp. / (5 ml)	carbonate of soda
1 tea-cupful	sweet milk
2 tsp. / (5 ml)	cream of tartar
1 cup / (250 ml)	flour
1	egg
1 cup / (250 ml)	soft sugar
1 cup / (250 ml)	butter
	currants, or spice

**Preparation:**

“One teaspoonful of carbonate of soda dissolved in a tea-cupful of sweet milk, two tea-spoonfuls of cream of tartar, mixed dry into the flour, one egg, one cup of soft sugar, one cup of butter melted: it can be made richer by the addition of a cup of currants, or spice to flavor it. Mix into a thick batter, and pour into a flat pan; or bake in tins.”

Catharine Parr Traill, *The Canadian Settler's Guide*, New Canadian Library No. 64, McClelland and Stewart, 1964, pages 102-3, first published as *The Female Emigrant's Guide*, 1854 [1855].

Permission granted by Liz Driver — Culinary Historians of Ontario.

❧ QUEBEC — SUGAR PIE ❧

**Ingredients:**

1/2 tsp.	baking soda
1 1/2 cup	maple syrup
1 cup	flour
1 cup	brown sugar
1/2 cup	butter
1 unbaked	10" single pie crust (1 bottom only)

**Preparation:**

Dissolve baking soda in maple syrup. Place in pie crust (first). Mix flour, brown sugar and butter with your fingertips. Place in pie crust (last). Bake at 350° F for 30 minutes. YIELD: 1 pie. Serve plain, “à la mode” (with ice cream - vanilla), or with not-too-sweet whipped cream. NOTE: You can use half-half maple syrup and corn syrup if, well, 1 1/2 cup maple syrup is too expensive.

Madame Benoit's recipe. Copyright © 2006 Sound Vision Foundation, Inc. All rights reserved worldwide.

## ❧ SASKATCHEWAN — PEMMICAN ❧

<b>Ingredients:</b>		<b>Preparation:</b>
4 cups	dried meat: deer, moose, caribou, or beef (not pork or bear)	<p>4 cups dried meat - depending on how lean it is, it can take 1-2 lbs. per cup. Use only deer, moose, caribou, or beef (not pork or bear). Get it as lean as possible and double ground from your butcher if you don't have a meat grinder. Spread it out very thinly in cookie sheets and dry at 180° overnight or until crispy and sinewy. Re-grind or somehow break it into almost a powder. 3 cups dried fruit - to taste mix currents, dates, apricots, dried apples. Grind some and leave some lumpy for texture. 2 cups rendered fat - use only beef fat. Cut into chunks and heat over the stove over medium (or tallow) heat. Tallow is the liquid and can be poured off and strained. Unsalted nuts to taste and a shot of honey. Combine in a bowl and hand mix. Double bag into four portions. The mixture will last for quite a while without refrigeration.</p>
3 cups	dried fruit - to taste mix currents, dates, apricots, dried apples.	
2 cups	rendered fat - use only beef fat	
nuts	Unsalted nuts to taste and a shot of honey.	

This recipe was originally from a Chippewyan Indian Guide as he learned it from his father. No buffalo chips! This recipe was submitted by the Dooleys of Boise. Our thanks to them. Excerpted from: *The Voyager News*, Winter 1998 (Vol. 21, No.4), North American Voyager Council, Inc. Permission granted by NAVC.

## ❧ YUKON — WILD BLUEBERRY PANCAKES ❧

<b>Ingredients:</b>		<b>Preparation:</b>
2 cups / (500 ml)	pancake mix	<p>Add milk, egg and melted butter to the pancake mix and stir gently. Fold in blueberries. Bake on hot greased frying pan. Turn cakes once to brown evenly on each side. Serve with cinnamon and sugar mixture or with butter and syrup.</p>
2 cups / (500 ml)	milk	
1	egg, beaten	
2 tbsp. / (20 ml)	butter, melted	
1 cup / (250 ml)	old crow blueberries	
	cinnamon sugar	

Submitted by: Jennifer Kaye Copyright © 1998-2006 Vuntut Gwitchin First Nation. All rights reserved.



❧ PRINCE EDWARD ISLAND — EASY LOBSTER CASSEROLE ❧

<b>Ingredients:</b>		<b>Preparation:</b>
lobster meat 3 or 4  1 large raw 1 cup / (250 ml) 2 tsp. / (10 ml)  2 tsp. / (10 ml)  1/2 tsp. / (5 ml) 1/4 - 1/3 tsp. 4 cups  *1 cup  1 cup  1 small  3/4 cup  3/4 cup	fresh or frozen (2 cups) eggs - hard cooked and finely chopped well beaten egg milk - whole or 2% lemon juice, fresh or bottled butter or margarine melted salt or salt substitute pepper fresh white bread, remove crusts, dice finely of this diced bread should be reserved for topping onion (mixture of finely chopped shallots and green) pimento or sweet red pepper, finely diced cheddar cheese, grated - for casserole cheddar cheese, grated - for topping paprika if desired	Drain lobster. If using fresh or hot-pack canned lobster, retain juices; if using cold-pack, discard all juices. Chop the lobster meat coarsely removing all cartilage. Melt butter or margarine. Beat together raw egg, milk, lemon juice, melted butter or margarine, salt and pepper. Stir in 3 cups bread crumbs, finely diced mixed green and cooking onions, lobster meat, finely chopped hard cooked eggs and 3/4 cup shredded cheddar cheese. If any reserved lobster juice, add to above and blend thoroughly. Reserve for topping 1 cup diced white bread and 3/4 cup shredded cheddar cheese. Pour mixture into well greased 2 quart (2 litre) casserole - nothing smaller. Sprinkle over the top the combined reserved diced bread and shredded cheese; dust with a little paprika for added color. Bake at 350° F for 30-40 minutes, covered for the first 20 minutes. Uncover for the final 10-20 minutes to brown the topping. Casserole should be nicely browned, bubbling a little, and slightly crisped on top when done. Total time - Preparation 45-50 minutes, cooking 30-35 minutes (total about 1 hour). This casserole can be prepared to the oven-ready stage ahead of time and refrigerated for a few hours until it is time to bake. An additional 10 minutes or so cooking time may be required if it goes to oven direct from refrigerator.

Submitted by: E. Marjorie Hunter, Orwell Cove, Prince Edward Island.  
 Used with permission of Government of Prince Edward Island Web Site.